

Portsmouth Joggers Newsletter Edition 24, Autumn 2024



Well, here is edition 24 of the PJC Newsletter. Kate has now been our Chairperson for more than 3 months and is doing an excellent job. Club nights have been a little quiet lately with members away on holidays and groups taking advantage of better weather to arrange 'away runs'. Hopefully numbers will pick up again in the next month when the holidays have come to an end. There have been several events, including our own Summer Cross Country, see reports later. We have also had a Couch25k group graduation! Well done to all the graduates. Also thank you also much for my lovely birthday card earlier this month. Now read on for all the PJC latest news!! **Ed.**

Chair's message

Hello fellow Joggers! I hope you've all been enjoying the lovely weather we have been having. Since the last newsletter there has been a lot going on, as ever. I'm settling into the role of Chairperson and am excited to work with you all to make this next year a fantastic one for PJC!

I would firstly like to welcome all of our new members. It's great to have you as part of our PJC community, and we hope you enjoy being part of our club.

The Hampshire Road Race League finished in July, and we had some amazing team results, as well as lots of great individual achievements. You can read more about these further on in the newsletter, as well as read about next season, which gets going in September.

The PJC Summer XC was a huge success. We were very, very close to selling out, and everyone I spoke to at the event had a great time. The race made an impressive £1700 profit, half of which will be donated to the charity Cycling Without Age. I would like to extend my thanks to everyone who helped in the organisation of the race, everyone who signed up and took part, and all of those who volunteered to help on the day. We couldn't do it with all of your help, and the day really was a showcase of what an amazing club we are.

We put on a pop-up kit shop back in June, which took place on a club night from 6:30-7pm. This gave those there a chance to look at, try on, and buy some of the PJC kit we have available. We are looking to make this a more regular thing, so keep your eyes peeled for more information.

Finally, and perhaps most excitingly, I want to look ahead to the year after next! Yes, in 2026, Portsmouth Joggers Club will be **50 years old!** It's a big birthday, so we want to go all out on the celebrations, naturally. We will be asking for people to volunteer to help with generating ideas and planning events. Maybe you have an idea for a race we could put on, or fancy designing some 50th birthday merch. Whatever it is, we would really value your creativity. If you have any ideas already, please let me know. And if you would be interested in helping with planning the celebrations, also let me know. Any contribution, big or small, would be welcomed. Let's make this the best birthday year ever!

Happy running everyone.

Kate

Date for the diary - 2024 Pub2Pub!

Every December Portsmouth Joggers put on an annual Charity Fund Raiser event raising much needed funds for The Rowans Hospice. This year it will be on the **27 December** at The **Church Centre, Blendworth PO8 0AA** and starts at **10am (registration from 9am)**. What could be a better way to run off those mince pies? Pop the date in your diary to either run it or to marshal/volunteer (we need you)

Sue, Ally and Tony

HRRL 23/24 end of season round up!

The HRRL season came to a triumphant end at Lordshill 10k on July 8th and, wow, what a season it was. As a club we consistently had turn outs of around double what we had in the 22/23 season at **Every. Single. Race.** We want to say a HUGE thank you to the 71 Joggers who joined us at at least one race over the season - we hope you enjoyed yourselves 😊

For those who don't know, the first 4 of each gender to finish count as our A teams, and the next 4 as our B teams. The ladies A team finished 3rd in their division (one place off promotion to division 1 🤔) and the men finished in 8th. Both were promoted last season, and we are so proud that both teams have done so well against very strong competition. Both men's and women's B teams also did incredibly well. The men finished in 3rd place, and the women in 2nd place. This means the women's B team will be promoted next season and will be in the 1st division (i.e. the top one)!!!

Twelve Joggers completed at least 7 races over the season, which qualifies them for a personal league position, and they will be rewarded with HRRL mugs 🍵 Well done to you all! I'm sure we will all share photos of our mugs once we receive them from the league organisers. Nine of these Joggers actually completed 8 or more races and, to honour their achievements, will be receiving a specially designed (by [Peter Coote](#)) PJC HRRL Team hoody, which they can wear with pride next season 🟢

And an amazing 25(!!) Joggers completed at least 4 races over the season, and have (or will, as soon as we see them) received a beautiful PJC pin badge, again specially designed by @peter coote. There will be a new badge for next season so keep your eyes peeled 😊

We have soooooo enjoyed captaining the team over this season, and are so proud of everything every single Jogger has achieved over the past 10 months. It's been so much fun, and we have eaten so much cake 🍰 Can't wait to see what we can achieve in 24/25 🏃



I've recently rediscovered my PJC running vest after many years of it hiding at the bottom of my cupboard. I'm now ready for a slow start at the first HRRL event at the Overton 5 in early September. Let's hope for good weather and a fun time .

Mike Sennett

Your captains, Kate and Pete



Final HRRL of Last Season, Lord's Hill 10k

See next page for info for next season.

The HRRL 24/25 season launch!

We know lots of you are already looking forward to the next Hampshire Road Race League season, and many of you will be interested in knowing what all the fuss is about! So here's a summary of what you can expect. Read on for talk of prizes and cake, oh and running of course!

The HRRL consists of a series of 12 races across Hampshire and the surrounding areas. You can take part in as many or as few as you like, and if you are UKA accredited (a great reason to become accredited if you aren't already) you get ~£2 off the entry price for each race and, most importantly, contribute towards the PJC team. You must run at least 7 races over the season to qualify for an individual place in the table, but you contribute to the team places every time you run. We did really well last season (see my other article), and we are really excited to see how well we do this year. The races for the 24/25 season are as follows, and you can find links to them all via hrri.co.uk.

| Date | Race | Entry info |
|-----------------------|-----------------------|--|
| 8 th Sept | Overton 5 mile | Entries open |
| 6 th Oct | Solent half marathon | Entries open |
| 27 th Oct | New Forest 10 mile | Entries open |
| 17 th Nov | Gosport half marathon | Entries open |
| 1 st Dec | Victory 5 mile | Entries open |
| 12 th Jan | Stubbington 10k | Sells out in hours – keep your eye out for entry opening (prob Oct time) |
| 2 nd Feb | Ryde 10 mile | |
| 6 th April | Salisbury 10 mile | |
| 12 th May | Alton 10 mile | |
| May (date TBC) | Netley 10k | |
| 15 th June | Alresford 10k | |
| July (date TBC) | Lordshill 10k | |

Now you know what the race options are, let's talk prizes! We want you to know what a valued member of the team you are and, as such, we want to make sure you are rewarded for your hard work and dedication. So here's what you can earn...

| Number of races | Reward | Other info |
|------------------------|---------------------------------------|--|
| Every race | Cake! | |
| 1 | | |
| 2 | A PJC buff | |
| 3 | | |
| 4 | A PJC pin badge | Specially designed by men's captain Pete – new design for this season! |
| 5 | | |
| 6 | | |
| 7 | An HRRL mug | Produced by the league organisers and includes the final league table for your gender – with your name on it! |
| 8 | PJC kit | Not our normal kit – a specially designed HRRL team piece of kit |
| 9 | | |
| 10 | | |
| 11 | | |
| 12 | The illustrious HRRL 12 in 12 t-shirt | Produced by the league organisers at the end of the season to celebrate those who managed to run all 12 races over the season. |

The team spirit at the league races is amazing and, no matter what speed you run at, every single Jogger is an integral part of the team. There's post-race cake, and we love cheering everyone round and/or over the line. We can't wait to see you at a race or two (or 3 or 12) over the season!

We're happy to answer any questions you might have. Please don't hesitate to speak to us if you want to know more. (See below for report re: the last season's league)

Kate (HRRL Ladies' captain) and Pete (HRRL men's captain)

Couch to 5K - May Group

When I started C25K in May, running for 1 minute intervals around the car park, I was skeptical that in 9 weeks time I would be running 30 minutes. Little did I know that 10 weeks later, I'd be taking part in Portsmouth Joggers 5 mile summer cross country!

The group, led by a wonderful team of Sue C, Sue H, Steve H and Tony Q (with some other guest appearances along the way!) were so welcoming and I've formed friendships that have lasted far beyond graduation day. The leaders really drove the importance of running at your own pace, no matter what others are doing and always keeping together to support one another.

It was so helpful to have a programme which was freely accessible on my phone, but having a group to run with and be accountable to on the 'homework' runs was so important in keeping it up. Being in a group of people in the same boat as you makes the whole thing far less daunting!

I've now got my sights set on a steady Great South Run finish - something I'd have thought was ridiculous a few months ago!

I'd recommend absolutely anyone and everyone to give C25K a try, especially in the company of Portsmouth Joggers.

Laura Quinn



Couch-2-5k with Sue Clarke before their graduation run!



Couch-2-5k after their graduation run, with their medals!!!!

4 Couch-2-5k Graduates ran the Summer Cross Country!

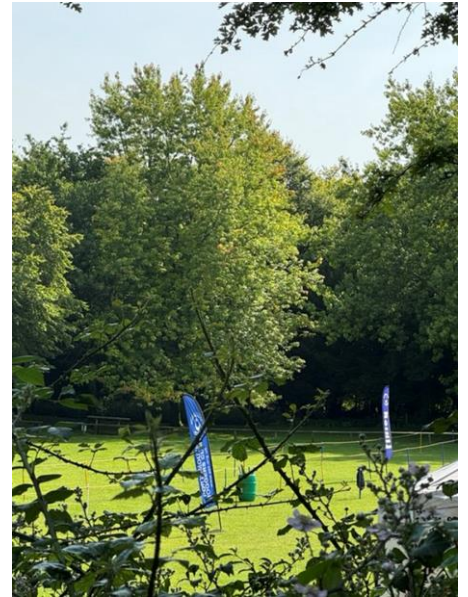
1 week after Graduation. Here are the pictures to prove it ! 3 Couch-2-5k graduates during the Summer Cross Country and 4 of them at the finish, showing off their very well earned medals.

Well done girls!!!



Portsmouth Joggers Summer Cross Country 2024

The day started early for the SXC event team - Sue, Ally, Tony, Brian, Bert and Phil. We met at 09.00hrs at the PJC lock-up in Lakeside car park. We loaded all the race kit into our cars (and were very relieved that it all fitted) and headed off to Queen Elizabeth Country Park. The weather was glorious and as soon as we arrived we set about setting up the race base camp with lots of laughter as we tried to untangle the funnel rope and set it up in some semblance of straight lines.



Fun with the Funnel Rope (above) & Race Base Camp (Right)

Next on the list were the marquees which proved even more challenging than the funnel rope - but with six keen joggers on the task we soon got them up.

After a very welcome lunch break it was time to walk the 5 mile course, set out the marshall points and mark out any dangerous tree roots etc. Next the chip timing men and burger men arrived and got set up and then we waited The runners started to arrive and almost immediately there was a buzz of excitement as people registered, got their race numbers and chatted to each other, soon it was time to start the race - a bunch of excited runners set off on their 5 mile run, with me and Ally as tail runners. Safe to say those hills do not get any smaller - but once you get to the top the view is amazing. Every one arrived back at the finish line safely and many of us treated ourselves to an ice cream or a burger (did I mention the hills were big?!). Medals and prizes were dished out to the very worthy winners and then it was time to take the race camp down - helped by an amazing bunch of joggers. Back to Lakeside to drop the kit off and then home for a well-earned rest. The PJC SXC is such an amazing event, we had a blast and we are already looking forward to July 2025.



Portsmouth Joggers Ready to go!

Sue Clarke



Tail Runners!

It's All About The Jeffing

I picked up a knee injury in March 2023 and started the long journey back to fitness which resulted in me being a participant on the May C25K course that I normally lead. It felt rather odd being a participant as well as Leader. The target I had set with my physio was to be fit enough to run the Great Scottish Run Half Marathon in October 2023. For once I listened to the professionals and followed the physiotherapy routine that have been devised for me. The treatment I received from the NHS Physiotherapy Department was fantastic and focused on getting me back doing what I love, which is to run.

The rehab journey involved C25K which includes a combination of running and walking in the early weeks. Having seen first-hand how effective this is, it got me to thinking about the benefits of adopting the 'Jeffing' approach to my running regime. I had used the 'Jeffing' method previously, to good effect. The 'Jeffing' technique was developed by US Olympian Jeff Galloway who is a firm advocate of the run-walk coaching technique. The 'Jeffing' method I adopted was to run 2 minutes and walk 1 minute. I set out to complete the Great Scottish Run Half Marathon on 1st October and successfully completed the run in 2:25, which was only about 10 minutes slower than my average Half Marathon pace and only 30 minutes slower than my fastest ever Half Marathon.

Since last October, my knee has continued to give me a varying level of discomfort and in an attempt to reduce the impact on my knee, I have incorporated 'Jeffing' into my weekend long slow run on a regular basis. I 'Jeffed' the Alton 10, with a few fellow Portsmouth Joggers, which proved to be a sensible approach on the day given the heat and the hills. We even managed to attract some fellow runners who recognised what we were doing and asked if they could join us. The weekend after Alton 10, we completed the Netley 10k 'Jeffing' and although it was hot, we comfortably got round averaging 10:29 per mile for the full race. I trained for and successfully completed the Serpent Trail 50k Ultra in July which I 'Jeffed'.

My next race is the Great North Run on 8th September which I intend to 'Jeff' and fully expect to finish in sub 2:30. The benefits of 'Jeffing' for me includes, less impact on my joints, ability to take on fluids or food during walking sections, quicker recovery time after training sessions or runs, negligible difference in completion times for events.

I'm not going to be winning any races, so times to me are less important. I do, however want to be able to continue participating in events for as long as possible and 'Jeffing' gives me a better opportunity of running longer. The walking sections also give you the opportunity to talk to the people running or walking with you, so yet another bonus. Psychologically, it is easier for me to run 2 minutes and walk for 1 minute multiple times than it is to say, "I'm running 50k".

If you've never tried it, why not give it a go and see how you feel. You never know, you might just like it and start thinking about all those events you've always wanted to do.....

Tony Quinn

Le Courant de Liberte running event

In June we were invited to take part in Le Courant de Liberte running event. This coincided with the D Day Celebrations. We chose to run the 10km race which took us around the various sites of the City of Caen. The weather was perfect for running, the course was well marshalled with lots of enthusiastic spectators cheering us along all the way round. At the end we were given a race t-shirt and had the opportunity to taste a few local delicacies and yummy cider. All in all, a wonderful experience.

Ally J Maude



**Ally with John Shepherd
and Mandy Tiller crossing
the finish line!
Well done!**

The SerpentTrail - My first event since 2005.

I joined the PJC couch to 5k group a couple of years ago, and have been running fairly regularly for the last year with the Inbetweeners. However, many of you won't know that I used to be a member of PJC many, many years ago, back in the days when we used to meet at the Mountbatten centre. I entered several races back in those days, but the last one was in 2005.

So having got back into my running stride, I had started to think about signing up for an event. I had come to the conclusion that having done several big event road races before I'm not really interested in doing any runs like that (not at the moment anyway). As fabulous as they are for atmosphere and getting PBs I think I just want something different. I watch Mark Lewis on YouTube and saw his footage of running across a Welsh Mountain in a race and thought, yes that's what I want to do, running through pretty places with a view and no care for time (not quite up for Welsh mountains though ..not yet!) So having been sold the event by Tony Q, I entered my first event since 2005 - the Serpents Trail 20k which took place early in July.

I was joined by Rich and my non-PJC brother Steve on the day, which was fitting as it had been 20 years since we did our last race together (London Marathon 2004). After picking up our numbers in Petersfield we took a coach to the start near Midhurst.

The event has several different distances 100k, 50k, 20k (which we ran), and a 10k. It was amazing to see some of those running the longer distances running through during our briefing, and even better that the whole of the 20k crowd erupted into applause and cheers as they did. Running is such a great community!

After the briefing we were off. The 20k course is barely undulating, and it snakes its way through forest, heathland, farmland and country roads. It is very beautiful with always something to look at round the next corner. I ran with Steve and we chatted the whole way round, taking photos, and enjoying the scenery. It was (as Pete Birch has suggested it would be) a marvellous day out.

It's well signposted and supported by marshals, as well as a couple of well stocked aid stations, featuring a range of snacks and drinks and lots of camaraderie. The cool thing about the event is that it's cup-less, so you need to bring your own cup with you for drinks. I think this is a fabulous idea which massively minimizes the environmental impact of disposable plastic that might otherwise get used at such events. It also adds to the feel of it being a bit more like an adventure than a running event.

My brother and I rocked up at the finish about 2 hours 16 minutes after the start. Rich was significantly swifter finishing in 1 hour 37minutes and coming 19th overall - not bad for his first trail run! We hung around to see Tony Q himself cross the line after an epic 50k, but unfortunately missed the other PJCers finishing. But maybe next time we'll be doing the 50k with you guys! Overall it was an amazing experience and I absolutely loved it. I will certainly be aiming to do some more trail runs in the future.

Emma Boakes



(Left) Emma and Rich on the start line with loads of other smiling entrants, and (Above) Ally with 4 other joggers finishing together holding hands.

See next page for Ally's report.

This demonstrates in 2 photos the fellowship of the running community, all supporting each other, as Emma noted in her report.

The Serpent Trail – Report 2

Some of us mad joggers took on the Serpent Trail. It was an early start as we had to be in Petersfield for 7.15 on order to catch the coach to Petworth. The trail was very well signposted, with aid stations scattered along the way, which were very well equipped with various goodies and plenty of cold drinks. The route itself was slightly undulating at times with spectacular views of the beautiful English countryside.

All in all a thoroughly enjoyable experience with great company.

Ally J Maude

Southsea's 500th Parkrun!– August 24th 2024

I had been expecting a HUGE migration of runners to our shores for this special celebratory event. However, when I awoke to dark skies and torrential rain I knew only the DIE HARDERS would show up. The race RD had asked us all to wear something Festival themed to bring a bit of colour to the morning. Well you all know me I don't need asking twice. This did coincide with my 65th Birthday weekend so I was routing through my dressing up trunk last week to dig out something appropriate. If I had known about the weather I would have just put my wet suit, cap and goggles on.

It wasn't until 8.45am that runners started seeping out of their cars and the loo blocks where they had been sheltering until the last minute. We all stood there dripping wet listening to the run briefing that was briefer than normal probably due to the poor soaked RD and volunteers who had already been there long before any of us who just wanted to get home for a hot shower and a warm and well-earned cuppa.

Quite a few of the runners decided to run bare chested [the lads NOT the girls, (You won't catch me running without my sports bra) which I thought was a great idea, well our skin is waterproof isn't it.

Sue Clarke and I were two of the die-harders who enjoyed a Splish Splash and a Dash along with 308 other runners and walkers who braved the elements. What a great feeling it was and a real sense of achievement to cross that finish line with a smile on our faces. You can't let a bit of rain put you off your running.

Apparently there were cakes at the finish but I didn't see them until I saw the FB page pics up later.. Damn it lol If you have NEVER taken part in a Parkrun I urge you to sign up now and give it a go.. ITs a FREE 5km lts for runners and walkers and its a great way to make new friends. <https://www.parkrun.org.uk/register/> you won't regret it I promise.

Happy running Team

Debbie Pentland



Hope you had a great 65th Birthday Weekend Debbie!!.

Well that's it for this quarter, hope you enjoy reading this Newsletter. Do think about sending me something for the next one due out in late November. Lots of Christmas lights and Santa hats?

Keep on running!

Celia – Ed.