

# Portsmouth Joggers Newsletter Edition 26 Spring 2025



Hi there Joggers! I hope you have survived the dreadful winter. Has anyone grown webbed feet with all the rain? Here's hoping for some better weather now. Well done to all the Joggers who have carried on coming to our Tuesday and Thursday sessions in spite of the weather. Numbers have been down on occasions but hopefully will go up with the temperature now.

We have our AGM coming up on **April 22<sup>nd</sup>, 7.00 at Portsmouth Rugby Club, Norway Road.** This will be followed by a fun quiz for teams of no more than 6 with a £60 prize for the winning team! Do come along and support your club.

Read on to find out what members have been up to since the last newsletter. We have reports on several great running events.

## Chair's message

Hi team PJC,

I don't know if you have noticed yet, but the days are definitely starting to get longer. It won't be long until we are back meeting in the daylight. Well done to everyone for keeping motivated during the tough winter months and, hey, if you didn't, perhaps now is the time to get those running shoes back on and head out for a jog :)

Since the last newsletter, we have had a slew of races across both the road race and cross-country leagues, as well as more generally. If you managed to don your Jogger's t-shirt at any of these, well done! We love seeing PJC represented at races, so keep it up.

A huge thanks to Sue, Ally, and all those involved in putting on the Mince Pie run just before Christmas. This social is a firm favourite in the PJC calendar, and I'm really pleased it went ahead again in 2024. And indoors too – even better! Before Christmas, we also announced the recipient of the PJC London Marathon place. Each year, the club is given a number of entries to the marathon, based on the number of EA affiliated members we have. This is then raffled – anyone EA affiliated who tried and failed to get into the London marathon is eligible to enter the ballot, and this ballot has much better odds than the actual ballot. This year's winner was Richard Clark-Lyons, and I've heard on the grapevine that his training is going well so far.

PJC's annual charity race, the Pub2Pub went really well! Thank you to everyone who helped organise it, volunteered, or ran on the day. We raised over £2000 for the Rowan's Hospice, which is fantastic and a testament to the hard work of Tony, Sue and Ally, our Race Directors.

Continuing the donating theme, for those of you who aren't aware, PJC have a close relationship with Gijima Nkomazi AC, a running club in South Africa. Each year we cover entry fees to the Comrades Marathon for a group of their less privileged runners, and I am pleased to say that once again the club was able to do that this year. The lucky five entrants are now training hard and looking forward to the race. Good luck to them all! Also don't forget that if you have any lightly used running shoes that you no longer want or use, we collect these to donate to the Gijima Nkomazi runners. Please drop these with Davina, our membership secretary.

And finally, did you see our new and improved website yet?! If not, then what are you waiting for? Head to [PJC.org.uk](http://PJC.org.uk) and have a look. We hope you agree that it is now much more user friendly, and contains far more useful information, than our previous one. The site will continue to develop and involve, so check in regularly to keep on top of what's new!

Happy running everyone,

**Kate**

## **Creating an Inclusive Club**

As new members of the PJC committee, myself and Emma were tasked with looking at EDI (equality, diversity and inclusion) on behalf of the club. Neither of us had much experience in this area, but luckily there are some great resources on the England Athletics (EA) website. Check out the link below if you want to have a look at these:

<https://www.englandathletics.org/clubhub/collection/creating-an-inclusive-club/>

According to EA, an inclusive club is one where everyone feels:

- *Welcome*
- *Represented*
- *Included in decision making*
- *Able to participate*
- *Safe and free from discrimination, bullying, harassment and vilification*

It suggests *'There are a number of small steps you can take to create an inclusive club. By listening to different groups of people, representing their views and ensuring everyone has a great experience, you can make a big difference.*

*The benefits being:*

- *Improve the experience for everyone at your club*
- *Enable you to attract more members, more volunteers and more membership income*
- *Create greater community involvement*
- *Produce innovative ideas*
- *Attract and support talented athletes and volunteers to reach their full potential*
- *Ensure you comply with the legal requirements of the Equality Act 2010 and the characteristics protected by it (age, disability, gender reassignment, race, religion or belief, sex, sexual orientation, marriage and civil partnership and pregnancy and maternity)'*

EA suggests a number of ideas to help with this, including having an inclusion policy (EA has a model policy which PJC has now adopted and which will be added to the website) and carrying out a survey of members, to understand who is represented in your club.

We have designed a short initial survey to capture members experiences and ideas on how we can make the club more diverse, welcoming and inclusive – see link below. We would be really grateful if you could spare a few minutes of your time to complete this.

<https://forms.gle/J2RegTi8nAVHqeGN9>

This will be followed up with a further survey, to understand the make-up of our current membership and to allow us to see how this changes on an annual basis.

We would love to hear from you if you have any ideas on the subject of EDI, so please come and have a chat with Emma or myself or send an email to [secretary@pjc.org.uk](mailto:secretary@pjc.org.uk)

**Sarah Stone and Emma Boakes**

## **Membership Time!**

As we approach March it's time to turn minds to renewals of PJC Membership.

This falls for everyone on 1 April, though after the challenges of the UKA website last year with all UK Clubs renewing the same way there were capacity issues and this caused mayhem. So, this year I won't set an alarm for 1st April, rather I will wait a day or so before triggering the process.

In advance of this though, I'll email (and also put on the members Facebook group) the link to a quick survey asking what level of membership you'd like. This will be a choice between Core membership at £15 for the year, or core plus UKAthletics Affiliation at £35 for the year.

Please don't be shy to respond to the survey, it really does help with the renewal process.

Benefits of both Core membership, and the UKA bolt-on level are to be found on our website at; <https://www.pjc.org.uk/benefits/>

**Davina Gladding- Membership Secretary**

## PJC Website

Have you seen our new PJC website? Please, next time you are online and have a few minutes free go and take a look - [pjc.org.uk](http://pjc.org.uk).

We have restructured the old content to make it more user friendly, hopefully more interesting too, added a load more information to allow people to find what they need.

The new site contains details of our running groups, our committee, our kit and our races and events. You can also find all the newsletters from 2020 onwards. There are links to our Social Media presence (Facebook and Instagram) and details on how to join the club via an online form - both for new members and via the C25K programmes.

The site has been designed and developed by a small team, some of us writing the technical side of it and some of us writing the content - with extra contributions from group leaders, committee and membership secretary.

Over the next few months there are plans to add to the site - including providing links to club documentation.

If you have ideas for things you would like to see included on the website - or if you would like to get involved please contact one of the website team or go to the website and click on the big yellow Contact Us button to send us an email. Thanks.

**Rich Boakes, Vinh-Dieu Lam, Sandra Tullet, Richard Sullivan, Kate Lewis and Sue Hyson.**

## Purbrook Ladies 5 2025

This year's Purbrook Ladies 5 will take place on Sunday 8<sup>th</sup> June at 9.30am. Once again entries sold out in a record 3 hours! Thank you for all your amazing support for our event. If you missed out on a place, transfers are available until the week before the race and you are welcome to post on our Facebook page to advertise your place or if you are looking for one.

**Training nights will begin on Wednesday 30<sup>th</sup> April - further details to follow. This is a great opportunity to get to know the course, meet some lovely runners and enjoy a jelly baby or 2!**

**We are on the look out for donations for spot prizes: anything from gift sets, toiletries, alcohol, chocolates or gift vouchers for local treatments/experiences.**

**We are also looking for a sponsor for this year's event - if you work for a company who has a budget for a charitable donation, please do get in touch.**

**As always, we will be recruiting our volunteers for the day. If you are available, give us a shout.**

Any queries, please grab us at a club night, message us on the PL5 Facebook page or email us at **Ladies5@pjc.org.uk**.

Thank you

**Rachel and Naouele**

## WEEKENDS

Most of us know that at the weekends we have Parkrun on Saturday mornings to get us up and 'going'. Did you know that there are alternatives, if you want something different.

**SATURDAY** - A group of mostly Portsmouth Joggers, or ex joggers, meet at the Mountbatten Leisure Centre (MLC) at 09.00 and is generally under the guidance of Life Member Dave Byng and Bob Maguire.

Bob leads a marathon training group and distance covered depends upon where in the race schedule you are; from a gentle 8-9 miles up to 20-21 miles as you approach nearer the intended race day. He generally posts up his plans on the PRG FB page on a Friday evening. Anyone intending on training for a marathon are welcome to join him.

Dave Byng masters two groups: a walking group and a jogging / jeffing group. The walking group goes out for about two hours and generally covers about 5.5 to 7.0 miles while the second group of j/j's are normally led by Karen Truckle. This group usually does a similar looping route that meets up with the walkers at different points on the way.

We always aim to be back at the MLC for 11.00 where some go in for a tea / coffee and a social chat – or putting the world to rights, Any one is welcome to join.

**SUNDAY** - another group of people (The Misfits – an unaffiliated group of people including joggers and ex-joggers) meet at 09-00 at different places to go out for an hour. This group includes runners, joggers and walkers who normally "run out or walk" for half an hour, at their pace, and return; and usually then go for a coffee / tea at the nearby establishment. Why not come and join us? All welcome. The weekly venue is normally put up on a Friday evening and "led" by different people each week.

## Southern Cross Country League

### Calling ALL P.J.C. runners WE NEED YOU!

Every Winter sees the welcome return of the Southern Cross Country League (SCCL). Five or six xc runs all set in Beautiful scenic surroundings like Alice Holt Country Park ( home of the Gruffalo or) Chawton House country estate (home of Jane Austen). All these runs are FREE to affiliated runners or just £2 to non-affiliated runners (paid to your team captains Ally Maude or Simon Evans.)

All runs are approx. 5 miles (8km) and open to all runners unless you are a real speedy (see **OUR RULES on next page**).

These runs are put on by our fellow running clubs for the enjoyment of all of us. There are about 29 clubs who take part in the series. Some clubs have as many as 35 members at each race. We have about 12. The MORE runners we have the MORE points we accumulate. It's as simple as that. You don't have to worry about being a slow runner as with me and the twins Berty boy and Johnny in the race you won't be last. We like to get value for money and enjoy the scenery on the way around drinking in the atmosphere and scenery of these wonderful locations and all for free too.

All the results are tallied up at the end of the series and final scores posted. We used to be top of that list but nowadays we are sadly at the bottom **SO WE NEED YOU TEAM PJC**. Why not come and join us? It would be FABULOUS if we could increase our numbers and start climbing up the table.

There's always a car share for these runs so the £5 parking charge is nothing between 3 or 4 of you.

ALL YOU NEED is

- \* To wear your PJ colours. Vest or t.shirt
- \* Trail shoes are advised as these trails can get muddy (Ohhh what FUN Bob loves the Mud the muddier the better for him, He's like a kid in a sandpit even at 71 years old lol)
- \* A change of clothes particularly if it's wet and muddy.
- \* A BIG SMILE for the TEAM Picy at the start.

Come on team we can do this, Speak to Simon or Ally or any one from the team if you'd like more info.

**Debbie Pentland**

TESCO 10:13 88%  
 ...herncrosscountryleague.co.uk

## OUR RULES

All Clubs expressed their support of the concept of the League:

**"The emphasis of the league is to provide the ordinary club member with the opportunity to participate in a series of multi-terrain events. The atmosphere is to be enjoyable and social without the outright 'cut and thrust' associated with specialist cross-country leagues"**

The guideline for speed is 5:30 minute mile pace for men and 6:00 minute mile pace for women. This translates to:

**5 miles 27:30 men 30:00 women**  
**10 Km 34:11 men 37:17 women**  
**10 miles 55:00 men 60:00 women**

Any runner who achieves this pace over a measured distance 5 miles or over during the 12 months prior to the first race is ineligible.

In the last resort any runner who can be proved to have equalled or bettered this pace should be notified to the race organiser who will amend the race results as though that runner is disqualified. The race organiser will inform both the club concerned and the Divisional Co-ordinator of the revised result. [Comment: The implication of this rule is that the next scoring runner will count.]

It was the wish of the meeting that all Clubs would ensure that their members were fully aware of these

## Some Pictures from S.C.C.L. Races



**Why not have a go next season!**

## Portsmouth Joggers Wrap Up Cross-Country Season in Style at Bourne Woods

The Portsmouth Joggers closed out the Southern Cross-Country League (SCCL) season with a muddy, hilly, and thoroughly enjoyable race at Bourne Woods in Farnham. Hosted by Farnham Runners, this final fixture brought together over 300 runners, all ready to tackle the five-mile course through stunning woodland trails.

### Mud, Hills, and a Dash of Friendly Competition

Bourne Woods did not disappoint, serving up a classic cross-country mix of slippery descents and leg-burning climbs. But, as always, the Portsmouth Joggers rose to the challenge!

Ben Stait & Lewis Clarke led the men's team with an impressive run, navigating the tough terrain with their usual determination.

Sue Hyson, Sue Clarke and Ali Maud put in a stellar performance for the women's team, proving that Portsmouth Joggers never back down from a challenge.

Every single member of the team played their part, with plenty of support, encouragement.

### The Real Reward? Cake, of Course!

As every seasoned runner knows, the true reason we endure hills, mud, and questionable weather is, of course, for the post-race snacks. This time, we shared the most incredible fruit cake and cookies at the finish line! If there's a better way to recover from a cross-country race than with a mouthful of homemade cake, we haven't found it.

### Looking Ahead

With the SCCL season wrapped up, we can reflect on a brilliant series of races, fantastic team spirit, and some truly memorable moments. A massive well done to everyone who ran this season—you've all been amazing!

See you at the next run, Portsmouth Joggers!

**Lewis Clarke**



## HRRL Race Report

### Stubbington 10K

I moved to Portsmouth at the end of May ostensibly for work but also for a bit of change of life. Having had a bit of a hiatus from running for 18 months I decided it was time to resume and get fit. I've been a member of a local running club before in Croydon, so I looked online for one in Portsmouth and found The Joggers. It's a real honour to have been so welcomed by the PJC community. I really found my tribe.

During the following months running with the club, I'd heard about and participated in quite a few races. There was a buzz about one of them in particular: **The Stubbington 10K.**

My interest was piqued but this only increased when I heard it was already sold out. I was told there was a Facebook page specifically hosted for the exchange of transfer places. Eventually, after a few near misses I finally got one.

It was on!

On race day I arrive at Lakeside for a lift from the carpool. A great idea where members meet and share transport to race venues. It's nice to be able to swap pre-race strategies whilst contributing to run sustainability.

Upon arrival we muster together. Plenty of camaraderie and trading anecdotes while we fix our numbers and prepare for action.

Well organised bag drop. Teas, coffees & water paid via card reader.

Plenty of Portaloos although the queues were quite long.

I'm in the middle of a training block for the Paris Marathon in April. I should be doing a long run today as suggested by my Runna app. I'm concerned I might overexert myself and go too fast. I recently ran a personal best at Lakeside Parkrun and was tempted to repeat this effort over 10 kilometres. I shared this with Steve Woodridge, a seasoned marathon runner. He uttered some sage words "No Personal bests during training". Advice I was soon to ignore as I crossed the finish line.

15 minutes to start time, we head to the arch. There are hundreds of runners. Many from local clubs in the area. There's a real charge in the air.

Outside the weather is just right. Clear skies, dry and slightly warmer than recent days.

A bit of a pep talk from the race director and then the whistle.

We're off! Well not quite. I'm in the 50-55-minute wave with Pete Arnold and Gina Reeves. There are so many people in our cohort and those ahead, so we literally shuffle across the timer strip. That's ok. I'm not running fast. Going to stick to tempo, or just below. Right.

The throng opens a bit as we progress up the road.

I start picking my way through the crowd, finding my stride, getting into pace. Target 6:00-6:30.

There are lots of club colours to be seen : Fareham running club, Victory, Denmead Striders, Portsmouth Triathletes, Vegan runners and of course the hosts **Stubbington Green Running Club**

I look out for any royal blue shirts. I see Pete pushing ahead. Off you go mate, I'm taking it easy.

The race is well marshalled and there are plenty of supporters out on the streets. Some cry out "Go Denmead" "Well done Victory" "Nice work Stubby" No mention of Portsmouth. Humph! We'll show them! It was only until after the race it was pointed out to me that we only have the club's name on the back of our shirts while others are displayed on the front. Occasionally I hear "Go PeeJay" which I must admit adds a bit of a spring to my step and might also validate the observation.

We run along an A-Road. I see light aircraft taking off to my right. Stubbington has an airfield. Who Knew? The path narrows to almost single file. It's hard to pass other runners. Either stick to pace behind the pack or chance the grass verge and risk a twist to my already dodgy ankle. I do it anyway.

I see the 5Km marker and glance at my watch. 28 minutes. Maybe a bit too fast? I press on regardless.

Round a bend and see the sea to my right. It's beautiful. I didn't know Stubbington was by the sea. Why isn't it called Stubbington-on-sea? I think the town needs to look at its marketing.

At 7Km I catch up with Pete. Looks like he's struggling a bit. I glide pass with a friendly thumbs up.

8Km. I see the fast runners coming towards us; Kate Lewis, the two Richards - Boaks & Clarke, Steve, Paul J, Pete Birch. They seem to be moving so quickly whilst making it look all too easy. I'll never understand that. The front-runner is way out ahead. He goes on to set a course record of 29 minutes. A man called Abdinair Mohamoud Elmi of Bournemouth AC.

I'm really enjoying this. Close to flow state. These old legs have some life left in them yet!

I see a blur of blue nylon at the corner of my eye. It's Pete. He's found a 2nd wind. Well done mate. That's fine.

The race is not for the swift. Crack on. Don't worry about me, I'm "taking-it-easy".

I see a red inflatable arch, Ainsley Rood is in my sights, I push and catch up. As I draw alongside, I say, "We got this!" planning to run in together. He shouts "go if you've got it" I kick hard, maximum effort, sprint to finish. 100 metres at my top speed.

As I approach the arch it suddenly dawns on me. This isn't the finish. It's the start line. Deflated and exhausted I slow down to a jog. It's a loop to round the shops followed by a gentle incline. I finally cross the line. Stop my watch. 53.38. Not too shabby. So much for "taking-it-easy."

Some of us gather by the barriers near the end, to watch the remaining joggers romp home. Kate hands out the most delicious rock cakes. Delightful! Apparently extra cinnamon is the trick.

An exciting fast and mostly flat race. I particularly enjoyed the long downhill stretch.

An amazing turnout from Pompey Joggers. 27 finishers on the day.

An awesome 13 PBs:

Pauline & Paul Jeffrey	Emma & Richard Boakes
Sue & Richard Clarke	Darren King
Richard Sullivan	<u>Kirsten Nockemann</u>
Katie Hall	Natalie Harrison
Jo Thompson	Yours Truly

**Paul James**

**PJC Team before  
Stubbingqton10k!**



**A New 10k Event!**

**This report should have been in the last Newsletter but due to my post virus brain fog it got missed. However better late than never! Huge appologies to Sue from Ed.**

**Totton 10k**

10km A select group of five joggers did the inaugural Totton 10km on the 15 September.

The race started at 9am so a bit of an early start was required, but once we arrived at race HQ we were in a delightful bright, slightly chilly, September morning and we certainly warmed up during the race.

Race HQ was in their local scout hut and many of the volunteers were from the scouts which was quite lovely.

There were bacon and egg rolls at the end which was a tasty treat after a 10km run.

It was Natalie, from the Next Step Group's, first 10km and she totally smashed it. (Well done Natalie – Ed,)

The route was two circuits of 5km on forest roads, with very easy race directions - "turn left, left and left again and if you turn right you've gone wrong".

Well marshalled and definitely one for the calendar next year.



**Sue Clarke**

**More Pictures on Next Page!**





## PJC do Malta 2025

Its Sunday 23<sup>rd</sup> February, daylight is making an appearance, and 5 PJC runners meet at the start, looking resplendent in our matching “PJC do Malta 2025” hoodies. Chatter is mostly race strategy, hopes and expectations – little did we know quite how extraordinary a day it was going to be.



This is repeated just over an hour later for the 5 PJC runners doing the half, albeit with more daylight!



Its mild even before sunrise, no wind (or rain), just the conditions we hadn't trained in!! Loo queues reasonable, despite the turn out being the highest ever, urinals somewhat European!

More on the performances later, but on to the finish line..

We are met by Ian (who I have never been so pleased to see), handing out Prosecco and beers, an increasingly impressive sight too in our PJC vests/t-shirts, immense medal, alongside our 9 supporters. No hoodies needed by then in the glorious sunshine, and with some stunning performances, there was so much to celebrate and enjoy.



### **The PJC Malta tradition.**

So this goes back to 2012, Davina was the initial trailblazer. And Tony did a lot to promote it further when he did the 2014 Malta training group and plan, where all abilities in the club used to train together, at least once a week, in prep for Malta. I still have the plan!!

Over the years, we have had some big numbers making the trip, 30-40+, although that fell away post Covid. So 2025 was an attempt to get the tradition going again, driven by Paul and Pauline (PJs), who we are all thankful to – and the hoodies are just superb!

### **The Race.**

It starts in Mdina, on top of a hill, and ends in Sliema on the seafront. So downhill basically, with an extra and slightly lumpy 13.1 for the marathoners before joining the half around mile 3/16. Overall, 2 fast courses.

The organisation is superb, including the buses to the start (you need to book), baggage at the finish, efficient pre-race number collection, and plenty of water on the course.

### **Onto the roll of honour.**

Let's start with 3 quite incredible PBs in the marathon.

Paul Jeffries – 26 minute PB. Yes, that is twenty-six....

Pauline Jeffries – 14 min PC.

Cheryl McCauley – 19 min PB

And Richard Sullivan in the half – he gave me loads of excuses but it was a PB!!!

Chris McCauley led us home in the marathon with a super consistently paced race, Gissele not only ran a best half for many years, she kept us all up to date en route with PJC runners' progress! Angie and Karen, doing their 5<sup>th</sup> Malta no less, were also welcome sights on the course, even if they didn't get a personal record. Joined this year by Dawn (new to PJC!), who again did really well. And myself, some sort of return to form, and a GFA London time (the goal), and many lessons (mostly from Chris) on not going off too quick!!



So well done to all, those times and performances are just amazing, and the celebrations deserved!

### How it Works.

One of the attractions of this event is that it's such a cheap place to go. Flights around £200 return – less if you skimp on baggage (or share an allowance). Accommodation similar, £50 a night will get you a decent hotel or apartment – the jacuzzi in the lounge is a bonus! The entry price has increased slightly, now just over £50 including the bus to the start.

We all organise our own accommodation and flights to suit budget, holidays etc, which seems to work really well. Easyjet, AirMalta and BA are all options, and similar prices if you get in early enough.

And excursions, lots to do, from organised boat and bus trips (not so cheap but haggle...) to the diy ones – we all at some stage did the £2 ferry over to Valetta and back, with a few doing that on Saturday morning to take in the traditional firing of the guns. After a mini PJC group (not Parkrun) 5k at 9.00 Saturday – of course!



Local travel is cheap, food and drink plentiful, varied and reasonable, and everyone speaks English, indeed, a lot of signs etc are in English only, and Valetta shows the historical English influence with its Pubs, red phone boxes (they work!) and so on.

Malta is also very safe – their crime rate is one of the lowest in Europe, and the English influence extends to driving on the left, and UK electrical sockets.

### Malta 2026.

The planning has started – though as I write this, no date yet! 24<sup>th</sup> Feb or 1<sup>st</sup> March are equal favourites....

There are lots within the club with experience who can help if you have any questions etc, and in true PJC tradition, we will have a messenger group to help share information and advice, co-ordinate activities etc. Personally, I cannot wait....

Steve Wooldridge



**On 7<sup>th</sup> March - Aly, Sue and Tony delivered a cheque for £2359.59 to the Rowans Hospice!**

**This was raised by the Pub to Pub.**

**Huge well done to all involved!**

**Date for your Diaries**

A promotional poster for "The Shakespeare Marathon &amp; Half Marathon" held on Sunday 27th April. The poster features the logo of The Shakespeare Hospice, which includes a portrait of Shakespeare. The text on the poster reads: "Get fit! Get out there! Your community needs you! The Shakespeare Marathon &amp; Half Marathon Sunday 27th April REGISTER FOR FREE!". At the bottom, it says "Get in touch and sign up today! Visit: TheShakespeareHospice.org.uk or email: fundraising@theshakespearehospice.org.uk". There is also a QR code and a logo for the Fundraising Regulator (FR).

**Well, that's it for this edition, quite a bumper one too. Huge thank you!! To all the contributors Hope you all enjoy it.**