



Welcome to the third edition of the new look P.J.C. Newsletter. We have news of club runs re-starting, lots of reviews of the P.J.C. Virtual Race which loads of members joined in with. There are other snippets of news too. There is news from South Africa where Davina takes our donated kit to help a running club out there, and a link near the end to a blog by P.J.C. member Will Taylor. Well worth a read. We are open for contributions for the next edition, especially your V.L.M. stories and soggy pictures! Email [celiaoxley@aol.com](mailto:celiaoxley@aol.com) Hope you enjoy this.

## Chairman's Report – Steve Wooldridge

Club Nights are back!!

A bit different, but after a successful trial, club nights are now back. We have already made some improvements based on feedback, and no doubt more will follow, but it is great that we can now meet and run as a club. Full details are on the website, click [here](#), but a few words of explanation.

As we are an affiliated club, we follow England Athletics guidance, and in simple terms this gives us a choice of keeping to groups of 6, or going "covid-secure". The advantage of the latter is that group sizes are technically unlimited, although there is still a need for social distancing within each group.

Given these conditions, we have decided to limit the group size to 11 initially, so that things like re-groups, road crossings etc, are manageable while still keeping to social distancing guidelines.

The other part of being covid secure is that we are able to track and trace if anyone does test positive. We also need each group to meet in pre-defined areas – the car park zones at Lakeside are ideal for this purpose, so we are using them with the full backing of Lakeside.

In order to comply with these restrictions, we are operating a booking system for each group. So you need to choose your group, which night(s), and click on the booking system from the website/facebook.

To make it easy, all the details and booking links are on 1 page of the website – its easy to find from the home page, or click [here](#).

To answer some of the regular queries we get, you can book right up to the last minute, and we understand that if something crops up, then you might not make it – ideally cancel if you can on the booking site (Eventbrite), but don't panic if not.

To speed up the booking process, I have found that registering/sign in to Eventbrite, it remembers most of your details for future bookings.

If groups regularly fill up, we will offer extra groups (under a deputy leader) where we can – and we are already doing this for the Hermits.

Note, you cannot see who has booked on each group, so if you want to run with someone in particular, then make sure you liaise with your friend(s) to get on the same group – this will become more of an issue as 2<sup>nd</sup> (overflow) groups are opened up.

And finally – toilets!! We cannot meet or use the Atrium (where we normally meet), so Lakeside have kindly allowed us to use the toilet in the retail block. Just one, so if possible, please go before you leave home!!!!

## **Running Groups.**

We have a couple of obvious gaps in the groups we are able to offer at the moment. What we need are more group leaders (or deputies), of any pace, to help us. No need to be EA qualified, though the club can support (ie pay!) if you do want to take the course(s) at some future point when they resume.

If you want to help in this respect, please let me know – as always you can e-mail me on [chair@pjc.org.uk](mailto:chair@pjc.org.uk).

## **Virtual Race 2020 - Naouele and Rachel**

As lockdown started to ease in early July, joggers around Portsmouth began to enjoy the company of friends on their runs. However, we were a long way from club nights restarting so the idea of the virtual race was born. Something for members to work towards, a goal we had all been missing for the last few months. Over 80 joggers and family entered choosing distances from 2k through to ultra marathon distance. The goal was set to complete your distance before the end of August. A few early birds ran their race at the beginning of the month whilst the majority chose a date at the end, some even making it a team effort.

On Sunday 23<sup>rd</sup> August, Tony Conway organised the virtual race picnic, where many youngsters came to run 2k and even 5 k before collecting their medals. Various existing groups ran 10k and half marathons. A big congratulations goes to Kirsty Holland who completed her first half marathon! Rumour is she is a speedy lady who will hopefully represent joggers when races finally return. Peter Coote found himself “accidentally” running a marathon (despite having entered for a half) making it only his second attempt at the distance. Special mention to Will Taylor and George Garratt who both completed an ultra distance of 50k with the support of many of their fellow runners on the day, supporting them on various legs of their run.

Family running was in full force too with three generations of the Conway Family all taking part as well as four members of the Collins family. It was the first time I have handed out a medal to a dog – well done Diesel!

We hope this event gave you the opportunity to feel part of the running community in Portsmouth, which is clearly very much alive and we look forward to the return of club nights and local races.



**On the next few pages are reports from several members about their Virtual Races covering all ages speeds and distances.**

## PJC Virtual Challenge – George Garrett

I decided earlier this month to take on the PJC Virtual Challenge, pay your money and choose a distance. Having not run more than 13 miles this year I decided to opt for the Ultra challenge distance. I had a route all planned out in my mind, taking in some of the local countryside.

Then William Taylor (fellow PJC runner), posted a route which incorporated parts of most of our local training routes. My decision to join him was made. 8am start at a 9min/mile pace. I tried to maintain this and stayed at the back of the pack, several of our fellow PJC members joined us along the route and were pushing the pace a little. The route was relatively flat until mile 14, then Heartbreak Hill, 2 miles of climbing. I'd dropped a bit off the main pack but was holding onto my pace.

I've had issues in the past with my Ulcerative Colitis and mile 17-18 was my nemesis point, if I could get past this point without any stomach cramping and issues I have been able to finish some strong marathon times, 3:05, 3:07, 3:11 but yesterday was not that day. Walking mode was now activated, I can handle my pain levels easier as I walk but also get very annoyed with my body. Fellow runner, Tony Conway came back to check on me before he ended his stint of running, a big thank you for that and the water replenishment with 12 miles left to go. I also appreciated the support from Rachel Thomas at this point, both gave me the encouragement to continue.

The last section of the route was a relative flat 10 miles but into a strong headwind out to Portchester, it was now getting very hot. I reached 25 miles (40km) in 4hr 2mins. I was happy with that and started to focus on the last section, could I reach 31 miles (50km) in under 5hr 30min. I was now beginning to ache a bit more, not just the stomach cramps but my left ankle and hip. With 5km left to go.

William Taylor and his crew had finished (4hr 44min) great time, well run. I stuck with it and as I approached the end I spotted William Taylor heading home, he passed on some words of encouragement and I continued on.

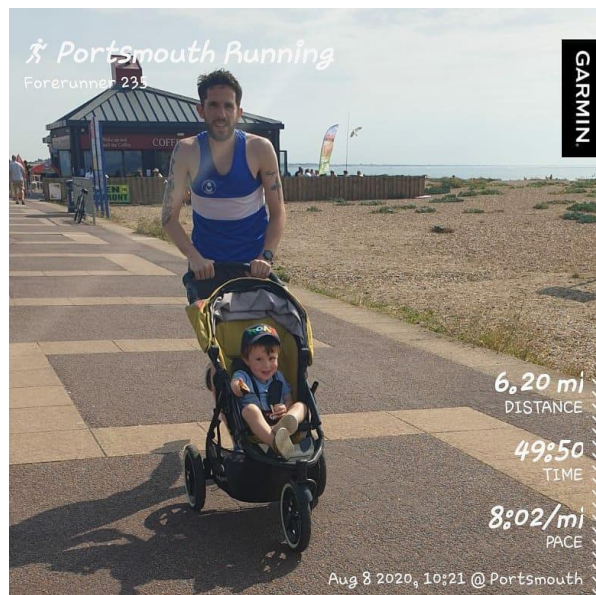
As I reached the end, I was 800m short of the 50km mark so did a lap of the car park to level it up.

5hr 26min 23sec ... A new 50km PB by 10 minutes, really pleased with myself and my determination to finish.

## Father and Son Running the P.J.C. Virtual 10k – Alex Radice-Gomm

My son and I ran 10k along the seafront to do our virtual 10k. We ran from the Coffee Cup towards Eastney, then up to the fair and then back towards Eastney to get 10k in.

It was a hot day, and not too busy. Was nice to get out and complete in a run. James loved receiving his medal, even though he didn't do anything and won't swap places.





## Portsmouth Joggers 10K, 5K and 2K Virtual Events – Peter Oxley

Sunday 23rd of August saw a number of Joggers taking part in the 10K, 5K and 2K Virtual Running Events.

The routes were measured and planned by Tony and a Portsmouth Joggers HQ was set up in Bransbury Park, Milton.

Runners enjoyed a warm, sunny day and were made up of a wonderfully diverse group of Junior, Senior and 'Extra' Senior people including those of us who enjoyed our teenage years in the 1960's and 70's and whose favourite pop groups are still The Beatles, The Small Faces, The Ramones and The Undertones.

The routes encompassed Bransbury Park, to the Hayling Ferry Pontoon and along Eastney and Southsea Promenade. Some good times were noted including a Personal Best but the main object of the event was to raise funds for the charity MIND and also for our club and to have a safe and enjoyable time.

We also to received a rare reward, that is, a medal with the year 2020 impressed upon it. The medals are in fact excellent and very well designed.

A highlight of the event was the award ceremony when our medals were placed round our neck just as at the Olympics! This was a lovely end to a very enjoyable club virtual event.



**A few photos of the morning's events**

## Virtual Running Isn't What You Think- Brian Rees

So, the lockdown and isolating thingy stopped most things earlier, including the ever popular P.L.5. As in most events, a lot of work goes on behind the scenes which most people don't see. Naouele and Rachel were obviously very disappointed but it did not deter them from getting together to put on a Virtual Run for club members, to help keep active and keep fit; something to aim for. Various distances from 2k for the 'kids' and then 5k, 10k, 1/2, Full or Ultra marathon. Your choice: pay the money, do the distance in a club top, confirm to the ladies you've completed and claim your medal. Simple. But what is a virtual run. My idea is to sit down in front of the tv and watch someone else running around a track, imagining that it's me doing it.

Well I had seen the post and thought that I might enter-maybe. I pondered this but just didn't get round to putting my name down. Then I saw that Naouele and Rachel were having an event at Bransbury Park to hand out some medals to some peeps that had done their distance. Well, it was a Sunday and I normally go out on a Sunday with a social group who walk/run for about an hour then generally head back for coffee n cake n natter. A few of the group decided that they would enter and do either the 5k or 10k. OK I thought, I'll have a go at the 10k. All I have to do is turn up at 9.00, pay my £5 and run with a few lovely people in a couple of days time.

Come the morning I woke up later than I wanted, as I had a restless night, looked at the clock and thought I must get up and get down there to meet up. However, I just couldn't get into gear and laid in bed resting a bit. Eventually getting ready and driving down to Portsmouth to meet up with the 5k'ers: but still wanted to test myself with a 10k. Along the seafront to Old Portsmouth or the Hard I thought, and back to Bransbury. Come on boy, I thought, you might have just turned a certain vintage, but let's see if you can do this on your own. To date and of recent times, I have only run socially on club nights or Sunday. I have done but a handful of 5k Park Runs, but had a determination to prove something to myself! I found Naouele and paid my money. What distance are you doing? 1/2 I said, WHAT?? I thought. What are you up to? Quick check with Tony as to far once round the island was – something I wanted to do, to push myself a bit and see what I could still do. The last 1/2 I did was in Malta nearly 2 1/2 years previous, with some nice steady social people who were only worried about getting round: time didn't come in to it. I've done no training for this, only 5 or 6 miles or so at most. Come on boy, you can do this!

I must have had an idea that I was going to do this: Why else would I have downloaded Reline on to my mobile to record my 10k run that morning while still laying in the pit. Doesn't make sense!. I gave myself 3-4 hours to complete. So I hoped, bearing in mind this was a spur of the moment decision to try this without training. So I took a photo of the sports pavilion at the park and headed off across the park towards Locksway Road, turning towards Thatched House and the shoreline. A nice steady plod. Need to take a few pics on the way round as proof I had been there so decided that the monument on Milton Common was to be the next. Got there without stopping, pleased with myself. Quick photo and carried on. Was thinking that I had to go onto Eastern Road at the Harvester as they're doing the next phase of the coastal defence up that way. Found that I could continue along the shoreline North, I could see ahead that people were out sailing from the activity centre. My next photo opportunity? Thought I could run as far as Kendal's Wharf before having to detour to the main road. However I got to Airport Service Road where the coastal path was then fenced off and had no choice in where I ran, or plodded along. I got as far as just before the water bridge and stopped to take another pic, looking north. I hadn't stopped since the monument. I was pleased with myself. Had to cross the road here to head west along the new coastal path towards Hilsea Lido.

Quick look at the watch surprised at the time. If I can keep this up I will beat 3 hours. Yeeey. Still running along the weather started to change as I approached the railway, sun disappeared, clouds came over and it started to spit with rain. Towards the Peronne Road bridge it poured down – but just for 5 minute and the clouds blew over and the sun came out again. Had to stop and walk a bit just here, but was still pleased with how I was doing, considering! Over the bouncy bridge and another photo stop looking north. I notice each time I stopped that the previous one was there so was content that they were being saved. Plodding onwards another quick snap of the mural at the Lido and on towards M.L.C. Had to stop and walk a couple of lamp posts towards Matapan Road, and then onwards again. Another quick pic of M.L.C. and then onto Tipner and across the Park and Ride to the shoreline. Quick glance at the watch and still doing ok for my 3 hours, I thought. Over the years I have never generally looked at the time when running, as I believe it puts unnecessary pressure on yourself. You run as well as you can on the day, and it turns out to be a good time of maybe not; but that's running for you. Another photo towards the Ferry Port and Mile End. Some quick pics of the murals along Princess Royal Road and then off alongside the old dockyard wall and towards Queen Street. Short walk passed Nelson and then back on the toes (plodding though) towards the Hard and another stop to photo Warrior.



Feeling ok still at this point and followed the wall round Gunwharf, passed the loW Ferry Port and on to Old Portsmouth. Photo opportunity for the harbour and Spinnaker Tower, Spice Island and harbour entrance with Still and West. Back to running the short distance on the pavement (avoiding the cobbles) to the Round Tower.

Decided to go up the steps to the top promenade as I could hear something on the water t'other side of the wall. Just boats passing back and forth through the harbour entrance so another quick couple of snaps. Stopped for a couple of minutes just to take in the view and started to run back along the seafront towards Eastney and the finish closeish to my 3 hours, or so I thought! I had been running quite well for me and I was happy with at what I was doing, but from here the legs didn't want to co-operate and I found it difficult to start again. Was it those steps I had just climbed? Anyway it was a struggle to get to Clarence Pier without stopping, but I did. Walked passed Hover travel and decided it was time to lamp post. Run one walk one, run one, walk two. It was now harder for me to run so decided that it had to be run two, walk one, run three, walk one and did so along the rest of the seafront back to Eastney Corner where I started to walk again to Ferry Road. With my finish line in sight it was a slow jog to Bransbury Park and another snap of the Pavilion. Oh, best turn odd Relive. Not sure what happened but the time showed 2:50:54 for 12.08miles but a total distance of 14.1 miles. Didn't make the 3 hour mark because I found the last few miles from Old Portsmouth difficult, but with a time under 3½ I was happy with that and pleased with what I'd achieved. Not bad for an oldun I thought. What I haven't written down are all the thoughts I that I had as I was running round, about all sorts of things, about self-worth, house and garden and what I should be going, allotment, family, PJC, the meaning and purpose of life etc. But it brought it all back to me that running really is good for mental health and wellbeing as you can sort out in your mind all manner of things.

Back home and looked at Relive to try and download, but couldn't find any of the pictures that I had taken on the way round; nowhere to be found. Quite upset at that. That's me just not understanding technology I suppose; and I call myself an engineer! Hot bath, dinner and relax in front of the tv for the rest of the evening. Feeling ok, but come the following morning my calves and thighs were a bit tight and going upstairs wasn't without a bit of discomfort. There was nothing virtual about that run yesterday, I was feeling it! But still happy with my achievement.

## **An accidental Half Marathon – Irene Cruickshank**

Like everyone else lockdown had a really negative impact on my running. I found my motivation gradually waning as I dragged myself out of the door for yet another lone run. It was so wonderful when we were allowed to run alongside running friends again, it really lifted me and my fellow running group, however, with no organised races to aim for it was still a bit of a challenge to feel fully motivated. When I saw the Portsmouth Joggers virtual race opportunity it was just what I needed so I decided to enter the half. One of the ladies I had started running regularly with, fellow Portsmouth Jogger Lou Bettoney, had never run a half marathon and I eventually persuaded her to enter too.

Now, anyone who knows Lou knows that she is a fantastic runner but lacks self believe and confidence in her own ability so, true to form, the next day after entering she decided she couldn't do it. On the 16th August we met with Bob Maguire and a few others, for our now regular Saturday morning run. The route was a nice flat one, around the island, ten miles in all. This however felt like a good opportunity to complete our half marathon! I decided not to tell Lou as I knew she would be convinced that she couldn't do it! We had a lovely run around the coast of Portsmouth and Southsea, chatting all the way, taking in the views etc. I'd let Bob in on the plan so he understood when we just kept going without looping back as we usually do within the group. We had such a lovely morning and it was only when we got to Foxes Forest that I casually mentioned to Lou that we had 'done' eleven and only needed two for our half marathon (I didn't mention the 'bit'). Well, you should have seen her face, genuinely shocked but also very happy. I don't know if it was the excitement or the shock but we ran miles eleven to twelve in nine and a half minutes which is super fast for us! We finished the half in the respectable time of 2.18, not bad for a couple of 60 pluses and of course Lou's first half marathon. She still laughs now and tells everyone how I tricked her into running a half marathon. I'm now trying to persuade her to do a full marathon, watch this space ...



**Will Taylor** 'Ran A Rainbow' during lockdown, to show support for our frontline workers, 7 runs each in a shirt of a different colour of the rainbow. Will has been writing a blog about his running since January 2019. If you want to have a read of it click here <https://evolutionofaracingsnake.wordpress.com/>

He has written one entry about running during lockdown and how it helped his mental health. That entry is here and well worth a read!

<https://evolutionofaracingsnake.wordpress.com/2020/04/30/mental-health-miles-running-in-lockdown/>



**Davina** wanted to pass this on to everyone –

Lordrick is the main guy I work with re the kit going to S.A. I asked him for a short snippet for the newsletter re: how it is in lockdown there, unfortunately he has tested positive for covid and is quite poorly but has sent this over...

From Lordrick in S.A.

COVI-19 has changed our way of life in SA and the world as a whole. Some of the things we like doing are being restricted by the rules and regulations of the LOCKDOWN. Running ,jogging and walking is no longer the same since we have to do it in a specific given time of the day. But that won't end my marriage with RUNNING. I try by all means to follow the rules so I keep myself healthy. Mask and buffs became mandatory in SA, so I always put one of the two when going for training.