

Portsmouth Joggers Newsletter

Edition 4 – Nov 2020



Welcome to the fourth edition of the P.J.C. Newsletter. Lots of good stuff in here again. Reports of virtual and actual running events, members' news and ideas to keep us all motivated during Lockdown 2. Do consider the suggestions in our chairman's report regarding finding a buddy to run with and take part in the PJC Tour de Lockdown, details below.

Do post your runs on the Facebook page to encourage others, especially any particularly good routes!

From the Chair

So once again we are in lockdown, and unfortunately club runs have had to stop. I know England Athletics lobbied hard for organised club runs to be exempt, but to no avail.

We are of course allowed to run with a "plus 1" now, so please use facebook to find a partner for a day, week or longer! I have seen this work successfully already, just post what you would like (distance/pace are useful), and hopefully someone will join you.

We have also launched Tour de Lockdown – big thanks to Rachel and Naouele for organising this, see the article below, and join in (retrospectively is allowed if you missed week 1). Some excellent mileage already as a club, but mostly I am so pleased to see the comments, it seems to have really helped some people get their trainers on and go for a run – and that makes it so worthwhile.

As always, thanks to everyone who has contributed to this edition, and Celia for putting it all together, enjoy!!



A Challenge To Keep Us All Moving!!!

With Lockdown 2.0 upon us, let's keep the PJC spirit alive and try a 6 week challenge to get us all over this hurdle before Christmas we bring you "Tour de Lockdown"

The plan.....

Cover the mileage the cyclists do in the Tour de France... but PJC running style.

The agenda.....

TDL is 2,102 miles to cover as a collective over the next 6 weeks.

The commitment....

All we ask is that you cover whatever mileage you want, across the next 6 weeks and let me know each Sunday your stats. Any miles is fab and as a PJC team, we can do this and cover the distance.

The Timing....

Starting 2nd November

Finishing 13th December

This is a free challenge and open to fully paid PJC members only.... as there maybe a little something for you at the end.

You can drop Rachel Thomas a Facebook message, note (email or text/WhatsApp) and let her know your mileage weekly.

Huge Thank You to **Rachel Thomas** and **Naouele McHugh** for organising this event

Good News!!! (And boy do we need it!)

We welcomed THREE new P.J.C. babies in September:-

First to arrive was Joanna and Simon Langley's baby, Oliver. He was born on 2nd September 2020 at 9.19pm weighing 8lb exactly.

Second to arrive was another Langley, Robert and Donna's baby, Isabella Rae at 11.00pm on 25th September weighing 7lb 8oz.

The third one was Ben and Georgie Stait's baby, Isobel, born the next day, 26th September.

We await the arrival of 2 more Langley babies, Johnny and Angie are expecting twins around Christmas time!

Watch this space!



Oliver Langley



Isabella Rae Langley



Isobel Stait

<https://www.facebook.com/CancerRugby>

This is a link to Rugby Against Cancer's Facebook page. Rugby Against Cancer has been set up by a group of Rugby Players to raise money for cancer charities. On this page is a Video Diary, by Graham (Sid) Street, about his current fight with cancer. He and his wife Alison are well known to many members of PJC as they were regular joggers until his first diagnosis 4 years ago. Unfortunately his cancer has returned and he has been having drastic surgery at Basingstoke Hospital. All the members at P.J.C. wish him well.

The Virtual London Marathon and a Couple Of Real, Socially Distanced Events

Here are a few reports from the Virtual London and Brighton Marathons which took place all over the place on 4th October and of the Q.E.Country Park Half and Marathon and The Beachy Head Marathon:-

Short Report From Tim LeComte

Myself and Mike Donovan paced Simon Evans for half of his Virtual London Marathon on Southsea Seafront. It was super wet! Ian Jones stood on a very cold, wet and windy seafront for 4 hours manning an unofficial (and very welcome) water and jelly baby stop. Loads of Brighton virtual runners were out at the seafront at the same time.

(ED. Well done Simon, More from Tim Further on)

Debbie Marks' Virtual London Marathon!

The 4th October was a very wet Sunday morning, not the best weather for a run but we had a mission! Debbie Marks was doing the Virtual London Marathon, her 12th marathon, round and a circular 2.5mile route in Denmead. A group of us were going to help to keep her going.

Myself and husband Peter were in the first shift starting at around 9.00am. Debbie had already started, and completed 6 miles! So, after Debbie had caught her breath we set off. There were about 6 of us supporting her at this stage, all socially distanced of course and taking it in turns to run alongside her. It was a lovely route, just a pity about the rain. We supported her for 2 circuits, so 5 miles and were absolutely soaked.

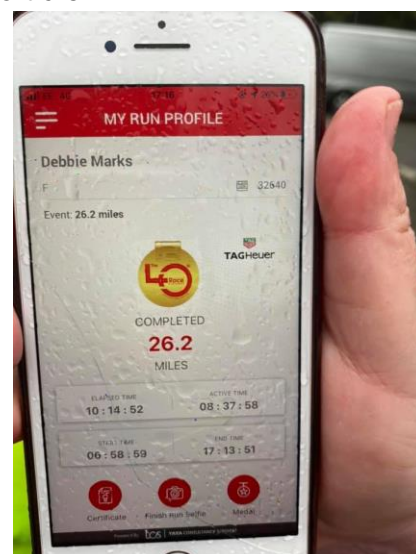
After a short breather and change of support crew Debbie set off again. Debbie always had someone with her to keep her going, and most of the time she had a small group of supporters.

After a short break for lunch at a local pub Debbie and her support crew set off once more.

She completed her marathon at 5.13pm, with her family back to support her finish. Her run time was 8:37:58. She was amazing!

It was an honour to support her, albeit only for a short section of her run.

It was also awesome to see so many joggers come together to support her during the day, some doing more than one session. Big thanks should also go to Alison Stocker for rallying the support crew.



Couch to (Brighton) Marathon by Anjella Coute

Like many before me, it started with a couch to 5k.

December 2017 I ran up and down the Highbury Estate streets, listening to the prompts from my c25k app, trying desperately to breathe. The Christmas lights on all the houses were a welcome distraction whilst I concentrated on putting one foot in front of the other in an attempt to jog.

The effort to step outside in the dark after a day at work was in itself a challenge. However, having committed to the programme on my phone, and buying my first pair of trainers, I had to do it. As the weeks progressed and Christmas came and went, I clearly remember the New Year's Day run, which was 4 x 10 minute runs. 40 minutes of running – how was I supposed to manage that? My hubby and I had driven down to Southsea Seafront and whilst he had a walk, off I went.

Richard (the hubby) has always been amazingly supportive, particularly since my decision to book myself onto a trek (Inca Trail, Peru) for which I decided not to "be the fat girl at the back". I booked it when I was possibly at my greatest weight, with a BMI of 43 and morbidly obese. I started to walk and did not look back. He was backing me the entire time. Although laughing out loud at me jumping around the dining room in response to the Wii-fit lady telling me "you're worth it" and me responding "you're crazy woman", is possibly less so.

So, 5k achieved, the obvious question was what's next – well more I guess. So I signed up for the Great South Run (2018). Yep – 10 miles! This is where I started to make the first rookie mistakes when I decided just running further every Sunday was the way to do it. Well, it sort of did and I completed the GSR in 1hr57min and feeling high as a kite, I immediately entered myself (and some family) onto the GSR 2019. However, I had got my first injuries. The toe nails bruised and turned black and my high hamstring tendon was inflamed. After resting and some physio, I needed a bit of support/coaching/advice. I decided to join Pompey Joggers.

Turning up at 1000 Lakeside one evening in April was terrifying. Felt like a new kid at school. Thanks to Davina approaching me with a warm welcome, I started with the Social Group. A really delightful group, I loved it. Great – I signed up hubby! Oh and those marathon thingies seem pretty popular so I signed up for the Brighton Marathon (April 2020).

Eventually I moved to the “in-betweeners” group and with huge encouragement from Tess and others, I tried to keep up and attend regularly. Asking lots of questions about marathons to everyone, I picked up all sorts of hints and tips.

Then –Covid19. Postponed races. Brighton was moved to September 2020. I'd have to start the training all over and that was daunting, since I had already struggled to maintain the schedule anyway.

Another postponement and an option to run “virtually”. I wanted to shout – there's nothing virtual about running mate! I was anxious and concerned that in the absence of support, it would be more than a bit challenging to complete such a distance. But, I committed to the virtual full 26.2 and set the date as 4th October 2020, so that I could run with all the “Virtual London Marathoners”, who had to complete their challenge on that day only.

7am Tess and I start quietly at Hilsea making our way clockwise round Portsea Island on what was possibly the stormiest day since February. Support arrived at the half-way point back at Hilsea Lido, where water, gels and cheers greeted us and we were encouraged off for the second loop. The weather became biblical along the seafront, with waves crashing over the seawall and winds whipping my bin bag (wore it for the entire run in the end).

Colin, who had joined Tess and I at about mile 2, meant only to run with us to Eastney Pool (mile 6), was still running with me as we entered the Bransbury Park for a much needed fuel stop.

26.22miles later, on top of the world we completed our marathons with dedicated family and friends out in the pouring rain.

And as predicted by Simon Evans, I am definitely going to sign up for another one!



London Virtual Marathon 2020. - BY (the mad) NICKY THOMAS! A HAPPY AND EMOTIONAL VIRTUAL LONDON!

Like most people who have a passion for running and have the running Love Bug, I had been trying to get into the London Marathon via the Ballot for a few years. I had not yet achieved a Good for Age, always just been just a few minutes off, mostly due to the fact of running mostly ridiculously hilly trail marathons, or inadequate training and one time the dreaded injury. My closest marathons had been the Portsmouth Coastal marathon in 2016 where I had run 3.52 and then New Forest marathon last year at 3.55. In total I have run the Coastal twice, Midnight Marathon twice, the Meon Valley Marathon, Southampton once (would have been twice if not for a dreaded stress fracture the first time I did it!), New Forest Marathon, and the Plod 21 mile which was so lovingly tough it was a marathon in my head haha! So yeh a few.. it was actually my favourite distance when I first got into running prior to the injuries I had. It's strange as I now prefer my shorter speedy runs but still like to throw in the odd marathon here and there, maybe like 2 a year instead of a few!

I always felt like in my head I had never really trained properly for a marathon or had a proper action plan, and always wanted to give a marathon a better shot. On some of my previous ones I had even done a parkrun the day before or even the same day! Not the best idea haha.. in fact very silly and cavalier and not advisable if you want your best time.

When I met my partner Lee a couple of years ago now at a race, it was like we clicked. It felt like someone finally listened to all the things I had to say without me feeling stupid, and laughed at my silly jokes. He is always understanding and patient and makes me want to be a better person. I don't have to be afraid of talking about my thoughts and feelings and feel I would be lost without him now. Despite being an extremely fit and speedy man, I know that he has had serious illness in the past and fought his way through it to come out the other side and in fact what he had has also affected my own family as my grandfather on my father's side passed away from this same illness, Non Hodgkins Lymphoma, when I was younger. It still seems such an alien concept to me, that someone so fit could have been this poorly but the body is a strange thing and illnesses do not discriminate. I think Lee himself once ran a 2 hrs 53 time at LDM in 1996! Amazing.

When I reached 40, I thought I would like to do London before I get too fossilised to move and achieve a good time, and what's more I knew that I wanted to do it for charity – even if I did get in the damn ballot (which was unlikely!) I knew what charity I wanted to do it for, as it was close to home for both mine and Lee's families and I felt it would keep me motivated. I went down the charity route and have not looked back, running for Lymphoma Action.

Unfortunately the whole Coronavirus pandemic has hit since scuppering the whole world's plans, but at the same time giving a lot of us big chunks of time off of dreaded work for the first time ever, like crawling from a dark cell into daylight and feeling the sun on your face for the first time. This was a blessing at first as both myself and Lee had been ill anyway and it gave me time to re-cooperate. Once better it was actually great having time to cement much needed building blocks in our lives and relationship however it has also been very scary – I have developed a bit of Corona Anxiety and have hardly seen anyone really. During the Summer I have been running a lot really in all weather.. arid heat, wind, rain, different terrains – It gave me opportunity to put in a lot of long runs. The only thing lacking really have been some organised speed work sessions, something I do miss.

When it was announced that London was cancelled for the Second time, I have to admit that I was very disheartened – I truly thought it would go ahead and felt in pretty great shape with my stamina building and even speed. However I fully understood the reasons why and supported the decision even if it was a bit late. Once they announced the decision to do a virtual I was surprised but also thought perhaps it wasn't the wisest move by LDM on the health and safety front but at the same time one that I was always going to relish doing after all the long training runs, sweat, dehydration and sunburn I had endured!

During those summer months I had trained in Lee's neck of the woods in Denmead, Waterlooville and Purbrook, occasionally up at QE. Lee suggested a route on the Seafront and Hayling Billy which a lot of people were probably doing and there was always the Wickham railway Line – but I felt that a lot of people would have the same idea on the day. I had also done some runs around my way in Fareham though and decided on a flatish route that wasn't too near the sea front in case of any adverse weather conditions. As it turns out my idea was the right one!

I made sure I hydrated and ate plenty of food leading up to the Virtual but have to admit to being very nervous about it too – no water stops, no support, what if injury should occur – all those sorts of things in my mind leading up to it. I had trained a lot of my long runs with a water bladder so felt comfortable running with this but was worried in case I ran out of water and felt dehydrated in the last few miles as I tend to lose a lot of fluid from being a sweaty mcsweatface! I had also endured a bit of a panicked lead up where I had zero info from LDM on account of them being both extremely busy and I think because I had been entered by my charity perhaps. The whole App thing wasn't putting me at ease as I still had no log in details until a day before and I'm not the most techy person. But I solved this mystery myself really with a bit of detective work and was all logged into the App and ready to go.

Amazingly I managed to sleep quite well the night before for the first time ever, perhaps as it wasn't technically a race, just a run in my head and awoke feeling fairly refreshed and alert, in fact positive and raring to go! My Partner Lee without me ever asking, brought his bike with him the night before and offered to cycle along with me which I thought was the sweetest thing and he was going to bring along another couple of water bottles should I run out of water and need it. He has always been a keen cyclist so knew this would be a painfully slow cold ride for him.

The weather forecast wasn't looking too great with very strong winds and rain guaranteed, weather warnings issued – we didn't want to leave it too late. I for one was just glad that for once there was no arid sun shining as most of the marathons I have ever done have been baking, and I had also trained all summer in the scorching sun. I'm not terrible in hot weather, but I don't particularly like it either past half marathon distance that's for sure.

We aimed to set off by 9am and did so, starting from where I live in Fareham, going through the park and past Cams Mill and going down through Portchester – I started off and felt pretty strong – maybe a bit too much so as the miles were ticking over really fast – the first 6 miles were all 7.30 pace. I knew I needed to force myself to take it a bit easier if I wanted to last the distance so ground it down a bit.

The route I'd decided on covered Fareham, Portchester, Port Solent, Cosham and Hilsea, past Joggers Headquarters for prosperity, back to and through Portchester where I grew up and through parts of Fareham again going past HMS Collingwood, then onto a sharp uphill climb out of Titchfield and back down through to Fareham with the last section going into Gosport past HMS Sultan and back. I have tried to keep this brief to spare you!

During most of the run the wind really was biting and pushing against us and giving an icing shove – I normally only wear t-shirt and shorts as I tend to overheat but had regretted not wearing any gloves. On the climb out of Titchfield and back towards Fareham, I could see how cold Lee had become cycling at a snail's pace with me in the freezing cold bitter wind and rain and I told him to go home and wait for me there in the warm.. I was okay I assured him, I would see him there. But he insisted on staying with me all the way like a true gent and hero. I really couldn't wait to get to the end to give him a great big hug. Best BF brownie points achieved, smiley caring Nicky Level unlocked. What is this strange fuzzy feeling?.

We were at last onto the final stretch – a few miles into Gosport past HMS Sultan and up to the Cocked Hat pub and then back again – however this was the most brutal and soul destroying section! Not only because of the inevitable fatigue that had set in but because of the constant incessant traffic with people driving dangerously in terrible weather and the rain and puddles and noise! Definitely the most unpicturesque, draining part. However was made a lot better by all the nice people that took the time to beep and applaud. There are a few good souls out there after all.

By about mile 18 my legs had completely ceased up and felt I had paid the price by going off much too quickly even though I had felt pretty good during most of the run! This then consisted of a painful OAP Zimmer shuffle type run the rest of the way! Interesting that this was the point at which I consistently trained to, so perhaps that's why. I know! went from some consistent 8 minute miles down to some 9 minute ones from mile 20 to 22 and the last 4 and a bit miles were all a very sluggish ten minute miles! I told Lee my pace was now well off and I had slowed to a crawl but he told me he hadn't noticed and I was doing well and looked good and consistent, bless him! Obviously had forgotten to go to Spec Savers and was immune to Zombie bites.

We finally got back to outside mine but realised I still had 3 quarters of a mile to go so thought I may as well run round the block a few times, this felt like torture – the worlds most rubbish speedlap session haha (hope the neighbours aren't watching/laughing!) . After a few runs round the block in different Dawn of The Dead shuffle run variations, I finally got to 26.. only point 2 to go.. keep going!

I speeded up a little and finally got to 26.2 and hit stop on my watch.. got the bladder pack off and pulled out my phone with the App running only to realise it was slightly out and still running so had to do another point 2! Argghh! I actually sprinted this time for the point two – the annoyance spurred me on - and the App finished the run when it hit 26.2.. so actually 26.4 miles ran in total! In a time of 3 hrs 46 minutes and 3 seconds! A big Marathon PB for me – shame it's not going to go my Power of Ten, but oh well we can't have it all.

Now time to hug Lee! I couldn't wait to give a great big cuddle – we were both soggy and cold, he must have been frozen in the icy wind and his hands were spoon hand icicles.. Felt so happy right in that moment and full of Love and joy - I felt like the experience had brought us closer together and made me realise what a lovely chap I had – no one has ever done anything like that for me – most guys would have just waited in the pub for that long with a pint.. or ten.. not braved the cold and rain at snail pace on a heavy bike through a less than scenic route! After we got inside my legs started burning and I was screaming it was so burny, couldn't wait to get straight in the bath, but had to be helped up the stairs! I knew I'd given it my all.

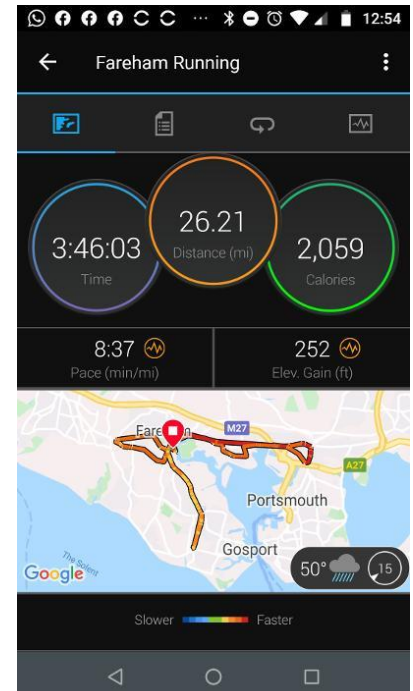
I was happy with the time I did in those conditions. In fact I believe I enjoyed the Virtual more than if I had done the actual London Marathon as really I had run it for Lee and he had supported me back and cycled with me in the cold and rain. It was a deeply emotional experience for me for a cause we have both been affected by. I realised in that moment that whatever the future holds, we can face it together.

Since that time I have also run QE Marathon on the 17th October – a trail Marathon with over 3250 feet of elevation! Thought I may as well use my training for an actual race! Extremely tough, first half I was good, second half suffered and but pushed on and did it. At the end I weirdly had blue lips and a squizy head.. 2 Marathons in 2 weeks .think that's me done for marathons now – until next year haha!! (When London starts again in earnest and hopefully I get to give it a proper crack!)

(Cont. and pictures below)

If anyone would like to sponsor a good cause after mentally torturing themselves with all my waffle, then please do so, I would be more than grateful! Here's the link, anyhow:

www.justgiving.com/Nicola-Thomas88



Well Done Nicky!!



Tim LeComte and Ian Jones Queen Elizabeth Country park Half Marathon

Myself and Ian ran the QE half marathon - both came in under 2.30 in a tough course of just under 1800 ft of climb for the half, doubled for the hardy full runners. Conditions were great - dry and mild .

Ian did 2.27 and I did 2.28

The whole event was smoothly run by Phil Hoy as usual

Another Excellent Run!!



Debbie Pentlands Beachy Head marathon

Well I can honestly say that was the toughest marathon I've ever done (my 23rd) and I think my last? 8 hrs 41minutes! Last overall (nothing new there then 😂) I started at sunrise an hour before the official start (naughty but essential) as I always do since my diagnosis with Myasthenia on top of my lupus. I love this race, it's my absolute favourite. 😊 But hey I still enjoyed it. That WIND tho? At least 45mph, made it tougher as it seemed to be swirling around in all directions. It almost knocked me over twice, blew me into an electric fence on top of the Seven Sisters and almost took me off in a portaloos at the top of Firle Beacon 😂. I stopped at the Plow and Harrow pub for a coffee in the beer garden at Littlington (mile 16.7) blooming gorgeous and essential to keep my Raynauds from freezing me ☕. Thankfully the rain held off and there were tears in my eyes as I came over that last rise to see the finish line. I managed to run in to a wonderful applause of the people who were at the foot of the hill café and crossed the finish line with a huge Grin on my face 🏆🎉 Now, after 12 hours sleep we can relax with another weeks holiday in Eastbourne. 😊

A MASSIVE THANKYOU to the team for putting on such a Wonderful event ...Covid safe tip top too.



Bob catching up!



Lunch Break!



The Reward!

Well Done

Debbie !!!!

Sandra Tullett's 24 hr Track Race by Russell Tullett

After weeks of speculation Gloucester 24hr track race went ahead. It was an immense effort to make this race happen by Severn Valley athletics Ltd.

The concept of the race is that you have to run around a track for 24 hrs to see how far you can go with a change in direction every 6hrs. The race started at 2pm on sat nov 2nd and finished at 2pm on sun 3rd nov.

Sandra Tullett who has been a pjc member for 20 years entered into the race after a long injury to her ankle with a short but descent training block. It was how long the ankle could hold up. With all these long races another issue that rears its ugly head is sickness. Sandra suffers with this on most occasions. It started within 4 hrs. After about an hour we managed to sort it mainly by slowing down and put a lot of walk breaks in. Sandra reached 50 miles in just over 9hrs. She carried on with a good spell and reached 75 miles in 14 hrs. Sadly at 80 miles the ankle injury came back to haunt her. This brought her down to run walk. The walk breaks came longer and longer she finally

reached 100 miles in 21hrs 8 mins 7 secs. Obviously this is not the end of the race there is 3 hrs left so Sandra dragged her broken body to the full 24hrs. Reaching a grand distance of 107.38 miles/171.11k. During the race Sandra broke the British record for 50 mile time for W55 the 6hr distance for W55 and the 24hr distance for W55. She now holds 3 British records. She knows she can better this too.

Fantastic Achievement Sandra !!

Cat	Performance	ST	Name	DOB	Club	Date	Venue (Country)
WOverall	14:44:25	ST	Eleanor Adams-Robinson	20.11.1947		20.08.1989	Melbourne, VI
W23	14:56:20	ST	Hilary Walker	09.11.1953	*England	07.11.1988	Blackpool (GB)
W35	15:25:46	ST	Eleanor Adams-Robinson	20.11.1947		13.07.1986	Honefoss (NO)
W40	14:44:25	ST	Eleanor Adams-Robinson	20.11.1947		20.08.1989	Melbourne, VI
W45	16:45:32	ST	Jo Newens	29.03.1970	RRC	22.09.2019	London (GBR)
W50	19:39:01	ST	Jo Newens	29.03.1970	*Edinburgh	31.10.2020	Gloucester (GB)
W55	21:08:17	ST	Sandra Ann Tullett	10.01.1965	*Portsmouth	01.11.2020	Gloucester (GB)
W60	21:32:37	ST	Ann Bath	09.08.1948		23.09.2012	London (GBR)
W65	20:01:50	ST	Ann Bath	09.08.1948		18.09.2016	London (GBR)