

Portsmouth Joggers Newsletter Ed.5 Christmas 2020



Well, since the last edition we have had Lockdown #2 and tiers 2, 3 and now 4! However, thanks to PJC we have kept running! Personally I ran with several different buddies during Lockdown #2, to whom I am eternally grateful! Peter and I contributed our mileage to the PJC Tour de Lockdown. There are a couple of bits of not so good news to start with on here then lots of good stuff on the following pages, enjoy!

Wishing All You Lovely Joggers a very merry Christmas and a very Happy New Year – **from your editor**

Message From Our Club Chairman

So Portsmouth is now in Tier 4, after briefly flirting with tier 3!

If you haven't seen my messages on the website or facebook, this means no organised sport (with a few exceptions) is allowed in any tier 4 area, which covers club runs. Therefore, while Tier 4 status persists, all club runs are unfortunately suspended.

You are allowed to meet up with one other person outdoors, (socially or to exercise), so we would encourage you all to use social media etc to find a "run buddy" for your runs over the next few weeks.

Difficult to know how long this new lockdown will last, but if it does persist for any length of time, we will look to do some more virtual events, as the 2 so far have been tremendously popular and successful. Big thanks to Naouele and Rachel for organising these – a shame that events overtook us and the "prize" distribution and C25K graduation party on Sunday had to be cancelled.

Not my most cheeriest of messages unfortunately!!



PORTSMOUTH JOGGERS CLUB

*Rowans
Silver Jubilee Appeal*

PRESENT THEIR ANNUAL 36TH PUB TO PUB CHARITY ROAD RACE & WALK

In aid of Rowans, registered charity no. 299731

The Pub-to-Pub road race and walk has traditionally been held the day after Boxing Day (excepting a Sunday) at Blendworth, Horndean. Bert, John and I decided several weeks ago that this year, under current circumstances the event could not take place. Under current guidance we would not be able to use the hall. Until recently we were discussing the possibility of an 'open' run for people to do without stating any start or finish time. However, health and safety of running on an open road was not an option. Also we could not offer marshalls for such an 'open' event.

As we are supporting the **Rowans** in their Silver Jubilee Appeal, a 3 year project to raise £7.5M for the refurbishment and modernisation of the hospice, we invite you all to take part in their Santa Run & Festive Walkies which is also supported by **Believe and Achieve**.

Details available via <https://events.rowanshospice.co.uk/events/santa-run> We all need to get out at sometime to exercise for the sake of our health so please under guidance of the current severe Lockdown restrictions, we invite you all to get out and take part "within your bubble" and donate your entry fee to the P2P event towards the Rowans appeal.

Hoping you all can make the most of current circumstances and are able to enjoy Christmas bestest you can.

Brian, Bert and John

Tour de Lockdown.... PJC style

So, what started off as little chat on a damp and dark Monday evening, whilst doing our usual 4 miles down the Rowans' path with the dogs, myself and Naouele come up with the idea of a running a challenge to see us through Lockdown #2... and thus, Tour De Lockdown was born.

This challenge was to keep the PJC spirit alive, morale up and the mind free. 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 asked was that the PJC peeps cover whatever mileage you want, across a 6 week period, letting us know each week to update the scoreboard.

After the first week, where we smashed the TDF with 85% completed, it was clear this challenge was going to be more of a challenge than we thought.... we needed longer and more stretching routes!

Within the 6 week period, as a club we smashed over 10,000 miles. We completed the TDF, crossed the Ocean and visited all 8 Portsmouth's in the USA, then on to Portsmouth, Canada. We still had miles in the tank so then completed the LEJOG AND the radius of the M25.

This challenge brought us together as a club in more ways than we will know. The weekly buzz on the page was amazing, people congratulating each other on their mileage, well done's on getting out and a few inter-challenge challenges, with the boys on "elevation" you know who you are.

The morale and commitment was the best we have seen, and it was an absolute pleasure to see this challenge grow and grow. As a club, you guys are fantastic, the almighty Joggers, and we love you all.

Rachael and Naouele

My Running Year

2020 has been an awful year, or as our Queen would say an annus horribilis when we would really like an annus mirabilis.

At the end of 2020 I ask myself "what has my running given to me" - - so often I find myself telling myself what I am giving to my running (leaving the house on a cold wet evening, pain, breathlessness, slimy wet leaves, uneven kerbs, cut knees - - - I could go on)!

So my running has given me a 3 stone weight loss (not just the running – but it helped), an appreciation of the awesomeness and generosity of my running pals – no names, but there has been an almost daily message from one special person on PJC Facebook page that I have found hugely uplifting, the recent Tour de Lockdown (wow – what can I say), and a very amazing lady who in the background has still managed to raise money through running pals for charity in 2020.

Running gives me a runners high (I would not have believed this 6 years ago), running has made me finish work at a reasonable time each Tuesday and Thursday (I am liable to work on and on and on otherwise.

At the real dark times in 2020 my run has been a mental health Godsend (I needed those runs!), it has also increased my OCD (who would have thought I would run past my house and back again to round off the mileage). So – whatever I have given to running in 2020 it has repaid in full with bells and whistles.

Sue Clarke

C25K

The C25K group started on Tuesday 3rd March and originally had over 20 people in the group. The group had progressed to week 3 before the country was plunged into total lockdown.

Some of the group continued the programme during lockdown and received their medals for successfully completing the 9 week C25K programme, supplying me with photographic evidence of their achievements.

Due to the suspension of club runs, the C25K group who hadn't completed the programme couldn't carry on but were keen to resume C25K when club runs resumed in October. We started again at week 1 with a graduation date scheduled for Saturday 12th December.

The programme was going really well until some of the group had to self-isolate due to having been contacted by track and trace. Thankfully none of the group were unwell and were able to resume running after their period of self-isolation.

This meant that some of the group were playing catch up, coupled with the fact that by this point we had to run in pairs with two of the group having to make up for missed weeks. In order to support the group, they collectively agreed to extend the programme by a week and put the graduation run back to Sunday 20th December.

The group were all set to complete their graduation run on Sunday 20th December and had chosen to run the Southsea Park Run course in reverse so that we could end up by having medals and cake and grab a coffee at the Coffee Cup. We were looking forward to some cheering support from PJC club members out on their Sunday run and a cake table for people to have a chat and catch up.

Thursday's announcement that Portsmouth was going into Tier 3 from midnight on Saturday night meant that we had to have a change of plans for our graduation. Having turned up for Thursday's final run, I suggested to the group that in order to graduate as a group, this was our best opportunity. Having overcome the initial shock, the group settled in to complete 5k for the very first time. I made a call home and my wife brought the medals up to the Lido. All four of the group successfully completed 5k and were presented with their medals and had their socially distanced photograph taken. Sadly there was no cake and cheering squad but the sense of achievement is evident in their photograph. Well done to the March C25K group. I've even had some offers of help from the group when the next C25K group runs in 2021.



Two More Langley New Arrivals!

Myself and Angie would like to welcome to the ever growing PJC family, little Mila & Isaac, born on the 3rd November. They are both doing great even if they like to tag team mummy and daddy in the nights and keep them up 😂. We are very much looking forward to our first Christmas together and are looking forward to meeting family all going well. We would also like to thank PJC for our lovely flowers we received and would like to wish everyone a very merry Christmas and a happy new year. P.S we already have a double running buggy and are looking forward to running alongside some of you in the near future. Jonny Langley



Mila



Isaac



Isaac and Mila



Final day of P.J.C. Tour de Lockdown - last stretch of a soggy 14 mile circuit of Portsmouth . We were caught red handed trying for a stealthy selfie outside P.J.C. member Joanne Murray's house. Any resemblance to a low rent boy band is entirely coincidental 😊

Simon Evans , Tony Quinn, Mike Donovan, Colin Mayne and Tim Le Compte.

Christmas Lights



The Social Group

Touring the Christmas Lights !



Debbie Pentland's Running Christmas Tree!

