

Portsmouth Joggers Newsletter Edition 7- March 2021



Welcome to Edition 7 of the Portsmouth Joggers' Club Newsletter. Your editor is on the way back to her usual form, after a month off from running to rest my dodgy knees.

This is a bumper edition with lots of important information for you! The most important being introductions to all the members of your new committee! This will tell you who to go to about what. We are all very keen to get things, and joggers moving so do let us know any ideas you have for the club. There are also some fun bits and social things. Lots of news coming up so read on!

First - A Huge Thank You To The Outgoing P.J.C. Committee

On behalf of the committee who were voted in at the AGM on Thursday 25th February 2021, I would like to say a huge THANK YOU to the outgoing committee for their support over the past two years and navigating the club through some difficult challenges with the imposition of lockdown and resumption to club running in a Covid secure way. The outgoing committee has rotated out of their roles leaving the club with a solid foundation for us to build upon.

I would also like to thank the outgoing chair Steve Wooldridge for his stewardship during this time and for the extensive handover provided to me on taking over the role of chair, thank you Steve.

The committee is very grateful for your support and will be working hard over the coming weeks to support the resumption of club running in a Covid secure way and in accordance with England Athletics and government guidance.

We will keep you updated on the plans for the forthcoming year to include races and social events to support the clubs constitution. We also intend to run another couch to 5k group.

We will provide an update in the coming weeks through a range of social media platforms and would welcome any ideas or suggestions that you have in respect of club running, races, social events or anything that you feel would help to support the clubs aims of being a social running club for all irrespective of ability.

Take care, stay safe and hope to see you out running soon!
Tony Quinn

Now to Introduce The New P.J.C. Committee!

Tony Quinn - Chair and Leader Couch to 5K



I joined PJC in April 2016 as I had signed up for my first Great South Run that October and had only been running since the previous July when I completed Couch to 5K on my own having always hated running. Safe to say I got hooked and having been supported and funded by the club, completed my Leader in Running Fitness (LiRF) and Coach in Running Fitness (CiRF). I have run three C25K groups, the most recent one proving the most resourceful to date having had to restart the programme following the first lockdown and just managed to complete their final run

ahead of Portsmouth going into Tier 4 lockdown in December. I am the group leader for the C25K programme and when this is not running, I can be found running with the Inbetweeners Group.

I am very grateful to have been appointed chair at the recent AGM and with the committee, will do everything we can to support the club to get back to regular club running. I would really like to hear from you if you have any ideas, thoughts or suggestions for the club or events this coming year. If so, please speak to me at club or contact me at chair@pjg.org.uk

Sue Clarke - Vice Chair and Welfare (With Alex Binyon)



My name is Sue Clarke and I am one of the group leaders of the PJC social group. I started running in 2016 by doing the C25K and my original running motivation was to loose weight. I very quickly realised the positive effect running had on my mental health and was hooked. I completed the England Athletics Leadership in Running Fitness course in 2019 to 'give back' to PJC and more importantly to try to be a role model for those like me who prefer a pace of running that allows for a nice chat as opposed to wining races, although like all runners I do love a bit of running bling. As well as being vice chair of the 2021 PJC committee I am also supporting Alex in her role of the clubs welfare officer as part of her welfare team. I really enjoy my

Tuesday and Thursday evening club runs and commend PJC to all types of runner. Oh and PS - I did loose that weight!

Ben Stait – Treasurer



I have been Club treasurer for 4 years and have been running with Portsmouth Joggers for about 14 years. I have always enjoyed exercise and joined PJC to motivate myself to keep fit. However, I found that I really enjoyed racing and the pursuit of PBs! Structured regular training and club mates really helped me. I run all distances up to marathons but prefer off road events, and while I might not be as fast as I once was, I still enjoy trying to keep up with the speed merchants and help other members get quicker.

Tess Pritchard – Club Secretary



I have been with PJC for three and a half years. I was a run leader for The Inbetweeners for just over two years. I am back running 5k after injury. I prefer to run mostly 10ks and half marathons but have completed two marathons.

Davina Gladding – Membership Secretary



I'm Davina, PJC Membership Secretary and arguably the least talented "Club Runner". My first race was 11/11/2011 (Royal Parks Half Marathon - entered as a dare), and I joined PJC to train for this. I went from couch to Half Marathon in about 4 months. Since then I have done a few more Half Marathons, some marathons, and one 100km. I'm always back of the pack though and absolutely at peace with that. I'm a Mum, a wife, I have a full time job, and my time at ruin club is

where I can just be me. No expectations, no pressure, just "Davina".

I'll never be fast, or have to wear Podium-pants. It's all about just getting out there and having fun running with the pack.



Brian Rees

I joined PJC in 1985. My first run was the New Forest Half in September, having trained along the seafront, achieving no more than 7 miles before the event. I was mad then, and I'm still just as mad today; running with little proper training. I'm still running, albeit much slower, for the enjoyment and friendly companionship that the club offers. I have helped, over the many years with club events to include marking out the courses,



setting up and striking down the event, and marshalling. I recently ran the C25K course before handing over to Tony. Always happy to help.



Celia Oxley – Newsletter Editor

I've been a member of PJC for 7 or 8 years. I started in a group led by a lady called Erica, but was unable to keep up, having never run before! The walking group, led by the wonderful Dave Bing, used to follow a similar route to Erica's group so people could do a bit of each if they needed to. Dave took me under his wing and got me running. He was a very motivational trainer and I will always be grateful to him for pushing me. I will never be a speedy marathon runner but really enjoy the social group. I have done 5ks, the Ladies 5 and a couple of 10ks.

Mike Donovan - Covid Secure Booking System



My running journey started in April 2011 after I quit smoking in the March of that year. Like a lot of ex-smokers who run, I traded one addiction for another. I needed something to focus on which was physical and easy to access, so with a park near to me and some running gear I set off. I found a C25K plan to get me up and running with my first goal to run 5k so I could join in at the local Parkrun at Lakeside in Eastleigh. In my first summer of running, I took part in a club cross country race at Hursley which is part of the RR10 series. This is when I caught the trail running bug and have been loving it since!

I have run a range of trail races from my home in west Cornwall right across the south and have loved every minute of it. I enjoy the different scenery and seasons like the autumn, meeting fellow trail runners and the weather conditions from winter right through to summer evenings with the sun setting. I joined PJC two years ago when I was looking for a new club with training that started a bit later in the evening. Before I joined, I had met a handful of PJC members and they were always really friendly which I thought was a good sign. I then tried a few club evenings and found the club to be welcoming, so I joined up and have met loads of great people since. Due to Covid, I like many members have not been along to training evenings and this is something I have really missed. It will be great to see us all back soon and in due course for me to get involved in organising events for members to enjoy.



Joanne Murray – Website and Social Media Communications

I've been running with PJC for 4 years, completing C25K first and then moving up to the in-betweeners. I love taking part in races especially with a nice shiny medal. You will find me in my tartan leggings running the course, generally at the back! My running music ranges from Boney M to Metallica. I'm a bid writer and have a rescue spaniel called Henry who I normally walk around the Hilsea Lido

Alex Binyon – Welfare (with Sue Clarke) And Point Of Contact For New Runners



Hi, I'm Alex. I've been running for 4 years and have been a PJC member since 2018. Originally a very reluctant runner, I slowly progressed from 5km to half marathons, although my pace and distance have suffered with each lockdown. I'm a mother of one and a nurse. As with many others with busy lives, this means I have to fit in my running around my job or family, and often use running as an escape to wind down from the stresses of the day. As your new Welfare Officer, I will be a point of contact for new members, ensuring they feel welcomed and are in the right group for them.

Over the course of the year, we will be doing work to support all members' mental health and well-being. If anyone has any issues that they feel the welfare team can assist with, please feel free to contact us and we will do our best to provide support.

Naouele McHugh – Club Events



I have been a member of Portsmouth Joggers for around 10 years and have taken part in many of the local races and Hampshire Road Race League. I love the challenge of the marathon but if I'm totally honest, my favourite distance to race is 10 miles. Three years ago, I decided that it was time to give something back and took over organising the Purbrook Ladies 5 race along with fellow Race Director Rachel Thomas. We love putting on this all-inclusive event and seeing the ladies achieve their goals. What I've missed the most during lockdown is not the races but the social runs. There is something for everyone at the PJC, be it speed work, chatty runs or marathon training plans.

With this in mind, I am helping the new committee to put on a range of running and social events. I am on the lookout for anyone wanting to help put on an event to enable us to socialise as a club. This could be a social event such as a Christmas do, summer picnic/BBQ, monthly pub outing or running related such as the popular "Champion of pace". If you would like to be involved in an event, please contact me on Facebook or via ladies5@pjc.org.uk

Simon Evans – Covid 19 Security



I joined PJC in 2017 having completed Couch to 5K and then my first ever race, the Eastleigh 10K, a month or two earlier. When I joined PJC my sole aim was to run the Great South Run, 10 miles was my limit, I had no intentions of running any further and honestly did not believe that I could. Six Marathons and one 50K later and a lot has changed. PJC has given me the confidence to push myself beyond what I thought was possible and made me comfortable with my place as a mid pack runner. The club is one of the most supportive and friendliest groups around and I hope to help that ethos continue

as we welcome more new members to the club.

I run both road and trail (With trail being a preference) and participate in both the Hampshire Road Race League and the Southern Cross Country League races.

* **Your Club Needs You !!** *

We currently have an opportunity for you to be of service to the club by organising and running the club kit.

We are in the process of upgrading the club website and this should be completed shortly. When we have the new website up and running, we expect to be able to take orders online for collection on club nights, which will make this easier to manage.

The intention is to have a club shop on the first Tuesday and 3rd Thursday of each month so that members can order, try and buy before going out on their club run. I already have a willing volunteer to support the club shop on these nights and they would be willing to pack up the kit and place it back in the storage container so this would not impact on your running on these nights.

The kit is stored at Lakeside so there is no expectation of you having to store any kit at your own property. The role involves ordering the stock and liaising with the suppliers to maintain the stock levels. It also includes keeping accurate records of the stock levels and accepting payments for the kit to be paid into the bank or passed to the Club Treasurer.

If you would like to discuss how you could support the club by undertaking this voluntary role, please speak to Tony Quinn at club or contact him at chair@pjc.org.uk

From the Chair

Welcome to my first newsletter as the Chair of Portsmouth Joggers Club and thank you for entrusting me and the committee to serve you over the coming year. We are very excited at the prospect of being able to resume club running, initially in a Covid secure environment and hopefully without any restrictions later in the year. I have made contact with the group leaders to determine what their plans are for resuming group runs and we will update you all as soon as possible.

We know that some of you have found it difficult to get out running and might find the prospect of returning to group running a bit daunting. To help with this, we have established a Welfare Lead within the committee, Alex Binyon, who is happy to help you to find a running buddy or an appropriate group for you to run with so that anyone who comes to the club feels welcome. There will be a dedicated welfare email contact once the new website goes live but in the meantime, if you have any concerns about returning to club running, please contact me via chair@pjc.org.uk and I will put you in contact with Alex. The Welfare Lead role is being supported by Sue Clarke, Vice-chair so if Alex isn't around, Sue or any other members of the committee will be in hand to support you.

The PJC website is old and in need of a refresh, so we have begun work on creating a new website for the membership. This will include information on groups, running and training plans as well as mental health awareness, races, running events and club social events. It is also our intention to sell club kit through the website. Alongside the new website, we will be looking at other ways of keeping the membership up to date through other social media channels.

I will be running the next Couch to 5K (C25K) group which will start on Tuesday 13th April and run for 9 weeks with the graduation scheduled to take place on Saturday 12th June, hopefully at Lakeside Park Run. If you know of anyone who is interested in taking part in the next C25K, please ask them to email C25K@pjc.org.uk to register their interest. Due to current restrictions, this group will be limited to 12 participants, unless there is a relaxation of government and England Athletics guidance.

The committee are actively involved in a range of activities including organising and planning events and establishing the clubs archives to retain our history. We would love to hear from you if there are any running events or social events that you would like to see the club organise, please let me know.

Throughout the past year, running has been such an important part of my life, it's given me structure and helped me to get some headspace from the pressures of work during the pandemic. I even managed to break the same arm twice (four months apart) whilst out running but it hasn't deterred me.

Thanks to Portsmouth Joggers I've gone from very inactive to someone who actively enjoys getting out and being active. I look forward to hearing from you about your ideas and suggestions for the club and getting out running together as one big PJC family.

Take care, stay safe and see you all soon

Tony Quinn - Chair PJC

Two Joggers Share How They Keep Motivated

Debbie Pentland

What's kept my runs interesting is I do a different route each time I go out. Also I set a rough target of 5 -6 miles 3 times a week. I run with a mate, Julie Biles, and we just let the feet take us wherever. It's been great and we always run further than we expect to. We don't look at our watch until we finish. Julie is my neighbour 3 doors down so we motivate each other. She was Pompey jogger years ago but hadn't run lately until she joined me during Covid. Here are a couple of pictures from our mystery tours as we call them.



Julie and I quite often find props for fun pics this was a couple of weeks ago, we found this Xmas tree floating in the waters edge and dragged it up to the bin on prom. by mozzarella Joe's. 😂

Tim LeComte

The weather has been changeable but I've kept up with paired runs 3 times a week. The cold hasn't been fun but we've had some lovely sunrises and sunsets that make up for it. Spring is coming and a return to Parkrun and club runs is imminent at last. See you all soon!



For Those who remember him -

This was taken in February 2011 with Ian Morrison who passed away not long afterwards on 14th March 2011, 10 years ago.

Alex Radice-Gomm

Rest In Peace Ian – Ed.



Family News – Alex Radice-Gomm

My daughter was born 24th February. This picture is taken from the first day we brought her home and our son met her.

Her name is Sienna Radice-Gomm

Many congratulations to you all – Ed.

P.J.C. Do Malta-Again! – Steven Wooldridge



You may have seen a few memories posted on facebook in the last week or 2, with various PJC people enjoying the sun, running, maybe even the odd cocktail, from the Malta marathon/half marathon going back several years.

So what is this all about?

The Malta Marathon and Half Marathon take place every year around the end of February/beginning of March. The 2022 race date is 6th March.

And for a number of years now, a “team” Portsmouth Joggers descend on Malta to do one or other of the races, or even just to spectate. I should add that this is not an organised trip as such – you are responsible for arranging your own flights, accommodation and insurance, but once there, it is a fantastic few days (or more) to spend in warm and sunny (usually) resort, on an Island with some amazing places to visit, and a history that is at times very British. It still has working red phone boxes for example!

And with so many PJC people there together, it makes the whole occasion so much more sociable – whether its having so many on a bus tour, or the evening socialising – and needless to say the 2-for-1 cocktails help the social aspect. Heaven forbid, some even do that BEFORE the race – though not necessarily the night before...!

There is a helpful guide on the PJC website – click [here](#). It is from 2020, so some of the information (particularly flight times) is possibly out of date now due to changes enforced by COVID, but otherwise gives you some great information on places to stay, visit, etc.

Most who have done the trip loved it, many go back again (and again....), it’s relaxing, as social as you would like, and superbly organised races too. There was a minor blip in 2019, where a terrific storm blew in for 30 hours, and the race was unfortunately cancelled – but safe to say even that was a memorable time, albeit the wind at its height was a bit scary!!

I would stress that you don’t have to be particularly quick, have a look at the results over the last few years to see the range of runners and times – we certainly aren’t the only running club that travels to Malta each year – indeed, we are not even the only running club from South Hampshire!

Flights are already available – some accommodation is but most will be available to book from early April. The race itself opens for entry on October 1st – it is very cheap (£35 including transport to the start). Quite a few from PJC are already booked – but the more the merrier!