



## **Welcome to Edition 6 of the PJC Newsletter**

I have to say your editor is feeling a bit of a fraud at the moment having not run at all since January 2<sup>nd</sup>. My knees, which do trouble me from time to time, decided to do so now. They ache if I put too much strain on them by running or going up stairs. It's a just touch of arthritis, just one of the joys of the ageing process and cold wet weather. I am keeping active though by going for walks several times a week, which do help. A huge thank you to various Social Group members and to husband Peter, who have kept me company. I suspect I'll be doing the couch to 5k when we get back to group running, to get myself back to fitness.

Enough of me, read on for interesting and fun stuff from your fellow P.J.C. members! We have news, information and observations for you to enjoy.

## **From the Chair**

Welcome to our first newsletter of 2021, still in lockdown for what looks like another month, though I hope you are getting out still for your runs. More on that shortly...

I do want to highlight the forthcoming AGM on 25<sup>th</sup> February, and in particular, the need for more volunteers to help the club move forward, whether that be committee members (ideally), or just helping on a specific role or event.

AGM details are on the website homepage and facebook – if you do want to stand, then please contact me before 11<sup>th</sup> February.

So back to running – thank you to Naouele and Rachel for putting on the very popular Miles For Mind during January – it was great to see you all reporting some superb distances during the month, and not just running, we included walking and cycling too.

And of course, many of you have been doing RED January, and again a big well done to everyone who managed that – more than I can do (I need my rest days!).

Hopefully, incentives like this help give you the motivation to pull on your trainers and get outside – especially in our lovely winter weather!

Keep on running,

Steven Wooldridge

PJC Chair.

**Do put the AGM date in your diaries and join the Zoom call. Remember the club is us!**

**25<sup>th</sup> February 2021! Zoom link will be published on the Website and Facebook nearer the time.**



## Miles for Mind

Hi there beautiful runners of PJC (members or extended family/friends)

What a month January was. Still in lockdown, but we hope you have managed to have some light relief by heading out into the (very) fresh air and have some time to clear your mind of all the negativity. if you were "Zwifiting, we hope you cracked a window

So lets look at final stats of the January Miles for Mind challenge.

In the last 4.5 week, we have managed, as a collective, 9,287 miles!!!! THIS.....IS....AMAZING

You guys have stuck to this, just like any other challenge. You are focused and putting in the efforts to make this your challenge.

The little stories and pictures each week have made this a pleasure to co-ordinate.

But lets not forget why we started

In these uncertain times, we need to stick together as a community, which seem to be more online at the moment, but we do hope this challenge has helped you, even if that was just for 1 day.

Do try and get out with 1 other as a running buddy, it does help 😊

Now for the exciting part, how much have we raised????

In total, after we have paid for the medals (yes, there is medals), we have raised an amazing £363 for the charity Mind. This is brilliant and is down to your generosity when pledging your donations.

We will pass this money onto Mind and hope this will help them, help others.

As for the medals (and we still have chocs from the December challenge), myself and Naouele have them in boxes at home. if you are out on your daily exercise and are passing Farlington (Grant Road for Naouele) or Havant (St Albans Road for me), then let us know. We can socially distance pass on your medal (and chocs, if you haven't managed to collect yet),

Much love as always, stay safe and we WILL be running together soon.

**Rachel and Naouele**

## **Some Thoughts - From Tim LeCompte**

The end of 2020 saw me hit an arbitrary 1000 miles in the 3rd week of December. I took this as a sign to take a week off between Christmas and New Year which proved to be somewhat ill advised! January came around and it seemed to take a few runs to get back into the swing of things . Throughout our most recent lockdown I've tried to be disciplined and get out 3 times a week. I've never been a fan of solo running .

With this in mind, I owe sincere thanks to a variety of people for patience and company - specifically - Ian Jones, Glenda Jones, Michael Rae, Craig Lodder, Phil Hoy, Simon Evans, Rachel Gardner and Kirsty Holland have all been regular companions as small groups (when we were still permitted) or as part of a pair . Thanks to everyone else who has waved along the way or kept me company when we were allowed!

This has been key to me keeping active. My advice to anyone lacking motivation would be to get in touch with runners of a similar pace and arrange some paired runs - perhaps taking it in turns to pick routes and distances . I'm hoping for a decent 2021.

I've applied for London, again, the statistics suggest I'll get to run it once between now and 2046

## Records From Three P.J.C. Members

### From Steve Hyson (with wife Sue)

Sue and I have been doing some extra miles in prep for our entry into the Silverstone Virtual 10k on 14th Feb. Today, (Jan. 31<sup>st</sup>) we did our first full 10k run with no Jeffing 😊. Hopefully we'll run the Silverstone event in a shorter time than we put as an estimate on our entry form. The 'proper' race has been postponed until Oct 2021, so they're running a virtual in two weeks' time for an extra £5 payment and we get a 2020 medal as the original race date was Nov 2020. I bet there's not many event medals with a 2020 date on them.

### From Nicky Jones

#### ( There are probably a lot of other members who are part of this one)

Found out today that Tina Brown and I are Guinness world record holders... Along with the more than 37,000 others that took part in the virtual London marathon. 😊



## An Eventful January Run With Peter Oxley

On the morning of Monday 25<sup>th</sup> January Celia and I walked to Hilsea Lido where we met our good friend Richard (Club Member Sue's husband). Celia went for a walk while Richard and I ran.

It was a chilly but sunny day, so we kept in the sunshine and soon began to warm up (well, as much as I ever warm up at this time of year). Eventually I removed one of my 4 top layers and tied it around my waist.

We ran east along the north side of the creek towards the Eastern Road and then onto Farlington Marshes. We headed anticlockwise around the coastal path. The path was as muddy and wet as we have ever seen it and inevitably whilst running through one quagmire I did a slide into the mud. The soft landing meant no injuries. So we ran on for much of the way on the concrete sea wall. Even this was very muddy in places. We ran for some distance on the 'beach' as this was less muddy than the path.

It was high tide which meant that the wading birds and wild fowl were concentrated into the bird sanctuary on the marshes. There were literally hundreds if not thousands of birds of many species in easy view. Huge flocks of geese flew over our heads. Fortunate we did not get 'bombed'. The visibility was superb and we had wonderful views over the city, Langston Harbour, the downs on the Isle of Wight, Portsdown Hill and over towards Chichester Harbour.

We then turned west along the tarmac path back to the Eastern Road keeping a sharp look out for cyclists, some of whom unfortunately took little care for 2 runners. (I am also a cyclist but do use the bell to let runners know I am behind them and always give way to runners).

We finally ran back along the creek to Hilsea Lido. It was a very enjoyable run with perfect company.

On arriving home all of my kit went into the washing machine whilst I got the mud off me in the shower.

## P.J.C. Member Helen Jerome's Interesting Lockdown Project – Post-run Hot Chocolate Anyone!

As the 1st lockdown was coming to an end, and as running was just not the same without being able to get out with the Tuesday/Thurs, and weekend groups, I was looking for a new hobby/challenge to keep my mind busy. After swapping a couple of messages and ideas with Davina Glading, she sent me a video of something she had seen whilst in South Africa ....Hot Chocolate Bombs. Spheres of chocolate with mini marshmallows in the middle that you place in a mug, add hot milk and watch as the chocolate melts, then the mini marshmallows appear and float to the top and they certainly did look interesting.

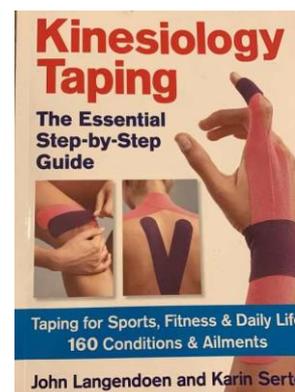
Armed with chocolate, marshmallows and a mould I descended on Davina's kitchen for a day of chatting and experimental hot chocolate bomb making, for a first attempt they turned out pretty good. After a bit more practising, Paul and I booked onto a chocolate tempering course as soon as lockdown was lifted slightly, we then carried out a food hygiene course and completed the legal requirements. The Hot Chocolate Bomb Factory was born.

As we didn't want to compromise on quality at all, we selected our finest Belgium chocolate, refined our recipe and it turned out that people were loving hot chocolate bombs and it was very much the trend for this Christmas...just right to indulge, and then put in the miles to exercise them off. We had a very successful Christmas which has continued into January, chocolate bombs are not just for Christmas. We are currently only on Facebook but have had so many word-of-mouth recommendations, especially from my Jogging friends which has been fantastic. We hope to branch out with a website soon. So, Paul and I have found that as well as running, that PJC support in business is superb, maybe we should have a register of who does what? How wonderful that would be to support each other, to keep the community spirit going when we can't run together.



## Bloody Running!

### Thoughts on running injuries from Michael Sennett



Annoying little cut on the toe  
changed my sock colour 🧑

Luckily I managed to walk the blood  
all over the house before I noticed 🤦

Michael also sustained a  
knee injury!

This is a really useful step by  
step guide should you need  
to use tape to protect a  
recovering injury.