



Hi there Joggers. Welcome to Edition 8 of your Newsletter. I hope those of you who have returned to Club nights are enjoying running together in your groups. Hopefully it won't be too long before we can meet up as a club. Your editor is back running with the Social Group and really enjoying it. It is a bit different, not being able to socialise with other groups but it is wonderful to be running with other people. However I'm struggling a bit to keep up. I did a Couch to 5k plan and completed it the Sunday before club runs started by doing a non-stop 5k in 36:45, not a PB but the best for a long time. Hope you are all getting back into it too. Hopefully we will be able to mix with other groups before too long. This edition is full of information and news to help you along the way.

## From the Chair

We were able to resume covid secure running on Tuesday 30th March from the car parks at Lakeside. It was so lovely to see groups of friends coming together to run as a group again after months of not being able to run with each other. We are bound by the current government guidelines and UKA guidance but it is a joy to be back at the heart of our running community.

I appreciate and understand that some members are apprehensive about resuming group running, whilst there are others who find the restrictions too intrusive. I truly hope that we are able to relax these restrictions in line with government guidance and get back to all of us having the freedom to participate in club running nights.

We have had a lot of interest in our most recent C25K programme and the group will be starting week 3 on 27th April. One of the things that has become apparent is that we don't currently have a group that can help C25K graduates progress to being 10k runners, for those who want to. There is a lot of interest in a group being established to help C25K graduates progress from 5K to 10K runners, so if you are interested in leading a group to do this, please contact me at [chair@pjc.org.uk](mailto:chair@pjc.org.uk) or speak to me direct on club nights.

The PJC trophy cabinet has been temporarily put into storage whilst there is refurbishment work taking place to the Atrium at Lakeside. The cabinet and trophies are being safely stored until such time as they can be reinstated at Lakeside. Whilst removing the trophy cabinet, I have also removed a selection of running books that Tony Conway kindly donated to the club for members to read and enjoy. I am in the process of cataloguing the books which I will publish on the pjc website, please get in touch if you would like to borrow any of these books.

The Race Directors are working in the background to bring you some of your favourite races including the much loved Purbrook Ladies 5 and the Summer XC. We hope that these will have the same feel as previous years despite some necessary adjustments to keep everyone safe. Due to having to change the booking process for the Summer XC, we have been unable to include the £1 discount for EA affiliated club members. We will do our best to restore this discount for future races.

We are seeking ideas and suggestions for club social events to bring us together as a club, so please let me know if you have anything in mind that we could get involved in.

We have been offered some free places for Goodwood Running Grand Prix and will be determining at our next committee how best to offer these to members to encourage them to participate in races.

I am also awaiting confirmation from Virgin London Marathon about ballot places allocated to the club and will update you all further as soon as I have anything to share with you.

The new website is coming along nicely and should be going live very soon. I will let you know when it is up and running and it will also include a section for running routes, training plans and companies offering discount to club members on all things running related.

I do hope you are getting outside and spending time with friends and it will be great to see you back at club or at one of our races or social events in the coming months.

Take care of each other, stay safe and hope to see you all soon.

Tony Quinn - Chair PJC

## **Portsmouth Joggers' Club Nights**

Club nights have resumed but in a slightly different format, to comply with Covid Restrictions. There is no mixing allowed between groups and masks must be worn in the car park, before and after runs. Joggers have to book each run, giving their contact details on EVENTBRITE. Details of how to book and all the links can be found on the PJC website here.

[http://pjc.org.uk/?page\\_id=2608&fbclid=IwAR0M7Um6fkXJCLVqylwq1fU3csvMu4-CeattcsuQI\\_sliVi8D1sdiMK767A](http://pjc.org.uk/?page_id=2608&fbclid=IwAR0M7Um6fkXJCLVqylwq1fU3csvMu4-CeattcsuQI_sliVi8D1sdiMK767A)

If you're not sure which group to join read below:-



### **Tony Conway's Group**

The group is dedicated to runners looking to improve their performance, within their capacity. Be that a Parkrun or a marathon. Tuesday's is threshold training and is suitable for all runners wanting to work hard and improve. Thursday is a 8 / 10 mile run with tempo sections over various routes at 6:30 / 8:30 minute mile pace. The group normally does a 12 / 16 week scheduled training programme leading up to a spring and autumn marathon.



### **P.J.C. Pacers – Richard Clark-Lyons**

The PJC Pacers aim to run their sessions between 8 to 8.45 minute miles, and mostly use Tuesdays for shorter speedwork and Thursdays for longer runs. Our aim - until the summer - is to improve our speed in readiness for the resumption of Parkrun, and develop our core stamina, building our ability to maintain pace as we increase our mileage over longer distances.



### **Hermits – Ian Jones**

A friendly group, suitable for those running around the 9 - 10 min/mile pace. The training plan focuses on race distances up to half marathon in Spring and the Autumn, especially the Great South Run. Typically we run quicker paced interval training on Tuesday evenings and slower longer runs (5-6 miles) on Thursdays. With suggested "homework" for the weekend runs. Training is at your pace, yes we will push you at times and I promise you will work hard. But we won't get bent out of shape if you want to take things easier or run with another group, you should enjoy your running and that is what this group aims to do.



### **Inbetweeners With Simon Evans**

The inbetweeners are a step up or feeder group for those wishing to improve their distance and pace. We are a supportive and friendly group that runs at around a 10:30 to 09:30 minutes per mile pace with speed work and hill reps on a Tuesday and a longer run of around six miles on a Thursday. Group members often step up from the Inbetweeners into one of the faster groups once they can maintain a consistent pace at the front of the group for over six miles.



### **Social Runners with Sue Clarke and Lisa Edwards**

The 'Social Group' is for runners who like a social chatty pace, we don't do speed work or running training plans - we 'just run' and 'chat' 5-8km each Tuesday and Thursday. Our pace is anything from 6.5min/km (10.5min/mile) to 9min/km (14.5min/mile). We don't leave any runner behind (no one is too slow for the social group) - we either do 'loop backs' (when not doing Covid secure running) or adjust our pace as needed so that everyone has a run buddy. We often welcome runners from other PJC groups who are coming back to running after an injury so they can test their running legs before heading back to their usual group.



### Jeffing with Brian Rees

If you have not run "for a while" (for whatever reason) and would like to try and get back into it, then this is the group for you. The aim is to run as much as you can, and stop and walk a while whenever you want or feel

the need. No pressures. We are here to help you get back to



### Couch to 5k with Tony Quinn



The C25K group runs periodically throughout the year with the intention of supporting people to take up running. The 9 week programme is based on the NHS C25K app and takes you from complete non-runner to being able to run continuously for 30 minutes by the end of week 9. The graduation run at the end of week 9 is scheduled to take place at Lakeside Park Run, which is free to enter.

The group is led by Tony Quinn who is an England Athletics qualified Leader in Running Fitness (LiRF) and Coach in Running Fitness (CiRF). On completion of the C25K programme, members are encouraged to join other PJC running groups to continue their running journey. The C25K programme is also used by some members who are returning to running after an injury or long time away from running and everyone is very welcome.

These are all the groups running from Lakeside at present. Others may be added once restrictions are eased.

### PJC Events

With the easing of lockdown restrictions, we are pleased to be able to bring you the Purbrook Ladies 5 (27th June) and the Summer X-Country (21st July). A lot of work is happening behind the scenes to make these happen but we are very excited to finally be able to put on events. We will, of course, need our usual race day volunteers so do keep those dates free if you are not running.

We are also looking to put on other events this year both running related and social. If anyone (or groups of people) would be interested in being involved, then please get in touch via Facebook messenger or email at [ladies5@pjc.org.uk](mailto:ladies5@pjc.org.uk).

Previous events which have proved popular are the Treasure Hunt (teams of runners go in search of mystery items across the city) and the popular Champions of pace (you pick your time and run without a watch). Both of these have been organised in the past but now need someone to take them on.

Finally, it would be lovely to have a social event towards the end of the summer, again, if you would be interested in organising, let me know.

Thanks

**Naouele McHugh - Events co-ordinator**

### Effects of Covid-19 on mental and psychological wellbeing.

PJC are regrouping as a running club after the international Covid-19 pandemic. This COVID-19 pandemic created many stressors like fear about getting sick, concern for loved ones, isolation, job loss and new childcare and family demands. Dealing with the pandemic has been unique for every one of us; some ways people cope—like eating out or watching or playing sports and indeed running in a group —have not been an option over the past few months. The impact of this is also unique to every one of us. I know I came off the rails a bit in January and was very fortunate to have wonderful (running) pals who spotted the early signs, rescued me, and put me back together again (humpty dumpty eat your heart out!). It is great that we can get back to doing what we love – running as a likeminded group. An awareness of Psychological First Aid may be useful to help spot early signs of psychological trauma and be able to signpost our running pals (and others in your life) to appropriate sources of help. FutureLearn offer a free online Covid-19 Psychological First Aid course – check it out here <https://www.futurelearn.com/courses/psychological-first-aid-covid-19> I use the happiful app to help nurture positive mental health, you can get it on Android or Apple -

<https://happiful.com/mobile-app/> Alex Binyon, supported by me, is your PJC Club Welfare Officer - please feel free to contact us if you ever need to and we will do our best to provide support. **Sue Clarke**

## A Few Comments On Club Nights With Covid Restrictions

**Cassie Hayler** - I came back on the first night and I'm hoping to come back again but I won't lie I found the first night was very difficult getting used to be back running in a group.

Other comments were that wearing masks before and after isn't a problem we have to do it a lot anyway, but wearing a mask after running is a bit hot! (It's only for a few minutes!)

We are all looking forward to being able to mingle between groups and that will be back just as soon as E.A, say it is safe. So hang on in there!!!

## A Couple of P.J.C. Members Have Competed in Actual Races This Month!

### Angmering Bluebell 10k – Debbie Pentland

I'm sure we've all missed our events due to Covid. So it was with real excitement that at last we had a race to go to. Unfortunately Bob's calf injury meant he would have to miss it but I was lucky enough to be able to take part and it's one of my favourite runs...

The Angmering Blue Bell 10 mile trail race on Sunday was the 1st race since Beachy Head Marathon last October that we were lucky enough to have places due to a 'roll over'.

It was the strangest race I've ever taken part in..but I have to say Extremely Well Done.

To accommodate the 500+ runners in the 10mile and the 10km a few Covid adjustments had to be implemented.

1. The start times were staggered from 8am- 11am..I set off at 8.57am with 3 others.
2. The porta loos had a couple of tables with hand sanitizer, wet wipes and big rolls of drying paper.
3. The marshals were only at the start and finish. The course was well marked with different colour arrows for each distance.
4. No drink stations.
5. Medal at the Finish and once you'd crossed the finish you kept on walking to clear the area for next runners.
6. No spectators allowed.;
7. No hospitality ( our usual wee man with his mobile coffee shop) or Marquee for drinks.

Normally when I'm in a race I'm at the back of the pack but on Sunday I had runners passing me all along the route. It was lovely to get the chance to run with the speedy ones albeit for a few seconds. 😊 Lovely too to see the photographers from 'Sussex Sport Photography' dotted along the route. They've had a really tough time over Covid and the beauty is on this race All Photos are FREE to download ...it's part of your entry fee...

So a fab run on a gorgeous but chilly day.

This race is one we'd highly recommend to all P.J's as you have a choice of distance.

Be lovely to see a bunch of us there next year. 😊

Next race for us Three Forts Half Marathon 23rd May..the excitement is building. 😊

Oh and don't worry if you're a slow runner. I took 2 hours 16 minutes and I had 8 behind me...



## Sunday 25<sup>th</sup> April – Goodwood half Marathon - Steve Wooldridge

I have done this event twice before, so I can compare this with the “non-COVID” era!

### What are the main differences?

1. No bag drop – be ready for this, as unless you have a spectator friend, you have to turn up “race ready”.
2. Staggered starts. They call you forward by time – in this case it was self policed, and everyone queued for the start in 2 lines, cones ensuring social distance was maintained. Then 4 runners were dispatched every 10 seconds, to avoid any bottlenecks at the start. This worked superbly, though make sure you are not too ambitious in your place in the queue – its much more noticeable!! This was so efficiently managed by the marshals that people towards the back were having to run to the start as they were caught out – just keep listening to the instructions is all I would advise! I would add that all runners followed the instructions and distancing admirably. I grabbed a picture of the marathon start, so you can see this in practice.
3. The race itself – I did notice less chatter on the route, I think this is more a subconscious result of self distancing ingrained in us over the last 13 months.
4. “Spectators discouraged”. To be honest, at previous events there haven’t been many spectators anyway, and there were quite a few spectators today, but the course is more than big enough to cope with that.
5. Aid stations – there was one (its a 2.4 mile lap, so I went past it 5 times!). Water only, and you had to grab from the table. Not a big difference, but just be ready that there is nothing else than water – gels etc have been temporarily stopped.
6. Finish – again grab your own t-shirt and goodies from the tables – again not a big deal.

### What’s the same?

1. Its a race!! With other runners!!
2. Pre race nerves, adrenalin, hopes and doubts – all those feelings we love!
3. The marshals, brilliant and supporting as ever. In fact, I think the extra restrictions in place means they were even better than normal.
4. Official times, medals, t-shirt, goodies....
5. Runners camaraderie, its still there, even from total strangers.
6. Meeting runners, even club mates, you haven’t seen for flippin ages.
7. Kudos post event on strava and social media!!
8. The queue to get out of the car park!!
9. The queue for the loos. Actually, at Goodwood its not too bad, fortunately.

At no time did I feel compromised Covid-wise, if that makes sense, everyone was very respectful of the rules and guidance in place, and the organisers ensured the usual crowded start was avoided.

Of course, I have to mention that I did a PB, so very happy for many reasons, but it was just great to be out racing again.



**Socially Distanced Starting Line at Goodwood**

Well done to both Steve and Debbie!! Hope that gives everyone an idea of how running in events under Covid restrictions works.

## Notice Board

### Memorial Benches

Many of us have seen the lovely memorial bench for Irene Pollard by the lake at Lakeside. However there are others to other Joggers around the area. There is one, I believe opposite Fort Purbrook. The committee would like to compile an inventory of these so we can all keep an eye on them and ensure they are well maintained. If you know of one let the committee know, with a photo if possible, and the name of Jogger who it is dedicated to.

### The Lock-up

The committee are going to sort out and catalogue everything in the lock-up soon. This is so that any event organisers can see what is available. If you know anything about what is in there and would like to help please contact Anthony Quinn at [chair@pjc.org.uk](mailto:chair@pjc.org.uk) or at club nights.

## Updates On Park Run and Run-Walk-Local-Portsmouth (Formally Great Run Local)

### Park Run

#### Update from Email Received Wednesday 28<sup>th</sup> April

The situation in England is currently the most straightforward, with parkrun considered an organised sports participation event, and operating within a government approved COVID-19 Framework, it has the full support it needs to return as part of the Government's Roadmap out of lockdown.

With this in place, yesterday we requested formal written permission from local landowners to return 5k parkrun events across England on **Saturday 5 June 2021**.

In England, there are over three million people registered to almost 1,000 junior and 5k events, and in normal times, this represents close to 50% of our total global participation, making it a significant part of our operations, and critical to our overall return.

The response so far has been overwhelmingly positive, with permission already granted for more than 60 events and more coming in every hour.

As part of our regular UK Friday updates we'll be publishing a full list of the permission status of English parkrun events from this week (30<sup>th</sup> April), as well as updating on the current status across all countries within the UK, so please keep checking back there for further information on your local events. We are ready to move quickly in all territories, as soon as restrictions and guidelines allow.

Encouragingly, the return of junior events continues apace across England, with 106 events taking place last Sunday seeing 8,000 children walking, jogging, or running, and 2,500 people volunteering.

This weekend we are set to see a further 29 junior events restart, taking the total of junior parkruns currently operating in England to 135.

### Run-Walk-Local-Portsmouth (Formally Great Run Local)

#### Quote from Facebook Post 13<sup>th</sup> April

Hi everyone.

We promised we would keep you updated on progress.

We have now submitted our Event application, Risk assessment and Covid Risk assessment to the Events Team at The Council.

We are proposing a start date of **4th July** hoping that all restrictions will be lifted by that date. This date may change depending on any local or national restrictions at the time.

Keep running and keep safe and smiling everyone