



Hi there joggers. Welcome to the Autumn 2022 Edition of our Newsletter. A huge thank you to all of those who have sent in contributions. As always we have news, dates for your diary and reports from various events. Please note an important announcement on Page 12. Read on and enjoy. Closing date for the Winter edition will be 15th November.

## Chair's report

Welcome to the autumn edition of the PJC newsletter and thank you Celia for putting this together.

There has been a lot going on since the last newsletter and plenty coming up in the coming months. The quarterly newsletters are intended to give you a review of the previous quarter and a heads up about what's coming up that might be of interest to you.

We have put on two very successful club races, the ever popular Purbrook Ladies 5 and the Summer XC. These races took place in consecutive months and were very well supported by participants and volunteers. More from both races in this edition.

We marked the 100th Marathon achievement of Tony Conway, albeit that he completed his 100th Marathon milestone last May but I was new to the role of chair and overlooked this. I'm pleased to say that we corrected this and presented Tony with a silver salver commemorating his achievement at the summer social event.

The summer social event was held at Bedhampton Cricket Club and was a fantastic afternoon, more of this later in this edition. The intention is to consider other social events in the coming months, so please get in touch if you have any ideas or suggestions for future events. We are considering putting on a social quiz night in November, date to be confirmed, but please let me know if you'd be interested in this. We are looking at venues and dates at the moment but it would be held somewhere in Portsmouth.

We are working on a revised, easier to access and navigate website and hope to have this up and running in the next few months.

I have recently spoken to Lakeside and we will continue to meet under the canopy for the foreseeable future. The car park and toilets remain accessible to us to use and if the situation changes regarding meeting inside, I will make sure this is made known via the website and Facebook. We are in the process of being granted a licence by PCC to keep our storage container at Lakeside and will be re-locating it to the far car park in the coming weeks.

If you are a member of the club and would be interested in completing the Leader in Running Fitness qualification with England athletics, please let me know. The club will cover the course costs of anyone interested in completing this qualification. Come and speak to me or your group leader if you would like any more information or visit <https://www.Englandathletics.org/coaching/qualifications/leadership-in-running-fitness/>

It is with great sadness that I need to advise you that Graham (Sid) Street sadly passed away peacefully on 16th August after a long battle with cancer. Both Graham and his wife Alison used to run with the social group. The family have requested that there be no flowers but I would invite you to make a donation instead to the charity that Graham championed which is Charlie's Beach Hut <https://charliecodling.co.uk>

On behalf of Portsmouth Joggers Club, we send our sincere condolences to Alison and Graham's family at this sad time. The funeral arrangements when known will be published on the club website and Facebook page.

## Club Kit

The new club top has arrived and sales of the mens' top have been going well. The club kit shop, run by Roger Davies will be open for business on the **first Tuesday** and **third Thursday** of each month **from 6.30** before club runs. However, you can order or collect club kit at any other time by contacting Roger or myself on the [chair@pjc.org.uk](mailto:chair@pjc.org.uk) e-mail address.

Don't forget to show off your lovely blue top at any events you take part in. (Ed)

## C25K

The next C25K group will start on Tuesday 18th October, which is the first club night after Great South Run and will run for 9 weeks. The group will graduate at Lakeside Park Run on Saturday 17th December, so please put the date in your diary and come along to volunteer, run with them, or just cheer them along.

There will be post-run cake to help with the graduation celebrations.

If you know anyone who is interested in taking part in the next C25K course, please invite them to e-mail Tony Q at [c25k@pjc.org.uk](mailto:c25k@pjc.org.uk) to register their interest. The course costs £20 for non-club members and includes a club top in week 9 to wear at the graduation run and keep. It is free for current club members, although you don't get the top, but do still need to let Tony know if you are interested in joining the group so that he knows how many are participating.

## Great South Run - Water Stations

The club has been invited to support two water stations at this year's Great South Run which is taking place on Sunday 16th October. The water stations are at Winston Churchill Avenue which is about 3 miles into the race and The Tenth Hole which is about 7 miles into the race. We need about 70 volunteers in total to man these two water stations.

If you are not running the Great South Run but are able to help with volunteering at the water stations, please e-mail [water@pjc.org.uk](mailto:water@pjc.org.uk) with your name, contact number and which water station you would prefer to volunteer at. I will pass this information to the Team Leaders who are coordinating the water stations and they will be in touch regarding the arrangements for the event.

The volunteers need to be in position before the main event starts and this is a fantastic opportunity to enjoy the excitement of the race in your own home city and see all the competitors taking part.

This is a really good way to give back to the local running community, so if you are free, please consider volunteering.



**Tony Quinn**

## Great South Run 5K –Saturday 15<sup>th</sup> October

Hi there joggers. I know we always have a good turnout at the 10 mile Great South Run on the Sunday, which is wonderful but I was thinking it would be good to have a good showing at the 5k on Saturday 15<sup>th</sup> October too. It would show how inclusive the club is. So if you fancy experiencing the atmosphere of a big event but are not one for long distance running (and want free fab tee-shirt) come along and join me. Sign up [here](#)

<https://www.greatrun.org/events/great-south-run/?fbclid=IwAR2GdF99pyfHAX7M28N42u1WuulgpmSK0RlnFVky9gclHy9g1tg1jTwqPbQ>

**Celia Oxley**

# Hampshire Road Race League 2022-23

The HRRL really is a team league, there are individual tables but they only form a small part of it. Anyone can enter the races but if you run with a club like we do, any group of 4 men or 4 women will score points for the club, no matter of where you happen to finish. As long as you have taken part, you will score points for PJC... and probably not even realise you've done it!

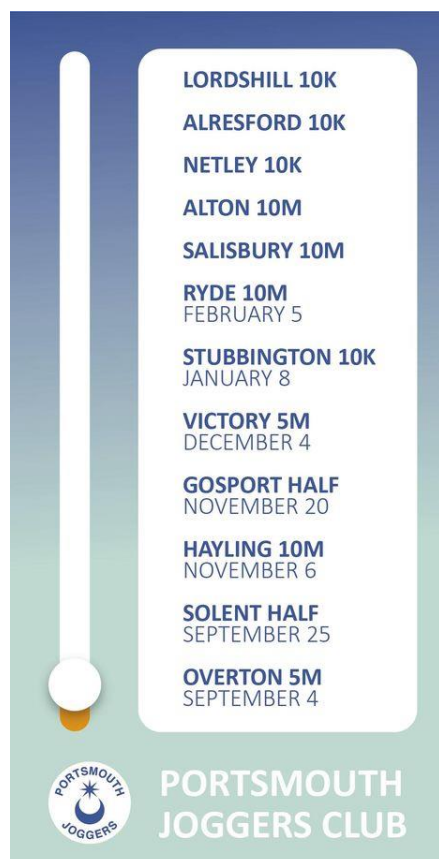
Anyone who has been a Jogger for a while, will remember a time when the club would always be well represented at league events and they would likely also remember the random pieces of Joggers kit that could be earned by participating in them.

Well, I am pleased to say that a little plan has been agreed for this season, to say thank you for participating, for representing the club in the awesome way you do and for continuing to work hard and help others.

The 2022/2023 league will consist of 12 races this season, so it has been decided that for anyone who is able to complete any 4 of the races shown below, they will earn themselves a brand new PJC Prize Pin. Designed specifically as a token of thanks this 'limited edition' pin tries to capture the essence of our club and is a 'Tony-ism' hopefully we will all recognise.

For the Joggers who aim to participate in the league as much as possible, the minimum number races needed for an official finish is going to be 8 this season. This is a significant commitment, so for any Jogger who is able to reach that milestone, they will also earn themselves a brand new club hoodie in congratulations. Who knows, there may even be a seagull on it as well!

If anyone has any questions about the league, please do not hesitate to ask myself or [Pete Birch](#), who is also a useful font of knowledge on the subject 😊



LORDSHILL 10K  
ALRESFORD 10K  
NETLEY 10K  
ALTON 10M  
SALISBURY 10M  
RYDE 10M  
FEBRUARY 5  
STUBBINGTON 10K  
JANUARY 8  
VICTORY 5M  
DECEMBER 4  
GOSPORT HALF  
NOVEMBER 20  
HAYLING 10M  
NOVEMBER 6  
SOLENT HALF  
SEPTEMBER 25  
OVERTON 5M  
SEPTEMBER 4

PORTSMOUTH JOGGERS CLUB



## Overton next Sunday September 4th!

Hosted by the Overton Harriers, we meet on the field at the football club.

This race is notable amongst Joggers for being logistically inconvenient — it has a race start time of 2pm (number collection is from 11.30) and the journey to get there takes about an hour in the car.

Having said that, I would recommend it for the experience. Overton is nice, the Bombay Sapphire distillery is 10mins down the road and if it's like last year, there should also be an ice cream van and refreshments.

Contact me or see Facebook for more details

Entry Information here - <https://www.evententry.co.uk/overton-5-2022#organiser>

**Peter Coote**

# “Pub 2 Pub” Diary Date

Just a little reminder to add the clubs annual charity event to your diary.

## Tuesday 27<sup>th</sup> December 2022

The P2P (Pub to Pub) event will be back this year after the dreaded unavoidable Covid break.

It is a run and walk event so why not bring the family to help get a little exercise after the festive excess?

For the 34<sup>th</sup> event, race directors (Brian Rees, Albert Shepherd and John Shepherd) have thought about road safety along South Lane; the ‘main’ road to The Red Lion at Chalton and have decided to trial a new route.

We would like to propose and trail “The Blendworth 10K Challenge” (almost 10k) to seek the comments from the runners after the event, to see whether to keep it or revert back to the original route in future.

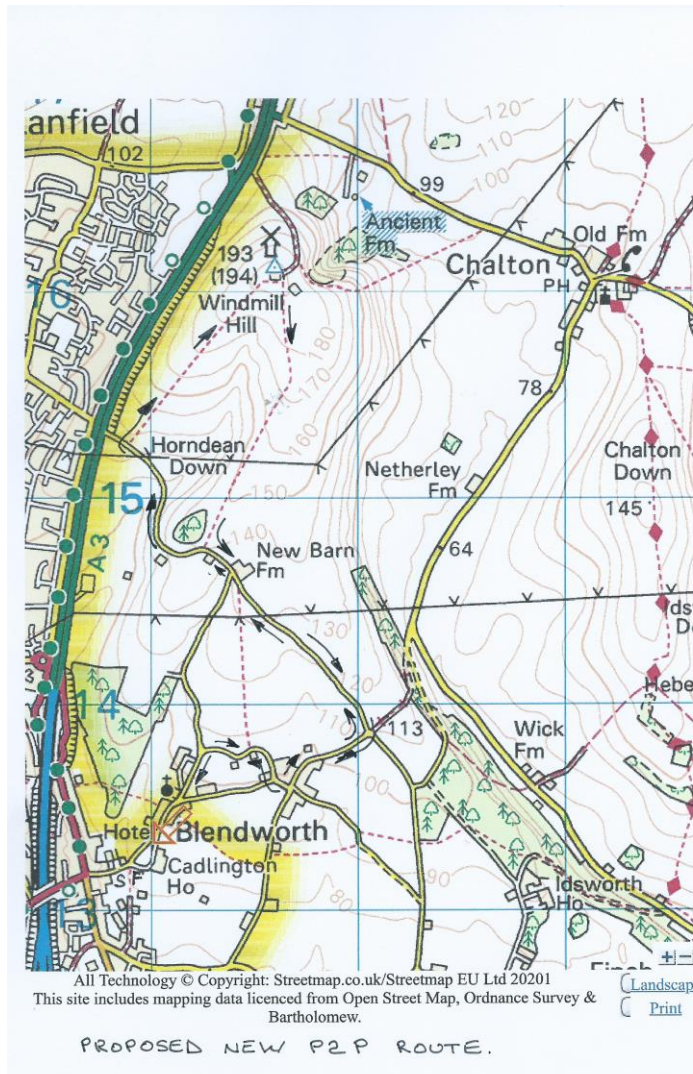
The run will take you to the top of Windmill Hill and back. Copy of proposed route here with.

A shadow admin person is sought to shadow and take over from Brian who is stepping down after this years event.

Marshalls and helpers will be needed on the day. No event can take place without the invaluable help of others. Names please, if you are able to help, to Albert. We have probably the best after race raffle there is going. Any donations towards prizes, or sponsorship to John.

Have you put it in your diary?

Tuesday 27<sup>th</sup> December at Blendworth Church Hall.



**Brian Rees**

## Winter Cross Country league

The dates for the winter XC league are in the process of being finalised and will be published when confirmed. This is an excellent opportunity to represent the club and all races are free to enter. All you need is a club top, and if you don't have one, we can lend you one to take part.

The intention is to offer car shares from Lakeside to cut down on travel costs, (pollution- Ed.) and parking and to engender team spirit. The Winter XC captain will be saying more on this but do try and get along to some of these races, they are really enjoyable and this year see's the re-introduction of post race tea and cakes.

There are some caveats around eligibility for the winter XC league which prohibits really fast runners from taking part, but other than that, it is open to everyone else. I did it for the first time a few years ago and absolutely loved it. Go on, give it a try.

**Tony Quinn**

## I.O.W Fell runs 10th/11th of Sept...Ventnor.

Bob and I have been taking part in this fabulous weekend of running for years. It's such a great event. Very friendly and at £8 a race or £20 for ALL 3 races you won't find better value for money. There's also a discount on the ferry or Catamaran. Showers and tea/ coffee and yummy cakes at the finish in race HQ. at St Catherine's school. Don't be put off by the words 'Fell running ' there's not many who actually run the whole course there's a lot of walking and for me a bit of crawling to the tops of the hills BUT oh boy! the views are so worth the effort. The prize giving ceremony on the Sunday after the Half marathon is really worth hanging around for you never know you might just get one as prizes are given for each individual race and if you've done all 3 races you could be in for a prize there too. They're very generous with the categories. So far we've got 4 Pompey Joggers entered . Bob, me, Jo Addyman and Jon Gray....I believe they both did it last year so they'll confirm how good this event is...so why not come and try something different? Enter 1 , 2 or all 3...It would be great to see a few Blue and Whites over there. 😊 Here's a couple of pics to wet your appetite.

pic 1 is start of race 1.it's straight up and down. I'd say it's the toughest climb..you'll love it honest. 😊

**Debbie Pentland**



Sign Up Here :-

<https://www.rydeharriers.co.uk/the-isle-of-wight-fell-series/>



# Southsea Santa Run Is Back!

Register here: <https://register.enthuse.com/ps/event/SantaRunSouthseaSpintoWinSpecial>



## London Marathon Sign-Up

London Marathon sign up <https://www.tcslondonmarathon.com/enter>

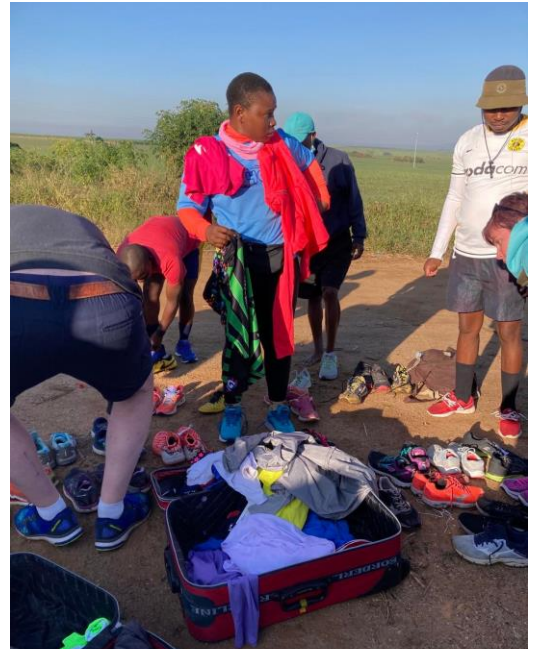
## Kit-drop to Nkomazi in South Africa

June this year saw the next kit-drop to Nkomazi in South Africa. Portsmouth Joggers club has been supporting the guys and girls at the Nkomazi parkrun and AC since 2016 with gently used running shoes, technical kit, and Comrades race entry fees. Lordrick is our main contact there and is so passionate about running and helping his local community. The running talent in the area is astonishing and it is humbling to see the guys running barefoot, mismatched shoes, or sliders. So when the Portsmouth Joggers donate their shoes and tech kit it makes a HUGE difference to the runners. You can see the guys standing taller, holding heads high and running like the wind when we hand out the kit. What is also lovely is to see how many of the shoes are also used for running the Comrades Marathon each year. This race is iconic globally, and is a right of passage for runners in South Africa. It's a mere 59 miles, hot, and as it goes through the valley of a thousand hills you can guess it's rather undulating also. The guys save all year to pay the entry fees, so we also try to sponsor as many as we can for the fees. If you're interested to support someone for the 2023 race let me know and I'll link you to a runner. So, next trip over is Aug 2023, please hold onto your gently used running shoes, and kit, we'll put a shout out after Christmas to start collecting again ready to go, seriously you make such a difference by what you donate...Thankyou from all the Nkomazi runners!

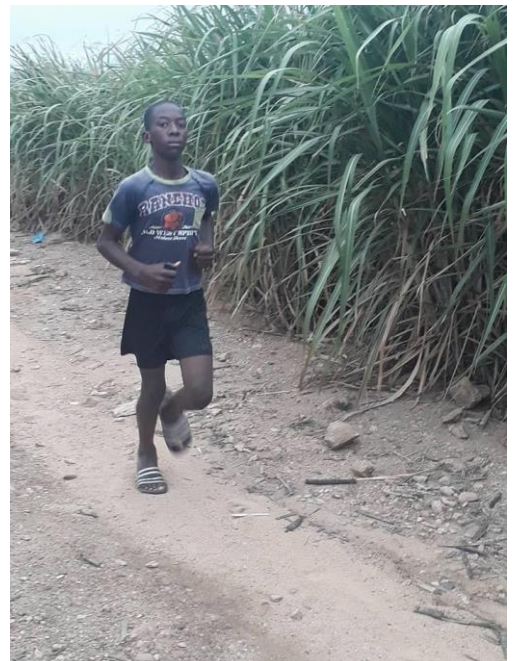
**Davina Gladding**



The Nkomazi runners sent us this lovely certificate of appreciation



Here are a couple of before photos so you can see the Difference this makes



# Race Reports

## Purbrook Ladies 5

What can we say?

Purbrook ladies.

Ladies of the 5 mile road race...

You...were...all...blooming...AWESOME

Sitting back and reflecting, reading all your posts and comments with a lil ginny gin in hand we are so so proud of each and everyone of you.

You ladies are awesome. Another warm sunny race and you ladies smashed it.

You should all be very proud of yourselves, we are.

We also need to shout out the marshalls, headed up by our chief marshall Chris, our volunteers and our Big G on lead bike and our amazing sweeper, Eileen.

We truly believe this race is only as good as the support we get from each and everyone of you.

YOU guys make this special and we THANK YOU for that privilege of allowing us to put on a fabulous race.

Now, next year? Who wants in?

Same time (ish), same place... check out the posts later in the year with the official date (but, let's be honest, the second weeks of June 🤪)

For now, sit back and relax knowing you have been awesome today.

Ching ching, much love and see you in 2023

**Rachel and Naouele**

I make no apologies for pinching the above off the Facebook page. Thank **YOU** Rachel and Naouele for what was, as always an excellent event, great for all speeds. I set myself the target of doing it in around an hour and came in at 59 mins 3 seconds, not bad for a rather slow senior citizen who doesn't like hills! There was a wonderful atmosphere with a good turnout from lots of the local running and athletic clubs. I also second the thanks to all the marshalls and other helpers without whom it wouldn't happen!

I will definitely be there next year!

**Celia Oxley**



Team PJC

Pre-event briefing





# Hampshire Road Race League 2021-22

Following the close of the 2021-22 Hampshire Road Racing season at Alresford a few weeks ago, the final tables and league standings have been published and we have some results!

For anyone who is not aware, this HRRL season consisted of 10 events hosted by fellow running clubs, covering distances between 5 and 13.1 miles. Your league position was calculated by averaging your best six results and teams were scored similarly, with our first four finishers making up team A and our second four finishers team B and so on.

In the individual ladies' league, I am very happy to reveal that Anjella Coote finished a fantastic 63rd overall (well done mum) and in the men's league, super Micahel Rae and myself finished in 82nd and 31st respectively.

Michael and Anjella were ever-present throughout the season and their enthusiasm and pleasure in taking part and representing the club has earned them a top 100 finish and their names will now grace the much coveted annual finishers mug!

The whole season can be quite long and for many people it is impossible to run 6 races, let alone 9 or 10. Life, motivation and injury all get in the way and mean that most people will only be able to pull on their club tops for one or two races each year.

I remember we had a strong turn-out for both the Gosport half marathon and the Stubbington 10k this year, which was amazing, and I think we even managed a few team points at the Ryde 10 mile race in February.

It's the local runners that make these events, quite literally, and each and every one of you who has run in the league at some point this season has contributed to the atmosphere and enjoyment of everybody else at those events.

We don't race them expecting to win, or even expecting to PB every time, but running with friends and encouraging absolutely anyone around the course is something that we do very well as a club, and I look forward to seeing you all out there in the future, doing your PJC thing.

Well done everybody!

**Peter Coote - Captain**

## Exbury Gardens 10km

On a lovely Sunday morning on 26th June a small group of us travelled to the New Forest to do the Exbury Gardens 10km. The course was slightly undulating but very pretty. I would definitely recommend this for anyone wishing to do a 10k in beautiful surroundings. We finished off the morning by enjoying refreshments and some had a roast dinner which was delicious. Phil won the best in age group category. Well done everyone. Fab t-shirt too.

**Ally J Maude**



# Harting 10

If you want to plan something on a guaranteed hot sunny day next year plan it for the day of the Harting 10 ...every year this scenic hilly race is HOT this year was no exception !

Ten hardy Portsmouth joggers ran and sweated it out on the hills of QA country Park, Ditcham park and over the South Downs

The race starts and finishes on the beautiful tranquil cricket ground at Harting home-made cakes drinks and awards are served from the cricket house.

This year the cut-off time of two hours 15 minutes put a lot of the regular participants off which was a shame as PJC usually has a good turnout

Our impressive results came in with young speedsters John Robertson and Bradley Dunningham (1.24.44) and another amazing youngster Bob Pentland (1.24.56) followed by Pete Birch (1.29.32) Simon Evans (1.45.07) Tony Quinn (1.54.07). Ellice Solomon (1.54.08) Jane Nockemann (1.56.54) Vincent Dunningham (1.58.08) Gina Ledger (1.58.08) shout out for Gina who took a tumble early on but still finished supported by Vince.

We gathered to applaud the winners prize giving after the race. I cradled my £10 worth of cakes I had bought for the family when it was announced ' All cakes now 50p' ... never mind proceeds for the day went to the very worthy Rosemary foundation .

This is a great race will definitely be back next year

PS thank you Debbie Pentland for support along the course x

**Jane Nockemann**



# Summer XC

As a committee, we decided at late notice to put on this years Summer Cross Country race at QE Country Park. We did so with some trepidation and having never been a Race Director before, I wasn't quite sure what I was letting myself in for. I now know how seamless Jo Langley made it look each year and I'd like to say a big thank you to Jo for putting this event on in recent years and for her help from afar in helping me with putting this year's race together.

The event needed a significant number of volunteers and Marshall's for the pre-event activity, including recce runs and clearing the course as well as on the day support. I am so grateful to those who gave up their opportunity to run on the day, in order to support the event. The feedback from the event was overwhelmingly positive and the Marshall's were particularly singled out for their enthusiasm and support for all runners. This year had another fantastic medal which was designed by PJC member Ellice Soloman who runs in the Endurance group.

We are already planning ahead for next year's summer XC, so watch this space and put the date in your diary when it is agreed.

**Tony Quinn**

# Thwow him to the Gwound Woughly Centuwion!

I have a love/hate relationship with the hills at QE country park, or to be more accurate I hate them; I just seem to go slower and they get steeper every time I run there.

This time it was for the Summer XC race and I'd made a deal with myself that I'd walk up the hills when they got too much (all of them!) and run down at speed to make up for the lost time. I was running at my expected slower pace and just getting in to the last mile of the course when I became lazy and didn't lift my foot over a root sticking out of the ground, down I went on my right with a loud "oof!" and the breath knocked of me. Sue, the marshal I'd literally just passed heard me and was great with making sure I was okay. I'm fine other a very small graze on my knee and elbow, just my pride was damaged; up I get and walk for a few steps to get my breath back and settle down.

As an aside, whenever I fall on a trail course, becoming more frequent in recent years, I'm always reminded of the scene in Monty Python's Life of Brian where the Roman Senator orders the Centurion to "thwow him to the gwound", "roughly Sir?", "yes woughly Centuwion", I don't know what triggers the connection but there it is.

Time to get going and I extend my stride ready to run; only to hit another root and go down again, only this time on my left and with a harder landing than the one just 20 steps previously. This one hurt; my left elbow, knee, hip and shoulder were grazed and or bleeding, not badly but enough for me to lie there for what seemed like ages but probably only a few seconds.

Up I get again and get my breath back, and set off again only this time a lot more gingerly and respectful of the ground in front of me. The rest of the course was spent lifting my feet over every stone, root, leaf, blade of grass, ripple in the ground.....

Two funny things, to me anyway, happened as a result of my falls; the first was that every marshal I met afterwards was very solicitous of my welfare, enquiring if I was okay and did I need any help or a stop, weird I thought it's almost like they know about my fall – little did I know Sue had group messaged everyone to that exact effect. Thank you to all the marshals you were fantastic!

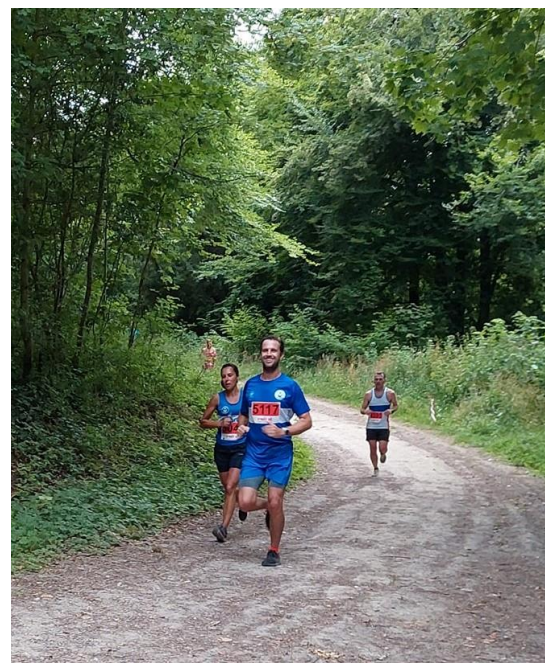
And the second funny thing was that a very nasty looking dark damp patch had materialised on the left of my running shorts, I'm thinking what have I done to myself or even fallen in? Until I realised that I'd landed on an energy gel that was in my pocket and it had burst, oozing an orange sticky mess down my hip and leg – not pleasant I can tell you.

So the lesson here is whenever you see me fall at a XC race just think of the Life of Brian; he's not the Messiah, he's a very naughty boy who thwew himself to the gwound woughly!

**Ian Jones**



**A couple of photos – Team PJC and a couple of our intrepid runners**



# P.J.C. Summer Social

On Sunday 17<sup>th</sup> July a number of us descended on Bidbury Mead Cricket Club at Bedhampton for a Summer Social. If you weren't there you missed a very pleasant afternoon.

We all took picnics and chairs or rugs to sit on and enjoyed relaxing and socialising. The cricket club opened their bar for us and Tony Quinn supplied ice-creams. A number of members brought their children along who enjoyed racing their bikes round the edge of the field. There were games to play, (see the photos). The water pistols were particularly popular. Someone brought a cricket set, very appropriate, and an adults v children cricket match was played.

Tony Conway was also presented with his 100 Marathon Plate, somewhat delayed because of stuff!!!

All in all it was a very enjoyable afternoon.

Any suggestions for further social events please let any of the committee know.

**Celia Oxley**



**Chatting and Kids v Adults cricket**



**More chatting and relaxing**



**Archery**



**Our Chairman taking a shot!**

## PJC Winter Ball.

Due to the worrying cost of living crisis, it was felt, with regret, the need to postpone the Winter Ball this year, and look again for February 2024. The committee are sorry for the disappointment this may cause.

**Alison, Davina, Eileen, Helen and Sue**



**Huge congratulations to Tony Conway  
on completing 100 Marathons!!!  
A wonderful achievement!**

**Where Do You Keep Your Medals?**



**Davina and Ian Gladding's –  
in large jars**



**Sue Clarke's –  
In a box**



**Ian and Giselle  
Jones' –  
On the wall up the  
staircase!**

**More on the next page!**



**Debbie Marks' –**  
Flung over the banister



**Your Editor's –**  
Ladies 5 medals on their special hook  
in the wardrobe.  
The rest in a box



**Gina Leger's –**

Gina says - This was my medal collection back at the end of Feb which I kept in the hallway. I've collected a few more since then! Love races.

Makes things a bit more fun. Going and exploring new places, beautiful views and trails too. ❤️

I'm going to put this up again in my new home, but just keep my fave medals/memories on it. Not sure where I'm going to put the others. In the office room maybe. Currently they are all in a shoebox! X

**Debbie Pentland**

My medals go to a charity shop. I only keep my marathon ones. There used to be a charity that took them, be good to find out who they are.

Well, that's a wrap!! Hope you enjoy it.

Do start sending me items in good time for the next edition, due early December. Closing Date 15<sup>th</sup> November.

Suggestions – Great South Run events, HRRL Races, More medal displays.

We need our annual Christmas Lights Display photo competition!



**Sue Hyson -**

A very true thought!