

# Portsmouth Joggers Newsletter Edition 22, Spring 2024



Welcome to the 22<sup>nd</sup> Edition of this incarnation of the PJC Newsletter. As usual it is full of news, reports on all the wonderful events the Joggers have taken part in, your thoughts and ideas related to running and dates for your diary

Your committee look forward to seeing a record turnout to support Tony in his final fling as our Chairman at the AGM and Quiz on 25<sup>th</sup> April. He has done an amazing job getting the club going again after all the traumas of Covid. Do think about volunteering to be on the committee to help run the club, it's not an onerous commitment but it is vital if we are to keep going as a club. More of this in Tony's Chair's Message'

We also need more members to contribute to the Newsletter, let us know what wonderful events you've been running in, what goals you have achieved and anything else running related!

Anyway, read on and enjoy this Newsletter

I would like to thank all those who ran to our house on 19<sup>th</sup> December to wish Peter a happy 70<sup>th</sup> birthday. It really made his day!

Ed.

## Chair's message

Welcome to the Spring edition of the club newsletter and I hope you are all looking forward to the lighter evenings to give more time for running. The numbers on club nights are increasing, including two new groups, Next Step and the revamped 'Hermits' group who will be known as the 'Pace Cadets', more on this later.

This is my final newsletter as Chair of the club, a role I have thoroughly enjoyed and am grateful to the club for the opportunity to be of service and support the club. I will now pass the baton to whoever takes on the role from this point forward. I will support them with a smooth transition, however, at the time of writing, no one has yet stepped forward to be considered for this role. The role of Chair is pivotal to the club retaining their affiliation with [England Athletics](#). In order to be an Affiliated Running Club, you must have key roles filled within your committee which includes Chair, Treasurer, Secretary, Membership Secretary, Welfare Officer and DBS Verifier. All of the key roles have been earmarked with the exception of the role of Chair. Should the Chair role remain unfulfilled, this would have serious implications on the club's continued Affiliation status, including our ability to retain membership of ARC who provide our race insurance, access to London Marathon Places, participation in the Southern Cross Country League and compromise putting on our own races. I have previously circulated an overview of the role of Chair and there is an experienced club committee who are very active and supportive. Please consider taking on this role from April. Anyone can nominate and be seconded for a role on the committee including the role of chair. Nominations must be received ahead of the AGM agenda being published, so please contact me if you want to discuss the role, or any help I can provide to anyone who is interested in the role.

In recognition of the running needs and goals of our members, the Social Group has diverged and a new group, the Next Step has emerged. This has provided the opportunity to meet the needs of those members with differing running goals (and continue the club ethos of inclusivity) which is proving to be successful. The Hermits group has been run for the past few years by Ian Jones and I would like to express my gratitude to Ian for all his support to the group and the annual Great South Run training groups. I am personally indebted to Ian for his support when I started running and ahead of my first Great South Run. I know many of you will have personal reflections of the support that Ian has provided and having stepped back from his run leader role and on behalf of those who Ian has helped, I'd like to say 'thank you'. The Hermits are being renamed 'Pace Cadets' and will be jointly led by Gina Reeve and Richard Sullivan. The group will be running at 9-10 minute mile and will be the link group to the Pacers, hence Pace Cadets!! The members of this group will have made the transition from The Inbetweeners to create a natural progression between groups and support members developmental running goals. They will also continue the Great South Run training schedule from July.

We have had good representation at Hampshire Road Race League (HRRL) races so far this year and there are five races remaining with the next one being at Salisbury 10 on 17th March. We had a particularly good turnout for the Ryde 10 race in February, well done to all who took part.

The Southern Cross Country League (SCCL) concluded early due to the final race of the season having to be withdrawn. The club turnout was really good and we performed well during the season, more of this to come later in the newsletter.

The current C25K group will have their graduation run at Lakeside Park Run on Saturday 6th April and it would be really good to see as many club members as possible attend to run the event or volunteer at Park Run to support them. If you have got a club top, please wear it at Park Run and help us create a sea of PJC blue on the day. We will have an information stand at Park Run on this day to help promote the club and our Summer Cross Country race.

The club took part in the Food Bank Run in February this year and donated 8 baskets of food and household goods to the local Food Bank in Southsea. We joined in on this national initiative organised by local company Runr which includes the running community nationally in February each year. February is the month that statistically has a higher demand on Food Banks and it was really good to support the campaign again this year. We recognise that the request for donations was made against some tough economic conditions with the current cost of living crisis and just wanted to reiterate that this was a request for donations, not an expectation. We are extremely grateful to everyone who was able to make a donation, as were the Food Bank, thank you.



The club AGM will be held on 25th April 2024 at 7.00 at Broad Oak Social Club. This will incorporate the club awards ceremony and will be followed with a social quiz, so please save the date in your diary. There will be a cash prize of £60 to the winning team and teams are restricted to a maximum of 6 members. At the AGM, we will formally vote the committee and club officers. The notice of AGM will formally be published at the end of the month requesting notices of motion for consideration at the meeting. We will also be seeking nominations for charitable donations. We did this last year and will be repeating it again this year. The club makes charitable donations each year and we would like your nominations on which local or national charities you feel should be considered for a donation from the club. There are some vacancies within the club committee and as noted above, I will be standing down from my role as chair. Please speak to me or any of the other committee members if you are interested in getting involved and supporting the running of the club. An active committee is fundamental to the smooth operating of the club in order to continue supporting the members. The club will celebrate its 50th anniversary in 2026, so now is a really exciting time to get involved in the committee and help shape some of the 50th anniversary celebrations.

I had the privilege of helping Debbie Pentland celebrate her 300th Park Run at Southsea on 9th March. Those of you who know Debbie will recognise how enthusiastic and supportive she is of the club and being active. Debbie is a fantastic ambassador for the club, well done Debbie. (Picture on the next page – Ed.)

I hope that whatever your running goals are for the Spring, you manage to successfully fulfil them and have some fun along the way. Thank you for all the support I have received during the past 3 years. I will continue to lead the C25K programme, as well as the Summer Cross Country and other club events I am able to support. I would like to say a huge thank you to the committee who have helped make my role much easier to fulfil. Good luck to the incoming committee, you can rely on my continued support.

**Tony Quinn**



## **Debbie Pentland's**

### **300<sup>th</sup> Parkrun!!**

With her husband – Bob,

our Chairperson – Tony Quinn,

and

our Vice-Chairperson - Sue Clarke

Well done Debbie

a huge achievement!!!!

(Loving the outfit - Ed.)

## **Southern Cross Country League**

Thank you to all club members that joined in and supported our Southern Cross Country League. I don't know about the rest of you but I'm really quite missing the March one which was cancelled and feel ready for the comeback in the Autumn where the SCCL races will resume again once a month between October and March. It really is a great challenge and rewarding boost through the winter months to keep yourself going and stay fit and motivated. The last race took place in 'The Bourne Woods' on Sunday 18th February. An inspiring location with landscaped woodlands, trail paths and plenty of puddles to run through! It's one of my favourites. And the results are in. The men's team were 18th and the women's team were 13th. Portsmouth Joggers were placed joint 15th overall. Looking back on the years Portsmouth Joggers used to have a really strong place in this league. I'd love us to bring this back again. So if you can join us in the Autumn then please do, even for 1 or 2 races. Don't put too much pressure on yourself or compare yourself to anyone else. Just enjoy it and you will probably surprise yourself! And remember you have just made your health, fitness and day better and far more interesting just by getting up and doing it no matter the speed you do it in. Here are some of the team's thoughts on the league...

"Loved the XC league. Wish there were more of them."

"It's always great to be with the squad of blues and whites."

"I really missed the one we used to do at QE"

"Thoroughly enjoyable races around the beautiful countryside."

"They can be undulating at times and a tad muddy, but what else would you be doing on a cold winters Sunday morning with a lovely bunch of like-minded people."

"Only got to do one. Was very disappointed by this fact! Really enjoyed it"

**Gina Ledger – SCCL Team Captain**

**Ed.** Debbie Pentland's thoughts after the last SCCL race of the season –

It was great to see you all today, tribe. Great fun wasn't it? It's a shame that's it for the SCCL races for this Winter. A few of the usual runners were missing, including my hubby Bob, today as they were running the Pompey Half. Hope you all had a good run.

If you've not taken part in these races before think about joining us for the next league which starts towards the end of the year. They're all about 5 miles and it doesn't matter what pace you run (well unless you're really speedy) Every runner counts. The more runners we have the more points we get... PS the boys out-numbered the girls by 1 today...come on girls we've gotta get more of you to swell the team.

**Debbie Pentland**

If you fancy having a go next season have a chat to Gina at club. **Ed**

(See next page for team picture)





## Joggers At The Last SCCL Race Of The Season at The Bourne Woods

### Hampshire Road Race League ( HRRL) Update

For those who haven't heard of the HRRL before (which is impressive, given how much I talk and post about it!), the league is a series of 12 races which run each year between September and July. A whole host of running clubs from across Hampshire take part, and there are both team and individual league tables for those who are feeling competitive. You can sign up to one race, two races, all the races – whatever suits you really. We always aim to take a big group of Pompey Joggers along, and it's great fun to rock up in our blue and white vests and represent the club. It's all about the team spirit on the day, and we have that in droves! Oh, and we usually have cake too!

We are over mid-way through the 23/24 season at this point, and since the last newsletter we have had both Stubbington 10k and Ryde 10 mile, where we turned out huge teams once again. We also enjoyed some post-race refreshments in Ryde after the race, which was great fun. Both the men's and ladies' A teams (which are made up of the first four of each gender to finish each race) were promoted to their respective division 2 at the start of the season and yet, despite the higher calibre of competition, neither are languishing at the bottom of their tables. The men are currently sitting in 7<sup>th</sup> place and the ladies are in 3<sup>rd</sup>! And if you thought that was good, both the ladies' and men's B teams (which are made up of the second four of each gender to finish each race) are both sitting in 2<sup>nd</sup> place of their respective divisions. If we keep up this great work we could see both B teams promoted to division 1 next season! A huge well done to everyone who has run a race with us so far – you were all part of this success. I couldn't be a prouder captain

Now let's look ahead.... There are 4 races left of the season; one 10 milers followed by a run of three 10k's to finish:

1. Alton 10 - 12th May (entries open)
2. Netley 10k - 19th May (entries open)
3. Alresford 10k - 16th June (entries open)
4. Lordshill 10k - 7th July (entries open)

Links to sign up to all races can be found on the HRRL home page: [hrri.co.uk](http://hrri.co.uk)

These 'races' aren't all about speed. They're about the team spirit, having fun, the goodies and, of course, the post-race cake. So why not book in an enjoyable day out with your running pals.... I mean, what have you got to lose?!

Looking forward to seeing you there!

**Kate Lewis – Ladies Captain**

See next page for photos





HRRL Ryde 10k

PJC Team!

Left – Pre-race

Below – En-Route on the  
Ferry



Kate's HRRL Medals– Look what you can win!

# Some Running Group Changes

## Social Group

### **Led by Ally Smith and Bert Shepherd (Tuesdays) & Celia Oxley (Thursdays)**

Suitable for those running 14.5ish minutes per mile, 9ish minutes per K. Runs are usually 3-4miles, 5-6k in length and are aimed at being a socially inclusive group.

We welcome anyone who enjoys a sociable, chatty run. We are pleased to include people who are new to running, or who want to get back into running after a break and want test their speed and fitness before joining a faster group or who are returning from injury. We also could be a good next step for some of our club Couch to 5k graduates.

We generally run at a chatty pace, with occasional walks if needed and we do loop backs so our faster runners get to 'stretch out' while ensuring we keep together as a group.

We occasionally do an interval training session.

In the summer months we plan to do a few 'away runs' where we get out and enjoy what the local area has to offer and, in the run-up to Christmas, we look for Christmas Light Displays

**Ally, Bert and Celia**

## Next Step Group

### **Led by Sue Clarke and Sue Hyson, supported by Garry Batten**

This PJC group runs continuously at a pace of approximately 7.5 minutes per kilometre (12 minutes per mile). Runs are usually 7 to 8 km, routes will sometimes be flat and sometimes include hills.

Every other Tuesday we do Interval training of some sort. This is to increase stamina and staying power. The group is also aimed at the C25K graduates who, once they have completed their 5k run want to progress to run further and/or faster.

We do loop backs to ensure our faster runners get to 'stretch out' while ensuring we keep together as a group.

In the summer months we do a few 'away runs' where we get out and enjoy what the local countryside has to offer, and in December we head out across the local districts to see what Christmas lights displays we can find.

**Sue C, Sue, H and Garry**

## Pace Cadets

### **Led by Gina Reeve and Richard Sullivan**

We'd like to introduce the newest group to our running club: the Pace Cadets!

The Pace Cadets (formally known as the Hermits) aim to bridge the gap between the Pacers and The Inbetweeners, catering to runners wanting to run between approximately 9 to 10 minute miles (5:30 to 6:15 minute kilometres).

The Pace Cadets are gearing up with exciting training plans for both the Spring and Summer seasons, with a specific focus in the Summer on preparing for the Great South Run.

Gina and Richard invite you to join the Pace Cadets. If you are usually at the front of The Inbetweeners, and want to improve further, please consider moving up to the Pace Cadets!

**Gina and Richard**



# WHOLE CLUB EASTER RUN THURSDAY 28<sup>TH</sup> MARCH



**LED BY**  
**TONY CONWAY**

**MEET AT NORTH HARBOUR 6.50pm AS USUAL**

**FINISH WITH CHIPS!!!**

## Thames Ring 250 – please consider donating – Sandra Tullett

In June 2017 I ran the Thames Ring 250 mile ultra which is a 250 mile trail race starting at Streatley-on-Thames, following an anti-clockwise loop East along the Thames, up the Grand Union Canal, back to the Thames via the Oxford canal and finally back to the start. You have 100 hours (4 days 4 hours) to complete the race and I managed to finish in 97 hours 40 minutes. Not surprisingly, it was a most challenging event. Lack of sleep, sore feet, navigating, weather conditions and eating and drinking enough add to the difficulty. I was glad of the experience but promptly said, 'Never Again!'



In November that same year I was diagnosed with breast cancer and underwent surgery, chemotherapy and radiotherapy. If it wasn't for the support and treatment that I received from the NHS through my local, Queen Alexandra Hospital, I would not be here today. I am grateful for every day that I am still here, and since my recovery I strive to challenge myself and do the things that scare me. Don't look back and say, 'I wish I did that', do it now!

So, six years on, I have entered Thames Ring again. This time I will be raising money for Portsmouth Hospitals Charity. Specifically for the Breast Imaging Fund, to support projects that provide additional resources to improve the patient experience. The staff have been told by patients that it would be helpful to have a more distracting view when undergoing a scan or biopsy and are hoping to transform their ceiling tiles.....

From this .....



to something like this



I can't adequately convey how difficult and scary it can be as a patient lying in this small room while a doctor performs an ultrasound scan or biopsy.

If you could help me to raise funds to support our local hospital, then please consider donating to my Just Giving page.

[Sandra Tullett is fundraising for Portsmouth Hospitals Charity \(justgiving.com\)](https://www.justgiving.com/Sandra-Tullett)

I would be most grateful for any amount you are able to give.

The race starts at 10am on Wednesday 24<sup>th</sup> April and I will be wearing a tracker so that you can follow me along the course. I will provide a link nearer the time when it becomes available.

## **Cancer Diaries of an Ultra Runner – Sandra Tullett**

Throughout my cancer journey running was my therapy. I wrote a diary which I also found helped me through a very difficult time. The picture below is me at the Ladies 5 in 2018 with my good friend Angie who ran around with me. I was in the middle of my fifth chemotherapy cycle at the time



With the support of my husband Russ my diary has finally become a book called 'Cancer Diaries of an Ultra Runner'. It should be coming out soon and I will provide a link when it becomes available. Please consider buying a copy. I am initially not going through Amazon and will have my own web page. This will allow me to donate a proportion of the proceeds to the Portsmouth Hospitals Charity. In this case it will be going towards the '[Cancer Information and Support Centre](#)' which was previously the Macmillan Centre. This is a significant resource for all cancer patients and was my first port of call when I was initially diagnosed.

**Sandra Tullett**

Well that's a wrap!! Hope you all enjoy this edition of our Newsletter.. Keep on jogging!!!!!! **Ed.**