

Portsmouth Joggers Newsletter Edition 28 Autumn '25



Hi there Joggers all! Hope you are all well and enjoyed the summer. Let's hope the Autumn is kind to us weather wise so we can continue to enjoy good running conditions.

I want start by thanking Davina for all the hard work she has put in for Portsmouth Joggers over the last 13 or 14 years as Membership Secretary. You did an amazing job! We are certainly going to miss you!!!!

I would also like to thank Katie Hall, on behalf of the club, for stepping up to take on the membership secretary role. Do look out for her on club nights.



Thank you to everyone who has contributed articles, you are all brilliant! **Ed.**

Chairperson's update - September 2025

Well, what a fantastic summer we have had! I hope you have all enjoyed the sunshine, and taken the opportunity to run, or walk, in the beautiful weather.

We wrapped up the HRRL 24/25 season at the start of July at Lordshill 10k. PJC had some excellent results, both at the team and individual level. You can read more about these later in the newsletter, as well as all about the upcoming 25/26 season, which kicked off with Totton 10k at the end of August.

Summer is an opportunity for our running groups to get out of Lakeside and sample routes further afield. It's been great to see the various away runs that have been happening, to places such as Southsea, Hayling, and Emsworth.

In amongst these away runs, training for the Great South Run has begun in earnest. We have two groups training specifically for the race, in fact. Good luck to every Jogger signed up! It's a great race, and if you wear your PJC top you are guaranteed cheers all the way round.

Plans are now well under way for the club's 50 th birthday next year. Thanks to all those who have volunteered their time to help with organising events, merchandise, parties, races and more. We can't wait to see what you have in store for us all. For those not in the know, I believe we can expect an entire year of celebrations, ahead of our official birthday party in September!

We have lots of exciting things to look forward to then, as we enter Autumn and Winter. As well as the HRRL and our birthday, we have the Southern Cross Country League, which starts in November, and our annual charity race, the Pub2Pub.

Entries for the Pub2Pub have just opened, so why not get yourself signed up, and give yourself something to look forward to post-Christmas!

Happy running, jogging and walking everyone,

Kate

Three Donations Made by Portsmouth Joggers to Local Charities

Farm Visit – Creative Advances

On 22 July we had the pleasure of visiting Creative Advances Farm, part of a wonderful programme that supports people with disabilities to enjoy working outdoors and caring for animals. The farm is home to chickens, ducks, alpacas, sheep and goats, and those who attend get hands-on experience collecting eggs, feeding the animals, cleaning out their pens, and even walking the alpacas. It's a lovely environment where they can learn about animal care while gaining confidence and a sense of responsibility.

During our visit we met Joanne, Gavin, and Lauren, who all attend regularly, and we were shown around by Yaz (stepping in as Bev was unavailable). We were also delighted to present a cheque from Portsmouth Joggers to support the farm's valuable work.

The farm is set in a beautiful location and provides a truly enriching experience for everyone involved.



Ally Smith and John Shepherd

Ladies' Five Donation to Portsmouth Hospitals University N.H.S. Trust

Thank you and the Portsmouth Joggers so much for your generous donation of £950 to Portsmouth Hospitals Charity. Your donation has been allocated to the Breast Imaging Fund as requested and will help support this area within Portsmouth Hospitals University N.H.S.Trust.

Thanks to people like you, donating to Portsmouth Hospitals Charity we are able to enhance patient care. This can vary from funding training, medical equipment, research and much, much more.

Keep an eye on our website or social media to see the latest news of things we are funding across Portsmouth University N.H.S.Trust and exciting upcoming fundraising events.

Thank you again for all your support and please do not hesitate to get in touch if you have any other queries.

Kind Regards

Jodie Young

Fundraising Officer, Portsmouth Hospitals Charity

Donation to Sophie's Legacy



A Thank You Letter from Sophie's Legacy

Dear Portsmouth Joggers Members,

I want to thank you for your generous donation of £250.

Your support allows us to continue providing crucial help to families who find themselves in the difficult position of having a child in the hospital.

Thanks to kind contributions like yours, we are able to offer families essential supplies such as toiletries and food, help with transport costs, and even organise birthday parties on the wards to bring a little joy to tough situations. We also ensure that parents have access to nutritious meals and emotional support, making their hospital experience a little easier during such stressful times.

Your donation not only helps us provide immediate relief to these families but also drives the long-term changes Sophie dreamed of; from better hospital food and facilities for children to advocating for improved care for parents.

We truly appreciate your kindness, and please know that your contribution is making a meaningful difference in the lives of those who need it most.

Yours sincerely

Charlotte Fairall

A handwritten signature in blue ink that reads 'C.A. Fairall'.

CEO & Founder of Sophie's Legacy

Running Group Designed for Autistic Adults

Good morning,

I am hoping you might be able to help us spread the word about our new running group for autistic adults in Portsmouth, in collaboration with BH Live?

Would you be happy to share the details with your members, on your Facebook group, and anyone who enquires with you who might benefit?

This group is designed to complement existing running clubs like yours by offering a smaller, supported environment - ideal for those who may find larger groups overwhelming, or offering a gentle introduction for autistic adults who may need a bit more support to get started.

This is a small, **free** group designed specifically for autistic adults who may feel more comfortable starting out with like-minded runners before possibly moving on to wider community groups like yours.

Here are the key details:

Free Portsmouth Running Group for Autistic Adults

Autism Hampshire has launched a brand-new free running group in Portsmouth for autistic adults, in collaboration with BH Live.

- Open to all fitness levels
- Meets monthly on Mondays, 11am–12pm
- Friendly, supportive and non-judgmental atmosphere

Whether someone is completely new to running or looking for a relaxed and supportive space to get active, this is a great place to start.

To book a space, email serendipity@autismhampshire.org.uk or visit [our website](#) for more info.



Autism Hampshire
part of Avenues Group

Free

**Running Group
for Autistic Adults**

All fitness levels welcome
In collaboration with BH Live

Once a month on Mondays
11am to 12pm
In Portsmouth

Please email to book:
serendipity@autismhampshire.org.uk

www.autismhampshire.org.uk/Serendipity

We want to reach out to as many people as possible who might benefit. If you have any suggestions, they would be very welcome.

Thank you so much for your time and support. Please don't hesitate to get in touch if you have any questions.

Kind regards,

Felicity Hay

External Marketing & Communications Officer,
T. 01489 880881 ext. 200

PJC C25K

The Rise and Fall of the Summer C25K Class of 2025

Most of us rose to the challenge after receiving brilliant support from Tony, Sue C, Sue H and other PJC members. For some, if not all of us, it was really hard and not helped by the heatwave we experienced just as the distances increased considerably.

Our leaders led from the front, the back and online and everyone appreciated that encouragement. Sarah said, "My whole experience was positive" and "I didn't think I'd be able to do itbrilliant!"

The feedback was all positive about the course, the support and the final graduation run. It was particularly good that other members of PJC came along to show their support to the runners and to make them feel part of the PJC family.

The C25K class was a real mix of ages and background. Runners ranged from their thirties up to seventy and from people with no running experience to runners recovering from injury and illness. The title refers to the rise and fall of members of the group. Sadly we had several people who for whatever reason did not get to run the 5K and maybe the very hot weather was a factor. Sara-Jayne reported that she hit a wall at week 8 and that this affected her confidence and led to her having to regroup and go back to week 6. There can be a delayed graduation run!

We had other fallers who fell when running; too many for a small group. Tony, our leader, was first to fall on an unrelated run and he broke several ribs and was off running as a result. Fortunately Sue C and Sue H took responsibility for us and when Sue H also fell her injury wasn't serious. Before that Millie had a really bad fall during one of our midweek runs and was ruled out of running and any high impact sports for 6-8 weeks. It meant that Millie missed the graduation run after completing all the training up to the beginning of July. Last but not least of the fallers was Graeme who fell at around the 4K mark on the graduation run and sprained his ankle. The conclusion of any risk assessment process has to be to advise people to look where they are going particularly when tired or running as part of a group!

Others in the group stayed upright and did really well. Garry was coming back from injury and he ended up coasting to the 5k distance while at the same time encouraging and cajoling John to keep running and to crack the 5K. Great teamwork there. Similarly, Sarah and Hayley ran together a lot of the time with Hayley recovering from injury and supporting Sarah who she had encouraged to join the group.

Michelle, Sophie and Becca seemed to take the training in their stride (despite looking very hot at times) and, along with John, are now running with Next Steps. Well done to them and everyone else who is now running regularly with PJC.

Much of the above is about the new runners on the C25K but we all want to thank Tony, Sue C, Sue H and other experienced PJC runners who supported and encouraged so much and got us to the finish. We were made to feel part of the PJC family !

Graeme Swain



Well done all of you – Ed.

HRRL 24/25 Season Round-up!

The final scores are in and that's officially a wrap on the 24/25 HRRL. It's been a great season! We've had an impressive turnout at every single race - so a huge well done to each and every one of you, whether you ran one race or the whole 12. Over 70 of you took part in the league this season, which is well, wow!!!

As you probably know by now, anyone who completes 4 races over the season receives a specially designed pin badge. 7 races will get you an official league place, and your name on the coveted finishers mug, courtesy of the league organisers. And those who completed 8 or more races bag themselves some special "HRRL Team Kit". An incredible 28 Joggers got a badge, 17 finished their 7 for the mug, and 11 are getting themselves the kit. These are the highest numbers we have had in yeeeeeeears.

So how did our teams do?

The men's and women's A teams both had solid mid-table finishes, and will stay in their respective divisions for the next season.

The men's B team stormed their division, finishing top, and bagging themselves promotion to division 1 next season. Well done fellas!

The women's B team struggled this season, finishing second bottom in division 1, having only been promoted last year. This was likely due to not fielding B teams at many races, which means we scored a big fat zero for those events.

We need 8 of you lovely (EA affiliated) ladies at each race in order to have complete A and B teams. So please consider entering a race or two next season, and help us get the B team back up to division one.

Some special individual mentions....

Our highest place male finisher was **Tim Bramley**, who finished in a fantastic 14th place! And this was after some injury issues mid-season too.

Highest placed female was **Kate Lewis** in 17th.

Steve Wooldridge finished 5th in his age group, and Micheal Ray finished 6th in the same group. Well done guys!

Hats off also go to **Ollie Hill**. He completed 11 out of the 12 races. Also to Paul Jeffrey and Darren King who completed 10 races apiece.

It was such a fun season. Thanks so much for being part of it, all 70+ of you!

You'll find an article about the 25/26 season elsewhere in this newsletter, so read on if this article has inspired you to join the team.

Kate (HRRL Ladies' Team Captain)



The HRRL 25/26 season launch!

We know lots of you are already looking forward to the next **Hampshire Road Race League** season, and many of you will be interested in knowing what all the fuss is about! So here's a summary of what you can expect. Read on for talk of prizes and cake, oh and running of course!

The HRRL consists of a series of 12 races across Hampshire and the surrounding areas. You can take part in as many or as few as you like, and if you are UKA accredited (a great reason to become accredited if you aren't already) you get ~£2 off the entry price for each race and, most importantly, contribute towards the PJC team. You must run at least 7 races over the season to qualify for an individual place in the table, but you contribute to the team places every time you run.

We did really well last season (see my previous article), and we are really excited to see how well we do this year. The races for the 25/26 season are as follows, and you can find links to them all via hrri.co.uk.

31st August - Totton 10k - nearly sold out so sign up ASAP

7th Sept - Overton 5 mile - Entries open

26th Oct - New Forest 10 mile - Entries open

16th Nov - Gosport half marathon - Entries open

7th Dec - Victory 5 mile - Entries open

1st Feb - Ryde 10 mile

March (date TBC) - Solent half marathon

12th April - Salisbury 10 mile

10th May - Alton 10 mile

17th May - Netley 10k

21st June - Alresford 10k

5th July - Lordshill 10k



Now you know what the race options are, let's talk prizes! We want you to know what a valued member of the team you are and, as such, we want to make sure you are rewarded for your hard work and dedication. So here's what you can earn...

Every race = Cake! (and a medal of course – Ed.)

4 races = A PJC pin badge - specially designed by men's captain Pete and with a new design for this season!

7 races = A HRRL mug - Produced by the league organisers and includes the final league table for your gender – with your name on it!

8 races = PJC kit - Not our normal kit – a specially designed HRRL team piece of kit

12 races = The illustrious HRRL 12 in 12 t-shirt - Produced by the league organisers at the end of the season to celebrate those who managed to run all 12 races over the season.

The team spirit at the league races is amazing and, no matter what speed you run at, every single Jogger is an integral part of the team. There's post-race cake, and we love cheering everyone round and/or over the line. We can't wait to see you at a race or two (or 3 or 12) over the season.

If there's anything you are unsure about, we're happy to answer any questions you might have. Please don't hesitate to speak to us if you want to know more.

Pete and Kate, HRRL Team Captains

PJC Summer Cross Country – Queen Elizabeth Country Park

A bit of reflection from the PJC Summer Cross Country event team.

On July 2nd, an enthusiastic team met bright and early at the PJC lock-up, ready to load all the kit needed for our summer cross country event. Once the cars were packed, we hit the road and headed to Queen Elizabeth Country Park to begin setting up for what promised to be a fantastic evening of running.

Our first task was putting up two gazebos, which, after some mild confusion and creative interpretation of the instructions, we managed to assemble surprisingly smoothly. Not quite a well-oiled machine... but at least nothing collapsed. With those in place, we tackled the finish line setup, which involved untangling a very long piece of rope (not as easy as it sounds!). Eventually, with some teamwork and perseverance, we got it laid out perfectly.

Next up was course preparation. One of our team disappeared into the woods armed with tools to chop back the overgrown vegetation. He was gone for quite some time, but eventually reappeared, triumphant, having cleared the way for a brilliant cross country route.

After a well-earned lunch break, we headed back up the hill to set out all the course signage, making sure the route was clearly marked to prevent any accidental detours by the runners.

Then, the excitement really started to build as the first runners began to arrive. There was a great buzz of chatter, anticipation, and a little bit of nervousness, understandable given the famously hilly terrain.

At 7pm sharp, the race began. Despite a few too many nettles and some unexpected fly banquets along the way, everyone had a fantastic time. It was a brilliant evening of summer cross country running, great effort by all involved and a huge thank you to the volunteers who helped make it happen.



Sue Clarke

Setting up before the event!!

Another successful event!

Well done Joggers!!



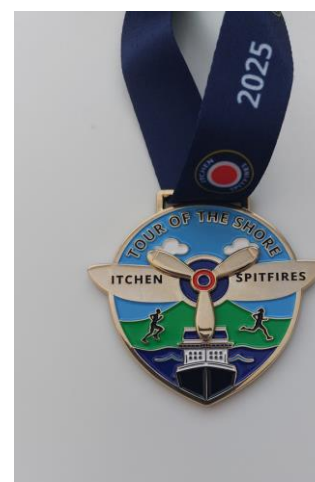
Tour Of The Shore

On Saturday 12th July 5 teams of 5 runners from PJC took part in the inaugural Itchen Spitfires Tour of the Shore event. From 8am to 8pm we tackled the challenging event format: 4.1 mile laps run in relay style, all under the blazing 30°C summer sun.

Despite the heat, spirits stayed high. There was fantastic camaraderie among teammates, with constant cheering for each other—and just as much encouragement for every other runner out on the course. The shared effort and positive energy created a great atmosphere that kept everyone smiling, even in the hottest parts of the day.

Every finisher was rewarded with a lovely medal as a memento of the day—a fitting symbol of both personal achievement and team spirit. Above all, it was great fun from start to finish, leaving everyone already looking forward to next year's event.

Sue Hyson



PJC Pub to Pub Charity Run – Back for 2025!



We're delighted to announce that entries are now open for the **PJC Pub to Pub Charity Run 2025** – our much-loved **post-Christmas tradition**, which combines friendly competition with community spirit (and a well-earned mince pie at the finish line!).

This year's race will once again take runners on the **classic route up to Chalton Windmill**, bringing together club members, local runners, and visitors for a fun-filled morning that raises funds for **Rowans Hospice**.



Date: Saturday 27 December 2025



Start time: 10:30am

How to Enter:

Entries are now open via <https://racesignup.co.uk/pjc-pub-2-pub-charity-run>

Places may go quickly, so don't leave it too late!

Stay Connected

We're excited to share that the **Pub2Pub** now has a new **Facebook page**, where we'll be posting race updates, photos, and club news. Give us a like and share with friends to help spread the word: <https://www.facebook.com/share/1MwB7w15eT/?mibextid=wwXlfr>

Run, Cheer, Support!

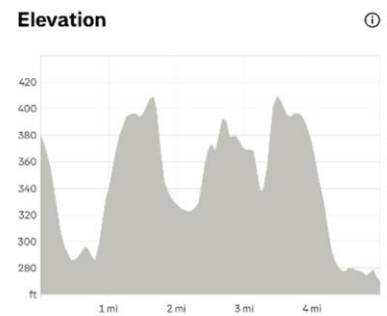
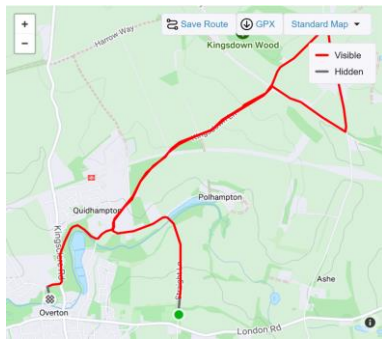
Even if you're not racing, we'd love to see as many members as possible out supporting, marshalling, or simply cheering runners along the route. This event has always been about more than just the miles – it's a celebration of running, community, and raising money for a good cause.

Here's to another fantastic **Pub to Pub in 2025** – see you on the start line!



Sue Clarke

Overton 5 – 7th September 2025 – Race Report



A swarm of TWENTY-NINE! Portsmouth Joggers made their way up the M3 to Overton for the 2nd Race in the 25/26 HRRL Season. The race organisers yet again booked unbroken skies whilst we assembled ready for the start. The word on everyone's lips seemed to be... 'hills', and to any newcomers, visions of the Himalayas may well have started to set in. The start was well organised with a speedy registration and bag drop before being marshalled to the starting field where the mood seemed positive with smiles all round.

Earlier than previous years, at 10:30 (to the second) the gun went off and 523 runners of all team colours started running in the narrow country lane downhill.... But what goes down, must come back up and with that, between Mile 1 and Mile 2 the largest climb to get things going, from that point on there were 2 more ups, but 3 more downs. A surprise shower was welcome mid race which was enough to cool us down a little without dampening the spirits. I approached the finishing tunnel two thirds of the way through the pack which had the benefit of having a large group of Joggers cheering us on in.

No fewer than 7 course PB's were broken; Richard Clark-Lyons (beating his 2017 record), Peter Birch (shaved 5 seconds), Paul Jeffrey (smashing 6mins of last years time!), Anthony Quinn (Jeffin' it beat his 2021 record by 8 seconds), Katie Hall, Sue Clarke & Alison Smith (smashing an amazing 4mins from her PB).

An additional 2 new commers setting PB's; Kirsty Whitton (fastest lady) and Scott Andrews (with a distance PB).

Darren King has notified me that he achieved a PW by 5 mins – surprising given the heavy investment made in speedy trainers. Pete Cootes also claimed to have achieved a PW with 7mins per gin at the local distillery as he forgot his trainers. Micheal Rae, he didn't enjoy the hills – but his entertainment at the start was first class, having announced his looks alone were responsible for the warmth as we gathered ☐. Jo was creative with the no headphones ruling and provided a 'hills'-based soundtrack for those around her with a speaker. For me, I was personally very happy to have taken 8 seconds off my time last year... I'd prepared myself for a slower run, but dreamt of a sub-45, which I achieved by a mere 1.4 seconds!

A shout out to Steven Wooldridge, he provided some rather tasty cakes at the finish. I'm not sure if I was more impressed by the cakes or the slightly over engineered two-tiered transportation system.

Congratulations Joggers a fantastic day's running from everyone! Apologies to anyone missed as I'm sure there may have been more!

Full times:-

Richard Clark-Lyons 00:32:52, Richard Clarke 00:33:52, Peter Birch 00:34:01, Oliver Hill 00:34:14, Steven Wooldridge 00:35:03, Paul Gosling 00:35:06, Lewis Clarke 00:35:07, Brent Grover 00:35:32, Kirsty Whitton 00:36:13, Ben Stait 00:36:46, Michael Rae 00:37:33, Kate Lewis 00:38:00, Paul Jeffrey 00:38:59, Michael Turner 00:39:36, Darren King 00:41:46, Tanya Mason 00:42:42, Pete Arnold 00:43:17, Scott Andrews 00:44:30, Ainsley Rood 00:44:58, Ben Mason 00:45:57, Pauline Jeffrey 00:46:38, Anthony Quinn 00:48:17, Katie Hall 00:48:41, Ella Hill 00:49:43, Jo Thompson 00:50:39, Rachel Andrews 00:50:57, Sue Clarke 00:51:20, Natalie Harrison 00:54:30 & Alison Smith 00:59:13

Ainsley Rood

PJC – All Club Run, 4th September

On 4th September, Portsmouth Joggers came together at the D-Day Museum in Southsea for our latest All Club Run!

It was great to see so many members from across the club taking part, with groups mixing together and plenty of conversation along the way. For me, it was my first All Club Run, and it really showed the welcoming and inclusive spirit of PJC - no matter your pace or experience, everyone's part of the same team.

After a quick group photo (with drone footage) now on Facebook! we set off on a relaxed three mile route to Old Portsmouth. Along the way we enjoyed a beautiful sunset across the water, waved to a Britannia ferry from the City Wall, and stopped for another photo in front of the Spinnaker Tower - thanks to some visiting tourists who kindly captured the moment.

Since joining the club earlier this year, I've loved how PJC makes everyone feel part of the group - it's supportive, committed, and always a good laugh. I've really appreciated the encouragement and community feel that the evening really highlighted. A big thank you to Tony for organising!

Kirsty Whitton



Pre-Run Photo at the Theatre of the Sea



A Second Photo at the Spinnaker Tower, taken by a passer-by

Portsmouth Hospitals NHS Trust Colour Run

We were proud to support Portsmouth Hospitals Trust on Sunday 14th September, by volunteering as marshals at their charity 5K Colour Run 🌈

It was a fantastic community event, full of energy and fun, and we were delighted to help make it a success. Some of us even went home a little more colourful than we started 🥳🎉

We're already looking forward to supporting this brilliant event again next year 💙

Sue Clarke



Well that's it for this quarter, hope you all enjoy it.

How about contributing to our Christmas Edition?

Email newsletter@pjc.org.uk - Ed.