

Portsmouth Joggers Newsletter Edition 29 Winter 2025



Hi there Joggers,

I hope you are all managing to keep running in spite of the variable weather conditions we have had of late. Do please make sure, on club nights that you are wearing Hi-Viz gear and lights so you can see and be seen.

Well done to all those who have run in events over the last few months, especially to the Great South Runners and a huge thank you to all those who helped at the water stations at the Great South Run.

Here is your Winter Joggers News Letter. Read on for reports on a number of wonderful events which Joggers have been part of during the Autumn.

Thank you to all the contributors

Ed.

Chairperson's update - December 2025

Autumn has well and truly kicked in now, hasn't it?! As the dark evenings close in, I encourage you all to dig out your lights and bright or reflective clothing for wearing whilst running. It is so important to be seen, for both your safety and that of others. If you are facing financial barriers to purchasing appropriate clothing or lights, please have a chat with one of our welfare officers or a committee member, and we can ensure you can get what you need. As a club, we want all our runners to be safe, both when running with us, and when running solo.

Since the last newsletter, the SCCL has kicked off for the 25/26 season. This series of 5 mile cross-country races is great fun, and totally free if you are EA affiliated (and only £2 if not). Simply turn up in a club top and enjoy yourself! The list of races for both the SCCL and HRRL can be found on the club website: pjc.org.uk.

We have also recently had the Great South Run, one of the biggest events in the race calendar for those living in Hampshire. Not only did we have 40+ PJC members running the race, but we also had a myriad of volunteers manning the route and the water stations. More on the experiences of the runners and volunteers can be found later in this newsletter so I won't say anything more here! Well done to everyone who took part, and a huge thanks to all the volunteers.

Another huge thank you goes to Tony and Eileen Conway, for putting on another moving Remembrance Run on 6th November. It is so lovely to see the club coming together every year to mark this important occasion. I hope you all enjoyed the pub afterwards too!

And finally, please don't forget to get yourselves signed up to the Pub2Pub 10k on the 27th December. All proceeds go to the Rowan's Hospice.

Happy running, jogging and walking everyone (oh, and resting for those of us who are injured),

Kate

PJC does Malta 2026

For anyone who doesn't know about it, there has been an annual trip for groups of joggers to head over to Malta to take part in their Marathon, Half Marathon and Walkathon. As a club we have been flying over to Malta for over 10 years now, with just a couple of year's break due to and after Covid. We started it up again last year and had a wonderful trip away with about 10 of us completing the event (happy faces in the photo)



As mentioned, there are options to do a full marathon, half marathon or a walkathon and the event takes place on Sunday 22nd February 2026.

The link to sign up is here - [Malta Marathon](#) – there is still time to get signed up – if you do sign up don't forget to book your bus to the start, this is essential!

On the whole we tend to book hotels in Sliema Marina, of which there are plenty as well as plenty of places to eat and drink.

1. Everyone else stays there, so easy to meet up
2. Good base for sightseeing, boat trips, bus tours etc.
3. The buses to the start for the full and half go from Sliema. If you stay elsewhere, then you would need a taxi (which are pretty busy cos everyone else who stays outside Sliema needs one!).
4. That's where the finish is too - so easy to get back to your hotel.
5. The Expo is in Sliema - you need to pick your number up before race day

There is a group chat for anyone who is coming along, thinking about it or just has some questions and wants to understand a bit more, so if you haven't yet decided and need to start thinking about entering and booking up please ask in one of the facebook posts and we will get you added to the fun!

See you there!

Paul Jeffrey

Great South Run, 19th October 2025

After an enforced year's hiatus, the Great South Run was back, and having completed 2023 and 2022 in around 1hr33m, I was hoping this year to break the 1hr30m barrier. I had taken part in the Pace Cadets' targeted training, and this had gone exceptionally well, with a preparatory 10K in London 3 weeks earlier being bang on target pace.

I'd proven to myself I could run the distance. I'd proven that I could run at the required pace. Could I combine the two?

Event day dawned, and was exactly as the forecast had predicted – cloudy but dry. Sadly that was only at 6:00am, the forecast for the time of the actual run was looking a lot wetter and a lot windier. As start time approached, PJC photos were taken, I dropped my baggage in the baggage drop marquee, and headed out for a warm-up jog with Jason Lovibond alongside me, and then into the start pen.

As we moved forward into Avenue de Caen, the first few droplets of rain fell. Little did we know.... And then I crossed the line with thousands of us, simultaneously pressing the Start button on our watches. Jason disappeared into the distance, and I settled into my pace. The first of the myriad friendly faces appeared barely a kilometre in, at the first marshal station, with Pete Birch in front and my wife Rachel behind. Pete and I high-fived, and he yelled to Rachel that I was just coming – she couldn't hear that of course, but I did imagine the other runners around me wondering why I deserved such special treatment.

At 5km, I was at 27mins, well under the required pace, and feeling strong.

Plenty more friendly faces cheered us through the first water station, and whilst the pace had started to slow a little, I still felt strong, and at the halfway point, 44mins had elapsed, so I was still on target. And then it hit me, the headwind, that is. As I rounded the corner by the Queens Hotel, a strong wind was blowing in the wrong direction, and I realised that 3 miles of this and the rain was going to make life difficult.

Through the second water station, with more cheers from friendly faces, there was a brief respite going past the Marine Barracks, then more wind along Henderson Road.

Coming round on to the Seafront, with 3km to go, a glance at my watch told me that, barring a disaster, a PB was doable, but that 90minute barrier was in doubt. I tried to pick my pace up, and to an extent, succeeded, but I couldn't tell if it was e

As I hit the 400m board, it was now or now or never – if I were to stand any chance of beating 90mins, I had to go. And go now.

I put everything I had into that final sprint. And then I put some more. Every stride, every breath, every muscle fibre, every red blood cell was propelling me closer to the finish. I couldn't have done more.

So how did the PJC crew do? (in no particular order – Ed.)

Well, Rich Boakes (and daughter) did it in 1h23

Sue Clarke took 7 mins off her PB at 1h45

Tony Quinn jeffed it to 1h37

Gary Green took 4 mins off his PB, finishing in 1h24

Katie Hall went 3 mins under her target, to clock up 1h42

Natalie Harrison was pleased with her 1hr50

George Garratt went round in 1h34

Andrew Spencer did 1h33

Pamela Work, clutching her bib, like so many others, made it in 1hr47

Garry Batten did 1h56

Steve Hyson grumpily went round in 2hr03

Chris Ellis was happy with his 1h36

Lorraine Stewart did 2h12

Jason Lovibond got 1h26

Jackie Nicholson also PBed by around 50 minutes, in 1h29

James Elkins, in costume had a moving time of 1h35, but I'm told he also stopped at the pub

Richard Sullivan made it round in 1h24

Colin Mayne hit 1h29

Jo Thompson, aiming for under 2hours, jeffed around in 1h57

Craig Lodder was pleased with his 1hr24

Jo Lodder did 1h51

Claire Ellis completed it in 1h42

Clare Gosling finished in 1h29

Darren King did it in 1h27

Gina Reeve PBed in 1h36

Steve Wooldridge did 1h10, being 13th in age group

Tim Lecomte hit 1h19

If I've missed you out, I humbly apologise, it's because you didn't post in the group, and I don't follow you on Strava.

And me? Meh, there's always next year

Scott Andrews



A special mention for senior Portsmouth Jogger, Phil Pollard

Phil has run all the Great South Runs since it started, including running the course last year when the event was cancelled due to bad weather!

That's 35 Great South Runs!

A wonderful achievement Phil!!

Volunteering at the Great South Run – Saturday

Reflections – An early start for the Saturday of the Great South Run! At 6.45am, Sue and Steve Hyson, Tony Quinn and I set off for Southsea Common to meet the rest of the OHC volunteers. - though not without a few laughs on the way as we somehow managed to get lost trying to find our way into the car park (yes we live here, and yes, we still got it wrong). We eventually made it to "Southsea Castle" for the volunteer meet-up, where we were warmly welcomed and very well looked after. Volunteers were treated to a packed lunch from Greggs, a volunteer T-shirt, and plenty of good humoured banter to kick-start the morning. Our first task was at the finish line of the 5k races, where we handed out goodie bags to the runner – a great way to soak up the excitement and see all those happy faces crossing the line. But the real highlight came later with the children's races. Handing out goodie bags to all the little ones was an absolute joy – pure cuteness overload! It was lovely to see so many proud parents, including lots of PJC'ers jogging alongside their kids and grandkids as they finished their races. Volunteering at the 5k and children's events is such a rewarding experience, and I'd recommend it to anyone thinking about getting involved next year. It's a brilliant way to be part of the weekend's buzz – and it set me up perfectly for running the 10-mile event on Sunday (which is another story)

Sue Clarke



GSR Weekend!

Nothing about running in this write up! This one is all about the volunteers.

Saturday broke with the hopes of a lovely day. We arrived at the volunteer tent at some ungodly hour to have our briefing. Fuelled by coffee, biscuits and a substandard Greggs lunch, we set off into the wild blue wonder with Captain Tony Quinn at the helm.

After being given our jobs, we went off and got ready for the influx of runners from the 5k runners. We were by far, the biggest club attendance. As the runners came in, we saw familiar faces in various states of breathlessness. PBs were achieved. One future member learnt a valuable lesson in not starting his watch UNTIL YOU CROSS THE START LINE, but still managed a 26.04 once he had looked at his watch.

As the faster people dwindled, the REAL (in my humble opinion) runners started to come through. Each had a tale to tell. One lady stuck in my mind, she was in a wheel chair and crossed the line in tears. Her sister had died 3 weeks before. Hugs, encouraging words and sympathetic words were given in equal measure.

After this and a break came the mini runs. Portsmouth Down Syndrome Association were everywhere with little ones, big ones and the Inbetween ones. Again, PJC were right in the thick of it handing out bags, encouragement and high 5s. Every superhero was in attendance. As the last competitor crossed the line, we packed up and went home with the vain hope that the Sunday would be at least dry.

Sunday!!!! It rained. A lot. 25,000 people were due to start. Estimates of 22,000 people were expected to run the course that had to be changed due to the sea defence works. I thought it would be lovely to ride my bike around the first 5 miles, seeing all the PJC member and other people I knew in a calm, relaxed manner.....

I saw 1 runner that I knew.... :D

I didn't run it this year, but was out on the course looking after 12 marshall posts. Huge shout out to all PJC members who were out in the rain all day ensuring that everyone was ok. PJC ran the water station at Winston Churchill Avenue. We also had attendance at the first roundabout.

Even with the weather, Portsmouth came out to see everyone go past them with encouragement. We all went home, wet, cold, tired and happy.

In closing, the fact that we have all run in events really came out and the club was by far the best group out there and their ability to change things as required made for a very easy day for the organisers.

Ben Thompson



**10th Hole
Water Station
Volunteers**

HRRL – New Forest 10

With only a week recovery after running the Great South Run I was a bit apprehensive at how tired my legs would feel. As I ran 8 HRRL races last season I had my new hoodie which I have to admit gave me a confidence boost wearing it.

I got a lift to the car share with Tony Q with a most needed pit stop to Starbucks first.

From the car share we headed to the New Forest and it felt easier with the parking compared to last year. I collected my race number and got the usual nerves before a race, I think also due to the fact I did not enjoy this race last year and felt it was a real struggle to get round.

There had been lots of discussion over what choice of footwear - trail or road, I settled for road deciding that I had ran 10 miles in them previously where I've only ran shorter distances in my trail so opted for comfort.

Team photos taken and then everyone lined up at the start - I was going to "Jeff" with Tony Q and when the starting horn went off - off we set. A few muddy puddles to navigate round the first bend. After the first couple of miles I changed my mind about jeffing and stuck to my comfortable running pace.

The scenery and views didn't disappoint and were absolutely stunning. Lots of walkers also enjoyed the glorious weather, with many cheering us runners on.

Near mile 8 (I think) I came across three horses close to the track but they didn't even look up from eating as I went past, I did manage to snap a picture of one. This was the same horse that was also mistaken for a bear by Jo - I'm sure that made her run a bit faster for her amazing PB. Also the same horses that nearly flattened Paul G!

Round to the finish line and I am so chuffed I had enough in the tank for a sprint finish and a lovely 15 minute course PB!

I also won a spot prize of a water bottle and got a banana - my favourite post race snack. I would call that a very successful run!

The team did absolutely amazingly as always and some exceptional efforts and PBs including

Richard Clark-Lyon's - 10 mile PB in under 1hour 10minutes!

Sue Clarke - course PB by 6 minutes

Pete Birch - course PB by 5 minutes

Jo Thompson - 10 mile PB and 4 mins faster than GSR

Lewis Clarke - course PB 1.10.53

Jane Nockerman - course PB by 8 minutes

Tony Quinn - course PB by 25.24 minutes!!!!

Teresa - course PB

Safe to say a lot of us who had ran the Great South Run the previous Sunday definitely put the training to good use.

Katie Hall



S.C.C.L. – Event One

Sunday the 2nd was the first cross country run.

Jo and I did this along with a large contingent of Joggers, too many here for me to remember. George wasn't even going to show up, but he arrived 10 mins before the start

It was a 5 mile run through the lovely countryside.

I took my usual place at the back of the group and set off at a Jeff of 30/90 ratio. Obviously, I went THROUGH the puddles like a 5 year old. Oh, this is nice, small hills, a bit of downhill. Hang on, what this??? A HILL!! A hill that seemed to go on for ever and we had to do it twice. More puddles were splashed through and conversations were had with the other runners. Then, the nice trail ended and we went into the woods. Bears were seen. Once I had fought off a bear attack (that's my excuse for being slow and I'm sticking to it) the river crossing was a welcome distraction. The final bend was welcome, but then, straight in to a uphill. This isn't cricket. As the mountain flattened out, there was a lovely straight and in the distance, a sea of blue and white as everyone was waiting until the last runner was in. Of course, there were right by a puddle that identified as a lake and with the shouts of PUDDLE, PUDDLE, PUDDLE I went straight through the middle and crossed the line with wet feet in a time of 59.55. I wanted to be under the hour, so mission accomplished, but only just.

Cake was provided by Portsmouth Triathletes in exchange for me taking a team photo.

Back to the car (chauffeur Rich Boakes was on driving duties) shoes were changed and socks were wrung out and them home for a nice warm shower.

Ben Thompson



HRRL up-coming Races are Victory 5m – 7th Dec. Ryde - 10m 1st Feb. Solent Half - 8th March, Salisbury 10m -12th April, Alton 10m -10th May, Netley 10k – 17th May, Arlesford 10k – TBA, Lordshill 10k- 5th July

SCCL up- coming races are Lords Wandsworth College 21st December and Chawton House 18th January.

Look out on the Facebook Page and listen out on Club Nights for more details of up and coming League Races.

Wendover Woods

Wendover Woods is a 50 mile race that is 5x10 mile loops with 10,000 ft of ascent.

After being told, after an MRI scan, I had arthritis in my right knee where I am bone on bone I have lowered my mileage. I have looked at races that have less mileage and hopefully achievable. I entered this race on the chance I could do centurions 50 mile slam next year, which is their 4x 50mile races. This race is the last in the series and the hardest.

I had a mixed lead up to the race with being ill on my big training weekend and not being able to do it. But was good enough and well enough to be on the start line.

Race day came and I had a plan 2hrs 30 a loop and to assess my knee on each loop to be able to continue.

The race started and I felt fine and managed the first loop 10 miles and 2000ft of ascent with little pain in 2.07.

Went straight out on the second loop where the pain in my knee became more heightened but again finished the loop in 2.20 with another 2000ft of ascent.

Stopping at the checkpoint to fill my bottles the pain in my knee became more intense but I was able to go out onto the 3rd loop. The first down-hill told me there is no way I would make another 10 miles let alone 30 my knee pain was now 8/10. They like you to drop at the end of each loop if you're going to drop. I wasn't going to make another 9.5 miles.

Sadly I walked back to the checkpoint and pulled out. I found being physically and mentally fit and not being able to continue very frustrating.

I now need to rethink my running on what I can do and what is now achievable.

Life isn't about waiting for the storm to pass it's about learning how to dance in the rain.

Wendover Woods is an incredible course and anyone wanting to challenge themselves for 50 miles and 10,000 ft of ascent with a 15hr cut off would be a great achievement.

Russ Tullett



PJC Remembrance Run, 6th November

An unusually mild evening saw a large group of Joggers meet at The George Inn, at the top of Portsdown Hill for the annual Remembrance Run.

We made our way across the road to Christ Church Widley, and entered the graveyard – a path marked with glow sticks guided us to the rear of the graveyard, where Tony Conway led proceedings.

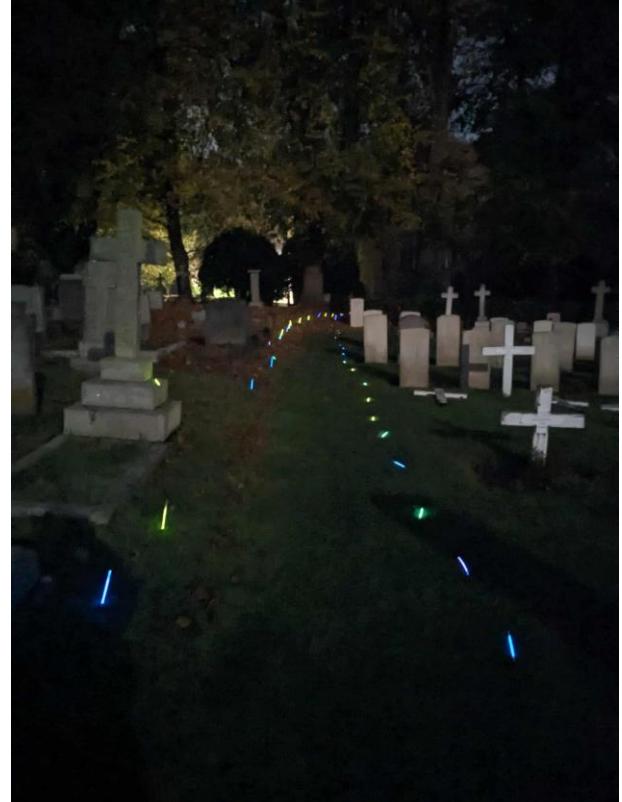
Christ Church is an official military cemetery, overseen by the Commonwealth War Graves Commission, with 167 graves of victims from both World Wars. Tony recounted the details of some of those lying in rest here.

The Last Post and an impeccably observed two minutes of silence saw PJC and all those present honour the sacrifice made by these ordinary people, performing extraordinary actions, to ensure that we can enjoy the freedoms we take for granted.

Following the conclusion of our poignant tribute, we split into our various groups, and set off on our runs. My group, Pace Cadets, headed off on an undulating 6km route, down the back of the hill to Purbrook, along to Crookhorn, past South Downs College, along the hilltop, and finished back at The George Inn, for some liquid refreshments.

With so many sweaty bodies arriving in a short time, it must have been a little unpleasant for the other patrons, but we didn't notice!

Huge thanks must go to Tony Conway, whose knowledge of, and passion for the subject is clear to us all.
Scott Andrews



Achieving Your Goals

Are you struggling to see how you can achieve something big? My advice...

Take a step towards it and just keep doing that. Don't think about it.
Break it down into segments as you are doing it and keep going.

My obstacle...

I didn't understand what was going on and I did everything to heal.

I have been trying to find answers for the last 6 years. So again, not for the first time, enough was enough.

This time I booked a private ultrasound scan and MRI.

I ditched my last few races for the year. Not the first time I have done this. None of it mattered.

The results...

The ultrasound and MRI themselves didn't actually tell me much more than I already knew.

In the past physios had made their best guess at hip bursitis or gluteal tendinitis.

I already knew I had a hip impingement from a previous X-Ray I kept pushing with the NHS but I was left in the dark with no follow-up or information as to what this was and why I had it.

I already strengthen my hips and glutes, well, my whole body. I give myself the rest and healing I need. Recovery is just as important as training. I know so well how to look after myself.

Before the ultrasound scan I had a discussion and some physiotherapy diagnostics to try and identify what was going on, then after my ultrasound scan I was advised I have a hip impingement, secondary to likely hip dysplasia.

...Hip Dysplasia! That was new. Not one person had come up with this before. I mean I was healing myself so many times over but it just kept coming back. It was always there, in the background. I just couldn't make it completely disappear. It was always so close, but never completely right.

If I had this before my children then it was there unnoticeable. I have a strong feeling that both of my pregnancies presented the problem or made things a lot worse. I mean I had to have 2 caesarean-section births, so maybe my pelvis shape was a bit different.

I recall that digging in the garden presented me with some issues a few years back too. I can't exactly remember when this started and if it was pre or post pregnancy with my first child, but I remember stopping it because it just didn't feel good.

I get chronic pain in my hip which flares up every now and again. But I think this has a very big connection with some personal trauma I have been going through the last few years.

I see the patterns so I can identify with this. I'm very good at releasing emotions from my body and will fight so well to do this, because I do not want to hold any trauma inside of the body. It is unhealthy and crying amongst other things really is very good for you.

Some minor things came up on the MRI report. Swelling of the soft tissues adjacent to the gluteal tendons insertion (Gluteal insertional parienthesopathy) and a trace of hip joint diffusion.

I could feel a little more at peace now. I had a bit more understanding.

My Battles... Over the last 6 years Running and Triathlon has been a struggle for me.

In this time I have run many miles and races. Also, in this time I have had a 1-year break and a 4-month break away from running. Currently I have not run or cycled in 3 months.

I love racing and the challenge of endurance, but racing and endurance also just seem to exacerbate things.

I've run 7 marathons total in these last 6 years, (including 2 Ultra-marathons). For some of these the battle was harder than you would ever imagine and had nothing to do with my general level of fitness or capabilities.

In the last year I have achieved a sub 4-hour PB marathon and a 1.45 PB half marathon.

How I managed to achieve that marathon and keep at bay any issues with my leg that wanted to emerge was honestly a miracle. I think with the race being in the winter and carrying out regular cold therapy in the months before, this probably helped a lot!!

My leg deteriorated during that half marathon and somehow I pushed through.

I managed a local sprint and standard triathlon earlier in the year. Also Eastbourne standard distance triathlon. That was a tough one!

In the previous year I achieved my first couple of Sprint and Standard distance triathlons and my first Middle Distance Ironman, Weymouth 70.3.

Of course, I knew there was more potential than this in me. It is heartbreaking when you cannot achieve your full potential. When you feel pushed away from something you want.

I would do all of it again and more.

My mind-set is strong. I have all the tools in the box for my wellness.

Maybe running and triathlon were just building blocks, guiding me to my true path.

I cried so many tears but I prepared myself for this and accepted it.

I had no regrets. There is always beauty and reward, opportunity in the things that you can let go of.

I could focus on my career.

I was not giving up. I was changing and adapting.

My advice?...

Go and do what you can with what you have got. You do not know when that could be taken away from you.

Feel privileged for what your body allows you to do.

I will do what I can with what I have.

And even if the odds might be against me, I will never give up trying to fix my body.

I have not given up.

Gina Ledger