

# Portsmouth Joggers Newsletter Edition 18 Spring 2023



Hi there fellow Joggers! Welcome to your Spring 2023 Newsletter. Let's hope it starts to feel more like spring soon and I can come out of running hibernation!

I hope you will enjoy reading all the wonderful contributions you have made to this edition. We have the first instalment of Tony Conway's History of Portsmouth Joggers, with more to come in future editions.

Read on and enjoy and see you all at the **AGM on 20<sup>th</sup> April !!!!!!!** (Details below)

**ED.**

## Chair's message

I can't believe it's been three months since I last provided an update in the winter newsletter. There's been a lot going on in the past 3 months and a lot coming up in the next 3. This newsletter will provide information and updates on what's coming up in the next 3 months. I've provided a summary below of some of the things I've been involved in during this time. I am currently training for my first 50 mile race, the South Downs 50 on Saturday 8th April. There's a few of us from the club taking on this challenge for the first time and training has been going well. I'm hopeful of providing photographic evidence of completion in the summer newsletter, so watch this space. As if my first 50 miler wasn't enough, I'm due to complete my first 100k race, Race to the Stones in July. I won't be alone on this one either as we have a small PJC team taking on this challenge. Given that I was a C25K graduate 6 years ago, I never thought I'd find myself taking on such a challenge, however, I joined PJC in March 2017 as I was due to take on Great South Run that October for the first time. The support I was given by Ian Jones inspired me to not only complete my first GSR, but also gave me the confidence to improve my running. The support I have received from the club has motivated me to support the club and the C25K groups.

**Foodbank Run** - the club participated in a nationwide running community initiative to support their local food banks. February is traditionally a period of high demand for food banks, hence the creation of a national response to support our local communities. Despite the challenging economic climate, it was really heartening to see a positive response to the request for donations at our club runs on 14th and 16th February. The donations were taken to The Kings Church in Southsea on Friday 17th February where 8 complete trays of donations were gratefully received by the food bank. Thank you to everyone who donated to this very worthy cause. (See p2 for pictures)

**Virtual Half** - there will be a virtual half marathon taking place over the coming weeks. The virtual marathon is restricted to 40 entrants and the entry cost of £12.50 includes a bespoke medal for all who provide evidence of completing the half marathon. The proceeds from the virtual marathon will be completely transferred to the Disabled Children's Association [dcc.org.sa](http://dcc.org.sa). This charity is supported by the military mess and the pictures and results from the Riyadh leg can be found on the website [www.sandgcomhalf.com](http://www.sandgcomhalf.com). If you are interested in completing this virtual half marathon, please contact me on [chair@pic.org.uk](mailto:chair@pic.org.uk) entries will be on a first come first served basis and is a really good opportunity for you to take on your first half marathon without any pressure, or incorporate into your own training plans. The virtual race will run until 30th April. After this point, all proceeds will be transferred to the Disabled Children's Charity.

**Cross Country races** - the final race of the cross country league was on Sunday 5th March at Fareham. There has been a much improved turnout for this seasons cross country league and it has been so good to see a wide range of club members taking part in the season. A big thank you to Gina Ledger and Simon Evans, cross country captains for their support and encouragement to all who have taken part in this season's races. The cross country season is a really good opportunity for club members to come together and support the club. The car share from Lakeside has helped to reduce our carbon footprint and the greatly appreciated post run cake, courtesy of Michael Turner has helped increase the waistline!! The camaraderie at these events epitomises the club spirit, keep an eye out for next years fixtures and get involved. (Full report from The League Team Captain on Page 8)

**Temporary meeting place** - we are currently meeting inside the former Hair OTT premises at Lakeside which has provided us with a warm space to meet in on the cold nights with on-site facilities. We will continue to meet there on club nights until further notice.

**Summer XC** - has been confirmed for Wednesday 28th June at 7pm. Entries will be live on [racesignup.co.uk](http://racesignup.co.uk) shortly, so get in quickly. We will also be looking for volunteers to support the organisation of the event and marshalling on the night. If you are able to help at this event, please e-mail [chair@pjc.org.uk](mailto:chair@pjc.org.uk) with your name and in what way you are available to help.

**Ladies 5** - the Purbrook Ladies 5 race sold out in record time again this year and will take place on Sunday 11th June. The race directors will keep you posted in respect of training runs ahead of the race. The race directors will also be looking for support from the male members of the club to support with set up and marshalling on the day so keep the date clear and get involved if you can.

**AGM** - the club Annual General Meeting will be held at Broad Oak Social Club on Thursday 20th April at 7 pm. **The agenda** - Suggestions for motions to be considered will be formally requested in the coming weeks. The format of the AGM will be to appoint the committee to support the club as well as the annual awards ceremony. The intention is to have a fun social quiz after the AGM business has been conducted, so please do come along to support your club.

**Club committee** - I would like to take the opportunity to say a huge thank you to the club committee for all their hard work over the past 12 months. Without their commitment and support, we wouldn't be able to operate and function as a club. A special thanks to our outgoing Treasurer, Ben Stait, for his support as club Treasurer for the past 5 years. Ben has done an excellent job managing the club's accounts during this time, thank you Ben. Also, a big thank you to Alex Binyon for her support with the club's Covid safety measures, and for helping to establish the Welfare Officer role at the club. And thanks also to Mike Donovan for all his help with the club website and social media. We will be looking for additional members to join the committee, so if you are interested in supporting your club or would like some additional information about what's involved, please speak to me at club or e-mail your query to [chair@pjc.org.uk](mailto:chair@pjc.org.uk)

**C25K graduation** - the current C25K group will complete their graduation run at Lakeside Park Run on Saturday 18th March at 9am. It would be great to see as many of you as possible taking part and supporting them on their graduation run.

**Club kit** - the club website [pjc.org.uk](http://pjc.org.uk) has a club shop box at the foot of the front page. Please use this to purchase club kit that can then be collected at club on club nights. If you have any specific club kit requirements, please e-mail [chair@pjc.org.uk](mailto:chair@pjc.org.uk) or send a message through the club website and our quartermaster will get back to you.

**Membership renewal** - the membership secretary has already started to make contact with you about renewal of your membership. The £12 membership fee has been held at that price for the last few years and represents excellent value for money. The membership fees are used to support the operating costs for the club which includes our insurance cover and England Athletics Affiliation. The club does not exist to make a profit, it is run purely for the benefit of our members and we donate 50% of any race profits to designated local charities as well as making an annual charitable donation. When you are invited to renew your membership, you will also be given the opportunity to pay an additional fee for England Athletics affiliation. This is your own personal EA affiliation which entitles you to a reduced fee for certain races throughout the year. If you participate in lots of races, this may well appeal to you, however, it is not a mandatory requirement of club membership and is purely personal choice. The EA affiliation is an additional £17 per year and unlike club membership which operates on a pro-rata basis for anyone joining during the year, EA is a flat fee regardless of when you join during the year. Please remember to renew your club membership if you would like to continue running with the club. The club is allocated London Marathon places based on the amount of EA affiliated members at a certain date in the year. If you would like to be considered for one of the London Marathon places that the club is allocated, you must have applied for the London Marathon and been unsuccessful and must be EA affiliated. We are looking at the practicalities of setting up a 'join us' membership tab on the club website to reduce the administrative burden on the membership secretary and enable new members to join online, watch this space. In the meantime, please look out for your renewal e-mail and respond to the membership secretary ahead of the renewal date.

**Ed:** Huge thank you to Tony for all his hard work!

**See next page for Food Bank Run Photos**

**See page 3 for Membership Renewal details**



Tuesday's Food Bank Run Stash!



Thursdays Food Bank Run Stash!



Thursday's Food Bank Run Team!  
(Sorry I didn't get a photo of the Tuesday Team) You are all amazing!!



Tony With The Total Stash!



Tony Delivering Our Donations To The  
Trussell Trust in Southsea.

## Kit For Nkomasi

The countdown has started - 150 days until we fly back out to South Africa and spend time in the North of the country. Now Portsmouth Joggers has a long link with Nkomazi parkrun and AC, each year we support them with gently used trainers, technical kit, sports bras for the ladies, and (when we can afford it) race fees.

So, here is the shout-out now as we start to collect the kit to take over. So please folks, when you buy new trainers, consider whether you can donate the incumbent ones to Nkomazi.

If you ping me (Davina) as and when you have any items to donate and we can arrange when to hand them over to pack ready. I can't stress highly enough how appreciative the runners are - this makes SUCH a difference to them and it is simply wonderful to see the guys running around in local to UK race tops - they feel real internationals.

### **A Few Pictures Of The Nkomasi Runners Who We Are Helping**



**Davina Gladding**

**Then;**

### **Membership Renewals!!!**

As we approach April, this is the time for mass renewals of PJC membership. Now to ease the confirmation re: what level of membership you'll require, I have set up a SurveyMonkey

quick 3 questions. If you go to <https://www.surveymonkey.co.uk/r/Z8L226T> and complete the form then this makes the renewals a lot easier and you'll be invoiced for the appropriate required level of membership.  
(NB: Only one person can fill in the survey on any machine, eg. Ed. used laptop, husband used iPad)

I'll also put the link on the facebook page.  
(Ed: All members have also now been emailed.)

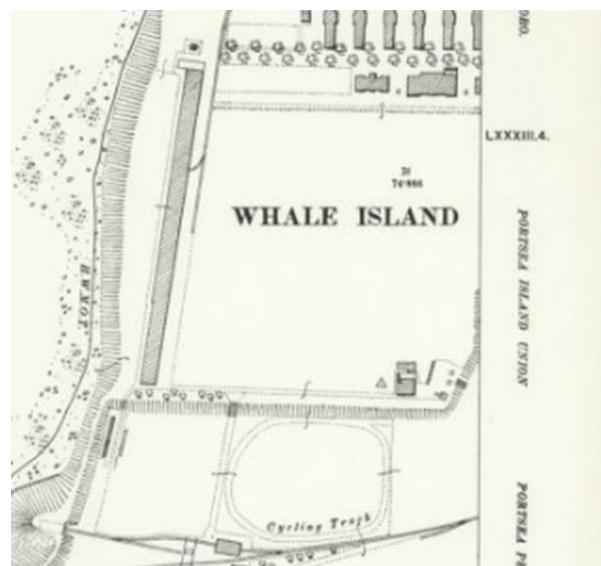
**Davina Gladding**

## A short history of PJC

As we approach the Portsmouth Joggers 50<sup>th</sup> anniversary I think it's time to look back and see where we came from. We know the club was formed in 1976, but what is our DNA?

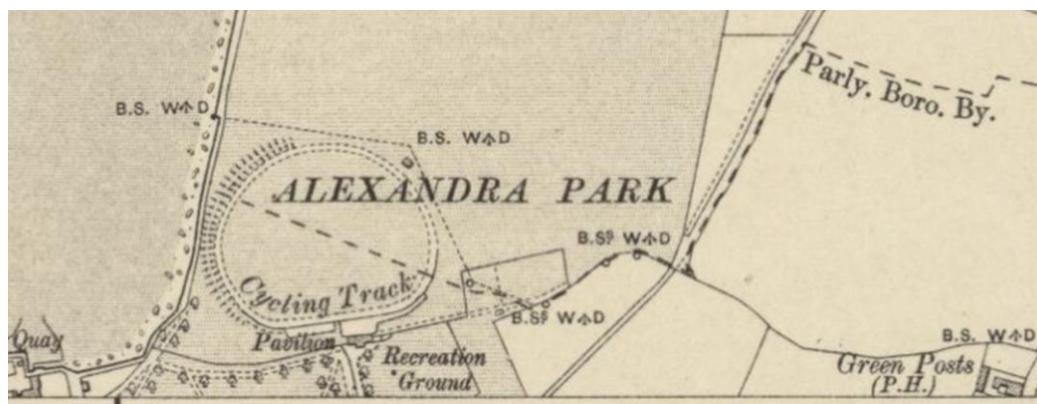
During the 1800s, running was the reserve of the upper classes; those in private schools and officers in the military. Indeed, Portsmouth's first running track was probably on Whale Island. Around 1878, a Lieutenant Percy Scott joined Excellent to qualify as a Gunnery Lieutenant. Amongst his many talents, Scott was a fine athlete but there was no convenient running track he could use. Seeing that Whale Island was being extended by 1000 convicts who were dumping soil there from excavations in the Dockyard, he persuaded those in charge to level and drain the new land. From there, Scott planted the grass to form a running surface (latterly this was also used as a cycling track).

### **Photo 1898**



In the 1880's, athletics in Portsmouth started with the formation of The Portsmouth Harriers, and this was followed shortly by The Portsmouth Beagles. They shared facilities at North end with a cycling club: The Portsmouth Road Club.

### **Photo 1907.**



1896 saw the birth of the modern Olympics in Athens, and the awarding of medals in several running events still in existence today. The 100, 400, 800 and 1500 metres were all contested, as well as the Marathon. Interestingly, the original distance of this first race was "about 25 miles" (we have the royal family to thank for extending it in 1908 to the 26.2 miles we know, and love today). But even post-1900, running was still the sport for the elite, as portrayed in the film Chariots of fire when public school boys Eric Liddell and Harold Abrahams battled it out in the 1924 Olympics in Paris.

Between 1909 and 1911, The Beagles and the Harriers combined to form the Portsmouth Racing Club. Then in 1912 the Racing club and the Road Club amalgamated, and The Portsmouth Road and Racing Club came into being.

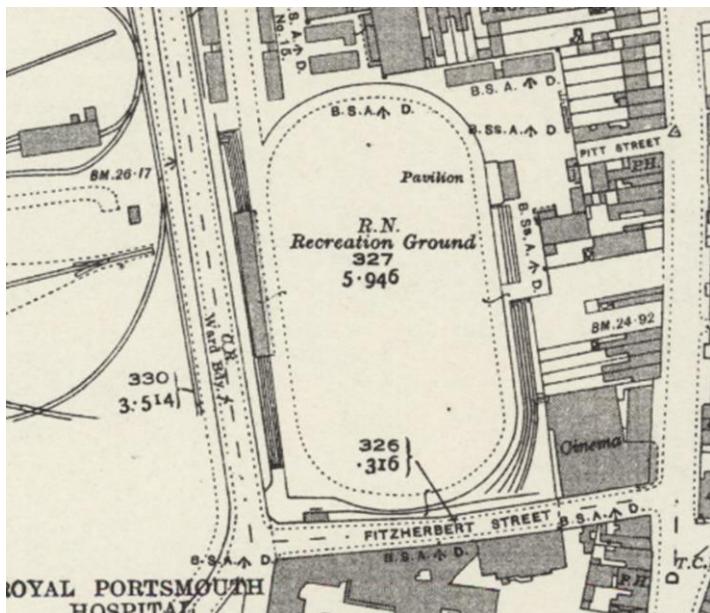
Also around this time, a new club had been formed called: Portsmouth Spartan AC, which later became Portsmouth Corinthian AC. Both originally included athletics and motorcycling, but subsequently, the athletes and motorcyclists split, with the motorcyclists retaining the name Portsmouth Corinthian. The athletic club renamed themselves Portsmouth Caledonian AC (due to a strong Scottish element in the membership; quite probably due to a Scottish regiment being billeted in Portsmouth), then later became Portsmouth City AC, reflecting Portsmouth's status change from town to city.

Following this - in 1927 - there was a breakaway from PCAC, and a second incarnation of Portsmouth Harriers was formed.

On the 8th March 1932 the three existing athletic clubs: Portsmouth City AC, Portsmouth Harriers, and The Portsmouth Road and Racing Club decided to disband so that a new, stronger club: Portsmouth Athletic Club could be formed.

Portsmouth Athletic Club flourished until the outbreak of the Second World War, whereby the club was unable to function. However, in 1945, efforts were made to make it operational again and with some naval influence they were able to use the Naval training ground on Pitt street.

#### Photo c1939



Portsmouth Athletic Club continued from strength to strength, producing some very good athletes, up to international standard. They also held international meets which brought the running stars of the day to Portsmouth. Alan Pascoe, British team captain mentioned in the video ([click here](#)) was born and bred in Paulsgrove and trained with PAC.

Throughout this time Britain was enjoying success on the international running front, but in the late 60s and early 70s there was a revolution going on over the pond in the USA (and also in New Zealand). But who were these weirdos who were stared at; ridiculed and even arrested?

And for what?

For running for fun! For running along the street and not training or racing. This new craze was to be called...Jogging...

Meanwhile - back in Portsmouth - there was a call for people to be able to "Jog" and not have the pressure of a competitive surrounding...

P.A.C. had its fair share of international runners throughout the 50's 60's and 70's and it was these guys that thought there was a need for a leisurely jogging section within P.A.C

Peter Kilford, International runner and still holding the club record for 800 meters at 1.47.2 . first mooted the possibility of establishing a jogging section of the Portsmouth Athletic Club in 1974 but he was met with little support.

All that changed with a national "Sport for all "week in September 1976.

See the next issue of Portsmouth's joggers Newsletter to find out how the Club was formed and progressed to what we are today.

## How Fast?

Some people have been asking me what pace they should be running to achieve a particular time in a race, so I have put together a pace chart for common race distances in both km/minute and mile/minute

**Pace Chart - km**

Min/km	5K	10K	10 Mile	1/2 Mar	Marathon
04:00	00:20:00	00:40:00	01:04:22	01:24:23	02:48:47
04:10	00:20:50	00:41:40	01:07:03	01:27:54	02:55:49
04:20	00:21:40	00:43:20	01:09:44	01:31:25	03:02:51
04:30	00:22:30	00:45:00	01:12:25	01:34:56	03:09:53
04:40	00:23:20	00:46:40	01:15:06	01:38:27	03:16:55
04:50	00:24:10	00:48:20	01:17:47	01:41:58	03:23:57
05:00	00:25:00	00:50:00	01:20:28	01:45:29	03:30:59
05:10	00:25:50	00:51:40	01:23:09	01:49:00	03:38:00
05:20	00:26:40	00:53:20	01:25:50	01:52:31	03:45:02
05:30	00:27:30	00:55:00	01:28:31	01:56:02	03:52:04
05:40	00:28:20	00:56:40	01:31:12	01:59:33	03:59:06
05:50	00:29:10	00:58:20	01:33:53	02:03:04	04:06:08
06:00	00:30:00	01:00:00	01:36:34	02:06:35	04:13:10
06:10	00:30:50	01:01:40	01:39:15	02:10:06	04:20:12
06:20	00:31:40	01:03:30	01:41:55	02:13:37	04:27:14
06:30	00:32:30	01:05:00	01:44:36	02:17:08	04:34:16
06:40	00:33:20	01:06:40	01:47:17	02:20:39	04:41:18
06:50	00:34:10	01:08:20	01:49:58	02:24:10	04:48:30
07:00	00:35:00	01:10:00	01:56:34	02:27:41	04:55:22
07:10	00:35:50	01:11:40	01:59:15	02:31:12	05:02:34
07:20	00:36:40	01:13:20	01:41:55	02:34:43	05:09:26
07:30	00:37:30	01:15:00	01:44:36	02:38:14	05:16:28
07:40	00:38:20	01:16:40	01:47:17	02:41:45	05:23:30
07:50	00:39:10	01:18:20	01:49:58	02:45:16	05:30:32
08:00	00:40:00	01:20:00	01:52:39	02:48:47	05:37:34

**Pace Chart - mile**

Min/Mile	5K	10K	10 Mile	1/2 Mar	Marathon
06:30	00:20:12	00:40:23	01:05:00	01:25:13	02:50:25
06:40	00:20:43	00:41:25	01:06:40	01:27:24	02:54:48
06:50	00:21:14	00:42:28	01:08:20	01:29:35	02:59:10
07:00	00:21:45	00:43:30	01:10:00	01:31:46	03:03:32
07:10	00:22:16	00:44:32	01:11:40	01:33:57	03:07:54
07:20	00:22:47	00:45:34	01:13:20	01:36:08	03:12:16
07:30	00:23:18	00:46:36	01:15:00	01:38:19	03:16:38
07:40	00:23:49	00:47:38	01:16:40	01:40:30	03:21:01
07:50	00:24:20	00:48:40	01:18:20	01:42:41	03:25:23
08:00	00:24:51	00:49:43	01:20:00	01:44:53	03:29:45
08:10	00:25:22	00:50:45	01:21:40	01:47:04	03:34:07
08:20	00:25:53	00:51:47	01:23:20	01:49:15	03:38:29
08:30	00:26:24	00:52:49	01:25:00	01:51:26	03:42:52
08:40	00:26:56	00:53:51	01:26:40	01:53:37	03:47:14
08:50	00:27:27	00:54:53	01:28:20	01:55:48	03:51:36
09:00	00:27:58	00:55:55	01:30:00	01:57:59	03:55:58
09:10	00:28:29	00:56:58	01:31:40	02:00:10	04:00:30
09:20	00:29:00	00:58:00	01:33:20	02:02:21	04:04:43
09:30	00:29:31	00:59:02	01:35:00	02:04:32	04:09:05
09:40	00:30:02	01:00:04	01:36:40	02:06:43	04:13:27
09:50	00:30:33	01:01:06	01:38:20	02:08:55	04:17:49
10:00	00:31:04	01:02:08	01:40:00	02:11:06	04:22:11
10:10	00:31:35	01:03:10	01:41:40	02:13:17	04:26:33
10:20	00:32:06	01:04:13	01:43:20	02:15:28	04:30:56
10:30	00:32:37	01:05:15	01:45:00	02:17:39	04:35:18
10:40	00:33:08	01:06:17	01:46:40	02:19:50	04:39:40
10:50	00:33:39	01:07:19	01:48:20	02:22:01	04:44:02
11:00	00:34:11	01:08:21	01:50:00	02:24:12	04:48:24
11:10	00:34:42	01:09:23	01:51:40	02:26:23	04:52:47
11:20	00:35:13	01:10:25	01:53:20	02:28:34	04:57:09
11:30	00:35:44	01:11:27	01:55:00	02:30:45	05:01:31
11:40	00:36:15	01:12:30	01:56:40	02:32:57	05:05:53
11:50	00:36:46	01:13:32	01:58:20	02:35:08	05:10:15
12:00	00:37:17	01:14:34	02:00:00	02:37:19	05:14:38
12:10	00:37:48	01:15:36	02:01:40	02:39:30	05:19:00
12:20	00:38:19	01:16:38	02:03:20	02:41:41	05:23:22
12:30	00:38:50	01:17:40	02:05:00	02:43:52	05:27:44
12:40	00:39:21	01:18:42	02:06:40	02:46:03	05:32:05
12:50	00:39:52	01:19:45	02:08:20	02:48:14	05:36:28
13:00	00:40:23	01:20:09	02:10:00	02:50:25	05:38:13

ED: Sorry about the quality, difficult to resize a PDF.

Ian Jones

## Southern Cross Country League SCCL

### End of Series Report

What a great 'Southern Cross Country League' that was! Thank you to everyone that participated in any one of the races which took place once a month between October and March. A special thanks to those that kept coming back for more! Each race was in a different location, with a unique course and various terrain. We all braved the elements to see what was so special about this very interesting league.

The races are approximately 5 miles and free to enter. With just a small parking charge, lift sharing available and refreshments afterwards, it really is a great league for all abilities. I can also honestly say it feels very rewarding after doing one of these and a great way to keep you motivated throughout the colder months.

We managed to get together a full male and female team at every race. There is real team spirit at these events as you see all the different clubs colours pitched up with their flags. You don't need to be fast, just wear a club t-shirt, support your team, challenge yourself and have some fun! And if you don't feel up to it, come and have a warm cuppa on the sidelines and watch everyone setting off and coming back in at the finish line!

😊 I'm taking a little break from running at the moment for some recovery and healing, but I cannot wait for this season to come back again later in the year. Let's come back in full force and show everyone what Portsmouth Joggers are made of!

Gina Ledger, Ladies SCCL Team Captain

### A Jogger's First Experience of SCCL

Well that escalated quickly!

Today I did my first ever Southern Cross Country League race at the inaugural Fareham Running Club event at the Holywell Estate, Stanmore. I planned to turn up, plod round the course and see what this cross country thing was all about. On arrival I heard the words "great to see you, you have just rescued Gina (who is nursing an injury) and are the 4th lady in the lady's team" - OMG! I then uttered the words "how difficult can it be" when the PJC team were discussing putting the tent down and became chief tent taker downer! Luckily Simon rescued me as he had watched three YouTube videos and practiced in his living room to become the expert tent taker downer but not being one to shirk my responsibilities I held the pegs.

So, on to the run. The run was awesome, lots of ups and downs with a particularly spectacular hill at 7km, which the chap behind me had plenty to say about, I could just about breath at this point so was unable to verbalise my thoughts in quite the same way. On the subject of hills - there were a lot of race photographers - all of whom were at the top of a hill, not the best position for a 'race face' but I bet there will be some 'interesting' pictures LOL. There was a mixture of wooded trails and incredible open vistas to run through and across. I was four foot from a deer at one point, but mindful of the weighty responsibility of being the 4th lady in the ladies team I didn't stop to take a photo (but I really wanted to). At the finish there were chocolate coated flapjacks for the PJC team, which on the basis of the number of calories I had burnt off on the hills I of course partook of one and it was delicious.

So - After my first cross country race would I do it again? Absolutely yes - it was a great way to spend a Sunday morning, I'm still upright and breathing (which is my overall running goal) and the flapjacks were awesome.

Sue Clarke – Social Group



**The PJC Team at Chawton House Estate,  
Final SCCL Race Of The Season**  
More pictures on the next page

Go to  
<https://www.southerncrosscountryleague.co.uk/>  
to see all the results.



Final SCCL Race – Ladies' Team



Final SCCL Race – Men's Team



SCCL Race Team – Alice Holt



SCCL Race Team – Chawton House

### A Couple of Photos to Make You Smile



James Christopher Michael Collins

Born 5th December 2022, 5lbs 9oz

Many Congratulations to Jenny and Peter



Tim Lecomte sent me this photo of him running the Sunday 5k Great Run Walk Local at Hilsea recently. Clearly Tim tells the best running jokes lol.

## Hampshire Road Race League

At the last committee meeting in January, it was decided that the league would be split into a separate table for the A teams and then another table for the B,C and D teams. The results from Ryde have now been added and the current standings are shown below in the new format.

**ladies A team positions - the best 9 scores from our 12 races are counted for ladies' teams**

**ladies B, C and D team positions - the best 9 scores from our 12 races are counted for ladies' teams**

Our ladies are still leading the way in the third division of the A league with a score of **27pts**, way ahead of PAC in second on 64pts.

The ladies' scored B and C team points at Stubbington and currently sit 8<sup>th</sup> and 6<sup>th</sup> in their respective divisions.

**mens A team positions - the 9 best scores from our 12 races are counted for men's teams**

Both the Ladies' and Mens' A teams are enjoying their best turnouts for a long time and our league positions are rightly showing this off.

**mens B, C and D team positions - the 9 best scores from our 12 races are counted for men's teams**

The men's A team have scored points in all but one of the races so far this season and sit just behind Bournemouth in 2<sup>nd</sup> place in the third division of the A league. Bournemouth are new to the league this season, and they are very speedy, so will surely move up the league in the coming seasons.

Similar to the Ladies', we have not enjoyed quite enough numbers to score consistent Men's C team points but the B team are showing up in force, pushing both Totton and Eastleigh ahead of them, and are currently 3<sup>rd</sup> in the B division.

**See next page  
for pictures and  
HHRL website  
link**



**Portsmouth Joggers Team**

**Stubbington Green 10k**

**Portsmouth Joggers Team**

**Ryde 10k**



**Portsmouth Joggers Ladies' Team**

**Ryde 10k**

**Portsmouth Joggers Men's Team**

**Ryde 10k**

**For Results, Fixtures and how to enter go to :-**

<https://hrrl.z33.web.core.windows.net/>

