



April 2017
Issue No. 343



On Saturday March 18th we met our Couch to 5K runners for the first time. Welcome to you all!

Metros Diary

APR

Sat 1	10K Challenge, Roxbourne Park	8.50 am
Sun 2	Bournemouth Bay Runs, Half Marathon, 10K, 5K, and 1K	
Wed 5	Committee Meeting	8.00 pm
Sat 8	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sun 9	Brighton Marathon, 10K, Mini mile	
Fri 14	Maidenhead Easter 10	9.30 am
Sat 15	parkrun	9.00 am
Mon 17	Beaconsfield 5	10.00 am
Sun 23	London Marathon	10.00 am

May

Sat 6	5K Run, Roxbourne Park	9.20 am
Sun 7	Marlow 5	9.30 am
Mon 9	Vets Track & Field, Battersea	6.00pm
Fri 12	Annual General Meeting, Lowlands Tennis Club	8.00pm
Sat 13	Measured Mile, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sun14	Run Wembley 10K	10.30am
Sat 20	parkrun	9.00am
	Couch to 5K – Harrow parkrun	

June

Sat 3	5mile Handicap, Roxbourne Park	8.50am
Sun 4	Summer League – Ealing Eagles	9.30am
Mon 5	Vets Track & Field, Hillingdon	6.00pm
Wed 7	Committee Meeting	8.00pm
Sat 10	Wot No Watch, Roxbourne Park	9.20 & 9.40am
	Foodbank donation	
Sat 17	parkrun	9.00am
Sun 18	Summer League- Metros	9.30am
Mon 19	Vets Track & Field, Battersea	6.00pm

For more details of Saturday morning activities please see full timetable on our website – www.metros.org.uk

Note from the Editor!

The last few weeks have been very busy for Metros. While some of us have been cross training in the mountains, others have been completing in a number of events – with some fantastic results. Welcome to all Couch to 5K runners and hope you enjoy the sessions and running with Metros. This month's Metrolines includes the first in a series of articles from physiotherapist Andrew Howell, providing advice on avoiding injury. Good luck to everyone competing in marathons, ultras and triathlons this month. Please do send your race results and articles so that you can share your experiences with other Metros.

Anne Ambrose



Welcome

Lorna Tatham & Oliver Tatham

Hitesh Patel

Dylan Patel

Lisa Scott

David Edwards

Metrolines

All contributions welcome – please send to: Anne Ambrose

Email: metrolines1@gmail.com

Articles should consist of no more than 3 to 4 sides of A4 font Arial 14. When submitting articles, please ensure that all information is correct and that times, dates and places are clearly shown.

Contributions by: 15th of each month please.

If you would like to receive Metrolines by email, please send your details to Anne Ambrose at the email address above. If you would like to advertise in Metrolines the rates are as follows: Full page £5; Half page £3; Quarter page £2



Achievements

Well done to ...

Sasha Birkin- a PB and 1st W45 at Finchley 20

Pauline Bishop - for a PB at Hillingdon Half Marathon, 19/02/17

Ian Cadwell – for completing his first half marathon at Silverstone, 12/03/17

Claire Millbery - for a PB at Hillingdon 10K, 19/02/17

Sam Millbery – for a PB and first in age category at Canons Park parkrun 25/02/17

Nancy Morris – for a PB at Hillingdon 10K

John Norris – for PBs at Brighton and Bath Half Marathons

Nathan Powell- for winning the Dorney Lake Marathon, 09/03/17

Marcus Weedon- for a PB at Hillingdon Half Marathon



Trophy Races

The remaining races eligible for the Metros London Road Runners Club (LRRC) Trophy for 2017 are as follows:-

14 th April	Maidenhead 10
7 th May	Marlow 5
14 th May	Run Wembley (formerly Sudbury Court 10K)
13 th August	Burnham Beeches Half Marathon
1 st October	Moor Park 10K
15 th October	Cabbage Patch 10
October (TBC)	Ricky Road Run 10

The date for Ricky Road Run is to be confirmed but is usually the 3rd or 4th Sunday in October.

Steve Paull

Veterans' Track and Field 2017



Hoping all Metros over 35 years are fit and keen to take part in the vets track and field events this summer. Here are the dates for your diaries:

BatterseaMonday 8th May
Hillingdon.....Monday 5th June
Battersea.....Monday 19th June
Perivale.....Wednesday 12th July

Wendy Mulvenna



Summer League- www.thesummerleague.uk

4 June - Gunnersbury Park, hosted by Ealing Eagles
18 June - North Harrow Recreation Ground, hosted by Metros
2 July - Dulwich Park, hosted by Dulwich (provisional)
16 July - Regents Park, hosted by Mornington Chasers (time to be confirmed)
20 Aug - Battersea Park, hosted by Serpentine

Couch to 5K

On Saturday March 18th we met our Couch to 5K runners for the first time. Things went mostly to plan and everyone seemed relaxed and motivated to get going. The goal is to get all runners to take part in a 5K at parkrun on May 20th. I do need to work out how to keep the group closer together but I'm sure we'll achieve that with a few strategies in place. Thanks to our Metros volunteers who on the first session were Arnold, Caroline, Mike R, Janice, Nancy, Penny, Wendy, Sarah W and Anne L. See cover photo (taken by Penny) - *Kath Donaldson*

Remaining Dates for Schedule

	Saturday	Tuesday	Thursday
Week 2 w/c Sat 25 th March	9am Roxbourne Park	8.15 pm Lowlands Tennis Club	7pm Kings College Road Track
Week 3 w/c Sat 1 st Apr	9am Roxbourne Park	8.15 pm Lowlands Tennis Club	7pm Kings College Road Track
Week 4 w/c Sat 8 th April	9am Roxbourne Park	8.15 pm Lowlands Tennis Club	7pm Kings College Road Track
Week 5 w/c Sat 15 th Apr	9am Roxbourne Park	8.15 pm Lowlands Tennis Club	7pm Kings College Road Track
Week 6 w/c Sat 22 nd Apr	9am Roxbourne Park	8.15 pm Lowlands Tennis Club	7pm Kings College Road Track
Week 7 w/c Sat 29 th Apr	9am Roxbourne Park	8.15 pm Lowlands Tennis Club	7pm Kings College Road Track
Week 8 w/c Sat 6 th May	9am Roxbourne Park	8.15 pm Lowlands Tennis Club	7pm Kings College Road Track
Week 9 w/c Sat 13 th May	9am Roxbourne Park	8.15 pm Lowlands Tennis Club	7pm Kings College Road Track
May 20th	9am Harrow parkrun		

Hannah Stobbs Holistic Health

2017 Price List

1 x 1 hr Sports Massage

Full price/concessions

£40/£36

Multi-buy packages

5 x 1 hr Sports Massage

£170/£150

10 x 1 hr Sports Massage

£330/£300

20 x 1 hr Sports Massage

£650/£600

1 x 1 hr Hot and Cold Stone Massage

£50/£45

1 x 1/2 hr Indian Head/Onsite Chair Massage

£20/£18

To book...

www.hannahstobbssportsmassage.co.uk

07757 325 387

hannahstobbs1@gmail.com



Hi, I'm Hannah.

I am trained to listen to YOU and help YOU become happier and healthier in mind and/or body so that you can achieve the goals that YOU want.



Patriot Games

Firstly, I have to admit that I haven't been to the cinema for many years. I cannot remember the film I last saw. Was it Schindler's List?

Anyway when I saw there was a film about the Boston Marathon and the bombing I knew I had to go and see it straight away rather than wait for it to appear on TV. Mrs R was delighted to be taken out, and to the pictures as well (Our generation say the "pictures" rather than the "cinema"). I didn't tell her what we were going to see and I don't think she knew the topic until the film was underway. She didn't complain though. She had to keep quiet.

Hasn't the cinema changed? Admission prices go up, they always do, but there wasn't popcorn in my time, we had to make do with an ice cream tub or Kia Ora orange drink (it certainly wasn't orange juice) or maybe KP nuts. Do you remember the cartoon organist on their advert going up the screen playing something or other and just the words KP at the end?

That's another thing, Pearl and Dean advertising with the music from the middle section of "MacArthur Park", that's gone as well.

Well, yes, the film. Basically, it's the story of the Boston Marathon bombing of 2013 and the manhunt to catch the bombers, so those of us that paid attention at the time know the outcome.

That said the film is a tense, fast-moving crime drama that keeps your interest throughout. The scenes are interwoven with real film footage from the day.

The marathon itself is almost a sideshow to the story. Some fairly big-name actors are in the film, although I don't remember their names. I think one of them dresses as Beyonce for adverts. I didn't know it was somebody specific he was imitating.

Anyway, I won't tell you the outcome in case you don't know it, but Mrs R commented that she was a little moved by certain scenes in the film. It's not a dud just because it's running related.

Roxeth

Metros KIT SALE BUY NOW

Vests £9

Short Sleeve T-shirts £13

Long Sleeve T-shirts £15



Parkrun results

Consolidated club results can be found at:

<http://www.parkrun.com/results/consolidatedclub/?clubNum=2850>

This shows all the stats for each runner, if people are interested in number of runs etc.

Please continue to let me know about any PBs, wins, or 1st in age group results for the achievements page.

Anne

Just the Beginning – Andrew Howell – The Body Factory



I am very pleased to have the opportunity to write a monthly article for Metros. Some of you I have already met, usually when treatment has been required. I am a physiotherapist specialising in sports and spinal injuries. For several years I represented Great Britain as a 400m hurdler. It allowed me to train and compete with the best coaches and athletes in the world.

We push ourselves to the limit sometimes in an attempt to improve performance. Regrettably, under these circumstances injury is inevitable. A failed warm-up, poor nutrition and hydrating, slipping on a wet surface, getting tripped or spiked by another athlete or just bad luck may generate a musculoskeletal injury that needs specialist physiotherapist input.

I am able to use my experience and knowledge to help reduce the likelihood of injury. If an injury occurs it is possible to facilitate treatment and get you back to running sooner than would otherwise be the case.

Running is there to be enjoyed for whatever reason you decide to take it up. It can however be hard at the best of times with the elements we are exposed to in this country. If you find yourself challenged with injury or lacking the performance you know you can achieve, then I am hopeful that my monthly articles will be helpful to you. If you want more information and assistance then I would be happy to work on a one-to-one basis with you at my clinic in Harrow, The Body Factory.

Being a physiotherapist, international athlete and a level 4 personal trainer has enabled me to hone not just my running abilities but also my treatment skills. Whatever our sporting level we all tend towards improvement. Any sport including running involves comradery, friendship, enhancement and achievement. Running a marathon in 2 hours & 30 minutes or six hours, is still running a marathon. The same applies for every distance. Having worked from grass roots and beginners to elite athletes in many sports, similar mechanisms and principles apply. On the whole you need to be fit to play the sport rather than get fit doing the sport. Running intriguingly is both a path to fitness and a means to its own end. As this is the first article it is appropriate

to start at the beginning and the basics are as important as the more sophisticated.

Preparing to run

Running involves the whole body but it is foot strike that determines our forward motion. Making sure footwear is appropriate for your personal need and even determining the right socks is often ignored. Blistering usually means that your socks and footwear are not as secure or comfortable as is needed.

There are specialist running and shoe companies that will do a gait analysis at a simple level. If there is any foot deformity then this will be a greater challenge but it can be overcome. For instance I suffered all of my career (and still do) with a dropped metatarsal head which will be explained in a later article. The provision of an appropriate insole or orthotic provided by a specialist gait analysis podiatrist, proved highly beneficial.

Similar comments apply with regard to clothing. Making sure that there isn't chaffing on the inner thighs or nipple rub. These can be avoided with the correct management.

It is remarkable how often I find in distance runners that their hydration and calorie and nutritional planning are deficient. These crucial elements in maintaining performance as well as contributing to stamina will be considered in their own right. Running in high temperatures or sunshine does require skin protection and if there is hair thinning, then scalp protection is particularly important, as is making sure that the neck and upper chest is not too exposed without sun cream. This is not as easy as it seems, as the wrong sun lotion applied either to the face or scalp will, in hot weather, find its way in to the eyes, giving soreness and even conjunctival oedema and swelling. All of this to the seasoned runner must seem basic. However basic, it is remarkable how often that it is something silly that leads us to pulled muscles, cramp and twisted ankles. Each month I will dissect different elements in relation to performance and then how to handle the typical injuries that runners sustain. My parting comment for this month is to feel confident in asking any question of those who have greater experience or professional athletic skills. No question is so uninformed that does not benefit from a quality opinion.

Andrew Howell

Results and Reports

A tale of two races – or perhaps four

A story of failure and redemption

My running year started quite well. My first race was the Fred Hughes Ten in St Albans which I ran in, what was for me a reasonable time -three seconds under two hours, i.e. 12 minute miles. Two weeks later I ran the Watford Half in almost exactly three hours – a much slower pace.

Two weeks after that was the Hillingdon Half which is a very flat course. It starts at Brunel University and comprises two circuits. I had hoped to complete that race more quickly than Watford because it is so flat; but I started to struggle on the first circuit and soon could see no one in front of me and certainly no one behind. As I completed the first circuit at Brunel there were many, including some Metros runners, who were completing the race. And so there was the prospect of running round again on my own. It was just too tempting to give up at that point and seek the comfort of my car. If it had only been one circuit I would have had no choice but to complete the distance.

At both Fred Hughes and Watford I had the great joy of seeing Jane and Penny cheering me on as I crossed the finish line. This is very encouraging and so once I got back to my car at Hillingdon I emailed Jane to tell her that I had dropped out. Unfortunately, she did not get this message. She and Penny then waited for me in vain, worried that I had may have collapsed somewhere en route.

As I age – reaching 70 this August – I am finding it more difficult to run the half marathon distance. I am running much more slowly and am typically last on races, or very close to last. Not only that, but I wonder if I am getting too old for this running lark.

I therefore worried whether I would be able to complete the Berkhamsted Half, two weeks after Hillingdon. I told myself that if I had to drop out this was a sign that I was no longer able to run the distance. If I could complete it then I was likely to be good for a few more half marathons. This is important to me

as I am aiming to complete a total of 200 half marathons and then consider whether I want to run any more.

The good news is that I did manage to finish at Berkhamsted and was a minute faster than Watford. It is a challenging course with some steep hills. It was also a very windy day. As I drove there it was pouring down and I was concerned that this might continue. But strangely at the stroke of 10am when the race started, the rain stopped, the sun came out and stayed out for the rest of my running time.

I have now completed 175 half marathons and ran nine last year. Chris Shearwood along with Steve Paull and I discuss how many at this distance we have run. At the date of writing, Chris had completed 173 but he will very soon overtake me. When I saw him at Hillingdon, he told me that he was running five half marathons in five weeks. Very impressive indeed! Steve has probably done a similar number to me.

I reported my Berkhamsted success to my two sons but expressed some reservations about running an additional 25. To encourage me, they both said that although they are not serious runners they would accompany me on my 200th half marathon. Time will tell if I can achieve this objective.

What have I learnt from this experience?

1. I should avoid races that are more than one circuit as it is too tempting to drop out early. I remember doing the same at the Old Deer Park Half Marathon in 2014 and 2016 but almost never at any other races in my long running career of well over 30 years.
2. As I age, I need a longer recovery period. Running races with only two weeks in between them is too frequent.
3. I notice that a number of races, for example the Ranelagh Harriers Richmond Half Marathon on 30 April, have a two and a half hour cut off time. Since I am taking about 3 hours, it reduces the number of races I can enter.
4. On the very positive side, I still enjoy running that distance despite the fact that it is hard work and slow going.
5. I remain capable of running half marathons. My next one is the Royal Windsor Half Marathon River Trail Run on 21 May with the Fuller's

Thames Towpath 10 race in between on 9 April. I am keen to continue running races. But I have found the new Runner's World website much less user-friendly for this purpose. I am very interested in finding out what other websites are used to register for races by Metros folk. Do please let me know.

6. I find the friendliness and support of my Metros colleagues very encouraging. I have no doubt that this helps to keep me going.

And so to my fellow runners who find our sport challenging, keep running and don't give up when the going gets tough.

Arnold Glickman



Hillingdon Half Marathon – 19th February 2017

1	Winner	01:10:37	
46	Marcus Weedon	01:30:30	PB
60	Christopher Shearwood	01:33:55	
66	Jonathan Evan-Hughes	01:35:03	
68	Steve Paull	01:35:17	
74	Michael Morris	01:36:34	
138	Peter Reynolds	01:46:38	
176	Russ Hewlett	01:51:43	
190	Pauline Bishop	01:54:09	PB
265	Derek Bamforth	02:11:23	
277	Michael Ransome	02:13:39	
281	Irene Paull	02:15:10	
283	Veronica Georgescu	02:16:13	
328	Tiziana Spotti	02:38:09	
332	Finishers	02:48:04	

Hillingdon 10K – 19th February 2017

1	Winner	00:32:05	
15	Brett Rafferty	00:40:50	
105	Glynn Watkins	00:58:35	
108	Claire Millbery	00:58:56	PB
109	Arif Sidik	00:59:06	
139	Nancy Morris	01:07:00	PB
189	Finishers	01:53:27	



Ouch!

Hayes resident, Pardip Minhas tackled the Hillingdon Half Marathon in 01:37:58 wearing flip-flops; smashing the world record for completing a half marathon in flip-flops by around 3 minutes!

Dorney Lake Marathon – Report from Steve Paull



Another slightly different event! The organisers have a six hour exclusive use of a private road alongside the Dorney Lake Olympic rowing venue and next to the River Thames. You can run as little or as much as you like, but most are marathon junkies (like me!) and complete the standard distance to add to their total. A few went beyond.

It was a Thursday and turned out to be the warmest day of the year so far. I finished with the vest-shaped sun tan lines that a lot of us blokes have.

There was no traffic on this road. We were to run ten laps of 2.6 miles-1.3 up and round a litter bin, and 1.3 back (and round another). As the field of 65 spread out and people were getting lapped it became impossible to know exactly who was in what position. There were loos at each end of the course and food and drink at the start end. This was a simple event that worked well.

Nathan Powell was running too. He was in second place every time I saw him. Later I was to find out the leader had stopped at 21 miles leaving our man as first finisher. Nathan lapped me.

The system of counting the laps was that you were given a velcro wristband with nine small stickers (with your race number on it) and had to peel off and put a sticker onto a board at the end of every lap. Of course muggins here wore two layers at the start, quickly got too hot, and lost three stickers taking my extra clothing off. I had to let the organisers know my laps later on.

Those who find laps boring might find this one exceedingly so. Apart from the same set of runners coming the other way, there was little more than the

planes taking off from Heathrow and a few Canada Geese and swans for distraction.

The goody bag was a “choose your own” system from various sweets and drinks, different! The medal was different too in that you could adjust it to show how many miles had been completed.

If this grabs you, there's another event at the same venue later in the year.



Nathan, Irene and Steve

Dorney Lake Marathon Thursday 9 March 2017

1	Nathan Powell	3.13.16
12	Steve Paull	3.48.34
	Irene Paull	(8 laps of 2.62 miles)

43 finishers

Bath Half Marathon – 12th March 2017



Report from Judy Rackham

Following on from my article in last month's Metrolines, I thought I should share my experience of this year's Bath Half Marathon.

I had picked up yet another foot injury three days before the race, and the day before, I was convinced I wouldn't be running at all. On the Sunday morning however, my foot was less painful, and, following a team photo with Nigel, John and Bernie, I decided I would start the race, and with it being a two lap course, which went past our B & B, I knew I could drop out very easily.

As soon as the race started, I realised that I wouldn't be able to run the race, but as brisk walking did not give me any pain, I decided to continue. Other runners were flooding past me, and by the 3 mile mark, Nigel had lapped me. I was feeling decidedly disillusioned. However, the spectators were really supportive of us slower runners, and I decided I would try to complete the first lap at least.

The runners at the back are a friendly bunch, and we were very supportive of each other, spurring each other on when we felt the need to walk (which for me, was almost all the time). I did, though, make a serious mistake when I mentioned to a fellow runner that I was disappointed with my performance (I had run the same race 4 years previously in 1:51:19). As we walked/jogged side by side, my fellow runner replied saying that, unlike me, she was really pleased with her time. It was her first half marathon and she had just run her first sub 11 minutes mile. She was on course for a sub 3 hour half marathon, and was obviously delighted with her performance.

That put me in my place. It also made me determined to finish the race, however long it took me. What sort of message would it give, if I dropped out, not because of injury, but because I considered my time wasn't good enough?

I really enjoyed the race after that. The sun came out for a while, and the diehard spectators were out for the duration, spurring us on. At one point I was asked by a marshal to move to the pavement as they were opening the

road behind me, but that didn't bother me. There's an official photo of me on the phone to Nigel, telling him he easily had time to shower and get back to see me finish – I had a big grin on my face.

By the time I finished the race, they had run out of medals and T shirts. I gave in my race number and was told that they would post everything to me. It didn't bother me, I have a drawer full of medals that I don't know what to do with. But for those who had trained and trained, and battled to the finish line, how sad there wasn't a medal waiting for them. They were the ones who deserved them most.

Judy Rackham

p.s: To give credit to the Race Director of the Bath Half, I have just received a very long and apologetic email from him. I have been allowed to select my T shirt size (when you are at the back of the field, you normally just get what is left). I have also been offered free entry for next year, which is a great result. The final gift will be an iTab, which I will be able to fix to my medal and will have my name and time on it.....



Bath Half Marathon Results

1st	Winner	01:05:16	
	Nigel Rackham		
42		01:14:14	1st VM50
833	John Norris	01:33:46	PB
	Bernadette Conway		
5230		01:01:04	
	Judy Rackham		
12414		03:07:13	
12633	Finishers - last	04:14:24	

Wot No Watch – Saturday 11th March 2017

Name	Actual	Predicted	Difference
Amanda Hardy	9.30	9.01	-29
Andrew Collier	7.30	7.28	-2
Arnold Glickman	9.25	9.20	-5
Barbara Reading	9.00	9.05	5
Ceri Jacob	8.00	7.52	-8
Deborah Norman	8.45	8.51	6
Elish Fernanadez	10.00	9.53	-7
Janice Newman + Errol Clarke	9.20	9.24	4
Jo Collier	10.30	9.34	-56
Jonathon Payne	9.00	8.32	-28
Julie Smith	9.10	9.22	12
Kath Donaldson	8.55	8.56	1
Kevin Ekersley	9.00	8.34	-26
Kevin Smart	6.20	6.33	13
Ku Samra	10.00	9.50	-10
Kyie Hollingshead	6.30	6.41	11
Marion Rogan	8.35	8.29	-6
Mark Lemon	8.25	8.50	25
Mike Morris	6.20	6.14	-6
Mike Ransome	7.39	7.46	7
Nagendra Bisht	8.30	8.26	-4
Nancy Morris	9.00	8.48	-12
Penny Hudson	9.23	9.30	7
Sarah Westwood	10.21	9.52	-29
Stephanie White	10.30	9.32	-58
Tian Hollingshead	6.12	6.04	-8

Well done to Kath for predicting her time within 1 second to win the trophy. Many Metros are underestimating their times so maybe some of you could be more ambitious with your predictions for the next Wot no Watch.

Many thanks to Mira who in spite of being new to this competition, took on the task of recording numbers after her two laps. Next time you have to keep on to the finish Mira but your help was very much appreciated.

Angela (standing in for Teresa)

Metros 5-Mile Handicap 4th March

	Actual 5 mile time	Time inc. handicap	points this event	next handicap
Al Scoffham	47.53	47.53	47	11
Stephen Alder	48.27	51.27	43	11
Juliette Nola	44.12	54.12	39	15
Dave Young	36.45	54.45	38	23
Kevin Eckersley	51.27	56.27	35	8
Anne Ambrose	56.41	56.41	34	3
Barbara Reading	48.44	56.44	33	11
Jane Scoffham	46.17	57.17	31	13
Anne Nola	44.36	57.36	30	15
Tian Hollingshead	38.02	58.02	28	21
Kyie Hollingshead	43.06	58.06	27	16
Mike Ransome	45.07	58.07	26	14
Nancy Morris	53.15	58.15	25	6
Steve Paull	37.24	58.24	24	22
Kath Donaldson	52.33	58.33	23	7
Simon Aberly	39.42	58.42	22	20
Karen Leary	50.49	58.49	21	9
Julia Allen	48.16	59.16	19	11
Jo Collier	57.33	59.33	18	2
Sonny Peart	40.41	59.41	17	19
Andrew Collier	46.49	59.49	16	13
Julie Smith	55.56	59.56	14	3
Mike Morris	36.2	60.2	13	23
Judy Rackham	50.23	60.23	12	9
Geraldine Gill	55.43	60.43	11	4
Caroline Day-Lewis	39.44	60.44	10	20
Irene Paull	50.44	60.44	9	9
Adam Leary	40.45	60.45	8	19
Evie Wallis	50.52	60.52	6	8
Carole Lloyd	53.57	60.57	5	5
Ceri Jacobs	48.28	61.28	4	11
Tizana Spotti	53.57	61.57	2	5
Gladys de Groot	70.52	63.52	-1	-12
Elish Fernardnez	70.49	67.49	-5	-11
Jonathan Pang	53.43	71.43	-10	6

Next 5 Mile Handicap – Saturday 3rd June

Brighton Half Marathon – 26th February

1	Winner	1:08:37	
295	Sasha Birkin	1:28:11	
605	John Norris	1:34:22	PB
3782	Bernie Conway	1:59:01	
7875	Anne Ambrose	2:55:52	
8064	Finishers	3:48:36	



5k Race - 4 February 2017

Position	Name	Time	Age Grading	
4	Steve Paull	22.43	72.51%	Gold
16	Marion Rogan	29.22	72.25%	Gold
5	Dave Young	23.13	70.32%	Gold
20	Kath Donaldson	31.44	70.17%	Gold
2	Andrew Fox	22.12	68.07%	Silver
3	Mike Morris	22.39	64.60%	Silver
1	Brett Rafferty	20.06	64.49%	Silver
7	Adam Leary	23.54	62.72%	Silver
8	Simon Abery	24.08	62.11%	Silver
13	Ceri Jacobs	27.43	62.00%	Bronze
14	Mike Ransome	28.05	60.84%	Bronze
6	Tian Hollingshead	23.16	59.84%	Bronze
9	Kyie Hollingshead	24.49	59.24%	Bronze
11	Juliette Nola	27.16	58.56%	Bronze
12	Anne Nola	27.21	58.07%	Bronze
25	Teresa Young	33.14	55.97%	Bronze
32	Sarah Westwood	36.16	55.06%	Bronze
10	Andrew Collier	27.06	54.87%	
30	Anne Ambrose	35.15	54.28%	
18	Karen Leary	31.19	54.18%	
27	Debra Norman	33.24	53.49%	
15	Errol Clarke	29.00	52.11%	
24	Judy Rackham	32.59	51.44%	
19	Kevin Eckersley	31.34	51.26%	
17	Evie Wallace	31.14	51.12%	
28	Julie Smith	34.05	51.10%	
23	Amanda Hardy	32.54	49.75%	
33	Meera Tanna	36.38	49.41%	
21	Natalie Tidder	32.28	49.18%	
26	Ruth Tidder	33.17	48.17%	
31	Jo Collier	35.38	47.05%	
34	Penny Hudson	38.48	46.65%	
29	Nancy Morris	34.37	46.32%	
22	Tracey Tyrell	32.29	46.18%	
35	Dave Brown (self timed)	45.30	37.91%	

PTO.....

This was the first time in over a year that conditions under foot allowed us to use the original course. Although it was very muddy in places, this is still a lovely course within the park and nature reserve.

We started this event in 2009 and this was the 30th time it's been run.

Congratulations to Mike Ransome who has taken part in 27 of the 30. Our thanks to our merry helpers with various tasks: Marion, Irene, Teresa and Andy (Age grading calculated using 2010 Standards)

Next event: Saturday 6th May 2017

Marilyn and Henry

**Silverstone Half Marathon
12th March**

1	Winner	01:12:15
3177	Ian Cadwell	02:01:44
6807	Finishers - last	04:08:49

**Saucony Cambridge Half Marathon
6th March**

1	Winner	01:07:57
	Emma	
4865	Rackham	02:10:27
6937	Finishers	03:38:23

**North London Half Marathon – Sunday 12th March
2017**

1	Winner	01:08:55
3119	Hitesh Patel	02:05:45
3511	Sonny Peart	02:08:27
4659	Ariff Sidik	02:15:45
5786	Finishers	04:09:35

Bramley 20 – Sunday 19th February 2017

1	Winner	01:48:22
13	Nigel Rackham	01:57:41 (1 st MV50)
856	Finishers – last	04:31:37

Finchley 20 – 12th March



Pos	Name	Net Time	
1	Winner	01:50:54	
89	Sasha Birkin	02:21:15	1st W45
168	Jonathan Evan-Hughes	02:37:57	
174	Michael Morris	02:38:31	
312	Pauline Bishop	03:13:16	
322	Linda Frances Dunne	03:14:56	
364	Michael Ransome	03:35:50	
374	Veronica Georgescu	03:46:46	
383	Sakina Sidik	04:04:41	

Metros First Aid Arrangements

All incidents where a Metro has administered First Aid have to be reported and recorded via the First Aid email address:

metroschair@gmail.com

and cc ed to the chairperson, currently : sarahwestwood@talktalk.net

This is because we are advised by England Athletics to keep a permanent record to be consulted in the case of any medical or legal enquiries subsequent to an incident. There is a report form which should be completed and sent as an attachment. Only the current chairperson is able to access the messages

First Aid Record of Incident

Date	
Place	
Time	
Name of casualty	
Nature of incident	
Injury	
Symptoms	
First Aid administered	
Name of First Aider	

Send this form completed with details of the incident to metroschair@gmail.com and cc it to sarahwestwood@talktalk.net

Runner's Recipes

Totally Chocolate – Chocolate Chip Cookies



These very chocolate cookies are from *Nigella Express* and are the perfect indulgent after run treat!

125g dark chocolate, minimum 70%

cocoa solids

150g flour

30g cocoa, sieved

1 tsp bicarbonate of soda

½ tsp salt

75g light brown sugar

1tsp vanilla extract

1 egg, cold from the fridge

**350g dark chocolate chips (2 bags) –
or chocolate morsels**

125g soft butter

1. Preheat the oven to 170°C/gas mark 3. Melt the 125g dark chocolate either in the microwave or in a heatproof dish over a pan of simmering water.
2. Put the flour cocoa, bicarbonate of soda and salt into a bowl.
3. Cream the butter and sugars in another bowl. Add the melted chocolate and mix together.
4. Beat in the vanilla extract and cold egg, and then mix in the dry ingredients. Finally stir in the chocolate morsels or chips.
5. Scoop out 12 equal-sized mounds – and ice cream scoop and a palette knife are the best tools for the job- and place on a lined baking sheet about 6cm apart. Do not flatten them
6. Cook for 18 minutes, testing with a cake tester to make sure it comes out semi-clean and not wet with batter.
7. Leave to cool slightly on the baking sheet for -5 minutes, then transfer to a cooling rack to harden as they cool.

Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the first Wednesday of most months and we are open to all members.

Coaching/Leadership/Officials'/First Aid Courses

If you would like to be considered for sponsored training please contact a member of the committee to discuss or call Peter Beuselinck on 07872 544898. See www.englandathletics.org for courses.

Metros Website and social media

www.metros.org.uk

Contributions to:

emma.rackham@hotmail.co.uk

We also have a Facebook page and Twitter account – please like or follow us.

If you would like to join Metros' group email please contact Penny at pm.hudson@ntlworld.com Group email address: metrosrc@googlegroups.com

Safety Information

Whenever you attend a training session, please inform the session coordinator / leader if you have any injury or other medical condition.

Also, if you participate in one of Metros Saturday morning races or challenges, please give your name to the person(s) organising the event and report back to them if you drop out. This applies particularly to events where the course is mainly on the streets and is to enable us to check whether anyone has lost their way or suffered an injury or accident. A "dog tag" for personal information can be obtained from Pat Jackson for £1.00

Metros Kit

Metros breathable vests and long and short sleeved T-shirts are available from Pat Jackson – tel. 020 8868 5683.

Price: T-shirt **£15, £13**; vest **£9**.

Hats, fleece jackets and hoodies can also be ordered.

Metros REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: Mw49ran@gmail.com	
TUESDAY	20.00	Steve Paull	020 8422 6636
Run / Walk Group		Penny Hudson	pm.hudson@ntlworld.com
WEDNESDAY	19.15	Dave Brown	020 8933 1821/Steve Paull
THURSDAY	19.00	Jane Hudson	07522 754675
		Email: thursdaymetros@yahoo.co.uk	
SATURDAY	09.00	Irene Paull	020 8422 6636

Other unofficial runs may also be going on, ask around.

See website for more details: www.metros.org.uk

Please Note: All runners are responsible for themselves.