

etrolines

August 2016

Issue No. 335



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Metros Diary

AUG

Sat 6	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 7	Regents Park 10K Series	9.30 am
Sun 14	Summer League, Gunnersbury Park	9.30 am
Sun 14	Burnham Beeches Half Marathon	9.30 am
Sat 20	5K Run, Roxbourne Park	9.15 am
Fri 26	Brooks Serpentine Last Friday of the Month 5K	12.30 pm

SEP

Sat 3	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 4	Maidenhead Half Marathon - TROPHY RACE	9.30 am
Sun 4	Regents Park 10K Series	9.30 am
Sat 17	Wot Not Watch, Roxbourne Park	9.20 & 9.40 am
Sun 25	Moor Park 10K - TROPHY RACE	3.00 pm
	+ Junior Runs	11.45 am
Sun 25	Ealing Half Marathon	9.00 am
Fri 30	Brooks Serpentine Last Friday of the Month 5K	12.30 pm

OCT

Sat 1	10K Challenge, Roxbourne Park	8.50 am
Sun 2	Regents Park 10K Winter Series	9.00 am
Wed 5	Committee Meeting	8.00 pm
Sat 8	5 mile walk, Roxbourne Park	8.50 am*
Sat 15	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 16	Cabbage Patch 10 - TROPHY RACE	9.30 am
Sun 23	Water of Life 10K and Half	10.00 am
Fri 28	Brooks Serpentine Last Friday of the Month 5K	12.30 pm
Sun 30	Ricky Road Run 10 - TROPHY RACE	TBC

NOV

Wed 2	Committee Meeting	8.00 pm
Sat 5	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 6	Regents Park 10K Winter Series	9.00 am
Sat 19	5K Run, Roxbourne Park	9.15 am
Sun 13	Grand Union Half Marathon	10.00 am
Fri 25	Brooks Serpentine Last Friday of the Month 5K	12.30 pm

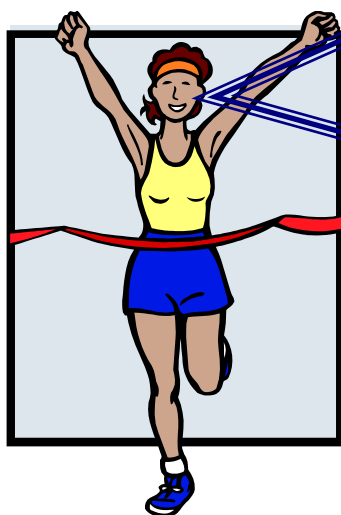
*5 mile walk can be self timed.

Note from the Editors!

It's been good to have some summer over the last few days, but remember to take care in the heat if you are running. It's good to see Metros out and about, whether running, helping at events or simply being there. Have a good summer break, whether that involves running or not, and do share your summer holiday stories and photos with us.

Marathon Week results can be found later in this edition, or if you're reading this in colour, in a separate insert.

Jane & Penny



Welcome

Stephen Milner, Harrow

Elected at the July meeting

Metrolines

All contributions welcome – please send to: Penny and Jane Hudson

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 Jane or Penny Hudson 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

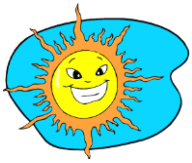
Trophy Races



The remaining races eligible for the Metros LRRC trophy for 2016 are as follows-

4th September Maidenhead Half
25th September Moor Park 10K
16 October Cabbage Patch 10
30 October Ricky Road Run

Steve Paull



Summer League

14th August - Gunnersbury Park (Ealing Eagles) 10K 9.30 am

Vets Track and Field



Thanks to all Metros who took part in the Track and Field at Perivale....Great team.....and Gladys who missed the photo

Achievements

Well done to ...

Clare Miller for being 1st lady at the South Downs Marathon

Simon Abery and **Matthew Rackham** for 10K PBs on 2nd July

Penny Hudson for *finally* achieving Bronze in the 10K Challenge

Claire Millbery for a 10K PB at Bushey 10K on 3rd July

Chris Shearwood for a 5 mile PB at Ickenham 5 and for 1st Vet at Hitchin Hard half marathon.

Nigel Rackham for a parkrun PB on 9th July (16.52)

Leah Buckland for her longest run at the end of marathon week.

Everybody who took part in the 24 hour Track Relay and Marathon Week





It might surprise you, but before Mrs Roxeth I had other girlfriends. Honestly! Believe it or not one of them was named Roxanne, Roxy for short. And this was a good few years before The Police had a hit record with a song of that title.

Already I diverse, the girl I wish to write about was not her. It was Annie.

I was running quite a lot at this time and disappearing for almost a full day to come 193rd in the Upper Boggleton Village Half Marathon or similar was not what Annie thought I should be doing. I should be paying more attention to her. We should be going out shopping or things like that. Can I just say, I didn't have a decent car, couldn't afford much petrol and Annie lived near Archway, which isn't easy or quick to get to from round here by car or by public transport. It was a long time ago, dear reader.

Another thing, she said I should not be out with (the) Metros several evenings a week training either. It was not as if we were living together, but I had to be in to phone her or be phoned. Before mobiles too.

Slowly her disapproval of my running became more and more of an issue and caused fairly major rows between us. Perhaps this was because I was just a mid-pack runner and in her eyes going nowhere with this sport and the amount of time I was dedicating to it. If I was winning stuff and making a profit from it, fair enough. I had a decision to make- her, or running. It wasn't easy. The comfort of female company at the age I was at then can't be underestimated.

We broke up though.

It's hard to remember the details now, but a couple of months later my employers entered a team for a race in Paris, where you start at the Eiffel Tower and run to Versailles. About 12 miles. I think that's what the company did, but I can't imagine why they would want to do so. Nonetheless I was in that team, mid pack or not, I was the fastest we had. I asked Annie if she'd come with me and she said yes.

You might be expecting a happy ending but there isn't one. We had a great time, yes, and I thought we'd get back together, but the same issues arose all over again.

We broke up again and I have never seen Annie since.

Running 1 Girlfriends 0.

Don't tell Mrs Roxeth.

O R

Results and Reports

Wot No Watch - 19th June 2016

Name	Predicted	Actual	Difference
Natalie Tidder	07:40	07:40	0
Tian Hollingshead	06:10	06:12	2
Ku Samra	10:00	09:57	3
Steve Alder	08:45	08:48	3
Sophie Davies	08:40	08:36	4
Andrew Collier	07:00	07:34	4
Errol Clarke	08:00	07:55	5
Karen Collier	08:30	08:25	5
Kyie Hollingshead	07:20	07:15	5
Janice Newman/Mike Ransome	08:27	08:34	7
Mike Ransome	07:30	07:22	8
Mark Lemon	08:40	08:48	8
Tiziana Spotti	09:10	09:20	10
Caroline Day-Lewis	06:38	06:49	11
Ceri Jacob	08:00	07:49	12
Roman Davies	07:10	06:56	14
Angela Murphy	08:45	09:00	15
Janice Newman/Judy Rackham	08:27	08:47	20
Debra Norman	09:00	08:34	26
Hilarie Lemon	09:00	08:32	28
Dave Young	07:30	07:02	28
Bill Carter	09:30	08:59	31
James Collier	07:50	06:54	56
Andy Fox	07:30	07:01	58
Andy Fox		06:32	
Simon Abery		06:21	
Tiziana Spotti		09:35	

A fairly small field completed in the Wot no Watch on 19th June, as many had either run the previous night or were due to take part in the 24 hour relay at Marlow later in the day. Well done to Natalie Tidder for winning the trophy this month, exactly predicting her time. This was the first time in 10 months that the trophy has actually been available to handout, after being found buried under old magazines in a box in the shed. Commiserations to Tian who was two seconds out.

Teresa Young

10K Challenge Results -Saturday 2nd July 2016

Name		Time
Steve Paull	74.57%	45:34
Ian Birch	74.57%	45:10
Dave Young	71.46%	47:33
Matthew Philips	70.75%	38:34
Caroline Day-Lewis	69.70%	48:41
Kath Donaldson	69.45%	64:39
Adam Leary	67.97%	45:54
Peter Jose	67.68%	53:36
Marion Rogan	67.05%	64:51
Angela Murphy	66.95%	63:57
Mike Morris	66.51%	45:47
Matthew Rackham	66.42%	40:35
Simon Aberly	66.41%	46:36
Irene Paull	64.10%	60:18
Judy Rackham	63.59%	58:22
Gordon Valentine	63.49%	53:31
Annie Birch	61.32%	64:51
Mike Ransome	60.03%	57:38
Tiziana Spotti	58.97%	64:40
Julia Allen	58.27%	58:14
Carole Wells	55.84%	64:44
Dave Brown	55.65%	64:31
Penny Hudson	55.04%	66:32
Nicola Rochford	54.77%	60:35
Anne Ambrose	54.72%	70:38
Denise Power	54.12%	56:47
Emma Rackham	51.51%	58:53
Ku Samara	51.07%	70:47
Karen Collier	49.33%	64:24
Steve Alder	48.62%	65:14
Nancy Morris	46.74%	70:17
Jonathan Pang	46.66%	60:53
Ian Calder	45.26%	59:21
Hema Thakur	44.24%	75:00

**SUMMER LEAGUE – METROS HOST FIXTURE, HEADSTONE MANOR
RECREATION GROUND, NORTH HARROW 12 JUNE 2016**

10K

Pos	Name	Time	Cat
1	Nigel Rackham	00:34:21	V50
16	Stephen Milner	00:39:26	SM
22	Sasha Birkin	00:40:23	FV40
28	Matthew Rackham	00:41:20	SM
38	John Norris	00:42:23	SM
46	Michael Morris	00:43:24	V45
62	David Young	00:47:00	V60
63	Simon Abery	00:47:22	V50
65	Caroline Day-Lewis	00:47:42	FV45
91	Jim Buckland	00:50:51	V50
107	Leah Buckland	00:53:20	SL
115	Gordon Valentine	00:54:52	V60
117	Jane Hudson	00:55:48	FV55
121	Peter Jose	00:56:04	V65
122	Anne Nola	00:56:12	FV40
123	Glyn Watkins	00:56:29	V60
124	Kim Hassard	00:56:31	SL
125	Andrew Collier	00:56:35	V50
126	Denise Power	00:56:40	FV35
134	Richard Hayward	00:57:25	SM
136	Julia Allen	00:58:38	FV45
137	Jane Scoffham	00:59:00	FV60
140	Nicola Rochford	00:59:47	FV45
143	Judy Rackham	01:00:45	FV55
144	Shanil Anand	01:01:26	SM
150	Veronica Georgescu	01:04:52	FV60
151	Angela Murphy	01:05:10	FV65
155	Tiziana Spotti	01:06:41	FV55
157	Anne Ambrose	01:07:28	FV55
158	Geraldine Gill	01:07:56	FV45
159	Nancy Morris	01:09:13	FV45
160	Penny Hudson	01:10:23	FV50
162	Debbie Lewis	01:13:08	FV50
164	Raquel-Russel Ponte	01:17:03	FV70

TENDERFOOT

			Age
2	Christopher Hudson	5m57s	11
5	Tian Hollingshead	6m28s	14
8	Carlow Day-Lewis	6m57s	8
12	Kyie Hollingshead	7m12s	12
20	Jo Millbery	7m39s	10
23	Sam Millbery	7m55s	7
RELAYS – 400m			
Female Team		Male Team	
Sasha Birkin	1m 22.49s	Matthew Rackham	1m 11.76s
Leah Buckland	1m 35.63s	Tian Hollingshead	1m 09.79s
Denise Power	1m 34.58s	Christopher Hudson	1m 17.37s
Caroline Day-Lewis	<u>1m 33.01s</u>	Mike Morris	1m 18.22s
	6m 05.71s	Nigel Rackham	1m 14.44s
3rd from 4 teams		Stephen Milner	<u>1m 18.47s</u>
			7m 30.05s
		2nd from 5 teams	
B1 Team		B2 Team	
John Norris	1m 17.43s	Carlow Day-Lewis	1m 35.19s
Kyie Hollingshead	1m 21.08s	Gordon Valentine	1m.54.56s
Simon Abery	1m 23.16s	Joe Millbery	1m 45.98s
Dave Young	1m 37.34s	Sam Millbery	1m 51.99s
Jane Hudson	1m 49.20s	Veronica Georgescu	2m.10.36s
Peter Rackham	<u>1m 17.20s</u>	Kim Hassard	<u>1m.48.76s</u>
	8m 45.41s		10m 56.86s
2nd from 5 teams		2nd from 2 teams	

All relay results are before any weighting for age.

Thanks to Teresa Young and Emma Rackham for timing and recording all the runners in the 10K and the Tenderfoot; Steve Alder for distributing the finishers raffle tickets; Irene Paull for registering and recording Metros runners and producing the overall results; Dave Brown for organising the relay and recording the Metros relay times.

Thank you to Trish and Russell Hewlett for taking over the organisation of our host event, it's in good hands.

Pat Jackson

Five Go Long on the South Downs

by Sonny Peart

June saw the first running of the Race to the King ultramarathon, a 53.5 mile run west along the South Downs Way, finishing at the door of Winchester Cathedral. Spencer Millbery, Linda Dunne, Sarah Belchier and I were joined by former Metro Becky Walker on the start line early on a bright Saturday morning. Months of training, including marathon and ultramarathon distances, had led us to a farmer's field north of Arundel, with hundreds of other dayglo-clad runners, wondering what the day ahead had in store. Spoiler alert! It had everything the British summer has to offer.



After the obligatory team selfie, we started out together in early morning sunshine, but soon became separated into three groups: Spencer, Becky and Sarah in the vanguard, me some minutes behind them, and Linda pacing herself nicely behind me.

The first 20 or so miles of the race were run in bright, humid conditions, climbing up onto the South Downs Way, and following it west through glorious countryside, with plenty of challenging hills. A few weeks earlier, four of us had run the Weald Challenge 50km Ultra, and I had suffered from back spasms that prevented me from running any of the downhill sections. As a precaution against a repeat, I had taken ibuprofen. It worked a treat on my back, but played havoc with my hydration. By the first pit-stop, I was already dehydrated. Those symptoms of dehydration you read about in running magazines – pain and darkness – they are all true. I won't be taking painkillers on a long run again.

I was keeping a steady pace, arriving at aid-stations as the Metros vanguard was leaving them, but my main focus was on getting my hydration back on track. When I toed the line I'd had three aims in mind. I would have liked to have finished inside 12 hours. If not, finishing in daylight was Plan B. If not that, finishing 50 miles inside 15 hours, to secure my Thames Path 100 place for 2017. As I reached the 20 mile aid station, Plan A was still theoretically within my reach, but already the weather had other ideas. A torrential downpour hit while I was at the aid station. I sat it out – literally – in a portalo. When I emerged, I felt better than at any point in the race so far. Partly because my hydration was back on track, and partly because of the smug feeling of getting good use out of my recently

purchased lightweight waterproofs. I left the aid station with a spring in my step, but soon realised the degree to which rain would play havoc with the underfoot conditions. The last half mile to the base camp was a brutal climb, made even more so by the now rain-soaked slippery track.

By the time I reached the half-way basecamp, I was dreaming of soup. Luckily, hot vegetable soup was on offer. As was pasta, and coffee, and cake. Once again, I arrived as Spencer et al were readying to leave. A change of socks and some hot food, together with copious amounts of water and squash and coffee, lifted my spirits hugely. I set off on the second half of the day's adventure almost oblivious to having run 26 miles, and having another 27 or so to go.

Race to the King, like Race to the Stones, which Spencer and I ran last year, can be done over one or two days. The two-day runners stop at the half-way basecamp, where tents, showers, etc. are provided for a pleasant overnight stay. We had all opted for the one-day option, so while others laid down for a well-earned rest or a massage, I was heading out of camp for an afternoon and evening of leg-weary adventure.

For two miles after basecamp, I didn't see a single other runner, either ahead of me or behind. The second half of the race was going to be a much more solitary affair. My route research had let me know that the biggest climb of the route – Butser Hill – was just ahead. As I ticked off the miles, I kind of hoped the first aid station of the second half would arrive before it. Sadly, it didn't. Many years ago, at university, I had a girlfriend who hailed from Hampshire, and who regaled me with tales of how high Butser Hill was (we knew how to party in the 80s!). I thought of her now as I trudged up the seemingly never-ending slope, in persistent rain. Part-way up the incline, I had spotted Spencer's neon pink socks up ahead but by the time I summited, they were nowhere in sight. I had, however, overtaken quite a few runners on the climb. Remarkably, I was feeling better now than I had at the start of the race. Such are the vicissitudes of ultra-running.

For the next few miles, there were scattered thundery showers. Waterproofs were donned, then shed, then donned again. Conditions under foot became increasingly difficult. In places, chalk turned to mud. In others, mud turned to running water. It was a challenge to stay upright. I looked enviously at runners with poles.

Somewhere around 35 miles in, I saw Becky up ahead. When I caught up with her, it was clear she was in a bad way. Tummy troubles had derailed her progress. Such are the perils of ultras. We ran together for a mile or so, as I tried to lift her spirits. Then a downhill road section saw me pull away. At the 39 mile aid station – where there was more soup; packet minestrone tastes fabulous in

these circumstances – she arrived as I was leaving. I left her to the ministrations of an army medic, and for the remaining 15 miles or so, heading into evening, I was on my own.

Of the latter part of the race, I remember running through an iron age fort. I remember mud-clogged tracks and overflowing water meadows. I remember the sun breaking through rain-heavy clouds, and views to the south coast through crystal clear air. A 12 hour finish was no longer a possibility, but a daylight finish was almost certain. I was pleased that I would get my qualifying time for the Thames Path 100. But as I ran past 45 miles I wondered what kind of craziness it would be to still have 55 miles left to run.

At the last aid station, I was told there was just five or so miles to go, and the last three of those would be a downhill jog into and through the streets of Winchester. Frankly, those last three miles felt like the longest 5k I have ever run. Usually on a long run, telling myself there is just a ‘parkrun’ left to go is a real confidence booster. On this occasion, glancing at my Garmin more and more frequently, the end didn’t seem to get any closer.

Finally, I found myself running past Winchester College, and knew the end must be close. Tourists and locals, heading home from evening meals or out for Saturday night drinks, seemed slightly non-plussed to see a mud-spattered ultra-runner jogging past them, glassy eyed and too tired to acknowledge words of encouragement with anything more than a grimace I rounded a corner, and there was Winchester Cathedral, lit up, with a Threshold Sports ‘Finish’ arch in front of its ancient door. The thought went through my head that the end of the race had been billed as ‘the steps of Winchester Cathedral’, and I balked at the idea of running up any steps. In the event, the steps were down, not up. Luckily there were only three of them, and then I was over the timing mat, and someone was putting a medal around my neck. I had officially run 53.5 miles (my Garmin had it at 55.5) in a shade under thirteen and a half hours; I was now definitely an ultra-runner.

I found Spencer and Sarah, who had finished an hour and 30 minutes ahead of me respectively. As my body temperature plummeted, I ate chilli and put on as many layers as possible. I clapped Becky across the line half an hour later. Then after a shower and more food, four of us cheered Linda across the line in the early hours, at the end of an epic journey.

The day before Race to the King, the Brexit vote had been confirmed. Politics and running rarely coincide, but for some reason I couldn’t help relating one to the other. A 50+ mile trail run certainly takes one mind off political matters. At the

same time, it helps one appreciate the peace and continuity represented by an ancient footpath through a largely unpopulated countryside. In or out, one hopes the South Downs Way will persist, and that we will continue to have the leisure to enjoy it, as runners or walkers. I will be back there next year, for the South Downs Way 50, as part of my preparation for the Thames Path 100. If you're at a loose end on the weekend of 29th April, I'm looking for race crew to provide support for my madness.

If you want to see a short video of my Race to the King, check out my YouTube channel at <https://www.youtube.com/channel/UCJlguEXzWPmWy7stNbSdysw>, or just search on YouTube for Race to the King 2016.



Race to the King - Saturday 26th June 2016

1	07:57:22
209 Spencer Millbery	12:46:46
251 Sarah Belchier	13:17:02
269 Sonny Peart	13:29:40
320 Rebecca Walker	14:14:40
458 Linda Dunne	17:23:28

209 South Downs Trail Marathon 2016

1	2:56:37
8 Clare Miller	3:22:30 1st Lady
15 Peter Rees	3:29:52
403 finishers	6:42:17

Man Vs Horse, 11th June 2016

Pete Rees 40th human in 3:23:44

Man Vs Lakes adventure marathon, 9th July 2016

Pete Rees 7th in 4:33:41

Ickenham 5 - Sunday 19th June 2016

1	0:27:17
29 Chris Shearwood	00:32:17
33 Sasha Birkin	00:32:34 (1st W40)
47 John Norris	00:34:06
62 Russell Hewlett	00:36:09
80 Peter Reynolds	00:38:16
98 Steve Paull	00:39:22
115 Jim Buckland	00:40:54
125 Bernie Conway	00:42:19
137 Leah Buckland	00:43:10
144 Jane Hudson	00:44:08
150 Glyn Watkins	00:44:49
172 Derek Bamforth	00:47:23
176 Claire Millbery	00:47:36
179 Irene Paull	00:47:53
227 Nancy Morris	00:54:06
232 Trish Hewlett	00:55:37
235 Arnold Glickman	00:56:48
236 Penny Hudson	00:57:25
242 finishers	01:21:51



Hitchin Hard Half Marathon – Sunday 26th June 2016

1	01:15:34
13 Chris Shearwood	01:32:57 1st Vet
247 finishers	02:34:11



More Marathon Week Results 24th - 28th June 2016

Name	Friday	Saturday	Sunday	Monday	Tuesday
Marion Rogan	1:11:59	0:27:17	1:17:57	0:28:21	
Angela Murphy	1:36:19	0:32:26	1:55:42		
Mitesh Patel		0:17:32		0:20:48	
Bernie Conway		0:23:28	1:00:00		
Kyie Hollingshead		0:23:46		0:22:52	
Anne Nola		0:23:53	1:00:08		
Matteo Nola		0:24:14			
Geraldine Gill		0:29:10	1:18:25		
Juliette Nola		0:24:59			
John Norris			0:47:36	0:20:18	
Julia Allen				0:26:57	
Donna Warren					1:04:09
Peter Jose					1:12:19



From Obstacles To The Unknown – Man Vs Lakes Race Report

By Pete Rees

As one of the club's newest members I thought I'd submit an article to kill two birds with one stone. I thought I'd introduce myself and the rather strange path I've found myself on and also tell you about an exciting new event I tackled in July – Man Vs Lakes.

This, on the right, is me. I may not look very happy and I may not look like much of a “*runner*” but it was experiences like this that have inadvertently led me towards Metros Running Club. It was March 2013 and I was taking part in the 28km “*Nut's Challenge*”, in Dorking, Surrey, which may well be one of the toughest events (per kilometre) in the UK, if not the world. Every footstep of the course is on slippery clay, where not even the deepest lugs would grip. 28kms of that kind of terrain is challenging enough, before you add in the 600 or so manmade and natural obstacles you'll face along the way, from 10 foot walls, to crawls under barbed wire, to river and bog crossings.



The story I walked away with from that day became rather famous amongst the growing *obstacle racing* community. Unbeknownst to me at the time, I was one of only six people, of 200+ starters, to still be standing at the end of the course. Most had succumbed to exhaustion or hypothermia (as we had spent 5-6 hours constantly moving in and out of icy water).

I don't believe I was any fitter than a lot of the other racers, but it seemed that I had a talent for stubbornness, and I was fast growing a reputation for *biting off more than I could chew* - with the size of my challenges, as well as the frequency. From 2012 to 2015, I took part in an obstacle race practically every weekend and sometimes two or three times per weekend. The majority of them were nowhere near as tough as the Nuts Challenge – obstacle racing is mostly a lot of fun and nowhere near as gruelling as a lot of marketing campaigns would have you believe. However, it was always the events that “*broke Pete*” that generated the most attention. By the way, in case you were wondering, I run an obstacle racing news and community website (www.mudstacle.com), where I write and make videos about my experiences, along with an ever growing group of contributors.

The challenges started to take their toll and by the end of last year my body was a wreck. Although, in some respects, I had a good level of fitness, I hadn't

respected my body and had allowed various niggling injuries to add up, without rest. Running is central to what I do and my knees were shot. I was on the verge of hanging up my long distance running shoes when the obstacle racing community threw me a curve ball. They banded together to fund and sign me up to Marathon Des Sables 2017.

Some would say that it was an amazing present, others might say that I'd just been thrown under a bus. Marathon Des Sables consists of six marathons in six days in 50 degree heat of the Sahara Desert.

I gave very enthusiastic thanks for such an amazing (if sadistic) gesture but, with my body feeling the way it did, it was petrified.

I knew there wouldn't be a *way out*, so the only thing I could do was get to the bottom of my running problems. I sought a lot of advice, I changed my running style and the way that I train. Many of the experts I spoke to advised me to join a running club and that, kind of, is how I found my way to Metros.

With a fresh approach to distance running, I have been targeting some marathon-distance races over the summer and I will be moving on to multi-day ultras in the autumn and beyond. The final marathon distance race was the intimidating Man Vs Lakes on 9th July.



Man Vs Lakes is a new event for 2016 from Rat Race, the organisers of The Wall, Coast To Coast, Man Vs Mountain and Survival Of The Fittest. The basic brief was a *marathon distance trail run in the Lake District* but, as is often the case with Rat Race, there was far more to it than that.

The picture above was taken at the end of the race's first segment – a 7km run across Morecambe Bay. Yes, the Morecambe Bay that's famous for cockle picker deaths and quick sand!

Thankfully we were in very good hands, as the 83-year-old *Queen's Guide To The Sands*, Cedric Robinson (MBE), weaved his way through the *safe route* in his

tractor. Although the sand felt strangely wobbly in places and was very uneven, it was fairly firm to run on and not as tiring as you might expect. The biggest challenge came when we were directed across a couple of fast flowing water channels, which very nearly swept me off my feet!

I knew that I should enjoy the flat ground while I could because ahead lay twenty or so miles of hills and typically unpredictable Lake District terrain. Rat Race had tied together a network of remote trails. We're not talking dry footpaths, like I had experienced a few weeks before at the South Downs trail marathon, these were barely pathways at all. The route was often wet, muddy or rocky, and it required constant adjustments in technique, as well as speed.

At several points we were directed through the middle of fields filled with bracken. Although there were pathways, they were completely obscured by low overhanging greenery, so I had to completely rely on "feel" rather than sight to avoid tripping over on rocks, or falling down holes. As unpleasant and frustrating as that might sound, it was actually very exciting to be concentrating so heavily with every footstep.

As is the case with many Rat Race events, Man Vs Lakes had a sting in its tail. The last kilometre of the course involved several dunks into Lake Windermere. Firstly with a huge Tarzan swing, then a floating water obstacle course, that forced us to climb onto floats, jump between boats and complete a set of monkey bars. All of that may sound like a lot of fun, but full-water-submergence like this can play havoc on a tired body. I went from feeling fine, to cramping with every footstep. It's a very familiar problem for me though and I tried to hydrate more, take gels on board and grabbed a banana at the next water station.



My main aim for this race was to be able to keep a relatively consistent pace over that distance and I was very pleased to find out that I could. In fact, had I not got lost twice and added 2km on to my race, I may have even podiumed, which is pretty crazy... I'm not the podiuming type! Fate obviously knew that.

As races go, I massively recommend Man Vs Lakes. It's a little expensive, but it's a lot of fun and is a great event for those who want to get a little adventurous with their distance running without going into a full-on obstacle course. Mother Nature is the main challenge here!

Richmond Park Half Marathon - Sunday 3rd July 2016

1		01:22:25
281	Barry Nolan	02:05:59
392	Irene Paull	02:23:18
445	finishers	03:08:39



Great Newham London Run (10k) - Sunday 10th July 2016

1		00:32:44
331	Nathan Powell	00:44:18
2552	Barry Nolan	00:56:17

City Of London Mile - Sunday 19th June 2016

Wave 6

1		05:26:04
83	Errol Clarke	07:39:40
176		17:35:02 (last finisher)

Hercules Festival of Sport Northwood - Sunday 26th June 2016

Novice Duathlon (Run 2.5k/Cycle 10k/Run2.5k)

1		00:52:37
12	Errol Clarke	01:10:03
17		01:12:33 (Last finisher)

Vitality British10k - Sunday 10th July 2016

1		00:32:03
9073	Patricia Hewlett	01:11:59
11263	finishers	

Wycombe Half Marathon and 10K - 10 July 2016

This was my 26th time of running this race and I think that it is familiar to many Metros. Indeed, there might even have been a race report in Metrolines years ago. I have fond memories of the long slog up Marlow Hill and the clatter down Chapman Lane into the Thames Valley at Bourne End. My fastest time at this event was 1:26:37 in 2005.

However, this year there was to be a change of route and the Bucks Free Press wrote on 16 February 2016 that competitors would not be running through High Wycombe town centre this year (did they ever?) after organisers scrapped the traditional route, apparently in order to create a safer, more traffic free one. The route would go through the West Wycombe estate out towards Bolter End, Fingest, Lane End and back to Adams Park, home of Wycombe Wanderers FC, on the west side of town.

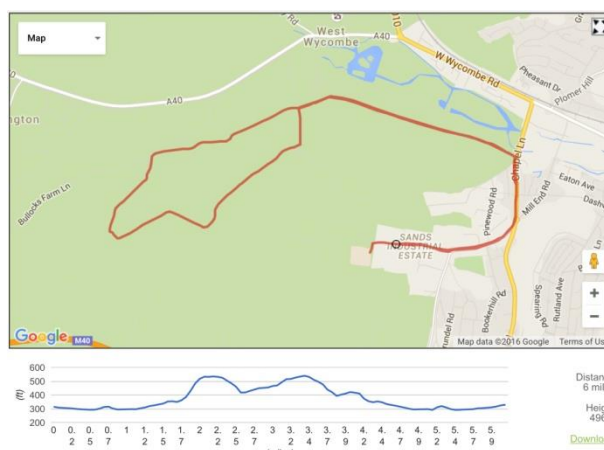
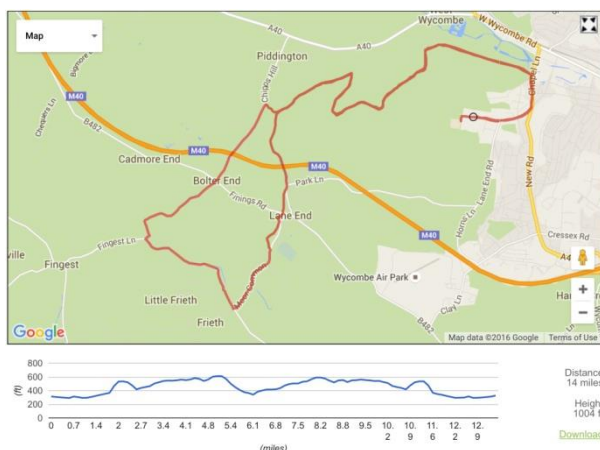
Seemingly, race entries had declined in recent years (597 for the half and 286 for the 10K last year), but it was hoped that the “shake-up” would see more people involved. Indeed, in the week of the race, the organisers, Handy Cross Runners e-mailed us and other TVXC participants stating that numbers for both races were still low.

I had entered the half marathon in February; Gill entered the 10K in May after finding that her work shifts allowed it. She had done the 10K on the old course a few years ago but had not particularly enjoyed it - particularly a steep downhill section with wet surface under the shade of trees.

Gill had worked a double shift the day before from 6.00 a.m. - 10.00 p.m. but my only exertions had been running 19:40 at Northala Parkrun and then cycling to my parents' for a few hours' gardening that afternoon.

We intended departing at 8.00 a.m., AA route-planner having estimated a 30 minute journey. BBC weather stated light cloud at worst but there were spots of rain as we left, intensifying into drizzle once on the M40. The new location avoids Marlow Hill and Wycombe town centre but, Adams Park being at the end of the one-road Sands Industrial Estate, there was some congestion. I got out to collect our race numbers but the traffic flow eased and Gill was parked in the football club car park before 9.00.

The drizzle continued and we made our way to the start. We were early and runners were huddled in the entrances of some of nearby industrial units - not nearly as pleasant a location in which to assemble as the former race venue on The Rye, east of the town centre, even without the rain. However, shortly after 9.30 both half-marathoners and 10Kers were off, Gill well to the back, me well to the front, and the rain eased off.



After Hillbottom Road and a short section of the A4010 we turned abruptly into West Wycombe Park, the elegant Palladian home of the Dashwood family and one of the settings for the recent TV drama Dr Thorne.

West Wycombe was conceived as a pleasure palace for the 18th-century libertine and dilettante Sir Francis Dashwood. He built it between 1740 and 1800 near the eponymous village to entertain, and there has been much speculation on the kind of entertainment he provided for his guests. Judged against the morals of the late 18th century, Dashwood and his clique were regarded as promiscuous; contemporary reports of the bacchanalian orgies over which Dashwood presided in the Hellfire caves above West Wycombe might have been exaggerated, but promiscuity and heavy drinking certainly did take place there. Dashwood seems to have mellowed in his later years and devoted his life to charitable works, dying in 1781, and bequeathing West Wycombe to his half-brother. The current occupant is Sir John Dashwood, but the property is now owned by the National Trust.

We ran along the wide, straight track crossing three cattle grids (there were sheep on the meadows beside us), passed a palladian folly, then turned left to cross grass on a slight incline, and into some woods. We climbed steeply (ultimately to 1004 feet) and descended just as steeply down Toweridge Lane. The slippery wet chalk and annoying stones were reminiscent of the Clarendon Way Marathon and, having discarded my glasses because of the rain, I found it quite difficult at times to see my way in the gloom. We climbed less severely between 1.5 - 5.5 miles and were almost wholly within woodland, passing huge piles of sawn logs - there's definitely a multi-terrain feel about the new course.

We doubled back and encountered tarmac once more at Bullocks Farm Lane, turning left into Bolter End Lane and through the hamlet of Wheeler End, named after the family who lived here who were once the main brewers of High Wycombe (the hamlet itself however, is much older, dating back to the Anglo-Saxon period). There is a Fullers pub there, The Chequers Inn, where Gill and I had lunch a few years ago after the Marlow Half Marathon whose northernmost reaches are not far away from this part of the new Wycombe course.

We passed under the M40, climbing once more through the hamlet of Bolter End, but were now in lovely countryside after crossing the B482 Marlow Road and

turning into the very quiet Fingest Lane. Around the halfway point on the outskirts of Frieth (which I passed in about 50 minutes - those hills and the terrain had taken their toll), we passed the Prince Albert PH which dates from the 1700's and whose website boasts "no televisions or juke boxes...just a great selection of Brakspears and regular guest beers". I do not recall encountering much if any traffic on this section but marshalling and water stations were perfectly adequate and support, albeit "rural", was also enthusiastic.

We now ran through Ditchfield Common past Holy Trinity church and then detoured off Church Road past a collection of cottages and through what resembled a scrapyard (E & R Meakes Steel Stockholders & Fabricators). We passed through Lane End village where we crossed the B482 again, went through a car park and were once more on grassland before returning to Bullocks Farm Lane and back the way we had come.

The woods and those hills followed again and we were soon back in West Wycombe Park. Right onto the A4010, into Hillbottom Road and the Sands Industrial Park came into view. We passed the point where the start gantry had been and turned into Adams Park to finish alongside the "Panache Stand" where away supporters go when there's football on. Who should I see there but Gill who had finished her race some minutes ahead of me - we had not expected that and I had planned to retrace my steps after finishing to find Gill and accompany her to her finish. We collected different medals and t-shirts each, water and goody bags containing packet snacks, banana and flyers for other local races. Only then did the rain start again.

James Samson of Datchet Dashers won the 10K in 35:57; he did the Shinfield 10K in 33:17 in May and this year's Berko Half in 75 minutes. Gill finished last in 1:39:44 although she was never far behind the finisher before her. She thoroughly enjoyed it (except the hills), although it was a new experience for her as for over half of the time it was on rough track rather than tarmac. At her pace she was able to take in the many wonderful views that especially the new 10k route provides and had the good company throughout of a charming tail runner from Handy Cross Runners called Keith. There were 242 finishers in her race.

Fabian Downs of Chiltern Harriers won the half marathon in 1:17:34 more than 6 minutes ahead of the second-placed runner. He's a local lad (of Swiss extraction) who regularly wins his home parkrun (most recently in 15:59) and won last year's Wycombe 10k in 0:33:50. Only three runners managed sub 90 minutes. I was 56th in 01:46:38, slow (for me), 6th in my age category. The last-placed runner did 02:58:53 and there were 385 competitors. Numbers were therefore considerably down on last year but, although we can attest to the new course being a tough one, we shall certainly run it again next year - and hopefully it won't clash with Summer League!

Chris Shearwood

Wycombe Half Marathon - Sunday 10th July 2016

1		01:17:35
56	Chris Shearwood	01:46:38
386	finishers - last	02:58:53

Wycombe 10k - Sunday 10th July 2016

1		00:35:55
116	Glyn Watkins	00:59:40
242	Gill Shearwood	01:39:44



Spire Bushey 10k - Sunday 3rd July 2016

1		00:34:03
37	John Norris	00:42:39
55	Steve Paull	00:44:13
142	Jonathan Evan-Hughes	00:50:17
175	Leah Buckland	00:52:15
202	Jim Buckland	00:53:16
212	Pauline Bishop	00:54:00 1st WV60
245	Bernie Conway	00:55:45
283	Glyn Watkins	00:57:35
326	Claire Millbery	01:00:20 PB
415	Arnold Glickman	01:14:28
436	finishers	01:28:56



parkrun results

18.6.16

Black Park

Glyn WATKINS	00:28:28
Linda GAITSKELL	00:36:04

Harrow

Kevin SMART	00:21:58
Sonny PEART	00:24:38
Brian MCGRORY	00:26:51
Debbie LEWIS	00:36:30

Northala Fields

Chris SHEARWOOD	00:19:48
Russ HEWLETT	00:22:25
Denise POWER	00:27:52
Emma RACKHAM	00:28:39
Trish HEWLETT	00:34:35
Gill SHEARWOOD	00:45:25

South Oxhey

Gordon VALENTINE	00:27:38
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Cassiobury

John NORRIS	00:20:19
Jim BUCKLAND	00:24:26
Leah BUCKLAND	00:25:14

25.6.16

Harrow

Matt PHILLIPS	00:18:51
Brian MCGRORY	00:21:14

Northala Fields

Andy FOX	00:22:29
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South Oxhey

Gordon VALENTINE	00:27:30
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2.7.16

Black Park

Glyn WATKINS	00:30:58
Linda GAITSKELL	00:35:18

South Manchester

Brett RAFFERTY	00:20:19
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Harrow

Kevin SMART	00:21:40
John GORTON	00:23:12

Oxford

Andrew COLLIER	00:27:50
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Poole

Sue DAVIE	00:39:31
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Gladstone

Brian MCGRORY	00:21:26
Barry NOLAN	00:26:50

Southward

Errol CLARKE	00:27:36
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Northala Fields

John NORRIS	00:19:59
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Cassiobury

Sasha BIRKIN (1 st)	00:19:18
Simon DADOMO	00:26:29

Salisbury

Terry BURKE	00:28:16
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9.7.16

Black Park

Glyn WATKINS 00:28:09

Harrow

Nigel RACKHAM (1st) 00:16:52

Sasha BIRKIN (1st) 00:20:08

John GORTON 00:23:35

Sonny PEART 00:25:32

Pauline BISHOP 00:25:48

Emma RACKHAM 00:28:31

Poole

Sue DAVIE 00:38:14

Barnstaple

Peter REYNOLDS 00:23:38

Northala Fields

Chris 00:19:40

SHEARWOOD

John NORRIS 00:19:51

Brian MCGRORY 00:20:42

Russ HEWLETT 00:21:15

Trish HEWLETT 00:34:10

Salisbury

Terry BURKE 00:27:50

Marlow Track Relay - 17th and 18th June 2016

Metros came 3rd running club team with 667 laps in 24 hours.

Steve Paull ran solo and achieved 347 laps.

Thanks to everyone who sponsored the team - the link is open until 18th September.

<https://mydonate.bt.com/fundraisers/metros>



Runner's Recipes

Sweet potato Tex-Mex salad

This hearty vegan salad contains 4 of your 5-a-day, rich in folate, fibre and vitamin C

Ingredients

600g sweet potatoes, cut into even chunks
2 tbsp extra virgin olive oil
1 tsp chilli flakes
400g can black beans, drained and rinsed
198g can sweetcorn, drained and rinsed
2 avocados, chopped
250g tomatoes, cut into chunks
1 small red onion, thinly sliced
1 small pack coriander, roughly chopped
juice 1 lime



Method

Heat oven to 200C/180C fan/ gas 6. On a baking tray, toss the sweet potato in 1 tbsp of the oil with the chilli flakes, sea salt and pepper. Roast for 30 mins until tender.

Once the sweet potato is nearly ready, combine the remaining ingredients in a large bowl with the remaining 1 tbsp oil and season well. Mix everything well but take care to avoid squashing the avocado. Divide the salad evenly between plates, or serve sharing-style with the sweet potato chunks.

Recipe from Good Food magazine, May 2016

NOTES OF METROS COMMITTEE MEETING

Wednesday 6 July 2016 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Peter Beuselinck, Penny Hudson, Pat Jackson, Paula Kanesanathan, Irene & Steve Paull, Marilyn Pickford, Mike Ransome, Emma Rackham, Nigel Rackham, Barbara Robson, Carole Wells.

APOLOGIES: Mitesh Patel, Sarah Westwood

CHAIR: Carole Wells

NOTE RECORDER: Pat Jackson

(Any member unable to attend a meeting should inform Sarah Westwood or Peter Beuselinck in advance. If they have an action item outstanding, they should give their report on that item to Sarah or Peter).

MATTERS ARISING FROM THE PREVIOUS MEETING – 1 June 2016

Metros Web Site – A system for run co-ordinators to have input to the web site was requested and Emma offered to investigate. **ACTION:** Emma Rackham

London Marathon - Metros Elite Runners Drinks Station – Comments had been received about the method of allocation of volunteers to run the water station at the London Marathon. After discussion it was agreed that the advertisements for volunteers in future would be open for a month, from mid-November onwards. If more than 12 people put their names forward, the team of 12 would be selected by a ballot.

For manning the water station, Metros are normally offered 3 London Marathon places for the following year subject to the VLM entrance rules and fees. These are allocated by ballot each November to anyone who volunteered on the water station in that year. To enter this ballot you must have proof of a rejected entry for the next year's race. If there are less than 3 volunteers wanting to enter the ballot, the spare places are added to the ballot for the club place Metros receives from English Athletics. To enter the ballot for the club place you must be an EA affiliate.

ACTION: Peter Beuselinck **NOVEMBER**

Summer League – Pat thanked all who ran and helped at our host fixture. Particular thanks to Russell and Trish Hewlett, race organisers and Irene Paull who recorded Metros runners and produced the results having improved the computer systems for the League.

REPORTS OF OFFICERS

Hon. Chairman – Sarah had said she had nothing to report.

Hon Vice Chairman – Carole had nothing to report.

Hon. Secretary – Peter had just received a cheque for £100 from the London Marathon organisation for the Metros water station.

Hon. Treasurer – Nigel was thanked for producing and distributing a quarterly report. A new licence for the hire of the Scout Hall has been received. The rent has been increased by 20% from the beginning of July. Peter and Mitesh will sign and Carole will return the signed document and discuss the increase. The mandate to change the Metros Honorary Treasurer from Nigel to Mitesh and add Irene is almost complete. **ACTION:** Mitesh Patel/Carole Wells

Hon. Membership Secretary: One new member was confirmed: Stephen Milner from Harrow. Irene confirmed that the new web site system for new members joining was working well.

OTHER ITEMS

Metros Survey – It was agreed that the sub committees for New Members Welcome Pack etc, Sessions/Coaching and Kit will report progress at the September meeting.

ACTION: Irene Paull/Mike Ransome etc. Sarah Westwood etc, Peter Beuselinck, Pat Jackson, Barbara Robson.

Metros Marathon Week – Mandy Beuselinck was thanked for organising the successful event again this year. Thanks to all who volunteered to help marshal and time keep.

Metros Social Media - Mandy has now stepped down from responsibility for the Metros Facebook and Twitter accounts which she set up. She was thanked for organising and running the accounts. Emma will now take this on.

ACTION: Emma Rackham

Metros Running Books Library – Trish Hewlett had suggested a scheme of members borrowing books on running from other members. It was agreed this will be set up on the Metros members part of the web site for members to contact each other.

ACTION: Emma Rackham

Members Photos on Web Site – Nigel suggested that adult members might like to add a photo of themselves to the Metros members part of the web site. It would be on a voluntary basis. Emma and Irene agreed to investigate the possibilities of how this could be done on the web site. **ACTION:** Emma Rackham/Irene Paull

Meeting finished at 8.42 pm.

Date of Next Committee Meeting	No meeting in August Wednesday 7 September
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Future Committee Meetings	Wednesday 5 October Wednesday 2 November Wednesday 7 December
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Metros Committee meetings are open to all members but only the committee can vote.

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 metrolines1@gmail.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 £20, £17; vest £12.

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.