



August 2017
Issue No. 347



The Metros Team at this year's final Vets' League fixture

Metros Diary

August

Sat 5	5K Run, Roxbourne Park	9.20 am
Sat 12	Measured Mile, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sun 13	Burnham Beeches half marathon	9.30 am
Sat 19	parkrun (Aldenham & Bushy Park)	9.00 am
Sun 20	Summer League, Serpentine	9.30 am

September

Sat 2	5 Mile Handicap	9.00 am
Sat 9	Wot No Watch, Roxbourne Park	9.20 & 9.40am
	Foodbank donation	
Sat 16	parkrun (South Oxhey)	9.00 am
Sat 16/Sun 17 th	Round Norfolk Relay	
Sat 23	38 th Annual Fun Run, Roxbourne Park	8.45 am

October

Sun 1	Moor Park 10K	3.00 pm
Sat 7	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 14	Wot No Watch, Roxbourne Park	9.20 & 9.40am
	Foodbank donation	
Sun 15	Cabbage Patch 10	10.00 am
Sat 21	parkrun (St Albans)	9.00 am
Sun 29	Ricky Road Run 10	10.30 am

For more details of Saturday morning activities please see full timetable on our website – <https://metros.org.uk/saturday-training-sessions/>

Note from the Editor!

Apologies to everyone who relies on the printed version of Metrolines to check the Metros diary unfortunately, this was inadvertently omitted from the July edition. I blamed my new laptop!

Please keep sending me all your articles, results and pictures.

Anne Ambrose

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



Congratulations to Mitesh and Sinthuja
on their recent marriage





Achievements

Well done to ...

Sasha Birkin, Pauline Bishop, Steve Paull and Kevin Smart
– for new Metros Vets Track & Field Records

Pauline Bishop – for coming first in her age group at Spire Bushy 10K, 2nd July.

Jonny Jackson – for a new PB at Ironman Austria, and for beating his previous PB by 01:15:21

Paula Kanesanathan – for PBs at the JP Morgan Corporate Chase, 5th July and the British 10K, 9th July.



Well done Jonny!



Trophy Races

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

13 th August	Burnham Beeches Half Marathon
1 st October	Moor Park 10K
15 th October	Cabbage Patch 10
29 th October	Ricky Road Run 10

Steve Paull

Parkrun

The third Saturday of each month, Metros do a parkrun as an alternative to our usual Saturday morning session at Roxbourne Park. The schedule below has been prepared for parkruns up to the end of the year.

19th August – Aldenham/ Bushy
16th September – South Oxhey
21th October - Canons Park
18th November - St Albans
16th December – Rickmansworth

NB: There is always a session at Roxbourne Park too if you don't fancy a parkrun!

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 send any PBs, wins, or 1st in age group results to metrolines1@gmail.com for inclusion in the achievements page.

METROS TRACK & FIELD RECORDS at 17 July 2017

The following records have been broken so far this year. Although there are no more fixtures in the Vets Track & Field League this season, there are still open graded meetings with opportunities for more records. Please let me know before October if any further records are broken. Thank you.

31 May 17 - Woodside

1500m	5.38.18	60-64 age group	Steve Paull	
Previously	5.48.0		Terry Burke	7 June 10

5 June 17 - Hillingdon

800m	3.43.8	65+ age group	Pauline Bishop	
Previously	3.52.20		Ann Marsden	6 June 11

5 June 17 - Hillingdon

3000m	14.33.8	65+ age group	Pauline Bishop	
Previously	16.04.6		Ann Marsden	18 June 11

12 July 17 - Perivale

800m	2.53.0	60-64 age group	Steve Paull	
Previously	2.57.7		Terry Burke	18 July 11

12 July 17 – Perivale

3000m	11.29.2	40-44 age group	Sasha Birkin	
Previously	11.46.4		Jane Young	31 Aug 96

12 July 17 - Perivale

High Jump 1.3 (m)		50-59 age group	Kevin Smart	
Previously	1.25		Brian Jackson	21 June 93

See updated record charts in this issue and on the Metros web site.

Pat Jackson



Metros Summer League –
Tenderfoot Participants

THE 38th ANNUAL Metros FUN RUN THE BRIAN JACKSON FUN RUN

Saturday 23rd September Roxbourne Park from 8.45 am

**PLEASE NOTE THAT THIS EVENT IS INSTEAD OF THE NORMAL
Metros SATURDAY SESSION**

This is the longest established Metros event and the club evolved from this event. It was originally designed as a warm-up for the National Fun Run, but it soon became a fixture in its own right. It is named in honour of Brian Jackson, the founder of the event and, for many years, the organiser.

Although this is a fun run, the course has been reasonably accurately measured and times will be recorded in all events except the approximate 200m for children 7 years and under where just finishing positions are recorded.

The event will follow a similar format as previous years – five races - two x 4km, one x 2km, (total 10km), one x 200m and one x 1K walk. However, awards will be age graded instead of in age groups.

The Distances 7 years & under = 200m. Under 11 = 2km. Over 11 = 4km
The Surface Parkland (almost all grass)
The Place Roxbourne Park, Cannon Lane South, Pinner.
The time: 8.45 am Registration. Age as on race day.

The Programme:

9.15 am 4km Male and Female over 11 years.
9.45 am 4km Male and Female over 11 years.
10.15 am 2km Girls, Boys 8-10 plus over 10s who wish to run 2km as well as, or instead of, the 4km
These three races total 10km.

Followed by:

200m 7 and under
1km Walk – all ages.

Results Will not be calculated on the day but available soon after and in Metrolines and the Metros Web Site

Presentations: In the Scout Hall after the session on **Saturday 30 September.**

Fee: There is no charge

Following a change last year, the awards will be based on age grading. Awards to keep for the first age graded man and woman in the 10km, 4km and 2km and first boy and girl 8-10 years in the 2km and first boy and girl 11-14 years in the 4K. One award only to any runner. There are also medals to keep for the second and third boy and girl in the 8-10 age bands in the 2km and 11-14 year age bands in the 4K.

Previous awards (previously held for one year) will remain with the last holder.

Toilets will be available in the Pavilion within the park. The Scout Hall will not be open before or after the event so no refreshments will be available, just water.

Metros PLUS INVITED GUESTS OF ALL AGES AND ABILITIES ARE WELCOME.

**If you'd like to know more, or can offer to help,
please contact Pat Jackson on 0208 868 5683
patjacksonhome@hotmail.com**

'OLYMPIC EXPERT MEASURES HARROW HALF'

Just what are five blokes on bikes doing in the grounds of Harrow School at 400am on the first Sunday of July? As night turns to day, it looks very furtive and suspicious. Fortunately, there's an innocent explanation. With exactly eleven weeks and five hours to go...it's time to get the Harrow Half Marathon course officially measured and certified.

One of the five is a real expert with a global reputation – Hugh Jones. Not only was he a talented runner winning the London Marathon in 1982 but he's also measured the London Marathon course and indeed every Olympic course since Atlanta 1996.

Hugh uses a counter on the front wheel of his bike, which he's calibrated against distance and converts those numbers to arrive at an accurate measurement.



As we set off, Hugh is escorted by James Shipley from ActiveTrainingWorld, who is helping to stage the event, plus Kevin Concannon and myself from Harrow AC. Ian Slaney, Harrow Council's traffic supremo (who has plotted the route, the road closures and bus diversions) will drive behind, to protect Hugh from any traffic. The race will start in the grounds of Harrow School, gently rising close to the top of Harrow on the Hill before dropping down to Harrow Town Centre.

It's getting lighter but unfortunately with the daylight comes light drizzle. In general, Hugh says the problems with measuring tend to be struggling against traffic but "this was surprisingly easy compared to what I thought it might be but that's largely because we started at ten past four in the morning and finished by six on a Sunday morning. It's the best time to do it particularly in the summer, when it's light for most of that time."



Hugh's approach is meticulous, as you would expect. Stops are frequent as he makes notes on one mile markers and gets clarification on which roads and lanes will be closed to traffic. They all affect the racing line. In the picture above, Hugh confirms with Ian which railings on the edge of Headstone Manor will be removed for the race. The course distance has to reflect all the corners, which the runners could cut on race day. It's obviously crucial that the race distance is accurate and fortunately it's very rare that mistakes are made.

The Harrow Half is a course of contrasts as the route goes past iconic venues and shopping centres, and through parks and open spaces. It's a good route for spectators too with plenty of good and accessible vantage points.

Hugh remembers running the original Harrow Marathon and Half Marathon in the 1990s and also measuring the course then. He wouldn't describe this course as the most exotic he's measured; that honour goes to the Tibet Sky Marathon, run within sight of Mount Everest. Nevertheless, he's positive about the Harrow Half course. Despite that gentle uphill start and a tricky downhill section at the end – "It's beautiful".

NB Enter the race via www.harrowhalfmarathon.co.uk

Dave Gordon
July 8th 2017

Andrew Howell – The Body Factory

Last but not least – the shin **Shin Splints**

The final common injury around the ankle joint I will be covering is “shin splints” or medial tibial stress syndrome. This syndrome is defined as pain along the inner edge of the shin bone either in the anterior (front) or posterior (back) compartments. The muscles directly involved in causing the pain are tibialis posterior and tibialis anterior. Both muscles are involved in maintaining the arch in the foot along with shock absorption through the leg or kinetic chain which will be discussed in more detail. Shin splints is a repetitive strain syndrome.

Both muscles are surrounded by a tissue which connects directly to the bone called a periosteal layer. When the muscle is heavily over loaded through excessive running the tightness of the muscle pulls this layer away from the bone. This causes inflammation producing shin pain.

There are other conditions that may be misdiagnosed as shin splints. Shin pain alone does not mean you have shin splints. Pain on the outside part of the lower leg may be acute or chronic exertional compartment syndrome. Symptoms include extreme tightness followed by burning with eventual muscle weakness brought on by excessive running. This needs immediate medical or surgical intervention.

A progressive and far more serious injury is a stress fracture. This is characterized typically by severe local pain along the upper third of the shin bone. The tightness from the muscles pulls the periosteal layer pulls away from the bone leading to a small linear fracture. An isotope bone scan is a definitive diagnostic tool for stress fractures.

I would encourage medical attention for any shin pain. The sooner a diagnosis is made, the quicker these symptoms can be treated. There are clues to differentiate between the different conditions. Your physio or GP should be looking for the following.

- 1) Shin splints are more generalised than a stress fracture. Run finger tips along bone; the pain will be widespread along the shin.
- 2) Shin splints have a gradual onset; have a lot of pain when the ankle is forcibly bent along with early morning stiffness.
- 3) Stress fractures tend to be more local on the upper third of the shin bone and generate fingertip size tender areas.
- 4) Stress fractures tend to feel better in the morning as the bone has rested.

These injuries tend to occur from what could be called a kinetic chain dysfunction. Let me explain, imagine your body is effectively made up of a muscular, articular and nervous system all working together in harmony. Typically, a weakness or a timing issue in the hip muscles cause a lack of strength especially when fatigued this in turn causes instability throughout your two lower leg bones down to the ankle. These then rotate inwards. This puts a strain on your foot arch. As discussed above the main two muscles which support the arch are then under pressure. With every step, microscopic damage ensues. Consequently, the muscle starts to pull away from the bone as it is tensioned round the ankle and shin splints occur. Recognising how the problem arises leads to future prevention.

Who is at risk of shin splints?

Various activities and physical attributes can put you at risk;

1. An anatomical abnormality such as flat feet
2. Tight calf and shin muscular compartments
3. Muscle weakness in the glutes and external rotators of the hip
4. Improper training techniques
5. Running downhill regularly
6. Running on uneven terrain regularly
7. Running on hard surfaces constantly
8. Using inappropriate or worn shoes
9. Interval training with accelerating and decelerations

Can shin splints, stress fracture and compartment syndrome be avoided?

Yes, they can but as with everything bad luck and over training happens. If we do not push ourselves, we will not improve so finding the balance is key. Here are a few tips:

1. Using shock absorbing insoles
 2. Avoid exercising on the same surface and terrain
 3. Increase volume, speed and duration gradually and respect your recovery times
 4. Stretch properly
 5. Strength training for the hip muscles and arch muscles. Make sure they are functional!
 - a. It is proven exercises like the clam and bridging have a minimal benefit for running performance
 - b. If shin pain comes on, please follow all advice of rest and stretching with management as discussed in article 2. For all these ankle injuries, the self-management programme is the same.
 - c. Consider the exercises below
- Invest in a small piece of Thera band (or you can do these exercises without).

Put the Thera band round the knees so you feel the band pushing knees inwards. You are attempting to stop your knees collapsing by engaging hip muscles. Hold the squat for 10 seconds progressing up to 30.



Wrap the Thera band around your arch on both sides. Keeping hips and knees inline rotate arch and then flatten. Control the movement and feel the arch working.



Finally starting in a lunge position making sure knee is in line with your ankle. Focus on technique. Push hip and pull leg through into final position making sure your glutes are contracting to hold hip and pelvis in line without wanting to tilt or fall across your mid line.



It may seem with what I am writing every month, that we are all challenged by injury. I hope each month you will note how to manage and seek medical advice based on your own assessments. Having had these injuries in my own career as an athlete I wish I had had someone to tell me to stop at the right time and push when appropriate. Remember, training becomes most effective when you have consistency over monthly periods and not just little bursts here and there with minor niggles and injuries. Listen to your body and remember pain is there for a reason.

Build stretching and self-management techniques into your training schedules and over time it will become habit.

If you do feel like there is an area of the body or an injury I could discuss in more detail, please do not hesitate to contact the Metros committee and I will be more than happy to oblige. Next time we move up the leg to the knee and the notorious iliotibial band syndrome also known as runners' knee syndrome.

Thanks again for reading.

Andy

Results and Reports

Chasing Track Records – Steve Paull tells us about his latest challenge

When Metrolines listed the club track records back in March, I looked at them to see if I had a chance of beating any of them.

I was very much in the beginners' category in track running, but I targeted Terry Burke's V60 800 and 1500 times as my best (and probably only) chances. 1500 metres in 5.48.0 and 800 metres in 2.57.7

In recent years I have been able to beat Terry, and, although the times looked challenging, surely, I could better them quite easily!

NO!!

Watford Graded Meeting May 3 1500 metres, 5.54.39, FAILED

There was one senior lady (she won) and nobody else older than 15 (10 under 13s!!). I came 12th out of 16 finishers.

Chilly, breezy, £5 to run. Watford Harriers must be rich with these meetings every fortnight. <http://watfordharriers.org.uk/open-meets-2017/>

I ran in the first 1500m race out of 14 on the evening (slowest first).

Didn't warm up enough. I had 400 metre split times in my head but the race clock was at the finish line therefore at 300, 700 and 1100 metres, so my pre-race plan did not work!

Vets League Battersea May 8 1500 metres 5.51.9, FAILED

Again almost last in my race but some of the guest runners ahead were quite young (in vets' terms). Again, chilly and breezy with a long time hanging about to run. Might have to do other events (even field events) in the future to keep my legs loose.

Warmed up more, but need to do even more.

Got to get the pacing right. Times called out at 400 and 800 metres this time!

More respect goes to Terry with every run!!

Watford Graded Meeting May 31 1500 metres, 5.38.18, SUCCEEDED

At least there were three of us seniors in my race this time, again in the first and slowest race. Warmed up a bit, but the temperature was fine.

First lap the same as before but this time I tried harder to race the kids around me and that, I think, was what got me such an improvement.

13th out of 20. Bloody hard work on the last lap; full respect to Terry!

Vets League Uxbridge June 5, 800 metres, 3.00.8 FAILED

Rain and strong winds and not too warm. Andy Fox volunteered to pace me and I was on target at half way but slowed by six seconds on the second lap. There's only so many Watford open events and at this point only one more vets league 800. I even considered going to an event in Oxford for another 800m attempt but did I really fancy going all the way to Oxford for just under three minutes of running?

Vets League Battersea 19th June 1500 metres FAILED

Although I already had the record, I wondered if I could better it. In a complete reverse to my record winning attempt the temperature was very high and I just couldn't cope.

Can't even remember my time but it was over 6 minutes.

Vets League Perivale 12th July 800 metres 2.33.00 SUCCEEDED

The date of the vets' fixture clashed with a Watford meeting- which one to choose?

Finally started to get the pre-run preparation correct for these track runs. Almost managed to power down the home straight, maybe a slower first lap is the answer. This was the last vets league event of the season; shall I go to Watford for more of this?

5K Race - 27 May 2017 – (Corrected – some results omitted from July Metrolines)

Position	Name	Time	Age Grading
1	Andrew Fox	21.37	69.91%
2	Steve Paull	22.45	72.40%
3	Adam Leary	23.31	64.26%
4	Simon Abery	23.46	63.07%
5	Mateo Nola	25.13	60.66%
6	Mark Mulvenna	25.19	60.19%
7	David Young	26.02	63.27%
8	Sam Millbery	26.26	61.88%
9	Mike Morris	26.29	55.69%
10	Sonny Peart	26.31	55.18%
11	Anne Nola	28.05	57.09%
12	Ruth Tidder	28.10	57.51%
13	Mike Ransome	28.15	60.48%
14	Claire Millbery	29.27	52.63%
15	Juliet Nola	29.34	54.00%
16	Dani Fletcher (Guest)	29.43	49.80%
17	Karen Leary	30.38	55.39%
18	Rhona Topley	30.43	52.74%
19	Ken Eckersley	30.44	52.65%
20	Teresa Young	30.56	60.13%
21	Steve Alder	31.47	47.95%
22	Kath Donaldson	31.52	69.87%
23	Julia Allen	31.59	52.42%
24	Barbara Reading	32.15	69.04%
25	Amanda Hardy	32.24	50.51%
26	Irene Paull	32.30	58.87%
27	Nancy Morris	32.37	49.67%
28	Andrew Collier	34.17	43.37%
29	Janice Newman	35.14	65.33%
30	Ceri Jacob	35.14	49.43%
31	Anne Ambrose	35.27	53.97%
32	Joanna Collier	35.33	47.16%
33	Stephanie White	35.36	54.49%
34	Sophie Davis	35.37	44.83%

35	Natalie Tidder	35.38	45.70%
36	Helen Simmons	35.55	49.10%
37	Mahud Chatterjee	35.57	42.79%
38	Linda Grimes	36.01	47.11%
39	Mike Reid	36.02	43.01%
40	Catherine Saunders	36.03	42.44%
41	Noa Perelmutter	36.23	42.28%
42	Hilarie Lemon	37.05	53.84%
43	Arnold Glickman	37.17	46.74%
44	Gill Fox	39.44	43.83%
45	Penny Hudson	40.53	44.27%
46	Wendy Mulvenna	40.54	44.25%
47	Maya Sidhu	42.04	39.54%
48	Sonika Sidhu	42.05	36.55%

Well done to all the runners and a special mention to the C-2-5k runners who joined us for their inaugural 5k in Roxbourne Park – we hope they enjoyed the course. Everyone who turned up for the session, ran in the race, apart from our merry band of helpers:

Finn (race starter & marshal) who with his brother Kane gave out the lollies and water to the finishers.

Marion and Mark for marshalling and Louise for taking the finishers details.

Also thanks to those who took down the tapes after the race.

Next 5k race: Saturday 5th August

Marilyn & Henry

Wot no Watch – Saturday 8th July 2017

	Actual	Predicted	Difference
Ceri Jacob	07:57	07:55	2*
Amanda Hardy	08:54	08:52	2
Nigel Rackham	06:02	06:00	2
Kevin Eckersley	08:27	08:30	3
Simon Abery	06:02	06:05	3
Helen Simons	10:01	09:55	6
Ruth Tidder	07:54	08:00	6
Tian Hollingshead	05:52	05:59	7
Mark Lemon	08:40	08:48	8
Dave Young	07:22	07:30	8
Juliette Nola	07:36	07:45	9
Anne Nola	07:40	07:50	10
Rhonda Tapley	08:29	08:40	11
Matthew Nola	07:32	07:20	12
Tiziana Spotti	09:22	09:10	12
Angela Murphy	10:13	10:00	13
Janice Newman	09:39	09:26	13
Judy Rackham	09:39	09:26	13
Sarah Westwood	10:07	10:20	13
Tiziana Spotti	09:24	09:10	14
Irene Paull	09:00	08:45	15
Penny Hudson	09:47	09:30	17
Matthew Daniel	07:42	08:00	18
Kyie Hollingshead	06:01	06:20	19
Noa Perelmutter	09:19	09:40	21
Meera Tanna	09:43	10:05	22
Steve Alder	08:21	08:45	24
Anne Ambrose	09:25	10:00	35
Steve Paull	06:50	06:15	35
Barbara Reading	08:37	08:00	37
Jo Collier	09:27	10:18	51
Steph White	09:37	10:30	53
Raquel Russel Ponte	11:05	10:00	65
Bev Singleton	09:12	12:00	108

Another close competition with three runners in the second mile all being within 2 seconds. Congratulations to Ceri for winning the trophy.

Next month sees the return of the Measured Mile

Teresa Young

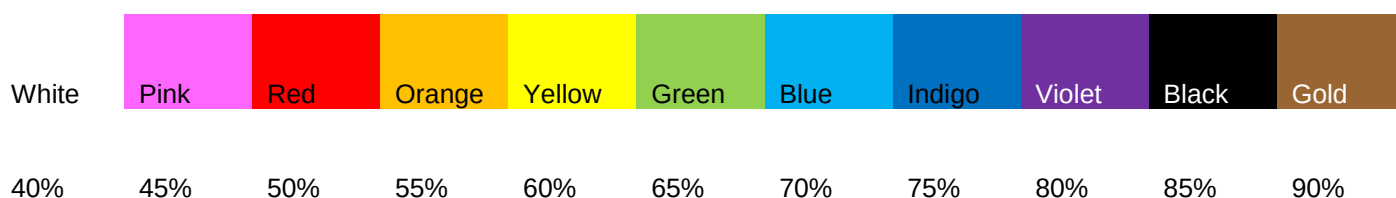
10K Challenge – 1st July 2017

	Time	Age Grading	Award
Steve Paull	45:19	76.34%	Indigo
Caroline Day-Lewis	47:18	72.66%	Blue
Dave Young	49:16	69.59%	Green
Kath Donaldson	66:22	68.76%	Green
Simon Abery	46:20	67.34%	Green
Veronica Georgescu	64:05	65.80%	Green
Mike Morris	45:58	65.54%	Green
Mike Ransome	57:38	61.71%	Yellow
Tian Hollingshead	46:50	60.87%	Yellow
Sonny Peart	51:09	59.54%	Orange
Anne Nola	56:27	58.19%	Orange
Ruth Tidder	57:38	57.58%	Orange
Titziana Spotti	67:18	57.43%	Orange
Kevin Eckersley	64:25	52.29%	Red
Jonathan Scott	55:34	51.90%	Red
Catherine Saunders	73:31	42.64%	White
Noa Perelmutter	73:31	42.64%	White
Jonathan Pang	57:09	--	

Congratulations to Catherine Saunders and Noa Perelmutter – having just finished the Couch to 5K programme they completed their first 10K. Congratulations also to Caroline Day-Lewis, Tian Hollingshead and Simon Abery who moved up an age grading category.

Teresa Young

Award Colour Codes – 10K



SUMMER LEAGUE METROS LEAGUE AWARD WINNERS 2016

My apologies, in the July issue of Metrolines there were several award winners missing from the list of Metros overall league award winners in the Summer League last year. The following is a complete list of the awards presented to Metros runners at Gunnersbury Park on 4 June:

1 st	Girls 11	Natalie Tidder
1 st	Boys 7	Sam Millbery
1 st	Boys 8	Carlo Day-Lewis
2 nd	Boys 10	Joe Millbery
1 st	Boys 11	Christopher Hudson
3 rd	Boys 11	Kyie Hollingshead
1 st	Boys 14	Tian Hollingshead
3 rd	FV35	Denise Power
1 st	FV40	Sasha Birkin
2 nd	FV 55	Jane Hudson
1 st	FV 65	Marion Rogan
2 nd	FV 65	Angela Murphy
1 st	FV70	Raquel Russel Ponte
3 rd	M45	Michael Morris
1 st	MV60	Steve Paull
2 nd	MV65	Peter Jose
3 rd	MV65	Terry Burke

Well done to all overall league award winners and well done to all Metros who participated in any of the Summer League events.

Pat Jackson



Angela and Raquel with
their awards

**SUMMER LEAGUE – METROS HOST FIXTURE, HEADSTONE MANOR
RECREATION GROUND, NORTH HARROW 18 JUNE 2017**

10K

Pos	Name	Time	Cat
6	Gary Warren	00:38:54	M45
17	James Kerrane	00:41:30	SM
18	Sasha Birkin	00:41:56	F45
22	Matthew Rackham	00:42:34	SM
37	John Norris	00:44:30	SM
45	Steve Paull	00:45:28	M60
46	Fatmir Sulmataj	00:45:44	SM
54	Jonny Jackson	00:47:03	M40
59	Tian Hollingshead	00:47:32	MU17
62	Peter Rackham	00:47:54	SM
63	Anthony Bellis	00:48:16	SM
68	Michael Morris	00:49:09	M50
73	Nick Russell	00:49:34	M45
75	Richard Brown	00:50:01	M45
78	Simon Aberly	00:51:06	M50
80	Caroline Day-Lewis	00:51:27	F50
87	Jim Buckland	00:52:01	M55
99	Hershil Patel	00:54:04	SM
103	Louise O'Reilly	00:54:55	F40
108	Linda Dunne	00:55:23	F45
112	Peter Miller	00:55:55	M65
117	Pauline Bishop	00:57:01	F65
120	Peter Jose	00:57:43	M70
121	Kirit Ranpura	00:57:49	M55
124	Jane Hudson	00:59:39	F55
125	Hitesh Patel	00:59:47	M50
130	Rush Tidder	01:01:02	F45
142	Rhonda Tapley	01:04:44	F45
145	Janice Newman	01:06:06	F70
149	Titziana Spotti	01:08:45	F55
151	Nancy Morris	01:09:24	F45
153	Carole Wells	01:10:10	F55
154	Kath Donaldson	01:11:04	F70
159	Judy Rackham	01:14:20	F55
162	Emma Rackham	01:15:14	SF
165	Penny Hudson	01:16:57	F55
167	Veronica Georgescu	01:18:01	F65
168	Raquel Russel Ponte	01:18:01	F70

TENDERFOOT

			Cat
1	Kyie Hollingshead	00:05:30	M12
6	Sam Millbery	00:06:44	M8
10	Joe Millbery	00:07:35	M11
14	Mason Murray	00:08:03	M7
25	Finn O'Reilly	00:12:23	M6

RELAYS – 320m

Female Team

Caroline Day Lewis	1m 25.32s
Linda Dunne	1m 25.40s
Jane Hudson	1m 41.54s
Ruth Tidder	<u>1m 34.56s</u>
	6m 06.82s

4th from 5 teams

B1 Team

John Norris	1m 08.87s
Mike Morris	1m 12.75s
James Kerrane	1m 08.49s
Peter Rackham	<u>1m 08.55s</u>
	4m 38.66 s

3rd from 5 teams

Male Team

Matthew Rackham	1m 01.27s
Kyie Hollingshead	1m 05.31s
Gary Warren	1m 07.95s
Tian Hollingshead	<u>1m 02.26s</u>
	4m 16.81s

3rd from 5 teams

B2 Team

Sam Millbery	1m 24.11s
Steve Paull	1m.22.85s
Hitesh Patel	1m 28.20s
Joe Millbery	<u>1m 16.55s</u>
	5m.31.71s

2nd from 4 teams

All relay results are before any weighting for age.

A great turn out of Metros runners. Thanks to everyone who helped before, during and after the event. With particular thanks to Trish and Russell Hewlett, coordinators of our host event.

Pat Jackson



SUMMER LEAGUE – DULWICH -2 JULY 2017

5 Mile

Pos	Name	Time	Cat
3	Ron Taylor	00:27:52	SM
13	Gary Warren	00:30:09	M45
51	Steve Paull	00:34:49	M60
72	Michael Morris	00:37:24	M50
81	Tian Hollingshead	00:38:04	MU17
93	Sarah Belchier	00:39:14	SF
103	Sonny Peart	00:40:02	M45
109	Hershil Patel	00:40:40	SM
129	Peter Jose	00:42:59	M70
150	Jane Hudson	00:46:35	F55
154	Ariff Sidik	00:47:16	SM
156	Ruth Tidder	00:49:14	F45
157	Emma Rackham	00:49:22	SF
162	Sakina Sidik	00:51:26	F35
163	Nancy Morris	00:51:39	F45
166	Irene Paull	00:53:03	F60
168	Penny Hudson	00:53:57	F55
172	Anne Ambrose	00:57:19	F60

TENDERFOOT

			Cat
1	Christopher Hudson	00:05:47	M12
4	Kyie Hollingshead	00:06:55	M12
6	Zaheer Sidik	00:07:37	M12
15	Alisha Sidik	00:10:42	F10

RELAYS – 270m All relay results are before any weighting for age.

Female Team

Ruth Tidder	1m 14.33s
Emma Rackham	1m 25.40s
Sakina Sidik	1m 14.65s
Jane Hudson	<u>1m 16.29s</u>
5 th from 5 teams	5m 02.42s

Male Team

Ron Taylor	0m 43.96s
Kyie Hollingshead	0m 46.24s
Christopher Hudson	0m 47.22s
Tian Hollingshead	<u>0m 43.92s</u>
4 th from 7 teams	3m 01.34s

B1

Mike Morris	0m 52.81s
Sonny Peart	0m 43.64s
Ariff Sidik	0m 53.71s
Zaheer Sidik	<u>0m 52.11s</u>
4 th from 7 teams	3m 28.27s

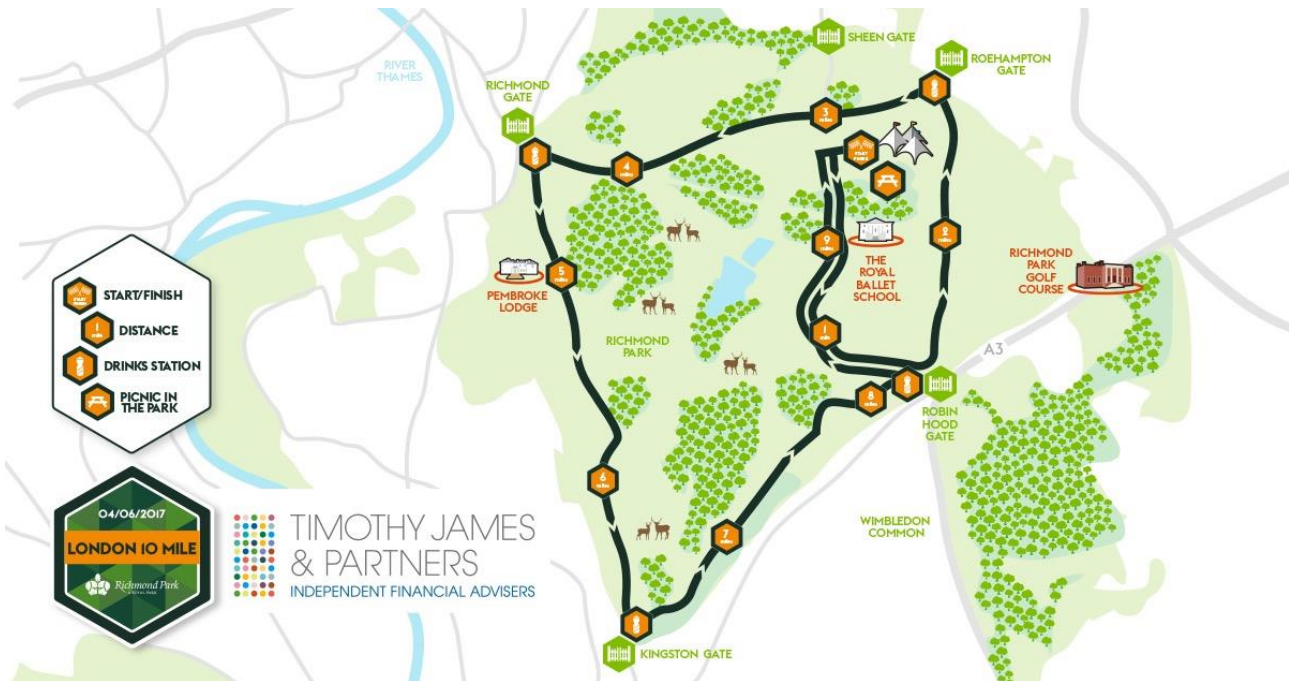
B2

Hershil Patel	0m 51.36s
Steve Paull	0m 58.25s
Alisha Sidik	1m 13.33s
Nancy Morris	<u>1m 14.25s</u>
4 th from 6 teams	4m 17.19s

Thanks to Dave Brown for recording the Metros finishers in the 5 miles and for organising and recording the Metros relay teams – Pat Jackson

London 10 Mile - 4 June 2017

The race publicity for this event stated that up to 10,000 runners would descend on Richmond Park to take part in London's only major fully closed- road 10 mile running event. The park would be closed to all forms of road traffic for the day this summer, providing runners with a unique opportunity to take on a new distance on the roads of one of London's most spectacular Royal Parks. I have never run a 10-miler competitively (e.g. the Cabbage Patch 10) so this would be a first for me.



The day dawned sunny but cooler than of late with highs of 18 Celsius estimated before light cloud was to appear. In the event, it stayed sunny with little cloud all day and got quite warm.

Gill and I currently have her brother and sister-in-law over from New Zealand and we all set off from Ruislip at 8.15, aiming to get to Richmond Park for 9.00. As we passed Gunnersbury Park we saw running folk making their way to the Summer League fixture there - I had entered the London 10 Mile before Summer League dates were announced but today we would also be in the company of Caroline Day-Lewis, Barry Nolan, Emma Packham and Kim Hassard, so plenty of other Metros to look out for.

Pre-booked car parking was available but Gill and my in-laws being from that part of London, knew how easy it is to park nearby and we did so very close to Sheen Gate, about as near to race HQ as it was possible to get.

The race was not due to start until 10.30 so we had plenty of time to savour the well set up “Event Village’ with its many stalls and excellent signage. An announcer told us that today’s road closures only happened on a few other occasions each year, without explaining why. Gill and my in-laws nodded sagely and murmured that he was referring to the annual deer cull that takes place each November and February.

I was busy stretching when the roving MC spotted my high kicks and before I knew it I was being subjected to an interview broadcast to the assembled masses - had I done a 10 miler before, no, surely, I had done half and full marathons, wow, very impressive times, what was I hoping to achieve today?

Good question, to which I had given some thought. I guessed, somewhere between my 10k and half marathon pace, I might manage about 1:07. Very impressive, thank you. Famous last words...

More stretching and then the MC conducted interviews with BBC newsreader Sophie Raworth (who was running) and Commonwealth and European middle distance runner Andrew Baddeley from Harrow (who had planned to run but wasn’t, because of injury) - he is the holder of the UK [Parkrun](#) record having completed the course at Bushy Park in 13:48.

There was then an exhausting, Zumba-like official warm-up led by an energetic young lady - frankly I couldn’t wait for the race to start to recover from that frenetic work-out. Gill accompanied me over to the starting pens - the organisers mentioned 5,000 having registered, so these were somewhat of a necessity - I was in the first (green) of four coloured waves. I was not as near the start line as I would have liked to be - ahead of me I could see the 80-minute pacemaker but not the one for 70 minutes whom I wanted to keep ahead of for as long as possible.

In the event, the start was delayed by 10 minutes or so, primarily because of large queues at the loos, of which there were plenty, but, as usual, never enough. There was also a minute’s silence for the victims of the previous night’s terrorist attack at London Bridge.

Then we were off, initially along 200 yards or so of linked plastic matting before joining the road which consisted of an almost immediate incline in the direction of the Royal Ballet School. We passed a Mariachi band and saw the first of numerous upbeat signs, in this case advising us of the upcoming hill.

I caught up with the posse surrounding the 80-minute pacemaker and passed the first mile marker in 7 minutes, about 30 seconds slower than I wanted. We reached the perimeter of the park at Robin Hood Gate where we were exhorted to greet the Lincoln green-clad heroic folk outlaw (or, rather, a chap dressed like him). Here was the first water station, perhaps positioned a little too far to the right of this left-hand turn. Generally, I think 25 cl bottles (nothing bigger) are best - with cups, too much water gets sloshed over one's face.

I redoubled my efforts and passed the 70 minute pacemakers, reaching the 2nd mile marker in approx. 13:30, getting towards my target pace of 6:45-ish, as we went up the east side of the park towards Roehampton Gate where there was another drinks station. A left turn took us along the northern edge of the park past miles 3 and 4 and Sheen Gate before we reached the next water station at Richmond Gate.

Crowd support on the course was sporadic but generally enthusiastic, especially near the entrance gates. There was another music ensemble and I was looking forward to seeing any deer which had escaped the cull but none were apparent at this stage.

A further turn took us down the western side of the park and I reached mile 5 in 35 minutes, still ahead of the 70 minute pacemakers. Mile 6 passed with another water station at Kingston Gate, the southernmost tip of our route.

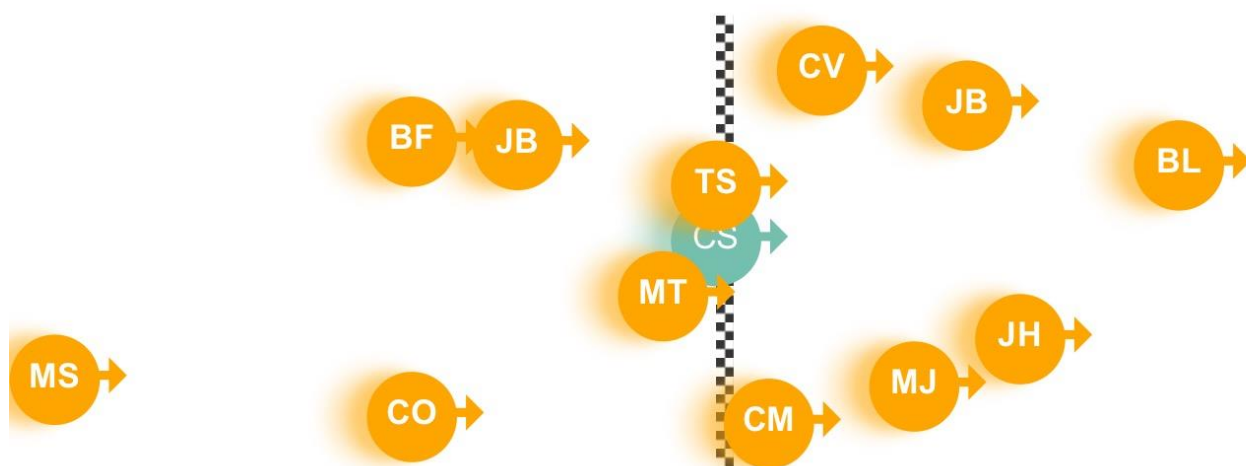
Many Metros will be familiar with Richmond Park (there's been a recent Sunday a.m. run there) and will know that the scenery is par excellence, so verdant in the weeks before high summer when the tall grass dies off. The race signage referred to the number of trees (about 1,200), which are the oldest, largest and most noticeable things in the Park. Some of them pre-date the Park's enclosure as a Jacobean royal hunting ground.

Between miles 7 and 8 I was caught up by the 70 minute pacemakers, slightly ahead of their pace. A notice invited us to wave to nearby tree surgeons and, sure enough, there were two such chaps, suspended from ropes in trees right above the roadway, cheering us on. Mile 8 brought us back to Robin Hood Gate and we now retraced our steps back to the race village two miles hence.

The downhill incline before the right turn back onto the plastic matting was a blur of high fives (and a glimpse of Gill) and I finished in 1:11:01, my pace having dropped to 7:12 min/mile, the overall average being 7:06 min/mile. I'm going to put that down to the a) hilly course, b) warm weather and c) the fact that I had run the Manchester Half Marathon the week before. I was 146th (141st male) out of 3229 finishers (1551 males), thus in the top 4.5 percent. The following graphic shows just how busy the finishing area was becoming.

I made my way back to Gill and we watched for the other Metros finishing. We missed Caroline who managed 1:26:49 but we saw Barry who did 1:41:33 (his "Finish overview" indicates that he crossed the line simultaneously with three other runners - the other Metros' Finish overviews were similar).

Finish overview



We went back to the finish area to see him and link up with my in-laws - Barry and I agreed that the hilly terrain prevented it from being a truly PB course.

As we left the race village, walking adjacent to the plastic matting, we saw Emma and Kim coming in, whom Gill had last seen around mile 3. They finished together

in 1:56:13 (having taken the best part of 10 minutes to pass the starting mats, which just goes to show how big the field of runners was).

Andy Greenleaf (Serpentine) won in 53:24 (at 5:20 min/miles pace). He's seriously fast over all distances having finished this year's London Marathon in 2:27:42 and having completed Bushy parkrun in 15:30. Sophie Raworth did 1:18:34; the last finisher managed 3:25:12 and there were 25 DNF's.

This was a thoroughly enjoyable day out, in lovely surroundings, rounded off by a nice pub lunch in the Hare & Hounds, East Sheen. As is common nowadays the "Event Info Guide" comprised a comprehensive booklet in electronic form. Amongst travel advice within, I particularly liked the reference to secure bike racking (for those cycling there), rather like the parking areas for cycles found at the larger railway stations. Very green - most impressive to see.

I reckon I'll give it another go next year and, having now familiarised myself with the nature of the 10 miler, I might even attempt the Cabbage Patch 10...

Chris Shearwood

London 10 mile - 4th June 2017 Richmond Park

1		0:53:25
146	Chris Shearwood	1:11:01
905	Caroline Day-Lewis	1:26:49
1864	Barry Nolan	1:41:33
2495	Geraldine Gill	1:52:52
2831	Emma Rackham	1:56:13
2832	Kim Hassard	1:56:13
3242	Finishers- last	3:25:12

Weald Trail Half Marathon – 28th May (Correction)

1		01:28:43
154	Leah Buckland	02:27:33
248	Finishers	04:21:53

Conquest of Avalon – 17th June 50-mile Ultra

1		10:43:38
13	Sonny Peart	12:40:36
30	Finishers	14:47:32



Dixon Carphone Race to The Stones – 15th July 100Km/62 miles- Oxfordshire

1		07:52:58
312	Spencer Millbery	14:05:21
339	Sonny Peart	14:24:12
963	Finishers	32:23:11

Ironman Austria – 2nd July 2017

Jonny Jackson

Swim:	01:11:38
Bike:	05:50:36
Run:	04:13:42
Total:	11:28:26

Kings Langley – PuffaTen 10K
18th June 2017

1	37:40
Jonathan Evans-Hughes	51:25
Last	88:48

St Albans Summer Solstice 10K
23rd June

1	34:22
79 Jonathan Evans-Hughes	47:21
285 Finishers	84:40

Ashridge Trail Half Marathon- 2nd July

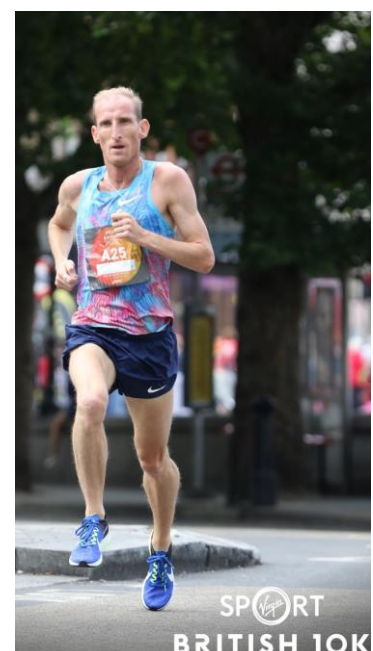
1	01:23:28
106 Jonathan Evans-Hughes	02:05:29
214 Finishers	03:30:26

JP Morgan Corporate Challenge 3.5 mile (5.6Km)
Battersea Park – 5th July

Paula Kanesanathan 31:42 **(PB)**

British 10k – London, 9th July

1	Scott Overall	31:05
2864	Paula Kanesanathan	57:01 (PB)



Runner's Recipes

Bircher Muesli



Bircher Muesli was the creation of the Swiss doctor and nutritionist, Maximilian Bircher-Benner who developed it for patients in his Zurich sanatorium because he believed apples had cured him of jaundice. Contrary to widely held beliefs at the end of the 19th he considered that raw vegetables and fruit were nutritious and beneficial. This is a perfect breakfast when you are in a rush – make it the night before so you can just grab it and go!

Ingredients

100g porridge oats
2 eating apples, cored and grated
150ml apple juice or water
1 tbsp clear honey
200g frozen mixed berries

Method

- 1. Tip the oats into a large, plastic food storage box, then grate the apples over the top.**
 - 2. Add the apple juice (or water), yoghurt and honey and mix together until all the oats are coated in the apple/yoghurt mixture.**
 - 3. Add the frozen mixed berries and stir well once more. Cover tightly with the lid and leave in the fridge overnight. This allows the oats to soak up the liquid.**
 - 4. In the morning, divide among four bowls or takeaway pots. Add extra fruit or nuts to taste.**
- You can keep the basic mix in the fridge for 3-4 days just taking out what you need each day**
 - You can add a teaspoon of vanilla paste or extract to the oats to give a vanilla hit.**

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.