



December 2017
Issue No. 351



Merry Christmas

Metros Diary

December

Sat 2	5 Mile Handicap	9.00 am
Sun 3	Perivale 5	10.00am
Sun 3	TVLXC – Handy Cross	11.00 am
Sat 9	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40am
Wed 13	Metros Christmas Walk	TBC
Sat 16	parkrun (Rickmansworth)	9.00 am
Sun 17	TVLXC – Reading	11.00am
Thu 21	Winter Solstice Run	06.04, 7.04 & 7.34 am
Fri 22	Christmas Drinks – at the Rackhams'	7.00 pm

January

Sat 6	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 13	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40am
Sat 20	parkrun (tba)	9.00 am
Sun 21	TVLXC – Tadley	11.00 am
Sun 21	Fred Hughes – 10	10.00 am
Sun 28	Gade Valley – 12 miles training run	9.00 & 9.30 am

February

Sat 3	5 K Run, Roxbourne Park	9.20 am
Sun 4	TVLXC – Bracknell	11.00 am
Wed 7	Committee Meeting	8.00 pm
Sat 10	Measured mile, Roxbourne Park Foodbank donation	9.20 & 9.40am
Sun 11	Harrow Hill Race	10.30am
Sat 17	parkrun (tba)	9.00 am
Sun 28	Gade Valley – 17 miles training run	9.00 & 9.30 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!

This month's race reports concern overseas events; Ian and Annie Birch in Spain and Steve Paull's three marathons in 3- weeks in the USA and Cuba. I'm inspired to combine travelling and running in 2018, if possible.

Nearer to home, there is the Harrow Hill 10K on 11th February, organised by Metros; sign up now.

The recent Metros Quiz and Awards evening was a great evening and a chance to reflect on the significant achievements of Metros members in 2017.

Wishing you all the best for Christmas and New Year – and even more running success in 2018.

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



Welcome New Members

Pippa Brown

Harrow Hill 10K Race

11th February 2018

Sign up now @ https://www.activetrainingworld.co.uk/events/2018/02/11/harrow_hill_10k





Achievements

Well done to ...

Sasha Birkin – for being the first woman to finish at Ricky Road Run, 29th October and at Harrow parkrun 18th November

Kyie Hollingshead, Tian Hollingshead, Errol Clarke, Andy Fox, Sakina Sidik & Bernie Conway – for all completing their 50th parkrun.

Steve Paull – for coming first in his age group at Ricky Road Run and for coming first in his age group at the Outer Banks Marathon, USA, 12th November

Nigel Rackham - for coming first at Harrow parkrun 18th November



Parkrun

The third Saturday of each month, Metros do a parkrun as an alternative to our usual Saturday morning session at Roxbourne Park. The remaining Parkrun for this year is:

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.



50 Metros turned out for the mob match against Sudbury Court at Harrow parkrun, 18th November. Metros won the challenge.



THAMES VALLEY CROSS COUNTRY LEAGUE

Events take place every two-three weeks at 11.00 am on Sundays between October and March. The courses are roughly five to six miles. There are usually eight fixtures, with men and women of all abilities running together over mostly cross country, some footpaths and a little road.

Co-ordinators: Al and Jane Scoffham

See also: <http://www.tvxc.org.uk>

Cross Country Fixtures – Remaining fixtures for 2017/18 season

2017

DECEMBER
3 Handy Cross
17 Reading

2018
JANUARY
21 Tadley

FEBRUARY
4 Bracknell





Dear Metros, Friends and Family,

We are coordinating a run/walk on the shortest day of the year Thursday 21st December, to finish on the east side of Harrow on the Hill to watch the sun rise over London at 8.04am followed by a well-deserved breakfast/hot drink in Morrisons Pinner Road (top end near Harrow Town Centre).

We are looking to have several meet times (6.04, 7.04, 7.34) from outside John Lyon School entrance (where the Wednesday night hill runners meet at Middle Rd, Harrow on the Hill, HA2 0HN) and there is an early start to accommodate those who may not be able to make it to sunrise due to other commitments but still wish to participate.

Please can you let me or any of the regular Wednesday night hill runners know if you would be interested in running or walking the winter solstice.

Please also feel free to promote via any other running social media groups you subscribe to and invite family and friends everyone is welcome no matter what pace you run or walk at.

Nathan Powell

07775 540 680, nathancpowell@yahoo.co.uk

METROS ANNUAL CHRISTMAS WALK

Wednesday 13th December 2017

It's that time of year again.....

All Metros are invited to join us for a day walking in London, taking in the culture, architecture and visiting a few (??) of the fine historic hostelrys en-route.

You are welcome to come for the day or join us along the route as we make our way across London.

Full details will be available middle of November

If you're interested in joining us please email: pickfords_uk@hotmail.co.uk

Or phone 01895 233778

Henry and Marilyn

Andrew Howell – The Body Factory

Are you in “Kneed of help”? – Patella tendonitis

Is running bad for your knees, or is it a popular fitness myth? No published study has confirmed that running on its own is bad for you or your knees. The key message here is if you have existing damage to a tendon there may be a problem. However, this goes for all weight bearing exercise for example playing basketball or mountaineering. Do not run if you are in pain! Try and prevent an unnecessary chain of events.

Sharp pain below the kneecap is not because running is bad, it is because something is wrong. One would assume that a joint with two planes of movement couldn't possibly give so many problems. However, your knees are designed to accelerate movement generated from the hips and are a site of attachment for many soft tissues.

I personally find that knee pain one of the easiest conditions to diagnose but potentially the hardest to treat. The superficial nature of the patella tendon along with the heightened sensitivity makes assessment straight forward. The image shows a right knee where the patella tendon has become inflamed.



What are the signs that you may have a patella tendonitis?

- Localised pain at the front of the knee over the patella tendon
- Pain made worse with running or jumping activity and sometimes with prolonged sitting
- Onset of pain is typically gradual and commonly related to an increase in sport activity i.e. hill training or mileage
- Often the tendon feels very stiff first thing in the morning.

- The affected tendon may appear thickened in comparison to the unaffected side

Patella tendonitis is like many other repetitive strain conditions, it can trick you into a false sense of comfort. The tenderness reduces and the stiffness does not hang around much in the initial phases. This is when to stop! Microscopic changes are already occurring and the tendon is forming new poorly constituted tissue. It is a slippery slope from here. Do not assume it will just reduce over time or that you can go for an easy 10-mile run on the grass to loosen it off.

Research shows that the further you let your patellar tendonitis progress, the more cellular damage will have occurred in your tendon and the weaker it will have become. The weaker the tendon becomes the more of its resilience you'll lose.

What to do when you feel any symptoms?

- Stop!
- Wait for stiffness and tenderness to reduce and seek advice regarding strengthening exercises.
- Seek the advice of a sports physiotherapist to have the required treatment in the acute stage to recover the tissue.
- Work on biomechanics. Treat the causation not just the symptom. The research indicates that if you do not do this the symptoms will return.

As we all know, athletes can be the most stubborn species known to walk the earth. So, if you find yourself a few months down the line and the condition is progressively getting worse the next piece of information is crucial.

Academic research shows that chronic patellar tendonitis will not go away on its own. You need to do the right things for the stage of the injury you're in or else you risk months of rehab and not be able to participate in sports, as well as constant pain. Sadly, tendon injury goes through phases and you need the correct advice. If you are seeing a physiotherapist and they are using electro therapy three months in you need to rethink. Patella tendonitis (-itis meaning inflammatory) is the initial phase. If left it will become a tendinopathy requiring lengthy rehabilitation.

Get the correct help and enjoy pain free running! Remember running should be enjoyed pain free and done safely!

Thanks again for reading

Andy

A Couch to 5K course for 2018!

As reported in the November edition of Metrolines, a second Couch to 5K course will be run from April 14th to June 16th, 2018.

Our graduate C25K runners have reflected on the programme and would like to share with us some of their thoughts to encourage others to join the forthcoming course:

The Couch to 5k really represents a wonderful achievement for me. I never thought I could run and I always gave up when I tried to do it alone but I've now learnt that I can do it. I've also made some great friends who, like me, have now made running part of their life. **Mahua**

Would recommend to others, learnt I could run and keep doing it (it feels odd if I haven't run at least once a week). Made a whole bunch of new friends that I wouldn't have met otherwise. And it gives me 'ME' time. **Diane**

The couch to 5k program was an amazing journey which turned a run phobic person like me into someone who genuinely enjoys running now. The support and help that the Metros members gave us is what propelled us to the finish line and I would recommend the program whole heartedly to anyone who wants to run but doesn't know where or how to start. **Priya**

The couch to 5K was great, it provided a supportive framework for people to grow their confidence with running at a measured realistic pace. No unnerving pressures! **Bev**

Taking part in Couch to 5k in 2017 has been an amazing experience. I completed the course and ran my first park run in May. The whole team at Metros were incredibly welcoming and supportive and I know I would not have completed the course if I had tried to do it on my own. I have also made a great new group of friends and now that I've started I can't stop running! **Jen**

So, grateful to Metros running club for putting on the C25K course. I would never have completed it on my own using the app. The support and encouragement that was given to us all was so warm. They genuinely cared that we were progressing and they made everyone feel proud of themselves no matter what their pace. I'm delighted that Metros are giving another group of people the opportunity to start running. **Linda G**

The whole thing has made a big difference to me, a new hobby and it's healthy. I have lost weight and have loads more energy, a whole group of new friends. **Gill**

I thought the C25K program was fantastic. The support and encouragement from the members of the club was a key factor in the success of the program. I could never have achieved this by myself and I much prefer to run with other people. Our group gelled well and being part of the 'group within a group' i.e. the C25K within Metros gives you additional impetus to continue when it feels tough. **Linda R**

So, if you know of someone who is interested in taking part in the next Couch to 5K, please pass on these testimonials from the first course to encourage them to apply. Applications can be made from 1st February 2018 onwards. If anyone would like to register their interest before this, please email the membership secretary (metrossecretary@yahoo.co.uk) who will contact them nearer the time.

Kath Donaldson

*Merry Christmas &
Happy New Year to all
Metros.
Happy & healthy
running for 2018 with
lots of PBs.*

Love John, Bernie &

Baby Bump xxx



Christmas greetings one and all,
Enjoy your runs and have a ball.
Keep on stretching before and
after
Then join in all the fun and
laughter.

From Kath and David Donaldson

To all Metros
Merry Christmas & Happy New Year
Good Luck with your running in 2018
From
Dave, Sharon, Tian & Kyie



Merry Christmas & Happy New Year
Best Wishes
Andrew & Jo

Festive Greetings to all our friends
Very best wishes for successful running in
2018
From
Teresa & Dave

Have fun and joy this
Christmas
Wishing you every
happiness in 2018
JA

A Happy and Healthy 2018 Running
Year
Barbara & Frank

Merry Christmas & Best Wishes for 2018
Peter, Mandy & Boris





Merry Christmas and a Happy
New Year to all Metros
Angela & Brian

Merry Christmas and Happy
New Year to all the Metros
Mick & Barbara Reading

Wishing you all a very merry
Christmas and a happy New
Year
Andy & Gill Fox



Merry Christmas
Have a fantastic year of
running
Penny

Felices Fiestas Navidenas and
Best Wishes for 2018.
Keep running
Love from Racquel

Have a great Christmas and may all
your running dreams come true
Jane H

To all Metros have a
wonderful Christmas
Veronica xxx

Merry Christmas to all Metros
With love from the Millberys

A very happy and healthy
Christmas one and all
Best Wishes
Julia

Wishing you all a very merry
Christmas and a happy and
healthy 2018
Lots of love
Ruth (Tidder)

Wishing our Metros family all
the blessings of this Christmas
Best wishes Pauline & John

Wishing you all a very merry X-mas
Enjoy the festivities and have a great
2018
From all the Sidiks

Merry Christmas and a happy New
Year to all our Metros friends.
Lots of Love
Linda & Andy xx

With best wishes to all Metros for a
fabulous Christmas and a successful and
happy 2018.
Good running to all
Sarah W

With best wishes for a
very merry Christmas and
a happy and healthy New
Year
Brian & Pat Jackson

A very Merry Christmas to
you all. Wishing you health
and happiness for 2018
(and some PBs too)
Love Nancy & Mike

Happy New Year with good
running and hopefully some
cross-country snow
from Adam & Karen

Wishing everyone a very happy
Christmas, and a healthy and
injury free
2018.

From Judy, Nigel, Emma, Peter
and Matthew

AKA Round Norfolk Best Family

Merry Xmas you filthy
animals
Keep running
Love Sarah B
xx

Merry Xmas and Best
Wishes for 2018
To all Metros and their
family and friends
Love Brian xxx

Bah Humbug (from him) and a
happy injury free year to you all
(from me)
Irene and Steve

With best wishes for
Christmas and New Year
to all at Metros, with
hope that 2018 brings
many miles of enjoyable
running, good company
and the odd PB along
the way.
Mike & Yasmin

Metros QUIZ AND AWARDS PRESENTATION EVENING

Friday 24th November at Lowlands Tennis Club

The venue was again Lowlands Tennis Club on Friday 24th November and approximately 80 Metros members and families made up eight teams for the excellent Quiz this year again organised and presented by Jane and Al Scoffham and Steve Paull.

Sarah Westwood, Metros Honorary Chairman, welcomed everyone and Jane Scoffham started the quiz with three rounds. Following a break, Dave Brown started the presentation of awards with the MBE's – **Metros Best Efforts** for the Track & Field League.

The committee decided that from this year MBEs would be awarded only where a previous Metros record was broken. This year the following recipients did exactly that.

W40-44, Sasha Birkin	3,000m	11.29.2	previously 11.46.4 by Jane Young	1996
W65+, Pauline Bishop	800m	03.43.8	previously 3.52.20 by Ann Marsden	2011
	3000m	14.33.8	previously 16.04.6 by Ann Marsden	2011
M50-59, Kevin Smart	HJ	1.3m	previously 1.25m by Brian Jackson	1993
M60-64, Steve Paull	800m	2.53.0	previously 2.57.7 by Terry Burke	2011
	1500m	5.38.18	previously 5.48.0 by Terry Burke	2010

Wendy Mulvenna, Vets T&F coordinator presented the awards.

Wendy also presented the **Harrold Godden Track Shields** (donated by Mike Godden in memory of his father) to Sasha Birkin and Sonny Peart. These are awarded to Metros who recorded the best aggregate performances over 100m, 200m, 400m, 800m, 1500m, 3000m, Long Jump, High Jump, Hammer Throw, Discus, Shot Put and Javelin at track meetings before 1st October. Aggregates are calculated using IAAF multi-event tables.

Al Scoffham, coordinator of the **Thames Valley XC League**, presented the Metros awards for the 2017-2018 season to those attending. Award winners are:

1st U/17 – Tian Hollingshead, 2nd Kyie Hollingshead
1st W55-64 – Annie Birch
1st W65+ – Raquel Russel Ponte
1st M 21-39 – Brett Rafferty
1st M40-49 – Mike Morris
1st M50-59 – Jim Buckland
1st M60-69 – Gordon Valentine

Irene Paull, coordinator in the Metros **Summer League** presented the Metros awards to those present. The following receive awards:

1st Tenderfoot Girl – Alisha Sidik

1st W21-34 – Emma Rackham

1st W35-44 – Sakina Sidik

1st W45-54 – Sasha Birkin, 2nd Ruth Tidder, 3rd Rhonda Tapley

1st W55-64 – Jane Hudson, 2nd Irene Paull, 3rd Penny Hudson

1st W65+ – Janice Newman, 2nd Raquel Russel Ponte

1st U/11 Tenderfoot Boy – Sam Millbery

1st U/13 Tenderfoot Boy – Christopher Hudson, 2nd Zaheer Sidik, 3rd Joe Millbery

1st U/15 Tenderfoot Boy – Kyie Hollingshead

1st M17-20 – Tian Hollingshead

1st M21-39 – James Kerrane, 2nd Hershil Patel,

1st M40-49 – Jonny Jackson, 2nd Russell Hewlett, 3rd Richard Brown

1st M50-59 – Michael Morris

1st M60-69 – Steve Paull

1st M70+ – Peter Jose

Dave confirmed that the overall **Metros Summer League Award**, in memory of Bill Gardner, had been won by Janice Newman. A minimum of three events are needed to qualify and this is awarded for the best age-related performance using the World Masters Athletics tables – The ‘Howard Grubb’ tables. Teresa Young was thanked for doing the calculations.

The Music round of the quiz, organised by Steve Paull, was played and continued during the break.

The awards for the Saturday morning events were then presented. Angela Murphy, coordinator, for the Measured Mile, stated that Dave Young had won the **Keith Adsley Award**. This award is for the runner who has improved their time the most. See the results pages for full results.

As no one had done a timed 5 mile walk to qualify for the **Daisy Dora Benn Walk Shield** (donated by Pat & Peter Maffia in memory of Pat’s mother) so, this was not awarded.

The Ann Marsden 5K Award was donated by her family in memory of Ann. The award is for the most improved lady over 18 years in the four 5K runs held in Roxbourne Park. Teresa Young had done the calculations and Marilyn Pickford, coordinator presented the award to Nancy Morris whose final time was 30.43, age graded to 52.74% and an improvement of 6.42% compared to the first run of the series in 34.37 (46.43%).

Gordon Valentine, Metros coordinator for the, **5-mile Handicap Award** thanked all runners for participating in the event held four times a year. He thanked Carole for timing the runners. He confirmed that Saturday 2nd December was the first 5-mile handicap in the new series. He announced that the person with the highest overall points was Nancy Morris. See full results in January Metrolines.

Steve Paull compiles the list of events and Jane Hudson calculates the results for the **LRRC Trophies** donated by the London Road Runners Club when Metros evolved as a separate club from the NW Branch of the London Road Runners Club. This year there were eight races of varying distances from 5 to 20 miles. Steve presented the trophies to Linda Dunne and Mike Morris together with an award for completing all the races. See results pages.

Following a break, Barbara Robson presented the **Young Runner's Awards**, the recipients chosen by the Committee. The criteria for these awards are participation, achievement, effort, determination and sportsmanship. Dave Brown had produced details of the participation of young runners in various events and the Committee was pleased to have so many young runners to consider which had made it difficult to choose overall recipients. It had been decided to award the Girls Young Runner's Award to Alisha Sidik and the Boys Young Runner's Award to Zaheer Sidik.

The **Beginner Runner's Award** was donated by Catherine Corcoran and is presented to a member who had started running and improved in the year approximately between the Presentation Evenings. The recipient is chosen by the Committee and, particularly due to the Couch to 5K course organized by Kath Donaldson, there were several candidates. Carole Wells announced that this year it had been decided to give the award to Ariff Sidik who, since joining Metros, had run several 10K events plus 10 miles and half marathon events. Ariff is a worthy beginner runner who has come a long way since as his wife put it "I had to drag him along to Thursday training sessions".

Angela Murphy, present holder of the **Female Aaron Breen Award** presented the award. A reminder that Aaron was American and had worked here for a few years, had joined in with Metros activities and found Metros to be a very friendly club. When he returned to the States he left money for awards in his name. It was decided that the two awards – one each for women and men should be awarded for services to family running.

Angela stated that, after much deliberation and a long list of ladies in contention, she had decided to pass the award to Sarah Westwood, current chair of Metros. Apart from chairing Metros meetings, Sarah has shown exceptional dedication, skill, flair and commitment to participate in events and training sessions. She has a keen sense of justice and fairness, is adept at solving problems and an inspiration.

Sonny Peart, the present holder of the **Male Aaron Breen Award**, had chosen to present the award to Dave Brown. Sonny stated that Dave, *despite having an operation and not being able to run, has been a near constant presence at many regular Metros sessions, including Mondays and Thursdays, when he often leads the track session. Many Metros, young and old, undoubtedly owe him a debt of gratitude for their improved speed and times this year. He also organises the relay at Summer League fixtures, as well as encouraging and photographing Metros at many races, including parkruns and Saturday morning events at Roxbourne Park. Sonny stated that it was an easy decision to award the Aaron Breen Award for Family Running to Dave this year.*

The present **Female Runner's Award** holder is Caroline Day-Lewis who had chosen to award the trophy to Pauline Bishop. Caroline stated that 2017 had been a great year for women's running overall - women are now competing on more equal terms to men. She mentioned several achievements by several Metros women and listed Pauline's various running achievements including reducing her Park Run time by 5 minutes, achieving age grading of 81.25% for the Metros 10K, coming first in her age group in several races and ranked 71st in her age group in Run Britain Rankings.

Christopher Shearwood, the present holder of the **Male Runner's Award** had decided to present the award to Nathan Powell. Chris was unable to be present due to running a marathon in Florence but had prepared a speech which Nigel Rackham read on his behalf. Chris stated that for some time Nathan has been involved in leading the Wednesday and Thursday night sessions, encouraging the group. This year Nathan improved his times in distances from 5k parkruns to marathons. He has finished first in two parkruns, run several half marathons in under 90 minutes and ran 3 hrs 3 mins at the Abingdon marathon. A worthy recipient.

All recipients of awards to be kept for one year receive a permanent memento of that award.

The final awards presented, Jane Scoffham announced the results:

1 st	Non-Egg Heads	173 points
2 nd	Shufflers	161 points
3 rd	London Jokers	157 points
4 th	Scorpions	154 points
5 th	Waiting for Dave	153 points
6 th	Norfolk and Chance	142 points
7 th	Googlers	127 points
8 th	Couch Potatoes	116 points

Sarah Westwood closed the evening and thanked Jane and Al for organising the excellent quiz, Steve for producing the music round and Irene for helping with results, Dave Brown as compere, Pat for organising the awards and all present for coming along to participate.

My thanks to Dave Brown for compering the awards, calculating the results of the Track Shields, for checking my calculations for the league awards, MBEs and preparing some speeches. Thanks to Teresa Young, Jane Hudson, Angela Murphy and Gordon Valentine for calculating the various Metros event award winners. Full results of the MBEs, 10KChallenge, LRRC Trophies, 5 Mile Handicap and Measured Mile events will be listed in Metrolines

Finally, thank you to the Metros members and families who came to enjoy another very successful social evening.

Pat Jackson

Results and Reports

POINTS FOR 'HAROLD GODDEN' TRACK SHIELDS 2017

The men and women use different tables so their scores should not be compared

Points		Points	
2050	Sasha Birkin	2189	Sonny Peart
1137	Tracey Tyrrell	1408	Kevin Smart
978	Pauline Bishop	1292	Chris Michael
893	Gladys de Groot	632	Mike Ransome
607	Ruth Tidder	437	Chris Shearwood
369	Elish Fernandes	427	Mark Mulvenna
338	Kath Donaldson	318	James Kerrane
324	Jeanne Coker	153	Steve Paull
319	Carole Lloyd	92	Dave Young
		71	Mike Morris
		45	Andy Fox

Dave Brown

2017 Trophy Races – Results

Women

		Finchley 20	Maidenhead 10	Marlow 5	Run Wembley 10K	Burnham Beeches 1/2	Moor Park 10K	Cabbage Patch 10	Ricky Road Run	Total
1	Linda Dunne	48	49	49	49	50	49	49	49	392
2	Penny Hudson		41	37	37	49	39	40		243
3	Sakina Sidik	46	44	43	44			44		221
4	Anne Ambrose		42	36	36			41	47	202
5	Sasha Birkin	50					50	50	50	200
6	Pauline Bishop	49	50	50	50					199
7	Irene Paull		45	42	42	49				178
8	Carole Lloyd			39	38		43	45		165
9	Claire Millbery		46		48				48	142
10	Emma Rackham			46			45	47		138
11	Veronica Georgescu	47		45	43					135
12	Nancy Morris			38	41		44			123
13	Patricia Hewlett		43	40	39					122
14	Kath Donaldson			41	40		40			121
15	Raquel Russel Ponte			35			37	42		114
16	Sarah Belchier		48	47						95
17	Kim Hassard			48			47			95
18	Judy Rackham						46	48		94
19	Ruth Tidder				45		42			87
20	Teresa Young						41	46		87
21	Jane Hudson						48			48
22	Leah Buckland		47							47
23	Marion Rogan				47					47
24	Anne Nola				46					46
25	Karen Leary			44						44
26	Angela Murphy							43		43
27	Linda Gaitskell						38			38

Men's Results

		Finchley 20	Maidenhead 10	Marlow 5	Run Wembley 10K	Burnham Beeches 1/2	Moor Park 10K	Cabbage Patch 10	Ricky Road Run	Total
1	Mike Morris	49	48	46	45	47	44	47	47	373
2	Steve Paull		49	47	47	48	43	46	48	328
3	Hitesh Patel		45	41	36	46	39		41	248
4	James Kerrane			48	50		49	49		196
5	Jim Buckland		46	43	39			43		171
6	Ariff Sidik		43	40	35			42		160
7	Brett Rafferty		50	50	49					149
8	Matthew Rackham			49			48	48		145
9	John Norris						46	45	49	140
10	Barry Nolan		44	39	34					117
11	Nigel Rackham						50	50		100
12	Chris Shearwood				48	49				97
13	Nathan Powell					50	47			97
14	Russell Hewlett		47	45						92
15	Mike Ransome	48					40			88
16	Brian McGrory						42		45	87
17	Peter Reynolds				42				43	85
18	Glyn Watkins			38					42	80
19	Hershil Patel			42	37					79
20	Paul Gardner				33		36			69
21	Jonathon Evan-Hughes	50								50
22	Andy Fox								50	50
23	Fatmir Sulmataj				46					46
24	Jag Matharu								46	46
25	Jonathan Pang					45				45
26	Peter Rackham						45			45
27	Adam Leary			44						44
28	Mitesh Patel				44					44
29	Simon Abery							44		44
30	Nick Russell								44	44
31	Anthony Bellis				43					43
32	Sonny Peart				41					41
33	Simon Dadomo						41			41
34	Tian Hollingshead				40					40

35	Kyie Hollingshead				38				38
36	Gerry Barker						38		38
37	Steve Alder						37		37
38	Arnold Glickman						35		35

Measured Mile 2016-2017 Results

	November	February	May	August	improvement over 3 consecutive miles
Adam Leary				6.43	
Amanda Hardy		8.41	8.51		
Andrew Collier		7.24	7.38	7.40	
Andy Fox		6.06	6.18	6.00	
Anne Nola		7.50			
Arnold Glickman	9.17	9.03		8.59	18
Barbara Reading	8.58		8.44	8.25	33
Barbara Robson	13.52				
Brett Rafferty			5.20		
Carlow Day Lewis	6.44		6.19		
Carole Gordon		8.57			
Carole Lloyd	9.36			9.49	
Carole Wells	9.30				
Caroline Day Lewis	6.40				
Ceri Jacob		7.54	7.52	7.53	
Dave Brown	9.24		12.16		
Dave Young	7.50	6.57	6.42		68
Deborah Norman		9.05	8.45		
Eilish Fernandez				10.12	
Errol Clarke	9.28		8.03		
Frances		12.41			
Gareth Hughes				11.08	
Gill Fox				10.34	
Gladys De Groot	11.30	12.20			
Ian Bocock		12.42			
Ian Cadwell	7.00				
Irene Paull	8.43	9.04	9.04	8.58	6
Jane Hudson	7.47			7.29	

Janice Newman + Errol Clarke				9.02	
Janice Newman + Mike Ransome	9.15				
Jarina Khatum				10.41	
Jo Collier			9.42	10.24	
Jonathon Pang			8.26	8.23	
Judy Rackham	8.36	8.54	14.20	8.42	
Julie Smith				9.39	
Karen Leary				9.19	
Kath Donaldson	9.13	8.55		9.06	
Kevin Eckersley		8.38		8.29	
Kyie Hollingshead	6.52	6.20	6.14		38
Mark Lemon			8.41		
Mason Murray			8.30		
Mike Morris			6.04		
Mike Ransome	7.36		7.21	7.25	
Mike Reid				9.19	
Nancy Morris			8.40		
Penny Hudson	9.56		9.20	9.14	42
Raquel Russell Ponte		9.19			
Sarah Westwood	10.32				
Simon Aberly		6.28	6.12	6.14	
Sonika Sidhu			8.57		
Sonny Peart			6.29		
Steph White		10.28	9.58	9.55	33
Steve Alder		8.26	8.09		
Steve Paull	6.31	6.35	6.08	6.29	6
Sue Davie	11.40				
Teresa Young			8.37		
Tian Hollingshead	6.21	6.05	6.15		
Titziana Spotti		9.15	9.16	9.13	

The trophy goes to Dave Young for an excellent improvement of 68 seconds over 3 consecutive Miles. Congratulations!

Penny Hudson came second by improving her time by a very impressive 42 seconds, a great achievement and congratulations once again to Kyie Hollingshead, last year's winner, who came third by improving by 38 seconds. Well done to the 58 runners who took part and to the 8 runners who improved their time over 3 consecutive miles.

Thanks as always to everyone who took part and to all the helpers with timing and recording and distributing lolly sticks!

Metros 5 K Challenge- 4th November

Name	Grade	Time
Barbara Reading	76.47%	29:07
Andrew Fox	73.03%	20:52
David Young	70.89%	23:14
*Janice Newman	68.81%	33:27
Marion Rogan	68.63%	31:24
Caroline Day-Lewis	67.61%	24:48
Jane Scoffham	67.61%	29:32
Simon Aberly	64.15%	23:22
Judy Rackham	61.90%	30:03
Teresa Young	60.96%	30:57
Mike Ransome	60.27%	28:37
Gordon Valentine	59.00%	27:55
Anne Nola	58.98%	27:11
Ruth Tidder	58.48%	27:42
Sam Millbery	58.40%	27:02
Al Scoffham	57.48%	28:09
Mitesh Patel	56.41%	23:03
Julia Allen	55.15%	30:24
Anne Ambrose	54.75%	35:26
Claire Millbery	53.88%	28:59
Liz Wordsworth	53.79%	32:47
*Ceri Jacob	52.04%	33:28
**Linda Gaitskell	46.37%	41:50
Amanda Hardy	50.51%	32:48
Nancy Morris	48.53%	33:23
Gill Fox	47.41%	36:44
**Angela Murphy	50.72%	41:50
Catherine Saunders	46.27%	33:04
Noa Perelmutter	45.99%	33:42
Joe Millbery	44.67%	32:28
Richard Hayward	37.45%	35:39
Tian Hollingshead	#N/A	22:30

Self-timed:

Terry Burke 24:52

Dave Brown 44:23

Anne Leigh 50:00

Note * and ** denote guide runners

It's been a long time since the river path has been clear and safe enough to use.

So, we hope that everyone enjoyed running the original course

Thanks to Andy for going around the course a second time to remove all the marker tapes.

Next race will be in February.

Marilyn and Henry

Measured Mile – 11th November

	Mins:Secs
Tian Hollingshead	05:57
Mitesh Patel	06:00
Simon Abery	06:23
Sonny Peart	06:43
Dave Young	07:05
Mike Ransome	07:39
Liz Wordsworthy	08:02
Kevin Eckersley	08:20
Catherine Saunders	08:36
Linda Grimes	08:45
Amanda Harding	08:55
Marion Rogan	09:00
Noa Perlmutter	09:03
Janice Newman/Errol Clarke	09:14
Carole Wells	09:27
Anne Ambrose	09:43
Penny Hudson	09:53
Raquel Russel-Ponte	10:26
Sarah Westwood	10:34

Small turnout on a dull and damp Saturday morning for the first of the 2017/18 series of Measured Mile with only 19 runners. Well done to Tian with the fastest time and to Liz Wordsworth for competing the event for the first time. Still three more opportunities to run and improve those times, with the next event on Saturday in February – 10th.

Teresa Young

New York City Marathon, USA 5 November 2017

23691 Steve Paull 4.26.19
37513 Linda Dunne 5.07.13

Outer Banks Marathon North Carolina USA 12 November 2017

119 Steve Paull 3.48.10 1st V60

Havana Marathon Cuba 19 November 2017

144 Steve Paull 4.20.53

Ricky Road Run – 29th October

Pos		Gun Time	Chip Time	Age grading	
1			0:59:08		
28.	Sasha BIRKIN	1:06:29	1:06:25	80.6%	1 st Woman
53.	Andrew FOX	1:11:11	1:11:02	71.6%	
60.	John NORRIS	1:12:24	1:12:14	61.9%	
66.	Steve PAULL	1:13:24	1:13:16	76.2%	1 st MV60
80.	Michael MORRIS	1:14:30	1:14:22	66.0%	
90.	Jag MATHARU	1:15:32	1:15:24	63.5%	
136.	Brian MCGRORY	1:20:01	1:19:52	64.2%	
137.	Nick RUSSELL	1:20:02	1:19:52	58.9%	
171.	Peter REYNOLDS	1:23:27	1:23:05	64.5%	
276.	Linda DUNNE	1:33:28	1:33:00	60.0%	
307.	Glyn WATKINS	1:35:52	1:35:29	57.8%	
310.	Hitesh PATEL	1:36:04	1:35:46	52.6%	
376.	Claire MILLBERY	1:47:26	1:46:43	48.5%	
407.	Anne AMBROSE	2:05:19	2:04:36	50.8%	
424	Finishers		2:49:21		

A Couple of Last Minute Spanish Races - by Ian Birch

My wife Annie and I decided to do an oldies holiday on mainland Spain. Four weeks in a self-catering apartment on the northern edge of the Costa Blanca. All new to us. From our point of view, Denia turned out to be a very suitable town. Plenty for tourists to do but also a fully functioning place that had lots of other sources of income besides.

It has 14 km of beaches, so for us open water swimmers that was great and inland there are plenty of mountainous cycle routes.

I always scan the internet for local races and an organisation called crono4sports was putting on a running race every weekend.

So, we entered the Beniarbeig 7k. I entered online one week before the event. The cost was €5.30, less than a fiver in Sterling.

Prior to taking part in the race, Annie and I we went on a cycle and got completely lost and ended up in Beniarbeig; which turned out to be a stroke of luck as we found that the course may have a few hills.

The route map, which was online was by far the most complicated I have seen and did not say which way round to run.

Come the morning of the run we picked up our numbers, which were personalised with both our names and the size of tee shirt we had ordered printed on them. (They had had 6 days since we entered). We also got our tee shirts and timing chips.



The run was a tough competitive race on completely closed roads, it had two sharp uphill sections. It had 27 turns (I am happy for people to challenge that number).

The results were published within 30 minutes of finishing. Of course, we got a goody bag, I mean we had paid €5.30. 187 took part in the adult race. The temperature was about 20 degrees, so not too hot.

The race also had a walk which started at the back of the field and was well supported. As with most Spanish races there were also plenty of children's races as well.

Due to enjoying this race so much we entered the next event that crono4sports were hosting. This was called "Cursa Daimus 12k C.C.P. Safor Valldigna". Apparently, it was the Daimus 12k and the rest of the title was a series that this race part of. This was €3 to enter, we got all the same goodies as the first race but no tee shirt. This race started at 5:30 in the afternoon. Online there were 140 entries, however people who had entered the series were not shown.

In all 631 finished the 12k. The route was 2 laps so there was also a 6k race which started at the same time and had 158 finishers. So nearly 800 started. Again, the roads were closed. The temperature was about 26 degrees, so quite warm but after 3 weeks of acclimatisation neither of us had any troubles. The race was about 12.2k.

It was an enjoyable race. I had some of the same runners around me as the week before and was determined not to get carried away.

We were both happy with our times, as it is over 10 years since either of us raced beyond 10k. I must confess neither of us wore our Metros kit as we had not taken it, but we were listed as Metros.

Spanish races are fantastic value for money and have deep fields. They are well worth entering if you find yourself in the region.

For those interested the results can be found on this website:
<http://www.crono4sports.es/resultados.php>

**Beniarbeig 7k – Sunday 15th October
2017**

1		00:24:35
45	Ian Birch	00:31:01
154	Annie Birch	00:40:48
187	finishers - last	01:17:23

Daimus 12k – Sunday 21st October 2017

1		00:41:47
177	Ian Birch	00:56:47
577	Annie Birch	01:16:39
631	finishers - last	01:34:23



Annie completing the race

South Bucks 10K, 1st October

1	First	0:33:39
143	Glyn Watkins	0:57:55
220	Finishers – last	1:41:48

Frieth Hilly 10K, 15th October

1	First	0:37:20
221	Glyn Watkins	1:02:23
274	Finishers – last	1:23:08



My time was 5hrs 14mins 28secs and the event was the Ironman 70.3 Asia Pacific Championships in Sydney, Australia
Jonny Jackson

Steve Paull's Marathon Holiday

Here we go then with the tale of three marathons on three successive Sundays, starting with New York.

The tales of the queues at the Big Apple immigration were all true. Adding on rush-hour traffic it took us four and a half hours from landing to reach the hotel.

That was on the Thursday, on the Friday, a morning run was arranged to the finish in Central Park, but our group based at the other hotel didn't show up at the meeting place (Columbus Circle, if you know New York), at least not at the right time. The biggest disappointment of this package tour was that no social events were arranged for all of us. That might have been nice. There was a noticeboard at the hotel but nothing social was written on it.

In the days before leaving the UK I thought I was getting a cold. I was right and Friday was spent sneezing with a very runny nose.

Heile Gebreselasse was staying in the same hotel, but I only saw him the once and didn't react quickly enough to get a photo. (Or he didn't react quickly enough to get a photo of me!!)

Still with a cold, the alarm went off at five o'clock on race day (true, the clocks had gone back that night) and I had to get ready for the coach to the Staten Island ferry and the start.

The ferry was the beginning of a load of queueing and waiting. We waited for a ferry to arrive, then it didn't leave for some minutes. We had to wait for the other one to leave at the far end then, we lined up on Staten island to be herded onto coaches. Add on security checks as well. A coast guard speedboat with a large manned gun on the front escorted us across. After all this I now had only 20 minutes to get ready before the baggage buses left, then we queued again in our corrals to be led to the start on the massive Verazano Narrows bridge. In my previous runs here men have peed over the bridge into the river below but that has been stopped now.

The first half of the marathon was fine, the second was the worst for many years, taking over two and a half hours. I just had no energy. This was "the wall" at its worst. Waves of frustration brought me to tears when I saw Irene and Linda's husband Andy, with two miles to go.

"Well done, now get the **** out of Bronx" one or two of the crowd there had shouted, delighting in their borough's rebel attitude. I would have gotten out of there quicker if only I could.

New York as a city though seemed nothing like as "edgy" than on previous visits. Harlem was not threatening and the Hasidic Jewish area had hardly a soul about-different to my previous recollections.

The next morning a huge number of people were walking around sporting their medals. I was told it's tradition there. The queues at the finish to get them engraved were long throughout the whole day.

But after that, it was cheerio to Linda and Andy and on to North Carolina for the second marathon. After the disaster of that second half and a severe dent in confidence, what did the future hold?

We went by train from New York to Washington (I didn't realise Penn Station was right next to Madison Square Garden) and, via the tour bus, spent time there visiting the major tourist places. We were staying in an area called Foggy Bottom! I had one special trip to do and that was to visit Arlington cemetery and the grave of the next-door neighbour of my mum. (This is the truth. Really. She married a GI).

We had a hire car to pick up, but we didn't realise that Washington-Dulles airport is many miles out of town in the wrong direction. After no satisfaction from some unhelpful local people at the car hire company (having to ring the UK!!), Irene eventually got to use her management "skills" to get us a pick up from the local airport instead.

We stayed a night in Williamsburg, which was pristine and clean and a bit "chocolate box". The B and B owner was a military man who wanted national service reintroduced! We then moved on to an area known as the Outer Banks for the second marathon. We were staying in a quiet little place called Monteo where the race finished and on an island just in from the coast. This was a surfing area in the height of summer, but the season was winding down and many places right on the coast were boarded up.

The race started at the back of a Walmart. Many of us were bussed from the finish to the start. Things were being set up as we arrived. There were no queues at the Portaloos and this an hour before the off. As we lined up for that start the national anthem was played and some sang. The mayor made a speech and a religious man blessed us and wished us well. Off we went.

I had a vague plan to run more positively and keep up with the 3.30 pacer to halfway, but when the word quickly got out it was too fast I settled back to let the group drift away.

Most of the course was through wealthy housing estates alongside the Albermarle Sound. Occasionally we would find ourselves on the highway that the bus had driven down.

Out of the blue at ten miles there was a woodland hilly off-road section that was to last for three miles. The first two were wide trail and fine, but suddenly there was a sharp turn and a steep uphill on sand with tree roots to avoid.

Emerging back onto road it was now halfway (the timing mats were not mats at all but angled metallic squares above your head) and I was five minutes faster than a week earlier.

At the miles clicked by I recall a memorial to the Wright brothers (early flight started here) and a monster sized sand dune. The big event of the second half was the Washington-Baum bridge to be crossed at 23 miles. I was determined not to walk and didn't, but soon after tiredness came and I stop/started my way home in what was still a year's best time.

At our B and B there were several runners. We all congregated in the lounge there afterwards to congratulate each other and talk over our races. As I was going from New York and on to Havana it was suggested I might be James Bond!

But there was a long drive to Charlotte to be done on the next day. Cuba awaited.

As the plane in Havana was taxiing to its stand I looked out of the window and saw a dog trotting about. And that was just off of the runway!!

This turned out to be a symbol of the organised chaos that was to follow in Cuba. The taxi driver treated the dozen or so miles to our hotel as his own personal race, ducking in and out, hand on the horn. New to the country, we later found out we were overcharged (agree fare before setting off) by quite a bit and then we tipped on top of that. He was from the state-run cab firm and in a modern car, the others are cheaper and the vehicles more suspect.

You tip for almost everything in Cuba. The people are said to be poor, and some obviously are, but there's a lot of mobile phones about.

We were hassled for many things- car trips (1950s American cars), taxis, restaurants, even cigars. The hourly rotation of musical groups in the hotel (and many other places) all passed the hat after they'd played a few tunes. All the street hasslers seemed to know a little of the English language- usually starting with "Where are you from?"

Getting an hour's internet access was achieved via buying a scratch-card and scratching off a code number. The tourists on the cruise ships paid 5 CUC (the tourist currency) for this from touts, at least we only paid two. One was available if you knew where from.

Irene got a really bad bout of food poisoning but, for some reason, I was lucky. A lot of time she was unable to leave the hotel.

But to the race, registration was chaotic- have you paid, do you have the e-mail? but using the theory that all runners are similar we were helped through it. We teamed up with a Yorkshire/Lancashire couple who were much more adventurous than us in general and prepared to do the bartering where required. The taxi back to our hotel in a tiny old Lada (five people in it) was half what Irene and I had paid going out.

Four races started at the same time on the Sunday. There were no toilets and no baggage store that I noticed. It was to reach 27 degrees. It was hot enough even at the start time of seven. Rejoicing in any cloud cover and adding a little distance to take any available shade was the order of the day. I had made the decision to

have a haircut because of this heat- another interesting experience when there is a language barrier.

On previous days waves had crashed over the sea wall and onto what was the race route. On the day, the wind had changed direction resulting in a dry run but no cooling breeze for the four miles along the coast. Once the route went inland there were hills. Not monsters but certainly irritating.

Traffic was stopped at every junction causing long queues and even more of the constant smell of petrol.

We ran around the main tourist spots of the city past Castro and Che monuments. I passed somebody running in football boots.

On the second lap, the traffic was being slowly released wherever possible and we had to avoid the occasional rogue vehicle. It was tough but I was not in anything like as much distress as the New York experience two weeks earlier. I was just tired, I suppose.

As I finished the hassling began again- "Can I have your shoes, your watch?" Even my towel was requested "for the baby".

Our hotel was nearby and Irene gave in. My reserve shoes were donated to one of the many runners who shoes really did seem to be falling apart and who was about my foot size. The towel went too, but not the watch.

When there were drops of blood in my pee that evening I thought we'd better come home.

Three marathons on three successive Sundays had been achieved.

Steve



Steve receiving his award after the Ricky Road Run

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.