



December 2016
Issue No. 339

 **etrolines**

 **MERRY
CHRISTMAS** 



Another prize for Pauline!



Metros Diary

DEC

Sat 3	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 4	Thames Valley Cross Country, Handy Cross	11.00 am
Sun 4	Bedford Half Marathon	TBC
Sun 4	Perivale 5	10.00 am
Wed 7	Committee Meeting	8.00 pm
Sat 10	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sat 17	parkrun	9.00 am
Sat 17	Christmas drinks at the Rackhams	7.00 pm
Sun 18	Thames Valley Cross Country, Reading	11.00 am
Sat 31	Timed walk, Roxbourne Park	9.00 am

2017

JAN

Sat 7	10K Challenge, Roxbourne Park	8.50 am
Sat 14	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 15	Thames Valley Cross Country, Bracknell	11.00 am
Sat 21	parkrun	9.00 am
Sun 22	Thames Valley Cross Country, Tadley	11.00 am
Sun 22	Fred Hughes 10	10.00 am
Sun 29	Thames Valley Cross Country, Metros (tbc)	11.00 am

FEB

Sat 4	5K Race, Roxbourne Park	9.15 am
Sun 5	Thames Valley Cross Country, TVT	11.00 am
Sat 5	Watford Half Marathon	10.30 am
Sat 11	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sat 18	parkrun	

MAR

Sat 4	5 Mile Handicap, Roxbourne Park	8.50 am
Sat 11	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 12	Finchley 20, Ruislip	9.00 am
Sat 12	North London Half Marathon	8.30 am
Sat 18	parkrun	9.00 am

APR

Sat 1	10K Challenge, Roxbourne Park	8.50 am
Sun 2	Bournemouth Bay Runs, Half Marathon, 10K, 5K, 1K	
Sat 8	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 9	Brighton Marathon, 10K, Mini mile	
Sat 15	parkrun	9.00 am
Sun 23	London Marathon	
Sat 29	Timed walk, Roxbourne Park	9.00 am

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

Note from the Editors!

Wishing you all a great Christmas, and that 2017 brings all you hope for. Please see page 4 for a very important announcement from your editors!

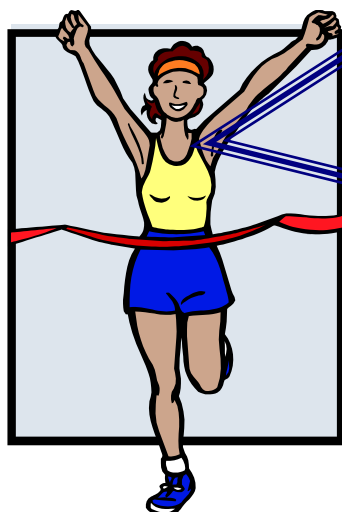
Jane & Penny



Welcome

James Kerrane, Harrow
Elizabeth Abrahams, Harrow
Tony Watson, Wembley
Ariff Sidik, Kenton

Elected at the November 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

Editor(s) required!



After just over 6 and a half years, we have decided it's time to pass the baton on to someone new. So we would like January 2017 edition to be our last. It's generally not an onerous task and should only take a few hours per month of your time. We have found it helpful to work as a team, so you may want to consider taking it on as a partnership. If you would like to take on this (mostly) enjoyable challenge, please get in touch with us or one of the committee members to find out more about what's involved.

Jane & Penny Hudson

Our new address is:
12b The Links
Pengersick Lane
Praa Sands
Penzance
Cornwall
TR20 9RD

Tel: 01736449509

We are less than a mile from a lovely beach
(pretty sure we have seen it on Poldark!)
and we have plenty of room for Metro
guests.

Cheers

John and Karen



Cross Country



Thames Valley Cross Country League

The Thames Valley Cross Country League is based around 8 races held from October to February each year.

Events are held on Sundays with an 11:00 AM start time - each course is usually a mixture of woodland trails and parkland and is normally about 5 miles in length.

Here are the proposed dates for the 2016/2017 fixtures

December

4 Handy Cross Runners
18 Reading Road Runners

January

15 Bracknell Forest Runners
22 Tadley Runners
29 Metros?

February

5 Thames Valley Triathletes

Middlesex Championship Cross Country

The Cross Country season is approaching fast you lucky people.

I have just received details of the Middlesex Championship Races for next year.

The venue is the same as our TVL event at Hillingdon House Farm but a wimpish version as they don't cross the river.

Details as follows

Venue: Hillingdon House Farm

Women's race 8,000metres at 1.00 pm. Must be over 20 on the day

Men's race 12,000 metres at 1.45 pm. Must be over 20 on the day

Date: Saturday 7th January 2017

There are younger category races of shorter distances if anyone is interested.

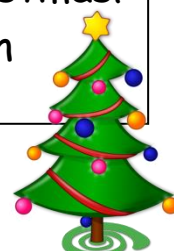
If you would like to be in the team, or if any individuals would like to run please let me know by 20th December 2016 as the closing date is the 30th and what with Christmas and stuff, time soon passes.

Many thanks
Al Scoffham
01895 270245
07437457104



A very Merry Christmas
to you all. Happy running!
Nancy & Mike Morris

Merry Christmas!
Barry Nolan



Achievements

Well done to ...

Sasha Birkin and **Nigel Rackham** for winning their age category at Cabbage Patch 10.

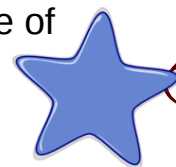
Bernie Norris for her first marathon – Bournemouth Marathon

Linda Dunne and **Mike Morris** for PBs at Dublin Marathon

Nigel Rackham for winning Ricky Road Run with an age grade of over 90%!

Gertrud Porter for 1st V65 at Ricky Road Run

Pauline Bishop for 1st V60 at the Grand Union Half Marathon



Be happy and keep running in 2017.
Barbara & Frank

Merry Christmas and may the New Year bring you all PBs!
Chris and Gillian



Merry Christmas run & all! Sonny

London Marathon Club Places

Congratulations to Judy Rackham, Catherine Corcoran and Spencer Millbery for winning the 3 Water Station marathon places and to Sue Davie for the 1 club place. Good luck with your training!

Roxeth

Knowing the compiler, I got an early look at the Metros club records prior to publication. Looking at them it occurred to me that I was in a lot of the races in which the records were set. Not the early ones before I was a Metro or the recent ones as I've given up racing now, but I was there trotting along at my own pace half way down the field as, for example, Chris Roome became Middlesex Marathon Champion at Harrow in 1997.

At the time I do not recall any conversation at the other tennis club or the pub afterwards, about club records, actually nor at any time since up until recently. It is surprising that this list has never been assembled before.

The observant among you will notice the list shows how the ladies have not maintained their times and they've fallen away quite a bit more than the men. Have they given up or left or something because the decline in the records for 50+ ladies is considerable? Maybe it's just that life got in the way.

I also heard that the Hudson girls are giving up editorship of this publication. I wonder who will take on the task. In these days of desk-top publication is it possible the task is easy? I doubt it. I just don't have the information to hand to form an opinion. Several times in my short writing career here I have been nagged by the girls to get my words in as publication is late and I am holding things up. I have been guilty but I suspect others have too. Maybe that is the main hassle with producing Metrolines- never knowing what will be arriving to publish, and when. The arguments about costs arise as well. With so much basic club info now on the web-site (which I'm getting more proficient at using), will the importance of Metrolines decline, will it have to change style?

Fewer words from me this month- my typist has had the dreaded life get in his way recently, so I've kept it short. It's a sad thing, but I hope he's back in the swing as soon as possible.

Ol' Roxeth



Happy Christmas
Metros and a
peaceful New
Year xxx Sasha

Wishing you all a
wonderful Christmas and
a very happy New Year!
Anne & Juliette Nola

Happy Christmas &
a happy, healthy
and injury free
new year xx
Judy & Nigel



Happy Christmas to you all.
Gertrud and Bob



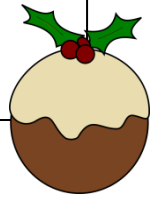
Merry Christmas to you
all and wishing you a
healthy and happy New
Year xx Ruth & Natalie

...And then there were eight

February	Watford
March	North London
March	Hillingdon
May	Richmond
August	Burnham Beeches
September	Maidenhead
October	Blenheim Palace
October	Water of Life, Bisham

Merry Xmas & Happy
New Year to everyone at
Metros

Linda & Andy



These are the 8 half marathons I have run this year. I have now completed a total of 172, having run the first 30 years ago in October 1986. It took me 20 years to run the first 100, an average of 5 per year. I have now run 72 in the 10 years since then, ie an average of over 7 per year. I am now aiming for my 200th – 28 to go - and, if all goes well, I may manage that in about 4 years. I only ever ran one marathon and that was in 1991 but as far as I know, and I stand to be corrected, there are no Metros runners who have achieved my total number of halves. It now takes me almost twice as long to run this distance as my fastest time. But the fact that I keep running them, and with greater frequency, is an indication that I continue to enjoy them at least as much as I have ever done. I am sure that running regularly with Metros, with the friendly encouragement I receive from my fellow runners, helps to keep me motivated.

Arnold Glickman

Happy Crimbo to
everyone at Metros.
Love Sarah (the one
who's always wired)



Merry Christmas
everybody and good luck
in the New Year. Dave,
Sharon, Tian & Kyie



Happy New Year &
Merry Xmas
Hersh, Krupa & Aanya

Happy Christmas and
good running for 2017 to
all Metros. Sarah (W)



Happy Xmas and a very
peaceful New Year
Jim / Leah



To Mike R & all the team
he organises throughout
the year for me. Happy
Christmas to you all.

Janice



Judy & Nigel

would like to invite



for

Christmas Drinks

On

Saturday 17th December

From 7.00

60 Paines Lane, Pinner

HA5 3BT

Partners welcome

RSVP Rackham60@tiscali.co.uk

by Sat morning Dec 17th please

(Judy 07745 220278 Nigel 07740 157173)

Club Records

Some while ago, when reading Brian Jackson's piece on the formation of the club, it occurred that there is no list, that I have seen, of Metros club records.

Lo and behold, the very next day, our editors furtively ease me to one side, away from the Daisy's hurly-burly. You know there's trouble ahead when they both come up to you.

The same thing has occurred to them.

"Are you doing anything this week?"

"Not particularly".

"Then find out what the Metros club records are for us. It's right up your street".

To be honest, I wasn't that curious and didn't really fancy this assignment. I did almost nothing about it for many months, hoping it would be forgotten. Then a letter arrived, without a stamp, amongst all of the Christmas stuff and pizza adverts. It was a list of the PBs of a semi-retired Metro. Somebody was doing things behind the scenes but still I did nothing. Next Irene handed me (surely not from eBay) a stash of very old Metrolines, much earlier than those I have kept. Metrolines has race results in it. It seemed I was going to have to complete this task after all.

Well more time passed and I did nothing beyond writing the first draft of what you are reading now, until the subject cropped up once again at committee last month. So now it seemed the task was finally going to have to be done.

And what a nightmare it turned out to be. I should have got paid for this.

Of course by then I'd lost the note with the PBs. Dare I ask again? There turned out to be some Metrolines missing, some of Irene's acquisitions were cut up for some reason, others had tea stains, the whole lot was dusty. There was even a shopping list written on one. Who knows how accurate these race results were. I don't know whether they are gun time or personal time. There are numerous issues that occur to me about them.

Then I had to choose what records to find, so you'll see I've settled for the "classic" four distances of distance running.

That's enough to be going on with!!

Steve Paull

Distance	10K	
Age Category	Male	Female
U40	Steve Doig 30:20 Hatch End Apr'90	Lucy Ashe 38:00 London Mar'16
V40	Steve Hartley 33:06 Shinfield May'94	Sasha Birkin 39:25 London May'16
V50	Nigel Rackham 33:50 Poole May'14	Anne Leigh 47:40 Lensbury Jun'91
V60	Chris Roome 37:36 Harrow Apr'97	Gertrud Porter 50:11 Sandown Nov'12
V70	Dennis Eyres 45:11 Barnsley Feb'90	Janice Newman 57:39 Moor Park Sep'15

Distance	10 Mile	
Age Category	Male	Female
U40	Nigel Flint 52:36 Old Millhillians Oct'88	Kate Armstrong 1:04:57 Bishops S'ford Nov'96
V40	Steve Hartley 53:46 Cirencester Mar'94	Jane Young 1:05:31 Maidenhead Mar'97
V50	Nigel Rackham 54:27 Cabbage Patch Oct'13	Dorothy Turner 1:16:26 Maidenhead Apr'90
V60	Chris Roome 59:53 Hayling Island Nov'97	Gertrud Porter 1:21:24 Fred Hughes Jan'09
V70	Roy Jeffries 1:16:33 Cabbage Patch Nov'96	Raquel Russel-Ponte 1:37:07 Cabbage Patch Oct'14

Distance	Half Marathon	
Age Category	Male	Female
U40	Nigel Flint 1:08:32 Harrow Nov'92	Kate Armstrong 1:24:01 Wokingham Feb'97
V40	Nigel Rackham 1:12:29 Bath Mar'11	Sasha Birkin 1:26:42 Brighton Feb'16
V50	Nigel Rackham 1:13:04 Reading Mar'15	Anne Leigh 1:44:46 Harrow Nov'91
V60	Chris Roome 1:20:37 Harrow Nov'95	Gertrud Porter 1:47:50 Berkhamsted Feb'11
V70	Roy Jeffries 1:50:01 Harrow Nov'98	Raquel Russel-Ponte 2:13:26 Maidenhead Sep'14

Distance	Marathon	
Age Category	Male	Female
U40	Gordon Swindles 2:31:17 Harrow Nov'89	Lucy Ashe 2:58:05 London Apr'16
V40	Brian Standen 2:30:47 Harrow Nov'88	Sasha Birkin 3:09:19 London Apr'16
V50	Nigel Rackham 2:32:13 London Apr'15	Gertrud Porter 3:45:39 London Apr'08
V60	Chris Roome 2:55:48 Harrow Nov'97	Gertrud Porter 3:47:23 Copenhagen May'09
V70	Roy Jeffries 3:53:35 Harrow Nov'96	Raquel Russel-Ponte 5:26:54 Paris Apr'14

So what you have read here are what I think are the club records based on what I could find out from most of the back numbers of Metrolines.

If there are errors then please let me know and I'll correct them, but some proof would be nice.

Now the excuses-

I don't know if some of the people listed were second claim Metros or even Metros at all. They might be just well known local runners of Harrow AC or one of its predecessors who were added to the finishers lists for information. Something like that.

Age is another problem. I have worked on V40/50/60/70 being the vet benchmark for both men and women and worked out ages from the club membership archives (which equally aren't perfect either). I doubt if Jeanne Coker will approve of this.

Old Metrolines didn't state age categories, and some sets of results from way back just used initials, so I didn't even know the sex of the person.

It was a minefield, but it's done.

Steve Paull

And I didn't even get in them!

Note: The records will be regularly updated on the website.

A very happy Christmas to all.
Wishing you all the best for a
happy and healthy 2017.
Nia.

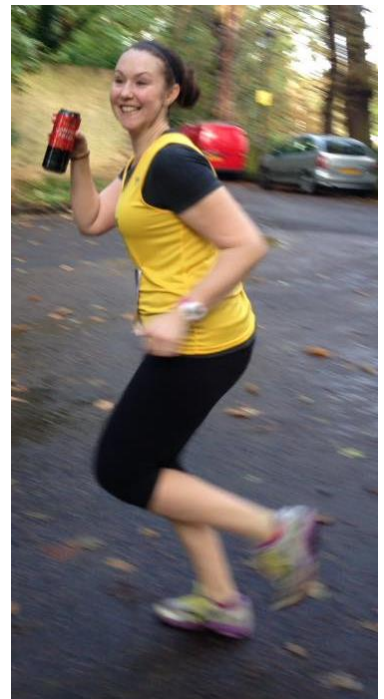


Happy Christmas and a
good running in 2017
Angela and Brian Murphy

Results and Reports

Cabbage Patch 10 Sunday 16th October

1		0:48:16
20	Nigel Rackham	0:56:04 1 st M50
129	Sasha Birkin	1:05:46 1 st F45
161	Matthew Rackham	1:07:21
255	John Norris	1:11:02
330	Michael Morris	1:14:34
346	Steve Paull	1:15:01
613	Sarah Belchier	1:22:30
697	Jim Buckland	1:25:18
735	Pauline Bishop	1:26:28
911	Linda Dunne	1:31:58
924	Bernie Conway	1:32:26
1011	Glyn Watkins	1:35:26
1033	Jane Hudson	1:36:13
1105	Sonny Peart	1:39:10
1133	Judy Rackham	1:40:19
1203	Irene Paull	1:43:26
1204	Raquel Russell Ponte	1:43:30
1296	Kim Hassard	1:48:26
1297	Emma Rackham	1:48:28
1312	Angela Murphy	1:49:50
1380	Nia Williams	1:55:29
1452	finishers – last	2:24:45



Beachy Head Marathon - Sunday 30th October 2016

1		02:50:37
892	Sarah Belchier	05:25:14
1203	Raquel Russel Ponte	06:01:50
1617	Angela Murphy	07:38:30
1711	finishers – last	09:20:20

Bournemouth Marathon Festival – Saturday 1st / Sunday 2nd October

Marathon

1		02:17:59
316	Jonathan Evan-Hughes	03:40:44
1413	Bernie Conway	04:45:34
2025	finishers – last	06:50:31

Half Marathon

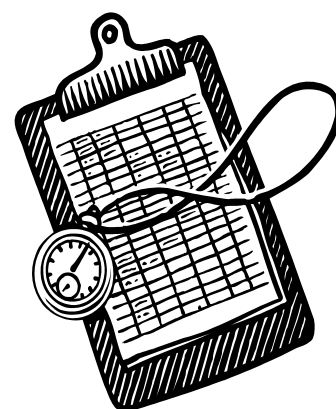
1		01:11:04
259	John Norris	01:35:43
3331	finishers – last	04:38:12

Dublin Marathon - Sunday 30th October 2016

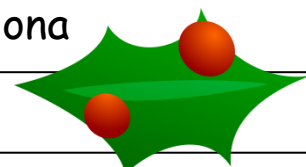
1		02:12:18
2821	Mike Morris	03:33:04
10048	Linda F Dunne	04:23:34



Measured Mile 12.11.2016	time
Tian Hollingshead	6.21
Steve Paull	6.31
Caroline Day Lewis	6.40
Carlow Day Lewis	6.44
Kyie Hollingshead	6.52
Ian Cadwell	7.00
Mike Ransome	7.36
Jane Hudson	7.47
Dave Young	7.50
Judy Rackham	8.36
Irene Paull	8.43
Barbara Reading	8.58
Janice Newman + Mike Ransome	9.15
Kath Donaldson	9.13
Arnold Glickman	9.17
Dave Brown	9.24
Errol Clarke	9.28
Carole Wells	9.30
Carole Lloyd	9.36
Penny Hudson	9.56
Sarah Westwood	10.32
Sue Davie	11.40
Gladys De Groot	11.30
Barbara Robson	13.52



Merry Christmas
to all. Happy
running in 2017.
Chris, James &
Fiona



Best wishes to
all, and good luck
with your
running in 2017!
Peter, Mandy &
Boris

What rain! Well done to all the Metros today who braved the downpour, paddled the puddles and completed the mile with smiles on their faces. The soggiest Mile for a long time and yes some of you did decide that staying at home and keeping dry was the better option, so hope to see you back in February with a better day. This was the first Mile of the new series so three more to go and you need to get a little faster each time to be in the running for the trophy. See you all in February.

Many thanks to Teresa for helping with the stopwatch and the recording.
Angela

Metros Annual Fun Run - The Brian Jackson Fun Run

1 October 2016

Karen Leary's 2K result had not been listed in the results.

10K Best G % = Best Age Grading %

	RACE 1 4K	RACE 2 4K	Best 4K G %	RACE 3 2K	2K G %	TOTAL TIME	Total G %
FEMALE							
Karen Leary	25:49	27:36	52.05%	14:04	45.64%	67:29	51.40%

Moor Park 10K – corrections

Apologies for the following omissions in November's Metrolines:

492 Nancy Morris 1:10:08
504 Arnold Glickman 1:11:39

Water of Life Half Marathon – 23 October 2016

Ruth Tidder 2:17:24
Arnold Glickman 2:55:13

Grand Union Half Marathon – 13th November 2016

1		1:17:41
14	William McKenna	1:25:47
184	John Norris	1:35:33
242	Pauline Bishop	1:56:23 1 st V60
282	James Buckland	1:59:27
407	Bernadette Conway	2:11:14
582	finishers – last	3:21:50



Happy Holidays Metros! Eat
as much as you want - we can
run it off in 2017!

Paula Kanesanathan

"One people. Many sausages"- Neil MacGregor.

"Munchen, that's near Munich". Those were the words of a character named Oz in a comedyish TV series from the 80s called "Auf Wiedersehen Pet" about a bunch of British workmen working in Dusseldorf.

Those were the words in my head quite often as we set off for the Munich marathon. Irene was more worried about me saying something non-PC, being a bit Basil Fawlty, or using the standard German phrases from the war comics of my youth.

I'd never been to Germany before, so it was an excuse to do that after I didn't enter the Dublin Marathon quick enough to join the other Metros who were there. However, we were later to find that the Foxs, Pickfords and Youngs were going to be in Munich too, so there would be quite a few Metros on foreign soil for this event.

(The eventual timing of Henry's operation was to mean that the Pickfords could not be there in the end).

I never thought that any German men would be wearing lederhosen. Quite a few were. I thought it would be like Scots and the kilt- largely ceremonial. Crikey, they were even selling running shorts made to look like lederhosen at the expo with the female serving-wench stereotype equivalent.

The racestart/finish was in the Olympic Park, the expo was there as well. It's out of town but not very far. A huge slightly hilly park area- think Regents Park. Various stadia are there with a sizeable lake and a hill to get up to see views of the city.

With several events taking place on the day there were quite long queues to collect numbers. The faster of our 10k runners, Dave and Andy, may have queued longer to get their number than it took to run their event.

The race started just outside the Olympic Stadium and headed for the centre of town. There were quite a lot of cobbles and no blue line. From the centre it entered an area called the English Garden. It's another huge park, flat, and about 10k of the race is here. The path is quite narrow for the numbers using it and the relay marathon runners, who started after us, were having difficulty getting past the masses of us marathoners. The leaders had bikes guiding them and had both had to veer onto the grass and do battle with trees to get past.

I had started the marathon with a cold. It's not really what I should have been doing, but on the day I got away with it (and paid the price in the weeks afterwards- serves me right). I stuck with the 3.45 pacers as long as possible until nature called. I never caught back up.

The second half is just around town. Firstly it was the more industrial area near the station, leading to the centre near where we were staying. After going through a few ornate squares with statues, memorials and monuments (plus more cobbles and even a penny-farthing bicyclist) it retraced steps back to finish, this time inside the stadium where Irene was sitting waiting, after her 10k. Her race was a straight out and back to the centre of town with no parks. Ahead of her, Dave had beaten

Andy by just a few seconds. That must have been a good race to watch. My lack of proper training (and the cold) got to me in the end and I slowed in the later miles. Nothing much new there then. That evening we all descended on an Irish bar (every city has at least one) where the girls sang a Queen song in karaoke to the bemusement of Dave. And yes, he did run the race in that battered old Metros vest of his!! Plenty of life left in it!

Steve Paull



Munich Marathon - Sunday 9th October 2016

1	02:27:10
1946 Steve Paull	03:54:32
3889 finishers - last	06:55:58

Munich 10k - Sunday 9th October 2016

1	00:31:32
197 Dave Young	00:46:27
202 Andy Fox	00:46:40
545 Irene Paull	01:01:34
865 Teresa Young	01:07:44
1293 finishers – last	02:06:33

Happy Christmas Metros!
Good luck with your
running in 2017!
Kim Hassard



Merry Christmas everyone!
Good luck in 2017.
Peter & Matthew

5k Race - 5 November2016

Position	Name	Time	Grading
19	Raquel Russel-Ponte	31.02	75.46%
4	Caroline Day-Lewis	23.51	69.46%
3	Dave Young	23.35	69.22%
26	Kath Donaldson	32.11	68.05%
1	Brett Rafferty	20.14	64.06%
2	Simon Abery	23.34	63.09%
9	Mike Ransome	28.16	60.45%
15	Ceri Jacob	28.49	59.63%
17	Terry Burke	29.36	59.19%
20	Janice Newman	31.04	58.21%
11	Sam Millbery	28.28	57.46%
5	Tian Hollingshead	24.30	56.82%
16	Julia Allen	29.20	56.48%
29	Teresa Young	33.06	56.19%
13	Ruth Tidder	28.35	56.09%
35	Anne Leigh	44.04	56.01%
12	Anne Nola	28.33	55.63%
34	Sarah Westwood	36.14	55.11%
6	Kyie Hollingshead	26.43	54.29%
7	Andrew Collier	27.31	54.03%
14	Claire Millbery	28.43	53.98%
21	Gordon Valentine	31.04	52.55%
28	Dave Brown	33.05	52.14%
30	Julie Smith	34.06	51.08%
22	Juliette Nola	31.55	51.02%
27	Dharmini Chikhliwala	32.34	50.87%
31	Arnold Glickman	34.18	50.81%
24	Evie Wallis	32.03	49.82%
18	Joe Millbery	30.04	49.46%
25	Karen Collier	32.07	48.26%
33	Jo Collier	36.08	46.40%
8	Hershil Patel	28.02	46.38%
23	Alina Phoolchund	31.58	46.30%
32	Kevin Eckersley	35.32	45.14%
10	Kai Patel	28.27	#N/A

The November 5k is the first of the four races with the next runs in February, May and August 2017.

To be eligible for the Ann Marsden award, female runners must take part in at least two of the 5k runs during the qualifying year.

Our thanks to our merry band of helpers:

Marion, who arrived at 7.45am to help me mark the course and take down the tapes afterwards.

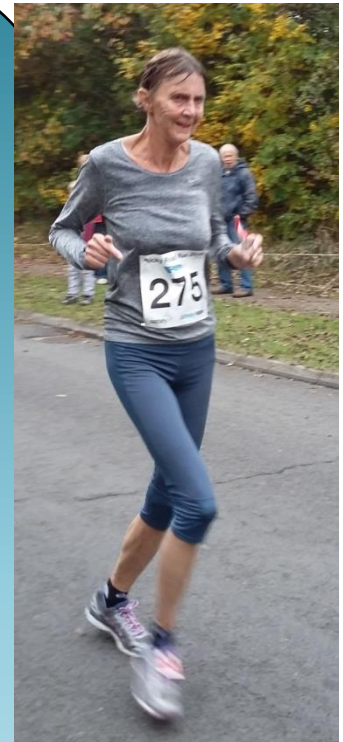
Alison and Deborah for helping at the finish and the unflappable Teresa with timing and results.

Marilyn and Henry (on sick leave)

Ricky Road Run - Sunday 30th October 2016

1	Nigel Rackham	00:56:26
19	Billy McKenna	01:04:13
49	Steve Paull	01:10:56
52	Brett Rafferty	01:11:25
73	Mitesh Patel	01:14:30
115	Brian McGrory	01:18:49
128	Peter Reynolds	01:20:31
174	Jim Buckland	01:25:52
193	Leah Buckland	01:27:35
213	Gertrud Porter	01:29:46
254	Glyn Watkins	01:35:55
260	Ruth Tidder	01:37:52
261	Barry Nolan	01:37:52
270	Jane Hudson	01:39:01
275	Judy Rackham	01:39:47
280	Marion Rogan	01:40:16
298	Ariff Sidik	01:43:44
315	Sakina Sidik	01:48:51
319	Emma Rackham	01:50:55
329	finishers – last	02:02:13

1st WV65



Harrow parkrun Mob Match Results (15/10/16)

Metros

Name	Time	Age Grading %
Nigel RACKHAM	00:17:14	88.39
Mitesh PATEL	00:19:42	65.82
Christopher SHEARWOOD	00:19:49	76.28
John NORRIS	00:20:23	65.49
Brian MCGRORY	00:20:51	73.06
Brett RAFFERTY	00:20:53	62.09
Patrick LEAHY	00:21:21	64.87
Michael MORRIS	00:21:52	66.92
Steve PAULL	00:22:49	72.17
Sebastian HOLLINGSHEAD	00:23:00	60.51
Dave YOUNG	00:23:19	69.98
Simon ABERY	00:23:29	63.31
James BUCKLAND	00:24:15	62.82
Alison TEALE	00:24:17	63.83
Leah BUCKLAND	00:25:02	59.12
Pauline BISHOP	00:25:23	79.84
Sonny PEART	00:26:33	54.68
Errol CLARKE	00:27:21	54.78
Sarah BELCHIER	00:27:46	53.30
Barry NOLAN	00:27:46	52.28
Janice NEWMAN	00:28:15	81.47
Judy RACKHAM	00:28:22	64.69
Stephen ALDER	00:28:37	53.23
Kyie HOLLINGSHEAD	00:29:01	51.23
Sam MILLBERY	00:29:19	55.77
Kim HASSARD	00:29:27	50.25
Claire MILLBERY	00:29:28	52.60
Dave BROWN	00:29:53	57.72
Angela MURPHY	00:29:54	69.90
Irene PAULL	00:30:10	62.54
Joe MILLBERY	00:30:22	48.96
Kathleen DONALDSON	00:30:28	71.88
Raquel PONTE	00:30:39	76.40
Emma RACKHAM	00:30:44	48.16
Sakina SIDIK	00:31:24	47.77
Arnold GLICKMAN	00:31:42	54.99
Carole WELLS	00:31:49	55.42
Teresa YOUNG	00:32:17	57.61

Veronica GEORGESCU	00:33:46	60.96
Nancy MORRIS	00:33:49	47.41
Anne AMBROSE	00:34:48	54.21
Penny HUDSON	00:35:48	49.91
Stephanie WHITE	00:35:57	53.96
Sarah WESTWOOD	00:36:15	55.08
Deborah LEWIS	00:36:21	49.15
Richard HAYWARD	00:36:22	36.48
Wendy MULVENNA	00:39:34	45.16
Gillian SHEARWOOD	00:44:40	38.47
Average Age Grading %		59.60

Sudbury Court

Name	Time	Age Grading %
David HEATHCOTE	00:20:47	62.07
Victor TSUI	00:21:47	60.90
Mark MULVENNA	00:23:46	64.10
Martin GARRETT	00:23:53	68.95
Liz ABRAHAMS	00:24:21	69.68
Peter HIGGINS	00:24:43	53.67
Louis SMYTH	00:25:08	63.26
Yvonne WALKER	00:26:42	67.79
Angela TOMUSANGE	00:27:58	54.35
David MARET	00:28:02	49.41
Mary ALLIEU	00:28:29	55.24
John WALERYCH	00:29:10	54.97
Rita SCOLLAN	00:29:43	50.31
Lise FLANAGAN	00:36:09	41.86
Praveena PRABHAKARAN	00:38:38	39.34
Average Age Grading %		57.06



parkrun results

15.10.16

Black Park

Glyn WATKINS 00:28:59

Linda GAITSKELL 00:36:36

Harrow

See separate
page – mob
match

Llyn Llech Owain

Ruth TIDDER 00:27:50

Natalie TIDDER 00:34:53

Northala Fields

Max DADOMO 00:58:17
(tail runner)

Sasha BIRKIN (tail
runner) 00:58:18

Tring

Adam LEARY 00:25:51

Karen LEARY 00:36:20

South Oxhey

Gladys DE GROOT 00:42:48

Lowestoft

Peter REYNOLDS 00:22:29

22.10.16

Black Park

Glyn WATKINS 00:29:18

Linda GAITSKELL 00:34:15

Harrow

William MCKENNA 00:18:30

Chris 00:20:11

SHEARWOOD

Jim BUCKLAND 00:24:45

Graham John 00:27:02
HART

Jason BOWLES 00:28:57

Gill SHEARWOOD 00:48:31

St Albans

Barry NOLAN 00:27:24

Poole

Sue DAVIE 00:40:38

Canons Park

Steve PAULL 00:22:22

Sakina SIDIK 00:29:31

Deborah LEWIS 00:37:10

Longrun Meadow

Tian 00:23:08

HOLLINGSHEAD

Kyie 00:27:47

HOLLINGSHEAD

Dave BROWN 00:30:32

Northala Fields

Brett RAFFERTY 00:19:47

John NORRIS 00:20:00

Brian MCGRORY 00:20:30

Russ HEWLETT 00:21:26

Andy FOX 00:21:50

Trish HEWLETT 00:32:32

Penrose

John GORTON 00:24:22

Salisbury

Terry BURKE 00:32:44

Hanbury Hall

Nigel RACKHAM 00:18:00

Judy RACKHAM 00:29:38

Emma RACKHAM 00:30:21

29.10.16**Brighton & Hove**

Glyn WATKINS 00:29:06

Black Park

Linda GAITSKELL 00:34:49

Harrow

Kevin SMART 00:22:13

Graham John 00:27:25

HART

Marlay

Patrick LEAHY 00:21:13

George LEAHY 00:22:46

Pegwell Bay

Wendy 00:38:47

MULVENNA

Canons Park

Barry NOLAN 00:26:46

Longrun Meadow

Tian 00:23:59

HOLLINGSHEAD

Kyie 00:30:16

HOLLINGSHEAD

Dave BROWN 00:31:09

Northala Fields

Chris 00:19:19

SHEARWOOD

Brett RAFFERTY 00:19:29

Andy FOX 00:21:23

Waterstown (IRL)

Kim HASSARD 00:29:27

Emma RACKHAM 00:30:19

South Oxhey

Errol CLARKE (tail runner) 01:11:31

Penrose

John GORTON 00:23:59

Salisbury

Terry BURKE 00:30:27

AldenhamSasha BIRKIN (1st) 00:20:52**5.11.16****Black Park**

Glyn WATKINS 00:31:50

Harrow

Sasha BIRKIN 00:20:09

Mitesh PATEL 00:20:10

Brian MCGRORY 00:21:15

Mike MORRIS 00:22:23

Jacqueline 00:27:04

BOWLES

Jim BUCKLAND 00:27:47

Barry NOLAN 00:27:47

Sonny PEART 00:27:51

Judy RACKHAM 00:28:07

Jason BOWLES 00:28:26

Emma RACKHAM 00:29:11

Veronica 00:33:03

GEORGESCU

Nancy MORRIS 00:33:21

Penny HUDSON 00:35:31

Gill SHEARWOOD 00:46:50

Poole

Sue DAVIE 00:39:57

Wycombe Rye

Linda GAITSKELL 00:35:37

Walthamstow

Errol CLARKE 00:29:41

Canons Park

Sakina SIDIK 00:30:05

Wendy 00:39:20

MULVENNA

South Oxhey

Gerry BARKER 00:30:58

Penrose

John GORTON 00:23:39

12.11.16

Black Park

Emma RACKHAM 00:30:54

Harrow

Patrick LEAHY 00:21:11

George LEAHY 00:25:33

Graham John
HART 00:28:27

Canons Park

Brian MCGRORY 00:21:16

Sakina SIDIK 00:30:23

Cassiobury

Sasha BIRKIN (1st) 00:19:47

Salisbury

Terry BURKE 00:31:44

Anderson (NZ)

Adam LEARY 00:23:29

Karen LEARY 00:30:50



Merry Christmas Metros!
All the best for 2017 xx
Emma (R)



Quiz and Awards Presentation

The venue was again Lowlands Tennis Club on Friday 11th 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, welcome everyone and introduced Dave Brown, compere for the evening. Dave listed the format and started the presentation of awards with the MBE's – **M**etros **B**est **E**fforts for the Track & Field League. Wendy Mulvenna, T&F co-ordinator was unable to attend so Pat Jackson, previous co-ordinator. presented the awards. (See awards list in Metrolines).

Pat also presented the **Harrold Godden Track Shields** (donated by Mike Godden in memory of his father) to Gladys de Groot and Mike Ransome. 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. (See the full list of points in Metrolines).

Al Scoffham, co-ordinator of the **Thames Valley XC League**, presented the Metros awards for the 2015-2016 season to:

1st W21-34 – Tracey Tyrrell
1st W45-54 – Jackie Bowles, 2nd Donna Warren, 3rd Carole Wells
1st W55-64 – Annie Birch, 2nd Marilyn Pickford, 3rd Angela Murphy
1st W65+ – Raquel Russel Ponte

1st Junior – Tian Hollingshead
1st M50-59 – Kevin Smart, 2nd Glyn Watkins
1st M60-69 – Dave Brown, 2nd Ian Birch, 3rd Terry Burke

There were only four fixtures this year in the **Metros Summer League**. Irene Paull, who had calculated the results for the whole league, presented the awards.

1st Tenderfoot Girl – Natalie Tidder
1st W21-34 – Leah Buckland
1st W35-44 – Sasha Birkin, 2nd Denise Power
1st W45-54 – Ruth Tidder, 2nd Caroline Day-Lewis
1st W55-64 – Jane Hudson, 2nd Irene Paull, 3rd Tiziana Spotti
1st W65+ – Marion Rogan, 2nd Angela Murphy, 3rd Raquel Russel Ponte

1st U/11 Tenderfoot Boy – Sam Millbery
1st U/13 Boy – Christopher Hudson, 2nd Kye Hollingshead, 3rd Joe Millbery
1st U/15 Tenderfoot Boy – Tian Hollingshead
1st M21-39 – Mitesh Patel
1st M40-49 – Michael Morris
1st M50-59 – Andrew Collier, 2nd Jim Buckland
1st M60-69 – Steve Paull, 2nd Peter Jose

Irene confirmed that the overall **Metros Summer League Award**, in memory of Bill Gardner, had been won by Sasha Birkin. 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.

Moving on to the Saturday morning events, Angela Murphy, co-ordinator, for the Measured Mile, was unable to attend and it was agreed that she would present the **Keith Adsley Award** another time. This award is for the runner who has

improved their time the most and was awarded the next day at the Scout Hall to Kyie Hollingshead, See full results in January's Metrolines.

Teresa Young, co-ordinator for the 5 mile walk, had calculated that the **Daisy Dora Benn Walk Shield** (donated by Pat & Peter Maffia) was awarded to Hilarie Lemon who completed the walk in October in 47m 11.99s at an age graded performance of 88.61%. Hilarie also receives a walk certificate.

Teresa stated that the walk event has now been changed with a choice of distances offered which is hoped will encourage more participation.

The **10Km Challenge** awards are given to those who completed the challenge for the first time this year or improved their performance on last year. These awards are again calculated using the tables published by the World Masters Athletes and runners whose best times of the year convert to percentages of 55% and over for Bronze, 62% and over the Silver and 70% and over for Gold are eligible. 12 runners were eligible and receive an award - 3 Gold, 6 Silver and 3 Bronze. Teresa Young, co-ordinator, presented the awards. See full results in Metrolines. The system of awards for this challenge will now be changed and medals with different coloured ribbons will be presented during the year, after each event.

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, co-ordinator presented the award to Claire Millbery whose age related result was 53.2% in 29 mins 08 secs, an improvement of 14%.

Following a break, Jane started the Quiz with intervals between some of the eight rounds, including a musical round prepared by Steve. The following final presentations were then made before the results of the quiz were announced.

Gordon Valentine, Metros co-ordinator for the, **5 mile Handicap Award** thanked all runners for participating in the event held four times a year. He stated that a system which arranged for all runners to finish around the same time caused maximum problem to the results recorders! He thanked Carole for being his result recording partner and also for being his partner in life. He confirmed that the person with the highest overall points was Kath Donaldson. See full results in Metrolines.

Jane Hudson had calculated 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. Jane explained that the competition is a test of not only running ability but endurance throughout the season. 32 women and 35 men had completed at least one race. Jane presented the trophies to Emma Rackham and Steve Paull. Emma also received an award for completing all the races. See full results in Metrolines.

Carole Wells presented the **Young Runner's Awards**, the recipients chosen by the Committee. The criteria for these awards are participation, achievement, effort, determination and sportsmanship. Carole stated that 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 Juliette Nola and the Boys Young Runner's Award to Kyie Hollingshead. However, although there is only one Boys Young Runner's Award, it was also decided that, this year, a Junior Runner's Award to keep be presented to Joe and Sam Millbery.

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 Sarah Westwood announced that this year it had been decided to give the award to Leah Buckland. Leah had only recently started to run before joining Metros and distances had been increased and finishing times decreased. In September she completed a half marathon and training for a full marathon is a strong possibility. Leah was on holiday so her trophy was collected by Dad Jim.

Barbara Robson, present holder of the **Female Aaron Breen Award** reminded us 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. Barbara stated that she had decided to pass the award to Angela Murphy. Angela is co-ordinator for the Measured Mile and helps co-ordinate Metros First Aid. Barbara said she was her 'fairy' who quietly does so much to help her and Metros. As Angela could not attend Barbara presented it at the Scout Hall the next morning.

Peter Beuselinck, the present holder of the **Male Aaron Breen Award**, had chosen to present the award to Sonny Peart. Peter stated that, apart from participating in the Vets League, running marathons and ultra-marathons himself, Sonny has encouraged others and helped them improve with his leadership and coaching skills. He has also recently organized popular film nights.

The present **Female Runner's Award holder**, Donna Warren had changed clubs during the year and, because she'd been unable to attend Metros sessions, felt the committee should choose the next recipient for her to pass on. The committee discussed several eligible candidates and chose Caroline Day-Lewis. Donna was delighted as she would have chosen her herself. Donna said Caroline was an active member of the club, attending many Metros sessions. She had taken the training course and helped others to improve. She was part of the winning Metros team at Moor Park and always wants to run more and faster.

Donna encouraged her not to be so hard on herself as she was already a great runner.

Michael Morris, the present holder of the **Male Runner's Award**, firstly listed his own running during the year and particularly thanked Bob Manning for his encouragement. Michael had decided to present the award to Christopher Shearwood who Michael said was an accomplished runner before he joined Metros and continued to work hard to achieve PBs. He leads runs and encourages fast runners but will also ease down to encourage slower runners. He has completed around two hundred half marathons and 40 marathons and is a regular contributor to Metrolines. Finally, in 'Strictly Come Dancing' fashion, Michael awarded him a score of 10.

All recipients of awards to be kept for one year presented this evening received a permanent memento of that award.

London Marathon Places - Peter Beuselinck stated that Metros had received one club place and three places from the Elite Runners Drinks Station and a draw was held. Results listed in Metrolines.

The final awards presented, Jane Scoffham announced the results:

1 st	David's Shorts	186 points
2 nd	Trumpers	184 points
2 nd	We thought it was Table Tennis	184 points
4 th	Brett's Babes	179 points
5 th	Recycled	162 points
5 th	"A" Team	162 points
7 th	After Gladys	152 points
8 th	HT5	124 points

Sarah Westwood closed the evening and thanked Jane, Al, Steve and Irene for organising and running the excellent quiz, Dave Brown as compere, Pat for organizing the awards and all present for coming along to participate.

My thanks to Dave Brown for expertly compering the proceedings and also for checking the calculations for the league awards, MBEs and Track Shields. 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

M.B.E.'s (Metros Best Efforts) 2016

2016 M.B.E. M40-49

MATTHEW ROGAN

400m	70.0	9 May
800m	2.31.4	6 June
1500m	05.22.2	9 May
3000m	11.21.4	6 June
DT	13.83m	9 May

2016 M.B.E. W50-59

ANNE AMBROSE

100m	23.6	9 May
400m	120.0	9 May
3000m	17.56.9	6 June

2016 M.B.E. M65+

MIKE RANSOME

100m	14.8	9 May
200m	31.1	13 July
400m	73.9	20 June
800m	03.05.0	6 June
HJ	1.1m	13 July
LJ	3.33m	13 July
TJ	6.72m	6 June
DT	17.49m	20 June
JT	18.56m	13 July

2016 M.B.E. W60-64

ELISH FERNANDES

400m	120.7	9 May
800m	4.39.4	13 July
JT	6.14m	13 July
DT	7.66m	9 May

2016 M.B.E. M50-59

MARK MULVENNA

100m	15.0	9 May
200m	30.4	6 June
400m	73.5	9 May
800m	3.02.9	6 June
TJ	6.53m	6 June
JT	15.96m	13 July
DT	18.98m	20 June
SP	7.15m	6 June

2016 M.B.E. W65+

GLADYS DE GROOT

100	22.3	20 June
200m	48.4	13 July
HT	14.67m	6 June
JT	5.57m	20 June
SP	4.44m	9 May

5 Mile Walk 2015-2016 Results

Hilarie Lemon completed the walk on 3 occasions:

Jan in 52:50
April 58:50
August 47:12 (88.6%)



Merry Christmas and
best wishes for the New
Year.
Brian and Pat Jackson

METROS TRACK SHIELDS POINTS 2016

The men & ladies use different tables so their scores
should not be compared

Points		Points	
2850	Mike Ransome	921	Glady de Groot
2746	Mark Mulvenna.	696	Pauline Bishop.
2557	Peter Rees	687	Julia Allen
2356	Matt Rogan	611	Ruth Tidder
2165	Kevin Smart	510	Anne Ambrose
1620	Sonny Peart	399	Elish Fernandes
930	Mike Morris	341	Penny Hudson
821	Russ Hewlett		
667	Steve Paull		

Dave Brown

SUMMER LEAGUE 2016 LEAGUE AWARDS TO Metros RUNNERS

These will be presented at the first fixture in 2017

FV/35	3 rd	Denise Power
FV/40	1 st	Sasha Birkin
FV/55	2 nd	Jane Hudson
FV/65	1 st	Marion Rogan
	2 nd	Angela Murphy
FV/70	1 st	Raquel Russel Ponte
MV/45	3 rd	Michael Morris
MV/60	1 st	Steve Paull
MV/65	2 nd	Peter Jose
	3 rd	Terry Burke

TENDERFOOT – GIRLS

Age 11	1 st	Natalie Tidder
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TENDERFOOT – BOYS

Age 7	1 st	Sam Millbery
Age 8	1 st	Carlo Day-Lewis
Age 10	2 nd	Joe Millbery
Age 11	1 st	Christopher Hudson
	3 rd	Kyie Hollingshead
Age 14	1 st	Tian Hollingshead

5 Mile Handicap 2015-2016 Results

Congratulations to Kath Donaldson on winning the 2016 Metros 5 mile Handicap event.

Well done as well to Teresa Young, Kyie Hollingshead and Irene Paull who were not far behind.

The full results are below

Kath Donaldson	77	Sonny Peart	34
Teresa Young	73	Marion Rogan	34
Kyie Hollingshead	72	Karen Leary	34
Irene Paull	71	Pauline Bishop	32
Tiziana Sotti	66	Dave Brown	31
Nancy Morris	61	Adam Leary	31
Hershil Patel	60	Geraldine Gill	30
Judy Rackham	59	Angela Murphy	29
Nigel Rackham	59	Veronica Georgescu	28
Mike Morris	58	Ku Samra	27
Simon Aberly	57	Linda Gaitskill	26
Carole Lloyd	55	Tian Hollingshead	23
John Gorton	54	Mitesh Patel	22
Steve Paull	53	Jo Collier	22
Brett Rafferty	53	Karen Collier	20
Julia Allen	51	Gladys DeGroot	19
Nicola Rochford	50	Emma Rackham	19
Evie Wallis	47	Hilarie Lemon	17
Mike Ransome	46	Stephanie White	16
Juliette Nuala	46	Hema Thakur	16
Andrew Collier	46	Caroline Day-Lewis	16
Elish Fernandes	43	Mark Lemon	15
Denise Power	43	Anne Ambrose	15
Chris Shearwood	41	Raquel Russel-Ponte	12
Ceri Jacob	41	Kevin Smart	10
Sarah Belchier	39	Ruth Tidder	8
Tian Hollingshead	38	Kirit Ranpura	6
Jonathan Pang	37	Julie Smith	5
Peter Hoon	36	Bob Manning	2
Errol Clarke	36	Steve Alder	1
Dave Young	36	Paul Gardner	0
Anne Nuala	35		

Gordon Nov 16

Trophy Races 2016

Presented by Jane Hudson

Each year we hold a series of road races chosen by the committee and denoted 'Trophy races'. There are two trophies, one for a male runner and one for a female runner, awarded to the leading runners in the series. The Metros in each race are awarded points relative to where they finish against other Metros, currently 50 points for the leading Metro, 49 for the second and so on. This year there were 8 races ranging in distance from Finchley 20 (miles) to Marlow 5 (miles), taking place between March and October.

You don't have to be the leading runner in any of the races to gain valuable points – in fact between them the leading man and woman in this year's series managed one first place between them. The competition is therefore a test not only of your running ability in each race, but also of your endurance throughout the season and hopefully remaining healthy and uninjured!

This year there were a total of 35 men and 32 women who took part in one or more of the races. In 3rd place in the men's competition with 200 points (4 first places out of 4) was Nigel Rackham, in 2nd place with 214 points from 6 races Jim Buckland, and the winner, with 329 points from 7 races – Steve Paull.

In the women's competition in 3rd place with 231 points from 5 races was Irene Paull (sadly missing Ricky with a horrible cold), in 2nd place with 283 points from 6 races (me), and the winner, who also receives a memento for completing all 8 races, with 359 points – Emma Rackham.

Wishing you all a very
Merry Christmas and
wonderful New
Year. Keep on running.
Sue Davie



Merry Christmas and Happy
New Year to everyone at
Metros and their Families.
Best Wishes
Brian

All the best for Christmas and happy running in 2017. Anne x



	Finchley 20	Maidenhead 10	Marlow 5	Sudbury Court 10K	Maidenhead 1/2	Moor Park 10K	Cabbage Patch 10	Ricky Road Run	Total
Emma Rackham	48	49	46	48	45	40	40	43	359
Jane Hudson			48	49	48	46	45	47	283
Irene Paull		50	45	46	47		43		231
Angela Murphy	47	48	43			34	39		211
Bernie Conway			49		46	45	46		186
Ruth Tidder			42	47		44		48	181
Judy Rackham			44			42	44	46	176
Raquel Russel Ponte	46		33			38	42		159
Sasha Birkin	49					50	50		149
Linda Dunne				50		47	47		144
Penny Hudson		47	36	44					127
Anne Ambrose		46	37	43					126
Nia Williams			39			36	38		113
Caroline Day-Lewis					50	49			99
Leah Buckland					49			50	99
Pauline Bishop			50				48		98
Nicola Rochford			41			41			82
Sakina Sidik						37		44	81
Patricia Hewlett			35	42					77
Carole Lloyd			38			39			77
Nancy Morris			34			35			69
Lucy Ashe	50								50
Sarah Belchier							49		49
Gertrud Porter								49	49
Alison Teale						48			48
Julia Allen			47						47
Claire Millbery				45					45
Marion Rogan								45	45
Anne Nola						43			43
Kim Hassard							41		41
Kath Donaldson			40						40
Linda Gaitskell						34			34

	Finchley 20	Maidenhead 10	Marlow 5	Sudbury Court 10K	Maidenhead 1/2	Moor Park 10K	Cabbage Patch 10	Ricky Road Run	Total
Steve Paull		50	47	47	46	45	46	48	329
Jim Buckland			43	40	43		45	43	214
Nigel Rackham			50			50	50	50	200
Matthew Rackham			49	49		49	49		196
John Norris			48	48		44	48		188
Hershil Patel	48	48	45	43					184
Sonny Peart	46	47		38			43		174
Mike Morris		49			48		47		144
Brett Rafferty				50		46		47	143
Brian McGrory				42		43		45	130
Simon Abery			44		44	40			128
Barry Nolan	47			39				41	127
Glyn Watkins			41				44	42	127
Nathan Powell	49				50				99
Mitesh Patel						48		46	94
Fabio Sulmataj				45		47			92
Anthony Bellis				44	45				89
Peter Reynolds				41				44	85
Arnold Glickman					41	37			78
Dave Brown			40	36					76
Richard Hayward				35		38			73
Kevin Watson	50								50
Chris Shearwood					49				49
William Mckenna								49	49
Jonathan Evan-Hughes					47				47
Spencer Millbery		46							46
Russell Hewlett			46						46
Kevin Smart				46					46
Gordon Valentine			42						42
Mike Ransome					42				42
Peter Rackham						42			42
Dave Young						41			41
Patrick Leahy						39			39
Derek Bamforth				37					37

10K Challenge - Best result for 2016

(Highlighted names received an award at the presentation evening.)

Month	Name	Age Grade	Award
Jan	Nigel Rackham	82.24%	Gold
April	Pauline Bishop	77.32%	Gold
July	Steve Paull	74.57%	Gold
July	Ian Birch	74.57%	Gold
April	Dave Young	72.38%	Gold
July	Matthew Philips	70.75%	Gold
Jan	Kath Donaldson	70.16%	Gold
July	Caroline Day-Lewis	69.70%	Silver
April	Andy Fox	69.54%	Silver
Jan	Sarah Belchier	68.11%	Silver
July	Adam Leary	67.97%	Silver
July	Peter Jose	67.68%	Silver
April	Mike Morris	67.41%	Silver
July	Marion Rogan	67.05%	Silver
July	Angela Murphy	66.95%	Silver
July	Matthew Rackham	66.42%	Silver
July	Simon Abery	66.41%	Silver
Jan	Jane Hudson	65.23%	Silver
July	Irene Paull	64.10%	Silver
July	Judy Rackham	63.59%	Silver
July	Gordon Valentine	63.49%	Silver
July	Annie Birch	61.32%	Bronze
April	Mike Ransome	60.41%	Bronze
July	Tiziana Spotti	58.97%	Bronze
July	Julia Allen	58.27%	Bronze
April	Karen Leary	57.69%	Bronze
July	Carole Wells	55.84%	Bronze
July	Dave Brown	55.65%	Bronze
July	Penny Hudson	55.04%	Bronze

July	Nicola Rochford	54.77%
July	Anne Ambrose	54.72%
July	Denise Power	54.12%
Jan	Steph White	53.06%
Jan	Anne Nola	53.00%
April	Emma Rackham	52.83%
Jan	Ruth Tidder	52.83%
April	Hershil Patel	52.75%
April	Kevin Eckersley	51.45%
April	Geraldine Gill	51.09%
July	Ku Samara	51.07%
Jan	Nagendra Bisht	50.94%
Jan	Julie Smith	49.33%
July	Karen Collier	49.33%
July	Steve Alder	48.62%
July	Nancy Morris	46.74%
July	Jonathan Pang	46.66%
July	Ian Cadwell	45.26%
July	Hema Thakur	44.24%
Jan	Rangah Niranchaman	41.70%
April	Malvika Bisht	41.17%



Best wishes for Christmas
and 2017 for all at Metros
and enjoyment in your
running always.

Mike and Yasmin



Christmas greetings to one and all
We hope all Metros have a ball
With lots of fun and festive cheer
Go easy on the Christmas pud and
the beer!

Happy Christmas from Kath and
David Donaldson

NOTES OF METROS COMMITTEE MEETING

Wednesday 2 November 2016 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Peter Beuselinck, Penny Hudson, Pat Jackson, Paula Kanesanathan, Mitesh Patel, Irene & Steve Paull, Marilyn Pickford, Mike Ransome, Emma Rackham, Nigel Rackham, Sarah Westwood.

APOLOGIES: Barbara Robson, Carole Wells

CHAIR: Sarah Westwood

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).

Harrow Hill Race – Spencer Millbery has started preparations for next year (12 February).

MATTERS ARISING FROM THE PREVIOUS MEETING – 5 October 2016

Metros Web Site – Emma has changed the web site to allow run coordinators to have input and has offered to discuss with run coordinators. **ACTION:** Emma Rackham

Records – Steve was thanked for producing a list of Metros record holders in various distances which has been added to the web site. There has already been some response.

Metros Saturday Sessions - The new timetable has come into effect and new walks of various distances tested. The Metros Walk Shield will continue to be presented annually. The new system of medals and ribbons for the 10K Challenge will start in January.

Metros Survey – Coaching Sessions – Sarah confirmed that Kath Donaldson has suggested a course ‘couch to 5K’ It was agreed that Sarah will invite Kath to a committee meeting for further discussion. **ACTION:** Sarah Westwood

Metros Kit – Peter confirmed that material samples will arrive shortly. An updated font and logo is suggested and Nigel and Sarah will discuss with Metros members.

ACTION: Nigel Rackham, Sarah Westwood

The position regarding de-stocking existing kit will be discussed at the next meeting.

ACTION: COMMITTEE

REPORTS OF OFFICERS

Hon. Chairman – Sarah had nothing to report

Hon Vice Chairman – Carole had not sent a report.

Hon. Secretary – Peter confirmed that Metros had received one club place and three water station places for the London Marathon 2017. The draw will be at the Quiz and Awards Presentation Evening on 11 November. **ACTION:** Peter Beuselinck

Hon. Treasurer –Mitesh was thanked for preparing and distributing a report. He has changed the internet banking on the Metros account. It is now necessary to have two authorisations (Nigel) for all payments not just those over £100. Irene will also be added shortly as an alternative second authorisation.

Hon. Membership Secretary: Four new members were confirmed: James Kerrane, Harrow; Elizabeth Abrahams, Harrow; Tony Watson, Wembley; Ariff Sidik, Kenton.

REPORTS OF CO-ORDINATORS

Summer League –a meeting of club representatives was recently held. Dates for next season are being arranged, hopefully five fixtures. Ealing Eagles will probably host the first fixture in Gunnersbury Park and organise purchase and present the awards for this year.

It was agreed that club subscription is £40 and all relay teams will consist of four runners (at present six runners in all relays apart from the female team).

Metros Quiz and Awards Presentation Evening – Friday 11 November – Peter has confirmed the booking with Lowlands Tennis Club. Jane Scoffham has stated that work on the quiz is almost complete. Pat confirmed that the awards are on order. It was agreed that the awards system, particularly relating to MBE's, will be reviewed.

ACTION: Pat Jackson

Christmas Messages – It was agreed that St Luke's will be the charity supported this year. Penny and Jane Hudson will again collect donations and messages.

ACTION: Jane & Penny Hudson

Metrolines – Jane and Penny Hudson have stated that they will resign as coordinators. They will advertise for new coordinators in Metrolines and on the Metros Gmail list and the December and January issues will be their last. They were thanked for providing such excellent productions for six years.

ACTION: Jane & Penny Hudson

ALL MEMBERS

OTHER ITEMS

Vets League – Wendy Mulvenna had stated that an AGM for this league will be held shortly and asked if Metros should continue as a participating club in the league. It was agreed that Metros participation should continue. Wendy had been asked if a session could be arranged for members to try out the various events. Suggestions will be passed to Wendy.

ACTION: Pat Jackson

Meeting finished at 9.05 pm.

Date of Next Committee Meeting Wednesday 7 December

Future Meetings: To be confirmed

Metros Committee meetings are open to all members but only the committee can vote.

Runner's Recipes

Cranberry and coconut energy bars

These energy bars are easy to make, and are great for a packed lunch or eating on the go.

Ingredients

200g/7oz butter, softened
200g/7oz light muscovado sugar
100g/3½oz golden syrup
50g/1¾oz sunflower seeds
50g/1¾oz dried cranberries, chopped
if large
100g/3½oz sultanas
50g/1¾oz desiccated coconut
100g/3½oz crisped rice cereal
150g/5½oz rolled oats



Method

1. Line a 23x30cm/9x12in traybake tin with clingfilm.
2. Add the butter, sugar and golden syrup to a large saucepan and stir over a medium heat until melted. Pour into a large bowl, stir in all the remaining ingredients until well combined.
3. Put the mixture into the prepared tin and spread with the back of a spoon into an even layer. Transfer to the fridge to chill, uncovered, for about 2 hours, or until firm.
4. Remove from the tray bake tin and cut into 18 even sized bars. Keep in an airtight container until needed.

Vegetarian

Recipe Tips

If covered and chilled in the fridge, these bars can be made up to 3 days ahead. Chilling the mixture is important, as it makes the bars much easier to cut.

By Mary Berry From Mary Berry's Foolproof Cooking

Our love and best wishes to everyone at Metros for a Joyful Christmas and a Peaceful New Year.
Mike and Barbara Reading



Wishing all my 😊 lovely fellow metros a very happy Christmas & new year with many thanks for your support & tolerance
Will be back after November 19th
Luv Sonya



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.