

Happy New Year



Well done to all those who took part in a Santa Dash this year.

Metros Diary

DEC

Sat 31 Timed walk, Roxbourne Park 9.00 am

2017

JAN

Wed 4 Committee Meeting 8.00 pm

Sat 7 10K Challenge, Roxbourne Park 8.50 am

Sat 14 Wot No Watch, Roxbourne Park 9.20 & 9.40 am

Foodbank Donation

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

Wed 1 Committee Meeting 8.00 pm

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

Foodbank donation

Sat 18 parkrun 9.00 am

Sun 19 Hillingdon Half Marathon & 10K 9.00 am

Sun 26 Gade Valley training run (17 miles) 9.30 am

MAR

Wed 1 Committee Meeting 8.00 pm

Sat 4 5 Mile Handicap, Roxbourne Park 8.50 am

Sun 5 Berkhamsted Half and 5 mile Fun Run 10.00 am

Sat 11 Wot No Watch, Roxbourne Park 9.20 & 9.40 am

Foodbank donation

Sun 12 Finchley 20, Ruislip 9.00 am

Sat 12 North London Half Marathon 8.30 am

Sat 18 parkrun 9.00 am

Sun 26 Gade Valley training run (20 miles) 9.30 am

APR

Sat 1 10K Challenge, Roxbourne Park 8.50 am

Sun 2 Bournemouth Bay Runs, Half Marathon, 10K, 5K, 1K

Wed 5 Committee Meeting 8.00 pm

Sat 8 Wot No Watch, Roxbourne Park 9.20 & 9.40 am

Foodbank donation

Sun 9 Brighton Marathon, 10K, Mini mile

Fri 14 Maidenhead Easter 10 9.30 am

Sat 15 parkrun 9.00 am

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

Note from the Editors!

Welcome to our final edition as editors. It has been really enjoyable putting this together over the last few years, but all good things must end (I think!), and it's time someone else had a go. So we are happily handing over to Anne Ambrose who is taking over as editor from the next edition. Good luck and enjoy, Anne! All best wishes to everyone in all their running and other endeavours in 2017.

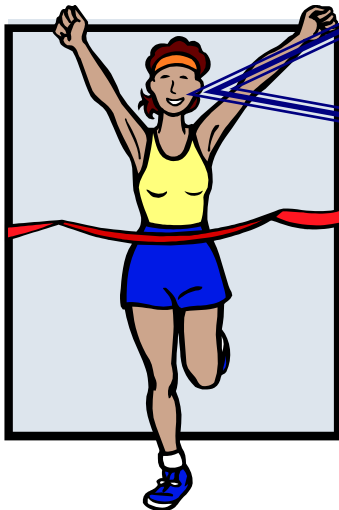
Jane & Penny



Welcome

Michael Camp, Harrow

Elected at the December meeting



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

Plan to offer Couch to 5K for beginner runners

Those of you in the Metros Google Group will have already read about these plans. For those of you who are not in the Google Group, (or have not read your emails lately) I am giving the details here.

Metros running club is planning to offer the Couch to 5K training course for beginner runners from March to May 2017. I have offered to organise this and some of you have already responded to my email regarding your own experience of this course. There will be three sessions each week for nine weeks, culminating in a parkrun at Harrow where Metros members will hopefully support and encourage these new club members. This parkrun will be on May 20th and the first training session will be on Saturday 18th March.

The proposed 3xweekly format is as follows -

The 1st weekly session will be on Saturdays at 9am or 9.15am, ending with refreshments with other club members in Roxbourne Park.

The 2nd weekly session will be on Tuesdays, either at 7.30pm or 8pm to fit in with Metros' Tuesday run from Lowlands Tennis Club. Participants may like to stay for a drink in the bar afterwards.

The 3rd weekly session will be on Thursdays, probably at 7pm and starting near the track at Kings College playing fields. We may use the track for part of the session, to introduce variety.

The programme we shall be following is the NHS Couch to 5K programme and you will find details following this report. You will see that the first five weeks include brisk walking, walking and jogging, the object being to gradually build up stamina.

The main reason for writing is to ask for volunteers to help run this course.

The main task of the volunteer is to walk/jog alongside the beginners, providing support and encouragement, and to promote the general advantages of belonging to Metros running club. The other task is to lead the session if I am unavailable and in particular on Tuesdays when I am never available. There are already some offers of help from Metros who are on the rota for Tuesday nights (thank you) but more are needed.

Please would you let me know before Christmas if you are interested in supporting beginner runners in this way. As the programme doesn't start until March I realise you can't commit 100%, but I need to know if there are enough potential volunteers to press ahead with publicity. Either talk to me personally or write to me at kath.donaldson@waitrose.com

Looking forward to hearing from you.
Kath Donaldson

NHS COUCH TO 5K PROGRAMME

Week one

Begin with a brisk five-minute walk, then alternate 60 seconds of running and 90 seconds of walking, for a total of 20 minutes.

Week two

Begin with a brisk five-minute walk, then alternate 90 seconds of running with two minutes of walking, for a total of 20 minutes.

Week three

Begin with a brisk five-minute walk, then two repetitions of 90 seconds of running, 90 seconds of walking, three minutes of running and three minutes of walking.

Week four

Begin with a brisk five-minute walk, then three minutes of running, 90 seconds of walking, five minutes of running, two-and-a-half minutes of walking, three minutes of running, 90 seconds of walking and five minutes of running.

Week five

There are three different workouts for this week, which are:

Workout one: a brisk five-minute walk, then five minutes of running, three minutes of walking, five minutes of running, three minutes of walking and five minutes of running.

Workout two: a brisk five-minute walk, then eight minutes of running, five minutes of walking and eight minutes of running.

Workout three: a brisk five-minute walk, then 20 minutes of running, with no walking.

Week six

There are three different workouts for this week, which are:

Workout one: a brisk five-minute walk, then five minutes of running, three minutes of walking, eight minutes of running, three minutes of walking and five minutes of running.

Workout two: a brisk five-minute walk, then 10 minutes of running, three minutes of walking and 10 minutes of running.

Workout three: a brisk five-minute walk, then 25 minutes of running with no walking.

Week seven

Begin with a brisk five-minute walk, then 25 minutes running.

Week eight

Begin with a brisk five-minute walk, then 28 minutes of running.

Week nine

Begin with a brisk five-minute walk, then 30 minutes of running.

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 dates for the remaining 2016/2017 fixtures

January

15 Bracknell Forest Runners

22 Tadley Runners

29 Metros

February

5 Thames Valley Triathletes



VLM 2017 Elite Water Station Volunteers

Metros will be manning the Virgin London Marathon Elite Water Station on 23rd April 2017. If you would like to join the team please contact Peter Beuselinck before the end of January on p_beuselinck@yahoo.co.uk

If there are more than 12 interested in volunteering Peter will hold a ballot for the places in February.

Achievements

Well done to ...

Tian Hollingshead for a parkrun PB on 19th November.



Ariff and Sakina Sidik for 10K PBs at Watford 10K on 27th November.

John Norris for parkrun PB on 26th November and Hatfield 5 PB on 27th November.



Claire, Joe & Sam Millbery, Kim Hassard, Marcus Weedon for parkrun PBs

Nancy Morris and Chris Shearwood for PBs at Perivale 5.



Pauline Bishop for a PB at Bedford Half.

Ian Birch for 1st M60 at Herbert's Hole 10K

Sasha Birkin and Steve Paull for winning their age groups at Perivale 5.



Nigel Rackham and Pauline Bishop for winning their age groups at Bedford Half Marathon.





What do you buy your runner for xmas? Discuss.

Well I suppose that largely depends how old they are and how long they have been running. From the aged-male perspective (and it's better to leave the female of the species out of the discussion on this occasion), how much do we care about buying a new pair of shoes every 250 miles like the magazines say? At nearly £100 a pop do the shoe companies think we are made of money? That's six months use if you only run 10 miles a week!! Funny how the current model sells at close to half price in six months' time.

So forget shoes, it's either kit or the latest gizmo. I've said in earlier broadcasts what I feel about the new super-stopwatches and training stuff. No thank you. I stopped worrying about the latest stuff many moons ago. I've only just consigned my much faded "Glasgow's Miles Better" cotton marathon T-shirt to the bin after about 30 years of service. I was sad to do it as well. The Birmingham one will be going soon too.

The new shirts are better, I'll admit, but I already have quite a few of them from the early days (ten years ago?). These are doing just fine, I don't need anymore. The ladies pushing prams around the park to pre-school don't look at me, certainly not at whether I'm wearing the latest Perivale 5 T-shirt and whether it's made of wicking fabric.

Shorts are a very personal choice, I'll leave it at that. I have my likes and dislikes and I wouldn't want a family member buying something I'll never wear. These days they are not cheap either.

That just leaves socks. If anybody wants to buy me running socks that would be fine and appreciated. But remember I don't race anymore so don't go overboard. Like almost every runner from the eighties my toes are a mess and can carve through even the most up-to-date materials very quickly.

Can you still get five pairs of white socks for £5 at Asda?

A merry christmas and a happy new year to all my readers.

Roxeth

More Messages

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

Happy New Year - Mitesh



Christmas Walk in London



Results and Reports

Perivale 5 - Sunday 4th December 2016

1		00:25:26	
35	Matthew Rackham	00:31:43	
40	Chris Shearwood	00:32:16	
44	Sasha Birkin	00:32:37	(1 st W45)
75	Steve Paull	00:34:43	(1 st V60)
109	Peter Reynolds	00:37:04	
173	Jim Buckland	00:39:48	
192	Linda Frances Dunne	00:41:19	
242	Marion Rogan	00:46:13	
250	Emma Rackham	00:46:47	
251	Judy Rackham	00:46:48	
252	Claire Millbery	00:46:49	
253	Derek Bamforth	00:47:02	
278	Sakina Sidik	00:49:29	
289	Carole Lloyd	00:51:16	
297	Kath Donaldson	00:51:55	
304	Veronica Georgescu	00:52:36	
311	Nancy Morris	00:53:02	
325	finishers - last	01:10:53	



Bedford Half Marathon - Sunday 4th December 2016

1		01:14:04
8	Nigel Rackham	01:17:22 (1 st V50)
172	John Norris	01:35:31
279	Mike Morris	01:41:05
544	Pauline Bishop	01:54:11 (1 st FV65)
768	Bernie Conway	02:06:43
770	Jane Hudson	02:06:49
907	Irene Paull	02:21:11
978	Arnold Glickman	02:57:18



Last Night I Climbed Mam Tor by Sonny Peart

They don't tell you this. They didn't tell me this. When I bought my first pair of running shoes – as opposed to trainers. They should tell you this. That there's a chance, more than a slim one, that sometime in the not too distant future you may be wearing those running shoes, or a pair very much like them, as you climb the mist-shrouded steps to the summit of Mam Tor – one of the Peak District's highest peaks – in the early hours of a Sunday morning in October. That's where I found myself, a few miles from the end of the Dusk til Dawn Marathon, my tenth ever marathon, and my fifth of the year. By the time you read this, I'll have completed my sixth.

Several hours earlier, I was in a school hall, in the (in)appropriately named village of Hope, getting my kit checked. Water? Check. Head torch? Check. Spare torch? Check. Spare batteries? Check. Printed course instructions, compass, whistle? Check, check, check. Waterproofs, fleece, emergency blanket and rations? Check, check, check, check. I was allowed to take my number and collect my laminated OS route map, before sitting through the 30 minute race briefing, which consisted mostly of pointing out all the places on the route where it was possible to get lost. This was a marathon in the dark, mostly off-road, and often off-trail, where the route was no more than a sheep path across a foggy field. I've run a few big city marathons: London, Edinburgh, Brighton. This was a different animal altogether. And did I mention it was at night?



For reasons I can't quite fathom, I have entered the 2017 Thames Path 100 mile race. One of its many challenges is that it involves running through the night. As part of my preparation I thought it wise to practise off-road night running. In September I ran the Phoenix Night marathon – an out and back course along the Thames. That was my introduction to night running. This race was something altogether different: 26.2 miles around and over the Peak District, starting at sunset.

A couple of hundred runners set off as darkness set in. Some half-marathoners, some marathoners like myself, and rather more ultra-runners, who had until sunrise the following morning to complete their 50 mile route. After a steady jog to Castleton, the next village along the valley, there was a two mile climb to the summit of Lose Hill, a little over 1500 feet high. It forms part of a ridge overlooking Edale. The night being clear at this point, the views north and south were spectacular. The race field had already strung out by this point. I could see light

from a few headtorches ahead and behind, but I was effectively on my own. It felt exhilarating to be at that height, in the dark of late evening. This, I thought, is an unequivocal benefit of being a runner.

The descent back to Castleton was pleasant enough, over grass, stony paths and country lanes. At the first check point my number was taken, my wrist tracker scanned, and I re-hydrated with water and squash before heading out into the unknown.

This time the route out of Castleton went up Cave Dale, a deep narrow gorge, lined with limestone cliffs. As I climbed the ascent, the mist grew more dense. The cliffs became mere looming presences, just beyond the reach of my torch beams. I felt like this was as close as I would come to joining the Fellowship of the Ring. (I later discovered Cave Dale was actually used as a location for *The Princess Bride*. Inconceivable!)

I emerged from Cave Dale into an area of grassland. The route instructions said to head across the field for more than a mile. With visibility down to less than 10 yards, and horrible muddy conditions under foot, this was easier said than done. Staying upright was a challenge. Thankfully, I had the route programmed into my Garmin, so that I could tell as I drifted off course. I knew there were a couple of runners up ahead, and one behind me, but they may as well have been on another planet. Until two appeared not ahead, but right by my side, they too having veered off course. We said our hellos, and they carried on ahead. I eventually found the end of this expanse of sheep pasture, but in the now dense fog, I couldn't find the gate out I was meant to take. I retraced my steps two or three times, checked my map and my route instructions, all to no avail. The runner behind me arrived, and we consulted the map together. We retraced my steps one more time, and there was the gate. I must have gone within five yards of it, without seeing it.

Thankfully the next section, along the Limestone Way to the 13 mile checkpoint, was mostly road and well-defined paths. At the aid station, pork pie slices and malt loaf were the order of the day, together with a fumbling change of torch batteries. A few runners were milling around, a couple waiting for the sweep wagon back to base, and a couple looking for partners for the late night sections. I teamed up with Greg, another marathon runner, as our course was about to divert from the ultra course. He turned out to be a 100 Marathon Club member, with 168 marathons under his belt, and we completed the rest of the course in each other's company.

The next section was along the Monsal Trail, a cycle route that follows a railway line disused since 1968. Long-abandoned lime kilns loomed out of the darkness, like the set of *Alien*. We went through Chee Tor Tunnel, nearly half a kilometre long, our torches providing the only light, where the walls also summoned up alien images. This section of the trail was opened as recently as 2011, and the

underfoot conditions were good. We made steady progress, before turning north, off the trail and climbing back to altitude. We were passed by a young couple, and then caught by the Grim Sweeper!

The race, so close to Halloween, has a spooky theme. In lieu of a tail runner, there is the Grim Sweeper, who runs at the ultra-run cut-off pace and sweeps up runners who won't make the sunrise completion time. As we were negotiating a stile, we were accosted by a young French woman wearing a Halloween mask and fluorescent skeleton running tights: the Grim Sweeper! She ran with us for a while, until we caught another marathon runner who, still four miles short of the 20 mile checkpoint, had slowed to a crawl and who we could see was unlikely to finish.

When we reached the 20 mile CP, we were greeted by Greg's wife with cups of tea, and more sausage rolls and malt loaf. Again, there were runners who had dropped from the race, sat waiting for a ride back to Hope. I sat down for the first time in several hours, but only for a couple of minutes. There was still a 10k to do, and it featured the highest climb of the course.

The sweeper still hadn't arrived at the checkpoint by the time we headed out. For the next couple of miles, we occasionally glanced back to see if her light was visible, but there was nothing but darkness. And as we entered more difficult terrain – fog covered sheep pastures – we had to concentrate on not getting lost and not falling down a ravine. As it happened, the sweeper did get lost, and had to be rescued by the medical team.

The final climb, up Mam Tor (that's Mother Hill, because frequent landslides have created little baby hills at its feet) was a mere trudge, up stone steps and a steep flagstone path. No doubt fun for tourists during the day, but quad-killing for marathoners sometime after midnight, and frankly treacherous in the middle of a dew-soaked night. No doubt the view from the top is superb, but we didn't see it. There was just fog, and more fog, occasionally punctuated by the luminous gleam of sheep eyes, only slightly less disturbing than the looming cows we encountered at lower altitudes. The final descent was no easier than the ascent. The mist meant the flagstones were horribly slippery. As we later discovered, more than a dozen of the fifty or so marathoners DNFd, many due to twisted ankles and other fall-related injuries. We were just pleased to make it to the finish unscathed, after nine hours (yes, you read that right) on the move. Grateful too that we finished before the first ultra-runner, though only by fifteen minutes.

Four of us finished together in joint 29th place. All the marathoners behind us had DNFd.

I'd like to say I'd run this race again. It was a great adventure, and excellent training for my future, longer races. But I am conscious that the conditions were actually very benign. It wasn't cold (I ran in a t-shirt and long sleeve top), it wasn't wet (my waterproofs stayed in my pack) and it wasn't windy. Had it been any or all

of those, it would have been an entirely different experience, and I may well have joined the list of non-finishers. Above all, it was a learning experience for me. Important lessons for TP100 include: a head torch and hand torches are essential; having good trail shoes can be the difference between finishing and not; when there are checkpoints every 10k or so, carrying 2kg of water probably isn't necessary; recce the route as much as possible, and don't be ashamed to rely on GPS if you have to; you won't need warm dry clothes until you *really* need them; do as much decision making as possible before you start (you'll need the energy to keep moving, so don't waste it on deciding what to eat or how to change your torch batteries). Above all, keep a positive mindset. Easier said than done, I know, but when I found myself in a fog-bound sheep-bog, it helped to have rehearsed that I was healthy, moving forward, and there for the experience.

It turns out my 100 Club running partner is also running TP100 next year. I'm not sure we'll do the whole second half together, but it will be good to see a familiar face, and to remember our successful completion of the Dusk til Dawn Marathon.



London Youth Games – Cross Country – 19th November 2016

Boys Under 13

1		06:59
69	Christopher Hudson	08:21
215	finishers	11:26

5 Mile Handicap				
3rd December 2016	Actual 5 mile time	Time inc. handicap	points this event	next handicap
Mick Camp	45.43	45.43	41	14
Jonathan Pang	40.59	53.59	31	18
Kevin Eckersley	54.05	54.05	30	5
Mark Lemon	51.32	55.32	28	8
Emma Rackham	47.57	56.57	25	11
Julie Smith	55.39	57.39	24	4
Juliette Nola	49.09	59.09	21	10
Judy Rackham	49.20	59.20	20	10
Veronica Georgescu	54.23	59.23	19	5
Ku Samra	58.24	59.24	18	1
Theresa Young	53.36	59.36	17	6
Carole Lloyd	52.37	59.37	16	7
Caroline Day-Lewis	38.39	59.39	15	21
Nigel Rackham	31.43	59.43	14	28
Steve Paull	37.59	59.59	12	21
Ceri Jacob	46.06	60.06	11	13
Mike Ransome	46.06	60.06	10	13
Julia Allen	48.18	60.18	9	11
Gladys de Groot	66.34	60.34	8	-7
Anne Nola	46.42	60.42	7	13
Adam Leary	38.58	60.58	5	20
Simon Aberly	39.57	61.57	3	19
Karen Leary	50.58	61.58	2	8
Kath Donaldson	53.17	62.17	1	6
Evie Wallis	49.27	63.27	-1	10
Anne Ambrose	59.16	67.16	-6	0

Gosport Half Marathon – 20th November 2016

1	1:09:39
335 Jonathan Evan-Hughes	1:36:53
1507 finishers	3:23:27

Herbert's Hole 10k - Sunday 20th November 2016

1		00:40:41	
46	Ian Birch	00:48:48	(1 st M60)
249	Annie Birch	01:09:50	
275	finishers - last	01:25:16	



TVXC Datchet Dashers - Sunday 13th November 2016

1		00:31:55
102	Brett Rafferty	00:39:11
183	Kevin Smart	00:42:46
290	Tian Hollingshead	00:47:03
397	Glynn Watkins	00:52:16
404	Kyie Hollingshead	00:52:45
416	Al Scoffham	00:53:28
424	Ruth Tidder	00:54:21
434	Julia Allen	00:54:55
436	Jane Scoffham	00:54:56
472	Raquel Russell-Ponte	00:59:10
476	Tim Oakley	01:00:44
490	Dave Brown	01:03:03
516	finishers - last	01:34:18



TVXC Handy Cross - Sunday 4th December 2016

1		00:33:00
104	Brett Rafferty	00:41:54
121	Ian Birch	00:43:14
246	Sue Park	00:52:27
260	John Gorton	00:53:19
287	Gordon Valentine	00:55:42
318	Kyie Hollingshead	01:00:22
331	Annie Birch	01:02:48
356	Carole Wells	01:08:50
369	Dave Brown	01:18:50
374	finishers - last	01:22:36

Wot No Watch – 10th December 2016

Name	Actual	Predicted	Difference
Steve Paull	00:06:19	00:06:20	1
Mike Morris	00:06:37	00:06:40	3
Dave Brown	00:11:03	00:11:00	3
Deborah Cole	00:08:47	00:08:50	3
Marion Rogan	00:08:28	00:08:23	5
Dave Young	00:07:24	00:07:30	6
Ceri Jacob	00:08:07	00:08:00	7
Mark Lemon	00:08:28	00:08:20	8
Andy Fox	00:06:21	00:06:30	9
Steph White	00:09:36	00:09:45	9
Ku Samra	00:10:11	00:10:00	11
Simon Aberly	00:06:32	00:06:20	12
Jo Collier	00:10:12	00:10:00	12
Tiziana Spotti	00:09:18	00:09:30	12
Steve Alder	00:08:45	00:09:00	15
Andrew Collier	00:07:54	00:08:10	16
Dharmini Chikhliwala	00:09:02	00:08:45	17
Karen Collier	00:08:57	00:08:40	17
Barbara Reading	00:09:04	00:08:45	19
Andy Fox	00:07:49	00:07:30	19
Mike Ransome	00:07:58	00:07:37	21
Arnold Glickman	00:09:09	00:09:30	21
Barbara Robson	00:14:08	00:13:45	23
Errol Clarke	00:07:46	00:08:10	24
Judy Rackham	00:08:19	00:08:46	27
Kyie Hollingshead	00:06:12	00:06:40	28
Julie Smith	00:09:26	00:08:56	30
Arnold Glickman	00:08:49	00:09:30	41
Tiziana Spotti	00:09:12	00:08:30	42
Gladys de Groot	00:11:15	00:10:30	45
Hilarie Lemon	00:08:19	00:09:10	51
Dharmishta Parmar	00:11:10	00:10:10	60
Sue Patel	00:11:10	00:10:10	60
Tian Hollingshead	00:07:22	00:06:15	67
Kevin Eckersley	00:09:36	00:11:00	84
Mick Camp	00:06:24	00:09:00	96
Valentine Rawal	00:16:58	00:13:45	193
Anne Ambrose	00:10:02		

My usual mantra is that your first estimate of your time is the best one and it is not a good idea to change it. Fortunately, Steve Paull chose to ignore that advice, changed his time and as a consequence won the Wot the Watch trophy for the first time. Congratulations. Well done to the other 35 runner who took part in the last challenge of 2016.

Thanks
Teresa

Croxley Park 10k - Sunday 20th November 2016

1		00:38:01
9	John Norris	00:43:41
110	Richard Hayward	01:10:21
116	Arnold Glickman	01:13:23
124	finishers	01:28:57



Watford 10K Sunday 27th November 2016

1		0:35:01
132	Ariff Sidik	0:59:07 (PB)
176	Sakina Sidik	1:05:18 (PB)
232	finishers – last	1:26:31



Florence Marathon - Sunday 29th November 2016

1		02:11:57
1801	Chris Shearwood	03:29:24
8139	finishers - last	05:36:18

Marlow Half Marathon - Sunday 6th November 2016

1		01:15:30
63	Chris Shearwood	01:33:47
156	Brett Rafferty	01:40:27
787	finishers	02:59:32

parkrun results

19.11.16

Black Park

Glyn WATKINS 00:29:01

Harrow

Nigel RACKHAM 00:17:14

Kevin SMART 00:22:14

Simon ABERY 00:24:18

Ruth TIDDER 00:27:06

Gordon VALENTINE 00:27:13

Jonny YOUNG 00:27:17

Kim HASSARD 00:28:43

Raquel PONTE 00:31:00

Carole WELLS 00:31:36

Teresa YOUNG 00:31:52

Veronica 00:32:18

GEORGESCU

Natalie TIDDER 00:32:57

Stephanie WHITE 00:35:02

Anne AMBROSE 00:35:15

Moors Valley

Sue DAVIE 00:44:53

Cambridge

Emma RACKHAM 00:29:38

Gadebridge

Linda DUNNE 00:54:14

Burgess

Errol CLARKE 00:29:15

Canons Park

Jasmeer PATTI (1st) 00:18:50

Chris SHEARWOOD 00:19:52

Brett RAFFERTY 00:19:56

Sasha BIRKIN (1st) 00:20:20

John NORRIS 00:20:34

Patrick LEAHY 00:21:21

Steve PAULL 00:22:02

Tian HOLLINGSHEAD 00:23:38

Kyie HOLLINGSHEAD 00:25:28

Pauline BISHOP 00:25:44

Jane HUDSON 00:26:24

Sam MILLBERY 00:29:25

Joe MILLBERY 00:29:25

Claire MILLBERY 00:29:33

Sakina SIDIK 00:29:59

Irene PAULL 00:30:44

Kath DONALDSON 00:31:55

Penny HUDSON 00:34:39

Gill SHEARWOOD 00:47:14

Northala Fields

Janice NEWMAN 00:28:03

South Oxhey

Gladys DE GROOT 00:42:08

Penrose

John GORTON 00:24:12

Worthing

Graham John HART 00:29:31

26.11.16

Harrow

William MCKENNA 00:18:42

Patrick LEAHY 00:21:00

Alison TEALE 00:24:02

Veronica 00:31:58

GEORGESCU

St Albans

John NORRIS 00:19:47

Moors Valley

Sue DAVIE 00:42:01

Canons Park

Jasmeer PATTI (1 st)	00:18:37
Sasha BIRKIN (1 st)	00:19:52
Jonathan EVAN-HUGHES	00:26:16
Sam MILLBERY	00:27:37
Claire MILLBERY	00:27:41
Kim HASSARD	00:27:44
Judy RACKHAM	00:28:21
Emma RACKHAM	00:28:26
Joe MILLBERY	00:28:36
Carole LLOYD	00:33:05
Sakina SIDIK (tail runner)	00:50:24

South Oxhey

Gordon VALENTINE	00:28:24
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3.12.16**Black Park**

Glyn WATKINS	00:30:03
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Harrow

Jasmeer PATTI	00:18:16
Marcus WEEDON	00:19:57
William MCKENNA	00:20:10
Brian MCGRORY	00:21:16
Alison TEALE	00:23:52
John GORTON	00:24:48
Pauline BISHOP	00:29:31
Barry NOLAN	00:29:31

Hackney Marshes

Errol CLARKE	00:27:55
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Poole

Sue DAVIE	00:50:27
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Canons Park

Jonathan EVAN-HUGHES	00:20:45
Wendy MULVENNA	00:40:10

Osterley

Jim BUCKLAND	00:26:00
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Northala Fields

Brett RAFFERTY	00:18:36
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10.12.16**Black Park**

Glyn WATKINS	00:28:50
Brian PEVERALL	00:29:48

Harrow

Lucy ASHE (1 st)	00:18:13
William MCKENNA	00:18:58
Chris SHEARWOOD	00:20:20
Leah BUCKLAND	00:24:23
James BUCKLAND	00:24:51
Sonny PEART	00:26:25
Jackie BOWLES	00:26:44
Emma RACKHAM	00:28:40
Veronica	00:32:02

GEORGESCU

Deborah LEWIS	00:37:27
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Gillian SHEARWOOD	00:48:46
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Strathclyde

Peter BEUSELINCK	00:28:24
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Gadebridge

Linda DUNNE	00:28:06
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Canons Park

Sasha BIRKIN (1 st)	00:20:00
Brian MCGRORY	00:21:14
Max DADOMO	00:26:48
Simon DADOMO	00:27:03
Sam MILLBERY	00:28:49
Claire MILLBERY	00:28:55
Joe MILLBERY	00:29:08
Sakina SIDIK	00:30:02

Northala Fields

Brett RAFFERTY	00:18:52
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Tring

Adam LEARY	00:25:40
Karen LEARY	00:35:43

South Oxhey

Gordon VALENTINE	00:28:52
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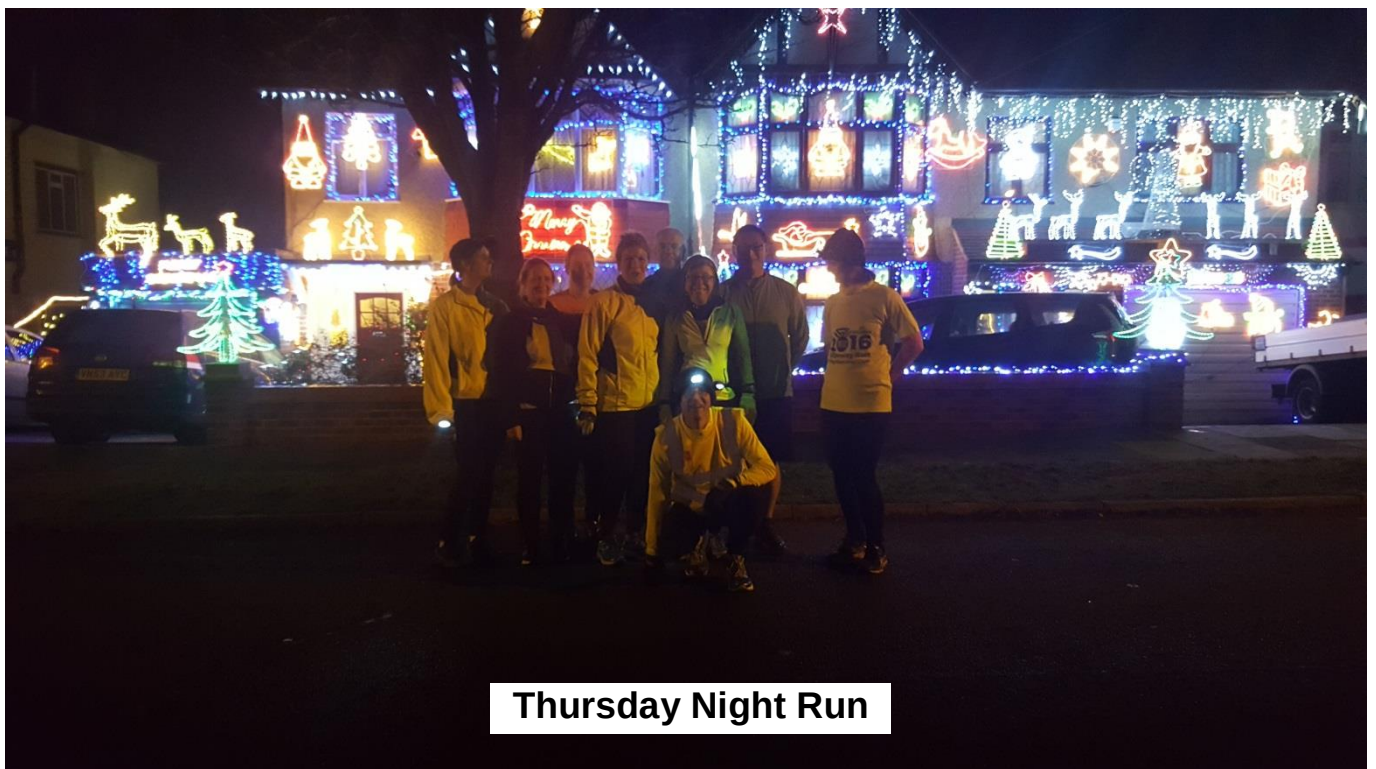
Measured Mile 2015 - 2016	Nov	Jan	May	Aug	improvement over 3 consecutive miles
Adam Leary		6.12		6.01	
Amanda Hardy		8.48			
Amanda Hardy	9.04		8.40		
Andrew Collier		7.50		7.07	
Angie Donovan	12.50				
Anne Ambrose		9.18		9.25	
Anne Nola	7.44		7.35	7.29	15 seconds
Arnold Glickman	9.42	8.51		9.03	
Barbara Robson		13.43	13.01	14.00	
Bill Carter			9.13		
Bob Manning		10.03			
Brett Rafferty	5.21	5.46			
Carlow Day Lewis		7.51			
Caroline Day Lewis	6.50	6.46			
Ceri Jacob			7.48		
Chris Shearwood	5.52				
Claire Millbery		9.10			
Dave Brown	8.51	9.05	8.58		
Dave Young	6.46	6.58	6.49	6.59	
Debbie Lewis	9.55				
Debbie Moynihan	10.25			10.26	
Debra Norman			8.47		
Denise Power			7.51		
Dharmini Chikhliwala			8.45		
Elish Fernandez				10.3	
Errol Clarke	8.37	9.03	7.40	7.57	
Evie Wallace			8.03		
Gladys De Groot	11.26		11.13	11.17	
Gareth Hughes				11.15	
Hema Thakur	10.28	10.46			
Hershil Patel	6.36				
Hilarie Lemon		8.13	7.39		
Ian Bocock		10.59	10.3		
Irene Paull	8.58	8.38	8.28		30 seconds
Janice Newman & Ceri	8.58				
Janice Newman & Gladys		11.26			
Jarina Khatun			10.33		
Jason Stock-Lewis	8.09				
Jean Reynolds		12.04			
Jeanne Coker	14.15e	14.34			

Jo Collier		10.16	9.24	9.35	
Jo Millbery		8.12			
Joanne Newallo	13.04				
Jonathon Pang		7.39	7.52		
Judy Rackham	9.10	8.25	8.27		
Julia Allen		8.07	8.07		
Julie Smith		9.12	9.29	9.28	
Juliette Nola			7.38		
Kai Patel			8.39		
Karen Collier			8.22	8.32	
Karen Leary		9.14		8.45	
Kasim Rana		10.42			
Kath Donaldson	9.06	8.58		8.48	18 seconds
Kevin Eckersley		8.56	8.27		
Kirit Ranpura			7.26	7.16	
Ku Samra			9.46	9.45	
Kyie Hollingshead	8.28	7.31	7.23		65 seconds
Linda Gaitskell & Charlotte			10.13		
Linda Gaitskell & Steve A	9.56	10.13			
Marilyn Pickford		9.15			
Marion Rogan	8.48	8.46			
Mark Lemon			8.46		
Mason Murray			8.57		
Matthew Rackham	5.32				
Meera Tanna			9.51		
Mike Morris		6.13			
Mike Ransome		7.34	7.19	7.39	
Mitesh Patel	5.39				
Nagendra Bisht			6.4		
Nancy Morris		9.07			
Natalie Tidder			7.41		
Nia Williams			8.37		
Nicola Rochford			8.12		
Penny Hudson			9.04		
Raquel Russel Ponte	9.33	10.13		9.54	
Ruth Tidder		7.59	7.53	7.28	31 seconds
Sam Millbery		8.45			
Sarah Belchier	6.22				
Sarah Westwood			10.35	10.29	
Simon Aberly	6.37	6.23	6.35	6.03	
Sonny Peart	7.09	6.48			
Sonya Grist			10.36		
Steph White		9.13		9.56	
Steve Alder		8.26		8.14	

Steve Paull	6.18	6.22		6.47	
Stewart Rhodes	6.15				
Teresa Young	9.26	8.50	9.05	9.16	
Tian Hollingshead	6.42	6.08	6.15		
Tiziana Spotti		9.27	9.48	9.17	
Tracey Tyrrell	6.40				
Veronica Georgescu	9.24				

Congratulations to Kyie Hollingshead who improved his time by a massive 65 seconds over 3 consecutive Measured Miles, a fantastic achievement. Ruth Tidder came in second place with a 31 second improvement and Irene Paull third with an ever so close result of 30 seconds. However it is the taking part that counts so well done to everyone who took up the challenge of running around the course once, twice, three and even four times during the year. The November Mile has been run so three more to go in the next competition, keep up the efforts to win the trophy for this time next year! Many thanks to my many helpers who make the Measured Mile possible by volunteering usually at a moment's notice on a Saturday morning to stopwatch, note names and numbers and transport jackets and hats from start to finish.

Angela



NOTES OF METROS COMMITTEE MEETING

Wednesday 7 December 2016 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT Penny Hudson, Pat Jackson, Paula Kanesanathan, Mitesh Patel,

COMMITTEE: Irene & Steve Paull, Emma Rackham, Nigel Rackham, Barbara Robson,

Carole Wells, Sarah Westwood.

NON COMMITTEE: Kath Donaldson, Spencer Millbery (both part of meeting only).

APOLOGIES: Peter Beuselinck, Marilyn Pickford, Mike Ransome

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 – The Harrow MS Therapy group had been the race charity beneficiary for the previous two years and Spencer Millbery asked the committee which charity should benefit next year. It was agreed that Spencer would use the Metros group e-mail list to ask for suggestions of local small charities which will be considered by the committee at the next meeting. Emma stated that, at the Perivale 5, organised by Ealing, Southall & Middx, the first male and female unattached runner was offered a year's membership to ESM. It was agreed that this could be a spot prize at the Harrow Hill Race.

ACTION: Spencer Millbery

Couch to 5K – following the recent Metros survey and a meeting to discuss training within Metros, Kath Donaldson had researched this programme and suggested a nine week course with sessions loosely linked with Metros sessions on Saturday mornings and Tuesday evenings. Participants would need to do a further weekly session on their own. Success would depend on support within Metros and volunteers to help, some have already volunteered, more are needed. A request in Metrolines and on the Metros group e-mail list was suggested. It was agreed to start with lighter evenings, the course ending with a parkrun in May or June. It was also agreed to have a small group of 10-12 initially possibly depending on the number of volunteer supporters. The charge would be membership fee to Metros, which would also cover insurance. Irene volunteered to produce a disclaimer form to be signed by participants.

ACTION: Irene Paull

The course will be advertised on the Metros web site, Metros group e-mail list and with flyers to be displayed in GP surgeries, church halls, Pinner Villager magazine, Street life, etc. Paula offered to help with publicity and leaflet distributors are requested. Kath was thanked for researching the programme and she confirmed that she does not want to be sole organiser.

ACTION: Kath Donaldson

Kath and Spencer then left the meeting.

MATTERS ARISING FROM THE PREVIOUS MEETING – 2 November 2016

Metros Web Site – Emma has informed run coordinators how to input messages relating to their sessions on the site. She was thanked for setting this up.

Metros New Kit – Peter had received material samples which had been shown on Saturdays. The committee confirmed the colours and font and Peter will be asked to contact the supplier to request a vest made up in our chosen design.

ACTION: Peter Beuselinck,

An updated logo had been suggested and Nigel and Sarah will follow up with Metros members and Sarah will request suggestions from members via the Metros group e-mail list.

ACTION: Nigel Rackham/Sarah Westwood

The position regarding de-stocking existing kit will be discussed further in the future.

ACTION: On going

London Marathon 2017 – at the Quiz and Awards Presentation Evening Peter held a draw for one club place and three elite runners drinks station places received by Metros. Recipients were listed in the December Metrolines.

Metros Best Efforts Awards (MBE's) - the awards system relating to MBE's, will be reviewed in view of the number of participants and awards. Pat will contact Wendy Mulvenna (coordinator) and present participants for their input.

ACTION: Pat Jackson

Christmas Messages – £150 was collected for St Luke's. Mitesh will get a cheque to Peter to send.

ACTION: Mitesh Patel/Peter Beuselinck

Metrolines – Penny confirmed that Anne Ambrose had volunteered to coordinate Metrolines from the February issue.

Vets League – Wendy Mulvenna had been asked if a session could be arranged for members to try out the various events. Pat had made some suggestions to Wendy but no other suggestions had been received.

REPORTS OF OFFICERS

Hon. Chairman – Sarah had nothing to report

Hon Vice Chairman – Carole had nothing to report.

Hon. Secretary – Peter had not sent a report.

Hon. Treasurer –Mitesh will liaise with Nigel regarding the budget next year. He said the Metros awards had cost over £700 and he wondered if savings could be made.

Mitesh will arrange new signatories on the separate Metros Harrow Hill account.

ACTION: Mitesh Patel

He stated that years ago Runners World had purchased vests on behalf of Metros and Metros have continued to reimburse Runners World for the vests they had ordered. Runners World has now stated that they no longer require payment from Metros for those vests.

Hon. Membership Secretary: One new member was confirmed: Michael Camp, Harrow. Richard Brown has renewed his membership. There are 251 members of which 195 are adults at full rate.

REPORTS OF CO-ORDINATORS

Summer League –Pat confirmed that a new league web site had been set up – www.thesummerleague.uk and a link added to the Metros web site.

Meeting finished at 9.25 pm.

Date of Next Committee Meeting Wednesday 4 January

Future Meetings: Wednesday 1 February, 1 March, 5 April

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

Committee Meetings

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

Coaching/Leadership/Officials'/First Aid Courses

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

Metros Website and social media

www.metros.org.uk

Contributions to:

emma.rackham@hotmail.co.uk

We also have a Facebook page and

Twitter account – please like or follow us.

If you would like to join Metros' group

email please contact Penny at

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 £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.