



July 2016

Issue No. 334



Team Metros at Vets Track & Field - Hillingdon

Metros Diary

JUN

Fri 24 to Tue 28 Metros Marathon Week

Various

JUL

Sat 2	10K Challenge, Roxbourne Park	8.50 am
Sun 3	Regents Park 10K Series	9.30 am
Wed 6	Committee Meeting	8.00 pm
Sat 9	5 mile walk, Roxbourne Park	8.50 am*
Sat 9	Food Bank Donation, Roxbourne Park	
Sat 9	Metros BBQ, Judy & Nigel's (60 Paines Lane)	7.00 pm
Sun 10	Summer League, Dulwich Park	9.30 am
Wed 13	Vets Track & Field, Perivale	6.00 pm
Sat 16	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 24	Summer League, Regents Park	TBC

AUG

Sat 6	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 7	Regents Park 10K Series	9.30 am
Sun 14	Summer League, Gunnersbury Park	10.00 am
Sun 14	Burnham Beeches Half Marathon	9.30 am
Sat 20	5K Run, Roxbourne Park	9.15 am

SEP

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

OCT

Sat 1	10K Challenge, Roxbourne Park	8.50 am
Wed 5	Committee Meeting	8.00 pm
Sat 8	5 mile walk, Roxbourne Park	8.50 am*
Sat 15	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 16	Cabbage Patch 10 - TROPHY RACE	9.30 am
Sun 31	Ricky Road Run 10 - TROPHY RACE	TBC

NOV

Wed 2	Committee Meeting	8.00 pm
Sat 5	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sat 19	5K Run, Roxbourne Park	9.15 am

*5 mile walk can be self timed.

Note from the Editors!

June's been a busy month for the Metros community what with track & field, the home summer league fixture, the 24 hour relay, a good turnout at Ickenham 5, and marathon week starting around the time of publication. Hope you've all enjoyed it and are looking forward to July.

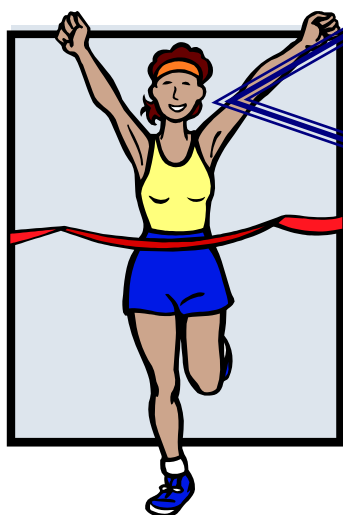
Jane & Penny



Welcome

Leah Buckland, Harrow
Jarina Khatun, Rayners Lane
Clare Miller, Harrow
Peter Rees, Harrow
Sakina Sidik, Kenton
Zaheer Sidik, Kenton
Alisha Sidik, Kenton
Kim Hassard, Harrow

Elected at the June meeting



Metrolines

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

Email: metrolines1@gmail.com

Articles should consist of no more than 3 to 4 sides of A4 font Arial 14. When submitting articles, please ensure that all information is correct and that times, dates and places are clearly shown.

Contributions by: 15th of each month please.

If you would like to receive Metrolines by email, please send your details to Jane or Penny Hudson at the email address above.

If you would like to advertise in Metrolines the rates are as follows:

Full page £5; Half page £3; Quarter page £2

Trophy Races



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

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

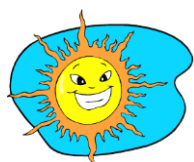
Steve Paull

Vets Track and Field

Hoping you are all fit and keen to take part in the vets track and field this summer! Here are the dates for your diaries.....please note the last meet (Perivale) is on a Wednesday evening.

Wednesday July 13th Perivale

Wendy Mulvenna



Summer League

10th July - Dulwich Park 5 miles 9.30 am

24th July - Regents Park (Mornington Chasers) 10K - time to be confirmed

14th August - Gunnersbury Park (Ealing Eagles) - 10K 10.00 am

Achievements

Well done to ...

Mike Morris for a PB at Harrow parkrun on 23rd April. Also for running 2 marathons in a week - Milton Keynes on 2nd May and Halstead on 8th May.



Kyie Hollingshead for a PB at Run Wembley 5K.



Tian Hollingshead for the fastest relay leg at Metros Summer League.

Ku Samra for her 1st 5 miles on 4th June.

Sasha Birkin, Bernie Conway and Alyson Angelides for PBs at London 10K.



Nigel Rackham for representing Great Britain in the European Vets Half Marathon in Portugal on 22nd May coming 29th overall, 4th V50 and 2nd British man.



Nancy & Mike Morris for PBs at Metros Summer League

Nancy Morris for a PB in the 5 mile handicap and again at Ickenham 5 on 19th June.





Age shall not weary them.

Like a lot of us runners (not to be called joggers), I have a few set routes from home and being a bit of an "anorak" I have kept a log of my times on these routes. The youngsters in my family have even set up a page on their computer for my times, which, I think, was originally an exercise for the young lad to learn the basics of computing and using the devices. He's way above that now, but the ritual of entering the time has developed into a family tradition. Alas, what the data shows is my gradual decline in performance.

I was musing on why I, or anybody, everybody, declines, and how quickly. A lot of the time I think it must be more than just the ageing process. Not all sports people at the very top are in their early 20s. There are many I could name over various sports, but in ours it wasn't that long ago that the Olympic marathon was won by a 37 year old, and one of Metros' very own "olduns" was beaten by very few Brits in this year's London Marathon.

Can the body really wear out through so many miles in the legs? Do our genes have a lifespan? No, it has to be inner drive or motivation- something in our psyche, something that makes us want to race hard, whether against the clock or other competitors, regardless of age. For some, slipping into an easy gear and cruising through a race "for the exercise and the company" is not enough.

I was doing one of my set routes the other day, getting my brain involved in all this deep meaningful stuff as I went. Yes, you're thinking that as it was a set route it was in effect a time trial and I was guilty of a lack of the drive to run hard that I've just mentioned. On this occasion, guilty, m'lud.

Anyway, there was a girl doing laps of the park, just as I was, but in the opposite direction. (One of my routes is the simple 10 laps of the park-not very imaginative). We would nod to each other but, after a time, I saw her turn and she engaged me in conversation- unusual in itself. She had noticed my Metros T-shirt and enquired about our club, how to join etc.

This was the moment I had been waiting for. I have carried a Metros business card in my pocket since the day they were first distributed, ready to hand out to anybody making an enquiry when I was out on a run. After all the years finally this had happened. It was a shame that the card was old and bashed about round the edges, but it still fulfilled its basic function. I'll have to find another now, are there any still about?

As we ran together I was able to tell this wee lassie about the revamped web-site as well, as much as I understand these newfangled things. Being young, I'm sure she could make some sense of what I was saying. I hope she joins, she's a pretty little thing.

Old Roxeth

Metros Annual General Meeting 2016

Minutes of the meeting held on **Friday 13th May 2016** at 8:00pm at Lowlands Tennis Club, Lowlands Road, Eastcote

Chair: Mike Ransome opened the meeting at 08:00pm

1. Appointment of a Note Recorder

Peter Beuselinck appointed.

2. Apologies for Absence

Apologies were received from Jeanne Coker, Amanda Beuselinck, Marion Rogan, Anne Ambrose, Gertrud Porter, Russell Hewlett, Kath Donaldson, Barbara Robson, Chris and Gill Shearwood, Al and Jane Scoffham, Paula Kanesanathan, John Gorton, and Dave Young.

26 Metros members attended, and their names were recorded.

3. Minutes of last AGM from 8th May 2015

The AGM accepted the minutes as correct and approved.

4. Matters Arising from these Minutes

None

5. Chairman's Update

Mike Ransome updated the AGM with highlights from the last year.

Metros has approximately 230 paid-up members, with an increase in the number of juniors, and a corresponding decrease in the number of members paying full fees. Mike thanked Irene Paull for her work as Membership Secretary, and for the quality of information available regarding membership.

The Harrow Hill race was a success once again, both in terms of participation and in terms of the money raised for charity, with £750 being donated to the MS Therapy Centre. Thanks to all for supporting the event, and to Mandy Beuselinck and Peter Beuselinck for organising it. The race in 2017 will be organised by Spencer Millbery.

The last year has seen good participation in the Thames Valley Cross Country, Summer League, the Marlow 24 hour relay, and our own 10K and 5K races, with over 60 participants in the 5K. Thanks to all those involved in their organisation.

The social events were a great success, notably the Quiz evening and the Barn Dance. Special thanks to Teresa Young and her team of helpers for the catering at the Barn Dance.

A new Metros website has been commissioned, which is due to go live on 19th May. Thanks to Emma Rackham, Irene Paull, Penny Hudson, Kevin Smart, and Peter Beuselinck for their efforts in getting the new site developed.

The committee organised a survey of all members, see notes below. Thanks to Penny Hudson, Jane Hudson, and Peter Beuselinck for organising it.

6. Receive Audited Accounts and Treasurer's Report

Nigel Rackham presented the accounts, and highlighted the following points:

- 1) The membership subs for 2014/2015 are shown lower due to the moving of the membership renewal date to March, and the annualised income being lower over that 18 month period
- 2) The Barn Dance broke even, with a small subsidy from the club
- 3) The Christmas donations went to Aspire, as agreed by the committee
- 4) Money collected for the Saturday morning teas is donated to the Harrow Food bank, approximately £160 through the year
- 5) The Summer League now requires £2 per entrant, £1 goes to the hosting club and £1 to the league pool
- 6) The club kit is priced so that the club breaks even from its sales. It was noted that the club has a lot of money tied up in kit, and that there are efforts to see how this can be reduced
- 7) The donations included the club matching members' charity contributions for the Marlow Relay, with the matching seen as a one-off for last year
- 8) The equipment expenses included a new laptop for the membership data
- 9) Race expenses include the entrants fees for the Thames Cross Country and Summer League, as well as the River Relay
- 10) In total the club ran at a deficit of £1,944.02 for the year, before exceptional items were taken into account
- 11) £1,700 was transferred into the Metros' Club account from the Harrow Hill Race fund, which is held separately. This covered, amongst other things,

the £1,250 expenses for the development of the new Metros website. The Harrow Hill Race fund has a carry-over of £1,021.

Accounts were proposed by Mike Ransome and seconded by Sarah Westwood.

Thanks to Nigel for the work on the 2015/2016 accounts, and to Al Scoffham for the audit of the accounts.

7. Election of Auditor for 2016/2017

Nigel Rackham agreed to audit the accounts for 2016/2017, and was approved to do so by the AGM.

8. Nominations for Honorary Officers

Both Mike Ransome and Nigel Rackham resigned their posts within the committee. For the 2016 committee only one nomination per post was submitted and all nominations were taken as approved:

Honorary Chairman	Sarah Westwood
Honorary Vice-Chairman	Carole Wells
Honorary Secretary	Peter Beuselinck
Honorary Membership Secretary	Irene Paull
Honorary Treasurer	Mitesh Patel

9. Nominations for Committee Members

Amanda Beuselinck, Penny Rawlins, and Sandra Young had resigned from the committee. Thanks to all three for their efforts while part of the Committee. For 2016 all nominations proposed and seconded were taken as approved:

Penny Hudson, Pat Jackson, Paula Kanesanathan, Steve Paull, Marilyn Pickford, Emma Rackham, Nigel Rackham, Mike Ransome, and Barbara Robson.

Note: The 2016 committee will have a total of 14 members. New members agreed by the committee can join during the course of the year, up to a maximum of 16 members. Any member interested in joining the committee should contact one of the existing committee members for details. Any member can attend committee meetings, although only committee members can vote on committee resolutions.

10.Co-ordinators Posts

David Brown has resumed organising the Wednesday sessions, and Steve Paull is no longer deputising for him on Wednesday. No other changes were announced to the co-ordinator posts.

11.Review and Approval of Proposal to Increase the Membership Subs

The proposals to increase the annual subscription fees were reviewed and approved by the AGM. Points approved:

- 1) The fees for full-paying adults will increase from £15 to £25 from 1st January 2017. For existing members, that means an increase on renewal in March 2017
- 2) The fees for students and Juniors will be unchanged
- 3) There will be no fee to over 70s, provided that they have had at least 5 years of prior paid membership. This does not have to be 5 consecutive years
- 4) New members joining from January to July pay £25, and membership will be for the period up to the end February
- 5) New members joining from August to December will pay £35, and this will include the following full membership year

Note. The last increase in fees was in 2007.

Thanks to Irene Paull and Nigel Rackham for their work in providing the cost analysis and the proposals.

12.Update from the Metros Survey 2016

Peter Beuselinck updated the AGM on the findings of the Survey. The survey was commissioned by the Committee to solicit new ideas and feedback from all paid-up members. The findings will be published separately within Metrolines.

Peter thanked Penny Hudson and Jane Hudson for their hard work in compiling the survey within Survey Monkey. The comments and suggestions will be considered by the committee for further action.

Closing Sarah Westwood thanked Mike Ransome for his tenure as Chairman of Metros, and also thanked Nigel Rackham for his tenure as Treasurer.

Chair: Mike Ransome closed the meeting at 08:47pm.

Many of you will be aware that a survey was recently conducted for members of Metros. Please see below the extracts from the update on the survey. The next steps are reviews by the committee to consider the comments and suggestions for further action.

Thanks to all who participated in the survey, and particularly to Penny Hudson and Jane Hudson who compiled the survey within Survey Monkey.

Why do a survey?

- The survey was commissioned by the Committee as a relatively easy, cheap, and effective way to encourage engagement within the club, and to solicit new ideas

Survey Population

- Just over 160 paid up adult members were surveyed. These members have all provided valid email addresses in the past.
- Out of these 160, 95 completed the survey, which is approx. 60% of those surveyed
- There was a roughly even split between male and female respondents
- 13 respondents are below the age of 40
- Over half (55) of the respondents have been with Metros for over 5 years
- 20% do not class themselves as active runners with the club
- The vast majority of members came to Metros through direct contact with an existing member, maybe a friend, or maybe meeting a member at an event or out running. 22% came through searching for a club using social media
- Most people joining Metros were running before they joined, with 23% stating that they were new to running.

Metros Communications

- 30% do not look at the Metros website
 - A third of all respondents made a comment on the website, with the most common suggestion being that it needs to be kept more up to date. Hopefully the new website will address the comments raised
- 36% follow Facebook, against 64% who do not. (FYI we have 271 followers on Facebook)

- Those who use Facebook generally would like to see more on it
- Some question the administrative restrictions preventing all visitors from being able to post to Facebook
- 6% of members follow our Twitter account
- Virtually everyone reads Metrolines
 - A general level of interest expressed across the various sections
 - A list of generally favourable comments provided by members, and much praise for the editors
 - Some suggestions that some of the articles are too long
 - 3 respondents stated that they often miss out on a printed copy
- 80% of respondents receive emails as part of the Google group
 - Of those who do not, only 7 respondents do not wish to be added to the group

Metros Sessions

- 77% of respondents regularly attend one of our sessions, against 23% who don't
- Generally people are happy with the existing sessions. The survey provided a list of suggested improvements
- The survey also provided some suggested new sessions, building on the existing sessions
- A lot of interest was expressed in new coaching sessions, notably for track, stamina, and strength sessions. Nearly 75% of those interested are prepared to pay at least £5 per session

Metros Events

- Good support for the current running events put on by Metros, with some specific suggestions for improvements and new events
- 50% of respondents would be willing to help organise new running events
- The social events are well appreciated, and 55% would help organise these

Metros Kit

- 87% of the respondents own some Metros kit
- 65% are happy with the kit, vs 35% who would like a change of Design/Material/Fit
- Many different suggestions were provided, included some new kit ideas

How to attract new members?

- Over 40 different comments/suggestions for review

Were you made to feel welcome on joining the club?

- Over 30 different comments and suggestions as to how to welcome new joiners were provided

Final Comments

- The survey final comments were generally very positive

Peter Beuselinck

Congratulations

to

Nathan Powell & Bev Singleton

on their marriage on 28th May 2016

Wishing them every happiness &
good health for their future together.



Results and Reports

5k Race - 14 May 2016

Position	Name	Age Grade	Time
1	Nigel Rackham	82.66%	18.17
13	Hilary Lemon	75.13%	26.12
3	Steve Paull	72.72%	22.27
33	Janice Newman	70.36%	32.10
9	John Gorton	69.79%	23.36
29	Kath Donaldson	69.75%	31.24
8	Dave Young	69.40%	23.19
24	Mary Swindles	67.72%	29.05
18	Jane Hudson	66.65%	27.32
4	Simon Abery	65.17%	22.49
7	Adam Leary	64.94%	23.05
2	Brett Rafferty	63.76%	20.17
14	Mattie Nola	63.48%	26.53
16	Mike Ransome	62.86%	26.56
41	Barbara Reading	62.66%	34.57
5	Tian Hollingshead	61.92%	22.55
15	Juliette Nola	60.50%	26.55
23	Dave Brown	60.31%	28.36
26	Judy Rackham	60.17%	30.05
20	Julia Allen	59.31%	27.56
17	Anne Nola	58.36%	27.13
10	Sarah Belchier	58.12%	25.28
31	Teresa Young	57.67%	31.49
11	Sonny Peart	56.33%	25.46
25	Karen Leary	56.11%	29.53
6	Jamie Richards	56.07%	23.01
12	Nagendra Bisht	56.04%	25.54
38	Bob Manning	55.24%	34.18
35	Carole Wells	54.56%	32.19
22	Denise Power	52.97%	28.19
19	Andrew Collier	52.92%	27.52
21	Kyie Hollingshead	52.55%	28.18
42	Steph White	52.30%	36.35
40	Penny Hudson	51.86%	34.27
48	Sarah Westwood	51.39%	38.18
30	Ruth Tidder	51.06%	31.24
39	Ku Samra	50.65%	34.23

34	Gordon Valentine	50.25%	32.12
36	Amanda Hardy	50.00%	32.24
37	Dharmini Chikhliwala	48.51%	32.26
32	Karen Collier	48.29%	32.06
44	Meera Tanna	48.29%	37.00
28	Steve Alder	48.28%	31.18
43	Alyson Angelides	45.81%	36.36
45	Hema Thakur	43.63%	37.08
47	Jhanna Khatun	41.39%	38.01
46	Dee Parmar	40.80%	37.42
49	Mark Mulvenna	36.47%	41.26
27	Kai Patel	#N/A	31.06

This is the second time that everyone who turned up for training ran in the race.

Thank you for your support and well done to all the runners.

Out thanks to our helpers:

Marion – marking the course

Irene – recording names and ages!

Teresa – Timing

Natalie and Sophie – marshalling and handing out the lollies.

Next 5k race in the park - **Saturday 20 August.**

Marilyn and Henry

Marsworth 10k - Sunday 8th May 2016

1		00:36:04
52	Adam Leary	00:52:26
174	Karen Leary	01:13:14
208	finishers	01:30:04

European Masters Half Marathon - Portugal 22nd May 2016

1		1:07:26
29	Nigel Rackham	1:15:18
372	runners - last	3:31:01

Bracknell Half Marathon - 8 May 2016

I had only run this race once before, in 2013. That had also been Gill's first ever half marathon when she received something of a hero's welcome on finishing (and a free, on-the-spot massage).

Since my aim is (still) to beat 1:30 in any given half marathon and having posted a time of 1:31:45 in 2013, it is surprising that I have not entered this race since but I think that it must have clashed with other races, weekends away, football... This year, it was a month after my running the Rotterdam Marathon and I had had no races in the interim (other than parkruns). It would however be the start of a busy 15-day period including also Sudbury Court and Manchester 10k races.

We had had a lung-busting session on the preceding Tuesday evening (9 miles in 67 minutes) and an equally lung-busting track session on the Thursday. I felt fit and fast and topped that off with my fastest parkrun at Harrow this year, their 1st anniversary, which coincided with a spell of very warm weather. The following day's half marathon was to be a scorcher...

Most of my fellow Metros would be at the Marlow 5; four plucky individuals would be slogging it around the Halstead Marathon and Anthony Bellis and I would be braving the terrain of mid-Berkshire - all of us would be feeling the heat.

Ours was a 9 a.m. start and I collected Anthony at 8 a.m. With hindsight, an earlier collection might have been better - the M3 remains plagued with a 50 mph limit between the M25 and Fleet Services with the so-called "smart motorway" scheme having completed just over a year of construction. Gill and I are well familiar with this form of purgatory from our visits to Southampton and, in the event, Anthony and I arrived at race base about 10 minutes before the start.

I remembered that there was a car park and, fortunately, there were a few spaces available so we left our bags in the car and made straight for the start, via the portaloo, a large affair with no queues whatsoever. Truly, the gods were smiling on us.

Race HQ is at South Hill Park, about 4km south of the Bracknell town centre. It consists of a mansion, set in parkland, dating from 1760, now housing a large arts centre containing The Wilde Theatre - the character 'Lady Bracknell' appears in *"The Importance of Being Earnest"*. South Hill Park has been home to a number of major music festivals over the years including the Womad Festival in 1988.

The race was started by the Mayor of Bracknell Forest, Cllr Mrs Dee Hamilton, looking very glam in a fetching blue outfit and wide-brimmed hat. It is run almost entirely on footpaths and cycleways, with "short" stretches on the highway, and places where runners have to cross side roads.

Bracknell is a new town, reminiscent of, say, Milton Keynes, having been so designated in 1949, in the aftermath of WWII. It is part of the Greater London Urban Area, a conurbation in the south-east constituting the continuous urban area of London and surrounding nearby towns. It is home to the head office of Waitrose which has operated from the town since the 1970s; manufacturing industry has largely disappeared since the 1980s.

The race route skirts around the town centre and initially heads north from South Hill Park, some of it through parkland and much of it under trees. Anthony thought that he would manage about 1:45 and I was hoping for sub 1:30. There were pacemakers timed at 1:30 mins, 1:40 mins, 1:50 mins, 2 hours and 2:15 mins. I stuck with the 1:30 pacemakers but only for a couple of miles - maybe I still had track session/parkrun legs, maybe it was the heat. They weren't out of sight until well into the race and I was never caught up by the 1:40 pacemakers.

I was still sub 7 m/mile at 4 miles and, although between miles 2 - 6 through the housing estates you go imperceptibly downhill, my pace slackened as there followed a correspondingly long, uphill slog along Harvest Ride, between miles 6 - 9 on the outskirts of town. You drop again to mile 10 and then climb again to mile 12. The total climb is 118 metres at a rate of 9 m/mile apparently making the flat equivalent distance 13.56 miles.

We were particularly glad of trees and taller bushes shading us from the sun to the south along Harvest Ride and there were water stations every two miles, with sponges at every second water station, all well staffed as were the marshalling points. Local support seemed to be good.

Between miles 6 - 11 you are beside more major roads to the east of town, with long, straight stretches and it makes a nice change to return to the relative shade of the housing estates - not for nothing is the local authority named Bracknell *Forest* District Council. There was an unofficial water station outside the Hilton Bracknell Hotel on the Bagshot Road, with most welcome plastic pint glasses rather than the smaller cups proffered at the other water stations.

Here we were quite near to where the race had started but there were a few more twists and turns to make up the distance as we finally headed into the park, under more trees and then onto the open lawn in front of the arts centre where the finishing gantry was. I finished in 54th place out of 787 finishers with a time of 1:36:37 (4th in my category, 2nd placed V50 only 1 minute 19 secs ahead of me).

I collected my goody bag containing a big, chunky medal and, from a trestle table, a technical t-shirt. I wandered back through the nearby car park to watch for Anthony finishing as he did, more or less as he expected, in 1:45:44. I recalled that there were showers within the arts complex and, although the front of house manager confirmed that, he said that they were only for "performers" otherwise

everyone today would want to use them. Oh well, it would have been nice...We were away by 11.00 and home before 12.00.

The winner did 1:12:51; the final finisher managed 3:52:09 (the two preceding, both in 3:21:37). Other runners' remarks praised "...the extra water stations this year, on a stinking hot day...the course, not the most inspiring (it is in Bracknell) but it's pleasant and varied enough. Really good venue, loads of marshals, great medal and generous goody bag..."...a challenging, all tarmac course. Not one for PBs, with 44 metres of elevation contained in the 4.2km stretch on Harvest Ride..."...great local race, if lacking the aesthetics of rival courses...beautiful setting at the start and finish...and decent, if sporadic, support along the course".

Next year's race date is to be confirmed but I would not mind giving it another go in the hope of somewhat less heat.

Chris Shearwood

Weald Challenge 50k Ultra Trail - Sunday 29th May 2016

1	04:07:39
99 Spencer Millbery	06:55:24
125 Sarah Belchier	07:27:21
127 Russ Hewlett	07:27:31
144 Sonny Peart	08:00:52
145 Linda Frances Dunne	08:00:52
152 finishers	08:37:02



Regents Park 10K Series

1st May	Matthew Phillips	39:06
5th June	Russell Hewlett	46:09

Much Wenlock Half Marathon May 15 2016

Place	Time	Name	Team	Category
24	1:45:40	ROGAN, Matt	Metros	Male Vet 40
77	2:23:22	ROGAN, Martin	Metros	Male Vet 65

The Wenlock Olympian Games hold a unique place in British sporting history. Started in 1850, and visited by De Coubertin in 1890, they provided the template which he used when planning the first Modern Olympic Games in Athens in 1896. Matt and I spent time researching this history some years ago, so we had planned to attend and compete.

Six years is an overlong gestation period for a plan, but it remained a personal ambition. I have run at the 1908 Olympic Stadium, (White City, since demolished) and the 1948 Olympic Stadium (Wembley Stadium since demolished), so Linden Fields Much Wenlock was at least still close to its original form. Despite not taking part in many 'organised' events these days, I still run regularly and figured a little extra commitment on weekly mileage would enable an acceptable performance.

We travelled to Wenlock the day before the run, so that we could have a look at the Museum, and wander around what was once the heartland of British industry, staying in a local Pub.

Whilst the rest of the family seem to be comfortable with cross country events, it has always been my least favoured form of running. Hate is too strong, but only just. Nevertheless I admit Much Wenlock was a magnificent example of all the things in a cross country that are purgatory at the time, but leave you with immense satisfaction afterwards, at having got around.

The weather was perfect, sunny but cool. Within minutes of the start I realised that whatever I thought about being fit enough for the run, my 'racing' head was nowhere in shape to cope. I expected as always that the front of the group would hurtle away, but I'd purposely lined up at the back to set my own pace, but within a mile, I wasn't sure if there was anyone behind me. Temporary relief came when I heard two guys behind me nattering about other events they had done, until one of them said he was the 'sweeper' for the day. He didn't mind as it meant he would have someone to talk to all the way round. Motivation and despair in equal measure, and we hadn't hit the first of the hills.

The run was very well watered and marshalled. Despite its cross country nature, on tracks and trails through woodlands, with a few quiet country roads, only one corner left room for improvement. The marshals managing the water station some 30 yards before did issue instruction, but as an experienced runner (and sometime marshal), they should know runners take no notice of verbal instructions. In the event, the runners ahead slowed to query if we were going the correct way, and a head popped over the hedge and waved us forward.

The hills, oh the hills. Think Seven Sisters, Cliveden, with Curtain Hill every time you turned a corner.

As the end loomed, the sound of applause was music to the ears. Unfortunately it was applause for the presentations to prize-winners, and a lap of the track was required for those still toiling. Despite this short-lived disappointment, (not so philosophically discounted at the time), it was particularly rewarding on this occasion to learn that Matt had been one of the recipients, picking up an age group bronze.

The surprise is that the event was not better supported. I hope those responsible for all the hard work felt sufficiently rewarded for their efforts.

There are of course two sides to every story. You may wish to look back in earlier Metrolines for Steve Paull's experiences at Much Wenlock in a marathon event. Don't ask him unless you have plenty of time on your hands and are used to forthright language.

Martin Rogan.



Vitality London 10,000m - Monday 30th May 2016

1		00:28:28
549	Sasha Birkin	00:39:25 PB
892	John Norris	00:41:43
2166	Rajesh Varshani	00:47:16
3624	Jim Buckland	00:50:21
3624	Simon Dadomo	00:51:43
3959	Bernie Conway	00:52:31 PB
8892	Richard Hayward	01:04:34
9360	Anne Ambrose	01:06:04
10716	Patricia Hewlett	01:12:21
10887	Alyson Angelides	01:13:36 PB
12234	finishers	02:06:34



Great Manchester Run (10k) - Sunday 22nd May 2016

1		00:28:08
432	Christopher Shearwood	00:40:49
25317	Gillian Shearwood	01:31:22

Edinburgh Marathon Festival (Half marathon) Sunday 29th May 2016

1		01:10:37
5837	Irene Paull	02:11:24
8601	finishers	06:24:35

A reward for beating my coach's target time & not being too grumpy during the run when I was being told to "dig in" and "push on". Not quite forgiven for failing to get him into this race but running 2:11:24 has helped.



Milton Keynes Marathon -

1		2.31.14
	Michael Morris	3.50.38
	1954 finishers - last	6.50.10

Trophy Races - Half Way Scores (Top 10)

	Finchley 20	Maidenhead 10	Marlow 5	Sudbury Court 10K	Maidenhead 1/2	Moor Park 10K	Cabbage Patch 10	Ricky Road Run	Total
Ladies									
Emma Rackham	48	49	46	48					191
Irene Paull		50	45	46					141
Angela Murphy	47	48	43						138
Penny Hudson		47	36	44					127
Anne Ambrose		46	37	43					126
Jane Hudson			48	49					97
Ruth Tidder			42	47					89
Raquel Russel Ponte	46		33						79
Patricia Hewlett			35	42					77
Lucy Ashe	50								50

Men									
Hershil Patel	48	48	45	43					184
Steve Paull		50	47	47					144
Sonny Peart	46	47		38					131
Matthew Rackham			49	49					98
John Norris			48	48					96
Barry Nolan	47			39					86
Jim Buckland			43	40					83
Dave Brown			40	36					76
Kevin Watson	50								50
Nigel Rackham			50						50

Run Wembley 10k - Sunday 15th May 2016

1	00:35:33
9 Brett Rafferty	00:42:19
10 Matthew Rackham	00:42:30
11 John Norris	00:42:54
12 Steve Paull	00:43:59
13 Kevin Smart	00:44:20
14 Fatmir Sulmataj	00:44:47
19 Anthony Bellis	00:46:08
22 Hershil Patel	00:46:43
23 Brian McGrory	00:46:49
33 Peter Reynolds	00:49:26
39 James Buckland	00:50:47
47 Barry Nolan	00:52:47
49 Linda Dunne	00:53:16
50 Sonny Peart	00:53:31
63 Jane Hudson	00:57:24
66 Emma Rackham	00:58:31
69 Derek Bamforth	00:59:18
72 David Brown	01:00:04
76 Ruth Tidder	01:02:03
77 Irene Paull	01:03:29
78 Claire Millbery	01:04:02
81 Richard Hayward	01:05:12
88 Penny Hudson	01:10:46
92 Anne Ambrose	01:11:22
94 Trish Hewlett	01:13:32
98 finishers - last	01:26:32



Run Wembley 5k - Sunday 15th May 2016

1		00:15:33
4	Chris Shearwood	00:20:06
10	Sebastian Hollingshead	00:23:59
19	Kyie Hollingshead	00:26:48
28	Errol Clarke	00:28:14
29	Alastair Scoffham	00:28:37
67	finishers - last	00:49:31



Osterley Park 10k 11 June 2016

66	Donna Warren	45.41
71	Steve Paull	46.10
340	Irene Paull	59.53

527 finishers



The **5 mile handicap** was held on 4th June 2016. It was the third out of four of the series for the year.

The results are as follows

04/06/16	Actual 5 mile time	Handicap	Time inc. handicap	Points this event	Next Handicap
John Gorton	39.05	0	39.05	54	21
Kath Donaldson	53.12	-6	47.12	45	7
Denise Power	48.05	0	48.05	43	12
Carole Lloyd	53.06	0	53.06	37	7
Chris Shearwood	34.46	21	55.46	34	26
Dave Young	38.05	19	57.05	31	22
Elish Fernandes	63.34	-6	57.34	30	-3
Mike Morris	35.08	23	58.08	28	25
Ku Samra	58.32	0	58.32	27	2
Irene Paull	49.39	9	58.39	26	11
Simon Abery	37.39	21	58.39	25	23
Steve Paull	37.45	21	58.45	24	23
Nancy Morris	55.48	3	58.48	23	5
Nigel Rackham	29.57	29	58.57	21	30
Karen Collier	52.43	7	59.43	20	8
Teresa Young	51.57	8	59.57	18	8
Julia Allen	47.01	13	60.01	17	13
Steph White	61.07	-1	60.07	16	-1
Anne Ambrose	52.17	8	60.17	15	8
Andrew Collier	45.24	15	60.24	14	15
Tiziana Spotti	54.30	6	60.30	13	6
Gladys de Groot	66.34	-6	60.34	12	-6
Judy Rackham	48.39	12	60.39	11	12
Anne Nola	45.53	15	60.53	9	14
Ruth Tidder	48.23	13	61.23	8	12
Hema Thakur	62.33	-1	61.33	7	-2
Geraldine Gill	54.08	8	62.08	5	6
Marion Rogan	53.12	9	62.12	4	7
Julie Smith	57.24	5	62.24	3	3
Bob Manning	55.46	7	62.46	2	5
Juliette Nola	49.40	14	63.40	0	11
Mike Ransome	48.23	16	64.23	-2	12

The final event will be on Saturday 3rd September. See you there!

Summer League - Metros - 12th June 2016

Results in next month's issue.



parkrun results

21.5.16

Brighton and Hove

Glyn WATKINS 00:29:01

Woodbank

Chris SHEARWOOD 00:20:55

Harrow

Jim BUCKLAND 00:24:03

John GORTON 00:24:08

Barry NOLAN 00:25:01

Graham John HART 00:28:04

Veronica GEORGESCU 00:31:28

Gladstone Park

Brian MCGRORY 00:21:07

Northala Fields

Juliette NOLA 00:27:14

Ruth TIDDER 00:27:30

Julia ALLEN 00:28:05

South Oxhey

Gordon VALENTINE 00:28:07

Cassiobury

Sasha BIRKIN (1st) 00:19:28

Max DADOMO 00:23:15

Simon DADOMO 00:24:35

Salisbury

Terry BURKE 00:28:04

28.5.16

Black Park

Glyn WATKINS 00:28:49

Harrow

Mitesh PATEL 00:19:44

Chris SHEARWOOD 00:20:03

Brett RAFFERTY 00:20:10

Kevin SMART 00:21:10

Michael MORRIS 00:21:27

Jim BUCKLAND 00:24:39

Sonny PEART 00:25:08

Barry NOLAN 00:25:46

Andrew COLLIER 00:27:05

Emma RACKHAM 00:27:38

Richard HAYWARD 00:27:40

Errol CLARKE 00:27:45

Jane HUDSON 00:28:02

Deborah LEWIS 00:35:41

Poole

Sue DAVIE 00:38:01

Wycombe Rye

Ruth TIDDER 00:31:05

Northala Fields

Sasha BIRKIN (1st) 00:19:46

John NORRIS 00:20:00

Brian MCGRORY 00:20:46

Claire MILLBERY 00:30:07

Patricia HEWLETT 00:33:49

Portabello, Edinburgh

Steve PAULL 00:21:40

Irene PAULL 00:31:10

South Oxhey

Gordon VALENTINE 00:27:23

4.6.16

Black Park

Glyn WATKINS 00:31:02

Harrow

Brian MCGRORY 00:20:46

Barry NOLAN 00:24:25

Jim BUCKLAND 00:25:47

Richard HAYWARD 00:28:03

Deborah LEWIS 00:36:00

Poole

Sue DAVIE 01:05:35

Walsall Arboretum

Mitesh PATEL 00:19:28

Longrun Meadow

Tian HOLLINGSHEAD 00:23:49

Mark MULVENNA 00:24:06

David BROWN 00:28:38

Kyie HOLLINGSHEAD 00:29:50

Northala Fields

Peter REES 00:19:45

Cassiobury

Brett RAFFERTY 00:19:15

Sasha BIRKIN (1st) 00:19:19

Salisbury

Terry BURKE 00:27:39

11.6.16

Black Park

Jane HUDSON 00:28:06

Glyn WATKINS 00:28:42

Kath DONALDSON 00:33:33

Penny HUDSON 00:36:28

Harrow

Mitesh PATEL 00:19:40

Barry NOLAN 00:24:03

Leah BUCKLAND 00:26:26

Mike MORRIS (tail runner) 00:46:05

Mile End

Errol CLARKE 00:27:30

Osterley

Steve PAULL 00:22:27

Irene PAULL 00:31:57

Northala Fields

Chris SHEARWOOD 00:19:28

John NORRIS 00:19:58

South Oxhey

Gordon VALENTINE 00:29:34

Salisbury

Terry BURKE 00:28:23

Runner's Recipes

Rhubarb crumble cake

PREP: 25 MINS

COOK: 1 HR, 15 MINS

Ingredients

250g pack of butter, softened
250g golden caster sugar, plus 1 tbsp
2 tsp vanilla extract
5 large eggs
300g plain flour, plus 7 tbsp
2 tsp baking powder
1 tsp ground cinnamon
300g rhubarb, washed, trimmed and finely sliced



Method

Heat oven to 160C/140C fan/gas 3 and grease and line the base and sides of a deep 20cm round cake tin with a little of the butter and baking parchment. Put the butter, 250g sugar and vanilla into a big mixing bowl. Beat until light and fluffy with an electric whisk.

Beat in the eggs, one by one, then fold in the 300g flour and baking powder. Spoon out 85g of the batter, and stir the extra 7 tbsp flour and cinnamon into this with a cutlery knife so it becomes crumbly.

Fold the rhubarb into the rest of the cake batter and scrape into the prepared tin. Scatter over the crumble mix followed by 1 tbsp sugar. Bake for 1 hr 15 mins, until a skewer poked in comes out clean – you'll need to lay a sheet of foil on top after an hour if the cake is browning too much. Cool for 15 mins in the tin, then finish on a wire rack.

Recipe from bbcgoodfood.com, February 2013

NOTES OF METROS COMMITTEE MEETING

Wednesday 1 June 2016 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Penny Hudson, Pat Jackson, Mitesh Patel, Irene & Steve Paull, Marilyn Pickford, Mike Ransome, Emma Rackham, Barbara Robson, Carole Wells, Sarah Westwood.

APOLOGIES: Peter Beuselinck, Paula Kanesanathan, Nigel Rackham

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).

MATTERS ARISING FROM THE PREVIOUS MEETING – 4 May 2016

Metros Finances – The accounts prepared by Nigel and audited by Al Scoffham had been approved at the AGM.

ITEM CLOSED

Metros Constitution Changes – prepared by Peter and Irene had been agreed at the AGM.

ITEM CLOSED

Metros Web Site – Penny and Emma were thanked for helping produce an excellent new web site. Emma confirmed that it is possible for members to change their password. A new description of Metros activities is suggested and Uxbridge and Hillingdon will be added to the list of areas. A system for run co-ordinators to have input was requested.

ACTION: Emma Rackham

Metros Facebook was also discussed and will be reviewed another time.

London Marathon - Metros Elite Runners Water Station – Pat suggested that an alternative system of allocating the twelve volunteers next year be discussed. As Peter Beuselinck was absent it was agreed this will be raised at the next meeting plus a review of the system of allocation of marathon places awarded to the club from England Athletics and the water station.

ACTION: Review July Meeting

Saturday Training Sessions - the impact of lack of trainers and the possibility that one Saturday session each month should be replaced by club attendance at the Harrow Park Run will now be part of the discussion on the recent Metros Survey.

REPORTS OF OFFICERS

Hon. Chairman – Sarah had nothing to report.

Hon Vice Chairman – Carole had nothing to report.

Hon. Secretary – Peter was absent but it was confirmed that the committee had approved an application from Caroline Day Lewis to attend the Leadership in Running Course.

Hon. Treasurer – Report not due this month.

Hon. Membership Secretary: Seven new members were confirmed: Leah Buckland, Harrow; Jarina Khatun, Rayners Lane; Clare Miller, Harrow; Peter Rees, Harrow; Sakina, Zaheer and Alisha Sidik, Kenton. Irene confirmed 240 members of which at present 182 are adults. This includes one new member via the new web site system.

CO-ORDINATORS REPORTS

Summer League – Pat confirmed that the award winners for last season have been approved and awards ordered. These will be presented at the Metros fixture on Sunday 12 June. The Summer League web site has been shut down but another site will soon be available. Details of our fixture are on the Metros web site and Pat will send details to other participating clubs.

ACTION: Pat Jackson

OTHER ITEMS

Metros Survey – After various discussions, it was agreed that, instead of the whole committee reviewing each subject, smaller groups would review specific subjects and then discuss with the full committee. It was also agreed to start the review with the following subjects:

New members welcome pack etc – led by Irene and Mike
Sessions and coaching - led by Sarah
Kit – Peter, Pat and Barbara.

Jo Groom Mile – Saturday 17 September. Jo Groom, our oldest member, will be 90 on 23 July. He is one of our founder members joining in April 1988. He will participate in our Wot no Watch mile on Saturday 17 September.

Meeting finished at 8.56 pm.

Date of Next Committee Meeting	Wednesday 6 July
Future Committee Meetings	No meeting in August Wednesday 7 September Wednesday 5 October Wednesday 2 November Wednesday 7 December

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

Committee Meetings

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

Coaching/Leadership/Officials'/First Aid Courses

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

Metros Website and social media

www.metros.org.uk

Contributions to:

emma.rackham@hotmail.co.uk

We also have a Facebook page and Twitter account – please like or follow us. If you would like to join Metros' group email please contact Penny at metrolines1@gmail.com

Safety Information

Whenever you attend a training session, please inform the session coordinator / leader if you have any injury or other medical condition. Also, if you participate in one of Metros Saturday morning races or challenges, please give your name to the person(s) organising the event and report back to them if you drop out. This applies particularly to events where the course is mainly on the streets and is to enable us to check whether anyone has lost their way or suffered an injury or accident. A "dog tag" for personal information can be obtained from Pat Jackson for £1.00

Metros Kit

Metros breathable vests and long and short sleeved T-shirts are available from Pat Jackson – tel. 020 8868 5683. Price: T-shirt £20, £17; vest £12.

Hats, fleece jackets and hoodies can also be ordered.

Metros REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: Mw49ran@gmail.com	
TUESDAY	20.00	Steve Paull	020 8422 6636
Run / Walk Group		Penny Hudson	pm.hudson@ntlworld.com
WEDNESDAY	19.15	Dave Brown	020 8933 1821/Steve Paull
THURSDAY	19.00	Jane Hudson	07522 754675
		Email: thursdaymetros@yahoo.co.uk	
SATURDAY	09.00	Irene Paull	020 8422 6636

Other unofficial runs may also be going on, ask around.

See website for more details: www.metros.org.uk

Please Note: All runners are responsible for themselves.