



July 2017
Issue No. 346



Metros Summer League Fixture

Metros Diary

July

Sat 1	10K Challenge, Roxbourne Park	8.50 am
Sun 2	Summer League, Dulwich Park	9.30 am
Sat 8	Wot No Watch, Roxbourne Park	9.20 & 9.40am
	Foodbank donation	
Sat 8	Metros BBQ	7.00 pm
Wed 12	Vets Track & Field, Perivale	6.00 pm
Sat 15	parkrun (Northala & Gladstone Park)	9.00 am
Sun16	Summer League, Mornington Chasers	9.00 am

August

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

September

Sat 2	5 Mile Handicap	9.00 am
Sat 9	Wot No Watch, Roxbourne Park	9.20 & 9.40am
	Foodbank donation	
Sat 16	parkrun (South Oxhey)	9.00 am

October

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

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

Note from the Editor!

So, the longest day has passed. Nights will be drawing in now as we head down towards winter. Oh, joy!

There is still the Metros Summer Barbeque to look forward to – 8th July. See details on page 6.

Please keep sending me all your articles, results and pictures. Details of how to contribute are in the box below.

Anne Ambrose

Metrolines

All contributions welcome – please send to: Anne Ambrose

Email: metrolines1@gmail.com

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

Contributions by: 15th of each month please.

If you would like to receive Metrolines by email, please send your details to Anne Ambrose at the email address above. If you would like to advertise in Metrolines the rates are as follows: Full page £5; Half page £3; Quarter page £2



Metros Celebrating the Summer Solstice



Achievements

Well done to ...

Jim Buckland and Mike Morris – for completing their first ultra-marathon- Weald Challenge Ultra Trail 50k, 28th May

Terry Burke, Patricia Hewlett and John Norris -for achieving their 50th parkrun

Christopher Hudson -for a PB at Harrow parkrun 24th June

Nancy Morris – for a PB in the Metros 5-mile Handicap

Steve Paull – for beating the Metros V60 1500 metre record at Woodside Watford, 31st May

Chris Shearwood – for first in his age group at Burnage parkrun, 27th May



Trophy Races

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

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

Steve Paull



Vets Track and Field

Remaining Match in the SVAC League Mid-London Division

Perivale.....Wednesday 12th July

Summer League

Remaining dates are:

- **Sunday 2 July – 5 miles Dulwich Park** - Hosted by Dulwich Park Runners
- **Sunday 16 July – 10km Regent's Park** - Hosted by Mornington Chasers
- **Sunday 20 August - Battersea Park** - Hosted by Serpentine



Judy and Nigel

invite you to a



BBQ

on

Saturday 8th July

from 7.00pm

at 60 Paines Lane Pinner

HA5 3BT

Partners/family welcome

Main course (meat & veggie) will be
provided, please bring donations of
nibbles/salads/dessert and drink

RSVP

Rackham60@tiscali.co.uk

by Saturday morning 8th July please
(07745 220 278).

From August 2015- 2016, Dr. Jenny Lemon spent an amazing year working as a paediatric registrar doctor in Blantyre, Malawi. Along with some friends who she worked with and Ruislip Windmill Rangers, we are holding an event to raise money for this wonderful charity based at her hospital in Blantyre. We do hope you'll be able to come along to support sometime between 1.30 and 5 pm.

The Lemon family are hosting
a Malawi themed summer fayre
on **Saturday 8th July 2017** from 1.30 till 5 pm
at St Lawrence Church Hall, Eastcote, HA5 2SJ

We are inviting friends and family to join us to help raise much needed funds
for

'Friends of Sick Children in Malawi'

<http://www.friendsofsickchildreninmalawi.org/>

Catwalk

**Tea and
cakes**

**Malawian
food**



Games

Amazing prizes



I know I'm a bit late, but well done to all involved with the "Couch to 5k" stuff- that's the runners and the team that got them to the start line. I sneaked into the far corner of the park that day to have a little view, I even saw the presentations afterwards. I confess it was a little bit emotional, even for an old cynic like me. They'd started with their goal and they'd achieved it. I hope now they will all carry on and become valued members of our club. Have any entered the London (or any) marathon now? You're on the way to the big one if you want it.

And on the way to that marathon could be the new Harrow Half Marathon, announced for September.

I admit when I read about some of our club meeting the MP a few months ago, to discuss this, I thought that this would never get off the ground, yet here it is.

As I said I'm a cynic, and I can only see problem after problem, but entries are being taken so I suppose it will happen. I did hear the Spitfire 10k in Colindale has been pulled after entries had started to be taken, so this could still happen here. Without some major sponsorship, how can a race of this distance take place in suburbia?

The council must have some serious clout because traffic is going to be horrendous with huge north/south and east west issues which was one of the reasons the event folded before. Unless things have changed, Hatch End residents in their big cars do not like being obstructed on the way to the supermarket on a Sunday. Don't forget, the race-trailer says it's a traffic free course- that's the Uxbridge Road, George V, Pinner Road, Headstone Drive, Station Road etc. all free of traffic. Maybe, but also think of the roads it crosses like Lowlands/Kenton Roads before the final slog up the hill. As an aside was there not a flatter course? I suppose not if the school on the hill is to be used (that costs money too).

Where is race HQ going to be, plus portaloos, finish funnels, coffee/merchandise stalls, the list goes on? Will they have enough volunteers around the course? Harrow AC, the co-sponsor, is a club for youth, will their sprinters want to get out of bed to marshal on street corners? Metros are older, most used to the task, yet as far as I've heard we've not been asked.

Interesting times!

Roxeth

Andrew Howell – The Body Factory

Do not let your Achilles be your “Achilles Heel”!

Moving up so to speak from the plantar fascia is the Achilles tendon also known as the tendo Achilles (TA). The TA is a special tendon. Without this we would not be able to walk on two legs. The TA allows us to walk, run and jump at full velocity. The TA can absorb up to ten times our body weight. If the TA becomes painful considering its exceptional weight-bearing capabilities, your running will become dysfunctional.



A TA tendinopathy is an injury of the bands of tissue (tendon) which are formed from the two main muscles in the calf compartment. These are the soleus and gastrocnemius muscle. This tendon inserts directly on to the heel bone or calcaneum. The correct terminology for a problem with the TA is an acute TA tendinopathy. TA pain accounts for 5-12% of running injuries. As this injury effects around 150,000 people each year it is important to understand and

regrettably, it is commonly mistreated. Our understanding of the mechanics and physiology of the TA has changed over the years. There are many ways of trying to treat the disorder and the various tendinopathies that can arise. Treatment should reflect up to date research but most physiotherapists will tend to apply what works from their own experience together with what has been tried and tested protocols.

Early Warning Signs – include the following:

- Early morning stiffness in the TA which rapidly subsides after a few steps.
- A pinch test on the mid portion of the TA or by the heel which if irritated will cause local sharp pain which is not found on the other side.
- Beginning to get a tight calf. This is not in itself a symptom of TA tendinopathy however it may well become a huge contributing factor.

What brings TA pain on?

- Trigger points in the calf pull up on the TA which subsequently pulls away from the bone and generates pain.
- General poor calf range puts load on the TA.
- Poor biomechanics.
- A sudden increase in hill training, volume or speed.
- Running back to back days too frequently.
- Just bad luck!

It has now been identified that there can be a hereditary weakness in the Achilles tendon which predisposes to injury. It may be that the tissue that makes up the TA is weaker in some individuals. Regrettably, there are also several antibiotics (particularly the tetracycline group, often used in the treatment of acne) that can also contribute towards a tendinopathy.

What should the physiotherapist look for?

- Palpable trigger points or knots in gastrocnemius and soleus.
- Early signs of thickening in the tendon.
- Neural tightness in the calf compartment.
- The exclusion of any other diagnosis such as a partial tear or even rupture of the TA
- A consideration of the history of the injury, how the pain came on and any recent changes in training.
- The posture of the foot.

What happens if the pain is ignored?

Runners often leave niggling pains to develop and hence injury emerges. Runners and athletes at all levels are stubborn creatures. Pain is an accepted

part of our sport and we will persist until our leg is hanging off and then seek attention. If the pain does not subside do not keep running; this is only going to aggravate the injury.

What is the mechanism of chronic TA?

Acute inflamed tendons generating tendonitis lead to an acute pain syndrome that settles if appropriate treatment is applied. The tissue which makes up the TA is very strong. If repeated load is put through the tendon when irritated it begins, over time to change its actual structure. The body responds to such repetitive injury by causing the tendon to thicken which in turn generates local stiffness within the tendon itself. Perhaps the biggest mistake with this type of injury is that because the pain and stiffness subsides initially it is assumed that it is better and runner keep running on the injury. The tissue may have adapted, but microscopic changes continue to take place as the tendon keeps being loaded by running. This leads to more microscopic damage which in turn causes more thickening, greater stiffness and increased problems with the normal action of the calf muscles. The athlete then finds they are running on a dysfunctional calf and tendon unit. Subsequently, the early morning stiffness doesn't go, or the pain will be present on walking alone. When that happens, this means the tendon injury has entered in to a chronic phase and the tissue has now altered which may not be reversible.

Current treatment for acute TA tendinopathy

A physiotherapist should identify with you whether this is an acute tendinopathy or a more chronic phase injury. The best solution is to stop running. Active recovery is both appropriate and should be encouraged. Swimming for instance is an excellent activity but all impact exercise needs to be stopped with healthcare professional attention being sought. Calf stretching exercises need to be introduced. The reality with TA tendinopathy is that it can only be self-managed to a certain degree and an experienced physiotherapist will need to work with any injured individual to loosen the muscles and limit any further damage. Personally, I do not think that ultra-sound or any other form of electrotherapy does anything in this situation though it is often used at significant expense.

The current treatments recommended include the following:

- Deep tissue and trigger point release of the soleus and gastrocnemius muscles.
- Gentle stretching but do note not to excessively stretch the tendon as this can cause irritation (hence a greater need for physiotherapy input).
- Acupuncture in to the trigger points.
- Actually, leaving the TA alone so that it isn't irritated in the acute phase.
- A podiatry assessment if necessary.

The Rehabilitation Phase

Once the acute phase is managed effectively then rehabilitation needs to continue, this will include the following:

- Strengthening the hips and legs generally with a standard series of exercises for each muscle group.
- Eccentric loading of the calf muscles (calf raises).
- A running biomechanics assessment.
- A change of footwear.
- An analysis of the training programme that led to the problem in the first place.
- Regular maintenance treatment on calves

Conclusions

TA tendinopathy is a frustrating injury for runners and for therapists, particularly if the athlete presents late. Always treat the TA with respect and it will look after you. If you have any signs which have been discussed seek advice. There is nothing wrong with taking a low intensity or rest week to allow all tissues to settle down. Protecting runners from themselves is one of the key components of good coaching and treatment. With a week of rest or low intensity then it is easier to determine where there is localised stiffness.

An interesting technique that I was taught by a sports psychologist was of self-scanning your own body. This should be built in to your training but not before or just after running to avoid distraction. Sit quietly in a room and in your mind go head to toe. Work out where there is stiffness, where there is pain and what feels relatively normal. Use the results of that analysis and self-audit to either spend more time stretching on problem areas or seek advice and build a self-management programme around your own subjective analysis. Thanks again for taking the time to read these thoughts.

Parkrun

The third Saturday of each month, Metros do a parkrun as an alternative to our usual Saturday morning session at Roxbourne Park. The schedule below has been prepared for parkruns up to the end of the year. **Please note: this has been amended since the June edition of Metrolines**

15th July – Northala Fields/ Gladstone
19th August – Aldenham/ Bushy
16th September – South Oxhey
21th October - St Albans
18th November - Canons Park
16th December – Rickmansworth

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

Consolidated club results can be found at:

<http://www.parkrun.com/results/consolidatedclub/?clubNum=2850>

This shows all the stats for each runner, if people are interested in number of runs etc.

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



Metros celebrating Tricia and John's 50th parkrun at Northala Fields

Results and Reports

Wot No Watch Saturday 10th June 2017

Name	Predicted	Actual	Difference
Mike Ransome	07:29	07:30	1
Dave Young	07:15	07:16	1
Deborah Norman	09:00	08:58	2
Kath Donaldson	09:00	09:04	4
Kath Donaldson	09:15	09:10	5
Jo Collier	09:45	09:51	6
Nagendra Bisht	08:30	08:24	6
Tian Hollinshead	05:59	05:52	7
Mark Lemon	08:40	08:48	8
Andy Fox	06:15	06:07	8
Carole Lloyd	10:00	09:52	8
Titziana Spotti	09:15	09:06	9
Ceri Jacob	07:55	07:45	10
Simon Abery	06:07	06:17	10
Caroline Day-Lewis	06:58	06:47	11
Jane Hudson	08:00	07:48	12
Rhonda Tapley	08:30	08:43	13
Rhonda Tapley	08:30	08:46	16
Julie Smith	09:20	09:37	17
Kyie Hollinshead	06:20	06:03	17
Steve Paull	06:20	06:03	17
Arnold Glickman	09:30	09:12	18
Steph White	10:00	09:41	19
Matthew Daniel	08:00	08:20	20
Kevin Eckersley	09:00	08:39	21
Angela Murphy	09:30	09:53	23
Jonathan Pang	08:30	08:02	28
Sarah Westwood	09:58	10:26	28
Janice Newman	09:01	09:33	32

Errol Clarke	09:01	09:33	32
Titziana Spotti	09:15	09:49	34
*Noa Perelmutter	10:30	09:55	35
*Catherine Saunders	10:30	09:55	35
Arnold Glickman	09:30	08:55	35
Dave Brown	10:30	11:27	57
*Jarina Khatun	10:00	11:03	63
*Diane O'Reilly	10:30	09:26	64
Sophie Davies	08:30	09:34	64
Natalie Tidder	08:30	09:34	64
Gladys de Groot	10:45	11:53	68
Linda Gaitskill	10:13	11:22	69
Judy Rackham	10:30	09:17	73
*Linda Grimes	10:30	09:16	74
Jonathan Scott	08:40	07:24	76
Anne Leigh	14:00	15:22	82
Dan Leigh	14:00	15:22	82
Steve Alder	13:00	11:22	98
*Helen Simons	12:00	10:00	120
*Gill Fox	13:00	10:43	137
*Sivan Bachrach	14:00	11:30	150
*Jennifer Smith	13:30	10:43	167
Tracy Tyrell		09:36	
Nigel Rackham		07:22	

Congratulations to Mike Ransome for winning the trophy this month – just 1 second off his predicted time. Congratulations also to all the new runners (*) competing the event for the first time – most of the them graduates from the Couch to 5K programme. All of whom ran the mile faster than they predicted, many by 2-3 minutes.

Next chance to run a time mile will be Saturday 8th July.

Teresa Young



Correction!

Janice Newman's new guide dog is called Hugo
(The incorrect name was printed in June Metrolines)

Measured Mile- February 2017

	Time
Tian Hollingshead	06:05
Andy Fox	06:06
Kye Hollingshead	06:20
Simon Abery	06:28
Steve Paull	06:35
Dave Young	06:57
Andrew Collier	07:24
Anne Nola	07:50
Ceri Jacob	07:54
Steve Alder	08:26
Amanda Hardy	08:41
Judy Rackham	08:54
Kath Donaldson	08:55
Kevin Eckersley	08:38
Carole Gordon	08:57
Arnold Glickman	09:03
Irene Paull	09:04
Deborah Norman	09:05
Kath Donaldson	09:09
Tiziana Spotti	09:15
Raquel Russel Ponte	09:19
Steph White	10:28
Gladys de Groot	12:20
Frances?	12:41
Ian Bocock	12:42

Results of the Measured Mile from last February were unfortunately buried in my inbox but here they are! Better late than never. Many thanks to Teresa for officiating whilst I was on crutches.

Angela Murphy

Great Manchester Run Half Marathon – 29th May 2017

1 1:12:54

180 Christopher Shearwood 1:31:51

Great Manchester Run 10K – 29th May 2017

1 0:21:53

16816 Gillian Shearwood 1:40:21

Metros 5k Challenge - 27 May 2017

Position	Name	Time	Age Grading	
1	Andrew Fox	21.37	69.91%	Silver
2	Steve Paull	22.45	72.40%	Gold
3	Adam Leary	23.31	64.26%	Silver
4	Simon Abery	23.46	63.07%	Silver
5	Mateo Nola	25.13	60.66%	Bronze
6	Mark Mulvenna	25.19	60.19%	Bronze
7	David Young	26.02	63.27%	Silver
8	Sam Millbery	26.26	61.88%	Bronze
9	Mike Morris	26.29	55.69%	Bronze
10	Sonny Peart	26.31	55.18%	Bronze
11	Anne Nola	28.05	57.09%	Bronze
12	Ruth Tidder	28.10	57.51%	Bronze
13	Mike Ransome	28.15	60.48%	Bronze
14	Claire Millbery	29.27	52.63%	
15	Juliet Nola	29.34	54.00%	
16	Dani Fletcher (Guest)	29.43	49.80%	
17	Karen Leary	30.38	55.39%	Bronze
18	Rhona Topley	30.43	52.74%	
19	Ken Eckersley	30.44	52.65%	
20	Teresa Young	30.56	60.13%	Bronze
21	Steve Alder	31.47	47.95%	
22	Kath Donaldson	31.52	69.87%	Silver
23	Julia Allen	31.59	52.42%	
24	Barbara Reading	32.15	69.04%	Silver
25	Amanda Hardy	32.24	50.51%	
26	Irene Paull	32.30	58.87%	Bronze
27	Nancy Morris	32.37	49.67%	
28	Andrew Collier	34.17	43.37%	
29	Janice Newman	35.14	65.33%	Silver
30	Ceri Jacob	35.14	49.43%	
31	Anne Ambrose	35.27	53.97%	
32	Joanna Collier	35.33	47.16%	
33	Stephanie White	35.36	54.49%	
34	Sophie Davis	35.37	44.83%	
35	Natalie Tidder	35.38	45.70%	
36	Helen Simmons	35.55	49.10%	
37	Mahud Chatterjee	35.57	42.79%	
38	Linda Grimes	36.01	47.11%	
39	Mike Reid	36.02	43.01%	
40	Catherine Saunders	36.03	42.44%	
41	Noa Perelmutter	36.23	42.28%	
42	Hilarie Lemon	37.05	53.84%	
43	Arnold Glickman	37.17	46.74%	
44	Gill Fox	39.44	43.83%	

“I have run the race. I have kept the faith” – Father Andrew, Rome
Report of the Rome Marathon – Raquel Russel Ponte



I first visited Rome in my early twenties. Like most tourists, I visited the Trevi Fountain, threw in a penny (which was a lot of money back then) and promised to return. It took me fifty years, but I got back there in the end!

The build-up to the marathon was not ideal. Veronica and I travelled apprehensively because we – and pretty much everyone else we spoke to, including the organisers – were unclear about what documents we needed to enter the race. One part of the Rome Marathon website said we needed extensive medical tests, including heart ECGs done at rest and after exercise. When I took this request to my GP I was told I'd need to do them privately – and that they'd be the best part of £1,000! In other parts of website it suggested we wouldn't need these documents, provided we had accreditation from UK Athletics. Given the crazy cost involved, we decided to take a chance and travelled without doing the tests. But would they let us into the race? If they didn't we'd be stuck in Rome, watching a marathon that we should have been running in. Nightmare! And on top of that I'd banged my foot at home while dashing to answer the phone... meaning I hadn't really trained for 7 weeks. So – yes – not a great build up!

Immediately after landing we rushed to the expo to try to bluff our way through registration without the required medical documents. It turns out we needn't have worried. We were waved through with a smile and dashed out with our race numbers before they could change their minds. Outside we bumped into various other runners from Britain and Ireland complaining loudly about paying for

expensive tests which the check-in people didn't ask to see! Phew! Relieved, we headed to the restaurant nearest to our hotel and demolished a mountain of carbonara. After all the worry about registration, we were in! We could hardly believe it!

The next day we headed back to the Expo for a proper look around – and so that I could get my bad foot properly taped. I had spent the previous 7 weeks trying to manage my foot injury as well as I could. Lots of icing sessions, lots of rolling a tennis ball, lots of trips to Highgrove pool to try to keep my fitness up. But I hadn't done any long runs for 2 months – and I'd had to pull out of the Finchley 20. I prayed that I'd hold up on the day. Veronica had also had problems with her knees, which she also got taped. By the time the physio was done with us we'd got through most of a box of tape and we looked like a couple of roadmaps! After that we bought a few shiny (but expensive) things in the Expo and then thoroughly enjoyed a fantastic flamenco show – it was like the organisers had put it on for me especially :)

The atmosphere at that evening's pasta party was fantastic with runners from all over the world. Much of the conversation focused on the weather for the coming day. The day that was ending had been warm – too warm for running. But rain was forecast for the day of the marathon. Lots of rain. On our way home, we took a detour via the Coliseum, where the marathon was set to start and finish. I had forgotten how amazing it is – an inspiring sight.

On getting back to the hotel I had a chat with a lovely receptionist called Ricardo to try to arrange an early breakfast. He looked at us a bit doubtfully when we said we were then to do the run the next day. On getting back to our room I put up my flags and good luck cards for inspiration, one from my children (featuring a shamrock and a black cat) and one from my fairy godmother, Margaret (a beautiful Valentino design). We then both laid out our race kits and food for the coming day. A couple of quick photos and we were ready to go.

After eating our breakfast, we left the hotel, only for a black cat to immediately cross our path. "It's okay Veronica", I said, thinking about my good luck card, "this is a good sign – we'll be okay". At that stage the weather looked promising: a bit of broken cloud with some blue sky. The vast majority of the runners lining up at the start were men, more so than in nearly all the races I'd done before. As many of them were handsome young Italian men I didn't mind too much though! Shortly before the start we met a lovely Swiss couple. Looking upward, the man said "it's going to start raining in ten minutes". "Surely not", we said. But, alas, he was right. As soon as the first runners set off, it started raining. Warm rain at first. Then

lukewarm rain. Then cooler rain, which lasted for an hour and forty-five minutes. Not exactly what we'd planned for when we signed up to run in Rome! As I gathered my thoughts I worried about how unprepared I was. How would my foot hold up? How much would I struggle because of my missed training? With a heavy heart, I waved goodbye to Veronica, who moved up the road smoothly. I wondered how long it would be before I saw her again. I tried to put the negative thoughts out of my head and decided to embrace the experience and make the most of it. No running watch or fast times today, just enjoy the city and the crowd – who were excellent, despite the weather – and embrace it. And try to keep running. Don't stop and start walking.

Two hours in someone bumped into the back of me. I turned around, a little put out, to meet a lovely man called Mario, who was deaf and who had a sign on his shirt asking for people to help him run the race. I started talking to him and we ran the next eight miles hand in hand. We had a lovely time and an excellent chat – he spoke very good English – but after an hour my neck started aching from having to turn my head to the side so that he could read my lips. I apologised and asked if he'd mind if I pushed on, provided I could find a replacement. He said "of course" and I'm sure he was very pleased with the outcome when I quickly found an attractive young Italian woman to take my place.

By this stage, it was raining again. Cold, cold rain this time. Then hail, with lightening, like out of a movie. Then more cold rain. And so, it continued all the way to the finish. Like most runners, I was just in a singlet and short shorts. It was freezing. "Keep going" I said to myself, "keep going". I knew that if I stopped to walk I'd feel the cold even worse. The crowd played a big part in keeping us all going. Despite the foul weather, they stayed out in their thousands, cheering us on. The thousands of Carabinieri who lined the route also gave us great support. Because I wasn't chasing a time I tried to "high-five" all the drenched kids offering one that I could. I also had a wonderful moment with 5-6 elderly nuns a couple of miles from the finish. They were in their full habits but with no coats or umbrellas – they were as drenched as the rest of us. "Come on Raquel!" they shouted, "you're looking strong!" I stopped to give each of them a hug, asked them to pray for me and continued freshly enthused. Only a couple of miles left now.

Another awesome experience was passing the Vatican, near to the finish. A full orchestra was lined up outside, playing Vivaldi's *Four Seasons*. Given the weather, the setting and what we'd all endured to that point, it was a very special moment. I almost danced past. By this stage – over five hours in – lots of people were walking. Despite missing my long runs I was delighted that I could keep running – not always

very fast, admittedly – throughout the race. And, suddenly, I was back at the Coliseum and crossing the finish line. Because of my lack of preparation and the weather it had been one of my toughest races. I was absolutely delighted to finish in 5:31:33 (fourth in my age group), surging in the last 200 metres to beat a much younger French man called John-Pierre, who I'd been playing cat and mouse with for the previous five miles. I was slightly worried that he'd be angry with me but he gave me a big hug at the finish line.

I got my medal and kissed the floor - literally - and then headed to the meeting point I'd agreed with Veronica. She was there, thankfully, though looking very cold and wet, having been waiting for me for over twenty minutes (she had finished in 5:11:08). We spoke briefly about walking back to the finish to get a photo under the arch, but it was so cold we decided against it. I did though very briefly return to the top of the Spanish steps, where 50 years ago, I'd sat holding hands with an Italian called Mario, who had given me a rose and pinched my bottom. This time there was no one around. No roses; no Mario; and certainly, no-one to pinch my bottom!

As it turned out we'd stay cold for a fair bit longer. The nearest underground stations were all closed because of overcrowding and we had to walk three miles before we were able board a train. Not what we needed! Anyway, eventually we made it back to the hotel. The hotel staff, who we suspect didn't give us much hope of finishing, gave us a huge and very warm ovation when they saw our medals.

As we only had limited time in Italy before heading home we were up early the next day, despite our aches and pains. We spent much of the day picnicking – in what was now ideal marathon-running weather! – at a beautiful church called St Paul's, relatively close to our hotel.

The following day we tried to visit the Vatican. The crowds were immense and it took us a long time to get into the square. We eventually made it into the queue for St Peter's, where we started talking to a lovely couple of trainee priests, who had the thankless job of trying to marshal the crowds. One of them, a young American called Father Andrew, wrote a lovely dedication on my running flag, which I've used at the start of this write-up. After two and half hours of queueing, in which we made very little progress, we decided to admit defeat and try again the next day. We consoled ourselves with a lovely dinner and great bottle of Italian wine.

Up early at five the following morning and back to the Vatican. Our decision paid off as this time we could get into St Peter's within an hour of arriving at the square. It was even more breath-taking than I remembered from my first visit, fifty plus years

previously. We spent most of the day with our mouths open in wonder exploring the various chapels and crypts – the tapestry room was particularly spectacular and well worth the wait and inconvenience of getting in.

On our penultimate day, we returned to the Coliseum. We'd run past it several times during the marathon but this was the first time we'd had a chance to go inside. Again, it was an incredible experience – and it was fun also to chat with lots of marathon runners still wearing their medals or getting them out their bags for their “victory” shots inside.

On our final day, we signed up for a day trip to Pompeii. It involved a lot of travelling – 4 hours on a coach there and 4 hours back again. But I was very pleased that we did it. Again, the sights and stories were incredible and they had excellent translations and guides that gave us a clear idea of what life in Pompeii would have been like before the volcanic eruption.

I'd like to say an enormous thank you to Veronica for being such a wonderful travel partner and roommate. We didn't really know each other that well when we agreed, last summer, to sign up to the race. But I really could not have had a better companion. Notably, she dealt with 99% of the (horribly complicated) admin for the race and then navigated us around Rome like a local with the “knowledge”. Veronica – I had an absolute blast with you. Thank you very much!

Thank you also to all the Metros for your support in the run-up to the race, especially when I was injured and a bit grumpy about things. You really helped both of us get to the finish line. And despite the administrative hassle, I'd still really recommend la Maratona di Roma for anyone looking for a new challenge for spring 2018. It's a super course, terrifically well supported and very well organised on the day. The medal, which has a couple of runners on the reverse, naked in a classical gladiator style, almost kissing, is also terrific – it's certainly one of my favourites. Trust the Italians to come up with something so classy! (That said, if you do sign up, please do chat to Veronica or me about the documentation you need to fudge the medical “requirements”!)

So – that's marathon number 19 done for me. I'd love to enter the Marathon de Medoc for my twentieth and possibly final one. It would be wonderful to be able to enter with a team of Metros runners. If we could get 8-10 of us together we could even hire a small chateau for 4-5 days to really live the experience in style! Sound good??

SUMMER LEAGUE – GUNNERSBURY PARK
4 JUNE 2017

10K

Pos	Name	Time	Category
22	James Kerrane	00:39.32	SM
35	Sasha Birkin	00:41:46	FV45
36	Jonny Jackson	00:41:48	V40
43	John Norris	00:42:11	SM
49	Steve Paull	00:42:58	V60
64	Russell Hewlett	00:44:26	V40
71	Richard Brown	00:44:52	V45
81	Jamie Richards	00:45:54	SM
86	Tian Hollingshead	00:46:14	MU17
108	Sonny Peart	00:48:09	V45
118	David Young	00:49:06	V60
127	Glyn Watkins	00:49:54	V60
145	Linda Dunne	00:52:19	FV45
170	Jane Hudson	00:55:43	FV55
185	Hitesh Patel	00:59:42	V50
194	Rhonda Tapley	01:01:19	FV45
195	Ruth Tidder	01:01:22	FV45
196	Andrew Collier	01:01:31	V50
198	Janice Newman	01:02:42	FV70
201	Irene Paull	01:04:23	FV60
203	Kath Donaldson	01:04:53	FV70
205	Trish Hewlett	01:07:05	FV45
206	Titziana Spotti	01:07:31	FV55
208	Penny Hudson	01:10:16	FV55

1st 00:32:23

213 01:18:19

TENDERFOOT

Category

1	Christopher Hudson	00:5:39	MU13
5	Kyie Hollingshead	00:6:16	MU13
26	Max Dodomo	00:6:21	M10
29	Natalie Tidder	00:8:18	FU13

RELAYS – 300m on grass (relay results are before any weighting for age etc.)

Women's Team

Sasha Birkin 1m 10.10s
Linda Dunne 1m 17.92s
Natalie Tidder 1m 15.59s
Jane Hudson 1m 27.41s
5m 11.02s

4th from 7 teams

Men's Team

Tian Hollingshead 0m 59.52s
James Kerrane 1m 03.11s
Kylie Hollingshead 1m 02.68s
Jamie Richards 0m 58.77s
4m 03.58s

5th from 7 teams

All relay results
are before any
weighting for age.

B1 Team		B2 Team	
Sonny Peart	1m 05.13s	Russell Hewlett	1m 06.00s
Max Dadomo	1m 06.44s	Steve Paull	1m 14.86s
Christopher Hudson	1m; 01.71s	Ruth Tidder	1m 35.01s
John Norris	<u>1m ;03.08s</u>	Andrew Collier	<u>1m 12.72s</u>
	45m 16.36s		5m 16.05s
3 rd from 6 teams		4 th from 6 teams	5 th from 6 teams

League Awards
for the 2016
season were
presented after
the relays.
Metros recipients

were:

1 st	Girls 11	Natalie Tidder
1 st	Boys 7	Sam Millbery
1 st	Boys 8	Carlo Day-Lewis
2 nd	Boys 10	Joe Millbery
3 rd	FV35	Denise Power
1 st	FV 65	Marion Rogan
2 nd	FV 65	Angela Murphy
1 st	FV 70	Raquel Russel Ponte
2 nd	MV 65	Peter Jose
3 rd	MV 65	Terry Burke

Thanks to Dave Brown for organising and timing the Metros relay teams.
The full results from all clubs, compiled by Irene Paull, are on the excellent
Summer League web site: www.thesummerleague.uk

Pat Jackson

Stockley Park 10K – 22nd May 2017

1 st	35:04
24 James Kerrane	41:11
26 Nathan Powell	41:38
36 John Norris	43:38
389 finishers	1:44:57

Metros 5 Mile Handicap – 3rd June

	Actual 5-mile time	Time inc. handicap	points this event	next handicap
Matthew Nola	45.23	45.23	38	14
Jonathan Scott	45.37	45.37	37	14
Ceri Jacobs	45.40	56.40	25	14
Theresa Young	50.42	56.42	24	9
Steve Paull	36.02	58.02	21	23
Simon Abery	38.31	58.31	20	21
Andy Fox	35.37	58.37	19	24
Nancy Morris	52.46	58.46	18	7
Titzana Spotti	53.46	58.46	17	6
Karen Leary	49.54	58.54	15	9
Barbara Redding	48.20	59.20	14	11
Adam Leary	40.23	59.23	13	19
Anne Ambrose	56.39	59.39	12	3
Gladys de Groot	71.49	59.49	11	-12
Mike Ransome	45.59	59.59	9	13
Pauline Bishop	42.16	60.16	8	17
Julie Smith	57.26	60.26	7	2
Anne Nola	45.29	60.29	6	14
Elizabeth Fernandes	71.49	60.49	5	-12
Stephen Alder	50.11	61.11	3	9
Juliette Nola	46.57	61.57	1	12
Dave Young	40.16	63.16	-1	19
Andrew Collier	53.14	66.14	-5	6

Vitality London 10,000 – 29th May 2017

1		0:29:18
679	Sasha Birkin	0:40:20
948	John Norris	0:42:25
2696	Alison Teale	0:49:32
2910	Simon Dadomo	0:50:13
5832	Barry Nolan	0:57:46
9728	Patricia Hewlett	1:08:55
10481	Richard Hayward	1:12:22
10486`	Anne Ambrose	1:12:24
11794	Alyson Angelides	1:22:29
11795	Bernadette Conway	1:22:29



Manchester Half Marathon - 28 May 2017

This new race is part of the "Great Run" series which covers 5K, 10K, 10 mile, half and full marathons. Its half marathon series alone consists of events in Aberdeen, Birmingham, Bristol, Glasgow, Newcastle, and now Manchester, which simultaneously hosts a 10K event which I have run previously.

Pre-race information stated that the route would pass by two of the UK's most iconic football grounds, the Etihad Stadium (Manchester City) and Old Trafford (Manchester United), as well as the Imperial War Museum. The Mancunian Way (A57(M)) would also be closed off to vehicles and there would be plenty of atmosphere - bands on the run, charity cheer points, musical entertainment and thousands of spectators. Always a sucker for a half marathon (this would be my 176th), how could I refuse this new race?

No-one will need reminding of the tragic backdrop to this event which cast a pall over the lead up to the day. Less than a week earlier, a suicide bomber had killed 22 people and injured 119 at the Manchester Arena. The race organisers issued two e-mails during the following week, the first stating that advice from the police was awaited as to whether the event should go ahead. The Great City Games Manchester were also due to take place on the Friday in the city centre. The second e-mail, received a couple of days before the big day, stated that the event would be going ahead (as did the city Games) but one wonders how many might have been put off.

On the Friday, departing from a Euston even more heavily policed than usual, Gill and I travelled up to Stockport to stay with her brother and his family. Martin used to play sport in his younger days but one might say he has lost his edge. His wife, Goulla, does no formal exercise but is stick thin and doesn't drive, so she walks everywhere. Gill had entered the 10K event and had persuaded Goulla to do likewise. Additionally, we had also told them, no more excuses, we wanted Martin not only to drive us to their local park runs (so far, Woodbank x 2 and Burnage x 1) but to participate...Goulla too. Martin had done a few runs and had managed 2 miles in 20 minutes, far from embarrassing for a park run time. Goulla, we suspected would take more working on - understandably, she was somewhat worried about participating in a well attended event in the city centre.

Whilst the south-east basked in the continuing heatwave, the north-west had been promised rain and lower temperatures over the weekend. Friday evening remained sunny and Saturday was warm enough to wear a singlet for the parkrun at Burnage, where Gill and I had last run in the winter. In fact, it was so warm that I was about 45 secs slower but still managed 5th place and 1st V50-54. Gill had sought to introduce herself to the tail runner who would be keeping her company but there was none and she was asked to perform this duty, which she did in Goulla's

company for most of the run but, towards the end, she broke away and finished 4:30 ahead of Gill. Martin managed 33 mins, a good debut. The rest of the day we spent in North Wales (Ruthin and Llangollen) which is effectively “up the road” from Stockport.

Now that the huge 10K event has been elbowed out of the way by the new kid on the block, it starts at 1 p.m. and Gill’s (pink) wave starts at 3 p.m. My race was to start at 9 a.m. so what on earth would I (we) do between my finishing and Gill starting? No prizes for guessing...

I needed to be at my pen for 8.15. There were no trains from Stockport that early, and the bus takes forever, so Martin drove and we parked by the Commonwealth Games swimming pool from where it was a short walk to my pen. Unsurprisingly, there were armed police everywhere. At the start pen we met a lady from Gill’s online running group (“Too Fat To Run?”), Claire, who was also running the half - there were no separate coloured pens for this race (all were red numbers) but I stayed near the front and Claire moved further back. Gill and Martin departed to take up their spectators’ position at mile 1.

There was the customary warm-up ten minutes before the scheduled start followed by several tributes to a) the emergency services (a minute’s applause) and b) the victims of the bombing (a minute’s silence), in turn followed by the Oasis song Don’t Look Back in Anger which was played on a PA system - it had been spontaneously performed by the crowd after a silence in St Ann’s Square in central Manchester on Thursday where many floral and other tributes have been left.

Many runners and spectators wore bee designs on their clothing e.g. yellow and black striped socks. An emblem of Manchester for over 150 years, the bee was adopted during the industrial revolution to represent the hard work of Mancunians whose textile mills were commonly described as hives of activity, the workers inside compared to bees; seven bees are included in the crest of the city’s arms. Following the attack at Manchester Arena the symbol had appeared all over the city, often accompanied by the slogans ‘Unity is Strength’ or #WeStandTogether.

Many others (me and Gill included) wore little yellow ribbons pinned to our race numbers, yellow being the colour of Manchester’s distinctive trams. Naturally, I wore my yellow Metros top. There were “I love MCR” posters, labels, stickers, you name it, everywhere. The feeling of solidarity and defiance were palpably moving and made this event one to remember. Manchester can be truly proud of itself.

Some time therefore after the appointed start time we were off, initially along the familiar 10K route, but soon heading toward the junction of the Mancunian Way - we were to be running about three miles in total on closed-off motorway. I saw Gill and Martin at the roundabout by which we gained access to the motorway - support until that point had been excellent but disappeared completely on this elevated highway, despite the fact that it passes through the centre of the University of

Manchester and Manchester Metropolitan University campuses. All we had to keep ourselves company was each other and I made a point of keeping ahead of the 1:30 pacemakers.



As can be seen from the above course profile, we had been climbing steadily and continued to do so as we proceeded along the A635 where crowd support returned somewhat on our way towards the Etihad Stadium. At some point along the A6010 we saw the front-runners returning on the other side of the road, and they got applause from us.

The approach to what was formerly the City of Manchester Stadium, built for the 2002 Commonwealth Games, was dramatic enough - I have been there twice as a visiting football supporter. Now expanded to a capacity of over 55,000 its playing surface is the largest in the League and the stadium design has received many accolades, including an award from the Royal Institute of British Architects.

The immediate approach was up and over a bridge at mile 5 which is where the 1:30 pacemaker overtook me, not surrounded, as I expected, by a particularly large posse. I often find (from checking my watch) that these pacemaker folk are often ahead of pace so, if they stay within sight, all isn't necessarily lost and, in the event, I kept up that pace until about mile 11.

We skirted around part of the exterior of the stadium where there was now good support and wheeled 180 degrees around a traffic cone to retrace the exact route along which we had come, including that pesky bridge. Much encouragement from those now passing us, which was welcome.

Back at the Mancunian Way, some spectators had moved slightly onto the motorway but I think that security personnel were keeping them off so we were bereft of support once more. That all changed at the other end of the motorway as we dropped down to the approach roundabout where Gill and Martin saw me again and, from hereon in, support along the old 10K course was as good as it usually is. Indeed, in terms of support, I reckon that the red half of the city took the honours over the blue half.

We had already covered 8.5 miles of the race and the remaining distance passed quickly. I've written about the 10k route before so will refrain from repeating old material. A word, however, about entertainment - there was plenty of music (live bands, DJ's) on the course and one of these was just finishing Amy Winehouse's "Valerie" -

terrific horn section and a real bluesy lady singer. She announced Prince Buster's "One Step Beyond" and that seriously phat sax followed me down the road until I could hear it no longer. Otherwise, this being Manchester, a lot of what one heard was either Oasis or The Smiths - nothing wrong with that.

There were, in fact, slight differences in the route - we no longer pass the Coronation Street film set but we do pass Old Trafford twice now. This being now both the 10k and half marathon route, before long the 8km marker appeared, then the 12 mile, then the 9km. I still wasn't far off 1:30 pace and I bust a gut on the last (slightly uphill) 400m to finish in 1:31:51 with which I reasonably happy.

Medal, technical t-shirt and goody bag were collected and I joined Gill and Martin at the Knott Bar, an excellent real-ale pub located around 200m from the finish. In due course, we were joined by Goulla and nephew Steven.

About an hour later the first waves of the 10k race began and half an hour later we were treated to a grandstand view of the elite women finishing, shortly followed by the elite men who had started some 20 minutes later.

A few drinks and some lunch later, I set off with Gill and Goulla to their 3pm start of the 10K which, having removed my timing chip, I went around with Gill as her "water boy". Goulla, in her first competitive race, set off at a decent pace and finished in a very creditable 01:19:13; Gill managed 01:40:21 which, considering her ongoing leg injury forcing her to walk most of the route, wasn't too bad.

Medal, technical t-shirt and goody bag likewise collected and our day in town ended with a lovely tea at a Turkish restaurant. The Police performed a magnificent job in their show of strength and, as we passed a small outdoor concert, one of my abiding memories will be of a van load of coppers boogie-ing away to the music, able to let their hair down for a few moments.

Chris Shearwood

Weald Challenge Ultra Trail – 50K, 28th May

	1 Winner	03:44:07
126	Sonny Peart	06:32:26
144	Mike Morris	06:47:44
147	Russ Hewlett	06:52:52
148	Sarah Belchier	06:52:52
149	Jim Buckland	06:52:52
174	Finishers	08:24:48

Weald Trail Half Marathon

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

NOTES OF METROS COMMITTEE MEETING

Wednesday 7 June 2017 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Anne Ambrose, Peter Beuselinck, Pat Jackson, Paula Kanesanathan,
COMMITTEE: Mitesh Patel, Irene Paull, Steve Paull, Marilyn Pickford, Emma Rackham,
Nigel Rackham, Mike Ransome, Carole Wells.
NON-COMMITTEE: Kath Donaldson - attended for the first item only.
APOLOGIES: Barbara Robson, Sarah Westwood.
CHAIR: Carole Wells
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).

New Committee Member - Carole welcomed Anne Ambrose, Metrolines Coordinator, to the Committee.

Couch to 5K – Kath gave a comprehensive verbal report on how the course came about, details of the course itself including the excellent response of Metros helpers and results of those who joined the course. Kath was thanked for organizing and for the comprehensive report. It was recognized that organizing the course was very hard work and time consuming and that it would not be advisable to organize another Couch to 5K too soon.

Honorary Membership Secretary – Irene confirmed 259 members – 251 have already renewed, 8 in the process of being reviewed. 206 are full paying adults. The googlemail and Metrolines group lists have been reviewed.

ACTIONS FROM THE PREVIOUS MEETING AND NEW AGENDA ITEMS

Harrow Hill Race Accounts – Mitesh will ask Spencer for the race accounts to be audited. It was agreed that in future this account will be part of the audit of accounts for the AGM.

ACTION: Mitesh Patel

Leadership Course – Sarah will confirm with Jim Buckland the committee approval for him to attend the course on the usual terms.

ACTION Sarah Westwood

Associate Membership of Metros – it was confirmed that rules are in place to ensure some limit with involvement in Metros activities.

Metrolines – Some members had found the articles by Andrew Howell of the Body Factory worthwhile. It was agreed they would continue for a further three issues, making a total of six articles.

ACTION: Mike Ransome/Anne Ambrose

Park Runs – Mitesh had asked if a list be available of which park runs members were attending on the third Saturday of the month. Irene and Emma agreed to compile a list and add to the Metros web site.

ACTION: Irene Paull/Emma Rackham

Round Norfolk Relay – The committee had agreed via e-mail to pay the Metros team entry fee for this relay.

Metros email Google Group – several members were unhappy about receiving relies to all from original emails and Pete Rees made suggestions. Penny Hudson replied that she can arrange for default settings to be organized to allow recipients to have such emails at specific times only if they contact her.

Metros New Kit – Peter had received artwork with the changes requested by the committee. It was agreed that eleven women’s vests will be ordered for a trial. The sublimation printing will increase the cost a little. **ACTION:** Peter Beuselinck

Metros Casual T-shirt – Russell Hewlett had suggested cotton T-shirts for Metros to wear socially. It was agreed to review this at the September meeting when the result of the new women's vest trial is known. Carole will inform Russell. **ACTION:** Carole Wells

Summer League – St John's are unable to attend our host fixture – we will rely on members with first aid experience. Pat confirmed car park spaces are reduced due to building works for our host event. There is now a café for hot drinks etc. Irene confirmed the first fixture had been held in Gunnersbury Park but results were not yet available from the hosts, Mornington Chasers.

First Aid Courses – A request for a contribution towards the two day First Aid at Work requalification course had been received. As it is always helpful to have club members who are qualified first aiders who attend or organise Metros events, it was agreed by vote on this occasion to contribute £50 towards the cost of the course.

Metros Constitution –Following the introduction of Associate Membership agreed at the AGM, Peter (Hon. Secretary) arranged for the new Constitution to be signed. This will be added to the web site. **ACTION:** Peter Beuselinck

London Marathon Places – Metros normally receive three places for manning an elite runner water station and one place as an EA affiliated club with less than 100 paid up competing members. Peter suggested an alternative allocation method to the usual ballot be considered. It was agreed that the present ballot system, would remain with present rules with further details which Peter will draft for committee approval. However, it was agreed that it would be helpful if the ballot be held earlier, soon after runners are informed whether they have an official entry.

ACTION: Peter Beuselinck

Meeting finished at 9.25 pm.

Date of Next Committee Meeting Wednesday 6 September
NO MEETING IN JULY OR AUGUST

Future Meetings: Wednesday 4 October, 1 November, 6 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 pm.hudson@ntlworld.com Group email address: metrosrc@googlegroups.com

Safety Information

Whenever you attend a training session, please inform the session coordinator / leader if you have any injury or other medical condition.

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

Metros Kit

Metros breathable vests and long and short sleeved T-shirts are available from Pat Jackson – tel. 020 8868 5683.

Price: T-shirt **£15, £13**; vest **£9**.

Hats, fleece jackets and hoodies can also be ordered.

Metros REGULAR RUNS

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

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

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

Please Note: All runners are responsible for themselves.