



June 2016

Issue No. 333



Marlow 5



Run Wembley 10K

Metros Diary

MAY

Sat 28 Al's 60th Birthday walk, from Roxbourne Park 10 ish

JUN

Wed 1 Committee Meeting 8.00 pm

Sat 4 5 Mile Handicap, Roxbourne Park 8.50 am

Mon 6 Vets Track & Field, Hillingdon 6.00 pm

Sat 11 Food Bank Donation, Roxbourne Park

Sun 12 Summer League, METROS, Headstone Manor 9.30 am

Fri 17 to Sat 18 24hr Track Relay 7.00pm to 7.00pm

Sat 18 Wot Not Watch, Roxbourne Park 9.20 & 9.40 am

Mon 20 Vets Track & Field, Battersea 6.00 pm

Fri 24 to Tue 28 Metros Marathon Week Various

JUL

Sat 2 10K Challenge, Roxbourne Park 8.50 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

Sat 13 5K Run, Roxbourne Park 9.15 am

Sun 14 Summer League, Gunnersbury Park TBC

Sun 14 Burnham Beeches Half Marathon 9.30 am

SEP

Sat 3 5 Mile Handicap, Roxbourne Park 8.50 am

Sun 4 Maidenhead Half Marathon - TROPHY RACE 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

Sat 8 5 mile walk, Roxbourne Park 8.50 am*

Sat 15 Wot No Watch, Roxbourne Park 9.20 & 9.40 am

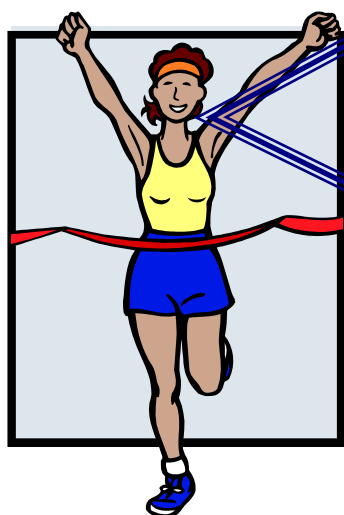
Sun 16 Cabbage Patch 10 - TROPHY RACE 9.30 am

*5 mile walk can be self timed.

Note from the Editors!

Not much room for an editorial this edition, so just a quick note to say how good it was to see so many Metros at Marlow 5 and Run Wembley. Hope to see as many of you at forthcoming Metros events.

Jane & Penny



Welcome

Amanda Hardy, Pinner
George Leahy, Pinner
Joseph Leahy, Pinner
Katie Leahy, Pinner
Matthew Phillips, Pinner
Victoria Roast, Harrow
Ku Samra, Ickenham

Elected at the May 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

Plus Ricky Run 10 which still has to confirm a date, historically October.
Due to a clash of dates Burnham Beeches is no longer a trophy race and Maidenhead Half Marathon on September 4th will be take its place.
Steve Paul

Vets Track and Field

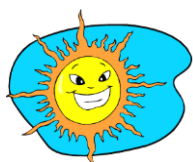
Hoping you are all fit and keen to take part in the vets track and field this summer!
Here are the dates for your diaries.....please note the last meet (Perivale) is on a Wednesday evening.

Monday June 6th Hillingdon

Monday June 20th Battersea

Wednesday July 13th Perivale

Wendy Mulvenna



Summer League

12th June - Harrow 10k 9.30 am

10th July - Dulwich Park 5 mile 9.30 am

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

14th August - Gunnersbury Park (Ealing Eagles) - time and distance to be confirmed

Achievements

Well done to ...

Anne Ambrose - 1st VW55 at Harrow parkrun on 30th April.



Nagendra Bisht for a mile PB on 16th April followed by another one on 7th May - now 6:40. Also a half marathon PB of 2:14:10 in Heidelberg.

John Norris for a 5K PB of 19:51 at Northala parkrun on 23rd April.



Nigel Rackham - 1st V50 at London Marathon

Lucy Ashe for beating the Metros ladies marathon record

Nigel Rackham and **Steve Paull** for winning their V50 & V60 at Marlow 5.



Simon Aberly for a PB at Marlow 5.

Carole Lloyd for her first race with Metros at Marlow 5.



Brian McGrory on his 100th parkrun this week, and also to **Sasha Birkin** on her 50th parkrun.

Beaconsfield 5 mile Monday 28th March 2016

1		0:26:15
58	Oliver Wells	0:37:16
252	Gordon Valentine	0:49:12
407	finishers	

Apologies for missing these two from the results last month.



I thought it was the male of the species that had the "anorak" tendencies. Personal bests and number of races completed, that sort of thing.

One step up from beer mat collectors, train spotters and the like.

Then I heard a conversation among female Metros about a super new "watch" that, as a diet aid, can add up the number of footsteps taken in a day. And the girls were worrying that they hadn't walked as far as yesterday!

What??!!

I can just about cope with basic Garmin stuff- distance covered, heart rate monitor perhaps, although I think time-on-your-feet, running as you feel, is far better. Everything else will then look after itself. Don't you think that waiting at the start of a run while a collection of people stand with a hand in the air trying to get a signal is a bit absurd, and in my view unnecessary. What will the aliens from planet Zog make of it?

This fancy new stuff costs more than my first car did. Even Garmin kit isn't cheap. But don't worry, it will bleep every half hour to tell you how naughty you've been by not taking enough steps to the shops to buy the new reduced-size Mars Bar.

Surely this is all bound for short-term popularity, destined to become like the George Foreman grill of which thousands now take up space in garages over the country.

So perhaps stats and data are becoming less of a male thing. Maybe I am wrong, having thought for many years that women are all-round more sensible, although, in a different way, I can't understand why any woman would want to fight in a boxing ring? The female in this house wins her battles with words.

Well done to all Metros who competed at the London Marathon. Once again I was with you in spirit in front of the television. As usual, Brendon Foster and his team of commentators had their lapses into the absurd. Here are a few -.

"In a group on his own".

"Is it a world record pace? Well it is a world record pace".

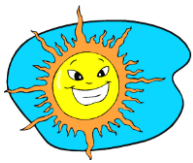
"Three Scots athletes representing Scotland here today".

Of the leader- "He's run the race, every step of the way".

"It (running) is free. All you need is a good pair of trainers".

And, after the results of the Metros survey became available, thank you to the 36.96% of people who regularly read my words, with apologies that I don't interest them to the 29.35% that do not. I will endeavour to try harder, especially when contract renewal discussions take place.

Roxeth



Summer League 2016

SUMMER LEAGUE: Metros' HOST FIXTURE

Sunday 12th June

Headstone Manor Recreation Ground, 9.30 am

This year the Metros' Summer League host fixture is on **Sunday 12th June** and again we are asking for everyone's help to make this a successful event.

Metros have a reputation for being excellent hosts, with great organisation, superb post-race refreshments and many encouraging marshals on the 10km Road Run and the Tenderfoot run within the park.

For us to maintain this reputation PLEASE:

- **Come to run**
- **Bring refreshments eg sandwiches and cakes**
- **Bring family and friends (or yourself if not running) to help**

We need most help during the 10km run ie from 9.15 am to 10.30 am. However, if your time is limited, help with any part of the morning would be appreciated.

For those who've not been to a Summer League fixture before, these events are open to all ages and abilities. Entry (free to Metros members) is on the day and there is no need to pre-enter.

All individual runners are graded in age bands – children under 14 are graded per year and adults over 40 are graded in 5-year age bands. All participants score points for their club. There is an additional Metros trophy for the best overall adult Metros runner in the Summer League.

The time-table for the morning is:

- 9.30 am 10km road race for all abilities
- 10.45 am 1.5 km 'Tenderfoot' race for children & beginners, within the park
- 11.15 am Fun Run (approx. 400m) within the park.
- 11.25 am Relays (approx. 400m) within the park.

I would really encourage those of you who have not taken part in any of the leagues before to come along, as it's close to home and a great opportunity to represent the club and meet other Metros who may not attend the same training sessions as yourself.

OFFERS OF HELP IN ADVANCE OF THE DAY MAKE ORGANISATION MUCH EASIER, SO PLEASE GET IN TOUCH

Patricia & Russell Hewlett - trishhewlett22@gmail.com

Results and Reports

London Mini Marathon - Sunday 24th April 2016

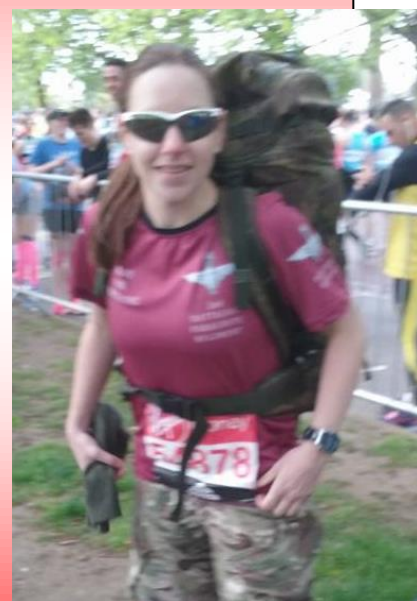
Christopher Hudson - 18:51
1st Harrow under 13 boy
63rd under 13 boy (out of 182) - 1st 16:05
282nd boy overall (out of 521)

Laurance Edwards - 16:55
1st Harrow under 15 boy
18th under 15 boy (out of 174) - 1st 15:01
67th boy overall



London Marathon - Sunday 25th April 2016

112	Rackham, Nigel	50-54	02:32:41	1st V50
789	Watson, Kevin	18-39	02:49:16	
1722	Ashe, Lucy Sarah	18-39	02:58:05	
3090	Birkin, Sasha	40-44	03:09:19	
4723	Warren, Gary	45-49	03:20:07	
9600	Paull, Steve	60-64	03:44:25	
15051	Patel, Hershil	18-39	04:03:00	
18886	Nolan, Barry Joseph	45-49	04:18:22	
28324	Ransome, Michael	65-69	04:56:39	
30980	Rackham, Emma L	18-39	05:11:35	
32446	Paull, Irene Hazel	55-59	05:21:19	
33922	Murphy, Angela	65-69	05:32:50	
35908	Russel Ponte, Raquel	70+	05:54:19	
36805	O'Reilly, Louise	18-39	06:07:51	
37491	Jivraj Sidik, Sakina	18-39	06:23:50	



London Marathon Photos



Halstead and Essex Marathon - Sunday 8th May 2016

1		2:48:41
145	Michael Morris	4:17:42
277	Sonny Peart	4:50:29
346	Sarah Belchier	5:19:05
347	Linda Dunne	5:19:05
452	runners - last	7:24:58



Bracknell Half Marathon - Sunday 8th May 2016

1		1:12:51
54	Christopher Shearwood	1:36:37
144	Anthony Bellis	1:45:44
787	runners - last	3:51:20



LADIES RECORD FALLS

Metros' long-standing marathon record was broken at the London Marathon last month when Lucy Ashe lowered the club's female best ever time by 79 seconds to 2:58:05.

By sheer coincidence the former record holder, Kate Armstrong, was running in the same race. Armstrong, who now lives in Northamptonshire, now concentrates on Triathlons. Her time on this occasion was a highly respectable 3:53:11. Older members should remember her.

In the same event Nigel Rackham fulfilled a dream when winning the V50 mens award in a time of 2:32:41 (112th overall). In the past two years Rackham has been agonisingly close to first spot only for various misfortunes to occur.

Full Metros results elsewhere in this edition.

Wot No Watch - Saturday 16th April 2016

Name (alphabetical order)	Predicted time	Actual time	Difference in seconds
Adam Leary	6.20	6.22	-2
Amanda Hardy	10.00	8.58	-62
Andrew Collier	7.30	7.40	10
Anne Ambrose	9.30	9.37	7
Anne Nola	7.45	7.44	-1
Bill Carter	9.10	9.21	11
Carlow Day Lewis	8.25	8.03	-22
Caroline Day Lewis	7.15	6.46	-29
Ceri Jacob	8.10	8.00	-10
Dave Brown	8.41	8.35	-6
Dave Brown	8.41	8.25	-16
Debbie Moynihan	10.00	10.35	35
Deborah Norman	9.00	9.12	12
Elish Fernandez	9.45	10.31	46
Evie Wallis	7.50	7.48	-2
Gladys De Groot	10.00	10.58	58
Hema Thakur	10.00	10.34	34
Hershil Patel	6.20	6.36	16
Hilary Lemon	8.20	7.49	-31
James Collier	8.25	8.09	-16
Jane Hudson	8.00	8.12	12
Jeanne Coker	14.11	14.53	42
Judy Rackham	8.34	8.31	-3
Juliette Nolan	7.50	7.41	-9
Karen Collier	8.30	8.38	8
Karen Leary	8.35	8.19	-16
Kath Donaldson	8.59	8.56	-3
Kirit Ranpura	7.45	7.36	-9
Kyie Hollingshead	7.30	7.36	6
Linda Gaitskell + Steve Alder	10.05	9.57	-8
Mark Lemon	8.45	9.00	-15
Meera Tanna	10.00	10.21	21
Mike Ransome	7.40	7.41	1
Mitesh Patel	6.00	6.07	7
Nagendra Bisht	7.15	7.01	-14
Nicola Rochford	8.30	8.53	23

Oana Wilson	12.00	10.01	-119
Penny Hudson	9.00	8.54	-6
Peter Jose	7.20	7.22	2
Raquel Russell Ponte	9.50	10.11	21
Simon Aberly	6.23	6.13	-10
Steve Alder	8.50	8.45	-5
Steve Paull	6.30	6.14	-16
Tian Hollingshead	6.00	6.07	7

A chilly morning for Wot no Watch but despite very wet conditions underfoot in the park following the recent rainy season the mile route was firm if not completely dry. A warm welcome was extended to two newcomers, Oana and Amanda. We hope the experience was a good one and you will be back for the next Wot no Watch. It was impressive to see some Metros finish with very fast times and there were several close predictions, well done for both of these achievements. However there is a clear tendency for many Metros to underestimate their times, next time don't be so modest! Congratulations to the joint winners Anne Nola and Mike Ransome who both predicted their time within one second of their actual time. The trophy to share will be presented at a later date.

Many thanks to Irene who noted numbers and times for both races and managed superbly without the lolly sticks which had been left in the scout hut (by me). Apologies for sending out search parties in the park as I did think I had dropped them somewhere.

Angela (standing in for Teresa)

Rotterdam Marathon - 10 April 2016

Chris Shearwood

This was the 36th Rotterdam marathon and also my 36th marathon (the 9th time that I have participated in this particular race). Before I met Gillian I was happy to slum it on the local campsite (with other impecunious runners) but we nearly froze to death the first time we camped there together and ever since have stayed in hotels, most recently, at the Mainport which is well-placed for spectating, as the race route runs right past it only a minute or so into the race.

As with our trip to the Florence Marathon, we took an early evening flight on the Friday from London City Airport which is small and easy to find/negotiate but not as small as Rotterdam Airport which we feel should be downgraded to airfield or airstrip status, it's so cute. It is, however, a short cab ride into the city centre and, after checking in to our hotel (where plenty of other runners were staying), we walked the few hundred yards to the Beurs (Stock Exchange) where the race

expo was. Bib number, goody bag, technical t-shirt and numerous leaflets were collected and Gill also got there a day-travel card so that she could follow me around the course using the Metro.

We had time for a stroll around the shops before eating at Popocatepetl, a "Mexicaans Restaurant" at Oudehaven, one of several quaint old harbours in the city which is otherwise very modern in the centre. As the reviews state, the "food was very good and the staff attentive and friendly" and we sauntered back to the hotel along Wijnhaven by another old harbour, of which there is no shortage in Rotterdam.

After an early 5km trot with Gill over the Erasmus Bridge and back again over the River Maas, Saturday was spent visiting the bulb fields at Keukenhof, a delightful place, only open to tourists for the eight-week growing period of bulbs, principally crocus, daffodils, tulips and hyacinths. The beautiful flowers are purely incidental since the business of the gardens is solely the production of bulbs, for which The Netherlands is world-famous. Dinner that evening was Italian, of course, at our now-favourite restaurant (where booking is essential the evening before the big race) - Ristorante Napoli. Gill and I amused ourselves spotting other runners.

The big day dawned and, being so close to the start (a very civilised 10.00), a light breakfast (again spotting other runners) could be taken at a reasonable hour. Mid-week, the weather forecast had been for low temperatures (5 degrees) and I had packed a long-sleeved top. However, the day dawned bright and conditions looked excellent, not too windy and 9.4 degrees by 10.00, so I wore my Perivale 5 t-shirt, just for a change (with my trusty Dutch-orange compression socks to keep calf-glitches at bay). The day stayed sunny and I could probably have worn a singlet.

There was no point in Gill coming to the start since it's a bun fight, so I made my way up traffic-free Schiedamsedijk and avoided the crowds by cutting around the back of the town hall to get to Startwave 2 with a good 30 minutes to spare. Our pen was still filling up and I got quite near the tape holding us back from Startwave 1 which included the elite runners and other fast paced folk. I think I had been relegated to Startwave 2 having predicted a time in excess of 3:30 - I had done 3:21 at Florence in November but had already entered Rotterdam by then. No matter, it's all chip-timed.

As 10.00 approached we were all treated to the annual warm up by renowned local worthy Lee Towers (born Leen Huijzer) a Dutch crooner/singer (so states Wikipedia) and former Rotterdam dockworker who was discovered in 1975 as "The Singing Crane Mechanic". His music has charted in the Netherlands very successfully up until the present day and, on race day, he habitually appears on a cherry-picker crane and leads the masses below in a rendition of "You'll Never Walk Alone", one of his best-known hits which is also a favourite on the terraces of local football club Feyenoord. It's quite stirring, actually.

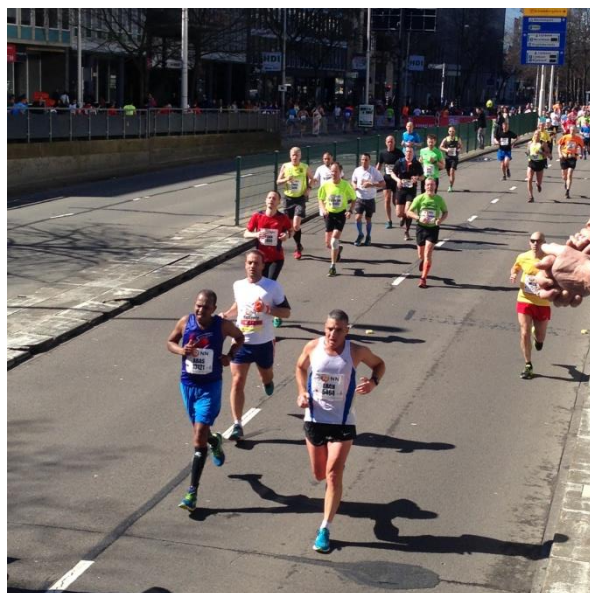
The gun went off and so did the elites and fast paced folk. Our wave moved forward and watched the front-runners' progress on a large screen - down Coolsingel, Schiedamsedijk and over the Erasmus bridge, below which tugboats sprayed water into the air.

It was another ten minutes before our wave started by which time the road ahead was completely empty. I hoped that Gill, waiting outside the hotel, had not thought that the first wave was all that there was but, as she has often threatened to do, she now had me chipped (i.e. tracked) and would know exactly where I was. I was able to work my way pretty much to the front of our wave and enjoyed the experience of running at my preferred pace from the off on virtually clear roads without being slowed by the masses. It was a good 3km or so before we caught up with the tail-enders of Startwave 1 and, as they were now well spread out, I was still able to maintain my pace and made 5km, just past the Feyenoord Stadium, in 21:50 (4:21/km pace), which I was happy with. Most of my marathons are overseas and I have become more used to calculating the distances and timing in kilometres.

The course of the Rotterdam Marathon had not changed in all the years in which I had taken part, until last year. I cannot remember what has been cut out (the support is fine but the suburbs south of the Maas are less than inspiring) but we now have a very pleasant, straight, well-surfaced section through parkland between 10 - 15 km, and I was still under 4:30 pace.

Gill used to try to catch me near Slinge Metro but found that spectators make it very crowded there; she has now found a new vantage point on a bridge over Zuiderparkweg. We could do with a big Metros flag.

I reached 20 km in 1:30:11 and, pretty much as I had predicted, the halfway point in 1:35:25. Not long after this I saw Gill again near Maashaven Metro. We then turned back towards the Erasmus Bridge and, having crossed it, the only real incline occurs here as we negotiated the underpass onto Blaak (see picture, another new photo-opportunity for Gill) and under the iconic cube houses, tilted at 54.7 degrees, and rested upon hexagon-shaped pylons.



A bit of zig-zagging at 30 km (2:18:44), the nearest that the race gets to the city centre, where we saw the front runners on their way to the finish. We headed towards the Kralingse Bos, an area of forest and grassland surrounding a huge lake along whose shores are several bars, restaurants and two windmills; in the forest itself are a deer park, zoo, golf course, running track, pancake houses and a riding

school We runners cared little for that and made the most of the well-surfaced road, just as fatigue was creeping in. Three Mexicans running together caught me up and were well-received by onlookers, many of whom consisted of what might be termed “pop-up” DJ’s, blasting out Euro club music.

I reached 35 km in 2:44:14 and tried to calculate what was left in miles. 37 km was better - 5 km left is about 3 miles, basically the park run distance, but I certainly wouldn’t be doing the remainder in my customary 20-odd minutes. Along the southern aspect of the lake Gill saw me again just as I was chomping on an orange segment handed out by local kids each year - an unofficial energy boost at this point and most welcome.

I got to 40 km in 3:10:30 so I was managing about 5 mins per km. I maintained this until 41 km back on Blaak and, just after the cube houses and with just over 1 km to go, I dug in and had a burst which got me over the line in 3:21:27, precisely one second slower than my time at Florence. This amused me but also told me that Florence was no mere fluke. This race had a quicker first half; Florence was quicker in the second half, but there was not a lot of difference in the splits.

It’s a bit of a trek through the funnel to the exit (it’s a spectator-free zone) and we collected bottled water, energy drinks and bananas. Had I said to Gill to meet at the bus stop where we met last year, or back at the hotel, or at the exit? I waited there in the sun for 10 mins or so but I called it right and got a big hug from Gill who was also pleased with my time.

We spent the rest of the afternoon chilling out in the sun at various restaurant/bars along Karel Doormanstraat and again had dinner at another restaurant at Oudehaven. The following day, although I was still creaky, we hired bikes from the hotel to explore the woods and lake at Kralingse, followed by a pleasant stop at Delfshaven, another quaint old part of the city with its sleepy canals. Then it was back to the hotel, grab a taxi and head to the airstrip to return to Blighty. Another thoroughly enjoyable weekend and hopefully I’ll be doing my 10th Rotterdam Marathon at the same time next year. I can thoroughly recommend this race, very flat, potentially very fast.

Some statistics - Marius Kipserem, a Kenyan, was the surprise winner with a pb of 2:06:11 and is now ranked 9th in the world. This was the 17th-best time ever recorded at Rotterdam. Ethiopians Ayele Abshero and Tsegaye Kebede, were favourites, having logged pbs of 2:04:23 and 2:04:38, respectively but, thirty-five km into the race, it was just Kipserem and two first-time participants, Ethiopia’s Solomon Deksisa and fellow Kenyan Geoffrey Kirui. However, they were unable to keep up with Kipserem, who broke away 5 km before the finish line and they ended up finishing second and third in 2:06:22 and 2:07:23, respectively.

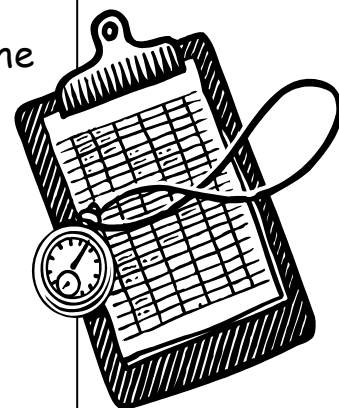
Measured Mile - Saturday 7th May 2016

Tian Hollingshead	6.15	Nia Williams	8.37
Simon Abery	6.35	Kai Patel	8.39
Nagendra Bisht	6.40	Amanda Hardy	8.40
Dave Young	6.49	Dharmini Chikhliwala	8.45
Mike Ransome	7.19	Mark Lemon	8.46
Kyie Hollingshead	7.23	Debra Norman	8.47
Kirit Ranpura	7.26	Mason Murray	8.57
Anne Nola	7.35	Dave Brown	8.58
Juliette Nola	7.38	Penny Hudson	9.04
Hilary Lemon	7.39	Teresa Young	9.05
Errol Clarke	7.40	Bill Carter	9.13
Natalie Tidder	7.41	Jo Collier	9.24
Ceri Jacob	7.48	Julie Smith	9.29
Denise Power	7.51	Ku Samra	9.46
Jonathon Pang	7.52	Tiziana Spotti	9.48
Ruth Tidder	7.53	Meera Tanna	9.51
Evie Wallis	8.03	Linda Gaitskell + Charlotte	10.13
Julia Allen	8.07	Ian Bocock	10.30
Nicola Rochford	8.12	Jarina Khatun	10.33
Karen Collier	8.22	Sarah Westwood	10.35
Judy Rackham	8.27	Sonya Grist	10.36
Kevin Eckersley	8.27	Gladys De Groot	11.13
Irene Paull	8.28	Barbara Robson	13.01

Well done for some good times today in the Measured Mile. The warmer weather must have helped, so much better to enjoy the sunshine and not have to shiver. Some very good times recorded, well done to all. The next Mile is on 6 August so keep up the training and run your fastest for the last mile in this year's competition.

Many thanks to my helpers, Irene who stopwatched the first mile, Marion who gave out lolly sticks and Sarah who recorded numbers.

Angela



Marlow 5 - Sunday 8th May 2015

1		00:26:32
6	Nigel Rackham	00:27:44 (1 st V50)
70	Oliver Wells	00:33:50
74	Matthew Rackham	00:33:56
75	John Norris	00:33:56
88	Steve Paull	00:34:26(1 st V60)
126	Russell Hewlett	00:35:57
144	Hershil Patel	00:36:42
178	Simon Abery	00:37:55 (PB)
299	Jim Buckland	00:40:51
400	Pauline Bishop	00:43:25
426	Bernie Conway	00:44:03
460	Gordon Valentine	00:44:57
474	Jane Hudson	00:45:26
483	Glyn Watkins	00:45:44
564	Julia Allen	00:47:25
635	Irene Paull	00:48:12
606	Dave Brown	00:48:18
618	Emma Rackham	00:48:37
655	Judy Rackham	00:48:43
695	Angela Murphy	00:50:30
705	Ruth Tidder	00:50:39
710	Nicola Rochford	00:50:48
767	Kath Donaldson	00:52:43
790	Nia Williams	00:53:17
835	Carole Lloyd	00:56:25
863	Anne Ambrose	00:56:18
910	Penny Hudson	00:59:07
914	Patricia Hewlett	00:59:31
917	Nancy Morris	00:59:42
955	Raquel Russell Ponte	01:03:27
987	finishers	01:18:38

NB. Positions not adjusted to take chip times into account.



16.4.16

Black Park

Glyn WATKINS 00:28:39

Harrow

Brett RAFFERTY 00:19:56

Brian MCGRORY 00:21:19

Michael MORRIS 00:21:24

John GORTON 00:23:39

James BUCKLAND 00:23:52

Barry NOLAN 00:24:35

Sonny PEART 00:27:02

Jason BOWLES 00:28:23

Poole

Sue DAVIE 00:36:38

Northala Fields

Chris SHEARWOOD 00:20:16

Cassiobury

John NORRIS 00:20:24

Max DADOMO 00:23:22

Sasha BIRKIN 00:23:23

Simon DADOMO 00:25:54

Aldenham

Errol CLARKE 00:29:39

Harrow

Mitesh PATEL 00:20:08

Michael MORRIS 00:21:07

Brian MCGRORY 00:21:16

Brett RAFFERTY 00:21:34

Sebastian 00:23:38

HOLLINGSHEAD

Sarah BELCHIER 00:24:11

Sonny PEART 00:24:25

Kyie 00:27:33

HOLLINGSHEAD

David BROWN 00:28:29

Penny HUDSON 00:32:29

Nancy MORRIS 00:33:08

Emma RACKHAM 00:48:59

(tail runner)

Northala Fields

John NORRIS 00:19:51

Julia ALLEN 00:28:21

Salisbury

Terry BURKE 00:28:20

23.4.16

Banstead Woods

Claire 00:28:18
ELAM

30.4.16**Black Park**

Simon DADOMO	00:26:39
Sasha BIRKIN	00:27:00
Max DADOMO	00:27:00

Harrow

Brett RAFFERTY	00:19:26
Chris SHEARWOOD	00:20:59
Sonny PEART	00:23:43
Jim BUCKLAND	00:24:00
Pauline BISHOP	00:25:27
Jason BOWLES	00:28:08
Veronica GEORGESCU	00:31:46
Anne AMBROSE	00:32:54
Gill SHEARWOOD	00:44:16

Poole

Sue DAVIE	00:35:40
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Ally Pally

Errol CLARKE	00:29:01
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Northala Fields

Sebastian HOLLINGSHEAD	00:22:50
Kyie HOLLINGSHEAD	00:27:36
David BROWN	00:27:53

South Oxhey

Brian MCGRORY	00:21:49
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Salisbury

Terry BURKE	00:28:42
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7.5.16**Black Park**

Glyn WATKINS	00:29:03
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Harrow

Nigel RACKHAM (1 st)	00:17:12
Lucy ASHE (1 st)	00:18:13
Sasha BIRKIN	00:20:04
Chris SHEARWOOD	00:20:17
Christopher HUDSON	00:20:22
Brian MCGRORY	00:21:05
Kevin SMART	00:21:19
Steve PAULL	00:21:31
John GORTON	00:23:35
Sonny PEART	00:24:24
Michael MORRIS	00:24:29
Jim BUCKLAND	00:24:31
Simon DADOMO	00:26:13
Barry NOLAN	00:26:49
Jason BOWLES	00:28:00
Emma RACKHAM	00:28:33
Jane HUDSON	00:28:33
Pauline BISHOP	00:29:52
Gill SHEARWOOD	00:48:34

Poole

Sue DAVIE	00:37:50
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Northala Fields

John NORRIS	00:20:19
Russ HEWLETT	00:21:34
Patricia HEWLETT	00:35:27

Salisbury

Terry BURKE	00:28:02
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14.5.16

Black Park

Glyn WATKINS 00:28:42
Linda GAITSKELL 00:35:27

Harrow

Chris SHEARWOOD 00:20:04
Barry NOLAN 00:25:20
Graham John HART 00:27:02
Emma RACKHAM 00:28:39
Errol CLARKE 00:28:53
Gill SHEARWOOD 00:43:41
Brian MCGRORY (tail runner) 00:47:37 (PB)

Poole

Sue DAVIE 00:36:38

Northala Fields

John NORRIS 00:19:55
James BUCKLAND 00:23:59

Cassiobury

Sasha BIRKIN (1st) 00:19:36

Salisbury

Terry BURKE 00:28:23

Congratulations to Brian McGrory on his 100th parkrun this week, and also to Sasha Birkin on her 50th parkrun.

Solveig Bowen M.A.R

Qualified and Registered with the International
Institute of Reflexology

solveigbowen@hotmail.com



Dane reflexology

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home (at a slightly additional
cost for travel)

Recommended by Karen Collier

Runner's Recipes

Superfood Pasta Salad

Ingredients

300g wholewheat penne
250g frozen soya beans
250g green beans, trimmed and halved
1 tsp sesame oil
1 tbsp soy sauce
small knob fresh root ginger, grated
juice 1 lime
50g alfalfa
2 carrots, grated
small bunch coriander, roughly chopped

Method

Boil the pasta, adding the soya beans and green beans 3 mins before the end of cooking. Drain, tip into a colander, then cool quickly under running water. Whisk together the oil, soy sauce, ginger and lime juice in a large bowl, then tip in the pasta, cooked beans, sprouts, carrots and coriander. Toss together, then serve.

Recipe from Good Food magazine, August 2008
(Pinched from the BBC website before they delete all their recipes.....)



NOTES OF METROS COMMITTEE MEETING

Wednesday 4 May 2016 at the Methodist Church, Cannon Lane at 8.00 pm

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

APOLOGIES: Peter Beuselinck, Mandy Beuselinck, Marilyn Pickford,
Nigel Rackham, Carole Wells.

CHAIR: Mike Ransome

NOTE RECORDER: Pat Jackson

(Any member unable to attend a meeting should inform Mike Ransome or Peter Beuselinck in advance. If they have an action item outstanding, they should give their report on that item to Mike or Peter).

MATTERS ARISING FROM THE PREVIOUS MEETING – 6 April 2016

Metros Committee – Paula Kanesanathan has decided to join the committee.

Metros Finances – Nigel had sent the committee the club accounts for the year ended 31 March 2016 prepared for the AGM. Mike had suggested to Nigel that the expense incurred with the new web site should be shown as met by the profit of the Harrow Hill Run.

ACTION: Nigel Rackham

Metros Web Site – the new web site is near completion.

ACTION: Penny Hudson/Irene Paull/Emma Rackham

Metros Survey – this is now completed and Peter will announce the results at the AGM. Penny will send the results to the Committee prior to the AGM.

ACTION: Penny Hudson/Peter Beuselinck

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

Hon Vice Chairman – Sarah had nothing to report.

Hon. Secretary – Peter was absent but he and Irene had reviewed the Metros Constitution and suggested amendments which will need approval at the AGM if the membership subscription increase is agreed. The Committee suggested further amendments and Irene will re-issue to the Committee.

ACTION: Irene Paull

Hon. Treasurer – Metros Finances reported earlier in the notes.

Hon. Membership Secretary: Seven new members were confirmed:

Amanda Hardy, Pinner; George, Joseph and Katie Leahy, Pinner;
Matthew Phillips, Pinner; Victoria Roast, Harrow; Ku Samra, Ickenham.
Irene confirmed 230 members of which at present 175 are adults.

OTHER ITEMS

Metros Google Group List – Pat suggested that members be encouraged to join the list. However, Irene (Membership Secretary) confirmed that she is compiling a list of e-mails for all members in connection with the new web site, parts of which will be available only to Metros members. Any important club announcements can be sent to all members whose e-mail addresses are up-to-date. It was agreed that, in most cases, it was preferable to 'reply' to sender rather than 'reply to all'.

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 June Meeting

CO-ORDINATORS REPORTS

Saturday Training Sessions - Irene suggested a discussion at the next meeting regarding the impact of lack of trainers due to Park Runs. The possibility that one Saturday session each month should be replaced by club attendance at the Harrow Park Run has also been mooted. **ACTION:** Review June Meeting

Summer League –Trish and Russell Hewlett are co-ordinating the Metros host event this year and recently met with Pat regarding the hand-over. Volunteers are needed to help on the day.

Pat and Irene confirmed that the award winners for last season had still not yet been finalized. Traditionally these are presented at the first fixture of the following season which this year is at the Metros host event on 12 June.

Meeting finished at 9.20 pm.

Date of Next Committee Meeting: Wednesday 1 June

Future Committee Meetings:

Wednesday 6 July, No meeting in August, Wednesday 7 September, Wednesday 5 October, Wednesday 2 November, Wednesday 7 December

AGM Friday 13 May at 8.00 pm, Lowlands Tennis Club.

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:

kevinsmart14@yahoo.com

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.