



June 2017
Issue No. 345



Congratulations to the C25K graduates

Metros Diary

June

Sat 3	5mile Handicap, Roxbourne Park	8.50am
Sun 4	Summer League – Ealing Eagles	9.30am
Mon 5	Vets Track & Field, Hillingdon	6.00pm
Wed 7	Committee Meeting	8.00pm
Sat 10	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40am
Sat 17	parkrun	9.00am
Sun 18	Summer League- Metros	9.30am
Mon 19	Vets Track & Field, Battersea	6.00pm

July

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

August

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

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!

Congratulations to everyone involved in the C25K programme, whether in organisation or as a participant. At a recent event I saw some runners wearing shirts with the slogan 'C25K Beyonders' and we hope that the new graduates will all become 'beyonders'. Importantly, just keep on running!

Some Metros have been more than beyond in the last few weeks in tackling a 100 mile ultra- well done.

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



Welcome to new Metro –
Bruno, Janice Newman's new
guide dog.
Bruno has joined us at Saturday
Metros and completed his first
5K Challenge



Achievements

Well done to ...

Terry Burke – for coming first in his age group at Salisbury parkrun on 20th May

Caroline Day-Lewis, Anne Nola and Ruth Tidder – for completing their first Triathlon at Hatch End, 7th May

Chris Shearwood, Steve Paull and Pauline Bishop – for coming first in their age groups at Run Wembley, 14th May

Pauline Bishop, Trish Hewlett, Carole Lloyd – for PBs at Marlow 5, 7th May

Andy Fox – for a PB at the Jetstream Triathlon, 7th May

Sarah Belchier, Spencer Millbery and Sonny Peart – for completing their first 100 mile ultra – 29th – 30th April

Correction – Chris Hudson's parkrun PB on 25th March was at Harrow not Canons Park



Trophy Races

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

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

Trophy Races – Leader Board at Halfway Point

After completion of 4 of the 8 trophy events, the (current) leading 10 female and male runners are as follows:

	Finchley 20	Maidenhead 10	Marlow 5	Run Wembley 10K	Total			Finchley 20	Maidenhead 10	Marlow 5	Run Wembley 10K	Total
Pauline Bishop	49	50	50	50	199		Mike Morris	49	48	46	45	188
Linda Dunne	48	49	49	49	195		Brett Rafferty		50	50	49	149
Sakina Sidik	46	44	43	44	177		Steve Paull		49	47	47	143
Veronica Georgescu	47		45	43	135		Jim Buckland		46	43	39	128
Irene Paull		45	42	42	129		Hitesh Patel		45	41	36	122
Patricia Hewlett		43	40	39	122		Ariff Sidik		43	40	35	118
Penny Hudson		41	37	37	115		Barry Nolan		44	39	34	117
Anne Ambrose		42	36	36	114		James Kerrane			48	50	98
Sarah Belchier		48	47		95		Russell Hewlett		47	45		92
Claire Millbery		46		48	94		Hershil Patel			42	37	79

Veterans' Track and Field 2017

Metros RC competes in the Southern Counties Veterans' AC League, which comprises four fixtures on Monday and Wednesday nights during the spring and early summer.

The league is split into various divisions (Metros are in the mid-London division) and men's and women's teams compete against each other over most of the track and field event programme (excluding hurdles but including race walk).

There are separate events for different age groups (men 35–49, 50–59 and over 60, and women 35–49, 50–59 and over 60). Aggregate points earned from each fixture determine the league position. Leading teams from each division go on to meet in the league final at the end of the season (usually early September).

It is great fun and gives you a chance to try those events that you may not have competed in for some time – perhaps since school!

Co-ordinator: Wendy Mulvenna

Metros competing in some of the events at the first league meeting at Battersea



The next fixture is at **Hillingdon Athletics Stadium**, Gattling Way, Uxbridge UB8 1ES

[View Map](#)

The nearest tube station is Uxbridge (Met and Piccadilly Lines) and then the U1 bus towards Ruislip or a ten minute walk.

We are in need of women aged 35-60 to join the Metros team for the next fixture – please contact Wendy if you are interested.

The programme for the event is as follows:

Time	Event				
18:30	Discus	M35		M50	M60
18:30	Shot	W35		W50	W60
18:45	Triple Jump	W35		W50	
19:00	800m	W35A	W35B	W50	W60
19:15	800m	M35A	M35B	M50	M60
19:30	Triple Jump	M35		M50	M60
19:30	200m	W35A	W35B	W50	W60
19:40	200m	M35A	M35B	M50	M60
19:45	Long Jump	W35		W50	W60
19:45	Shot	M35		M50	M60
20:00	Discus	W35		W50	W60
20:00	3000m	W35A	W35B	W50	W60
20:15	Long Jump	M35		M50	M60
20:20	3000m	M35A	M35B	M50	M60
20:40	4x100m relay women				
20:50	4x100m relay men				



Remaining Matches in the SVAC League Mid-London Division

Hillingdon.....Monday 5th June
 Battersea.....Monday 19th June
 Perivale.....Wednesday 12th July



Summer League

For those unfamiliar with this League – it's a series of events held during the summer months starting and finishing in parks, open to all ages and abilities with refreshments after – all for FREE. Other participating clubs are Dulwich Park Runners, Ealing Eagles, Ealing Southall & Middlesex, Hayes & Harlington, Mornington Chasers, Queens Park Harriers, Serpentine and Sudbury Court Running Club. Entry (free to Metros members) is on the day and there is no need to pre-enter.

At each fixture there are four events:

- I. The morning starts with an Open Race of 5 miles or 10km for those 16 years and over, suitable for all abilities (usual start 9:30 am).
- II. A Tenderfoot Run of 1.5 – 2km, suitable for children 7 - 16 years, runners returning from injury and runners who prefer to run a shorter distance.
- III. A Fun Run of approximately 400m for children under 7 years.
- IV. A series of relays of 300-400m, again suitable for all ages and abilities.

Dates are:

- **Sunday 4 June – 10km Gunnersbury Park** - Hosted by Ealing Eagles
- **Sunday 18 June – 10km Headstone Manor Recreation Ground - HOSTED BY Metros**
- **Sunday 2 July – 5 miles Dulwich Park** - Hosted by Dulwich Park Runners
- **Sunday 16 July – 10km Regent's Park** - Hosted by Mornington Chasers (time to be confirmed)
- **Sunday 20 August - Battersea Park** - Hosted by Serpentine

Scoring is age related: children up to 16 - every year; adults over 40 are graded in five-year age bands. All participants in the Open and children in the Tenderfoot score points for their club – the more runners, the higher the club score. There are league awards for the top three scoring individuals in each age category in the Tenderfoot and in the Open – the best three out of five races count. Children in the Fun Run receive certificates on the day.

Metros also give awards for top Metros runners in each age category: the number of Metros awards depends on how many Metros runners there are in each age group.

For further information, please contact Pat Jackson tel: 0208 868 5683 11

YOUR CLUB NEEDS YOU!!
SUMMER LEAGUE: Metros' HOST FIXTURE

Sunday 18th June - Headstone Manor Recreation Ground, 9.30 am

This year the Metros' Summer League host fixture is on **Sunday 18th 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 e.g. sandwiches and cakes**
- **Bring family and friends (or yourself if not running) to help**

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

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 12

COUCH TO 5K – THE FINALE

We've done it! After nine weeks of training three times a week, our Couch to 5K runners have successfully taken part in Harrow parkrun. This has been our goal since day one and an amazing 16 new runners nervously took to the start line in Harrow Recreation Ground. Another runner – Gill Fox – took part in parkrun in Derbyshire and two others will be running their parkrun in the near future. (Mahua Chatterjee and Ann Havlin) This means that out of our 22 starters, 19 will have achieved their goal. Fantastic! The sun shone throughout the morning which was a bonus.

This just goes to show their level of commitment and dedication to the task. When they couldn't attend an organised session, the runners trained by themselves or in small groups. The setting up of WhatsApp by Linda Grimes meant they could easily communicate with one another and I gather that by last Saturday morning, their mobiles were really buzzing!

Here are the names of those who took part in parkrun on Saturday

Bev Singleton	Catherine Saunders	Darshana Shah (Dee)
Diane O'Reilly	Ewa Johansson Charles	Gill Fox (in Derbyshire)
Helen Simons	Jennifer Smith	Kalpna Varsani
Linda Grimes	Linda Ross	Mike Reed
Nitin Chandarana	Noa Perelmutter	Priya Chawla
Sarika Kochar	Una Cunningham	

The fastest time was 30.48 and the slowest 42.03. Overall, the fastest time was 18.41 and the slowest 47.56. There was a record turnout of 244 runners, 67 of whom were Metros! I'd like to thank you all for coming to cheer our Couch to 5K runners – I know it was much appreciated. There was such a great club feeling.

The parkrun director, Clive congratulated the runners before Sarah Westwood, chair of Metros handed out the certificates. We all look forward to seeing more of our Couch to 5K runners at Metros events.

The Volunteers

I'd like to say a big thank you to our volunteers who contributed to the success of this course, especially Irene and Trish. Their role was to support, coax, cajole and generally encourage everyone to persevere and reach their goal. Their help was invaluable.

Irene Paull (co-leader)	Trish Hewlett (co-leader)	Al Scoffham
Angela Murphy	Ariff Sadik	Sakina Sadik
Anne Nola	Anne Leigh	Barry Nolan
Arnold Glickman	Carole Wells	Caroline Day-Lewis
Debbie Lewis	Emma Rackham	Glyn Watkins
Janice Newman	Jim Buckland	Judy Rackham
Julie Smith	Marion Rogan	Sarah Westwood
Mark Mulvenna	Mike Ransome	Nancy Morris
Paula Kanesabathan (took charge of publicity)	Penny Hudson	Ruth Tidder
Sonya Grist	Teresa Young	Wendy Mulvenna

I hope that covers everything. We have had requests to repeat the course, and to organise a 5K to 10K course. Several Couch to 5K runners have offered to volunteer another time – what better credentials could there be?

Kath Donaldson

Metros KIT SALE

BUY NOW

Vests £9

Short Sleeve T-shirts £13

Long Sleeve T-shirts £15





Firstly, apologies to the editor for the late submission of my words this month, but that is because things here are not quite back as they were yet, although I can report that Mrs R is getting better after her illness and her few days in hospital.

I must also report that I mistakenly deleted the London Marathon recording before I played back what Brendon Foster said on the day. I was told he said the ladies' winner had gone off too fast, but that's just an opinion, not an example of his jumbled-up diction. Happy retirement Bren!

One time when I was at the hospital visiting the good lady I happened to read the sports pages of a paper that was lying around. Apart from the sub two-hour marathon attempt, the athletic news story was about the proposed deletion of all records pre the modern dope tests. Yes, Jonathan Edwards and Paula Radcliffe were wheeled out to say how wrong this was, but to me the stupidity of it is where do you draw the line?

I can't recall what date records were now to start from but shall we say 2000. Therefore, the first person to win a race or field event on, perhaps, January the first of that year is now a former world record holder and he might be Greg somebody from Australia or Joe Bloggs from Bootle over there doing warm weather training.

By the same token, all of my under 40 PBs are now gone, but that is irrelevant to the big picture.

Roger Bannister will have to give back his knighthood because Greg or Joe might be the first to run a four-minute mile now. All our great runners', including Seb's, records won't stand any more either. Can we have your lordship's ermine stuff back please.

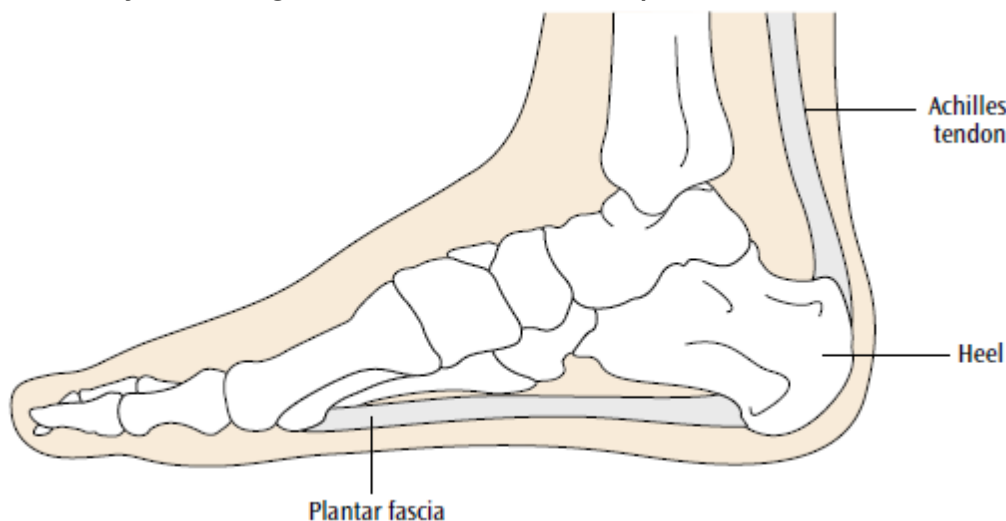
Ridiculous!

Roxeth

“Feet Come First”

On a daily basis, our feet take a lot of abuse. On average our feet come into contact with the ground eighty to one hundred times per minute. Subsequently this generates a stride rate or cadence of one hundred and sixty to two hundred steps per minute. Your feet must bear the weight when you stand, run for the bus, ascend or descend stairs or run the marathon. Not only are we generating tension when we move, sitting down for long periods of time in a flexed position causes muscles to tighten round the ankles. Reasonably you may ask why overweight people do not run into more difficulty due to their weight. On the whole, they do but on a daily basis most will do far fewer steps. We can find ourselves in a bit of a vicious circle. We want to keep active but in so doing this applies greater pressures on our long-suffering feet. In order to balance the books, we need to look after these vital tools of the athlete's trade. I cannot stress enough how important it is to look after ourselves on a day to day basis and give something back to our bodies.

The most common running injury I see on a weekly basis is plantar fasciitis. Plantar fasciitis is a repetitive strain injury of the connective tissue on the underside of the foot. This amongst other muscles and tissues make up your medial arch. Plantar fascia is a runner's nightmare as it can rapidly get worse from early morning stiffness to constant pain in the foot and heel daily.



The plantar fascia originates from the heel bone to the five toes. When the plantar fascia comes under repeated stress from running it begins to pull on the heel. As a result, acute heel pain becomes a symptom. In the acute phase the tissue can adapt and warming up can reduce symptoms within a few strides. However, this misconception whereby people assume it isn't a problem leads to greater trouble. The tissue is continuously overstrained and begins to change form. Structurally the tissue type changes and becomes less elastic. Overtime the symptoms get worse and do not seem to disappear when warm.

This is the first sign that the tissue changes and condition is becoming chronic. The rehabilitation of the chronic condition is much more difficult and lengthy compared to the early management.

Early signs of plantar fasciitis you need to look out for

- 1) Inside heel pain on the bone on touch which is not symmetrical
- 2) Early morning stiffness
- 3) Tight calf muscles

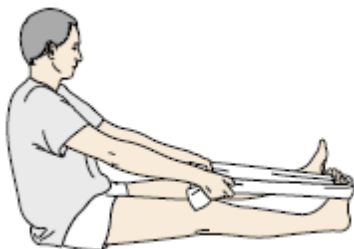
I would advise if you are experiencing any of these symptoms take note of last month's article. Take a week out and do the following stretches.

1) Stretch to be carried out on a step

- Straight knee
- Bent knee
- Hold for one minute to allow soft tissue to adapt



2) Lying on your back with a long towel in your hands and wrapped around the ankle pull towards you until you feel an uncomfortable sensation at the back of the hamstring and calf. This is stretching the hamstrings along with the nerves which run down the back of the leg and the ankle. Again hold for one minute



Repeat all stretches 5 times in the morning and evening.

What should you do if the early morning stiffness and heel pain when running and on touch doesn't subside?

This is where you must consult your GP to be referred for Physiotherapy and podiatry. From my experience do not go down the injection therapy or electrotherapy treatments before you have tried conservative physiotherapy first. A physiotherapist will diagnose whether the pain is coming from tight calf muscles, a structural change in the plantar fascia or both. The treatment will vary depending on the causation of pain. Having been treating this condition for 8 years now there is never a standard protocol for all. It does seem to be the case that if you try and run through the condition it will get worse and then there is a high incidence of it arising on the other foot.

What to do when the symptoms have reduced?

- 1) Continue with all stretches
- 2) Strengthen the glutei muscles to prevent a mechanical strain on the plantar fascia. Exercises such as step ups, lunges and squats if done correctly are all helpful.
- 3) Spend regular time on the foam roller keeping the calf muscles loose
- 4) Use a tennis ball on the bottom of your foot to loosen the plantar fascia
- 5) Change footwear regularly
- 6) Seek Physiotherapy and podiatry input

Something to think about to finish. It was once explained to me that the most resilient car is a Volvo which on average has a life span of twenty years. A Volvo is a man engineered machine to provide safe travel for us all. However, a car of this quality still needs to be serviced, have an MOT and refill its fuel and parts changed. So why do we treat our bodies differently? Do not wait for a surgical intervention to be needed and let us look after our bodies. Always try to prevent injury instead of ignoring it when it arises or waiting for it to happen.

Again I hope you are enjoying your training in the sun and for anyone who endured the London Marathon congrats!



Dear Members and friends,

To celebrate the longest day and the start of summer we are looking to hold a summer solstice run on Wednesday 21st June.

We are looking to have three Meeting times 7.10pm, 8.15pm and 9pm, so you can choose how long you would like to run.

We will meet each time at The John Lyon school entrance (same meeting place for those who participate in the hills Wednesday night session), Middle Road, near the White Horse Pub.

Sunset is scheduled to be at 9.23pm and we will finish our run on Churchfields (off A312) below St Marys church and weather permitting see a stunning sunset.

All runners welcome no matter what pace you run at as we will top and tail. If you have a high vis or bright coloured top please wear and recommend you bring a bottle of water.

Drinks afterwards at the Castle pub, and for those who are unable to make the run you are most welcome to join us.

It would be helpful if you can let us know if you are interested and what time so we can gauge numbers.

Look forward to seeing as many of you on 21st.

Nathan Powell: nathancpowell@yahoo.co.uk



Read about Pete Rees' experience of the Marathon Des Sables – Blood, Sweat, Tears and Heavy Metal.

<https://www.mudstacle.com/2017/05/marathon-des-sables-experience-blood-sweat-tears-heavy-metal.html>

Parkrun

Most of you will be aware that on the third Saturday of each month, Metros do a parkrun as an alternative to our usual Saturday morning session at Roxbourne Park. Irene Paull and Emma Rackham have devised a schedule for parkruns up to the end of the year. For the summer months there are home and away options!

20th May – Harrow
17th June – Black Park/ Osterley
15th July – Northala Fields/ Gladstone
19th August – Aldenham/ Bushy
16th September – South Oxhey
14th October - Canons Park
18th November - St Albans
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.

Results and Reports

Marlow 5 Sunday 7th May 2017

1 st		0:25:35
46	Brett Rafferty	0:31:24
47	Matthew Rackham	0:31:29
50	James Kerrane	0:31:31
111	Steve Paull	0:34:07
113	Mike Morris	0:34:34
140	Russ Hewlett	0:34:27
224	Adam Leary	0:37:13
287	Jim Buckland	0:38:39
374	Pauline Bishop	0:40:07 (PB)
401	Hershil Patel	0:40:09
453	Linda Dunne	0:41:33
456	Hitesh Patel	0:41:31
629	Ariff Sidik	0:45:22
635	Barry Nolan	0:45:29
673	Glyn Watkins	0:45:57
723	Kim Hassard	0:47:09
724	Sarah Belchier	0:47:09
725	Emma Rackham	0:47:10
767	Veronica Georgescu	0:49:11
801	Karen Leary	0:49:11
815	Sakina Sidik	0:49:41
865	Irene Paull	0:50:46
887	Kath Donaldson	0:52:18
888	Trish Hewlett	0:52:19 (PB)
895	Carole Lloyd	0:52:36 (PB)
908	Nancy Morris	0:53:09
946	Penny Hudson	0:54:59
961	Anne Ambrose	0:55:39
993	Raquel Russel Ponte	0:57:53
1052	finishers – last	1:19:30



Bracknell Half Marathon Sunday 7th May 2017

1 st		1:13:04
54	Christopher Shearwood	1:30:25
237	Anthony Bellis	1:46:17
782	finishers – last	3:22:47

Richmond Half Sunday 30th April

1 st		1:11:00
653	Peter Reynolds	2:25:27
660	finishers – last	2:27:30

Beaconsfield 5 Monday 17th April

1 st		0:26:12
171	Adam Leary	0:39:48
328	Glyn Watkins	0:46:34
376	Marion Rogan	0:48:55
447	Karen Leary	0:53:14
452	Kath Donaldson	0:54:08
532	finishers – last	1:11:34

Fuller's Thames Towpath 10 Sunday 9th April

1 st		0:55:33
356	Gertrud Porter	1:31:11
530	Arnold Glickman	2:29:35
531	finishers – last	2:43:03

Milton Keynes Marathon – Monday 1st May

1 st		2:40:06
2438	Mike Morris	3:47:12
2866	Finishers- last	6:45:55

Run Wembley Sunday 14th May 2017

10K

1 st		34:05
7	James Kerrane	40:13
10	Brett Rafferty	41:04
13	Chris Shearwood	42:04 1 st M3
16	Steve Paull	44:14 1 st M4
17	Fatmir Sulmataj	44:18
22	Michael Morris	45:37
25	Mitesh Patel	46:13
32	Anthony Bellis	47:46
35	Peter Reynolds	48:38
36	Sonny Peart	48:43
39	Tian Hollingshead	49:27
42	Jim Buckland	50:03
50	Kyle Hollingshead	51:42
51	Hershil Patel	51:57
56	Simon Dadomo	53:01
59	Pauline Bishop	53:33 1 st F4
61	Linda Dunne	54:16
71	Hitesh Patel	57:24
77	Ariff Sidik	59:24
78	Barry Nolan	59:32
80	Paul Gardner	60:57
83	Claire Millbery	61:19
84	Marion Rogan	61:39
88	Anne Nola	63:21
90	Ruth Tidder	63:29
94	Sakina Sidik	65:21
97	Veronica Georgescu	67:09
98	Irene Paull	67:49
101	Nancy Morris	69:10
103	Kath Donaldson	69:42
105	Patricia Hewlett	71:36
106	Carole Lloyd	71:47
108	Penny Hudson	74:42
111	Anne Ambrose	76:24
112	finishers – last	79:08



5K

1 st		19:15
9	Mark Mulvenna	23:50 (Sudbury Court)
18	Kirsty Young	26:19
22	Jane Hudson	26:55
31	Derek Bamforth	29:55
32	Alastair Scoffham	29:56
36	Evie Drizen	31:21
64	finishers – last	51:45



April 29th-30th Thames Path 100

1 st	14h 57m 53s
166 Sonny Peart	26h 31m 39s
168 Spencer Millbery	26h 37m 01s
172 Sarah Belchier	26h 43m 27s
209	27h 44m 20s

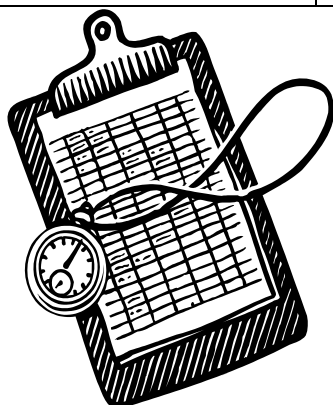
See report – page 25



Measured Mile Saturday 13 May 2017	Time
Brett Rafferty	5.20
Mike Morris	6.04
Steve Paull	6.08
Simon Abery	6.12
Kyie Hollingshead	6.14
Tian Hollingshead	6.15
Andy Fox	6.18
Sonny Peart	6.29
Dave Young	6.42
Mike Ransome	7.21
Andrew Collier	7.38
Ceri Jacob	7.52
Errol Clarke	8.03
Steve Alder	8.09
Jonathon Pang	8.26
Mason Murray	8.30
Teresa Young	8.37
Nancy Morris	8.40
Mark Lemon	8.41
Barbara Reading	8.44
Deborah Norman	8.45
Amanda Hardy	8.51
Sonika Sidhu	8.57
Irene Paull	9.04
Titiana Spotti	9.16
Jo Collier	9.42
Penny Hudson	9.20
Steph White	9.58
Dave Brown	12.16
Judy Rackham	14.20

The rain stopped for the start of the Measured Mile today and although the sun was not much in evidence the temperature was probably ideal for running. Some fast times recorded so well done to the dedicated runners who are keeping up their training. Even more impressive are the Metros coming back from injury time to start on the road back to fitness, good to see you getting round the course. The next mile in August is most important for the competition so hope to see you all again then.

Many thanks to Marilyn for dealing expertly with the lolly sticks, the experience showed!
Angela



VLM Mini Marathon Sunday 23rd April

Under 17s

Tian Hollingshead 0:20:17

Under 13s

Chris Hudson 0:19:20

Kyie Hollingshead 0:21:57

Zaheer Sidik (timing chip issue but approx. 0:24:00)

London Marathon – 23rd April 2017

Sasha Birkin 03:12:43

Nathan Powell 03:13:52

Steve Paull 03:48:12

Sarah Belchier 03:56:39

Mike Ransome 04:50:04

Barbara Reading 04:59:28

Anne Leigh 07:35:38



Thames Path 100 Ultramarathon: Now I'm a Runner

Report from Sonny Peart

If, like me, you're a bit of a social media tart, with an Instagram feed full of lifestyle bloggers and wannabe fitness-brand-reps, you'll be familiar with a range of inspirational running quotes. You know the sort of thing. When your legs can't run any further, run with your heart. You may be slow, but you're lapping everyone on the couch. And my personal favourite: If you run, then you're a runner. Its simplicity is beguiling. Its inclusiveness is reassuring. And yet, if, like me, you also have some deep-rooted insecurities – usually well-hidden, but there nevertheless – a simple seven-word platitude may not always be enough to support your self-belief. Stood outside Richmond Old Town Hall, on the start line of the Thames Path 100 race, some of those insecurities were playing out behind my mirror shades. OK, I was about to run an ultramarathon, but did that mean I was an ultra-runner? Looking around me, I could see lots of runners I guessed were much quicker and more experienced than me. I felt a little bit like an imposter. I'd been running regularly for less than five years. What was I was doing in a hundred-mile race? Twenty-six and a half hours later I had my answer. Spoiler alert – I was running the race and completing it.

The Thames Path 100 is an ultramarathon that follows the River Thames from Richmond to Oxford, generally westward, but occasionally north, south and even east. It starts at 10am on Saturday morning, and the 300 runners have until 2pm on Sunday afternoon to reach the finish. Around 30% of the starters don't make it. At the front of the field, the speed merchants can finish in under fifteen hours. I was hoping to finish inside 24 hours, but would have been quite content with any finish inside the cut-off time.

I was one of three Metros in the field – with Sarah Belchier and Spencer Millbery – and we all adopted a run-walk strategy from the start – Spencer somewhat ahead of Sarah and me. Assuming one has trained well – and I had – the first thirty or forty miles should have been relatively easy. The Thames Path is largely flat, and the conditions were benign, if a tad warm. I've heard many experienced marathoners say that a marathon doesn't really start until after mile 20. So, I imagined, with a 100-mile race: I didn't expect it to really start until after the 51-mile checkpoint at Henley. Everyone in the field had completed at least a 50-mile race before, so everyone knew they could get to Henley. My furthest run before TP100 had been last year's 53-mile Race to the King. After that, I was in unknown territory. The plan was to conserve energy in the first half by resisting the temptation to go out too fast, trying to stay well within my comfort zone by forcing myself to walk for a minute out of every ten. But the weather was fine, the Thames sparkled, and Sarah and I found ourselves clocking miles faster than was absolutely necessary, or possibly wise. We had to force ourselves to slow down. We'd reached the 30-mile aid station at Dorney in under six and a half hours (which was on pace for a suicidal 21-hour finish). We introduced longer walk breaks, but still reached Henley in under 12 hours. It was quicker than we needed to be, but at least we still felt relatively fresh.

I'd packed a complete change of kit in my Henley drop-bag. I changed my t-shirt for a long-sleeved top, and put tights on over my shorts. I put on new socks, and took

the risk of changing shoes too, from road shoes to trail shoes. The second half of the route was known to have more chance of mud underfoot. As it turned out, it was almost completed dry, but my risk still paid off, as trail shoes had a firmer sole, meaning I felt a little less of the rocky terrain beneath my feet – an important consideration after so many miles.

It had gotten dark a few miles before we reached Henley, and Sarah and I were now running with head-torches. Spencer was somewhere up ahead of us; we knew not where. I was taking selfies and posting to Instagram every ten miles, but didn't take the time to track any other social media traffic from the race.

Part of the challenge of such a long race is carrying the right kit for any likely weather, which can change dramatically over the course of 24 hours. In 2016, when Sarah, Spencer and I had volunteered at the 71-mile aid station at Streatley, night-time temperatures had dropped to below freezing. This year, conditions were much less challenging. I did put on a lightweight jacket during the coldest hours of the night, but it was almost unnecessary.

Whether it was adrenaline, cola or coffee I don't know, but the hours of darkness passed without me once feeling sleepy. Nausea however, was another matter. Leaving the Reading aid station – at 58 miles – Sarah and I both felt full of running. For a few miles we pushed on at a good pace, overtaking quite a number of runners. In hindsight, this was probably a mistake. Somewhere on the outskirts of Reading, the route goes over a railway line, involving a cruel number of steps up then down. Then there's a hilly housing estate, which felt like a nightmarish rollercoaster. By the time we left behind this suburban hell my head and stomach were rejecting the idea of running. Apparently quite a few people were physically sick during the course of the race. I wasn't one of them, but only because I slowed to a snail's pace. Sarah stuck with me, encouraging me to keep going and staying positive as our potential 24-hour finish slipped away. The Whitchurch aid station at 67 miles was a blessed sight, though I think I may have sworn more than once at how long a detour from the actual river was involved to reach it. I sat down with head in hands and tried to pull myself together. I may have needed energy, but the idea of food was not a welcome one. Instead I opted for drugs, hoping a couple of Anadin Ultra would do the trick. They seemed to work, and 10 minutes later I was running again, on the wooded trails to Streatley, where the Thames Path crosses the Ridgeway, and where my second change of clothes awaited.

The aid station at Streatley is in a church hall. Warm, light and comfortably furnished. This is a blessing and a curse. "Beware the chair" is an ultra runner's mantra, but one which many people had ignored at their peril. The room looked a little like a triage tent from M*A*S*H, with runners in various states of exhaustion lying and sitting around, being tended to, encouraged and cajoled into continuing by solicitous volunteers. Sarah and I had enough energy, and enough clarity of thought to realise sunrise was only an hour or so away, and if we got out of Streatley we'd soon have 'only a marathon' left to run. I changed my shirt again, drank the best tasting cup-a-soup I have ever had, and we headed out. Most of the people who had been sat on chairs when we arrived, were still sat on them when we left, their races over.

I'd been told that sunrise would provide a much needed energy boost in the latter stages of the race. It was certainly an exhilarating feeling to realise we'd been on the move for a whole day and night. But there was still the small matter more than 20 miles to go, and after a while Sarah began to slow – her London Marathon six days previously finally catching up with her. We spent some miles walking more than running, but still making reasonable pace, and well inside any cut-off times. When we arrived at the Clifton Hampden aid station at 85 miles, we saw Spencer for the first time since Saturday morning. He had knee and ankle trouble, and had slowed down sufficiently for us to catch him. For the next several miles, we made slow progress, Spencer run-walking as much as his painful joints would allow, Sarah and I trudging relentlessly on. The Abingdon Aid station featured handmade Jack Daniels fudge. I can confirm that this is a perfect form of running nutrition. Three pieces of it sustained me through the last nine miles.

Leaving the final aid station at Radley, there were only four miles to go to the finish at the Queen's College sports ground. Unless we stopped and fell asleep, a finish within the cut-off time was assured. By this time, I found running less painful than walking, so I decided to do more of it. I left Sarah, caught up and overtook Spencer. Unlike the South Downs Way 50 a few weeks previously, this was not a training run, and I didn't feel much compunction about not opting for a blanket team finish. It was somewhat surreal to run through the outskirts of Oxford as Sunday lunchtime students and tourists strolled along the river bank, knowing that I'd travelled non-stop by foot from London. Could these people tell from my bedraggled state and the number on my shirt exactly how crazy and/or awesome (delete as appropriate) I was?

I crossed the line 26 hours and 31 minutes after leaving Richmond the previous day. I was presented with my finishers buckle (nothing so ordinary as a medal for a 100-mile finish) and my instantly precious Centurion finishers t-shirt. More importantly, I got to lie down and close my eyes. Not for long though, as I got up to cheer first Spencer then Sarah across the line. Of the 209 finishers, three were Metros!

During the course of that April night, I stopped being someone who was going to run 100 miles, and became someone who had completed a 100-mile race. I have literally been there, done that, and got the t-shirt. I know that I'll run more ultras (maybe even by the time you read this). I know that I can run 100 miles faster than this, my first. I also know that from now on, whenever I stand on the start line of the race, no matter how long it is, I won't feel like an imposter. I'll know that I'm able to run the distance. I'll have no doubt I'll finish. The only doubt will be how fast I finish. No matter who else is at the start line, I'll know I have the right to be there too. I no longer need a social media cliché to tell me what I am. Now, there is no question. Now, I am a runner.

Metros RC runners at the Jetstream Hatch End Triathlon, 7th May 2017

Report from Caroline Day-Lewis



It started with a text from another mum who I knew when our sons were at primary school – the boys are now 20. Grace knew I ran as we had seen each other a few times at the Metros Harrow Hill Race.

She told me her tri-club, Jetstream were re-establishing the Hatch End novice triathlon and wouldn't I really like to do it?' I took quite a lot of convincing but Grace was very persuasive and promised to lend me a bike, a tri-suit and a race belt so all I would need to do is enter and practice on the bike a bit. The adult race includes a 400m pool based swim (17 lengths at Hatch End swimming pool) followed by a 17km road based cycle (3 laps) and an off-road 3km run (3 laps at Hatch End playing fields). Grace got me at a time when I was feeling a little left out, as so many of my Metro friends were training for marathons and I was also feeling a bit down about a significant birthday this year. So, somehow this new challenge and focus seemed like a good idea. Such a good idea in fact, that I was able to convince Ruth Tidder and Anne Nola to sign up too.

For most people, the barrier to a triathlon is the swimming or the running but for me, it was the cycling. I swim fairly regularly and run a couple of times a week but I hadn't been cycling since I was a teenager. So for the next few weeks that was my biggest focus. This is what I learnt about cycling: it's always cold, I get a sore bum, the cars are trying to kill me, cycle paths are too bumpy to ride on, it makes my bum sore, I can only cope with a maximum of 5 gears even though the bike has 24, padded shorts only ease the sore bum a bit, going fast is scary, it hurts my hamstrings (and my bum), it's much more enjoyable with someone else.

The other element in triathlon that I had to learn about is transition. Jetstream organised a training event for those new to triathlon, so I went along. This was really good fun, like Metros they were all friendly and supportive and we got to practice some of the elements of transition. I made classic mistakes such as putting my helmet on backwards and wearing socks. It reminded me of a party game where you have to perform a task against the clock or in some silly compromised position!

It was at this training session that I discovered how slow I was at cycling compared to others, but I did manage to pick off a few on the run.

I have had masses of support in preparing for this triathlon; my husband came out on the bike with me as did one of my sons. Each week I swam with Ruth and Anne. Grace kept me on track with encouragement and equipment and I wouldn't have done it at all without the 'sharing bike' from Michelle, also from Jetstream. Andy Fox had done this event twice before and provided a lot of advice and kept me focused on how to train for the event including getting some cycle shorts which I did for £3.20 on eBay and some elastic laces. One Sunday I was learning to use the gears on the bike and the chain came off, of course I didn't know how to fix it and was grappling around in the gutter when a gorgeous young man stopped and offered his help. He was lovely and showed me how to get it back on.

Race day came round quickly. Our start times were issued the week before, we all had different times ranging from ridiculously early to hideously early. I had some difficulty with nerves as the day approached; it wasn't helped by the logistics in my household for the morning which got more and more complicated with a football semi-final, a football tournament, a work shift and a good friend's 40th birthday party the night before! Various plans were made and many thanks to my parents who came over very early to enable everything to happen.

For first timers a triathlon is very confusing, I'm not sure that I can even write it all down. We had to find out where to go and what to do for all parts of the event. There is a transition pen with run in, run out, bike in and bike out gates, a race briefing to attend on the field, wearing only a swim or trisuit. There are rules about not touching the bike until you have your helmet on, mounting and dismounting in a small box chalked on the road. You need your race number on your back for cycling, on your front for running and written on your arm for swimming. The marshals counted our swim laps and run laps but we had to count our own cycle laps. Grace and the Jetstream team who organised the event were excellent at supporting everyone. It was brilliant to have Mandy Beuselink marshalling and in charge of the transition area, calling out to us where to go and what to do, Peter Beuselink and (their dog) Boris were marshalling on the road and gave me an encouraging shout each time I went past. Other Metros also came to support us, which was much appreciated.

Start times are set according to your predicted swim time. This makes the event quite staggered. I was able to see Ruth set off and then see her and Anne in transition 1 before my race briefing time. I saw Andy do his swim and could therefore tease him about his style later on. Having done this race a couple of times before he was hoping to get a PB and come in under an hour.

The 400m swim went badly probably because I was so cold and nervous but as the shortest part of the event it I didn't dwell on it. I got a cut on my foot running from the pool to transition and lost a few seconds trying to locate my bike. I managed to run holding the bike with one hand and then mount quickly. Once on the bike it all started to feel better, seeing some familiar faces and hearing their encouragement, I started to enjoy it. I just peddled as fast as I could to complete the 17k. I was glad that I had practiced the route a few times and knew what to expect on the road. I didn't think about the run until I had put the bike back on the rack in transition 2. Now anyone who thinks a 3k run is quite easy, I challenge you to cycle hard for 45

minutes and then try and run. Cycling does weird things to your legs that you don't notice unless you try to run afterwards. The legs turn to jelly and there is no feeling in your feet. I finished the run to lots of cheering and my youngest son helpfully shouting 'sprint Mum'. As I crossed the line, Michelle (bike share) was there to put a medal around my neck and I just ran into her arms absolutely delighted that I had done it.

Caroline Day-Lewis

Results

Name	time	Category	Gender Position	Swim	T1	Cycle	T2	Run
Andy Fox	00:58:54	M50-54	11	00:08:45	00:01:10	00:34:41	00:00:30	00:13:46
Caroline Day-Lewis	01:08:49	F50-54	5	00:10:07	00:01:42	00:41:31	00:00:46	00:14:40
Anne Nola	01:20:27	F45-49	25	00:11:26	00:02:22	00:47:20	00:01:18	00:17:58
Ruth Tidder	01:22:56	F45-49	27	00:11:40	00:02:13	00:48:49	00:00:46	00:19:27



Well done Ruth, Caroline, Andy and Anne

Runner's Recipes

The Ultimate Brownies



The Summer League fixture on 18th June is a chance for Metros to show off their baking skills by bringing along some homemade goodies. Other runners will love these delicious brownies and will not suspect they are healthy or that they contain a sneaky bit of veg!

Makes 10-12

Ingredients: 115g (3½ oz.) Porridge oats; 2 small cooked beetroots (about 100g/3 ½ oz.), drained and pureed; 3 medium eggs, lightly beaten; 50g (2oz) sifted cocoa powder; 150g (5oz) clear honey; 4 tbsp. melted coconut oil; 1tsp baking powder; 1tsp vanilla extract

Method:

1. Preheat the oven to 170°C /325°F/Gas Mk 3 and line a 22cm square baking tin with baking parchment.
2. Blitz the oats in a blender or food processor until a fine flour is formed. Tip into the mixing bowl
3. Add the pureed beetroot to the oats then combine with the remaining ingredients and pour into the lined tray
4. Bake for 12 minutes on the middle shelf of the oven, or until cooked through but slightly soft in the middle.
5. Remove from the oven and leave to cool in the tin before slicing

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.