



March 2017
Issue No. 342



Well done to everyone who took part in
the Metros TVXC Event

Metros Diary

MAR

Sat 4	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 5	Berkhampsted Half and 5 mile Fun Run	10.00 am
Sat 11	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sun 12	Finchley 20, Ruislip	9.00 am
Sat 12	North London Half Marathon	8.30 am
Sat 18	parkrun	9.00 am
Sun 26	Gade Valley training run (20 miles)	9.30 am

APR

Sat 1	10K Challenge, Roxbourne Park	8.50 am
Sun 2	Bournemouth Bay Runs, Half Marathon, 10K, 5K, and 1K	
Wed 5	Committee Meeting	8.00 pm
Sat 8	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sun 9	Brighton Marathon, 10K, Mini mile	
Fri 14	Maidenhead Easter 10	9.30 am
Sat 15	parkrun	9.00 am
Mon 17	Beaconsfield 5	10.00 am
Sun 23	London Marathon	10.00 am

May

Sat 6	5K Run, Roxbourne Park	9.20 am
Sun 7	Marlow 5	9.30 am
Fri 12	Annual General Meeting, Lowland Tennis Club	8.00pm
Sat 13	Measured Mile, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sun14	Run Wembley 10K	10.30am
Sat 20	parkrun	9.00am

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

Note from the Editor!

Since the last edition of Metrolines, Metros have hosted two very successful events, the Thames Valley Cross Country fixture and Harrow Hill Race. Well done to everyone involved whether in the organisational aspects, marshalling or participating. Was the Harrow Hill Race really won by someone called Hill!!

Please make sure you renew your Metros membership as soon as possible – see page 4 for details of the new arrangements for collecting subs.

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

Membership renewals are due 1st March 2017

Current membership expires on 28th February. This year there are two changes:

- Renewals will be done online
- Adult membership will be £25
- Why has the adult rate gone up?
 - Metros last increased the adult rate 10 years ago and all costs have gone up in that time. This year we are forecasting that expenses will exceed income by about £1,000. This is ok for this year as we have reserves to cover this but it is not sustainable.
 - We now include more in the rate than we used to. Entry to summer league and cross country events is now included in annual membership (£2 per event).
 - Much of the money we spend goes to non-commercial organisations, the tennis club for Tuesday sessions, awards night & AGM, and the scouts for Saturday sessions. We decided we would rather keep these facilities than pare back to only meeting outside.
- Why are we renewing online?
 - This is all part of our website redevelopment which includes bringing our club processes up to date and making the admin simpler and more secure. Our website is integrated to Webcollect who hold our membership records and record what subscriptions people have.
 - All new members now join online and maintain and manage their own information.
 - As part of the renewal process, you now get to take over control of your own information and can update it yourself.
- Who are Webcollect?
 - Webcollect is part of a larger payment collection company. Webcollect is their service for small clubs and organisations. We chose Webcollect because the rates are reasonable and they support our family type of memberships.
 - If you usually pay for several other people, you'll find that you're all set up in a family group together and you can chose to do their renewals (or not) as you wish.
- Please do the following on or before 1st March
- Go to the Metros website www.metros.org.uk
- Sign in (your user id is your email address)
- In the members section select membership renewal to take you to Webcollect

- You may have to take some actions on your browser to allow Webcollect to work
- In Webcollect, set up a password – please make sure this is a strong password, treat this like any other site where you hold personal information
- Webcollect is then like online shopping – you select the subscription you want and “place an order” then select a payment method.
 - You’ll find a range of payment options: bank transfer, one time direct debit payment (go cardless), cash, cheque
- Your subscriptions will only be live once I’ve confirmed that you’ve paid; depending on the payment method, this can take several days. In the meantime, the “mymetros” section on WebCollect will show you that you’ve orders placed that are still waiting to be confirmed.
- Any issues, please email me at metros.secretary@yahoo.co.uk
- Thanks for your help with modernising our club admin.

Irene Paull

Metros KIT SALE BUY NOW

Vests £9

Short Sleeve T-shirts £13

Long Sleeve T-shirts £15





Achievements



Well done to ...

Gerry Barker – 1st MV70 Harrow Hill Race 12th Feb

Pauline Bishop - for coming 1st in her age group in the Fred Hughes 10, 22nd Jan and the Harrow Hill Race, 12th Feb

Nigel Rackham – 1st MV50 Harrow Hill Race

Peter Rees – 1st MV40 Harrow Hill Race

Gladys de Groot, Mike Ransome, Anne Ambrose, Pauline Bishop, Eilish Fernandez, Nigel Rackham, Kevin Smart, Lucy Ashe, Sasha Birkin and Francis Thomason – who all achieved UK A top 50 rankings in 2016 – see page 23



Trophy Races

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

12 th March	Finchley 20
14 th April	Maidenhead 10
7 th May	Marlow 5
14 th May	Run Wembley (formerly Sudbury Court 10K)
13 th August	Burnham Beeches Half Marathon
1 st October	Moor Park 10K
15 th October	Cabbage Patch 10
October (TBC)	Ricky Road Run 10

The date for Ricky Road Run is to be confirmed but is usually the 3rd or 4th Sunday in October.

To qualify for the competition you must:

- Be a paid-up member of the club.
- Enter the Metros club name on the entry form and be qualified to do so.
- Wear club kit.

Points for the competition are awarded from the official results generally as posted on each organising club's website. If you enter as a Metro and are not shown in the results as such, get in touch with the LRRC Coordinator.

The scoring system will stay the same as last year, in that the leading Metro will score 50 points, the second Metro will score 49 points and so on. An extra point will be added for helping an assisted Metro runner to compensate for the loss of a point demanded by the Rules by the competitor finishing behind that runner.

Separate competitions for Men and Women will continue.

Steve Paull

LRRC Coordinator



I admit, when I get my (paper) copy of *Metrolines*, I do read what I have written. This is not entirely due to my ego. It is also because when re-reading my words a few weeks after I wrote them and with them typed out on a piece of paper rather than on a computer screen, I can see my errors more easily or more likely, sentences that could have been written a different way to give more clarity. When I was reading the piece on Christmas gifts for a runner (*Metrolines* 340) it made me think about the changes and additions in running products over the last 30 years and which of them have actually improved our sport.

There was a story in the papers in January about the British tennis player at the Australian Open whose sponsorship had ceased and so bought his match kit from the local shop (presumably non-branded). He went on to beat a seeded player. I'll bet his kit is branded again by now, but the point is that it didn't affect his performance and he went on to do very well in the tournament.

So, direct this argument to running, do we run any faster in breathable tops rather than the old cotton T shirts? Yes they don't get so yucky, sweaty and heavy when it rains, but do we run faster, do we value comfort more these days when we are running?

The old Helly Hansen tops stunk more than cotton when sweaty (don't know if they still do), but I left them alone after Mrs R ironed one (on the usual setting) and the "material" melted-shirt and iron both ruined. Our household became a broody battle zone for a short time.

Socks, running socks, what is the point of them, how do they make you quicker or a better runner? The material might be softer but in my mind, they wear out just as quickly. Get yourself down to M&S for a bumper pack of white socks; they're just as good, and cheaper.

Shorts are shorts; I suspect the only thing to have changed over the years is the length. That just leaves shoes.

A lot of my best runs were done in the pair of Hi-Tec Silver Shadow shoes I've mentioned before. They were the "entry" level running shoe of the time. They were relatively cheap. They were fine.

But as us Metros ran a bit faster we started looking for magic things to shave more seconds off of our times and clothing/shoes was/were seen as one thing that might do it. All sorts of short lived gimmicks came in over the years.

From the armchair of a pensioner I'm not so sure clothing changes one thing. Maybe it's just marketing and maybe it makes you "soft".

It's hard work and natural talent that does the job.

Now don't get me started about the need for Garmin technology!

Roxeth



Sakina Jivraj- Sidik recently featured in a parkrun post on the important role of tail-runners



Emma Rackham meeting parkrun founder Paul Sinton-Hewitt

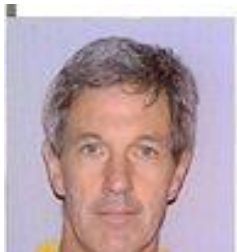
Spring Marathons - It's that time of year to step up the training for spring events and there are a few Metros in training:



Mike Ransome is running in the London marathon (23rd April) for Aspire because of its amazing support for spinal injury patients. His eldest daughter is a physio with a long term involvement in managing patients with spinal injuries and is currently working at the Royal Orthopaedic hospital Stanmore, using Aspire facilities. This will be Mike's 5th marathon.
<https://www.justgiving.com/fundraising/MichaelRansome49>



Chris Sherwood is running his 39th Marathon in Rotterdam on 9th April. To complement his usual training schedule he is preparing by running 5 half marathons on 5 consecutive weeks (starting with Watford half)!



Steve Paull is training for two marathons this Spring, his 109th and 110th - Dorney Lake on a Thursday in March (10 laps, 100 runners) and London Marathon. He got a 'Good For Age' entry to London after running sub 3:35 last year. For 2017, Steve is hoping to break his personal record for the number of marathons completed in a calendar year (seven to beat) and has the goal of completing 100 marathons in under 4 hours (currently at 88 or 89).



John Norris will be running in the Brighton Marathon, 9th April 2017.

It will be John's first marathon, and he got a place through a second chance ballot for an extra 4000 places. Previously he trained as far as twenty miles and got injured just before the marathon, therefore, this year he is trying to be more careful, but it's not easy. Fellow Metros advised him to slow down on pace and not focus too much on times for the first one and enjoy the experience and atmosphere.



Bernie Conway is also training for the Brighton Marathon – getting a place through the second chance ballot. Training is going very well and on schedule. She really enjoyed adding Cross-country into the training calendar. Fellow Metros runners are giving her loads of sound advice which is really helpful and encouraging.

Ian Cadwell is running his first Half Marathon at Silverstone on 12th March – with hopefully a full one soon! Training is going okay, but he misses long Sunday runs that are a great help for training. He enjoys the company of people he runs with and the different places visited on route, especially with Metros. When on his own he enjoys listening to music, and getting lost in his thoughts. It makes the run go quicker!



Training is never easy...

I've just received an email from Anne suggesting 'marathoners' might like to write an article about their training experiences. In fact, my marathon training has been rubbish this year; so instead, here's a little overview of my life as a runner.

I had never been a 'sporty' person as a youngster – my only sporting injury at school was when someone knocked the high jump bar into my eye – I had opted out of taking part, thinking that retrieving the bar was a safer option. My last PE lesson was a cause for celebration, and for the next 30 years, I avoided sport whenever possible.

When Nigel started running, I took little interest. If anything, I was a little peeved, as it took him out of the house more than ever. But in 2003, Nigel got a place for the London Marathon through the public ballot and, as a token gesture, I signed up for a 5K – further that I had ever run before. I did my training very early in the morning – I was very embarrassed to be seen running, so I went out early, in the hope I wouldn't meet anyone. I ran it in 33 minutes, and didn't walk any of it. I can't say I was hooked, but it inspired me to keep going.

The following year I did a couple of 10Ks. The first was a very positive experience – a mass race with a lot of fun runners. I ran it in 63 minutes. I felt good. The second race was a Boxing Day 10K. Though I ran a very similar pace, I was almost last. I felt deflated. I didn't race for a long time after that. I was still running on my own at weekends. It took me two years to even contemplate joining Metros – me – a running club – one that has people like Nigel in it – silly idea... But it was a turning point when I did.

Looking back over that time I can see how my mindset was gradually changing from the fixed mindset 'I can't, and nothing I can do will change it' way of thinking. I stopped comparing myself with others, and focused on being the best that I could be. I learnt to check the time of the last finisher before entering the race, but then increasingly had the confidence to say 'Ok, I may have finished near the back, but actually I am pleased with my time.'

It was the end of 2010 when I heard that I had got a club place for the London Marathon the following year. People's reactions were very different. My mum was quite negative – she had many examples of how running that distance might harm me - 'I was talking to a friend the other day – she was a marathon runner, but sadly is now in a wheelchair...' And then one of my friends from school days made the comment, 'You do realise it's further than the length of a hockey pitch...'

My training went OK thanks to some very supportive Metros. There were ups and down - but as my training progressed, my target started changing. At first, my aim was just to finish, then to be less than twice Nigel's time. Then I realised there was a chance I might go under 5 hours. Maybe I could even beat the time the chair of governors had done the year before. In the end I achieved all of these. Running

over the finish line in 2011 was an unforgettable experience. I had done something I, and many others, never believed possible. It's not often you achieve something for the first time when you are 51.

Two years later, my second London Marathon, I was 25 minutes quicker – I had really become 'a runner'. My mindset had changed from 'I can't' to 'I can'. Since then, on a number of occasions, I have used my experiences to talk to both parents and children at school, as an example of how a change in mindset changed me from someone who believed she would never be good at sport, into a two times London Marathoner. I even managed to inspire Emma to run the London Marathon. If Mum can run a marathon, anyone can...

The fact is though, it is very easy to maintain a 'growth mindset' when everything is going well, and you continue to see improvements in your skill, but it is much harder to stay positive when things aren't going so well. Since 2013, I have really struggled to stay fit and well and have had to accept I have to readjust my targets accordingly. I never knew I had a piriformis until it started giving me grief. The physio's elbow in the buttock did eventually cure that particular problem, but not without a lot of pain. Pneumonia also put paid to running for some time – don't always believe that you can 'run through a cold...'. I'm meant to be running London again in April, but foot, knee and calf pains have all been causing me grief, and to cap it all, now I've got a cold...

However, through the ups and downs, my family, and Metros have always been there. There's always someone who will commiserate with me when I am injured. There is always someone to run with, whatever my pace. Penny's Tuesday run was perfect when I came back to running after I was ill. And though I was very happy doing long runs on my own when training was going well, the support of others when the chips have been down, have kept me going. Spencer has just given me kudos on Strava, for running 3 miles very, very slowly!

Thank you!

Judy Rackham



Veterans' Track and Field 2017

Dates for your diaries!....any 'over 35 year olds' wishing to take part in any of the Veteran's Track and Field Events.....

BatterseaMonday 8th May
Hillingdon.....Monday 5th June
Battersea.....Monday 19th June
Perivale.....Wednesday 12th July

M.B.E.s – METROS BEST EFFORTS



The Metros Committee recently decided that the format for MBE awards should be changed. As a starting point, following a suggestion from Matt Rogan, I agreed to produce a list of Metros best track and field performances in agreed age groups.

Mike Godden had kept records of best performances from 1988 until 2002 and, from the Vets Track and Field League results in Metrolines since 2002, I've updated the list which appears in this issue of Metrolines.

It's hoped that, starting this season, any Metros member who improves on a listed best performance may be eligible for an MBE award, details to be confirmed when agreed.

I'm hoping the list is accurate but please let me know if you know otherwise and any changes are needed.

Thank you.

Pat Jackson - patjacksonhome@hotmail.com

METROS MEN - TRACK BESTS - at February 2017

	35-39	40-49	50-59	60-64	65+
100m	Mike Godden	Mike Godden	Kevin Smart	Mike Ransome	Mike Ransome
	12.7	12.7	13	14.3	13.47
	09-Sep-87	19-Jul-88	25-Jun-12	25-Jun-14	13-Jul-15
200m	Matt Rogan	Mike Godden	Kevin Smart	Mike Ransome	Mike Ransome
	29.7	25.8	26.7	30.1	31.1
	10-Jun-13	13-Jul-88	18-Jul-11	02-Jun-11	13-Jun-16
400m	Steve Hartley	Mike Godden	Kevin Smart	Mike Ransome	Mike Ransome
	56.5	56.9	60.9	72.2	73.9
	08-Jun-88	19-Jul-88	24-Jun-13	21-Jun-10	20-Jun-16
800m	Steve Hartley	Steve Hartley	Derek Frampton	Terry Burke	Mike Ransome
	2.06.0	2.07.6	2.13.4	2.57.7	3.05.01
	09-May-90	15-Jun-94	14-Jul-90	18-Jul-11	06-Jun-16
1500m	Steve Hartley	Steve Hartley	Nigel Rackham	Terry Burke	--
	4.18.3	4.26.6	4.38.00	5.48.0	
	11-Apr-90	16-Sep-92	23-Jun-16	07-Jun-10	
3000m	Steve Hartley	Steve Hartley	Nigel Rackham	Chris Roome	--
	9.18.32	9.26.8	9.38.8	10.47.5	
	09-Apr-90	09-Sep-92	15-Jul-13	31-Aug-96	
2000m	--	Terry Burke	Bob Manning	Terry Burke	Brian Jackson
Walk		11.29.6	11.20.5	11.50.4	15.11.7
		07-Jul-97	05-Jul-93	09-May-11	10-May-04

METROS MEN – FIELD BEST - (at February 2017)

	35-39	40-49	50-59	60+	65+
Long	Matt Rogan	Ray Bennett	Kevin Smart	Mike Ransome	Brian Jackson
Jump	3.66 09-Jun-14	5.38 19-Aug-89	4.47 16-Jul-12	3.49 12-Jul-10	6.29 08-May-04
Triple	Matt Rogan	Mike Godden	Brian Jackson	Brian Jackson	Mike Ransome
Jump	8.07 10-Jun-13	10.11 16-May-94	8.06 25-Jun-95	7.59 17-May-99	6.72 06-Jun-16
High	Jonny Jackson	Mike Godden	Brian Jackson	Brian Jackson	Mike Ransome
Jump	1.25 22-Jun-09	1.3 12-Jun-95	1.25 21-Jun-93	1.2 19-Jun-00	1.15 22-Jun-15
Shot	Mervyn Stuckey	Keith Seldon	Keith Gavin	Peter Jose	Brian Jackson
	7.19 25-Aug-90	9.61 17-Apr-00	7.78 04-Jun-01	8.53 14-Jul-08	6.29 08-May-06
Discus	Mervyn Stuckey	Keith Seldon	Ray Tucker	Peter Jose	Brian Jackson
	19.38 20-Jun-90	24.34 24-Jul-00	22.18 14-Sep-97	22.05 21-Jun-10	17.52 24-May-04
Javelin	Peter Rees	Sonny Peart	Kevin Smart	Brian Jackson	Brian Jackson
	20.88 13-Jul-16	35.15 24-Jun-13	27.12 23-Jun-14	24.34 05-Jul-99	19.25 28-Jul-03
Hammer	--	Keith Seldon	Brian Jackson	Brian Jackson	Brian Jackson
		25.69 17-Apr-00	18.3 17-Jun-96	16.91 17-Apr-00	13.28 13-Jul-09

METROS WOMEN - TRACK BEST (at February 2017)

	35-39	40-44 (49)	50-59	60-64	65+
100m	Mary Swindles	Mary Swindles	Ann Marsden	Marilyn Pickford	Ann Marsden
	15.3	15.32	17.9	18.3	18.5
	19-Aug-89	09-Jun-93	26-Apr-99	12-May-14	11-May-09
200m	Mary Swindles	Mary Swindles	Ann Marsden	Marilyn Pickford	Ann Marsden
	31.4	31.8	38.3	38.3	41.1
	21-Jun-88	11-Aug-93	05-Jul-99	09-Jun-14	12-Jul-10
400m	Mary Swindles	Mary Swindles	Jill Girling	Marion Rogan	Marion Rogan
	71.9	74.22	91.8	96.4	99.2
	23-Jun-92	09-Jun-93	21-Jun-04	10-May-10	12-May-14
800m	Mary Swindles	Mary Swindles	Jackie Cope	Ann Marsden	Ann Marsden
	2.40.6	2.41.9	3.20.9	3.45.5	3.52.20
	21-Jun-88	17-Jul-93	11-Jul-05	09-Jun-08	06-Jun-11
1500m	Kate Armstrong	Mary Swindles	Jane Hudson	Marion Rogan	Ann Marsden
	5.21.2	5.28.52	6.55.0	7.19.8	7.41.5
	17-Jun-96	17 Jul 93	25-Jun-12	21-Jun-10	14-May-07
3000m	Mary Swindles	Jane Young	Ann Marsden	Pauline Bishop	Ann Marsden
	11.31.5	11.46.4	14.37.7	15.14.0	16.04.6
	04-Oct-87	31-Aug-96	17-May-99	13-Jul-16	18-Jun-11
2000m	Gill McBride	Jasia Zimmerman	Pat Jackson	Pat Jackson	Barbara Robson
Walk	13.53.6	15.32.0	14.11.9	14.26.8	14.34.2
	29-Apr-96	28-Apr-03	26-Apr-99	12-Jul-04	26-Apr-99

METROS WOMEN - FIELD BEST (at February 2017)

	35-39	40-44 (49)	50-59	60-64	65+
	Gill McBride	Gill McBride	Barbara Robson	Marilyn Pickford	Kath Donaldson
Long	3.6	3.09	2.73	2.74	1.94
Jump	31-Aug-96	24-May-04	16-May-94	09-Jun-14	10-Jun-13
Triple	Gill McBride	Sylvia Suffield	Debra Norman	Marilyn Pickford	Kate Armstrong
Jump	7.24	7.07	5.24	5.83	4.54
	17-Jun-96	27-Apr-93	08-Jun-15	11-Jun-12	24-Jun-13
High		Jane Young	Jane Hudson		
Jump	--	1.1	0.95	--	--
		27-Jun-94	25-Jun-12		
Shot	Mary Swindles	Mary Swindles	Jane Hudson	Marilyn Pickford	Gladys de Groot
	6.82	7.12	5.12	5.68	4.44
	17-Aug-91	28-Aug-93	08-Jun-13	09-May-11	09-May-16
Discus	Anna Fratzczak	Mary Swindles	Jane Hudson	Jeanne Coker	Jeanne Coker
	16.8	22.08	13.99	12.13	13.79
	27-Aug-94	28-Aug-93	25-Jun-12	15-Jul-02	28-Jul-03
Javelin	Gill McBride	Mary Swindles	Jane Hudson	Marilyn Pickford	Jeanne Coker
	6.9	18.4	10.6	12.89	14.67
	17-Jun-96	27-Jun-94	25-Jun-12	25-Jun-12	06-Jun-16
Hammer		Jane Young	Pat Jackson	Gladys de Groot	Gladys de Groot
	--	20.16.2	15.15	15.79	14.67
		15-Jul-96	07-Jun-99	14-Jul-14	06-Jun-16

THE JOY OF TRACK RUNNING

In the 1980's, when Metros* were still searching for a separate identity, as a burgeoning club we tried just about everything to do with running and even race walking. I was intrigued by the plethora of track events labelled as Open Graded Meetings.

There was a healthy rivalry between many of the earliest members, especially between a group of us of a certain age who had moved to running from various other sports having become a bit long in the tooth. I had given up playing soccer in the Watford Sunday League and, at the age of forty, had transferred to rugby. This only lasted for one season before being advised by several referees to take up some alternative sport such as croquet! Hence I turned to running or jogging as it was known then.

So what is an Open Graded Meeting? Well you turn up, tell the registrar what distance you want to run (usually anything from 100m up to 3000m) and state your most recent best time. When all the entries for a distance are given to the official, groups of runners of a similar ability are assembled into heats. In theory you are placed with a group of similar ability, be it good, bad or hopeless.

So back in the 1980's an intrepid group of us turned up at Barnet Copthall to run in the 400m. There was the late Alistair Anderson, Paul Glaysher, the late Joe Harvey, Bill Vickers and me. We all stated 'beginner – no previous experience' to ensure we were in the appropriate heat.

When the heat lists were published we found we were in heat 17 of 17 in the 400m. So very, very late in the evening our heat arrived. We walked onto the track, the lights in the Grandstand dimmed, the starter called for quiet from the few people still having a late cuppa after their event.

"Get to your marks" – I was terrified like a rabbit in headlights. "Set" BANG. As I started around the bend I made up my mind to drop out at the far end of the track, where it was slightly darker, in the hope no one would notice – but – do you know what – at the bend at the far end the stagger began to unwind and some sort of order was established. At that point I thought I reckon I can finish this distance, even though 400m is a long, long way on a track. So I did and so did the other four Metros*. We fell about laughing and giggling like a bunch of kids but a quarter of an hour later, when we'd got our breath back, we all agreed it was one of the most exhilarating events we'd ever experienced.

After that we couldn't wait for the next Open graded Meeting. The debutantes spread the word and soon we had a few Metros* entering at The West London Stadium (now called The Linford Christie Stadium) at Wormwood Scrubs and the Woodside Track at Garston. Now with a dozen or more Metros attending these

meetings we needed some sort of structure so we could establish ourselves on the track scene.

At that point I started the M.B.E. scheme. We prepared a grid with distance and age groups. Each box had the Metros record for that event and the name of the holder and date set. Below that were the best for the current season - **Metros Best Efforts**

This meant that, even if you were the only Metros* member running at an event or at a particular distance, you still were competing against other Metros*. Never mind that you were running against Shaftesbury Harriers or Barnet Ladies that night.

Soon the results were flying into Metrolines every month and on a Saturday morning members keenly perused the updated 3 x 2 ft MBE boards to see if they had been supplanted by another member or if they could find an event they might have a chance in.

At this point a young Dave Brown ‘volunteered’ to keep the MBE boards up to date. At the Metros ~Annual Awards Evening it really was a thrill of pride to be the best in Metros in an age group and distance category.

So what went wrong? Somewhere along the line the ethos of running on the track disappeared. The thrill of track running is not gone completely from Metros as we have a small but enthusiastic group of veterans who compete four times a year in a Veterans Track & Field League.

Is it a thrill to run on the track? Just ask Marilyn Pickford or Dave Brown, there’s nothing quite like that moment when the starter says “get to your marks” – a mixture of terror and adrenaline which ensure that you can’t wait until the next track meeting.

Brian Jackson

*The term Metros has been used for simplicity to avoid the manifestations of the changing club name.



Results and Reports



Tadley Cross Country 22nd January

Position	Name	Time
1	Winner	00:32:11
97	Jonny Jackson	00:40:58
128	Brett Rafferty	00:43:26
169	Mike Morris	00:46:56
202	Tian Hollingshead	00:49:07
217	Jim Buckland	00:50:25
230	Glynn Watkins	00:51:23
262	Mark Mulvenna	00:53:45
275	Sue Park	00:54:52
296	Kyle Hollingshead	00:56:36
338	Gordon Valentine	01:02:39
345	Raquel Russell-Ponte	01:03:56
349	Annie Birch	01:05:12
371	Finishers	01:45:38



Metros Cross Country – Hillingdon, 5th February

Position	Name	Time
1	Winner	00:32:57
14	Nigel Rackham	00:35:15
35	Clare Rees	00:37:56
53	Pete Rees	00:38:54
62	Matthew Rackham	00:39:39
75	Jonny Jackson	00:40:38
90	John Norris	00:41:42
156	Paull Steve	00:46:57
167	Tian Hollingshead	00:47:30
168	Mike Morris	00:47:33
192	Donna Warren	00:50:44
201	Sue Park	00:51:47
216	Kyle Hollingshead	00:52:51
226	Linda Dunne	00:53:43
230	Bernie Conway	00:54:08
257	Annie Birch	00:59:59
260	Nolan Barry	01:00:11
263	Julia Allen	01:01:13
277	Raquel Russell-Ponte	01:06:12
286	Carole Wells	01:11:14
289	Finishers - last	01:17:34



2016 UKA Rankings – Metros Performances

Congratulations to those Metros who achieved top 50 performances, for their age group, in the UKA 2016 rankings																	
2016 UKA rankings per Power of 10 website																	
Metros performances in top 50 UK																	
	event	rank	event	rank	event	rank	event	rank	event	rank	event	rank	event	rank	event	rank	Rank
Gladys De Groot	W65	100m	26	200m	25	3000m	12	LJ	17	SP	24	HT	14	JT	25		
Mike Ransome	V65	100m	20	200m	21	400m	20	800m	46	LJ	22	TJ	13	HJ	15	JT	32
Anne Ambrose	W55	400m	44														
Pauline Bishop	W60	200m	38	800m	29												
Eilish Fernandes	W60	400m	35	800m	48	JT	34	DT	37								
Nigel Rackham	V50	3000m	7	P'run	16	10k	15	10m	2	HM	2	20m	1	Mar	2		
Kevin Smart	V55	100m	36	400m	47	JT	45										
Lucy Ashe	SW	20m	39														
Sasha Birkin	W45	5m	34	10m	21	20m	20										
Francis Thomason	V65	10000m	26														
	LJ= Long Jump			HT= Hammer throw			Mar = Marathon										
SP = Shot put				HJ= High Jump													
JT = Javelin Throw	TJ = Triple Jump			DT= Discus Throw													

Harrow Hill 10k – Sunday 12th February 2017

1	Oliver Hill - winner	00:36:05	
2	Nigel Rackham	00:36:52	1 st MV50
5	Jas Patti	00:38:23	
10	Matthew Rackham	00:41:16	
13	Peter Rees	00:42:00	1 st MV 40
14	Brett Rafferty	00:42:32	
15	William McKenna	00:42:35	
17	James Kerrane	00:42:57	
18	Marcus Weedon	00:43:13	
29	Steve Paull	00:45:05	
33	Andrew Fox	00:45:31	
47	Jason Bowles	00:47:31	
49	Michael Morris	00:47:54	
64	Tian Hollingshead	00:49:34	
66	Russ Hewlett	00:49:32	
69	David Young	00:50:18	
72	Jim Buckland	00:50:54	
85	Leah Buckland	00:52:35	
96	Pauline Bishop	00:53:46	1 st FV 65
107	Sonny Peart	00:54:28	
111	Bernie Conway	00:55:20	
126	Linda Frances Dunne	00:56:50	
140	Reenal Patel	00:58:48	
143	Andrew Collier	00:59:20	
145	Jacqueline Bowles	00:59:36	
146	Emma Rackham	00:59:30	
160	Vaishali Patel	01:01:51	
167	Gerry Barker	01:03:59	1 st MV70
172	Veronica Georgescu	01:05:12	
181	Raquel Russell Ponte	01:07:39	
184	Karen Leary	01:09:35	
188	Geraldine Gill	01:10:41	
191	Tiziana Spotti	01:12:14	
194	Paul Gardner	01:12:55	
196	Anne Ambrose	01:14:20	
204	Steve Alder	01:23:19	
205	Penny Hudson	01:23:21	
206	Linda Gaitskell	01:23:20	
207	Kirit Ranpura	01:23:13	(tail runner)



NB: These results show chip times however the order of runners is from gun times.

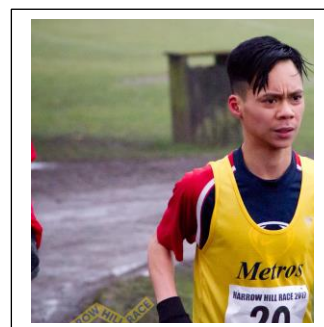


Middlesex Cross Country Championships 2017 Hillingdon House Farm, 7th January

Women's Race 8000 metres

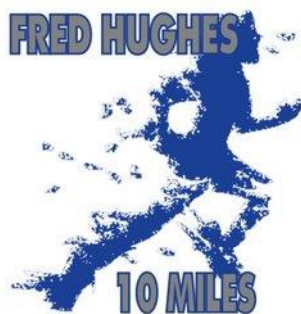
1	Winner – Tracy Barlow	28:58
4	Lucy Ashe (Harrow)	31:09
51	Donna Warren (Ealing Eagles)	38:44
89	Nicola Rochford	52:56
90	Finishers	53:53

Times missing
from Feb edition



Country to Capital – 43 mile Ultra 14 January 2017

1 st	Winner	04:55:13
224	Spencer Millbery	08:32:13
312	Finishers	10:54:02



Fred Hughes 10 – Sunday 22nd January 2017

1	Winner	00:50:50	(Course Record)
141	John Norris	01:10:48	
142	Steve Paull	01:10:54	
155	Jonathan Evan-Hughes	01:11:51	
196	Nathan Powell	01:13:28	
433	Pauline Bishop	01:25:58	(1 st W65)
491	Bernadette Conway	01:29:40	
600	Kim Hassard	01:36:31	
608	Ariff Sidik	01:36:38	
623	Emma Rackham	01:38:54	
676	Veronica Georgescu	01:44:19	
688	Sakina Sidik	01:46:53	
691	Irene Paull	01:47:40	
724	Penny Hudson	01:58:01	
730	Arnold Glickman	01:59:57	
734	Anne Ambrose	02:03:06	
735	finishers	02:09:47	

The event was won by Paul Martelletti in a new course record. He also holds the world record for completing a marathon in the quickest time by someone dressed as a superhero, 2:29: 57! Set at VLM in 2015



Watford Half Marathon 5th February

1	Winner	01:08:40	
18	NIGEL RACKHAM	01:16:29	1st M50
49	JAS PATTI	01:21:36	
177	WILLIAM MCKENNA	01:29:26	
211	CHRISTOPHER SHEARWOOD	01:31:21	
276	NATHAN POWELL	01:33:54	
317	JOHN NORRIS	01:35:39	
344	STEVE PAULL	01:36:38	2nd M60
391	JONATHAN EVAN-HUGHES	01:37:48	
1179	LINDA FRANCES DUNNE	02:01:29	
1305	BERNADETTE CONWAY	02:06:28	
1430	MICHAEL RANSOME	02:13:23	
1438	EMMA RACKHAM	02:13:56	
1498	IRENE PAULL	02:18:58	
1543	RAQUEL RUSSEL PONTE	02:24:11	
1616	TIZIANA SPOTTI	02:48:10	
1624	ARNOLD GLICKMAN	03:00:43	
1631	FINISHERS	03:19:36	



Parkrun results

You may be aware that Emma Rackham has very kindly been compiling Parkrun results for Metrolines, over the last year. In recent months, the number of Metros participating in Parkrun events has increased significantly and we sometimes have 4 or 5 pages of results, which takes up a large portion of Metrolines.

For these reasons (and to save some time!), Metrolines will in future include a link to the consolidated club results which people can choose to look at if they wish:

<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 let me know about any PBs, wins, or 1st in age group results for the achievements page.

Anne



NOTES OF METROS COMMITTEE MEETING

Wednesday 1 February 2017 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Peter Beuselinck, Pat Jackson, Paula Kanesanathan, Mitesh Patel,
COMMITTEE: Steve Paull, Marilyn Pickford, Emma Rackham, Nigel Rackham,
Mike Ransome, Barbara Robson, Carole Wells, Sarah Westwood.
APOLOGIES: Penny Hudson, Irene Paull
CHAIR: Sarah Westwood
NOTE RECORDER: Pat Jackson

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

MATTERS ARISING FROM THE PREVIOUS MEETING – 4 January 2017

Harrow Hill Race – Although entries are down this year, they are now at the break-even point and it's hoped for further entries prior to and on the day.

Couch to 5K – Information is now listed on the Metros web site and leaflets are being distributed and interest has been shown. Harrow Community grants for this year will be available in April and Mitesh will apply and investigate other grant sources.

ACTION: Mitesh Patel

Metros New Kit – Peter has received the eleven male vests he ordered. These will be trialled before any decision on placing further orders. Peter will obtain various font designs for the Metros name from the supplier. **ACTION:** Peter Beuselinck
Current Metros kit is being offered to members at reduced prices.

Metros Logo - Penny and Emma will produce updated designs following suggestions from the committee. **ACTION:** Penny Hudson/Emma Rackham

Metros Best Efforts Awards (MBE's) –following a review of the MBE awards system, it was agreed that in future an MBE will be awarded only when an all-time record is broken. Pat will research previous best performances. **ACTION:** Pat Jackson
Dates for the Vets Track & Field meetings this year will be advertised in Metrolines and the Metros web site.

AGM - Peter confirmed the Tennis Club is booked for Friday 12 May. Charges are now per hour and Peter will check if this would also apply to the Quiz and Awards Presentation Evening. Peter will check if there are any additions or changes of committee members and co-ordinators **ACTION:** Peter Beuselinck

Leadership Course – Jim Buckland has asked to attend a course and Sarah will discuss with him. **ACTION:** Sarah Westwood

Metros Accounts – Mitesh has produced a forecast of Metros funds which will be circulated. Addition of new signatories on the separate Metros Harrow Hill account is being processed. **ACTION:** Mitesh Patel/Irene Paull

Metros Survey – the item on Metros training was discussed and will be reviewed at a later date.

Committee Meetings – Several changes to the current format were agreed. With increased online contact between committee members, it was agreed to reduce the number of meetings and have a minimum of six per year, in line with the Constitution. These will be February, April, June, September, November and December. The date (first Wednesday in the month) time and venue will remain the same. Therefore the next meeting will be 5 April and Peter will send an email to that effect via the google group. **ACTION:** Peter Beuselinck

To keep Metros members informed, Peter, Honorary Secretary, will note any online items agreed by the committee between meetings to be recorded in the notes of the next meeting.

ACTION: Peter Beuselinck

Any items from officers, co-ordinators, Committee and Metros members will, whenever possible, be placed on an agenda issued prior to the meeting. With the new system of membership, prospective new members will no longer be approved at committee meetings and the Constitution will be amended accordingly. **ACTION:** Peter Beuselinck

ACTION: Peter Beuselinck

New members will be listed in Metrolines.

London Marathon – Elite Runners Water Station – Peter confirmed that there were twelve applicants for the twelve places; therefore, a draw is unnecessary.

Metros googlegroup – a reminder that a note sent with googlegroups address in bcc will not allow a 'reply to all'.

Thames Valley League (TVL) – Jane and Al Scoffham were thanked for the excellent organization of the Metros host fixture and the refreshment team were thanked for their excellent input.

Metrolines – Anne Ambrose was thanked for becoming Metrolines co-ordinator and producing the February issue.

Andy Howell from The Body Factory has suggested he adds articles to Metrolines. Sarah will discuss with Anne.

ACTION: Anne Ambrose

ACTION: Anne Ambrose

Meeting finished at 9.15 pm.

Date of Next Committee Meeting **Wednesday 5 April - NO MEETING IN MARCH**

Future Meetings: Wednesday 7 June, 6 September, 4 October,
1 November, 6 December

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

Runner's Recipes

Post-Run Snacks – adapted from ‘Strong’ by Zanna Van Dijk



Orange Chia Energy Balls

Makes 5-6 balls

15 large pitted dates 35g walnuts

2 tbsp unsweetened desiccated coconut

2 tbsp chia seeds
2tbsp orange marmalade

These zesty energy balls take just minutes to make and are the perfect, energising, on-the-go snack

1. Put all the ingredients in a food processor and blitz until they form a thick paste.
2. Use your hands to mould the mixture into 5-6 equal sized balls.
3. Store in an airtight container in the fridge for up to 5 days

Bounty Protein Balls

Makes 6-8 balls

3 scoops (75g) Chocolate protein powder 25 g

cocoa powder

40g porridge oats

40g desiccated coconut, plus extra for rolling

2 tbsp orange marmalade

75ml milk

Pinch of salt

Easy to make high protein post-run snack

1. Combine all the ingredients in a bowl to form a thick paste
2. Use your hands to mould the mixture into 6-8 equal sized balls, and then roll in extra desiccated coconut.
3. Store in an airtight container in the fridge for up to 5 days.

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.