



Winners at Hillingdon Half Marathon
Steve Paull and Pauline Bishop

METROS AGM

This year's AGM will be held on Friday 13th
May - 8.00 pm at Lowlands Tennis Club.

Please pass any items for discussion to Peter
Beuselinck before the end of April.

Metros Diary

APR

Sun 24 London Marathon

MAY

Wed 4	Committee Meeting	8.00 pm
Sat 7	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 8	Marlow 5 - Trophy Race	9.30 am
Mon 9	Vets Track & Field, Battersea	6.00 pm
Fri 13	Metros AGM, Lowlands Tennis Club	8.00 pm
Sat 14	5K Run, Roxbourne Park	9.15 am
Sat 14	Food Bank Donation, Roxbourne Park	
Sun 15	Run Wembley 10K - Trophy Race	11.00 am
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

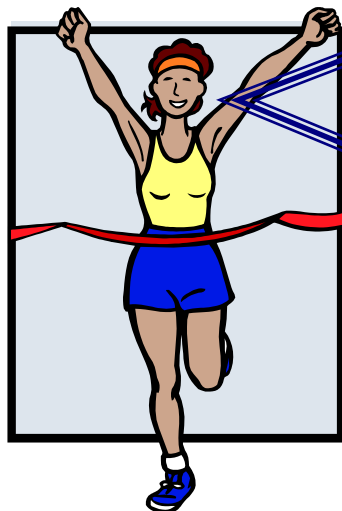
Sat 6	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sat 13	5K Run, Roxbourne Park	9.15 am
Sun 14	Summer League, Gunnersbury Park	TBC
Sun 14	Burnham Beeches Half Marathon	9.30 am

5 mile walk can be self timed.

Note from the Editors!

Well done all of you who took part in the Wot No Watch mile on 19th March and raised £85 for Sport Relief. The use of parks for recreation has been in the news lately – if you would like to support the Friends of Roxbourne Park please see the notes from a recent meeting on page 6. Metrolines is only as good as your contributions, so please continue to send us results, reports, photographs, recipes and details of any upcoming races you think fellow Metros would be interested in. Have a good running month.

Jane and Penny Hudson



Welcome

Denise Power, Rayners Lane
Priya Chikhliwala, Pinner
Rahul Chikhliwala, Pinner

Elected at the April 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

Come and celebrate Al's 60th birthday

After Saturday morning training on 28th May 2016

With a walk from Roxbourne Park to Uxbridge with a stop in Ickenham for refreshments and more in Uxbridge

Most of the route is off road and yes mud and water will be involved.

Good route for ornithologists, so bring binoculars.

Please let us know if you are interested.

Jane & Al
janeyoungscoffham@icloud.com



Once again coming in near to the tail of a race, or even a run, and only recently having finally convinced myself that taking part in 'London' this year is not inevitably to end in much pain, and heartbreak, somewhere close to the half way stage, I'm preparing for the start line, and hoping to raise funds for **Alzheimer's Society** having become much more aware over the last 15 months of just a few of the great difficulties encountered by sufferers and their carers

If this is a cause you would be happy to support, and also encourage me along those long miles, I'd be very grateful if you could either do so via my VMG page, as below

<http://uk.virginmoneygiving.com/MichaelWRansome>

or in other forms. I should be at the Saturday sessions with a paper form as an alternative

All contributions most gratefully received
Best wishes

Mike(I)

Trophy Races



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

8 May	Marlow 5
15 May	Run Wembley 10k (formerly Sudbury Court 10k)
4th September	Maidenhead Half
25th September	Moor Park 10K
16 October	Cabbage Patch 10

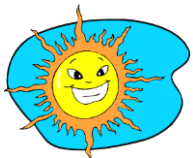
Plus Ricky Run 10 which still has to confirm a dates, historically October.
Due to a clash of dates Burnham Beeches is no longer a trophy race and
Maidenhead Half Marathon on September 4th will be take its place.
Steve Paul

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 May 9th Battersea
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

Meeting with the Friends of Roxbourne Park in the Pavilion Sunday 20 March at 3.00 pm

Present Metros: Mike Ransome, Barbara Robson, Pat Jackson

Friends: Gerry Bloomfield (Chairman), John Hinkley (Councillor for Hatch End), Greg Kerchhoff, Yvonne Kerchhoff, Carole Reid (Membership Secretary). Nigel Reid, Sam Shah (Treasurer),

A reminder that we attended the meeting as Metros had been asked if we could help organise a Mayor's Fun Run in Roxbourne Park.

The background is that The Mayor of Harrow attended an Open Day in February organised by The Friends and suggested a Fun Run be held in Roxbourne Park, proceeds split between The Friends and the Mayor's two charities – The Harrow Association of Disabled People and the Harrow Youth Orchestra. As the Mayor is involved, they have been told they will not be charged for use of the park. The Mayor will attend for at least part of the event. He will leave office on 18 May.

There is no doubt that they intend go ahead with the event on Sunday 15 May. However, following various discussions and the fact that they do not wish to make the event competitive, we suggested the event become a walk rather than a run and they accepted this. We also suggested they contact the local Scouts who have already organised a walk in Roxbourne Park.

They would like Metros support with marshalling. They asked to use our bibs and we were not keen as they are printed with Metros name but they could be used inside out if necessary. Hopefully they will find another source. (*Ideas from where please*).

We explained that the 15 May date has proved a problem with availability of the Metros Committee. We agreed to advertise the Friends group in Metrolines and the Googlegroup list encouraging Metros to join the Friends and asking for help with marshalling. We agreed to have a link to the Friends web site on our website.

The Friends know that they need Public Liability Insurance which they will organise. There are Friends groups in several Harrow parks and they hope to join forces and have access to insurance as part of the group but that probably would not be in place by 15 May.

They wish to encourage family groups, disabled runners with guides and dogs on leads. There will probably be babies/toddlers in buggies. They do not wish to make the event competitive, have no plans to record times and want participants to wear hats the theme being The Mat Hatter's Tea Party. They intend to give a prize for the best hat.

They originally planned two courses – one to be used in dry and one in wet weather but, on our recommendation, decided to have just one course planned. We pointed out various problems with the course they had originally outlined and Pat and Barbara offered to help them choose a suitable course by walking the proposed route with Nigel Reid. They have not decided how many participants to allow but this could be agreed when a course is chosen. We recommended children be accompanied by an adult.

They propose to register participants before the event online and on the day from 8.30 am. Walkers would be set off in small groups from 10.30 am. They had originally thought of having age groups but it was agreed to be unnecessary as there are no prizes and they wish to encourage families to enter and walk together.

The cost of entry is not yet agreed. Sponsorship forms will be available.

They will advertise with posters in the park, local shops and libraries and their web site. We suggested printed banners in various positions agreed with Harrow Council.

First aid – they have approached St John's Ambulance and will contact the Red Cross if St John's not available. They will also establish which members of Friends are first aiders.

They will ask the Jewish School if they could use their car park and appreciate that payment for security would probably be needed.

We suggested they have Tyvek numbers printed so participants stand out from other park users. They were reminded to have pins available.

They will have an area allocated to allow coats etc to be left in the Pavilion at risk to the owner. It was felt unnecessary to have changing rooms available.

Finish – they will use a gazebo for the finish ie sides but no back or front. Prior to this decision they asked how we managed a finish funnel and we offered to lend the plastic stakes and tape. This will probably not be necessary if they use a gazebo.

They will ask Harrow Council to provide a white line outside the Pavilion and discuss the possibility of having other permanent distance markers within the Park. This might be useful for our mile events.

Since starting in November the Friends membership is now around 150. Their intention to promote the use and maintenance of the Park will be beneficial to Metros and we expect our support will be requested for other activities they organise.

Pat Jackson

Achievements

Well done to ...

Sandra Young for running her first half marathon - the North London Half Marathon

Sasha Birkin - 1st V40 at North London Half Marathon

Nia Williams for a PB at Hampton Court Half Marathon

Kyie Hollingshead for a 5K PB at Long Meadow parkrun.

Linda Dunne for a PB at Silverstone Half Marathon

John Norris for PBs at Northala parkrun - 20.04 and Hayford Park 10K - 41.30

Tiziana Spotti for running her first half marathon at Hillingdon.

Pauline Bishop and **Steve Paull** - 1st V60 at Hillingdon Half Marathon

Christopher Hudson - PB at March Wot Not Watch - 5.36 and for 1st Place Boy at Watford Junior Challenge

Malvika Bisht and **Nancy Morris** for running the 10K Challenge for the first time.

Christopher Hudson for qualifying for the London Mini Marathon





Plonked in front of the six o'clock news, I was wondering what to write about for this month's column and was about to do a London Marathon piece, but then, out of the blue, Fiona Bruce gave me the perfect topic- the decision by Little Gifford council to charge for the parkrun.

When I wrote my initial "Roxeth" on this phenomenon and said "what about the future", I never expected things to take this turn of events, but recently I have been hearing whispers among the Metros community that Harrow council have also been thinking of charging for park usage. I assume that every council is thinking along similar lines.

On so many levels it makes no sense. Let's examine them.

Who pays? Would it be the parkrun hierarchy, would it be the runners? Assuming it's the runners, will it be an annual fee for one location, or per event.

Who is going to count the runners, take in the cash. Who at the council is going to administer the whole process? Would it not cost more to administer than the money collected?

What is the point of a park if not to play sport/games? Just to walk the dog?

Where do you draw the line? I am against Harrow council charging for brown bin collection because I am aware that my council tax pays for things I don't use. Give and take. Swings and roundabouts.

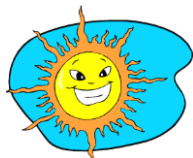
The wear and tear on the paths argument doesn't work either. The same number of people could turn up and run the course, wear the path out just as much, but it would not be a parkrun. What sort of erosion does 300 (say) pairs of Nikes do to a superbly laid council path around a park. Your answers to Little Gifford, I'm sure they'll have a website. Cost please.

On the news the path didn't look all that special anyway, just compacted gravel in places.

And then there's the government's desire to promote health by exercise. Maybe the people of Bristol are too fat and too far gone already. Maybe their extra weight puts more strain on the footpaths.

The whole idea is ridiculous. I'm not a great lover of parkruns, not quite racing, not quite training, but they fulfil a function. I hope the parkrun community rises up against this and comes up with a really good plan of protest to show the little people on the Little Gifford council how stupid they are. Council waste is what really should be attacked. Don't get me started on amenities that were provided by previous generations being used to make money today.

Old Roxeth



Summer League 2016

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.

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.
- 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.

Provisional Dates are:

Sunday 12 June – 10km

Headstone Manor Recreation Ground

HOSTED BY Metros

Sunday 10 July – 5 miles

Dulwich Park

Hosted by Dulwich Park Runners

Sunday 24 July – 10km

Regent's Park

Hosted by Mornington Chasers

Sunday 14 August – 10km

Gunnersbury Park

Hosted by Ealing Eagles

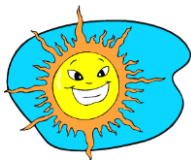
Scoring is age related: children up to 16 - every year; adults over 40 are graded in five year age bands. All participants in the Open and children in the Tenderfoot score points for their club – the more runners, the higher the club score.

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.

Apart from Metros, other participating clubs are Dulwich Park Runners, Ealing Eagles, Ealing Southall & Middlesex, Hayes & Harlington, Mornington Chasers, Queens Park Harriers, Serpentine, Sudbury Court Running Club.

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



YOUR CLUB NEEDS YOU!!

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.
12.00 noon Prize giving for 2015 season.

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

North London Half Sunday 20th March 2016

1		1:02:41
327	Sasha Birkin	1:31:15
2568	Russ Hewlett	1:52:15
4804	Sandra Young	2:11:27 (1 st ½)
6021	Spencer Millbery	2:24:07
6022	David Brown	2:27:45
6453	Arnold Glickman	2:39:52
6561	Trish Hewlett	2:47:06



Falesia 5k Portugal 15 March 2015

34	Steve Paull	21.17
55	Mike Gratton	23.30 (1983 London Marathon winner)
96	Irene Paull	29.45
Winner's time		15.15
103 Runners		

Watford Junior Challenge Sunday 20th March 2016

U12 boys

1	Christopher Hudson	08:50
11	Joe Millbery	11:55

U10 boys

12	Sam Millbery	11:53
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Heartbreaker Marathon 2016

by Sonny Peart

Sometimes, one should pay more attention to the races one books. Just a few seconds thought about this race's name might have saved me much mental anguish. Heartbreaker. Heartbreaker. Why was it called Heartbreaker? It didn't take place in a town called Heartbreak. It wasn't in aid of a heart charity. No, as I discovered, it is called Heartbreaker because it will break the heart of the unsuspecting marathon runner.

It took place in the New Forest, starting at the suggestively named Sandy Balls holiday park, familiar to any listeners of the *Marathon Talk* podcast. Indeed the *Marathon Talk* crew were hosting their annual training weekend contemporaneously with the marathon. So I got to see Martin Yelling seeming to sprint round the half marathon.

My image of the New Forest – based on a single visit to Beaulieu Motor Museum and a chance discovery of Arthur Conan Doyle's final resting place – was that it was a relatively level expanse of gorse and shrubs populated by shaggy ponies. It turns out my image was correct in all but one respect. For 'relatively level' substitute 'really hilly'.

After the race briefing, the race director led runners to the start. This involved a quarter mile walk down (as in downhill) a path. Only as I realised that the race start would involve running back up said path did I realise why this was called the Heartbreaker Marathon. The start was a bit like the Hill Race, except that there would still be more than 25 miles to run after the quad-killing uphill start.

Celebrity 'fat bloke to Commonwealth Games marathoner' Steve Way was running. I let him start ahead of me. The course was a kind of t-shape. Three miles or so out, then three six mile 'laps' across the T, before heading back to the start/finish. I was able to see Steve more than once as he 'lapped' me.

Chris Shearwood had warned me that the New Forest wasn't flat, and I confirm that he knows his Hampshire geography. For 26 miles, I was running either uphill or downhill. And given the T shape nature of the course, every downhill was run with the knowledge that one would very soon have to run back up.

About two and a half miles in, there was a stream to cross. The race director, citing recent dry weather, had assured runners that it was possible to jump across for most runners. And so it proved. Except that we had to cross the same stream on the way back, at 24 miles. If anyone ever asks you about how easy it is to jump across a stream after running 24 miles off road with 1000m of elevation, you can

take my word for it that it is not easy at all. It is in fact a rather cruel form of athletic torture.

I am misrepresenting this race. You might imagine I didn't enjoy it. The reverse is true. It was a trail marathon run in a glorious landscape. I quite liked the T shaped course, and the intermingling of a marathon and HM at the same time. And the hills were a motivating challenge rather than a drudge.

I didn't think I was in particularly good shape, and hoped to run about 4h20m, given that I had paced the Hampton Court HM at 2h10m the week before. But that was when I thought the New Forest was flat. So I was pleasantly surprised to see that my pace was much in line with that even though the terrain was very much different. I was delighted with my 4.19.02 finishing time.

My usual post-long-race re-fuelling option is a hotdog. The Heartbreaker Marathon advertised free soup for all finishers. Soup? How could that be a good thing? Well you can take it from me that this particular cup of hearty, hot soup was welcome in every respect. The perfect revival, putting my heart back into one piece, and tempting me to re-visit this race in future years.

Dear Metros

I am doing (not so sure about the running!) the London marathon this year and I am raising money for Cancer Research UK. If you could sponsor me I will be very grateful to have your support and encouragement as well as donations to this important cause.

Link to my fundraising page is

<http://uk.virginmoneygiving.com/AngelaMurphy>

Many thanks
Angela

Wot No Watch - 19th March 2016

Name	Predicted	Actual	Difference
Julia Allen	08:20	08:20	0
Jane Hudson	07:45	07:46	1
Ian Bocock	10:30	10:28	2
Adam Leary	06:17	06:19	2
Dharmini Chikhliwala	08:45	08:48	3
Marion Rogan	08:30	08:33	3
Penny Hudson	09:15	09:12	3
Janice Newman/Judy Rackham	09:00	09:04	4
Raquel Russel Ponte	09:50	09:55	5
Patrick Leahy	06:00	05:45	15
Jo Collier	09:30	09:39	9
Steph White	09:30	09:21	9
Simon Abery	06:20	06:30	10
Dave Young	07:30	07:20	10
Alison Teale	07:10	06:59	11
Errol Clarke	08:30	08:18	12
Steve Paull	08:00	07:47	13
Christopher Hudson	05:50	05:36	14
Mike Ransome	08:00	07:46	14
Tiziana Spotti	09:20	09:34	14
Tiziana Spotti	09:20	09:35	15
Joe Millbery	08:00	08:17	17
Kyie Hollingshead	07:15	07:35	20
Claire Millbery	09:30	09:08	22
Karen Collier	08:45	08:23	22
Barbara Robson	13:00	13:22	22
Tian Hollingshead	06:17	05:54	23
Debbie Moynihan	10:30	10:05	25
Mark Mulvenna	07:00	06:35	25
Janice Newman/Judy Rackham	08:40	09:10	30
Sarah Westwood	11:27	10:55	33
Karen Leary	09:00	08:25	35
Andrew Collier	08:00	07:24	36
Linda Gaitskell/Angela Murphy	10:30	09:53	37
Denise Power	09:00	08:22	38
Kevin Eckersley	09:00	08:22	38
Dave Brown	08:00	08:45	45

Bill Carter	10:00	09:11	49
Steve Paull	07:30	06:38	52
Julie Smith	08:20	09:23	63
Sam Millbery	08:00	09:03	63
Patrick Leahy	08:00	06:52	68
Nicola Rochford	09:30	08:20	70
Alison Teale	08:45	07:19	86
Bobby Kumar	10:00	08:24	96
Eleanor Robinson		09:28	

Thank you to everyone who took part in the March Wot No Watch and donated to Sport Relief. We raised £85.

Rotterdam Marathon - 10th April 2016

1 2:06:11
4431 Christopher Shearwood 3:21:27



Manchester Marathon - 10th April 2016

1 2:22:34
3801 Barry Nolan 3:55:15
6697 Spencer Millbery 4:34:21

Heyford Park 10K - 20th March 2016

1 35:46
25 John Norris 41:30
109 Bernie Conway 53:10
178 Glyn Watkins 58:31

5k Race - 26 March 2016

Position	Name	Age Grading	Time
4	Steve Paull	74.26%	21:59
12	Hillarie Lemon	70.97%	27:44
9	Caroline Day-Lewis	70.20%	23:36
27	Janice Newman	69.89%	32:23
8	Dave Young	69.75%	23:12
2	Andrew Fox	69.56%	21:33
3	Mike Morris	66.76%	21:55
22	Angela Murphy	66.31%	31:31
10	John Gorton	65.78%	24:49
5	Adam Leary	65.74%	22:48
7	Simon Abery	64.23%	23:09
1	Brett Rafferty	63.19%	20:28
6	Tian Hollingshead	61.43%	23:06
14	Mike Ransome	60.21%	28:07
17	Karen Leary	58.47%	29:01
20	Dave Brown	57.62%	29:56
18	Julia Allen	57.06%	29:02
13	Anne Nola	56.53%	27:50
35	Anne Ambrose	56.40%	33:27
11	Andrew Collier	55.27%	26:41
19	Nicola Rochford	54.45%	29:45
31	Carole Wells	53.90%	32:43
15	Errol Clarke	53.22%	28:10
41	Debbie Moynihan	52.86%	37:14
34	Deborah Norman	52.85%	33:22
43	Sarah Westwood	52.58%	37:26
16	Kyie Hollingshead	52.30%	28:26
21	Kevin Eckersley	52.30%	30:40
32	Sam Millbery	51.45%	33:05
28	Gordon Valentine	49.97%	32:23
25	Karen Collyer	49.21%	31:30
24	Claire Millbery	49.17%	31:17
26	Dharmini Chikhliwala	49.14%	32:01
44	Irene Paull	49.69%	37:26
36	Jo Collier	48.61%	34:05
23	Steve Alder	48.49%	31:10
40	Meera Tanna	48.44%	36:53
38	Bill Carter	46.90%	35:07
33	Joe Millbery	46.16%	33:08
39	Nancy Morris	45.61%	35:09
37	Mark Lemon	45.51%	34:38

29	Sarah Belchier	45.47%	32:33
42	Ian Bocock	45.47%	37:14
30	Sonny Peart	44.22%	32:34

We hope that you all enjoyed the first 5k run in 2016. Well done everyone. Thanks to Marion for help with marking the course and clearing it afterwards and to Teresa and Kath for timekeeping and recording the finishers.

Next 5k is Saturday 14th May

Marilyn and Henry

Reading Half Marathon Sunday 3rd April 2016

1		1:03:57
62	Nigel Rackham	1:15:01 (1 st V50)
1059	Matt Rogan	1:36:19
7154	Katie Donaldson	2:12:24
8217	Judy Rackham	2:19:16
8527	Emma Rackham	2:21:46
10980 finishers		



Bournemouth Bay Runs Sunday 3rd April 2016

Half

1		1:14:53
94	Steve Paull	1:34:54 (2 nd V60)
475	Mark Mulvenna	1:53:45
789	Irene Paull	2:13:09

983 finishers

10K

1		0:35:09
456	Jane Hudson	0:57:21
888	Penny Hudson	1:08:52
988	Sue Davie	1:15:22

1056 finishers



Beaconsfield 5 mile Monday 28th March 2016

1		0:26:15
5	Nigel Rackham	0:30:35 1 st M50
181	John Gorton	0:44:55
242	Glyn Watkins	0:48:43
306	Judy Rackham	0:52:55
340	Carole Wells	0:56:40
372	Kath Donaldson	1:01:53
375	Penny Hudson	1:02:47

407 finishers



10K Challenge – 2nd April 2016

Pauline Bishop	77.32%	53:43
Dave Young	72.38%	46:32
Andy Fox	69.54%	44:52
Caroline Day-Lewis	69.49%	48:50
Adam Leary	67.73%	46:04
Kath Donaldson	67.48%	66:32
Mike Morris	67.41%	44:49
Simon Aberly	64.01%	48:21
Mike Ransome	60.41%	56:45
Judy Rackham	60.35%	61:30
Karen Leary	57.69%	59:34
Julia Allen	56.04%	60:33
Tiziana Spotti	55.25%	69:01
Nicola Rochford	54.03%	61:25
Anne Ambrose	52.95%	73:00
Emma Rackham	52.83%	57:25
Hershil Patel	52.75%	51:9
Kevin Eckersley	51.45%	64:53
Geraldine Gill	51.09%	67:16
Nancy Morris	45.76%	71:47
Malvika Bisht	41.17%	75:15
Nagendra Bisht	39.21%	75:15

Maidenhead Easter 10 25th March 2016

1		00:50:26
197	Steve Paull	01:10:56
221	Mike Morris	01:12:10
310	Hershil Patel	01:15:52
556	Sonny Peart	01:28:48
646	Spencer Millbery	01:34:01
689	Irene Paull	01:38:18
707	Emma Rackham	01:40:51
764	Angela Murphy	01:51:12
782	Penny Hudson	01:56:45
792	Anne Ambrose	02:04:58
803	finishers	



Hillingdon Half & 10K Monday 28th March 2016

Half Marathon

1		01:10:55
38	Nathan Powell	01:32:39
47	Chris Shearwood	01:36:02
61	Steve Paull	01:38:48 1 st M60
62	Kevin Smart	01:38:49
63	Brett Rafferty	01:38:55
80	Mike Morris	01:42:22
85	Hershil Patel	01:43:32
113	Barry Nolan	01:47:57
126	Tracey Tyrrell	01:50:11
157	Peter Reynolds	01:54:26
189	Pauline Bishop	01:59:54 1 st F60
231	Mike Ransome	02:08:04
261	Derek Bamforth	02:17:25
291	Tiziana Spotti	02:35:58 1 st Half
309	Arnold Glickman	02:55:11
311	finishers	

10K

1		0:36:08
10	Mitesh Patel	0:44:28
97	finishers	



parkrun Results

19.3.16

Black Park

Glyn WATKINS 00:28:45

Harrow

Hershil PATEL 00:22:25

James BUCKLAND 00:23:58

Emma RACKHAM 00:26:41

Gillian
SHEARWOOD 00:46:00

Poole

Sue DAVIE 00:36:53

Gladstone Park

Graham John HART 00:27:10

Northala Fields

Brett RAFFERTY 00:19:43

John NORRIS 00:20:04

Richard HAYWARD 00:27:13

Russ HEWLETT 00:30:08

South Oxhey

Gordon VALENTINE 00:29:52

Salisbury

Terry BURKE 00:28:21

Aldenham

Sasha BIRKIN (1st) 00:21:08

26.3.16

Black Park

Glyn WATKINS 00:29:14

Harrow

Brian MCGRORY 00:21:22

James BUCKLAND 00:24:07

Moors Valley

Sue DAVIE 00:38:38

Poole

Emma RACKHAM 00:27:56

Judy RACKHAM 00:29:33

Northala Fields

Christopher
SHEARWOOD 00:20:28

Russ HEWLETT 00:22:43

Barry NOLAN 00:23:33

Annie BIRCH 00:36:35

Gillian
SHEARWOOD 00:45:51

Blickling

Lucy ASHE (1st) 00:18:43

Salisbury

Terry BURKE 00:29:27



Brian tailrunning at Harrow parkrun

2.4.16**Black Park**

Sasha BIRKIN	00:19:15
Simon DADOMO	00:25:56
Glyn WATKINS	00:30:01

Harrow

Lucy ASHE (1 st)	00:18:16
Christopher SHEARWOOD	00:20:39
Brian MCGRORY	00:21:05
Christopher KEMP	00:22:43
James BUCKLAND	00:23:30
Sonny PEART	00:23:42
Jacqueline BOWLES	00:26:26
Jason BOWLES	00:28:17
Gillian SHEARWOOD	00:46:10

Poole

Steve PAULL	00:21:36
Irene PAULL	00:29:55
Sue DAVIE	00:39:50

Longrun Meadow

Sebastian HOLLINGSHEAD	00:24:57
Kyie HOLLINGSHEAD	00:28:27
David BROWN	00:28:27

Northala Fields

Errol CLARKE	00:27:41
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South Oxhey

Gordon VALENTINE	00:30:30
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Salisbury

Terry BURKE	00:29:10
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9.4.16**Black Park**

Anne LEIGH	00:45:33
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Harrow

Brett RAFFERTY	00:19:25
Christopher KEMP	00:22:19
John GORTON	00:23:44
James BUCKLAND	00:24:16
Pauline BISHOP	00:25:49
Graham John HART	00:26:20
Emma RACKHAM	00:27:35
Jane HUDSON	00:27:47
Veronica GEORGESCU	00:33:31
Brian MCGRORY (tail runner)	00:41:21

Poole

Sue DAVIE	00:43:50
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Huntingdon

Rebecca WALKER	00:24:32
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Longrun Meadow

Sebastian HOLLINGSHEAD	00:24:04
David BROWN	00:28:35
Kyie HOLLINGSHEAD	00:32:51

Northala Fields

Andrew FOX	00:21:23
Gordon VALENTINE	00:28:32
Glyn WATKINS	00:28:58

Salisbury

Terry BURKE	00:30:28
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Runner's Recipes

Marathon recovery food

Carbohydrate or protein? Both are critical for full recovery after training. Carbohydrates are the body's main fuel source, and are stored as glycogen in the muscles and liver. As the body can only store a certain amount of carbohydrate, once depleted through exercise these reserves need to be replaced before your next training session.

Protein is vital for the growth and repair of muscle tissue and as hard training depletes the body's stores it is important to refuel with high-protein snacks as soon as possible. Ensuring you replenish stores after each training session can significantly reduce muscle soreness the following day. If you can't face eating straight after a run, introduce fluids to your recovery strategy.

20g of protein is the magic number that you need to hit to optimise the recovery process after training. The following snacks will help you reach this target:

- 500ml milkshake
- Natural yogurt based fruit smoothie
- Sandwich with lean meats, eggs, or low-fat cheese
- Greek yogurt, granola and mixed berries

Some good recovery recipes with well balanced protein and carbohydrates include:

[Open mackerel sandwich with fennel slaw](#)

[Melon & crunchy bran pots](#)

[Open chicken Caesar sandwich](#)

[Instant frozen berry yogurt](#)

[Open cottage cheese & pepper sandwich](#)

[Salmon & chive bagel topper](#)



Taken from <http://www.bbcgoodfood.com/>

GREEN BOTTLE TOPS

I delivered a full rubbish sack to my local contact who will give them to the central collector. They are then washed and sold (I think by the ton!) and proceeds go to sporting equipment for disabled youngsters.

A big **THANK YOU** to everyone. Jeanne Coker

NOTES OF METROS COMMITTEE MEETING

Wednesday 6 April 2016 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Peter Beuselinck, Penny Hudson, Irene & Steve Paull, Marilyn Pickford, Emma Rackham, Barbara Robson, Carole Wells, Sarah Westwood, Mitesh Patel, and Paula Kanesanathan

APOLOGIES: Mandy Beuselinck, Mike Ransome, Pat Jackson, Nigel Rackham

CHAIR: Sarah Westwood

NOTES: Peter Beuselinck

(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 – 2nd March 2016

Metros Barn Dance

After a successful and enjoyable barn dance, the committee wanted to give special thanks to Teresa Young for all the efforts that went into organizing the food.

Harrow Hill Race – Mandy is arranging a visit to the MS Therapy Centre to hand over the donation of £750 raised from this year's race. The full accounts of the Harrow Hill Race will be available at the AGM. Next Year's race will be organized by Spencer Millbery.

Thames Valley Cross Country – Peter sent Jane and Al Scoffham the instructions to marshals that he has devised for the Harrow Hill Race. **ACTION:** Closed

Metros Web Site – After selection of a web designer to build a new site, the site construction is well advanced, and the target is to get the new site live in April. Apart from providing a site with a modern look, it will have a content management system allowing non-technical people to be set up as content administrators, making it much easier to keep the site up to date. It was agreed that Emma Rackham would take on an Editor's role, to help maintain consistency, and to ensure it is being kept up to date. Other new features will include the ability to take out and renew memberships online, and also a separate members-only section for news, results, and Metrolines.

ACTION: Peter Beuselinck, Irene Paull, Emma Rackham, Kevin Smart

Summer League – No further update from the league.

Metros Committee – The new committee will be voted in at the AGM to be held on Friday 13th May. The committee proposes the following for the honorary roles: Sarah Westwood as Chairman, Carole Wells as Vice-Chairman, Peter Beuselinck as Secretary, Irene Paull as Membership Secretary, and Mitesh Patel as Treasurer. Other committee members proposed are: Mike Ransome, Nigel and Emma Rackham, Steve Paull, Pat Jackson, Barbara Robson, Marilyn Pickford, and Penny Hudson. Paula

Kanesanathan is also considering joining. If any other member wishes to join the committee, they should contact a current committee member.

ACTION: ALL MEMBERS

AGM – Friday 13th May, 8pm at Lowlands

Members have been invited to submit any proposals for the AGM, or nominations to the committee, by 30th April.

Irene is drawing up 5 proposals agreed by the committee. These relate to how new members apply; how subs are paid for those joining mid-year; the qualification criteria for free membership after the age of 70; the proposal to raise subs for adults to £25 from 2017; and the requirement for members to abide by club rules. These proposals will be reviewed by the committee at the meeting on 4th May.

Peter will draw up the nomination forms for the committee, and will send out the meeting agenda a week before the AGM.

Metros Finances – Nigel will present the club accounts, including the Hill Race accounts, at the AGM, providing the reasoning why the committee proposes to increase the subs in 2017. **ACTION:** Nigel Rackham

Metrolines – Jane and Penny Hudson have updated the Metrolines distribution list according to the current membership. **ACTION:** Closed

Metros Survey – Penny and Jane are creating the survey based on the agreed questions, which will be emailed to club members using Survey Monkey in April. Peter will send out once ready, requesting responses within 2 weeks. **ACTION:** Penny, Jane, and Peter

REPORTS OF OFFICERS

Hon. Chairman – Mike sent in a reminder to all those interested in helping the Friends of Roxbourne Park with their fun day on Sunday 15th May.

Hon Vice Chairman – Sarah had nothing to report.

Hon. Secretary – Peter updated that members' English Athletics (EA) subscriptions for 2016, along with the club's subscription, have been paid this week. Members should receive confirmation emails from EA.

Peter will attend the EA club consultation to be held on Monday 11th April.

EA had informed Metros, along with other running clubs, that on race entry forms etc 'affiliation' relates to England Athletics (£13 annual fee) not an affiliated club. Peter has reminded members via the googlegroup list. **ACTION:** Closed

To note: As previously approved by the committee, the following will attend the Leadership in Running Fitness Course: Karen Leary, Adam Leary, and Steve Alder.

Hon. Treasurer – Nigel had sent updated accounts for the committee to review.

Hon. Membership Secretary: Three new members were confirmed: Denise Power, Priya and Rahul Chikhliwala. The club currently has 240 members, the vast majority of whom have already renewed their memberships. Irene is chasing the few yet to have paid.

OTHER ITEMS

Sport Relief, 19 March – The fundraising at the Wot no Watch Mile on 19 March raised £85. Well done Penny on suggesting it.

VLM Water Station – Peter reminded all that the volunteer places for the water station at the London Marathon were allocated on a first come first served basis. This was on response to an email sent to the google group in November. This was further advertised by a preceding email and by announcement at the prize giving evening. Members should look out for a forthcoming email, probably next month, requesting volunteers for the Ride London water station.

Meeting finished at 9.45 pm.

Date of Next Committee Meeting	Wednesday 4 th May
Future Committee Meetings	Wednesday 1 st June

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

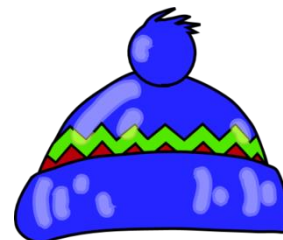
Metros Committee meetings are open to all members but only the committee can vote.

The Mission to seafarers charity who I have contact with has asked if I could collect any unwanted hats/scarves/gloves for them to distribute to seafarers.

If you are having a spring clean of your wardrobe and have any spare items they would be greatly appreciated.

I can collect or I normally attend Wednesday night hills or Thursday track.

Nathan Powell - nathancpowell@yahoo.co.uk



<http://www.missiontoseafarers.org/support-us/other-ways-to-help/knit-for-us>

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
(not track)		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.