



May 2017
Issue No. 344



A few Metros celebrating recent marathon success

Metros Diary

May

Sun 7	Marlow 5	9.30 am
Mon 8	Vets Track & Field, Battersea	6.00pm
Fri 12	Annual General Meeting, Lowlands 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
	Couch to 5K – Harrow parkrun	
Sat 27	5K Run, Roxbourne Park	9.20 am
Please note date change		

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	9.20 & 9.40am
	Foodbank donation	
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	9.20 & 9.40am
	Foodbank donation	
Sat 8	Metros BBQ	7.00pm
Sat 15	parkrun	9.00am
Sun16	Summer League, Mornington Chasers	TBC

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!

Some Metros were recently photographed with a famous politician – which resulted in a lot of publicity for the running club in social and mainstream media. All publicity is good and we have a record number of new members this month! As we are in the run up to a general election and in the interests of impartiality, pictures of politicians or candidates will not be appearing in forthcoming editions of Metrolines!

We are definitely into the marathon season with recent marathon success for a number of Metros. For some, the challenge of 26.2 is just not enough and there are triathlons, ultras, ultra-ultras and then there is Marathon des Sables- more about that next month. Please keep sending me your articles and results and share your achievements with other Metros.

Remember that the Metros AGM is on Friday 12th May – please make every effort to attend.

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
New Members**

Gill	Fox	Lynda	McDonald
Kelly	Alexander	Diane	O'Reilly
Nitin	Chandarana	Noa	Perelmutter
Mahua	Chatterjee	Mike	Reid
Prya	Chawla	Linda	Ross
Blanche	Coalwood	Catherine	Saunders
Una	Cunningham	Dee	Shah
Linda	Grimes	Helen	Simons
Ann	Havlin	Beverley	Singleton
Nicki	Henry	Jennifer	Smith
Martin	Hession	Kalpna	Varsani
Ewa	Johansson-Charles	Nick	Russell
Sarika	Kochhar		



Achievements

Well done to ...

Linda Dunne – for a PB at Maidenhead Easter 10

Kim Hassard – for a PB at Reading Half Marathon

Christopher Hudson- for a PB at Canons Park
Parkrun, 25/03/17

Tian and Kyie Hollingshead – for PBs at Canons Park
Parkrun 25/3/17 (their 4th in a row)

John Norris – for completing his first Marathon – at
Brighton

Steve Paull – for a Parkrun PB at Hove 08/04/17 and
1st in age grade at Oxhey Parkrun 15/04/17

Chris Shearwood – for a coming first in Canons Park
Parkrun 25/03/17 and for completing 50 Parkruns

Nigel Rackham – for a 1st V50 at Reading half
marathon

Brett Rafferty – for completing 50 Parkruns

Pete Rees – for completing Marathon Des Sables, with
a provisional overall ranking of 89th.

Sakina Sidik – for a PB at Brighton Marathon

Zaheer Sidik- for a PB at Canons Park Parkrun
25/03/17



Trophy Races

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

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.

Steve Paull

Veterans' Track and Field 2017



Hoping all Metros over 35 years are fit and keen to take part in the vets track and field events this summer. Here are the dates for your diaries:

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

Wendy Mulvenna



Summer League- www.thesummerleague.uk

4 June - Gunnersbury Park, hosted by Ealing Eagles
18 June - North Harrow Recreation Ground, hosted by Metros
2 July - Dulwich Park, hosted by Dulwich (provisional)
16 July – Regent's Park, hosted by Mornington Chasers (time to be confirmed)
20 Aug - Battersea Park, hosted by Serpentine

COUCH TO 5K – THE FINALE COME AND SUPPORT US!

We are now past the half-way point in the Couch to 5K programme and congratulations to all the new runners who are persevering with the sessions, whether it is with the group or on their own.

The finale to our efforts will be the Harrow parkrun on May 20th at 9am at Harrow Recreation Ground. Do come and support the Couch to 5K runners – perhaps by running the course and then cheering them in, or by giving encouragement as a spectator. Or you could offer to be a volunteer and support both parkrun and the new runners.

Certificates will be handed out to everyone who has taken part in the programme as evidence of their hard work and perseverance. We very much hope to see our new club members at Metros events in the future.

Kath Donaldson



Remaining Dates for Schedule

	Saturday	Tuesday	Thursday
Week7 w/c Sat 29 th Apr	9am Roxbourne Park	8.15 pm Lowlands Tennis Club	7pm Kings College Road Track
Week 8 w/c Sat 6 th May	9am Roxbourne Park	8.15 pm Lowlands Tennis Club	7pm Kings College Road Track
Week 9 w/c Sat 13 th May	9am Roxbourne Park	8.15 pm Lowlands Tennis Club	7pm Kings College Road Track
May 20th	9am Harrow parkrun		

Roxeth

Suddenly, out of the blue, Mrs Roxeth hasn't been very well. I thought she was indestructible. The smooth running of this household has changed dramatically. I have had to do jobs/stuff that I have never done before, or not for many years at least. I have my tasks, and the lady of the house has hers. Even when I ran a lot more than I do now, this was the case.

Getting old is no fun and in this past month I have realised we must fight it for as long as possible. Aware of my own mortality and while I still can, maybe I should run the occasional race or two again, maybe, if the good lady is OK with it, I could get out and lap the park a few more times than I do currently.

Yet that could be seen as selfish? We compete in a fairly selfish sport anyway. Will my wife need me at her side more than ever? Will I have the time?

I haven't really got a topic to write about this month due to the upheaval here. Of course I'm aware that the spring marathon "season" is underway and, as I write, London is six days away. It doesn't seem like there will be too many of us Metros running this year due to injury. As I said, there are a lot of us getting older and more rickety.

When my chores are done of course I'll settle down in front of the box with the sound off but with the race recording. Only later will I play it back with sound. One of my little pleasures is checking out the absurd things Brendon Foster says.

Whilst heading to the local chemists to get Mrs R's prescription, I happened to be walking past one of the local gyms that have sprung up and saw through the window a line of people running on treadmills in there. It occurred to me that they looked like a load of battery hens and

what a waste it was. The weather wasn't bad; they should be out in the streets and in the parks. Gyms are for the other stuff, not for running.

That's it for me this month. I have to take the good lady to see her GP (again). Hopefully there will be better news from Roxeth Towers soon.

Roxeth

Metros KIT SALE BUY NOW

Vests £9

Short Sleeve T-shirts £13

Long Sleeve T-shirts £15



Parkrun results

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.

The lady in the headscarf

My time at Metros- Sakina Sidik

In 2016 I was training for the London Marathon and thought I would like to train with other people. So I did a Google search for running clubs in my area and Metros came up. I found that there was a session on a Thursday near my home and called the contact number and spoke to Jane Hudson, she seemed very welcoming. She told me that she would not be taking the next Thursday session, but Mike Morris was going to be there and would be taking the session. I went hesitantly to the Thursday session.

Mike introduced himself and the group and everyone was very welcoming. I never knew this would be the start of a lot of friendships.

When I got home, Ariff (my other half as most of you know him) asked me how it went. I said "You won't believe that the guy leading session (Mike), worked out my pace for my marathon by me giving him my time."

I carried on with Thursday sessions even after I had finished training for my London Marathon. I started to drag Ariff to Thursday sessions at the summer venue in the woods; he liked it as well.

While talking to other fellow Metros and they would be telling me to try other sessions and about the races they were doing. I said to myself "not for me." "I am not going to do that." I think I spoke to soon.

In September, I did my first Metros 10K challenge and tried Monday and Tuesday sessions.

Where I led, Ariff followed. So, soon it was both of us coming to three training sessions a week. We both felt welcomed and enjoyed running and socializing with the other runners. And on the way home, we would talk how nice everyone was.

Ariff has not been the only family member to follow in my footsteps. Some of you have met my son, Zaheer. Zaheer tried his first Parkrun at Christmas and enjoyed it. So we thought we would bring him to Tuesday sessions, which would suit him.

Neither Ariff nor I knew that was the start of Zaheer's passion for running.

Not being left behind, Alisha (my daughter) also now started attending Tuesday sessions.

As I look back now, I feel that I have known you guys a lifetime.



My motivation for running - Marcus Weedon

Back in 1997 I started to develop severe back pain, doctors continually said that I was suffering from Sciatica but all the treatment and drugs didn't make the pain go away. After six months I visited a back specialist for tests which revealed I had a disease called ankylosing spondylitis which is estimated to affect around 200,000 people in the UK and 3 million worldwide. The condition is a progressive inflammatory and degenerative disease, a form of Arthritis. Over time the spine fuses together, which is basically like, lime scale growing over your spine.

Once diagnosed I spent 2 weeks in hospital undergoing intensive physiotherapy and was treated a bit like a guinea pig as students studied my case so that they could learn more about this rare condition. I'm lucky in a way that it's not a disease that will kill me but given the opportunity it can make my life a severe painful misery!

One thing that does prevent it getting worse and helps control the pain is, believe it or not, regular exercise. It stops my spine fusing together; it keeps me flexible and helps to control the pain. Back in '97 when I was 26 years old I didn't exercise and I smoked about 30 cigarettes a day. I was advised to give up smoking as this exacerbates the condition and as well it's not good to smoke in general.

After the physiotherapy I continued the healthier exercising regime but the pain was not going away. I had more better days than before but I was not doing enough and some days I just could not move. In 2010 I started to run a lot and bought a bike to cycle to work, plus I joined a gym. After a while the pain started to be much less but the stiffness was still there.

2011, 2012, 2013 saw me step up the running due to getting a London Marathon place I then started to notice more mobility and even less pain due to the amount of winter training. Now I'm addicted to running, cycling, fitness, yoga and gym and no one would know that I suffer from this condition. It is not normally something I share but I thought I would as there are many other people around the world; we are talking millions, who suffer from this chronic condition. My motivation is to be able to keep running to be able to keep fit so that I don't endure the pain that I would if I did not exercise. Of course, I want to beat every PB possible that I fight for but I have days where I have to say it's not going to be possible and being the competitive person that I am - it hurts a lot but not as much as not being able to run.

This year, I joined Metros and my first proper race resulted in a Half Marathon PB at Hillingdon Half where I also met some of the team, who were very welcoming. Hillingdon was such a great course, unlike the North London Half a few weeks later where my legs and back were not working together at all! But, that's what I have to live with but it does not make me give in!

I'm constantly challenging myself every year with different events, as I know some of the Metro's do and I'm very happy to be part of a team who keep pushing themselves, and at the same time are so motivated and they completely embrace the love of what they do through a tight knit community!

Like I say everyone's motivation is very different, whatever it is just achieve as much as you are able to achieve, keep pushing and believe you can do it, never get bored of what you love and quite simply KEEP MOVING!



You can find more information on ankylosing spondylitis and other arthritic conditions at Arthritis Research UK

www.arthritisresearchuk.org

GREEN BOTTLE TOPS

Metros can do some recycling and help the community by saving plastic green bottle tops. Jeanne Coker collects green bottle tops, in conjunction with Epsom and Ewell Athletic Club. These are then sold, in bulk to be recycled. The proceeds go towards wheelchairs for children and other disability aids. Jeanne collects the bottle tops from the Scout Hut on Saturday mornings, so please bring yours along.

GREEN GREEN GREEN

(The reason for green only is that they are sold in separate colours and nobody has time or enthusiasm to sort bin bags full of bottle tops! Green is the commonest colour.)

Wot no Watch? – Alison Teale

Although it has been two years since my first 10km, I still feel somewhat green to this running lark. I joined Metros 18 months ago with my partner Patrick as I really enjoyed training for the Inverness 10km.

I am not fast runner, nor particularly slow. Patrick reckons I look like a pony trotting around a course as I teeter on my toes, and on the occasions that I remember I have heels on my feet; I grace the passing paving stones with a brief caress of them.

I am not a natural runner, but I enjoy it.

In addition to my unnatural gait, I find that my job really interferes with my social/running life. I've made two park runs, possibly three track sessions and one Tuesday night meeting this year. Pretty poor form I know, but trying to schedule runs around my orchestra work, instrumental teaching, and my own oboe practise, maintaining a regular running routine is a task I inevitably fail. My job takes me all over the world, and it was during my most recent tour to Dubai and Bangkok I was inspired to rethink my approach to running.

Running solo in Dubai seemed to be pretty much impossible, so before travelling I searched online for the equivalent of a parkrun, or a 10km race. I couldn't find anything that fitted my schedule but I did happen across the running club, Dubai Dessert Road runners. I contacted their chairman, Graham, who was so generous in his offer of lifts from my hotel, and support I couldn't help but sign up to a few meets and tag along.

The first meet was a Monday track meet. There was a dust storm, it was hot, and I asked at the reception at my hotel if it would be likely a run would take place. I was advised only stupid or very keen people would run in temperatures or conditions like there were that day; Graham met me at 5.30pm in the lobby.

As an employee of the BBC, I had been advised that even when exercising in Dubai I should not expose my legs or arms. I turned up to the track wearing full leggings, and a long sleeve top, in temperatures of over 35 degrees. My fellow runners were in shorts and tank tops; obviously I didn't stick out at all.

It soon became clear, that this track session was going to hurt. As I hung off the coat tails of their slowest runner that night, who had just completed her first marathon in 3.30 hours, I did wonder how wise this whole idea had been. I had been in Dubai less than 24 hours, I was hot, had too many clothes on, and was being moderately humiliated as I was lapped 'trying' to run 1,000m.

In the car journey back to hotel, Graham asked why I didn't wear a running watch, had I left it behind? I said that I didn't have one. He looked at me quizzically and asked why, I replied, I'd never thought about having one. He asked if I had goals for my running and I said that I had made a new year resolution to try up my age

rating scale from mid 60's to 70's, and that started with a 10km run at the end of May for which I wanted to try achieve a 45 min time. I'm not sure it's possible for me, but it's an interesting goal.

He asked how I intend to go about it, I said I had downloaded a programme.

Graham then gave a lesson on training, diet, rest, heart rate, differing pace, effort and the need for routine. It was an informative 30 minutes.

I met him again a few days later at 5.30am, for a 'slow' run. I tagged along with two other girls (who had running watches) and as we sauntered around lakes in which flamingos and storks huddled against the driving rain, I asked my companions why they had watches. Both said it really helped them maintain pace, enabled them to plan, and they enjoyed tracking their achievements and working towards goals.

After the 15km run (Graham had run 24km in the same time) the group gathered in the now flooded Costa coffee for a much needed cappuccino.

The Dessert Road Runners, are a committed running group, perhaps because they have their expat life style, many families live apart due to work which frees up time for solitary Dads, and maybe in Dubai, the work lifestyle lends itself to allow for more leisure/running time. I am not for one moment implying that the Metros are not committed. I know there is a core of dedicated runners that train regularly and are always working towards goals and help the club run as well as it does. For me I had to be removed from my irregular, crazy and hectic working life in London to really consider how and what I need to do to improve my running times. With the help of a new running watch, training to time not miles covered and varying pace, I hope to achieve a quicker time, and create a more consistent training programme. I probably will still not be able to meet you on Tuesdays Thursdays, and Saturdays as often as I'd like, but maybe I can reach that elusive 45 minute 10km in the London Vitality Run on the 29th May.





“Run Well, Keep Safe”

Injury in athletes is both common and sometimes inevitable. Athletes are notorious for ignoring niggles and the pain of injury. How can we differentiate between the two and then what is the best way of managing them? As athletes we strive to improve ourselves by consistent training which progressively overloads our musculoskeletal system. Runners have huge resilience and the opiate release that occurs naturally with sporting activity can actually mask pain until the event has concluded. Injury and niggling pain will then interrupt our sporting endeavour and we can find it difficult to accept this problem and subsequently mismanage the recovery.

Pain occurs when there is soft tissue injury. When an injury occurs inflammatory mediators are released which activate sensory nerve endings. The brain receives these signals and identifies pain in order to restrict movement. This is what is known as useful pain. Regrettably, many athletes will try and ignore this type of pain which is unwise.

If when running you get an acute, severe pain, it may be obvious but STOP. I find it hard to believe sometimes that multi-million pound professional footballers who pull a hamstring then limp off round the field increasing the amount of damage that they are doing.

If after running you become aware that there is a niggling pain or ache then gently feel the painful area and see if this is localised. The simple immediate management can be abbreviated RICE; Rest, Ice, Compression and Elevation. Such simple measures can speed recovery from nearly all soft tissue injuries. Rest stops further damage. Ice restricts the bleeding within the soft tissues as does compression and elevation reduces swelling. If the muscles are just very tight generally then massage and local heat alone may be sufficient. Muscle cramping can also generate significant pain and may indicate that your electrolyte and fluid balance is not as it should be and can be discussed with a health professional. If the day after running the pain continues then see if simple stretching alleviates followed by a gentle jogging programme but if the pain persists or gets worse in the immediate aftermath of your activity or the following day then advice may be sensible in order to facilitate recovery.

Usually it is reasonable for a runner with a niggling pain to leave it for a week with simple stretching and massage. Activities such as swimming may help or even changing shoes, something that we often do not do with sufficient frequency. A simple reassessment of your programme may be all that is required. If the pain persists after a week or if as I have said it gets worse, then you need to consult a physiotherapist or an appropriate health professional. What should never happen is that the pain persists or gets worse with running which will indicate that there is structural damage that needs to be managed sensibly.

More mature runners can get pain from a prolapsed or slipped disc. That pain may radiate down the leg as opposed to being localised to a muscle and that will be the subject of a future article as it does require even more specialised assessment and treatment.

With any injury you continue, usually, to have three good limbs and a torso. These should continue to be trained and enable fitness to be maintained. This will allow for a much more rapid recovery after the primary injury has healed, be it through your own endeavours or with physiotherapy assistance. I would also encourage that you question the following in your training and running programmes. These are a few tips:

1. Have you increased your distance too much? I would advise only a 5-10% increase over a few weeks. Plan your own programme according to your own speed and capability. It is always easier and perhaps more fun to run with others and use them as pacemakers but know your own limits.
2. Are you running every day? Active recovery is important. Personally I do not recommend running back to back days as there is an essential recovery time. This does not mean complete rest but a low impact activity such as cycling, swimming or general gym strengthening with low impact, may be effective and actually help rather than hinder running speeds.
3. Is the surface too hard and not varied enough? Most of our running is on concrete (road running); I would advise trying to run on varied terrain. This will give a less ground reaction force through your limbs (softer landing).
4. Have you recently changed your trainers? Do you change your trainers enough? Have they been professionally prescribed by someone who can advise correctly? Your foot is the first point of contact so correct footwear is essential. We will be looking in more detail about foot mechanics later in the series.

The key message to all of this is that if pain persists or gets worse when you run it would normally indicate some degree of structural damage to soft tissues. This needs active management and in the next article I will be discussing how to self-manage and prevent simple but common injuries we all get as runners. I wish you and your running well, keep strong, stay tuned and enjoy.

Results and Reports

COMBE GIBBET TO OVERTON - 26.1 km/16 miles - 2 April 2017

1 Winner	1.29.55
(course record)	
75 Jonny Jackson	2.15.00
213 finishers	3.37.56



This 16 mile race is one of the few true off-road point to point running races in the UK, with coaches taking competitors to the start. The date in March/early April is excellent training for spring marathons. It's described as a wonderfully scenic 16 mile cross country race through the beautiful Berkshire and Hampshire countryside. The race takes in Walbury Hill, the highest in Hampshire and Pilot Hill and Ladle Hill and the edge of Watership Down before finishing at Overton.

The start of the race is at a double gibbet on top of Inkpen long barrow which was erected in 1676 in a prominent location as a warning to deter others from committing crimes. The double gibbet was erected to hang George Broomham and his mistress, Dorothy Newman for the murder of Broomham's wife and son. The gibbet that stands today is not the original, but it is maintained as a striking local landmark.

Metros used to turn out in force for this Berkshire event and, for many years, a full size coach was hired to transport Metros runners from Pinner to Overton and back. Metros participation has dwindled and in recent years only Terry Burke and Jonny Jackson have supported the event, this year just Jonny. Could, there be more Metros participants next year?

Pat Jackson



Wot No Watch
Saturday 8 April 2017

Name (alphabetical order)	predicted time	actual time	difference
Carole Lloyd	9.30	9.43	13
Ceri Jacob	7.55	7.41	-14
Elish Fernandez	10.00	10.08	8
Errol Clarke	8.20	8.12	-8
Gladys De Groot	10.30	11.32	62
Kevin Eckersley	8.03	8.29	26
Krupa Tanna	9.30	10.00	10
Ku Samra	10.00	9.51	-9
Meera Tanna	10.10	9.57	-13
Mike Ransome	7.38	7.08	-30
Sarah Westwood	10.07	9.54	-13
Simon Abery	6.25	6.21	-4
Sivan Bachrach	10.00	11.13	73
Stephanie White	10.07	9.37	-30
Tiziana Spotti	9.30	9.06	-24

A very sunny morning for Wot no Watch today but numbers depleted by Brighton marathon and maybe parkruns too. Hope you all had a good day and the heat didn't get to you! Kath's couch to 5k programme in the park was looking good with a strong group of improving runners making their way round the pathways, fortunately well ahead of the Wot no Watch start. Congratulations to Simon for predicting his time within four seconds of his actual time and to Elish and Ku for calculating their times to just 9 and 8 seconds respectively.

Jarina gave sterling support with the lolly sticks and the numbers, many thanks.

Angela - standing in for Teresa.

Roding Valley Half Marathon - 26/02/17

1st		1:12:35
97 th	Chris Shearwood	1:35:35
541 st		2:59:56

Berkhamsted Half Marathon - 05/03/17

1 st		1:15:08
111 st	Chris Shearwood	1:34:30
867 th	Arnold Glickman	2:59:43
869 th	Finishers	3:05:19

Berkhamsted Fun Run (5 miles)

1 st		27:55
173 rd	Peter Jose	43:37
589	Finishers	1:37:24

Rotterdam Marathon - 09/04/17

1 st		2:06:03
2538 th	Chris Shearwood	3:35:17
13063 rd		6:13:59

Reading Half Marathon – Sunday 19th March 2017

1		01:03:08
84	Nigel Rackham	01:14:19 (1st V50)
6258	Kim Hassard	02:06:50 (PB)
7601	Emma Rackham	02:20:14
9601	Judy Rackham	03:15:10
9722	finishers	04:23:25

Manchester Marathon – Sunday 2nd April 2017

1		02:22:37
1707	Jonathan Evan-Hughes	03:28:29
8692	finishers – last	07:15:51

South Downs Way 50 – Report from Sonny Peart

In his bestselling book, *Thinking, Fast and Slow*, Nobel laureate Daniel Kahneman describes how our memories of lengthy events can be affected, perhaps irrationally, by single moments: our enjoyment of a beautiful symphony can be spoiled by a single wrong note in the final bar. My 50 mile run along the South Downs Way on April 8th offered an experience similar in process but opposite in effect. The highs of perfect weather and scenery and an endorphin-fuelled finish have blotted out any recollections of pain and frustration to leave a memory of a perfect running day.

Part of the challenge of ultra-running is the logistics of getting to the start with the requisite kit, and getting back from the finish, which can be in another county altogether. On this occasion, I stayed on Friday night with friends near Lewes, mid-way along the SDW50 route, so that I had just a 30 minute journey to the start in Worthing on Saturday morning. I had already had my kit checked and picked up my number the evening before, so on race morning there was nothing to do except pay multiple visits to the toilet before listening to the race briefing and setting off on my fifty mile trip.

Together with Spencer Millbery, I was using the SDW50 as a final long run before my year's real target, the Thames Path 100. My aim was to finish within the 13 hour cut-off time and still feel comfortable, as a confidence boost for TP100 three weeks later. With more than 500 miles of solid training behind me so far in 2017, and three ultras completed since summer 2015, I was confident of completing 50 miles. The trick was to feel confident about 100 miles along the Thames later in the month.

My last visit to the South Downs – for last year's 53 mile Race to the King – had partly been a nightmare of dehydration. I was determined not to make a similar mistake; I was well-rested, well-hydrated, and determined not to let ego or successful tapering cause me to set off too quickly.

The weather was perfect, for walkers; a tad too warm for runners (of whom 30 out of 400 DNFed). Thankfully, there was something of a cooling breeze once I got up onto the (mis-named?) downs. The first few miles involved some steady climbing, just getting legs moving, and letting the patellofemoral soreness I've been getting at the start of runs ease off.

I had a vague idea of running 12 minute miles, and the first 10 miles were on schedule. The first aid station was at 11 miles, and I refilled my water bladder, drank some Coke, and ate a few crisps and mini sausage rolls. The next 10 miles were the hardest of the day. Miles of relentless climb in rising temperatures. But months of training, coupled with stunning views, made it much less difficult than it could have been. It was easy to say to oneself, "This is beautiful, and I feel great." At around 16 miles I caught up with Spencer, and we ran together for a while before he stopped for a comfort break. I was in and out of the next aid station – a couple of peanut butter wraps to the good – without seeing him, and without re-

filling my water bladder, which was nearly a mistake. By the time I reached the 26 mile aid station I'd been out of water for a couple of miles. Not ideal, but not disastrous. The run into Housedean felt epic, down a steep hill into a wide open valley, with a Dead Can Dance track playing in my ears. On another day, one might have been tempted to go back up the hill and repeat the experience. I had a friend volunteering there, and it was good to get a hug as I jogged in. We chatted for a bit while she refilled my water and I downed more cups of Coke. She gave me the Taste the Difference deep-filled sausage roll she had been saving for me, and I left in good spirits, knowing I was already past half way and well up on my planned schedule.

Considering I'd already gone beyond marathon distance, running should have been really hard by this point. But I felt strong and comfortable. I took photos every ten miles, or when a particularly stunning view hove into view. I occasionally chatted with other runners, fast walking up any steep inclines and running the rest of the time. I stopped to help a runner with cramp – Centurion Running is clear that between checkpoints runners should be self-sufficient, so that they can take care of themselves and any other runner in distress. The runner in question was helped by a nearby runner who happened to be a trained physio, two others and myself, with salt, electrolytes, a hoist onto his feet, and much encouragement. I assume he finished. He certainly made it to the 41 mile aid station; he was coming in as I left, and thanked me for the S-Cap salt tablets I had given him.

It was at that same aid station, a chapel furnished in deeply polished mahogany in the picturesque village of Alfriston, that I saw Spencer again. I had sat down for the only time since 9am, when he came in, grabbed a couple of things from the smorgasbord and headed out again. By the time I got outside he was out of sight. Alfriston, like all the other aid stations, was in a valley, which meant another hill climb when one left. This one went up an imposing ridge which swept round to the right, climbing for more than a mile. I looked up at the crest, thinking it would make a great photo. As I contemplated getting my phone out to take a shot, I saw pair of pink socks approaching the distant summit. Spencer, already many minutes ahead.

At 35 miles or so, I'd been running with a lady who was accumulating UTMB points. She was a serious mountain runner who had grown up in Northumbria. For her, the South Downs were just bumps, not steep enough to merit notice. Like me, she was not running for a time, but for training. During a pause in our conversation we had both calculated that if we walked the remaining miles we'd still make the cut-off time. We neither of us intended to do that, but the realisation gave us confidence. The prospect of DNFing was no longer something to consider. We could relax into our running, knowing that any mile run in under 20 minutes was minutes in the bank.

As things turned out, most of my remaining miles after Alfriston were run much faster than that. I'd taken a couple of Anadin Ultra (appropriately enough), and they kicked in after about 30 minutes, so that by the time I reached the top of the next climb I felt strong and fast.

The final aid station was only four miles from the finish. Many runners didn't even stop. But I popped in and picked up a bag of orange segments to carry with me.

There was one more trig point to reach, then a downhill stretch into Eastbourne. It was familiar from the video on the race website, provided to help with navigation. Its downhill section was the perfect gradient for me. While others walk or jogged, I ran down, clocking up 6 minute kilometres, and feeling full of running and life. I picked up around 30 places in the second half of the race, maybe half of them in the final three miles.

On the final run into Eastbourne, as dusk descended, I spotted Spencer's trademark pink socks up ahead. I caught him up with a mile and a bit to go. We chatted, and agreed to finish together. No need for any competitive heroics, given that we both had a longer race to run three weeks later.

The finish was a lap round a running track. Even though I was full of running, part of me felt this was a little cruel. In the event, it was a perfect way to finish. The junior Millberys joined us for our lap, and we finished side-by-side in 11 hours and 16 minutes, comfortably inside the cut-off time, and without having to take our head-torches out of our packs.

Centurion Running is a real runner's outfit. The medal and t-shirt are awesome. The organisation is exemplary, and the volunteers are incredible. As we took photos of ourselves, a volunteer handed me my kit bag, transported from the start. I had my customary post-race hotdog – free to runners – and then lay on a mat chatting to fellow Harrow ultra-runner Julian Desai, waiting for the coach back to Worthing, feeling thoroughly pleased with myself and pleased with the world in general, confident that the Thames Path 100 at the end of April is within my compass. Watch this space to see how that works out.

Many people, including accomplished runners, appear to believe that ultra-running is somehow freakishly difficult. In truth, as with other types of running, the difficulty is training. Sprinting is difficult if you avoid speed sessions. Ultra running is easy if you run lots and lots of miles in training. And unlike sprinting, it gives you the opportunity to run through landscapes of unsurpassed beauty. There were moments on the South Downs Way 50, miles of Sussex countryside stretching out on all sides, under a cloudless cobalt sky, when I wondered why I would ever want to run a city marathon, and knew exactly why I run ultras.

South Downs Way 50 – 8th April 2017

1st – 6:27:46

293 – Sonny Peart – 11:16:20

294 – Spencer Millbery – 11:16:20

364 – 12:56:38



Rome Marathon - Sunday 2nd April 2017

1		02:07:28
12126	Veronica Georgescu	05:11:08
12648	Raquel Russel-Ponte	05:31:33
13375	finishers – last	07:25:43



Rotterdam Marathon - Sunday 8th April 2017

1		02:06:04
2538	Chris Shearwood	03:35:17
13063	finishers – last	06:18:02

Boston Marathon - Monday 17th April 2017

1		02:09:37
13440	Nigel Rackham	03:52:30



10K Challenge – April 1st 2017

	Time	Award	
Pauline Bishop	51:54	81.25%	Purple
Dave Young	45:48	74.19%	Blue
Peter Jose	54:44	67.03%	Green
Simon Abery	48:01	64.98%	Yellow
Kyie Hollingshead	51:46	58.32%	Orange
Tian Hollingshead	50:11	57.74%	Orange
Hitesh Patel	54:30	57.25%	Orange
Titziana Spotti	67:41	57.10%	Orange
Julia Allen	60:18	56.99%	Orange
Ku Samra	63:53	56.59%	Orange
Anne Ambrose	72:07	54.36%	Red
Andrew Collier	58:35	52.83%	Red
Rhonda Tapley	63:07	52.57%	Red
Kevin Eckersley	65:43	51.25%	Red
Julie Smith	73:22	48.64%	Pink
Jo Collier	75:41	45.41%	Pink

A small turnout for this event – with some regulars, like Caroline and Mike helping with the Couch to 5K. Well done to Pauline Bishop and Kevin Eckersley who both managed to move one colour up the rainbow – and nobody dropped a colour.

The next event will be Saturday 1st July.

Teresa Young



Tian and Kyie with their orange awards

Maidenhead Easter 10 14th April 2017

1 st		0:51:56
131	Brett Rafferty	1:06:38
198	Steve Paull	1:10:26
237	Mike Morris	1:12:28
269	Russell Hewlett	1:13:39
408	Jim Buckland	1:20:29
465	Pauline Bishop	1:23:33
562	Linda Dunne	1:28:01 (PB)
594	Sarah Belchier	1:29:00
595	Leah Buckland	1:29:00
635	Hitesh Patel	1:30:16
672	Barry Nolan	1:33:26
706	Ariff Sidik	1:35:23
788	Claire Millbery	1:41:35
829	Irene Paull	1:47:01
843	Sakina Sidik	1:49:02
868	Patricia Hewlett	1:58:30
873	Anne Ambrose	2:01:21
874	Penny Hudson	2:03:56
885	finishers – last	2:34:00



Brighton Marathon- 9th April 2017

1	2:27:34
John Norris	3.41.06 (First marathon)
Bernie Conway	4.24.09
Sakina Sidik	5.34.50 (PB)
Irene Paull	5.37.40

Sunday 2nd April 2017 Bournemouth Bay Half Marathon

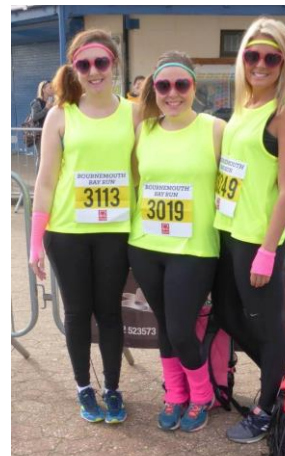
1	01:13:12
76 Chris Shearwood	01:33:51
891 Kim Hassard	02:29:19
892 Sarah Belchier	02:29:19
893 Emma Rackham	02:29:19
953 finishers – last	03:12:11

Bournemouth Bay 10K

1	00:35:55
1114 Penny Hudson	01:12:03
1245 finishers – last	01:51:15

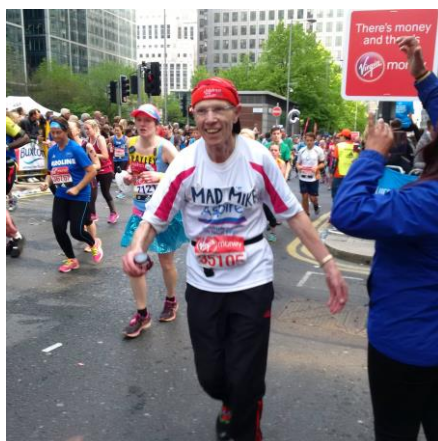
Bournemouth Bay 5K – not timed

Wendy Mulvenna
Gill Shearwood



London Marathon – 23rd April 2017 (preliminary results)

Sasha Birkin	03:12:43
Nathan Powell	03:13:52
Sarah Belchier	03:56:39
Mike Ransome	04:50:04
Anne Leigh	07:35:38



NOTES OF METROS COMMITTEE MEETING

Wednesday 5 April 2017 at the Methodist Church, Cannon Lane at 8.00 pm

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

Harrow Hill Race - Spencer confirmed a surplus for the event and it was agreed that he should personally deliver a £750 cheque donation to the MS Therapy Group. Final race accounts will be completed. Spencer is thanked for organizing the event.

ACTION: Spencer Millbery/Mitesh Patel

REPORTS OF OFFICERS

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

ACTION Sarah Westwood

Hon. Secretary – Peter confirmed the club affiliation fee for England Athletics at £100.

Irene will give Peter details of new members who require affiliation to EA as competing members.

ACTION: Irene Paull

Peter also confirmed the AGM booking with Lowlands Tennis Club for Friday 12 May, which is booked for one hour. All present committee members are willing to stand again for election apart from Penny Hudson. Paula Kanesanathan has not yet confirmed if she is willing to stand for election again. Penny was thanked for her valuable involvement on the Committee.

Hon. Treasurer – Mitesh is preparing a proposed budget for the coming year and various costs were agreed.

ACTION: Mitesh Patel

The Harrow Hill Bank Account is now operational and internet banking will soon be available.

Hon. Membership Secretary – Irene reported that the new on line system was mostly working well. She listed various points regarding membership. Around 60 members have still not renewed and, following a further email reminder, will be removed from various lists.

ACTION: Irene Paull

FURTHER ACTIONS FROM THE PREVIOUS MEETING AND NEW AGENDA ITEMS

Associate Membership of Metros – this had been requested from a member moving from the area who wished to remain in close contact but not as a full fee paying member.

Irene confirmed that administratively this was acceptable and a fee of £12 was agreed. This would be available to previous Metros members only and some limit

with involvement in Metros activities. Metros would not affiliate associate members to EA as competing members

Metros New Kit – Several members had tested the sample male vests and feedback was very encouraging. However, it was felt that the material was heavy and might be too hot for some in the summer. The present firm's logo on the vest was thought to be too large. Peter had obtained a sample female vest with lighter material which was preferred. It was agreed that sample female vests in the lighter material will be ordered to be tested. The font for the Metros name on the new male vests is Verdana in capitals. However, following a vote, it was decided to choose Verdana in lower case for the female vests. The supplier will be asked if their own logo could be reduced. **ACTION:** Peter Beuselinck/Pat Jackson

Metros Logo – Penny Hudson and Emma Rackham will investigate designs for an updated logo. **ACTION:** Penny Hudson/Mandy Rackham

Metrolines – Mike had asked if members found the articles by Andrew Howell of the Body Factory worthwhile. It was agreed they were worthwhile, however, Andrew will be asked to limit the articles to no more than two pages and continuation be reviewed after three issues.

ACTION: Mike Ransome/Anne Ambrose

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

ACTION: Irene Paull/Emma Rackham

First Aid Kits – Following an accident on the Monday night run, Emma asked if foil blankets be available in the Metros kit bags. Peter confirmed that foil blankets purchased for the Harrow Hill Race are in the Metros shed and, following agreement with Angela Murphy, will be added to the kit bags.

ACTION: Pat Jackson/Angela Murphy

Mike, Monday session co-ordinator, will complete a first aid incident form.

ACTION: Mike Ransome

Metros Equipment Storage – Spencer had offered a facility to store Metros equipment, currently housed in the shed at the Scout Hall. It was decided not to take up his offer at this time and Sarah will thank Spencer for his offer.

ACTION: Sarah Westwood

Summer League – Trish had confirmed that the booking for our host fixture is being considered by Harrow Council. It is not yet known if there will be any charge to use North Harrow Recreation Ground.

MBE Award Criteria – Pat had published in Metrolines a list of previous best performances in track and field in age groups currently used in the Vets T&F League i.e.

35-39, 40-49, 50-59, 60-64, 65+. Events: 100m, 200m, 400m, 800m, 1500m, 3000m and 2000m Walk; long jump, triple jump, high jump, shot, discus, javelin and hammer. It was agreed that, to qualify for an MBE when an all-time age record is broken, members must enter events as Metros and wear official Metros kit. The

Dave Brown had requested that those under 35 years be eligible for MBEs from various performances representing school, borough, county and country and a steeplechase distance included. It was decided that the MBE would be for those 35 years and over only and not to include a steeplechase as it is not included in the Vets League programme. Any track and field performance for young members would be considered when choosing the Metros Young Runner's Award.

Harrow Community grants for this year will be available in April and Mitesh will apply and investigate other grant sources.

Date of Next Committee Meeting Wednesday 7 June - NO MEETING IN MAY

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

30

Runner's Recipes

Baklava



This month's scrummy recipe has been contributed by Linda Dunne

Ingredients: 1 Packet of filo pastry sheets (250-270g) – or 15 sheets

Filling: 500g chopped almonds or walnuts (or mixed nuts), 2 teaspoons of cinnamon and 175g melted unsalted butter

Method:

1. Grease a rectangular baking dish
2. Take approx.. 5 filo leaves, basting between the leaves with butter
3. Spread half the nut mixture and cover with another 5 basted filo sheets. Spread the remainder of the nut mixture and cover with another 5 basted filo sheets. Brush top sheet with butter
4. Place in a hot oven 325°F (160°C) for $\frac{3}{4}$ - 1 hour, until golden brown and crisp. Remove when cooked and cut as required, allow to cool.

Syrup: Make the syrup by bringing to the boil 120g sugar, 250ml water and 300g honey then allow to simmer for approx.. 20 mins on a low heat without stirring. Add one teaspoon of lemon juice. Pour over pastry. Allow to stand for at least 2 hours before serving.

Note: Be sure the pastry has cooled to room temperature before pouring the hot syrup.

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.