

etrolines

November 2014

Issue No. 314



Moor Park Winners

Metros Diary

OCT

Sat 25	Beachy Head Marathon (+ 10K)	9.00 am
Sun 26	Ricky Road Run, Trophy Race	10.30 am

NOV

Sat 1	Measured Mile, Roxbourne Park (1st of the year)	9.20 & 9.40 am
Wed 5	Committee Meeting	8.00 pm
Sat 8	Food Bank Donation	
Sun 9	TVXC Datchet (provisional date)	11.00 am
Sat 15	5K Run, Roxbourne Park	9.15 am
Sun 16	Watford Autumn Challenge 5 miles	11.00 am
Sun 16	Herbert's Hole 10K	11.00 am
Sun 23	TVXC Sandhurst (provisional date)	11.00 am

DEC

Wed 3	Committee Meeting (tbc)	8.00 pm
Sat 6	5 Mile Handicap, Roxbourne Park (1st of the year)	8.50 am
Sun 7	Perivale 5, Perivale Park Athletics Track Under 15 2km fun run	10 am 11.15 am
Sat 13	Food Bank Donation	
Sat 20	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sat 20	Judy and Nigel's Christmas Drinks	7.00 pm
Sun 21	TVXC Reading (provisional date)	11.00 am

2015

JAN

Sat 3	10K Challenge, Roxbourne Park	8.50 am
Sat 10	5 mile walk, Roxbourne Park	9.00 am
Sat 10	Food Bank Donation	
Sun 11	TVXC Tadley (provisional date)	11.00 am
Sat 17	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 18	TVXC Bracknell Forest Runners	11.00 am
Sun 25	TVXC Metros (provisional date)	11.00 am

FEB

Sun 1	TVXC Thames Valley Triathletes	
Sun 15	Harrow Hill Race, Harrow on the Hill	10.30 am

Committee meetings are at Methodist Church Hall, Cannon Lane. They are open to all but only the committee can vote.

Please Note: If you wish to run the 10K challenge or 5 mile handicap and are likely to take over an hour please make sure you are ready to set off at 8.50am. If you wish to leave earlier you may self time the run.

Note from the Editors!

You all appear to have had a busy few weeks – plenty of race results to peruse later. For those of you who love mud, the cross country season is about to start – enjoy! Christmas is almost upon us (well, sort of): please see one of us with your Christmas messages (page 9). Before that, we look forward to seeing you at the quiz and awards night. Enjoy your running.

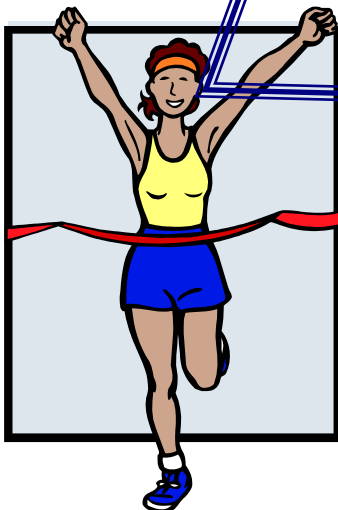
Jane and Penny Hudson



Welcome

Max Dodomo, Pinner
Mason and Max Murray, Ruislip
Krupa and Aanya Patel, Northwood
Jamie Richards, Pinner
Patricia and Russell Hewlett, Ruislip

Elected at the October meeting



Attention all members

Membership subscriptions are now **OVERDUE**.

Following the change to the membership year to run from March to February as agreed at the SGM in August, the committee has agreed a discount for members renewing NOW for 18 months up to 1st March 2016:-

- ❖ Adults £20
- ❖ Under 18s £1
- ❖ Students (aged 18-21 in full time education) £5

To pay for 6 months NOW, and then the normal annual rate from 1st March 2015, the 6 month rate is:-

- ❖ Adults £7.50
- ❖ Under 18s £1
- ❖ Students (aged 18-21 in full time education) £5

If you have not already paid, payments can be made in cash, by cheque (payable to Metros) or by direct bank transfer. I will collect cash and cheques at sessions, or they can be posted to me at the address below. Please email me at metros.secretary@yahoo.co.uk if you would like details of how to do a bank transfer.

Thanks

Irene Paull
Membership Secretary
165 Whitmore Road
Harrow HA1 4AG



Another recommendation ...

Ian Bird, Registered Osteopath. Tel: 020 8954 4394

Trophy Races



Ricky Road Run

Sunday 26th October, 10.30 am

Note 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.

Cross Country



<http://www.tvxc.org.uk/>

The Thames Valley Cross Country League is based around 8 races held from October to February each year. The winners and runners-up attend the national finals in April.

Events are held on Sundays with an 11:00 AM start time - each course is usually a mixture of woodland trails and parkland and is normally about 5 miles in length.

Race entry this year will be free. Post race refreshments are provided.

Provisional dates as follows (please check with Jane or Al to confirm):

09 Nov Datchet 23 Nov Sandhurst

21 Dec Reading 11 January Tadley

18 Jan Bracknell

25 Jan Metros (new venue please look out for further details)

01 Feb Thames Valley Triathletes

North London Cross Country

Venue: Alexandra Park, Hornsey

Date: 22nd November 2014

Time: Women's race at 2.00 pm. 6K
Men's race at 2.45pm. 5 miles

If anyone fancies having a go at this cross country please let me know before Monday 3rd November as entries close on 8th

Al Scoffham
01895 270245
07437457104

The loneliness of a sloooooow distance runner

As once again I claim my place at the tail end of a marshalled run (I cannot give what I do the title of 'race'), my mind looks at my running past

Once upon a time, before age, asthma and my other sports diluted my performance, I did actually present some good times for the various distances!

Ah good running times, whence are you gone?

Why do I still run despite my inept slowness? Well, partially because of the companionship of my fellow Metros. You are all still so supportive despite having to either wait for me or increase your mileage by coming back to scoop me up. Though I do have a little theory of why you all run so much faster – it's mainly to escape my inane conversation!

The amazing encouragement along the route and, of course, the lack of competition from other finishers means that my approach to the finish is almost as glorious and all encompassing as for the Nigel Rackhams of this world

Added to this is my love of chocolate and good wine & single malt. How else can I continue to indulge these vices without detriment to my dress size?!

However being last (or nearly last) has many compensations. You meet such a nice class of runner at the tail end. Often with fascinating tales to tell. You also get to have great chats with those brave souls who offer to scoop up the tail end runners. Especially with the motor cyclists – having become a biker late in life, I have discovered a whole new brotherhood.

How do I cope with this slow, loooooong progress around the route? Time was when I looked at my watch in despair at my continuing slow times. But that was easily solved – I just don't wear a watch. That way I am sometimes pleasantly surprised by at least taking less time than actually expected.

As for true loneliness, well how can one be lonely in these days of in ear music. I have a very eclectic range of music. So I listen carefully as a loud 'Jolene' is followed by the slow movement of the Mendelssohn violin concerto via the Skye Boat Song and Bohemian Rhapsody. My mind is kept busy trying to identify the snippets of classical symphonies.

So, don't feel sorry for me. Please keep supporting me and I shall continue running into ripe old age. What's this I hear – I am already old? No way – just getting more eccentric!!

Sonya

Achievements

Well done to ...

Anthony Bellis for a PB in the Reading 02 10K and again in the Herts 10K on 12th October.

Nigel Rackham for winning Moor Park 10K.

To all the award winners at Moor Park 10K - **the ladies team, the men's team and many others.**

Pritesh Patel for a PB at Robin Hood Marathon

Christopher Hudson for a mile PB on Saturday 18th October breaking 6 minutes.

Sasha Birkin, Sonny Peart, Donna Warren, Brett Rafferty and Emma Rackham for PBs at Cabbage Patch 10.

Sonny Peart, Brett Rafferty, Anne Ambrose and Pritesh Patel for parkrun PBs

Nigel Rackham for being first V50 at Salisbury Half



QUIZ & AWARDS PRESENTATION EVENING

Date: Friday 28th November 2014

Time: 6.45 pm for a prompt start at 7.00 pm

Venue: Lowlands Tennis Club, Lowlands Road, Eastcote

The awards presented will include the following:

Metros Thames Valley League 2013-2014

Metros Summer League 2014

The Bill Gardner Summer League Award

Track & Field MBEs & Track Shields

Metros 5 Mile Handicap

Metros 5 Mile Walk Shield and Certificates

10K Challenge Awards

Ann Marsden 5K Award

Keith Adsley Award

LRRC Trophies

The Young Runner's Award

Beginner Runner's Award

The Aaron Breen Awards for Services to Family Running

The Runners' Awards



Quiz

The rounds of the quiz will be between the presentation of the various awards.

It is suggested that teams should consist of no more than ten.

A Bar is available (you can bring your own nibbles)

*****Once again the evening is open to Metros members and their immediate families only. This is due to increased numbers*****



Further information from **Pat Jackson 020 8868 5683**

Kathryn Herring award

The Kathryn Herring Award is presented annually. Kath and her family, husband Adrian and two daughters, were members some years ago and all participated fully in Metros activities. Kath was a 'social' runner who enjoyed Saturday morning training but didn't really participate in many other running events.

Sadly she died of breast cancer and Adrian asked for an award to be presented to someone of similar 'ilk' but, as it wasn't an award for running, asked for it to be presented at a time other than the Metros Quiz and Awards Presentation Evening. It is now presented at the Metros Annual Fun Run – The Brian Jackson Fun Run and the worthy recipient this year is Stephanie White.

Pat Jackson



Christmas Messages



This year we will be collecting Christmas messages and donations mainly at the running sessions as the quiz night is too late for December publication.

The idea is that you put a message in Metrolines and a donation to charity instead of giving lots of cards to all your Metros friends.

The nominated charity this year is Leukaemia and Lymphoma Research.

So if you would like to participate please see Penny or Jane Hudson.

Arch 2 Arc (run - swim - bike) - a five hour window on the madness of Ultra Challenges

It apparently started around three years ago with a bit of a run, a bit of a swim and a cycle.

It started for Karen and me on the Saturday, we left home just before 10pm and whizzed around the M25 to South East London to meet up with Paul, two hours into his run. He had left Marble Arch at 8pm and run through the Saturday night crowds in London at the start of his 87 miles to Dover. We got caught in traffic and just missed our rendezvous on the edge of Lambeth and spent 20 minutes chasing up and down streets trying to find him. Half an hour late, we caught up with him, and took over from the first team, transferred kit bags, food, primus stoves etc and started our shift. Our job was to drive a short way in front of Paul and to re-fuel him with water, jellybeans, flapjacks and pasta to keep him going.

We passed into Kent and had our first chat to the locals at around midnight on a garage forecourt. We had a professional photographer, Neil, with us and as he was carrying two very large cameras with him, we had to explain to one slightly confused / befuddled gentleman what we were doing, sadly, he'd had a couple of drinks and couldn't quite keep up so after three attempts we gave up just as his mates appeared with further stocks for the evening. Strangely at the next petrol station, as we waited for Paul to complete a very long downhill section we were approached by a very loud and insistent lady who was convinced that the invigilator, Dan, travelling alongside us, was someone she had met on the train earlier. The moral is, don't talk to anyone in Kent after midnight!

Paul completed his first marathon in about 5 hours around Brands Hatch, and with two and a half more still to do, I have to say I never expected anyone to remain so resolutely cheerful while running such a distance on his own. We fed him some pasta and then stopped just outside Maidstone and transferred all the kit (& Neil) onto the next team and made our way home for 4am.

Paul finished the run in Dover and had a few hours sleep before the "interesting" next step of swimming the English Channel.

A day later I got a call from Karen saying she was off to Paris....

Adam

After a tense wait on Monday when there was some doubt as to whether the swim would go ahead (if the weather was too bad Paul would have to start the entire event again) a colleague and I decided to surprise Paul at the finish. We drove to Paris arriving at 2am and had a couple of hours sleep in what appeared to be the last hotel room in the city which had the added bonus of a parking space. Getting up early the next morning we crossed Paris on the Metro not knowing what time Paul would finish and being desperate not to miss out after the mad dash to get there. We met up with a support group of family and friends and had time for a coffee on the Champs-Élysées before heading to the Arc de Triomphe to see Paul

finish. After lots of photos and congratulations we dashed back home. So my only visit to Paris was very short but worthwhile and I did get to see the Eiffel Tower but only from the Metro.

Paul works at and was raising money for Aspire. He is one of only 21 people to complete this amazing challenge and at 49 is the oldest! He completed the challenge (an 87 mile run from London's Marble Arch to the Dover coast, a swim across the English Channel to the French coast, and finally a 181 mile bike from Calais to the Arc de Triomphe in Paris. For this challenge, the clock starts at Marble Arch and stops at Arc de Triomphe) in 85 hours with only 13 hours of sleep. So far Paul has raised over £21k.

To see more about this event: <https://www.justgiving.com/PaulParrishArch2Arc>





London Marathon 2015 - Club Places Draw



Each year the club receives guaranteed entries for the London Marathon. The places are allocated to clubs affiliated to English Athletics who apply and are successful in their application. Last year Metros received one such place. As the application process does not start until late October, we currently cannot say whether we are guaranteed a place. The club typically also receives three places to thank us for manning the water station at Canary Wharf. Again, these have yet to be confirmed for 2015. Assuming we receive places we will look to hold draws as early as we can after confirmation of the places. These draws will be held after a Saturday morning session at the scout hut, date TBC, but likely to be in November or early December.

- To enter the draw for the club place(s) you must have proof of a rejected entry for the 2015 marathon.
- This draw is open to all paid up members of Metros at the time of the draw, who have also been members for at least one year. Metros must be your first claim club.
- You must also be a paid up member affiliated to English Athletics.
- Members who received a place in 2014 through the club draw will not be eligible to enter the draw for 2015.
- The draw for the water station places is only open to those who assisted with the water station in 2014. If there are more places than draw entrants, the extra places will be put into the club draw.
- All entrants to the Marathon must be 18 years or over by the day of the race. If successful in either draw you will be expected to run in Metros kit on the day.
- Irene Paull is the club's membership secretary in case you need to check that your membership is up to date. Peter Beuselinck can arrange your affiliation to English Athletics, if you are not already affiliated.
- Please send your applications for the club draw to Peter Beuselinck (p_beuselinck@yahoo.co.uk) and for the water station draw to Garry Young (g.d.young@btinternet.com). If eligible, you can enter both draws.



London & Surrey Cycling Partnership LLP

115 Southwark Street
London, SE1 0JF
Tel: 020 7902 0212

8th September 2014

Dear *Mandy*

Thank you to all the team for the help and support at Prudential RideLondon this year. I hope everyone had an enjoyable day at the event despite the weather. It was a great success once again and we couldn't have done it without your support. Please find enclosed a cheque for your donation to the group.

I hope that the team are keen to get involved again next year. It will be taking place on the 1st & 2nd August 2015.

Kind Regards

Claire Larbey
Volunteer Manager



Results and Reports

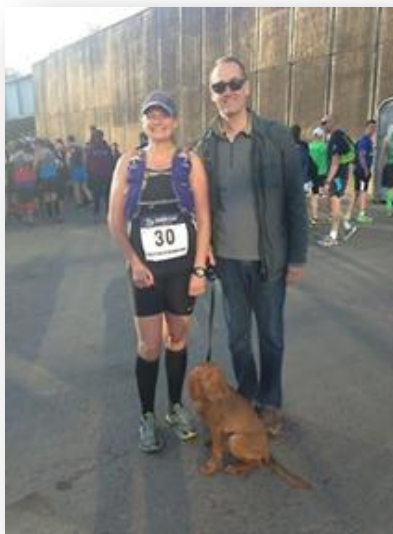
Clyde Stride Ultra

After getting hooked on the Dingle experience a few years ago and having run the half marathon twice and the full once, I've always had a hankering to "complete the set" and undertake their 50 mile ultra.

As success is all in the planning and prep, I set myself the goal of running Dingle ultra in 2015, giving me a 24 months to get comfortable with marathon distance then ramp up to the 50 via a few shorter ultra distances.

I found the perfect 40 miler for this extended training plan back in Glasgow. The Clyde Stride Ultra is a small, friendly, well organised and marshalled race and their facebook page provided much pre-run chat and access to info on training runs for when I was home visiting the family or volunteering at the Commonwealth Games. The route follows the mighty Clyde river from Partick upstream to the World Heritage Centre of New Lanark. Initially the landscape was urban and industrial highlighting the river's contribution to Glasgow's place in history during the days of the Empire, to the more rural areas where the heavy industry makes way for agriculture and tourism. Most significant of all to me is the fact that the route passes through the town where I was brought up.

Peter, Boris and some friends saw me off. In the picture below the mix of nerves and feeling the chill of the autumn morning is written all over that fake smile. At that point I was just keen to get going. I'd lashed on Martin's magic running oil to the legs, dropped my bags for the checkpoints in the support cars, nothing left to do but run.



And too soon we were off. Shadows cast long as the sun sat low in the sky and we headed eastwards. I was so thankful that I had my skip cap on. Head down. Focus. Not even a wave for my support crew who had found a bridge to watch me just after the start.

The route was split into 3 checkpoints 10, 8, 10 mile splits before the final miles to the finish. I didn't think of the full distance. In my head I was out for four moderately distanced runs. I reset my Garmin at each checkpoint and that strategy seemed to work very well for me on the day.

The difficult part was to make sure I didn't go out too fast. Stage 1 was all pathway following the Clyde through the centre of Glasgow. I ran a constant 10 minute mile pace having slipped into the middle of a group of 6 lads. Two of them were new to ultras just like me - Gerry and Derek - and a few more seasoned ultra runners.

The first checkpoint was at my home town. I knew the route as I'd run it a couple of times earlier in the year. The distance passed quickly as it tends to do when you're running a metronomic pace and chatting to new buddies. I didn't stop at the checkpoint - I just picked up my dropbag, acknowledged my supporters and had Peter trot beside me as I decanted more drink into my vest bottles, restocked on gels and tried to eat some salty biscuits and flapjacks. There was no saliva, however and chewing and swallowing were tricky.

I hooked up with the lads again, but all too soon we were off road and I slowed down wary of turning my ankle on the uneven surface. This was a tough route to navigate as it went through fields and followed rabbit tracks but once back on trail again I found the going relatively easy and picked up the pace. Including checkpoints and crossing roads, I managed stage two in around 11 min miles.

Just past checkpoint 2 at Strathclyde Park, venue for the Commonwealth triathlon competition and I stopped for a quick pose with Tinto hill behind before turning and running towards it. I made a big mistake here - I took on water. Within a few miles I had a stitch. For some reason I can't handle straight water when running, always needs to be Lucozade Sport. I took the luxury of stopping for a proper toilet at the visitor centre in the park. Any time was going to be a PB so I could take the time out. I was soon back on the trail again and picked up one of the ultra newbies, Gerry, again. Unfortunately this wasn't the uplifting experience it had been on stage 1. All he did was externalise his own



concerns about running beyond marathon distance. All the time I was trying to keep really positive. I was sharing his concerns but was battling to not verbalise them or let them eat me up. Only positive thoughts in my head....no bandwidth for someone else to bring me down. I tried to shake him off in the nicest possible way, but he could see I was running strong and wanted to pace with me. No probs, Gerry, just keep it zipped!



We wound our way through the increasingly more rural landscape. This was the stage of the legendary "coo field" where we had to pass by real live cows. Tales of terror and vicious beasts had been exchanged on the FB site....in reality they stood there, quietly staring wondering what all these crazies were doing running through their field.

Before I knew it I was at checkpoint 3. I'd gone into that "beyond marathon" territory without a passing thought, thanks to the resetting of the Garmin at each checkpoint. I had no issues, my legs were very strong, the only minor problem were the lungs, still struggling to get over the cold I picked up the previous week.

I knew that the final stage was the toughest from my reccie runs - "it's aw up an' stairs" a fellow runner so accurately described it. I was prepared to dig deep....and walk as often as was necessary. A few miles in to the stage and I was delighted to meet James - he was the guy who had offered to help me reccie the course way back in July. We got chatting and slipped into an easy pace together and ran that way for the rest of race. It really worked well - I pulled him along a few times and he got me through the hilly last section when there was an extra twist that I wasn't expecting and I began to lose hope. My sister caught us running in to New Lanark and then we crossed the line together and had a massive hug on finishing. I admit to shedding a few tears as I approached the finish. What a huge sense of achievement.

I had my medal presented to me then got a hug from Lee, the race organiser who stood and hugged every single finisher. We had a chat and I gripped tight to my goodie bag before selecting my post race



refreshment. No water here....I appreciated the bottle of Magners cider. It was the best pint I've ever tasted.

Some final thoughts. I wasn't too nervous going in to the event compared to how I get hyped up at the big marathons. My plan was to beat the 10 hour cut off. I went in with realistic expectations and somehow I managed sub-8. It was interesting that I never hit the wall. It was really hard to eat on the hoof - it tasted like cardboard. Each time I had to force the food down.

From a mental perspective I found that breaking the race down to 4 discrete runs helped. As did the fact that I was happy to walk/run.

But it wasn't perfect. For next time I'd aim at a more consistent pace - maybe slower at the start but continue at that slower pace. I lost a lot of places in the last few stages by slower, consistent runners passing me. My legs were strong and I think the tough, off road Chiltern marathon a couple of weeks ago (self navigated, off road, out there for 6.5 hours) really helped sort them out - shame it lowered my immune system to the point that I got a cold.

Overall, I loved it. A completely different running experience and I already have the next ultra planned. In January I'll be tackling the Long Distance Walking Association's 30 mile Winter Tanner with an ultra addict from my last job and in May I'll be back up north for the 35.5 mile Kintyre Way. Sadly, the organiser at Dingle announced last week that he won't be continuing the Ultra distance in 2015 so I'll need to find some other 50 miler to work towards.

Mandy Beuselinck

Clyde Stride 40 mile Ultra Marathon - 27th September 2014

1		4:55:50
66	Amanda Beuselinck	7:58:10 17th Lady
90	finishers - last	9:35:52

Swallowfield 10K - 22nd September 2014

1		34:37
63	Sonny Peart	45:31
189	Glyn Watkins	55:43
277	finishers - last	88:19

Robin Hood Marathon 22nd September 2014

1		2:28:44	
191	Pritesh Patel	3:28:58	PB
1497	finishers - last	8:18:14	



Ealing Half Marathon - Sunday 28th September 2014

1		1:07:33
1477	Rajesh Varshani	1:52:02
1680	Sonny Peart	1:54:47
2131	Claire Elam	1:58:58
3104	Caprice Beggs	2:13:40
3989	Anne Ambrose	2:34:44
4285	finishers - last	3:58:43

Moor Park 10K - 28th September 2014

1	Nigel Rackham	35:04
3	Gary Warren	36:56 (St Albans Striders)
34	Fatmir Sulmataj	43:02
35	Kevin Smart	43:11
39	Sasha Birkin	43:22
43	Anthony Bellis	43:53
46	Andrew Cooper	44:02
66	Mitesh Patel	45:43
68	John Norris	45:46
86	Donna Warren	46:43
87	Brett Rafferty	46:45
108	Tracey Tyrell	48:20
128	Steve Paul	49:19
151	Hershil Patel	50:45
183	Spencer Millbery	51:52
190	Gertrud Porter	52:16
193	Rebecca Walker	52:18
197	David Young	52:27
227	Bernie Conway	53:25
296	Ruth Tidder	55:58
319	Glyn Watkins	56:44
329	Simon Dadomo	57:03
332	Gordon Valentine	57:11
352	Jane Hudson	58:00
357	Michael Ransome	58:22
379	Judy Rackham	59:19
397	Linda Dunne	1:00:20
410	David Brown	1:00:54
428	Paul Gardner	1:02:10
432	Peter Rackham	1:02:26
448	Raquel Russel Ponte	1:03:22
467	Emma Rackham	1:04:37
521	Geraldine Gill	1:08:59
527	Hilary Baker	1:09:18
566	Linda Gaitskell	1:16:06
567	Angela Murphy	1:16:06
583	Sue Davie	1:19:29
594	Sonya Grist	1:24:30
601	finishers - last	1:45:17





Moor Park 10K - 28th September 2014

Under 15 Boys and Girls

1		14:12
16	Sam Dadomo	17:40
40 finishers		

Under 12 Boys

1		09:08
6	Christopher Hudson	10:24
55 finishers		

Under 12 Girls

1		09:09
41	Natalie Tidder	14:40
74 finishers		

Under 10 Boys

1		04:46
8	Max Dadomo	05:14
128 finishers		



Royal Parks Half Marathon - Sunday 5th October 2014

1	1:12:04
4084 Spencer Millbery	1:51:35 PB
9256 Mark Mulvenna	2:09:52
14741 finishers	



Clarendon Marathon 5th October 2014

1	2:43:41
54 Christopher Shearwood	3:41:45
411 finishers - last	7:38:05

Chicago Marathon - Sunday 12th October 2014

1	2:04:11
14088 Gertrud Porter	4:05:43 4th FV65
40568 finishers - last	8:23:29

Reading 02 10K - Sunday 5th October 2014

1	34:22
26 Anthony Bellis	42:06 PB
399 finishers - last	1:22:05

Petts Wood 10K - 12th October 2014

1	0:37:36
502 Paul Gardner	1:02:07
678 finishers - last	1:32:40

Harrow AC Schools Cross Country Wednesday 15th October 2014

Year 6 Girls	20/124	Natalie Tidder	9:47
Year 6 Boys	3/144	Christopher Hudson	7:57
Year 5 Girls	21/99	Kirsty Young	8:15
Year 5 Boys	99/134	Aaron Rawlins	8:55

Salisbury Half Marathon - Sunday 19th October 2014

1		1:12:54	
3	Nigel Rackham	1:16:35	1st V50
Last		3:08:50	

Herts 10K - Sunday 19th October 2014

1		33:55	
73	Anthony Bellis	41:39	PB
2089 finishers			

Bupa Great Birmingham Run Sunday 19th October 2014

292	Pritesh Patel	01:27:46
603	Christopher Shearwood	01:32:47
1127	Fatmir Sulmataj	01:37:46
1925	Mitesh Patel	01:42:43
8060	Paula Kanesanathan	02:08:50



Cabbage Patch 10 - Sunday 19th October 2014

1 st		0:49:35
286	Sasha Birkin	1:09:50 PB
357	Brett Rafferty	1:12:27 PB
509	Donna Warren	1:16:49 PB
596	Sonny Peart	1:18:48 PB
601	Steve Paull	1:18:53
691	Simon Abery	1:20:53
989	Amanda Beuselinck	1:28:06
1180	Harriet Copland	1:32:54
1200	Jane Hudson	1:33:33
1248	Ruth Tidder	1:34:43
1329	Raquel Le Ponte	
	Russell	1:37:07
1548	Emma Rackham	1:45:37 PB
1624	Geraldine Gill	1:50:19
Last		2:28:13



Part of the support team!



Some parkrun results ...

Sonny Peart

Penrith	09.8.14	22:47
Northala Fields	30.8.14	21:25
Northala Fields	13.9.14	21:12 PB
Northala Fields	11.10.14	21:27

Brett Rafferty

Northala Fields	11.10.14	19:39 PB
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Anne Ambrose

Burgess	13.9.14	29:16 PB, 1st VW55-59
Burgess	20.9.14	29:13 PB

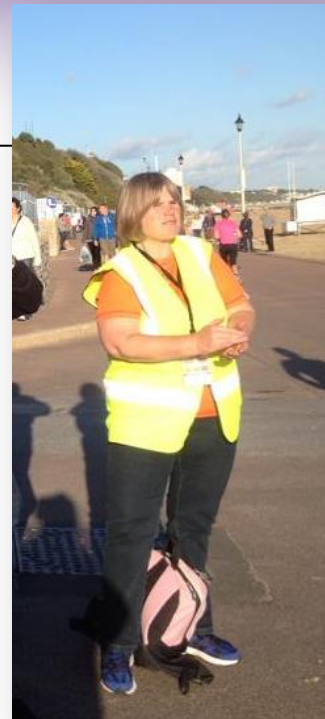
Pritesh Patel

Colwick	04.10.14	19:35 PB
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Bournemouth Half Marathon - Sunday 5th October 2014

1	1:09:29
2687 Sue Davie	2:47:23
2772 finishers - last	3:30:18

Sue marshalling the Bournemouth
Marathon Festival 10K



Saturday 18th October - Mile Time Trial

1	Christopher Hudson	05:54
1=	Nigel Rackham	05:54
3	Chris Shearwood	06:09
4	Eleanor Murray	06:20
5	Simon Abery	06:36
6	Tracey Tyrrell	06:37
6=	Donna Warren	06:37
8	Mike Morris	06:44
9	Caroline Day Lewis	06:46
10	Dave Young	07:07
11	Andrew Collier	07:34
12	Mark Mulvenna	07:51
13	Dave Brown	07:58
14	Pauline Bishop	08:00
15	Errol Clarke	08:08
16	Janice & Gordon	08:26
17	Angela Murphy	09:01
17=	Carole Wells	09:01
19	Penny Rawlins	09:20
20	Arnold	10:06

Well done to all those who took part in the mile on Saturday morning. There were many more than listed above but due to a stopwatch problem most people did not get times.

Apologies if you were looking forward to seeing if you had improved from last time. I was pleased to complete the mile without stopping - the first time for over a year.

The next mile challenge is on 1st November - the Measured Mile, the first of the four miles in the Measured Mile competition.

Penny Hudson

Runner's Recipes

Lentil and butternut squash stew

It's that time of year again. That time where it's almost dark when you leave the office and you spend a lot of the day looking out of a rain splattered window dreaming of home time and being back on the sofa in your slippers. The time where you want to draw comfort from your food. There is no better way to do that than by cooking up a hot pot wonder to warm your bones and fuel your fire. Super simple, highly nutritious and adopt the: throwing everything into a pot and letting it simmer while you catch up on back off strategy.

Ingredients

- 1 x small butternut squash.
- 1 x cup green or puy lentils
- 1 x handful cherry tomatoes
- 1 x onion
- 2 x garlic cloves
- 1 x leek
- Spring of rosemary
- 1 x veg stock cube
- Nob of butter
- Spring of thyme
- Seasoning
- Handful of feta to serve



Method

1. Chop your butternut squash into cubes, leave the skin on.
2. Slice up the leeks and finely chop onion and garlic.
3. Heat a nob of butter in a pan and then add the onion, garlic and leeks and stir lightly until soft, add the squash and the chopped rosemary and thyme.
4. Stir in the lentils and halved cherry tomatoes, stir.
5. Cover in boiling water and add the stock cube and seasoning. Put a lid on pan and allow to simmer, stirring once in a while.
6. Serve with crumbled feta on top and crusty bread.

By Annie Rice, www.runnersworld.co.uk/nutrition/runners-food---one-pot-wonders/

NOTES OF METROS COMMITTEE MEETING

Wednesday 1 October 2014, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Peter Beuselinck, Penny Hudson, Pat Jackson, Irene and Steve Paull, Marilyn Pickford, Penny Rawlins, Barbara Robson, Mike Ransome,
Tracey Tyrrell, Carole Wells, Sarah Westwood, Sandra Young.

APOLOGIES: Mandy Beuselinck, Nigel Rackham

Non Committee: Jane Scoffham (for Thames Valley League Item)

CHAIR: Mike Ransome

NOTE RECORDER: Pat Jackson

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

MATTERS ARISING FROM THE PREVIOUS MEETING – 3 September

Alternative Annual Event Between Metros Marathon Week – A note has appeared in Metrolines asking for suggestions for alternative events in the years Metros Marathon Week does not take place. A duathlon and away fixture have been suggested, now awaiting further suggestions.

ACTION: Mandy/Peter Beuselinck

Metros Thames Valley League Host Fixture – Jane Scoffham, co-ordinator, reported on a recent meeting of league representatives. It was agreed that no further clubs will be accepted and the existing clubs remain in one league. Entry fee (£2) and start time (11.00 am) confirmed. Seven men and four women will score as a club team. Smaller host clubs can ask for help from other clubs with marshalling etc.

The Bracknell date has been changed to 14 December.

The Metros host event will be held on Sunday 25 January in Hillingdon Farm Fields. Runners will be asked to share cars and parking is available on local roads. Jane will confirm cost to hire the track building from 10.00 am – 1.00 pm and check the running route.

ACTION: Jane Scoffham

Peter will book St John's Ambulance for first aid.

ACTION: Peter Beuselinck

Club Photo – Penny Rawlins will check the photos with the photographer.

ACTION: Penny Rawlins

Metros Gazebo – Teresa Young will arrange the purchase of a gazebo for Metros prior to the Harrow Hill Run in February. **ACTION:** Teresa Young

Metros Timer Co-ordinators – Pat has distributed waterproof clipboards to Metros co-ordinators who time events and Teresa will order one or two stopwatches needed. **ACTION:** Pat Jackson/Teresa Young

Saturday Morning – Irene Paull, co-ordinator, is organising a rota of members to help, take training sessions and serve refreshments. **ACTION:** Irene Paull
It was agreed that a list of Metros First Aiders be available at the Scout Hall.
ACTION: Pat Jackson/Jane Scoffham
Pat will ask Margaret Smith to suggest a date for a one day first aid course to be geared to needs likely to arise at a running session. It will be advertised in Metrolines. **ACTION:** Pat Jackson

Dogs at Metros training sessions: Peter and Irene will draft a proposed policy. **ACTION:** Peter Beuselinck/Carole Wells

Signed Copy of Constitution – Peter has arranged this and will email to the committee. **ACTION:** Peter Beuselinck

Harrow Hill Race 2015 – Confirmed as Sunday 15 February, same weekend as last year. **ACTION:** Mandy/Peter Beuselinck

Quiz and Awards Presentation Evening – Jane and Al Scoffham and Steve Paull will co-ordinate the Quiz on Friday 28 November
ACTION: Jane/Al Scoffham/Steve Paull
Peter will arrange a cheque to pay for the hall hire. **ACTION:** Peter Beuselinck

Physios – A list of local physios recommended by Metros members has appeared in Metrolines. Further recommendations are requested. **ACTION:** Penny Hudson

REPORTS OF OFFICERS

Hon. Chairman – Mike requested information regarding co-ordinators reporting incidents requiring first aid. Pat will check with Margaret Smith and Angela Murphy
ACTION: Pat Jackson
Mike will apply for the Leadership Training course. Judy Rackham's application to also attend the course was approved .

Hon. Vice Chairman – Sarah had nothing to report.

Hon. Secretary – Peter had received a cheque for £150 from the Ride Bike Event.
He had also received 'thank you' e-mails from the organisers of the Round Norfolk Relay following the fatality.
The England Athletics AGM is on 18 October.

Hon. Treasurer – Nigel had sent a quarterly report to the committee. He had requested that he changed the accounting policy to show membership subs as income in advance. This was approved. **ACTION:** Nigel Rackham

Hon. Membership Secretary: The following applications were confirmed: Max Dodomo, Pinner; Mason and Max Murray, Ruislip; Krupa and Aanya Patel, Northwood; Jamie Richards, Pinner and Patricia and Russell Hewlett, Ruislip Irene was thanked for producing a detailed report of current membership figures including those who've paid the fee for 18 months, those who had not changed standing orders and those who've not renewed etc. She confirmed the new system was working well. She will wait until a Bank Transfer is paid before sending the Metros joining documents. One member had paid twice and it was agreed should be given a refund.

ACTION: Irene Paull

REPORTS OF CO-ORDINATORS

Fun Run – Pat thanked all who had run and/or helped before, during or after the event.

Young Runner's Awards and Beginner Runner Award – decisions on recipients will be taken at the next committee meeting. **ACTION:** All Committee

Christmas Messages - Penny pointed out that the Quiz and Awards Presentation Evening was later this year and too late for Christmas messages to be collected and appear in Metrolines. It was agreed that she will send an e-mail to the group e-mail requesting messages and money at training sessions.

ACTION: Penny Hudson

Christmas Charity – Barbara requested the charity this year be Leukemia, this was agreed. **ACTION:** Penny Hudson

The meeting finished at 9.20 pm

Date of Next Committee Meetings –8.00 pm at the Methodist Church, Cannon Lane, Pinner: 5 November, (3 December to be confirmed)

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

Why runners should eat chocolate

by Ruth Emmett

1. It keeps you trim

After two weeks of 100g daily dark chocolate rations, study subjects at the University of L'Aquila, Italy, showed lower insulin resistance than white-chocolate chompers.

Why do you care? Because insulin resistance hampers your bodies' ability to regulate blood sugar, potentially leading to weight gain and type 2 diabetes.

2. It lowers your blood pressure

Just 30kcal of dark chocolate per day (two squares of a little Green & Black's 70% bar) can lower your blood-cuff stats, found a German study at University Hospital of Cologne, Germany. Adults were given a daily dose of dark or white choc for 18 weeks - the white stuff had no effect on blood pressure; those on the antioxidant-rich dark side came back with a three-point drop in systolic blood pressure.

3. It boosts your staying power

From reducing your cholesterol levels to easing inflammation, the antioxidants in chocolate could help tackle your risk factors for heart disease - which in turn means you can exercise safely, for longer. One Harvard University study found apples to be the only food with a higher antioxidant count per 100kcal. As if you needed another reason...

Is your bar choc-full?

Leeds University researchers looked at the total antioxidant content of the nation's three favourite chocolate flavours. Here's how the bars stack up in terms of procyanidins, a heart-healthy variety:

White: 0g

Milk: 40.6mg per 100g

Dark: 93.5mg+ per 100g*

(*Rises with cocoa content)

Taken from runnersworld.co.uk



Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the first Wednesday of most months (but usually not May, August or January) and we are open to all members.

First Aid

If you hold a valid First Aid Certificate please could you let me know so that we have a list for run co-ordinators, in case of an incident. If you are interested in taking a First Aid course, we may be able to arrange it. Thank you.

Jane Scoffham - tel. 01895 270245

First Aid Course

Contact me on
0208 866 1170,
mcstraining@hotmail.co.uk,
or see me at the scout hut
after the Saturday running
session for further details.

Margaret Smith

Facebook Page

If you're a Facebook user then look out for the Metros Running Club Page. We've set this up to allow Metros to keep in touch and to interact with other running based organisations. Getting access is simple - key in Metros Running Club in the Search bar, click to link down to the Page that is returned by the search, and "like" the page. And don't be afraid to contribute anything relevant to the Page.

Metrolines

Contributions to: Penny and Jane Hudson

Email: metrolines1@gmail.com

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.

When submitting articles, please ensure that all information is correct and that times, dates and places are clearly shown.

Photocopying: Pat Jackson

Contact Penny Hudson if you would like to join Metros group email.

Group email address: metrosrc@googlegroups.com

Advertising

If you would like to advertise in Metrolines the rates are as follows:

Full page £5

Half page £3

Quarter page £2

Coaching/Leadership/Officials' 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

www.metros.org.uk

Contributions to:

kevinsmart14@yahoo.com

If you have information relating to club events that you feel should be on the website please send details to Kevin at the above email address.

Metros Kit

Metros breathable vests and long and short sleeved T-shirts are available from Pat Jackson – tel. 020 8868 5683. Price: T-shirt £18, £15; vest £12.

Hats, fleece jackets and hoodies can also be ordered.

Metros vests - small sizes only - can also be purchased at Runner's World, 139 Field End Road, Eastcote, HA5 1QH. Tel. 020 8868 6997. (Runner's World does not have any other Metros kit).

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 REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: mondaymetros@yahoo.co.uk	
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
SUNDAY	09.30	Anne Leigh	01753 888 839

Not every week – please phone Anne to confirm

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.