



November 2016
Issue No. 338



Metros Annual Fun Run
Brian Jackson Fun Run

Metros Diary

OCT

Sun 23	Water of Life 10K and Half	10.00 am
Fri 28	Brooks Serpentine Last Friday of the Month 5K	12.30 pm
Sat 29	Challenging session or new timed walk route	9.00 am
Sun 30	Ricky Road Run 10 - Trophy Race	10.30 am

NOV

Wed 2	Committee Meeting	8.00 pm
Sat 5	5K Run, Roxbourne Park	9.15 am
Sun 6	Regents Park 10K Winter Series	9.00 am
Fri 11	Awards Presentation & Quiz Night	6.45 pm
Sat 12	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 13	Thames Valley Cross Country, Datchet	11.00 am
Sun 13	Grand Union Half Marathon	10.00 am
Sat 19	parkrun	9.00 am
Fri 25	Brooks Serpentine Last Friday of the Month 5K	12.30 pm

DEC

Sat 3	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 4	Thames Valley Cross Country, Handy Cross	11.00 am
Sun 4	Bedford Half Marathon	TBC
Sun 4	Perivale 5	10.00 am
Wed 7	Committee Meeting	8.00 pm
Sat 10	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sat 17	parkrun	9.00 am
Sat 17	Christmas drinks at the Rackhams	7.00 pm
Sun 18	Thames Valley Cross Country, Reading	11.00 am
Sat 31	Timed walk, Roxbourne Park	9.00 am

2017

JAN

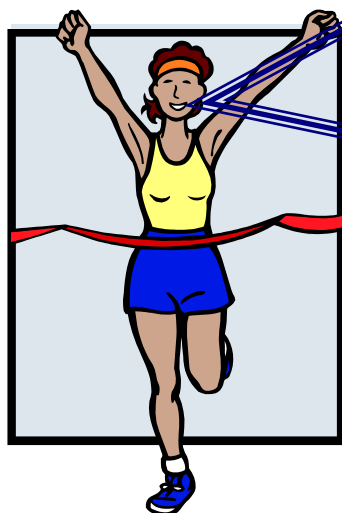
Sat 7	10K Challenge, Roxbourne Park	8.50 am
Sat 14	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 15	Thames Valley Cross Country, Bracknell	11.00 am
Sat 21	parkrun	9.00 am
Sun 22	Thames Valley Cross Country, Tadley	11.00 am
Sun 22	Fred Hughes 10	10.00 am
Sun 29	Thames Valley Cross Country, Metros (tbc)	11.00 am

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

Note from the Editors!

Are you one of the many Metros who's received a London Marathon rejection? Don't despair – you could gain a club place. See page 9 for details. It's time to exercise the little grey cells – yes, the annual quiz and awards night is upon us (page 8). As always, do keep sending in your contributions, whether results, articles, pictures. We love them all.

Jane & Penny



Welcome

Roisin Hallissey, Pinner

Jas Patti, Kenton

Elected at the October 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

**THE 37th ANNUAL Metros FUN RUN -
THE BRIAN JACKSON FUN RUN
Saturday 1st October, Roxbourne Park**

No records were broken at the 37th annual running of this event as the rules had been changed from previous years. Instead of awards to be kept for one year to runners in various age categories, each adult runner's time was converted to an age graded percentage and awards given to the best age graded male and female runner in the 10K, 4K and 2K runs. The tables used to calculate are published by the World Association of Veteran Athletes (WAVA) the 'Howard Grubb' tables (see results in this issue).

The awards for those under 15 were not age graded. Awards to keep for the fastest girl and boy in the 11–14 age and 8-10 age groups, with medals for the second and third girl and boy in those age groups.

Lucy Ashe and Nigel Rackham were best age graded female and male runners in all the 10K, 4K and 2K events but it had previously been agreed that any runner would receive just one award.

One other change from previous years was the walk reduced to 1K rather than 2K and nine walkers finished the course. 44 runners and walkers completed at least one of the runs or walk this year.

However, the 37th event will be remembered for the heavy rain at the end of the first 4K. Fortunately the rain held off for us to set up and two gazebos and trees gave good shelter around the start/finish area, until the heavy rain, which delayed the start of the second 4K, became a drizzle.

Steve Alder again used his excellent computer program to record all the results and the spreadsheet provided by Nigel Rackham is invaluable in calculating the age grades.

As always no Metros event would take place, or be successful, without help. There were so many who helped in some way. I'd like to thank those who arrived early to help set up the course, then register the participants, marshal, record finishing times and numbers, help process results, stayed to help clear up the course, return items to the Scout Hall after and take wet race equipment home to dry.

Again without those who came to run, walk and help there would be no event so thank you and here's to next year, the 38th event – I've booked better weather.

Pat Jackson

Trophy Races



The remaining race eligible for the Metros LRRC trophy for 2016 is as follows-

30 October Ricky Road Run 10.30 am

Steve Paull



Cross Country

The Thames Valley Cross Country League is based around 8 races held from October to February each year.

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.

Here are the proposed dates for the 2016/2017 fixtures

November

13 Datchet Dashers

December

4 Handy Cross Runners

18 Reading Road Runners

January

15 Bracknell Forest Runners

22 Tadley Runners

29 Metros?

February

5 Thames Valley Triathletes

Achievements

Well done to ...

Moor Park 10K

Sasha Birkin – 1st lady, **Nigel Rackham** – 1st V50 (2nd overall),

Steve Paull – 1st V60

1st Mens and Ladies teams

Pauline Bishop for a PB at Dublin half marathon

Wendy Mulvenna for a PB at Harrow parkrun

Nigel Rackham – 1st V50 at the Standalone 10K



Thank you to everyone who supported our coffee morning on Saturday.

We raised £300 for Macmillan Cancer Support.

Best wishes,

Judy & Nigel



It's that time of year again. No, not the first Christmas stuff in the shops, although it is, but the annual London Marathon acceptance/rejection magazines coming through the letterbox. Not that the two are particularly different.

Did anybody else think like me that choosing black for the "unlucky" T shirt was silly when it would most likely be used to run in winter darkness and thus a bit risky? Maybe I'm getting too PC in my old age.

It seems from what my spies have told me that this year us in Metros have been particularly unlucky in the general ballot. I suppose it was only a matter of time and, if the statistic that a quarter of a million people applied is correct, hardly surprising. It's still a sad moment for those that want their day in the spotlight of the "Greater London Fun Run".

Of course those of us of a certain age can remember when getting in was a lot more in our own hands. I can remember driving to the centre of London on a Sunday night and posting my application at the main London postal sorting office on the stroke of midnight. I was not the only one. The acceptance system that year was by the earliest franking time of that day on the envelope, and what could be earlier than one minute past midnight.

A year later the system had changed and this time I queued overnight and for 19 hours outside the main Harrow Post Office (the building now gone) with many others, for a Saturday morning special window opening for marathon applicants. If my memory is correct, such were the numbers eventually queueing that the place opened early.

That was the last year that the system favoured those with a bit of savvy, the current system or something very close to it came in the next year after complaints about unfairness from country folk. It could be argued that this was the London Marathon and so mostly London dwellers should get in.

Once the system had changed, I got my first rejection letter and, as I was more of a fan of the race in those days, I was sad.

But fate was to step in, however. Tandem were the race's computers of choice that year and they were used by the company I worked for. You can guess what is coming, my company was offered three places by Tandem and I got one of them. For a few photos of me shaking hands with senior Tandem people and a report of how my race had gone later (3.36) I was in. Lucky B****r.

I don't know if there is a better entry system. For most people it is a wonderful day and everybody wants their piece of it. Although I got fed up with various bits I can understand all the other points of view.

Roxeth

QUIZ & AWARDS PRESENTATION EVENING

Date: Friday 11th November 2015

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 2015-2016

Metros Summer League 2016

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. Teams can be arranged on the evening.



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**

London Marathon – Club Places

Each year the club normally 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. For the 2017 London Marathon the club place will not be confirmed until the start of November, but we anticipate being allocated one place. The club typically also receives three places to thank us for manning the water station at Canary Wharf. These places have yet to be confirmed for 2017, and we hope to have confirmation by the end of the month. The allocation of places to members is done by draws, and this year we plan to hold the draws at the club Quiz and Awards evening on 11th November.

To enter the draw for the club place you must have proof of a rejected entry for the 2017 marathon. The club place draw is open to all paid up members of Metros who have also been members for at least one year. Metros must be your first claim club. You must already be a paid up member affiliated to English Athletics. Members who received a place in 2016 through the club draw will not be eligible to enter the draw for 2017.

The draw for the water station places is only open to those who assisted with the water station in 2016. 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. We ask that members currently nursing any long-term injuries do not enter the draw.

Please send your applications for both draws to me at p_beuselinck@yahoo.co.uk by 8th November. If eligible, you can enter both draws.

I will be managing the marathon water station next year. Further emails and notices will appear if you are interested in volunteering for that. If we have more interest than places, we will hold a draw.

Peter Beuselinck



Judy & Nigel

would like to invite



for

Christmas Drinks

On

Saturday 17th December

From 7.00

60 Paines Lane, Pinner

HA5 3BT

Partners welcome

RSVP Rackham60@tiscali.co.uk

by Sat morning Dec 17th please

(Judy 07745 220278 Nigel 07740 157173)

Results and Reports

Night Phoenix Marathon Saturday 24th September 2016

Sonny Peart 05:49:51



Ealing Half Marathon - Sunday 25th September 2016

1	01:04:14
522 Mike Morris	01:37:48
728 Donna Warren	01:41:34 (Ealing Eagles RC)
1816 Mark Mulvenna	01:54:34 (Sudbury Court RC)
2729 Glyn Watkins	02:07:19
3061 Reenal Patel	02:06:38
3327 Irene Paull	02:14:30
3389 Kim Hassard	02:14:41
3447 Vaishali Patel	02:14:16
4208 Sonny Peart	02:43:33
4224 Trish Hewlett	02:47:59
4322 finishers	03:34:38



Summer League – Dulwich – 10th July 2016

My apologies - the result of the 300m B1 team relay was not included in the results listed in the September Metrolines.

Andrew Collier	1m 00.70s
Terry Burke	1m 07.32s
Irene Paull	1m 21.10s
Penny Hudson	1m 36.61s
Marion Rogan	1m16.14s
Ruth Tidder	<u>1m 11.71s</u>
	7m 33.66s
4 th from 4 teams	

Pat Jackson

Dublin Half Marathon - Saturday 24th September 2016

1	01:07:45
3500 Pauline Bishop	01:57:48
6865 finishers	02:58:46



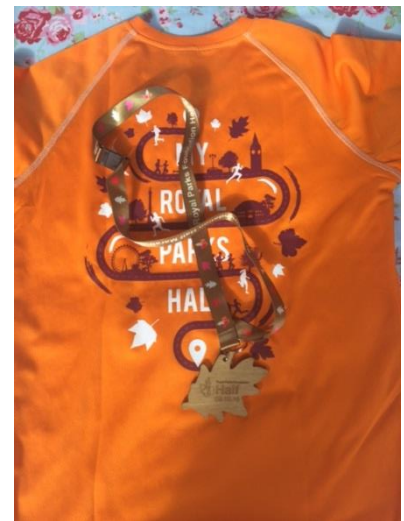
Ridgeway Run 15K – 9th October 2016

1	0:55:51
301 Spencer Millbery	1:24:47
492 Claire Millbery	1:42:11
553 finishers	2:13:40

Royal Parks Half Marathon, 9th October 2016.

Highlights:

1. Great company travelling into London with Mike Ransome. I'm glad he is very slim as it was quite difficult squeezing ourselves into a tube carriage with 16K other runners and spectators.
2. Lovely route through London's greener bits - Hyde Park, Kensington Gardens, St James's Park & Green Park. Although as usual I didn't notice any of the route and had to look up all these bits we ran through. I wish I had taken more notice now. Quite a flat course and all the miles were marked along the route.
3. Best goodie bag ever - quinoa, pasta sauce, banana, Lucozade, posh fizzy stuff in cans, crunchy bars, plant seeds, eating seeds, vitamin tablets, crisps, water bottles, pesto, (see pic), plus nice wooden medal



and T Shirt (made of bamboo).

4. Lots of great crowd support all along the route.
5. Not a very speedy field - more charity runners than club runners meant I was able to finish in the top 10 women!

Lowerlights:

1. Very long toilet queues - I gave up queuing at 8:45 (the race started at 9am) and had to find a tree in Hyde Park which was not as secluded as I would have liked (actually not very secluded at all).
2. Long baggage queues - which meant I arrived in my pen (after a 5 minute sprint, including hurdling and climbing some barriers) with just 8 seconds to go before the gun went! Eek! I found out afterwards that Mike had missed his start and had to start in a slower pen - but he still finished 4 minutes under his target time.
3. I had blagged a free entry from a charity who had been unable to find runners and I just had to wear their vest, but the usual fee is £55 which is a bit steep for a half marathon.

4. The steward with a megaphone in the final 400m shouting 'push, push, push' continuously. A runner next to me told him to 'go away' (but used different language).
5. I overtook the 8th lady in the last mile and felt very pleased with myself but she then sprinted past me in the final 100m. I did try and sprint too but she was too fast.

Sasha Birkin

Chip time

Sasha Birkin 1:27:51

Mike Ransome 2:11:56



Loch Ness Marathon and River Ness 10K – 25th September

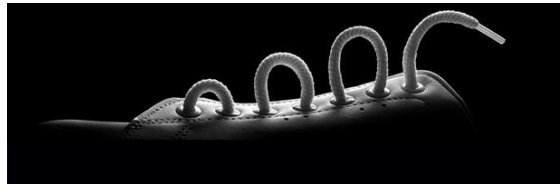
Marathon

1		02:20:52
132	Chris Shearwood	03:19:22
2479		08:40:25

10k

1		00:30:37
2191	Gill Shearwood	01:34:33
2230		02:18:27

Loch Ness Marathon and River Ness 10k - 25 September 2016



Having been unable to get into the Berlin Marathon this year, Gill and I looked around for other races and settled on these two - the longer one for me and the shorter one for her. It cost £78 for the two of us.

On the Friday we caught the 7pm Easyjet flight from Luton - a 70 minute flight followed by a £15 taxi ride to Inverness, capital of the Highlands. We stayed at the Glen Mhor Hotel, right on the banks of the River Ness and a short walk to the Race Village in Bught Park, on the other side of the river.

On the Saturday, we went to the Race Village and collected my race number (Gill's had come earlier through the post). After that, we walked along the river and, after a bit of shopping, adjourned to the Castle PH, a delightful real ale pub up a hill, opposite Inverness Castle. After the customary pasta, it was an early night for us as I had to be up for 7 a.m.

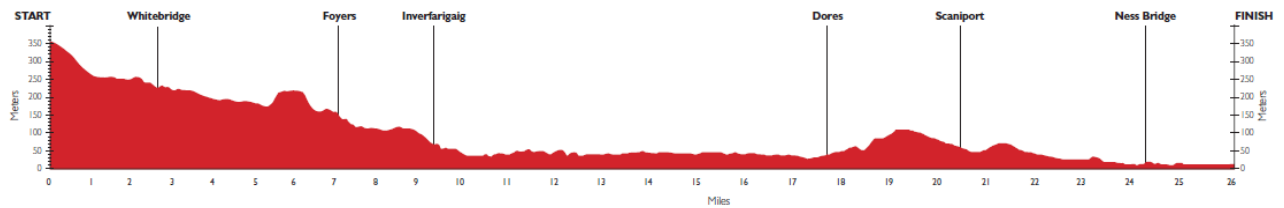
All Marathon runners were to be transported by bus to the start from Bught Park. We were to arrive by 07.15 as buses would depart between 7.30 - 7.45. Immediately on leaving the hotel, I joined hundreds of marathoners already walking there alongside the river. A fleet of several dozen coaches awaited us, we boarded quickly and were away by 7.45. It was mild, overcast and gloomy but rain was not forecast.

The coaches passed through the western suburbs of Inverness and then climbed into more hilly, forested terrain. The loch itself appeared on our left and other runners joined us at Drumnadrochit and Fort Augustus.

The race itself starts on high ground between Fort Augustus and the village of Foyers, where the route drops down to the banks of Loch Ness. From there, it follows the loch's south eastern shore, heading north east towards the village of Dores on the northern tip of the loch. From Dores, the race heads directly into the centre of Inverness, turning left over the main road bridge and left again for the last half mile along the River Ness to the finish at Bught Park.

As can be seen from the course profile, it is a point-to-point race, dropping from 350m above sea level to about 10m, although, as can also be seen, the terrain is somewhat undulating including a fairly sustained climb between 17 and 20 miles.

LOCH NESS MARATHON



We arrived shortly before 9.00 and, boy, was it cold up there - as the man on the tannoy said, "What did you expect? This is the Highlands and it's nearly October!" He reminded us that this was the 15th running of this event and, amongst many foreign entries, was a group from Japan who had been trying to run it for the past 15 years. In fact, just under half of all marathon entrants were from outside Scotland, and a total of 41 different nationalities were present. Apart from UK runners, the top three most represented countries were the USA, France and Germany.

There was a massive queue for the portaloos and we were reminded that the two baggage lorries would be closing at 9.45 but the loo queue moved quickly enough. I swapped my Metros singlet for my Metros T shirt, dumped my rucksack and clean forgot the foil blanket I had packed but the mass of humanity around me now seemed to keep the biting wind at bay.

I made my way through folk assembled further along the road towards the start to where it was less crowded and I was able to do some stretching exercises. A rainbow appeared and, at about 9.50, a school band of pipers in full regalia marched through us, skirling away in a most rousing fashion. We counted down to 10.00 and then were off, passing through the pipers, assembled on each side of the road, still skirling away.

It was downhill to start with and we left the high ground, almost featureless with its felled pine tree stumps. We came to Whitebridge, a popular tourist destination largely populated by farmers and gamekeepers, some of whom cheered us on as we ran by.

At the junction with the B682 Ocean Way we forked left and encountered our first short, sharp uphill stretch. The scenery was pretty and wooded - pine, silver birch and oak and I passed 4 miles in about 28 minutes. Water stations (8 in all) consisted of plastic bottles of Highland Spring water; there were three lots of "Nuun hydration drink", gels (chocolate flavour, reminiscent of Nutella) and "Clif Shot Bloks" (energy chews).



The next settlement was Foyers, on the outskirts of which we passed an old-looking burial ground nestling beside the loch, of which we now had our first proper sighting. The burial ground is opposite Boleskine House, which was the home of author and occultist Aleister Crowley and was once owned by guitarist and Crowley enthusiast Jimmy Page. The house was allegedly built on the site of a 10th-century Scottish kirk which, according to legend, caught fire during a service, killing all inside.

Calamity of a different sort nearly struck some time after I had passed through this point when two horses, spooked by the runners, ran amok, neighing and flaring their nostrils. They galloped down the road after the runners but the police eventually assisted in their safe recovery with no harm to anyone or either of the horses.

On we ran to Inverfarigaig, now right beside the loch. Where sun shone occasionally through, it picked out white pleasure craft and, approaching Whitefield, we could see the ruins of Urquhart Castle on the far bank.

This was the flattest stretch of the race, miles 10 - 17, and I passed the halfway mark in 1 hr 36. We came to Dores, where there was a good crowd. Here, the road deviates inland from the loch-side but the River Ness could not yet be seen. Now the B862, this was the uphill stretch of the race, marked by witty race signage - "slightly steeper bit approaching", "just a wee hill". Spread over a few miles, the incline, although not welcome, was not of the type that you get in the Chilterns, just rather a slog. It was sobering to think that, at 17 miles for me, the winner would just be finishing.

The last settlement encountered before the home straight was the farming village of Scaniport and we then reached the suburbs of Inverness, marked by the Holm Roundabout. Just after Bellfield Park, we turned left into Cavell Gardens at the

end of which we were back beside the river, opposite one of its quaint suspension bridges. Along Ness Bank, under its lime trees and past our hotel, were ladies from MacMillan Cancer in good voice, with two young squaddie pipers. I had passed the 25 mile point a little way back and had eight minutes to reach the finish if I was to beat my target of sub-3 hrs 20.

We turned left on to the road bridge, then left again to return on the opposite bank to Bught Park and the finish. The clock read 03:19:51 and my chip time was 03:19:22. I was 132nd out of 2468 and 10th in my age category. Very pleased to have snuck in under 3 hrs 20.

My lovely Gill met me and dispensed a big hug as I exited the finishing funnel. She had come 2189th out of 2228 finishers in a time of 01:34:33, about an hour before my arrival. The winner of her race managed 30:37.

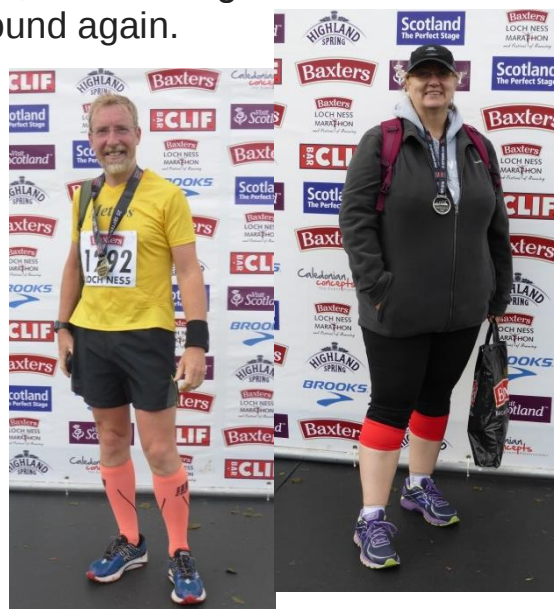
I collected my medal and t-shirt and we headed for the marquee to claim our free soup (Baxter's, what else?) and veg casserole whilst being serenaded by a young Gaelic fiddle band. After that we trudged back to the hotel and watched the later marathon runners passing, all ably supported by those MacMillan ladies - speaking to them as we went out later, they said that the final runner was at the 17 mile point.

We ate heartily at the Castle PH and returned to the hotel to catch our taxi back to the airport for the (delayed) 9pm flight. We were home by midnight.

Some points of interest - among the marathon competitors was 75-year-old Masami Yabuta from Tokyo, running his 700th marathon. He was part of the contingent from Japan – 21 pensioners aged between 61 and 80 – from the legendary Full Hyaku Running Club, all of whose members have run at least 100 marathons. Takatoshi Yoshino (M60) was the last runner home in 08:24:05, some 40 mins behind the penultimate runner who managed 07:45:52. The winner was Mohammad Abu-Rezeq, in a time of 2:20:52.

Both Gill and I would recommend our respective races - organisation both beforehand and on race day was excellent and, if I can't get into the Berlin Marathon next year, we might well be Scotland-bound again.

Chris Shearwood



Moor Park 10k- Sunday 25th September 2016

1		00:34:18
2	Nigel Rackham	00:35:30 1 st V50
16	Matthew Rackham	00:40:56
20	Mitesh Patel	00:41:49
21	Sasha Birkin	00:41:57 1 st lady
24	Fatmir Sulmataj	00:42:41
32	Brett Rafferty	00:43:38
43	Steve Paull	00:44:25 1 st V60
45	John Norris	00:44:56
54	Brian McGrory	00:46:13
89	Peter Rackham	00:48:29
92	Dave Young	00:48:36
100	Simon Aberly	00:48:50
102	Caroline Day-Lewis	00:48:58
111	Patrick Leahy	00:49:47
133	Alison Teale	00:50:32
211	Linda Frances Dunne	00:53:41
237	Jane Hudson	00:54:48
261	Bernie Conway	00:56:03
288	Ruth Tidder	00:57:11
297	Anne Nola	00:57:47
365	Judy Rackham	01:00:34
379	Richard Hayward	01:01:12
386	Nicola Rochford	01:01:41
390	Emma Rackham	01:01:53
448	Carole Lloyd	01:06:08
452	Raquel Russel Ponte	01:06:14
477	Sakina Sidik	01:08:41
478	Geraldine Gill	01:08:44
489	Nia Williams	01:09:59
532	Linda Gaitskell	01:16:00
533	Angela Murphy	01:16:00
568	finishers	01:37:18



Moor Park Junior Run – 25th September 2016

1		00:04:39
3	Max Dadomo	00:04:46
199	Runners – last	00:09:49



Berlin Marathon - Sunday 25th September 2016

1		02:03:03
18979	Spencer Millbery	04:26:33
26807	finishers	08:41:33

South Bucks 10K – 2nd October 2016

1		00:31:44
97	Peter Reynolds	00:47:13
192	Glyn Watkins	00:57:35
205	Derek Bamforth	00:59:04
250	finishers	01:24:45

Bournemouth Marathon Festival 2nd October 2016

Supernova 5K

1		0:17:05
1492	Sue Davie	0:47:30
1563	finishers	1:12:48



Full Set – Marathon to 5K

RESULTS OF THE 37TH METROS ANNUAL FUN RUN – THE BRIAN JACKSON FUN RUN 1 OCTOBER 2016

This year adult runners' results in the 10K, 4K (best result) and 2K were based on age grading not in age groups as in previous years. Each runner's time for each distance was converted to an age graded percentage by using the tables published by **World Association of Veteran Athletes** (WAVA) - the 'Howard Grubb' tables. Only one award is made to each competitor.

10K – 1st Woman – Lucy Ashe

1st Man – Nigel Rackham

4K – 1st Woman – Raquel Russel Ponte

1st Man – Steve Paull

2K – 1st Woman – Angela Murphy

1st Man – Patrick Leahy

4K – 11-14 – 1st Girl Juliette Nola, 2nd Evie Wallis

4K – 11-14 – 1st Boy Kyie Hollingshead, 2nd Joe Millbery

2K – 8-10 - No girl competitor

2K – 8-10 - 1st Boy George Leahy, 2nd Sam Millbery, 3rd Joseph Leahy

10K **Best G % = Best Age Grading %**

	RACE 1 4K	RACE 2 4K	Best 4K G %	RACE 3 2K	2K G %	TOTAL TIME	Total G %
FEMALE							
Lucy Ashe	15m 22s	15m 47s	74.08%	7m 18s	73.40%	38m 27s	78.89%
Alison Teale	19m 02s	19m 50s	63.48%	9m 26s	60.99%	48m 18s	65.52%
Caroline Day-Lewis	19m 12s	19m 54s	68.23%	9m 27s	66.23%	48m 33d	69.77%
Ruth Tidder	22m 15s	22m 59s	56.73%	11m 27s	52.67%	56m 41s	57.80%
Judy Rackham	23m 51s	24m 46s	61.08%	12m 06s	57.50%	60m 43s	61.56%
Angela Murphy	24m 56s	27m 11s	66.87%	11m 56s	66.69%	64m 03s	66.05%
Raquel Russel Ponte	25m 31s	26m 31s	73.62%	13m 11s	67.97%	65m 13s	72.78%
MALE							
Nigel Rackham	14m 57s	14m 54s	79.02%	7m 05s	78.72%	36m 56s	84.17%
Brett Rafferty	16m 01s	17m 10s	62.53%	7m 47s	60.93%	40m 58s	65.24%
Patrick Leahy	16m 55s	17m 37s	63.28%	8m 16s	61.33%	42m 48s	65.77%
Steve Paull	18m 04s	17m 53s	71.16%	8m 47s	68.61%	44m 44s	75.40%
Simon Abery	18m 26s	19m 41s	62.32%	9m 14s	58.92%	47m 21s	63.99%
Tian Hollingshead	18m 34s	19m 32s	57.93%	9m 00s	56.60%	47m 06s	58.74%
Adam Leary	18m 52s	19m 33s	61.38%	9m 45s	56.25%	48m 10s	63.44%
Andrew Collier	22m 02s	24m 33s	52.14%	12m 01s	45.27%	58m 36s	51.70%
FEMALE JUNIOR							
Juliette Nola	21m 53s	22m 18s		10m 42s		54m 53s	
Evie Wallis	23m 41s	26m 13s		12m 43s		62m 37s	
MALE JUNIOR							
George Leahy	18m 31s	21m 41s		9m 41s		49m 53s	
Kyie Hollingshead	22m 13s	24m 16s		10m 14s		56m 43s	

4K – NOT LISTED IN 10K

FEMALE	RACE 1	RACE 2	BEST AGE GRADING %
Claire Millbery	22m 12s		54.42%
Ceri Jacob	22m 18s		61.05%
Julia Allen	23m 21s		56.10%
Kath Donaldson	24m 53s		70.39%
Amanda Hart	24m 58s		51.81%
Karen Collier	25m 09s		48.04%
Carole Wells	25m 19s		55.22%
Debra Norman	25m 42s		55.14%
Dharmini Chikhliwala	25m 48s		48.34%
Karen Leary	25m 49s	27m 36s	52.05%
Tricia Hewlett	27m 06s		47.73%
Jo Collier	28m 13s		47.01%
Debbie Lewis	28m 30s		49.72%
Debbie Moynihan	29m 01s		53.99%
Sarah Westwood	29m 03s		54.76%

FEMALE/MALE	RACE 1	RACE 2	BEST G %	RACE 3	G %
Elish Fernandes				13m 33s	55.21%
Al Scoffham	21m 02s		59.97%		
Errol Clarke		22m 19s	52.32%	11m 31s	48.01%

MALE JUNIOR	RACE 1	RACE 2	AGE
Joe Millbery	22m 26s		11

2K – NOT LISTED IN 10K

MALE JUNIOR	RACE 3	AGE
Sam Millbery	10m 03s	9
Joseph Leahy	11m 03s	8
Finn O'Reilly	14m 08s	6

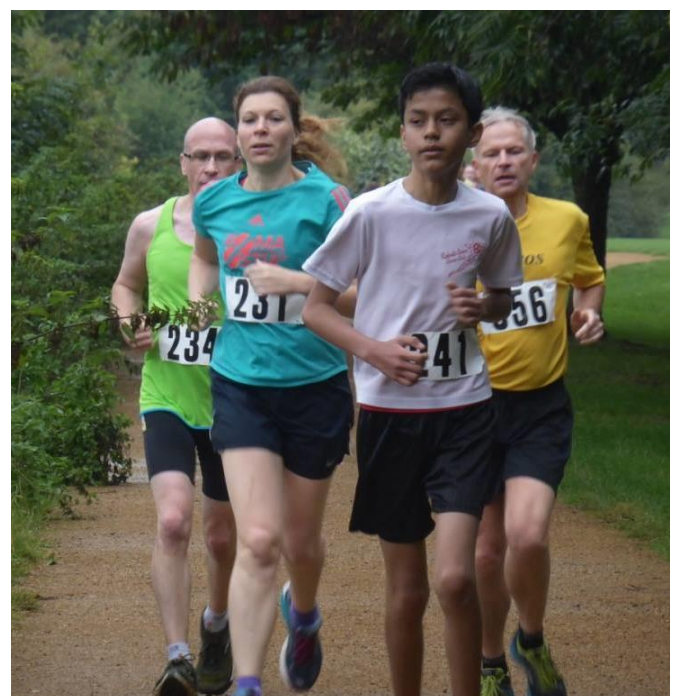
1K WALK

	RACE 4
Caroline Day-Lewis	7m 48s
Joe Millbery	7m 55s
Sam Millbery	7m 59s
Arnold Glickman	8m 00s
Claire Millbery	8m 01s
Barbara Robson	8m 29s
Raquel Russell Ponte	8m31s
Angela Murphy	8m 33s
Finn & Louise O'Reilly	10m 13s

UNDER 7 FUN RUN

Finn O'Reilly
Kane O'Reilly

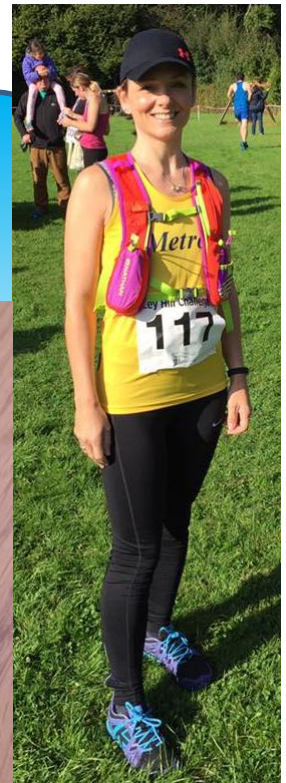
Fun Run Photos





Ley Hill Challenge 10k Trail Run - Sunday 2nd October 2016

1	00:41:29
77 Claire Millbery	01:05:37
98 finishers	01:21:42



Standalone 10k - Sunday 2nd October 2016

1	00:31:44
9 Nigel Rackham	00:34:18 1 st V50
912 Judy Rackham	00:58:37
1341 finishers	01:52:06

Munich Marathon 9 October 2016

1	2:27:10
1946 Steve Paull	3:54.32
4883 finishers	6:55:58

Munich 10k 9 October 2016

1	0:31:32
197 Dave Young	0:46.27
202 Andy Fox	0:46.40
545 Irene Paull	1:01.34
865 Teresa Young	1:07.44
3248 finishers f	2:06:33ini



parkrun results

17.9.16

Black Park

Glyn WATKINS	00:29:16
Linda GAITSKELL	00:36:09

Harrow

Brian MCGRORY	00:20:50
Jim BUCKLAND	00:24:19
Leah BUCKLAND	00:24:25
Gordon VALENTINE	00:25:27
Graham John HART	00:27:45

Northala Fields

Chris SHEARWOOD	00:19:54
Russ HEWLETT	00:22:17
Trish HEWLETT	00:33:56
Gill SHEARWOOD	00:47:45

Polokwane

Caprice BEGGS	00:28:33
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Penrhyn

Ian BIRCH	00:21:50
Annie BIRCH	00:30:57

South Oxhey

Barry NOLAN	00:25:56
Pauline BISHOP	00:27:17

Cassiobury

Max DADOMO	00:26:15
Sasha BIRKIN	00:26:18
Simon DADOMO	00:26:22

24.9.16

Black Park

Glyn WATKINS	00:29:43
Linda GAITSKELL	00:34:39

Harrow

Brett RAFFERTY	00:20:28
Brian MCGRORY	00:20:57
Barry NOLAN	00:25:32
Emma RACKHAM	00:29:30

Gladstone

Graham John HART	00:28:17
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Osterley

Jim BUCKLAND	00:26:48
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Northala Fields

Russ HEWLETT	00:29:39
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Cassiobury

Peter REYNOLDS	00:22:43
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1.10.16**Black Park**

Glyn WATKINS	00:30:00
Linda GAITSKELL	00:36:05

Harrow

Sonny PEART	00:28:38
Emma RACKHAM	00:29:01

Oranmore

Pauline BISHOP	00:26:32
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08.10.16**Black Park**

Glyn WATKINS	00:29:16
Linda GAITSKELL	00:34:09

Edinburgh

Kevin WATSON	00:23:21
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Harrow

Chris SHEARWOOD	00:20:52
Patrick LEAHY	00:21:37
Wendy MULVENNA	00:40:40

Canons Park

Brian MCGRORY	00:20:53
Mike MORRIS	00:21:31
Jim BUCKLAND	00:24:31
Leah BUCKLAND	00:24:42
Pauline BISHOP	00:25:16
Graham John HART	00:27:34
Carole LLOYD	00:31:40
Jonathan EVAN-HUGHES	00:33:01

Northala Fields

Russ HEWLETT	00:22:26
Simon DADOMO	00:26:03
Trish HEWLETT	00:33:37

Salisbury

Terry BURKE	00:31:45
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Runner's Recipes

Pumpkin curry with chickpeas

A veggie dinner party dish which stands alone as a vegan main course or as a complex side dish perfect served with spiced roast meat or fish

Prep: 20 mins Cook: 20 mins Easy, Serves 4

Ingredients

1 tbsp sunflower oil
3 tbsp Thai yellow curry paste, or vegetarian alternative
2 onion, finely chopped
3 large stalks lemongrass, bashed with the back of a knife
6 cardamom pod
1 tbsp mustard seed
1 piece pumpkin or a small squash (about 1kg)
250ml vegetable stock
400ml can reduced-fat coconut milk
400g can chickpea, drained and rinsed
2 limes
large handful mint leaves
naan bread, to serve



Method

Heat the oil in a sauté pan, then gently fry the curry paste with the onions, lemongrass, cardamom and mustard seed for 2-3 mins until fragrant. Stir the pumpkin or squash into the pan and coat in the paste, then pour in the stock and coconut milk. Bring everything to a simmer, add the chickpeas, then cook for about 10 mins until the pumpkin is tender. The curry can now be cooled and frozen for up to 1 month.

Squeeze the juice of one lime into the curry, then cut the other lime into wedges to serve alongside. Just before serving, tear over mint leaves, then bring to the table with the lime wedges and warm naan bread.

Can be frozen if using vegetable stock; Dairy-free; Vegetarian; Vegan

Recipe from Good Food magazine, October 2008

NOTES OF METROS COMMITTEE MEETING

Wednesday 8 October 2016 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Peter Beuselinck, Penny Hudson, Pat Jackson, Paula Kanesanathan,

COMMITTEE: Mitesh Patel, Irene & Steve Paull, Marilyn Pickford, Mike Ransome,
Emma Rackham, Nigel Rackham, Barbara Robson, Carole Wells,
Sarah Westwood – part only.

APOLOGIES: None.

NON COMMITTEE : Dave Brown, Spencer Millbery (first part of meeting only)

CHAIR: Carole Wells

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).

Strava Club Metros RC – Spencer confirmed that, on behalf of Metros, he had set up an account on this social mobile app and website which connects runners and cyclists. Runners can log their runs and communicate with each other. He had advertised on the group e-mail list and several Metros had already joined.

Harrow Hill Race – Spencer reported on discussions with Harrow School and confirmed their half term is 11–19 February 2017. It was agreed that the race will be held on Sunday 12 February and Spencer will begin organizing and will report back at the next meeting.

Millbery

Soon after Spencer left the meeting.

ACTION: Spencer

MATTERS ARISING FROM THE PREVIOUS MEETING – 6 September 2016

Metros Web Site – A system for run co-ordinators to have input to the web site had been requested and Emma is arranging for the web site to allow this.

Some members have added their photo to the web site and it was suggested that Emma add a note to Metrolines to remind members.

Emma Rackham

ACTION:

Records – Steve has produced a list of Metros record holders in various distances. These will be advertised and further input from members requested. Steve was thanked for his input.

ACTION: Steve Paull

Wot no Watch 17 September with Joe Groom (90) – Pat confirmed that Joe and Chris Roome had walked together, wife Rita had also walked and their twin daughters Karol and Karen also attended.

Metros Saturday Sessions – Irene confirmed that the new timetable will come into effect on Saturday 15 October with the parkrun v Sudbury Court RC. She hopes members who do occasional parkruns will do them on the same Saturday. Irene asked for suggestions on the criteria for the walk.

ACTION: ALL MEMBERS

Metros Survey – Coaching Sessions – Sarah confirmed that a working party is reviewing this for a possible Spring start. **ACTION:** Sarah Westwood

10K Challenge - The first event with the new awards system of medals with coloured ribbons will be held in January.

Metros Kit – Peter confirmed that material samples will arrive shortly.

ACTION: Peter Beuselinck

REPORTS OF OFFICERS

Hon. Chairman – Sarah had nothing to report

Hon Vice Chairman – Carole had nothing to report.

Hon. Secretary – Peter confirmed that Metros had received a cheque for £150 for help at Ride London. Special pins were also given to individuals who had helped.

He will contact the London Marathon organization to establish how many club places Metros will receive. He will then advertise and hope to do the draw at the Quiz and Awards presentation Evening on Friday 11 November. **ACTION:** Peter Beuselinck

Hon. Treasurer –Mitesh was thanked for arranging internet banking on the Metros account. He can now make online payments up to £100 but further authorisation from Nigel Rackham will be necessary for payments over £100.

Mitesh confirmed that all payments from participating clubs in the Summer League at our host event had now been paid together with the Metros fee to the Summer League. He will produce full accounts next month.

Carole had spoken with Mac regarding the sudden increase in rent of the Scout Hall.

Mac explained that this was an increase as far as he knew to be because of an increase in utility costs. He emphasized that it may be best if the committee required further information to discuss matters with the persons responsible for the decision.

Hon. Membership Secretary: Two new members were confirmed: Roisin Hallissey, Pinner & Jas Patti, Kenton.

Some previous members had not increased their Standing Orders in spite of being notified of the new fee. Fees from those unlikely to renew will be counted as donations.

REPORTS OF CO-ORDINATORS

Wednesday Session – Dave confirmed this was going well.

Summer League – Irene has called a meeting of club representatives and dates for next season will be discussed.

Thames Valley League – Jane Scoffham has advertised the provisional dates and confirmed that she will change the course to ease congestion.

Metros Annual Fun Run – The Brian Jackson Fun Run – Pat confirmed 44 participants, half the number of last year. She thanked all who came to help, run and support with particular thanks to Steve Alder. One of the roof struts of the Metros blue gazebo is damaged but it coped well in the heavy rain. Pat was thanked for organizing.

Metros Quiz and Awards Presentation Evening – Friday 11 November – Work on the quiz has started.

OTHER ITEMS

Metros Awards – Following discussions, recipients of the various awards which are decided by the Committee were agreed.

Meeting finished at 9.43 pm.

Future Committee Meetings: Wednesday 2 November, Wednesday 7 December

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

Congratulations to Emma and Gavin
St Hill on the birth of baby Sonny
on 18th September 2016



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 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
		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.