



October 2016

Issue No. 337



Joe Groom Mile - Saturday 17th September

L to R - Chris Roome, Joe Groom, Barbara Robson,
Pat Jackson, Rita Groom

Metros Diary

SEP

Sun 25	Moor Park 10K - Trophy Race	3.00 pm
	+ Junior Runs	11.45 am
Sun 25	Ealing Half Marathon	9.00 am
Fri 30	Brooks Serpentine Last Friday of the Month 5K	12.30 pm

OCT

Sat 1	Metros Annual Fun Run, Roxbourne Park	8.45 am
Sun 2	Regents Park 10K Winter Series	9.00 am
Wed 5	Committee Meeting	8.00 pm
Sat 8	Fun Run Awards Presentation	10.00 am

Start of New Saturday Morning Format

Sat 15	Harrow parkrun Mob Match vs Sudbury Court	9.00 am
	(or moderate session at Roxbourne Park)	
Sun 16	Cabbage Patch 10 - Trophy Race	9.30 am
Sat 22	Speed Work - Challenging / Moderate sessions	
	Roxbourne Pk	9.00 am
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
<u>NOV</u>		
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, or moderate session at Roxbourne Pk	9.00 am
Sun 20	Thames Valley Cross Country, Sandhurst	11.00 am
Fri 25	Brooks Serpentine Last Friday of the Month 5K	12.30 pm
Sat 26	Speed Work - Roxbourne Park	9.00 am

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 Not Watch, Roxbourne Park	9.20 & 9.40 am
Sat 17	parkrun, or moderate session at Roxbourne Pk	9.00 am
Sun 18	Thames Valley Cross Country, Reading	11.00 am
Sat 24	Speed Work - Roxbourne Park	9.00 am
Sat 31	Challenging session or new timed walk route	9.00 am

Note from the Editors!

It was good to see our oldest member taking part in the Wot No Watch mile last Saturday. It shows Metros really is for all ages and abilities. Saturday mornings are changing – see inside and on the website for more details. Enjoy your running.

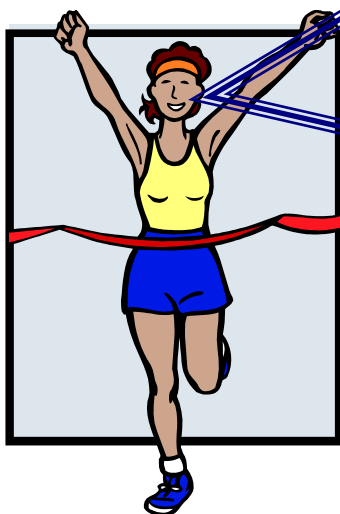
Jane & Penny



Welcome

Finn Barrins, Pinner
Ian Cadwell, Ickenham
William McKenna, Harrow
Marcus Weedon, Harrow

Elected at the September 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

IMPORTANT - Changes to Saturday Metros sessions

We're making some changes to the Saturday session structure to

- Encourage those who do occasional parkruns to do them on the same Saturday
- Make it easier to remember which type of session is on which week
- Re-introduce the walk but with a route that can be achieved within the hour
-

There will still be a session at Roxbourne park every week. The changes start on October 15th and line up with the new award season.

We've been invited by Sudbury Court to do a return **parkrun mob match at Harrow parkrun on October 15th**. This will be the first event in the new timetable

The first week of every month will have one of our distance events, 10K, 5 mile or 5K. There will be moderate session for those who don't want to run the 10K or 5 mile but we do encourage everyone to take part in the 5k. if you can't do the full distance then do part of it or help marshal and encourage everyone else.

The second week of every month will be a mile – either the Measured Mile or Wot No Watch. Measured Mile is every 3 months and the goal is to improve across the course of the year (the runner with the best overall improvement – counted as 3 consecutive faster times, wins an award). Wot No Watch, on all the other months, is about pace judgement. You choose a pace you want to achieve – and that doesn't have to mean the fastest you can run – and we calculate how close your guess was.

In week 3, we split up. We encourage those looking for a challenging run to go to parkrun. To kick off this routine, we've got a mob match versus Sudbury court at Harrow parkrun on October 15th. Whichever team has the best average age grading wins. (Last year we won).

Week 4 will have both a challenging and moderate session at Roxbourne park and we'll be encouraging our session leaders, many of whom have completed running leadership or coaching training, to pass on their tips to improve your running.

Every so often there's a **5th week** in the month. When that happens we'll have a walk in place of the moderate session. We have a new route with 4 distances from 2.5 to 4.5 miles to allow you to choose a distance you can comfortably complete inside an hour. The walks will be timed.

New Saturday Timetable

	Theme	Sessions at Roxbourne Park		
Week 1	Distance	Moderate session for those not doing 10K or 5 mile; everyone to take part in or support 5K		Metros 5K: November, February, May, August 5 mile handicap: December, March, June, September 10K Challenge: January, April, July, October
Week 2	Mile	Challenging	Moderate	Measured Mile: November, February, May, August Wot No Watch: all other months
Week 3	parkrun	Combined ability “moderate” session for those not doing parkrun		
Week 4	Speed-work	Challenging	Moderate	
Months with a 5 th Week	Walk	Combined ability “challenging” session for those not doing walk		Walk: New route, choice of 4 distances from 2.66 miles to 4.5 miles, starting and finishing at the scout hut. Walkers will be timed.

See Metros Diary for Revised Dates (older versions of Metrolines will be wrong)

Trophy Races



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

25th September	Moor Park 10K	3.00 pm
16 October	Cabbage Patch 10	9.30 am
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

20 Sandhurst Joggers

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 ...

Emma Rackham on her 50th parkrun on 27th August

Glyn Watkins on his 300th parkrun on 3rd September

Nancy and Mike Morris for 5 mile PBs on 3rd September

Mike Morris for a half marathon PB on 4th September

Leah Buckland for her first half marathon - Maidenhead on 4th September

Steve Paull - 1st V60 at Maidenhead half marathon



Emma's 50th parkrun

Now that all the hype and self-praise about the Olympics is over let's have a "wash-up" about the athletics- a sport at least we know a bit about.

This is not going to be another rant about the commentary of Brendon Foster, although it could be.

Last week's Great North Run was another example of the man's complete lack of ability in this direction. I despair, but I was more wondering about the state of athletics in this country and the relationship between the BBC and athletics.

Some sports lost their GB Olympic funding for Rio because they didn't produce the results in London. If that's the attitude, then how about athletics for Tokyo? The amount of our money it receives is ridiculously out of proportion to the number of medals it brings in. All those athletes out there, how many got medals apart from our London winners?

Those that won are now getting on a bit in athletic terms. Mo is said to not to be carrying on with track running after next year and may not be able to cut it at the very top in the marathon. Jessica is down for retirement. This old geezer thinks she wants more babies (sexist). How old is the slightly mysterious Greg? He's never looked young.

Ultimately who is going to win a medal of any colour in four years?

Where are the next generation? I'll tell you, they've been lost actually. Up and coming athletes were contracted to achieve targets and were financially cast aside after one failure or even one injury.

KJT is still a kid, but is she ever going to win the heptathlon when her shot putt is so poor and she seems a bit flaky. Yes her leap would have won the individual high jump, but that is unlikely to happen again next time. The winning height was low for these days.

The Muir girl seems good, but she failed in Rio when she had to perform. The good run a few weeks later was when it mattered less.

For the money it gets in funding, athletics does not produce the results in the way that say cycling and rowing do.

Something has got to break UK athletics out of its complacency. Drastic reduction of funding might be one way to go. Backing prospects for longer is another.

Get down to your local bookies now and bet on no athletic medals for the UK in four years time.

The 37th ANNUAL Metros FUN RUN

The Brian Jackson FUN RUN

Saturday 1st October Roxbourne Park from 8.45 am

**PLEASE NOTE THAT THIS EVENT IS INSTEAD OF THE NORMAL
Metros SATURDAY SESSION**

This is the longest established Metros event and the club evolved from this event. It was originally designed as a warm-up for the National Fun Run, but it soon became an event in its own right. It is named in honour of Brian Jackson, the founder of the event and, for many years, the organiser.

Although this is a fun run, the course has been reasonably accurately measured and times will be recorded in all events except the 500m for children 7 years and under where just finishing positions are recorded.

The event will follow the same format as previous years – five races - two x 4km, one x 2km, (total 10km), one x 500m and one x 2K walk. However, awards will be age graded instead of in age groups.

The Distances 7 years & under = 500m. Under 11 = 2km. Over 11 = 4km
The Surface Parkland (almost all grass)
The Place Roxbourne Park, Cannon Lane South, Pinner.
The time: 8.45 am Registration. Age as on race day.

The Programme:

9.15 am 4km Male and Female over 11 years.

9.45 am 4km Male and Female over 11 years.

10.15 am 2km Girls, Boys 8-10 plus over 10s who wish to run 2km as well as, or instead of, the 4km

These three races total 10km.

Followed by:

500m 7 and under

1km Walk – all ages.

Refreshments: In the Scout Hall after the above events.

Fee: There is no charge

Results Will not be calculated on the day but available soon after and in Metrolines and the Metros Web Site

Presentations: In the Scout Hall after the session on **Saturday 8 October.**



This year the awards will be based on age grading. Awards to keep for the first age graded man and woman in the 4km, 2km and 10km and first boy and girl 8-10 years in the 2km and first boy and girl 11-14 years in the 4K.. One award only to any runner.

Medals to keep for the second and third boy and girl in the 8-10 age bands in the 2km and

11-14 year age bands in the 4K.

.Previous awards (previously held for one year) will remain with the last holder.

Metros PLUS INVITED GUESTS OF ALL AGES AND ABILITIES ARE WELCOME.

**If you'd like to know more, or can offer to help,
please contact Pat Jackson on 020 8868 5683
patjacksonhome@hotmail.com**

The Swindles are now in our new house.

The address is

All Saints House
Hawton
Newark
Notts
NG24 3RN



If any Metro is in the area they are welcome to pop in for a cuppa (if we're in!). Apparently the church of All Saints, Hawton is famous https://en.wikipedia.org/wiki/All_Saints%27_Church,_Hawton.

Thankfully they only have services once or twice a month when they ring the bells at 9.25am - a different kind of alarm clock! Our house is on land that was once the old rectory so very close to the church!

Our nearest parkrun is Newark which is a 2 mile jog/cycle away and 3 lap scenic in the Devon and Sconce Park.

Thanks for the Metrolines and keep fit everyone

Mary and Gordon Swindles

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**

Results and Reports

Victoria Park Half Marathon – Saturday 3rd September 2016

1		01:14:49
51	Russ Hewlett	01:42:44
147	finishers - last	02:48:28

Victoria Park 10k – Saturday 3rd September 2016

1		00:36:46
209	Trish Hewlett	01:12:58
227	finishers - last	02:48:26

Greenwich Park 10k - Sunday 21st August 2016

1		00:35:26
119	Leah Buckland	00:53:11
125	Jim Buckland	00:53:30
137	Barry Nolan	00:54:11
143	Pauline Bishop	00:54:34
304	finishers	01:23:17



Summer League - Gunnersbury Park

14th August 2016

10K

Pos	Name	Time	Category
17	Mitesh Patel	00:41:33	SM
37	Steve Paull	00:44:19	V60
48	Brian McGrory	00:45:38	V50
81	Caroline Day-Lewis	00:48:51	FV45
110	Glyn Watkins	00:53:06	V60
112	Peter Jose	00:53:14	V65
125	Pauline Bishop	00:55:16	FV60
132	Anne Nola	00:55:44	FV40
134	Jane Hudson	00:56:07	FV55
141	Denise Power	00:57:44	FV35
145	Terry Burke	00:58:39	V65
152	Andrew Collier	01:00:08	V50
161	Marion Rogan	01:01:32	FV65
163	Ruth Tidder	01:01:44	FV45
167	Irene Paull	01:02:44	FV55
174	Angela Murphy	01:04:41	FV65
178	Kath Donaldson	01:06:08	FV65
179	Tiziana Spotti	01:06:29	FV55
184	Emma Rackham	01:07:55	SL
187	Raquel Russel Ponte	01:09:37	FV70
189	Nancy Morris	01:13:57	FV45

Tenderfoot			Age
10	Natalie Tidder	00.08.08	11
11	Sam Millbery	00.08.08	7
14	Joe Millbery	00.08.37	10

RELAYS – 375m on long grass

Female Team

Natalie Tidder	1m 16s
Emma Rackham	1m 50s
Jane Hudson	1m 44
Ruth Tidder	<u>1m 39s</u>
	6m 29s
4th from 5 teams	

Male Team

Brian McGrory	1m 37s
Andrew Collier	1m 34s
Sam Millbery	1m 27s
Spencer Millbery	1m 19s
Joe Millbery	1m 28s
Steve Paull	<u>1m 28s</u>
	8m 57s

3rd from 3 teams



B1 Team

Glyn Watkins	1m 21s
Marion Rogan	1m 47s
Kath Donaldson	2m 15s
Terry Burke	1m 28s
Angela Murphy	2m 19s
Raquel Russel	<u>2m 19s</u>
Ponte	11m 40s

6th from 6 teams

All relay results are before any weighting for age.

Thanks to Penny Hudson and Claire Millbery who timed the relays and Nancy Morris who recorded all club teams finishing order.

FINAL POSITIONS – Metros finished in third place behind Ealing Eagles, 1st and Queen's Park Harriers, 2nd. Actual points to be confirmed shortly.

OVERALL AWARDS –will be presented at the first fixture next year.

THANKS to all Metros runners who ran and contributed to Metros finishing in third place and to Irene Paull for compiling not only the Metros results throughout the season but also compiling the complete results for the whole league.

Pat Jackson

Leila's Run (Marathon distance) Sunday 21st August 2016

Spencer Millbery 4:26:33



Dunstable Downs Half Marathon - 4th September 2016

1		1:19:54
30	Spencer Millbery	1:57:19
93	finishers - last	3:43:18

Albania by bicycle.

Cycling into the unknown.

Ian and Annie Birch's Adventure.

On a dull rainy day in April, we decided to book a cycling tour to Albania for a bit of sunshine. Fast forward 5 weeks to our arrival at Tirana airport, we were met by rain of biblical proportions. The dark grey skies and heavy rain were exactly what you would expect in an ex communist country.



That was the last rain we saw for 2 weeks of hard but enjoyable cycling. We found to our surprise that cafes in Tirana sold the best crepes ever. We also visited the market in Tirana, which sold leaves of every description including nettles and tobacco to name but two. I discovered I had forgotten to pack my washing line and pegs and duly went to

the nearby supermarket and purchased a present for myself, a lurid green washing line and a dozen plastic pegs. (More of that later).

Twenty intrepid cyclists left Tirana to the sound of car horns behind our lead out car. This was to avoid getting lost, not because we were important. That was the end of city life for a few days.

Our first lunch was a very grand affair and included spit roast goat along with numerous other magnificent Albanian dishes. Each day we stopped at a different restaurant for coffee then lunch and each day we were met with a friendly welcome and wonderful food. Cycling after eating is much less of a problem than with running.

On the quiet roads in the countryside several things were notable. One was the lack of road surface and more pot holes than the Chilterns on occasions. This was usually only for a short distance however on one occasion the road surface had been removed for ten miles on a main road! As in running, all traffic including donkeys, cows, bicycles, goats, cars and lorries adopted 'the other man's grass' policy and for we all swerved from side to side of the road trying to find some road.

We explored the towns both old and new as we cycled. Much of the Communist infrastructure remains but has not been maintained. Throughout the country side in small towns were derelict factories from the communist era accompanied by blocks of flats built to house the workers. Many of these towns had large numbers

of men sitting in cafes drinking coffee, no women however. As we cycled through the countryside people collected herbs and leaves of every description from the road side hedgerows. We had pies made from nettle and other leaves and herbs on several occasions. Each was delicious but also different from the previous pie. Animals were grazed on hedgerow verges and it was not unusual to cycle round a bend, at speed to be confronted by goats, cows, sheep, donkey or tortoises all across the road. It all adds to the excitement. In the small fields people, mainly women, worked in the hot sun using scythes and other hand tools to scratch a living in the countryside. It looked hard, hot work and both old and young women and children worked in these small fields. Much appeared to be subsistence farming. Donkeys carried huge hay stacks along the road, usually with an incredibly old lady and gentleman escorting it. Traffic didn't seem to be a problem

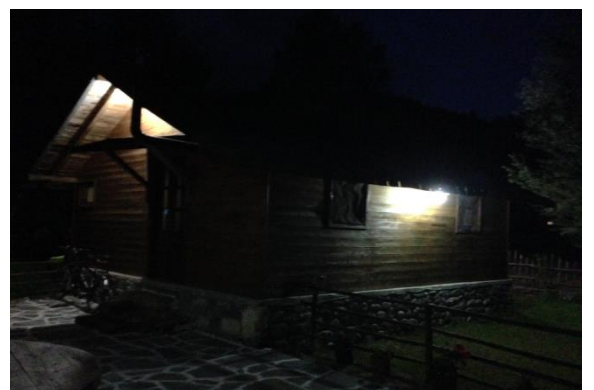
and car, donkey, bicycle and lorry shared both sides of the road.

We cycled to hot springs and I swam in a warm spring fed pool albeit in my cycling shorts and bra. We crossed a steep sided Ottoman bridge to get to the spring, (not easy in cycling shoes with cleats). It was totally wild with a river running alongside which had hot and cold parts due to the effect of the springs. A large dog who obviously had a penchant for taking the waters lay lazily in a warm spot in the river, oblivious to everything

around him.



We cycled into the mountains with some long climbs and the occasional steep gradient. We stayed one night in a 'chalet' high in the mountains, the only accommodation for miles. The chalets were shared by 2 couples and although quite basic, clean and with an electric heater in each bedroom. There was also a wood fire stove/ cooker, but we were not brave enough to light it mainly as the chalet was built entirely of wood! We had a hearty breakfast of eggs and bread before heading off into the unknown again.



As we left one coffee stop heading for a bridge and still in the mountains, we were stopped by a young bride and groom, who wanted the bikes, and eventually the cyclists in their wedding photos. We were miles from anywhere, but the photos were being taken, traffic in both directions stopped for the happy couple.



We cycled out of the mountains and to the coast of the Ionian Sea. Swimming was a must although I'm not sure of the water quality. It was definitely don't swallow any!

The weather was hot and sunny making both cycling and swimming a real pleasure. So much so that on the first rest day we cycled to explore and found ourselves crossing a river on the most rickety chain ferry ever. On our cycle back to our hotel we saw snakes and more tortoises along the way.



The coastal areas are becoming developed and the hotels each competed with the other to provide the most chic accommodation. In one of the coastal hotels we stayed at our room was huge with an enormous balcony overlooking the sea, (excellent for drying the day's washing), an enormous circular bed, (not easy to find the edge to get up in the night) and a vast bathroom with a

jacuzzi spa bath and walk in shower. All very palatial apart from the lack of water out of the hot taps! The hotel was designed with a flight of external steps to the reception but all luggage was posted in through a second floor window which was at ground level. This was next to the lift shaft which incidentally didn't have a lift in it. We saw vast numbers of half finished houses and hotels which had been started as a business venture and money or corruption had put a stop to the building work. On the outskirts of Berati one such building had its ground floor occupied by some cows happily living with fresh straw and feeding troughs in what was perhaps a ground floor room, restaurant or office when the building was first conceived.



Cycling from the coast towards Berati involved a 14 km climb with, we were told, an average of about 10% but some harder sections closer to 15% in places.

Unfortunately in Albania they only seem to have 7% or 15% signs so the gradient was anybody's guess but it was steep in places.

It was to be a long hot morning and Maggie (the back half of our tandem duo) did not want to do this long uphill stretch. Ian being the chivalrous gentleman that he is volunteered to be stoker on the tandem to the top of the hill although he had never ridden a tandem in his life before. After a couple of circuits outside the hotel the



evening before, encouraged by everyone on the tour it was agreed that Maggie and Ian's bike would go to the top in the van. Ian would go on the back of the tandem. It is the only time I have ever been at the top of a climb before Ian. When Ian and John (tandem captain) arrived at the top Maggie was on hand with the camera to record the occasion for posterity.

On a more mundane topic, moving on tour involves packing and unpacking everyday along with washing clothes and kit on a daily basis too. This needs military precision. Everything must be packed in separate and distinguishable bags so that on arrival in a new hotel, shorts jerseys, knickers, socks pants etc can be found easily. Also on arrival at each new hotel a washing line space must be found, all kit washed and after showering rolled in towels to aid drying then hung up/ out etc to be dry ready to repack in its specific and distinguishable bag the following morning. Ian got used to being told to get his kit off on entering every new hotel location!

The tour was a superb way to see much of the country and many parts which we would not have discovered without our Albanian guide Aumand.

We had cycled through a variety of countryside, coast, mountains, towns and cities during our adventures in Albania and seen so much, too much to remember. We had wonderful food and hospitality throughout the country.



Who knows where the bikes will be travelling to next time.

Maidenhead Half Marathon - Sunday 4th September 2016

1		01:12:24
99	Nathan Powell	01:28:08
159	Chris Shearwood	01:30:42
228	Michael Morris	01:34:21
253	Jonathan Evan-Hughes	01:35:39
268	Steve Paull	01:36:12
415	Anthony Bellis	01:41:49
427	Brett Rafferty	01:42:29
524	Simon Abery	01:46:14
562	Caroline Day-Lewis	01:48:05
837	Jim Buckland	01:57:20
838	Leah Buckland	01:57:20
938	Jane Hudson	02:00:11
1086	Mike Ransome	02:08:00
1166	Irene Paull	02:11:32
1177	Bernie Conway	02:12:56
1437	Arnold Glickman	02:47:25
1441	Emma Rackham	02:48:38
1458	finishers	03:28:07



Vets Track and Field Results

Note: Athletes can compete in a lower age group if needed.

Battersea - 9th May 2016

Event	Age Cat	Name	Time /Distance	Place out of 7 Teams
100M	50-59	Mark Mulvenna	15.0	5th
	60 Plus	Mike Ransome	14.8	3rd
400M	35-49	Matthew Rogan	70.0	6th
	50-59	Mark Mulvenna	73.5	3rd
	60 Plus	Mike Ransome	74.3	2nd
1500M	35-49	Matthew Rogan	05:22:20	6th
Long Jump	60 Plus	Mike Ransome	3.18M	2nd
High Jump	50-59	Mike Ransome	0.80M	4th
Discus	35-49	Matthew Rogan	13.83M	5th
	50-59	Mark Mulvenna	17.57M	4th
	50-59	Mark Mulvenna	6.89M	3rd
Event	Age Cat	Name	Time /Distance	Place out of 6 Teams
100M	50-59	Anne Ambrose	23.6	5th
	60 Plus	Gladys De Groot	22.7	5th
400M	50-59	Anne Ambrose	120.1	5th
	60 Plus	Elish Fernandez	120.7	5th
Discus	50-59	Elish Fernandez	7.66M	5th
Shot	60 Plus	Gladys De Groot	4.44M	3rd

Hillingdon - 6th June 2016

Event	Age Cat	Name	Time /Distance	Place out of 7 Teams
200M	35-49	Sonny Peart	30.9	5th
	35-49A	Russ Hewlett	32.1	5th
	50-59	Mark Mulvenna	30.4	5th
	60 Plus	Mike Ransome	32.1	4th
800M	35-49	Matthew Rogan	02:31:04	5th
	35-49A	Russ Hewlett	02:45:01	5th
	50-59	Mark Mulvenna	03:02:09	6th
	60 Plus	Mike Ransome	03:05:01	3rd
3000M	35-49	Matthew Rogan	11:21:40	6th
Long Jump	35-49	Sonny Peart	4.37M	5th
Triple Jump	35-49	Mike Ransome	6.72M	5th
	50-59	Mark Mulvenna	6.53M	4th
Shot	35-49	Sonny Peart	7.32M	3rd
	50-59	Mark Mulvenna	7.15M	3rd
Hammer	35-49	Sonny Peart	17.68M	3rd
4 x 100 Relay		Russ, Matt, Sonny, Mark	58.7	6th
Event	Age Cat	Name	Time /Distance	Place out of 6 Teams
200M	50-59			
	60 Plus	Gladys De Groot	49.2	5th
800M	35-49	Ruth Tidder	03:41:00	5th
	35-49A	Julia Allen	03:42:00	4th
3000M	35-49	Ruth Tidder	16:42:30	5th
	35-49A	Julia Allen	15:44:00	5th
	50-59	Anne Ambrose	17:56:00	5th
Shot	60 Plus	Gladys De Groot	4.10M	3rd
Hammer	60 Plus	Gladys De Groot	14.67M	5th

Battersea 2 - 20th June 2016

Event	Age Cat	Name	Time /Distance	Place out of 6 Teams
100M	35-49	Mike Morris	16.2	5th
	50-59	Kevin Smart	13.5	3rd
	60 Plus	Mike Ransome	15.1	3rd
400M	35-49	Mike Morris	75.7	6th
	50-59	Kevin Smart	65.4	5th
	60 Plus	Mike Ransome	73.9	2nd
1500M	35-49A	Mike Morris	05:57:00	6th
	50-59	Kevin Smart	05:56:00	6th
High Jump	50-59	Mike Ransome	1.00M	3rd
Javelin	35-49	Mark Mulvenna	14.85M	5th
	50-59	Kevin Smart	21.57M	4th
Discus	35-49	Kevin Smart	15.61M	5th
	50-59	Mark Mulvenna	18.98M	3rd
	60 Plus	Mike Ransome	17.49M	4th
Event	Age Cat	Name	Time /Distance	Place out of 6 Teams
100M	60 Plus	Gladys De Groot	22.3	5th
Javelin	60 Plus	Gladys De Groot	5.57M	4th

Ealing - 13th July 2016

Event	Age Cat	Name	Time /Distance	Place out of 7 Teams
200M	35-49	Peter Rees	30.3	5th
	60 Plus	Mike Ransome	31.1	3rd
800M	35-49	Peter Rees	02:28:00	5th
	35-49A	Mark Mulvenna	03:09:00	6th
	50-59	Mike Ransome	03:06:00	4th
	60 Plus	Steve Paull	03:03:00	4th
3000M	35-49	Peter Rees	11:27:00	6th
	60 Plus	Steve Paull	12:12:00	3rd
Long Jump	35-49	Peter Rees	3.56M	5th
	60 Plus	Mike Ransome	3.33M	4th
High Jump	35-49	Peter Rees	1.15M	4th
	50-59	Mike Ransome	1.10M	5th
Javelin	35-49	Peter Rees	20.88M	4th
	50-59	Mark Mulvenna	15.96M	4th
	60 Plus	Mike Ransome	18.56M	4th

Event	Age Cat	Name	Time /Distance	Place out of 6 Teams
200M	50-59	Penny Hudson	54.3	5th
	60 Plus	Gladys De Groot	48.4	4th
800M	50-59	Elish Fernandez	04:39:00	5th
	60 Plus	Pauline Bishop	03:47:00	5th
3000M	Non Scorer	Kath Donaldson	17:38:00	
	50-59	Penny Hudson	17:43:00	5th
	60 Plus	Pauline Bishop	15:14:00	4th
Javelin	50-59	Elish Fernandez	6.14M	4th
Hammer	60 Plus	Gladys De Groot	14.12M	2nd

5k Race - 20 August 2016

Position	Name	Age Grade	Time
32	Raquel Russell-Ponte	70.50%	33.13
4	Steve Paull	70.24%	23.27
5	Caroline Day-Lewis	70.00%	23.40
24	Kath Donaldson	69.45%	31.32
25	Barbara Reading	69.23%	31.38
7	Peter Jose	68.34%	25.30
1	Chris Hudson	67.85%	21.55
12	Jane Hudson	66.57%	27.34
19	Jane Scoffham	65.84%	29.28
2	Mike Morris	65.81%	22.14
6	Dave Young	65.04%	25.06
3	Simon Abery	64.41%	23.05
34	Angela Murphy	63.02%	33.40
13	Ceri Jacob	62.11%	27.40
11	Mike Ransome	61.56%	27.30
26	Irene Paull	59.52%	31.42
8	Tracey Tyrrell	58.21%	25.41
14	Juliette Nola	58.12%	28.01
10	Ann Nola	57.97%	27.24
17	Julia Allen	57.19%	28.58
29	Teresa Young	57.00%	32.38
27	Debra Norman	56.27%	31.45
23	Sam Millbery	54.61%	31.10
20	Al Scoffham	54.31%	29.32
18	Claire Millbery	53.20%	29.08
16	Andrew Collier	52.14%	28.31
33	Julie Smith	51.89%	33.34
15	Sonny Peart	51.53%	28.10
36	Ku Samra	51.09%	34.31
30	Bill Carter	50.78%	32.44
35	Arnold Glickman	50.38%	34.14
9	Ian Cadwell	50.21%	25.42
28	Amanda Hardy	49.90%	32.28
21	Joe Millbery	49.69%	30.47
22	Steve Alder	49.37%	30.52
31	Paul Gardner	48.11%	32.46
38	Jo Collier	47.72%	35.08

37	Nancy Morris	46.07%	34.48
39	Ian Bocock	43.52%	38.54

We tried to arrange good weather, but no one was listening – so the heavens opened and made sure that the runners stayed wet and cool. Just what Dave Young likes.

Well done to our young winner, Chris Hudson. You certainly showed the way.

Thanks to Marion for helping mark the course and take down the tapes afterwards.

Dave B for name recording and Penny and Teresa.

Next race: Saturday 5th November.

Marilyn and Henry

Great North Run Sunday 11th September 2016

1	Mo Farah	1:00:04
11755	Alison Teale	2:01:09
36328	Richard Hayward	2:57:09



The **5 mile handicap** was held on 3rd September 2016. It was the final of the series for the year.

The results are as follows:

03/09/16	5 mile time	Handicap	Time inc. handicap	Next handicap
Ceri Jacob	45.31	0	45.31	14
Errol Clarke	48.51	0	48.51	10
Angela Murphy	49.39	0	49.39	10
Marion Rogan	47.37	6	53.37	12
Veronica Georgescu	53.51	0	53.51	5
Mike Ransome	45.31	11	56.31	14
Kath Donaldson	50.34	6	56.34	9
Jo Collier	57.28	0	57.28	2
Tiziana Spotti	51.38	6	57.38	8
Nancy Morris	54.20	4	58.20	5
Carole Lloyd	52.29	6	58.29	7
Hilary Lemon	48.38	10	58.38	11
Mark Lemon	54.51	4	58.51	4
Nicola Rochford	52.53	6	58.53	6
Mike Morris	34.59	24	58.59	24
Brett Rafferty	34.17	25	59.17	25
Steve Paul	37.25	22	59.25	22
Mitesh Patel	34.54	25	59.54	24
Raquel Russell-Ponte	52.18	8	60.18	7
Julia Allen	47.34	13	60.34	12
Judy Rackham	49.36	11	60.36	10
Kirit Ranpura	41.38	19	60.38	18
Nigel Rackham	30.52	30	60.52	28
Teresa Young	53.05	8	61.05	6
Andrew Collier	46.10	15	61.10	13
Dave Young	41.30	21	62.30	18
Emma Rackham	50.16	16	66.16	9

Joe Groom Mile (Wot No Watch) - 17th September 2016

What a historic day for the event, with our first 90 year old competing and 5 runners in contention for the trophy plus a record turn out with 46 runners. The rain held off and we were able to say congratulations to Joe Groom on competing the mile in 27 mins 17 seconds in his 91st year, accompanied by his wife Rita and Chris Roome. The trophy had to be decided on the 100ths of a second and eventually went to Mark Lemon, with commiserations to Ruth Tidder, Raquel Russel Ponte, Karen Collier and Yasmin Ransome. Five other runners were within one-two seconds.

All change for the next running of the event – as timed one mile races will now always take place on the 2nd Saturday of each month, with the Measured Mile trophy races in November, February, May and August and the Wot no Watch events in the remaining months.

Name	Actual	Predicted	Difference	100ths
Mark Lemon	00:08:45	00:08:45	0	0.48
Ruth Tidder	00:07:39	00:07:40	1	0.50
Raquel Russel Ponte	00:09:50	00:09:50	0	0.52
Karen Collier	00:08:30	00:08:30	0	0.70
Yasmin Ransome	00:14:00	00:14:00	0	0.88
Sarah Westwood	00:10:22	00:10:21	1	
Adam Leary	00:06:16	00:06:15	1	
Steve Paull	00:06:26	00:06:25	1	
Joe Millbery	00:08:38	00:08:40	2	
Simon Abery	00:06:22	00:06:20	2	
Anne Nola	00:07:23	00:07:20	3	
Tian Hollingshead	00:06:08	00:06:12	4	
Judy Rackham	00:08:55	00:08:50	5	
Mike Ransome	00:07:35	00:07:30	5	
Debbie Moynihan	00:10:54	00:11:00	6	
Dave Young	00:07:16	00:07:10	6	
Sam Millbery	00:08:36	00:08:30	6	
Arnold Glickman	00:09:07	00:09:15	8	
Nancy Morris	00:09:10	00:09:20	10	
Hilarie Lemon	00:08:26	00:08:15	11	
Jane Hudson	00:07:19	00:07:30	11	
Arnold Glickman	00:09:31	00:09:15	16	
Marion Rogan	00:08:44	00:08:25	19	
Dharmini Chikhliwala	00:08:51	00:08:30	21	

Steve Alder	00:08:23	00:08:45	22	
Julie Smith	00:09:26	00:09:50	24	
Veronica Georgescu	00:09:35	00:10:00	25	
Sonny Peart	00:07:43	00:08:10	27	
Steph White	00:10:03	00:10:30	27	
Kyie Hollingshead	00:07:29	00:07:00	29	
Barbara Robson	00:14:01	00:13:30	31	
Amanda Hardy	00:08:59	00:09:30	31	
Caroline Day-Lewis	00:06:35	00:07:09	34	
Rita Groom	00:14:37	00:14:00	37	
Janice Newman	00:09:40	00:08:55	45	
Kath Donaldson	00:09:40	00:08:55	45	
Elish Fernandes	00:11:12	00:12:00	48	
Karen Leary	00:08:48	00:08:00	48	
Geraldine Gill	00:09:50	00:09:00	50	
Claire Millbery	00:08:23	00:09:30	67	
Sakina Sidiq	00:09:51	00:11:00	69	
Gladys de Groot	00:11:41	00:10:00	101	
Dave Brown	00:11:12	00:09:03	129	
Pat Jackson	00:16:30	00:19:00	150	
Alisha Sidiq	00:15:10	00:12:00	190	
Joe Groom	00:25:17	00:22:00	197	
Chris Roome	00:25:17	00:22:00	197	



parkrun results

20.8.16

Brighton and Hove

Glyn WATKINS 00:28:37

Black Park

Linda GAITSKELL 00:37:28

Harrow

Brian MCGRORY 00:21:18

Nathan POWELL 00:21:31

Anthony BELLIS 00:21:54

Veronica 00:31:48

GEORGESCU 00:32:13

Carole LLOYD 00:32:13

Oak Hill

Errol CLARKE 00:27:26

Poole

Nigel RACKHAM 00:17:07

Judy RACKHAM 00:29:22

Emma RACKHAM 00:29:32

Northala Fields

Russ HEWLETT 00:21:04

Andrew FOX 00:22:08

Trish HEWLETT 00:33:07

Cassiobury

Sasha BIRKIN (1st) 00:19:54

Simon DADOMO 00:28:16

Salisbury

Terry BURKE 00:27:25

Aldenham

Barry NOLAN 00:27:43

27.8.16

Black Park

Jacqueline BOWLES 00:26:34

Jason BOWLES 00:29:13

Linda GAITSKELL 00:36:17

Harrow

Nigel RACKHAM 00:17:09

Mitesh PATEL 00:19:40

Matthew RACKHAM 00:20:03

Russ HEWLETT 00:21:46

Kevin SMART 00:21:58

Steve PAULL 00:22:00

Mike MORRIS 00:22:09

Leah BUCKLAND 00:25:11

Jim BUCKLAND 00:25:12

Ian CADWELL 00:26:02

Pauline BISHOP 00:26:12

Jane HUDSON 00:27:23

Brian MCGRORY 00:27:23

Sonny PEART 00:27:51

Andrew COLLIER 00:28:02

Ruth TIDDER 00:28:49

Julia ALLEN 00:28:49

Judy RACKHAM 00:28:59

Kim HASSARD 00:29:14

Emma RACKHAM 00:29:14

Kath DONALDSON 00:30:55

Jo COLLIER 00:33:55

Trish HEWLETT 00:34:06

Nancy MORRIS 00:34:14

Southampton

Chris SHEARWOOD 00:19:49

Gill SHEARWOOD 00:46:35

Bournemouth

John GORTON 00:23:22

Longrun Meadow

Sebastian 00:25:16

HOLLINGSHEAD

Kyie HOLLINGSHEAD 00:30:28

27.8.16 (cont'd)**Northala Fields**

John NORRIS	00:20:08
Brett RAFFERTY	00:20:57
Andrew FOX	00:22:31

Maidenhead

Sasha BIRKIN	00:20:17
Max DADOMO	00:27:32
Simon DADOMO	00:28:11

Cassiobury

Errol CLARKE	00:30:03
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Salisbury

Terry BURKE	00:26:20
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3.9.16**Black Park**

Glyn WATKINS	00:30:58
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Harrow

Jim BUCKLAND	00:26:51
Gill SHEARWOOD	00:45:48

Longrun Meadow

Sebastian HOLLINGSHEAD	00:23:52
Kylie HOLLINGSHEAD	00:31:03

Northala Fields

Brian MCGRORY	00:20:42
Andrew FOX	00:21:46

Cassiobury

Sasha BIRKIN (1 st)	00:20:08
Simon DADOMO	00:25:48

Salisbury

Terry BURKE	00:27:12
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Aldenham

Graham John HART	00:28:14
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Ellenbrook Fields

Barry NOLAN	00:25:43
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10.9.16**Black Park**

Peter BEUSELINCK	00:30:43
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Harrow

Kevin SMART	00:21:46
Jim BUCKLAND	00:24:49

Simon DADOMO	00:26:07
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Graham John HART	00:27:40
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Sonny PEART	00:28:14
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Kim HASSARD	00:28:44
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Judy RACKHAM	00:28:51
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Carole WELLS	00:32:16
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Gordon VALENTINE	00:32:17
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Poole

Sue DAVIE	00:41:29
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Pymmes

Errol CLARKE	00:26:52
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Preston Park

Russ HEWLETT	00:22:26
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Trish HEWLETT	00:34:02
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Northala Fields

Brett RAFFERTY	00:20:14
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Andrew FOX	00:22:03
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South Oxhey

Brian MCGRORY	00:21:49
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Salisbury

Terry BURKE	00:27:13
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Runner's Recipes

Courgette & cinnamon loaf

Ingredients

225g plain flour
½ tsp baking powder
2 tsp bicarbonate of soda
¼ tsp salt
2 tsp ground cinnamon
3 eggs, beaten
1 tbsp golden syrup
150 ml sunflower oil
100g light muscovado sugar
225g courgettes, grated
1 tsp vanilla essence
50g walnut pieces, chopped



1 Preheat the oven to 180C/350F/Gas 4. Sift together the flour, baking powder, bicarb of soda, salt and cinnamon. Add all remaining ingredients and beat well.

2 Transfer the mixture to a greased and lined 23x10cm loaf tin. Smooth the surface and bake for 45 to 60 minutes until a skewer pushed into the centre emerges clean. Turn out and allow to cool completely on a wire rack.

Serve fresh from the oven, or wrapped and stored for a day, then sliced and buttered.

Taken from a very old copy of BBC Vegetarian magazine

NOTES OF METROS COMMITTEE MEETING

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

PRESENT: Penny Hudson, Pat Jackson, Irene & Steve Paull, Marilyn Pickford, Mike Ransome, Emma Rackham, Barbara Robson, Carole Wells, Sarah Westwood.

APOLOGIES: Peter Beuselinck, Paula Kanesanathan, Mitesh Patel, 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).

MATTERS ARISING FROM THE PREVIOUS MEETING – 6 July 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. She confirmed that maps for the 5 mile and 10K routes are already listed.

ACTION: Emma Rackham

Metros Running Books Library – Emma has added a form on the Metros web site for members to list what running books they have and would lend to members.

Metros Members Photos on Web Site – This is now up and running and Emma will advertise again.

REPORTS OF OFFICERS

Hon. Chairman – Sarah reported that a member had fallen on a Monday night session, had needed expensive dental treatment and has decided to complete a public liability claim form against Harrow Council. It was agreed that there was no liability to Metros.

Hon Vice Chairman – Carole had nothing to report.

Hon. Secretary – Peter was absent and had not sent any items.

Hon. Treasurer – Mitesh was absent and had emailed an update to the committee regarding Metros internet banking. The committee had approved the change to

allow Mitesh to make online payments up to £100 but two authorisations for payments over £100 will be necessary.

Hon. Membership Secretary: Four new members were confirmed: Finn Barrins, Pinner; Ian Cadwell, Ickenham; William McKenna, Harrow and Marcus Weedon, Harrow.

Irene confirmed 243 members, 187 full rate adults.

Emma confirmed 303 followers on Facebook.

OTHER ITEMS

Records - Emma suggested a list of Metros record holders in various distances be added to the web site. Steve had previously looked into this and it was decided to investigate compiling a list, adding it to the web site and, if anyone knows of a faster time, the list could be updated. **ACTION:** Steve Paull

Wot no Watch 17 September with Joe Groom – Pat confirmed that Joe Groom at 90 is our oldest Metros member and is intending to walk this mile. Pat will give details to Emma. **ACTION:** Pat Jackson

Race Entry Changes – Mike asked what the rules were on offering other runners their entry number for an event if they are unable to run. It was agreed that there were no set rules as it is up to each race organiser to decide if this can be done either prior to, or on the day. If the organisers do not wish to do this, entries should not be transferred to another runner, due to health and safety reasons.

Metros Saturday Sessions – Irene had drawn up an excellent 4 – 5 week timetable of events at Saturday sessions. She aimed to encourage those who do occasional park runs to do them on the same Saturday; make it easier to remember which type of session is held which week and re-introduce the walk but change the route to be more achievable in an hour. Irene requested suggestions on the criteria for the walk award. **ACTION: ALL MEMBERS**

10k Challenge – Irene stated this will change from the current bronze, silver, gold system presented at the Quiz and Awards Evening to colour band changes on medals based on the same age graded tables and presented on Saturday sessions the first time someone achieves a new grade. **ACTION:** Teresa Young

Metros Survey: Coaching Sessions – for specific distances was discussed and it was agreed to review at the October meeting along with the recommendations from the Session/Coaching working party. **ACTION:** Sarah Westwood

Metros Survey – Kit – a working party with Peter Beuselinck, Barbara and Pat was set up to review comments from the Metros survey. Peter aimed to find suppliers who would allow members to order online direct to avoid us keeping stock. Designs for a separate male and female vest from one such supplier were approved. It had been suggested that a small running man logo be added but felt not suitable in its present form. It was also suggested that the font for the club name be changed and possibly lowered to leave room for a personal name to be

added if required but still enable the club name to be viewed when a large running number is attached. Material samples will now be obtained. The committee thanked the working party with particular thanks to Peter.

ACTION: Peter Beuselinck/Barbara Robson/Pat Jackson

CO-ORDINATORS REPORTS

Summer League – Pat confirmed that Metros finished third overall. She thanked Irene for not only recording Metros results but for compiling the results for the whole league and finalizing the overall results for this season so quickly.

Metros Annual Fun Run – The Brian Jackson Fun Run – will be held on Saturday 1 October. Pat confirmed Harrow Council have not charged us for the use of the park, only if we wish the grass to be specially cut, which we've declined as there is already a grass cutting rota. With results not being declared on the day, it was agreed that the walk will be reduced to 1k from 2K.

Quiz and Awards Presentation Evening – to be held on Friday 11 November. More bar staff have been requested at 6.45 pm to enable participants to buy drinks on arrival for a prompt start.

Meeting finished at 9.25 pm.

Date of Next Committee Meeting	Wednesday 5 October
Wednesday 2 November	
Wednesday 7 December	

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



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.