



October 2017
Issue No. 349



Metros Diary

October

Sun 1	Moor Park 10K	3.00 pm
Wed 4	Committee Meeting	8.00pm
Sat 7	Metros 10K Challenge, Roxbourne PK	8.50 am
Sun 8	TVLXC – Metros fixture, Hillingdon	11.00am
Sat 14	parkrun (Canons Park – 1 st anniversary)	9.00 am
Sun 15	Cabbage Patch 10	10.00 am
Sat 21	Wot No Watch, Roxbourne Park	9.20 & 9.40am
	Foodbank donation	
Sun 22	TVLXC – TVT Fixture	11.00am
Sun 29	Ricky Road Run 10	10.30 am

November

Wed 1	Committee Meeting	8.00 pm
Sat 4	5 K Run, Roxbourne Park	9.00 am
Sat 11	Measured mile, Roxbourne Park	9.20 & 9.40am
	Foodbank donation	
Sun 12	TVLXC – Datchet Dashers	11.00 am
Sat 18	parkrun (Harrow – Mob match)	9.00 am
Fri 24	Metros Quiz & Awards Evening	6.45 pm
Sun26	TVLXC – Sandhurst	11.00 am

December

Sat 2	5 Mile Handicap	9.00 am
Sun 3	TVLXC – Handy Cross	11.00 am
Wed 6	Committee Meeting	8.00 pm
Sat 9	Wot No Watch, Roxbourne Park	9.20 & 9.40am
	Foodbank donation	
Sat 16	parkrun (Rickmansworth)	9.00 am
Sun 17	TVLXC – Reading	11.00am
Fri 22	Christmas Drinks – at the Rackhams'	7.00 pm

For more details of Saturday morning activities please see full timetable on our website – <https://metros.org.uk/saturday-training-sessions/>

Note from the Editor!

It's been a very busy few weeks for Metros – and some competed in the Round Norfolk Relay and Harrow Half in the same weekend! It's good to have a local race back on the calendar and it's interesting to have two articles in this month's Metrolines looking at Harrow half from different perspectives. Reading his contribution, I think that the elusive Roxeth must have been spectating from my marshal point!

Please keep sending me your articles, results and achievements so they can be shared with fellow Metros.

Please note the changes to the diary regarding parkruns in October and November.

Anne Ambrose

Metrolines

All contributions welcome – please send to: Anne Ambrose

Email: metrolines1@gmail.com

Articles should consist of no more than 3 to 4 sides of A4 font Arial 14. When submitting articles, please ensure that all information is correct and that times, dates and places are clearly shown.

Contributions by: 15th of each month please.

If you would like to receive Metrolines by email, please send your details to Anne Ambrose at the email address above. If you would like to advertise in Metrolines the rates are as follows: Full page £5; Half page £3; Quarter page £2



Barbara Robson and husband, Frank recently celebrated their Diamond wedding anniversary- what an achievement! Congratulations



Welcome New Members

**Mark Howard
Elizabeth Wordsworth
Jag, Olivia and Luca Matharu**



Arnold Glickman recently reached a milestone birthday (VM70) – and celebrated with family and friends at Monday Metros!



Achievements

Well done to ...

Sasha Birkin – for her 100th parkrun at Cassiobury parkrun on 16th September, for coming first in her age group at Harrow Half Marathon, 17th September and for PBs at Maidenhead and Harrow half marathons

Steve Paull – for coming first in his age group at Harrow Half Marathon, 17th September

Nigel Rackham - for coming first in his age group, and the first GB finisher at the European Masters Marathon Championship, Wroclaw, Poland 10th September

Nigel, Peter and Matthew Rackham – for winning the family award at the Round Norfolk Relay

Barbara Reading – for coming first in her age group at the Harrow Half Marathon



Trophy Races

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

1 st October	Moor Park 10K
15 th October	Cabbage Patch 10
29 th October	Ricky Road Run 10

Steve Paull

Parkrun – Change to schedule

The third Saturday of each month, Metros do a parkrun as an alternative to our usual Saturday morning session at Roxbourne Park. The schedule below has been prepared for parkruns up to the end of the year.

14th October - Canons Park (**NB:** 2nd Saturday of the month to coincide with Canons Park parkrun 1st anniversary)
18th November - **Harrow** (**NB:** change of venue as we have been challenged to a Mob match by Sudbury Court)
16th December – Rickmansworth

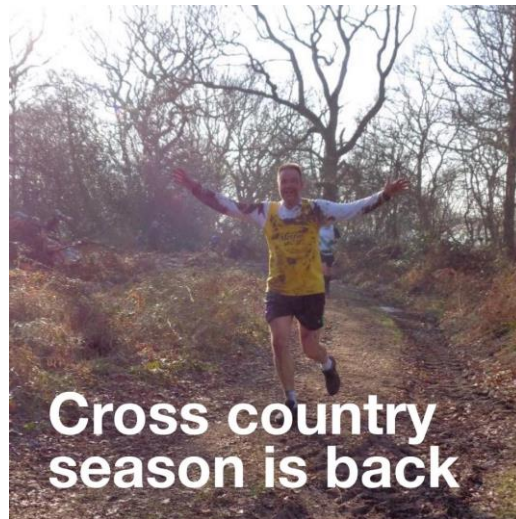
NB: There is always a session at Roxbourne Park too if you don't fancy a parkrun!

Consolidated club results can be found at:

<http://www.parkrun.com/results/consolidatedclub/?clubNum=2850>

This shows all the stats for each runner, if people are interested in number of runs etc.

Please continue to send any PBs, wins, or 1st in age group results to **metrolines1@gmail.com** for inclusion in the achievements page.



THAMES VALLEY CROSS COUNTRY LEAGUE

Events take place every two-three weeks at 11.00 am on Sundays between October and March. The courses are roughly five to six miles. There are usually eight fixtures, with men and women of all abilities running together over mostly cross country, some footpaths and a little road.

Co-ordinators: Al and Jane Scoffham

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

Cross Country Fixtures – Dates for your diary

2017

OCTOBER

8 Metros

22 TVT

NOVEMBER

12 Datchet Dashers

26 Sandhurst

DECEMBER

3 Handy Cross

17 Reading

2018

JANUARY

21 Tadley

FEBRUARY

4 Bracknell



Dear Metros, Friends and Family,

Following the success of the Summer Solstice Run back in June a few of the Wednesday night hillers thought we would co-ordinate a run/walk on the shortest day of the year Thursday 21st December, and again finish on Harrow on the Hill this time on the east side to watch the sun rise over London at 8.04am followed by a well-deserved breakfast/hot drink in Morrisons Pinner Road (top end near Harrow Town Centre).

Again, looking to have several meet times (6.04, 7.04, 7.34) from outside John Lyon School entrance (where the Wednesday night hill runners meet at Middle Rd, Harrow on the Hill, HA2 0HN) and we thought we would start early to accommodate those who may not be able to make it to sunrise due to other commitments but still wish to participate.

Please can you let me or any of the regular Wednesday night hill runners know if you would be interested in running or walking the winter solstice.

Please can I also have a couple of volunteers to lead both the run and walk.

Please also feel free to promote via any other running social media groups you subscribe to and invite family and friends everyone is welcome no matter what pace you run or walk at.

Nathan Powell

07775 540 680

nathancpowell@yahoo.co.uk



Metros QUIZ & AWARDS PRESENTATION EVENING

Date: Friday 24th November 2017
Venue: Lowlands Tennis Club, Lowlands Road, Eastcote
Time: 6.45 pm to purchase drinks for a prompt start at 7.00 pm

This year the evening will start with the first few rounds of the Quiz, followed by some award presentations

Quiz

It is suggested that teams should consist of no more than ten. Teams can be arranged on the evening.

Presentation of awards will include the following:

Metros Thames Valley League 2016-2017
Metros Summer League 2017
The Bill Gardner Summer League Award
Track & Field MBE's & Track Shields
Metros 5 Mile Handicap
Metros 5 Mile Walk Shield and Certificates
Ann Marsden 5K Award
Keith Adsley Award
LRRRC Trophies
The Young Runner's Awards
Beginner Runner's Award
The Aaron Breen Awards for Services to Family Running
The Runners' Awards

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 0208 868 5683

Do not be “hamstrung”

Hamstring injury is one of the most notorious injuries an athlete can encounter. Paul Pogba of Manchester United pulled his hamstring in their first European Cup match and will be out of action for some weeks. Hamstrings aid acceleration but also help with power generation when your glutes are not firing. This is known as being hamstring dominant. This may pose problems for such an active muscle through multiple points in the gait cycle - they do not rest. Most athletes are hamstring dominant and as physiotherapists there are simple tests we can do to diagnose this.

Hamstrings are the muscles which are involved in flexing your knee and assist in hip extension once the glutes have initiated the movement. From excessive load, they get injured and over the next two articles I will be discussing what happens when the hamstrings get tight and may cause a tendinopathy (where the tendon becomes inflamed), and next month when the hamstring tears or strains.

The higher incidence in my clinic, for long distance runners, is a tendinopathy so, let us start there.

The best way for me to describe the symptoms of a hamstring tendinopathy is you feel a horrible, uncomfortable ache around the buttocks when you walk, jog, bend or get up off a seat. Attempting to run faster or increasing stride length will generate more symptoms. The pain starts as a small easily ignored ache to a full-blown annoyance, a true pain in the “derriere”.

What are the early signs of a hamstring tendinopathy?

Please be aware of these signs as with every other repetitive strain syndrome IT WILL GET WORSE and hence becomes harder to treat when more chronic.

Pain when sitting. Pressing or sitting down on the ischial tuberosity (sitting bone) may be uncomfortable or even painful.

Pain with repetitive activity. Biking, hiking, running and other repetitive activities can exacerbate the buttock pain. People with high hamstring tendinopathy will often notice a pattern to their pain. For example, the pain may appear at the same time into a workout.

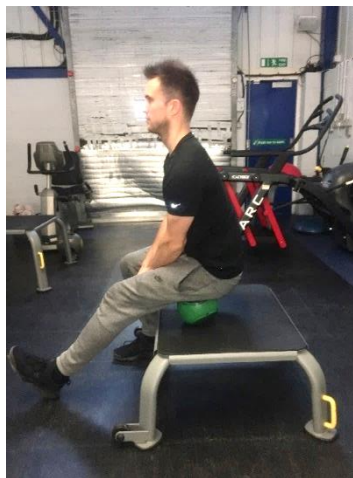
Pain with acceleration or sprinting. Runners may notice that pain appears or gets worse while accelerating or sprinting. The pain is typically worse just prior to heel strike, when the hamstring is firing to slow the body down. In some cases, severe pain may prevent athletes from sprinting.

Pain when bending at the hip. An example of this would be pain with tying shoes or bending at the waist to pick something up off the ground.

What is the self-management for athletes/treatment?

This is a highly complex injury which may well need early intervention. Below shows the self-management techniques for this condition rather than the treatment I would give a patient.

1. Trigger pointing areas of tension in the hamstring. Finding the trigger points is not complex, simply find where hurts using the ball. For beginners, you can leave out the stretch but as you get more accustomed to the discomfort a stretch needs to be added. To add the stretch pull toes up towards you and have a slightly bent knee.



2. Stretching a tendinopathy is a very difficult topic to discuss in an article especially when I have not assessed an individual to see whether it is appropriate. It is my opinion that a tendinopathy occurs with tightness of the tendon/s, so some degree of resistance needs to be stretched. This encourages healing and a slow lengthening of the tissue will help heal the tissue. Do not over stretch. Find the point of resistance and gently hold for one minute into a small resistance.



3. Once all symptoms have subsided in the tendon you need to load the muscle-tendon unit to strengthen and help encourage new tissue to form. There are many loading exercises that I recommend but it is essential to start simple. Please find below the start and end point of the exercise. I would recommend initially doing this bridge exercise with both legs and then progress onto one as you become stronger. Focus on quality of movement rather than speed; no jerky movements.



Try not to self-diagnose hamstring pain as there are several alternative diagnoses. Conditions involving the hip and back along with other soft tissues or structural injury may be involved. The research on treatment is sadly non-conclusive which doesn't help treating this condition. Not everybody is the same although it is the same muscle. Not all hamstring injuries are created equally! It is much easier to treat an acute tendinopathy than waiting for it to become a chronic condition.

Thank you for reading again and if I can help you further or you want to know more about the condition I am open for questions. Stay tuned for my next article on a hamstring tear and how it differs from a tendinopathy. The key message, identify early and treat soonest.

Andy Howell



Harrow Half scores 6 out of 10.

Well, they got away with it, didn't they? Harrow Half happened and it was nothing like the disaster I predicted. I was wrong there BUT there are so many things that can be improved if the event is to carry on and expand. And so many questions.

Leaving Mrs R to her own devices I slid out of the door to observe the goings-on on the day. Not having done a race for many years I cannot remember how many spectators there were on the route back in the day, but the event can't really be said to have caught the imagination of the Harrow folk on the evidence of this first outing.

There were no mile markers that I could see on my perambulations, in fact signs, and the right signs, were what the event lacked most of all. The warnings of the event were not bold enough, they should be big enough for a passing driver to be able to read, only a static pedestrian could do that here.

In the days and weeks before the race I heard stories of not enough entries to break even and not enough marshals. My observations confirm the latter which is surely the fault of the organisers-Harrow AC. They just don't have the road race knowledge to put on a good half marathon yet have the arrogance to think otherwise until they are faced with the fact they are short of marshals and scrabbling around two weeks before the event. Was it right that all marshals had to leave home early to report to the Civic Centre to be taken back to their marshalling point back near their own house? I hope not. It's ridiculous if true. What about local area marshal leaders and meeting points?

I heard that a car knocked a runner over, I don't know if that is true and of course could happen anywhere. I did see angry motorists disobey road closures, which I assume is illegal, and I heard marshals getting abused.

I hope the Harrow race leadership (whoever they be) were at the slick Ealing Half a week later to see how these things can be done. Around here, late summer/autumn is a difficult time slot to put a new half into, what with Burnham Beeches and Maidenhead only a few weeks before and Richmond on

the same day. If the council funds it, how long will that last? If there is a change of political persuasion at the Civic Centre, will that change things?

Finally, the start/finish area. I can understand the desire to get the event to show the "nice bits" of Harrow but the start, and definitely the descent of Garlands Lane on jelly legs at the finish were verging on brutal and covered perfectly well by our own hill race. Why could a hill section not be part of the way round? On any wet day changing and shelter would be an advantage, plus more signs which Metros have, if only Harrow AC had asked us and not tried to go it alone.

But listening to people as they came in I did get the impression that the vast majority of the route was well accepted. It must have been quite pleasant running down the middle of so many of Harrow's usually busy streets.

Mrs R thinks I'm being over-harsh in my assessment so I've now gone up to 6.5 out of 10.

Roxeth



Caroline Day-Lewis and Mike Ransome with an inspirational message for fellow Harrow Half runners

Results and Reports

5 Mile Handicap – September 2nd 2017

	Actual 5-mile time	Time inc. handicap	points this event	next handicap
Dave Young	37.05	56.05	26	22
Tiziana Spotti	51.37	57.37	24	8
Kevin Eckersley	49.43	57.43	23	10
Ruth Tiddler	47.35	58.35	21	12
Andy Fox	34.35	58.35	20	25
Simon Abery	37.42	58.42	19	22
Nancy Morris	52.09	59.09	17	7
Mike Morris	36.28	59.28	16	23
Mike Ransome	46.34	59.34	15	13
Sonny Peart	40.53	59.53	13	18
Kevin Smart	35.04	60.04	12	24
Steve Paull	37.19	60.19	11	22
Kyie Hollingshead	44.23	60.23	10	15
Caroline Day-Lewis	40.23	60.23	9	19
Anne Nola	46.34	60.34	8	13
Kath Donaldson	53.5	60.5	7	6
Tian Hollingshead	40.07	61.07	5	19
Anne Ambrose	59.14	62.14	3	0
Jo Collier	61.39	63.39	1	-2
Barbara Reading	53.5	64.5	-2	6
Angela Murphy	56.02	66.02	-4	3
Raquel Russel-Ponte	61.5	68.5	-8	-3

Maidenhead Half Sunday 3rd September 2017

1 st		1:07:51
117	Sasha Birkin	1:27:16 PB
124	Nathan Powell	1:27:37
154	James Kerrane	1:29:38
268	Steve Paull	1:36:31
1149	Veronica Georgescu	2:22:29
1275	Penny Hudson	2:43:57
1299	finishers – last	3:00:33



Nigel Rackham takes on the European Masters Marathon, Wroclaw, Poland – see next page

European Masters Marathon Championship – Wroclaw, Poland 10th September 2017

Report from Nigel Rackham

After my abortive attempt to run Boston in March (stress fracture the week before, followed by 8 weeks of enforced inactivity) I was not really in shape to run a competitive race but this was the last opportunity to get a qualifying time for Boston 2018 - my main objective.

Wroclaw is a lovely little city in Western Poland. You cannot fly direct from London (or anywhere else important) so it is off the tourist trail but I would recommend it. The historic town centre is small enough to cover by foot and there's good local cuisine and interesting beers – all at Eastern European prices. I decided to make a weekend of it, although I was somewhat hampered by having to fly to Nice on the Sunday afternoon for work. Got an early morning Friday flight and took my son Matthew to bag-carry for me.

Matthew mastered the local public transport and we got a tram out to the expo to pick up my number. Bumped into the team GB captain who was having a heated conversation with the organisers about how a certain Nigel Rackham should be allowed to count for the GB V50 team despite Nigel being a V55.

After sightseeing Friday afternoon, we tried out a restaurant/micro-brewery called “Zloty Pies” assuming it to be a pie and beer place. We soon discovered that Zloty Pies actually means “Golden Dog”. No hot dogs on the menu, although there were some items just described as “meat” but I assume it is the Polish equivalent of the “Dog and Duck” or whatever. Anyway, they did an excellent meal with copious alcohol for two for about a tenner in real money.

Wroclaw has a parkrun and I told Matthew I'd run if he did. In the event, he didn't make it, blaming “jet lag”.

More sightseeing on Saturday and I would recommend the local star tourist attraction, a “panorama” painted in the 19th century, of a famous battle where Poles fought the Cossacks for independence. It is a massive canvas of 15m by 114m! Not surprisingly it had to be hidden once Poland came under Stalin's thumb but survived and is now on display in a purpose built circular building where it genuinely feels three dimensional.

I got an early night after another excellent Silesian meal accompanied by the optimal carb/hydrate/sleep inducing combo of two local beers (I was careful to avoid the 10% varieties). Sunday dawned overcast which thankfully kept the temperature down to the mid-teens. Made a huge bowl of porridge while my room-mate slumbered and decided to walk/jog to the start which was only about two miles rather than risking the bus/tram option.

With only 5,000 or so runners it was not too chaotic at the start and loo queues etc. were all manageable. I bumped into local runners, Grant Ramsay and Richard Cheetham, also in their GB Masters vests and we wished each other luck. I have sparred with them in many local races although they are younger than me. I knew there were a few other GB runners who had come out for the race and I recognised a number of other Europeans from previous Masters forays.

My strategy was to run 6 min mile pace and see how I felt. Having run no further than 18 miles since my stress fracture in the spring, I knew I would enter unknown territory later in the race. I got a clean start and relying for the first time on my Garmin (I prefer miles and the course was marked in km) the first mile clicked up in 5.58. We headed back in to the city centre – the course zig zags around and after a long loop to the outskirts returns to the city centre and then back to the start. I confess, I don't take too much notice of the course once I am racing so if you want to know more check the website!

I saw Matthew a couple of times on the city centre stretches and after shrugging off the runners who like to stand at the start despite their ability, I started to check out the opposition. Helpfully, I noticed the Masters all had numbers on their backs including their age. Because of a c*** up in the registration process I didn't have one of these so I was the "dark horse". When I came up on the shoulder of the only two V55s I had seen, one of them (a Pole whom I recognised) asked me if I was 55 (so he must have recognised me too). I was pleased to confirm that I was, and then left them in my wake.

The field thinned out and Grant went past me with a small group of other V45s. I stuck to my pace although they were never far ahead. Halfway came in 01:19:30 so I'd lost a little on my 6min mile pace but still felt reasonably strong. The V45 group had split up and I started picking them off, exchanging pleasantries with Grant as I left him at around mile 18. It was now a lonely road to the finish as there was a huge gap ahead and I was digging deep to try to maintain my pace. Having a couple of runners to reel in during the closing miles helped the motivation. The last mile or so is through a wooded park and then the finish is in the "Olympic" stadium (only connection being the designer won an Olympic medal for the design in the 1930s). There was a big display of the runner times and position as they came through. I was glad to keep under 2 hrs 40 with pretty even splits and surprised to see I was 24th overall. Average pace, according to Garmin was 6min 3 sec. Not far behind me was Richard who'd clearly been tracking me for the whole race and was 1st V45. A few other Brits picked up prizes including Grant (3rd V45) and we also won some team prizes. As ever, prize giving was delayed and I had a plane to catch – my nervousness being whether the taxi driver would turn up to a slightly vague location near the finish and fight his way through the traffic which had all been diverted because of the race; luckily, he did. Only later did I see the full results to confirm I was first Brit and V55 champion of Europe. Boston place now secured. If you fancy a fairly flat and well organised marathon in a lovely city and can put up with the journey I would recommend this one.

First - 2 hr 13 Abel Rop (Kenya)
24th - 2 hr 39 Nigel Rackham (GB) 1st V55
4,700 finishers

Harrow Half Marathon – 17th September 2017

Report from Sasha Birkin

When the date for the Harrow Half was announced back in May, I was really keen to support this local race. It's a shame that the date wasn't fixed a bit earlier in the year as many seasoned runners book up their race calendars a long time in advance and beginners often like a long build-up to train. But hopefully if the race returns in 2018, the date can be set much earlier on. And some seasoned runners did manage to either run this race (Mike Morris) or support (Sonny Peart, Chris Shearwood) after completing the Round Norfolk Relay!

I think Harrow AC and Active Training did a great job organising this race. It was such a luxury to run on familiar, local roads which were closed to traffic. In the build-up, I noticed a bit of negativity towards the race from locals on social media, with talk of being under 'house arrest' due to the road closures. It must have been quite challenging to negotiate the route and traffic diversions with the local authority, so again, kudos to the race organisers for this. And kudos and thanks to all the Metros who volunteered to marshal along the route or at the start.

The race had a great vibe from the start and it was lovely to see so many familiar faces from Metros and other local clubs at the start as well as supporting and marshalling along the route. The first mile was described by the course measurer, Hugh Jones as 'very challenging' with the hill from Harrow School to the top of Harrow on the Hill. But it wasn't as steep as I'd feared and was actually a good way of thinning out the field early on. It also stopped you from going off too fast. The next mile, when we dropped down to Harrow Town Centre and passed the Civic Centre, was actually downhill which meant you could relax the legs a bit. Before the race, I'd dreaded the out and back part of the route along George V Avenue. But although it didn't quite live up to the organiser's description of running through an 'old deer park', it was great to be able to see the leaders running the other way as we made our way towards Nower Hill. And then coming back, it was good to see and cheer on familiar faces from Metros and local parkruns. Another highlight for me was running down Paines Lane, past the end of my road. I was shocked to see Joe, my 17-year-old son had made it out of bed before midday to cheer me on! The last few miles of the race had a fair amount of twists and turns, going through Headstone Manor for the second time and then through Harrow Rec. I was running on my own for most of this time and had to rely on the arrow signposts and marshals to avoid taking a wrong turn. The final hill, in the last half mile was steeper than the one at the start. The last mile of a half marathon is always painful and this made it more challenging. I think if it hadn't been for Sonny's smiling face at the top of the hill, I might have been tempted to walk this! But it was good to be able to relax into the downhill at the end, back down to Harrow School's fields at the finish. I liked the race T shirt and it was available in small sizes for women, which is very rare for most races.

I really hope this race returns next year and becomes a regular, local fixture. Having run a few 'big city' half marathons (Brighton, Royal Parks, Great North Run, North London), I much prefer smaller races of this size. They are less congested and you don't have the long queues for toilets and bag drops. It was also good to finally run a half marathon on an accurately measured route after the fiasco of the Brighton half marathon's three consecutive short courses.



Sasha and Steve
receive their trophies
from former Olympian
Mara Yamauchi



Barbara Reading
1st VF70

Jane Hudson and Glyn Watkins
ran the whole race together -
and seemed to enjoy it



Pos	Name	Gun Time	Net Time	
1			01:14:00	
26	Sasha Birkin	01:27:19	01:27:09	1st F40-49
29	James Kerrane	01:29:03	01:28:52	
82	Steve Paull	01:38:27	01:38:15	1st M 60+
171	Simon Abery	01:46:42	01:46:16	
174	Russ Hewlett	01:46:52	01:46:12	
184	Nick Russell	01:47:27	01:47:01	
210	Peter Reynolds	01:49:46	01:49:15	
218	Michael Morris	01:50:13	01:49:48	
246	Caroline Day-Lewis	01:52:14	01:51:32	
262	Brian McGrory	01:53:59	01:53:34	
275	James Buckland	01:55:32	01:54:50	
389	Ketan Desai	02:08:42	02:07:51	
392	Jane Hudson	02:08:42	02:07:50	
394	Glyn Watkins	02:08:42	02:07:49	
398	Barbara Reading	02:09:08	02:07:54	1st F70
427	Reenal Patel	02:13:06	02:11:53	
443	Michael Ransome	02:15:59	02:14:45	
452	Derek Bamforth	02:18:48	02:17:57	
455	Racquel Russel Ponte	02:18:59	02:18:13	
463	Veronica Georgescu	02:20:28	02:19:41	
469	Vaishali Patel	02:21:55	02:20:44	
478	Rhonda Tapley	02:23:47	02:22:40	
503	Tiziana Spotti	02:39:30	02:38:23	
527	Finishers – Last	03:25:42	03:25:32	

Family Mile

Pos	Name	Time
1		05:12
6	Sebastian Hollingshead	06:35
10	Kyie Hollingshead	06:47
143	Finishers	23:27

Round Norfolk Relay – 16-17th September

The course of the Round Norfolk Relay mirrors the county boundary over a distance of 198 miles, divided into 17 unequal stages. Norfolk's enormous skies, vast sandy beaches, open spaces and picturesque towns and villages, with their attractive cottages and medieval churches, all contribute to making the race a unique running experience. But it is likely to be the spectacular skies at sunset and sunrise which will provide the most vivid memories.

The race starts at Lynnsport in Kings Lynn and then, from Hunstanton, follows the stunning coastline through 5 multi terrain stages taking the Norfolk Coastal path as far as Cromer. The 35 miles (4 stages) from Cromer to Great Yarmouth are on the road. By the time the majority of teams reach Great Yarmouth it is dark.

From Great Yarmouth, the course turns south-west following main roads for 67 miles (4 stages), all run in darkness. It is during these mostly flat stages through Breckland that the time stagger unwinds and the race is invariably won or lost. From Feltwell (Stage 14) the four remaining stages covering the last 33 miles are run across the flat Fens through the early morning mist. Finally, following Great Ouse River into historic King's Lynn runners pass by the old Custom house, through the famous Tuesday Market Place and then on to the Finish at Lynnsport.

Unique in character and concept, the race presents not only a tough physical challenge, but also a test of the organizational prowess of a club. Run over 24 hours, without a break (and carrying a baton), the event is much more than just a normal relay for it requires special preparation, planning and support. It is not an event for a club without a spirit of adventure. But the sense of satisfaction and achievement after completing the race is simply 'Second to None'.

A staggered start, based on anticipated finishing times, ensures that teams of similar ability start together, with faster teams chasing. If the stagger works, all teams should finish the race by 10:15am to 11:00am on the Sunday. With the first teams starting at 5:30 am on Saturday this allows for teams running an average of 8mins 55secs per mile throughout the course.

The Metros team came 46th, out of a total of 61 teams and covered the 198 miles in 27:40:44. Nigel, Peter and Matthew Rackham won the family trophy. Further results and reports will appear in the November Metrolines.



Some of the Metros RNR team with their medals



Best family performance trophy – won by the Rackhams

**Duck N Dash Aquathlon
Sunday September 3rd – Letchworth
400m swim/5K run**

Pos		Swim	T1	Run	Total
1		00:05:33	00:00:38	00:18:45	00:24:58
	Emma				
63	Rackham	00:08:09	00:01:42	00:29:10	00:39:03
120	Finishers	00:14:04	00:04:21	00:42:32	01:00:58



THE BEAST RACE – Corfe Castle, Dorset- 12 miles, 3rd September 2017

1st		1:20:10
63	Jonny Jackson	1:48:28
409	Last finisher	3:57:40



Enfield Mayor's 10K Charity Run – 17th September

This was a trail run through the grounds of Forty Hall Estate in Enfield. It was an undulating course with varied scenery and good marshalling. The one thing that was missing was an over 70s age category! – *Kath Donaldson*

1st finisher		0:35:20
No 189	Kath Donaldson	1:09:53
No 214	Last finisher	1:33:04



NOTES OF METROS COMMITTEE MEETING

Wednesday 6th September 2017 at the Methodist Church, Cannon Lane at 8.00pm

PRESENT: Carole Wells, Nigel Rackham, Barbara Robson, Mitesh Patel, Steve Paull, Irene Paull, Emma Rackham, Anne Ambrose, Marilyn Pickford, Mike Ransome

APOLOGIES: Pat Jackson, Peter Beuselinck, Paula Kanesanathan, Sarah Westwood

CHAIR: Carole Wells

NOTE RECORDER: Emma Rackham

(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 –

Harrow Hill Race Accounts – The race accounts need to be audited. Mitesh and Irene will look through these and discuss with Spencer before they are audited.

ACTION: Mitesh Patel/Irene Paull

Leadership Course – The committee agreed that Penny Hudson should be able to complete the next Leadership In Running Fitness course on the usual terms. Carole will inform Penny.

ACTION: Carole Wells

Parkruns – A list of 3rd Saturday parkruns has been compiled and added to the Metros website. Some adjustments have been suggested for the following months and will be circulated in Metrolines and via social media.

Saturday 15th September – South Oxhey / Cassiobury

Saturday 14th October – Canons Park (Second Saturday to coincide with the Canons Park first anniversary)

Saturday 18th November – Harrow (Mob Match vs. Sudbury Court)

Saturday 15th December - Rickmansworth

ACTION: Anne Ambrose/Emma Rackham

Metros Constitution – Following the introduction of Associate Membership agreed at the AGM, Peter (Hon. Secretary) arranged for the new Constitution to be signed. This will be added to the web site.

ACTION: Peter Beuselinck

Metros New Kit – There has been mixed feedback regarding the new vest trials. Peter is awaiting samples of a unisex vest and the 120g weight sublimated material rather than 160/180g. The committee wishes to see the unisex vest before any further orders are made.

ACTION: Peter Beuselinck

Metros Casual T-shirt – This suggestion has been put on hold until we have finalised the design of our new running vests. It will be revisited in the future.

ACTION: Committee

Brian Jackson Fun Run – This event will be taking place on Saturday 23rd September. It has been confirmed that there won't be a charge for the use of Roxbourne Park for the Brian Jackson Fun Run.

Kathryn Herring Award – The committee agreed on a recipient. The award will be given at the Brian Jackson fun run at the end of September.

Couch to 5k – Kath Donaldson and Steve Alder have said that they would be willing to coordinate another Couch to 5k course in 2018. The committee agreed that it was very successful this year and it is definitely something we would like to do again. Nearer the time, volunteers will be requested to support this.

ACTION: Committee

TVXC – The Metros host fixture is on 8th October. This has been advertised in Metrolines and via social media. We will be recruiting volunteers over the coming weeks. Mitesh to follow up with the venue expenses.

ACTION: Mitesh Patel

Quiz and Awards Evening – We are provisionally looking at either the 24th November or 1st December for the Quiz and Awards evening. Irene will discuss the availability of dates with Jane and Al Scoffham and liaise with Peter Beuselinck regarding booking the hall at Lowlands.

ACTION: Irene Paull/Peter Beuselinck

New Members and Young Runners - A list of new members and young runners has been circulated to the committee for consideration of Young Runner of the Year award. Dave Brown has been invited to the October meeting to share his thoughts.

ACTION: Committee

Metrolines – Some members had found the articles by Andrew Howell of the Body Factory worthwhile. Mike will speak to Andy and suggest that we are happy for him to continue for up to another six articles if he would like to.

ACTION: Mike Ransome

NEW AGENDA ITEMS

Harrow Half Marathon – Nathan Powell has asked on behalf of Harrow AC if there are any Metros who can volunteer to help at the Harrow Half Marathon on Sunday 17th September. Irene will find out further details about volunteering and ask if any individuals from Metros are available to support.

ACTION: Irene Paull/ Committee

Meeting finished at 21:07

Next Meeting: Wednesday 4th October

Future Meetings: Wednesday 1st November, 6th December

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

Runners' Recipes

Oaty Bars



These oat bars take no time to make and are much healthier than shop bought cereal bars

Ingredients

225g/8oz porridge oats
50g/2oz chopped almonds
60g/2¼oz mixed seeds
60g/2¼oz dried cranberries
50g/2oz plain or chocolate rice pops
100g/3½oz agave syrup
100g/3½oz peanut butter
125g/4½oz honey

Method

1. Put the oats and almonds in a large bowl, add the seeds, cranberries and rice pops and stir well.
 2. Heat the agave syrup, peanut butter and honey in a small saucepan until melted. Stir, then pour this over the oat mixture and mix well to ensure all the oats are coated.
 3. Tip into a 33x23cm baking tray that has been lined with cling film. Spread out evenly. Lay a sheet of cling film over the top and press down firmly to squash the mixture flat. Leave in the freezer for 1 hour to set.
 4. Remove the top layer of cling film, then tip onto a board, remove the cling film and cut into 24 bars.
- The bars can be kept in the fridge, layered between greaseproof paper and stored in a sealed box. They can also be kept in the freezer.

Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the first Wednesday of most months and we are open to all members.

Coaching/Leadership/Officials'/First Aid Courses

If you would like to be considered for sponsored training, please contact a member of the committee to discuss or call Peter Beuselinck on 07872 544898. See www.englandathletics.org for courses.

Metros Website and social media

www.metros.org.uk

Contributions to:

emma.rackham@hotmail.co.uk

We also have a Facebook page and Twitter account – please like or follow us.

If you would like to join Metros' group email, please contact Penny at pm.hudson@ntlworld.com Group email address: metrosrc@googlegroups.com

Safety Information

Whenever you attend a training session, please inform the session coordinator / leader if you have any injury or other medical condition.

Also, if you participate in one of Metros Saturday morning races or challenges, please give your name to the person(s) organising the event and report back to them if you drop out. This applies particularly to events where the course is mainly on the streets and is to enable us to check whether anyone has lost their way or suffered an injury or accident. A "dog tag" for personal information can be obtained from Pat Jackson for £1.00

Metros Kit

Metros breathable vests and long and short sleeved T-shirts are available from Pat Jackson – tel. 020 8868 5683.

Price: T-shirt **£15, £13**; vest **£9**.

Hats, fleece jackets and hoodies can also be ordered.

Metros REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: Mw49ran@gmail.com	
TUESDAY	20.00	Steve Paull	020 8422 6636
		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.