

etrolines

September 2014

Issue No. 312

Volunteering at Ride London 10th August 2014



Metros Diary

SEP

Wed 3	Committee Meeting	8.00 pm
Sat 6	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 7	Maidenhead Half Marathon, Trophy Race	9.30 am
Sat 13	35th Annual Fun Run, The Brian Jackson Fun Run, Roxbourne Park	8.45 am
Sat 13	Food Bank Donation	
Sat 20	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 28	Moor Park 10K, Trophy Race	3.00 pm

OCT

Wed 1	Committee Meeting	8.00 pm
Sat 4	10K Challenge, Roxbourne Park	8.50 am
Sat 11	5 Mile Walk, Roxbourne Park	9.00 am
Sat 11	Food Bank Donation	
Sat 18	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 19	Cabbage Patch 10, Trophy Race	10.00 am
Sat 25	Beachy Head Marathon (+ 10K)	9.00 am
Sun 26	Ricky Road Run, Trophy Race	10.30 am

NOV

Sat 1	Measured Mile, Roxbourne Park (1st of the year)	9.20 & 9.40 am
Wed 5	Committee Meeting	
Sat 8	Food Bank Donation	
Sat 15	5K Run, Roxbourne Park	9.15 am

DEC

Sat 6	5 Mile Handicap, Roxbourne Park	8.50 am
Sat 20	Wot No Watch, Roxbourne Park	9.20 & 9.40 am

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

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

Note from the Editors!

Well, the summer is nearly over, but it's been a good one, with some fabulous performances by Metros throughout. You'll be inspired, moved and impressed by Caprice's tale of Comrades. There's still plenty to look forward in the next few months, so as usual, enjoy your running, keep in touch if you're not running, and keep sending in results, stories and photos! If you have any races you'd like to see in the diary please let us know.

Jane and Penny Hudson

Trophy Races



Maidenhead Half Marathon
Moor Park 10K
Cabbage Patch 10 (Stragglers)
Ricky Road Run

Sunday 7th September at 9.30 am
Sunday 28th September at 3.00 pm
Sunday 19th October at 10.00 am
Sunday 26th October, 10.30 am

Note to qualify for the competition you must:

Be a paid-up member of the club;

Enter the Metros club name on the entry form and be qualified to do so;

Wear club kit.

THE 35th ANNUAL Metros FUN RUN THE BRIAN JACKSON FUN RUN

Saturday 13th September 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. The event will follow the same format as previous years and, as usual, it will incorporate the BJ Challenge, which is to run all three main races – Ladies 4km, Mens 4km, plus 2km - a total distance of 10km. For those who prefer to walk there is the 2km Bus Pass Challenge walk, open to all ages.

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:	(*denotes BJ Challenge events)
*9.15 am 4km	Ladies age groups 15-34, 35-44, 45-54, 55+ Girls, Boys 11-14.
*9.45 am 4km	Men age groups: 15-39, 40-49, 50+, 60+
*10.15 am 2km	Girls, Boys 8-10 plus over 10s who wish to run 2km as well as, or instead of, the 4km, and incorporates the Duathlon.
Followed by:	
500m	7 and under
2km	Bus Pass Challenge Walk
Refreshments:	In the Scout Hall after the above events.
Presentations:	In the Scout Hall as soon as possible after the events
Fee:	There is no charge



Medals will be awarded to the first three boys and girls aged 8-10 and 11-14 years.

Plaques, to be held for one year, will be awarded to the leading men and women in various age groups in the BJ Challenge (aggregate time over all three main races).

There are also plaques, again to be held for a year for:

- 1 The fastest man and woman of any age over the 2k course
- 2 The fastest man and woman runner (both 60+) over the 2km course.
- 3 The fastest 60+ man and woman walker over the 2km course (in the Bus Pass Challenge Walk).
- 4 The Duathlon award for the combined fastest 60+ man and woman runner in the 2km race and walker in the 2km Bus Pass Challenge Walk.

The Duathlon (like the Bus Pass Challenge Walk) is open to all but the awards are for the 60+.

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**

Interested in acquiring skills in leadership in running fitness? Metros will finance cost of attending course should you wish to take part; the deal is half paid up front and the balance after practical application of newly-acquired skills at six Saturday morning sessions. Sonny has done so recently and is now taking sessions regularly. It would be good to see an increase in the contingent at the club able to do likewise.

One local to Harrow is shown below:

Leadership in Running Fitness

- **Course Date:** 9th November 2014
- **Location:** Hillingdon Leisure Centre, Gatting Way, Uxbridge, Middlesex, London
- **Cost:** £150
- **Course Code:** LC0055
- **Booking Deadline:** 29th October 2014

England Athletics affiliated club member cost: £130

A one day Leadership Training course which qualifies and insures leaders to deliver safe and fun running sessions, suitable for Running Club Leaders and other Group Leaders.

Please note: The minimum age for this course is 18.

Registration is at 8:45am for a 9am start'



Achievements

Well done to ...

Mike Morris for a 10K PB at Metros Summer League

Emma Rackham for a PB in the latest 10K Challenge

Sonny Peart and Mike Morris PBs in Saturday's 5K run.

Spencer Millbery for a PB at Southsea and then St Albans Parkruns

Mike Morris, Sonny Peart and Spencer Millbery for 10K PBs at Battersea Summer League

Sasha Birkin and Sonny Peart for a PB at Northala Fields Parkrun on 26th July

Nigel Rackham for winning Seaview 17, a 21 mile race

Nigel Rackham and Nathan Powell for riding 86 miles in terrible weather at Ride London



Results and Reports

Seaview 17 (actually 21) – 26th July 2014

1. Nigel Rackham 2:38:33



Lancaster 10 mile - 3rd August 2014

Richard Hayward 1:42:32

Dublin Rock 'n' Roll Half Marathon - 4th August 2014



Mike Morris 1:43:30
Katie Donaldson 2:23:31

Bushey 10K - 6th July 2014

1 36:01
142 Spencer Millbery 50:21
337 finishers

Wycombe Half Marathon - 20th July 2014

1 1:10:02
54 Christopher Shearwood 1:35:22
127 Anthony Bellis 1:43:05
597 finishers - last 3:09:00



Coniston Trail Marathon

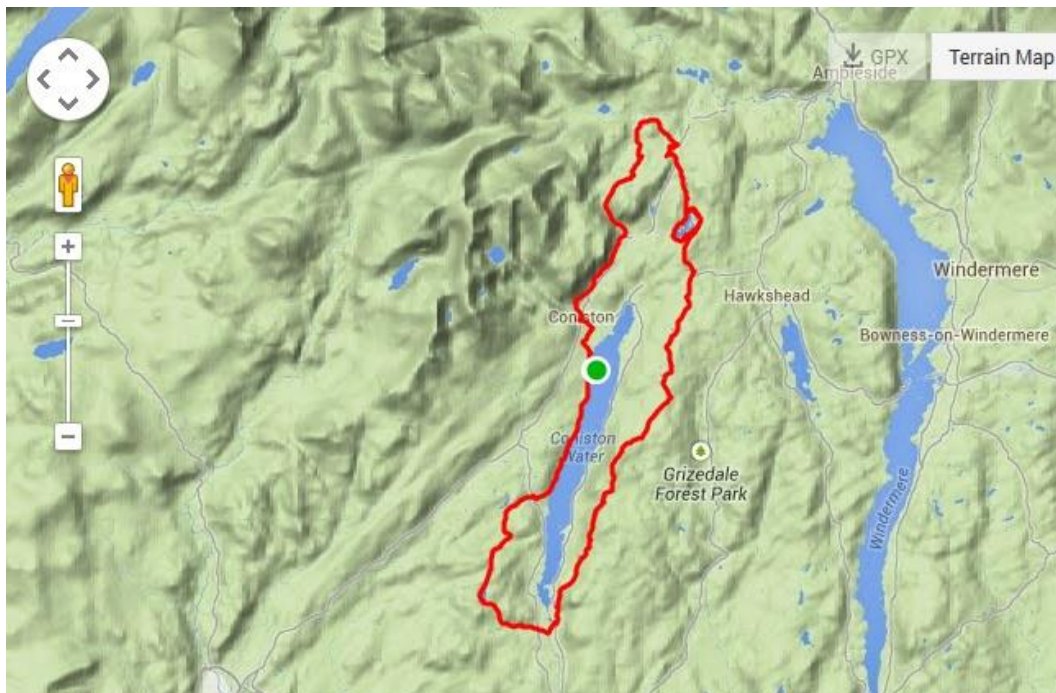
Chris Shearwood

Gill & I marked the end of our honeymoon (part 1) in the Lake District with me running the Coniston Trail Marathon. Well, it was either that or the MK Half (just how many half marathons can a town host in a year?!) and Gill had understandable views about breaking our honeymoon short to stay in a Premier Inn in North Bucks the night before...

We'd been camping in Eskdale, near Scafell, England's highest mountain. We never managed to scale it and if we had, it might have given me some idea of the terrain on the run. We checked out of the campsite on the Saturday morning and drove to Coniston, a fairly small village, where we checked into our B&B (as Mr & Mrs Shearwood!) before walking to race registration at Coniston Old Hall.

Then to the important matter of sampling the wares of the local hostelryes in Coniston which was rammed with day-trippers from Liverpool & Manchester. Firstly, the Black Bull PH, a microbrewery serving an impressive range of ales including "No.9 Barley Wine, 8.5% ABV" which simply had to be tried (and again after the run), then the Yewdale Hotel which was rammed with folk watching the World Cup but where we managed to get a table to eat before returning to our B&B.

Quick breakfast of tea & toast for me next morning and then the short walk to the race start, the weather dry, sunny and warm (but not too warm) which is how it stayed. Quick photo by Gill and we were off, Gill aiming to meet me at approx 9 miles at Tarn Howes. The following account has been leavened with text from a post by Kevin Miller of Durham Aykley Heads Runners which frankly mirrors my own recollections.



The Coniston Trail Marathon is billed as "Britain's most picturesque marathon" as well as its toughest. Lake Coniston provides as spectacular a backdrop to a race as you are likely to find in the UK and the weather played its part on the day. The forecast throughout the week was for torrential rain on the Sunday and, at one point, hail. On registering the afternoon before, we were warned that we might not be allowed to start if we did not have sufficient spare clothes/supplies with us as we were to be running in mountainous terrain (what had I signed up for?!). I shelled out 60 odd quid for men's tights (or "tight" as the retailers call them), a long sleeved top (not having even considered bringing my Metros long sleeved top with me) and a waist-bag but fortunately the BBC weather forecast could not have been more wrong and I needed none of these. Plenty of co-runners thought likewise but there were also plenty of back-packs (including water-packs) in evidence. My policy is to run as lightly-laden as possible and there were enough water/food stations en route.

The race started sharp at 9.00 a.m. and led out of Coniston Old Hall grounds by the lake and along the lakeside for mile or so before turning up into Coniston village. The route took a sharp left at the Black Bull, then up a short but steep climb to take us back off-road again for a couple of miles along a gradually upward but undulating forest trail before starting the first serious climb of the day.

The route was dry enough not to need trail shoes and in the first seven miles or so some of the route was tarmac. We reached Tarn Howes which is one of the most visited spots in Lakeland and actually consist of three tarns joined together in the 19th century (tarn is a mountain lake or pool, formed in a cirque excavated by a glacier, in case you didn't know) and the attraction is its sheer beauty, surrounded by thick woodland, and views towards Wetherlam, the Helvellyn range and the Langdale Pikes. There is a 1.5 mile path round the tarn that is level and well maintained. When the Tarns and its setting came up for sale in 1929, they were bought by Beatrix Potter who sold the half containing Tarn Howes to the National Trust, and bequeathed the rest of the estate to the Trust in her will. As you reach this point the race takes in a full lap of the Tarns on the lower level before bearing off to the upper level and into Grizedale Forest on much wider, reasonably well surfaced Forestry Commission tracks. Ominously, a Mountain Rescue jeep passed us by...

Thereafter, it was onwards and mainly upwards for the next few miles. A comfortably steady pace and good company with runners around us (see pic), and, so far, the terrain was not proving to be a problem. Going uphill was hard work, but it was just going uphill and the pace was adjusted accordingly. There then came the most



spectacular part of the route running along the ridgeline looking down at Lake Coniston. A fantastic view but one that did not last long enough as the route began a long descent towards the end of the lake which could not actually be seen at any point and nor were there any mile or km markers - your only guide to how far you had come/had to go was asking the marshalls.

This should have been the opportunity to make up some time from the long slog uphill but the terrain here began to get really difficult: uneven paths and increasingly bigger rocks combined with a steep descent made this a technical challenge just at the point where a bit of fatigue was beginning to creep in. Once down this descent the route passed along a short flat stretch of road which had a bit of sting in the tail: as you leave it to go off-road again you have to climb over a stile - not what your legs want after nineteen miles.

From here a short stretch of fields and road before heading up the final big climb of the race at Beacon Tarn. By this point the terrain led me, and those around me, to adopt a run-walk strategy to the top before starting the final descent of the race. Having looked at the race profile I knew that the final five or so miles were downhill and flat and thought that, no matter how tired I was, I would be able to enjoy a relaxing or even fast last five miles. Never have I been so wrong. The long downhill after Beacon Tarn was virtually impossible to run unless you have four legs and are related to a mountain goat. The 'flat' section along Lake Coniston was an unending tangle of tree roots and the woods rang to the sound of a variety of expletives as runners stubbed toes and tripped over boulders. The young lad in front of me stumbled and bashed his knee. It was with considerable relief that I left the woods and made my way over the last mile to Coniston Old Hall where, in a cruel twist, they make you run a full lap of the field before you finish.

My first stop after the very welcome hugs and congratulations from Gillian was a nice long soak of tired legs in the lake - a perfect end to a race. I finished in 4:37:16,23, 108th out of 281 finishers. The winner finished in 3.07 which puts our times into context - add nearly 50% to the equivalent road race?

It's worth saying a word or two about the overall event and its organisation. The atmosphere and entertainment at the start/finish area was superb. The signage and marshalling was excellent as were the food stations, providing bananas, jelly babies, flapjacks, Kendal Mint Cake, hydration drink, plain old water and lots of encouragement. I'm sure that Gill and I will return to the Lake District and I wouldn't rule out another stab at this run if we do.

Chris

SUMMER LEAGUE

Perivale, 6th July 2014 – 5 Miles

MEN 5 miles		Time	Category
14	Tom Alder	29:28	MU20
25	Gary Warren	30:18	V45
38	Matthew Rackham	33:06	MU20
47	Brett Rafferty	33:32	SM
48	Kevin Smart	33:34	V55
82	Sonny Peart	36:49	V45
84	Michael Morris	37:06	V45
109	Steve Paull	39:00	V60
123	Hershil Patel	39:26	SM
127	Gordon Valentine	39:38	V60
143	Glyn Watkins	41:24	V60
185	Steve Alder	47:03	V50
201	Dave Brown	48:48	V65

LADIES 5 miles

96	Donna Warren	38:00	FV40
114	Tracey Tyrrell	39:06	SL
154	Ruth Tidder	42:36	FV40
200	Roberta Da Martin Pinter	48:43	SL
205	Emma Rackham	49:37	SL
219	Raquel-Russel Ponte	58:02	FV70
220	Gladys de Groot	59:30	FV60

TENDERFOOT Boys (No times were recorded at this event)

2	Christopher Hudson	MU13
13	Jordan Spence	MU20

TENDERFOOT Girls (No times were recorded at this event)

4	Eleanor Murray	FU17
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RELAYS, 400m – (All relay results are before any weighting for age)

Ladies Team

Eleanor Murray	1m 13.42s
Ruth Tidder	1m 23.26s
Donna Warren	1m 18.01s
Tracey Tyrrell	<u>1m 16.25s</u>
3rd from 7 teams	5m 10.94s

A Team

Gary Warren	1m 06.44s
Brett Rafferty	1m 01.38s
Sonny Peart	1m 05.44s
Matthew Rackham	1m 06.04s
Tom Alder	0m 55.44s
Kevin Smart	<u>1m 02.90s</u>
3rd from 6 teams	6m 17.64s

B1 Team

Glyn Watkins	1m 19.85s
Jordan Spence	1m 27.52s
Steve Alder	1m 34.40s
Christopher Hudson	1m 13.65s
Gordon Valentine	1m 24.17s
Steve Paull	<u>1m 26.78s</u>
4th from 7 teams	8m 26.37s



Another strong turn out which takes us to third position overall with two events to go. Thanks to our relay team captain Dave Brown, and to Emma for helping me record the relay sequence.

Irene Paull

CLUB FINISHING POSITIONS AFTER PERIVALE

Ealing Eagles Running Club	12669	1
Mornington Chasers	11354	2
Metros	10880	3
Serpentine Running Club	10355	4
Queens Park Harriers	10333	5
Ealing Southall & Middlesex AC	10215	6
Dulwich Park Runners	8792	7
Sudbury Court	6284	8
Hayes & Harlington Road Runners	5462	9



SUMMER LEAGUE

Regent's Park, 20th July 2014 – 10K

MEN 10km

	Cat	Position	Time
Nigel Rackham	V50	4	00:34:43
Gary Warren	V45	18	00:37:17
Ron Taylor	SM	36	00:39:00
Fatmir Sulmataj	SM	57	00:41:44
Matthew Rackham	MU20	58	00:41:50
Kevin Smart	V55	59	00:41:55
Steve Paull	V60	91	00:44:56
Sonny Peart	V45	118	00:47:56
Gordon Valentine	V60	144	00:49:57
Dave Brown	V65	216	01:00:46

LADIES 10km

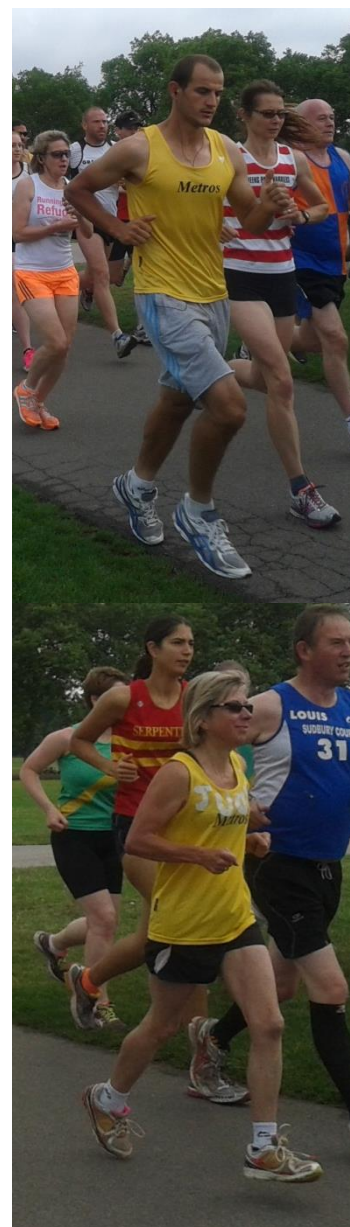
	Cat	Position	Time
Sasha Birkin	FV40	60	00:41:57
Donna Warren	FV40	114	00:47:26
Tracey Tyrrell	SL	119	00:47:59
Pauline Bishop	FV60	188	00:54:51
Ruth Tidder	FV40	195	00:55:39
Judy Rackham	FV50	197	00:55:46
Carole Wells	FV50	215	00:59:49
Emma Rackham	SL	218	01:01:43
Katie Donaldson	SL	220	01:02:03
Geraldine Gill	FV45	222	01:02:57
Sarah Westwood	FV60	223	01:03:07
Ann Ambrose	FV55	224	01:03:09
Raquel Russell-Ponte	FV70	232	01:07:42

TENDERFOOT Boys (No times recorded)

3	Christopher Hudson	M10
5	Jordan Spence	M17
25	Mason Murray	M06
28	Max Murray	M03

TENDERFOOT Girls

5	Eleanor Murray	F15
9	Natalie Tidder	F10



RELAYS – 280m (All relay results are before any weighting for age)

Ladies Team

Sasha Birkin	0m 47.39s
Eleanor Murray	0m 47.98s
Donna Warren	0m 52.15s
Tracey Tyrrell	<u>0m 46.78s</u>
	3m 14.30s

2nd from 7 teams

A Team

Kevin Smart	0m 39.78s
Sonny Peart	0m 41.12s
Christopher Hudson	0m 47.31s
Matthew Rackham	0m 42.11s
Gary Warren	0m 44.14s
Nigel Rackham	<u>0m 47.42s</u>
	4m 21.88s

4th from 7 teams

B1 Team

Jordan Spence	0m 41.76s
Steve Paull	0m 58.75s
Natalie Tidder	0m 49.56s
Ruth Tidder	0m 57.12s
Katie Donaldson	0m 54.93s
Gordon Valentine	<u>0m 53.29s</u>
	5m 15.41s

3rd from 6 teams

B2 Team

Pauline Bishop	1m 08.72s
Mason Murray	1m 26.85s
Geraldine Gill	1m 18.16s
Judy Rackham	1m 19.87s
Emma Rackham	1m 04.91s
Raquel R'Ponte	<u>1m 28.22s</u>
	7m 46.73s

4th from 4 teams

Well done and thanks to everyone who turned out despite the best efforts of TFL to keep us away. Being able to field a B2 relay team was great. Although we were 4th on timing, with 65 years age gap between our youngest and oldest runner, we got an excellent point score. Thanks as always to our relay team captain Dave Brown, and to Emma and Matthew for helping me unscramble the relay sequence.

Irene Paull

CLUB FINISHING POSITIONS AFTER REGENT'S PARK

Ealing Eagles Running Club	16183	1
Mornington Chasers	14558	2
Metros	14101	3
Serpentine Running Club	13877	4
Queens Park Harriers	13522	5
Ealing Southall & Middlesex	12878	6
Dulwich Park Runners	10886	7
Sudbury Court	6967	8
Hayes & Harlington RRunners	6509	9



Wot No Watch - 19th July 2104

Name	Pred_time	Actual_time	Difference
Julia Allen	7.41	7.41	0
Andrew Collier	7.20	7.19	-1
Ceri Jacob	8.00	7.59	-1
Dave Brown	8.40	6.37	-3
Chris Shearwood	5.40	5.45	5
Steve Alder	7.45	7.50	5
Catherine Corcoran	9.40	9.34	-6
Julie Smith	9.10	9.16	6
Judy Rackham	7.49	7.56	7
Mike Ransome	7.40	7.33	-7
Simon Abery	6.30	6.39	9
Roberta de Martin	8.57	7.54	-9
Ruth Tidder	7.15	7.03	-12
Dave Young	8.00	7.48	-12
Hema Thakur	9.45	9.58	13
Sarah Westwood	8.58	8.44	-14
Nigel Rackham	5.15	5.00	-15
Anna Orchard	7.00	7.16	16
Russel Hwelett	6.00	6.16	16
Raquel Russel Ponte	9.30	9.46	16
Emma Rackham	8.15	7.59	-16
Errol Clarke	8.05	7.47	-18
Dave Brown	8.21	8.43	22
Kath Donaldson	9.30	9.08	-22
Bob Manning	8.05	8.29	-24
Dave Oldacre	5.30	5.57	27
Caroline Day-Lewis	7.06	6.39	-27
Sonny Peart	7.30	6.59	-31
Steve Paull	8.23	7.39	-44
Steph White	9.15	8.30	-45
Geraldine Gill	8.10	9.01	51
Barbara Reading	10.00	8.54	-66
Carlow Day-Lewis	10.00	8.42	-78
Irene Paull	12.00	10.23	-97
Trish Hewlett	8.00	9.44	104
Caprice Beggs	6.59	9.44	2m 45

Natalie Tidder	10.00	7.45	2m 15
Alison Booker		8.11	
Tiziana Spotti		11.18	

Congratulations to Julia Allen for winning the trophy for the first time - the hesitation as she decided to predict 7.41 and not 7.40 made all the difference, as there were two other closer contenders this month - Ceri Jacob and Andrew Collier, both one second out. Lots of new faces and some good runs especially from the younger runners - Natalie and Carlow know what to aim for next time. Thank you to Penny for taking the stopwatch.

Teresa

Measured Mile - 2nd August 2014

Chris Shearwood	5.33
Lucy Ash	5.40
Kevin Smart	5.46
Andy Fox	6.10
Tracey Tyrell	6.10
Simon Abery	6.20
Adam leary	6.32
Caroline Day Lewis	6.36
Chris Clark	7.04
Ruth Tidder	7.04
Mike Ransome	7.08
Natalie Tidder	7.11
Naghendra Bisht	7.15
Caroline Attack	7.35
Alison Swindles	7.37
Al Scoffham	7.40
Roberta de Martin	7.41
Paul Gardner	7.44
Steve Alder	7.56
Michael Trevallion	7.59
Emma Rackham	8.00
Errol Clark	8.05

Judy Rackham	8.12
Aaron Rawlins	8.14
Mark Mulvenna	8.18
Oliver Cole	8.20
Karen Collier	8.24
Kirsty Young	8.31
Dharmini Chikhhliwala	8.32
Malvika Bisht	8.35
Sarah Westwood	8.40
Steph White	8.41
Janice Newman + Gordon Valentine	8.44
Sandra Young	9.02
Penny Rawlins	9.14
Elish Fernanadez	9.15
Niranchanan Laneham	9.24
Rangah Niranchanan	9.24
Karen Leary	9.32
Jarina Khatan	9.35
Veronica Georgescu	9.57
Irene Paull	9.38
Hema Thakur	9.46

Mary Swindles	9.53
Tiziana Spotti	10.20
Linda Gaitskell + Steve Alder	10.46
Anne Leigh	11.41

The rain held off today for the Measured Mile with perfect conditions for the last Mile in the 2013 - 2014 competition. It was good to welcome two newcomers, Lucy and Michael, well done for running your first Measured Mile. However as is predictable for August some Milers were absent probably reluctantly sunning themselves on distant beaches whilst thinking of Metros slogging round Roxbourne park! They will be interested to know that some very good times were achieved today and there were some impressive improvements. I can now get down to the serious business of working out this year's winner of the trophy to be presented on quiz night. Hope you will all be in the park in November for the first Measured Mile in the next competition. Many thanks to Penny for recording numbers very efficiently and to Steve for expertly distributing lolly sticks. Trust you will both recover quickly from your injuries and be able to run the next Mile even though this will mean recruiting new helpers! Keep up the training.

Angela

Ride London - Sunday 10th August 2014 (86 miles)

Nigel Rackham	4:57:04
Nathan Powell	7:17:42

A Few parkrun Results

Northala Fields

26.7.2014

Sasha Birkin 20:35 PB

Sonny Peart 22:06 PB

David Oldacre 22:20

Sam Dadomo 25:14

Caprice Beggs 27:42

St Albans

Spencer Millbery

16.8.2014 23:30 PB

7.6.2014 25:49

Southsea

Spencer Millbery 23:48

Let's Rock

Sometimes, the editors of Metrolines send your ace reporter on some really strange missions. Despite having a dodgy knee they sent me off to Gibraltar with "and while you're there make sure you run up the Rock". Looking at it from the comfort of the hotel, it looked a seriously long and hard way up, even though the actual running distance was less than three miles.

But it had to be done, or at least attempted. The boss was still asleep when I slipped out to fulfil my mission. Get out early before the temperature gets too high. Easing my limbs into the run, I reached the start point, a place called "Ragged Staff Gate" in under ten minutes.

And off we go. Immediately it was very much uphill. Round a couple of roundabouts, still climbing, and onto the switchback roads that lead to the summit.

There was no respite from the climbing. On one side was the rock and its shrubbery, the other the Mediterranean sea, dotted with all manner of vessels, but

mostly huge, moored, ocean tankers, presumably waiting their turn to dock either in Gib or the Spanish ports nearby.

I should have been able to see Africa from up here, but such were the weather conditions that it was not possible. One side of the Rock was shrouded in a mist, blown in by the Levante wind. As it blew across the road, I ran on. It gave the impression of the smoke from a bonfire.

Now we come to the "evidently" bit re this mist. Evidently 1. We were told there was a competition to name the wind and the mist. The winner was "Lorraine" as in "I can see clearly now, Lorraine has gone". Ask your parents/grandparents if you don't understand that quip.

Evidently 2. The Spanish say that if the Brits want Gibraltar, they can have it with this bit of British weather.

Onwards and upwards I plodded, getting a bit of encouragement and a bit of ribbing from a bunch of squaddies hanging around outside St Michael's Cave, which is a huge area of limestone stalagmites and stalactites and quite impressive. It was still early, maybe the place wasn't open yet.

And there they were on the road right in front of me, my first sight of Barbary apes, the monkeys that have dwelt on the rock for centuries. Would they hassle me, thinking I was a source of food? No, they weren't remotely interested, more concerned with de-lousing each other. I passed many more of the creatures as I neared the finish- the cable car station for my journey back down.

Actually I was too early for the first cable car and had to wait ten minutes for it to arrive with all the upper-Rock staff on it.

But the run was over, and successful. Time taken -31 minutes. 90% climbing, almost all of it very steep.

Jíbral Taríq

The Comrades Marathon: The Event & Aftermath

And then it was over.....



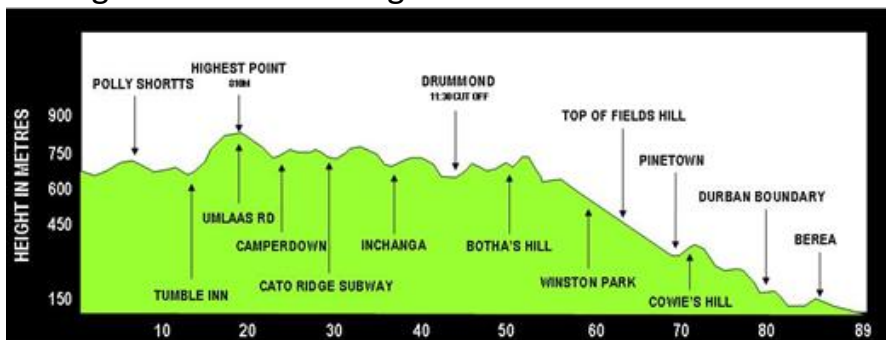
Pics (left) Start of Comrades (middle) picking up my number (right) visit to wall of honour

So, the journey to Comrades has come to an end. Where do I even begin to explain or describe the event... I will start at Friday 30th May...

My family, Dave and I had been spending some time in the Drakensberg and the plan was to drive down to Durban on Friday; pick up my race pack; go for a walk on the beach front and then drive back up to Pietermaritzburg and rest until Sunday RACE DAY.

On the way down, I asked my dad if we could maybe drive part of The Comrades route. I thought it may be educational and good to see what part of the run was going to be like. We joined the route from Cato Ridge and started driving. We drove through the valley of a thousand hills and stopped to take a picture as it was *extremely beautiful*. We stopped off at The Comrades Wall of Honour. The Comrades Marathon Wall of Honour is situated along the Comrades Marathon route at a point where the road overlooks the Valley of a Thousand Hills. It was created several years ago to serve as a permanent landmark to commemorate the achievements of Comrades Marathon runners who completed the epic journey between Durban and Pietermaritzburg. After seeing a bit – I had to ask my dad to rather go back onto the main highway as I was getting really scared.

The below profile does not in any way represent/justify the real life profile. And just driving between Cato Ridge and Pinetown installed the living fear out of me!



Now that I was scared to death – was now time to get my race pack 😊

We went to the Durban Expo centre and there was a line down the street for the South African entrants to pick up their race packs – Thankfully the international runners have their own registration area. Took me 5 minutes queuing and collecting my pack (according to reports – took South Africans registered with SA running clubs hours on end they had to extend the registration time to after 11pm at night and opened the doors again 6am the next day to try catch up). Had a little walk on the beach after perusing the expo and an ice cream and then was time to head back to Pietermaritzburg.



Pics (left) Registration (middle) Pre Race ice cream (right) 3am getting into Starting pen

Saturday was a rest day with minimal activity. And before I knew it; it was Sunday 3am!

Sunday began really early as the race started at 5:30am. You also need to ensure you are there even earlier than this as you need to start in a starting pen according to your pre race qualifying marathon time. So; the later you arrive the further back in the starting pen you start. You also have to note : THIS RACE IS A GUN TO GUN race. Therefore when the gun goes off, however long it takes you to cross the start line; this is part of your race time... So I wanted to make sure I was as close to the front of pen “G” I could be.

Sitting there nice and early in the dark was very interesting. Listening to everyone around me wondering what the day had in store for me.

About 15 minutes before the race starts they let the barriers down between all the seeding pens and lock the gates of entry to the pens (so those who are late have to start right at the back) there is a “free for all” rushing to try get as close to the starting line as possible.

Then all the commotion& tradition starts and you cannot help but get swept up with emotion:

- Recording of a cockcrow : The 1948 race was started by what is now celebrated cockcrow by Max Trimbourne. This was always executed with much gusto and relish, just before the gun. Max was a consistent runner who started running in 1935 when he finished in 8hrs 21mins. Even today the familiar crow of the cock starts the race. He has become such a feature of the race, organisers had the presence of mind to make a recording of his ever-present crow before he passed on. So a tradition; thanks to Max Trimbourne endures.

- Chariots of Fire : starts playing and the hairs on my arms started to raise
- The South African Anthem : then gets played and the hairs on my neck started to raise and finally
- Shosholoza Plays : This is a South African folk song and the tears started welling up.....

After this the gun went off!!! You then think you need to start running and are now all fired up to go... BUT there are 10,000 other people in front of you. I stood there what seemed like a life time; not moving (most probably was only 30 seconds). And slowly but surely the pace starts. All you hear are footfalls and can sort of feel the expectation of everyone on the road. It is an eerie feeling running in the dark with thousands of people all wondering what the day has in store for you.



Pics (left) Climbing out of Pietermaritzburg (next) me somewhere along the route ☺

To tell you the truth; most of the race is a bit of a blur for me! I know I ran the Comrades “down” run – however it felt like I had to run 50km uphill to get to the downhill part! As soon as we started the race leaving Pietermaritzburg we had a gentle 8km incline which proved to be a taster of what lay ahead for the rest of the day. There are 5 main hills in Comrades: Polly Shortts; Inchanga; Botha’s Hill; Fields Hill and Cowie’s Hill. Three of the five hills are in the second half of the race. What no one really mentions is that you are constantly running through / up hills. You run through areas called “A Valley of a Thousand Hills” where just 2 days ago I had driven through with my family and thought it was extremely beautiful; now running it with a South African runner next to me... his words up one of the hills were “These hills were made by Lucifer!” I had to laugh. The next area is called “Harrison Flats” – which was by no means flat at all!! Personally I think I may write a letter and ask them to rename it as it is very misleading. The town which I remember the most running through was Hillcrest. It felt like I was running and running forever and Hillcrest just would not see the back of me. All the other towns seemed to come and go. Hillcrest was a killer.

I took the run each landmark at a time. I would aim for a bridge and say when I get there I can walk a few lamp posts. While walking the lamp posts I would look for the next landmark to aim for and then run to it. Dave and my parents popped up 3 times along the route and was a great relief to see them each time. At Pinetown as I ran past them I

stopped and kissed each of them! Just too happy to see them and have a break from the lonely mental battle which was happening. Even though there are thousands of people around you – it is still an individual battle on the road. There are so many people sitting / lying on the side of the road, it would have been easy to just go join one of them. But I had to finish! The spectators are wonderful. Everyone is there to help you. I was offered ice cream; massages; sandwiches; drinks etc. The temperature for the day peaked at 28 degrees. The Comrades is prepared for this as for the 90km's there are 47 aid stations. At each aid station I took a sachet of water and a sachet of energade / cake. This is what got me through the race. Many times through the race I did not think I was going to make it in the 12 hour cut off. But I would look back over my shoulder and see many other runners behind me. I thought “well, if I am not making it; then none of the people behind me are going to make it either” – so might as well just carry on as they are.

Before I knew it we were in Durban. The sun was making its way back down and I knew the stadium where the finish was could not be far. I realised then; that I was going to make the 12 hour cut off. As I entered the cricket ground the emotion of the day caught up with me and I started to cry! BUT I had not finished the race and was battling to breathe. I was thinking “No, Caprice – just keep it together for a few more minutes”... I took a deep breath and looked up ahead of me and made my way to the finish line! Never in my life had I felt such a relief that I had felt as crossing the line in Durban. The tears were just rolling free now! What an experience. I had actually made it! Official finish time of 11hours 52minutes and 41seconds. I had accomplished my dream... I still cannot believe I have done it. It is the hardest thing I have ever done mentally and physically. What a journey it has all been...

participant											
club	Metros RC					distance	Comrades 89,28 km				
city	SOUTHALL					category	Women Open				
nation	South Africa (RSA)					age	35				
						startgroup	G				
timing and ranking											
official start time	05:30:01					rank overall	11214 of 14625 starters				
actual start time	05:36:55					rank gender	2271 of 3087 starters				
net time	11:45:47					rank category	1085 of 1396 starters				
gross time	11:52:41 (finish time)					medal	Vic Clapham				
location	time	speed	o/a	sex	cat	split	speed	o/a	sex	cat	time of day
17,50 km Lion Park	2:16:22	7:48 min/km	13311	2559	1183	2:16:22	7:48 min/km	13291	2566	1183	07:46:23
44,97 km Halfway	5:56:54	7:57 min/km	13582	2742	1268	3:40:32	8:02 min/km	13366	2726	1259	11:26:54
58,27 km Winston Park	7:44:19	7:59 min/km	12375	2456	1155	1:47:26	8:05 min/km	7905	1472	726	13:14:20
71,00 km Cowies Hill	9:23:27	7:57 min/km	11703	2319	1094	1:39:09	7:48 min/km	8173	1686	828	14:53:28
82,28 km Mayville	10:55:04	7:58 min/km	11268	2245	1066	1:31:37	8:08 min/km	6978	1495	735	16:25:04
89,28 km Durban	11:52:41	7:59 min/km	11214	2271	1085	57:38	8:14 min/km	9175	1987	961	17:22:42

Summary and route of the day:

Distance: 90.61 km

Time: 11:52:54

Avg Pace: 7:52 min/km

Elevation Gain: 1,200 m

Calories: 4,635 C

Details

Timing

Time: 11:52:54

Moving Time: 11:47:12

Elapsed Time: 11:53:39

Avg Pace: 7:52 min/km

Avg Moving Pace: 7:48 min/km

Best Pace: 3:23 min/km

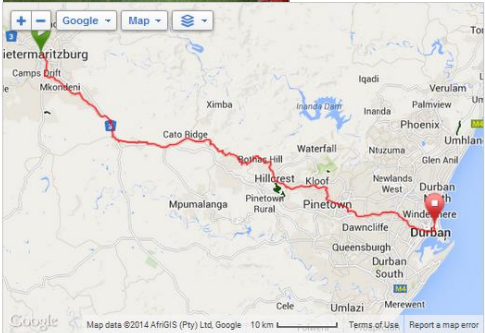
Elevation

Elevation Gain: 1,200 m

Elevation Loss: 1,830 m

Min Elevation: 17 m

Max Elevation: 814 m



Course Segments

Favorite Segments

Other Segments

VETS TRACK AND FIELD

Ealing 14th July 2014

Name	Event	Time/Dist		Name	Event	Time/Dist
Gerry	200M	35.1		Gladys	200M	46.8
Barker	800M	03.23.26		De Groot	Long Jump	2.47m
					Hammer	15.79m
Kevin	200M	27.2				
Smart	3000M	11.59.9				
	Javelin	27.12m				
	Long Jump	25.69m		Elish	800M	4.18.5
				Fernandez	Javelin	5.76m
Sonny	200M	29.6			Hammer	4.94m
Peart	3000M	12.57.4				
	High Jump	1.25m		Jeanne	200M	51.8
	Javelin	29.36m		Coker	Javelin	10.25m
Mike	200M	30.4				
Ransome	800M	03.08.06				
	High Jump	1.10m				
	Long Jump	3.23m				
	100M Relay	58.5				

Runner's Recipes

Lemon Basil Spaghetti



Simple, tasty, healthy and FAST!. Packed with good, slow-burning carbohydrate, vitamin C from the lemon, basil and garlic and a little protein and calcium from the cheese, this dish makes a perfect mid-week family meal, as well as an energy-boosting lunch before a match or event. Basil also contains high levels of calcium and vitamin K, both important bone-building nutrients, but this meal tastes just as good with tarragon or parsley.

Makes 4 medium portions

- 300g spaghetti (wholemeal or white)
 - 2 tbsp lemon juice
 - Zest of a nice, unwaxed lemon
 - 3 tbsp tasty extra virgin olive oil
 - Clove of garlic, crushed
 - Plenty of freshly ground black pepper
 - 25g freshly grated parmesan
 - Large bunch of fresh basil leaves, torn, plus a few for decoration.
1. Cook the spaghetti according to pack instructions.
 2. While the spaghetti is cooking, combine all the ingredients and gently warm in a saucepan.
 3. When the spaghetti is cooked, drain it reserving a spoonful of the cooking liquid and combine with the lemon basil sauce.
 4. Serve with extra fresh basil leaves, black pepper and parmesan savings.

From Kate Percy's Go Faster Food For Kids

Metros SGM - 12th August 2014

Attendees: Mike Ransome, Sarah Westwood, Pat Jackson, Brian Jackson, Tracey Tyrrell, Irene Paull, Steve Paull, Penny Hudson, Barbara Robson, Nigel Rackham, Judy Rackham, Emma Rackham, Peter Rackham, Mathew Rackham, Teresa Young, Jane Hudson, Dave Brown, Gerry Barker, Michael Morris, Ian Bocock, Gertrud Porter, Kath Donaldson, Steph White, Nancy Morris and Peter Beuselinck

Apologies for Absence: Sandra Young, Marilyn Pickford, Henry Pickford, Penny Rawlins, Carole Wells, Amanda Beuselinck, Bernie Conway, John Conway, Cynthia Coombe, John Gorton, Marion Rogan, Annie Birch, Ian Birch, Andy Fox, Anne Ambrose, Dave Young, Raj Varshani, Gordon Valentine, Jane Scoffham, Al Scoffham and Simon Aberly

- Mike Ransome introduced the SGM and chaired the meeting.
- Peter Beuselinck presented the proposals and took notes.
- Irene Paull answered the detailed questions on the membership proposals.
- All 6 proposals (attached) were unanimously approved by the SGM.
- The proposed change for Treasury reporting at the committee, moving from every meeting to at least each quarter, was also approved.

These changes become effective immediately and Irene Paull explained how these would be rolled out between September 2014 and March 2015. Thanks to Irene for the hard work put in to devise the rollout plan.

Metros SGM – Proposed resolutions for 12th August 2014

1. The Metros membership year will be changed to run from 1st March to last day of February with effect from 1st March 2015
2. Metros members will be offered a discount to membership rates to take out 18 months membership in September 2014 to simplify adjustment to the new membership year. Adult discount will be £2.50. Students and children will pay the 12 month rate for 18 months membership.
3. England Athletics dues will be collected with Metros membership dues.
4. New members' rates will be adjusted with immediate effect. New members joining in March-June will pay the full £15, new members joining in July-October will pay £10, and new members joining November to February will join for all of the following membership year and pay £20.
5. Student and Child rates remain at £5 and £1 respectively. Those joining in November to February will be considered to have joined for all of the following year with no additional payment.
6. Membership for those over the age of 70 on renewal date will be free. However anyone joining for the first time over the age of 70 will pay £1 on joining and renewal will then be free in subsequent years.

Committee Meetings

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

First Aid

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

Jane Scoffham - tel. 01895 270245

First Aid Course

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

Margaret Smith

Facebook Page

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

Metrolines

Contributions to: Penny and Jane Hudson

Email: metrolines1@gmail.com

Contributions by: 15th of each month please.

If you would like to receive Metrolines by email, please send your details to Jane or Penny Hudson at the email address above.

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

Photocopying: Pat Jackson

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

Group email address: metrosrc@googlegroups.com

Advertising

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

Full page £5

Half page £3

Quarter page £2

Coaching/Leadership/Officials' Courses

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

Metros Website

www.metros.org.uk

Contributions to:

kevinsmart14@yahoo.com

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

Metros Kit

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

Hats, fleece jackets and hoodies can also be ordered.

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

Safety Information

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

Also, if you participate in one of Metros Saturday morning races or challenges, please give your name to the person(s) organising the event and report back to them if you drop out. This applies particularly to events where the course is mainly on the streets and is to enable us to check whether anyone has lost their way or suffered an injury or accident.

A "dog tag" for personal information can be obtained from Pat Jackson for £1.00

Metros REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: mondaymetros@yahoo.co.uk	
TUESDAY	20.00	Steve Paull	020 8422 6636
	Run / Walk Group	Penny Hudson	pm.hudson@ntlworld.com
WEDNESDAY	19.15	Dave Brown	020 8933 1821/Steve Paull
THURSDAY	19.00	Jane Hudson	07522 754675
		Email: thursdaymetros@yahoo.co.uk	
SATURDAY	09.00	Dave Young	020 8866 3225
SUNDAY	09.30	Anne Leigh	01753 888 839

Not every week – please phone Anne to confirm

Other unofficial runs may also be going on, ask around.

See website for more details: www.metros.org.uk

Please Note: All runners are responsible for themselves.