



September 2017
Issue No. 348



Metros Diary

September

Sat 2	5 Mile Handicap	9.00 am
Wed 6	Committee Meeting	8.00 pm
Sat 9	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40am
Sat 16	parkrun (South Oxhey)	9.00 am
Sat 16/Sun 17 th	Round Norfolk Relay	
Sat 23	38 th Annual Fun Run, Roxbourne Park	8.45 am

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	
Sat 14	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40am
Sun 15	Cabbage Patch 10	10.00 am
Sat 21	parkrun (St Albans)	9.00 am
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 Foodbank donation	9.20 & 9.40am
Sat 18	parkrun (St Albans)	9.00 am

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 has been a great summer of athletics and, like other Metros, I was lucky enough to see some of the IAAF World Championships at the London Stadium. The unpredictability of some of the events made them more exciting – and who would have predicted a DNF for Jamaica in the men's 4 x 100m relay! In contrast, Metros have been finishing some challenging events, with some fantastic results.

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

Thank you for supporting our Malawian fund-raiser

Having spent a year working in the paediatric department at Queens Hospital, Blantyre, I have seen first-hand the vital role that FOSCiM (Friends of Sick Children in Malawi) plays in supporting the department.

In July, we organised a Summer Fayre to raise money for FOSCiM. My parents, Mark and Hilarie, who are Metros members, visited me in Malawi twice and were keen to help. Thanks to donations and support from family and friends, including Metros members, we ran a number of successful stalls - a handmade craft stall, tombola, cake stall, Malawian raffle and more. Particularly successful was the "silent auction" in which we auctioned off prizes, including several meals donated by local restaurants to the highest bidder.

Altogether we have raised £1,600 (including some outstanding Gift Aid) and I know this will be put to very good use.

Many thanks to all the Metros members who helped us to achieve this fantastic total.

Jenny Lemon (daughter of Mark and Hilarie Lemon)



Welcome New Members

**Jonathon, Benjamin and Ernest Scott
Sivan Bachrach**

Chris & Olivia Parkinson-Best

Nicola & Anna Armstrong

Sonika & Maya Sidhu

Amanda Kennelly

Sasha Ryan

Llayda & Cem Brown

Carly Howard

Ryan Thompson

Rebecca Cummins



Welcome to new Metro – Lily
Linda Gaitskell's new guide dog



Achievements

Well done to ...

Carole Lloyd - for a PB at Canons Park parkrun, 26th August

Nancy Morris – for coming first in her age group at Canons Park parkrun, 12th August.

Mike Morris – for coming first in his age group at Harrow parkrun 26th August

Matt Rogan – for coming first in his age group in the Spire Bushey 5K, 2nd July



GB 4 x 400m relay team celebrate their silver medal

Emily Diamond, Eilidh Doyle, Zoey Clark & Laviai Nielsen.



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

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.

16th September – South Oxhey
21st October - Canons Park
18th November - St Albans
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.

YOUR CLUB NEEDS YOU !!!!



Our host Thames Valley League fixture will be on Sunday 8th October this year, at the same venue as before.

This is earlier than in recent years due to a TVL meeting decision to extend the season to prevent a 'glut' of fixtures around the same time, as we experienced last season.

So, we need the usual assistance for marshalling, catering, time keeping etc. Also, contributions for refreshments after the race.

For offers of help please contact Jane or Al Scoffham on:
01895 270245

07437457104 (Al)
07799898936 (Jane)

As it stands, the course is very overgrown and a tree is down on the ski slope so there is much work to be done. We will have a lot of 'gardening' to do before the event, so again any assistance would be much appreciated.

Best Regards
Jane and Al

METROS TRACK & FIELD RECORDS at 3 August 2017

Update to the table of records dated for 17 July 2017,
issued in the August Metrolines,

9 Jun 14 - Hillingdon

Shot 8.27 men 50-59 age group Chris Michael

Previously: 7.78 set by Keith Gavin 4 Jun 01

THE 38th ANNUAL Metros FUN RUN THE BRIAN JACKSON FUN RUN

Saturday 23rd 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 a fixture 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 approximate 200m for children 7 years and under where just finishing positions are recorded.

The event will follow a similar format as previous years – five races - two x 4km, one x 2km, (total 10km), one x 200m and one x 1K walk. However, awards will be age graded instead of in age groups.

The Distances	7 years & under = 200m. 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:

200m	7 and under
1km	Walk – all ages.

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 30 September.**

Fee: There is no charge

Following a change last year, the awards will be based on age grading. Awards to keep for the first age graded man and woman in the 10km, 4km and 2km 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.

There are also 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.

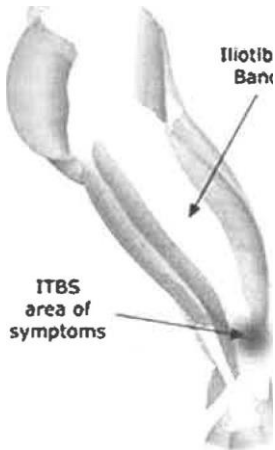
Toilets will be available in the Pavilion within the park. The Scout Hall will not be open before or after the event so no refreshments will be available, just water.

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 0208 868 5683
patjacksonhome@hotmail.com**

Runner's Knee Syndrome

Having discussed common injuries around the ankle and foot region we ascend to the knee. Runner's knee syndrome or patellofemoral pain syndrome (PFPS) is a term much used by runners and professionals. The patella allows movement at the knee and is the site of attachment for the iliotibial band (ITB) and the quadriceps muscle.



Runner's knee simply means the knee cap (patella) is not sitting in the groove correctly which is created by both leg bones. This produces a mis-tracking of the patella and then generates pain. Forty two percent of repetitive strain injuries affect the knee joint and runner's knee is the most common.

Typically, runner's knee affects younger, recreational runners and is twice as common in women compared to men.

What causes runner's knee?

There are many contributing factors. From my experience, runner's knee arises from poor biomechanics; which are caused through weakness of the external rotators of the hip. These muscles stabilise the femur in the hip socket and fix firmly onto the tibia (lower leg bone). This allows linear forward motion.

Because of the weakness, your femur (upper thigh bone) on impact rotates inwards and collapses. This generates torsion through the outside of the hip and thigh. In turn this causes tension through the outside structures, the external rotators together with the glute muscles. This creates tension in the ITB. The ITB is the ligament that runs down the outside of the thigh from the hip to the shin. The ITB attaches to the knee and helps stabilise and move the joint. On bending the knee, the patella is pulled out the groove and therefore causes pain.

This may sound like information overload however it is important for the understanding of how to manage the condition.

Typical presentation and symptoms to look out for?

1. Inconsistent to consistent knee clicking over time if left
2. Pain on the outside of the knee and side of thigh
3. A burning or tightness across the knee cap
4. Stiffness having sat down for a long period of time

What conditions can be more sinister with knee pain?

It is important when diagnosing knee pain that your therapist examines how the pain came on. Knee problems can be simple or complex to diagnose. There is either

structural or mechanical damage. Structural damage will tend to come about through a twisting motion or impact. The signs for structural damage are significant swelling, locking and giving way. Structural damage will involve ligaments and cartilage which may well need surgical input. Clicking in the knee can be either structural or mechanical. By taking a good history and testing, your therapist will determine the cause. If the knee is locking, giving way or has major swelling you must seek professional advice as soon as possible. Runner's knee is an example of mechanical pain.

What can be done about runner's knee?

Prognosis is good with a full recovery however, due to the nature of the injury; if it is not treated it will get worse over time. It is important to work on loosening and stretching the glutes first so that you can manipulate the ITB to its full potential.

Self-management of Runner's knee syndrome

The important part

- 1) Trigger pointing the glute muscle.
 - a) A trigger point is a local area of spasm or a knot. This generates tension. It is important to desensitise these areas. How to find them? They are painful!
 - b) If the part of the muscle you lie on with a tennis ball or a larger medicine ball is sore, lie on it till it reduces in pain.



2. Once you have reduced the overall tension of the muscle you can now stretch it at a greater length.
 - a. See diagram.
 - b. Pull leg right across to the opposite shoulder.
 - c. All stretches must be held for a minute at least.



3. Foam rolling

- a) This is important.
- b) Do not roll up and down aimlessly, it does not work.
- c) Connective tissue needs a sustained pressure to adapt.
- d) Find an area of soreness starting from the top and hold down till it reduces.
- e) You can carry out small movements on that point to encourage movement of the tissue.
- f) Work all the way down the leg till you get to the knee.



Sadly, the phrase "no pain no gain" could not be more appropriate. If you are not grimacing and shouting expletives you probably are not doing these exercises right, especially on the foam roller. Please enjoy this piece of torture!

However, if you are worried about your knee pain and there is swelling, seek medical advice.

Thanks again for reading.

Andrew Howell

FOLLOW IN THE FOOTSTEPS OF SIR ROGER BANNISTER

The legendary **Sir Roger Bannister** has agreed to lend his name to a **Family Mile** that will take place alongside the Harrow Half Marathon on Sunday morning, September 17th.

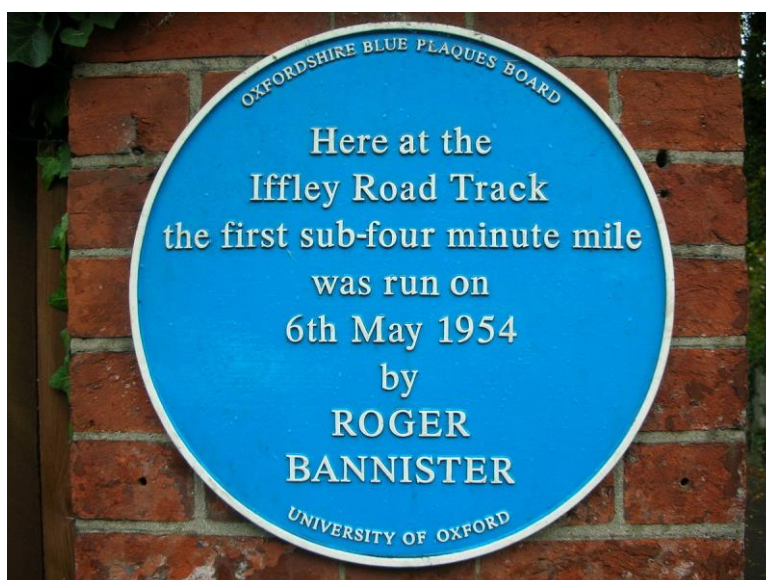
Born and brought up in Harrow, Sir Roger did much of his early training locally, ahead of his legendary achievement in 1954– becoming the first person in the world to break the four-minute barrier for the mile.

The family mile will start at 9:20am and will take place in the grounds of Harrow School, so the course will be traffic free. No matter what age you are, you'll have the chance to take part and measure yourself against Sir Roger's landmark time of 3.59.4 minutes. Runners will be divided up into two groups: Age 4-15 and 16 and over. There is no maximum age!

The run will be chip-timed and those completing the Sir Roger Bannister mile will get a finisher's medal.

It's not only for children but also adults who just want to run a mile chip timed in the Harrow school grounds.

The race costs £5 to enter and places can be booked via www.harrowhalfmarathon.co.uk.



Harrow Half Marathon

It's going to be a great race plus, we have 2 former Team GB athletes running, Laura Turner and Mara Yamauchi.

Volunteers/marshals are greatly needed too. If you would like to help please contact Nathan Powell nathancpowell@yahoo.co.uk

Many thanks

HARROW HALF MARATHON 2017

17th September 2017



Harrow Half

The event is organised by Harrow
Athletics Club, ActiveTrainingWorld
and Harrow Council.

The 'Harrow Half' is a traffic free, chip timed half marathon. The course features historic and well-known landmarks, stunning views, parks, countryside as well as the attractions you would expect of a modern, thriving borough and town centre.

[www. harrowhalfmarathon.co.uk](http://www.harrowhalfmarathon.co.uk)

Supporting St Luke's Hospice Harrow and Brent. St Luke's Hospice looks after people in Harrow and Brent whose illnesses are no longer curable. Visit www.stlukes-hospice.org to find out more about us.

St Luke's 
HOSPICE

Set up your JustGiving page for this event by visiting : <http://bit.ly/harrowhalf17>



Way back in the mists of time "Runner's World" (I still think the apostrophe is in the wrong place) magazine used to be called "Jogging". I wish I could remember why it changed title, but I can suggest it was for image purposes. I believe it was called "Running" for a time as well until a merger with Americans led to an international title.

There were other running magazines then too. As well as the old favourite "Athletics Weekly" there was "Today's Runner" and "Marathon and Distance Runner" for the ultra-brigade.

These magazines, through their race advertising and race listings were very much the main way of finding out about and entering a race. Some printed the entry form in the ad but a lot did not so you had to write for one, usually enclosing a stamped addressed envelope. Some races did not take photocopied entry forms. Can you imagine that in this internet age? You had to send off another envelope for results if you wanted them too, or perhaps leave one in the appropriate box in race HQ. No results hastily pinned to a wall as they come off the printer. It was a different age.

You might think, because of the above, that I've changed my mind about my racing retirement, but I haven't. Not quite. I am considering having a go at Parkrun. I was sceptical about the phenomenon in the early days, but it does seem to have become part of the nation's health psyche, plus my grandson wants to have a go.

The lad likes running so there's no surprise there but there are favourable murmurings from his mother, Roxette, as well. Now that will be something to behold and, if it does, I want to be on the start line!

I'll keep you posted.

Just like a lot of you fellow Metros, I got to see some of the World Athletics championships in Stratford. We got tickets for the penultimate evening. We saw Justin Gatlin running in the relay. He was booed like the papers had said he was when winning the 100 metres earlier in the week. I didn't boo. I'm too old for that sort of thing and thought it very un-British as he'd served his sentence. Whether it was enough is another issue.

We also saw Farah not quite win and Bolt breakdown in the relay where the Brits unexpectedly won gold.

I say we, it was just me and my grandson. He was enthralled by the whole thing- the crowds, the huge stadium, the razzmatazz. Hopefully his fledgling interest in the sport will be maintained through this. The family dropped us at the entrance (those queues!) and picked us up afterwards. They don't completely trust us with the public transport at our ages!

Gatlin was a cheater, but the next day our best "walker" was disqualified for lifting. It made me think -is this not cheating, seeking to gain an advantage? Is this not the same as Gatlin? Walkers can offend twice before they are thrown out at the third, what do I call it, discretion? Why do they get these chances? Sprinters don't even get second goes for false starting these days. If it can be done for the 100 metres, surely the technology is there nowadays that can sort this out?

I hope it is not based on just the eyesight of observers?

'Our' boy was interviewed as if it was bad luck. In some ways, yes but to me NO. If the sport is to continue it must get into at least the 20th century.

The British BBC commentators when I watched on the other days were horrid as usual. Brendon was his insane best, the others so pro GB it was embarrassing. The relay winners were "legends"- I challenge you to even name them. I can recall one. I'll ask Jane and Al to make it a question on quiz evening. Then the walker's experience was "tragic". I remind you that he has to be seen to foul three times before disqualification.

Roxeth



Britain's Nethaneel Mitchell-Blake, Daniel Talbot, Adam Gemili and Chijindu (CJ) Ujah celebrate.



A distraught Tom Bosworth – after his disqualification from the 20Km walk

Results and Reports

Marathon 111 – Steve Paull



Beatrix Potter Challenge July 23rd

This race was in the Eastern suburbs of Northampton and no, I don't think the area has any connection with Miss Potter. I believe the race last year was held in Kent somewhere, but I don't know if she had connections there either. The date was around her 151st birthday (28th July 1866) and it was my 64th birthday.

Anyway, this was another event like the one earlier this year at Dorney Lake where you could do as many laps as you wished within the six hours that the organisers had use of facilities (such as they were). Race HQ was in the grounds of a Holiday Inn under a tree, out of the rain. For the marathon distance the route was to be six laps in the approximate shape of a D. Two days before the event we were told it was to be seven shorter laps, on the day, with a bridge under repair it was now eight laps, now largely out and back.

As I said it was raining a little at the start, but it did stop quite swiftly. We ran on a path close to, though not quite alongside the A45, though it was mostly hidden by trees. As the day progressed and traffic increased this became noisy. It was by far the noisiest marathon I've done and a bit of a distraction at times. The revamped route was about 90% alongside this road.

Looking to the other side it was completely different- hills in the distance, the River Nene rolling along, a lake here and there and a few tethered horses either eating or sleeping. Occasionally a dog was being walked along here, away from us runners.

At the far end of the lap was an off-road section with three kissing gates to be negotiated, gates that broke up the rhythm and made 24 of the nuisances over the entire marathon. On one lap, three cows were eating their way along this scrubland section of the course. I passed them, like others, with caution. I don't know where they came from nor where they went, for they were gone a lap later.

Penny and Irene were running as well, doing their own thing as I rattled off the laps. They decided they'd had enough after four laps and the half marathon distance.

We'd been given a card on registration to be attached to our clothing. A small hole

in this was punched at the end of each lap, next to a table of goodies and fluids to be taken as required.

As with Dorney Lake, I only had a general idea of who I was ahead of or behind, but after having a bit of a cold during the days before I was content to complete the event with little distress and get another sub 4-hour marathon done.

Steve P

Beatrix Potter Challenge, Northampton July 23rd

Steve Paull 3.52.52 8th marathon finisher

Irene Paull 13.1 miles 02:55:42

Penny Hudson 13.1 miles 02:55:42



Irene and Penny show off their Beatrix Potter themed medals



Steve tackles a road section



The Summer of Halves – Penny Hudson

It had been a while since I'd managed a half marathon, (December 2015, Bedford 2:47:05), and although 2016 started well, developing plantar fasciitis in July stopped me in my tracks. 2017 didn't start quite as well, with a bout of cramp at Maidenhead 10 knocking my confidence a bit. However, when Sue Davie invited Jane, Irene and me down to Poole for Shakespeare on Brownsea Island, naturally thoughts turned to a race for the Sunday morning. We were a week too early for Sturminster Newton Half but Sue said she was thinking of doing the Dorset Invader – a trail half organised by White Star Running. She said it allowed four and a half hours so should be fine to walk/run it. As many of you will know Jane and I are not keen on mud but I thought as it was in July it would be fine, probably very picturesque. So, Sue, Irene and I entered.

Then Steve decided he would like to do a marathon for his birthday, the week before the Dorset Invader. So, after a bit of research we came up with the Beatrix Potter Challenge in Northampton, a lapped race with a 6 -cut off. The laps were supposed to be 4.37 miles along a cycle path and round a nature reserve (more trail). So, 6 laps for Steve and 3 for me and Irene. We also decided to make a weekend of it and stayed the night in the Holiday Inn right by the start.

The 3rd half was Burnham Beeches which for the first year for a while didn't clash with Summer League and remained as a trophy race. On the basis that I could, if I wanted to, transfer to the 10K up to a week before, I entered.

So, to the races:

Beatrix Potter Challenge. Staying in a hotel on the start line was great, drinking too much wine the night before was not! The day started off a bit drizzly but nothing too bad. On the day, the lap had been shortened to 3.28 due to road works. So now 8 laps for Steve and 4 for me and Irene. The route was quite noisy due to a main road running alongside. As we were now running out and back along the cycle path we got to see most of the other runners quite regularly. At the end of each lap was an aid station which not only had drinks but also fruit, cakes, crisps, nuts, fudge etc. So, it was easy to break the race up into small chunks, have a little break (even a toilet break in the hotel) and then get going again. Irene and I ran together treating it as a training run. We did 4 laps (half marathon) in 2:55:42. We were both happy with that especially as we ran most of it with only small walk breaks. Steve completed his marathon in 3:52:52, another one ticked off in under 4 hours. We got great goody bags and a rather large, heavy piece of metal masquerading as a medal.

Dorset Invader. We weren't sure which day was going to be worse for the Shakespeare on Brownsea Island – at first it seemed as though Saturday would be better, then Friday, then Saturday... In the end, it was Friday, no picnic in the sunshine this year, dinner at Poole Quay, a choppy boat trip, ponchos and umbrellas... Saturday rained for most of the day. The Dorset



Invader marathon was on Saturday, the half on Sunday. We read reports of the marathon – wet, muddy, hilly, long (over 28 miles) but fun!?! There are some strange people out there! So, with trepidation we arrived for the half on Sunday, a lovely sunny day (too hot). Unfortunately, the mud had not yet dried up. It probably was picturesque, it was certainly muddy and hilly and exhausting.



Again, a great aid station (the Love Station), unfortunately it wasn't until 10 miles by which time I had lost the will to live. Again, Irene and I ran (trudged through mud) together and treated it as a training run. Training for what I'm not sure. The course was long – 14.5 miles and we had been told there was a cut off time of 4 hours which had seemed like plenty. Our time was 4:06:54, we weren't last, there were 16 people after us.

Burnham Beeches Half. Surely this would be a doddle compared to the Dorset Invader. Well not quite. It was a lot better apart from the horrible hills. And running out of energy at about 12.5 miles. And the roads opening before we had finished. And no aid station, just water in weird pouches. Apart from that it was good, mostly in shade on a sunny day. Another training run for the next one so Irene ran with me again. We did 2:51:50, our best time yet but still a long way from where either of us want to be.

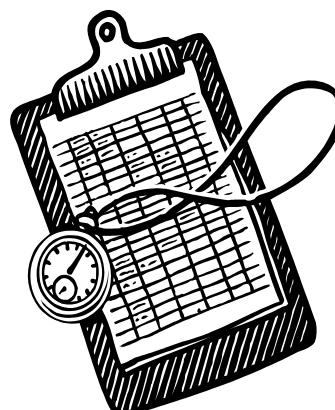
Next Half – Maidenhead on 3rd September – is this the one we have been training for?

Penny Hudson



Measured Mile 12th August 2017

	Time
Simon Abery	6.14
Carlow Day Lewis	6.19
Steve Paull	6.29
Adam Leary	6.43
Andy Fox	7.16
Mike Ransome	7.25
Jane Hudson	7.29
Andrew Collier	7.40
Ceri Jacob	7.53
Jonathon Pang	8.23
Barbara Reading	8.25
Kevin Eckersley	8.29
Judy Rackham	8.42
Irene Paull	8.58
Arnold Glickman	8.59
Janice Newman + Errol Clarke	9.02
Kath Donaldson	9.06
TitianaSpotti	9.13
Penny Hudson	9.14
Mike Reid	9.19
Karen Leary	9.19
Julie Smith	9.39
Carole Lloyd	9.49
Steph White	9.55
Eilish Fernandez	10.12
Jo Collier	10.24
Gill Fox	10.34
Jarina Khatum	10.41
Gareth Hughes	11.08



Not quite a glorious day for August but good conditions for running with some sunshine, a gentle breeze and agreeable temperatures. It was good to see some impressive times from our faster runners with some notable improvements from the last Measured Mile and some very consistent performances from many runners. Interesting to see 5 Metros doing both Miles and all of them achieving better times on the second attempt. Seems that using the first Mile as a warm up pays off. This year's competition is now completed so I now have to settle down for a quiet evening to calculate the winner of the trophy to be presented at the quiz evening later in the year.

Many thanks to my generous helpers who I depend on to record numbers next to names and to distribute lolly sticks. Irene, Gill and Caroline fell in to give much appreciated support for this Measured Mile.

See you for the next Mile in November, the first in the next competition.

Angela

Burnham Beeches Sunday 13th August 2017

Half marathon

1 st		1:16:47	
29	Nathan Powell	1:31:32	
49	Christopher Shearwood	1:34:30	
67	Steve Paull	1:37:49	1 st MV60
155	Michael Morris	1:48:13	
422	Linda Dunne	2:13:16	
430	Hitesh Patel	2:14:35	
541	Jonathan Pang	2:34:10	
566	Irene Paull	2:51:34	
567	Penny Hudson	2:51:35	
573	finishers – last	3:24:28	

10K

1 st		0:36:12
156	Jane Hudson	0:58:05
267	Marion Rogan	1:06:16
402	finishers – last	1:37:56



5k Race - 5th August 2017

Position	Name	Time	Age Grading
1	Andy Fox	20.41	73.68%
2	Mike Morris	21.37	68.22%
3	Steve Paull	21.54	75.90%
4	Simon Aberly	22.06	67.83%
5	Caroline Day-Lewis	23.14	72.17%
6	Sonny Peart	24.30	59.72%
7	Adam Leary	25.26	59.42%
8	Anne Nola	26.54	59.60%
9	Juliette Nola	27.39	57.75%
10	Al Scoffham	28.13	57.35%
11	Jonathan Pang	28.54	47.94%
12	Jane Scoffham	29.14	67.33%
13	Kevin Eckersley	29.52	54.18%
14	Steve Alder	30.29	50.41%
15	Barbara Reading	30.39	72.65%
16	Nancy Morris	30.43	52.74%
17	Janice Newman	32.15	71.37%
18	Mike Ransome	32.16	52.95%
19	Kath Donaldson	32.25	68.69%
20	Angela Murphy	32.39	64.98%
21	Karen Leary	32.50	52.34%
22	Linda Ross	34.12	50.93%
23	Anne Ambrose	34.25	55.59%
24	Mike Reid	34.32	44.88%
25	Helen Simons	36.12	50.00%
26	Gill Fox	36.28	47.76%
27	Raquel Russel-Ponte	36.34	65.13%
28	Jennifer Smith	36.55	44.33%

Due to two fallen trees blocking the paths we had to change the start and re-route the course slightly.

Well done to all the runners and our merry band of helpers:

Irene, Andy, Gladys and Eilish.

This was probably our lowest number of runners since the 5k started in 2009.

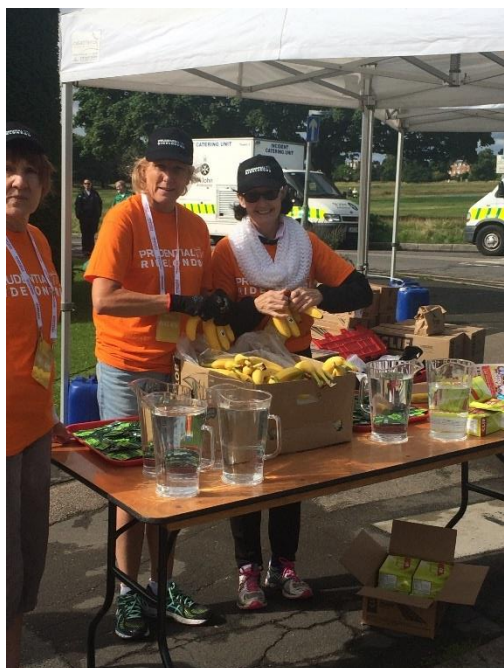
We hope it's just due to holidays and not the Parkrun effect!

Next Metros 5k: Saturday 4th November.

Marilyn & Henry

Prudential Ride London – 30th July

Metros once again provided a team of 'Veloteers' for the Prudential Ride London aid station at Wimbledon. The team spent a very busy but enjoyable day dispensing water and various foodstuffs to grateful competitors.



There were also fantastic performances by two Metros:



Marcus Weedon completed the Prudential London-Surrey 100-mile challenge in 05:15:36

Linda Gaitskell completed the Prudential London-Surrey 46-mile challenge in 04:42:13, riding in tandem with her guide Aidan.



SUMMER LEAGUE – REGENTS PARK 16 JULY 2017

10K

Pos	Name	Time	Cat
6	Nigel Rackham	00:36:06	M50
10	Ron Taylor	00:37:20	SM
37	James Kerrane	00:40:21	SM
47	Sasha Birkin	00:41:22	F45
63	Steve Paull	00:43:24	M60
82	Russell Hewlett	00:45:18	M40
105	Tian Hollingshead	00:47:53	MU17
115	Nick Russell	00:48:23	M45
118	Pritesh Patel	00:48:30	SM
157	Hershil Patel	00:52:36	SM
181	Peter Jose	00:55:14	M70
192	Jane Hudson	00:56:43	F55
210	Hitesh Patel	00:58:58	M50
222	Jonathan Pang	01:01:48	M40
228	Rhonda Tapley	01:02:18	F45
230	Janice Newman	01:02:44	F70
231	Becky Cummins	01:03:03	SF
232	Ariff Sidik	01:03:07	SM
239	Emma Rackham	01:04:30	SF
240	Veronica Georgescu	01:04:34	F65
242	Sakina Sadik	01:05:14	F35
245	Irene Paull	01:06:15	F60
250	Titziana Spotti	01:06:50	F55
255	Penny Hudson	01:09:08	F55
257	Carole Wells	01:10:06	F55
258	Patricia Hewlett	01:10:58	F45
260	Anne Ambrose	01:12:48	F60
263	Raquel Russel Ponte	01:15:55	F70

TENDERFOOT

			Cat
2	Christopher Hudson	00:05:45	M12
4	Kyie Hollingshead	00:06:25	M12
8	Zaheer Sidik	00:07:17	M12
33	Alisha Sidik	00:11:15	F10

RELAYS – 280m

Female Team

Jane Hudson	0m 59.36s
Rhonda Tapley	0m 58.82s
Alisha Sidik	1m 02.63s
Becky Cummins	<u>0m 53.23s</u>
	3m 54.04s

6th from 6 teams

Male Team

Tian Hollingshead	0m 39.16s
Kyie Hollingshead	0m 38.53s
Christopher Hudson	0m 41.32s
James Kerrane	<u>0m 42.70s</u>
	2m 41.71s

3rd from 7 teams

B1

	0m 45.43s
Russell Hewlett	0m 44.08s
Zaheer Sidik	0m 42.75s
Nigel Rackham	<u>0m 46.24s</u>
	2m 58.50s

2nd from 7 teams

B2

Steve Paull	0m 49.72s
Ariff Sidik	0m 45.54s
Jonathan Pang	0m 46.55s
Veronica Georgescu	<u>1m 12.95s</u>
	3m 35.16s

3rd from 6 teams

All relay results are before any weighting for age.

Thanks to Dave Brown for organising and timing Metros relay teams and to Irene Paull for again compiling not only the Metros results but results for the whole league

Pat Jackson

Dorset Invader Trail Half Marathon – 30th July

1		01:31:10
460	Penny Hudson	04:06:54
461	Irene Paull	04:06:54
476 Finishers		04:30:40

Spire Bushy 5K, 10K & Junior, 2nd July

5K

1		18:27
3	Matt Rogan	19:04 (1 st VM 40-49)
98 Finishers		01:19:42

10K

1		35:01
177	Pauline Bishop	52:50 (1 st VF 65-74)
400 Finishers		02:38:42

SUMMER LEAGUE – BATTERSEA 20 AUGUST 2017

10K

Pos	Name	Time	Cat
29	James Kerrane	00:39:57	SM
39	Nathan Powell	00:40:28	M45
59	Jonny Jackson	00:42:31	M40
62	Steve Paull	00:42:57	M60
64	Russell Hewlett	00:43:05	M40
75	Richard Brown	00:44:35	M45
80	Mike Morris	00:45:08	M50
100	Nick Russell	00:47:24	M45
141	Glyn Watkins	00:51:59	M60
148	Peter Jose	00:52:32	M70
157	Sonny Peart	00:54:01	M45
161	Jane Hudson	00:54:33	F55
177	Spencer Millbery	00:55:36	M40
189	Janice Newman	00:58:27	F70
196	Emma Rackham	01:02:01	SF
197	Ariff Sidik	01:02:02	SM
203	Irene Paull	01:06:18	F60
211	Anne Ambrose	01:10:42	F60
212	Penny Hudson	01:10:51	F55
213	Sakina Sadik	01:10:52	F35
218	Raquel Russel Ponte	01:19:25	F70

TENDERFOOT

2	Christopher Hudson	00:04:48	M12
4	Zaheer Sidik	00:06:09	M12
11	Sam Millbery	00:06:44	M8
14	Joe Millbery	00:08:30	M11
15	Claire Millbery	00:08:41	F40
17	Alisha Sidik	00:09:20	F10

RELAYS -400m

Female Team

Jane Hudson	1m 35.61s
Sakina Sidik	1m 45.45s
Alisha Sidik	1m 45.40s
Claire Millbery	<u>1m 27.81s</u>
	6m 34.27s

6th from 6 teams

Male Team

Nathan Powell	1m 00.81s
Zaheer Sidik	1m 10.34s
James Kerrane	1m 05.61s
Christopher Hudson	<u>1m 08.79s</u>
	4m 25.55s

4th from 5 teams

BI

Steve Paull	1m 14.10s
Ariff Sidik	1m 18.91s
Sam Millbery	1m 20.63s
Mike Morris	<u>1m 11.98s</u>
	5m 05.62s

2nd from 7 teams

B2

Spencer Millbery	1m 16.68s
Joe Millbery	1m 20.23s
Raquel R Ponte	2m 23.06s
Irene Paull	<u>1m 59.80s</u>
	6m 59.77s

6th from 6 teams

All relay results are before any weighting for age.

Again, thanks to Dave Brown for organising and timing Metros relay teams, to Irene Paull for again compiling not only the Metros results but results for the whole league and to all Metros who ran or supported any fixture, particularly our host fixture.

This is the final Summer League event for this year. Overall league awards will be presented at the first fixture next year. Metros awards will be presented at the Metros Annual Quiz and Awards Presentation Evening, usually held in November.

Pat Jackson

See the Summer League web site:

www.thesummerleague.uk



European Masters 2017 in Aarhus, Denmark

Results for Jeanne Coker

W80	100m	28:08 (4 th)
W80	200m	65:20 (3 rd)

Wycombe Half Marathon – Sunday 16th July 2017

1		01:13:28
35	Chris Shearwood	01:39:32
235	Anthony Bellis	02:06:50
398	finishers – last	03:05:07

Wycombe 10k – Sunday 16th July 2017

1		00:37:53
218	Carole Lloyd	01:16:48
255	finishers – last	03:12:46

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.