



24 hour track relay

Metros Diary

AUG

Sat 1	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sat 8	Food Bank Donation, Roxbourne Park	
Sat 15	5K Race, Roxbourne Park	9.15 am
Sun 16	Summer League, Battersea Park	9.00 am

SEP

Wed 2	Committee Meeting	8.00 pm
Sat 5	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 6	Maidenhead Half, Trophy Race	9.30 am
Sun 6	Thames River Relay	9.00 am
Sat 12	Food Bank Donation, Roxbourne Park	
Sat 19	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sat 19	'Mob Match' vs Sudbury Court at Harrow parkrun	9.00 am
Sun 27	Moor Park 10K, Trophy Race	3.00 pm
	Junior Races	from 12.00 pm

OCT

Sat 3	36th Metros Annual Fun Run - The Brian Jackson Fun Run	8.45 am
Wed 7	Committee Meeting	
Sat 10	Food Bank Donation, Roxbourne Park	
Sat 17	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 25	Ricky Road Run 10 miles	10.30 am

NOV

Wed 4	Committee Meeting	8.00 pm
Sat 7	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sat 21	5K Race, Roxbourne Park	9.15 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!

We are enjoying a 'purple' spell of running from many Metros at present that is good to see. Keep it up all of you! It's good to read about all your accomplishments whether short sprints or hard slogs. Please keep your stories and pictures coming in, and have a great summer of running wherever you spend it.

Jane and Penny Hudson

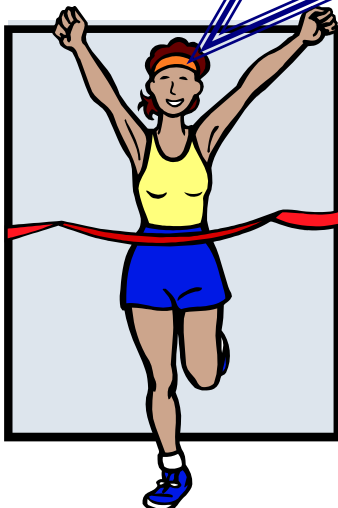
Stop press – Metros have been challenged by Sudbury Court to a parkrun 'mob match' at the Harrow parkrun on 19th September. More details from Mark Mulvenna and in September's Metrolines



Welcome

Lucy Ashe, Harrow
Christopher Kemp, Harrow
Laurance Edwards, Harrow

Elected at the July meeting





London Road Runners Club

Trophy Races

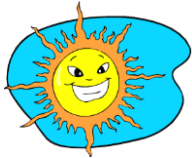
The following Road Races will comprise the remaining races in this year's Trophy Race competition:

Maidenhead Half Marathon
Moor Park 10K
Ricky Road Run 10M

Sunday 6th September at 9.30 am
Sunday 27th September at 3.00 pm
Sunday 25th October at 10.30 am

Please Note: Burnham Beeches half marathon has been cancelled so there will only be 7 races in this year's trophy competition.

Any other changes will be advised as early as possible



Summer League

The final Summer League fixture is:

16 August, 9.00am - Battersea Park, 10K, hosted by Serpentine

For further information please contact Pat Jackson tel: 0208 868 5683



Track and Field - Battersea 22nd June
(above) and Perivale 23th July (left)

National Three Peaks Challenge - Saturday 23 / Sunday 24 May

Mitesh Patel

Introduction

I decided to do the 3 Peaks Challenge as I hadn't done any kind of trekking or climbing before so it would be a new and exciting challenge! The challenge involves climbing the highest mountains in Scotland, England and Wales in 24 hours. The three peaks are Ben Nevis (1,344m), Scafell Pike (978m), and Snowdon (1,085m) and the total distance walked is around 26 miles. I signed up with a guy I knew from my gym, Ajay, and his friend Akmal, who had both completed the Inca trail a couple of years ago. On the day we would be joined by a fourth person, Dominic, who had signed up on his own. Dominic, it turned out, had climbed each of the mountains several times before already but just hadn't done them in one go. This meant I was the novice of the group, but I hoped my general fitness would be enough to see me through and not slow the others down.

Equipment / Training

The most important item of kit you need is walking boots. These need to have thick soles to prevent bruising from the endless rocks you'll be stepping on and should come up over your ankles to prevent them from twisting. They should also have a lot of give at the front of the boot and you're advised to get a pair a whole size bigger than your normal shoes. Because of the sturdiness and extra support, they feel very clunky and heavy, especially compared to light running trainers. It's recommended you wear two pairs of socks, a thin first pair and then a thick pair over that to prevent blisters. Other essential equipment includes a hat, gloves, backpack, and a head torch as you'll be climbing one of the mountains in the dark. Walking poles are recommended but not essential and I actually found they got in my way so I didn't end up using them.

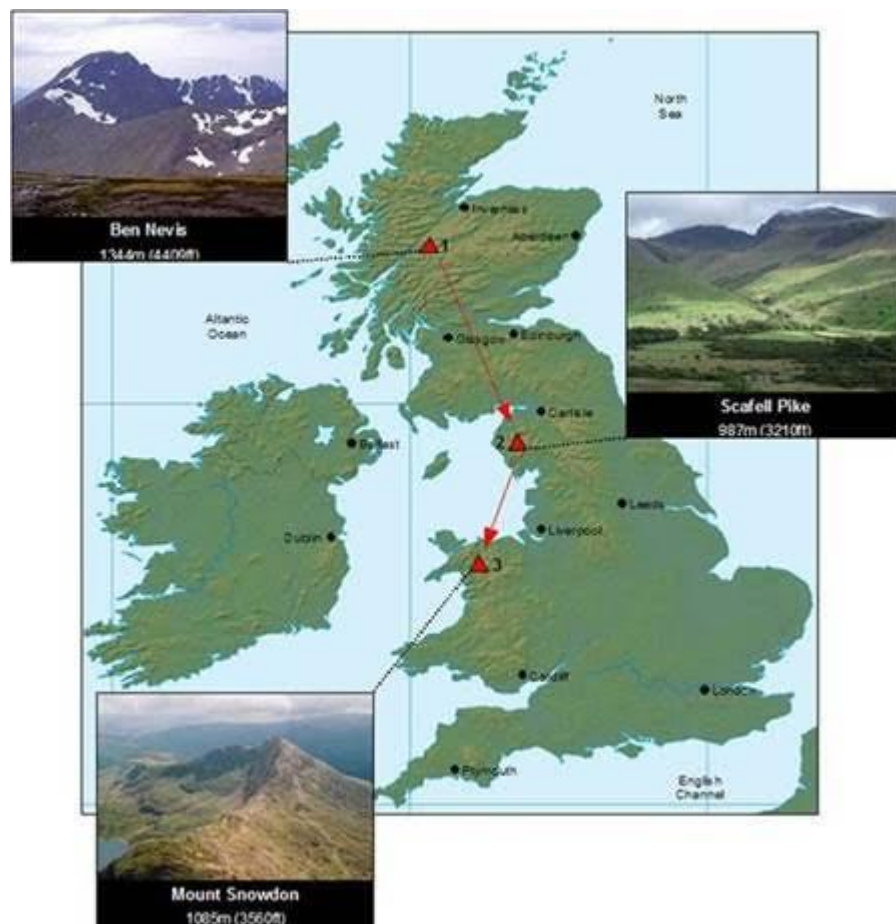
In terms of training, I went for a couple of practice walks in the month before the challenge. The first was a 3 hour walk in Dunstable Downs and the second a 4 hour walk in Ashridge Estate. Ashridge Estate in particular is really scenic (see picture below) and they have a trail 1/2 marathon in June which I'm now keen to check out at some point in the future. I found both of these walks pretty comfortable and in hindsight I probably should have done a lot more training, but at least they gave me a chance to wear in my shoes and get used to wearing a backpack.

Timings

Most people start with Ben Nevis first at this is the tallest and most challenging mountain by far, then Scafell Pike and finally Snowdon, and this is the order we



chose to tackle the mountains. Typically, you should aim to climb Ben Nevis in 5 hours, and Scafell Pike and Snowdon in 4 hours each if you want to complete the challenge in 24 hours. The rest of the time is taken up with driving between the mountains and rest/food stops at service stations. We would start the challenge at 10am on Saturday 22 May and aim to finish by 10am the following day.



Ben Nevis

We had signed up for the challenge with a company called Active Challenge, who would drive us between the mountains and provide a guide for each mountain. On Saturday morning we met our first guide, Simon, at the foot of Ben Nevis who gave us some last minute tips on what to carry in our backpacks, how many layers we should be wearing, and even how to tie your shoelaces so your toes don't bang against the front of your shoes on the way down the mountain!

Eventually we set off, pretty much according to schedule at 10am. The first thing I noticed was how rocky and uneven the path was and I had to keep my eyes fixed to the ground to make sure I didn't fall over. The practice walks I'd been on had lulled me into thinking there would be a smooth and flat path that made its way serenely up the mountain but this picture



gives some idea of how rocky it was:

Nevertheless, we made good progress and reached the Halfway Lake at around 570 metres in good time. After this the path zig zags to make the ascent less steep and more bearable. Simon told us he'd run in a race up the mountain where the runners ignore these zigzags and go straight up the mountain to save time. However the off-piste route they take is sometimes on loose scree, so when someone dislodges a stone, it can fall and hit another runner on the head! In spite of this, the race is actually getting more popular every year so they've had to limit it to 600 runners and bring in some strict requirements to get in like being a member of an athletics club and having had to complete a certain number of tree/fell races before. The record for completing the race by the way, which is 10 miles long and 1,340 metres up and down is 1 hour and 24 minutes! Shortly after Simon told us this, he had a go at a couple of kids for trying to take these short-cuts up the scree, slating them for their reckless behaviour, which I thought was slightly hypocritical bearing in mind he had done exactly the same thing in the race!

We were going reasonably well until we hit snow at about 1,000 metres which slowed us down considerably. The higher we climbed, the more windy, misty and colder the weather became until visibility was no more than 10 metres or so. Finally we reached the summit and had time for a quick high five, photo and toilet break. The summit features the ruins of an observatory which was used to collect meteorological data during the late 1800s and early 1900s, and most climbers were gathered around here. For a while, a hotel used to be in operation at the summit too!

One thing worth mentioning which I found slightly odd was that Akmal had been on the phone for quite a lot of the time while we were climbing, and he had slowed down a little bit towards the top. However it wasn't really affecting us, so I just got on with it. In the end, it took us 5 and a 1/2 hours to climb up Ben Nevis, which wasn't too bad considering we were aiming for 5 hours and had to deal with snow. However after we'd got to the bottom we spent another 20 to 30 minutes eating, using the bathroom and changing into dry clothes, which was time we didn't really have if we wanted to complete the challenge in 24 hours.



At the summit of Ben Nevis, the highest point in the UK

continued on page 19

Achievements

Well done to ...

Chris Shearwood for a PB at Northala parkrun on 20th June

Sasha Birkin for a PB and 1st lady at Northala on 20th June, a PB and 1st lady at Cassiobury on 27th June, 1st lady at Cassiobury on 11th July

Max Dadomo for a fantastic PB at Cassiobury parkrun

Simon Abery for a PB at June Wot No Watch

Glyn Watkins for his 250th parkrun!

Nancy Morris for a 5M PB at Perivale summer league

Sasha Birkin - PB in Perivale 5 mile summer league and 1st Lady

Brian McGrory for another parkrun PB Gladstone 20th June

Christopher Hudson for a parkrun PB at Harrow on 27th June

Jo Collier for running her first ever 10K

Caroline Day Lewis for achieving Gold in the 10K Challenge

Tiziana Spotti for a PB in the 10K Challenge





Old Roxeth is in a thoughtful mood this month.

Mrs Roxeth is a decent old gal. There are times when I suspect I can be a bit of a pest, especially over the years with my running and those years where I got a bit serious about it.

She has no interest in running at all and never has had. She always calls it "jogging" which winds me up, but I don't let her know this. In my "glory" days I would suggest that I enter some race a good few miles away, even another country, and all she would say was "Off you go then. See you later". When I went through a phase of buying top-of-the-range trainers in the hope that it would knock fractions off my PBs, all I got was "If you can afford them, go ahead". She couldn't understand, when we had a perfectly good video recorder, that I would want to get up in the middle of the night and watch live, an Olympic Games marathon or similar from somewhere half way round the world.

I mention all this because we went to a funeral recently of the dad, Bill, of my oldest (non-running) friend. Back in the 1960s a group of us were almost camped in their house at weekends. It was the centre of our lives. It became evident through all the lifelong stories told about him and his widow how different they were, yet how much they were a team. He was a true eccentric and could be rude or at least badly behaved, but to her it was all "water off a duck's back".

Her name was Doris. He would say things like "We've been married for 25 years and you've been ill for 24 of them" or, when there was a TV advert for Dot with the phrase "the most powerful lavatory cleaner" would call out if she was elsewhere in the house "Hey Doris, did you know you're the most powerful lavatory cleaner?". When there was a trip organised with his work to the USA, Doris asked to go too. "Take you to Wisconsin, I'd rather take poison" he said. (She went).

I think he was drunk when they first met on a blind date, but sent flowers as an apology the next day. It all had no affect on her.

All this made me think about what Mrs Roxeth has, and has had to put up with over the years and I use this piece here to thank her for her patience, love, devotion and putting up with my "little ways" in general. I suspect there are a few Metros "other halves" with a similar story to tell, even if it's not running that's the obsession/dedication.

Cheers to them.

Old Roxeth

Results and Reports

Bushey 10K - 5th July 2015

1		0:34:06
86	John Norris	0:46:26
255	Bernie Conway	0:56:05
332	Richard Hayward	1:00:34
415	finishers - last	1:42:25

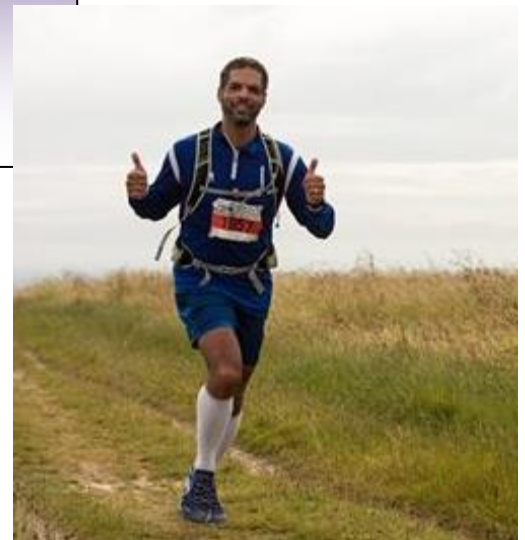


Wycombe Half Marathon 12th July 2015

1		1:14:43
36	Chris Shearwood	1:32:11
40	Nathan Powell	1:33:29
65	Anthony Bellis	1:37:11
90	Donna Warren	1:41:58
374	Harriet Copland	2:15:25

Race to the Stones - 11th & 12th July 2015

1		9:40:32
65	Sonny Peart	13:42:35
126	Spencer Millbery	15:34:27
483	finishers - last	28:11:47



10K Challenge - 4th July 2015

Runner	Gender	Age Grading	Award	Time
Nigel Rackham	M	85.98%	Gold	36:35
Caroline Day Lewis	F	70.48%	Gold	47:36
Chris Shearwood	M	70.03%	Gold	44:33
Donna Warren	F	67.81%	Silver	47:35
Dave Young	M	67.16%	Silver	50:09
Barbara Reading	F	66.69%	Silver	66:15
Simon Aberly	M	61.80%	Bronze	49:40
Adam Leary	M	59.76%	Bronze	51:47
Sonny Peart	M	58.71%	Bronze	51:03
Mike Ransome	M	57.97%	Bronze	59:08
Kirit Ranpura	M	57.12%	Bronze	55:32
Judy Rackham	F	55.55%	Bronze	65:55
Titziana Spotti	F	54.25%		68:25
Anne Ambrose	F	53.77%		70:55
Julia Allen	F	51.68%		64:55
Geraldine Gill	F	48.73%		69:38
Jo Collier	F	47.65%		71:13
Karen Leary	F	45.09%		76:13
Hema Thakur	F	42.43%		77:25

Well done to the 19 runners who braved the heat and humidity to run the July 10K Challenge. Thanks to Bob Manning for setting up a mid-point water station at the far end of the park on Field End Road. The hot weather obviously suited some, with Caroline Day-Lewis finally getting the gold award (thanks to encouragement from Donna Warren) and a PB for Titziana Spotti who narrowly missed out on a bronze. One new face this month as Jo Collier ran her first ever 10K.

Teresa Young

SUMMER LEAGUE

Harrow, 14th June 2015 – 10Km

Men		Time	Cat
2	Nigel Rackham	34.09	MV50
19	Gary Warren	38.36	MV45
29	Mitesh Patel	41.23	SM
39	Kevin Smart	42.27	MV55
42	Brett Rafferty	42.38	SM
47	Steve Paull	42.51	MV60
53	Anthony Bellis	43.25	SM
59	Michael Morris	44.32	MV45
64	Tom Alder	45.17	MU20
74	David Young	46.02	MV60
85	Shirome Bhandari	47.41	SM
97	Simon Abery	48.31	MV50
109	Peter Jose	50.06	MV65
124	Gordon Valentine	51.51	MV60
149	Kirit Ranpura	55.47	MV50
150	Paul Gardner	56.03	MV55
152	Glyn Watkins	56.36	MV60
155	Andrew Collier	57.30	MV45
164	Al Scoffham	59.45	MV55
177	Richard Hayward	63.34	SM

Women

24	*Sasha Birkin	40.15	FV40
56	Sarah Belchier	43.53	SL
86	Becky Walker	47.42	SL
90	Tracey Tyrrell	47.55	SL
93	Caroline Day-Lewis	47.59	FV45
108	Linda Dunne	50.05	FV45
115	Claire Elam	50.36	SL
127	Gertrud Porter	52.12	FV65
128	Emma Rackham	52.14	SL
144	Ruth Tidder	55.14	FV45
151	Marion Rogan	56.17	FV65
153	Sandra Young	56.40	FV45
154	Caprice Beggs	57.19	FV35
160	Jane Scoffham	58.37	FV60
170	Judy Rackham	61.57	FV55
172	Carole Wells	62.05	FV50
173	Claire Millbery	62.25	FV40
175	Kath Donaldson	62.56	FV65
176	Nia Williams	63.02	FV40
180	Anne Ambrose	65.12	FV55

181	Titziana Spotti	65.48	FV55
182	Julie Smith	66.17	FV50
184	Patricia Hewlett	67.35	FV45
186	Nancy Morris	72.50	FV45
187	Linda Gaitskell	77.05	FV55
188	Angela Murphy	77.05	FV65
*1 st Woman			

TENDERFOOT Boys			Age
1	Laurance Edwards	4.33	12
3	Devon Day-Lewis	5.35	13
5	Christopher Hudson	5.54	10
8	Sam Dadomo	6.17	12
9	Tian Hollingshead	6.24	13
22	Carlow Day-Lewis	7.18	7
23	Kyie Hollingshead	7.19	10
26	Mason Murray	8.21	4

TENDERFOOT Girls		
17	Anjali Patel	6.48
20	Natalie Tidder	7.07
27	Sue Patel	9.08

RELAYS 380m – (All relay results are before any weighting for age)

Womens Team

Sasha Birkin	1m05.42s
Eleanor Murray	1m 09.01s
Claire Elam	1m 10.14s
Tracey Tyrrell	<u>1m 07.08s</u>
	5m 26.03s

3rd from 6 teams

Mens Team

Laurance Edwards	0m 49.29s
Jordan Spence	0m 56.88s
Mitesh Patel	0m 58.76s
Brett Rafferty	0m 54.69s
Tom Alder	0m 50.51s
Kevin Smart	<u>0m 55.90s</u>
	5m 26.03s

1st from 5 teams

B1 Team

Sonny Peart	1m 01.33s
Christopher Hudson	1m 07.13s
Becky Walker	1m 14.54s
Michael Morris	1m 04.16s
Natalie Tidder	1m 12.76s
Sam Dadomo	<u>1m 14.25s</u>
	6m 53.17m

1st from 3 teams

B2 Team

Steve Paull	1m 14.15s
Donna Warren	1m 12.19s
Sarah Belchier	1m 19.04s
Ruth Tidder	1m 18.28s
Peter Rackham	0m 59.00s
Michael Hull	<u>1m 06.40s</u>
	7m 09.06s

2nd from 2 teams

B3 Team (non Scoring)

Tian Hollingshead	0m 57.18s	Emma Rackham	1m 16.95s
Simon Abery	1m 08.00s	Linda Dunne	1m 15.39s
Kyie Hollingshead	1m 14.90s	Richard Hayward	<u>1m 18.20s</u>
			7m 10.82s

Well done to Sasha on again winning the women's race.

Thank you to everyone who helped record Metros results particularly Bob and Emma Manning, Teresa Young, Irene Paull for registering and recording Metros runners and electronically sending the Metros results and to Dave Brown for organising and timing the Metros relay results.

Pat Jackson



Vancouver Half Marathon - 28th June

1	1:05:40
3239 Richard Glickman	2:43:26
3240 Arnold Glickman	2:43:26
3561 finishers - last	3:30:21

My son, Richard, and me at the end of the Vancouver half marathon on 28 June. It was my 163rd and his first. Great for me as much of it was downhill from the campus of the University of British Columbia up in the hills down to Stanley Park at sea level. First time it has been run by a Metros runner?

Arnold Glickman



Marlow Track Relay - 19th and 20th June 2015

Metros came 3rd out of 6 teams with 701 laps in 24 hours



Wot no Watch – Saturday 20th June 2015

Name	Predicted	Actual	Difference
Simon Abery (*PB)	6:10	6:09.94	1
Arnold Glickman	8:30	8:31.00	1
Hitesh Patel	11:15	11:13	2
Kirit Ranpura	7:30	7:33	3
Judy Rackham	8:30	8:27	3
Angela Murphy	8:45	8:40	5
Kath Donaldson	8:55	8:46	9
Mike Ransome	7:30	7:20	10
Dave Young	7:30	7:18	12
Mitesh Patel	5:45	5:33	12
Andrew Collier	7:40	7:53	13
Dave Brown	8:54	8:40	14
Janice Newman	8:31	8:48	17
Carole Wells	8:31	8:48	17
Mark Lemon	8:30	8:48	18
Al Scoffham	9:15	8:56	19
Tian Hollingshead	8:00	7:40	20
Rinki Khullar	10:00	10:22	22
Caroline Day-Lewis	7:30	7:08	22
Linda Gaitskill	10:00	10:25	25
Julia Allen	10:00	10:25	25
Steph White	9:36	9:11	25
Ian Bocock	12:00	11:26	34
Joe Millbery	9:30	8:55	35
Pranika Khullar	10:00	9:24	36
Steve Alder	9:30	8:53	37
Meera Tanna	11:00	10:20	40
Steve Paull	7:45	7:05	40
Gagan Khullar	8:10	8:53	43
Kyle Hollingshead	9:30	8:34	56
Penny Rawlins	10:42	9:46	56
Clare Millbery	9:50	8:50	60
Sam Millbery	10:00	9:00	60
Nikita Khullar	10:00	8:59	61
Sandra Young	9:15	8:13	62
Kirsty Young	8:45	7:42	63
Hilarie Lemon	9:00	7:52	68
Jane Scoffham	9:48	8:33	75
Debbie Lewis		10:14	
Leia Patel		9:44	
Nita Patel		10:53	

Congratulations to Simon on a PB and winning the trophy. Commiserations to Arnold who was close, but not quite close enough! Lots of people completing the event for the first time.

parkrun Results

Northala

11.7.15

Brett Rafferty 19:36

Russ Hewlett 22:08

4.7.15

Brett Rafferty 19:41

27.6.15

Brett Rafferty 19:33

Russ Hewlett 21:30

Patricia Hewlett 32:54

20.6.15

Chris Shearwood 19:25

Sasha Birkin 19:40

John Norris 21:52

Russ Hewlett 22:21

Black Park

11.7.15

Jackie Bowles 26:05

Jason Bowles 26:18

Glyn Watkins 28:49

4.7.15

Glyn Watkins 31:04

27.6.15

Glyn Watkins 28:25

South Oxhey

20.6.15

Gordon Valentine 26:11

Cassiobury

11.7.15

Sasha Birkin 19:35

4.7.15

Max Dadomo 23:02

Sasha Birkin 23:03

Simon Dadomo 24:47

27.6.15

Sasha Birkin 19:31

Simon Dadomo 24:54

Root 44

4.7.15

Caprice Beggs 29:39

Poole

Sue Davie

11.7.15 46:53

27.6.15 41:55

20.6.15 41:11

Gladstone

11.7.15

Brian McGrory 21:51

27.6.15

Graham Hart 40:52

20.6.15

Brian McGrory 21:19

Harrow

11.7.15

Barry Nolan 24:21

Graham Hart 26:51

4.7.15

Brian McGrory 22:26

Barry Nolan 25:23

Jason Bowles 27:07

27.6.15

Mitesh Patel 19:31

Chris Shearwood 19:34

Chris Hudson 20:42

Sonny Peart 24:03

Barry Nolan 24:53

Jackie Bowles 25:45

Nagendra Bisht 27:57

Sukriti Bisht 36:51

Malvika Bisht 36:51

Seema Bisht 39:54

20.6.15

Jackie Bowles 25:30

Jason Bowles 25:57

Nagendra Bisht 26:59

Malvika Bisht 36:11

Sukriti Bisht 37:11

Bournemouth

27.6.15

Nathan Powell 19:40

Metros make parkrun 250 attendance club!

So..... on the 5th July 2008, I took my first tentative (running) steps of Bushy Park parkrun along with 360 other competitors. On this date, there were 10 events in the UK with 981 competitors.

Almost 7 years to the day later, I managed to complete my 250th parkrun at Black Park. This time, there were 333 events in the UK with over 67 thousand competitors!

To date, there are over 70,000 Parkrun UK runners. Of those:

1 has reached 500 runs

286 have reached 250

8797 have reached 100

26058 have reached 50

This means **Metros have a runner in the top 0.4% of Parkrun attendees in the UK!!**

OK, it didn't make the 6pm news on the BBC but I think it calls for a wee drink!



Scafell Pike

We left Ben Nevis at 4pm and got to Scafell Pike in Lake District at 10pm which is roughly how long it was expected to take. However, we managed to spend another 1/2 hour faffing around with our gear and clothing before we set off, and by this time it was completely dark. It was pretty surreal walking up the mountain in darkness where the only source of light was from people's head torches. Where there were literally hundreds of climbers on Ben Nevis, there were only a few on Scafell Pike, which added to the eeriness and sense of isolation. You had to assume the only people climbing the mountain at this time were fellow 3 Peak Challengers, unless someone happened to go for a casual midnight stroll up Scafell Pike in pitch dark!

Almost as soon as we'd started climbing the mountain Akmal had started talking on his phone again and now we was holding us up quite badly. We would walk for a few minutes and then have to wait for him to catch us up, all the time while he was yapping away without a care in the world. Eventually, after about an hour of this, our guide told him to get off the phone and concentrate on the climb! This didn't really help much unfortunately as it was clear he was beginning to struggle and we had to wait for him every few minutes. The picture below portrays the situation nicely: from the left you have AJ, Dominic, and then Akmal looking like he's about to die but he still has his headphones in!



Our guide for Scafell Pike, also called Simon, was a funny character and kept us entertained with amusing stories. One of his stories was about a dog that had got lost in the mountain which had caused an enormous uproar in the local community. Mountain search teams and even rescue helicopters had been deployed to help search for the poor dog. Eventually one of the search teams found the dog alive, and such was the gratitude of the local people, that his team received £65,000 in charitable donations afterwards. Simon told us he and some of his friends were planning to release a couple of goats on the mountain to see how much they could get!

The top of Scafell Pike is probably the most challenging part of the 3 Peaks Challenge as there is no path and instead consists of shattered rock debris. There are also summit boulder fields to contend with which are fields with large boulders strewn across them, and you literally have to hop and jump across them to traverse the fields. It had also started to rain quite heavily at this point which made it more challenging. As with Ben Nevis, the higher we climbed, the colder and windier it became as well. A 6 foot high cairn represents the summit of Scafell Pike and when we reached it we made our customary high fives, refuelled, and rested for a few minutes before we started back down.

On the descent, Simon paused to take in the scenery, smell the fresh air, feel the rain and wind on his back and made some comment about how this was the best thing in the world. I couldn't think of anything worse! If someone had told me I would be trying to climb down slippery rocks in the pitch dark, while it was pouring down with rain, in winds of up to 30mph, and in the freezing cold, I would have politely told them to 'get lost'! I slipped and fell a few times on the descent, and the rest of the time while I was on my feet, I was worried I would slip and fall! The descent seemed to drag for an eternity because I was worried the whole time, and when we finally made it to the bottom I was overcome more with relief that I hadn't injured myself, than a sense of accomplishment at having climbed the mountain.

We had managed to complete Scafell Pike in 4 hours and 15 minutes, which wasn't bad compared to the 4 hours we had hoped to achieve. After Ben Nevis, we had eaten like we were kings and stuffed ourselves with sandwiches, cereal bars, crisps, pasta etc.. but we were all so tired after Scafell Pike that we just knocked out in the van after we had changed into dry clothes without eating anything. Akmal seemed to have no problems on the descent and kept up with the rest of the group easily, and it was only on the ascent that he struggled.



At the summit of Scafell Pike, at around 1am

Snowdon

Snowdon is considered to be the easiest of the three mountains to tackle. This is because, although it's actually slightly higher than Scafell Pike, 1,085m compared to 978m, you start from about 350m up the mountain, so you only need to climb about 735m. There is also a clear path that goes all the way to the top of the mountain, not like Scafell Pike where you had to climb over loose rocks. We started climbing Snowdon at 8.30am so we would have had to climb it in 1 and 1/2 hours to complete the challenge in 24 hours. Even if it was only 735m, this was a virtually impossible task and we had to accept that 24 hours was slightly beyond our reach. We still hoped for a respectable time though and aimed for around 26 to 27 hours.

However I had forgotten about Akmal and he could barely walk from the outset of Snowdon. Whereas on Scafell Pike, we had walked ahead and waited for him to catch us up every few minutes, Peter, our new guide suggested we should walk with him so we could encourage him and keep his morale up. I thought going slower might be easier but somehow it seemed to make it even harder. Think of being forced to run a marathon at half your normal pace, and you may be able to get a feel for how long and drawn out it became. Dominic seemed to get fed up and went ahead on his own for long stretches which I can't blame him for. Usually when you're tired and you begin physical activity, your adrenaline kicks in and you feel awake again, but because we were going so slowly this didn't happen and I felt exhausted from my efforts from the last 24 hours. I had the overwhelming urge to collapse in a heap and go into a blissful sleep. Either that or jump off the mountain to put an end to the arduous slog, which is what it had become.

When we finally made it to the top, it was very anti-climactic because we were worn out and drained and all we could think about was that we still had to climb back down the mountain. Instead of elation, I felt mild dejection and we didn't even bother to congratulate each other and shake hands as we had done at the summit of the other mountains. There is a large café/visitor centre at the top of Snowdon, and knowing we'd missed the 24 hour mark quite badly, decided to rest here for 1/2 hour before starting the descent. The café has drawn much criticism for its appearance and Prince Charles once described the old porta-cabin as the highest slum in Britain. Since then it has been developed into something resembling a fortress or nuclear bunker (see photo below) but to be honest, I couldn't have cared less how it looked as I was just grateful to be somewhere warm with a hot drink where I could sit down. Another controversial issue is that the path leading up to the summit has been made from stone which has been imported from outside Wales and doesn't actually naturally occur in Wales. The imported slate is grey and dull, whereas Snowdon rocks are full of impurities which give them hue and colour. The effect is somewhat artificial and has embittered many climbers, Peter included.



On the way down, the sun finally came out and it was amazing what a difference this made as I started to enjoy the experience again (it had steadily rained throughout our ascent). We went past a couple of really scenic lakes where scenes from James Bond-The World is not Enough and Tomb Raider-Cradle of Life had been filmed. As we neared the bottom, we were surprised to see our driver Chris coming up the mountain to meet us. He had climbed a little way up the mountain so he could walk the last bit of the challenge with us which was a nice touch. Eventually we got to the bottom in 6 and a half hours which was way over the 4 hours we initially hoped for.



After Thoughts

Overall it had taken us 29 hours to complete the challenge, which was quite embarrassing considering we had hoped to finish it in 24 hours. In terms of actual climbing time, we didn't actually do that badly until Snowdon. A lot of the extra time was spent messing around with clothes/gear before and after each mountain and you need to sort all of this out in the van if you want to complete the challenge in 24 hours.

Did I enjoy it? I can honestly say I enjoyed climbing Ben Nevis, even the snowy part at the summit. Scafell Pike was an experience unlike any other I had faced before. Looking back at it now, even though I was scared about falling most of the time, I'm proud to have climbed it in those difficult conditions. In fact the wind, rain, pitch dark and inhospitable surface of the mountain only adds to the sense of adventure and this is what I will remember most from the entire challenge. It was a shame Snowdon dragged on for so long, but overall I think I would definitely do it again, and with the experience of having done it once already, would hope to fare much better next time.

At the end of the Challenge, 29 hours after we'd started!



Runner's Recipes

Rocket Salads

These healthy and hearty main meals provide loads of flavour and fuel

For a hungry runner, salad is easy to dismiss as little more than filler – something to hold you over until the main course arrives. But with the right ingredients and a little imagination, you can create all-star salads brimming with fresh flavours and hearty enough to



serve as a meal. These power salads can provide all the carbs, protein, fats, vitamins, minerals and antioxidants you need to run well. 'Salads are great meal options for staying lean,' says sports nutritionist Ilana Katz. 'They keep you feeling full, which means you're less likely to overeat later on.'

Quick hummus & walnut salad

Easy to assemble and rich in the nutrients that are vital for runners, this salad is perfect for lunches. Chickpeas, the main ingredient in hummus, provide protein, carbs and plenty of insoluble fibre. 'The fibre can improve the health of your gut tract,' says Katz. Walnuts (and other nuts) provide crunch and offer protection against heart disease. Harvard researchers found that people who regularly eat nuts are 29 per cent less likely to develop the disease. Nut eaters tend to be slimmer, too. The interaction of fibre, protein, vitamins and minerals is probably behind nuts' potent health benefits.

Toss It *In a bowl, toss two 410g tins of drained and rinsed chickpeas, 2 shredded carrots, 1 diced red pepper, 300g halved cherry tomatoes, handful chopped parsley, 75g diced red onion, 180g diced feta, 65g chopped walnuts and 65g golden raisins. Divide 2 bags of mixed green salad among 4 plates. Top with chickpea mixture and tahini dressing.*

Serves 4

Taken from <http://www.runnersworld.co.uk/>

NOTES OF METROS COMMITTEE MEETING

Wednesday 1 July 2015 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Mandy Beuselinck, Penny Hudson, Pat Jackson, Barbara Robson, Emma Rackham, Nigel Rackham, Mike Ransome, Carole Wells.

APOLOGIES: Peter Beuselinck, Irene Paull, Steve Paull, Marilyn Pickford, Penny Rawlins. Sarah Westwood

CHAIR: Mike Ransome

NOTE RECORDER: Pat Jackson

(Any member unable to attend a meeting should inform Mike Ransome or Peter Beuselinck in advance. If they have an action item outstanding, they should give their report on that item to Mike or Peter).

Mike welcomed Emma Rackham to the committee.

MATTERS ARISING FROM THE PREVIOUS MEETING – 3 June 2015

Alternative Annual Event Between Metros Marathon Week/‘Twin’ Running Club – Mandy organised a Metros team in the first 24 hour Track Relay event in Marlow as a possible alternative annual event. Metros were narrowly beaten into third place. If this relay becomes an annual event, consideration will be given to moving the date of Metros Marathon Week to allow participation in both events.

Mandy confirmed that a donation in aid of Make a Wish Charity for the relay had been made by Metros in lieu of a team entry fee and by Metros runners.

Mandy stated that the new Metros gazebo had been a success.

First Aid –Angela Murphy had purchased and donated first aid kit bum bags for use for Metros members at training sessions. Angela was thanked for this donation and for continuing to donate ‘top up’ supplies in the large Metros first aid kit.

Angela and Margaret Smith had produced some first aid guidelines for Metros training sessions. Irene Paull had adapted the guidelines to suit all sessions and various additions were agreed. Mike will ask Irene to finalise the guidelines and he will distribute to co-ordinators.

ACTION: Mike Ransome/Irene Paull

When finalised, Irene is asked to arrange publication in Metrolines, ask Kevin to add to the Metros Web Site and also to remove reference to the Sunday run.

ACTION: Irene Paull

To facilitate the reporting of any incidents to the Chairman, Mike will arrange a Metros Chairman e-mail address. It was confirmed that runners feeling unwell during sessions also need to be reported.

ACTION:Mike Ransome

Penny will arrange a Tuesday session e-mail address rather than use her personal account.

ACTION: Penny Hudson

Pat will compile a list of Metros first aiders.

ACTION: Pat Jackson

Nigel will list those who’ve attended a leadership course. **ACTION:** Nigel Rackham

The suggestion was made that leading an evening session could also be treated as one of the six required to satisfy the test for repayment of the second half of the cost of the coaching course fee. This was approved.

It was agreed that Co-ordinators and others who take sessions be encouraged to take first aid and leadership courses.

Barn Dance - Penny Rawlins had sent a report confirming that the large Headstone Barn has been booked for Saturday 5 March 2016. Penny is checking if the corkage charge could be waived. **ACTION:** Penny Rawlins/Sandra Young

5 Mile Handicap – Gordon Valentine was thanked for taking over as co-ordinator from Irene Paull and organized the event on 4 July. **ITEM CLOSED**

Metros Lap Top – Nigel will reimburse Irene when he receives the invoice.

ACTION: Irene Paull/Nigel Rackham

Metros Kit – Nigel has reimbursed Linda Dunne for the set up charge for the Metros running man log embroidery. **ITEM CLOSED**

London Marathon Elite Runners Drinks Station - Peter Beuselinck will take over from Garry Young as the Metros co-ordinator next year but Garry will organise the Drinks Station ballot from this year's race. **ACTION:** Garry Young – *Nov/Dec*

AGM Notes - Peter had arranged for the Notes of the AGM to be published in Metrolines and suggested that the Committee review the notes to see if there were any matters arising which needed to be dealt with before the next AGM. None had been raised.

Internet Banking – Nigel confirmed that he had arranged internet banking on the Metros account to enable payments, especially memberships, to be checked between bank statements. **ITEM CLOSED**

Metros Summer League Awards - Pat has made the addition to Metros Championships and Awards to allow anyone to qualify for 5 bonus points if helping at the Metros host fixture had precluded them from running and, had they run, would have qualified for the bonus points. **ITEM CLOSED**

The Summer League Web Site – Pat had advertised in Metrolines that the person who set up the web site has asked for help in maintaining it. Emma has offered to establish what help is needed and Pat will give Emma the contact details

ACTION: Pat Jackson/Emma Rackham

List of Committee and Co-ordinators – this has been issued in Metrolines.

ITEM CLOSED

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

Hon Vice Chairman – Sarah had not sent a report.

Hon. Secretary – Peter had not sent a report.

Hon. Treasurer – Nigel was thanked for compiling and distributing a report setting out Income & Expenditure for the quarter to 30 June 2015, together with a balance sheet at that date.

Hon. Membership Secretary: Irene had sent a list of applications for membership and the following were confirmed: Lucy Ashe, Harrow; Christopher Kemp, Harrow; Laurance Edwards, Harrow.

REPORTS OF CO-ORDINATORS

Summer League – Pat thanked all who had run and/or helped at the Metros host fixture, particularly Donna Warren, Race Director.

Pat also thanked Irene Paull for sending Metros results electronically using the new system.

Nigel will reimburse Mandy for payment to St John's Ambulance.

ACTION: Nigel Rackham

Harrow Hill Race – Mandy has been approached by the Food Bank for Metros to sponsor them next year. Mandy will ask via Metrolines for suggestions on local charities before making a decision.

ACTION: Mandy Beuselinck

OTHER ITEMS

Thames Relay - Mandy is organising Metros teams in the Thames River Relay – 26.2 miles, 5 runners per team on 6 September. It was agreed that the team fees will be paid by Metros. It was confirmed that Metros team fees are usually paid by the club but cost is reviewed in advance.

Unfortunately this is the same date as the Maidenhead Half Marathon Trophy Race and prospective Metros team entrants will be reminded of the clash

ACTION: Mandy Beuselinck

Round Norfolk Relay – Mandy asked if Metros were planning to enter a team in the Round Norfolk Relay next year and will check with Jane and Al Scoffham.

ACTION: Mandy Beuselinck

Metros Web Site – Emma Rackham has offered to add photographs etc to the Metros web site and will offer her help to Kevin Smart, co-ordinator.

ACTION: Emma Rackham/Kevin Smart

Diamond Relays – Mike asked if Metros members were interested in a 5 x 5k relay race at the Olympic Stadium on Monday 27 June 6.30 – 9.30 pm. The cost is £400 for 5 runners and 5 spectators. It was agreed that Mike would advertise using the Metros Group e-mail and Mandy would add to the Metros Facebook page.

ACTION: Mike Ransome/Mandy Beuselinck

The meeting finished at 9.12 pm

Date of Next Committee Meeting: Wednesday 2 September

Future Meetings: Wednesday 7 October

Wednesday 4 November

Wednesday 2 December

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

Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the first Wednesday of most months (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.

Club's Policy on Dogs

In the interests of safety, excepting guide dogs, dogs are not allowed to participate at Metros sessions. At the request of the manager of the scout hut, excepting guide dogs, dogs are not permitted in the scout hut.

Metros Kit

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

Price: T-shirt £20, £17; vest £12. Hats, fleece jackets and hoodies can also be ordered.

Metros 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 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 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
		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
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.