

December 2015

Issue No. 327



Metros Diary

NOV

Sun 29 TVXC Handy Cross 11.00 am

DEC

Wed 2 Committee Meeting 8.00 pm

Sat 5 5 mile handicap, Roxbourne Park 8.50 am

Sun 6 Bedford Half Marathon 10.00 am

Sun 6 Perivale 5 10.00 am

Sat 12 Food Bank Donation, Roxbourne Park

Sun 13 TVXC Metros 11.00 am

Sat 19 Wot No Watch, Roxbourne Park 9.20 & 9.40 am

Sat 19 Christmas Drinks at the Rackhams' 7.00 pm

Sun 20 TVXC Reading Road Runners, provisional date 11.00 am

2016

JAN

Fri 1 Serpentine New Year's Day 10K 11.00 am

Sat 2 10K Challenge, Roxbourne Park 8.50 am

Sat 9 Middx XC Champs, Wormwood Scrubs*

Sat 9 Food Bank Donation, Roxbourne Park

Sat 16 Wot No Watch, Roxbourne Park 9.20 & 9.40 am

Sun 17 TVXC Bracknell Forest Runners 11.00 am

Sun 24 TVXC Tadley Runners 11.00 am

Sun 24 Fred Hughes 10 10.00 am

FEB

Wed 3 Committee Meeting 8.00 pm

Sat 6 Measured Mile, Roxbourne Park 9.20 & 9.40 am

Sun 7 TVXC Thames Valley Triathletes 11.00 am

Sun 7 Watford Half Marathon 10.30 am

Sat 13 Food Bank Donation, Roxbourne Park

Sat 20 5K Run, Roxbourne Park 9.15 am

MAR

Wed 2 Committee Meeting 8.00 pm

Sat 5 5 Mile Handicap, Roxbourne Park 8.50 am

Sat 12 Food Bank Donation, Roxbourne Park

Sun 13 Finchley 20 9.00 am

Sat 19 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 contact Al Scoffham if you are interested in taking part.

Note from the Editors!

A bumper Christmas edition – enjoy! Some items/results have been carried over to January's edition. Wishing you all a very happy and peaceful Christmas season and successful running in 2016.

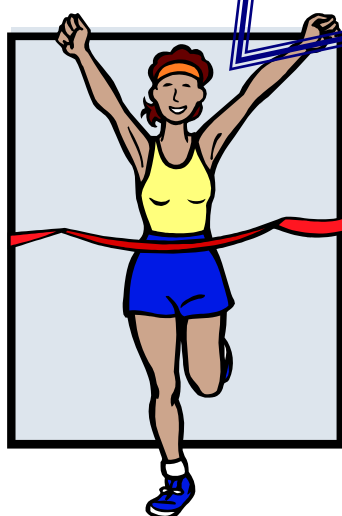
Jane and Penny Hudson



Welcome

Carole Lloyd, Stanmore
Evie Wallis, Eastcote

Elected at the November



Merry Christmas to all Metros runners
Wishing you all a very Happy New Year.

Claire, Spencer, Joe and Sam Millbery

Cross Country



The Thames Valley Cross Country League is based around 8 races held from October to February each year.

Events are held on Sundays with an 11:00 AM start time - each course is usually a mixture of woodland trails and parkland and is normally about 5 miles in length.

Dates for the 2015/2016 season are shown below - put them in your diaries now.

29th November 2015 - Handy Cross

13th December 2015 - Metros

20th December 2015 - Reading Road Runners

17th January 2016 - Bracknell Forest Runners

24th January 2016 - Tadley Runners

7th February 2016 - Thames Valley Triathletes

These dates may be subject to change.

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

Thames Valley Cross Country Metros Host Fixture

Date: Sunday 13th December 2015

Venue: Hillingdon House Farm

Race start time: 11.00 am



Please can you help with Marshalling, Start/Finish and Refreshments.

We are using the Athletics Stadium as our base.

The car park at the Sports Centre charges and is always very busy but there is lots of local parking available.

We also need help with lots of food for the very hungry runners.

Please contact Jane or Al on 01895 270 245 or email
janeyoung2@btopenworld.com

Harrow Hill Race

Harrow Hill Race is now open for entries, currently only through Run Britain. You can enter by clicking on the following link:



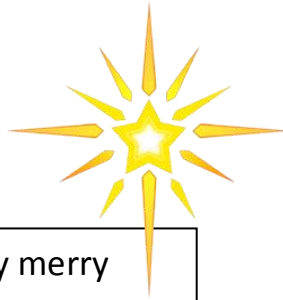
<https://www.runbritain.com/race/harrow-hill-10k-harrow-hill-10k>

Thanks to all who took the time to send in a nomination for a charity for us to allocate any surplus to in 2016. All suggestions were debated at committee and after much discussion we decided to continue our support of Harrow MS Therapy Centre in 2016.

I'm also delighted that Spencer Millbery will be working with Peter and me this year with a view to taking over the race director role in 2017.

Any queries, offers of help, sponsorship etc, please drop me a note on harrowhillrace@hotmail.com

Kind regards,
Mandy Beuselinck



To all at Metros, wishing you a very merry Christmas, runs to follow to shed any excess, and much success, injury free, or recovered, and the joy of the road, track or trail, throughout 2016, in the good company of a fellow Metro, or more.
Mike and Yasmin

Merry Christmas to all my friends at the best running club going. I look forward to running all the food & booze off with you all in the New Year! Donna xx



Wishing our Metros family a very Happy Christmas and Healthy New Year.
Marilyn, Henry and family

Happy Christmas to everyone at Metros. Look forward to getting back to some quality running with you in 2016! Paul G.



Happy Xmas all. #Metros #Xmas

Hershil, Krupa and Aanya



Achievements

Well done to ...

Sandra Young and **Sasha Birkin** for 10 mile PBs at Ricky Road Run.

Donna Warren for a PB at River Thames Half Marathon

Steve Paull - 1st V60 at River Thames Half Marathon

Richard Hayward for a parkrun PB on 17th October

Veronica Georgescu for a Marathon PB in Cologne

Mitesh Patel for a massive PB in New York Marathon



Merry Xmas to all Metros
Sarah and Louise

To Mike and his lovely team
of guides, hope you all have
a lovely Christmas and look
forward to lots more
running next year. Janice x



*A Merry Christmas to our Metros
friends. Good luck with your 2016
running goals.
Mike and Nancy*

Wishing everyone all the best
and happy running in 2016.
Anne A.



To all Metros friends and
families. Best wishes for
Christmas and the New Year.
Mick and Barbara



Wishing you all the joys of Christmas
and best wishes for 2016.
John and Pauline Bishop

Metros QUIZ AND AWARDS PRESENTATION EVENING

The venue was again Lowlands Tennis Club on Friday 6th November and Metros members and families made up eight teams for the excellent Quiz this year organised and presented by Jane and Al Scoffham and Steve Paull.

Dave Brown, compere for the evening, listed the format and started the presentation of awards with the MBE's – **Metros Best Efforts** for the Track & Field League. Wendy Mulvenna, T&F co-ordinator presented the awards. (See awards in Metrolines).

Wendy also presented the **Harrold Godden Track Shields** (donated by Mike Godden in memory of his father) to Ruth Tidder and Kevin Smart. These are awarded to Metros who recorded the best aggregate performances over 100m, 200m, 400m, 800m, 1500m, 3000m, Long Jump, High Jump, Hammer Throw, Discus, Shot Put and Javelin at track meetings before 1st October. Aggregates are calculated using IAAF multi-event tables.

Al Scoffham, co-ordinator of the **Thames Valley XC League**, presented the Metros awards for the 2014-2015 season to:

1st W21-34 – Tracey Tyrrell
1st W35-54 – Ruth Tidder
1st W55-64 – Angela Murphy
1st W65+ – Raquel Russel Ponte

1st M21-39 – Brett Rafferty, 2nd Ron Taylor
1st M40-49 – Andrew Collier
1st M60-69 – Gordon Valentine, 2nd Dave Brown, 3rd Terry Burke

The **Metros Summer League** awards are based on three out of five fixtures and extra points are awarded if all events are completed. Pat Jackson, Metros League Co-ordinator presented the awards. Dave reminded those present that a new Race Director is needed for our host fixture.

1st Tenderfoot Girl – Natalie Tidder
1st W21-34 – Tracey Tyrrell, 2nd Claire Elam, 3rd Emma Rackham
1st W34-44 – Sasha Birkin, 2nd Donna Warren
1st W45-54 – Carole Wells, 2nd Ruth Tidder, 3rd Nancy Morris
1st W55-64 – Irene Paull, 2nd Tiziana Spotti
1st 65+ - Gertrud Porter

1st Tenderfoot Boy – Christopher Hudson,
2nd U/11 Joe Millbery, 3rd U/11 Sam Millbery, 4th U/11 Mason Murray
1st U/13 Tenderfoot Boy – Kyie Hollingshead
1st U/15 Tenderfoot Boy – Tian Hollingshead



1st M21-39 – Mitesh Patel, 2nd Ron Taylor, 3rd Brett Rafferty
1st M40-49 – Michael Morris, 2nd Gary Warren, 3rd Sonny Peart
1st M50-59 - Kevin Smart
1st M60-69 - Steve Paull

Pat confirmed that the overall **Metros Summer League Award**, in memory of Bill Gardner, had been won by Gertrud Porter, the first time since 2008 when the trophy was introduced, that a woman had won it. A minimum of three events are needed to qualify and this is awarded for the best age related performance using the World Masters Athletics tables – The 'Howard Grubb' tables. Teresa Young was thanked for doing the calculations.

Moving on to the Saturday morning events, the Metros **5 mile Handicap Award** goes to the person with the highest overall points and Gordon Valentine, Metros co-ordinator, confirmed that Tiziana Spotti had won. See full results in Metrolines.

Angela Murphy, co-ordinator, for the Measured Mile, stated that the **Keith Adsley Award** for the runner who has improved their time the most was awarded to Sam Millbery with an improvement of 2 min 34 secs. See full results in Metrolines.



Teresa Young, co-ordinator for the 5 mile walk, had calculated that the **Daisy Dora Benn Walk Shield** (donated by Pat & Peter Maffia) was awarded to Hilarie Lemon who completed the walks in January and also in April in 52m 21s at age grade performance 78.15%. Bob Manning completed the January walk in 60m 43s at 81.47%. Hilarie and Bob also received walk certificates.

The **10Km Challenge** awards are given to those who completed the challenge for the first time this year or improved their performance on last year. These awards are again calculated using the tables published by the World Masters Athletes and runners whose best times of the year convert to percentages of 55% and over for Bronze, 62% and over the Silver and 70% and over for Gold are eligible. 50 runners completed the event during the year, 13 of whom were eligible and receive an award - 3 Gold, 2 Silver and 8 Bronze. Teresa Young, co-ordinator, presented the awards. See full results in Metrolines.

The **Ann Marsden 5K Award** was donated by her family in memory of Ann. The award is for the most improved lady over 18 years in the four 5K runs held in Roxbourne Park. Teresa Young had done the calculations and Marilyn Pickford, co-ordinator presented the award to Anne Nola whose age-related result in May was 58.52% in 27 mins 03 secs, an improvement of 6.67%.



Following a break Jane started the Quiz with intervals between some of the eight rounds, including a musical round on the Eurovision Song Contest prepared by Steve. The following final presentations were then made before the results of the quiz were announced.

Jane Hudson had calculated the results for the **LRRC Trophies** donated by the London Road Runners Club when Metros evolved as a separate club from the NW Branch of the

London Road Runners Club. This year there were seven races of varying distances from 5 to 20 miles. Jane explained that the competition is a test of not only running ability but endurance throughout the season. 33 men and 33 women had completed at least one race. Jane presented the trophies to Linda Dunne and Steve Paull. See full results in Metrolines.



Sarah Westwood presented the **Young Runner's Awards**, the recipients chosen by the Committee. The criteria for these awards are participation, achievement, effort, determination and sportsmanship. Sarah confirmed that last year the Committee decided that the recipients that year would not be eligible for consideration the following year. She also stated that the Committee was pleased to have so many young runners participating in Metros events which had made decisions difficult. It had been decided to award the Girls Young Runner's Award to Anjali Patel and the Boys Young Runner's Award to Tian Hollingshead.

The **Beginner Runner's Award** was donated by Catherine Corcoran and is presented to a member who had started running and improved in the year approximately between the Presentation Evenings. The recipient is chosen by the Committee and Mike Ransome announced that this year it had been decided to give the award to Tiziana Spotti. Tiziana was running a little around a park on her own but not entering any running event. Seeing a flyer for Metros she joined and has been a regular attendee and enjoyed many sessions, praising the leaders. She's participated in the Measured and Wot no Watch Mile, 5 Mile Handicap and some Summer League 5 mile and 10K events. Running distances have been increased and finishing times decreased.

There are two **Aaron Breen Awards** for services to family running and Irene Paull, present holder, stated that she had decided to pass the **Female Aaron Breen Award** on to Barbara Robson. Irene stated that it's one thing to do much for Metros during a normal year but Barbara has done so much for Metros during a most difficult year for her.

Mike Ransome, the present holder of the **Male Aaron Breen Award**, had chosen to present the award to Peter Beuselinck.



Mike stated that Peter had been with Metros for five years and in the early days ran a range of distances achieving excellent results. Unfortunately injury had sidelined him for years but he had remained heavily involved with activities including Honorary Secretary, Harrow Hill Race, The 24 Hour Relay and River Relay. He was also a Gamesmaker and will organise the Metros Elite Runners Water Station at the London Marathon next year.

Sasha Birkin holder of the **Female Runner's Award**, had chosen Donna Warren to be the next recipient. Sasha said Donna regularly attended sessions and led some runs; is supportive of other runners – pacing a friend to get a PB in a Metros 10K and organized the Metros Summer League host fixture. She has run several PBs this year in 5K, 10K, 10 miles and half marathon and now holds the age course record in the 10K BJ Challenge in the Metros Annual Fun Run – The Brian Jackson Fun Run.

Sonny Peart, the present holder of the **Male Runner's Award**, had decided to present the award to Michael Morris. Sonny said he was surprised to receive the award last year and had wondered about the criteria for the award. He wondered if it was for the fastest, friendliest, prettiest or most improved runner. He checked results and found that last year he'd run faster than Michael in many events but that this year Michael had run faster. Michael took training sessions seriously and has led runs, run a sub 3.30 hour marathon in London this year and is an all-round nice bloke.

All recipients of awards to be kept for one year presented this evening received a permanent memento of that award.

The final awards presented, Jane Scoffham announced the results:

1 st	Wile Coyote	129 points
2 nd	Running Out of Ideas	124 points
3 rd	The Sparklers	117 points
4 th	Depleted	113 points
5 th	The Young Ones	107 points
6 th	Gina's Geniuses	106 points
7 th	The Squad	99 points
8 th	The Winners	97 points



Our thanks go to Jane, Al, Steve and Irene for organising and running the excellent quiz.

Thanks to Dave Brown for expertly compering the proceedings and also for checking the calculations for the league awards, MBEs and Track Shields. Thanks to Teresa Young, Jane Hudson, Angela Murphy and Gordon Valentine for calculating the various Metros event award winners. Full results of the MBEs, 10KChallenge, Walk, LRRC Trophies, 5 Mile Handicap and Measured Mile events will be listed in Metrolines

Finally, thank you to the Metros members and families who came to enjoy another very successful social evening.

Pat Jackson



BARN DANCE

with **Live** Irish Ceili Band

Date: Saturday 5th March 2016

Time: 7pm - 11.00pm

Prices:

£15 per adult, £7.50 for 11-17 year olds and under 11s free.

Friends and family welcome!

Buffet included

Bring your own drink

Venue:

Nower Hill High School
George V Avenue
Pinner HA5 5RP



Tickets on sale NOW!

**Contact Carole Wells
or Mike Ransome**

Results 2014-2015

Measured Mile 2014-2015

1 Sam Millbery	2 mins 34 secs
2 Claire Millbery	2 mins 07 secs
3 Joe Millbery	1 min 31 secs

Congratulations to the Millbery family who swept the board in this year's Measured Mile competition. It is exciting to see young runners taking the prizes and especially pleasing to have Sam as the winner. I was delighted to present him with the trophy on quiz night. Well done to all who took part - 109 participants - and a special pat on the back to the Metros who improved their times - 21 competitors. (See below.) So much hard work and training! With the November Mile already completed next year's competition is under way so the challenge is to improve in each Measured Mile and to take part in 3 out of the 4 Miles.

Many thanks to all the helpers who have stopwatched, given out lolly sticks and recorded times, your assistance is very much appreciated.

Angela

Names in alphabetical order	Nov-14	Feb-15	May-15	Aug-15	Improvement in seconds
Aaron Rawlins	9.07				
Adam Leary	7.03	7.04		6.25	
Alyson Angelides				10.35	
Andrew Collier	7.10	7.15			
Andy Fox		6.16	6.14	6.07	9
Anjali Patel		8.21	7.40		
Anna Ada		11.19		10.13	
Anne Ambrose				9.01	
Anne Leigh		12.14			
Anne Nola	8.01	7.56	7.34		27
Arnold Glickman	10.10	9.45		8.44	86
Barbara Reading	9.24	8.37	8.32		52
Barbara Robson	12.42	12.43	12.38	13.06	
Brett Rafferty	5.25		5.19		
Caroline Attack	7.49	7.21	7.30		
Caroline Day-Lewis	6.31	6.48	6.42	6.26	22
Catherine Corcoran	9.41				
Cavan Day-Lewis	5.45	5.54			
Ceri Jacobs			7.58		
Claire Millbery		10.23	8.45	8.16	127

Chris Hudson				5.56	
Chris Shearwood			5.30	5.32	
Danny Collier		6.54		6.41	
Dave Brown		7.56	8.55	8.07	
Dave Young	7.05	7.00	6.23	6.43	42
Debbie Moynihan		10.09	9.51		
Deborah Norman		9.15	8.59	8.58	17
Dharmishta Parmar		12.02	8.44		
Donna Warren	6.28				
Eleanor Murray		7.06			
Elish Fernandez			10.29		
Emma Rackham	7.50	7.08	6.52		58
Errol Clarke	8.30	8.48	8.14	8.08	40
Evie Wallis			7.36		
Gagan Khullar	8.40	9.19	8.12		
Geraldine Gill			8.55		
Gladys de Groot			10.39	10.38	
Hannah Smith	11.26				
Hema Thakur		9.50		9.54	
Hershil Patel	6.21				
Hilary Lemon			8.15		
Irene Paull			9.02		
Ishika Parmar		12.00	9.01		
Jackie Godfrey	11.07				
Jane Hudson	7.42				
Janice Newman + Ceri Jacobs	8.54	8.39		8.21	33
Jarina Khatun	9.45	10.07	10.47	10.03	
Jarred Rawlins	9.09				
Jeanne Coker	13.41			13.16	
Joe Millbery		10.05	9.18	8.34	91
Jordan Spence		9.17			
Judy Rackham			8.50	8.45	
Julia Allen	7.47	7.52			
Julie Smith	9.02	9.36	8.49		
Juliette Nola	8.10	7.54	7.27		43
Hema Thakur			9.47		
Karen Collier		9.00		8.39	
Karen Leary	9.25	9.20		8.49	36
Kasim Rana			10.01		
Kasim Dildaraz Robson				10.36	
Kath Donaldson	9.42	9.11		8.48	54
Kevin Smart		5.56		5.57	
Kirit Ranpura			7.36	6.55	

Kirsty Young	8.03				
Kyie Hollingshead			8.46	8.15	
Linda Gaitskell + Bob Manning		9.39			
Linda Gaitskell + Steve Alder				10.15	
Malvika Bisht		8.24			
Mark Lemon			8.38		
Mark Mulvenna			7.02	6.55	
Marion Rogan			8.13		
Maz Leadbetter				6.54	
Megan Bantleman		8.00			
Mike Morris	6.14		6.21		
Mike Ransome	7.09	7.19	7.27	7.15	
Mitesh Patel			5.36		
Nagendra Bisht		7.02			
Nancy Morris	10.54		9.14		
Natalie Tidder		7.59	7.31		
Nigel Rackham			5.34	5.06	
Oliver Cole	8.54				
Paul Gardner	7.43				
Penny Hudson		9.49	8.57	10.24	
Peter Rackham			5.49		
Rangah Niranchanan				8.35	
Raquel Russell Ponte	8.41				
Richard Hayward		8.35			
Russ Hewlett				6.11	
Ruth Tidder	6.53	7.09	7.21		
Sam Dadomo			6.27		
Sam Millbery		10.33	9.27	7.59	154
Sandra Young	8.46		8.00		
Sarah Westwood		9.24			
Simon Abery	6.22	6.40	6.12	6.02	38
Sonny Peart	5.59		6.46		
Sonya Grist	9.53				
Sophie Davies			10.39		
Steph White	10.12	9.25	8.58	9.29	74
Steve Alder	8.36		9.21		
Steve Paull	6.48	6.26	6.09	6.11	39
Sujata Patel		11.59	9.59		
Sukriti Bisht		11.06			
Sumita Entwistle			8.16		
Teresa Young	10.02				
Tian Hollingshead		10.18	8.09		
Tiziana Spotti	9.49	9.29	9.05	8.49	60

Valentina Rybushkrina	9.54				
Veronica Georgescu	9.18	9.51			
Wendy Mulvenna				11.39	
Yasmin Ransome				12.52	

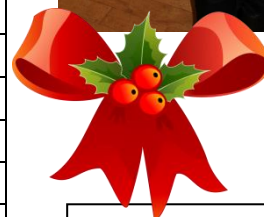
5 Mile Handicap Results 2014-2015

Place	Name		Points		Place	Name		Points
1	Tiziana	Spotti	102		34	Brett	Rafferty	40
2	Steve	Paull	93		34	Caroline	Attack	40
3	Anne	Nola	91		36	Jane	Scoffham	40
3	Dave	Young	91		37	Jo	Collier	39
5	Caroline	Day-Lewis	86		37	Lauren	Smith	39
6	Hilarie	Lemon	85		37	Raquel	Russel-Ponte	39
6	Simon	Abery	85		40	Adam	Leary	38
8	Emma	Rackham	82		41	Bob	Manning	37
9	Nancy	Morris	74		41	Mark	Lemon	37
10	Mitesh	Patel	73		43	Catherine	Corcoran	36
11	Julia	Allen	72		44	Chris	Shearwood	35
11	Mike	Ransome	72		45	Richard	Hayward	34
13	Gladys	deGroot	71		46	Arnold	Glickman	31
14	Julie	Smith	70		47	Kirit	Ranpura	28
15	Hema	Thakur	64		48	Tom	Alder	27
16	Kath	Donaldson	61		49	Russ	Hewlett	26
17	Ruth	Tidder	60		50	Karen	Collier	25
18	Barbara	Reading	58		51	Anne	Ambrose	24
19	Andy	Fox	57		52	Carole	Wells	23
20	Debbie	Moynihan	54		52	Stephanie	White	23
21	Ian	Birch	51		54	Mike	Morris	22
22	Cavan	Day-Lewis	50		55	Kevin	Smart	19
22	Geraldine	Gill	50		56	Nagendra	Bisht	17
24	Eleanor	Murray	49		57	Elish	Fernandez	16
25	Gordon	Valentine	48		57	Sarah	Westwood	16
26	Sandra	Young	45		59	Judy	Rackham	14
27	Annie	Birch	44		59	Olivia	de Groot	14
28	Dave	Brown	43		61	Sonny	Peart	13
29	Gertrud	Porter	42		62	Angela	Murphy	8
29	Karen	Leary	42		63	Andrew	Collier	6
31	Nigel	Rackham	42		64	Errol	Clarke	5
32	Paul	Gardener	41		65	Hershil	Patel	1
32	Teresa	Young	41					

Next year's competition will get underway on 5th December so make sure you are there to get your first points in the bag.

LRRC Trophy Competition 2015 - Ladies

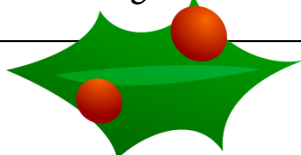
	Finchley 20	Maidenhead 10	Marlow 5	Sudbury Court 10K	Maidenhead 1/2	Moor Park 10K	Ricky Road Run	Total
Linda Dunne	46	46	48	48	50	48	49	335
Penny Hudson		41	43	44		37	40	205
Donna Warren		50	50	50		49		199
Emma Rackham		47	49	49		47		192
Irene Paull			42	45	48		42	177
Sasha Birkin	50					50	50	150
Tracey Tyrrell	49	49			46			144
Ruth Tidder		45	47	46				138
Anne Ambrose		43			44		41	128
Rebecca Walker	47	48						95
Pauline Bishop						44	47	91
Bernie Conway						45	45	90
Marion Rogan				47		43		90
Carole Wells			45			42		87
Veronica Georgescu					47	40		87
Angela Murphy					49			49
Gertrud Porter							48	48
Claire Elam	48							48
Jacqui Bowles							46	46
Julia Allen			46					46
Janice Newman						46		46
Roberta De Martin Pinter					45			45
Sandra Young							44	44
Caprice Beggs		44						44
Kath Donaldson			44					44
Harriet Copland							43	43
Patricia Hewlett		42						42
Sarah Westwood			41					41
Judy Rackham						41		41
Karen Leary			40					40
Marilyn Pickford						39		39
Linda Gaitskill						38		38
Sonya Grist						36		36



Merry Christmas
to everyone at
Metros and Happy
New Year x

Linda and Andy

Happy Christmas. Jo and Andrew Collier



Merry Christmas
and Happy New
Year Metros! Hope
you achieve all your
running goals in
2016!

Mitesh



LRRC Trophy Competition 2015 - Men

	Finchley 20	Maidenhead 10	Marlow 5	Sudbury Court 10K	Maidenhead 1/2	Moor Park 10K	Ricky Road Run	Total
Steve Paull	49	49	49	47	47	45	49	335
Sonny Peart	47	47	47	43	45	40	44	313
Brett Rafferty			50	48		49	50	197
Mitesh Patel		50			49	48	43	190
Anthony Bellis			48	45	46	46		185
Arnold Glickman		45		36	44		38	163
Mike Morris	48	48					48	144
Brian McGrory				44		42	45	131
Glyn Watkins			42			38	40	120
Nigel Rackham	50					50		100
Chris Shearwood				50	48			98
John Norris						44	47	91
Peter Jose			46	40				86
Peter Reynolds				42			42	84
Michael Ransome	45					37		82
Al Scoffham			43	38				81
Gordon Valentine			45			36		81
Derek Bamforth				37			39	76
Nathan Powell					50			50
Fatmir Sulmataj				49				49
Matthew Rackham						47		47
Simon Abery							46	46
Spencer Millbery	46							46
Jamie Richards		46						46
Kevin Smart				46				46
Adam Leary			44					44
Peter Rackham						43		43
Hershil Patel							41	41
Shirome Bhandari				41				41
David Young						41		41
Paul Gardner				39				39
John Gorton						39		39
Steve Alder						35		35



Have a spiffing
Xmas with
lashings of pop
and no humbug!
Irene and Steve



Merry Christmas and Happy
Running in 2016. Sarah



Best wishes to all at
Metros over Christmas and
have a great 2016.
Steve, Lorna, Tom and Olympia

VETS LEAGUE 2015 MBE'S

W40-49 RUTH TIDDER 100m 19.2 22 June 400m 91.2 22 June 800m 03.17.01 13 July 3000m 14.36.06 13 July	M40-49 MATTHEW ROGAN 400m 69.2 14 May 1500m 05.09.00 14 May TJ 6.96m 22 June DT 14.05m 14 May
W55-60 ANNE AMBROSE 200m 47.0 8 June 400m 114.0 14 May 3000m 17.51.07 8 June LJ 1.69m 14 May	M50-59 KEVIN SMART 100m 13.6 14 May 200m 27.8 8 June 400m 63.3 14 May 3000m 11.55.30 8 June LJ 4.00m 14 May DT 19.30m 14 May
W60-64 ELISH FERNANDES 400m 120.0 14 May 800m 4.18.02 13 July JT 5.98m 22 June DT 9.03m 14 May Shot 4.16m 14 May	M50-59 MARK MULVENNA 800m 3.16.50 8 June JT 14.38m 22 June SP 6.91m 8 June
W60-64 & W65+ GLADYS DE GROOT 100 21.1 22 June 200m 47.1 13 July LJ 2.22m 14 May TJ 4.54m 22 June HT 12.58m 13 July	M60-64 GORDON VALENTINE 100m 18.3 22 June 1500m 06.37.00 22 June 3000m 14.19.40 8 June TJ 5.18m 8 June DT 20.36m 22 June
M40-49 MICHAEL MORRIS 100m 15.5 22 June HJ 1.10m 13 July LJ 3.24m 13 July HT 7.14m 8 June JT 9.55m 13 July	M65+ MIKE RANSOME 100m 14.8 22 June 200m 30.9 13 July 400m 73.1 22 June 800m 03.04.07 13 July HJ 1.15m 22 June LJ 3.47m 13 July TJ 6.17m 22 June JT 9.94m 13 July

10K Challenge - Best result for 2015

(Highlighted names received an award at the presentation evening.)

Month	Name	Age Grade %	Award
Jan	Nigel Rackham	86.11	Gold
Apr	Gertrud Porter	82.95	Gold
Jan	Pauline Bishop	75.92	Gold
Jan	Kevin Smart	73.47	Gold
Apr	Chris Shearwood	72.61	Gold
Apr	Peter Jose	70.49	Gold
July	Caroline Day Lewis	70.48	Gold
Apr	Donna Warren	70.2	Gold
Jan	Dave Young	69.45	Silver
Apr	Kath Donaldson	68.48	Silver
Apr	Mike Morris	68.01	Silver
Jan	Barbara Reading	67.78	Silver
Apr	Steve Paull	67.2	Silver
Apr	Andy Fox	66.01	Silver
Apr	Sonny Peart	63.8	Silver
Jan	Brett Rafferty	62.99	Silver
Apr	Simon Abery	62.33	Silver
Apr	Mitesh Patel	62.26	Silver
Apr	Anthony Bellis	61.92	Bronze
Apr	Anne Ambrose	60.55	Bronze
Jan	Mike Ransome	60.42	Bronze
Apr	Russell Hewlett	60.33	Bronze
Apr	Ruth Tidder	60.11	Bronze
July	Adam Leary	59.76	Bronze
Apr	Mark Mulvenna	59.64	Bronze
Apr	Annabelle Calvert	58.77	Bronze
July	Sonny Peart	58.71	Bronze
Jan	Cavan Day-Lewis	58.43	Bronze
Jan	Julia Allen	58.28	Bronze
Jan	John Norris	57.87	Bronze
Apr	Emma Rackham	57.76	Bronze
Apr	Anne Nuala	57.31	Bronze
July	Kirit Ranpura	57.12	Bronze
Apr	Paul Gardner	56.04	Bronze
July	Judy Rackham	55.55	Bronze

Hoping that all your
Christmas wishes come true
and lots of PBs next year.
Teresa and Dave



Wishing you all a very Happy
Christmas and Happy and
Healthy New Year.
Marion, Martin and family



Apr	Tiziana Spotti	54.95
Jan	Andrew Collier	52.84
Apr	Julie Smith	52.42
Jan	Caroline Attack	52.16
Jan	Spencer Milberry	51.48
Jan	Veronica Georgescu	51.09
Jan	Geraldine Gill	48.98
July	Jo Collier	47.65
Apr	Nagendra Bisht	46.92
Apr	Hema Thakur	46.06
July	Karen Leary	45.09
Apr	Rangah Niranchan	43.67
Apr	Richard Hayward	41.56
Jan	Claire Lacoste	
Jan	Mahira	

*Happy Christmas Metros!
Hope 2016 is a good year for
you all!
Love Emma x*



A very Merry Christmas
to you all. A Happy New
Year too.
Nia





The other day my seven-year-old grandson saw me putting my trainers on for my little jaunt around the park and announced that he'd like to run with me. We were looking after the little terror for a couple of days but, I admit, he is rather cute, even to a grizzled oldun like me.

But the thought of him running with me was a bit different and I shot a look of terror at Frau Roxeth hoping for her divine wisdom/intervention. My run is "me time" these days, and also to show the young couples of the neighbourhood that the old boy can still do it. The Frau, unfortunately knows me too well. She just smiled and said "Go on, it will be good for both of you to have a little jog". Little jog!! I do not do little jogs even these days. The cheek of the woman.

It was decided. We would run together.

Now to be honest the boy is a good little runner and he shot off ahead of me, but gradually I reeled him in. As I caught him up he would charge off again, often forgetting to keep to the shortest line. Every time I would catch him a little bit sooner and the surge away from me would shorten in time and distance. I have a set run for most outings these days and speculated if he could last the distance, but he kept on bravely with his surge and slow behaviour (dare I say strategy?).

But, as the run was drawing to an end, decisions had to be made. Competitive juices from the last century welled up in me as we approached the final stretch, which I knew was a tight turn and 200 yards of fairly steep uphill. Did he know?

What should I do, let him finish first or show him what I great runner I am/was? Would he even think about it?

As we aimed for the sharp turn, I leant in on his tiny frame and increased speed a fraction to cut him up on the corner, following with an all-out surge to Roxeth Towers. The little mite had to be taught that he can't win all the time, didn't he?

The Frau happened to be watching this finish and I could see in her eyes she was not happy with what I had done, even though she remained silent.

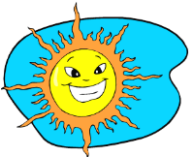
"Thanks gramps that was great. The best man won". said my little grandson as he held out his hand in an adult gesture to shake mine. I had never known him shake anybody's hand before.

And I gulped down water, my heart still pumping hard, the little one was back playing his computer games.

I got my behaviour lecture later.
Old Roxeth



Happy Christmas to
fellow runners. From Elish



SUMMER LEAGUE – METROS HOST FIXTURE - RACE DIRECTOR NEEDED

As most of you already know - Metros host a fixture of the Summer League in June in North Harrow Recreation Ground. Donna Warren, who took over from me as Race Director last year, is unable to continue in that role.

We, therefore, need a new Race Director in 2016 for our host fixture and Donna and I will both be available to help with a handover before and on the day. Irene Paull and I will remain Metros co-ordinators for the league, and the Race Director will be involved only with this the Metros host event.

The position of Metros Race Director involves some administration prior to the day to obtain permission from Harrow Council etc. It also involves coordinating the group of Metros who regularly do many of the necessary tasks involved:

- Bring race equipment to and from the park
- Set up the finish area
- Mark the courses
- Organise and serve refreshments
- Find and position marshals
- Record all race finishers
- Record Metros finishers
- Organise Metros relay teams



These tasks are divided amongst many individuals and there's always a willing band of Metros helpers before and on the day to help make this event so successful.

Although June is a long way off, the dates for the new season are being set now so volunteers are needed soon please. Anyone who would like more information before committing themselves, please contact me.

Thank you.

Pat Jackson
0208 868 5683

Merry Christmas and best wishes
for a Happy and Injury Free New
Year.
Brian and Pat Jackson



A new running experience for me

In the races I run I normally, but not always, manage not to come last. Well, today (15 November) I ran the Watford Joggers Autumn Challenge and did come last. I was then very surprised to be awarded a box of chocolates for this significant achievement. This was a first for me! You see there are benefits to coming last in a race. This note is intended to encourage others not to be too concerned about their race placing and, like me, just participate and enjoy the event.

Arnold Glickman

Merry Xmas to one and all and
Happy New Year.

Arnold

*Happy Christmas
and all the best for
2016. Tracy T.*



First Aid

As we all know any incidents where First Aid has been administered during Metros events and official training sessions need to be recorded and passed to Mike Ransome who keeps a central record in case there are any later queries.

The e-mail address for this has changed and is now
mw49ran@gmail.com

If you have a First Aid bum bag please discard the report form in the bag or just change the address. You can also replace the form with a new one. Copies will be available on Saturday morning at the scout hut or from me.

Thank you
Angela



*Happy Christmas and a good New
Year with lots of wonderful running.
Angela and Brian*

A Letter from Winchester

At the time of writing this epistle it doesn't seem possible that it is 4 weeks since we moved from Harrow. We are very pleased with our new house, which seems to be much warmer than our previous one and it is so nice to park the cars either in the garage or on the drive and not have to pay for the privilege of parking on the road. Never the less, money seems to be going out of the bank account at an alarming rate as we buy things for the house and do essential maintenance such as replace the gas boiler and have the central heating system flushed out.

For us, it was definitely the right move at the right time and, not only do we see much more of the family, but everyone we have come into contact with is very friendly. In addition, we have many amenities very close by, including the doctor(!), pharmacy, post office, the Co-op and Waitrose and Aldi. The local Methodist Church is within 5 minutes walking distance and we have already been asked out for Sunday lunch. Plus, it is only a 1mile bus ride into Winchester with its shopping centre and railway station. Who could ask for more.

It seems incredible that it is 15 years since I first joined Metros and I have so many happy memories and particularly remember the Tuesday sessions and my rivalry with Costa. I also recall all the cross-country races, where I inevitably thought I was 20 years younger than I was and started far too fast. It was the sound of Terry gradually catching me up and overtaking me which remains fixed in my mind. Then there were the couple of times I took part in the Metros Marathon week. On one occasion I remember running through shin deep mud, beside the railway in Ruislip Woods, during the 10K cross country run. That was a killer hill on that course. Sadly, anno domini (have I spelt that correctly?) catches up with you.

The Saturday sessions are something special and as far as I know, unique to Metros. Long may they continue. They will always have a special place in my memory and I always enjoyed the banter, the camaraderie and the relaxed way they were run. Metros is very fortunate to have the use of the scout hut and so many willing helpers. Who could forget Reese and all the help she gave with the tea and coffee every week, in spite of her chronic back problems. And, of course, there is Barbara who is ever present on Saturdays and Pat with all her bags! Dave Young organised these sessions for many years and it is great to see the task taken over by Irene. Metros is so lucky to have so many enthusiastic volunteers to help organise all the activities and long may it remain so.

I am slowly getting back into a routine of training but finding it very difficult. At the time of writing this, I have been to one session of the local Winchester Athletic

Club. On this particular evening, I joined the endurance group and we did a warm up session which nearly finished me off! It was then onto an unlit field where there was a 400 metre circuit laid out using little battery operated lights. I managed 2 x 1 lap and then gave up.

Today (Saturday) I went to the Winchester Park Run and managed 1 of the 3 laps, the only person behind me being the volunteer with the responsibility for following the last person. However, I have volunteered to help next week. This is particularly apt as the Rotary Club, which I am probably going to transfer to, is providing many of the helpers for the run. The Rotary Club also organises the Clarendon Marathon, in October, which is a cross-country event from Salisbury (!) to Winchester and I have been asked to help with the organisation.

Finally, long may the Club continue to thrive and strength to the elbows of all those members who help in whatever capacity. I wish everybody at the Metros a joyful Christmas and a peaceful and healthy 2016.

Mike Billington.

Hello Metros, one and all
May your Christmas be a ball
With yummy pies and lots of pud
Then on with your trainers - you
know you'll feel good.

Wishing you a happy time at
Christmas from
Kath and David Donaldson



Happy Christmas and best
wishes for the New Year.
Mandy, Peter and Boris

Merry Christmas and
best wishes for 2016
and happy running
Metros.

Brian McGrory



Wishing everyone a very Happy
Christmas and a healthy and injury
free new year.
With Love! Judy, Nigel, Peter and
Matthew

Felices Fiestas Navidenas and
Happy 2016.
Love Raquel



Results and Reports

Ealing Half Marathon - Sunday 27th September 2015

1	1:05:41
2680 Rajesh Varshani	2:02:30
2761 Irene Paull	2:16:48
4491 Anne Ambrose	2:39:49
4684 finishers - last	3:42:06

Wot No Watch

Saturday 17 October 2015

name	Estimated time	Actual time	difference
Jo Collier	9.00	9.00	0
Julia	8.10	8.09	-1
Mark Mulvenna	6.57	6.56	-1
Kevin Smart	6.00	6.02	2
Steve Alder	8.45	8.47	2
Sam Millbery	9.00	9.02	2
Mike Morris	6.00	6.03	3
Steve Paull	6.10	6.13	3
Judi Rackham	8.40	8.36	-4
Kyie Hollingshead	8.20	8.15	-5
Anne Ambrose	9.30	9.35	5
Janice Newman + Mike Ransome	8.22½	8.28	5½
Chris Shearwood	5.40	5.46	6
Debbie Moynihan	10.00	10.06	6
Adam Leary	6.17	6.10	-7
Geraldine Gill	9.00	9.07	7
Kath Donaldson	8.50	8.42	-8
Thrift Henderson	10.00	9.51	-9
Caroline Day Lewis	7.00	6.48	-12
Dharmini Chikhliwala	8.45	8.57	12
Andrew Collier	7.30	7.44	14
Juliette Nola	7.35	7.49	14
Elish Fernandez	10.00	9.44	16
Karen Collier	8.30	8.14	-16
Anne Nola	7.45	7.28	-17
Tiziana Spotti	8.50	9.08	18

Meera Tanna	10.10	10.34	24
Errol Clarke	8.30	8.05	-25
Arnold Glickman	9.30	9.06	-26
Karen Leary	8.30	8.03	-27
Wendy Newman	12.00	11.31	-29
Barbara Reading	8.57	8.26	-31
Nicola Rochford	9.27	8.56	-31
Steph White	9.45	9.12	-33
Evie Wallace	7.45	8.18	33
Hillarie Lemon	9.20	8.47	-33
Priya Chikhliwala	9.00	9.35	35
Gladys De Groot	10.10	10.48	38
Mark Lemon	8.45	9.23	38
Irene Paull	9.15	8.31	-44
Joe Millbery	8.50	8.01	-49
Raquel Russell Ponte	10.00	9.10	-50
Kevin Eckersley	10.00	9.09	-51
Tian Hollingshead	7.50	6.57	-53
Claire Millbery	9.50	8.54	-56
Simon Aberly	8.00	7.03	-57
Amanda Hardy	10.00	8.57	-63
Hitesh Patel	9.00	10.32	92
Dharmishta Parmar	12.00	10.08	-112
Dave Brown	11.00	9.00	-120
Mason Murray	11.00	8.55	-125
Sue Patel	12.00	9.41	-139
Linda Gaitskell + Chris Shearwood		10.54	



Mitesh Patel

Introduction

This year I was inspired by the likes of Mike, Sonny, Sasha and my brother to take running more seriously, whereas before lifting weights and trying to look big was my priority. Seeing these guys improve so much in the last year acted as a catalyst to get myself into gear. I have also always wanted to run a 3 and ½ hour marathon, and seeing Mike and my brother achieve this feat made me want to do it even more. So at the end of July, I took the plunge and signed up for the New York marathon with my friend Ajay, who I had completed the 3 peaks challenge with in May. Another of my friends, Yasmeen, was also running it and she had finished the 2015 London marathon in 3:01!

Facts

- In 2014, New York broke the record for the largest number of finishers with 50,564 crossing the line
- It attracts over 2.5m spectators and 10,000 volunteers
- Brings in a mind-boggling £255m, with the average runner spending £1,150 during their stay in the city
- Arguably the toughest of the major marathons, due to its deceptively uphill course
- 1,746 British runners in 2015
- Race entry for non-US residents was £230 in 2015
- Controversially cancelled in 2012 due to the damage caused by the Superstorm Sandy – what made it controversial was that it was only cancelled on the Friday evening before the race

Route



The route goes through all five boroughs, starting with Staten Island, then Brooklyn, Queens, Manhattan and Bronx before finishing in Central Park. Highlights include:

Verrazano-Narrows Bridge (Mile 1): The bridge has spectacular views of Brooklyn but is also the hardest hill in the course. No spectators are allowed on the bridge

Fourth Avenue (Miles 2-4): The first time you see spectators line the streets

Queensborough Bridge (Mile 15): Another steep hill but has beautiful views of Manhattan

First Avenue (Miles 16-18): This is called the "Wall of Sound" because the crowd cheer you on at deafening levels

Bronx (Miles 20-21): Everyone hates this part of the course as the adrenaline's wearing off and the crowds are dying out

Central Park (Miles 24-26): Another hill to get into the Park, but once you're there you're on the home stretch!

Training

Training went fairly well, although in hindsight I wish I had started earlier. I averaged 27 miles a week in August and 33 in September before tapering in October. This was the most I had ever run, but a little short of the 40 miles a week I had hoped to peak at. I still managed to get a lot of PBs in the run up to the marathon though, including 1:28 in a half. This made me think I could run significantly quicker than 3:30 and I decided to aim for around 3:20.

As mentioned earlier, I took training seriously this time and stopped lifting weights altogether from April as it was counterproductive. This, along with the increased mileage, led to me losing quite a lot of weight and some of my friends who I hadn't seen in a while thought I had been ill! "I've got the running bug!" I told everyone. Ironically the fitter I became, the unhealthier I looked.



Reading Half Marathon 2014, 72kg



24 Track Relay 2015, 62kg

Special thanks to Steve for planning and leading some of my longer runs. One of these was predominantly through scenic parks, farms and woods and I know he doesn't particularly like off-road running so I appreciate the thought and effort he put into it. It was also very hilly which was perfect training for New York so thank you Steve! The highlight of my training though has to be when we ran through St George's shopping centre in Harrow on the way to Wembley Stadium!

On the flipside, the lowlight has to be when I went to visit family in Birmingham one weekend in August. I planned to go for a long run on Sunday and as luck would have it, I managed to find a local running club that went for long runs of 10-12 miles on Sundays. So I emailed them politely explaining the situation: I was training for a marathon, I was down for the weekend visiting family and would it be possible to join them for a one-off? They replied that Sunday sessions were for members only! I was pretty miffed and ended up doing a 12 mile run on a treadmill which wasn't much fun. (The club was Aldridge Running Club in case anyone was wondering who these 'friendly people' were!)

Final Few Days

We arrived in New York on the Thursday before the race and I made two naïve errors on Friday which didn't help my preparation at all:

1) At the expo, I came across "The Stick" – an innocuous looking stick that helps to relieve tension in muscles and stretch them out. I let the salesman demonstrate it on my calves and it killed! He explained that he had found a knot in my left calf and was loosening it out but it felt sore and stiff afterwards, whereas it had felt fine before! What made this even worse was that I had literally just listened to a talk about how expos can actually harm runners' preparation as they try all these new energy gels, flap jacks, and power bars that they haven't had before and it gives them a stomach ache. The number one rule is not to do anything new in the week before a race! Little did I listen... As an aside, the expo had a huge Asics section in it, but the queue for the till was so long that they had a guy at the end of the queue with a sign telling you how long the queue was!

2) On Friday, we walked to the expo as it was only 1.5 miles from our hotel, walked around the expo for a couple of hours, went shopping on Fifth Avenue for 3-4 hours and then walked around Top of the Rock for a while. By the time we came back to the hotel at 10pm, we had practically spent the whole day on our feet and my legs were really aching. I checked my health app and it said we had walked 9 miles! I couldn't believe I had shot myself in the foot like that and felt like crying! Cue some miserable messages to Emma and Hershil who told me to take it easy the next day. I took their advice and spent most of Saturday in front of the TV watching

football, but I did have a cheeky pumpkin spiced beer with cinnamon seeing as it was Halloween after all!

Race Day

We had to wake up at 5am to catch the bus taking runners from outside the public library to Staten Island and we arrived there at 7.15 am. The marathon village is at Fort Wadsworth, the former military base and they had set up huge tents to keep runners warm. People were just lying on the ground in foil blankets and warm clothes to kill the time and it looked pretty surreal, like an emergency relief centre after a disaster had occurred.

Although my heat was at 9.50am I had to be in my colour coded pen, or "corral" as they call them, by 9.00am. This gave me an hour and 45 minutes which I thought was plenty of time but it actually flew by. First of all we had to queue to go through the metal detectors to enter the race village, then we queued for the toilets, then we queued for the bagels and power bars they were handing out, then we had to find the UPS trucks to drop our bags off and finally I had to make my way to my corral. In the end, I had to run to find my corral and only just made it in time! On a separate note their port-a-loos were disgusting! They literally consisted of a toilet seat above a big hole and that's it so you could see a horrible swamp in the hole!

At about 9.30am we got called to the start on the Verrazano-Narrow Bridge and I randomly bumped into Yasmeen which was a nice surprise, especially because she'd been in a different corral to me so I wasn't expecting to see her. Unfortunately she'd become quite ill a few days before the marathon and still wasn't feeling 100% so was going to take it "easy" and aim for three and a half hours. The elite men were introduced at 9.45am and finally, after a rendition of The Star-Spangled Banner and two blasts of a cannon we were off!



Ajay and me at the race village



At the start, (I'm on far right)

New York Marathon

The start is on the Verrazano Bridge and on paper this is the hardest hill in the course as it's the steepest and the longest at nearly a mile long! However in reality most runners don't even notice it because it's at the start where they're fresh and full of adrenaline. What I did notice however, were the amazing views over Brooklyn and the eerie silence as no spectators were allowed on the bridge. After a couple of miles we reached Brooklyn and this is where the crowds came out in force. Seeing the crowds for the first time, lining the streets three or four deep, holding signs and cheering you on was a special moment and the first few miles flew by. I spotted the 3:15 pacemaker at around mile 5, but I let him go and stuck to my race plan of running between 7:30 and 7:45 minute miles.

I got to the halfway mark at 1:39:30 which was pretty much spot on what I wanted to do and I felt fairly good at this point. Queensborough bridge at mile 15 was really tough to get over and I

completely forgot to check out the incredible views of Manhattan. There weren't any spectators on the bridge so all you could hear was the sound of feet hitting pavement but once you crossed this you could start to hear a distant hum. As you got closer to First Avenue, the hum became louder and louder until it turned into a crescendo of cheering and shouting. The Wall of Sound! It really did spur me on and I felt a surge of energy. They warn you that the adrenaline you get from here can actually ruin your race because you get so pumped up that your body inherently tries to go quicker and then you pay for it later!



The stunning views of Manhattan from the Queensborough bridge which I missed ☹️



Competitors from over 100 countries run in the marathon

One thing I wasn't particularly impressed by were the water stations which gave out plastic cups of water and Gatorade every mile instead of bottles. Every time I tried to drink from one of these, half of it ended up going over my face and clothes and by the end of the race, I felt I had been in a shower of Gatorade! I don't think I drank enough because of this and it left me dehydrated towards the end of the race.

I got to 20 miles in around 2:34 and was still on for 3:20. A lot of runners' mentality when they get into the Bronx is to get the hell out of there as soon as possible! It's not the nicest area and the crowds are a little thin around here. Fatigue and dehydration began to set in and I started to slow down quite badly and the end of the race couldn't come soon enough. One thing that cheered me up though was I had my name on my t-shirt and a woman shouted out "I don't know how to say your name, but come on Mitch!" Only in America I thought....

We crossed another bridge to return to Manhattan and the exciting finish in Central Park and I was getting slower and slower. By mile 22, my hopes of getting 3:20 had gone down the drain and a few miles later my brother's time of 3:26 slipped away as well. By mile 25, I had slowed to nearly 10 minute miles and needed to run the last mile in 8:45 to get under 3:30! I was cutting it really fine but I was still sure I could do it if I just picked up the pace a little. I had been feeling twinges in my left calf since mile 20 and as I tried to run faster one of the twitches turned into full blown cramp and I had to slow right back down. With 400 metres to go, I still thought I might make it and I tried to sprint to the finish line, but searing cramp struck again and I eventually hobbled over the finish line in 3:30:57.

Post-race

Immediately after the race I was so angry that I hadn't got under 3:30. I couldn't believe I had messed it up so badly in the last 6 miles and that I had got cramp in the last mile! All I could think about was that stupid stick in the expo and how it had messed up my calf! A few metres after crossing the finishing line, however, I randomly bumped into Yasmeen again! She had jogged round in 3:32, just a minute after me, and reminded me that I had still got a massive PB

on a difficult course. My anger slowly subsided and was replaced by pride and sense of achievement.

I had arranged to meet a friend at the family reunion area after the race and it was a 2 mile walk to get there! That was last thing I wanted to do and I even contemplated taking a cab, except the whole area was a "frozen zone" which meant only runners were allowed inside there.



Limping over the finish line



Yasmeen and me at the finish

We spent the next couple of days in New York shopping and sightseeing and saw many runners proudly wearing their medals in public, something you perhaps wouldn't see in London, and I wished I had worn mine! Even at the airport a lot of passengers were wearing them. On our last day in New York, we stumbled upon an Asics clearance sale on Fifth Avenue. They were selling everything from the expo, but at 50% off and minus the queues as well! It was a fitting end to the trip – shopping and running combined!

What next?

I'm still a little annoyed I didn't get under 3:30 but at the same time, it was still a PB by 22 minutes which I have to be pleased with, especially as it's a tough course. Hershil said he hoped the 57 seconds wouldn't come back to haunt me every Halloween like a ghost, but instead of haunting me, I think it's made me hungry. Hungry to carry on running and stay in good shape so when the next marathon comes I'll be ready! Berlin and the Great Wall of China marathon are on my bucket list, and I may even try and squeeze a sneaky marathon in early next year, so watch this space for my next article!

Fundraising

Finally thanks to everyone that has sponsored me so far – your kindness and generosity is really appreciated. I have raised nearly £1,400 so just over £200 to go to reach my target of £1,600. If you would still like to sponsor me, it's not too late as I have until the end of the year to collect donations. Anything you could contribute to help me reach my target would be amazing.



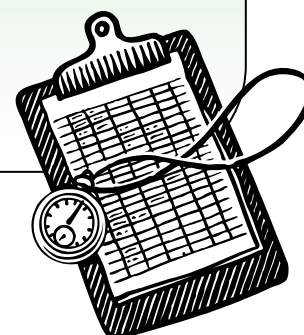
<https://www.justgiving.com/Mitesh-Patel4/>

Measured Mile - 7th November 2015

	Time		Time
Brett Rafferty	5.21	Dave Brown	8.51
Matthew Rackham	5.32	Janice Newman & Ceri Jacobs	8.58
Mitesh Patel	5.39	Irene Paull	8.58
Chris Shearwood	5.52	Amanda Hardy	9.04
Stewart Rhodes	6.15	Kath Donaldson	9.06
Steve Paull	6.18	Judy Rackham	9.10
Sarah Belchior	6.22	Veronica Georgescu	9.24
Hershil Patel	6.36	Teresa Young	9.26
Simon Aberly	6.37	Raquel Russel Ponte	9.33
Tracey Tyrell	6.40	Arnold Glickman	9.42
Tian Hollingshead	6.42	Debbie Lewis	9.55
Dave Young	6.46	Linda Gaitskell & Steve Alder	9.56
Caroline Day-Lewis	6.50	Debbie Moynihan	10.25
Sonny Peart	7.09	Hema Thakur	10.28
Anne Nola	7.44	Gladys De Groot	11.26
Jason Stock-Lewis	8.09	Angie Donovan	12.50
Kyie Hollingshead	8.28	Joanne Newallo	13.04
Errol Clarke	8.37	Jeanne Coker	14.15
Marion Rogan	8.48		

A very wet Saturday morning with autumn leaves and puddles making the Measured Mile route more difficult than usual. It was impressive to see how many Metros disregarded the rain and turned up to run. Some slower times would be understandable given the conditions but the rain did not affect everyone adversely and there were some fast times. Well done to all who braved the bad weather.

Many thanks to my helpers, Irene and Teresa stopwatched and Anne Leigh handed out those important lolly sticks.
Angela



Birmingham Half Marathon 18 October 2015

The Birmingham Half is one of a number of “Great Run” races formerly sponsored by BUPA and now mostly sponsored by Morrisons - North, South, Yorkshire, Edinburgh, Manchester and Newham - ranging from 5K to half marathon distance.

I had run this race twice before, in 2012 and last year (when fellow Metros Mitesh and Fabio also ran it). I had done it in 1:30:35 and 1:32:47 respectively so it was one that I was keen to complete in less than 90 mins. As mentioned in my article on my 150 half marathons, I liked to think that such times weren't completely behind me since I seem to hover between 1:30 - 1:35 nowadays and I had, in fact, completed the recent Maidenhead Half in 1:29:29. Maidenhead is as flat as a pancake; Birmingham is not so flat, especially at the end. It also has a huge field of runners (20,000 entrants).

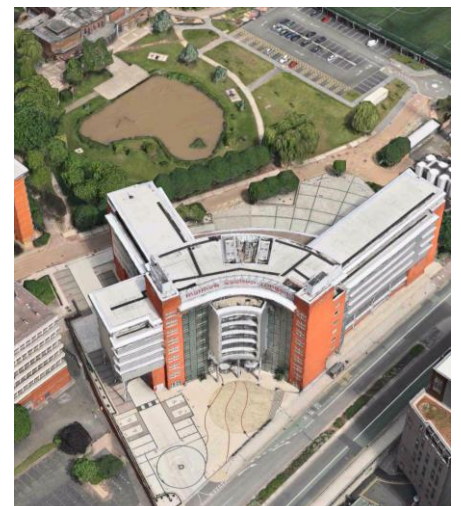
I was to run this race three weeks after having run the Berlin Marathon (in 3:33:57) but had picked up a cold which had turned into a chesty cough. However, that had not prevented me from running Wot No Watch, the day before, in 5:41 (having predicted (5:40). I had also run 14.5 miles to Wembley Stadium and back the previous Sunday with fellow Metros and I hoped that that would stand me in good stead.



There was a minor panic a few days before the race on receiving an updating e-mail from the organisers - it included a helpful map showing the start area but it looked completely different from previous years. A quick inspection of our Birmingham A-Z showed that the start was now about a mile away from the finish area (near where the start used to be and precisely why Gill and I had booked into the Premier Inn on Bridge Street). Oh well, a good warm up walk to the new start. The change was also news to Mitesh when I told him. I wonder how many others were also caught out?

It was to be a busy weekend - after completing Wot No Watch, I met Gill on the platform at Rayners Lane and we went via Waterloo to Southampton to see the Saints squander a two goal lead against the current comeback kings, Leicester City. The 17.47 Cross Country service from Southampton Central took just over two hours to get to New Street which has been undergoing renovation seemingly for years. It still looked incomplete when I was there a few weeks earlier for the Saints match against West Bromwich Albion. In fact, the first section had opened in April 2013 marking the halfway point of a five year redevelopment project. The “stunning new station” was finally opened on 20 September 2015, now includes “Grand Central”, a new shopping centre and is much more user-friendly than before.

It was an easy walk to our hotel and, having dumped our shared rucksack, we ventured out to nearby Broad Street for sustenance. I have to confess to a fondness for Birmingham, the centre of which was unkindly treated by firstly the Luftwaffe and subsequently by town planners. When we were kids we would stay with Mum's parents who lived in Harborne, the suburb adjacent to Edgbaston through which the race route runs. Granny's forebears came to Edgbaston from Colchester in the 1890s and those of my grandfather came to Harborne from Devon, via Islington, a couple of decades later. My grandfather was a headmaster and very active, as were his brothers who played rugby. He was a swimmer, and also a keen canoeist until the very day he died in his early 70's. He used to take me and



my cousin canoeing on the canals around Birmingham when we were youngsters and I like to think that I got my fitness genes from him.

Broad Street was a shock to the system for us suburbanites - think of the eateries of Hatch End crossed with what one imagines Newcastle city centre to be on a Saturday night. In the 1970s and '80s, Broad Street was still very much a suburban high street being just outside the centre but it soon became a fashionable partying district, home of the Rum Runner nightclub best known as the venue where pop group Duran Duran cut their teeth. Their singer Simon Le Bon is a Pinner lad, as you might know. During the 1990s, Broad Street was transformed into a convention, entertainment and nightlife quarter, and is now home to numerous bars and restaurants.

The Birmingham Canal Old Line runs underneath Broad Street (just beyond the finishing point of the race) and the adjacent area, Brindley Place, has also been prettified in recent years. We found a Carluccio's there and I fear that I upset/confused the young waitress by asking whether the Italian craft beer on their menu was "proper" beer or just artisan lager. However, she actually understood the expression "real ale", so I chose the Cortigiana "...a fresh, versatile beer with smooth flavours of hops and a hint of honey and malt, 5% ABV..." and all was right with the world. There was just time afterwards to catch Match of the Day and the inevitable post mortem of the events at St Mary's Stadium earlier that day before turning in.

My estimated finishing time put me in the orange starting block, behind elite and "fast-paced" runners. My start time was to be a very civilised 10.10 a.m. which enabled us to rise at 7.30 (in reality, 8.00), have a light breakfast at the hotel and still have plenty of time for the mile or so amble to the starting area.

The streets were largely deserted as we left our hotel but we soon picked up, almost exclusively, other runners and their supporters, meandering to the race village on the Matthew Boulton Campus of Aston University. In 1775 Boulton and Scottish engineer James Watt produced steam engines, initially for use in the mining and textile industries, before being extended to a wider range of industries in the UK and worldwide. Boulton was also involved in the minting of high quality coins and both were leading entrepreneurs of the Industrial Revolution. They were also members of the Lunar Society, which helped to foster links between philosophy, arts, science and commerce. Their likenesses grace the reverse of the current £50 note.

The race village, set around pretty gardens as seen in the picture above, had the advantage of being less crowded than the previous start area and was well supplied with portaloos. Entrances to each starting block (white, green and pink in addition to orange) were clearly signposted and nearby, on each side of the dual carriageway seen at the foot of the picture. Gill suggested that I stick to the right-hand side so that she could photograph me as I went by, but we early arrivals were motioned to the left side of the road and, as both sides filled up, I reckoned that it was unlikely that Gill would see me. I saw the 1.45 and 1.50 pacemakers squeeze through the throng to the front of our starting block, but saw no others. I didn't see Mitesh either.

At 10.10 we had only just been introduced to the day's elite runners and there followed the customary warm-up by a Mr Motivator character and his accomplices high on a gantry behind us. One feels a slight ninny participating in such activity



and orders to swing our arms vigorously to the left and then right seemed inadvisable in the close confines of the now crowded starting blocks. It was, however, chilly and the warm up provided something to do before we eventually started at 10.17. I took about two minutes to cross the starting line.

The rationale for the dual carriageway split became apparent as soon as we set off - my side of the block took an immediate left turn down Park Street, under the railway lines east of Moor Street station and past the Bull Ring shopping centre, whilst the right side went straight ahead, not to meet up for a mile or so. We ran southwards through the equally deserted streets of the light-industrial areas south of the inner city, now intriguingly designated on Google maps as "gay village", but no party animals were to be seen at this early hour. The less congested start had the effect of my making the two-mile marker in 13 mins, well on course for a sub 90-mins time if I maintained that pace as long as possible.

The course is basically out-and-back, mostly following Pershore Road through the pleasant, leafy suburb of Stirchley out to the Cadbury factory at Bournville. This was where Gill planned to take the metro to see me and Mitesh at miles 5 and 6, easily done as seen on the above map. We were well supported by onlookers and I stuck with a few runners going at the same pace, for several miles. We encountered the first hill at Kensington Road entailing a short deviation from Pershore Road and, once back on the main road, we met the front-runners on the other side of the cones down the middle of the road - the Norwegian, Sondre Norstad Moen, leading the Moroccan, Ayad Lamdassem, and the eventual winner, Chris Thompson of Aldershot Farnham & District A. C. who finished in 1:03:00. There was some gap between them and those who followed. This section of the route can be congested because of the cones in the middle of the road and sometimes you have to go on the pavements to overtake but, this year, it did not seem too bad.

Now the second, steeper incline, the loop around the Cadbury development where I saw Gill (and a drum band, one of several sets of musical entertainment on the course). The pleasant model village of Bournville was built by the Quakers George and Richard Cadbury who needed to move their factory from central Birmingham to allow for expansion. The model village was to 'alleviate the evils of modern, more cramped living conditions' and the 'Arts and Crafts' style houses (think Hampstead Garden Suburb) were traditional in design but with large gardens and modern interiors. They became a blueprint for many other model village estates around Britain, including that in Harborne where my grandfather's family moved in the early 20th century. Loyal and hard-working workers were treated with great respect, relatively high wages and good working conditions including pension schemes, joint works committees and a staff medical service. Because George Cadbury was a temperance Quaker, no public houses have ever been built in Bournville save for a licensed members' bar at Rowheath Pavilion. The Cadburys were particularly concerned with the health and fitness of their workforce, incorporating park and recreation areas into the village plans and encouraging swimming, walking and other forms of outdoor sports.

Once you're on the return route, it's gently downhill back along Pershore Road where orange-wave runners now gave way to green-wave runners. We passed the British Oak PH and, a short while later, the Selly Park Tavern - both have their own bowling greens at the rear. I saw a familiar sight from the last time that I had run this race - two chaps carrying a mocked-up, (presumably) lightweight bobsled decked out like the one in the "Cool Runnings" film. There was plenty of fancy dress in fact - a large foot, the inevitable "Where's Wally", a leprechaun, a Minion, superheroes, a few Santa Clauses and various animals but, strangely, no Trojan Horse.

We turned right to loop around Edgbaston Cricket Ground before entering Cannon Hill Park, entertainment provided by "Free Radio", whose DJ/MC would call out the name on your running number, if he happened to see it.

Out of the park we ran through modern and older streets of Edgbaston and onto the car-free Middle Ring Road, the start of the steepest rise of the course where I caught up the two 1:35 pacemakers, one of them in deep conversation about the Comrades Ultra with a Serpentine runner. This momentarily threw me - my watch indicated that I should finish a couple of minutes under the magic 90 and I could only guess that all the pacemakers had perhaps started simultaneously at the front. I pulled away from them.

The husband of one of Gill's work colleagues (whose brother we also knew was running) hollered my name from a bridge high above - the bridge over which we had run at mile 2 of the race. This chap and his wife are studying to be personal trainers and once gave us a free leg-massage, knuckles dug well into the apparently knotted muscles of my shins. I have rarely felt such pain outside of a dentist's chair.

We left the Middle Ring Road at mile 11 and I saw that I was still on for that sub-90 mins time. We continued climbing even more steeply and I hoped that this would not adversely affect my time. I dug in and continued overtaking other runners, determined not to lose pace. A few more twists and turns and we were now descending towards the finish. Onto the Hagley Road, opposite the picturesque, red sandstone Plough and Harrow Hotel, and into the underpass at Five Ways, the other side of which is the top (less salubrious) end of Broad Street.

I passed two runners from the same club, one exhorting the other to make one last effort and the finishing gantry came into view, with four different times for each coloured wave. I saw that, whilst my time was edging towards 1:30 by the gun, my watch time would be comfortably under 1:29, even quicker than my Maidenhead time.

On crossing the line, I stopped my watch at 1:28:52, very pleased with that, and creaked through the medals and goody-bags. The family meeting point was a little further along Broad Street, coincidentally right by a gilded bronze statue of Matthew Boulton and James Watt (seen below with James Murdoch, another engineer and inventor employed by Boulton and Watt, and the new library in the background). At this point my spectacles broke in two which I was glad they had not done during the race - a similar thing happened to me at the Rotterdam Marathon once and I can attest to the seriously bad karma that can cause.

I had beaten Gill back to the finish, but not by much, and she was equally thrilled at my time. We met Mitesh, who had done a very creditable 1:37:20 and was with his young lady and aunt who had kindly invited us back to their home for something to eat. A most relaxing and convivial afternoon ensued and one of Mitesh's family kindly gave us a lift to the metro so that we caught our train from Moor Street station back to Marylebone in good time. The latter station is, in my view, the sweetest of the London terminals (frankly, there's little competition), seemingly locked in a time-warp, and Moor Street, at the other end of the line, is its younger sibling. Think "Brief Encounter".

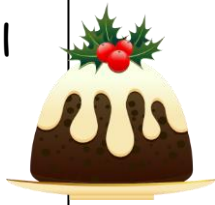
The post-race e-mail showed that I had run an even pace of about 14.4 kph for the first half of the race but had tailed off to 14.2 kph by the end (Mitesh had maintained a completely even pace throughout). My average pace was 4 mins 12 secs per km, which is just what you need for a sub 90 mins half marathon - my actual chip time was 1:28:50. 24 runners apparently passed me in the final 5 km and I passed 60 runners. Other stats revealed a total of 12,208 finishers, the final runner posting a time of 4:14:35.

Like many large, city centre races this one is great fun, very well-supported and I hope to run it again next year (16 October) when the entry fee will be £35 which seems to be the going rate for such races. The organisation was first class including plastic bottles rather than cups at water stations. It would be nice if it didn't clash with a football fixture so that we could see more of the city the day before - the art gallery is well worth a visit, especially if you like the Pre-Raphaelites.



Chris Shearwood

Merry Christmas and a Happy New Year to all our Metro friends.
From Gillian & Chris



Merry Christmas to you all. Happy running in 2016!
Ruth and Natalie



parkrun Results

Harrow

14.11.15
Nathan Powell 19:32
Mitesh Patel 20:22
Chris Kemp 22:57
Barry Nolan 23:52
Kevin Watson 27:28
7.11.15
Nathan Powell 20:05
Brian McGrory 21:08
Barry Nolan 24:43
31.10.15
Steve Paull 21:31
Barry Nolan 24:18
24.10.15
Barry Nolan 23:45
Graham Hart 25:35
17.10.15
Chris Kemp 22:48
Sonny Peart 23:05
Barry Nolan 24:34
Kevin Watson 26:18
Emma Rackham 26:53

Northala Fields

14.11.15
Chris Shearwood 19:37
Jackie Bowles 24:48
Jason Bowles 27:08
7.11.15
Andy Fox 20:53
Russ Hewlett 24:26
Jackie Bowles 25:44
Patricia Hewlett 35:37
31.10.15
Andy Fox 20:53
Sarah Belchier 21:43
Sonny Peart 22:55
Graham Hart 24:59
Emma Rackham 27:04
24.10.15
Andy Fox 21:10
Wendy Mulvenna 40:43
Mark Mulvenna 40:44
17.10.15
Brian McGrory 20:40
John Norris 20:59
Andy Fox 21:28
Richard Hayward 26:20

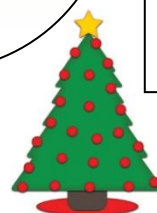
Happy Christmas.
Gladys de Groot



Merry Christmas and Happy New Year to all our Metros friends.
Sonny and Cathey

Merry Christmas and a Happy New Year to all Metros.
Andy and Gill

Wishing everyone a very Happy Christmas
xx Wendy and Mark



parkrun Results

Black Park

14.11.15

Glyn Watkins 29:14

Anne Leigh 44.23

Bernard Leigh 47.24

7.11.15

Glyn Watkins 29:47

24.10.15

Glyn Watkins 29:14

17.10.15

Glyn Watkins 28.39

3.10.15

Anne Leigh 47.24

Colby

31:10:15

Sasha Birkin 20:34 1st lady

Max Dadomo 25:59

Simon Dadomo 26:43

Tring

24.10.15

Adam Leary 24:29

Karen Leary 31:57

Pomphrey Hill

31:10:15

Rebecca Walker 23:33

South Oxhey

24.10.15

Steve Paull 22:28

Gordon Valentine 28.29

17.10.15

Gordon Valentine 29:08

Gerry Barker 29.52

Banstead Woods

17.10.15

Catherine Corcoran 34:49

Aldenham

17.10.15

Jackie Bowles 26.32 1st lady

Jason Bowles 28.09

Poole

14.11.15

Sue Davie 39:43

24.10.15

Emma Rackham 26:31

Judy Rackham 29:31

Sue Davie 39:36

17.10.15

Sue Davie 39.17

Woodbank

24.10.15

Chris Shearwood 20:45

Gladstone

14.11.15

Brian McGrory 23:02

24.10.15

Brian McGrory 21:02

Cambridge

14.11.15

Emma Rackham 32:47

Moors Valley

7.11.15

Sue Davie 40:31

Harlow

7.11.15

Caprice Beggs 28:52

Cassiobury

7.11.15

Sasha Birkin 19:39 1st lady

31:10:15

John Norris 20:32

Brian McGrory 20:49

17.10.15

Sasha Birkin 19.05 1st lady

Colin Glen

17.10.15

Brett Rafferty 20:13

Happy Christmas to all
you lovely running
people. Emma St Hill



Runner's Recipes

White chocolate and cranberry cookies

Serves: 10

Prep time: 15 mins

Cooking time: 20 mins

Total time: 35 mins

Skill level: Easy peasy

Costs: Cheap as chips

Ingredients

135g (5oz) unsalted butter

80g (3oz) caster sugar

80g (3oz) soft light brown sugar

1 egg

½ tsp vanilla essence

190g (7oz) plain flour

½ tsp salt

¼ tsp ground cinnamon

½ tsp bicarbonate of soda

100g (3½ oz) dried cranberries

60g (2oz) white chocolate chips



Method

1. Preheat the oven to 170°C/325°F/Gas mark 3, and line two baking sheets with baking parchment.
2. Cream together the butter and both types of sugar, then break in the egg, add the vanilla essence and mix well together.
3. Sift together the flour, salt, cinnamon and bicarbonate of soda, then add to the creamed mixture in two batches, mixing thoroughly in the mixer or by hand until a dough forms. Lastly stir in the cranberries and chocolate chips.
4. Break off pieces of the dough (about 2 tablespoons in size), roll them into balls and place on the prepared baking sheets. Allow five or six cookies per tray, making sure to space them apart from each other (by 78cm/about 3in) as they will spread during cooking.
5. Place in the oven and bake for 15-20 minutes or until the cookies are a light golden on top. Leave on the sheets for about 10 minutes to cool and set before transferring to a wire rack.

<http://www.goodtoknow.co.uk/recipes/531016/whitechocolateandcranberrycookies>



Merry Christmas and a healthy and happy 2016 to all Metros. Sasha

Happy Christmas and Jolly Good New Year runners! Ann Lavers



NOTES OF METROS COMMITTEE MEETING

Wednesday 4 November 2015 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Mandy & Peter Beuselinck, Penny Hudson, Pat Jackson,
Irene & Steve Paull, Mike Ransome, Emma Rackham, Carole Wells,
Sarah Westwood.

APOLOGIES: Marilyn Pickford, Nigel Rackham, Penny Rawlins, Barbara Robson,
Sandra Young.

NON COMMITTEE: Spencer Millbery

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).

MATTERS ARISING FROM THE PREVIOUS MEETING – 7 October 2015

Metros Annual Fun Run – The Brian Jackson Fun Run - Working Party – Kath Donaldson and Steve Alder have set up a working party to review this event.

ACTION: Kath Donaldson/Steve Alder

Thames Valley Cross Country – Jane had previously reported that changes to the overall scoring system were being discussed by participating clubs. It had been agreed that Jane and Al should vote on behalf of Metros.

ACTION: Jane and Al Scoffham

Peter confirmed that St John's Ambulance had been booked for our host event.

First Aid –Irene has revised the guidelines prepared by Angela Murphy and Margaret Smith. Following a discussion it was agreed that Peter will check whether legally session leaders need to be first-aid trained.

ACTION: Peter Beuselinck

When the legality is established, Carole Wells agreed to add any further notes to the guidelines.

ACTION: Carole Wells

When the guidelines are agreed Mike Ransome will distribute to co-ordinators.

ACTION: Mike Ransome

Irene will also 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

Mike and Sarah have established a Metros Chairman e-mail address – Metroschairman@gmail.com.

ITEM CLOSED

Pat will check with Angela who has the first aid bum bags Angela provided.

ACTION: Pat Jackson

Barn Dance, Saturday 5 March 2016 – Following a cost analysis of the previous event by Nigel, the Committee agreed to change the suggested venue from Headstone Barn to Nower Hill School Hall. Penny Rawlins has booked the new venue and tickets have been printed. Mike Ransome will take overall charge of ticket sales accounts, Carole Wells will sell tickets at the Metros Quiz and Awards Presentation Evening on Friday 6 November.

ACTION: Mike Ransome/Carole Wells
Penny Hudson will advertise the event in Metrolines. **ACTION:** Penny Hudson

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

ACTION: Irene Paull/Nigel Rackham

London Marathon – Draw for Club and Elite Runners Drinks Station - Peter confirmed the ballot for the one Club place and three Metros Drink Station places had been advertised to take place at the Metros Quiz and Awards Presentation Evening on Friday 6 November.

ACTION: Peter Beuselinck

Harrow Hill Race – Mandy stated that Spencer Millbery had volunteered to be Race Director after next year. Peter confirmed that organisation of the race had commenced. Due to the number of non-attendees in previous years, Mandy confirmed that 275 entries will be accepted next year.

Following suggestions on local charities, it was agreed that, any surplus from the race will be donated to the MS Therapy Centre again this year.

Round Norfolk Relay – This has now taken place and no Metros team was entered.

ITEM CLOSED

Metros Web Site – Following a discussion Pat had with Kevin, Emma and the committee had listed various suggestions regarding updating the website. Emma and Peter will discuss this with Kevin.

ACTION: Emma Rackham/Peter Beuselinck

Summer League – Pat has advertised in Metrolines for a new race director next year. As yet, no one has volunteered. Pat confirmed that many Metros volunteers already cover many jobs on the day but someone to co-ordinate before and race direct on the day is needed.

ACTION: Pat Jackson

Metros Quiz and Awards Presentation Evening – Jane and Al Scoffham and Steve Paull are organising the quiz again this year. Pat has organised the awards.

ACTION: Jane & Al Scoffham/Steve Paul

Peter had paid for the hall hire and asked for extra bar staff to be available, particularly prior to the start.

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

Hon Vice Chairman – Sarah had nothing to report.

Hon. Secretary – Peter had reported on items earlier in the meeting.

Hon. Treasurer – Nigel had asked the committee to review the cost of Metrolines in view of more members using e-mail. It was agreed that in January the number of printed copies would be reduced as a trial. **ACTION:** Pat Jackson

Hon. Membership Secretary: Two new members were confirmed: Carole Lloyd, Stanmore and Evie Wallis, Eastcote. Irene queried whether Bank transfers should be completed prior to approval of applicants at committee meetings. This was agreed. It was also agreed that membership applications from children whose parents were not members needed clarifying. Peter agreed to review all the text on the current membership form. **ACTION:** Peter Beuselinck

REPORTS OF CO-ORDINATORS

Metros Kit – Pat is collecting orders for another batch hoodies and fleeces. Runner's World no longer stock any Metros vests. Members will be informed via Metrolines that all kit will now be available from Pat. **ACTION:** Pat Jackson

OTHER ITEMS

Metros Christmas Messages – It was agreed that the charity this year will be Aspire. **ACTION:** Penny Hudson

The meeting finished at 9.30 pm

Date of Next Committee Meeting
Future Meetings:

Wednesday 2 December
Wednesday 6 January
Wednesday 3 February
Wednesday 2 March
Wednesday 6 April

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

*God jul and a Happy
New Year to all
runners.
Gertrud and Bob*



Merry Christmas - Happy
running.
Carole and Gordon



Merry Xmas Metros!
Nagendra

Best wishes to all for
Christmas. Gerry



Merry Christmas and Happy New Year to Metros.
Keep on running (and jumping and throwing at Vets League).
Dave, Sharon, Tian and Kyie

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.

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.

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

First Aid

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

Peter Beuselinck 07872 544898

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.

Runner's World no longer stocks any 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

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.