



February 2016

Issue No. 329



New Year's Day parkrun - Cassiobury

Metros Diary

JAN

Sun 24	TVXC Tadley Runners	11.00 am
Sun 24	Fred Hughes 10	10.00 am
Sun 31	Gade Valley Training Run 12 miles	9.30 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	
Sun 14	Harrow Hill Race 10K	10.30 am
Sat 20	5K Run, Roxbourne Park	9.15 am
Sun 28	Gade Valley Training Run 17 miles	9.30 am

MAR

Wed 2	Committee Meeting	8.00 pm
Sat 5	5 Mile Handicap, Roxbourne Park	8.50 am
Sat 5	Barn Dance (see inside for details)	7.00 pm
Sun 6	Berkhamsted Half Marathon & 5 miles	10.00 am
Sat 12	Food Bank Donation, Roxbourne Park	
Sun 13	Finchley 20 - Trophy Race	9.00 am
Sat 19	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 20	Gade Valley Training Run 20 miles	9.30 am
Sun 20	Datchet Dashers 20 mile training run	9.00 am
Fri 25	Maidenhead Easter 10 - Trophy Race	9.30 am
Mon 28	Hillingdon Half Marathon	9.00 am

APR

Sat 2	10K Challenge, Roxbourne Park	8.50 am
Sun 3	Bournemouth Bay Half, 10K, 5K, 1K (8.50am)	10.00 / 9.15 am
Wed 6	Committee Meeting	8.00 pm
Sat 9	5 mile walk	8.50 am*
Sat 9	Food Bank Donation, Roxbourne Park	
Sat 16	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 24	London Marathon	

MAY

Sat 7	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sat 14**	5K Run, 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.

*5 mile walk can be self timed.

** Please note: change of date.

Note from the Editors!

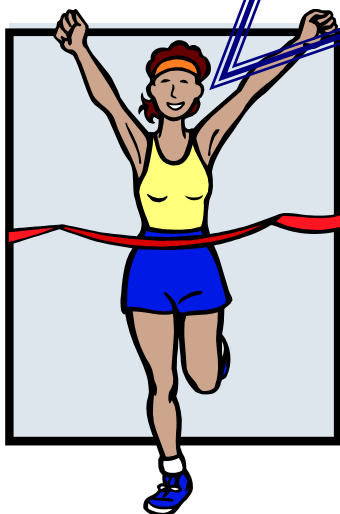
As you can see from the cover photo it takes all sorts..... Metros is a club that has room for all kinds of runners from the serious to the not so serious, and as the tributes to Graham Haddon in this issue will show, the social side is as important as competing and results. Enjoy your running throughout the spring whether you are marathon training, out for a Sunday morning jog, or supporting fellow Metros in events.

Jane and Penny Hudson



Mark O'Neill, Cardiff

Elected at the January meeting



Corrections from January issue:

Bedford Half Marathon 6.12.15

Pauline Bishop 2:02:58

Perivale 5 6.12.15

Kath Donaldson 51:36

Harrow Hill Race



Date: Sunday 14th February 2016

Harrow Hill Race is now open for entries through Run Britain, RaceBest and Runners World.

You can enter by clicking on the following link:

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

We've now got fewer than 100 spaces left so I'd encourage you to get your entry in now before we sell out.

Thanks to all who have volunteered to help out – Peter will be in touch nearer the time with all relevant info.

If you have any queries or would like to help out, please contact Peter or me at harrowhillrace@hotmail.com

Kind regards,
Mandy Beuselinck



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.

Remaining dates for the 2015/2016 season are shown below.

24th January 2016 - Tadley Runners

7th February 2016 - Thames Valley Triathletes

These dates may be subject to change.

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



London Road Runners Club

Trophy Races



The races eligible for the Metros LRRC trophy for 2016 are as follows-

13 March	Finchley 20
25 March	Maidenhead 10
8 May	Marlow 5
15 May	Run Wembley 10k (formerly Sudbury Court 10k)
14 August	Burnham Beeches Half Marathon
16 October	Cabbage Patch 10

Plus Moor Park 10k and Ricky Run 10 which still have to confirm their dates, historically September and October.

In the event of any of these races not going ahead then the Maidenhead Half Marathon on September 4th will be the reserve event.

The Finchley 20 has introduced an off-road section this year and may not be considered as a trophy race in 2017 if this alteration proves unpopular.

Also possible for 2017 is a change to the scoring system whereby trophy points can be won by competing in shorter races happening at the listed events.

To qualify for the competition you must:

- Be a paid-up member of the club.
- Enter the Metros club name on the entry form and be qualified to do so.
- Wear club kit.

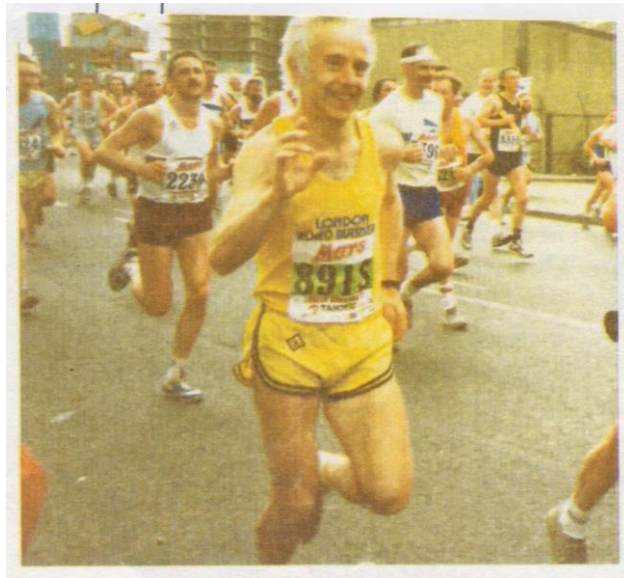
Points for the competition are awarded from the official results generally as posted on each organising clubs website. If you enter as a Metro and are not shown in the results as such, get in touch with the LRRC Coordinator.

The scoring system will stay the same as last year, in that the leading Metro will score 50 points, the second Metro will score 49 points and so on. An extra point will be added for helping an assisted Metro runner to compensate for the loss of a point demanded by the Rules by the competitor finishing behind that runner.

Separate competitions for Men and Women will continue.

Steve Paull
LRRC Coordinator

GRAHAM HADDON 1942 – 2015



Graham Haddon was one of the founder members of LRRC NW which evolved into the Metros Running Club we know today. Although they didn't know each other at the time Graham, along with Brian Jackson and Terry Burke, were at the inaugural event organised by the recently formed London Road Runners Club (LRRC) in Battersea Park in 1981.

LRRC was a 'new breed' running club for runners of all abilities, not just 'athletes' and the 10K run was advertised as such. Brian Jackson was on the committee and, because the area LRRC covered was so large, suggested offshoot clubs be formed for different areas and, as we were located in NW London, we became LRRC-NW. Graham and Terry soon joined. However, the athletics bodies did not want clubs to sub divide so we became an independent club and changed the name to Metros.

Terry Burke remembers Graham as being the first member of Metros he met at the Tuesday night run held then from West House. He also agreed that Graham's speciality in running was in cross country.

When Metros became an independent club, LRRC gave two trophies and Graham became co-ordinator of the Metros LRRC Trophy Series. He decided which races should qualify and kept records of Metros runners finishing positions to award the trophies to the first Metros male and female at the Presentation of Awards Evening.

Always a gentleman, he will be greatly missed to all who knew him.

Pat Jackson

Fond Memories of Graham Haddon

Back in the spring of 1990 I enjoyed my first Tuesday evening training run with Metros. In those distant days we were briefly based in Pinner Village Hall and refreshed ourselves in a nearby pub after our exercise. As I approached the bar I recall one well-meaning Metros man advising me not to enter into conversation with a certain white-haired runner who was eagerly downing the first of his evening pints. Apparently this person would bore me to tears talking about all his many and varied illnesses. Heeding this warning, it was some time later before I became properly acquainted with Graham Haddon and developed a friendship with this extraordinary and wonderfully warm personality.

Sure enough, Graham did seem to delight in telling everyone about his illnesses and regular visits to Hillingdon hospital, but he always did so in an entertaining way that often belied the seriousness of his condition. It was hard to understand how he could be so ill and yet such a formidable runner, particularly at cross country. In the early 1990s Graham would often turn up for a race shortly after a medical appointment and amuse us by explaining that he always knew when he was about to be called to see the consultant as he would see two people struggling to push the heavily-laden trolley that bore his medical notes. He would go on to describe his latest illnesses and how his medical condition was baffling the most experienced doctors. Indeed so frequent were his hospital visits that he felt entitled to suggest how 'his' room in the Fleming ward should be redecorated.

Listening to all this was somewhat exhausting before a race and we were amazed that anyone so ill could even stand up. But then the race would start and Graham would surprise us further by charging off up a muddy hill at sub-6-minute-mile pace, leaving most of the field in his wake.

As well as being superb at cross country, Graham was a fine marathon runner and also completed the gruelling South Downs 80 – a remarkable feat of both stamina and navigation. Nevertheless one of his proudest achievements was being recorded in the official results of a Harrow half marathon as finishing second lady! How he managed to continue running competitively for so long, in spite of all his health problems, is testament to his high level of fitness and possibly also to the energising and preservative qualities of London Pride and other top ales.

Sadly, Graham's poor health eventually meant he could no longer run. At that point he could have just gone to the pub and forgotten all about Metros. Instead, he went to the pub and considered all the ways he could continue to support the club. This included leading Saturday morning training sessions in Roxbourne Park, coordinating the LRRC Trophy competition and marshalling at every opportunity.

Being a keen walker, Graham also contributed enormously to social activities. On many occasions, he and Henry Pickford guided me and many other Metros through beautiful countryside and introduced us to some terrific pubs along the way (all thoroughly researched beforehand, of course). Often these strolls took place on a Sunday and Graham's pace would noticeably quicken as we approached the first pub just before midday. His timing was impeccable, arriving at the front door barely 30 seconds before the prescribed opening time. There he would stomp up and down impatiently waiting for the landlord to open up, whereupon he would dash straight towards the hand pumps, But a few steps short of the bar he would suddenly remember his manners, stop abruptly and say to the person behind him 'After you, I insist.' Of course, after such a spontaneous show of self-restraint and courtesy, it seemed churlish not to offer to buy him a pint. Being a proper gentleman, he would naturally reciprocate later on.

All who knew Graham appreciated his ready sense of humour, which was often aimed just as much at himself as at many of his companions. For example, many years ago, he recounted how his photo had been rejected by the Passport Office. In those days, you had to be photographed against a white wall and Graham's pallor meant that he blended almost completely with the background, with just small dark patches for his eyes and nostrils. My navigational abilities were the subject of his wit many times and I am very sad that there will no longer be any friendly banter between us.

A longstanding friend and true Metros legend has departed and will be greatly missed.

Dave Young



THREE MEMORIES OF GRAHAM HADDON

My First – After joining the club I heard about this man running the South Downs 80 with other members of the club - from Brian Shouler and Jim Giles I believe. For me, coming from short work only, it was very hard to comprehend.

My Second – Was the frustration he caused one by chasing him over the cross country courses on Saturday and Sunday leagues at that time. I never did succeed in getting past him as his running on grass was his speciality and I learned a lot by simply watching.

My Third – This was the guidance in taking me, plus Al Scoffham and Chris Roome on the coast to coast walk from St Bees Head, Cumbria to Robin Hood's Bay, Yorkshire. The booking of hotels, pubs, B&Bs and youth hostels, plus the map reading, gave me the best holiday of my life and I shall never forget it. Thank you Graham.

One Extra One – His sleeping prowess was second to none. Anytime and anywhere he could carry out this task effortlessly - buses, trains, hotels, pubs and, best of all in his own words, a Court Room. He was the court usher at the time (true) he said he had to be woken up for the cases!

Bob Manning



SOME RECOLLECTIONS OF MY GOOD FRIEND, THE LATE GRAHAM HADDON

Firstly, I did not know Graham in his early days at the club as I joined in November 1990 and Graham had been a founding member from about 1980-81. Therefore, I missed his heyday of running when, I understand, he was of quite a high standard, particularly over the country. This can be illustrated by his 1hr 48 minutes over the tough Combe Gibbet event in early Spring, an approximate distance of 16 miles cross country and his 3hrs 41 mins for the Seven Sisters marathon (now Beachy Head). Both these set when well in his forties as a vet! The later time stood as a club record for a number of years until Gordon Swindles, one of our very top runners, beat it as a vet much later on with around 3hrs 5 mins.

He was also no slouch on the road with times around 62-63 minutes for 10 miles, 3hrs 6 mins for the marathon and just over 80 mins for the half marathon. I wish I had been in the club to race with him in those days.

Graham's competitive running came mostly to an end by the end of the 1980s when he contracted ME which stopped him competing at a high level and reduced him to very slow almost jogging pace over the next few years. However, he was now able to concentrate more on long distance walking and a number of fellow Metros, including myself, joined him on a number of these outings.

We also had a love of Real Ale and the common interest kept us walking and drinking for many years before his final year or so.

After my retirement in 1996, Graham, as a superb leader and map reader, organised five walking holidays in this country all over two weeks and around 200 miles in length. The first in 1996 was the famous Wainwright walk 'Coast to Coast' from St Bees Head in the West to Robin Hood Bay in the East via the Lake District and over the Pennines and Yorkshire National Park. The other walkers were Bob Manning (who drove us up there and back) and Al Scoffham. Graham, with help from Al with the map reading, got us all there safely.

Next up in 1997 was the Pembrokeshire Coast walk in Wales which starts near Cardigan Bay and finishes just to the south side of Tenby. This time the walkers were Graham (skipper), Al Scoffham and myself - another superb walk and holiday.

The next three fortnightly holidays in 1998, 1999 and 2000 were on the South West Coastal path from Minehead in Somerset to Poole in Dorset – 620 miles in all. This was split into approximately 200 mile legs and the walkers were the same three for 1998 and 1999 but Al Scoffham could not make 2000 and it was just Graham and I who did this leg. 1998 was Minehead to St Ives in Cornwall, 1999 was St Ives to Plymouth in Devon and the last was Plymouth to Weymouth.

Graham and I had to come home early on the Thursday for appointments so were unable to complete the walk at Poole. However, we went back in 2005 and had a week's holiday to complete the section from Weymouth to Poole, although we did it in reverse.

Graham organised and sorted out all the details of these walks and I will always be grateful to him for that as my poor eyesight doesn't allow me to read maps. We had many holidays in the Lake District between 2000 and 2010 mostly organised by Graham and Henry Pickford.

We are all going to miss him badly particularly when out walking or enjoying a fine pint of real ale. A great guy, wonderfully even tempered and he bore all his health problems with fortitude and good humour. R.I.P. old pal.

Chris Roome



Old Harry Rocks,
Dorset Coast

Metros Marathon Week



Metros Marathon Week is taking place this year from Fri 24th June to Tues 28th June, with events as follows:

Friday 24th June	7.15pm or 7.45pm	10km up/down/around Harrow Hill
Saturday 25th June	8.45am or 9.15am	4.195(ish)km beach run at Ruislip Lido
Sunday 26th June	9.30am	10km run in Ruislip Woods
Monday 27th June	7.15pm or 7.45pm	5km at Kings College Road cinder track
Tuesday 28th June	7.15pm or 7.45pm	13km road run from Lowlands Tennis Club

There is no charge for entering this event but all entrants must be members of Metros Running Club, and must be 18 years or over. We'll publish an entry form in the next edition of Metrolines and start taking entrants after Harrow Hill Race has taken place. In the meantime, if you have any questions you can contact Peter and Mandy by email to metrosmarathonweek@yahoo.co.uk.

Peter and Mandy Beuselinck

save the
date!

Following the successful inaugural 24 hour track relay in 2015, Marlow Striders have asked Metros to get involved in the 2016 event.

They are still in the planning stages, but the date to save if you are interested is Friday 17th June from 1900h through to the same time on Saturday 18th.

The format will be the same – money will be raised for charity by runners signing up for one or more of 48 half hour slots then clocking up as many laps of a running track as they can in that half hour. There were also a number of “spot” competitions, raffles and many other activities to keep the fun going over the 24 hours and to raise ££££s for the chosen charity.

We had nearly 30 Metros enter last year and competition with other clubs was fierce, especially towards the end when we realised that after a day of running the top three teams were separated by only a couple of laps.

More information will be published when available – I hope to see a good Metros turn out yet again this year.

Mandy Beuselinck



Achievements

Well done to ...

Debbie Lewis for her 1st 10K on New Year's Day

John Norris for a 10K PB at the Athenry 10K on Boxing Day



Boris's first 5 mile event
Ashridge Cannicross





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 selling fast!
Don't miss out! Buy Now!**

Contact Carole Wells
or Mike Ransome
Email: mw49ran@gmail.com

Here are some handy hints for those Metros who are embarking on the training for the London marathon – or any other marathon. It is an excerpt from

Never Hit a Jellyfish with a spade by Guy Browning

How to run a marathon

Occasionally you'll see people doing a strange sport called backwards stair climbing. This is what happens the day after you've run a marathon because you've got hamstrings longer than a double bass.

Dressing correctly is vital for a marathon and everything should be chosen to maximize cooling and minimize energy loss. Which is why, if you're plodding round in your high-tech, high-cost running gear, it's incredibly galling when someone roars past dressed in a six-foot chicken costume and carrying a bucket of loose change.

Getting water on board is vitally important and most people drink many pints before they even start. This, combined with the very real excitement at the beginning of the race, means that shortly after the start you have about ten thousand people stopping for a pee. Strangely, they never show this on the TV. On the way round, don't make the mistake of thinking that you can pick up water on the run. You can't pick up your tea at home on the run, so don't try it during a race; you'll just end up soaking yourself and then, when you try and drink it on the move, you'll spend five minutes choking yourself to death.

During the race liquids are vital but not solids – which is why you have mixed feelings about kindly spectators who hold out sweets, toasted sandwiches and traditional Sunday roasts. If your body does run out of energy, you hit something called the wall. This happens at around twenty miles (or earlier if you don't look where you are going.) The wall is where you start burning parts of your body that are normally left for furnishing – like fat and muscle. There is another bit that starts to get burnt away, and that is your will to live. Which is why during the first twenty miles of a marathon you can enjoy the scenery and the last six miles are like running in a small cupboard marked 'pain'.

At the end of a marathon you're generally so whacked you decide not to lift your arms at the finishing line because it involves too much energy. There's usually an automatic photo taken of you crossing the line and the expression on your face is probably the closest you'll ever get to seeing what you look like first thing in the morning. Then the feeling of physical achievement sets in and you can start telling everybody what a supreme physical specimen you are (as long as they're not upstairs).

Kath Donaldson



I don't run races anymore. If I did I would win my age group almost every time. That's because for the majority of events I'd be the only one in it. You don't see V70 prizes in races. It's understandable not giving a prize where there's a category of only one! Maybe you will in the future as more runners compete for longer.

I gave up racing, not through injury or illness or the like, but because races got just too expensive for a pensioner like me. They don't have any senior citizens discount that I've ever seen. Joining England Athletics, or whatever it's called this week, adds to the expense I just can't afford.

Changing your running shoes every 250 miles as is recommended- not a chance! Mine have been going for 6 years and they're still feel ok even if they might be doing me harm or failing to perform to their maximum effectiveness. You can't get a pair of running shoes for under £50, probably £60 now.

I can remember paying under £20 for my Hi-Tec Silver Shadows (anyone else remember them?). They did the job admirably. I only stopped wearing them because the heel at the outside had worn away. If I get round to needing a new pair now I'll have to call on the juniors in the family to buy a pair on-line for me, probably last year's colour scheme, hopefully discounted, or for Christmas or a birthday.

At my peak, in the 1980s, I was averaging 60 miles a week. Even then, when I was working, I didn't change my shoes every 5 weeks. Ridiculous. If technology can go down in price, why do running shoe prices go up? At the time I bought those Silver Shadows the price of a video recorder was almost £500, yet they were less than £100 just a few years later.

That North London half marathon is a race that I'd love to try once, but it's just too expensive for the distance. Half the entry fee would still be costly. It goes around a lot of the streets I used to run around back in the 80s. The race around central London and through the major parks is another overpriced event. The frau keeps a tight rein on the purse-strings at chateau Roxeth, I could never pull the wool over her eyes to run either of them. I have to plead for the cash for a couple of pints at the local Weatherspoons and only there as it's the cheapest pub (chain). That's life.

Roxeth

Results and Reports

PB 10k Ireland

My wife Bernie & I travelled home for Christmas and I just couldn't wait to run the Athenry 10k Co. Galway Ireland on Boxing Day or as it's known in Ireland St. Stephens Day with several family members plus 1150 other keen runners.

Naturally the rivalry was pretty fierce amongst my brother in laws as we all wanted to come first and we only get to race together twice a year. While on holiday it rained solid for two weeks, everyone we visited offered us mountains of food & alcohol, but I had a race on my mind. Therefore, on Christmas Day I tried only to eat a small dinner & avoid alcohol completely. Everyone kept asking why I wasn't drinking or eating desert, but all I could think about was going for a PB.

The Athenry 10k is well known for going ahead no matter what the weather conditions, ice, snow etc so this time it was no shock when the organisers announced there was flooding in three parts of the course from 6-8k, they advised sticking to the edge of the road where the water was just above our ankles, so avoiding getting wet was going to be impossible, I had been training hard & the 1st k was up hill and I wasn't going to let some water slow me down. However, when I actually got to the first large pool of water many runners were stopped, others were jumping fences in people's front gardens in an effort to stay dry, but I remembered the advice of Brett "if you see water, just go straight through the middle" so that's what I did from there on everyone was making a strange squelching noise, but wet feet was just unavoidable. The finish line was under a beautiful Stone Arch, where as tradition everyone is given a warm woolly hat and the colour is always a closely guarded secret until you cross the finish line and this year it was pink. Great fun!

42.36 John Norris (PB)

54.57 Bernie Conway Norris



5k Race - 21 November 2015

Position	Name	Time	
1	Brett Rafferty	20.34	62.88%
2	Christopher Hudson	20.56	73.07%
3	Andrew Fox	22.29	66.67%
4	Steve Paull	22.51	71.44%
5	Dave Young	23.03	70.20%
6	Russell Hewlett	25.10	55.06%
7	Tian Hollingshead	26.59	52.59%
8	Hilary Lemon	27.26	70.72%
9	Mike Ransome	27.34	61.41%
10	Kyie Hollingshead	28.49	51.60%
11	Marion Rogan	30.04	69.51%
12	Errol Clarke	30.49	48.64%
13	Joe Millbery	32.04	47.70%
14	David Brown	32.15	52.98%
15	Raquel Russel-Ponte	32.29	70.86%
16	Kath Donaldson	32.30	66.31%
17	Angela Murphy	32.31	63.30%
18	Barbara Reading	33.04	65.17%
19	Janice Newman	33.36	67.36%
20	Carole Wells	33.36	51.84%
21	Teresa Young	33.52	54.18%
22	Amanda Hardy	34.13	47.35%
23	Irene Paull	34.33	53.84%
24	Mark Lemon	34.36	45.78%
25	Julie Smith	36.12	47.47%
26	Patricia Hewlett	36.53	43.92%
27	Sam Millbery	39.07	43.51%
28	Claire Millbery	39.13	39.23%
29	Gladys De-Groot	44.22	46.39%
30	Anne Leigh	44.36	54.37%
31	Jeanne Coker	49.30	51.75%

The last 5k race of 2015 was held on a day which started with sleet, heavy rain, high winds and very cold. Luckily it improved for the runners in time for the start.

Well done to those hardy Metros who braved the weather.

Our thanks to Jane H, Teresa, Marion and Andy for their help.

Thanks to all Metros who have taken part in 2015 and we look forward to a good field on Saturday 20th February 2016.

Best wishes for Christmas and the New Year

Marilyn and Henry

10K Challenge - 2nd January 2016

Runner Name	Age Grading	Mins:Secs
Nigel Rackham	82.24%	38:15
Steve Paull	73.97%	45:56
Pauline Bishop	73.34%	56:38
Dave Young	70.98%	47:27
Kath Donaldson	70.16%	64:00
Caroline Day-Lewis	69.15%	48:31
Sarah Belchier	68.11%	44:32
Jane Hudson	65.23%	56:54
Simon Abery	64.47%	48:00
Irene Paull	62.33%	61:11
Mike Ransome	59.48%	57:38
Tiziana Spotti	56.37%	66:44
Judy Rackham	56.25%	65:59
Julia Allen	55.07%	61:37
Anne Ambrose	53.77%	71:53
Nicola Rochford	53.18%	62:24
Steph White	53.06%	73:53
Anne Nola	53.00%	60:53
Ruth Tidder	52.83%	61:37
Emma Rackham	51.43%	58:59
Nagendra Bisht	50.94%	57:56
Penny Hudson	49.48%	74:00
Julie Smith	49.33%	71:25
Kevin Eckersley	46.89%	71:12
Jonathan Pang	43.79%	64:24
Hema Thakur	42.57%	77:57
Rangah Niranchaman	41.70%	72:54

Sunday 15th November 2015

Long Ducker (Harrow School Bill Yard to Royal Albert Hall and back again)

Gertrud Porter 3:16:29

Wot no Watch – Saturday 19th December 2015

Name	Predicted	Actual	Difference
Anne Nola	7:35	7:34:81	0.19
Simon Aberly	6:30	6:29:61	0.39
Janice Newman	8:40	8:40:41	0.41
Mike Ransome	8:40	8:40:41	0.41
Thomas Collier	7:00	6:58	2
Dave Young	7:00	7:03	3
Ruth Tidder	9:00	9:05	5
Evie Wallis	8:00	7:53	7
Eilish Fernandez	11:00	11:10	10
Peter Jose	7:30	7:20	10
Judy Rackham	8:43	8:54	11
Steph White	10:00	9:48	12
Kath Donaldson	9:00	9:13	13
Peter Jose	7:30	7:44	14
Karen Collier	8:20	8:35	15
Juliette Nola	7:40	7:25	15
Chris Shearwood	5:35	5:51	16
Andrew Collier	8:45	8:29	16
Caroline Day-Lewis	6:57	6:39	18
Anne Ambrose	9:30	9:50	20
Jeanne Coker	15:00	14:40	20
Mason Murray	9:50	9:24	24
Dave Brown	9:50	9:25	25
Kyie Hollingshead	8:15	7:50	25
Arnold Glickman	9:30	9:04	26
Linda Gaitskill	10:00	10:27	27
Chris Shearwood	10:00	10:27	27
Raquel Russel Ponte	9:50	9:19	31
Janice Newman	8:35	9:08	33
Errol Clarke	8:35	9:08	33
Meera Tanner	10:30	9:56	34
Julie Smith	9:00	9:34	34
Tiziana Spotti	8:45	9:19	34
Jo Collier	9:30	10:05	35
Tiziana Spotti	8:45	9:20	35
Arnold Glickman	9:30	8:53	37
Jane Hudson	9:00	8:22	38
Tian Hollingshead	7:10	6:32	38
Debbie Lewis	10:00	10:40	40
Kevin Eckersley	10:00	9:20	40
Natalie Tidder	9:00	8:19	41

Irene Paull	9:02	8:38	42
Anne Leigh	12:13	13:00	47
Debbie Moynihan	10:30	11:20	50
Ian Bocock	10:30	11:25	55
Gladys de Groot	10:15	11:10	55
James Collier	9:00	7:57	63
Carlo Day-Lewis	9:00	7:54	66
Penny Hudson	11:00	9:49	71
Richard Hayward	9:00	7:39	81
Mina Boroujerdi	10:00	11:34	94
Jonathan Pang	9:00	7:24	96

A day of mixed fortunes, with 3 runners achieving their predicted time. Well done to Anne Nola, Simon Aberly and Janice Newman (guided by Mike Ransome) and on any other Saturday morning Thomas Collier might have won the trophy for being within two seconds of his predicted time. At the other end of the scale 6 runners were out by over a minute, most because they ran too fast.

Teresa

New Year's Day 10K - 1st January 2016

124	Sarah Belchier	0:44:19
137	Russell Hewlett	0:44:56
270	Sonny Peart	0:52:00
458	Geraldine Gill	1:04:14
464	Gertrud Porter	1:04:53
495	Patricia Hewlett	1:11:19
499	Richard Hayward	1:12:56
500	Debbie Lewis	1:12:56

Wot No Watch - 16th January 2106

Name	Predicted	Actual	Difference
Simon Abery	06:25	06:25	0
Ian Bockock	11:00	11:00	0
Caroline Day-Lewis	06:45	06:44	1
Janice Newman (Mike Ransome)	08:39	08:40	1
Kath Donaldson	09:00	09:02	2
Dave Brown	12:00	11:53	3
Jeanne Coker	14:40	14:37	3
Nigel Rackham	05:15	05:18	3
Marion Rogan	08:25	08:29	4
Linda Gaitskill (Steve Alder)	10:00	10:04	4
Nagendra Bisht	07:00	07:04	4
Julia Allen	08:10	08:05	5
Arnold Glickman	09:30	09:24	6
Linda Gaitskill (Steve Alder)	10:00	10:07	7
Hillarie Lemon	08:40	08:32	8
Debbie Moynihan	10:30	10:21	9
Irene Paull	09:00	08:51	9
Steve Paull	06:30	06:21	9
Errol Clarke	08:35	08:25	10
Judy Rackham	09:00	08:50	10
Dave Young	07:00	06:50	10
Adam Leary	06:20	06:30	10
Penny Hudson	09:30	09:19	11
Sam Millbery	09:00	08:48	12
Karen Leary	08:10	08:22	12
Anne Ambrose	09:03	09:17	14
Ceri Jacob	08:00	08:14	14
Mark Lemon	08:45	09:01	16
Elish Fernandez	10:00	09:42	18
Anne Nola	07:40	07:59	19
Rangah Niranchaman	08:30	08:51	21
Natalie Tidder	08:40	07:58	22
Karen Collier	08:20	08:42	22
Alistair John	08:30	08:05	25
Kyie Hollingshead	08:00	08:27	27
Raquel Russel Ponte	09:25	10:02	27
Janice Newman (Julia Allen)	08:40	09:08	28
Steph White	09:50	09:18	32
Alistair John	07:30	06:53	33
Claire Millbery	08:50	09:33	43

Kevin Eckersley	10:00	09:15	45
Jane Hudson	08:20	07:34	46
Tian Hollingshead	07:10	06:24	46
Jaden Stock-Lewis	07:17	08:04	47
Julie Smith	08:50	09:41	51
Barbara Reading	09:00	09:55	55
Emma Rackham	08:50	07:53	57
Ruth Tidder	09:00	08:01	59
Gladys de Groot	10:15	11:16	61
Joe Millbery	08:00	09:14	74
Debbie Lewis	12:00	10:36	84
Arnold Glickman	09:30	07:59	91
Ku Samra	12:00	10:03	177

Missing "Wot no Watch Trophy".

On Saturday 18th July 2015 did you win the "Wot no Watch" trophy?

Unfortunately I timed the event in the morning and then went away for the weekend and never typed up the results for publication in Metrolines. There was no event in August (5K Challenge) or September (Park Run Mob match). I was then away in October and Angela kindly timed the event, but there was no trophy to award. In November there was another 5K Challenge, so I only found out at the December event that the trophy is missing.

Is it on your trophy shelf?

Thanks

Teresa Young



Thames Valley XC 2015/16

(some results still provisional – see website & contact Al with queries)

Datchet - 15th November 2015

Pos	Time	Name	Cat	Male Score	Female Score
107	00:40:15	Brett Rafferty	MS	94	-
125	00:40:51	Kevin Smart	MV	109	-
133	00:41:07	John Norris	MS	116	-
193	00:43:11	Ian Birch	MV	163	-
213	00:43:59	Russell Hewlett	MV	174	-
243	00:45:12	Donna Warren	FV	-	46
277	00:46:50	Jonny Jackson	MV	208	-
295	00:47:34	Tracey Tyrrell	FS	-	64
337	00:49:25	Sue Park	FVG	-	-
407	00:52:56	Tian Hollingshead	MS	269	-
408	00:53:04	Ann Lavers	FV	-	114
414	00:53:31	Linda Dunne	FV	-	116
431	00:54:17	Nicolle Duminy	FVG	-	-
432	00:54:19	Jackie Bowles	FV	-	127
440	00:55:05	Glyn Watkins	MS	276	-
455	00:55:52	Caprice Beggs	FV	-	143
459	00:55:59	Peter Hoon	MV	282	-
473	00:58:12	Julia Allen	FV	-	153
484	00:59:09	Dave Brown	MV	293	-
493	01:00:24	Annie Birch	FV	-	161
501	01:01:08	Carole Wells	FV	-	167
502	01:01:21	Gordon Valentine	MV	299	-
504	01:01:41	Marilyn Pickford	FV	-	169
511	01:02:01	Kath Donaldson	FV	-	175
512	01:02:02	Raquel Russel-Ponte	FV	-	176
523	01:03:22	Geraldine Gill	FVK	-	-

524	01:03:34	Angela Murphy	FV	-	185
529	01:07:00	Tiziana Spotti	FV	-	189

Sandhurst - 22nd November 2015

Position	Time	Name	Cat	Male Score	Female Score
124	00:37:53	Brett Rafferty	MS	116	-
158	00:39:16	Kevin Smart	MV	141	-
182	00:40:28	Andy Fox	MV	159	-
228	00:42:20	Donna Warren	FV	-	41
268	00:44:41	Tracey Tyrrell	FS	-	53
309	00:45:57	Tian Hollingshead	MS	237	-
395	00:50:48	Ann Lavers	FV	-	120
396	00:50:53	Jackie Bowles	FV	-	121
409	00:51:35	Glyn Watkins	MS	283	-
418	00:52:22	Peter Hoon	MV	286	-
427	00:53:27	Jason Bowles	MV	288	-
461	00:57:31	Dave Brown	MV	300	-
463	00:57:33	Marilyn Pickford	FV	-	163
477	00:59:33	Carole Wells	FV	-	174

Handy Cross - 29th November 2015

Position	Time	Name	Cat	Male Score	Female Score
12	00:35:25	Nigel Rackham	MV	12	-
134	00:44:48	Kevin Smart	MV	113	-
137	00:45:03	Ian Birch	MV	114	-
181	00:47:35	Donna Warren	FV	-	33
183	00:47:43	Russell Hewlett	MV	142	-
231	00:51:30	Glyn Watkins	MS	171	-
250	00:53:02	Tian Hollingshead	MS	184	-
315	00:57:31	Peter Hoon	MV	213	-
331	01:00:37	Jackie Bowles	FV	-	99
340	01:02:19	Annie Birch	FV	-	105
344	01:03:15	Dave Brown	MV	222	-
347	01:03:33	Raquel Russell-Ponte	FV	-	108
366	01:08:02	Carole Wells	FV	-	123
368	01:08:44	Kath Donaldson	FV	-	125
370	01:10:58	Angela Murphy	FV	-	127
374	01:13:52	Tiziana Spotti	FV	-	129

Metros - 13th December 2015

Position	Time	Name	Cat	Male Score	Female Score
60	00:45:00	Nathan Powell	MV	55	-
87	00:47:05	Jonny Jackson	MV	78	-
108	00:48:20	Kevin Smart	MV	95	-
110	00:48:23	Ian Birch	MV	97	-
117	00:48:45	Russell Hewlett	MV	99	-
162	00:53:10	David Young	MV	130	-
166	00:53:36	Donna Warren	FV	-	34
185	00:55:02	Tian Hollingshead	MS	140	-
199	00:57:04	Sue Park	FVG	-	-
201	00:57:09	Tracey Tyrrell	FS	-	49
225	00:59:51	Louise O'Reilly	FV	-	62
232	01:01:17	Spencer Millbery	MV	161	-
239	01:02:32	Lisa Snell	FVG	-	-
241	01:03:05	Linda Dunne	FV	-	71
254	01:04:33	Jackie Bowles	FV	-	76
257	01:04:49	Terry Burke	MV	172	-
263	01:05:50	Jason Bowles	MV	176	-
269	01:08:18	Dave Brown	MV	179	-
274	01:08:58	Annie Birch	FV	-	87
276	01:10:12	Marilyn Pickford	FV	-	89
286	01:12:10	Kath Donaldson	FV	-	96
292	01:13:11	Raquel Russell-Ponte	FV	-	100
296	01:15:41	Carole Wells	FV	-	103
299	01:18:07	Veronica Georgescu	FV	-	104
301	01:23:15	Tiziana Spotti	FV	-	106

Bracknell Forest Runners - 17th January 2016

Position	Time	Name	Cat	Male Score	Female Score
148	00:46:07	Kevin Smart	MV	124	-
166	00:47:22	Jonny Jackson	MVK	-	-
248	00:53:30	Tracey Tyrrell	FS	-	55
253	00:53:47	Tian Hollingshead	MS	183	-
314	00:59:04	Jackie Bowles	FV	-	86
315	00:59:06	Glyn Watkins	MS	214	-
318	00:59:15	Terry Burke	MV	216	-
363	01:06:41	Marilyn Pickford	FV	-	117
380	01:10:22	Angela Murphy	FV	-	129
385	01:11:24	Kath Donaldson	FV	-	133
391	01:12:44	Raquel Russell-Ponte	FV	-	137
400	01:17:53	Dave Brown	MV	241	-



TVXC - Bracknell Forest
17.1.2016

Nelson Striders Half Marathon and 10K - 17 January 2016



These races are organised by Nelson Striders who were formed in 1987. They meet on Tuesday and Thursday evenings and at weekends at 7.30 a.m. The early start for the Striders' weekend runs might be accounted for by the average high temperature in the shade (certainly in January and February) being over 22°C. They organise trail races, 5K, 10K, half marathons and triathlons as well as summer series, on-road and off-road. There's no park run here but they do a something similar, starting from a pub, where they all have a drink afterwards.

The city of Nelson itself (it has a cathedral) was named in honour of the hero of Trafalgar and many roads and public areas around the city are named after people and ships associated with that famous sea battle. The area was settled by Maori about 700 years ago and they call it "Whakatū". It is the second-oldest settled city in New Zealand, and the oldest in the South Island. Nelson is well known for its thriving local arts and crafts scene, including the annual Wearable Art Awards - an eponymous local museum now showcases winning designs alongside a collection of classic cars. I am also reminded (and can attest) that Nelson is the craft beer capital of New Zealand.

Gillian and I were in New Zealand where we spent the second part of our honeymoon a year ago (readers might recall that the first part involved my taking part in the Lake Coniston Trail Marathon). This trip to New Zealand was to be much longer - six weeks away (taking in a final few days in Singapore in addition, as we also briefly did last year). We only explored the North Island last time and, as there is also much stunning scenery in the South Island, we were to spend about three weeks there too. I missed out on the opportunity to race in New Zealand last year, even the (fairly) local parkrun, and resolved not to miss out this time. Gillian found two races, this half marathon and another 10K in Botany near Auckland where, apart from our jaunt down south, we were staying with Gillian's brother and sister-in-law. We would also do their local park run at Botany as well as the one at Christchurch.

The route of the Nelson race is an out-and-back course along the picturesque Maitai Valley Road. Combining elements of Metros' own 5-mile handicap and Wot No Watch events, the Half Marathon has staggered start times so that competitors

finish around 10:30 a.m. with prizes for the those who finish closest to their estimated time (down to the second) - no watches are allowed for the event. Since the race started, there has only been one exact time prediction, the average winner being 4.35 seconds out, which is not bad over 13.1 miles.

The event was inspired by seven members of the Nelson Striders running club who made international press when out for their Sunday morning run up the Maitai Valley in 1994. As Kirsty Fyfe wrote in the Nelson Evening Mail (10 August 1994), the runners saw a wild boar on the opposite side of the river and, when it saw them, it swam the river and gave chase, with the group scrambling up a bank to avoid it. Maitai Dam caretaker Trevor Ruffell couldn't quite believe what he saw when he arrived on the scene in his utility vehicle ("ute") with his sheepdog on the back. "I saw all these joggers waving at me and thought they wanted a lift, but then saw this frenzied boar and realised they were in big trouble."

After ramming the 54kg boar with his ute's bull bar, he grabbed his .22 rifle - but not before his dog had bailed the pig up - keeping it in place by barking at it. "The dog chased him down to the river where I shot him between the eyes, but he didn't flinch." The boar then ripped the dog through the shoulder with its tusks and tried to charge up the opposite side of the bank. Mr Ruffell grabbed it by the tail and back leg and drowned it in the river with his bare hands, saying "He was pretty tired by then."

Striders Marie Lenting and Averil West said the incident was exciting rather than terrifying and could not believe that the boar actually swam a river to chase them, especially so close to town. Mrs West said that she knew how it felt to be a clown in a bullfight and Mrs Lenting said it had given them "an awesome buzz", forcing them into a sprint after the boar got within a couple of metres of them. "We had to climb up a steep bank and cling to the sides while the caretaker chased the boar for us."



The incident has gone down in Nelson Striders' history, as the boar's jaw has been mounted as the famous Trevor Ruffell Tusk Trophy (aka The Boar's Jaw) for the closest finisher to their estimate for this race. Pork roasts, ham steaks and bacon stacks are also among the prize pool.

My predicted of time of 1:30 put me in the 1.25-1.45 starting bracket meaning a start time of 8.55 a.m.

We were staying at Collingwood Manor, a "beautiful character villa" built in the 1890's, five minutes' walk from Nelson City Centre and little further to the start of

the race at Branford Park on the eastern fringes of the city. The previous day we had walked to find the park and had then climbed to “the centre of New Zealand” on nearby Botanical Hill.

It has been suggested that the actual geographical centre of New Zealand is a patch of unremarkable dense scrub in a forest in the Spooner Range, about 55km to the south-west, but Botanical Hill’s claim probably arises from the trig station there being the first place from which surveys of the South Island were done and the fact that the local administrative area is more-or-less in the centre of the country’s other administrative areas on the map New Zealand.

There were wonderful views over the city in one direction and, in the other, a taste of the race route as it wound its way up the Maitai Valley (see below).

We were to arrive at Branford Park at least 30 minutes prior to our scheduled start



time where we would be given our race numbers. The organisers’ pre-race e-mail stated that I would be able to view who else was in my start wave on the competitor list later this week. The total field numbered 73; my wave consisted of 11 runners and the final wave (sub-85 mins) numbered 4.



Gill and I were up bright and early and had a light breakfast before setting off for Branford Park. The inflatable start/finish gantry was easily found and the 8.35 departees were about to be given their race briefing by the organisers. Gill and I took photos whilst we waited for my start time.

The Road basically leads up the Maitai Valley alongside the eponymous river and ends at a dam. It has no through traffic and would be largely car-free but, even so, we were to keep to the river side of the road. The road would start off surfaced but become gravel in time. We should not drop our water cups and the halfway

point might be manned by one of the organisers whom his club mates should feel free to insult. Any watches were dutifully left on the organisers' table.

Our briefing had only just finished and we were off, all eleven of us. I fell into second place to start with and the incline was gradual at first.



We left the 50kph zone of Nelson's outskirts before long and passed a golf club and campsite, occasionally crossing and re-crossing the river which, at this time of year, is far from being in full flood and is strewn with rocks and boulders; there are deeper pools which can be swum and we saw some folk doing so down by the start area on the previous

day. The commonest plant life around the river's edge is toetoe grass (a Maori word, pronounced "toitoi"), a tall grass native to New Zealand, related to pampas grass.

I'll get my excuses in - I had been having a few achilles problems and had also only just got over a cold picked up over Christmas. I had however managed three 90-minute training runs whilst here in New Zealand so was far from unfit. I fell back to fifth place as our group's front-runner, another chap and two ladies pulled away from me, although not getting out of sight.

The river kept us company as the road twisted up the valley. The steep hills alternately left the road in shade or allowed us to run in the strengthening sun - a few days earlier the forecast had been for rain but the whole day stayed fine and warm. We had our first water station and, soon after the campsite, the road became gravel.

Without a watch and with the relentless incline, it was difficult to calculate when the halfway point would appear. We passed slower runners and walkers from earlier start-waves and then encountered the first runners on the return leg. Eventually, rounding a pretty, if rugged, bend in the river I saw the front runner of our group coming towards me and after the other three of our group had also passed me on their return I saw the traffic cone marking the end of the outward stage and rounded it to start my return.

I have no idea how much we had climbed but the descent, even with tiring legs was easier. We were now overtaking plenty of the earlier waves of runners and another of my group's ladies caught me up. She asked what time I had predicted and I said 1:30 in a fit of optimism; she had predicted 1:37. We kept apace for a

few miles and she, too, accelerated away from me. We were, however, near the end and I saw the 50kph speed limit sign denoting our return to the suburbs. A couple of speedy chaps from the final wave stormed past me but we were now at Branford Park and I saw Gill ahead photographing my return and the finishing gantry.



Gill reckoned that I had done about 1:40 and, certainly, my achilles glitch had given me a somewhat leaden running style. We chatted to another Brit who had also run the race -unsurprisingly, most of the field were local kiwis (although some from the north island), but there were also entrants from Poland, America and Australia. I collected my commemorative Nelson Striders running vest (for which I had paid extra) and we returned to our B&B for me to shower and change.

Prize-giving and provisional results were to be done at 1pm at the nearby Prince Albert PH. Gill and I were the first arrivals but other runners soon arrived and we all congregated in the beer garden where the race organisers joined us. Gill sat next to last year's winner of the trophy and I can confirm that those boar's tusks look pretty mean.

10k results were done first, top ten - amazingly (in my opinion), the winner had predicted her finishing time exactly - 1:17:53; the fastest 10k time was 40:04. The winner of the Half Marathon was a mere 3 seconds out (1:30:53) and the fastest time was a draw between two runners - 1:23:18. The prizes (including spot prizes) were mostly large joints of lamb and after the second non-meat eater stepped up to collect their prize (necessitating a swap) the chap in charge said, "right, no veggies next year!" which amused Gill and me.

We sat around chatting with this friendly bunch for a while and then had a nice drive out along the coast to Mapua where we enjoyed the continuing good weather. Strangely, given the number of foreign marathons I've run, I have never run a foreign half marathon and this one was great fun. Water stations were perfectly adequate and there was no need for marshalling. I have also never run a race with so small a field and the guessing your time aspect also made for a change. I can't say when Gill and I will return to New Zealand (I know we'd both like to) and whether we'll find ourselves in Nelson again, a friendly small city, but if we are ever this way again, I'd certainly like to attempt this race once more.

Chris Shearwood

parkrun Results

Harrow

16.1.16

Brian McGrory	21:11
Mike Morris	22:00
James Buckland	23:38
Barry Nolan	25:12
Pauline Bishop	26:01

9.1.16

Brett Rafferty	20:16
Mitesh Patel	20:47
Brian McGrory	21:38
Barry Nolan	23:51
James Buckland	23:56
Graham Hart	25:26
Jackie Bowles	26:00
Pauline Bishop	26:49
Jane Hudson	27:12
Nagendra Bisht	27:12
Jason Bowles	27:45
Emma Rackham	28:28

2.1.16

Brian McGrory	21:32
Christopher Kemp	22:29
James Buckland	25:03
Sonny Peart	25:43

26:12:15

Brian McGrory	22:29
James Buckland	24:32
Errol Clarke	29:21
19:12:15	
Jonathan Evan	

Hughes 22:38

Barry Nolan	23:40
Graham Hart	25:46

Northala Fields

16.1.16

Andy Fox	21:32
Russ Hewlett	23:46

9.1.16

Andy Fox	22:27
Peter Beuselinck	27:55
Patricia Hewlett	35:16

19:12:15

Andy Fox	21:38
Russ Hewlett	22:07
Sue Davie	41:39
Wendy Mulvenna	41:39



parkrun Results

Black Park

16.1.16

Glyn Watkins 28:55

Bernard Leigh 43:42

9.1.16

Glyn Watkins 28:50

Bernard Leigh 46:42

26:12:15

Glyn Watkins 29:07

19:12:15

Jackie Bowles 26:23

Glyn Watkins 28:32

Jason Bowles 28:36

Cassiobury

16.1.16

Sasha Birkin 19:21

Simon Dadomo 25:16

2.1.16

John Norris 21:16

Barry Nolan 24:04

Bernie Conway 26:45

Richard Hayward 27:39

Salisbury

16.1.16

Terry Burke 36:57

9.1.16

Terry Burke 28:36

Aldenham

9.1.16

Max Dadomo 28:43

Sasha Birkin 28:44

Poole

9.1.16

Sue Davie 47:21

Gladstone

9.1.16

Steve Paull 21:54

26:12:15

Graham Hart 27:19

South Oxhey

Grovelands

26:12:15

Kath Donaldson 31:58

Longrun Meadow

26:12:15

Tian Hollingshead 27:20

Kyie Hollingshead 34:52

Lullingstone

26:12:15

Sasha Birkin 24:02

Sam Dadomo 29:33

Max Dadomo 29:55

Simon Dadomo 31:53

Gunnersbury

19:12:15

Donna Warren 27:33

Pomphrey Hill

2.1.16

Rebecca Walker 25:39

Well done to all those who took part in parkruns on Christmas Day and New Year's Day.



Cassiobury



South Oxhey

parkrun Results Christmas Day & New Year's Day

25.12.15

Cassiobury

James Buckland 23:31

Northala Fields

Chris Shearwood 19:53

Steve Paull 21:02

Andy Fox 21:08

Russ Hewlett 22:03

Brian McGrory 22:11

Donna Warren 22:36

Spencer Millbery 25:37

Derek Bamforth 28:30

Kath Donaldson 30:34

Carole Wells 31:04

01.01.16

South Oxhey (10.30)

Sasha Birkin 23:28

Graham Hart 29:35

Michael Morris 29:44

Mitesh Patel 29:44

Spencer Millbery 31:08

01.01.16

Cassiobury (09.00)

Sasha Birkin 19:46

Steve Paull 21:08

Michael Morris 21:18

Brian McGrory 24:31

Jane Hudson 26:49

Emma Rackham 28:40

Mitesh Patel 28:41

Spencer Millbery 28:42

Irene Paull 28:59

Nancy Morris 32:44

Gladstone (10.30)

Steve Paull 23:17

Brian McGrory 24:20

Barry Nolan 26:52

Derek Bamforth 29:53

Irene Paull 33:58

Black Park

Glyn Watkins 29:15

Boxing Day Round The Lakes 10K, Poole Park

1		0:33:22
6	Nigel Rackham	0:34:47
247	Emma Rackham	1:00:47
264	Judy Rackham	1:04:19
282	finishers - last	1:43:01



Runner's Recipes

Marmalade Bread & Butter Pudding

(serves 2)

White bread 6 slices, crusts removed

Butter 40g (1½oz), softened

Marmalade 2 tbsp

Caster sugar 2 tbsp

Sultanas 2 tbsp

Eggs 2

Milk 200ml (7fl oz)



Preheat the oven to 190°C/375°F/Gas 5
lightly butter a 600ml (1 pint) pie dish.

and

Spread the bread with butter and then with the marmalade and then cut each slice of bread into four triangles. Arrange the triangles in the prepared dish, sprinkling the layers with sugar and sultanas.

Beat the eggs and milk together in a jug, then pour into the dish. Bake in the oven for about 30 minutes until golden brown and set. Serve warm.

Cook's tips

Choose a rough-cut marmalade for added texture, or try lime marmalade, for a change. Try using other chopped dried fruits instead of sultanas.

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

NOTES OF METROS COMMITTEE MEETING

Wednesday 6 January 2016, Methodist Church, Cannon Lane at 8.00pm

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

APOLOGIES: Penny Rawlins

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 – 2 December 2015

Chairman – Mike thanked Sarah for chairing the December meeting.

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 and a meeting has been arranged. **ACTION:** Kath Donaldson/Steve Alder

Thames Valley Cross Country – It's assumed that changes to the overall scoring system had been agreed prior to the start of the season.

Jane and Al Scoffham were thanked for organizing our host fixture. They've had feedback regarding the course and intend to make changes. There was a discussion regarding comments the committee had received. Pat will precis the comments and circulate to the committee and, when approved, these will be discussed with Jane and Al. **ACTION:** Pat Jackson/Committee

First Aid – Carole will send the final draft of the policy to Mike Ransome for distribution to all co-ordinators and to Kevin Smart to update the Metros web site. Carole will also obtain a club incident form from Angela Murphy and attach to the policy. **ACTION:** Carole Wells

Barn Dance, Saturday 5 March – Mike and Carole are selling tickets which are open to all, not just members of Metros. Mike is recording the accounts for the event. It's being advertised in Metrolines and Mike will advertise on the Metros gmail group account. **ACTION:** Mike Ransome

Teresa Young has offered to help with food. Carole will liaise with Teresa, Penny Rawlins and Sandra Young. **ACTION:** Carole Wells

London Marathon –Club and Elite Runners Drinks Station Places– Peter stated that Anne Leigh needs to register receipt of a club place.

ACTION: Anne Leigh

Metros Web Site – Peter has discussed updating the Metros web site with Kevin Smart who agrees that updating would be good. Emma will send him a list of what we would like and Kevin will then decide whether he agrees to make the changes or suggests we find someone else.

ACTION: Emma Rackham/Peter Beuselinck

Summer League – Pat confirmed that Trish and Russell Hewlett have volunteered to be Race Directors this year. Pat has contacted Harrow Council regarding booking Headstone Manor Recreation Ground on 12 June.

ACTION: Pat Jackson/Trish & Russell Hewlett.

The Serpentine event in Battersea Park has been cancelled as the park is booked every Sunday. Clubs were asked if the event should be held on a Saturday but it was decided not to change from a Sunday. There will now be four instead of five fixtures this year.

Harrow Events Policy – Peter contacted Harrow Council regarding impact on Metros activities. The representative from Harrow Council has replied on e-mail stating that any new policy should not affect Metros regular training runs.

Renewal of UKA Coaching Licences – Sarah discussed with Kath Donaldson what is necessary for Kath's licence to be renewed and Kath is dealing with the renewal.

Graham Haddon RIP – Nigel confirmed that a donation had been sent to Blood Wise – the charity requested by the family.

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

Hon Vice Chairman – Sarah had nothing to report.

Hon. Secretary – Peter stated that Metros annual subscription to Middlesex County was £25, same as last year. He later confirmed that this year EA athlete affiliation will increase by £1 to £13.

Hon. Treasurer – Nigel had prepared accounts for nine months up to 31 December with a new forecast. It was agreed that the committee should review the figures and decide at the next meeting if any changes were thought necessary now or in the near future. Any recommended change to subscription rates should be raised at the AGM in May.

ACTION: Committee

Hon. Membership Secretary: One new member was confirmed: Mark O'Neill, Cardiff. Irene confirmed we now have 270 members and that subscriptions are due from 1 March.
ACTION: Irene Paull

REPORTS OF CO-ORDINATORS

Metros Kit – Pat now has Metros skull caps at £7.50 and has completed another order for hoodies and fleeces.

OTHER ITEMS

LRRC Trophies Co-ordinator – (Formerly Graham Haddon). Steve Paull volunteered to become co-ordinator and decide which events should be included and give the list to Penny Hudson for inclusion in the February Metrolines.

ACTION: Steve Paull

Track Relay – Mandy confirmed that Marlow Striders were organizing the event again this year and she and Peter volunteered to organise Metros team/s. The Committee supported Metros continued involvement.

ACTION: Mandy/Peter Beuselinck

Metros Marathon Week – Mandy and Peter volunteered to organise this again this year and Friday 24 to Tuesday 28 June was confirmed.

ACTION: Mandy/Peter Beuselinck

Harrow Hill Race – Mandy confirmed 128 entries so far which makes the event on budget. She is investigating possible finishing gifts.

ACTION: Mandy Beuselinck

The meeting finished at 9.20 pm

Date of Next Committee Meeting	Wednesday 3 February
Future Meetings	Wednesday 2 March
	Wednesday 6 April

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.

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 stock 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.