



January 2016

Issue No. 328

Happy New Year



Metros Diary

JAN

Fri 1	Serpentine New Year's Day 10K	11.00 am
Sat 2	10K Challenge, Roxbourne Park	8.50 am
Wed 6	Committee Meeting	8.00 pm
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
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	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 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	8.50 am (1K)
Wed 6	Committee Meeting	8.00 pm
Sat 16	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 24	London Marathon	

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!

We hope you all had good Christmas and New Year celebrations, and that you're looking forward to running off the excesses! There are plenty of spring events to occupy you, whether running, dancing, or otherwise. Enjoy and be inspired by the race reports in this issue.

Jane and Penny Hudson

Harrow Hill Race

Date: Sunday 14th February 2016

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



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.

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/>



Datchet



Sandhurst

Achievements

Well done to ...

Steve Paull – 1st V60 at Perivale 5.

Sasha Birkin – 1st VW35 at Perivale 5.

Linda Dunne and Nancy Morris for PBs at Perivale 5.

Linda Dunne for a PB at Ricky Road Run – 10 miles

Sasha Birkin for 1st VW40 at Serpentine Last Friday 5K on 27th November

Nigel Rackham for becoming British Masters Champion at the Newcastle Town Moor Marathon



This mail is to acknowledge receipt and thank you for your recent donation of £140 to Harrow Foodbank. This generous donation will greatly assist us in our mission to help the needy in Harrow. Please pass on our thanks to all concerned with this donation

With best wishes for the coming Christmas season

Kind regards,

Winston Wight
Admin volunteer

N.B Harrow Foodbank Admin Office/Warehouse is open Monday to Friday except Thursdays, between 10am and 3pm (subject to volunteer availability)



7th December 2015

Dear Metros Runners,

I am writing to thank you for the Christmas message donations which raised £300 for Aspire. We will also claim the Gift Aid on these donations which will boost this by a further £75.

Your support is particularly welcome at this time of year as we are currently trying to raise £20,000 to clear the waiting list for Aspire Grants. These Grants provide the funds for people with spinal cord injuries to buy essential equipment that will help them to regain their independence. Whether the applicant requires thousands of pounds to buy a lightweight wheelchair to enable them to get around more easily, or a few hundred pounds for equipment that will let them use a computer again, this funding can be vital in ensuring that they can get on with their lives. Having the right equipment can enable someone who has been paralysed by a spinal cord injury to communicate independently, return to school or work, or even retrain.

At the time of writing, there are currently 30 people on the list with the number of applications increasing each week. The majority of requests are for manual wheelchairs (which cost on average £3,500-£4,000) but due to the high demand for funding, we are rarely able to finance every application. We are hoping that the Christmas appeal will be a success and allow us to give the gift of independence this Christmas.

I hope you all had a good Christmas and wishing you all the best for 2016.

Yours sincerely,

Hannah Wyatt

Fundraising Manager

Direct Line Tel: 020 8420 6731

E-mail: hannah.wyatt@aspire.org.uk



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

Email: mw49ran@gmail.com

London Marathon 2016

This year's Metros places went to:

Water station

Donna Warren

Anne Leigh

Louise O'Reilly

Club

Nathan Powell

Congratulations to all – enjoy your training!

In what should be happy times, it's sad words from your correspondent this month. I know I wrote a bit about the funeral of a mate's dad a few months ago but I just had to write a few lines about our Graham Haddon.

At some point in your life you will become aware of your own mortality, that the time clock is ticking. The noisy timepiece hit me recently with Graham's passing. I didn't know him that well, but always admired his dry sense of humour and the quiet light-handed way he took stick from his friends. He always looked unwell, that's just the way he was.

Actually, no it wasn't. It was the fact that he was an ill man for quite a few years and was constantly going back and forth to the hospital for another blood transfusion. In all it was said he was given 300 pints of blood. Can you imagine that? To the unknowing, how does the body take it? The staff and he knew each other by their first names, probably exchanged Christmas cards, he was such a regular there.

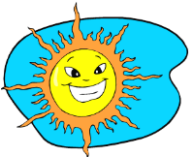
He was less than a year older than me, that made me think. Am I on borrowed time too? Us long distance runners are meant to be super fit.

Most of us old guard were at church, people that had pounded the pavements with each other and Graham maybe 30 years ago, people off the radar who had not been seen in Ruislip perhaps this decade. Like me they had more lines on the faces, thicker waistbands, less hair, stronger glasses, illnesses, injuries and the like, but ask them where and when they set their PB they'd know it down to the hundredth of a second, could name the race and who they'd beaten that day. But they were there for Graham too, because he was one of them, one of us clowns who used to go out for a 15 mile run in the most atrocious of weather "because it's what we do". I found out that one or two are healthy enough to still do that.

I sneaked in at the back of the church just as the service was starting and I didn't go afterwards. Perhaps I should have stayed longer, but I am not from his family and, as I said, Graham was not really in my Metros sub-section. He was too fast for me and in those days Metros sub-divided largely according to ability.

It was emotional to see the coffin being carried in and, I admit, my eyes did moisten. The service was traditional, although it was the female of the species that carried it out. "God be in my head", which I hadn't heard since school was read, "Jerusalem" and "Abide With Me" were sung. Thankfully the organist had a voice that could belt out the two hymns and drown out our off-key mumblings.

RIP Graham.



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

METROS* INDOOR TRAINING

About twenty eight years ago (as the crow flies) the 8th Pinner Cubs & Scouts (the acorn from which Metros oak grew) were hoping to win 'Best in Group or Organisation' in the National Fun Run in Hyde Park for the third time. In consequence training continued throughout the winter of 1986/87. That is until ice and snow intervened.

With the pavements covered in snow and/or ice it was considered too dangerous to continue with the youngsters, plus it was too late once they had finished homework etc and assembled at our base.

So the search was on to continue training during the icy period. The first and rather desperate solution was to assemble at Rayners Lane LT Station. We then ran 'intervals' up the hill from Village Way traffic lights to the station. This was possible and quite safe for the boys and girls because the wide pavement was gritted and or cleared for the shoppers and commuters. Mind you it was perishing cold!

So, to supplement this one night a week training we needed something else. The answer was obvious: train indoors in the school hall at Cannon Lane School. So began Metros indoor training.

Initially we had about a dozen boys and girls as well as some Mums and Dads. Training was a series of running, walk recovery and strengthening exercises, all to various speed music to suit the movement.

Fortuitously the Harrow Schools Cross Country Championship was approaching at that time, so we asked Cannon Lane School if we could train the boys. After a consultation it was agreed that was acceptable as long as a qualified teacher was always present. Of course the training was a formality because most of the Cubs, Scouts, 'Metros' in everything except name went to Cannon Lane School.

Nowadays it is commonplace for teams in most sports to go into a 'huddle'. However, at that time I had only seen the huddle at the Royal Tournament before the Naval Gun Race. So the lads learned a suitably composed chant to go with their pre-race military huddle.

Came the day of the run and the other school kids looked on in awe as the Cannon Lane School (Metros) team did a warm up, then huddle and chant. Possibly the first to use this motivation outside of the Military?

The scoring system was for the first six from each school team to count. In the event the Cannon Lane/Metros scoring six all came in the first ten finishers

overall. That's close to being a whitewash. No other school had more than one in the first 10. After the race several teachers came along to congratulate the lads and enquire "What do you feed them on, raw meat?" The answer was simple: "No, just regular, coached training."

Next came the National Fun Run in Hyde Park in late September. By now the Indoor Training had given way to normal Saturday morning and one evening a week outdoor training.

Furthermore, the amount of adults joining in meant we had several other teams entered as 8th Pinner Mums and Dads. The organisers even had an investigation to see if these genuinely were 'Mums, Dads and Friends' of 8th Pinner!

Came the day and we all did our best on what had become a fabulous event with teams from all over Britain and 30,000 entrants. The scoring was again best six results from teams of ten to count. So came results day we find that 'Best Team or Organisation' Award went to 8th Pinner Scouts (Metros).

Individual scoring was also very motivating. The top 10% in each age group received a gold certificate; the next 15% a silver certificate; the remaining finishers received a bronze certificate. Each certificate had the finishing position, name and age group listed.

Soon after the National Fun Run the nights closed in and Indoor Training resumed. However the venue had changed (along with many of the youngsters) to Nower Hill School Hall. The format remained the same but by now the accompanying music had been modified to be all from Military Wind Bands, due to the strict tempo of Military Bands.

Also the 'clientele' was changing. Most of the boys had been lured away into the local athletic club (misnomered 'Old Gaytonians' as few of the youngsters went to Gayton High School. Eventually their name was changed to the current Harrow Athletic Club).

Meanwhile the Indoor Training took place every year from October until the end of March. Now there were very few youngsters, although Jessica Young and her Mother Jane became stalwarts of the training along with Jennifer Imeson and Barbara Robson. Other Metros devotees were Bob Manning and Terry and Diane Burke. However, many of the participants were by now not Metros members nor even runners!

Over the years numbers fluctuated until it was questionable whether it was worth the commitment to continue. So it was decided to close at the following end of March. As many post attendees as could be contacted were informed that this

would be the last, nostalgic indoor gathering. So ended fourteen consecutive years of Metros Indoor Training. It had started because of a cold snap in January and had died, possibly because Metros had become more organised with outdoor training for most nights of the week, organised by numerous co-ordinators.

The boys and girls who had been the *raison d'être* for indoor training? They are adults now with families and children of their own.

Metros goes on to greater things.

Brian Jackson

*Metros – the term has been used for brevity rather than LRRC or LRRC NW.

Post Script: In recalling the rise and fall of Metros Indoor Training I remembered an article written for *Metrolines* by Mike Godden, shortly after the closing night. With Mike's permission it is included below.

INDOOR TRAINING - THE LAST LAP

by Mike Godden

Monday 19th March 2001 was a typically English Spring evening - temperature approaching zero, nasty little wind seeking out the gaps in your clothing, rain in the air, trying to make its mind up whether to become snow. Just the right sort of evening for a bracing 8-miler round Harrow Weald. But there was an alternative, and some 25 or so people had found it - in the main Hall of Nower Hill School.

Actually, that alternative has been available most Monday evenings during the months of darkness, ever since 2nd February 1987. Brian Jackson started it all off to keep the boys of Old Gayts and Metros off the snowily dangerous streets. I was at that first session, which was at Cannon Lane School, along with Mick Reading and one or two other adults, and a huge throng of young athletes. It was a great success - the notion of training indoors, out of the weather, went down very well with the juniors, and soon the word went round and there was an increasing turn-out of adults. At one point, attendance reached the 45 mark!

And there was an added dimension - to act as a sort of audible pacemaker, we did the exercises to music. Brian's love of military music was very useful here - the tempos of the marches could be chosen to suit the various exercises that Brian had devised.

The sessions went from strength to strength, and from school to school, eventually ending with Nower Hill as its home. But not always in the Hall - sometimes we've been in the gym, sometimes we've had to use the first-floor corridor!

The exercises evolved, but after a few years settled down to a more or less regular pattern, with a good mix of styles, to address different aspects of the human running machine. I always regarded the regular pattern as one of the great strengths of the sessions - you could miss a few weeks, but on your return, you knew exactly what to expect. Indeed, until 19th March, I had not been present for some 2 or 3 years, but I was able to get straight back into it as if I had never been away.

So why did I go on 19th March. Well, I guess none of us likes to dnf, so, having been there at the start, I had to be there at the finish. Others obviously thought the same - in addition to the recent regulars, there was good turn-out of some who had been regulars in earlier years, there were some who had never actually been before, and there were 3 gentlemen of well over 6 feet tall who had all been there in the very early days, when they were 'only' 13 years old - Jonathan Jackson, David Linnell and Stuart Taylor.

The evening was most enjoyable - not having done an excessive amount of training recently, I was most glad of the relaxation period at the end of the session! At the very end, there was a small presentation to Brian in recognition of the huge amount of work and commitment that he has devoted to the sessions over the years, and there was also a present for the Nower Hill caretaker, who had been very supportive and helpful over recent years.

We are all most grateful to Brian for these 14 years of indoor training. To paraphrase another of Brian's Metros innovations, it has truly been a Metros' Brilliant Effort.

And you know the very best part? Although I didn't actually attend Nower Hill, I'm sure it was the same there as at my school - one of my abiding memories of school was the magisterially bellowed command "You boy - don't run in the corridors!". Well, to be able to do it, indeed to be encouraged to do it, has been a sublime emotional purification!

Thank you, Brian.

Results and Reports

Cologne Marathon - 4th October 2105

Veronica Georgescu 5:07:15 PB

Royal Parks Half Marathon - 11th October 2015

Gertrud Porter 1:56:37

River Thames Half Marathon - 18th October 2015

1		1:11:52	
203	Steve Paull	1:38:12	1st V60
204	Donna Warren	1:38:12	3rd VW40 PB
1057	Irene Paull	2:15:10	
1261	finishers - last	3:35:40	

Harvest Trail Half and Quarter marathon Sunday 20th September 2015

Half Marathon
Mandy Beuselinck 2.15.19
Gertrud Porter 2.20.46

Quarter marathon
Harriet Copland 1:18:11

Beachy Head Marathon & 10K Saturday 24th October 2015

Marathon
1st 3:08:06
Angela Murphy 8:16:29
Anne Leigh 8:36:16

10K
1st 0:37:34
Jeanne Coker 1:48:38



Half term holiday race report

By the time you read this you will probably be tucking into your Christmas Turkey and tramping through the winter snow. Cast your mind back to the mildest (and wettest) October and early November I can remember.

First off the Great South run. I had never done a “Great” run before. The organisers don’t recognise vets at all and it was the most expensive race I have ever entered. However I wanted to fit in a 10 miler and with commitments clashing with Ricky and no Cabbage Patch I was attracted by the fast flat course and the offer of a “fast paced” pen at the start behind the elites.

Despite horror stories about access and parking (Portsmouth is basically a large peninsular) everything was well organised and I parked up in the park near the start/finish area. The weather was cool but sunny.

There was a distinct lack of intelligent marshalling at the start. Access to my pen consisted of climbing over the barriers. The elite women had a slightly earlier start time than the men but the elite men and first wave of the mass start were timetabled to go off together. The gun duly went and the elite men shot off but we were still held behind a tape. After the few seconds of marshals looking at each other they dropped the tape and we strolled to the start line expecting another gun. A few runners then started and we decided the race had probably begun. All this is a bit galling when EA official timing is always “gun to tape” so about 20 seconds was lost despite being right at the start! However at least there was an open road ahead.

The course is pancake flat and although there are a few twists and turns the usual drawback of the course is the notorious wind. However it was a completely calm day and reporters said it was the best conditions ever for the race. I don’t really notice the scenery when racing but was conscious we were going through the dockyard. Apart from that there was nothing very notable until the last couple of miles along the seafront. I was managing pretty consistent 17 minute 5k splits and finished (by chip) just under 55 minutes. Although not my fastest 10m it was an age graded PB (93.6%) so a satisfactory result. Also first V50 in the race and ranked first for 10 Miles in 2015 (so far!) but well beaten by Jo Pavey who I think broke the world record for VW40.



Judy and I then had a few days in the North East, dodging the rain (or not), visiting Alnwick castle gardens and Craggside in Northumberland amongst other delights. Who needs Vermont to appreciate autumn colours? We enjoyed running down the coast path past the ruin of Dunstanburgh castle before our locally smoked kipper breakfast in Embleton where Judy bumped into Barbara Robson (small world).

On to Newcastle for the Town Moor marathon. We met Judy's niece for tea on Saturday. She is studying at Newcastle Uni and lodges not far from the Town Moor and said she might come and support me – alas the excesses of a Halloween party confined her to bed until the Sunday afternoon. Judy and I were also staying near the race start in an incredibly well equipped apartment which for the price of a hotel room had a bedroom, kitchen, sitting room/diner and two bathrooms! This allowed us the luxury of some home cooking (ok M&S ready meal) and an early night and porridge for breakfast. Even at 8 in the morning it was mild enough to jog to the start in vest only. Met up with Grant Ramsay from Fairlands Valley who is a regular on the road circuit in NW London and is a similar standard to me although I like to think I have the edge despite giving him 10 years. Also introduced myself to Darren Bilton who has a phenomenal record as a V40 including a 2:23 marathon and 67m half. Now a V50 he has had a few injury issues but was hoping for sub 2:45 to get a London championship place.

The reason we were there was that it was the British Masters marathon championship. The five lap course had hosted the fixture two years previously when I had managed to win it so I was back to regain my title.

From the start it was a youngster who shot into the lead. Grant went with him but I settled into what I hoped was around 6 minute mile pace. I had not trained specifically for the race but had put in a few 25 milers in the previous month so hoped I could maintain that sort of tempo. Being five laps meant Judy could hand me my regular fix of Lucozade sport each lap. The downside of the format was no mile markers after the first lap and as I am not a GPS fan I was running how I felt – which was a bit flat. However I was in clear third position and by mile 15 felt I was gaining on Grant who had clearly overcooked it by going off too fast. I passed him at around mile 20 and although slowing myself held on for second place overall and British Masters champion. The winner (aged 28) I learnt was famous for being the youngest runner to complete 100 marathons and has a best of 2:28. Grant slipped to fourth by the finish and Darren missed 2:45 by a few



seconds. I was disappointed by my time (2:41) but it had been a lovely day for runners and spectators – sunny and warm – 20 degrees by the finish (yes this is November in Newcastle!) and I had caught the sun on my shoulders. Not really warm enough to use that as an excuse though.

Poor planning meant I now had a five hour drive home - in the fog. Every time Judy woke up she told me to slow down. A bottle of wine was opened on arrival and everything seemed better again.....

Standalone 10K - 4th October 2015

1		33:43
4	Nigel Rackham	34:21
1277	runners - last	1:40:02

Great South Run - 25th October 2015

1		46:00
38	Nigel Rackham	54:57
13956	runners - last	3:15:44

Newcastle Town Moor Marathon - 1st November 2015 (British Masters Championship)

1		2:36:26
2	Nigel Rackham	2:41:09 British Masters Champion
90	runners - last	7:02:51

Ricky Road Run (10 miles) Sunday 25th October 2015

1 st		0:55:22
32	Sasha Birkin	1:08:20
41	Brett Rafferty	1:10:11
42	Steve Paull	1:10:27
73	Michael Morris	1:13:16
82	John Norris	1:14:03
146	Simon Abery	1:20:03
151	Brian McGrory	1:20:33
189	Sonny Peart	1:23:21
201	Peter Reynolds	1:24:34
204	Mitesh Patel	1:24:21
220	Hershil Patel	1:25:37
245	Linda Dunne	1:27:58 (PB)
247	Gertrud Porter	1:27:49
298	Pauline Bishop	1:34:55
312	Jackie Bowles	1:36:19
322	Glyn Watkins	1:37:16
323	Bernie Conway	1:37:48
325	Sandra Young	1:37:43
346	Derek Bamforth	1:41:19
356	Irene Paull	1:42:50
396	Arnold Glickman	1:59:28
399	Anne Ambrose	2:01:54
401	Penny Hudson	2:05:35
402	finishers	



Perivale 5 Sunday 6th December 2015

1 st		0:27:04
37	Sasha Birkin	0:32:11 PB & 1 st W35
59	Chris Shearwood	0:34:14
63	Steve Paull	0:34:24 1 st M60
95	Anthony Bellis	0:36:08
134	Peter Reynolds	0:38:47
155	Linda Dunne	0:40:08 PB
205	Spencer Millbery	0:43:44
221	Jackie Bowles	0:44:38
235	Glyn Watkins	0:45:18
236	Jason Bowles	0:45:19
239	Jane Hudson	0:45:39
264	Derek Bamforth	0:47:34
290	Kath Donaldson	0:51:59
292	Veronica Georgescu	0:51:59
313	Rangah Niranchanan	0:55:20
318	Nancy Morris	0:56:30 PB
320	Arnold Glickman	0:56:44
326	Jeanne Coker	1:20:19



Bedford Half Marathon – Sunday 6th December 2105

1		1:10:23
3	Nigel Rackham	1:15:14
55	Gary Warren	1:27:12
87	Nathan Powell	1:31:16
140	Sarah Belchier	1:35:08
190	Michael Morris	1:37:33
207	John Norris	1:38:16
280	Mitesh Patel	1:43:22
431	Hershil Patel	1:49:24
621	Sonny Peart	1:58:02
880	Irene Paull	2:15:54
888	Emma Rackham	2:16:47
1007	Penny Hudson	2:47:05
1011	finishers – last	2:56:02



5 Mile Handicap - 5th December 2015

	Actual time	Time+ handicap	Handicap for next race
Sarah Belchier	34.48	34.48	-26
Tian Hollingshead	42.31	42.31	-18
Jonathan Pang	47.24	47.24	-13
Peter Hoon	48.27	48.27	-12
Irene Paull	49.46	49.46	-11
Karen Leary	48.52	52.52	-11
Kyie Hollingshead	53.13	53.13	-7
Hershil Patel	40.47	54.47	-20
Adam Leary	38.10	55.10	-22
Sonny Peart	39.04	57.04	-21
Angela Murphy	52.36	57.36	-8
Teresa Young	54.12	58.12	-6
Nigel Rackham	29.48	58.48	-31
Linda Gaitskill	57.19	59.19	-3
Tiziana Spotti	52.20	59.20	-8
Mike Ransome	44.24	59.24	-16
Steve Paull	37.05	60.05	-23
Simon Abery	40.08	60.08	-20
Anne Nuala	45.18	60.18	-15
Kevin Smart	35.49	61.49	-25
Judy Rackham	51.51	61.51	-8
Kath Donaldson	54.00	62.00	-6
Chris Shearwood	36.42	62.42	-24
Emma Rackham	44.01	63.01	-16
Dave Young	41.25	63.25	-19
Gladys DeGroot	64.13	64.13	4
Raquel Russel-Ponte	52.48	64.48	-8
Dave Brown	53.13	65.13	-7
Steve Alder	57.19	70.19	-3

This is the first event of the 2016 competition. There were 29 runners who turned out on a blustery day. There were some excellent times but some were humbled by their handicap. The next results in March will include the running totals for the competition. The next event is 5th March 2016

Gordon Valentine

Regents Park 10K – Sunday 13th December 2015

John Norris	43:28
Richard Hayward	58:17



Marlow Half & 7miles Sunday 1st November 2015

Half marathon	
1 st	1:17:00
96 Chris Shearwood	1:36:38
816 finishers	

7 miles	
1 st	0:40:44
6 Brett Rafferty	0:46:47
238 finishers	



Ironman 70.3 Western Sydney Penrith, Australia Sunday 29 November 2015

Jonny Jackson	5hrs 26m 50s
Swim:	42m 13s
Bike:	2hrs 49m 47s
Run:	1hr 49m 36s

Ben Jackson	5hrs 46m 04s
Swim:	48m 32s
Bike:	2hrs 54m 27s
Run:	1hr 59m 39s



Florence Marathon 29 November 2015

Christopher Shearwood

I aim to run as many half marathons a year as I can but also manage about three marathons a year. This race would be my 35th marathon.

Around this time of year, I would normally think of the Luton Marathon but it seems to be beset by problems, Marathon Runners Diary website stating, "There was no Luton Marathon in 2014... It has since been cancelled indefinitely".

So Gill scouted around on the internet and suggested this race which I would be doing four weeks after the Marlow Half. The entry fee in May 2015 was €40 (less than £30) but Italy requires a medical certificate, thus upping the ante by a further £25. There was a pro-forma for one's GP which mine was happy complete without, so far as I am aware, our ever having met. I did tell her how many marathons I have run previously and the fact that you're reading this means that I lived to tell the tale.

We were to depart on Friday, a.m. returning on Monday. p.m. and flew from London City Airport which is easy enough to get to via the Central Line and DLR. It's a tiny airport and distances within are not great.

We left the cold, grey of London and landed in the sunnier, if just as cool, weather of Florence. The airport shuttle bus dropped us by the main station and we walked from there to our B&B on the 4th floor of an apartment in the heart of the old city. Our window looked out onto the Via de Pecori ("the way of the cattle") with views of the Baptistry, Duomo (Cathedral) and its bell tower, all floodlit white marble at night.

We deferred exploration until after I had collected my race number from the Expo situated at the Athletic Stadium "Luigi Ridolfi" north-east of the old city. This would save having to deal with this on the Saturday when there was much exploring to be done. We walked a couple of miles there and, having lost an hour in travelling eastwards, darkness came early. A chap was talking folk through a powerpoint presentation of the route, in Italian and English. but we picked up some useful maps. The race website's link to the route had merely been a list of street names!



Back at the B&B the young lady in charge recommended a restaurant on the other side of the River Arno. Her suggested route, whilst not the most direct, was truly atmospheric after dark and took us over the famous Ponte Vecchio, noted for still having shops built along it. The city was busy but the Trattoria Napoleone was tucked away in a corner of an otherwise unprepossessing square.

What a find! No problem getting seated and I started the weekend's carbo-loading with gnocchi gorgonzola and truffle shavings, which added a characteristically pungent aroma to an already strongly flavoured item. We wandered back to the B&B by a different route which included a late pit-stop at a cafe on Borgo deli Albizi where a bottle of Gassa D'Amante was sampled, a craft beer of a Belgian type, in a stylish 750ml bottle (not cheap, though).



The following day started with light cloud but blue skies soon broke through and we decided to locate both the start and finish of the race in readiness for Sunday. There had been a minor panic as I had discovered that I had not packed my running shorts - they were on the clothes horse back home, now quite dry but useless. No matter - there are plenty of sports shops in the city and it was the work of a moment to buy a couple of pairs. After this drama we deserved a glass of something in the sun at a cafe opposite the apse of the Duomo before wending our way to the relatively small Piazza Santa Croce, already set up with blue finishing carpet, funnel, dignitaries' stands and portaloos. From there we skirted around the library building onto the river bank where a dozen or so baggage lorries were lined up in readiness. It was all within easy reach of the B&B.

The rest of the day was mostly spent on the south side of the river, including a leisurely pizza lunch near the Pprta San Miniato from where we (and seemingly the world and his wife) climbed up the hill to the Piazzale Michelangelo with its stunning views of the old city as the sun set behind us. The tallest buildings (the *only* tall buildings) were the oldest ones - the Duomo, its Campanile (bell-tower) and the Palazzo Vecchio. Dinner that evening was, of course, pasta.

The day of the race started cold and somewhat overcast. Gill was to follow our now time-honoured routine of avoiding the start which would be horribly congested and instead criss-crossing the course to see me at various vantage points as much as possible, having calculated my predicted pace. I poked my head out of the B&B window and saw early competitors meandering past the Duomo on their way to the start. We would all be running through the square later and the spectator barriers were all up in readiness.

I headed out before 8 a.m. since we had to be in our starting pens by 8.45 for a 9.15 start. I joined the other competitors whose numbers swelled as we neared firstly the finishing area and then the nearby start. There were now changing tents and I dumped my race bag with all the others in the baggage vans. I decided against gloves but used a freebie foil blanket from a previous race, which kept me warm.

Italians form the bulk of the runners in this race, while France, Germany and the UK are usually the next most represented nationalities. Indeed, Brits, male and female, were among the winners in the early years of the race and as recently as

1999, since when the East Africans have largely swept the board. In the pen were two chaps from Worthing and District Harriers one of whom had a small hand-held camera with which he was filming while rabble rousing those around him, to the bemusement of the Italians. We discussed the course, which he had also never run this before, and the cobbles and uneven surface in the old town. From 2001 to 2010, the course had a zigzagging path through the old city centre but the bends and cobblestones made for a particularly difficult marathon and this led to a change in 2011 for an easier, faster race. Indeed, this chap said that one of his fellow club-members had gone sub-3 hours on this course. I was aiming for anything sub-3:30.

There was a minute's silence for the victims of the recent terrorist outrages in Lebanon, Paris and Mali; the elite runners were introduced and we were off. I'll use kilometres since that's how the race was measured, being in Europe, but it was pleasing nonetheless to see that the organisers had also included 10 and 25 mile markers for us Brits. I felt tightness in both achilles, a recurrent problem which generally resolves itself but makes me wear compression socks nonetheless.

The first 4K followed a sort of ring road which I guess followed the old city walls - we had crossed it when walking from our B&B to the Expo on Friday afternoon. Just after the Fortezza de Basso we encountered the first (mild) incline of the race as we went through an underpass at the station. The organisers later posted on Facebook a time-lapse film of all the runners passing through, still relatively unspread out at that stage. Just after that, at a bend, I saw Gill as arranged.

Just after the 5 km point we entered Cascine Park and did not leave it until after the 15 km point, so that almost a quarter of the race was run in the park. It was built in 1563 as the farming and hunting estate of the Medici family, who had ruled Florence since 1434. The name of the Park refers to bovine livestock, mainly intended for the production of butter and cheese. Rare and exotic plants were chosen for the park and later a number of fountains were built, perhaps the most famous being the Narcissus Fountain from which Percy Bysshe Shelley drew inspiration for his poetry.

It was here that I caught up with the 3:15 pacemakers, surrounded, as they always seem to be, by their posse of fellow travellers making it hard to overtake. A few of us took a rougher track parallel to the main route and edged past this mob.

Once out of the park we made the first of four crossings over the River, along whose southern bank we ran until turning inland for our first taste of trickier terrain. Whilst it is true that there are streets of smaller cobbles in Florence, the commonest form of older-style surfacing is huge blocks of rectangular granite, worn smooth with use and re-use, and not altogether evenly laid. At Piazzale di Porta Romana, the southernmost gate in the 13th-century walls of the city, we doubled back to the river and I encountered Gill for the second time.

Shortly after that we crossed back over the river and were now very close to where we had started. This part of the race took us eastwards away from the city along the river's north bank and I passed the halfway mark in 1:35, which was about what I expected to do. We turned back and inland and I heard one of the many bands en route, belting out "I Can't Explain" by The Who.

We ran alongside the railway, and there now followed a circuit of the Stadio "Luigi Ridolfi" and Artemio Franchi Stadium, the 1930's edifice that is home to Fiorentina football club. There is not much greenery, especially in the old town, but, in two gardens hereabouts, I spotted two trees, completely bare of leaves, bark black, but groaning under the weight of large orange-coloured fruit - perhaps peaches or oranges.

It was at this point, approaching 30 km, that I heard the slap-slap of many extra feet behind me and realised that the 3:15 pacemakers and their mob were catching me up. What a noisy bunch they were too - the shouting (from both competitors and spectators, much of it unintelligible) is one of my abiding memories of this race. I was determined not to let them catch me before I got to 30 km and actually managed to hold them off for a further three km or so but, boy, did I run hard to do so. There had been a little gap of runners in front of us and after the 3:15 pacemakers had passed another gap before I caught others up/they caught me up. All of this drama is captured on the wonderful little video that each competitor got with his results by e-mail. Rarely have I had so much fun doing screen-shots on the i-pad.



We reached the only other incline of the race, a bridge back over the railway, and soon afterwards veered left and headed towards the old town and its narrower streets. The low sun made for silhouettes of the runners and long shadows on the shiny granite road surface. We passed the 35 km point and skirted left around the Baptistry by the Duomo before heading westwards again down

a long street where a Serpentine runner with whom I exchanged a few words. I can never resist converting kilometres into miles and reckoned that the four or so miles left might give me a time well inside 3:30.

Another double-back and we were alongside the river again with another quick crossing over the Ponte Santa Trinita and back over the Ponte Vecchio. We returned to the area around the Duomo where I saw Gill and she scooted along

the south of the Duomo to see us all again at 40 km as we rounded this huge cathedral. She can even be seen in my video and heard calling, "See you at the finish!"

Now came another long narrow street but, now being reasonably familiar with the layout of the inner city I knew that we were near the finish. A quick turn onto the first road up which we had run at the start and another turn along the river past the baggage vans and changing area took us around the library where we arrived in Piazza Santa Croce and the finish. An over-enthusiastic young lady runner had run past us flagging chaps, waving her arms crazily (see below) but all I cared about was that my watch stated 3:21:36, substantially better than I had hoped for, despite my characteristic late flagging.



My gun time of 3:22:22 was one of three such times, although my chip time was the fastest. We wound our way through the funnel, collected medals, foil blankets, water, fruit and goody bags and returned our chips. I bumped into the chap with his hand-held camera - he had only finished a couple of minutes before me.

After further detours through the narrow and now crowded streets Gill and I were reunited as I was with my belongings from the baggage vans where we bumped into the Serpentine chap who had also finished a couple of minutes before me.



Gill had got quite a few good shots of the front-runners including the men's winner, the Ethiopian Tujuba Beyu Megersa (2:09:55), and the ladies' winner, the Kenyan Priscah Jepleting Cherono (2:31:34), both seen above. 4th male was Sondre Nordstad Moen who had come 3rd at the Birmingham Half Marathon which I had run the previous month.

Some 8275 runners completed the course, the final finisher posting a time of 06:18:03. My stats showed that I was 141st in my age group and my 5 km split times varied from 22 - 27 minutes. I only appeared to have slowed appreciably in the last 7 km.

We returned to our cafe on Borgo deli Albizi and spent a leisurely afternoon eating, drinking and watching weary, foil-clad runners traipsing by. We had dinner in the restaurant where we had been having breakfast each day, a change from more familiar Italian fare - haute cuisine. Vegetarians will not starve in Italy. The following morning was spent creaking around shops before we took a taxi back to the airport.

I thoroughly enjoyed this well-organised race and my time (my best in 3 1/2 years) is a great springboard to try and go sub 3:15 in my next marathon. We're both keen to return to Florence, though.



Florence Marathon - 29th November 2015

1	2:09:55
Christopher Shearwood	3:21:36

parkrun Results

Harrow

12:12:15

Kevin Watson 19:55

Nathan Powell 21:00

Brian McGrory 21:33

John Gorton 25:38

Barry Nolan 27:05

5:12:15

Nathan Powell 21:13

Chris Kemp 22:18

Barry Nolan 24:34

28:11:15

Mitesh Patel 19:32

Brian McGrory 21:10

Chris Kemp 22:41

21.11.15

Sarah Belchier 21:20

Brian McGrory 21:29

Barry Nolan 24:14

Sonny Peart 24:31

parkrun Results

Black Park

5.12.15
 Glyn Watkins 29:08
 28.11.15
 Glyn Watkins 29:01
 21.11.15
 Glyn Watkins 28:51
 Bernard Leigh 45:00

Brighton & Hove

12.12.15
 Glyn Watkins 28:12

Nonsuch

12.12.15
 Claire Elam 25:13

Walsall Arboretum

12.12.15
 Mitesh Patel 47:43
 Tailrunner

Cassiobury

12.12.15
 Sasha Birkin 19:40 1st Lady
 Sam Dadomo 23:23
 Simon Dadomo 25:31
 5.12.15
 Max Dadomo 25:18
 Sasha Birkin 25:19
 28.11.15
 Sasha Birkin 19:18 1st Lady
 21.11.15
 Sasha Birkin 19:37 1st Lady

Gunnersbury

5.12.15
 Donna Warren 22:25
 28.11.15
 Donna Warren 22:51

Northala Fields

5.12.15
 Russ Hewlett 22:17
 Trish Hewlett 35:05
 28.11.15
 Russ Hewlett 24:24
 Trish Hewlett 35:13

Woodbank

21.11.15
 Chris Shearwood 21:08

Poole

5.12.15
 Sue Davie 43:24
 28.11.15
 Sue Davie 44:49

Gladstone

12.12.15
 Mark Mulvenna 25:23
 28.11.15
 Mark Mulvenna 25:30

South Oxhey

5.12.15
 Mark Mulvenna 27:09

East Coast Park

21.11.15
 Mark Mulvenna 26:26

Runner's Recipes

Leftover turkey casserole

By Sarah Cook

Prep: 15 mins **Cook:** 25 mins Easy

Serves 4

This one pot stew uses up all your roast dinner leftovers in one go and has a great honey mustard tang

Ingredients

- 2 onions, finely chopped
- 1 eating apple, cored and chopped
- 2 tbsp olive oil
- 1 tsp dried sage, or 5 sage leaves, chopped
- 2 tbsp plain flour
- 300ml vegetable or chicken stock
- 2 tbsp wholegrain mustard
- 2 tbsp runny honey
- 400g-500g leftover turkey, shredded
- about 350g leftover roasted vegetables like roast potatoes, parsnips, celeriac and carrots, chunkily diced

Method

1. Fry the onion and apple in the oil until softened in a casserole or deep pan. Stir in the sage for 1 min, then stir in the flour. Gradually stir in the stock followed by the mustard and honey.
2. Bring up to a simmer and stir in the turkey and roast veg. Cover and gently simmer for 15 mins until turkey is piping hot. Season and eat with mash or jacket potatoes



Recipe from bbcgoodfood.com, December 2011

NOTES OF METROS COMMITTEE MEETING

Wednesday 2 December 2015 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Sarah Westwood, Peter Beuselinck, Irene & Steve Paull, Emma Rackham, Carole Wells, and Barbara Robson.

APOLOGIES: Marilyn Pickford, Nigel Rackham, Penny Rawlins, Pat Jackson, Mandy Beuselinck, Penny Hudson, and Mike Ransome.

NON COMMITTEE: None

CHAIR: Sarah Westwood

NOTE RECORDER: Peter Beuselinck

(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).

Sandra Young has resigned from the committee, and the meeting began with a special thanks for all her efforts while she was a member of the committee.

MATTERS ARISING FROM THE PREVIOUS MEETING – 4 November 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.
2/12 - Awaiting an update.

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.

2/12 – Awaiting an update on the above.

ACTION: Jane and Al Scoffham

Jane and Al are looking for more volunteers to help with the home event on 13th December. This year's events are being very well supported with large numbers of runners.

First Aid – Club policy – Peter has confirmed that there is no requirement for the provision of first aid as a condition of insurance under our club UKA affiliation. Carole has drafted an updated club policy which was reviewed and approved by the committee. Pat has reviewed the number of first aid bum bags. We still have 4 that can be distributed to trained first aiders.

ACTION: Carole Wells will send Mike Ransome the final draft of the policy for distribution to all co-ordinators, and for forwarding to Kevin Smart for uploading to the club website, along with a copy of the club's incident form.

Barn Dance, Saturday 5 March 2016, Nower Hill School Hall – Tickets are now on sale, and can be purchased from Mike and Carole.

ACTION: Mike Ransome/Carole Wells

Penny Hudson will advertise the event in Metrolines, and Mandy will do so on Facebook.

ACTION: Penny Hudson and Mandy Beuselinck

Metros Lap Top – Nigel has reimbursed Irene. Closed

London Marathon – Draw for Club and Elite Runners Drinks Station -

The draw was held at the Quiz and Awards evening, and the winners have been allocated their places. The water station places went to Donna Warren, Louise O'Reilly, and Anne Leigh. The club place went to Nathan Powell. Closed

Harrow Hill Race Sun 14th Feb 2016 – The race is open for entries and all details can be found on the club website. Mandy and Peter will be asking for volunteers to help nearer the time. The event has approval from Brent's Safety Advisory Group. As last year, if we manage a surplus we will be donating to the Harrow MS Therapy Centre.

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.

2/12 – Discussion yet to be had.

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.

2/12 Irene will help Pat advertise for this role in the New Year.

ACTION: Pat Jackson & Irene Paull

Metros Quiz and Awards Presentation Evening – The evening was a great success, and the committee would like to thank Pat Jackson, Dave Brown, Jane and Al Scoffham, and Irene and Steve Paull for their hard work in making the event an enjoyable and successful evening. Closed.

Harrow Events Policy – Peter agreed to contact the council to ascertain whether the new policy would impact any of the club's activities.

ACTION: Peter Beuselinck

Renewal of UKA Coaching Licences – Kath Donaldson has raised that her coaching licence is due for renewal. Sarah agreed to discuss with Kath what is required as part of the renewal process.

ACTION: Sarah Westwood

REPORTS OF OFFICERS

Hon. Chairman – Mike sent in a report covering many of the topics above. Al Scoffham had kindly agreed to arrange flowers for Graham Haddon's funeral, for which the committee want to pay for.

Hon Vice Chairman – Sarah had nothing to report.

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

Hon. Treasurer – Nigel had previously 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: No new members over the last month, but Peter Hoon has re-joined. Irene confirmed she will look at the membership form wording in the New Year, particularly relating to under 16s.

ACTION: Irene Paull

REPORTS OF CO-ORDINATORS

Metros Kit – Nothing new to report.

OTHER ITEMS

Metros Christmas Messages – The club is donating £300 to ASPIRE from monies raised by the messages. Closed

The meeting finished at 9.10 pm

Date of Next Committee Meeting: Wednesday 6 January

Future Meetings: Wednesday 3 February

Wednesday 2 March

Wednesday 6 April

Metros Committee meetings are open to all members but only the committee can vote. Any member interested in joining the committee should discuss with any one of the current members.

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
Run / Walk Group		Penny Hudson	pm.hudson@ntlworld.com
WEDNESDAY	19.15	Dave Brown	020 8933 1821/Steve Paull
THURSDAY	19.00	Jane Hudson	07522 754675
		Email: thursdaymetros@yahoo.co.uk	
SATURDAY	09.00	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.