



July 2015

Issue No. 322



Summer League - 14th June 2015



Metros Diary

JUNE

Mon 22 **Vets Track & Field, Battersea** **6.30 pm**

JULY

Wed 1 **Committee Meeting** **8.00 pm**

Sat 4 **10K Challenge, Roxbourne Park** **8.50 am**

Sat 4 **Judy & Nigel's summer BBQ** **7.00 pm**

Sun 5 **Summer League, Perivale** **10.00 am**

Sat 11 **5 mile walk, Roxbourne Park** **9.00 am**

Sat 11 **Food Bank Donation, Roxbourne Park**

Sun 12 **Wycombe Half Marathon & 10K** **9.30 am**

Mon 13 **Vets Track & Field, Perivale** **6.30 pm**

Sat 18 **Wot No Watch, Roxbourne Park** **9.20 & 9.40 am**

Sun 19 **Summer League, Regent's Park** **9.00 am**

AUG

Sat 1 **Measured Mile, Roxbourne Park** **9.20 & 9.40 am**

Sat 8 **Food Bank Donation, Roxbourne Park**

Sat 15 **5K Race, Roxbourne Park** **9.15 am**

Sun 16 **Summer League, Battersea Park** **9.00 am**

Sun 23 **Burnham Beeches Half, Trophy Race** **9.30 am**

SEP

Wed 2 **Committee Meeting** **8.00 pm**

Sat 5 **5 Mile Handicap, Roxbourne Park** **8.50 am**

Sun 6 **Maidenhead Half, Trophy Race** **9.30 am**

Sat 12 **Food Bank Donation, Roxbourne Park**

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

Sun 27 **Moor Park 10K, Trophy Race** **3.00 pm**

Junior Races **from** **12.00 pm**

Committee meetings are at Methodist Church Hall, Cannon Lane. They are open to all but only the committee can vote.

Please Note: If you wish to run the 10K challenge or 5 mile handicap and are likely to take over an hour please make sure you are ready to set off at 8.50am. If you wish to leave earlier you may self time the run.

Note from the Editors!

This was posted on our Facebook page this morning:

I'd just like to say a huge thanks to everyone from Metros who supported or participated in our 24hr relay - you guys were awesome, and really made the event for me. Fantastic support and encouragement throughout, what a fab bunch you are. And the atmosphere at the finish yesterday evening was incredible, a memory that will remain with me for a long time. It's been so good to meet you all, wish I'd had more time to chat with you - who knows...maybe next year? Thanks again, Phil, Handy Cross Runners

Well done to everyone who took part or supported, and Mandy for organising – photos and details in next month's Metrolines. More ideas for similar events would be very welcome.

Jane and Penny Hudson

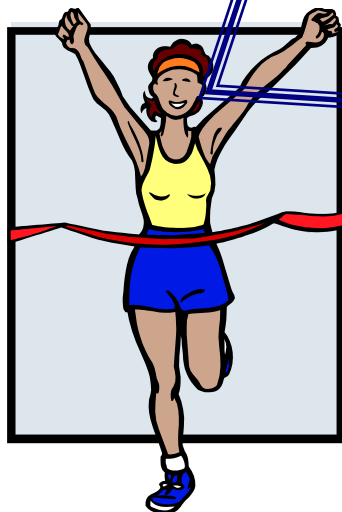
Stop press: Thames River Relay – Sunday 6th September – contact Mandy or Peter for details: a_beuselinck@yahoo.co.uk



Welcome

Sarah Belchier, Kenton
Joanna Collier, Hatch End
Piyush Gudka, Edgware
Sebastian and Kyle Hollingshead, Pinner
Javarn Newallo, Harrow
Barry Nolan, Harrow
Hitesh and Kai Patel, Northwood
Nia Williams, Harrow
Meera Tanna, Pinner

Elected at the June meeting





London Road Runners Club

Trophy Races

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

Burnham Beeches Half Marathon	Sunday 23rd August at 9.30 am
Maidenhead Half Marathon	Sunday 6 th September at 9.30 am
Moor Park 10K	Sunday 27 th September at 3.00 pm
Ricky Road Run 10M	Sunday 25 th October at 10.30 am

Please Note: Cabbage Patch 10 has been cancelled due to the Rugby World Cup.

Any other changes will be advised as early as possible

Vets Track & Field

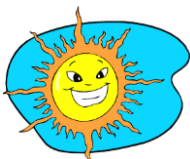
Hope you are all keen to take part in the Track and field this year!

Here are the dates for your diaries.

Wendy Mulvenna

22 June Battersea (HHH hosting)

13 July Perivale (ESM hosting)



Summer League

The following are dates for the Summer League:

5 July, 10.00 am - Perivale, 5 miles, hosted by Ealing Eagles

19 July, 9.00am - Regent's Park, 10K, hosted by Mornington Chasers

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

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

Achievements

Well done to ...

Nancy Morris and Claire Millbery for their first 10K at Metros Summer League



Brian McGrory for 5K PBs and being 1st V50 at Gladstone parkrun



Christopher Shearwood for 5K PBs and being 1st V50 at Northala parkrun

Christopher Hudson for at 5K PB at his first parkrun, Harrow

Donna Warren for a 5 mile PB at Dulwich Summer League

Linda Dunne for a 10K PB at Metros Summer League



Christopher Shearwood for a PB at Manchester 10K

Sasha Birkin and Simon Dadomo for PBs at BUPA 10000

Steve Paull - 1st V60 at Helsinki Half Marathon

Carlow Day Lewis 12/06/15 Cannon Lane school sports day
Fastest in year 3. 9.8 sec over 70 metres - and faster than
anyone in the 3 years above him - making him the fastest runner
in the school!



150 Half Marathons

Rest easy - this is not a blow-by-blow account of all of the above, just a few memories from over half a lifetime's running what is probably my favourite race distance, which might resonate with those who also enjoy the same distance.

I'd been running about 18 months, having taken it up in 1987 when my "kit" initially consisted of deck shoes (I owned no trainers then) and cut down jeans. A keen cyclist and far from unfit, my first run (around the block) nearly had my lungs bursting out of my mouth but I soon graduated from 1 mile to 5 miles and within a few months to double figures.

A chap over the road who was a member of Hillingdon AC persuaded me to enter my first race, the 4th Southall Charity Half Marathon, organised by Southall Lions Club. It took place on 19 February 1989 and was a fairly unremarkable, suburban course starting from Dormers Wells School in Greenford. The route was a large rectangle taking in the Uxbridge Road, Greenford Road and Lady Margaret Road and could really have been called the Greenford/Northolt Half Marathon, mostly avoiding Southall, as it did. I did 1:38:46 and got a medal and a Certificate of Merit.

It was not run the following year (or since, so far as I am aware) and, by then, I had found pastures new with four more half marathons which would stand me in good stead for many years to come - Hillingdon, Harrow, Watford and Wycombe, the last two of which are still run today; the Hillingdon had a gap from 2000 until last year and the Harrow folded in 2001. I have run Watford 25 times and will have run Wycombe the same number of times this July - both make up a third of my overall tally.

In fact, for the next 10 years, those were the only races I ran, going sub-90 minutes for the first time at Hillingdon in 1995. My slowest race (1:44:41) was a few years earlier in this period - Harrow 1992 - a slow year generally, not helped by a foot injury. It took until 2004 to go sub-90 minutes in all the half marathons which I was by then entering, which I managed to keep up until 2008, averaging 8 or 9 a year by then. In all, I have gone sub-90 minutes on 66 occasions, most recently at last year's resurrected Hillingdon. I'd like to think such times aren't completely behind me since I seem to hover between 1:30 - 1:35 nowadays.

My next new race was another that doesn't appear to have been run since - Slough Half Marathon in 2000 - like Southall, another somewhat uninspiring rectangular course, around but not through, Black Park, as I recall. By then, the dear old Harrow had been scratched (I'd run the full marathon since 1995) and I'd replaced it with the Marlow Half which I've since run 13 times. New races were

now coming thick and fast - Reading (11 times to date), Burnham Beeches (8), Hereford (9), Humber Bridge (5) (my pb - 1:24:39), Milton Keynes (March (7) & July (5)) and St Albans (5); Borehamwood I only ran the once before it became a 10K and Hitchin also once only.

I changed jobs in early 2011. My old place of work was a mere 10 minute walk from home and I could be out running before 5.30 for one or two hours or more and still have plenty of the evening left but I was also single then. I now worked in Hounslow, a nine mile cycle ride away, so although I get 90 miles' worth of cycling per week, I'm now less inclined to go out for a run when I get home. My mileage has dropped from approx. 2,500 miles p.a. to a fairly negligible amount and I like to think that residual fitness (& I guess, the cycling) keeps me in the reckoning - thank goodness for the Tuesday Metros session.

I resolved to do as many races as I could to make up for the loss in mileage and now average about one per month. New races now included Berkhamstead (5 times), Birmingham (2), Maidenhead (3), Wokingham, North London & Kingston, the last three all new to me this year and the latter being my 150th half marathon, thus just pipping Steve to the post, I believe. Bridlington, Bracknell, Roding Valley and Milton Keynes (May Bank Holiday) I've also done once only but I'm still keen to try new ones and I'll be doing Hitchin for the first time in 14 years on Gill's and my 1st wedding anniversary this year.

Is it a bloke thing (# 1) keeping such records? I've even kept notes of reasons for missing my usual races - foot injury (twice), "Hubert" (visit from my German pal), foot and mouth (anyone remember when the council completely over-reacted and taped off any alleyway which had so much as a blade of grass in it and the whole of Ruislip Woods?), "cancelled" and "Walton-on-the-Naze" (visiting family on holiday). By and large, life still revolves around running - which is, of course, as it should be.

Having said that, my record keeping was not infallible - in compiling this article I noted an inexplicable gap of three missing Hillingdons, 1991 - 1993 inclusive. Is it a bloke thing (# 2) keeping old race envelopes containing running numbers and race blurb? Good job I did - I almost invariably write my gun and chip times on each envelope but those for 1991 & 1993 had no times on recorded, although the race numbers were within and bore safety pin marks, so it appeared that I had run those races. There was no envelope for 1992 but I had noted that I did not run Watford that year (the only one I've missed) and remembered that I had had a foot injury - my Watford entry fee that year was wasted so I decided not to risk wasting money by entering Hillingdon. The mystery of the 1991 & 1993 races needed

solving especially since it was suggested (by a certain tall Tuesday night running pal) that I might have DNF'd which, for the record, I have never done.

Of course, there are all my medals but those up to 2006 are currently inaccessible in storage due to building works at home. Other Hillingdon envelopes contained extracts from the Uxbridge Gazette (remember when results were published in this way, pre-internet?) so this meant a trip to the newspaper archives at Uxbridge library a few Saturdays ago and, sure enough, I found my race times - two more to add to the tally. In the newspaper articles I also noticed Metros teams entered in those races - 1991 had Metros A, B, D & C (in that order) and 1993 had Metros Movers, Maestros, Maniacs and Dollies (own up - you know who you are!).

And finally, favourite races:-

Watford - for its bleak, winter majesty, those dark, skeletal trees

Reading - the huge field, southern suburbs decked with Royals flags (on the rare occasions that they achieve promotion), the crowds in the narrow streets of the town centre, seeing Mick & Phil Marathon Lads from Stratford-on-Avon, father pushing a wheelchair carrying his severely disabled son and the Oggi Oggi Oi tunnel (someone should revive that tradition...maybe I will)

Humber Bridge - the seventh longest single-span suspension bridge in the world, that section of the race alone comprises 2 x 2,220 metres (2 x 2 miles and 1336 yards) which is over 40% of the entire race, most of which is in Lincolnshire; one year, I came 13th, but it was a scorcher and they were dropping like flies (heat and hills don't bother me too much)

Wycombe - for its killer hill at the start, which always catches newcomers unaware, runner beans in full flower in people's allotments and the long slog along Wycombe Lane/Boundary Road which they keep car-free, the River Wye

MK NSPCC - it's a good cause, the Brummie MC (who has also done the honours at Reading and Burnham Beeches) for his appalling jokes, the stretch along the Grand Union Canal under the lime trees, and seeing Mick & Phil Marathon Lads again

Marlow - for its wonderful, autumn beechwoods, the extremely undulating nature of its course, the long clatter down Parmour Lane into the Hambleden Valley and the steep incline up Rotten Row which always catches etc etc - and the occasional posting on youtube when the course is flooded.

Chris Shearwood



Down but not defeated.

You may have read my piece last month about the BBCs coverage of the London Marathon. Did you know it was savagely censored by the great and good at our club; the red line brutally drawn across vast swathes of my well-considered text?

I had evidently libelled somebody but, of course, I can't say what I said then, because I would just be repeating the offence, if indeed there was one.

When I was told of this outrage, yours truly, in a fit of indignant rage, shot off to the library to see what the laws of libel/slander actually are.

In there was a crusty old volume called Essential Law for Journalists. That's evidently the "bible" for this sort of thing.

The boss of Roxeth Towers, Mrs Roxeth, has been accused of being me (we do look a bit different) and of writing this column. Steve has been accused as well. Naturally he's pleased, as he can barely write his name. Let it be known, despite what you hear to the contrary, it's not true on both counts, although Steve types and sends my words of wisdom on his computer.

Mrs Roxeth was recently given a book called "Running Like A Girl". It's a pleasant book about a woman's running life from beginner to marathon and all the pitfalls along the way. It's from a woman's point of view, but the male of the species will be able to understand and sympathise with a lot of the sentiments. It's quite humorous too.

Anyway, Mrs Roxeth getting this book in turn led her to say that I run like a girl. Charming, but I don't think libellous. Why? Because one of the defences to libel according to the book, is "Fair Comment" which seems to allow you to criticise somebody when it's an opinion.

There's also a glorious phrase "Substantial Risk Of Serious Prejudice" to define when you are libelled, which I can't think would result from the couple of hundred people who read Metrolines. But the editor's word is final.

Which leads on to the question, will this even be published as I've dared to mention that I've been censored? Is this the end of Old Roxeth? Will his contract be renewed? Watch this space. There may be nothing in it!

Your censored Old Roxeth

My running story – 162 half marathons at the time of writing (14 June) and, hopefully, 163 by the time you read this in July. Is this a club record?

Never was any good at any sport. Avoided games as much as possible at school. Football, cricket, rugby, tennis, squash – you name it, I am completely hopeless at all of them. Not that I am a soft weakling. You'd better not be to survive a Glasgow upbringing!

I did, for a short time, do a bit of running while at university in Glasgow but did not continue with it once I left. Then in the early 80s, a friend suggested we go out running together. We started with short distances and gradually built up to half marathons. My first was in October 1986 which I completed in a not too disreputable time of 1 hour 44 minutes. For the following few years I ran only one half marathon a year. This was the Harrow Half Marathon which the older members of Metros will remember. I achieved my best time of 90 minutes in November 1989. I tell everybody I did it in 90 minutes, although the actual time was 90 minutes and 55 seconds. But do not pass on this guilty secret of mine. I completed most of the next 80 or so half marathons in under 2 hours. My favourite distance is half marathons although I have also run 75 10 mile races and 55 10ks. I have only ran one full marathon. That was in 1990 in a time of 3 hours 54 minutes. I was aiming for three and a half hours but hit the wall at about 18 miles and walked and ran the rest of the way. I did apply 3 times to run London but never got a place. I had therefore to go for second best, the Harrow Marathon. That was a strange experience as it involved going around the half marathon route twice. During the first circuit there were lots of runners. On the second circuit there were so few runners that, at times, it felt like I was running on my own. Many half marathon races I used to run no longer exist including Harrow, Slough and Borehamwood (now reduced to a 10k). Hillingdon has now been resurrected after a long break. For several years in the 90s I ran a half marathon called CISPOTEL which stood for Civil Service, Post Office and [British] Telecom. I doubt this still exists. I think that the last Harrow Half was in November 2001 as I ran the Marlow Half the following year. They and, coincidentally, the New York Marathon were/are on the first Sunday of November.

For a period, I ran lots of races outside England. I say “outside England” rather than “abroad” so that I can also list the ones I ran in Scotland. Whether Scotland becomes “abroad” in the future only time will tell. They were all really fun.

1995 – Mid-Argyll, Scotland Half marathon

2004 – Sydney City to Surf, classified as the World's Biggest Fun Run. Goes from central city to Bondi Beach, a distance of 14km, and running past lovely scenery and beaches. In 2011, 85,000 people registered to take part.

2005 – Burnsville Half Marathon, outside Minneapolis, USA

2006 – Jerusalem Half Marathon

2006 – Islay, Scotland Half Marathon

2007 – Nice Half Marathon

2008 – New York 15km around Manhattan Central Park

2008 – Stockholm Half Marathon

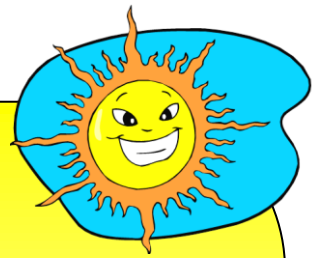
As many of you will testify, it does not get any easier as one ages. I did not think of joining a local running club until quite recently. I was happy to run on my own and run about 20 organised races per year. In the last few years, while I still enjoy running very much my times have been getting slower and slower. I am now very near the back in races. And so I thought that if I joined a running club there may just be runners as slow as I am. I therefore made enquiries about joining Metros in October of last year. Irene and Pat were very helpful and encouraging. Since I joined, I have been coming to most Saturday morning training sessions, including Jane's yoga session which I enjoy a lot, and to the Monday evening run. Many members have been very friendly which I appreciate very much. But I must pick out particularly Steph who helps me along with her encouragement and chat as well as Mike Ransome on the Monday runs who always makes sure that I do not get left too far behind everyone else. He even tries to get me to improve my running style but I suspect that is a hopeless endeavour.

My most recent race was St Albans which is my 162nd half marathon. I ran this today and managed it ok, slow but quite a bit faster than my previous 2 half marathons. I looked around for some Metros runners but did not see any. But there were many thousands running and I may have missed them. And my next one, which will be very exciting, is the Vancouver Half Marathon that I am running on 28 June. I am visiting the city at that time to see my son who lives there and we shall be running it together. This will be the first foreign race I shall run with my Metros t-shirt and perhaps the first Metros member running in this particular race. Would be interesting to me to know if any Metros runners have run any of my foreign races. I also registered today to run the Burnham Beeches half marathon on 23 August.

I find that when I talk to people about my running, I am apologising for my slow speed. But I should stop this. I should be pleased that unlike the vast majority of people of my age – or any age – I am still able to run many miles and enjoy it. Accentuate the positive and do the best you can! I am very pleased that Metros is there to help me keep up my running and hope I shall be able, with members' encouragement, to carry on for many years to come. So far I have managed to avoid running related injuries.

If nothing else, writing this story has been a very pleasant journey down memory lane for me as I recall past triumphs and challenges and look forward to future races.

Arnold Glickman



SUMMER LEAGUE WEB SITE

Richard Silverton of Mornington Chasers set up the web site for the Summer League and has sent the following e-mail to clubs involved with the League:

"I've spent a bit of time making the Summer League site admin a bit more accessible. As a result, it should be relatively easy for somebody other than me to upload photos, news items, results and update the table. It would require a bit of familiarity with the web and spreadsheets, but it shouldn't be hugely complicated.

If anybody would be prepared to volunteer for a brief walk-through some time, I would be very happy to provide one (and a full set of instructions). I'm pretty keen to get somebody else on board as, whilst I'll be around to update the site after the Dulwich Park race, I can't guarantee I will be for the rest of the fixtures due to some fairly unpredictable work commitments.

Please let me know if you or anybody else from your club could fit the bill!"

Offers of help PLEASE to Pat Jackson – 020 8868 5683.

Refreshment Team



Results and Reports

London Marathon - Sunday 26th April 2015

35156 Patricia Hewlett 5:56:24

Apologies for missing Trish's result last month. Eds

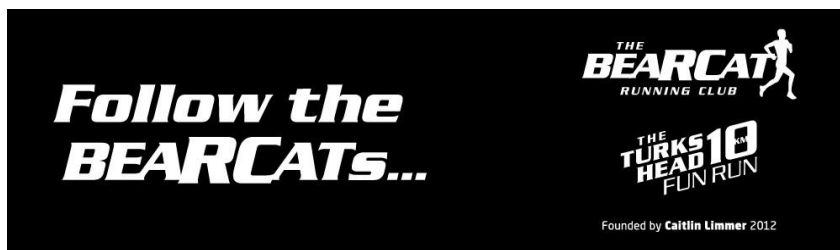
BUPA London 10,000 - Monday 25th May 2015

1	28:37
Sasha Birkin	40:34
Simon Dadomo	52:37
Bernie Conway	57:16



St Albans Half Marathon - 14th June 2015

1	1:09:46
83 Christopher Shearwood	1:30:09
1645 Arnold Glickman	2:45:33



7th June 2015

At first I was surprised to find myself the only Metro in this race. In fact there were only a few small groups from running clubs, except for the Bearcats who organise it. I believe it filled up very quickly. If you are after chip timing (money is sent to charity instead of paying for the timing) and a PB it is not really for you. It calls itself a fun run and it is. Unless you set off on the front line, the start was very slow. I started about half way back (800 entrants on a narrow lane) and we were tightly packed for the first 1k then on the pavement of a busy road. There is also a single file bottleneck across Teddington Lock.

However if you want to go out and enjoy a good run up and down the Thames - Twickenham to Teddington to Richmond and back – then it is a great run to do. Very flat, and a lovely route mostly along the towpaths. It was a hot sunny day, and much of it was shaded by trees. Anyone who has done the Cabbage Patch 10 will find parts of it very familiar – it was good to run over Richmond Bridge at the end having only run about 8 km rather than 8 miles, and know the finish was that much closer! I believe the rest of the day was a family day at the Turk's Head pub, so with weather like yesterday's you could make a day of it. Otherwise enjoy the can of London Pride from your goodie bag when you get home!

Sarah Westwood

More of Nigel in his GB kit and with bronze medal



Measured Mile 2 May 2015

	Time		Time
Brett Rafferty	5.19	Hillarie Lemon	8.15
Chris Shearwood	5.30	Sumita Entwistle (?)	8.16
Nigel Rackham	5.34	Barbara Reading	8.32
Mitesh Patel	5.36	Mark Lemon	8.38
Peter Rackham	5.49	Dharmishta Parmar (?)	8.44
Steve Paull	6.09	Claire Millbery	8.45
Simon Abery	6.12	Kyie Hollingshead	8.46
Andy Fox	6.14	Julie Smith	8.49
Mike Morris	6.21	Judy Rackham	8.50
Dave Young	6.23	Dave Brown	8.55
Sam Dadomo	6.27	Geraldine Gill	8.55
Caroline Day Lewis	6.42	Penny Hudson	8.57
Sonny Peart	6.46	Steph White	8.58
Emma Rackham	6.52	Deborah Norman	8.59
Mark Mulvenna	7.02	Ishika Parmar	9.01
Ruth Tidder	7.21	Irene Paull	9.02
Juliette Nola	7.27	Titziana Spotti	9.05
Mike Ransome	7.27	Nancy Morris	9.14
Caroline Attack	7.30	Joe Millbery	9.18
Natalie Tidder	7.31	Steve Alder	9.21
Anne Nola	7.34	Sam Millbery	9.27
Evie Wallis	7.36	Hema Thakur	9.47
Kirit Ranpura	7.36	Debbie Moynihan	9.51
Anjali Patel	7.40	Sujata Patel	9.59
Ceri Jacobs	7.58	Kasim Rana	10.01
Sandra Young(?)	8.00	Elish Fernandez	10.29
Tian Hollingshead	8.09	Gladys De Groot	10.39
Gagan Khullar	8.12	Sophie Davies	10.39
Marion Rogan	8.13	Jarima Khatun	10.47
Errol Clarke	8.14	Barbara Robson	12.38



A record number of Metros ran the mile today, in total 63. Great to see the mile so popular! There were also some fast times and some very good improvements so keep up the training and be ready to run your fastest time in the next Measured Mile in August. Although we always do our best to be accurate sometimes there are errors so apologies for some times not being clear in the final lists, these are marked with (?). It is important for everyone to listen for the numbers at the finish and then give them in. If you think your time or place in the list is not correct please let me know - a.murphy91@yahoo.co.uk.

Thanks to Bob and Teresa for superb support with timing and organising and to the Young & Rawlins youngsters who handed out the lolly sticks.

Angela

Edinburgh Marathon - 31st May 2015

1	2:19:36
Rebecca Walker	4:09:22

Yateley 10K - 3rd June 2015

133	Steve Paull	42:59
602	Glyn Watkins	56:27
872 finishers		

Helsinki Half Marathon - 6th June 2015

233	Steve Paull	1:38:55	1st V60
2077 finishers			

Weald Challenge Trail Marathon

When a race has its race HQ at a Chiddingly Primary School in a place called Muddles Green, you know it is going to be a homely, rural affair, even if Google Maps insists on calling it Chiddingly City. And so it proved, for the small but perfectly formed Weald Challenge.

There were three race distances on offer: a half marathon, full marathon and 50km ultra. Mandy Beuselinck and I had both opted for the marathon, as part of our training for ultra races later in the year. This would be my third marathon (and second trail marathon) in five weeks. If it is possible to become blasé about running marathons, I was well on the way to becoming so. Rather than an early night on the Saturday, I'd been at the Tricycle Theatre with a friend, where I had bumped into fellow Metros Gordon Valentine, Carole Wells and Sarah Westwood. Nevertheless, I picked Mandy up at 6.15am and motored down to Sussex in less than two hours.



As we arrived, the Ultra Runners were heading to their 8am start. We had an hour or so to collect our numbers and prepare for our marathon. This was easily the smallest marathon, and in fact one of the smallest races I've run. There were more running the Ultra and the Half, but it meant that out on the course, one might find oneself running with one or two others, but often, particularly in the second half, I was running solo. Not that there's anything wrong with that.

I can say, without fear of contradiction, that this was the most picturesque race I have had the pleasure to run. Although overcast as we toed the line, the morning sun quickly broke through, to light up the Sussex countryside in all its glory and variety. This race route really did have everything. Cows and sheep. Rivers, lakes and streams. A ford, and an unmanned railway line to cross. Fallen trees to clamber over and low hanging branches to stoop beneath. Some runners felt there was more road than they expected, but I was more than content with the amount of woodland paths, downland tracks, buttercup meadows and green-crop barley and wheat fields. And if I never see another stile again in my life, it will be too soon; I must have climbed over about 50 of them. (Thanks, Kevin, for taking the very next Wednesday night Metros run over a stile on Harrow Hill!)

It took me a little while to get into the race. My legs didn't really loosen up until about three or four miles in. From that point on, I held a steady pace, resisting the temptation to stop and take photos of the glorious countryside all around. When I reached the first checkpoint at about seven miles, I retrieved a cap from my backpack, to shield me from the sun for the rest of the run. I had thought Mandy would be minutes behind me by this point, but she ran into the food station just a few seconds behind me, and left ahead of me. Fortified by water, cola, ritz crackers and watermelon, I set off after her, as she ran with Michael Grehan an old friend of Steve Paull's from Dunstable Road Running Club.

Three weeks previously I had run the Three Forts Marathon along the South Downs Way, and visibility had been so bad I may as well have been running in the gym. This time, on the Weald Way and the Vanguard Way, the air was clear, the sun was warm, and I could see for miles. I felt that I was lucky to be a runner. I could see countless stunning vistas in a single morning, effectively having a fast-paced country walk with picnics provided at regular intervals.

The second checkpoint was at halfway. I arrived a little ahead of Mandy, and again stocked up on cola, water and watermelon. I was carrying my own water, using a hydration system for the first time, but I didn't know how long it would last, or how warm the weather would get, so I made the most of the aid stations. The volunteers were more than happy to fill bottles for thirsty runners.

Leaving the checkpoint, I picked up the pace a little, taking advantage of some downhill sections, and knowing that there were some big climbs still to come, and that I needed to up my tempo if I wanted to run under five hours.

In the second half of the race, I ran on my own for much of the time, but began to overtake a number of runners, including those running the Ultra and the Half, as our courses converged towards the end. The weather continued warm and sunny, and wooded sections of the route came as a welcome relief, even if they did require more concentration, looking out for roots and low-hanging branches.

There was a fair amount of overtaking, as runners changed pace going uphill or downhill. I tend to lose ground going uphill and gain it going down. As I felt pretty strong in the second half of the race, I consciously tried to gain ground going up and down, run-walking up hills when others were simply walking. This seemed an energy-efficient method, and I picked off a number of runners in this way.

There was a checkpoint at 19 miles, and thankfully again at 23. By this time, I was swigging all the coke I could get my hands on, desperately trying to keep dehydration and fatigue at bay. I expected some kind of gastric reaction, but thankfully none came.

At around 24 miles, I was trading places with three other runners as we ran through a wood, climbed another inevitable stile, and headed across a meadow. Ahead of us, we could see another group of runners – half-marathoners, we surmised – paused at another fence, clearly trying to figure out which way to go. By the time we reached where they had been stood, they had headed off, but we all four paused in the same place and reached the conclusion we had gone off-course. Now, my trail running experience stretches to just two marathons, but you can take it from me that getting lost, 24 miles into a run, is a pretty dispiriting experience. Tired legs and tired mind make decision-making problematic. Go forward? Go back? Heaven forbid. We looked at the maps provided at race HQ, but could make no sense of where we were. I recalled a hard right turn we'd taken half a mile back, which hadn't been signed, but there had been no obvious alternative route to take. Eventually we reasoned that the group ahead of us hadn't returned, so we might as well follow them. We did this, and eventually found ourselves back on a track we recognised from the outward part of the course. We were definitely heading towards the finish, but we had no idea whether we had added distance to the route, or taken an inadvertent shortcut.

As we neared the finish, along country lanes, there were numerous people out offering encouragement. Sensing the end was near, I pulled away from my companions of the last few miles, to finish in 19th place, in 4h55m56s. But this race really wasn't about the time; it was about the journey. And a wonderful journey it was.

As I crossed the finish line, I was handed a hand-crafted Weald Challenge mug by a young girl, and a medal by what I guess was the young girl's mother. Free coffee and cake were on offer, and I supplemented them with a protein shake.

Mandy and Michael crossed the line together, hand in hand, and were awarded the same time of 5h14m30s. I tried to get a photo of them finishing, but was too tired to operate my phone with any precision.

In the post-race analysis, it transpired that lots of runners had gone off-course towards the end of the race, due to someone removing a direction arrow. For some this was a disappointment, but for me it seemed to add to the adventure of the whole event. I wasn't running to break a pb, or for any particular kudos. I was running to prepare myself for another event, and actually for the sheer joy of running through the English countryside. On a sun-soaked May morning, there are few sensations more pleasurable than moving easily, under one's own power, through our ancient landscape.

Mortified by the navigational problems, the race director has already made the decision to make next year's race a 50k ultra only, and for it to be self-navigated. If I'm in any kind of shape next May, I think I will run it. I would recommend it to any runner.

My 19th place is probably the highest I will ever finish in a marathon. Such are the benefits of running in a race with only 50 finishers.

Sonny Peart



Weald Trail Marathon - 24th May 2105

1		3:27:20
19	Sonny Peart	4:55:56
26	Mandy Beuselinck	5:14:30
50 finishers		

Run Wembley 17th May 2015

10K

1	33:13
12 Chris Shearwood	40:40
16 Fatmir Sulmataj	41:34
17 Brett Rafferty	41:45
21 Steve Paull	43:09
22 Kevin Smart	43:15
25 Anthony Bellis	43:22
27 Donna Warren	44:06
32 Kevin McGrory	46:09 (Poole AC)
37 Brian McGrory	47:11
38 Sarah Belchier	47:12
42 Sonny Peart	48:37
43 Peter Reynolds	48:42
45 Shirome Bhandari	49:07
46 Peter Jose	49:38
63 Emma Rackham	52:07
64 Linda Dunne	52:29
74 Paul Gardner	55:19
83 Marion Rogan	56:29
84 Ruth Tidder	57:05
90 Al Scoffham	58:43
101 Derek Bamforth	62:32
104 Geraldine Gill	63:59
110 Irene Paull	67:51
116 Penny Hudson	72:54
117 Arnold Glickman	74:01
121 finishers	



5K

1	19:09
17 Sutherlandingam Niranchanan	28:05
27 Rangah Niranchanan	31:05
43 finishers	

Run Wembley 2015

It is hard to believe how quickly the Sudbury Court 10k comes about each year. Now in its 16th year, it is also hard to believe how it keeps going. I had the pleasure of running in the very first race back in 2001 long before I had joined Sudbury Court. I remember that it rained during most of the race and it seemed like there were lots of runners. In fact there were only about 65 finishers, but that was before I started taking part in mass participation runs and I was obviously easily impressed. Well it did have the famous boxer Lloyd Honeyghan as the starter, who also handed out our medals.

After joining the club, I realised what a hard event our 10k is to put on. As well as trying to lure runners to one of the most "non Scenic" runs in the country (world!), we also have the problem with needing so many marshals on the route, which means we very rarely have any of our own club members running. So in the lead up to the race each year, we wonder whether it will be hot or raining, whether there will be any runners turning up, whether anything will go wrong, whether parking will be suspended again, whether it will be incident free, whether any runners will get lost, do we have enough marshals etc... However there is one thing that we do not have to worry about and that is that Metros runners will turn up in force to support us. We greatly appreciate the number of Metros that turn up and this year we even had a Metros runner help us with marshalling. (Well apparently this person likes giving directions!)

There were no fewer than 24 Metros runners in the 10K race which made up 20% of the field, with many of these runners turning up year on year to support us. For that we would like to say a big thank you to Metros members.

Having teamed up with St Luke's Hospice in the last few years, they have helped attract new runners to the race and our number of finishers in the 10K this year was almost 150% up on 2011, when we were at quite a low point. St Luke's have also managed to raise £8.5K through our race.

Our only disappointment was having got the winner Hassan Marzouk along by paying for his entry in order to lure him in to joining Sudbury Court, we were scuppered when he was tempted over to the red and white hoops of Queens Park Harriers!

Thanks again to Metros for their support in this year's race. Let's hope we can get it going again for 2016.

Mark Mulvenna

Trophy Competition - Half Way

Ladies

	Finchley 20	Maidenhead 10	Marlow 5	Sudbury Court 10K	Total
Linda Dunne	46	46	48	48	188
Donna Warren		50	50	50	150
Emma Rackham		47	49	49	145
Ruth Tidder		45	47	46	138
Penny Hudson		41	43	44	128
Tracey Tyrrell	49	49			98
Rebecca Walker	47	48			95
Irene Paull			42	45	87
Sasha Birkin	50				50
Claire Elam	48				48

Men

	Finchley 20	Maidenhead 10	Marlow 5	Sudbury Court 10K	Total
Steve Paull	49	49	49	47	194
Sonny Peart	47	47	47	43	184
Brett Rafferty			50	48	98
Mike Morris	48	48			96
Anthony Bellis			48	45	93
Peter Jose			46	40	86
Arnold Glickman		45		36	81
Al Scoffham			43	38	81
Nigel Rackham	50				50
Mitesh Patel		50			50

Note 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. It is therefore essential that each competitor check the accuracy of position and their club entry as a Metro from the official results. Any discrepancies must be taken up by the individual runner with the club concerned. Copies of all communication with those clubs should be sent to the LRRC Coordinator and in the event of the organising club's error, amendment to the award of Trophy competition points can be made. This however must be prior to the finalisation of the competition. 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 now 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.

5 Mile Handicap - 6th June 2015

Name	Actual Time	Correct Handicap	Time plus Handicap	Points	Next Handicap
Gertrud Porter	43.46	0	43.46	42	16
Paul Gardner	46.47	0	46.47	41	13
Jane Scoffham	48.28	0	48.28	40	11
Jo Collier	54.15	0	54.15	39	6
Gladys de Groot	60.49	-5	55.49	38	0
Mark Lemon	56.01	0	56.01	37	4
Hilarie Lemon	48.50	8	56.50	36	12
Emma Rackham	41.03	16	57.03	35	19
Titiziana Spotti	53.07	4	57.07	34	7
Dave Young	35.32	22	57.32	33	25
Julia Allen	46.49	11	57.49	32	14
Mitesh Patel	34.50	23	57.50	31	26
Chris Shearwood	34.50	23	57.50	30	26
Mike Ransome	44.57	13	57.57	29	15
Anne Nuala	44.57	13	57.57	28	15
Debbie Moynihan	61.07	-3	58.07	27	-1
Barbara Reading	49.10	9	58.10	26	11
Andy Fox	36.17	23	59.17	25	24
Caroline Day-Lewis	39.19	20	59.19	24	21
Nancy Morris	58.33	1	59.33	23	2
Geraldine Gill	54.09	6	60.09	12	6
Hema Thakur	58.38	2	60.38	11	2
Stephanie White	61.45	-1	60.45	10	-1
Simon Abery	39.54	21	60.54	9	20
Nigel Rackham	30.15	31	61.15	8	30
Brett Rafferty	35.25	26	61.25	7	25
Angela Murphy	55.17	7	62.17	6	5
Ruth Tidder	44.26	18	62.26	5	16
Kirit Ranpura	44.38	18	62.38	4	16
Carole Wells	49.58	13	62.58	3	10
Judy Rackham	49.52	15	64.52	2	10
Sonny Peart	42.22	23	65.22	1	18

SUMMER LEAGUE

Dulwich, 31st May 2015 - 5 miles

MEN			WOMEN		
		Time Cat			Time Cat
4	Ron Taylor	28.45 SM	*30	Sasha Birkin	32.47 FV40
24	Fabio Sulmataj	32.10 SM	63	Donna Warren	35.18 FV40
32	Brett Rafferty	33.00 SM	104	Tracey Tyrrell	38.33 SL
33	Mitesh Patel	33.02 SM	131	Emma Rackham	41.08 SL
53	Steve Paull	34.36 V60	141	Gertrud Porter	42.19 FV65
66	John Norris	36.00 SM	163	Ruth Tidder	45.47 FV40
67	Michael Morris	36.03 V45	168	Jane Hudson	46.03 FV55
110	Sonny Peart	39.43 V45	180	Carole Wells	48.08 FV50
114	Gordon Valentine	39.54 V60	191	Irene Paull	52.14 FV55
			195	Anne Ambrose	53.43 FV55
			198	Patricia Hewlett	53.49 FV45
			*1 st woman		

TENDERFOOT Boys

3	Christopher Hudson	6.22
7	San Dadomo	6.59

RELAYS – not timed. (All relay results are before any weighting for age)

Womens Team

Tracey Tyrrell
Donna Warren
Emma Rackham
Sasha Birkin

3rd from 6 teams

BI Team

Gertrud Porter
Gordon Valentine
Steve Paull
4th from 5 teams

Mens Team

Brett Rafferty
Christopher Hudson
Mitesh Patel
Michael Morris
John Norris
Sam Dadomo
4th from 6 teams

Ruth Tidder
Trish Hewlett
Sonny Peart



Well done to Sasha on winning the womens race. Thank you to all Metros runners and supporters and to Irene Paull for helping to record the club finishing order in the relays and electronically sending the Metros results.

Pat Jackson



parkrun Results

Northala

13.6.15

Glyn Watkins 28:14

6.6.15

Russ Hewlett 23:40

Guy Bostock 26:15

Caprice Beggs 28:32

Patricia Hewlett 33:22

30.5.15

Chris Shearwood 19:39

Guy Bostock 26:41

23.5.15

Brett Rafferty 20:41

Russ Hewlett 20:01

Mike Morris 21:22

Steve Paull 21:24

Peter Jose 23:55

Caprice Beggs 28:24

Patricia Hewlett 34:23

Nancy Morris 36:12

Sasha Birkin 43:55

(Tail runner)

Black Park

6.6.15

Glyn Watkins 29:57

30.5.15

Glyn Watkins 28:03

23.5.15

Glyn Watkins 27:52

Whitstable

13.6.15

Steve Paull 22:16

Irene Paull 33:32

South Oxhey

30.5.15

Steve Paull 22:32

Poole

13.6.15

Sue Davie 42:48

Gladstone

6.6.15

Brian McGrory 21:33

23.5.15

Brian McGrory 21:51

Longrun Meadow, Taunton

30.5.15

Sebastian

Hollingshead 31:13

Dave Brown 32:22

27.12.2014

Dave Brown 28:24

Harrow

13.6.15

Brian McGrory 21:38

Sonny Peart 22:18

Julia Allen 28:15

Nagendra Bisht 28:23

Sukriti Bisht 37:26

6.6.15

Chris Hudson 21:03

Nagendra Bisht 29:15

30.5.15

Dave Young 21:42

Brian McGrory 21:46

23.5.15

Sonny Peart 22:38

Claire Elam 24:34

Penny Hudson 33:50

Jane Hudson 33:51

9.5.15

Eleanor Murray 26:56

Runner's Recipes

Frosty, creamy and delicious, these margaritas or daiquiris (depending on whether you use tequila or rum) re-energize and replenish, adding more than 400 grams of potassium—which plays an essential role in maintaining electrolyte balance and preventing muscle cramps. The walnut rim adds a crunchy contrast and vitamin E, one of the most important antioxidants for athletes.

Air Banana

Serves 6

4 medium-sized bananas
1 cup fresh pineapple chunks
¼ cup freshly squeezed lime juice
6 Tbsp. freshly squeezed orange juice
¾ cup tequila or rum
¼ cup Grand Marnier or Cointreau
½ cup walnuts
Sugar, to taste
Salt, to taste
1 lime, cut into 4 wedges



In a blender, **add** bananas, pineapple, lime juice, orange juice, tequila or rum and Grand Marnier or Cointreau. **Fill** to the top with lots of ice and **blend** until frosty and creamy. Finely **chop** walnuts by pulsing in a food processor or by hand. **Mix** in a pinch or two of sugar and a pinch of salt, and **place** on a plate. **Rub** the top of a margarita or cocktail glass with a lime wedge to moisten and turn over to **press** into the walnuts. Repeat with other glasses. **Pour** the mixed banana pineapple cocktail into the walnut-rimmed glasses.

Hold the Hooch: In a blender, **add** bananas, pineapple, lime juice, ½ cup orange juice and 1 cup coconut water or light coconut milk. **Fill** with ice and **blend** until frosty and creamy. **Add** to walnut-rimmed glasses.

Read more at

http://womensrunning.competitor.com/2015/05/nutrition/recipes/celebrate-happy-hour-with-a-banana-margarita_39983#8gQXCIGeOA9kIc8.99

Related: [Cheers To This Many Miles Mojito](#)

NOTES OF METROS COMMITTEE MEETING

Wednesday 3 June 2015 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Peter Beuselinck, Pat Jackson, Irene Paull, Barbara Robson,
Mike Ransome (part), Carole Wells, Sarah Westwood, Sandra Young.

APOLOGIES: Mandy Beuselinck, Penny Hudson, Steve Paull, Marilyn Pickford,
Penny Rawlins

CHAIR: Mike Ransome until 8.45 pm then Sarah Westwood

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).

Tracey Tyrrell had resigned from the Committee at the AGM and Mike thanked her for her input on the Committee.

Emma Rackham has agreed to join the Committee.

MATTERS ARISING FROM THE PREVIOUS MEETING – 1 April 2015

Alternative Annual Event Between Metros Marathon Week/‘Twin’ Running Club – No one has volunteered to investigate a possible link with Metros and another club in Ireland and/or the Harrow ‘twin’ town, Douai in France.

Sue Davie had suggested a Metros trip to Poole in the alternate years between marathon weeks. Mike will investigate. **ACTION:** Mike Ransome

First Aiders –Angela Murphy has purchased first aid kit bum bags for use for Metros members at training sessions. Angela and Margaret Smith have produced some guidelines and Mike will discuss with Angela. **ACTION:** Mike Ransome

Barn Dance - Penny Rawlins had sent a report that the large Headstone Barn is still being renovated but Saturdays in March 2016 were free. It was agreed that Saturday 5 March be booked. **ACTION:** Penny Rawlins/Sandra Young

5 Mile Handicap – Gordon Valentine has volunteered to co-ordinate the 5 Mile Handicap starting with this coming Saturday. **ACTION:** Irene Paull

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

ACTION: Irene Paull/Nigel Rackham

Metros Kit – when Nigel receives the invoice for the set up charge for the Metros running man log embroidery, he will reimburse Linda Dunne.

ACTION: Linda Dunne/ Nigel Rackham

Pat has ordered small size T-shirts suitable for children.

Harrow Hill Run –Peter reported a healthy surplus. £1000 had been donated to the Harrow MS Therapy Centre and a thank you letter had been received. Mandy had put a report in Facebook, Twitter, Harrow Gazette etc. Mandy had confirmed that she is willing to organise the run again next year.

Metros Kettles – Barbara had purchased two fast boiling kettles which are very successful.

ITEM CLOSED

LRRC Trophies - Graham Haddon, co-ordinator, has confirmed via Marilyn that only one race distance per date should qualify and that shorter and longer distances were already offered within the list of eligible races.

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

Hon Vice Chairman – Sarah had nothing to report.

Hon. Secretary – Peter confirmed that 55 Metros members had affiliated as competitive members. Under the present rules, this should entitle Metros to two London Marathon places.

Peter also confirmed that Garry Young does not wish to continue as the Metros London Marathon Elite Runners Drinks Station co-ordinator next year and has asked Peter to take over. Peter has agreed. Garry will organise the Drinks Station ballot from this year's race.

ACTION: Garry Young – Nov/Dec

Peter had arranged for the Notes of the AGM to be published in Metrolines rather than wait until the next AGM. He suggested that the Committee review the notes to see if there were any matters arising which needed to be dealt with before the next AGM.

ACTION: All Committee

Hon. Treasurer – Nigel was not present.

It was suggested that, in view of new members and other surplus money, a review of the Metros budget forecast be done in September.

ACTION: Nigel Rackham

Hon. Membership Secretary: Irene confirmed 256 Metros members. She listed applications for membership and the following were confirmed:

Sarah Belchier, Kenton; Joanna Collier, Hatch End; Piyush Gudka, Edgware; Sebastian and Kyle Hollingshead, Pinner; Javarn Newallo, Harrow; Barry Nolan, Harrow; Hitesh and Kai Patel, Northwood; Nia Williams, Harrow; Meera Tanna, Pinner.

Irene confirmed that, to organise memberships more efficiently, more frequent bank statements are needed.

ACTION: Nigel Rackham/Irene Paull

REPORTS OF CO-ORDINATORS

Summer League – Pat confirmed that the first fixture at Dulwich had been successful. Due to increased numbers, last year the recording of results was done electronically. Unfortunately there were some problems but these should be corrected this year. A stop watch which will allow results to be automatically downloaded is being used and photos of finishers taken as a back-up. Metros may need to purchase suitable equipment.

At this stage Mike left the meeting and Sarah took over as meeting Chairman.

Regarding Metros Summer League awards, Pat suggested that an addition be made to Metros Championships and Awards to allow anyone to qualify for 5 bonus points if helping at the Metros host fixture had precluded them from running and, had they run, would have qualified for the bonus points. This was agreed. **ACTION:** Pat Jackson

The Summer League web site has been improved and help to maintain it is requested. Pat will advertise in Metrolines. **ACTION:** Pat Jackson

24 hour Track Relay, Marlow 19/20 June in aid of Make a Wish Charity – Mandy is co-ordinating, 27 Metros runners so far have volunteered to participate and will make a donation of £5 each. It was agreed that Metros will make a donation to the charity in lieu of a team entry fee. **ACTION:** Mandy Beuselinck/Nigel Rackham

List of Committee and Co-ordinators – some changes were agreed and Pat will inform Penny Hudson for issue in Metrolines. **ACTION:** Pat Jackson/Penny Hudson

The meeting finished at 9.07 pm

Date of Next Committee Meeting - Wednesday 1 July

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

Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the first Wednesday of most months (but usually not May, August or January) and we are open to all members.

First Aid

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

Jane Scoffham - tel. 01895 270245

First Aid Course

Contact me on
0208 866 1170,
mcstraining@hotmail.co.uk,
or see me at the scout hut
after the Saturday running
session for further details.

Margaret Smith

Facebook Page

If you're a Facebook user then look out for the Metros Running Club Page. We've set this up to allow Metros to keep in touch and to interact with other running based organisations. Getting access is simple - key in Metros Running Club in the Search bar, click to link down to the Page that is returned by the search, and "like" the page. And don't be afraid to contribute anything relevant to the Page.

Metrolines

Contributions to: Penny and Jane Hudson

Email: metrolines1@gmail.com

Contributions by: 15th of each month please.

If you would like to receive Metrolines by email, please send your details to Jane or Penny Hudson at the email address above.

When submitting articles, please ensure that all information is correct and that times, dates and places are clearly shown.

Photocopying: Pat Jackson

Contact Penny Hudson if you would like to join Metros group email.

Group email address: metrosrc@googlegroups.com

Advertising

If you would like to advertise in Metrolines the rates are as follows:

Full page £5

Half page £3

Quarter page £2

Coaching/Leadership/Officials' Courses

If you would like to be considered for sponsored training please contact a member of the committee to discuss or call Peter Beuselinck on 07872 544898. See www.englandathletics.org for courses.

Club's Policy on Dogs

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

Metros Kit

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

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

Metros vests - small sizes only - can also be purchased at Runner's World, 139 Field End Road, Eastcote, HA5 1QH. Tel. 020 8868 6997. (Runner's World does not have any other Metros kit).

Safety Information

Whenever you attend a training session, please inform the session coordinator / leader if you have any injury or other medical condition.

Also, if you participate in one of Metros Saturday morning races or challenges, please give your name to the person(s) organising the event and report back to them if you drop out. This applies particularly to events where the course is mainly on the streets and is to enable us to check whether anyone has lost their way or suffered an injury or accident.

A "dog tag" for personal information can be obtained from Pat Jackson for £1.00

Metros Website

www.metros.org.uk

Contributions to:

kevinsmart14@yahoo.com

If you have information relating to club events that you feel should be on the website please send details to Kevin at the above email address.

Metros REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: mondaymetros@yahoo.co.uk	
TUESDAY	20.00	Steve Paull	020 8422 6636
		Penny Hudson	pm.hudson@ntlworld.com
WEDNESDAY	19.15	Dave Brown	020 8933 1821/Steve Paull
THURSDAY	19.00	Jane Hudson	07522 754675
		Email: thursdaymetros@yahoo.co.uk	
SATURDAY	09.00	Irene Paull	020 8422 6636
SUNDAY	09.30	Anne Leigh	01753 888 839

Not every week – please phone Anne to confirm

Other unofficial runs may also be going on, ask around.

See website for more details: www.metros.org.uk

Please Note: All runners are responsible for themselves.