



June 2015

Issue No. 321



Mike beats Steve at London Marathon



Spencer, Tracey and Dave at the Special Water Station

Metros Diary

MAY

Sun 31 Summer League, Dulwich 9.30 am

JUNE

Wed 3 Committee Meeting 8.00 pm

Sat 6 5 mile handicap, Roxbourne Park 8.50 am

Mon 8 Vets Track & Field, Hillingdon 6.30 pm

Sat 13 Food Bank Donation, Roxbourne Park

Sun 14 Summer League, METROS, North Harrow Rec. 9.30 am

Sat 20 Wot No Watch, Roxbourne Park 9.20 & 9.40 am

19 & 20 Track Relay, Marlow Running Track
(See inside for details) 7 pm to 7 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

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 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

Sat 5 5 Mile Handicap, Roxbourne Park 8.50 am

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

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

Note from the Editors!

Enjoy the latest edition and wallow in marathon memories. Take the opportunity to run in some spring sunshine, and share your stories. It's been good to see many of you at recent races.

Jane and Penny Hudson

Tucked away off Watford Road and part of Harrow School farm is Harrow Multiple Sclerosis (MS) Therapy Centre.

One of only two in the whole of north London, the no-frills establishment is entirely self-funded and requires two hundred thousand pounds a year to keep going.

Local running club Metros have this year donated all of the profits from February's Harrow Hill Race to the centre and recently Amanda Beuselinck, the Race Director presented a cheque for £1000 to the Chair of the Trustees, Jerry Ridout.

"It has been a valuable donation at just the right time" said Centre Manager, Lynn Hurst. In a relaxed setting, many of the 230 members of the centre attend weekly, occasionally for multiple sessions. For some it is their only trip out for that week.

The centre, manned by professionals in their field, offers yoga, massage, physiotherapy, aromatherapy and even has an oxygen chamber which was used, presumably when not needed by the centre, by world number one tennis player, Novak Djokovic in his Wimbledon preparation.

For more information on the work of the centre, please see their website <http://harrowmscentre.co.uk/>





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

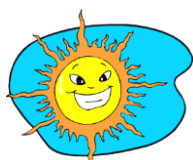
Vets Track & Field

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

Here are the dates for your diaries.

Wendy Mulvenna

8 June Hillingdon (Hillingdon hosting)
22 June Battersea (HHH hosting)
13 July Perivale (ESM hosting)



Summer League

The following are dates for the Summer League:

31 May, 9.30am - Dulwich, 5 miles, hosted by Dulwich Park Runners
14 June, 9.30am - North Harrow, 10K, HOSTED BY Metros
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 ...



Nigel Rackham, Sasha Birkin, Mike Morris and Mike Ransome for PBs at London Marathon

Linda Dunne for completing her first marathon at London

Sonny Peart for a PB at the Greater Manchester Marathon



Brian McGrory for a 5K PB on 9th May at his 50th parkrun and for being 1st VM50.

Anne Ambrose for being 1st V55 at Harrow parkrun

Sukriti Bisht for her first 5K at the trial Harrow parkrun.



Donna Warren and Emma Rackham for PBs at Marlow 5

Linda Dunne for her first 5 mile race at Marlow

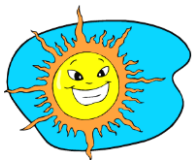
Linda Dunne and Emma Rackham for PBs at Run Wembley 10K

Christopher Hudson, Mike Ransome and Mike Morris for PBs in the park 5K on 16th May



Gertrud Porter - 1st FV60 at Hackney Half Marathon

Donna Warren for a PB and being 1st Vet lady at Run Wembley



YOUR CLUB NEEDS YOU!!

SUMMER LEAGUE: Metros' HOST FIXTURE **Sunday 14 June** **Headstone Manor Recreation Ground, 9.30 am**

This year the Metros' Summer League host fixture is on **Sunday 14 June** and again I'm asking for everyone's help to make this a successful event ☺

Metros have a reputation for being excellent hosts, with great organisation, superb post-race refreshments and many encouraging marshals on the 10km Road Run and the Tenderfoot run within the park.

For us to maintain this reputation PLEASE:

- **Come to run**
- **Bring refreshments eg sandwiches and cakes**
- **Bring family and friends (or yourself if not running) to help**

We need most help during the 10km run ie from 9.15 am to 10.30 am. However, if your time is limited, help with any part of the morning would be appreciated.

For those who've not been to a Summer League fixture before, these events are open to all ages and abilities. Entry (free to Metros members) is on the day and there is no need to pre-enter.

All individual runners are graded in age bands – children under 14 are graded per year and adults over 40 are graded in 5-year age bands. All participants score points for their club. There is an additional Metros trophy for the best overall adult Metros runner in the Summer League.

The time-table for the morning is:

- 9.30 am 10km road race for all abilities
- 10.45 am 1.5 km 'Tenderfoot' race for children & beginners, within the park
- 11.15 am Fun Run (approx. 400m) within the park.
- 11.25 am Relays (approx. 400m) within the park.

I would really encourage those of you who have not taken part in any of the leagues before to come along, as it's close to home and a great opportunity to represent the club and meet other Metros who may not attend the same training sessions as yourself.

OFFERS OF HELP IN ADVANCE OF THE DAY MAKE ORGANISATION MUCH EASIER, SO PLEASE GET IN TOUCH

Donna Warren tel: 07976 976801 email: dwarren@cokecce.com

Steve Paull completed his 150th Half Marathon at Hillingdon last month.

Of those, 62 were in the 1:20s, 72 in the 1:30s, 13 in the 1:40s and 3 in the 1:50s.

Here are some (mostly) useless facts and figures from the 150

First: St Albans 1983 1:34:14

Fastest: Wembley 1987 1:20:40 Finished in front of the royal box in the stadium.

Slowest: Watford 2010 1:58:45 Calf tear after 8 miles, limped to finish, in the middle of nowhere so no choice.

Most completed: St Albans- 17 times

Abroad: 2- Taurunga, New Zealand 1998, Santa Pola, Spain 2013.

Victories (age group): 3 English Half (Warrington) 2009, Maidenhead 2013 Hillingdon 2015.

Highest placing in main race 28th Leighton Buzzard 1987

Steve ran the St Albans Half the day after getting married (in tailcoat with "Just Married" on the back).

Because of his tummy troubles he used to take kaolin and morphine before a race, but once drank embrocation by mistake!!!

At one race in the Bedfordshire countryside he, along with others, had to run past an escaped horse which was trotting in the same direction.

A previous girlfriend was faster than him (she didn't last long).

Arnold and Chris are both ahead of or close to Steve in their totals for the half; what is their story?



On Sunday the 26th I got up early and got out running as soon as possible because I had a purpose. To be ready for the coverage of the London Marathon.

Gone are the days when I can complete such a distance, but I can still get round the local park a few times without much distress.

The trouble is, when I put the TV on, I am hit by the same problem I get year after year with the BBC coverage of long distance races- Brendan Foster.

I know of several people who have a dislike of certain (usually football) sports commentators and Foster is mine. If you listen to his gibbering on, actually listen to the words he says, there is a lot of complete rubbish. I suggest Steve Cram, sitting alongside, has to interrupt to shut the man up.

The first words he said at the start of this year's race was to name one of the two male winners of the first London Marathon "Ingrid" and get the surname wrong as well.

That was immediately too much for me. I had to turn the sound off. I had expected to do that but hoped for a little time before he drove me to that action.

However I did record the race and play it back when calmer for the sake of this article. Here are a few more pearls -

"And while we watch the women, there's the leading group in the men's race"

"Went under the tunnel"

"They are going to be close to the course record so no one's run faster than them here"

"The race has started. They've been running 25 minutes"

" We look out at Big Ben. Ten past twelve on a regular Sunday morning...well it isn't a regular Sunday morning"

You get the picture?

I also counted eight times he prefaced runners from the past with the words "the great". Who decides that? It's another of his traits that's been going on for years.

And he is prone to never finishing sentences like this one from this year-

"There will be seven soon, then six and we'll see how it works through the....."

But I survived another year of Foster. If only Eurosport would take over the broadcasting rights.

Old Roxeth

Vets Track and Field

The next fixture is on Monday 8th June at Hillingdon Athletics Stadium, Gating Way, Uxbridge.

The following events will be taking place:



Men		Women	
18:30	Hammer	18:30	Shot
19:15	800m	18:45	Triple Jump
19:30	Triple Jump	19:00	800m
19:40	200m	19:30	200m
19:45	Shot	19:45	Long Jump
20:15	Long Jump	20:00	3000m
20:20	3000m	20:00	Hammer
20:50	4x100m relay	20:40	4x100m relay

For more information please contact Wendy Mulvenna
wendymulv@hotmail.com



Food Bank Donations

Between 1.4.14 and 22.4.15 Metros Running Club donated 85 kg of food to the food bank.

Well done everyone and keep the donations coming.

Just a reminder that the tea money collected is also donated to the Food Bank. So far we have raised £100.

The Phuket Experience

by Steve Paull

Way back in 1991 I sort of got myself a Thai "girlfriend" through the sort of friend-of-a-friend route. I'd only met her once before I agreed to return to Bangkok and visit and, naturally, I fitted a marathon around this trip.

This was the Phuket Marathon, although Kop (real name Saweterat Kacharawan) lived in the capital. She organised my race entry from over there and, as she worked at a major hotel, organised accommodation in Phuket at another hotel in the chain.

All ok so far, but then I couldn't get annual holiday from work (it was July and the start of the school summer holidays), had to swap shifts and leave for Thailand on Friday morning for a Sunday race. I also couldn't get a direct flight at a sensible price and had to have a stopover in the middle-east.

It all took time, if you add on time-zones, the wait somewhere in the middle-east and the need for an internal flight in Thailand. Plus they don't make aircraft seats my size so I couldn't sleep. By the time we touched down at Phuket it was Saturday evening and I was shattered.

The race start was at six. I therefore had to get up at three for a taxi at around four. Kop wasn't getting up at this hour just to watch me run into the distance and wait for hours.

I got to the start but I cannot recall ever having felt so out of touch with what was going on. It was also still dark and was incredibly humid.

The marathon was combined with a shorter race, probably a 10k, that hundreds of local school-kids half my size were running in.

I could see no baggage bus, so what should I do with my kit bag? I couldn't just leave it on the street. I spoke to the only Western face I could see, who turned out to be German and spoke English. He was the coach of several elite Germans who were running. I could leave my bag on their team bus.

The young kids had little idea of what to do, dashing in and out and running all over the place in front of me and the other long distance plodders. Soon they did as expected, fade, after their initial over-fast start. Some things are the same anywhere in the world.

The run was a disaster. I was unable to cope with the heat and humidity, lack of

sleep etc etc. I gave up after 18 miles. This was at the top of the last hill (there were two monsters). The humidity was still intense, I was probably last, I was tired, and I'd had enough.

After a while, I was driven back to town on the back of an open truck, sitting on a sideways bench seat with loads of the boy scouts who had been marshalling the occasional road turnings. I was twice their size and Western. It must have looked odd.

Arriving back in Phuket the elite had finished hours before, and the coach with my bag on had gone.

There I was with no bag, no money and no change of kit.

My hotel was about 20 miles away.

Again I approached the only Western face I could find. He too was German, he also spoke English, and was also part of the party of elite runners.

To part solve my problem he offered me a lift to the elites' hotel, which was at least half way towards mine, but when we arrived there was no sign of the coach.

My new friend said he would ask some questions but in the meantime, in a kind gesture, gave me the taxi fare to my hotel and said to ring next day.

As it turned out, one of the elite had my bag now and, after repatriation negotiations, an hour later he and his girlfriend rode up on a motorbike with it. They were off to tour the island and this was as good a place to start as any.

He said all the elite had got food poisoning and the conspiracy in his mind was that it was so that a Thai could win. Maybe.

So all ended OK in this strange episode, except that I had the first marathon DNF to my name.

After the trip I never saw Kop again.

Results and Reports

London Marathon 2015 – Sasha's race report

I must first confess to being a London Marathon junkie - I love the whole build up, the expo and hearing the first notes of 'The Trap' can bring tears to my eyes. In 1981, aged 9, I watched the start and finish of the inaugural race. I wasn't inspired to start running but I did enjoy filling a couple of bin liners with running gear that people had discarded at the start. My dad decided to lace up his trainers the very next day though and ended up running it 2 years later, so it did at least set off a love of running from someone in the family. But the best bit for me has always been getting the freebies at the expo. This year's expo didn't disappoint and I came home with 6 beetroot shots, 6 beetroot juices, 3 pens, 2 pace bands (3:20 and 3:15), 24 shot blocks plus a selfie with Paula (she insisted!)

I followed an 18-week schedule (Pfitzinger & Douglas) and training went well, although I really missed the Metros Saturday sessions as well as Bob's track nights.

Miles run:

January - 191 miles, February - 178 miles, March - 231 miles.

7 runs of 20-22 miles

Injuries:

February – sore tendon lump caused by lacing trainers too tight. Physio confirmed OK to run but avoid walks!

April - in 2nd week of the taper, I discovered a large bursa (sack of fluid) at the base of my big toe. Decided best treatment was to ignore it.

The day of the race I got the 1st tube into town as I'm a bit OCD about not being late. Met my mum at Blackheath station (luckily without the dog which she had planned to take). In the green start area, I sat down on my bin liner while mum ogled Jenson Button and other celebs. After 2 loo trips (one where one of the official photographers took my pic in the queue, nice!), I got into the front of my pen. 5 minutes later I tutted to myself when I saw a man who had obviously jumped forward a pen, or so I thought...Turned out I was in the wrong pen - I moved forward to pen 3 and tried to move to near the front, this time being the one who was tutted at. So the gun went and I could see the 3:15 pacer at the back of pen 2. Plan was to start at this pace (7:26) and hold on for as long as possible. Mile 1 was the slowest (7:45) due to congestion and everyone seemed a bit frustrated. But I didn't panic as I was still the same distance from the pace maker.

Mile 2 faster (and I overtook Ewan Thomas!) and mile 3 was 6:56 (downhill) so back on track. I ran alongside the pacemaker for a couple of miles which was good as at the water stations he made sure the bottles were passed around. The pace felt easy so I moved a bit ahead of the pace maker and the surrounding mob. I saw Irene Paull and Nancy Morris club spectating at mile 6 which gave me a big boost and then my family at mile 9. Passed halfway in 1:37:13 feeling strong still. Next highlights were seeing some friends spectating at mile 18 and then seeing all the Metros at the 30k water station. Felt strong but my legs went very tight and stiff in the last 2 miles. Luckily my arms were fine so I just pumped them fast to pull me along. The 3:15 pace maker caught up with me at mile 22 and I was determined to stay near him. He told everyone that we were ahead of target and I knew that I had started about 10 secs behind him so I felt optimistic. I remember 1.5 miles to go, thinking this is just one lap of Cassiobury parkrun. And then seeing the 800m to go sign, thinking this is just once round a track(!) Then seeing the 400m sign & realising that I had another track lap to go! Welled up at the end and then started having a random conversation with another runner as she had the same shoes as me. It took a while to find my bag and family at the end as my legs felt so stiff – I almost dived into a St John's tent for help but then realised that everyone was in the same state! Second half was 1:37:16, giving final time of 3:14:29. Can't wait to do it all again next year (at least the expo bit).



The Special 7

22nd November 2015, 10.15am, My phone beeped....text message....from Jane Hudson, "You got the club place!!! Training starts now☺" OMG!!! I was shocked and stunned; I kept re reading the message, thinking I must have read it incorrectly.

I replied eventually with "Thank you, I don't know what to say, scared is one of my thoughts amongst many."

I remained scared, but positive, I was determined to do this, and I couldn't believe I had won the Metros Club place for the London Marathon. One of my reasons for even entering in the first place was because of a friend, when I ran my first London 10k in 2013, Anisea asked if I would enter the London Marathon, I said "don't be silly, there is no way I could do that!" She said her husband had run it some years ago and maybe I should try as anything is possible, if you want it, go for it!!! Unfortunately Anisea became ill and passed away in September 2014. I know she would have been pleased for me to get a place, so I decided I would raise money for the Michael Sobell Hospice and Cancer Research, the Hospice looked after Anisea in her last weeks, like many Hospices they do a fantastic job.

I had never done the Metros Sunday runs, Sunday morning was normally spent visiting my grandsons, although I had printed a marathon training plan for 17 weeks, I decided to start now in case the weather was bad or I was ill at all in the coming months, only a month early!! I was even nervous before the Sunday run, I felt like I was so much slower than all the others, I was but they all came back for me, I didn't do the whole run, I did the shorter route with Bob Manning.

I followed my training plan adapting the Sunday times or miles to fit in with what the other runners were doing on Sundays as I was ahead of schedule, I really didn't want to run alone, (apart from the treadmill) It was always easy to fit in with every one, sometimes I would be the only girl and sometimes it was just myself and the very experienced Steve Paull, aka Coach, regulars were often Simon, Sonny, Mike(marathon)Morris, Becky, Tracey as well as some new additions, including cycling Spencer. As the Sunday long runs passed by I was always still nervous but also feeling a little more confident each week as pacing became steadier and easier, so maybe still the slowest but keeping up. I can't remember all the routes we ran; along the A40 was one, the epic journey with Steve and Tracey Tyrell to Berkhamsted, when it was the Berkhamsted half, the route of the Harrow Half Marathon the only Sunday training day that it rained almost the whole

of the run, the run to Rickmansworth, and the one to Southall through parts of Northolt I had never seen. Mornings were always better for me, apart from one occasion I had babysitting duties, and I was able to run Sunday afternoon with Mike Ransome and Paula.

As a ritual after Sunday long runs I would sit in a cold bath for 5 to ten minutes, (suggested by a fellow Metro) then have a nice warm shower and a sleep for an hour or so. Tuesday was leg massage day, sometimes painful but necessary! I did pick up the odd twinge, managed to see a physio once a week in the month or so leading up to the marathon. This all was a great help.

There were also the races, Fred Hughes, Watford Half, Finchley 20 (which I stupidly thought was in Finchley, but no, it's in Ruislip), Gade Valley 17, Maidenhead Easter 10, Gade Valley 20, Hillingdon Half, where times were often better than expected ! It was always very encouraging to see Metros faces supporting you pushing you on at these races, Dave Brown on his bike amongst others, some I didn't know, it was such a great help!!

Going to Excel on the Friday before the Marathon was a huge thing, it made everything seem so real, I was a bag of nerves that day, My daughter Louise came with me, the whole experience was a little overwhelming, everyone was very friendly and reassuring, but there was no getting away from the fact that it wasn't too long till the big day now!

Marathon day arrives, a group of us arrange to meet up and go together on the train, we split en route to go to our separate starting points, we were off to the blue start at Blackheath, this time passes quickly and then we are waiting for the off, I was with Patricia Hewlett as we were in the same pen. I spoke briefly to a man at the start, he was wearing a kilt, he said he was from Houston in Texas, he also said it was the 3rd or 4th attempt at trying to get into the London Marathon, I wonder how he got on?!

I remember the song "Oh My God", by the Kaiser Chiefs as we crossed the start line, and that is right! Never run 26.2 miles before, so a long way from home (finish). I seemed to have a really good first half, probably a bit too quick, the atmosphere was amazing from the start, the crowds, high fives, people calling your name, I was trying to take it all in, I couldn't remember where everyone said they would be, so I figured I'd missed them all including the Metros water station, but then I saw it, the Metros jumper! Standing proud, I ran over to them, high fives cheers carry on, that was a mega boost! I was impressed by the bands, the music systems in tunnels and under bridges, it was great, I remember the sticky roads by the gel stations, nearer the end that was terrible, struggling tired legs and then

sticky roads, not good, when it felt tough I kept reminding myself I had trained hard for this, and up to 20 miles I was telling myself I had done that distance before, after 20 miles I thought only another 6.2 miles to go, I had done 6 miles many a time! I decided I wasn't going to walk for fear of my legs not wanting to run again, so I continued to run. I heard Paula shout my name and managed to see her too, another boost. I didn't see my partner Andy or my girls but they did see me, I would have liked to have seen them especially Tyler and Ollie. Nearer to the end there seemed to be more people calling my name, telling me it wasn't far now and that I could do it, and I did! Picked up the pace a bit when there was 600 metres to go, then you see the finish an amazing feeling to cross that line get your medal, not just any medal, but a marathon medal, the special 1, my first Marathon medal !

After finishing and post run photo with medal, I got my goody bag then collected my kit bag, made the slow walk to my meeting place, it was manic, so many people, I couldn't see anyone I knew, wrapped in my foil blanket, I tried to find a space, which I did by the mall galleries, sat under a tree, sent my partner Andy a text, as trying to get a phone signal was a nightmare, I sat for about 5 minutes collected myself and my thoughts together, they found me, by then I was up but feeling quite ill, so we headed straight home for a nice cup of tea and a well deserved rest.

Steve and Irene had arranged the after marathon evening with lots of food and drink, when we arrived we were greeted with a nice cheer, when I asked if I would do it again I said NO!

By Monday I had changed my mind!

I would like to thank everyone in Metros for my place in the marathon and for all their help and support, from the text messages to the weekday session chats, the training runs, breakfast chats in Daisy's, (even though I only attended a few times) face book comments and for those who have supported me even though they are not running because of injury, pep talks and company on the long runs, everyone has played an important part in this marathon journey for me, I couldn't have imagined that I would ever run a Marathon let alone the London marathon, but I did, I'm proud, my family are proud and the best bit is that it seems you are all proud of me too! It means so much!

Thanks to my family for being patient and not too stressed about me always training and running, especially on Sundays!!! My grandsons Tyler and Ollie are looking forward to coming for a sleep over, at long last.

So far we have raised over £1900.00 sponsor money for Michael Sobell Hospice and Cancer Research, Thank you to everyone who has sponsored me.

Well done to everyone else who ran any marathon and good luck to anyone training for a marathon.

Linda F Dunne

I am a runner, it is fun ;)



London Marathon - Sunday 26th April 2015

1		2:04:42	
83	Nigel Rackham	2:32:13	2nd V50
2279	Gary Warren	3:04:00	
3613	Sasha Birkin	3:14:29	
5913	Michael Morris	3:28:35	
9373	Stephen Paull	3:44:40	
17179	Claire Elam	4:12:56	
18791	Rajesh Varshani	4:19:00	
22993	Linda Dunne	4:34:41	
25202	Michael Ransome	4:43:39	
34396	Anne Ambrose	5:45:38	



Wot no Watch – Saturday 18th April 2015

Name	Predicted	Actual	Difference
Joe Millbery	9:50	9:50	0
Simon Abery	6:30	6:30	0
Peter Jose	7:01	7:01	0
Steve Paull	6:15	6:17	2
Angela Murphy	8:50	8:46	4
Janice Newman	8:32	8:26	4
Mike Ransome	8:32	8:26	4
Sam Millbery	10:00	10:06	6
Kyie Hollingshead	10:00	9:53	7
Barbara Robson	13:03	12:56	7
Julia Allen	7:50	7:43	7
Nigel Rackham	5:10	5:03	7
Titziana Spotti	9:00	9:23	7
Nagendra Bisht	7:25	7:33	8
Caroline Attack	7:50	7:42	8
Karen Collier	8:45	8:37	8
Titziana Spotti	9:30	9:22	8
Jarina Khatun	10:00	10:10	10
Claire Millbery	8:50	9:03	13
Judy Rackham	10:58	9:11	13
Anne Ambrose	9:30	9:16	14
Debbie Moynihan	10:00	9:46	14
James Stonestreet	7:30	7:45	15
Jo Collier	9:30	9:14	16
Steph White	9:35	9:18	17
Geraldine Gill	9:00	9:17	17
Penny Hudson	9:15	8:57	18
Veronica Georgescu	9:30	9:48	18
Carlow Day Lewis	8:00	8:18	18
Kath Donaldson	9:05	8:46	19
Caroline Day Lewis	8:00	8:19	19
Adam Leary	7:07	6:47	20
Dave Young	7:00	6:40	20
Dharmini Chikhliwala	9:30	9:09	21
Errol Clarke	8:30	8:18	22
Tian Hollingshead	8:30	8:18	22
Karen Leary	9:30	9:08	22
Andrew Collier	7:50	7:27	23
Juliette Nola	8:00	7:35	25
Peter Jose	7:20	6:54	26
Mike Morris	7:30	7:03	27
Peter Rackham	6:30	6:03	27

Anne Nola	8:00	7:30	30
Barbara Reading	9:00	8:24	36
Irene Paull	10:20	9:41	39
Akshay Parmar	10:00	9:13	47
Indy Agnihotri	8:00	7:08	52
Hilarie Lemon	9:45	8:50	55
Russ Hewlett	7:30	6:28	58
Andy Fox	7:20	6:19	59
Arnold Glickman	10:30	9:15	75
Evie Wallis	9:00	7:41	79
Indy Agnihotri	8:30	7:09	81
Dave Brown	11:52	10:30	82
Rangah Niranchanan	10:24	8:47	97
Javarn Newallo	10:00	7:07	113
Kirit Ranpura	10:00	7:46	134
Su Patel	12:00	9:41	139
Ishika Parmar	12:00	9:34	146
Dharmishta Parmar	12:00	9:17	173
Anjali Patel	13:00	7:29	331
Elish Fernandes		9:47	

A record turnout with 61 runners this week. Congratulations to our three winners – Simon Aberly, Joe Millbery and Peter Jose. Joe only ran the event for the first time in January, but is clearly quick to work out what is needed to win the trophy!



Greater Manchester Marathon 2015

The short version: I trained hard, overcame demons, didn't achieve my primary target, but still ran a pb. For the long version, read on.

Manchester was not my first choice 2015 marathon, but once I had recovered from the disappointment of not getting a London place, it became a natural choice as a big city spring marathon. Easier to get to than Paris. Flatter than Edinburgh, which I ran last year. Easier to enter than Brighton.

2014 was not a good year for me. I lost my mother after a lengthy illness, and one of my oldest friends. This following the loss of another school friend and my sister in law at the end of 2013. Running was one of my solaces. I entered many races, and ran nearly 1500 miles. By the end of the year I could barely hold a coherent thought for more than five minutes at a time, but I had achieved my running aims of PBs at 1 mile, 5k, 5 miles, 10k, 10 miles, Half Marathon and Marathon.

I set my 2015 running goals as a new Marathon PB and completing a first ultra. All my winter training was geared towards a PB at Manchester.

Hopes of 2015 being a better year than 2014 hit the buffers in mid-January, when I was signed off work by my GP, due to depression and anxiety. The events of the previous 18 months or so finally took their toll. If this comes as a surprise to fellow Metros, who saw only runny Sonny, well it was even more of a surprise to me. Until this year, mental illness, therapy and anti-depressants are things that 'other' people have, things that don't impinge on the working and personal lives of resilient people like me. How wrong I was. I have since discovered that mental illness is much more prevalent than one might imagine, and after the initial shock that this was a label I could attach to myself, I was able to embrace the idea. I've shared my diagnosis with friends, family and even students in my classes at Harrow College. I think there is much merit in de-stigmatising mental illness. According to estimates, one in four of us will suffer from it at some point, so pretending it doesn't happen to 'people like us' is delusional and counter-productive.

Of course, running is an excellent antidote to depression and anxiety. Ordered not to work by my GP, for the first time in my adult life I had day after day without a work schedule. What better way to spend those days than running? And so I was able to stick to a pretty rigorous marathon training plan, running up to six days a week, and building up to 45+ miles a week. The guilt at the thought that I was doing this when I 'should' have been at work was counterbalanced by the knowledge that running was helping me get better.

By the time Manchester came around, I had been off work for three months, but was due to return part-time the following day. In a way I wasn't really able to articulate, marathon success was tied up with a return to mental and economic health.

But what would constitute success? My PB from Edinburgh last year was 3.51.38. Crucially, this was two seconds slower than the PB of one of old friends, the Chair of my theatre group, The Hillplayers. My training had been geared around righting that particular 'wrong'. By the time April arrived, I was targeting a 3.38 finish. I ran Hillingdon HM at exactly that pace, as a warm-up the week before.

I drove up to Manchester with my father on the Saturday. I was staying in a hotel which was popular with runners, though that didn't stop them having a disco on Saturday night which threatened to derail my pre-race beauty sleep. Eventually, after the obligatory Facebook kit photo, I dropped off. A breakfast of toast and porridge on Sunday morning was consumed in the company of many nervous, lycra-clad runners.

I'd reconnoitred the race HQ and parking the evening before, so was able to arrive in good time. The fact that, as a Leeds United fan, I'd had to pay £10 to Manchester United for race day parking was a pill I had to swallow.

The weather was favourable to fast times. Dry, but cloudy and not warm. The start was well organised. I set off at a steady 8.25 mile pace, seeing my father cheering me on at 1 mile and 4 miles.

I felt fine for the first half of the race, going through 13.1 miles on target at around 1.49. In previous long runs, like the Finchley 20, I'd hit trouble between 15 and 17 miles. Here, I was still maintaining my pace quite happily. Until 18 miles, when the wheels began to come off. My legs felt heavy, and I began to feel dizzy and light-headed. In my shorts pocket I had a piece of paper with a list I'd written the night before of the reasons why I was able to run my target time. I recited those reasons to myself – 1400 training miles run, the ease of my Gade Valley 20 mile training run, etc. etc. – in a bid to keep myself moving forward. To no avail. I slowed to a walk, seeing my 4.38 target receding with every step. I adopted a run-walk strategy, and found myself at the water station at 19 miles. I took a bottle, and downed in a few gulps. I immediately felt better, started running, and found myself back at 8.25 pace as though I was just starting out. I had been fooled by the overcast conditions into not hydrating enough in the first half of the race. Doh! The strategy that had enabled my successful Gade Valley run had completely gone out of the window.

After my walking breaks, 4.38 was no longer a realistic target, but plans B (break 4.50) and C (4.51.35) were still on. Of course the last few miles of any marathon are a mental battle as much as a physical one. In this case, I wasn't helped by the lack of a 25 mile marker. I'm assuming some anti-running sadist removed it. But I was able to persevere well enough to arrive in the finishing straight, in the shadow of Old Trafford, knowing I could break 3.50 if I could raise a final sprint. I did so, and was able to raise my arms in a victory salute, as I finished in a chip time of 3.49.43.

My post-race massage, from two ladies from Salford University, was worth about fifty times more than the recommended £5 charity donation. Refreshed by protein shakes and bratwurst hotdogs, I was able to cruise control back down the M6 and M1 to Metroland, with a saucer-sized medal and a shiny new PB in hand. Job done.

Sonny Peart

Greater Manchester Marathon Sunday 19th April 2015

1		2:17:47
132	Kevin Watson	2:50:12
1762	Hari Krishnan	3:26:08
3347	Sonny Peart	3:49:43 PB
6001	Sajid Khurshid	4:35:11



Watford 10K - Monday 4th May 2105

1		00:37:15
34	Fatmir Sulmataj	00:43:10
48	Mitesh Patel	00:43:43
89	Russ Hewlett	00:46:18
167	Shirome Bhandari	00:49:12
298	Gordon Valentine	00:52:42
313	Simon Dadomo	00:53:22
334	Emma Rackham	00:53:55
447	Mark Mulvenna	00:55:34
576	Sandra Young	01:00:46
610	Caprice Beggs	01:01:50
732	Carole Wells	01:06:30
767	Judy Rackham	01:07:59
835	Patricia Hewlett	01:14:02
862	Arnold Glickman	01:17:52
890		01:49:25



In 2015, marathons have been, for me, like buses. I wait for ages for one, then three come along at once.

On April 19th I ran the Greater Manchester Marathon. Two weeks later I ran the Three Forts Challenge Marathon. You might ask why, two weeks after my third ever marathon I would run my fourth. It would be a very good question. The answer lies in the fact I have signed up for the Race to the Stones in July, a two day 100km race along the Ridgeway from Oxfordshire to Avebury. Bryon Powell's 'Relentless Forward Progress', a guide to training for ultra running, had told me I needed to run 'several' marathon length trail runs as part of my training plan. Thus followed a mini-frenzy of trail marathon sign-ups, starting with the Three Forts Challenge.

The morning of 3rd May dawned damp and overcast. I drove down to the race HQ in Worthing acutely aware of the 26.2 miles that were in my legs from Manchester just two weeks before, but also aware of the multi-stage-ultra requirement to know how to run on tired legs.

The Three Forts Challenge takes an out and back route along the South Downs Way. 'Hilly' does not do it justice. There was more ascent in the first mile than in the entire 26.2 miles of the Manchester Marathon. By the end, there was more than 3000ft of ascent, including a pretty much continuous climb from 16 miles to 21 miles. Any route that includes a summit called the Devil's Dyke has to be taken seriously.

I did not put myself under undue time pressure, just attempting to finish in under five hours. As I got changed before the race, I saw that the rest of the field had a different composition to many other races I have been in. A slightly older profile, a more grizzled look, and a negligible number of 'fun-runners'. It began to dawn on me that 27 hilly miles were not designed for 'fun-running'. But I reminded myself of my months of training, my sub 3.50 Manchester run two weeks before, and convinced myself I could jog round without undue distress. It was somewhat reassuring that many of those I spoke to were running the race for the second or third time. So it couldn't be that bad! Most of the race photos, when I saw them, portrayed me smiling, so I did managed to stick to my 'enjoy it, don't race it' plan.

The opening mile or so featured a steepish uphill track that would allow only single file running. This happily removed any temptation to over-cook the early pace, as I started towards the back of the field. By the time I reached the first aid station, at about three miles, the rain had eased off sufficiently for me to shed my jacket and

slip it into my lovely new Osprey running pack. Backpacks are obligatory for the Race to the Stones, and this was my first good workout for my new pack.

It quickly became clear that although we were running through a glorious landscape, we weren't going to see much of it. The higher we climbed, the worse the visibility got. At times, it was down to 20 yards or so, and with only a few hundred runners doing the marathon distance, there were times when I was running entirely alone, with just the wind and clouds for company. And with conditions damp under foot, I had to keep my eyes on the ground ahead to avoid tripping, slipping or face-planting.

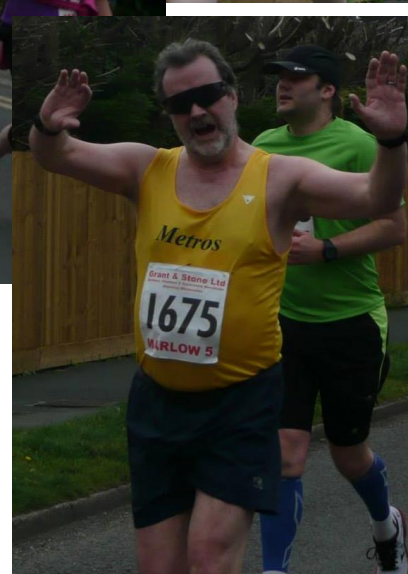
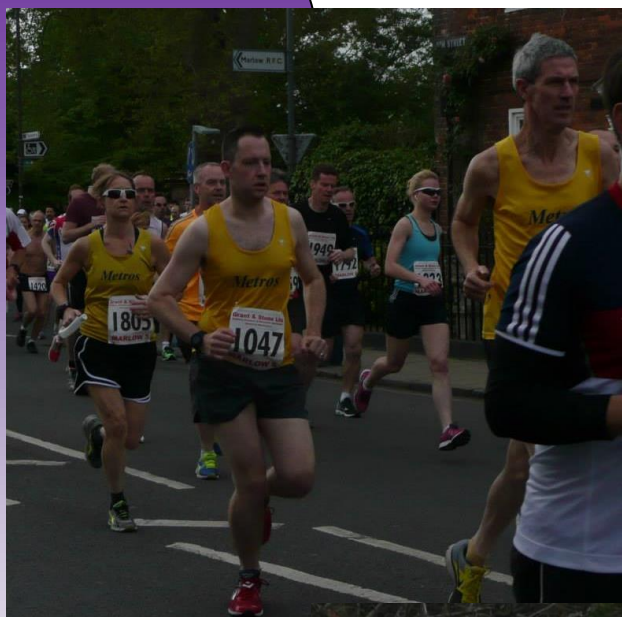
The race was wonderfully well organised. Well appointed changing rooms at race HQ. Cheap massages and efficient bag storage. There were many aid stations along the route, all staffed by friendly marshals, and all stocked with water, squash, cola and various foodstuffs. Having had my Manchester run almost derailed by dehydration, I made sure to take on both fluid and fuel at every aid station, slowing down to a walk to do so. I was also carrying fluid in my pack, as well as what seemed like a week's supply of gels. I didn't mind being overtaken by runners as I ate; I invariably caught them back up, and spent much of the second half the race moving up the field. One person I overtook recognised me from when we had changed next to each other at Manchester two weeks previously. Happily, I beat him for the second time in a fortnight.

At sixteen miles or so, my Garmin was telling me I had completed around 2000ft of ascent, which meant there was another 1000ft or so still to come. Sure enough, there followed five miles of steady climbing. There is something rather cruel about any hill when one has already run 16 miles. By this time, most uphill sections were being treated as run/walk, or just plain walking opportunities. Time could be caught up on remaining downhill sections, as long as one had confidence in one's footwear.

Finally, with a couple of miles or so to go, a marshal convinced me that it really was all downhill from there. Even with 25 miles and 3000ft of climbs already in my legs, I was able to run at around 8 minute mile pace on the home stretch, crossing the line in 5.01.39, 186th out of 332 finishers. Given that the race distance was actually 27 miles (I have no idea why they make it longer than a regular marathon) this was what I had aimed for, and a good result for my first trail marathon. I felt that I gone from being a marathon novice to being an ultrarunner in the space of a fortnight. Time will tell whether this is an impression that will last. My third marathon of the year is at the end of May, the Weald Marathon, where I will be joined by Metro ultra-runner Mandy Beuselinck. Bring it on!

Marlow 5 Sunday 10th May 2015

1		32:04
69	Brett Rafferty	32:47
100	Steve Paull	34:04
110	Anthony Bellis	34:23
148	Donna Warren	35:43
204	Sonny Peart	37:18
264	Peter Jose	38:35
322	Gordon Valentine	39:47
334	Adam Leary	39:56
394	Emma Rackham	41:29
397	Linda Dunne	41:32
479	Ruth Tidder	43:28
556	Al Scoffham	44:58
567	Glyn Watkins	45:18
593	Julia Allen	46:04
762	Carole Wells	49:46
784	Geraldine Gill	50:32
792	Kath Donaldson	50:05
863	Penny Hudson	52:45
864	Irene Paull	52:48
872	Sarah Westwood	53:09
887	Karen Leary	53:45
993	finishers	



Fuller's Thames Towpath 10 - Sunday 19th April 2015

1		0:58:11
325	Gertrud Porter	1:29:58
524	Arnold Glickman	2:14:42
527	runners - last	2:33:18

Great Manchester Run 2015

1213	Christopher Shearwood	0:40:30
21845	Katie Donaldson	1:10:10
35929	Gillian Shearwood	1:36:55



Run Hackney Half Marathon 2015

1		1:03:21	
4722	Gertrud Porter	1:56:46	1st FV60

European Masters Athletics Championships Half Marathon - Sunday 17th May 2015

1		1:08:18	
33	Nigel Rackham GBR	1:16:52	3rd V50
285	finishers - last	2:51:12	



Bournemouth Bay 10k

The Bournemouth Bay 10k - although not a flat race - sounded appealing, and as it fell at the end of my Easter holidays I couldn't see any reason why I shouldn't sign up.

As race day came around, I was feeling good. I arrived early and met up with the other Metros who were doing the Bournemouth Bay runs - Sue and Alun Davie and Penny Hudson were doing the 10k with me, Mark Mulvenna was doing the half marathon and Ellen Mulvenna was doing the 5k. The weather was beautiful but very cold, and we were all keen to get started.

The 10k start was at 9.30am with the half marathon starting at 10.00 and the 5k due to begin at 11.45am. As we lined up to start, I moved forwards in the field spotting Jane giving me a wave!

We set off along the promenade, taking in the views before heading up the first steep incline, the infamous zig zag pathway. After a short flat section there was one more hill to get through. Having survived that, we followed a cliff road which was long and flat with plenty of local support, before we headed back down towards the beach again. I was feeling good at this point, and having kept an eye on my Garmin I knew we were nearly at the finish. There was a water station as we got back to the promenade and a marshal encouraged us to 'dig deep as you're going to need it'. I thought this was a strange comment to make when we only had half a mile to go, but I took it as encouragement nonetheless! As we turned the corner I looked again down at my running watch, seeing 6.2 miles slip past in a time of 52.13... I'd got a PB, but wasn't yet at the finish! I assumed the course must have been measured slightly long so I kept pushing as I turned the corner, desperate to see that finish line! At 6.4 miles and still with no finish in sight I began to realise that something was wrong. People around me started to talk and we established that we had been directed the wrong way and were in fact following the half marathon route!

I had no idea how far we were from the finish at this point, but I kept going. We started overtaking slower runners/walkers and eventually saw a sign saying 7k... we still had 3k to go!! I caught up with Penny who had been directed the correct way, and crossed the finish line having run 8.22 miles in a time of 1.09.49. I later discovered that only the first 300 out of 1200 competitors were directed the wrong (long) way! If only I had started off slower...!

In the days following the race, the local and national news picked up on what had happened, with rumours surfacing that the misdirection occurred because one marshal was taking a 'comfort break'!! I guess we'll never really know what happened! Some articles suggested runners were in tears because of the

extended race (which I certainly saw no sign of! although there were some very frustrated runners venting on Facebook). The Bournemouth Bay run website has not published any results and there was no prize giving and although some runners will choose not to run this race in the future, I very much enjoyed the race and probably will enter again – I imagine it will be very well marshaled next year!

Emma Rackham



parkrun Results

Harrow

16/5/15

Brian McGrory	22.36
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9/5/15

Sasha Birkin	20.29
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Steve Paull	21.07
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Jonathan Evan-Hughes	21.26
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John Norris	22.02
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Michael Morris	22.09
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Jackie Bowles	24.29
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Emma Rackham	25.24
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Jason Bowles	25.51
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Seb Hollingshead	27.40
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Kyie Hollingshead	29.38
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Kath Donaldson	30.34
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Anne Ambrose	31.44
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Penny Hudson	32.51
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Sukriti Bisht	35.22
---------------	-------

Nagendra Bisht	35.23
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Nathan Powell	46.28
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(Tail runner)

parkrun Results

Northala

16/5/15

Peter Jose 23.58

Russ Hewlett 25.37

Guy Bostock 28.23

9/5/15

Guy Bostock 29.31

2/5/15

Russ Hewlett 21.04

25/4/15

John Norris 22.32

Emma Rackham 24.49

Kath Donaldson 30.18

Penny Hudson 32.28

18/4/15

John Norris 22.07

Claire Elam 24.05

Jackie Bowles 24.06

Jason Bowles 25.05

Richard Hayward 27.51

Sonny Peart 50.40

(Tail Runner)

Black Park

9/5/15

Glyn Watkins 28.15

2/5/15

Jackie Bowles 24.26

Jason Bowles 26.15

Catherine Pletts 29.10

Glyn Watkins 31.02

25/4/15

Gordon Valentine 25.11

Glyn Watkins 28.48

18/4/15

Glyn Watkins 27.44

Catherine Pletts 29.23

Poole

25/4/15

Sue Davie 40.24

18/4/15

Sue Davie 40.32

Gladstone

9/5/15

Brian McGrory 22.09

2/5/15

Brian McGrory 22.24

18/4/15

Brian McGrory 22.40

Brighton & Hove

16/5/15

Glyn Watkins 25.55

Cassiobury

9/5/15

Peter Reynolds 23.18

Peter Jose 23.38

25/4/15

Peter Jose 23.54

Simon Dadomo 25.37

South Oxhey

2/5/15

Gerry Barker 27.17

25/4/15

Brian McGrory 23.20

Jackie Bowles 26.13

Jason Bowles 27.21

Gerry Barker 28.48

18/4/15

Gordon Valentine 25.25

Runner's Recipes

Chocolate & sweet potato loaf cake

Recipe - Serves: 12

Ingredients

250g sweet potato, peeled and cut into small chunks
200g plain chocolate, chopped
150g slightly salted butter, softened, plus extra for greasing
150g light brown muscovado sugar
2 medium eggs
175g self-raising flour
½ tsp baking powder
100g milk chocolate, chopped
2 tbsp golden syrup



Method

1 Cook the sweet potato in a medium saucepan of boiling water for 12–15 minutes until just tender. Drain thoroughly, return to the pan and mash until smooth. Stir in 100g of the plain chocolate and leave until melted. Grease a 1-litre loaf tin and line the base and long sides with a strip of baking parchment.

2 Preheat the oven to 160°C, gas mark 3. Put 125g of the butter, the sugar, eggs, flour and baking powder in a bowl and beat well with a whisk until smooth. Stir in the sweet potato mixture and 75g of the milk chocolate. Turn into the tin and level the surface.

3 Bake for about 50–60 minutes or until risen and firm to the touch. A skewer inserted into the centre should come out clean. Transfer to a wire rack to cool.

4 Melt the remaining plain chocolate in the microwave or in a bowl over a pan of simmering water. Stir in the rest of the butter and the golden syrup. Once thickened but not set, spread the chocolate over the top of the cake and scatter with the remaining chopped milk chocolate to decorate.

www.waitrose.com

390 calories per serving

Metros Annual General Meeting 2015

Notes of the meeting held on **Friday 8th May 2015** at 8:00pm at Lowlands Tennis Club, Lowlands Road, Eastcote

Chair: Mike Ransome opened the meeting at 08:00pm

1. Appointment of a Note Recorder

Peter Beuselinck appointed

2. Apologies for Absence

Jane Hudson, Jeanne Coker, Amanda Beuselinck, Linda Dunne, Marion Rogan, Henry Pickford, Teresa Young.

23 Metros members attended, and their names were recorded.

3. Minutes of last AGM from 2014

Proposed by David Brown, seconded by Barbara Robson.

4. Matters Arising from these Minutes

None

5. Receive Audited Accounts and Treasurer's Report

Nigel Rackham presented the accounts, and highlighted the following points:

- a) The accounting policy relating to subscriptions changed in 2014/2015. Subs received in the old year are accrued for the year to which they relate. Subs are realised over the whole year.
- b) We also extended the present subs period from September 2014 to end Feb 2015 to bring us in line with the English Athletics affiliation year. This was as agreed at the SGM held on 12th August 2014. This provided a discount on membership for most members.
- c) Due to the above discount, the income recognised in 2014/2015 was reduced.
- d) Expenditure on Coaching/Training was £1,032.50, including the money spent on the first aid training.
- e) Equipment costs included £600 for the new Gazebo.
- f) Net assets at the end of 2014/2015 were £4,941.04
- g) The forecast is that 2015/2016 will show a deficit once all expenditure is taken against forecast income. It was agreed that due to the club's current assets this is not an issue, and there was no proposal to change the subs.

Accounts were proposed by Sandra Young, seconded by Sarah Westwood.

Separately the Harrow Hill Race accounts were discussed. These are held separately. From this year's race Amanda Beuselinck has reported a surplus of £1,560.12. £1000 of this was donated to the MS Therapy Centre on Harrow Hill.

Thanks to Nigel and Al for the work on the accounts, and for the audit of the accounts.

6. Election of Auditor for 2015/2016

Al Scoffham to continue

7. Nominations for Honorary Officers

Only one nomination per post and all nominations agreed:

Honorary Chairman	Mike Ransome
Honorary Vice-Chairman	Sarah Westwood
Honorary Secretary	Peter Beuselinck
Honorary Membership Secretary	Irene Paull
Honorary Treasurer	Nigel Rackham

8. Nominations for Committee Members

All nominations proposed and seconded:

Amanda Beuselinck, Penny Hudson, Pat Jackson, Steve Paull, Marilyn Pickford, Penny Rawlins, Barbara Robson, Carole Well, and Sandra Young.

Note: The 2015 committee will have a total of 14 members. New members agreed by the committee can join during the course of the year, up to a maximum of 16 members. Any member interested in joining the committee should contact one of the existing committee members for details. Any member can attend committee meetings, although only committee members can vote on committee resolutions.

9. Co-ordinators Posts

No changes were announced to the co-ordinator posts.

Jane Hudson (by email) relayed her thanks to Michael Morris for leading the Thursday evening runs while Jane was injured.

Mike Ransome thanked Peter Beuselinck for organising the AGM.

Chair: Mike Ransome closed the meeting at 08:13pm

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
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
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.