



March 2016

Issue No. 330



Harrow Hill Race - Sunday 14th February

# *Metros Diary*

## **FEB**

Sun 28 Gade Valley Training Run 17 miles 9.30 am

## **MAR**

Wed 2 Committee Meeting 8.00 pm

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

Sat 5 **Barn Dance (see inside for details)** 7.00 pm

Sun 6 Berkhamsted Half Marathon & 5 miles 10.00 am

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

Sun 13 **Finchley 20 - Trophy Race** 9.00 am

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

Sun 20 Gade Valley Training Run 20 miles 9.30 am

Sun 20 Datchet Dashers 20 mile training run 9.00 am

Fri 25 **Maidenhead Easter 10 - Trophy Race** 9.30 am

Mon 28 Hillingdon Half Marathon 9.00 am

Mon 28 Beaconsfield 5 10.00 am

## **APR**

Sat 2 **10K Challenge, Roxbourne Park** 8.50 am

Sun 3 Bournemouth Bay Half, 10K, 5K, 1K (8.50am) 10.00 / 9.15 am

Wed 6 Committee Meeting 8.00 pm

Sat 9 **5 mile walk** 8.50 am\*

Sat 9 **Food Bank Donation, Roxbourne Park**

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

Sun 17 Thames Towpath 10

Sun 24 London Marathon

## **MAY**

Wed 4 Committee Meeting 8.00 pm

Sat 7 **Measured Mile, Roxbourne Park** 9.20 & 9.40 am

Sun 8 **Marlow 5 - Trophy Race** 9.30 am

Mon 9 **Vets Track & Field, Battersea** 6.00 pm

Fri 13 **Metros AGM, Lowlands Tennis Club** 8.00 pm

Sat 14\*\* **5K Run, Roxbourne Park** 9.15 am

Sat 14 **Food Bank Donation, Roxbourne Park**

Sun 15 **Run Wembley 10K - Trophy Race** 11.00 am

## **JUN**

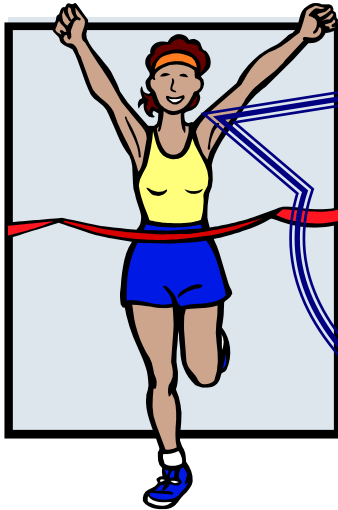
Fri 17 to Sat 18 **24hr Track Relay** 7.00pm to 7.00pm

Fri 24 to Tue 28 **Metros Marathon Week** Various

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

\*5 mile walk can be self timed.

\*\* Please note: change of date.



**Welcome**

Jim Buckland, Harrow  
Patrick Leahy, Pinner  
Alison Teale, Pinner

## **Metros Membership annual renewal is due NOW**

Metros membership renewals are due by **1<sup>st</sup> March 2016**

- Adult membership is **£15**
- Student membership is **£5**
- Junior (under 18) membership is **£1**
- Individual England Athletics membership remains optional (though we encourage all competing members to take out affiliation) and this year the cost is **£13**

I am currently setting up a new membership payment service with an organisation called WebCollect. This will allow us to offer a wider range of payment methods, and help us keep our membership records up to date as you will be able to maintain your own details. If I have an email address for you, I will contact you to explain how the service works and explain the options.

For those of you who already have a direct transfer set up, you can continue to pay by this method though I will need you to let me know when you make a payment so I can check it off my list.

You can continue to pay by cash or cheque if you prefer. To do this please bring your payment to a Metros session during the first week of March, or get the payment to me at 165 Whitmore Road, Harrow HA1 4AG

As our accounts close at the end of March, I'd really like to achieve a "PB" this time and collect all our dues by then. Thanks in advance for your help and support with this

Irene Paull  
Membership secretary  
[metros.secretary@yahoo.co.uk](mailto:metros.secretary@yahoo.co.uk)

## *Trophy Races*



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

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

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

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

Steve Paull

## *Vets Track and Field*

Hoping you are all fit and keen to take part in the vets track and field this summer! Here are the dates for your diaries.....please note the last meet (Perivale) is on a Wednesday evening.

Monday May 9th Battersea  
Monday June 6th Hillingdon  
Monday June 20th Battersea  
Wednesday July 13th Perivale

Wendy Mulvenna





R. J. Haddon  
26 Ferncroft Avenue  
Eastcote  
Ruislip HA4 9JF  
Tel. 020 8868 0360

Dear 'Metros'

I would like to thank all who attended Graham's funeral. - I'm sure he would have been pleased seeing the church full!

I would also like to thank you all for your donations to Bloodwise and Y.H.A.

We sent £700 - £500 to Bloodwise and £200 for Y.H.A.

I'm sure Graham has joined 'Metros' somewhere else with Nick and Brian.

Good running  
Rosemary

\* \* \*

**Barn Dance Reminder**  
**5th March - 7pm**  
**Adult £15**

**Venue:**

Nower Hill High School  
George V Avenue  
Pinner HA5 5RP

**Last chance to get tickets**  
**Don't miss out! Buy Now!**

Contact Carole Wells, Penny Hudson

Mike Ransome

Email: [mw49ran@gmail.com](mailto:mw49ran@gmail.com)



## **Harrow Half Marathon to return?**

The Member of Parliament for Harrow West, Gareth Thomas, has contacted our secretary with the idea of resurrecting the Harrow Half Marathon.

As a result, three of us, Mike, Peter and myself met Gareth (or should I be more formal and call him Mr Thomas?) at Portcullis House, Westminster recently.

At the February committee meeting we had decided the Metros position on this- we would help wherever possible, but we would not take charge of the event.

We told Gareth of the history of the race and the reasons for its folding. We also told him of the minimum requirements and expectations nowadays to get something of this nature off the ground.

Gareth claimed to have been a Metro at some point and threatened to re-join. What is definite is that he is on the start list for the 1984 race and has done at least one Harrow Parkrun.

He has already spoken to council officials and Harrow AC about the race and took notes of our concerns etc.

He'll get back to us if he thinks the idea can move forward.

**Steve Paull**

Talking of half marathons ...

Sandra Young will be running her first half marathon in March. She has a St Luke's charity place in the North London Half Marathon and would be grateful for any sponsorship.

Her Just Giving page is

[www.justgiving.com/sandra-young7](http://www.justgiving.com/sandra-young7)

# Achievements

*Well done to ...*

**Tian Hollingshead** for 5K PB - 23:41 at Northala parkrun

**Kyie Hollingshead** for a 5K PB - 28:26 at Northala parkrun

**Nancy Morris** a PB of 9:07 at the Measured Mile in February.

**Nigel Rackham** - 1st V50 at Watford Half Marathon and Bramley 20

**Pauline Bishop** for winning her first prize at Harrow Hill Race - 1st F55.

**Steve Paull** for 1st V60 at Harrow Hill Race and **Lucy Ashe** for 2nd place and Queen of the Hill.



## **Two stories from an earlier sporting time**

With all the 'doom and gloom' we read about the drugs situation at the elite end of our sport, all mainly due to the 'big' money now available to athletes, I thought it would be nice to relate a couple of incidents that show a different side, admittedly from a different era, to elite athletics:

The first concerns the great legend Jesse Owens, the four gold medal winner at the 1936 Berlin (Hitler) Olympics. The great man was in grave danger of not qualifying for the long jump final. After two fouled jumps he would be eliminated if he fouled the third (shades of KJT last summer in Beijing). At this stage of the proceedings, the German competitor approached Jesse and was able to communicate to say that he (Jesse) was talented enough to take off before the board and still comfortably qualify which, of course, Jesse did and the rest is history. It is a heart-warming story, read years ago in the Readers' Digest magazine. I wonder what Hitler would have thought if he had found out about it?

The second story is more famous and I am sure a number of club members will have heard of it. The great Ron Clarke (Australian distance legend) was visiting the Czech Republic some years ago and arranged to meet up with another even bigger legend, Emil Zatopek, who won Olympic gold in the 10,000 metres in 1948 in London and the fabulous treble of 5,000 metres, 10,000 metres and marathon in the Helsinki Olympics of 1952. The two men had an enjoyable meeting with a lot of mutual respect and when Ron was about to leave Emil gave him a small package which he asked Ron not to open until the aircraft or when he got home. Ron duly obliged and found to his astonishment that it contained one of Zatopek's gold 10,000 metre medals. The covering note said in as many words that it was a travesty (as we all agree) that Ron had never won a gold medal at any major championships; fate always seemed to conspire against him. Remember altitude at the 1968 Olympics – it nearly killed him. What a marvellous gesture from the great man and shows some of the camaraderie and spirit we enjoy at our level of the sport.

As a footnote let's hope Lord Coe will be the saviour of the sport everybody hopes for but I expect it will not be in my lifetime.

**Chris Roome**





"You are under my feet this morning. Get out"

Those were the delightful words of the lady of the house on Sunday morning. She was vacuuming and dusting at a ferocious rate for the afternoon arrival of offspring.

But I knew the sub-text of her statement, and she knew that I knew.

What all this was about was that we both understood it was the Harrow Hill Race that morning and we both knew that I wanted to go along for a look and to remember past "glories".

I feigned annoyance at her words, but I quickly put my coat and gloves on and left for the run, as she knew I would. It was all a routine we'd done for many years now.

Silly really.

I stood at the top of the hill (Football Lane) for the early part of the race then drifted down (if you can drift down such a steep slope) to the bottom for the finish, remembering the times when I could get up the full length of it with only a minimum fuss. Looking at how the hill ruins even the most elegant of level running styles I realized that I still miss the buzz of competition. Even though our race is not expensive, I could not really afford it. As I wandered around and had a few words with the Metros and other local runners I knew (did I spot the local MP among the spectators?), I noticed a few people scanning what turned out to be the preliminary results pinned up outside the little pavilion. Can I just say here that I would still not have been last, even with my advancing years.

What I did notice was the race times. For some reason my first ever 10k was at Tring in the early 1980s. I was 179th in a time of 39.07. I still have a log of all my races. That time on Sunday would have got me fourth place. I wasn't even the fourth best Metro at that time. (Never was actually).

Now, even allowing for the differences in route and quality of runners, that is a big difference. I can't remember the Tring race (midweek) being one where the top class athletes would show up.

In my opinion standards have lowered. Yet more people run. I can remember in my last years of competition still being in the same percentile of the race (about a quarter of the way down the list) as I was nearly 40 years previously. That should not be.

So come on you youngsters, get out on the streets and parks and start training. But push yourself. Get out of the comfort zone. A little bit of rain and cold in this country never hurt anyone. There could be world-beaters out there.

Old Roxeth

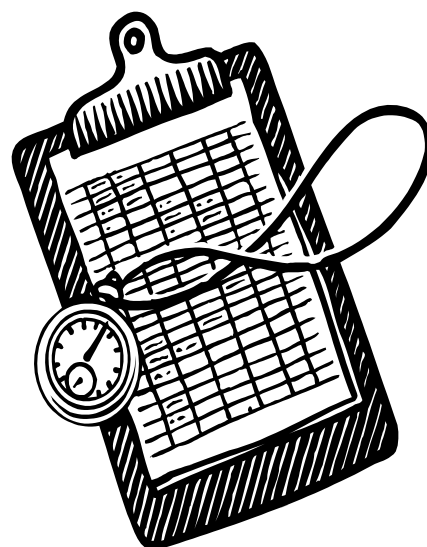
# *Results and Reports*

## **Fred Hughes 10 Sunday 24<sup>th</sup> January 2016**

|                 |                |                |
|-----------------|----------------|----------------|
| 1 <sup>st</sup> |                | 00:53:01       |
| 114             | Steve Paull    | 01:10:08       |
|                 | Brett Rafferty | messed up chip |
| 152             | John Norris    | 01:13:03       |
| 186             | Donna Warren   | 01:15:34       |
| 187             | Gary Warren    | 01:15:37       |
| 212             | Mitesh Patel   | 01:15:47       |
| 307             | Hershil Patel  | 01:20:52       |
| 309             | Simon Abery    | 01:21:08       |
| 418             | Gertrud Porter | 01:27:35       |
| 486             | Pauline Bishop | 01:31:50       |
| 537             | Linda Dunne    | 01:34:48       |
| 561             | Bernie Conway  | 01:36:23       |
| 585             | Jane Hudson    | 01:38:04       |
| 627             | Irene Paull    | 01:41:04       |
| 647             | Emma Rackham   | 01:44:00       |
| 727             | Anne Ambrose   | 01:58:37       |
| 733             | Penny Hudson   | 02:02:53       |
| 734 finishers   |                |                |



| Measured Mile 6.1.2016 | time |
|------------------------|------|
|                        |      |
| Brett Rafferty         | 5.46 |
| Tian Hollingshead      | 6.08 |
| Adam Leary             | 6.12 |
| Mike Morris            | 6.13 |
| Steve Paull            | 6.22 |
| Simon Abery            | 6.23 |
| Caroline Day Lewis     | 6.46 |
| Sonny Peart            | 6.48 |
| Dave Young             | 6.58 |
| Kyie Hollingshead      | 7.31 |
| Mike Ransome           | 7.34 |
| Jonathon Pang          | 7.39 |
| Andrew Collier         | 7.50 |
| Carlow Day Lewis       | 7.51 |
| Ruth Tidder            | 7.59 |
| Julia Allen            | 8.07 |
| Jo Millbery            | 8.12 |
| Hilarie Lemon          | 8.13 |
| Judy Rackham           | 8.25 |
| Steve Alder            | 8.26 |
| Irene Paull            | 8.38 |
| Sam Millbery           | 8.45 |
| Marion Rogan           | 8.46 |
| Amanda Hardy           | 8.48 |
| Teresa Young           | 8.50 |
| Arnold Glickman        | 8.51 |
| Kevin Eckersley        | 8.56 |
| Kath Donaldson         | 8.58 |
| Errol Clarke           | 9.03 |
| Dave Brown             | 9.05 |
| Nancy Morris           | 9.07 |
| Claire Millbery        | 9.10 |
| Julie Smith            | 9.12 |
| Steph White            | 9.13 |
| Karen Leary            | 9.14 |



|                                 |       |
|---------------------------------|-------|
| Marilyn Pickford                | 9.15  |
| Anne Ambrose                    | 9.18  |
| Titziana Spotti                 | 9.27  |
| Bob Manning                     | 10.03 |
| Linda Gaitskell + Steve Alder   | 10.13 |
| Raquel Russell Ponte            | 10.13 |
| Jo Collier                      | 10.16 |
| Kasim Rana                      | 10.42 |
| Hema Thakur                     | 10.46 |
| Ian Bocock                      | 10.59 |
| Janice Newman + Gladys De Groot | 11.26 |
| Jean Reynolds                   | 12.04 |
| Barbara Robson                  | 13.43 |
| Jeanne Coker                    | 14.34 |

Maybe the day before Watford half and the final x country together with the disagreeable weather discouraged some Metros as the number of participants was down today. However there were some very impressive times and some notable improvements. Well done to Tian, Kyie, Simon, Caroline, Sonny, Marion, Irene, Amanda, Kath, Judy, Arnold and Teresa who all have improved their times since November. Seems some Metros are running both Miles and sometimes speeding up considerably on the second so this looks like a good strategy. Your fastest time is recorded if you have run twice. The next mile is in May when we hope the sun will shine and you all speed round the mile in record time!

Many thanks to my helpers, Irene who stopwatched the first mile, Debbie who gave out lolly sticks, Al and Jane who recorded numbers and times.

Angela

## Watford Half Marathon Sunday 6<sup>th</sup> February 2016

|      |                      |                               |
|------|----------------------|-------------------------------|
| 1    |                      | 01:07:32                      |
| 17   | Nigel Rackham        | 01:17:52 1 <sup>st</sup> V50  |
| 99   | Kevin Watson         | 01:24:47                      |
| 141  | Lucy Ashe            | 01:27:01                      |
| 294  | Steve Paull          | 01:34:07                      |
| 314  | Kevin Smart          | 01:34:53                      |
| 324  | Sarah Belchier       | 01:34:56                      |
| 366  | John Norris          | 01:36:32                      |
| 424  | Nathan Powell        | 01:38:26                      |
| 444  | Mitesh Patel         | 01:38:41                      |
| 494  | Russ Hewlett         | 01:39:53                      |
| 694  | Donna Warren         | 01:45:28                      |
| 695  | Gary Warren          | 01:45:27 (St Albans Striders) |
| 761  | Chris Kemp           | 01:46:53                      |
| 997  | Tracey Tyrrell       | 01:51:14                      |
| 1044 | Sonny Peart          | 01:53:41                      |
| 1064 | Raj Varshani         | 01:53:32                      |
| 1099 | Rebecca Walker       | 01:54:26 (Emersons Green RC)  |
| 1100 | Anthony Bellis       | 01:54:52                      |
| 1359 | Linda Dunne          | 02:01:33                      |
| 1360 | Pauline Bishop       | 02:00:30                      |
| 1447 | Spencer Millbery     | 02:03:14                      |
| 1592 | Michael Ransome      | 02:10:27                      |
| 1641 | Bernie Conway        | 02:15:01                      |
| 1731 | Angela Murphy        | 02:20:40                      |
| 1816 | Raquel Russell Ponte | 02:33:05                      |
| 1865 | Arnold Glickman      | 02:54:35                      |
| 1868 | finishers            |                               |





# Monopoly

A Sunday morning run with a difference- visit all the locations on the Monopoly board. (That is the standard UK board, not one of the numerous offshoots that can now be purchased. Isn't there a Harrow School Monopoly?)

It was a cold and damp January day when we met at Baker Street for the start. There were a lot of us and problems arose from the beginning when the anxious set off early and people in the toilets got left behind, one never to be seen again! This was to be a frequent problem- there were just too many of us to keep under control. "Like herding cats" someone said.

With frequent stops for numerous reasons progress was slow and the training effect, even though we were out for 3.5 hours, must have been negligible at such a pace and with so many interruptions. We covered in the region of 15 miles. But it was fun and gave the opportunity for friendships and acquaintances to be renewed.

On the day there was a 10k going through the centre of London as well. Fortunately it was now wet so most runners had their numbers covered and it was an easy task to slip across the race and save ourselves a detour. We had already decided to run our route clockwise to avoid the bulk of the race field.

With a bit of encouragement from older heads most reached the finish at Marylebone. Some brave souls went on to Finchley Road for another couple of miles. Most headed for the tube and back to Gertrud and Bob's for some nosh.

And there's still not a Waterworks in London centre.

Steve Paull



Go to jail ...

### TVXC - Tadley 24th January 2016 (Provisional)

| Position | Time     | Name                 | Cat | Male<br>Score | Female<br>Score |
|----------|----------|----------------------|-----|---------------|-----------------|
| 94       | 00:43:06 | Ian Birch            | MV  | 81            | -               |
| 189      | 00:51:43 | Tracey Tyrrell       | FS  | -             | 42              |
| 202      | 00:52:57 | Tian Hollingshead    | MS  | 148           | -               |
| 206      | 00:53:37 | John Gorton          | MV  | 151           | -               |
| 259      | 01:00:49 | Terry Burke          | MV  | 174           | -               |
| 271      | 01:02:58 | Annie Birch          | FV  | -             | 81              |
| 282      | 01:05:04 | Al Scoffham          | MV  | 183           | -               |
| 285      | 01:06:25 | Dave Brown           | MV  | 184           | -               |
| 297      | 01:10:24 | Raquel Russell-Ponte | FV  | -             | 96              |
| 299      | 01:12:08 | Angela Murphy        | FV  | -             | 97              |

### TVXC -TVT 7th February 2016 (Provisional)

| Position | Time     | Name              | Cat | Male<br>Score | Female<br>Score |
|----------|----------|-------------------|-----|---------------|-----------------|
| 112      | 00:42:33 | Brett Rafferty    | MS  | 99            | -               |
| 244      | 00:51:15 | Tian Hollingshead | MS  | 187           | -               |
| 293      | 00:56:13 | Glynn Watkins     | MS  | 208           | -               |
| 298      | 00:56:25 | Terry Burke       | MV  | 212           | -               |
| 313      | 00:57:53 | Jackie Bowles     | FV  | -             | 91              |
| 316      | 00:58:44 | Jane Scoffham     | FV  | -             | 94              |
| 326      | 01:00:35 | Al Scoffham       | MV  | 223           | -               |
| 346      | 01:04:56 | Dave Brown        | MV  | 233           | -               |

## Harrow Hill 10K Race - 14th February 2016

|     |                    |         |                                  |
|-----|--------------------|---------|----------------------------------|
| 1   |                    | 0:36:59 |                                  |
| 4   | Kevin Watson       | 0:39:11 |                                  |
| 8   | Lucy Ashe          | 0:39:43 | 2nd Lady & Queen of the Hill     |
| 10  | Gary Warren        | 0:40:18 |                                  |
| 24  | Matthew Rackham    | 0:43:08 |                                  |
| 40  | John Norris        | 0:45:13 |                                  |
| 41  | Steve Paull        | 0:45:22 | 1st M60                          |
| 43  | Russell Hewlett    | 0:46:03 |                                  |
| 46  | Brian McGrory      | 0:46:17 |                                  |
| 54  | Sajid Khurshid     | 0:47:49 |                                  |
| 57  | Sarah Belchier     | 0:48:11 |                                  |
| 58  | Adam Leary         | 0:48:19 |                                  |
| 64  | Simon Abery        | 0:49:30 |                                  |
| 65  | Hershil Patel      | 0:49:41 |                                  |
| 74  | Caroline Day-Lewis | 0:51:13 |                                  |
| 75  | Alistair John      | 0:51:13 |                                  |
| 76  | James Buckland     | 0:51:43 |                                  |
| 83  | Barry Nolan        | 0:52:55 |                                  |
| 93  | Mark Mulvenna      | 0:54:31 |                                  |
| 94  | Linda Dunne        | 0:54:32 |                                  |
| 96  | Pauline Bishop     | 0:54:52 | 1st F55                          |
| 100 | Louise O'Reilly    | 0:55:22 |                                  |
| 108 | Graham Hart        | 0:57:19 |                                  |
| 110 | Nagendra Bisht     | 0:57:21 | 170 Angela Murphy 1:07:22        |
| 111 | Bernie Conway      | 0:57:25 | 171 Paul Gardner 1:07:47         |
| 115 | Reenal Patel       | 0:57:59 | 173 Kath Donaldson 1:08:22       |
| 142 | Vaishali Patel     | 1:00:21 | 179 Geraldine Gill 1:09:38       |
| 149 | Julia Allen        | 1:02:11 | 184 Titziana Spotti 1:10:53      |
| 150 | Emma Rackham       | 1:02:15 | 188 Patricia Hewlett 1:13:03     |
| 156 | Sandra Young       | 1:02:59 | 193 Arnold Glickman 1:14:28      |
| 162 | Judy Rackham       | 1:04:41 | 195 Linda Gaitskell 1:16:00      |
| 166 | Nicola Rochford    | 1:05:35 | 196 Steve Alder (Guide) 1:16:00  |
| 167 | Janice Newman      | 1:06:10 | 199 Marion Rogan (Sweep) 1:24:08 |





## Thank You

Just a quick note to say a huge thank you to everyone who participated in Harrow Hill Race yesterday. Whether you ran or volunteered, your support as a club for the event never fails to amaze me.

Given the feedback from the runners and conversations with the race adjudicator and the cycle responders from SJA, I'd say we put on a very successful event.

I have thoroughly enjoyed my 4 years as race director and hope that Spencer will enjoy his time at the helm as he picks up next year.

Any feedback from yesterday's event will be very welcome - please email directly to [harrowhillrace@outlook.com](mailto:harrowhillrace@outlook.com)

Mandy and Peter



## parkrun results

### 23.1.16

#### **Black Park**

|               |          |
|---------------|----------|
| Glyn WATKINS  | 00:29:05 |
| Bernard LEIGH | 00:43:36 |

#### **Harrow**

|                  |          |
|------------------|----------|
| Steve PAULL      | 00:21:20 |
| James BUCKLAND   | 00:23:39 |
| Barry NOLAN      | 00:23:52 |
| Graham John HART | 00:25:13 |
| Emma RACKHAM     | 00:28:12 |

#### **Poole**

|           |          |
|-----------|----------|
| Sue DAVIE | 00:40:02 |
|-----------|----------|

#### **Northala Fields**

|               |          |
|---------------|----------|
| Brian MCGRORY | 00:20:40 |
| Andrew FOX    | 00:21:18 |
| Julia ALLEN   | 00:27:14 |

#### **Hagley (NZ)**

|                       |          |
|-----------------------|----------|
| Christopher SHEARWOOD | 00:20:14 |
| Gillian SHEARWOOD     | 00:47:25 |

#### **Tring**

|            |          |
|------------|----------|
| Adam LEARY | 00:26:41 |
|------------|----------|

#### **South Oxhey**

|              |          |
|--------------|----------|
| Errol CLARKE | 00:32:52 |
|--------------|----------|

#### **Cassiobury**

|             |          |
|-------------|----------|
| John GORTON | 00:23:38 |
|-------------|----------|

### 30.1.16

#### **Harrow**

|                    |          |
|--------------------|----------|
| John NORRIS        | 00:20:48 |
| Brian MCGRORY      | 00:20:55 |
| Christopher KEMP   | 00:22:39 |
| James BUCKLAND     | 00:23:40 |
| Barry NOLAN        | 00:25:27 |
| Pauline BISHOP     | 00:25:28 |
| Bernie CONWAY      | 00:26:50 |
| Richard HAYWARD    | 00:28:27 |
| Kevin WATSON       | 00:29:55 |
| Veronica GEORGESCU | 00:33:26 |

#### **Nonsuch**

|             |          |
|-------------|----------|
| Claire ELAM | 00:25:46 |
|-------------|----------|

#### **Northala Fields**

|                        |          |
|------------------------|----------|
| Andrew FOX             | 00:21:11 |
| Sebastian HOLLINGSHEAD | 00:23:41 |
| Russ HEWLETT           | 00:23:52 |
| Kyie HOLLINGSHEAD      | 00:28:36 |
| Patricia HEWLETT       | 00:34:55 |

#### **South Oxhey**

|                                 |          |
|---------------------------------|----------|
| Sasha BIRKIN (1 <sup>st</sup> ) | 00:22:51 |
| Sam DADOMO                      | 00:25:20 |
| Max DADOMO                      | 00:28:37 |
| Simon DADOMO                    | 00:30:14 |
| Emma RACKHAM                    | 00:31:06 |

#### **Salisbury**

|             |          |
|-------------|----------|
| Terry BURKE | 00:27:42 |
|-------------|----------|



**6.2.16****Black Park**

Glyn WATKINS 00:31:04

**Harrow**

Brian MCGRORY 00:21:00

James BUCKLAND 00:23:28

Jonathan EVAN-HUGHES 00:23:39

**Nonsuch**

Claire ELAM 00:25:19

**Gladstone**

Graham John HART 00:26:29

**Barry Curtis (NZ)**

Christopher SHEARWOOD 00:20:45

**Northala Fields**

Andrew FOX 00:21:02

**Cassiobury**Sasha BIRKIN (1<sup>st</sup>) 00:19:36**Salisbury**

Terry BURKE 00:37:47

**13.2.16****Black Park**

Mitesh PATEL 00:21:33

Glyn WATKINS 00:28:56

Brian PEVERALL 00:29:19

Emma RACKHAM 00:29:52

**Harrow**

Christopher KEMP 00:21:53

Jonathan EVAN-HUGHES 00:23:02

Sonny PEART 00:23:28

Kevin WATSON 00:27:43

**Poole**

Sue DAVIE 00:38:47

**Barry Curtis (NZ)**

Christopher SHEARWOOD 00:20:49

Gillian SHEARWOOD 00:48:44

**Longrun Meadow**

Sebastian HOLLINGSHEAD 00:24:02

Kylie HOLLINGSHEAD 00:30:27

**Northala Fields**

Brian MCGRORY 00:21:03

Andrew FOX 00:21:29

Max DADOMO 00:24:06

Sasha BIRKIN 00:24:07

Simon DADOMO 00:26:38

**South Oxhey**

Errol CLARKE 00:32:00

**Salisbury**

Terry BURKE 00:28:03

## 14 February 2016 - Botany Town Centre Summer Fun Run and Walk (10k and 5k)

Long before leaving the UK, Gill and I had looked for races which coincided with our itinerary in New Zealand. I'm afraid that, to some extent and Gill's eternal credit, it was our itinerary that actually coincided with certain races. Since this was to be our last full day in New Zealand this race did not involve much change of plan and, indeed, we had both done the local park run (me for the second time) the day before. I had picked up a silly calf-glitch, however, and was somewhat worried about the wisdom of doing what I wanted to be a competitive run of twice the distance, only a day later. Luckily, I had brought my day-glo compression socks which, I'll admit, don't usually see the sight of day for anything less than a half marathon and, as I'm typing this (at 30,000 feet somewhere over Australia en route to Singapore), I'm suffering no ill-effects. Good job too, with the Wokingham Half a week later.

Although we could have registered online from the UK we left it until personal registration opened on the Thursday before the race...by when already 300 or so people had already signed up. They reckoned that there might be about 500 or so competitors, with a maximum field of about 600. We got a goody-bag packed with leaflets, cereal bars and cheap sunglasses which I'm sure you'll see me sporting in due course.

No buildings erected by Europeans in New Zealand are older than 175 years or so and, with population increase in the 20th century, much recent retail development has a slightly pre-fab look. Botany is no exception and its shopping area, where race HQ was, is rather like a smaller, low-rise version of a US shopping mall (or Milton Keynes). You can see the retail units and associated parking on the left-hand of the map below. Race HQ was at a pedestrianised circle which doubles as the "town centre". During the school holidays there was bungee jumping there.



We were up at 7.00 a.m., slightly later than the day before, to get to Botany for 8.15 as suggested by the chap who had taken our entry fees. We got there at 8.10, parked in acres of space, and made our way to the "town square" outside Doolans PH where the start/finishing gantry was set up and people were already

assembling. It was already warm and sunny and we took a few photos on my i-phone whilst other competitors arrived. There were no portaloos that we could see but the shopping centre was open and we used their uncrowded loos instead.

At about 8.45 we were invited to assemble on the starting line, runners and walkers, 10 and 5k alike. "Thunder" by AC/DC blared from the tannoy before we counted down from 10 for the sole wheelchair racer to start and then it was our turn to get ready. The compere asked for a show of hands for who was doing which race and he asked the front runners where they were hoping to finish - one young chap said that he was aiming to be first. I was several rows back but unfazed about bunching since the field ahead of me seemed manageable. I also did not want to barge my way through quite a few kids.

We were off and only a few seconds elapsed before I started my stopwatch as we passed over the mats under the gantry. The course is anti-clockwise (two laps for the 10k). We ran up the 100 yds or so to the roundabout which marked the eventual end of the first lap for the 5k runners, through the rest of the shopping centre and turned left on to the dual carriageway of the main road, Te Irirangi Drive. By now I had worked my way into the first dozen or so runners (which included a couple of kids) and started picking off those ahead of me, my dodgy calf behaving itself. I overtook the wheelchair competitor, could still see the front-runner (the chap who had said that he aimed to come first) and was now lying about 8th.

Te Irirangi drive continued uphill to the junction with Smales Road where it bears left. Shortly afterwards we bore left again into Armoy Drive, primarily a residential area albeit with little local support at this relatively early hour. After passing a few roundabouts we met the sole water station at a bollard which we rounded and turned back the way we had come.

Out of Armoy Drive we turned left again and continued up Smales Road turning left at Chapel Road, another dual carriageway. By now I was gaining on a female runner and there were only four chaps ahead of her. We met the other end of Armoy Drive where we turned left and returned, I guess to make up the mileage - we saw the water station but turned short of it - torture!

Now another long stretch along Chapel Road past the outskirts of the shopping centre and a few service road entrances where I caught up with the female runner before turning back into the shopping centre. We passed shops and near-empty car-parking spaces, before reaching the roundabout where the 5k-ers turned left to finish. This included the female runner, leaving me in 4th place. Interesting.

Now on our second lap, the field was thus depleted of the faster 5k-ers although we soon caught up with the slower runners and walkers on their first lap. Running down Armoy Drive again I passed Gill who signalled that I was now lying fourth and, at the water station, I caught the chap lying third as he actually stopped to take on water - it was now quite a hot, sunny day. On the turn, I was sure that I

saw the young chap who had beaten me into 3rd place at last week's parkrun was fairly close behind me and I sure wanted to stay ahead of him this time.

Out of Armoy Drive, up Smales Road and back on to Chapel Road I was gaining on the chap lying second and could tell that he was a fellow grey-hair like me - surely I could not be beaten by a fellow V50? However, I caught him around the second dip into Armoy Drive and managed to stay ahead of him on the long slog up the rest of Chapel Road. I have to say, I quite like "long slogs", like the old Reading Half course where you had a mile plus of boring, straight road on the trading estate. Great for picking off tiring runners. I reckon that the thought of being caught probably spurred me on - competitive or what? The official photo (taken by a girl on a bike) makes it look as though I was on a solitary Sunday a.m. training run, but there were actually plenty of runners around.



Once we turned back into the shopping centre I knew that the finish was near. I passed the final marshall at the final roundabout and sped up the last 100 yrs or so to cries of "you're going great, mate!" and my name being announced over the tannoy as second-placed.

Perhaps being a fairly small-town race there were no medals or t-shirts and, indeed, only prizes for the first in each race. The marshalling was first-rate, no room for error, (despite the number of non-competitors also on the course) and I always make a point of thanking them, energy permitting.

The 10k winner had finished in 39:55 and my watch stated 40:51, only 21 secs slower than my PB - not bad considering the heat and my calf-glitch. In fact, the official results gave me 40:59 which might be accounted for by the few seconds which it took to cross the starting mat, although we were chip timed. Either way, I'm not fussed. There were 134 finishers, the last placed being 1:40:47. The chap I had beaten into 3rd place was indeed in my age category, so I was first "over 40". 4th placed was the young chap who had beaten me at the park run a week earlier.

I returned my chip and returned to the roundabout to look for Gill coming in which she soon did, finishing the 5k in 179th, in 51:09. She had started humbly at the back and, although a 5k runner, had been caught behind swathes of walkers before being able to start running. Her knee had also started playing up, being very painful, so she found could not even run (much) once space opened up, hence her slightly slower time of 51:09 (compared to yesterday's park run of 48:44). In her race there were 181 finishers, the last placed being 56:45. 1st 5k lady was the one whom I caught up, who finished in 20:35, faster than any of my NZ parkruns, and I'd've beaten her had I been running the 5k. I'd've come 2nd



here too since the winner of the 5k managed 19:55. 10k walkers numbered 37 and 5k walkers numbered 111.

Gill is rightly disappointed when any injury or other circumstances prevent her from doing her best but I was very happy to get plaudits for 2nd place (flying the flag, and all that) in my race. Yes, it was very much a fun run, but there are a good few folk who took it seriously and that spurred me on to get my placing. After the finishing gantry was a photographer from the local radio station who had placards which you could hold up for a photo - we chose the one stating "Never Again" since, sadly, that is probably the one and only time that we will run this friendly, local race. After all, you can't go to New Zealand every year, can you..?

**Chris Shearwood**

### **Bramley 20 - Sunday 14th February 2016**

|     |                  |                 |
|-----|------------------|-----------------|
| 1   |                  | 1:42:43         |
| 7   | Nigel Rackham    | 1:59:38 1st V50 |
| 759 | finishers - last | 4:16:56         |

### **Metrolines**

All contributions welcome – please send to: Penny and Jane Hudson

Email: [metrolines1@gmail.com](mailto:metrolines1@gmail.com)

Articles should consist of no more than 3 to 4 sides of A4 font Arial 14. When submitting articles, please ensure that all information is correct and that times, dates and places are clearly shown.

***Contributions by: 15<sup>th</sup> 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.

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

Full page £5; Half page £3; Quarter page £2

# *Runner's Recipes*

A recipe designed to use up spare Easter chocolate..... (???)

## **Crispy chocolate fridge cake**

Prep: 15 mins

Cook: 5 mins

Plus chilling

Makes 16-20 chunks

### **Ingredients**

300g dark chocolate, broken into chunks

100g butter, diced

140g golden syrup

1 tsp vanilla extract

200g biscuit, roughly chopped

100g sultana

85g Rice Krispies

100-140g mini eggs (optional)

50g white chocolate, melted



### **Method**

Line a 20 x 30cm tin with baking parchment. Melt the chocolate, butter and golden syrup in a bowl set over a pan of simmering water, stirring occasionally, until smooth and glossy. Add the vanilla, biscuits, sultanas and Rice Krispies, and mix well until everything is coated.

Tip the mixture into the tin, then flatten it down with the back of a spoon. Press in some mini eggs, if using, and put in the fridge until set. When hard, drizzle all over with the melted white chocolate and set again before cutting into chunks.

*Recipe from Good Food magazine, April 2013*

# NOTES OF METROS COMMITTEE MEETING

Wednesday 3 February 2016 at the Methodist Church, Cannon Lane at 8.00 pm

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

**Non Committee:** Jane Hudson

**APOLOGIES:** Mandy Beuselinck, Marilyn Pickford, Penny Rawlins

**CHAIR:** Mike Ransome

**NOTE RECORDER:** Pat Jackson

**(Any member unable to attend a meeting should inform Mike Ransome or Peter Beuselinck in advance. If they have an action item outstanding, they should give their report on that item to Mike or Peter).**

**MATTERS ARISING FROM THE PREVIOUS MEETING – 6 January 2016**

**Metros Annual Fun Run – The Brian Jackson Fun Run - Working Party** – The working party, set up by Steve Alder and Kath Donaldson, had met and agreed that the event should continue. Their recommendations will be discussed at the next committee meeting.

**ACTION:** Mike Ransome/Pat Jackson

**Thames Valley Cross Country** –following comments the committee had received during and following the event, a discussion meeting has been arranged with Jane Scoffham, Metros host fixture co-ordinator.

**ACTION:** Mike Ransome/Peter Beuselinck

**First Aid** – Carole has sent the final draft of the policy to Mike Ransome for distribution to all co-ordinators and to Kevin Smart to update the Metros web site. Carole has also obtained a club incident form from Angela Murphy and attached to the policy.

**ITEM CLOSED**

**Barn Dance, Saturday 5 March** –It's been advertised in Metrolines and on the gmail account and further reminders on Fridays is suggested. Mike, Carole and Penny Hudson are selling tickets and flexibility regarding payment at training sessions is suggested. All members, family and friends are encouraged to purchase tickets.

**ACTION: ALL COMMITTEE & ALL MEMBERS**

Penny Rawlins had stated that the band had confirmed their booking. An invoice for final payment to Nower Hill school to hire the hall has been received.

**ACTION:** Nigel Rackham

**London Marathon –Club and Elite Runners Drinks Station Places**– Peter confirmed that Anne Leigh has registered receipt of a club place. **ITEM CLOSED**

**Metros Web Site** –Emma has sent Kevin a list of what changes we would like and confirmed that Metros are willing to pay for the work involved. Kevin has been asked whether he would prefer to make the changes or suggest we find someone else.

**ACTION:** Emma Rackham/Peter Beuselinck

**Summer League** – Pat stated that Harrow Council confirmed within days acceptance of our booking of Headstone Manor Recreation Ground on 12 June. At present no charge has been suggested. Trish and Russell Hewlett are Race Directors. Irene and Pat will attend a meeting on club representatives on 15 February.

**ACTION:** Pat Jackson/Irene Paull

**Harrow Events Policy** – A Council meeting is due to be held on 18 February.

**LRRC Trophies Co-ordinator** –Steve Paull co-ordinator has listed the events for this year in the February Metrolines.

**Track Relay** – Mandy and Peter will organise Metros team/s.

**Metros Marathon Week** –Friday 24 to Tuesday 28 June is confirmed.

**Harrow Hill Race** – Peter confirmed that 204 have entered so far. Runners will receive clips for running numbers with their race number. Irene has had major problems again this year with the old race software being dependent only on very old computers. The event is too small for chip recording to be viable. The amount of charity donation will be discussed after the event.

Peter confirmed that it would be useful to have a list of entrants on the Metros web site for runners to confirm their entry.

## **REPORTS OF OFFICERS**

**Hon. Chairman** – Mike had nothing to report.

**Hon Vice Chairman** – Sarah had nothing to report.

**Hon. Secretary** – Following a discussion regarding dates for the Metros AGM, Friday 13 May at 8.00 pm was chosen. (Peter later confirmed that Lowlands Tennis Club is confirmed as the venue).

Peter asked present committee members to inform him whether or not they were willing to continue in their present roles after the AGM.

**ACTION: ALL COMMITTEE**

**Meeting with Gareth Thomas MP** – Peter had received an invitation on behalf of Metros to meet Gareth Thomas to discuss the possibility of holding a Harrow Half Marathon. Peter, Mike and Steve will meet him in Westminster on 10 February.

**ACTION:** Peter Beuselinck, Mike Ransome, Steve Paull

It was agreed that a sponsor/s would be needed and Metros could support and run but would not be in a position to organise such a large event. Gareth will be invited to run in the Harrow Hill Race.

**Hon. Treasurer** – Nigel had prepared accounts for nine months up to 31 December with a budget for 2016/17, together with details of Metros membership numbers and fees of some other running clubs. The budget showed a deficit with present levels of income and expenditure and it was suggested that it should be proposed at the AGM this year that membership subscriptions be increased from 1 March 2017.

It was decided to review the current expenditure in detail at the next meeting.

**ACTION:** Nigel Rackham



### **Hon. Treasurer (cont)**

Various areas were discussed - A two tier Metros membership; a small fee from those aged over 70 (at present free); Metros runners to pay the £2 entry fee at our home fixture of the Summer and Thames Valley Leagues; reduced printing costs for Metrolines.

**Hon. Membership Secretary:** Three new members were confirmed: Jim Buckland, Harrow, Alison Teale, Pinner, Patrick Leahy, Harrow. Irene has been checking software packages to manage Metros membership, particularly Go Cardless, which has many suitable features.

**ACTION:** Irene Paull

### **REPORTS OF CO-ORDINATORS**

**Vets T&F** – Wendy Mulvenna had confirmed dates for this season: Monday, 9 May, Battersea; Monday 6 June, Hillingdon; Monday 20 June, Battersea; **Wednesday** 13 July, Perivale.

### **OTHER ITEMS**

**Metrolines** – Nigel had previously highlighted the cost of printing Metrolines. It had been agreed that it would reduce cost if more members used the internet rather than have a printed copy. Jane and Penny Hudson will review the present internet list.

**ACTION:** Penny and Jane Hudson

However, hard copies are also needed. A reduced number of copies of the February issue had been printed but this had not been enough. Jane and Penny agreed to reduce the number of pages where possible. Reducing font size was also suggested. Co-ordinators of Metros leagues do need to send Metros results to Penny and Jane.

**ACTION: Metros League Co-ordinators**

Jane and Penny had produced a suggested survey to members to help decide future content. Following suggested amendments, it was agreed to go ahead with the survey and possibly use the free Survey Monkey software to do this.

**ACTION:** Penny and Jane Hudson

**Weekend Away** – Emma had researched a weekend that St Albans Striders had reported and sent the link to the committee. The committee felt the possibility was worth exploring. Emma will discuss further with Judy Rackham.

The meeting finished at 9.43 pm

|                                       |                   |
|---------------------------------------|-------------------|
| <b>Date of Next Committee Meeting</b> | Wednesday 2 March |
| Future Committee Meetings             | Wednesday 6 April |
|                                       | Wednesday 4 May   |

**AGM Friday 13 May** at 8.00 pm, Lowlands Tennis Club.

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 and we are open to all members.

### Coaching/Leadership/Officials'/First Aid 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](http://www.englandathletics.org) for courses.

### Metros Website and social media

[www.metros.org.uk](http://www.metros.org.uk)

Contributions to:

kevinsmart14@yahoo.com

We also have a Facebook page and Twitter account – please like or follow us.

If you would like to join Metros' group email please contact Penny at metrolines1@gmail.com

### 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 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 REGULAR RUNS

|                  |              |                                   |                           |
|------------------|--------------|-----------------------------------|---------------------------|
| <b>MONDAY</b>    | <b>20.00</b> | Teresa Young                      | 020 8866 3225             |
|                  |              | Mike Ransome                      | 07802 839 498             |
|                  |              | Email: Mw49ran@gmail.com          |                           |
| <b>TUESDAY</b>   | <b>20.00</b> | Steve Paull                       | 020 8422 6636             |
| Run / Walk Group |              | Penny Hudson                      | pm.hudson@ntlworld.com    |
| <b>WEDNESDAY</b> | <b>19.15</b> | Dave Brown                        | 020 8933 1821/Steve Paull |
| <b>THURSDAY</b>  | <b>19.00</b> | Jane Hudson                       | 07522 754675              |
|                  |              | Email: thursdaymetros@yahoo.co.uk |                           |
| <b>SATURDAY</b>  | <b>09.00</b> | Irene Paull                       | 020 8422 6636             |

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

See website for more details: [www.metros.org.uk](http://www.metros.org.uk)

Please Note: All runners are responsible for themselves.