



May 2015

Issue No. 320



METROS AGM

This year's AGM will be held on Friday 8th
May - 8.00 pm at Lowlands Tennis Club.

Please pass any items for discussion to Peter
Beuselinck before the end of April.

Metros Diary

APR

Sun 26 Virgin London Marathon

MAY

Sat 2	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Fri 8	Metros AGM, Lowlands Tennis Club	8.00 pm
Sat 9	Food Bank Donation, Roxbourne Park	
Sun 10	Marlow 5 - Trophy Race	9.30 am
Mon 11	Vets Track & Field, Battersea	6.30 pm
Sat 16	5K Race, Roxbourne Park	9.15 am
Sun 17	Run Wembley 10K (formerly Sudbury Ct) - Trophy Race (also 5K) 1K children's race	11.00 am 10.30 am
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	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

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!

Having just spent the morning in the company of some VLM 'virgins' (and marathon veterans) as well as tracking our runners in the Greater Manchester Marathon we can report that marathon fever is well and truly here! For the rest of us either not (yet?) running so far, or attempting to return from injury, they are an inspiration. Whatever your running ambitions, remember to enjoy your running, walking or simply socialising – it's all good for the health. By the way, we nearly renamed this the Chris Shearwood edition for his varied contributions.... Please do remember to let us know about runs you have been doing and especially your achievements, large or small ☺

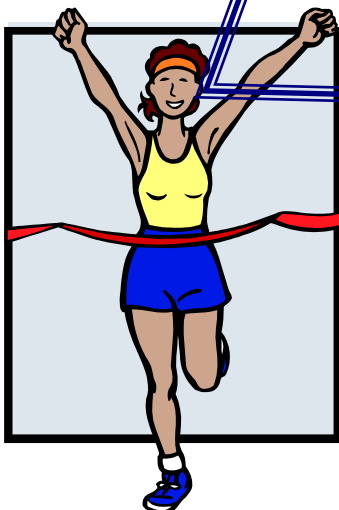
Jane and Penny Hudson



Welcome

Dom Coleman, Greenford
Hasmita Bhudia, Stanmore

Elected at the April meeting





London Road Runners Club

Trophy Races

The following Road Races will comprise this year's events that will contribute towards the Trophy Race competition:

Marlow 5	Sun 10 th May at 9.30 am
Run Wembley (Formerly Sudbury Court 10K)	Sunday 17 th May at 11.00 am
Burnham Beeches Half Marathon	Sunday 23 rd 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 9	TBA

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

Any other changes will be advised as early as possible

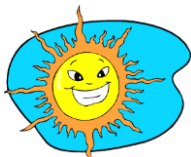
Vets Track & Field

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

Here are the dates for your diaries.

Wendy Mulvenna

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



Summer League

The following are **PROVISIONAL** dates for the Summer League:

31 May - Dulwich, 5 miles, hosted by Dulwich Park Runner
14 June - North Harrow, 10K, HOSTED BY Metros
5 July - Perivale, 5 miles, hosted by Ealing Eagles
19 July - Regent's Park, 10K, hosted by Mornington Chasers
16 August - Battersea Park, 10K, hosted by Serpentine

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

Achievements

Well done to ...

Christopher Hudson and **Donna Warren** for 5K PBs on 21 March.



Kath Donaldson for achieving a Gold age grading in the Metros 5K for the first time.

All those who did the Metros 5K for the first time!

Emma Rackham for a PB at Reading Half.



Mitesh Patel, Mike Morris, Donna Warren, Sonny Peart, Tracey Tyrrell, Becky Walker, Emma Rackham and **Linda Dunne** for PBs at Maidenhead Easter 10.

Brian McGrory for yet another parkrun PB!

Steve Paull for his 150th Half Marathon at Hillingdon and for being 1st V60.



Linda Dunne for a PB at Hillingdon Half

Spencer Millbery and **Russell Hewlett** for their first Marathons at Brighton.

Jonathan Collier - 4th U20 in UK for Half Marathon and for coming 34th (3rd U20) at Madrid Half Marathon with a field of over 15,000 runners



Mike Morris and **Emma Rackham** for PBs at the 10K on 5th April.

Anne Leigh for being awarded the 70+ trophy at Beaconsfield 5.

**24 Hour Charity Track Relay
& Family Fun Sports Day**

7pm Friday 19th - 7pm Saturday 20th June



In aid of
www.make-a-wish.org.uk/



Relay exchanges every 30 minutes. £5 minimum donation for each 30 minute slot

Participants can do as many 30 minute slots as they wish

Team that completes the most laps in 24 hours is the winner

All abilities welcome – runners, joggers, walkers, clubs, businesses

To enter a team email atkinsukretailers@hotmail.com or call 07790 379408

Family Fun track and field events 10am – 7pm Saturday 20th June

*** Guest appearance by Elsa
from Frozen @ 3pm**



* Marlow FM * Bouncy castle * Tombola * Face painting *
* Beat the Goalie * Ice cream van * Burger van * Free car parking

Marlow Running Track, Westhorpe Farm Lane, Little Marlow, Bucks SL7 3RQ

If you are interested in taking part, please contact Mandy Beuselinck -
a_beuselinck@yahoo.co.uk

Half hour slots will be reserved on receipt of £5 and you can do as many slots
as you like. The following slots are still available (at time of publication):

19/06/15 – 21:30, 23:00, 23:30

20/06/15 – 00:00, 00:30, 01:00, 01:30, 02:00, 02:30, 14:00, 15:00, 15.30,
16:00, 17:00, 18:00, 18:30

One of my regular Sunday a.m. long-distance running mates and fellow Metro, Hari, inspired me to write this after I set out the rough route of one such run which we did recently. It's not a race, just a training run with a difference, and I hope that folk find it as interesting as we found the run itself.

About 3 1/2 years ago, just for the hell of it one Saturday, I decided to run the Grand Union Canal towpath from where I often get on it at what used to be B&Q Greenford and is now Dunelm Mills furniture emporium - the landmark apparently known as "Aladdin Tower". The idea was to run its entire length through North London until it ends in the Limehouse Basin in East London right by the River Thames, about 21 miles in all. Obviously, the idea involves taking one's Oyster Card to return by tube, if one doesn't want an equally long run back again! On that day I meandered back to the Mile End Road where, after liquid replenishment in the Half Moon PH, it was an easy ride back to Ruislip on the Central Line.

A year or so later I attempted the same route but only made it as far as Islington so I was keen to attempt the full course again, possibly in the company of like-minded individuals. I ran it past Hari and we co-opted Mike and Steve, all of us training for various marathons - me for Rotterdam, Mike and Steve for London and Hari for Manchester. None of us were tapering off yet so a 20+ miler was welcome. Hari and I had done 21.5 miles in 3 hrs 05 two weeks earlier which is about 8 mins 35 pace - anyone, like Mike, who had done the Finchley in 2 hrs 40 would have no trouble doing it.

From Limehouse Basin I planned that we should recover at the historic Prospect of Whitby PH, Wapping. Hari was keen on a 7.30 start but we were able to persuade him to make it 8.00. Even so, Steve had sensibly asked what time the Prospect of Whitby opened and when it was clear that we'd be in Wapping too early, it was decided to convene at the aforesaid Half Moon where we would meet Irene. Steve had, of course, been able to arrange a change of clothes and Mike had also given Irene some spare clothing at the Saturday session; Hari would stay in what he wore and I slipped my North London Half Marathon shirt into a bumbag, which I thought would annoy the hell out of me but actually wasn't that bad. I prefer to run as light as possible.

Mike motorcycled over to my house in Ruislip and Hari joined us there. To save Steve having to come over to Ruislip we were to rendezvous with him where the Grand Union passes under the A4005 at Alperton. I had used the time-honoured method of A-Z & a piece of string to calculate how long it would take us to get there and we arranged to meet on the towpath at 9.00, by when Steve would have had about a 4 mile run and we about 7 miles.

Hari, Mike and I started down Cornwall Road, Ruislip to its junction with West End Road and down that road to its junction with the A40 at the Polish War Memorial. Then it was along the A40 eastbound, past the mounds at Northala Fields, where Saturday parkruns take place, to where it crosses over the Grand Union Canal (Paddington branch) about 3 miles from base.

The run takes us along the towpath towards Paddington, past moored narrow-boats not far from Northolt Village and its pretty, hilltop, parish church. There's some light industry

- warehouses and factories - along this stretch and there used to be a wall where there was some graffiti reading "James Dean" and "Dave Bowie" which always made me smile
- we don't really think of the Thin White Duke as a "Dave", do we? Far too cool.

We passed under the Central Line (on which we would later return) and a canal-side pub, the Black Horse, by which I've never been tempted since it's too early into that run. There used to be a baking factory from which wafted a wonderful yeasty smell but all that's there now is a pile of rubble. The canal has a wide bend here which collects flotsam and jetsam which can be unsightly but it abruptly changes into almost clear, rippled water as we approach the bridge under Greenford Road where, for a 10-miler, you can leave and return via Northolt and South Harrow.

Next, a lovely section as the canal passes Greenford Golf course and Sports Ground on the left and the more extensive Horsenden Hill which lends into Sudbury Golf Course and is very tree lined, almost rural. and lined again with narrow boats. At the western end of the golf course is Alperton Cemetery and before long we passed a Sainsbury's and saw Steve trotting back and forth along the towpath having been at the rendezvous for about 10 minutes, we having left about 10 minutes later than planned.

We passed the Boat PH at Alperton where the canal goes under the Ealing Road and a little later a solitary Ealing Eagle where the canal crosses over the six lanes of the busy North Circular far below, for me, one of the most fascinating parts of this run.

We were now into the industrial wastelands of NW10 (albeit they're surprisingly green in the summer) and passed the Grand Junction Arms PH on the other bank where Gill and I stopped when we cycled the whole route last Easter. The canal is almost touristy now, with signposts giving mileage to various points along the way, Paddington Basin, where Gill and I stopped for lunch, being about 4.5 miles.

The canal, of course, doesn't climb, not here at any rate, but, over a tangle of railway sidings behind a wall, we had a good view of the taller buildings of Central London such as the Shard and the Telecom Tower. On the other side of the wall, though out of view, is Wormwood Scrubs open space and HM Prison.

After passing Kensal Green Cemetery on the other bank the area almost becomes gentrified with smart Victorian/Edwardian era houses in what is now North Kensington as the canal passes alongside the A404 Harrow Road at Kensal Town. The A40 Westway roars over us and there follows a pretty section lined by more narrow boats next to a small park. We arrived at Little Venice where there were open, free toilets, at which point we had run more than half of the route and I had one of Mandy Beuselinck's freebie energy gels.

We avoided turning towards the Paddington Basin, crossed a bridge and turned left up to Maida Vale leaving the canal whose towpath here is crammed with increasing numbers of pot plants by narrow-boat owners. We crossed the A5 Edgware Road and, because there is a tunnel and part of the towpath is currently cordoned off, we had to go overground for a few hundred yards before re-joining the canal (now named the Regents Canal) at Lisson Grove. Having done so, we skirted around it with Regents Park on our right and Primrose Hill on our left, passing the Snowdon Aviary at London Zoo. Pedestrians were becoming more numerous.

Then it was a sharp left, just before the “Feng Shang Princess” floating Chinese restaurant, and we headed towards Camden Town where I expected to encounter tourists by the bucketload but hopefully not too many if it was still early enough. It was about 10.00 and 16 miles at this point but there were nonetheless quite a few tourists visiting Camden Market. Where the path runs after crossing Kentish Town Road there used to be a section of flimsy wooden food shacks at one of which you could sit by the canal watching the world go by whilst eating noodles and suchlike sat on reclaimed Vespa and Lambeth scooters which had been fashioned into seats. Now, this area is being re-developed and the food stalls are just so much matchwood now, waiting for the bulldozers.

From Camden we continued through the hinterland north of Kings Cross and St Pancras stations. There are many bridges here as the canal passes under Camden Street, Camden Road, College Street and St Pancras Way, in short succession, occasionally meeting oncoming pedestrians and cyclists. For tall folk, such as Steve, this was a trickier part of the course; not so for Hobbits.

Just after the rail depots north of the stations, at Caledonian Road we had to go above ground again as the canal goes through a tunnel of 960 yards, underneath the Angel area, the other end of which you can nonetheless see. We ran up and over, through Islington streets, passing the York PH near Camden Passage antiques market, where I gave up last time I ran this route, and re-joined the canal, taking care not to turn right into the cul-de-sac that is the City Road Basin. More narrow boats and pot plants and the next part is being “done up” by the council so the towpath consists of floating sections.

We went through Shoreditch, Haggerstown and Hackney passing a trendy-looking if well-attended canal-side cafe, going underneath such main northbound roads as the A10 Kingsland Road and Mare Street before running alongside Victoria Park, which is well worth a trot around in its own right, as the Victoria Park Harriers and Tower Hamlets Athletics Club (to give them their full title) would no doubt attest.

By now, we were seeing more and more runners, mostly running against us rather than with us, for some reason. Writing in The Times a few days later, Matthew Syed mentioned how, customarily writing his sports column in a cafe by Richmond Bridge, he noticed a man in lycra jogging alongside the river. Then another, then another. Then two women. Then another man. After 15 minutes of watching, he noted 20 different people, with different gaits, different speeds, clearly not recreational runners but with a deeper purpose. And then he realised what was happening - we are in the final countdown to the London Marathon and that was what we were also seeing in east London. For some reason, far more women than men. A few other runners were seen wearing North London Half Marathon commemorative t-shirts.

It was on, on for us dropping down through Globe Town and Mile End (where my forebears used to live) crossing the A11 Mile End Road before heading for our penultimate destination, the Limehouse Basin which adjoins the River Thames at Narrow Street. The Basin is a smaller version of St Katherine’s Dock, crowded with pleasure craft which few of us can ever dream of owning.

The final section took us alongside the Thames, down Narrow Street, through King Edward Memorial Park to Wapping Wall, and we pulled up, some 22+ miles and 3.5 hours after we had started, at the Prospect of Whitby PH. We were some 20 minutes or so early for opening time and, although there were signs of life within, they weren't about to greet their customers any earlier than they wanted to. It's a lovely old pub, if you've never been there, but we had arranged to meet Irene at the Half Moon on the Mile End Road, and that is where we exhaustedly trudged/jogged through Watney Street Market at Shadwell to the point where Whitechapel Road meets Mile End Road near the infamous Blind Beggar PH.

The Half Moon used to be an old Methodist chapel, but has more recently been occupied by Half Moon Young People's Theatre, following refurbishment and extension of the premises in 1985 into a state of the art modern theatre known for bold work such as Steven Berkoff's 'Sink the Belgrano!' the first female Hamlet with Frances de la Tour and performances by Daniel Day Lewis amongst others. The theatre's parent company was founded in 1972 when active local theatre artists took over a disused synagogue and performed a series of productions, including Guys and Dolls featuring Simon Callow.

For us four tired runners, it was a welcome sight indeed, as was Irene standing us the first of several rounds. Given the time of day, we had lunch there as well and, an hour or two later, we creaked even more wearily into the nearby Stepney Green station to head west and back to base, crossing the Grand Union Canal twice as we did so.

I'd like to thank Hari, Mike and Steve for their company and Irene as well. I thoroughly enjoyed this unusual run and would hope to repeat it with company, perhaps in the summer?

Chris



Green Bottle Tops



Thank you!

Thank You!

Thank you!

The tops you leave on a Saturday I put in a black rubbish sack in my shed until it is full. I have just taken a full sack to the person at Epsom and Ewell who co-ordinates collections from a number of athletic club. They are then transferred to the main collector who washes them in a washing machine! Prior to selling them. This money then goes to sporting equipment for disabled young people, including specialised wheelchairs.

Jeanne Coker



Old Roxeth here has had access to the magazine "Runner's (is the apostrophe in the wrong place- discuss?) World" from the ancient days when it was just called "Running". Just for your information it was called "Jogging" before that. Seems that was not cool enough. These days Steve gives me the mag when he's finished with it-saves on the pension funds here at Roxeth Towers.

I have watched Runner's World change over the years from something fairly closely aligned to the "semi-serious" runner to its latest incarnation for the social runner. It must have been when the Americans bought it!

Articles on famous athletes and major dissections of races large and small are now on the backburner at RW, except for the really obscure far away ones where the staff get sent on jollys.

So what fills the publication these days?

Recipes, recipes and more recipes. Does anybody ever make use of them? Has anyone got the time? Aren't there enough cooking progs on TV to satisfy fit foodies without our sport magazines getting swamped with them?

Take the March edition of RW (Steve hasn't given me the April one yet), there are 15 pages of recipes or similar. That's in a magazine of 148 pages. Is this necessary? That is 10% of the content and not including adverts. Trust me. Old geezers like myself have time on our hands to do the mathematics.

Food items, to this extent, in a running magazine, is way over the top. One per edition like here in Metrolines, plus discussions on carb-loading and the like, is plenty.

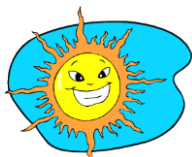
And have you noticed how they have spread into other publications too. The weekly TV guide with my Saturday paper (paid for this time) has 8 pages of the stuff. Why?

There's the 50 best food for runners. Now will Aldi or Morrisons or Asda be stocking the following? Chia Seeds, Beet Kvass, Spirulina, Manuka Honey, Chlorella, Himalayan Pink Salt!!!! I could go on.

Surely this saturation, in these quantities, is what "Good Housekeeping" or some other appropriate mag is for.

Miso or Kohlrabi after the Monday session tonight anyone?

Old Roxeth



Summer League 2015

For those unfamiliar with this League – it's a series of five events held during the summer months starting and finishing in parks, open to all ages and abilities with refreshments after – all for FREE.

Entry (free to Metros members) is on the day and there is no need to pre-enter. At each fixture there are four events:

- i. The morning starts with an Open Race of 5 miles or 10km for those 16 years and over, suitable for all abilities.
- ii. A Tenderfoot Run of 1.5 – 2km, suitable for children 7 - 16 years, runners returning from injury and runners who prefer to run a shorter distance.
- iii. A Fun Run of approximately 400m for children under 7 years.
- iv. A series of relays of 300-400m, again suitable for all ages and abilities.

Provisional Dates are:

Sunday 31 May – 5 miles

Dulwich Park

Hosted by Dulwich Park Runners

Sunday 14 June – 10km

Headstone Manor Recreation Ground

HOSTED BY Metros

Sunday 5 July – 5 miles

Perivale

Hosted by Ealing Eagles

Sunday 19 July – 10km

Regent's Park

Hosted by Mornington Chasers

Sunday 16 August – 10km

Battersea Park

Hosted by Serpentine

Scoring is age related: children up to 16 - every year; adults over 40 are graded in five year age bands. All participants in the Open and children in the Tenderfoot score points for their club – the more runners, the higher the club score.

There are league awards for the top three scoring individuals in each age category in the Tenderfoot and in the Open – the best three out of five races count. Children in the Fun Run receive certificates on the day.

Metros also give awards for top Metros runners in each age category: the number of Metros awards depends on how many Metros runners there are in each age group.

Apart from Metros, other participating clubs are Dulwich Park Runners, Ealing Eagles, Ealing Southall & Middlesex, Hayes & Harlington, Mornington Chasers, Queens Park Harriers, Serpentine, Sudbury Court Running Club.

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



I write this in response to 'Old Roxeth's' article on parkrun in last month's edition and have attempted to answer his questions. I am a run director at Forest Rec parkrun in Nottingham (the main person in charge of a parkrun event is the Event Director and there are usually 4 or 5 other run directors who help out).

parkrun is a not-for-profit organisation that organises free, timed, 5k runs. They take place every Saturday at 9am. There are parkruns in Australia, Denmark, Ireland, Iceland, South Africa, New Zealand, USA, Poland and Russia. There are currently 598 parkruns worldwide.

They are open to everyone, free, and are safe and easy to take part in. parkrun actually started in October 2004 and so celebrated its 10th anniversary last October. It is not a new phenomenon nor a 5 minute wonder! parkrun continues to grow. In Nottingham there was initially one parkrun, now there are four and another two are starting soon. Forest Rec parkrun was the third to start in Nottingham. Even after the fourth started our attendances are increasing because more and more people are parkrunning. Forest Rec parkrun averaged about 50 people in the beginning and now our average attendance is about 120. (A run director at a different parkrun in Nottingham said she actually hoped their attendances would fall with the new parkruns starting because she feels they have too many parkrunners (they average about 230 now)). There are also 41 junior parkruns - these are 2k runs for 4-14 year olds that take place on a Sunday morning at 9am. The nearest one to Metros seems far away. <http://www.parkrun.org.uk/events/juniorevents/>

Old Roxeth asked whether parkruns '*will soon be full up with seasoned athletes from ACs, resulting in the discouragement of the enthusiastic beginner?*' The answer is a resounding no! Copied from parkrun's website: 'parkrun encourages people of every ability to take part; from those taking their first steps in running to Olympians; from juniors to those with more experience'. When Forest Rec parkrun first started we had 2 women who would walk the course with prams. Most parkruns have a tail runner so no-one gets left behind. We celebrated our 2nd anniversary on 4 April 2015 and the average run time is 27:40, i.e. people of all abilities complete our course. In addition parkrun is a run, not a race! It's referred to as a run because we want to encourage people new to running to take it up. When writing run reports we're not allowed to write 'The winner was', we have to write something like 'First over the line was....' because it's not a race! I

have been involved in parkrun for about 2 years and can definitely say from first-hand experience that anyone can do it and it's very friendly. Anyone can join in, they just need to register first at the parkrun website (<http://www.parkrun.org.uk/>), print out a barcode and bring it on the day.

(There is also an operational issue with parkrun being a run. If it were a race, parkrun could start falling under UKA licence regulations, which would certainly require first aid cover (parkrun doesn't require first aid cover). parkruns are runs that members of the public do at their own risk).

parkrun is organised almost entirely by volunteers. There are 10 core UK staff members whose full-time job is parkrun (I presume they get paid but am not sure). To my knowledge a parkrun has never ceased due a lack of volunteers. We encourage people to volunteer in the run brief and run reports but there is no pressure whatsoever to volunteer. We want people to want to volunteer, not feel they have to.

Old Roxeth asks what parkrun's goals are. In terms of growth, parkrun aims to have an event in every community that wants one (copied from the website). He also queries what would happen if the sponsors pull out? parkrun's current sponsors are Sweatshop, PruHealth and Alzheimer's Research UK. I can't remember how I know this (probably read it in one edition of parkrun's weekly newsletter) but Paul Sinton-Hewitt (parkrun founder and head of parkrun) gets contacted by many organisations wanting to sponsor parkrun and he turns the majority down. I don't see a lack of sponsorship being a problem for parkrun.

I imagine the Metros committee is worried that their Saturday morning session attendance will decrease. While this is probably going to happen I've copied the following from the parkrun website *'Clubs are very welcome to use parkruns to recruit new members - more than half of parkrunners are unattached. parkrun encourages and publicises local clubs at parkrun events through links on the parkrun event website and other ways. Our experience, with many examples, is that a local parkrun generates increased club members. Contact the local parkrun event....Race organisers are very welcome to use parkruns to publicise their events, through links on parkrun websites and through publicity at events (with the advance permission of the parkrun event director, in case of local park bye-laws etc). Experience shows that events longer than 5k attract more runners if publicised at local parkruns. Contact the local parkrun event'*. In Nottingham local clubs occasionally 'takeover' a parkrun; they provide all the volunteers on the day, bring cake, usually wear their club tops, bring their club flags and banners and promote their club and their races.

I think Metros should embrace parkrun. One of parkrun's aims is to help build a running community. All parkruns have a cafe where parkrunners go after to socialise and parkrun is a great opportunity to make new friends.

if anyone has got any questions you can read the parkrun website (<http://www.parkrun.org.uk/>), the parkrun wiki page http://wiki.parkrun.info/index.php/Main_Page or contact me by e-mail.

Pritesh

(e-mail: pritesh.patel1@hotmail.co.uk)

ps. parkrun is always one word and lower case, even when starting a sentence with parkrun!

Results and Reports

North London Half Marathon 15 March 2015

I can't remember precisely when I learned of this race (I think I read about it in Southern Running Guide picked up from Runnersworld) but I entered it on 25 January 2015 having been attracted by the "blurb" which referred to Mo Farah being official race ambassador and race starter (more of Mo later) and, more particularly, the route - running "Stadium to Stadium" from Allianz Park, home of the Saracens Rugby Club, in Hendon to and through the grounds of Wembley Stadium and back to Allianz Park for a "celebratory stadium finish". Billed as a "brand new half marathon for the spring running calendar," taking place exactly 6 weeks prior to the London Marathon, on closed roads, undulating with some gradual climbs, through leafy North London, it was hard to resist.

Allianz Park boasts "easy access to major arterial roads and easy connections to overland and Underground rail". There are apparently "very few easier places to reach, and there are no easier places to park". I guess the total field was about 5,000 because there were 4713 eventual finishers. The race organisers recommended allowing plenty of time to get to the start and there were to be race volunteers wearing bright orange T-shirts to assist upon arrival - most useful they

turned out to be. There were to be road closures beginning from 06.00, with all affected roads closed by 08.30 and diversions in place from 08.00 so it was suggested arriving at the Race Village by 08.30 to allow enough time to drop baggage and make one's way to the start line (a 10 minute walk from the Race Village) for the 9.30 start.

The nearest tube stations were Mill Hill East and Hendon Central involving, respectively, a 25 minute walk or an 8 minute bus ride with a 10 minute walk to Allianz Park. From Mill Hill Broadway Station it was a 30 minute walk to Allianz Park. A courtesy shuttle bus meeting incoming trains would operate from Mill Hill Broadway and Mill Hill East between 07.00 and 09.00, dropping off on Pursley Road, a short 5-10 minute walk to the Race Village.

How to get to Mill Hill from Ruislip Manor? Easy! The 114 bus goes from the shops at the top of our road so Gill and I took the 0712 service which got us to Mill Hill at 0754. We spent the journey looking out for other runners amongst the passengers - there weren't so many on the 114 but the shuttle buses were nearby and the one we got on was quite full already and we were soon shuttling off through the now closed streets to Allianz Park, remarking that it would have been a tedious walk.

At Pursley Road there was quite a buzz of activity and the crowds thronged towards Allianz Park, not so much of a "stadium" in my view since it consists of separate stands, isn't covered all the way around and is quite open. Never mind, the race volunteers wearing their bright orange T-shirts directed us to the busy race village consisting of food, drink and running gear outlets, and even a Romanian folk-music band playing their jaunty tunes on 2 fiddles, an accordion and stand up bass.

Changing had to be done in the concourse under the main stand which got progressively more crowded. There weren't any benches and I was glad to have had my kit on underneath outer clothes. There were benches outside but it was quite parky that day, max temp 7 degrees (but dry), so the Metros sweatshirt stayed on until the very start.

Talking of Metros, where were they? I knew that Sasha, Mike, Mitesh and Fab were running also but had seen no familiar yellow Metro tops - perhaps, like me, they were still wrapped up against the cold. On the Saracens pitch (astroturf) a warm-up was in progress. Normally, I'm too self-conscious to throw these Zumba-like shapes but I threw caution to the wind and joined the crowd...just as the warm up finished.

The tannoy exhorted us to make our way to the start, a 5 - 10 minute walk away from the stadium, on Page Street where we were once more entertained by said Romanian folk-music band playing their now familiar, jaunty tunes. We found the 1-30/1-45 starting pen and Gill spotted Mitesh and Fab trotting up to join us, They'd been caught up in the melee of runners arriving at Mill Hill East and were delayed in getting to the race venue. Sasha and her son also joined us and said that Mike was further forward in the line-up. Sonny was apparently much further back. We compared predicted times, Sasha saying that she'd be treating this more as a training run, having done the Finchley 20 the previous week. For my part, I wanted an improvement on post-Xmas sluggishness which has seen times of 1-38, 1-41 and 1-36 at the three half marathons which I've already done this year. I reckoned that Fab might be within touching distance of his first sub-90 minute race.

On the starting podium was our special guest, the diminutive Mo Farah, and the race organisers got us to do his "Mo-bot" which I'm sure he appreciated. Gill and Sam disappeared to get a good view from ahead of the runners before the countdown to the start.

Then we were off and separated pretty quickly, Fab pulling ahead away from me. The results show that it took about 12 minutes for everyone to cross the line, many of them apparently pausing to take "selfies" with the race's star guest (as did Sam) - no PBs for them, then. Caught a glimpse of Gill on the junction of Page Street and Bunns Lane but it would have been nigh impossible to get anywhere else on the course as a spectator, what with the road closures, so she contented herself by returning to the race village and awaiting the Metros' return.

Passed under the bridges carrying the A41, M1 and Bed-Pan Line, where I also passed Mike, Fab now disappearing in the distance. With the two 1-30 pacemakers behind me, he was surely on for that sub 90 minutes finish.

The route then went slightly downhill on Grahame Park Way, with the first water station, and past the RAF Museum which was all quiet, since it doesn't open until 10.00. Then into Colindale Avenue passing Colindale underground station and on to one of the most thrilling parts of the race for me - a section of the normally busy A5 Edgware Road, closed to traffic for us runners but with plenty of vocal support on the corner.

Not on it for long as we turned right and into Hay Lane up our first major hill, then down and bearing left after the Roman Catholic Church of St Sebastian and St Pancras into Roe Green and right onto the normally busy Kingsbury Road, also closed to traffic. Then left into Valley Drive, skirting around Fryent County Park and into Fryent Way where another hill, up and down, was encountered and the

second water station. Looked out for Dave Brown who said he'd be marshalling here but no sign.

Down The Paddocks and right onto Forty Lane where Dave Brown was near the junction with Bridge Road and a glimpse of the eventual first and second placed runners - Kenyans Peter Kibet Limo and Sammy Nyokaye, the latter of whom had won the Surrey Half Marathon only a week earlier in a time of 1:02:41 followed by Peter Limo in 1:02:43. It's always sobering to see these sub 5 minute milers, for someone who can just about manage 5:30 for just one mile at Wot No Watch. As I turned left into Bridge Road third placed runner at the head of a small group was Serpentine's Andy Greenleaf but he eventually surrendered bronze spot to Peter Limo's team mate, Paul Martelletti, who had been third-placed at the Surrey Half.

Past Wembley Park underground station, sharp right into Brook Avenue and sharp right again into the underpass and onto Wembley Way heading towards the stadium. We skirted clockwise around the exterior of the stadium and entered it through an underground carpark where we were momentarily deafened by a drum band in such close confines (one of several sets of musicians on the course) before breaking into the light and running down one side of the pitch before exiting through another car park and continuing back to Stadium Way. We passed the 1-45 pacemakers just entering the stadium with their posse of hangers on and it was at this point that the 1-30 pacemakers over took me, a somewhat dispiriting moment. They pulled away and it was no comfort to hear Dave Brown say, as I passed him again, that the pacemakers were "just ahead" - no way of catching them ☹ We returned back, via The Paddocks and Salmon Street, for me the prettiest part of the route - a traffic-free quiet lane with trees in blossom and spectators with placards welcoming us to "their street".

Back up Slough Lane past the Green Man PH and crossing Kingsbury Road into Roe Lane where we passed the tail-enders walking (slowly) with the sweeper bikes behind. In fact they weren't even the last ones. Past St Sebastian and St Pancras again and the climb to the summit of Hay Lane with views towards Barnet and back to race HQ. Another left/right jiggle joggle (as my mum is wont to say) over the Edgware Road into Colindale Avenue and back past the RAF Museum in Grahame Park Way with a sharp right into Bunns Lane,. Momentarily confused at passing the 12 mile marker having just passed the 1 mile marker back in Grahame Park Way - of course, the finish was some way further on than the starting point which we now passed again. A final burst into the stadium grounds, on to some grass and into the stadium itself, passing in front of the big stand full of spectators including Gill, before crossing the finishing line in 1 hour 32 mins 48 secs, my best time this year.

By the loos, found Fab who was disappointed at missing out on a sub 90 minute time but I congratulated him on what must have been a PB nonetheless and urged him to enter the Hillingdon Half again this year where, if he doesn't go sub 90 minutes, there ain't no justice. Group photos ensued which have been posted on Facebook when Sasha, Mitesh and Mike (who "smashed" his half PB by about 4 minutes) joined us and, a little later, Sonny. Sasha was only a minute or so behind me so I dread to see her form when she's not resting up. I had given the race plenty of welly but was little disappointed not to go under 1 hour 32 which I did on several occasions last year.

An enjoyable race. People had said that it was far from flat (although not of Watford/Berko/Marlow proportions) but the hills weren't a major struggle. Marshalling and water stations were well organised and the support was excellent. There was a nice commemorative t-shirt which a few of us Metros have been sporting and seeing others wearing since. It wasn't cheap at £40 but I think I'll give it a go next year and hope to see as many Metros again if not more.

Chris Shearwood

Beaconsfield 5 - Monday 6th April 2015

1		0:31:05
183	Adam Leary	0:43:50
257	Glyn Watkins	0:48:08
286	Marion Rogan	0:50:16
323	Carole Wells	0:51:38
351	Kath Donaldson	0:55:37
373	Karen Leary	1:01:20
388	Anne Leigh	1:12:11
390	finishers - last	1:17:11

5K Run - Saturday 21st March 2015

Runner Name	Time	Age Grading (2010 tables)
Mary Swindles	26:31	74.23%
Christopher Hudson	21:18	74.12%
Janice Newman	30:28	73.09%
Donna Warren	21:51	72.01%
Dave Young	22:19	71.87%
Steve Paull	22:41	71.34%
Kath Donaldson	30:15	71.24%
Barbara Reading	30:19	71.08%
Caroline Day-Lewis	24:22	67.17%
Sonny Peart	21:33	66.31%
Simon Abery	23:22	63.12%
Kevin Smart	24:27	62.85%
Ruth Tidder	25:14	62.35%
Mike Ransome	27:04	61.97%
Mitesh Patel	20:58	61.58%
Thomas Collier	25:40	61.51%
Anjali Patel	27:42	60.05%
Anne Ambrose	31:16	59.49%
Anne Leigh	40:55	59.27%
Hilarie Lemon	32:59	58.82%
Emma Rackham	25:13	58.69%
Adam Leary	25:29	58.35%
Anne Nola	27:03	57.73%
Julia Allen	28:23	57.66%
Carole Wells	30:28	57.17%
Paul Gardner	28:27	54.93%
Caroline Attack	27:36	54.53%
Debbie Moynihan	36:23	53.32%
Errol Clarke	27:54	53.29%
Andrew Collier	27:29	53.24%
Gordon Valentine	30:29	52.61%
Gladys De-Groot	38:35	52.53%
Irene Paull	35:08	52.23%
Julie Smith	33:07	51.23%
Al Scoffham	30:57	50.93%
James Collier	33:30	50.81%

1st

Sam Millbery	35:54	49.56%
Kirit Ranpura	30:57	49.24%
Tian Hollingshead	29:50	48.62%
Penny Hudson	36:27	48.38%
Jo Collier	34:09	47.93%
Karen Leary	34:45	47.67%
Mark Lemon	32:57	47.43%
Joe Millbery	33:30	47.13%
Karen Collier	33:04	46.52%
Rangah Niranchanan	31:54	46.45%
Hema Thakur	35:21	45.36%
Sujata Patel	35:32	43.95%
Jarina Khatum	35:44	43.70%
Nancy Morris	36:27	43.58%
Ishika Parmar	38:34	43.13%
Claire Millbery	35:55	42.60%
Ian Bocock	39:38	42.32%
Kyie Hollingshead	36:20	42.10%
Dharmishta Parmar	36:25	42.01%

Reading Half Marathon - Sunday 22nd March 2015

1 1:03:10
 104 Nigel Rackham 1:13:04 1st V50
 2044 Anthony Bellis 1:38:11
 6362 Emma Rackham 1:57:25 PB
 13336 finishers - last 3:58:57



Rotterdam Marathon - Sunday 12th April 2015



1st 2:06:47
 2558 Chris Shearwood 3:31:08
 11882 finishers - last 5:56:18

Maidenhead Easter 10 - Friday 3rd April 2015

1		00:51:10	
225	Mitesh Patel	01:09:24	PB
257	Steve Paull	01:10:51	
278	Mike Morris	01:11:43	PB
327	Donna Warren	01:13:48	PB
388	Sonny Peart	01:16:01	PB
411	Tracey Tyrrell	01:16:57	PB
439	Jamie Richards	01:18:21	
574	Rebecca Walker	01:23:45	PB
629	Emma Rackham	01:26:15	PB
672	Linda Dunne	01:28:00	PB
752	Ruth Tidder	01:34:09	
790	Caprice Beggs	01:37:20	
878	Anne Ambrose	01:48:22	
887	Patricia Hewlett	01:51:16	
899	Penny Hudson	01:58:31	
913	Arnold Glickman	02:15:49	
915	finishers		

Maidenhead Easter 10

Many of you know that this time last year I was in hospital for a week with an illness I'd never heard of - Guillain-Barré syndrome - and could hardly walk let alone run for a while. I also had an achilles injury which had stopped me running for about 6 months previously.

In May last year I tentatively started doing some short run / walks and started a run / walk group on a Tuesday evening to give me some motivation. (The run / walk group has taken off really well and last week we had 12 participants with 6 doing an extra mile at the end.)

I spent a lot of time last year going to races to spectate and cheer on other Metros which I found great fun when accompanied by other non racers. However, I did want to get back to being one of the runners. So I entered Perivale 5 in December, a distance I thought I could manage in around an hour. Thanks to Catherine Corcoran I actually came in at 57:26.

I then started planning and running longer distances on Sundays with Maidenhead Easter 10 in my mind. I didn't enter as I wasn't sure I was up to it. Especially after a really hard Sunday 8 miles (that was supposed to be 9!). However, on the Sunday before the race, after talk round the table at Daisy's persuading Mike Morris and Linda

Dunne that they should enter, I went home and decided that I did want to give it a go myself so I went online and entered!

I had no expectations of a time but I knew it was a mostly flat course and one that you can easily divide up into chunks in your mind as you do 4 miles around the business park then 5 miles in the countryside and the last mile back in the business park. I also thought I could have walk breaks at the water stations at 4 and 6 miles. I ran the first 4 miles with Trish Hewlett but then she carried on while I had my first walk break. I then saw Jane and Irene who had walked backwards round the course (not literally!) I managed to keep going to my next target at 6 miles. After another walk break and some jelly babies I ran again but was now finding a bit harder. My toes were really painful from about 7 - 9 miles and the stony path across the cabbage field was really difficult. However, once I was back on the road my body could sense it was nearly over so I managed to run all the way to the end even putting on a bit of a spurt when I saw the finish line and all the Metros waiting for me. I was thrilled with my time of 1:58:31.

I now hear a half calling me ...

Penny Hudson

River Thames Half Marathon – Sunday 15th March 2015

1	1:17:58
325 Caprice Beggs	2:10:53
395 finishers – last	3:04:29

Old Deer Park Half Marathon – 22nd February 2016 (additional result)

Arnold Glickman	3:08:25
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London Easter 10K - Monday 6th April 2015

1	0:35:02
346 Richard Hayward	1:05:30
473 finishers - last	1:27:54



Kingston Half Marathon 29 March 2015

This was another inaugural race, on the same day as the much larger (2168 finishers, compared to our 279 finishers) Hampton Court Half Marathon, now in its second year. My third and final race this March, two weeks before I run the Rotterdam Marathon.

Midweek, the bad weather was forecast for Saturday but, by the weekend, it was to sweep violently over our part of London during the morning of the race and that's exactly what it did.

Billed as fast and flat and run along some beautiful riverside scenery, the race started and finished at the former Hawker Athletic & Social Club (as in Hawker Siddeley aircraft, a major Kingston industry), now the YMCA Hawker Centre. Gill reckoned it was technically Ham rather than Kingston and, although the local estate agents describe it as North Kingston, the route in fact avoided Kingston town centre altogether.

For some reason, Gill and I thought it was a 9.30 start and we set off in good time to get there before 9.00. One runner in the car park thought it was 9.30, another said 9.00 which it actually was. Memo to self - note race time as well as date on kitchen calendar. Fortunately, parking in Lower Ham Road was easy and it was not crowded. Many people seemed to be sheltering in the clubhouse (it wasn't hard rain, though) and they only came out for a warm up on the field about 10 minutes before the start.

We lined up, those aiming for sub-90 mins being invited to come first. Then 1-30/1-45 mins folk like me and so on. We were reminded that it was one short lap and two long ones. The club house backs onto the River Thames and there was a helpful 4 mile marker which enabled me to tell Gill that I'd be passing it in about 28 mins.

We did a short lap of the field and were out onto Richmond Road heading north on the footpath and turning left into Dukes Wood Avenue then left again into North Weald Avenue. As the road curves to the right, there is a green area on the left through which we ran and onto the Thames Path heading south again towards Kingston and past the 4 mile marker (although only about 1 mile into the race). Gill sensibly in the warmth of the club house, not expecting me so soon.

The path becomes Lower Ham Road for a while before skirting riverside past Canbury Gardens, Kingston Boating Club and the Boater's Inn as we ran into a strong headwind. We left the park as it meets the rail bridge and ran up Down Hall Road (past surely the most enthusiastic marshall on the route - they were all lovely, though), along Skerne Road into Skerne Walk and then past the other side of Canbury Gardens and right up Bank Lane to its junction with Richmond Road where we turned left.

Now a long drag north up Richmond Road past the Tiffin Girls' School, an all-girls grammar school, the unusual name derived from Thomas and John Tiffin, prosperous brewers in the early seventeenth century, who left money in their wills for the education of the poor. We passed the junction with Lower Ham Road at the entrance to the Hawker Centre and that was our first short lap. When we met mile 4 shortly afterwards, it really was mile 4 and there was Gill (under a brolly) and a handful of spectators to cheer us by before heading back to the warmth of the club house, again.

This time when we ran up Bank Lane we crossed Richmond Road at a zebra crossing, shepherded by the marshall although traffic was light, and on up Latchmere Road and into a more residential area of substantial sized Edwardian era houses, semis and detached. This was now the first of the two larger laps and in the distance we could see Richmond Park. I'd forgotten precisely where the route went - surely we weren't going to do a tour of the park?

But no - at the top of Latchmere Road it was left into Park Road where you bear left at a roundabout into Tudor Drive, past the Cardinal PH, almost back to Richmond Road but instead bearing left into Aragon Road and forking left into Cardinal Avenue. Do you see the theme here? Much of the North Kingston area is known as the 'Tudor Estate' and was built by G T Crouch in the 1930s who bought the land off Buckminster Estates (the Dysart family). It was marketed at the time as the 'Richmond Park Estate' (with prices from £675) with work starting in 1935 and comprising terraced 3 bedroom houses and some semis in Cardinal Avenue, Wolsey Drive, Aragon Road, Hollybush Road, Latchmere Lane and the top end of Durlston Road with larger semis in Tudor Drive, Garth Road, Garth Close and Latchmere Lane. If you like Tudorbethan, you'd like this estate but it was sparsely supported for us runners.

It was down Durlston Road which we ran to its junction with Richmond Road where we turned right again and past the Tiffin Girls' School and the entrance to the Hawker Centre again for the last lap. Passed Gill again at the 4 mile marker and she made the other few spectators chuckle by heading straight for the warm again as soon as I'd passed. Some of the marshalls were looking a bit shivery but, now well warmed up, I didn't feel cold at all.

Another trot through the Tudor Estate, again bereft of supporters apart from one very vocal chap and an unseen child in one of the houses shouting "come on, come on". Back to Richmond Road, past the Tiffin Girls' School and into the entrance to the Hawker Centre for a finish in 01:36:41 after another circuit of the field.

Collected medal, water bottle and snacks before heading into the club house where wonderful showers were found, albeit cramped changing space (i.e. none, really). No matter, found Gill watching other runners come in and she'd spotted on the results pages already being posted another Metro - Andrew Cooper who had run 01:34:44.

We headed off - and helped direct a few stray runners into the Hawker Centre when they seemed determined to go down Lower Ham Road. We drove off that way and headed for a nice bowl of soup and crusty bread at Ham House nearby, as the wind increased and the weather turned yuckier...

Chris Shearwood

Kingston Half Marathon - Sunday 29th March 2015

1		1:12:47
45	Andrew Cooper	1:34:44
57	Christopher Shearwood	1:36:41
155	Rebecca Walker	1:54:38
279	finishers - last	2:59:30

10K Results – Easter Saturday

Name	Age Grading	Time
Gertrud Porter	82.95%	51:37
Nigel Rackham	82.72%	37:43
Chris Shearwood	72.61%	42:58
Kevin Smart	71.52%	44:43
Peter Jose	70.49%	50:56
Donna Warren	70.20%	45:58
Kath Donaldson	68.48%	64:31
Mike Morris	68.01%	44:25
Barbara Reading	67.37%	65:35
Steve Paull	67.20%	50:07
Caroline Day-Lewis	66.11%	50:45
Andy Fox	66.01%	46:53
Sonny Peart	63.80%	46:37
Simon Aberly	62.33%	49:15
Mitesh Patel	62.26%	43:10
Anthony Bellis	61.92%	43:52
Anne Ambrose	60.55%	62:59
Russell Hewlett	60.33%	47:48
Ruth Tidder	60.11%	54:09
Mark Mulvenna	59.64%	52:19
Annabelle Calvert	58.77%	52:11
Emma Rackham	57.76%	52:31
Anne Nuala	57.31%	55:50
Paul Gardner	56.04%	58:03
Titziana Spotti	54.95%	68:27
Andrew Collier	52.66%	57:50
Julie Smith	52.42%	66:21
Caroline Attack	49.97%	61:44
Nagendra Bisht	46.92%	63:23
Hema Thakur	46.06%	71:19
Rangah Niranchan	43.67%	69:32
Richard Hayward	41.56%	65:39

Thank you to Irene for recording these 32 runners. Commiserations to Titziana who missed out on a bronze award by just 4 seconds. Next event will be on the 4th July – and you can then feel very virtuous at Nigel and Judy's BBQ in the evening!

Teresa

Berlin Half Marathon – Saturday 29th March 2015

Russell Hewlett
Trish Hewlett

1:37:36
2:35:18

The annual pilgrimage to Berlin.

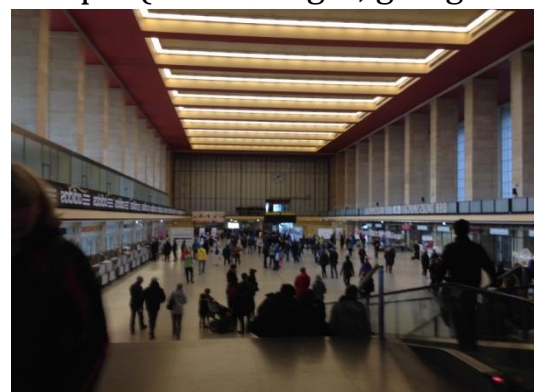
We have been running (or not) the Berlin half marathon for four years now. The process normally starts in the week prior to the trip. Constantly checking the weather, what trainers shall I run in? Shall I wear them or take some more footwear? What jacket shall I take? Long sleeved or short sleeved top? Long or short bottoms? These questions and many others are asked constantly in the run up to race day as we only ever take hand luggage and we need enough clothes for 4 days.

The first year we were caught out and it was like visiting the Arctic Circle. The wind was icy; you could feel it freezing your bones whenever you left the warmth of your room. On that first visit, the day after the race we did a walking tour of Berlin. 10 started, around 4 finished. We lost most of them to the nice warm coffee bars along the route or to the Jack Wolfskin shop where they were purchasing the warmest jacket they could find. Jack Wolfskin clothing appears to be the uniform of those that live in Berlin.

On the day we were travelling, we got to Heathrow nice and early Saturday morning. It appeared that *everyone* else was also there. This year the race fell during the Easter break where as previously it hadn't. It was extremely busy to the point of there being no chairs and long queues for everything!

This was the beginning of the day of queues. We queued in Smiths, queued in Pret, queued to get on the plane, queued to get off, queued at immigration and then for the Berlin card which you get at the airport. This gives you a ticket for the bus and the trains, as well as a nice little red book full of vouchers. Once we had queued for the bus and did a couple of train changes we ended up at the expo where we had to collect our race number. Again, we queued in an efficient German style snake like manner, which stretched across the whole length of the expo. (In hind-sight, going to the hotel first and then the expo might have been a smarter move).

The expo is run at Tempelhof Airport, which is an iconic pre-world war II airport. It was used during the Berlin Airlifts (48-49) to land supplies for those that lived in West Berlin. It closed its doors as an operational airport in October 2008. At one point its



main building was once amongst the top 20 largest buildings on earth. It is a very impressive and interesting place to hold an expo. It has old Dakota planes on display on the runway. The expo itself has an array of interesting stalls offering you new trainers and a wide range of other running items (that you don't need but still are tempted to buy), a wide range of food and of course; Erdinger beer. Where me and Russell stopped off and indulged in a bit of pre-race hydration.



We stayed in a hotel called the Royal Leonardo. It is located 10 minutes away for the start (and finish) of the race which is on Karl Marx Allee. This allee was a monumental socialist boulevard in the eastern part of Berlin. The hotel is slightly more expensive than some but is well worth the extra money for its location and a peaceful night's sleep.

The race started at 10:10 with the elite runners but being a field of 30,000 runners it takes a bit of time to get through the starting line. Each group of penned in runners are walked forward and then released over the starting line. For faster runners, i.e Russell it took 3 minutes to start. For the slower runners such as me, it was 40 minutes. So it is worth noting that a trip to the toilet is a good idea once the starting gun has gone off as you won't need to stop at 10k with a bursting bladder and add minutes to your race time. You think I would have learned by now!

The route is very scenic as it passes a wide range of landmarks both in the former West and East areas of the city. You run under the famous Brandenburg Gate, past the vast Tiergarten park and the Berlin Victory Column as well as the Charlottenburg Palace and the Kurfürstendamm boulevard. On your way back round you pass through Checkpoint Charlie.



The roads are extremely wide and there are plenty of toilet stops. There is also a good number of water and sweet black tea stops, as well as being able to grab half a banana on the way round.

At the end you are presented with your medal, water, bananas and that hard earned pint of Erdinger, unfortunately it's the alcohol free version. Then it's back to the hotel to shower, rest, squeeze into compression gear and contemplate why it is that we sign ourselves up to these things!

Trish Hewlett

Bournemouth Bay Runs – Sunday 12th April 2015

Half Marathon

1		1:16:38
607	Mark Mulvenna	1:59:03
1169	finishers – last	3:24:15

10K

Due to issues with the route the official results are not available.



Brighton Marathon – Sunday 12th April 2015

1		2:10:15
2961	Russell Hewlett	4:00:09
6895	Spencer Millbery	4:57:39
9207	finishers – last	9:18:12



Hillingdon Half Marathon – Sunday 12th April 2015

1		1:09:41
67	Steve Paull	1:36:07 1 st V60
87	Anthony Bellis	1:39:11
150	Sonny Peart	1:48:27
159	Peter Reynolds	1:49:10
195	Shirome Bhandari	1:53:43
202	Linda Dunne	1:54:24
284	Derek Bamforth	2:09:01
354	Anne Ambrose	2:30:43
367	finishers – last	3:11:11



Hampton Court Half Marathon - Sunday 29th March 2015

1		1:07:49
249	Donna Warren	1:41:18
2465	finishers - last	3:46:23



parkrun Results

Northala

28/3	Emma Liston	28:38
11/4	Brian McGrory	22:28 PB
	Jackie Bowles	23:57
	Peter Jose	24:16
	Jason Bowles	24:41
	Graham Hart	32:13

Poole

4/4	Alun Davie	29:39
	Sue Davie	40:10

Brighton & Hove

28/3	Jackie Bowles	24:38
	Glyn Watkins	27:31

South Oxhey

28/3	Gordon Valentine	26:00
4/4	Gordon Valentine	25:42
	Carole Wells	31:35
11/4	Gordon Valentine	25:42
	Gerry Barker	29:05

Black Park

21/3	Jackie Bowles	24:32
	Glyn Watkins	28:33
	Catherine Pletts	29:48
4/4	Jackie Bowles	24:54
	Jason Bowles	26:27
	Glyn Watkins	30:56
11/4	Glyn Watkins	28:15
	Catherine Pletts	30:08

Cassiobury

28/3	Steve Paull	21:54
	Max Dadomo	27:10
	Simon Dadomo	27:30
11/4	Sasha Birkin	20:29
	Max Dadomo	24:31 PB
	Sam Dadomo	24:47

Gladstone

21/3	Brian McGrory	22:49
28/3	Brian McGrory	22:54

Bradford

4/4	Dave Young	23:08
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Worsley Woods

11/4	Claire Elam	23:51
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Results for Jonathan Collier

15 March Sheffield Varsity 10K

3rd 33.21 winner 33.13

29 March Madrid Half marathon

34th (3rd U20) 73.41 winner 62.28 total finishers 15,895
(currently 4th U20 in UK for HM)

Runner's Recipes

Green eggs & ham porridge

Serves 4.

Cook 85g oats according to the packet instructions.

When cooked add the other ingredients to the pot and stir till heated through.

Divide the porridge into 4 bowls and garnish with the toppings.

Savoury porridge makes an epic breakfast, or a great lunch or dinner. Lean ham and eggs are high in protein, which satisfy your hunger, while spinach contains nitrates that improve muscle function during exercise.

Stir in

80ml low salt chicken or vegetable stock

675g baby spinach

35g grated parmesan cheese

18g chopped sun-dried tomatoes

¼ tsp ground black pepper

Top with

28g black forest ham, chopped

1 fried egg

1tsp chopped chives

Dash of hot sauce



Taken from Runner's World magazine May 2015

NOTES OF METROS COMMITTEE MEETING

Wednesday 1 April 2015 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Penny Hudson, Steve Paull, Marilyn Pickford, Barbara Robson, Mike Ransome, Tracey Tyrrell, Sarah Westwood, Sandra Young.

APOLOGIES: Mandy Beuselinck, Peter Beuselinck, Pat Jackson, Nigel Rackham, Penny Rawlins, Carole Wells,

CHAIR: Mike Ransome

NOTE RECORDER: Penny Hudson

(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 – 4 March 2015

Alternative Annual Event Between Metros Marathon Week/‘Twin’ Running Club – Nigel forwarded an email from Sue Davie regarding a Metros trip to Poole in the alternate years between marathon weeks. Various suggestions were made.

ACTION: Mandy Beuselinck/Committee

First Aiders –Pat reported that Angela suggested first aid bum bags and guidelines for coordinators. The committee agreed that guidelines for each session would be a good idea and would like to ask Angela to write them.

ACTION: Pat Jackson/Angela Murphy

Barn Dance - Penny Rawlins has been unable to contact Headstone Manor barn but will keep trying.

ACTION: Penny Rawlins/Sandra Young

5 Mile Handicap – An advert has been put in Metrolines but no offers yet.

ACTION: Irene Paull

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

ACTION: Irene Paull/Nigel Rackham

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

ACTION: Linda Dunne/Nigel Rackham

Following several recent requests for childrens’ T-shirts, Pat will order the ‘small’ size when next ordering and suggest adjusting the smallest size vests.

ACTION: Pat Jackson

Harrow Hill Run –Peter confirmed a healthy profit and £1,000 will be donated to the Harrow MS Therapy Centre. Mandy will report on Facebook, Twitter etc.

ACTION: Mandy Beuselinck

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

Hon Vice Chairman – Sarah had nothing to report.

Hon. Secretary – Peter had sent a report that the EA payment system was not yet open for renewal and he would check in April. He will make the payment and be reimbursed. He also reported that he has not received any additional items for the AGM.

Hon. Treasurer – Nigel sent a report of the accounts. Switching to an accruals basis for subscription income has resulted in a reduction in income recognised for 2014/15 in the period to 31.12.14, and currently an excess of expenditure over income. He also recommended an increase in price for the Metros short and long sleeved T Shirts to £17 and £20 respectively as we have been selling them at a loss. The vest price is to remain the same. (£12) The committee agreed.

Hon. Membership Secretary: Irene had sent a list of applications for membership and the following were confirmed:

Dom Coleman - Greenford, Hasmita Bhudia - Stanmore. Emma St Hill has renewed her membership.

REPORTS OF CO-ORDINATORS

Barbara would like to buy 3 kettles for Saturday morning. Committee agreed

ACTION: Barbara Robson

Marilyn reported that Pat had sent an email regarding Burnham joggers offering Beginners courses. She thought it interesting to see what like-minded clubs are doing. Irene suggested we should hold off with ideas to attract new members. We should wait and see if parkrun affects our membership numbers.

LRRC Trophies – Steve has researched some races to replace Cabbage Patch. We discussed whether we needed another race as we already have 8. Penny Hudson asked whether we could include Burnham Beeches 10K alongside Burnham Beeches Half Marathon as a trophy race. Marilyn will ask Henry to ask Graham Haddon about rules of Trophy competition.

ACTION: Marilyn Pickford

Date of AGM

Friday 8 May

Date of Next Committee Meeting

Wednesday 3 June

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

Committee Meetings

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

First Aid

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

Jane Scoffham - tel. 01895 270245

First Aid Course

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

Margaret Smith

Facebook Page

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

Metrolines

Contributions to: Penny and Jane Hudson

Email: metrolines1@gmail.com

Contributions by: 15th of each month please.

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

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

Photocopying: Pat Jackson

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

Group email address: metrosrc@googlegroups.com

Advertising

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

Full page £5

Half page £3

Quarter page £2

Coaching/Leadership/Officials' Courses

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

Club's Policy on Dogs

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

Metros Kit

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

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

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

Safety Information

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

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

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

Metros Website

www.metros.org.uk

Contributions to:

kevinsmart14@yahoo.com

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

Metros REGULAR RUNS

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

Not every week – please phone Anne to confirm

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

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

Please Note: All runners are responsible for themselves.