



October 2015

Issue No. 325



Metros at Thames River Relay
6th September 2015

Metros Diary

SEP

Sun 27	Moor Park 10K, Trophy Race		3.00 pm
	Junior Races	from	12.00 pm
Sun 27	Ealing Half Marathon		9.00 am
Sun 27	Windsor Half Marathon		1.00 pm

OCT

Sat 3	36th Metros Annual Fun Run - The Brian Jackson Fun Run		8.45 am
Wed 7	Committee Meeting		8.00 pm
Sat 10	Food Bank Donation, Roxbourne Park		
Sat 17	Wot No Watch, Roxbourne Park		9.20 & 9.40 am
Sun 25	Ricky Road Run 10 miles, Trophy Race		10.30 am

NOV

Wed 4	Committee Meeting		8.00 pm
Fri 6	Quiz and Awards Night, Lowlands Tennis Club		6.45 pm
Sat 7	Measured Mile, Roxbourne Park		9.20 & 9.40 am
Sun 8	TVXC Datchet Dashers		11.00 am
Sat 14	Food Bank Donation, Roxbourne Park		
Sat 21	5K Race, Roxbourne Park		9.15 am
Sun 22	TVXC Sandhurst Joggers		11.00 am
Sun 29	TVXC Handy Cross		11.00 am

DEC

Wed 2	Committee Meeting		8.00 pm
Sat 5	5 mile handicap, Roxbourne Park		8.50 am
Sun 6	Bedford Half Marathon		10.00 am
Sat 12	Food Bank Donation, Roxbourne Park		
Sun 13	TVXC Metros		11.00 am
Sat 19	Wot No Watch, Roxbourne Park		9.20 & 9.40 am
Sun 20	TVXC Reading Road Runners, provisional date		11.00 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.

TVXC - Thames Valley Cross Country - www.tvxc.org.uk

Note from the Editors!

Writing this on the first official day of autumn, with the leaves just beginning to turn to gold. Hope your running is golden too. As the road running season of trophy races comes to an end, the cross country season is just starting, so something for anyone who loves mud. As usual keep the articles, results, photos etc coming in.

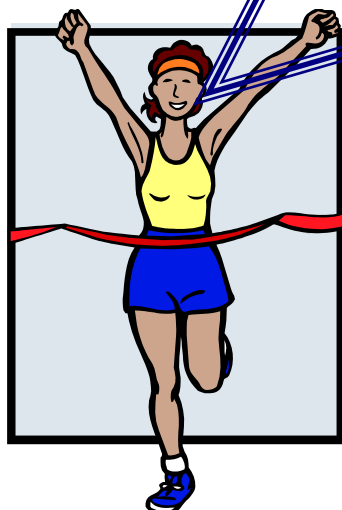
Jane and Penny Hudson



Welcome

Alyson Angelides - Pinner
Thrift Henderson - Harrow
Max Leadbetter - Pinner
Anne, Juliette and Matteo Nola - Pinner
Karen Perry - Harrow
Shari St. Hill - Harrow

Elected at the September meeting



Last month there was a missing miler in the Wot No Watch - number 23. Just to let you know - it was Gladys. Eds



London Road Runners Club

Trophy Races

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

Moor Park 10K
Ricky Road Run 10M

Sunday 27th September at 3.00 pm
Sunday 25th October at 10.30 am

Please Note: Burnham Beeches half marathon has been cancelled so there will only be 7 races in this year's trophy competition.

Any other changes will be advised as early as possible

Cross Country



The traditional start of the season for the Thames Valley Cross Country League is Remembrance Sunday.

As usual therefore the season will kick off on Sunday 8th November 2015 with Datchet Dashers hosting the event.

The race will start at 11:02 after the observation of a two minute silence.

Dates for the 2015/2016 season are shown below put them in your diaries now.

8th November 2015 - Datchet Dashers

22nd November 2015 - Sandhurst Joggers

29th November 2015 - Handy Cross

13th December 2015 - Metros

20th December 2015 - Reading Road Runners

10th January 2016 - Tadley Runners - to be confirmed

17th January 2016 - Bracknell Forest Runners

7th February 2016 - Thames Valley Triathletes

These dates may be subject to change.

<http://www.tvxc.org.uk/>



Hi

As some of you may know, I'm running the New York marathon on 1 November 2015 for Get Kids Going. Get Kids Going help disabled youngsters participate in sport and live their everyday lives and there are over 200,000 disabled children and young people in Britain who need their help.

<http://www.getkidsgoing.com/>

I have a fundraising target of £1,600 so anything you could contribute to help me reach this would be really appreciated and make a genuine difference to their lives.

<https://www.justgiving.com/Mitesh-Patel4/>



My training is going really well at the moment and I am running the most I have ever run before, both in terms of frequency and miles covered. This has led to a lot of PBs recently, including 4 of the summer league races and most recently the Maidenhead half marathon! I'm hoping to keep up the good work and am aiming for around 3:30 for the marathon.

Your support is greatly appreciated.

Kind Regards

Mitesh



Regd. Charity No. 1063471

Achievements

Well done to ...

Donna Warren for a 5K PB and being 1st Lady at Aldenham parkrun (twice!)

Mitesh Patel for a PB at Maidenhead half marathon and for breaking 1 hr 30 mins for the first time.

Alyson Angelides for her first 10K race.

Kath Donaldson and **Mitesh Patel** for a PB at Harrow parkrun.

Everybody who competed in the Harrow parkrun mob match beating Sudbury Court by approx 4%.

Special mention to **Boris** who won Most Handsome Dog at Pinner Fair. (Photo below with his proud parents!)





Unless the laws have changed and I've not noticed, pacers are not officially allowed in athletic races. And quite right too, they create an artificial competition at the top level.

But they exist at all levels in the major marathons and Diamond League races and are creeping into second division events for us mid-packers and below as well.

As I say, maybe I have missed a change in the regulations. I must make a note to ask our club secretary about this.

Whether it breaks the rules or not where will it end? Are we going to eventually have races almost entirely consisting of pace groups?

I was told there were pacers at the Maidenhead Half the other week. Why? Are people so incapable, while running, of seeing the time on their watch at a mile marker and doing the simple maths to know what pace they're on? When I was at my peak six minutes a mile equalled an under 1.20 half and seven minutes a mile got a three hour marathon (just over, to save you working it out). There were others. They were the things I knew without having to refer to pacers. If necessary you adapted every mile if you could. There wouldn't be much change of pace required.

Given that these people are used to get people to personal record times, then the future could be to get records for age-group pacers in races as there is no way of knowing the age of the runner you're alongside.

In the latter days of my racing I would look at how much hair the man ahead had, or how grey it was. Maybe steal a sideways glance. This was the only way of guessing this was a rival for an age-group award. If you had age-group pacers (for women too?) then up to a point you would have some idea who was a rival. I suppose I would have to ask one of the female of the species for more information of her side, as you rarely see a lass with grey hair (or bald, come to that!)

Numbers on the back of the vest and those numbers unique to an age group, that would be the answer. More expense, so higher entry fees. They're getting too high as it is. Forty odd quid for that North London half. Ridiculous.

My argument isn't too clear. Maybe I'm getting old. Maybe I'll just shut up this month. Steve's getting old as well. Don't tell anyone, but he forgot his old camera, his phone, and lost his boarding pass on that Poland trip he's just been on.

Enjoy the autumn season. For some reason I always ran best in autumn.

Roxeth.

Metros JOB VACANCY

Position: Race Director for the Metros host fixture of the Summer League.

Qualifications: None.

Job Description: Organise and race direct on the day.

Salary: Same scale as other Metros Co-ordinator posts ie none.

Training: I am happy to help anyone who volunteers, individual or group to organise the event next year, dealing with the necessary administration prior to the day and helping on the day.

Help Available: Apart from me and Donna Warren – fantastic support from Metros members who make this role much easier.

Reason for vacancy: Donna Warren, who was our excellent Race Director last year, is unable to continue in that role.

Since this league was formed in 1986 (formerly called the London league) I have helped by doing the necessary administration for our host fixture prior to the day and, in recent years been Race Director. Donna Warren, who took over the role of Race Director so efficiently last year, is unable to continue in that role but will also help with a hand over.

Although June next year sounds a long way off, the dates for the new season are being formulated now, so volunteers are needed soon please. Anyone who would like more information before committing themselves, please contact me.

Thank you in anticipation.

Pat Jackson
020 8868 5683



The 36th ANNUAL Metros FUN RUN

The Brian Jackson FUN RUN

Saturday 3rd October Roxbourne Park from 8.45 am

**PLEASE NOTE THAT THIS EVENT IS INSTEAD OF THE NORMAL
Metros SATURDAY SESSION**

This is the longest established Metros event and the club evolved from this event. It was originally designed as a warm-up for the National Fun Run, but it soon became an event in its own right. It is named in honour of Brian Jackson, the founder of the event and, for many years, the organiser.

Although this is a fun run, the course has been reasonably accurately measured and times will be recorded. The event will follow the same format as previous years and, as usual, it will incorporate the BJ Challenge, which is to run all three main races – Ladies 4km, Mens 4km, plus 2km - a total distance of 10km. For those who prefer to walk there is the 2km Bus Pass Challenge walk, open to all ages.

The Distances 7 years & under = 500m. Under 11 = 2km. Over 11 = 4km
The Surface Parkland (almost all grass)
The Place Roxbourne Park, Cannon Lane South, Pinner.
The time: 8.45 am Registration. Age as on race day.

The Programme: (**denotes Bus Pass Challenge events*)

***9.15 am 4km** Ladies age groups 15-34, 35-44, 45-54, 55+ Girls, Boys 11-14.
***9.45 am 4km** Men age groups: 15-39, 40-49, 50+, 60+
***10.15 am 2km** Girls, Boys 8-10 plus over 10s who wish to run 2km as well as, or instead of, the 4km, and incorporates the Duathlon.

Followed by:
500m 7 and under
2km Bus Pass Challenge Walk

Refreshments: In the Scout Hall after the above events.

Presentations: In the Scout Hall as soon as possible after the events

Fee: There is no charge



Medals will be awarded to the first three boys and girls aged 8-10 and 11-14 years.

Plaques, to be held for one year, will be awarded to the leading men and women in various age groups in the BJ Challenge (aggregate time over all three main races).

There are also plaques, again to be held for a year for:

- 1 The fastest man and woman of any age over the 2k course
- 2 The fastest man and woman runner (both 60+) over the 2km course.
- 3 The fastest 60+ man and woman walker over the 2km course (in the Bus Pass Challenge Walk).
- 4 The Duathlon award for the combined fastest 60+ man and woman runner in the 2km race and walker in the 2km Bus Pass Challenge Walk.

The Duathlon (like the Bus Pass Challenge Walk) is open to all but the awards are for the 60+.

Metros PLUS INVITED GUESTS OF ALL AGES AND ABILITIES ARE WELCOME.

**If you'd like to know more, or can offer to help,
please contact Pat Jackson on 020 8868 5683
patjacksonhome@hotmail.com**

Thursday Nights

The Thursday session has returned to the winter meeting point of just outside No. 2 Mountside near The Duck in the Pond pub. Nearest postcode HA7 2DT. Meet time 7.00pm. Be there in time for a prompt start. A varied speed play session – not a continuous run. All abilities welcome.

Drinks and chat at the pub on the 2nd Thursday of the month.

Organiser: Jane Hudson,
email: thursdaymetros@yahoo.co.uk

NB - not to be confused with any other runs that Metros might be involved in on a Thursday as there are a few around now - this is the one on the website.

Let me know if you want to be added into (or taken out of) the weekly email.

QUIZ & AWARDS PRESENTATION EVENING

Date: Friday 6th November 2015

Time: 6.45 pm for a prompt start at 7.00 pm

Venue: Lowlands Tennis Club, Lowlands Road, Eastcote

The awards presented will include the following:

Metros Thames Valley League 2014-2015

Metros Summer League 2015

The Bill Gardner Summer League Award

Track & Field MBEs & Track Shields

Metros 5 Mile Handicap

Metros 5 Mile Walk Shield and Certificates

10K Challenge Awards

Ann Marsden 5K Award

Keith Adsley Award

LRRC Trophies

The Young Runner's Award

Beginner Runner's Award

The Aaron Breen Awards for Services to Family Running

The Runners' Awards



Quiz

The rounds of the quiz will be between the presentation of the various awards.

It is suggested that teams should consist of no more than ten.

A Bar is available (you can bring your own nibbles)

*****Once again the evening is open to Metros members and their immediate families only. This is due to increased numbers*****



Further information from **Pat Jackson 020 8868 5683**

YOUNG RUNNERS AWARDS

The Young Runners Awards are presented annually at the Metros Quiz and Awards Presentation Evening which, this year, will be held on Friday 6 November. There are two awards for Metros runners who are under 18 years – one for boys, one for girls.

Would you please let me or Peter Beuselinck (Honorary Secretary) have any nominations for the Young Runners Awards by Friday 2 October for consideration at the Metros committee meeting on Wednesday 7 October.

The criteria to be considered are participation, achievement, effort, determination and sportsmanship. A reminder that it was decided last year that those who received the awards last year are not eligible to be considered this year ie Eleanor Murray, Natalie Tidder, Christopher Hudson and Jordan Spence.

Pat Jackson – 0208 868 5683
Peter Beuselinck 07872 544898



MBE AWARDS (Metros Best Efforts)

These are awarded to Metros members for participation in track and field events. and presented at the Metros Quiz and Awards Presentation Evening.

If any adult member of Metros has competed in any Track and Field event other than the Vets T&F League, please let me know as soon as possible and by Friday 23 October at the latest.

A reminder that to qualify for an M.B.E., participants must enter events as a member of Metros, wear official Metros kit and compete in at least two officiated meetings during the season in that manner. However, all track and field performances are eligible for the Metros Track Shield.

Pat Jackson – 0208 868 5683



Results and Reports

Wroclaw, Poland

Steve Paull

Did you know the World War One flying ace Von Richthofen, the "Red Baron" came from Wroclaw? It also has the tallest building in Poland and many more super-sized, ornate churches and ornate buildings that were not ruined by bombs in the second war.

The city has been ruled over by four countries. Germany is nearby and probably one, but who are the others? Russia? Austria? Does Germany count as two? Any more?

There are a lot of pigeons and a lot of graffiti. A lot of bridges and a lot of cobbles. It has something about it. Talk to Irene for a better report of the place.

Around the city there are numerous one foot high metal gnome statues doing various activities. Not sure if they're a tourist gimmick.

Irene was to work in the country for a couple of weeks so a race seemed a good idea.

Using a web-site written in Polish to enter the marathon was difficult, but luckily Irene works with a Polish girl (from Wroclaw it turned out) who translated where required.

The entry fee for over 60s was one zloty, about 17p!!

As for the race, it was mostly on what could be described as the town's by-pass. The start was from the "Olympic" stadium although the place has never had the Olympics. All I could find on Wikipedia was that the designer of the stadium building won a bronze medal for design at the 1932 games???!!!

At the far end of the route the run passed the modern stadium which was used for Euro 2012.

Somewhere along the way fire fighters were spraying water over the runners. It was not a gentle spray. There was not an option to avoid it. We got soaked.

As with almost everywhere in the world people speak a few words of English. When collecting my number a teenage girl gestured at a box of pins and asked me what the English word for them was.

The web-site spoke of 5% cobbles on the marathon route, that's not

much.....hold on, that's a mile. As it turned out there seemed a lot less than that and they were the flatter type, but there were numerous tram tracks that had to be negotiated. Both of these things were in the final kilometres when runners were their most tired.

It was hot, with the temperature getting up to around 23C degrees. I finished with sunburn and should have known better.

It's pronounced Vroshlav by the way.

Wroclaw Marathon, Poland - 13 September 2015

1369 Steve Paull 3.54.19

4757 finishers



The Battle of Sedgemoor 10k - 30th August 2015

1		33:17
256	Dave Brown	59:22
330	finishers - last	1:19:56

5k Race - 15 August 2015

The weather was kind and another nice day for the 5k, well done to all who took part.

Thanks to Penny, Teresa, Andy, Anne and Marion for their help with results and taking down the tapes. Oh, and Dave Young for giving out the lollies.

Next 5k race in the park: Saturday 21 November

Marilyn and Henry

Name	%Grading	Time
Steve Paull	72.23%	22:36
Caroline Day-Lewis	68.15%	24:01
Janice Newman	67.78%	32:51
Kath Donaldson	67.70%	31:50
Marion Rogan	66.74%	31:19
Jane Hudson	65.30%	27:43
Andrew Fox	64.98%	23:04
Simon Aberly	64.78%	22:46
Adam Leary	62.69%	23:43
Mike Ransome	60.92%	27:32
Irene Paull	58.40%	31:51
Brett Rafferty	58.34%	22:10
Dave Brown	57.59%	29:40
Julia Allen	57.39%	28:31
Anne Nola	57.14%	27:32
Teresa Young	54.64%	33:35
Nicola Rochford	53.92%	29:44
Karen Leary	53.57%	31:18
Tiziana Spotti	53.44%	33:52
Carol Wells	53.02%	32:51
Andrew Collier	52.89%	27:53
Angela Murphy	52.40%	39:17
Thrift Henderson	51.43%	36:41
Paul Gardner	51.05%	30:37
Julie Smith	49.93%	34:25
Sam Millbery	49.66%	35:50
Arnold Glickman	49.52%	34:30
Bob Manning	49.19%	37:53

Kai Patel	48.40%	28:46
Jo Collier	48.14%	34:25
Linda Gaitskell	48.03%	39:17
Joe Millbery	47.55%	33:12
Rangah Niranchanan	47.16%	31:27
Hema Thakur	45.10%	35:33
Ian Bocock	43.89%	38:13
Alyson Angelides	43.77%	37:51
Claire Millbery	43.39%	35:27
Jarina Khatun	42.88%	36:25
Karen Perry	41.69%	36:06
Shari St Hill	40.95%	36:45
Javarn Newallo		23:02
Max Leadbetter		28:45

My results at the World Masters in Lyon

W75 100m 23.73 200m 50.97

Jeanne Coker

Spitfire 10K - Sunday 6th September 2015

1		0:38:01
50	Adam Leary	0:45:52
359	Karen Leary	1:03:15



Great North Run - Sunday 13th September 2015

1	Mo Farah	0:59:22
919	Sasha Birkin	1:31:05
40893	finishers - last	5:52:01

5 Mile Handicap

Date	05/09/2015	Finish Time	Actual 5 mile time	Correct handicap	Time inc. handicap	Position	Points
Tom	Alder	53.41	29.41	0	29.41	1	27
Russ	Hewlett	52.27	37.27	0	37.27	2	26
Karen	Collier	56.06	52.06	4	56.06	3	25
Kirit	Ranpura	48.52	40.52	16	56.52	4	24
Steve	Paull	53.01	36.01	21	57.01	5	23
Simon	Abery	58.05	39.05	20	59.05	6	22
Tiziana	Spotti	52.34	52.34	7	59.34	7	21
Kath	Donaldson	55.42	51.42	8	59.42	8	20
Hema	Thakur	58.14	58.14	2	60.14	9	9
Nigel	Rackham	62.26	30.26	30	60.26	10	8
Andy	Fox	51.49	36.49	24	60.49	11	7
Hilarie	Lemon	49.09	49.09	12	61.09	12	6
Dave	Young	52.33	37.33	22	62.33	14	4
Ruth	Tidder	57.30	46.30	16	62.30	13	5
Barbara	Reading	55.42	51.42	11	62.42	15	3
Julia	Allen	56.01	49.01	14	63.01	16	2
Hershil	Patel	49.38	45.38	22	67.38	17	1

New Forest - Sunday 13th September 2015

Half Marathon

1		1:15:50
95	Anthony Bellis	1:34:12
1407 finishers - last		3:34:33

10K

1		0:35:05
889	Sue Davie	1:27:02
890	Alyson Angelides	1:27:03
917 finishers - last		3:33:52

Maidenhead Half Marathon - Sunday 6th September 2015

1		1:10:48	
149	Nathan Powell	1:28:32	
150	Mitesh Patel	1:28:43	PB
168	Chris Shearwood	1:29:29	
280	Steve Paull	1:34:08	
422	Anthony Bellis	1:39:46	
953	Sonny Peart	1:56:52	
963	Linda Dunne	1:57:17	
1368	Angela Murphy	2:17:41	
1414	Irene Paull	2:20:15	
1467	Veronica Georgescu	2:25:04	
1464	Tracey Tyrrell	2:25:12	
1465	Roberta De Martin		
	Pinter	2:25:12	
1536	Anne Ambrose	2:37:19	
1558	Arnold Glickman	2:48:53	
1582	finishers - last	3:30:56	



River Relay

On 6th September, 53 teams lined up at the start of The Stragglers River Relay, a 26+ mile, 5 stage relay from Old Windsor to Stragglers HQ on the banks of the Thames in Kingston.

Three of those teams were fielded by Metros: The Metros Rackham Family Team, Metronomes and The Metros Real Alers. There was a lot of trepidation about map reading and whether the route instructions would be clear, but with just a few wrong turns to report we got all three teams home in the end. We had a few last minute substitutes to the teams in the week preceding the event which saw the



return to the wearing of a Metros vest for Peter Beuselinck.



The route was picturesque, the standard of the competition was high and by all accounts, a good time was had by all. Full marks to Dave Young for making sure the eponymously named Real Alers were appropriately rehydrated at the post event picnic.

Full results can be found at <http://www.stragglers.org/index.php/races/club-races/river-relay> but in summary with a lot of sparring through the various stages of the relay, The Metros Real Alers just pipped the Metros Rackham Family team on the final leg leaving them in a very respectable 20th and 22nd place overall. The Metronomes beat the broom back and made it over the line just before the organisers started packing away, holding on as they had done for most of the day, to 53rd position. Special mention must go to Nigel Rackham for being the fastest finisher on stage 3 and to Sasha Birkin

for coming in 7th on stage 5 against some very fast competition.

All the money made by the event is ploughed into charities and Metros were delighted to have won a "spot prize" of a £50 charitable donation which it was decided on the day should be donated to the Linda Jackson Macmillan Centre at Mount Vernon hospital.

A huge thanks to the committee for supporting the Metros participation of the event and of course well done to all the runners who took part:

Metros Real Alers: Andy Fox, Al Scoffham, Kevin Smart, Dave Young, Sasha Birkin - overall time 3 hrs 22:04

Metros Rackham Family: Matthew, Judy, Nigel, Emma and Peter - overall time 3 hrs 24:32

Metronomes: Teresa Young, Peter Beuselinck, Carole Wells, Catherine Corcoran, Mandy Beuselinck - overall time 4 hrs 31:11

There's a selection of photographs on our club Facebook page showing many of the Metros in action.

Mandy Beuselinck



Bacchus Half Marathon

I just wanted to say a huge "congratulations" to Raquel who put injury and lack of training behind her to power round the Bacchus half marathon course on 13th September in an amazing 2:49:46. This event is a toughie - not only did Raquel conquer over 1,000ft of climb which took in parts of the North Downs Way but she also resisted the proffered samplers of wine at the 8, yes 8, refreshment stops.

A truly inspirational performance and I was honoured to be there drinking a toast to her success at all 8 of those refreshment stops!

Mandy Beuselinck



Run to the Beat - Sunday 13th September 2015

1		0:36:26
178	John Norris	0:45:49
1596	Bernie Conway	0:58:08
2342	Richard Hayward	1:02:48



parkrun Results

Harrow

12.9.15

Richard Francis	18:55 1st
Chris Shearwood	19:36 2nd
Christopher Kemp	22:56
Nathan Powell	23:12
Barry Nolan	23:44

5.9.15

Richard Francis	19:10 1st
Chris Shearwood	19:37 3rd
Christopher Kemp	23:28
Sonny Peart	23:53
Claire Elam	25:05
Jackie Bowles	26:27
Jason Bowles	27:00

29.8.15

Brian McGrory	20:41
Nathan Powell	22:39
Barry Nolan	22:40
Jackie Bowles	25:33
Jason Bowles	26:58
Julia Allen	29:52

22.8.15

Brett Rafferty	19:56
Barry Nolan	23:34

parkrun Results

Northala Fields

12.9.15

Russ Hewlett 21:32

29.8.15

Brett Rafferty 18:41

Chris Shearwood 19:23

Steve Paull 20:55

Andrew Fox 21:50

John Norris 22:27

Emma Rackham 27:13

Jane Hudson 27:25

Richard Hayward 28:34

Penny Hudson 34:55

22.8.15

Patricia Hewlett 34:36

Black Park

12.9.15

Nigel Rackham 17:20 1st

Matthew Rackham 20:39

Emma Rackham 27:21

5.9.15

Linda Gaitskell 35:32

29.8.15

Glyn Watkins 28:29

Cassiobury

12.9.15

Peter Reynolds 22:44

22.8.16

Steve Paull 21:02

Gladstone

5.9.15

Brian McGrory 20:59

Preston Park

29.8.15

Russ Hewlett 21:44

Longrun Meadow

29.8.15

Dave Brown 28.58

22.8.15

Tian Hollingshead 28:38

Kyie Hollingshead 35:42

Poole

12.9.15

Sue Davie 41:43

Tring

12.9.15

Adam Leary 25:14

Karen Leary 33:29

29.8.15

Adam Leary 25:16

Karen Leary 34:57

Aldenham

29.8.15

Sasha Birkin 20:59 1st F

Simon Dadomo 26:53

22.8.15

Sasha Birkin 21:02 1st F

South Oxhey

22.8.15

Brian McGrory 21:36

Pomphrey Hill

12.9.15

Rebecca Walker 50:39

Tail Runner

22.8.15

Rebecca Walker 23:39

Cardiff

12.9.15

Tracey Tyrell 31:21

Shanganagh

5.9.15

Michael Morris 21:24

Nancy Morris 34:20

22.8.15

Michael Morris 21:12

Walsall Arboretum

22.8.15

Mitesh Patel 19:35

Lyn Llech Owain

22.8.15

Ruth Tidder 27:55

Natalie Tidder 32:59

parkrun Mob Match - Metros vs Sudbury Court

Last Saturday was the much anticipated Mob Match at Harrow parkrun, Metros having been challenged by Sudbury Court. The winners would be decided on average age graded percentage. So to run or not to run? I didn't want to be the one whose percentage would let the side down. Perhaps I could volunteer instead? However, after doing some research - checking out Gladstone parkrun results to see our rivals' age grade percentages - I decided to run. It was a lovely morning and a great turnout by Metros (35 approx), Sudbury managed about 12. Could we beat them just on strength of numbers? Not necessarily ...

We had Nigel on our team so a good start - 1st place actually with a percentage of 88.83%! Then Brett and Mitesh 3rd and 4th with the same time and age grading! We could rely on Sasha too. But a couple of good results from Sudbury 65.98% and 75.74%. Kevin Smart came in with an age grading of 74.4% but ... oh no! he's not down as a Metro so he won't count.

We had some youngsters on our side - Max Dadomo 65.28%, Tian Hollingshead 51.89% and some more mature - Steve Paull 76.72%, Dave Young 71.77%. Even I managed 52.07%.

There was such a mixture it was hard to tell who would come out on top, but in the end Metros won by 4%.

We managed to make it a record turnout at Harrow parkrun (by 1!).

So when's the next match....?

Penny Hudson

PS Thanks to Mark Mulvenna for the challenge.

SUMMER LEAGUE

Perivale 5 July 2015 – 5 miles

Men		Time	Cat
7	Ron Taylor	28.31	SM
30	Fatmir Sulmataj	32.18	SM
31	Nathan Powell	32.19	V45
35	Mitesh Patel	32.33	SM
36	Brett Rafferty	32.37	SM
38	Christopher Shearwood	32.47	V50
46	Anthony Bellis	33.48	SM
54	Kevin Smart	34.19	V55
63	Steve Paull	34.57	V60
65	Michael Morris	35.07	V45
88	Sonny Peart	36.45	V45
148	Al Scoffham	42.44	V55
152	Spencer Milbery	42.57	SM
181	Glyn Watkins	45.48	V60
193	Andrew Collier	46.41	V45

Women

37	Sasha Birkin	32.41	FV40
68	Donna Warren	35.37	FV40
113	Tracey Tyrrell	38.53	SL
145	Gertrud Porter	42.22	FV65
176	Marion Rogan	45.23	FV65
191	Jane Scoffham	46.35	FV60
203	Carole Wells	49.20	FV50
213	Kath Donaldson	51.42	FV65
216	Jessica Westwood	52.10	SL
220	Sarah Westwood	53.56	FV60
228	Nancy Morris	57.40	FV45

TENDERFOOT Boys

2	Christopher Hudson
8	Tian Hollingshead
18	Joe Millbery
19	Kyie Hollingshead
21	Sam Millbery
27	Mason Murray

RELAYS 380m – (All relay results are before any weighting for age)

Women's Team

Donna Warren	1m 11.48s
Tracey Tyrrell	1m 10.32s
Jane Scoffham	1m 38.53s
Marion Rogan	<u>1m 29.93s</u>
	5m 30.36s

6th from 7 teams

Men's Team

Brett Rafferty	0m 58.12s
Tian Hollingshead	0m 59.76s
Mitesh Patel	0m 59.95s
Nathan Powell	0m 57.39s
Kevin Smart	0m 59.33s
Ron Taylor	<u>0m 56.51s</u>
	5m 51.06s

2nd from 8 teams

B1 Team

Christopher Shearwood	1m 04.48s
Christopher Hudson	1m 07.39s
Andrew Collier	1m 12.97s
Sonny Peart	1m 05.06s
Kyie Hollingshead	1m 14.16s
Spencer Millbery	<u>1m 14.19s</u>
	6m 58.25s

1st from 7 teams

B2 Team

Steve Paul	1m 14.72s
Mason Murray	1m 44.86s
Al Scoffham	1m 32.34s
Kath Donaldson	1m 53.65s
Joe Millbery	1m 27.21s
Irene Paull	<u>1m 47.39s</u>
	9m 40.17s

3rd from 3 teams

Well done to Sasha on again winning the women's race

Particular thanks to Dave Brown for organising and recording the Metros relay results, Jane Hudson and Kath Donaldson with recording and Irene Paull for electronically sending the Metros results.

Regent's Park 19 July 2015 – 10K

Men		Time	Cat
3	Nigel Rackham	34.49	MV50
15	Gary Warren	37.43	MV45
34	Christopher Shearwood	40.40	MV50
38	Mitesh Patel	41.04	SM
40	Pritesh Patel	41.23	SM
48	Matthew Rackham	42.34	SM
53	Anthony Bellis	42.53	SM
60	Ron Taylor	44.07	SM
76	Michael Morris	45.31	MV45
121	Sonny Peart	49.06	MV45
167	Spencer Milbery	55.59	SM
196	Richard Hayward	1.00.56	SM
203	Andrew Collier	1.02.53	MV45

Women		Time	Cat
35	Sasha Birkin	40.52	FV40
78	Donna Warren	45.39	FV40
136	Tracey Tyrrell	50.50	SL
138	Claire Elam	51.14	SL
141	Linda Dunne	52.14	FV45
148	Gertrud Porter	53.21	FV65
172	Emma Rackham	45.14	SL
182	Ruth Tidder	57.25	FV45
206	Carole Wells	1.03.26	FV50
210	Kath Donaldson	1.04.58	FV65
211	Irene Paull	1.04.59	FV55
214	Titziana Spotti	1.06.09	FV55
216	Judy Rackham	1.06.26	FV55
217	Veronica Georgescu	1.06.42	FV60
229	Sarah Westwood	1.09.20	FV60
230	Nancy Morris	1.13.57	FV45

TENDERFOOT Boys

2	Christopher Hudson
6	Tian Hollingshead
12	Kyie Hollingshead
13	Joe Millbery
14	Sam Millbery
18	Mason Murray

RELAYS 380m – (All relay results are before any weighting for age)

Women's Team

Sasha Birkin	1m 11.48s
Ruth Tidder	1m 10.32s
Donna Warren	1m 38.53s
Linda Dunne	<u>1m 29.93s</u>
	5m 30.36s

5th from 7 teams

Men's Team

Gary Warren	0m 58.12s
Matthew Rackham	0m 59.76s
Tian Hollingshead	0m 59.95s
Mitesh Patel	0m 57.39s
Chris Shearwood	0m 59.33s
Michael Morris	<u>0m 56.51s</u>
<i>2nd from 6 teams</i>	5m 51.06s

BI Team

Pritesh Patel	1m 04.48s
Christopher Hudson	1m 07.39s
Richard Hayward	1m 12.97s
Kyie Hollingshead	1m 05.06s
Spencer Millbery	1m 14.16s
Nigel Rackham	<u>1m 14.19s</u>
	6m 58.25s

1st from 6 teams

B2 Team

Emma Rackham	1m 14.72s
Steve Paull	1m 44.86s
Joe Millbery	1m 32.34s
Clare Millbery	1m 53.65s
Mason Murray	1m 27.21s
Jane Hudson	<u>1m 47.39s</u>
	9m 40.17s

2nd from 5 teams

Well done to Sasha on again winning the womens race

Thank you again to Dave Brown for organising and recording the Metros relay results, and Irene Paull for electronically sending the Metros results.

Battersea Park 16 August – 10K

Men	Time	Cat
16 Gary Warren	37.29	V45
17 Ron Taylor	37.33	SM
46 Mitesh Patel	40.24	SM
56 Anthony Bellis	41.31	SM
64 Kevin Smart	42.41	V55
65 Brett Rafferty	42.48	SM
71 Steve Paull	43.20	V6
82 Fatmir Sulmataj	44.31	SM
83 Russell Hewlett	44.38	V40
88 Michael Morris	44.54	V45
162 Sonny Peart	52.37	V45
Women		
47 Sasha Birkin	40.39	FV40
130 Tracey Tyrrell	49.18	SL
141 Claire Elam	50.11	SL
160 Gertrud Porter	52.22	FV65
191 Emma St Hill	57.02	SL
197 Ruth Tidder	57.52	FV40
215 Caprice Beggs	61.16	FV35
217 Carole Wells	61.35	FV50
219 Irene Paull	61.57	FV55
225 Tiziana Spotti	65.34	FV55
231 Nancy Morris	69.22	FV45

TENDERFOOT BOYS

2	Christopher Hudson
11	Joe Millbery
14	Sam Millbery

TENDERFOOT GIRLS – Overall position

12	Natalie Tidder
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RELAYS 390m – (All relay results are before any weighting for age)

Women's Team

Sasha Birkin	1m 09.25s
Claire Elam	1m 15.93s
Natalie Tidder	1m 20.74s
Tracey Tyrrell	<u>1m 13.65s</u>
	4m 59.57s

3rd from 5 teams

Men's Team

Brett Rafferty	0m 59.57s
Mitesh Patel	1m 01.30s
Fatmir Sulmataj	1m 03.40s
Sonny Peart	1m 06.69s
Russell Hewlett	1m 06.25s
Kevin Smart	<u>0m 03.32s</u>
	6m 20.13s

5th from 6 teams

BI Team

Christopher Hudson	1m 10.48s
Claire Millbery	1m 25.51s
Ruth Tidder	1m 35.12s
Jane Hudson	1m 28.30s
Joe Millbery	1m 23.08s
Steve Paull	<u>1m 17.54s</u>
	8m 14.46s

6th from 7 teams

Thank you again to Dave Brown for organising and recording the Metros relay results, and Irene Paull for electronically sending the Metros results.

Pat Jackson

Battersea Summer League



NOTES OF METROS COMMITTEE MEETING

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

PRESENT: Penny Hudson, Pat Jackson, Steve Paull, Marilyn Pickford,
Barbara Robson, Emma Rackham, Nigel Rackham, Sarah Westwood.

APOLOGIES: Mandy Beuselinck, Peter Beuselinck, Irene Paull, Penny Rawlins,
Mike Ransome, Carole Wells, Sandra Young.

NON COMMITTEE: Jane and Al Scoffham for the first item only.

CHAIR: Sarah Westwood

NOTE RECORDER: Pat Jackson

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

Thames Valley Cross Country – Jane and Al Scoffham distributed a list of proposed dates including the Metros host fixture on Sunday 13 December. Hillingdon Council has confirmed that the course used last year would be available and Jane will book the Track building from 9.30 am to 1.30 pm.

Changes to the overall scoring system were being discussed by participating clubs and Jane distributed details of present proposals. It was agreed that Jane and Al should vote on behalf of Metros and were thanked for attending the meeting

ACTION: Jane and Al Scoffham

MATTERS ARISING FROM THE PREVIOUS MEETING – 1 July 2015

First Aid – Angela Murphy and Margaret Smith had produced some first aid guidelines for Metros training sessions. Irene Paull had adapted the guidelines to suit all sessions and various additions were agreed. Mike will ask Irene to finalise the guidelines and he will distribute to co-ordinators.

ACTION: Mike Ransome/Irene Paull

When finalised, Irene is asked to arrange publication in Metrolines, ask Kevin to add to the Metros Web Site and also to remove reference to the Sunday run.

ACTION: Irene Paull

To facilitate the reporting of any incidents to the Chairman, Mike will arrange a Metros Chairman e-mail address. It was confirmed that runners feeling unwell during sessions also need to be reported.

ACTION: Mike Ransome

Penny has decided, for the present time, to continue to use her personal e-mail account as contact for the Tuesday run

ITEM CLOSED

Pat has compiled and distributed to the committee a list of Metros first aiders.

ITEM CLOSED

Nigel has listed those who've attended a leadership course. **ITEM CLOSED**

Metrolines First Aid advertisement - it was agreed that the Metros Secretary be named as the contact for those holding a valid first aid certificate.

ACTION: Penny Hudson

Metros First Aid –Co-ordinator –Margaret Smith is confirmed with Angela Murphy as assistant Metros First Aid Co-ordinator.

Barn Dance - Penny Rawlins had confirmed that the large Headstone Barn had been booked for Saturday 5 March 2016. Before paying a deposit, Nigel will check the contract for the band. Penny will ask if the corkage charge could be waived. Ticket pricing will need to be agreed soon.

ACTION: Penny Rawlins/Sandra Young/Nigel Rackham
Penny Hudson has offered to design the tickets again and will advertise the date in Metrolines.

ACTION: Penny Hudson

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

ACTION: Irene Paull/Nigel Rackham

London Marathon Elite Runners Drinks Station - Peter Beuselinck will take over from Garry Young as the Metros co-ordinator next year but Garry will organise the Drinks Station ballot from this year's race.

ACTION: Garry Young – *Nov/Dec*

The Summer League Web Site – in response to a note in Metrolines requesting help in maintaining this site, Emma had made contact. She was told that no help was needed at present.

ITEM CLOSED

Metros Summer League Host Event - Nigel has reimbursed Mandy for payment to St John's Ambulance.

ITEM CLOSED

Harrow Hill Race – Mandy has been approached by the Food Bank for Metros to sponsor them next year. Mandy will ask via Metrolines for suggestions on local charities before making a decision.

ACTION: Mandy Beuselinck

Thames Relay - Mandy has organised three Metros teams in the Thames River Relay – 26.2 miles, 5 runners per team on 6 September.

ACTION: Mandy Beuselinck

Round Norfolk Relay – Mandy asked if Metros were planning to enter a team in the Round Norfolk Relay next year and will check with Jane and Al Scoffham.

ACTION: Mandy Beuselinck

Metros Web Site – Emma has arranged with Kevin Smart for photographs to be added to the Metros web site. Following a discussion, particularly relating to the comparison with the success of the Metros Facebook page, it was agreed to discuss the content and update of the Metros web site in more detail at the October Committee Meeting.

ACTION: Committee

Diamond Relays – Sarah confirmed that there was no interest from Metros members in the 5 x 5k relay race at the Olympic Stadium on 27 June.

ITEM CLOSED

REPORTS OF OFFICERS

Hon. Chairman – Mike had not sent a report.

Hon Vice Chairman – Sarah had nothing to report.

Hon. Secretary – Peter had not sent a report.

Hon. Treasurer – Nigel had nothing to report.

Hon. Membership Secretary: Irene had sent a list of applications for membership and the following were confirmed: Alyson Angelides – Pinner; Thrift Henderson – Harrow; Max Leadbetter – Pinner; Anne, Juliette and Matteo Nola – Pinner; Karen Perry Harrow; Shari St. Hill – Harrow.

REPORTS OF CO-ORDINATORS

Summer League – Pat confirmed that the season had now ended and a ‘wash up’ meeting to discuss finance, web site, results and fixtures for next year will be held soon. Donna Warren, who was an excellent race director this year, is moving and unable to race direct the Metros host fixture next year. Pat will advertise in Metrolines for a new race director

ACTION: Pat Jackson

Metros Annual Fun Run – The Brian Jackson Fun Run – Pat confirmed that this, – the 36th run will be held on Saturday 3 October. This will be instead of the Metros 10K run.

ACTION: Pat Jackson

Metros Quiz and Awards Presentation Evening – Jane and Al Scoffham and Steve Paull have agreed to again organise the quiz. Suitable dates were discussed and Pat will liaise with Jane, Al and Steve and confirm.

ACTION: Pat Jackson

OTHER ITEMS

Hogweed in Roxbourne Park – this meant Marilyn and Henry had changed the normal route of the Metros 5K run. Pat has reported the fact to Harrow Council.

The meeting finished at 9.05 pm

Date of Next Committee Meeting: Wednesday 7 October

Future Meetings: Wednesday 4 November

Wednesday 2 December

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

Runner's Recipes

Coriander and Spiced Marrow Curry

A simple curry to use up a glut of marrow. Made with fresh spices and ready in just 30 minutes, and low-calorie too, ideal for a midweek meal

onions 2, chopped
oil
cumin seeds 1 tsp
brown mustard seeds 1 tsp
cayenne pepper a pinch
turmeric ½ tsp
tomatoes 2, chopped
marrow 1 small, cubed
lemon 1, juiced
coriander a bunch, chopped
natural yoghurt to serve
steamed rice to serve



Fry the onion in some oil until it softens – this will take about 5 minutes. Add the spices and turn up the heat, stir and fry for a minute and then add the tomatoes, stir and cook for 5 minutes. Stir in the marrow and a splash of water, then put a lid on the pan and cook for 5 minutes, or until the marrow is tender but not mushy. Season with salt, pepper and lemon juice, then stir in the coriander. Serve with some yoghurt and steamed rice.

nutritional info
per serving 100 kcals, protein 3g, carbs 11.4g, fat 4g, sat fat 0.5g, fibre 3.4g, salt 0.2g

From Olive magazine

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 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.

First Aid

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

Peter Beuselinck 07872 544898

Metrolines

Contributions to: Penny and Jane Hudson

Email: metrolines1@gmail.com

Contributions by: 15th of each month please.

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

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

Photocopying: Pat Jackson

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

Group email address: metrosrc@googlegroups.com

Advertising

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

Full page £5

Half page £3

Quarter page £2

Coaching/Leadership/Officials' Courses

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

Club's Policy on Dogs

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

Metros Kit

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

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

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

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.