



September 2015

Issue No. 324



Metros Volunteers at Ride London
2nd August 2015

Metros Diary

SEP

Wed 2	Committee Meeting	8.00 pm
Sat 5	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 6	Maidenhead Half, Trophy Race	9.30 am
Sun 6	Thames River Relay	9.00 am
Sat 12	Food Bank Donation, Roxbourne Park	
Sat 19	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sat 19	'Mob Match' vs Sudbury Court at Harrow parkrun	9.00 am
Sun 27	Moor Park 10K, Trophy Race	3.00 pm
	Junior Races	from 12.00 pm

OCT

Sat 3	36th Metros Annual Fun Run - The Brian Jackson Fun Run	8.45 am
Wed 7	Committee Meeting	
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	10.30 am

NOV

Wed 4	Committee Meeting	8.00 pm
Sat 7	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 8	TVXC Datchet Dashers, provisional date	11.00 am
Sat 21	5K Race, Roxbourne Park	9.15 am
Sun 22	TVXC Sandhurst Joggers, provisional date	11.00 am

DEC

Wed 2	Committee Meeting	8.00 pm
Sat 5	5 mile handicap, Roxbourne Park	8.50 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!

We've really enjoyed reading your articles this month and especially hearing news from former Metros – your activities are many and varied, and there always appears to be something new to learn (thank you Chris S). It's also obvious from parkrun results that it's been holiday time ☺. Although we are now approaching the season of mellow fruitfulness, the darker nights and gloomier days won't be enough to put you off, so please continue to tell us all about your achievements.

Jane and Penny Hudson

Mob match Harrow parkrun 19th September vs Sudbury Court

– this is basically a head to head contest within a contest where the team with the best placed finishers 'wins'. Not sure if there is a prize – maybe the losers buy the winners a beer. See Mark Mulvenna for further information ☺



London Road Runners Club

Trophy Races

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

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

Please Note: 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

From Jill and Dave Girling.

Recently on a wet and dark (summer's?) day Jill and I were looking at the Metros website and some of the photos on it. It is nice to see the membership numbers and people are still looking healthy and that there are still a number of people that we recognise and I hope they remember us.

Jill does not run any more but goes to the gym regularly and sometimes comes home with dark mutterings about what she would like to do to the lady trainer that she sometimes has.

For myself I am calling this note "never give up", but really it is purely self-indulgence, but why not.

After years of doing sports for fun including a few Triathlons in my 40's I was still doing some running (Metro's) and swimming in my 50's when we moved and foolishly said to Jill "I will do a few more Triathlons when I reach 60". Suddenly I was 60 so I took part in a few small local Triathlons and did not do too badly, for an old man.

I then found that big Triathlons were often split in to 5 year age groups, I am now in the 65 to 69 year olds. They are also split in to various distances, I do Sprint distance which is 750mts open water swim, 20K bike and 5K run. Not quite the shortest, but definitely far enough for me.

My background is swimming so I am usually one of the fastest swimmers (gain a minute or two) but I am often one of the slowest cyclists (lose 5 to 7 minutes). I am about average on the run, though I can drop a couple of minutes to the really fast guys. So no guess where the training needs to go.

Last year I decided to see how much slower I was compared to the top guys, so I entered a Tri. that was also the 2014 GB age group championships and one of the trial events for the 2015 GB team.

I came 5th but I now know 2 more guys that can also beat me, so I reckon I am 7th in my age group in GB.

I surprised myself by qualifying for the GB team for the European Triathlon Championships in Geneva this year and in Geneva a few weeks ago I came 14th out of 28 competitors in my age group. 14 of the guys were from GB and amongst those I was 7th.

Apart from Triathlon there are also many other mixes of the 3 sports and one is Aquathlon, run/swim/run or swim/run. This is better for me as there is no cycling. I also qualified for GB for the 2015 European Aquathlon championships in Cologne (1K open water swim and 5K run) and a couple of weeks before Geneva I came 3rd and got a bronze medal.

I recently found the GB results go up on the internet.

http://www.triathlon.org/athletes/results/95984/david_girling

Some of the top guys are out of reach, but with more serious training ???

I must grow up and stop this!

I have already qualified for GB for next year's Triathlon championships in Lisbon, so a lot more expensive bike may be on the cards, - it must be the bike, it can't possibly be that they are just better cyclists than me, can it?

Hopefully it won't be as hot as the 32 degrees C Geneva was with a 1230 mid-day start.

However I will be 67 by then and there will be young 64/65 year olds joining the group!

Time and position wise in the trials I also qualified for the 2015 worlds but then it gets really expensive as they are held outside Europe, so I did not pay the initial registration fee.

You hear about athletes being funded but we get nothing other than free bike mechanics at the EU and World championships and information and on-site support, so travel costs including bike transport and accommodation and food etc. etc. are all up to us. Some of the bikes cost more than my car. As a minimum you must buy a GB Tri suit and with your name on it, that is 95 pounds. So it is not cheap but given the chance I had to do it, wouldn't you!

When I was young I just missed the GB junior swimming team and I always thought it was an opportunity missed. I have left it pretty late to finally get there and I don't know how long it will last, but remember, "never give up"! If I can keep going till I am 100 I might be world champion, who knows.

Keep running and keep smiling

Dave.

Achievements

Well done to ...

Sonny Peart and Spencer Millbery for completing the 100km ultramarathon Race to the Stones.

Donna Warren - 2nd vet lady at High Wycombe half.

Brian McGrory - another parkrun PB on 15th August.

Mitesh Patel - 10K PB at Regents Park summer league.

Mitesh Patel - another 10K PB at Battersea summer league.

Simon Abery - Mile PBs first in Wot No Watch and then Measured Mile on 1st August.

Tiziana Spotti for a PB at the Measured Mile and for a 10K PB Battersea summer league.

Christopher Shearwood for a parkrun PB on 8th August

Nancy Morris for a 10K PB at Battersea summer league.

Mandy Beuselinck for completing the Clyde Stride 40 mile ultramarathon 31 minutes faster than last year.

John Gorton, Nigel Rackham, Harriet Copland, Nathan Powell and Dave Brown for cycling 100 miles at Ride London on 2nd August.





The ever-more formidable Mrs R has now declared war on my old running kit. "If you haven't worn it for a year then it has to go" she says.

Now I know I'm a bit of a hoarder, but I expect there are clothes of hers that haven't seen the light of day for a good while too. It's just that I don't take notice of what she wears that much. Taken to the letter of her law, I do know that she has kept her wedding dress- so that should go under her rule, shouldn't it? Now that would be something!! She hasn't worn that for almost 40 years unless she's a bigamist. Whisper it quietly but I doubt if she could fit into it these days as well. As a runner of sorts, my weight has stayed the same for nearly half a century. Anyway, those are things I can only think while she's laying down her diktat. I daren't say them.

The trouble with running kit is that the fabrics have moved on. Those cotton T-shirts feel so wrong to wear now, I will admit that. But throwing them away is another thing. There is no middle ground. They could however become very valuable on the 2080 version of Antiques Roadshow". Not that I'll be alive then. The Roxeth juniors could make a mint.

The length of running shorts, like football shorts, has gone down a bit over the years. I have and do throw them away. I wouldn't wear those really short ones that feature in my old photos now. But that's mostly because my private parts rubbed on the material and managed to wear out the inner lining, so they needed replacing regularly. Still do. Not so the shirts with the print of some of the great races I did in my "glory" years on the front.

Shoes are another part of this contentious issue. Mrs R can understand that they lose their ability to support after a time. Where we differ is once their running career is over. I say they still have plenty of life as "daily walkabout" trainers, but I'm told I have too many pairs about the house "One in. One out" says Frau Roxeth. Again that is not so easy for me to achieve.

Lines are being drawn up for the next skirmish/battle.

Old Roxeth

Results and Reports

Race to the Stones 11th/12th July 2015

100km overnight

1		9:39:50
65	Sonny Peart	13:42:35
126	Spencer Millbery	15:34:27
483 finishers		

In the American sitcom *Parks & Recreation*, Rob Lowe plays an impossibly positive state auditor called Chris Traeger, who runs 10 miles every single day. He is a caricature of the kind of intimidatingly healthy executive who stereotypically pulls off boardroom coups during the week and knocks off marathons and triathlons for fun at the weekend. As I stood for a photo against the backdrop of one of Avebury's standing stones on the afternoon of July 12th, having run beyond marathon distance for the second day in a row, I realised that I was beginning to resemble that stereotype. I had already returned to work on a Monday morning three times this year, having run a marathon the day before. On this occasion, I would be regaling co-workers with tales of back to back 50km runs. I have not before thought of my running hobby as intimidating, but it occurs to me now that for the vast majority of people, running 100km over a weekend is so unlikely as to be incomprehensible. Even for most regular runners, ultra-running is a special kind of crazy. Yet I, who took up regular running less than three years ago, am apparently now an ultra-runner. I scare myself.



I first considered entering an ultra-marathon after completing Edinburgh marathon in 2014. My sub-4hr time convinced me I was a half-decent endurance runner, while at the same time prompting me to look for a challenge beyond a big city marathon. Triathlons are pretty much beyond the pale, as my swimming is at best beach-ready. Mud-runs and the like are, well, too muddy for my taste. I had been inspired by Caprice's Comrades performance, and began looking for an ultra that didn't involve having to cross two continents to reach the start line. My first choice

was The Wall coast to coast ultra along the route of Hadrian's Wall from Carlisle to Newcastle – 69 miles in all. I was tempted by the two day option, imagining that would provide a more gentle introduction to ultra running. Sadly, organisers Rat Race decided not to offer the two day option in 2015, so I was left looking around for an alternative.

Despite, or perhaps because of, the fact I have studied, practised and taught marketing, I am a sucker for well executed marketing communications. So it was with the Race to the Stones. One visit to the RTTS website, with its video highlights of 2014, including tracking shots of solo runners traversing fields of bright yellow rapeseed crops, accompanied by One Republic's *Counting Stars*, was enough to have me registering my interest and waiting with baited breath for entries to open. When they finally did open in November, I already had my training plan in place, and signed up immediately.

As I have written elsewhere, my running ambitions for 2015 were straightforward: a marathon PB and my first ultra. Yes, I would run club races, enter trophy races, run familiar local 10ks and half marathons, and clock up more parkruns, but these would all form part of the training for my two main events.

I bagged my marathon PB at Manchester, and after a few days of rest I started ultra training in earnest. I had imagined that it would consist of more of the same, running five or six times a week, including a long run each weekend (accompanying Becky, who otherwise might have been left training for Edinburgh on her own) and perhaps throwing in a couple of back to back long runs. Then I happened to start reading *Relentless Forward Progress: A Guide to Running Ultra Marathons* by Bryon Powell. He writes that ideal training for a first ultra would include a number of marathon-length training runs over similar terrain. This was a new thought for me. It had never occurred to me to run a marathon as training, and even if it had, where would I have found 26 miles of trails in Harrow, or the will-power to run them on my own? A few hours and several web-searches later, I had signed up for two trail marathons, which I intended to treat as training runs, and which I have written about in earlier articles.

When I signed up for RTTS, I had not imagined anything other than competing on my own, but the idea of running with a club mate grew in its appeal, and I posted – without much hope, it must be said – an invitation to join me via the Metros Google+ group. Responses ranged from supportive to incredulous, but no volunteers were forthcoming. Until I happened to be chatting to Spencer, I forget where, and he expressed enthusiasm for the idea. When he confirmed he had signed up, RTTS ceased being a solo challenge.

We had both opted for the two day 100km version of the race, with overnight camping provided as part of the package. We could either run together, or run at our own pace and meet up at the end of each day. As it transpired, Spencer picked up an injury in the Brighton marathon, and subsequently missed most of his planned ultra training, meaning we ran only a mile of the 63 miles together.

I had run over 900 miles between January and July, when the time came to taper. I had a much better training base than the previous year, and although my short distance speed appeared to have vanished, I seemed to have developed the ultra-runner's relentless plod. As ever, though, tapering was a nervous affair. Every misstep seemed to presage injury, and every niggle was magnified to race-threatening proportions.

Ultra-running comes with its own particular equipment, from hydration systems to salt tablets. RTTS provided a compulsory kit list – water, change of clothes, first aid kit, etc – but it was difficult not to fill my pack with supplies for every eventuality. It's hard to prepare for a race that covers several counties and lasts more than a day. After numerous visits to Runners World, Cotswold and Ultrarunner.com, I packed and re-packed my bag several times. In the event, I could have run with all but water and High 5 tablets, as the weather was warm but benign, and the race organisers met every need a runner could have.

The race started at an Oxfordshire farm, forty minutes along the M40, early on Saturday morning. Spencer and I joined nearly 2000 runners and walkers to pick up numbers and chips, drop off our overnight bags and make last minute kit



adjustments. After the obligatory selfie, I started with the runners, and was thankful both for the early start – as the temperature quickly began to climb – and for the early congestion on the route – as it prevented any chance of my going off too quickly.

The race runs along the Ridgeway, an ancient footpath. Around 90% of the distance is off-road, offering stunning views that tempt one to stop for photos every few hundred yards. Underfoot, there was a mixture of dirt tracks, chalk paths, grass, woodland paths, ploughed fields, tow-paths and pavements, all clearly signed, so there was little chance of getting lost.

They say one of the tricks to ultra-running is to break the distance down into manageable chunks. It's much more sustainable psychologically to run the next of five 10ks than to run 50k in one 'go'. Happily, RTTS provided aid stations approximately every 10km along the route, with plentiful supplies of food and drink of many kinds, as well as toilets, medical staff, and enormous vats of water. As the temperature climbed into the high 20s, the need to stay hydrated became paramount. As did the danger of hyponatremia – over-hydration and sodium depletion. I was grateful for my supply of S-Cap tablets, a tip I'd picked up online. I was also grateful I had run in similar conditions in the Weald Marathon, and knew that my stomach could cope with litres of water and cola in the latter part of a long run.

I was running with a GoPro camera, occasionally pausing to put it on my head or hold it on a selfie-stick. There was plenty of inspiring scenery to record – just as the marketing video had promised. I also made sure to record the point at which I passed 26.2 miles, marathon distance, and 27 miles, passing into the realm of my longest ever run. There were still five more miles to go after that point, and I was very pleased to see the half-way point as the campsite hove into view at the top of a one final hill. As I crossed the timing mat, in a little under 7 hours and 20 minutes, I tried not to think about the fact I would be doing it all over again the following day.

RTTS is organised by Threshold Sports, a company set up by former Olympic rower James Cracknell to hold epic running and cycling events. Cracknell has undertaken a number of endurance events since retiring from rowing, and if you have seen the film of his Marathon des Sables adventure, you'll know that he is someone who does not contemplate failure, and does not leave anything to chance. Unsurprisingly, RTTS is meticulously organised. Five minutes after arriving at the halfway camp, I was allocated my own two man tent and handed a self-inflating sleeping mat. My overnight bag was waiting for me, and a few minutes later I was unpacking my sleeping bag and fresh clothes and looking out across miles of Oxfordshire countryside while getting down to rehydration and protein boosting. By the time I'd released my feet from their trail-shoe tyranny, peeled off my sweat-soaked running gear and checked into Facebook, Spencer was unzipping his tent a few rows along. He'd had a much better day than he expected, and had come in around 40 minutes behind me.

A couple of hours later, after fantastic hot showers, massages from some sports therapy students, a three course hot meal while our phones joined hundreds of others at the charging point, we were relaxing on beanbags in the chill-out zone, reading newspapers, resting our weary legs, reminiscing about the day's journey and contemplating another day's running. In the meantime, I'd also had a visit

from my wife and daughter, who had been at a friend's party that afternoon, a stone's throw from the race start. It is definitely a different kind of 'racing' when one can sit down for coffee with one's family at the halfway point. It brought home to me how remarkable an event this was, as the women in my life have not come to a single race of mine before. At the same time it provided a sense of normality; all these people running stupid distances were just regular people with families and friends and 'normal' lives outside of ultra-running, and running 100km is something virtually anyone can do if they choose to.

Some overnight runners were taking advantage of the bar. Some non-stop walkers and runners were arriving into camp, grabbing a hot meal, then heading out again for another 50k in the gathering darkness. Knowing we had an early start on Sunday, Spencer and I got an early night. I settled down into my rucksack just as the predicted overnight rain began to make itself heard on my tent.



Sunday dawned fair, after a brief but restful slumber. The rain had passed during the night, leaving behind it a crisp morning, considerably cooler than the previous day. More rain was promised, but it was possible we might be able to out-run it. By 6.30am we were outside of a cooked

breakfast, and by 7am we had our waterproofs on, and were setting off at a jog for Avebury.

I don't think there is any particular way to adjust one's mind to running the morning after running 50km. Up to the point at which one starts moving, it seems like a ludicrous undertaking. But once I started putting one foot in front of the other, it was surprisingly easy. As with many aspects of endurance running, much of the challenge is mental rather than physical. After a mile or so, it became clear that waterproofs were superfluous. I stopped to peel off the layers, then told Spencer I felt good so would run on ahead. I reeled off my fastest three or four miles of my race so far, taking advantage of the cooler temperature. As the only people on the route were overnight campers and Day 2 only runners – the non-stop runners having mostly finished – the course was much more sparsely populated. On Day 1 I had often been caught up in large groups of runners, and was rarely out of sight of at least one other runner. On Day 2, after the first couple of miles, and except at aid stations, runners were mostly in ones and twos, and for

long stretches I was running entirely on my own. I was feeling strong, and was counting walkers and runners as I overtook them. I lost count somewhere above 100, and got a sense that I was well up in the field. I was running quicker than those around me on the downhills, and run/walking past others on the uphills. It didn't take long to get back into the routine of mentally running a series of 10ks between aid stations. I must have been pretty focussed on the task, as I completely missed the Uffington White Horse, one of the sights of the route. I did see the Neolithic barrow, Wayland's Smithy, and couldn't miss Barbury Castle, a vast iron age fort through the middle of which the Ridgeway runs.



For the second day in a row, I noted the point at which I ran past 26.2 miles, recording the fact that I had effectively run marathon numbers six and seven of my life on consecutive days, and was still running.

In the latter stages I caught up with a runner I knew from TheRunningBug.com. Nina Bradburn was running RTTS as part of a series of endurance challenges to raise money for children's charities in thanks for the help given to her daughter Olivia who is celebrating 10 years since her infant liver transplant. She has raised many thousands of pounds, and her enthusiasm was pretty infectious, helping the final miles pass with remarkably little anguish and a growing sense of fulfilment.

The Race to the Stones does what it says on the tin, and runners actually run into the ancient stone circle at Avebury, where official photographers were waiting to take 'runner standing in front of standing stone' shots. What it didn't say on the tin was that this was part of a final soul-sapping loop, and the course doubled back on itself to begin a final two kilometres to the finish, which was at the end of a long straight farm road, so that spectators could clap runners in individually from several hundred yards away – which felt pretty inspirational to me. I crossed the line with a smile on my face in a little over 6 hours 20 minutes, nearly an hour quicker than on Day 1. A print-out of my overall finish time, 13 hours 42 minutes, showed that I was 65th in the overnight 100km overall, which was way beyond what I expected as a first time ultra-runner.

I had managed to beat the rain, but soon after I had scoffed my customary post-run hot dog, it came down with a vengeance. The runners, including Spencer, still out on the course, got a soaking. Family, friends, and early finishers gathered

under umbrellas and in farm buildings at the finish, where there was many an emotional reunion.

Spencer came in under 8 hours, his dodgy hip having made its presence felt, but still rather faster than he could reasonably have expected a couple of weeks before. After posing for selfies and changing into dry clothes, we found somewhere to lie down among dozens of other tired runners, numbers growing as more and more finishers emerged out of the rain. After more than 120,000 steps in two days, lying down was an achievement. Getting back up again, to catch our pre-booked coach back to the start, was a major production. The weight of our medals didn't help, but there was no way we were taking them off any time that day. We were ultra-runners, and we didn't care who knew it.

I have read more than one online comment regarding the cost of RTTS. There is no doubt that it is an expensive race, in absolute terms and on a per-mile basis. But I would say it is certainly a price worth paying. As a competitor, I wanted for nothing, whether it was apple crumble and custard for desert on Saturday night, or the knowledge that if I developed blisters there was a fully kitted medical tent at every aid station. Sometimes one gets what one pays for, and I felt this was the case here. I've stayed in so-called luxury hotels with showers not half as good as those at the RTTS base camp. I won't speculate here about the motivations of those who criticise the RTTS pricing strategy. It is true that there are cheaper races along much the same route, but for me RTTS provides peace of mind for first time ultra-runners, who know that if something goes wrong, all the back-up they need is at hand. I would happily pay the same again, would recommend the race to anyone thinking of stepping up to ultra distance, and will be happy to pay a similar price to enter Threshold's newest event, the 52 mile Race to the King.

RTTS is then an ideal race for those new to ultra-running. It provides a serious distance and terrain challenge, while ensuring every runner is supported if the challenge becomes too much. But the field was not simply made up of ultra novices like myself; there were plenty of hardcore ultra-runners, earning their UTMB points. Ultra-running legend Rory Coleman was there, offering advice to fellow runners as he went. The winner of the 100km non-stop race completed it in under 8hrs 30mins. I recognised one runner as Rebecca Bryant, whose styledynamo.com blog I follow. Earlier in the year she completed the Marathon des Sables, and followed it up with a London Marathon run. On day one of RTTS she fell and fractured her arm. After a medic put her arm in a sling and told her to wait for a lift to hospital, she made it known she planned to complete the race, which she did in 19hrs 43mins.

I'm not sure I plan to run any races with my arm in a sling, but I'm happy, having completed RTTS, to number myself among that group of people who call themselves ultra-runners. Even a year ago, I had no understanding of what made people even contemplate running distances beyond the marathon. Now that I am one of those people, I'm still not sure I understand. Perhaps being an ultra-runner is not a thing. Perhaps it is ultra-running that is a thing, a thing that some people do, something that I have done and will probably do again.

Even while I was tapering for RTTS, I knew that after the event I would feel somewhat bereft. I had been training for it for more than six months, and I anticipated missing the motivation it provided to maintain a running schedule and a strict-ish diet. I know there are many non-running challenges in life, most of them more important than foot-races: how to be a better husband and parent; how to maintain a healthy body and mind; how to be a better person. But I cannot help looking for the next running challenge. This may be vicarious, as I have signed up to take a Coach in Running Fitness course and would like to coach club-mates who want structured help to run further and faster. But I suspect even now that I'll want to coach myself too, to run further, faster and better. The New York Marathon is on my bucket list and my London-ballot back-up is the Halstead & Essex marathon. The calendar is full of possible ultras, and this week for the first time I began seriously to think about Comrades. It coincides with a half-term holiday in 2016, if I understand the entry criteria correctly I have a qualifying time, and I have friends and family based in South Africa. I wonder how much flights are...

Vets Track & Field - Battersea - 14th May 2015

Event	Age	Name	Time /Distance	Place out of 6 Teams
100M	35-49	Mark Mulvenna	15.6	5th
	35-49A	Mike Morris	16.6	5th
	50-59	Kevin Smart	13.6	2nd
400M	35-49	Matthew Rogan	69.2	5th
	35-49A	Mike Morris	75.7	5th
	50-59	Kevin Smart	63.3	2nd
1500M	35-49	Matthew Rogan	05:09:00	5th
	50-59	Mark Mulvenna	06:34:00	6th
Long Jump	35-49	Sonny Peart	3.95M	5th
	50-59	Kevin Smart	4.00M	2nd
High Jump	35-49	Sonny Peart	1.25M	3rd
Discus	35-49	Matthew Rogan	14.05M	4th
	50-59	Kevin Smart	19.30M	4th
Shot	35-49	Sonny Peart	6.61M	5th
	50-59	Mark Mulvenna	6.89M	3rd
4 x 400 Relay		Matt, Kevin,		
		Sonny & Mike	04:37	5th

Note: Athlete can compete in lower age group if needed.

Event	Age	Name	Time /Distance	Place out of 7 Teams
100M	60 Plus	Gladys De Groot	21.8	4th
400M	50-59	Anne Ambrose	114.0	5th
	60 Plus	Elish Fernandes	120.0	4th
Long Jump	35-49	Anne Ambrose	1.69M	5th
	60 Plus	Gladys De Groot	2.22M	4th
Discus	50-59	Elish Fernandes	9.03M	7th
Shot	50-59	Elish Fernandes	4.16M	7th
	60 Plus	Gladys De Groot	4.62M	3rd

Hillingdon - 8th June 2015

Event	Age	Name	Time /Distance	Place out of 6 Teams
200M	35-49	Mike Morris	32.1	5th
	35-49A	Mark Mulvenna	30.9	4th
	50-59	Kevin Smart	27.8	2nd
	60 Plus	Martin Rogan	39.9	5th
800M	35-49	Mike Morris	02:58:10	5th
	50-59	Mark Mulvenna	03:16:50	6th
	60 Plus	Martin Rogan	03:57:50	5th
3000M	35-49	Mike Morris	12:30:40	5th
	50-59	Kevin Smart	11:55:30	5th
	60 Plus	Gordon Valentine	14:19:40	
Long Jump	35-49	Mike Morris	2.90M	6th
	50-59	Kevin Smart	3.56M	2nd
Triple Jump	50-59	Gordon Valentine	5.18M	5th
Shot	50-59	Mark Mulvenna	6.91M	4th
Hammer	35-49	Mike Morris	7.14M	4th
	60 Plus	Martin Rogan	7.59M	5th
4 x 100 Relay		Kevin, Mike, Gordon, Mark	62	4th

Event	Age	Name	Time /Distance	Place out of 7 Teams
200M	35-49	Debra Norman	43	6th
	50-59	Anne Ambrose	47	5th
800M	50-59	Ceri Jacob	03:45:03	5th
3000M	50-59	Anne Ambrose	17:51:07	5th
Long Jump	35-49	Nancy Morris	1.98M	4th
	50-59	Ceri Jacob	2.37M	4th
Triple Jump	50-59	Debra Norman	5.24M	5th
Shot	35-49	Nancy Morris	4.16M	5th
	50-59	Jane Hudson	5.12M	4th
Hammer	35-49	Nancy Morris	7.26M	5th
	50-59	Jane Hudson	5.72M	6th

Battersea 2 - 22nd June 2015

Event	Age	Name	Time /Distance	Place out of 6 Teams
100M	35-49	Mike Morris	15.5	5th
	35-49A	Gordon Valentine	18.3	4th
	50-59	Mark Mulvenna	15.5	3rd
	60 Plus	Mike Ransome	14.8	3rd
400M	35-49	Matthew Rogan	73.4	5th
	35-49A	Mike Morris	74.6	5th
	50-59	Mark Mulvenna	74.2	5th
	60 Plus	Mike Ransome	75.1	3rd
1500M	35-49	Matthew Rogan	05:12:00	5th
	35-49A	Mike Morris	05:59:00	5th
	60 Plus	Gordon Valentine	06:37:00	3rd
High Jump	35-49	Mike Morris	1.05M	4th
	50-59	Mike Ransome	1.15M	2nd
Triple Jump	35-49	Matthew Rogan	6.96M	5th
	50-59	Mike Ransome	6.17M	4th
Javelin	50-59	Mark Mulvenna	14.38M	4th
Discus	50-59	Mark Mulvenna	21.23M	2nd
	60 Plus	Gordon Valentine	20.36M	4th
4 x 400 Relay		Mark, Gordon, Matt & Mike	05:09	5th

Event	Age	Name	Time /Distance	Place out of 7 Teams
100M	35-49	Ruth Tidder	19.2	5th
	60 Plus	Gladys De Groot	21.1	4th
400M	35-49	Ruth Tidder	91.2	5th
	60 Plus	Elish Fernandes	119.5	4th
Triple Jump	50-59	Gladys De Groot	4.54M	4th
Javelin	50-59	Elish Fernandes	5.98M	5th

Ealing - 13th July 2015

Event	Age	Name	Time /Distance	Place out of 6 Teams
200M	35-49	Mike Morris	32	5th
	50-59	Mark Mulvenna	30.8	2nd
	60 Plus	Mike Ransome	30.9	3rd
800M	35-49	Mark Mulvenna	03:17:08	5th
	50-59	Mike Ransome	03:04:07	5th
	60 Plus	Martin Rogan	03:46:48	4th
Long Jump	35-49	Mike Morris	3.24M	5th
	60 Plus	Mike Ransome	3.47M	3rd
High Jump	35-49	Mike Morris	1.10M	5th
	50-59	Mike Ransome	1.05M	3rd
Javelin	35-49	Mike Morris	9.55M	5th
	50-59	Martin Rogan	6.08M	4th
	60 Plus	Mike Ransome	9.94M	5th
Hammer	35-49	Mike Morris	3.46M	4th
	50-59	Martin Rogan	8.18M	5th
4 x 100 Relay		Mark, Mike, Mike & Martin	64.7	5th

Event	Age	Name	Time /Distance	Place out of 7 Teams
200M	50-59	Gladys De Groot	47.1	5th
	60 Plus	Marion Rogan	41.2	4th
800M	35-49	Ruth Tidder	03:17:01	6th
	50-59	Elish Fernandes	04:18:02	5th
	60 Plus	Marion Rogan	03:54:06	5th
3000M	35-49	Ruth Tidder	14:36:06	5th
Long Jump	60 Plus	Gladys De Groot	2.14M	5th
Javelin	35-49	Elish Fernandes	5.83M	5th
	50-59	Marion Rogan	11.01M	4th
Hammer	60 Plus	Gladys De Groot	12.58M	3rd

Wed 15th July Waddesdon Manor 5K

A warm and muggy evening in the beautiful Chiltern countryside

1st male: 16m14s

1st female: 18m25s

Adam Leary 109th in 23m15s

Karen Leary 264th in 33m19s

Last runner 38m16s

Sunday 9th August Bearbrook 10K

Another warm day in the beautiful Chiltern countryside!

1st male: 29m53s

1st female: 36m50s

Adam Leary 178th in 49m06s

Karen Leary 423rd in 68m21s

Last runner 91m24s

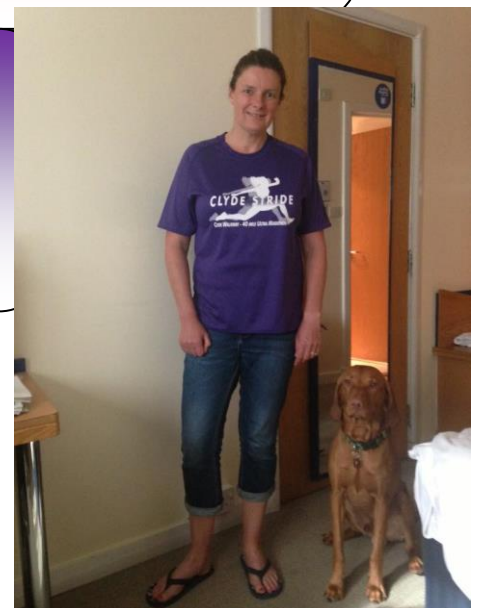
British Masters Track and Field Championships 25/26 July

Jeanne Coker

Age Group W75 100m - 24.45 200m - 54.97 400m - 2:12.17

Clyde Stride - Saturday 18th July 2015 40 mile ultramarathon

Mandy Beuselinck 7:27:07



Hitchin Hard Half Marathon 28 June 2015

Before I realised that I had mis-calculated which was to be my 150th half marathon, I thought that this would be it. Quite a busy 5-week period, for half marathons, with St Albans a fortnight earlier and Wycombe a fortnight later, I was still eager to cram in as many half marathons as possible. This one coincided with Gill's and my 1st wedding anniversary.

The official website states that this race has a long history, first run in the early '80's with a 10 year break from 2002 before being re-started as part of the 2012 Olympic celebrations by the local Rotary Club. I had run it before, in March 2002, in 1:33:28 when Hillingdon was cancelled during the foot and mouth disease "crisis".

Facilities included parking at Hitchin Priory (a charming 14th Century building nestled in 19 acres of tranquil parkland); secure bag drop, toilets, changing, pre-race warm up, post race massage and refreshments. Car parking was slightly fraught, being shared with others using the Priory complex, but we were in good time. There was plenty to do for supporters whilst the runners are out on the course - bouncy castles, food and drink and a 1K fun run around the grounds. Today, there was a cake, chutney and jam stall run by ladies in period costume from the local British Schools Museum which sounded so much like our kind of thing that we resolved to pay a visit later.

The official course was last measured in 2012; the old course had a 2 minute allowance from the RRC and no need was seen to change that allowance. You depart from Hitchin Priory via Brick Kiln Lane and Charlton Road up to the village of Preston with a loop around the Preston hills, returning via Maydencroft Lane. There is a small section of grass/track at the start and finish but the majority of the route is on country tarmac – with great views of red kites in the Chiltern Hills (see below - wonderful creatures).



Rain threatened for later in the race but we all set off in the dry and looped up the grassy slope, then down again, and finally up and out of the Priory grounds, somewhat reminiscent of the up and down nature of the start of the Harrow Hill Race. We crossed the footbridge over the A602, ran along the footpath by Gosmore Road and turned right

into Brick Kiln Lane. This quickly became a single track in open countryside which

was traffic-free, a welcome feature of most of the course, despite our being warned at the start that there were no road closures and we had no priority over traffic.

We came to Charlton Village, a pretty place with a population of less than fifty, and I noticed a blue plaque on one of the houses commemorating the birth there of Sir Henry Bessemer in 1813. This name rang a bell from my school days - something called a Bessemer converter? In his early days, he experimented with electroplating and die making, the latter of which was used to prevent forgery of stamps used on legal documents. Although his ideas were adopted by the Stamp Office, Bessemer received no thanks or payment at the time. One of his biggest achievements was the invention of the Bessemer Process for the large-scale production of cheap steel - indeed, the local mill-wheel was adapted by his grandfather to power a small foundry and converted back to a mill again afterwards.

Pretty sure we passed the Bull PH which looks as though it's being renovated and we were back into countryside on our way to Preston. Fields were of wheat, barley and oats; roadsides dotted with poppies in full bloom and stray, wind-blown rape seed; red kites circled above - truly wonderful - and not a car in sight.

The worst hill was hereabouts - about as bad as any race in the Chilterns, say, Watford or Marlow, but no worse. It was a slog, and I can see why they named it the Hitchin Hard Half, but there are plenty of flat roads as well. We climb from about 250 feet above sea level to 500 feet over a mile or so.

Preston is another pretty village which grew up around the Knights Templar holdings at Temple Dinsley. These passed on to the Knights Hospitaller after the dissolution of the Templars, a bloodthirsty tale, if you're interested in the history of the crusaders. In the 17th century Preston became linked with John Bunyan, who used to hold services in a natural amphitheatre now called Bunyan's Dell. South of Preston, we continued the slow, undulating descent to the lowest part of the course at about the half-way point and the busiest thoroughfare (albeit still largely car-free), Lilley Bottom Road from Lilley to Whitwell.

A sharp left turn into a narrow section of Lilley Bottom Road where we runners prevented a car from passing until it gave up and turned off. We looped back to Preston, passing the tail enders shortly before the junction with Back Lane. Then it was back up the less steep approach to the biggest hill and down to Charlton

where we ran back via a slightly different route to the outgoing journey and saw more of the quaint old buildings of the village.

By now some rain had started and I finished, clattering back down the grassy slope, having just overtaken a youngster who finished some 15 seconds behind me but unable to catch the one who finished 8 seconds in front of me.

I managed 1:33:51, little slower than my time some 13 years earlier. The winner did 1:22:19 and the last person home did 2:39:50. There were 273 finishers (and seemingly as many non-starters), 2 DNF's and 2 DNQ's. The age categorisation stopped at V40 so I have no idea where I was in the V50 stakes but I was 7th in the over 40's. Prizes included a decent goody bag (with draw-string which I'm now using for kit, my Bracknell Half bag having seen better days), and medal with cash prizes in the usual categories.

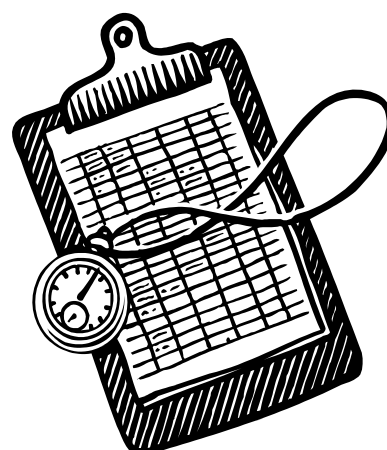
Thoroughly enjoyed this race. It was relatively easy to get to from Ruislip - 35 miles via Stanmore and the A1 which took about an hour for the 9.30 start. The pre-harvest countryside was wonderful - as much still-green cereal as ripe cereal - good views from the hills and those two picturesque villages. In my piece on 150 half marathons I somehow forgot to mention amongst favourite races the Hereford Half - for its black and white villages, red soil and even the fields full of bright yellow rape-seed with its overpowering smell, plus the finish around the race track on wood chips and the large number of Welsh accents that you hear around you. The Hitchin Hard Half was similarly picturesque, in terms of the countryside, and might yet become a firm favourite of mine. It's not too "hard" to get to from Metroland so maybe some more of us could do it next year? There's also a 10K race.

Back to the car and a think about whether to visit the British Schools Museum or just find a handy tea-room. The rain was now pouring down and I felt for the folk still out on the course. However, in the time it took us to find somewhere in town to park, it had abated somewhat and we had a nice lunch at The Groundworks ("Great food, friendly service & lovely view over the church.") followed by stroll around this pleasant old north Herts market town. We then spent a couple of hours at the British Schools Museum founded in 1810, a full 80 years before the government finally provided free elementary education for all and staying open until 1969. Very knowledgeable staff - thoroughly recommended. That evening found us at Woodlands vegetarian indian Restaurant in Marylebone Lane - the perfect way to round off our first wedding anniversary!

Chris Shearwood

Measured Mile - 1st August 2015

Name	Time	Name	Time
Nigel Rackham	5.06	Karen Collier	8.39
Chris Shearwood	5.32	Dave Brown	8.42
Chris Hudson	5.56	Arnold Glickman	8.44
Kevin Smart	5.57	Judy Rackham	8.45
Simon Aberly	6.02	Karen Leary	8.49
Andy Fox	6.07	Kath Donaldson	8.48
Steve Paull	6.11	Tiziana Spotti	8.49
Russ Hewlett	6.11	Deborah Norman	8.58
Adam Leary	6.25	Anne Ambrose	9.01
Caroline Day Lewis	6.26	Steph White	9.29
Danny Collier	6.41	Hema Thakur	9.54
Dave Young	6.43	Jarina Khatan	10.03
Max Leadbetter	6.54	Ana Ada	10.13
Mark Mulvenna	6.55	Linda Gaitskell + Steve Alder	10.15
Kirit Ranpura	6.55	Penny Hudson	10.24
Mike Ransome	7.15	Kasim Difaraz Robson	10.36
Sam Millbery	7.59	Number 23 moderate group	10.38
Dave Brown	8.07	(who are you?)	
Errol Clarke	8.08	Alyson Angelides	11.35
Kyie Hollingshead	8.15	Wendy Mulvenna	11.39
Claire Millbery	8.16	Mark Mulvenna	11.41
Janice Newman + Ceri Jacobs	8.21	Yasmin Ransome	12.52
Joe Millbery	8.34	Barbara Robson	13.06
Rangah Niranchanan	8.35	Jeanne Coker	13.16



Numbers of Measured Milers down a little today no doubt due to Metros taking summer holidays to run on beaches and through countryside in farflung places. Amongst the faithful were some very fast times with some hard won slight but significant improvements. Also it was impressive to see some very young Metros running so fast and so well. Congratulations to Chris Hudson, Danny Collier and Sam Millbery who outpaced most of the adults around them. Some Metros did both Miles so the faster time has been recorded. Many thanks to Bob for supporting with a second stopwatch, to Raquel for dealing with the lolly sticks and to Nicola who recorded numbers next to names.

This is the last Measured Mile in this competition so I am left to work out the winner to be announced in October at the quiz evening. See you all in November for the first Mile in next series when you can look forward to running a slow steady pace to allow for improvement to your times later on.

Angela

Prudential Ride London - Sunday 2nd August 2015

John Gorton	5:15:21
Nigel Rackham	5:29:35
Harriet Copland	6:49:06
Nathan Powell	9:08:06
Dave Brown	9:40:15

2015 Snowdon International Mountain Race

Kevin Smart, summit 1:13, finish 1:49.15.
Position 289 out of 600



parkrun Results

Harrow

15.8.15

Brian McGrory 21:00 PB

Jackie Bowles 26:28

Jason Bowles 27:10

8.8.15

Chris Kemp 22:58

Barry Nolan 23:30

1.8.15

Chris Kemp 23:36

Barry Nolan 24:35

Kevin Watson 26:39

Shari St Hill 37:45

25.7.15

Brian McGrory 21:28

Sonny Peart 23:21

Chris Kemp 24:12

18.7.15

Brian McGrory 21:30

Barry Nolan 23:55

Kevin Watson 26:35

Emma Rackham 47:36

(Tailrunner)

parkrun Results

Northala Fields

8.8.15

Chris Shearwood 19.17 PB

Brett Rafferty 21:04

Donna Warren 21:10 1st

Russ Hewlett 22:11

Glyn Watkins 27:32

Patricia Hewlett 34:33

Gill Shearwood 49:13

1.8.15

Brett Rafferty 19.04

Emma Rackham 27.33

25.7.15

Brett Rafferty 19:31

Chris Shearwood 19:41

Russ Hewlett 22:16

Patricia Hewlett 34:23

Gill Shearwood 46:05

Black Park

Glyn Watkins

15.8.15 28:27

1.8.15 31:09

18.7.15 28:19

Cassiobury

1.8.15

Peter Reynolds 22:48

Longrun Meadow

8.8.15

Seb Hollingshead 27.48

Dave Brown 28.54

Kyie Hollingshead 30:17

1.8.15

Seb Hollingshead 30:09

Kyie Hollingshead 32:53

25.7.15

Seb Hollingshead 28:37

Kyie Hollingshead 30:24

Poole

15.8.15

Sue Davie 39:35

8.8.15

Mark Mulvenna 24:10

Jane Hudson 27:35

Penny Hudson 35.43

Wendy Mulvenna 42:09

Sue Davie 42:16

1.8.15

Irene Paull 29.52

Sue Davie 39.46

Gladstone

8.8.15

Brian McGrory 21:14

1.8.15

Brian McGrory 23:52

Bath Skyline

8.8.15

Steve Paull 23:04

Aldenham

1.8.15

Gary Warren 18.22

25.7.15

Gary Warren 18.35 1st

Steve Paull 22:28

Polokwane

18.7.15

Caprice Beggs 29:03

Exeter Riverside

25.7.15

Mike Morris 21:31

Nancy Morris 34:21

Summer League - Regent's Park



B1 - 1st place



B2 - 2nd place



Runner's Recipes

Blackberry bites

Ingredients

- 25g/1oz butter, plus extra for greasing
- 125g/4½oz self raising flour, plus extra for dusting
- 25g/1oz caster sugar
- 16 fresh blackberries
- 80-100ml/3-3½fl oz buttermilk
- plain yoghurt, to serve



Preparation method

1. Preheat the oven to 220C/450F/Gas 7. Grease a baking tray with butter.
2. In a bowl, rub the butter and flour together using your fingertips until the mixture resembles breadcrumbs. Stir in the sugar. Gently stir in the blackberries.
3. Gradually pour in the buttermilk, stirring well until the mixture starts to come together as a dough without being sticky. You may not need to use all of the buttermilk.
4. Turn the dough out onto a lightly dusted work surface and roll into a ball. Roll out the dough ball to a thickness of 1.5cm/½in.
5. Cut circles from the dough using a cookie cutter and arrange onto the baking tray, leaving a gap between each. Bake in the oven for 10-12 minutes, or until golden-brown.
6. Serve with a dollop of yoghurt on top.

By Kate Morris and Sally Brown

From I Can Cook

In Season

Vegetarian

Less than 30 mins preparation time

10 to 30 mins cooking time

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.