



November 2017
Issue No. 350



Metros take on Stewarts Moor Park – 1st October

Metros Diary

November

Sat 4	5 K Run, Roxbourne Park	9.00 am
Sat 11	Measured mile, Roxbourne Park Foodbank donation	9.20 & 9.40am
Sun 12	TVLXC – Datchet Dashers	11.00 am
Sat 18	parkrun (Harrow – Mob match)	9.00 am
Fri 24	Metros Quiz & Awards Evening	6.45 pm
Sun 26	TVLXC – Sandhurst	11.00 am
Wed 29	Committee Meeting	8.00 pm

December

Sat 2	5 Mile Handicap	9.00 am
Sun 3	TVLXC – Handy Cross	11.00 am
Sat 9	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40am
Wed 13	Metros Christmas Walk	TBC
Sat 16	parkrun (Rickmansworth)	9.00 am
Sun 17	TVLXC – Reading	11.00am
Fri 22	Christmas Drinks – at the Rackhams'	7.00 pm

January

Sat 6	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 13	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40am
Sat 20	parkrun	9.00 am
Sun 21	TVLXC – Tadley	11.00 am
Sun 21	Fred Hughes – 10	10.00 am
Sun 28	Gade Valley – 12 miles	9.00 & 9.30 am

For more details of Saturday morning activities please see full timetable on our website – <https://metros.org.uk/saturday-training-sessions/>

Note from the Editor!

It's time for Metros to get their thinking caps on for the quiz and presentation evening on 24th November.

Christmas is fast approaching and dates for your diary include the Christmas Walk on 13th December, Winter Solstice Run on 21st and drinks at the Rackhams' Friday 22nd December.

Instead of sending Christmas cards to all your Metros friends, you can include your own message for the festive season and the year ahead in the December issue of Metrolines. There is a suggested charity donation of £5 which will be donated to St Luke's hospice in memory of Jacqui Poole. Please let me have your messages and donations by quiz night at the latest.

Anne Ambrose

Metrolines

All contributions welcome – please send to: Anne Ambrose

Email: metrolines1@gmail.com

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

Contributions by: 15th of each month please.

If you would like to receive Metrolines by email, please send your details to Anne Ambrose at the email address above. If you would like to advertise in Metrolines the rates are as follows: Full page £5; Half page £3; Quarter page £2



**Welcome
New Members**

**Sian High
Vincent Cheung**



Welcome to the newest
Metro: Iyla Ruhi Hershil Patel,
born 20th October. Pictured
here with sister Anya.
Congratulations to proud
parents Hershil and Krupa



Achievements

Well done to ...

Sasha Birkin – for breaking Metros all-time records in her age group for 10K and 4K at the fun run 23rd September; coming first in her age group at Moor Park, 1st October; for coming first in her age group and breaking the Metros FV45 all time record for 10 miles at Cabbage Patch 10, 15th October and for a PB at Poole Parkrun 28th October.

Linda Gaitskell – for competing in her first triathlon- Kendal Sprint Triathlon, 24th September

Nancy Morris – for a PB at Moor Park 10K, 1st October

Steve Paull – for coming second in his age group at Moor Park.

Nigel Rackham - for coming first in his age group at Moor Park and Cabbage Patch 10

Parkrun

The third Saturday of each month, Metros do a parkrun as an alternative to our usual Saturday morning session at Roxbourne Park. The schedule below has been prepared for parkruns up to the end of the year.

18th November - **Harrow** (NB: change of venue as we have been challenged to a Mob match by Sudbury Court)
16th December – Rickmansworth

NB: There is always a session at Roxbourne Park too if you don't fancy a parkrun!

Consolidated club results can be found at:

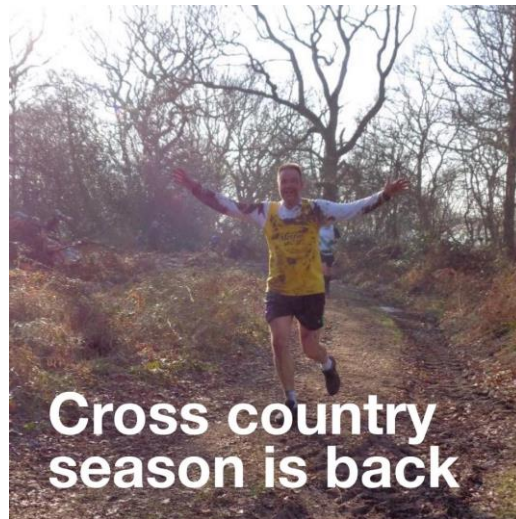
<http://www.parkrun.com/results/consolidatedclub/?clubNum=2850>

This shows all the stats for each runner, if people are interested in number of runs etc.

Please continue to send any PBs, wins, or 1st in age group results to metrolines1@gmail.com for inclusion in the achievements page.



Metros helped celebrate the 1st anniversary of Canons Park parkrun



THAMES VALLEY CROSS COUNTRY LEAGUE

Events take place every two-three weeks at 11.00 am on Sundays between October and March. The courses are roughly five to six miles. There are usually eight fixtures, with men and women of all abilities running together over mostly cross country, some footpaths and a little road.

Co-ordinators: Al and Jane Scoffham

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

Cross Country Fixtures – Remaining fixtures for 2017/18 season

2017

NOVEMBER

12 Datchet Dashers

26 Sandhurst

DECEMBER

3 Handy Cross

17 Reading

2018

JANUARY

21 Tadley

FEBRUARY

4 Bracknell





Dear Metros, Friends and Family,

Following the success of the Summer Solstice Run back in June a few of the Wednesday night hillers thought we would co-ordinate a run/walk on the shortest day of the year Thursday 21st December, and again finish on Harrow on the Hill this time on the east side to watch the sun rise over London at 8.04am followed by a well-deserved breakfast/hot drink in Morrisons Pinner Road (top end near Harrow Town Centre).

Again, looking to have several meet times (6.04, 7.04, 7.34) from outside John Lyon School entrance (where the Wednesday night hill runners meet at Middle Rd, Harrow on the Hill, HA2 0HN) and we thought we would start early to accommodate those who may not be able to make it to sunrise due to other commitments but still wish to participate.

Please can you let me or any of the regular Wednesday night hill runners know if you would be interested in running or walking the winter solstice.

Please can I also have a couple of volunteers to lead both the run and walk.

Please also feel free to promote via any other running social media groups you subscribe to and invite family and friends everyone is welcome no matter what pace you run or walk at.

Nathan Powell

07775 540 680

nathancpowell@yahoo.co.uk



Metros QUIZ & AWARDS PRESENTATION EVENING

Date: Friday 24th November 2017
Venue: Lowlands Tennis Club, Lowlands Road, Eastcote
Time: 6.45 pm to purchase drinks for a prompt start at 7.00 pm

**This year the evening will start with the first few rounds of the Quiz,
followed by some award presentations**

**Quiz - It is suggested that teams should consist of no more than ten.
Teams can be arranged on the evening.**



Presentation of awards will include the following:

Metros Thames Valley League 2016-2017
Metros Summer League 2017
The Bill Gardner Summer League Award
Track & Field MBE's & Track Shields
Metros 5 Mile Handicap
Metros 5 Mile Walk Shield and Certificates
Ann Marsden 5K Award
Keith Adsley Award
LRRC Trophies
The Young Runner's Awards
Beginner Runner's Award
The Aaron Breen Awards for Services to Family Running
The Runners' Awards

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 0208 868 5683**

Andrew Howell – The Body Factory

Do not be “hamstrung” – Part 2

Tears from Hamstring Tears

Cast your minds back to 9.50pm on the ninth day of the world championships in London. The whole nation tuned in for Usain Bolt's last race on an international stage. The last leg of the 4 x 100m relay, Usain suddenly pulled up grabbing his hamstring and subsequently falling onto the floor as if he had been shot by a sniper. Welcome to a hamstring strain or tear.

A hamstring tear typically presents itself with a sudden pain at the back of the leg. There is the characteristic instant pulling up with the athlete grabbing the leg trying to protect it while hopping on the other limb. If this happens, do not do what £100m footballers tend to do - walking off without a stretcher. If others are present when you suffer the injury, do ask for their assistance to support you as much as possible. The more you can avoid loading the muscle, the less damage will be sustained.

What to look out for to differentiate the severity?

- How bad is the pain? Is it wide spread or pin point?
- Is there pain on walking or climbing stairs?
- Is there pain at rest?
- Most importantly is there bruising?

Hamstring tears are graded by clinical features. Grade 1 representing a few micro tears and grade 3 being a full rupture and needing surgery. You do need immediate assessment and guidance on rehabilitation. In the past, I have given a wait and see approach by waiting a week with other self-management strategies however this needs to be addressed.

Common Causes of Hamstring Injuries

- Doing too much, too soon or pushing beyond your limits
- Tight hip flexors
- Weak glutes (butt muscles)
- Poor flexibility of all muscle groups
- Muscle imbalance between the quadriceps and hamstring muscle groups
- Muscle fatigue that leads to over-exertion
- Leg Length Differences. If one leg is shorter than the other it may have tighter hamstrings which are more likely to pull
- Improper or no warm-up
- Poor hydration and / or nutrition.

Why am I telling you all this? In my opinion, you can do a lot to avoid these injuries and getting help can prevent a reoccurrence. It is the reoccurrence that is the problem and this needs to be addressed. A physiotherapist must work on all the above without fail.

Preventing Hamstring Injuries

- Warm up thoroughly with dynamic leg swings.
- Performing specific movement prep exercises that activate the glutes and lengthen the hip flexors may help. i.e. heel flicks and high knees.
- Stretching after the workout may be helpful. (See part one. Hold each exercise for a minute)
- Follow the "Ten Percent Rule" and limit training increases in volume or distance to no more than ten percent per week.
- Tailored strengthening programme for the leg, NOT just the hamstrings.

Everyone is individual so an assessment would need to be carried out.

Other ways to prevent injury are to avoid doing too much, too soon, avoid drastic increases in intensity or duration, and take it easy if you are fatigued.

Usain Bolt would have had physiotherapy twice a day every day, ice baths, strength and conditioning along with video analysis of every movement. Now I am not saying your running should be that analysed however, all human movement is the same whether you are a sprinter or a weekly park run attendee. We all have the same muscle groups which should work in the right pattern however the ranges we all move through are different. If you do feel you are struggling with re-occurring injuries seek advice from a sports physio who can help you getting back on track.

Thanks again for reading

Andy

METROS ANNUAL CHRISTMAS WALK

Wednesday 13th December 2017

It's that time of year again.....

All Metros are invited to join us for a day walking in London, taking in the culture, architecture and visiting a few (??) of the fine historic hostelrys en-route.

You are welcome to come for the day or join us along the route as we make our way across London.

Full details will be available middle of November

If you're interested in joining us please email: pickfords_uk@hotmail.co.uk

Or phone 01895 233778

Henry and Marilyn



Brian, Pat and Jonny Jackson at the 38th annual Brian Jackson fun run - see results pages

A Couch to 5K course for 2018!

The Committee has confirmed that a second Couch to 5K course can be run from April 14th to June 16th, 2018. I shall be organising this, alongside Steve Alder with Irene Paull and Trish Hewlett providing leadership for some sessions as before. There will be three sessions each week for nine weeks, culminating in a parkrun at Harrow where Metros members will hopefully support and encourage the new club members. Last time the support was fantastic and there was a record turnout. This time parkrun will be on Saturday June 16th so that's a date for next year's diary! The first training session will be on Saturday April 14th which is later than this year's course. The clocks will already have changed, giving us lighter evenings and because Easter is early, we will be clear of the holiday period.

The proposed 3 x weekly format is almost the same as before -

The 1st weekly session will be on Saturdays at 9.15am, ending with refreshments with other club members in Roxbourne Park.

The 2nd weekly session will be on Tuesdays at 8.15pm to fit in with Metros' Tuesday run from Lowlands Tennis Club. Participants may like to stay for a drink in the bar afterwards.

The 3rd weekly session will be on Thursdays at 8.00pm starting near the track at Kings College playing fields. We may use the track for part of the session, to introduce variety. This session is being run later than the first C25K in response to feedback.

We shall follow the NHS C25K programme as before and I shall again be asking for volunteers to run alongside the new runners, offering support and encouragement. Many of this year's C25K runners have already offered to do this – before I even asked! Thank you in advance.

If you know of someone who is interested in taking part in the next Couch to 5K, applications can be made from 1st February 2018 onwards. If anyone would like to register their interest before this, please email Irene and she will keep a list. Nearer the time she will contact all those on the list and invite them to apply.

Kath Donaldson



For the first time (I think), I am stuck for a topic to write about this month. I suppose some will mutter "Great. Clear off then". The idea of this page, when first discussed, was to introduce a regular discussion point for us Metro runners. That hasn't really happened, although some still discuss who I might be. That surprises me, with all the family details I've mentioned since I first wrote, way back in April 2015.

It was not meant to be a monthly piece either but, apart from once, it has turned out that way. Having said that, my typist is away on some ridiculous multi-marathon jaunt next month, and almost certainly will be out of the country at the time when my handwritten words are typed. We shall see, I'm not sure of his exact dates yet.

I get backhanded invitations to the various Christmas bashes every year, but the organisers know it's not my thing and I'll decline. I always feel I am far too old and should leave it to the youngsters to enjoy themselves without any of my ancient pronouncements. There's a time and place for them. If I said yes, Mrs R would then want to go and I'm not sure we could afford the price for two. Things are tight. Most of our spare cash goes on gifts for the family.

As I write this, the draw for marathon places will be taking place this weekend. I hope some first-timers get in. It is always good to watch their road through winter to the great day. As long as they remember the two big things-(1) That anyone can run a marathon and (2) There's more fuel in a pint of beer than a banana (true)! they'll be fine.

In case I am missing next month, I can be first to wish all Metros and their families happy Christmas.

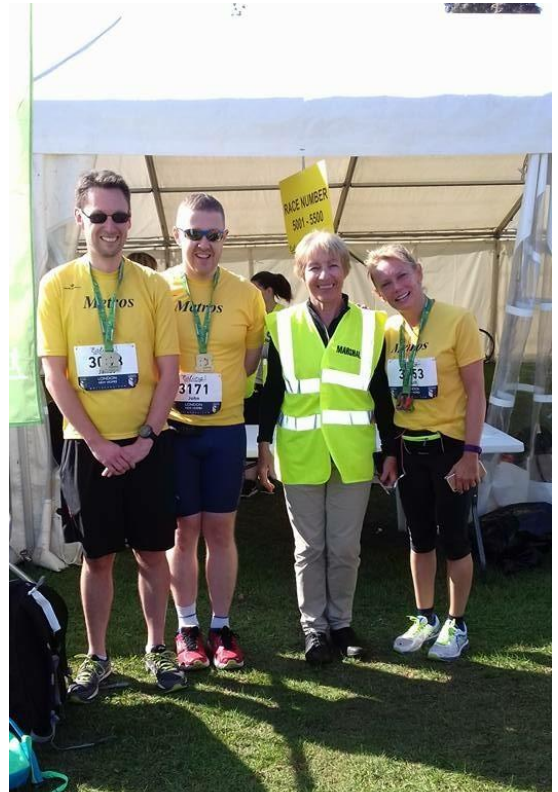
Happy Christmas - Roxeth

Results and Reports

Ealing Half Marathon – 24th September 2017

1 st		1:08:05
148	James Kerrane	1:28:26
574	John Norris	1:39:22
2302	Rajesh Varshani	2:03:55
2831	Kim Hassard	2:09:38
2861	Steve Paull	2:09:45
3172	Ruth Tidder	2:25:26
3502	Rhonda Tapley	2:27:53
3512	Sonika Sidhu	2:21:58
4181	Finishers	3:51:34

*James, John and Ruth with marshal
Pauline Bishop*



Royal Parks Half Marathon – 8th October 2017

1 st		1:08:51
9178	Mike Ransome	2:09:20
10059	Paula Kanesanathan	2:12:35

Birmingham International Marathon and Half Marathon– 15th October

Full

1 st	02:33:46
422 - Christopher Shearwood	03:28:44
3669 - Ranjan Nallamuthu	04:59:33
4360 - Veronica Georgescu	05:24:57
5211 - Finishers	07:54:31

Half

1 st	01:06:38
1092 - Mitesh Patel	01:45:50
8884- Finishers	04:10:14

RESULTS OF THE 38TH METROS ANNUAL FUN RUN – THE BRIAN JACKSON FUN RUN 23rd September 2017

Again, this year adult runners' results in the 10K, 4K (best result) and 2K were based on age grading. Each runner's time for each distance was converted to an age graded percentage by using the tables published by *World Association of Veteran Athletes* (WAVA) - the 'Howard Grubb' tables. Only one award is made to each competitor.

10K – 1 st Woman – Sasha Birkin	1 st Man – Nigel Rackham
4K – 1 st Woman – Barbara Reading	1 st Man – Dave Young
2K – 1 st Woman – Marion Rogan	1 st Man – Marcus Weedon
4K – 11-14 – 1 st Girl - Olivia Matharu	
4K – 11-14 – 1 st Boy - Kyie Hollingshead	
2K – 8-10 - No girl competitor	
2K – 8-10 - 1 st Boy - Max Dadomo	

10K Best G % = Best Age Grading %

	RACE 1 4K	RACE 2 4K	Best 4K G %	RACE 3 2K	2K G %	TOTAL TIME	Total G %
FEMALE							
Sasha Birkin	16m 04s	16m 25s		7m 52s		40m 21s	81.41%
Barbara Reading	24m 11s	23m 30s	75.82%	12m 14s		59m 55s	76.16%
Judy Rackham	24m 07s	24m 03s	60.57%	11m 49s	58.89%	59m 59s	62.71%
Jasia Zimmermann	23m 57s	25m 31s		12m 11s		1:01:39	62.69%
Veronica Georgescu	24m 44s	24m 55s	67.39%	12m 14s	65.05%	1:01:53	69.19%
Kath Donaldson	26m 39s	28m 19s	61.03%	13m 56s	61.03%	1:08:54	66.23%
Raquel Russel Ponte	30m 41s	30m 53s	62.36%	15m 11s	60.1%	1:16:45	63.63%
MALE							
Nigel Rackham	14m 25s	14m 45s		6m 59s		36m 09s	88.47%
Marcus Weedon	16m 11s	17m 15s	67.15%	7m 56s	64.89%	41m 22s	70.79%
Russ Hewlett	17m 46s	17m 35s	61.16%	8m 15s	62.4%	43m 36s	67.16%
Tian Hollingshead	17m 40s	17m 53s	59.91%	8m 42s	57.61%	44m 15s	64.42%
Dave Young	19m 30s	18m 19s	69.52%	9m 18s		47m 07s	72.76%
Peter Jose	21m 20s	21m 39s	63.83%	10m 22s	62.20%	53m 21s	68.76%
Terry Burke	24m 23s	22m 46s	57.98%	14m 11s	44.08%	1:01:20	57.98%
MALE JUNIOR							
Kyie Hollingshead	17m 41s	18m 50s	63.34%	8m 48s	60.30%	45m 19s	66.62%

4K – NOT LISTED IN 10K

FEMALE	RACE 1	RACE 2	BEST AGE G %
Caroline Day Lewis	19m 47s	19m 36s	67.69%
Elizabeth Wordsworth	23m 05s		
Julia Allen	24m 35s	25m 44s	
Amanda Hardy	25m 46s		50.84%
Carole Wells	25m 55s	27m 05s	
Linda Grimes	26m 05s		
Linda Ross	26m 48s		
Nicola Rochford		27m 04s	
Julie Smith	29m 04s		
Jarina Khatun	30m 57s		

MALE	RACE 1	RACE 2	BEST AGE G %
Jag Matharu	18m 01s	17m 52s	62.31%
Mitesh Patel	18m 23s	18m 13s	55.17%
Andrew Fox	18m 28s		63.72%
Al Scoffham	22m 28s		55.64%
Kevin Eckersley	23m 58s	31m 28s	52.16%
Mike Reid	26m 53s		44.51%

4K and 2K

FEMALE	RACE 1	RACE 2	BEST G %	RACE 3	G %
Marion Rogan	26m 22s		65.63%	11m 44s	70.06%
Penny Hudson	27m 17s		52.66%	14m 11s	
Anne Ambrose	29m 21s			14m 00s	

FEMALE JUNIOR					
Olivia Matharu	21m 00s			09m 49s	61.38%

MALE	RACE 1	RACE 2	BEST G %	RACE 3	G %
Jonny Jackson		15m 54s	67.82%	9m 36s	53.21%
Andrew Collier	23m 42s		48.87%	10m 20s	53.08%
Arnold Glickman	30m 06s		45.24%	13m 30s	47.77%

2K

MALE 8-10	RACE 3	AGE	G %
Max Dadomo	7m 48s	10	74.06%

1K WALK - RACE 4

Raquel Russel Ponte	8m 30s	Brian Jackson	11m 36s
Barbara Robson	8m 36s	Jonny Jackson	11m 36s
Dave Young	8m 36s	Russ Hewlett	11m 53s
Barbara Reading	10m 19s	Al Scoffham	11m 53s
Marion Rogan	10m 19s	Terry Burke	13m 31s
Jasia Zimmermann	10m 22s	Nicola Rochford	13m 36s
Mick Reading	10m 22s	Tyler Engineer (age 6)	13m 36s
Arnold Glickman	11m 02s	Steve Engineer	13m 36s
Judy Rackham	11m 04s	Diane Burke	13m 45s
Nigel Rackham	11m 04s		

The forecast was good so no need for a gazebo this year. However, the length of grass on the course didn't encourage new records but two all-time records were broken.

Sasha Birkin broke two all-time records in the previous W45-54 age category in the 10K and the 4K. In the 10K Sasha's time was 40m 21s, which is faster than that set by Donna Warren in 2015 (44m 04s). In the 4K Sasha's time was 16m 04s which is faster than that set by Petra Otto in 1997 (18m 21s).

Nigel Rackham's 2K time of 6m 59s was just 30 seconds slower than his 2K Metros all-time record set in 2009 (6m 29s).

Max Dadomo's 2K time of 7m 48 in the boys 8-10 category was only 23 seconds slower than that set by Ben Jackson in 1981 (7m 25s).

It was good to see some of our newer members participate in this, the 38th year. Other longer standing members had travelled from further afield to participate – Terry and Diane Burke from Salisbury, Barbara and Mick Reading from Huntingdon.

Volunteers are needed to make any event happen. Thank you to all who came along to help set up the start/finish area, mark the course, register the runners, time and record finishers, marshal and clear up after.

Particular thanks to Steve Alder for calculating the results efficiently on his laptop, Teresa Young for calculating the age grades and Teresa Young and Dave Brown for timing and recording the finishers. Well done to all who achieved awards for best for age.

A special thanks to Teresa and Dave Young who came to my rescue in Rayners Lane when, driving to the park, a flat tyre left me stranded with all the race equipment in the car. Mobile phones can be very handy. Special thanks also to Arnold Glickman who was passing and stopped to help.

Thanks to all who came to help and spectate and particularly to those who ran or walked in any of the events. Here's to next year the 39th Metros Annual Fun Run – the Brian Jackson Fun Run'

Pat Jackson

10K Challenge – Oct 7th Results plus Whole Year Awards

Name	Time	October	January	April	July	October
Nigel Rackham	37:11		86.78%			86.02%
Pauline Bishop	:		76.78%	81.25%		
Steve Paull	50:12		75.65%		76.34%	68.92%
Marion Rogan	:		73.45%			
Dave Young	49:43		71.38%	74.19%	69.59%	68.96%
Hilary Lemon	:		71.13%			
Barbara Reading	:		70.19%			
Caroline Day Lewis	50:53		69.37%		72.66%	67.54%
Andy Fox	:		69.03%			
Kath Donaldson	:				68.76%	
Mike Morris	:		65.84%		65.54%	
Veronica Georgescu	:				65.80%	
Peter Jose	:			67.03%		
Simon Abery	49:35		64.20%	64.98%	67.34%	62.92%
Ceri Jacob	:		61.92%			
Brett Rafferty	:		61.88%			
Mike Ransome	:				61.71%	
Jane Hudson	:		61.41%			
Irene Paull	:		60.44%			
Carol Lloyd	:		59.95%			
Mick Campbell	:		59.71%			
Sonny Peart	:				59.54%	
Ruth Tidder	:		58.87%		57.58%	
Julia Allen	:		58.13%	56.99%		
Anne Nola	62:11		58.07%		58.19%	52.83%
Tiziana Spotti	68:06		55.57%	57.10%	57.43%	56.75%
Kye Hollingshead	50:02					60.34%
Tian Hollingshead	48:23			57.74%	60.87%	58.92%
Hitesh Patel	:			57.25%		
Ku Samra	:			56.59%		
Anne Ambrose	74:39		53.80%	54.36%		
Andrew Collier	:		52.80%	52.83%		
Rhonda Tapley	:			52.57%		
Geraldine Gill	:		49.69%			
Kevin Eckersley	64:26		48.53%	51.25%	52.29%	52.73%
Jonathan Scott	:				51.90%	
Emma Rackham	:		48.35%			
Julie Smith	:			48.64%		
Jo Collier	:			45.41%		
Catherine Saunders	:				42.64%	
Noa Perelmutter	:				42.89%	
Juliette Nola	58:33					55.95%
Nathan Powell	44:02					69.16%
Judy Rackham	60:00					63.56%

Cabbage Patch 10 Sunday 15th October 2017

1 st		0:49:42	
13	Nigel Rackham	0:56:02	1 st M50
80	Sasha Birkin	1:05:06	1 st FV 45 & Metros record
95	James Kerrane	1:05:46	
108	Matthew Rackham	1:06:52	
251	Michael Morris	1:13:22	
253	Steve Paull	1:13:25	
292	John Norris	1:14:41	
492	Simon Aberly	1:20:35	
674	Jim Buckland	1:25:28	
958	Linda Dunne	1:33:23	
1198	Judy Rackham	1:41:26	
1253	Emma Rackham	1:43:52	
1254	Sarah Belchier	1:43:54	
1288	Ariff Sidik	1:45:18	
1371	Teresa Young	1:49:55	
1410	Carole Lloyd	1:52:49	
1425	Sakina Sidik	1:54:05	
1525	Raquel Russell Ponte	2:08:56	
1549	Anne Ambrose	2:14:56	
1554	Penny Hudson	2:19:36	
1560	finishers – last	2:37:18	



The Round Norfolk Relay through the eyes of the Team Manager (part two) – Al Scoffham

The last time we did the RNR was in 2013 and I did an article for the Lines entitled, 'The Round Norfolk Relay through the eyes of the Team Manager', so here is part two. As I mentioned in 2013, Jane is the one who works out all the logistics and puts it together so it works. It's a jungle to me, so I am glad we have Jane's experience and expertise on our side. I do the admin and liaise with the RNR Team who send me annoying texts and e-mails if things go wrong. Looking at their basis for awarding us the wooden spoon, they have done a good job of going wrong themselves!

So, by popular demand for another Metros entry, we applied this year and luckily, we were successful. We had exhausted our previous priority entry criteria. Next year we should receive a priority entry again but I cannot guarantee this.

This year was a first for our RNR 'WhatsApp' group (thank you Sonny Peart) which made the communications about 100 times easier. Think of all the phone calls we used to have to make! Also, the whole entry procedure was on line which simplified the process and depending upon the trial on line stage timing this year, we may not have to fill time sheets in next year. Having said that however, we will need internet access and as we all found out, there are still dead spots lurking in Norfolk.

So, Friday lunchtime we started loading the car with two bikes, a bike rack, food, clothing, flasks, duvets and half a ton of other stuff. I reckon Doug Scott took less on his Fullers K2 expedition! The drive up was tedious as we encountered traffic jam after traffic jam and then spent about 50 minutes in Kings Lynn looking for the Travelodge. This of course, should not have happened and if I had glanced left on a particular roundabout it wouldn't have happened. Those are the breaks!

After a reasonable meal at Lynn Mediterranean, chosen for its good vegetarian options, we met up with Gillian and Chris Shearwood and Mike Morris in the Crown and Mitre which I remember visiting with Irene and Steve Paull back in 2011. There may be a better Kings Lynn ale house, but if there is, I am not aware of it and my Mid Chiltern CAMRA advisors (they know the whole country) could not come up with anything either. So, it looks as if this will be the pre RNR essential visit. The Landlord was a bit strange but you can't have it all.

We awoke Saturday morning and breathed a sigh of relief, it wasn't raining. There is nothing worse than putting bikes on the back of the car and trying to organise it whilst getting soaked and knowing you will continue to be soaked for the next 36 hours.

So off we went to Lynnsport in King's Lynn to get our final briefing and safety instructions. This was much more intense than on previous occasions. I was beginning to wonder if they required us to bring an operating Theatre!!!!!!

Anyway, they didn't and soon 8.30am arrived and off ran Chris with me in attendance on the bike. It was a pleasant early Autumn morning with the sun shining. I could only cycle with Chris for about 5/6 miles as the route goes through

the Sandringham Estate which was off limits to bikes and so was the North Norfolk Coast Path. At this point, Chris went on and I put the bike back on the car. We drove on to stage 2 where Mike Morris took over the baton. Also about this time, Andy Fox and Dave and Teresa Young arrived and Andy started his Grande Depart on his bike on the Tour De Norfolk. When Chris and I started it was sunny as mentioned above however, there was a change in the weather and poor Mike and Andy got drenched by a local monsoon.

Both Chris and Mike had put in great runs but now it was my turn and I was sure I would bring down the average. I was lucky, in that the rain had stopped and had also 'firmed' up the sand which made it easier to run on. I was doing OK until we left the sand and went into the woods. The rain must have missed this small section of about 400 metres where the last of the sand was because I nearly came to a complete standstill. I also got caught by some young speedy runner, which is always a downer. Fairly OK from here until I got to a junction with 5 possibilities. The instructions said, 'go straight on'. This option didn't exist but never mind, there was a marshal. After 400 metres, I thought it didn't feel right, so I went back and seeing the sign posts from the wrong side made the direction I was supposed to go obvious. The marshal had gone, perhaps he was a race saboteur in disguise.

Anyway, I finally reached the end of my stage at Wells and handed the baton to Donna Warren who was ready and waiting to zoom off to Cley. It always feels about this time during the race that time accelerates. People have said to me in the past, 'don't you get bored whilst other people are running'? There is never time to get bored, and we are constantly slightly nervous of something going wrong. Nothing did, but the potential is massive.

It seemed no time at all before Donna handed over to Marcus Weedon for his introduction to running on shingle and his arrival in Cromer to hand the baton to Teresa. The light had now fallen and we needed to provide light for the night runners. At Mundesley we met up with Gary Warren and encountered the problem of his car being a soft top and the orange flashing light (to provide light for night runners) not sticking to the roof. Luckily, the flex was long enough to put the light on the boot. Teresa came in and handed the baton to Dave who set off in the direction of Lessingham. We did wonder about strapping a sat nav to him but luckily, he found the way without incident. We had to hand an interim time sheet in at Lessingham, so Jane duly did this whilst I got ready to light the route for Tracey Tyrell. There was a bit of an issue here as well. We were not allowed to park on the route but only in the car park which was about 300 metres away. This means I had to stand on the route until I saw Dave and sprint (well, my definition) back to the car to light Tracey. Luckily our top bike man Andy was on hand to protect her until I caught up.

Things more or less got back to normal for a bit and Tracey handed over to Sonny at Horsey and then joined me in the car. We even had time to park up and give Sonny a cheer. Jane was with Marcus as it was his first time doing the lighting. To my horror I realised I didn't have a map or instructions and I had to get through Great Yarmouth. Easy really, follow all the orange flashing lights..... No, not as easy as it sounds. So, after Tracey and I did a tour of Great Yarmouth and an

extended drive past Belton we managed to arrive at the changeover in time to see Sonny hand over to Gary Warren. Jane and I then drove on to Earsham to trip the stop watch for the Gary to handover to Mitesh Patel and then on to Scole in order to light Nigel Rackham at the handover. As I said, no time to get bored!

By this time, a mist was beginning to form and we could see Nigel was having trouble keeping his glasses clear. Still a class run to Thetford to hand over to Pritesh Patel. Jane and I drove on to Fetwell as the night started to give way to dawn, but the mist had now thickened considerably and it was an unpleasant drive. Probably worse for Pritesh running and Mitesh and his wife Sinthuja who were lighting. It was clearing a bit when Pritesh came in and Emma Rackham jumped out of the car to carry the baton to Wissington. Plan A was to get back on the bike to accompany Emma but we figured that due to the weather conditions, lighting was a safer option. So, we did, and by the time we arrived at Wissington it was almost clear. Peter Rackham now took over to cover the 10.59 miles to Downham Market. Jane and I went on to Downham Market to an almost empty car park which made parking a lot easier. I suppose it would do really!! I took my bike off the back of the car and dried it off and gave it a quick once over after the rigours of the night. Peter came in strong and handed over to his mum Judy, who took off with Nigel in attendance on the bike.

Jane and travelled on to the last changeover at Stowbridge, thankfully not getting a puncture this time. (Sonny had left, so we would have been in trouble!) Again, the car park at Stowbridge was almost empty but that's not such a bad thing. Judy came in and handed over to son Matthew with Peter taking over the bike duties and we were now on the last stage of a long journey.

Great, nothing can go wrong now! Oh yes it can..... The A10 going into Kings Lynn on a Sunday morning is to be avoided. We didn't know this and it was becoming a panic that the lads would beat us to Lynnsport. Luckily, this didn't happen and we were all present to cheer Matthew in and trip the stopwatch.

The Rackham's did the honours of going to the presentation to be incorrectly awarded the wooden spoon. Luckily this was corrected upon inquiry and subsequent awards rightly went to Nigel for his stage and Nigel, Peter and Matthew took the family award.

So that's another Norfolk notched up and by the enthusiasm it looks like it's a go for next year. I certainly hope so, are you with me????

So, I would like to convey my thanks to you all for making this a great Metros success.

Jane; Team logistics, driver, lighter, staying awake on the A1 when I was withering! And just about everything else!!

The Team: Chris, Mike, Donna, Marcus, Teresa, Dave, Tracey, Sonny, Gary, Mitesh, Nigel, Pritesh, Emma, Peter, Judy and Matthew

The helpers: Gillian, Sinthuja and not forgetting our tireless bike rider Andy.

The Rackham's: Thank you for your wonderful hospitality for the de-brief.

And in conclusion, if (no sorry, when) we do this next year, we would like someone to take over the timing for a few hours during the night so we can grab a bit of sleep.

Well done Team Metros: RNR 2018, 15-16 September
And now the results

Chris Shearwood:	Lynnsport – Hunstanton	16.32 miles	2.08.50
Mike Morris:	Hunstanton – Burnham Overy	14.06 miles	2.058.37
Al Scoffham:	Burnham Overy – Wells	05.76miles	1.01.11
Donna Warren:	Wells – Cley	11.14miles	1.40.34
Marcus Weedon:	Cley – Cromer	10.81miles	1.32.02
Teresa Young:	Cromer - Mundesley	07.90 miles	1.26.40
Dave Young:	Mundesley – Lessingham	09.24 miles	1.14.47
Tracey Tyrell:	Lessingham – Horsey	07.52 miles	1.07.53
Sonny Peart:	Horsey – Belton	16.60 miles	2.31.09
Gary Warren:	Belton – Earsham	18.13miles	2.05.59
Mitesh Patel:	Earsham – Scole	12.45miles	1.43.24
Nigel Rackham:	Scole - Thetford	19.67miles	2.05.32*
Pritesh Patel:	Thetford – Fetwell	13.25miles	1.57.07
Emma Rackham:	Fetwell – Wissington	07.27 miles	1.09.26
Peter Rackham:	Wissington – Downham Market	10.59 miles	1.19.35
Judy Rackham:	Downham Market – Stowbridge	05.49miles	0.54.17
Matthew Rackham:	Stowbridge – Lynnsport	11.73miles	1.33.36

Total: 27:40:44

*1st in age group for stage 12

Some of the RNR team share their experiences.

Sonny Peart (Stage 9, Horsey to Belton, 16.6 miles) –

Albeit that the whole race is a huge loop, each leg of the Round Norfolk Relay is a point-to-point run. I enjoy the idea of running from one place to another; it's part of the appeal of ultramarathons. So, it was great fun to run from Horsey, past Hemsby and Caister, and through Great Yarmouth to Belton. All places I have known as seaside resorts as a teenager growing up in Essex. Not that I saw much of them, as it was 9 o'clock at night.

In the week before the race, I happened to be reading *The Making of the English Landscape*, by W G Hoskins (an excellent read), in which he writes quite a lot about the landscape of Norfolk, much of it reclaimed from the North Sea in the middle ages. Imagining making my way across that landscape gave me something to think about.

There is something absurdly exciting about carrying a baton. And when I took it over from Tracey, I sped off way faster than my predicted pace. After a couple of miles, I settled into a more sensible pace that I might be able to maintain for 16 miles.

Running at night, with no other runners around (apart from the handful of speedy 6-minute milers who overtook me, and disappeared into the night), one might imagine it would feel just like a mid-week training run. But it didn't. It felt like a race. With the weight of those other teams somewhere else around the edge of Norfolk, and the previous Metros runners, who had been carrying that baton since 8.30am, a palpable presence. Marcus and Jane in the car a few yards behind me. And somewhere up ahead, on the edge of a misty industrial estate on the outskirts of Great Yarmouth, Gary waiting to take over just as soon as I could reach him. It was almost a shame not to have to run further.

Mitesh Patel (Stage 11, Earsham to Scole, 12.45 miles) –

Whenever anyone asks me about this, I don't really know how to describe it apart from saying it's an experience! I ran leg 11 which started around 1.30am, and then I had to light my brother, Pritesh, for 2 hours at 5.15am. By the end of it, we'd been up for more than 24 hours, driven around 350 miles and, between my brother and me, run 25 miles. But if you asked me to do it all over again, strangely enough (or sadly enough) I would say yes!

It's a unique event that's like no other and appeals to my sense of adventure. You could find yourself running on a beach, climbing a cliff, or running at night time, and most of the time you don't have a clue where you're going! Yes, it practically takes up your whole weekend and you're shattered the next day, but the sense of achievement you get at the end makes it all worthwhile.

My leg was in the middle of the night and I found the whole experience of running at night time with a car lighting the way behind me pretty surreal! It was eerie as it was night time and, apart from a couple of runners speeding past me, I didn't see anyone else during my entire leg. Most of the time, all I could hear was the sound of my own feet hitting the road and the hum of the car engine behind me. It was a little foggy as well which added to the sense of isolation and separation from everything else.

I quite enjoyed it as it was completely different to anything I'd done before and, even though I would have preferred to have a few more runners around me, I was glad to have the company of Sonny and Tracey in the support car. Thanks to both for lighting and encouraging me during my leg. I must admit, one of my highlights of the race was signalling to them when I wanted a drink, as they would pull up beside me and thrust a Lucozade out of the car window within a matter of seconds. It was a slick operation as we had agreed the hand signal beforehand and I felt like I was a professional! Good teamwork guys!

In all seriousness, the Round Norfolk Relay involves so much more than running. Most of the legs require a cyclist or car to accompany the runner and runners also have to be ferried to their start of their legs as all the stages are point-to-point and don't start and finish in the same place. There's a huge amount of co-ordination, logistics and teamwork involved (most of it done by Al and Jane) and I'm proud to have contributed a little bit towards it. I hope Metros continue to participate in future years and newer members are able to experience just how fun, crazy, challenging and exhausting it is!



Mitesh – Stage 11



Team Manager - Al

Chris hands the
baton to Mike



Moor Park 10K Sunday 1st October 2017

1		0:32:46	
4	Nigel Rackham	0:37:07	1st M50
11	Sasha Birkin	0:40:29	1st VF45
13	James Kerrane	0:40:59	
14	Matthew Rackham	0:41:09	
21	Nathan Powell	0:42:19	
29	John Norris	0:43:49	
34	Peter Rackham	0:44:12	
56	Michael Morris	0:45:54	
57	Steve Paull	0:46:01	2nd M60
116	Brian McGrory	0:50:29	
149	Mark Mulvenna	0:52:41	(Sudbury Court)
166	Simon Dadomo	0:53:21	
243	Janice Newman	0:57:44	(Ealing Southall & Middx)
250	Linda Dunne	0:58:09	
260	Michael Ransome	0:58:38	
263	Jane Hudson	0:58:44	
271	Hitesh Patel	0:59:19	
271	Kim Hassard	0:59:24	
310	Judy Rackham	1:01:25	
350	Gerry Barker	1:04:11	
367	Emma Rackham	1:05:17	
382	Nancy Morris	1:06:11	
405	Carole Lloyd	1:07:27	
407	Ruth Tidder	1:07:30	
423	Teresa Young	1:08:22	
444	Geraldine Gill	1:10:32	
446	Kath Donaldson	1:10:54	
457	Penny Hudson	1:13:23	
464	Linda Gaitskell	1:15:00	
465	Steve Alder	1:15:00	
478	Raquel Russel Ponte	1:18:25	
482	Paul Gardner	1:19:48	
492	Arnold Glickman	1:24:33	
502	finishers – last	1:42:39	

Metros also won the Ladies and Men's team prizes



Junior Fun Run – 2.6K – Under 12
Boys
34th Sam Millbery 0:13:05

Marathon 112 - Hillingdon Circuit Challenge

Report from Steve Paull

There's not too much to say about this marathon.

It was organised by the same people, Running Miles, that ran the Dorney Lake one I competed in earlier this year. This one was on a Tuesday. The cycle circuit at Hayes' Minet Park was to be used for marathons or ultras for three successive days, six hours each day. I chose day two.

We weren't to do full laps, but turn after 99% of a lap. I think this was for health and safety reasons. We had to do 14 of these loops.

Thirty of us set off on that breezy morning (though not as windy as the day before or after).

I tried cycling a few years ago, so I knew the circuit already. The constant repetition of the hill became a nuisance. There were no distractions apart from the occasional walker. It was quite a dull affair for me. I even chose to have music for the second half. I rarely do that.

Irene sat bored in the car right alongside the route. There's only so much reading and puzzles etc. you can do in four hours. Her highlight was talking to a fellow Saab owner about the car! Thank-you Irene for your loyalty and patience with me.

The circuit is near to the old EMI factory where vinyl records were produced, so the medals were representative of them and Queen songs were the titles of each day's event.

Mine was Don't stop me (running) now!

Hillingdon Circuit Challenge

Day 2 October 3rd "Don't stop me (running) now"

7th Steve Paull 3.54.51



On being a first-time pacer – Steve Paull.

It was on the evening of the Tuesday before, that Sasha Birkin told me they were still looking for pacers for the Ealing Half Marathon. By Wednesday I was one of them.

I thought what Sasha said odd, and I was slightly upset, as I had volunteered some months ago to be a pacer and never heard a thing. I shrugged my shoulders and thought no more about it, but then Sasha, without any prompting from me, sent the link and I thought the least I could do was send Xempo (the pacing people) a mail. I did and the next morning I was offered a pacing place and I was in.

I was to pace the 2.10 group. I was given the option of 1.45 as well, but I chose the slower for my first (only?) go at pacing. My partner at 2.10 was to be Robin, but was that male or female? I was the replacement for somebody called away on business.

Robin was a male of similar age to me. I wondered if that was deliberate- put the oldens together. We shook hands half an hour before we were to set off and I started to learn how to run with the banner on my back and the kit around my chest holding it in place. A different sort of warm-up.

All of us pacers were photographed, briefed as to our duties, and sent on our way to line up. We were encouraged to talk to those around us, not to go too fast and disagree with/ignore those that said we were going too fast. I didn't think people would do that, but they did.

The race organiser said the start gantry had been erected too low and to duck down when passing it. I did my best but I still gave it a decent whack. I hit a few trees during the run too, but quickly learnt to stay in the middle of the road even when turning. This gave me the chance to tell those we were pacing to take the racing line wherever possible. Us pacers were faster runners, they were chasing a time. One girl started mimicking my words at every corner.

We did talk to our group about whatever cropped up, but gradually most of them fell off the pace. Sadly, the mimicking girl was one of them and I hadn't noticed. By half-way we had got one minute ahead of schedule so slowed down in the second half to finish fifteen seconds up. We said to the few of our group that were left to run on in the last miles if they felt they could. Robin and I finished together, on our own, and shook hands again. A couple of other runners thanked us as we walked to get a drink.

I didn't feel entirely right going at a slower pace than usual and it was my slowest ever half marathon, but it was a splendid day and I'm so glad to have done it. I'm hoping to be chosen again.

Steve P

SUMMER LEAGUE 2017 METROS OVERALL AWARD WINNERS

1 st	F45	Sasha Birkin	2 nd	M17	Tian Hollingshead
3 rd	F55	Jane Hudson	1 st	M60	Steve Paull
2 nd	F65	Veronica Georgescu	1 st	M70	Peter Jose
1 st	F70	Janice Newman			
2 nd	F70	Raquel Russel Ponte	3 rd	M6	Finn O'Reilly
3 rd	F70	Kath Donaldson	2 nd	M8	Sam Millbery
			2 nd	M9	Max Dadomo
1 ST	F10	Alisha Sidik	2 nd	M11	Joe Millbery
			1 st	M12	Christopher Hudson
			3 rd	M12	Kyie Hollingshead

The above awards will be presented at the first Summer League fixture of 2018.

2017 CLUB RESULTS

1. Queen's Park Harriers	21,081.33
2. Ealing Eagles	20,257.00
3. Mornington Chasers	19,608.83
4. Metros	18,933.67
5. Serpentine	17,746.83
6. Dulwich Park Runners	14,868.50
7. Sudbury Court	13,650.17
8. Hayes and Harlington:	3,109.00

Overall league results compiled by Irene Paull

See www.thesummerleague.uk

Kendal Sprint Triathlon - 24th September 2017

Linda Gaitskell

Did my first triathlon today The Kendal Sprint.

Racking our tandem and preparing socks and shoes, helmet and race belt ready for a quick transition from swimming to bike I was shaking with nerves as there was so much to remember. All sorted, now we have been told to hurry up and get to the pool for the briefing.

There were 8 visually impaired participants and were given our own wave. We collected our swimming hats and got in the water ready to start. You were supposed to swim 16 lengths in 15 minutes and as I'm too slow I had expected to be called out of the water after about 8 lengths. At the end of 10 lengths I had not been called out so thought I must be doing better than I had predicted but it was just that they were allowing me to do the full distance. Swim over, and Leanne (my guide) was standing by the pool steps ready for me to grab her arm and run to the bike. Out of the pool, along a bit of tarmac then a run up the soft grassy slope to the bike.

All dressed and ready we grabbed the bike and ran with it to the mount line. The course was a hilly 10-mile 2 lap course. Okay, section 2 over, now we had to try and run 5K. My legs didn't actually feel as bad as I had expected until I got to a hill, then they really protested and refused to push so I had to cheat and take a brief walk. All fine now except the sun was coming out which made it far too hot for me. I prefer it freezing cold and raining when I'm running.

Finally, Leanne could see the roundabout which meant we were nearly home, just a short distance along a footpath then we're home. But all wasn't fine as right near the end there was a lot of negotiating to do and the supporters were so loud that I couldn't hear what Leanne was telling me so she just had to pull and push me in the direction she wanted me to go.

Having just reminded Leanne that the blind person had to cross the line first, coincidentally we now had a clear patch ahead so she said it's all clear ahead and me, thinking she meant I was to go ahead on my own to cross the finish line first, so I let go of the tether and set off heading for the trees and picnic tables. Fortunately, Leanne was quick thinking and grabbed me saying that wasn't what she meant.

The whole day was a fantastic experience.

Until Saturday afternoon when we had our practice session Leanne had never ridden a tandem or done any guiding. She turned out to be a really good guide.

	400m Swim	T1	Bike - 18K	T2	Run - 5K	Finish
1st	06:27	00:33	0:32:01	00:41	19:32	00:59:16
Linda	0:24:02	02:24	00:57:58	02:30	0:38:30	02:05:28



Linda & Leanne



NOTES OF METROS COMMITTEE MEETING

Wednesday 4 October 2017 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT:

COMMITTEE: Peter Beuselinck, Pat Jackson, Mitesh Patel, Irene Paull, Steve Paull, Emma Rackham, Mike Ransome, Barbara Robson, Carole Wells.

NON-COMMITTEE: Dave Brown

APOLOGIES: Anne Ambrose, Paula Kanesanathan, Marilyn Pickford, Nigel Rackham, Sarah Westwood.

CHAIR: Carole Wells

NOTE RECORDER: Pat Jackson

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

ACTIONS FROM THE PREVIOUS MEETING AND NEW AGENDA ITEMS

Harrow Hill Race Accounts – Mitesh and Irene confirmed that the accounts are virtually complete and have been sent to Al Scoffham to audit.

ACTION: Mitesh Patel/Al Scoffham

Leadership Course – Penny Hudson had been given confirmation of committee approval for her to attend the course on the usual terms.

Park Runs – had been advertised in Metrolines and social media.

Metros Constitution - Peter will arrange for the Constitution to be signed when the Associate Membership text is added to the document.

ACTION: Peter Beuselinck

Metros New Kit – Pat confirmed that present kit stock is low. Peter has not yet received a sample of 120g weight material or a larger size sample unisex vest. Due to the delay in receiving these, Emma and Irene will investigate other suppliers.

ACTION: Irene Paull/Emma Rackham

Thames Valley XC – Mitesh had requested a discount for Metros use of the facilities at the Hillingdon Track Sports Club as he is now a member. However, as he's not had a reply and the event is this Sunday, he will pay the full bill and hope to claim a discount later.

ACTION: Mitesh Patel

Harrow Hill Race – Harrow School had informed Spencer that Sunday 11 February 2018 was available. Carole will ask Spencer to book that date.

ACTION: Carole Wells

Quiz and Awards Presentation Evening – Friday 24 November - Nigel had expressed concern to the committee that the proceedings finished rather late last year. Pat had discussed this with Jane Scoffham who organizes the quiz and they agreed that, to ensure a prompt start,

ACTION: Pat Jackson

ACTION: Pat Jackson

ACTION: Pat Jackson

ACTION: Irene Paull

ACTION: Peter Beuselinck/Irene Paull

Date of Next Committee Meeting Wednesday 1 November

Future Meeting: 29th November

34

Runners' Recipes

Millionaire's Shortbread



I have quite enjoyed the recent series of GBBO. Millionaire's shortbread – so called for its rich ingredients – was a biscuit week challenge. It's also a great post-run treat.

Ingredients

For the shortbread

225g/8oz plain flour

175g/6oz unsalted butter, cold, cut into cubes

75g/2¾oz caster sugar

For the topping

150g/5oz butter

1 x 379g can condensed milk

100g/3½oz golden syrup

350g/12oz dark chocolate or a mixture of dark and milk, chopped into small pieces

Method

1. Preheat the oven to 150C/300F/Gas 2. Line a 23cm/9in square cake tin with baking parchment.
2. Combine the flour and butter cubes in a food processor and pulse until the mixture resembles fine breadcrumbs. (Alternatively, you can rub the butter in by hand.)
3. Add in the caster sugar and pulse again until combined.
4. Tip the mixture into the lined cake tin and spread it out evenly with the back of a spoon. Then press the shortbread down firmly with your knuckles so that it is tightly packed in the tin.
5. Bake the shortbread for 30 minutes or until very light golden brown. Set aside to cool.
6. Meanwhile, for the topping, heat the butter, condensed milk and golden syrup in a saucepan, stirring occasionally until the butter is melted and the mixture is smooth.
7. Increase the heat and bring the mixture to the boil, stirring frequently. The caramel will thicken and turn golden-brown. Set aside to cool slightly, then pour over the cooled shortbread. Allow to cool completely.
8. Melt the chocolate in a bowl set over a pan of simmering water (ensure that the bottom of the bowl does not touch the water), stirring occasionally.
9. Pour the melted chocolate over the caramel and set aside until the chocolate has cooled completely.
10. Cut into squares and serve.

Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the first Wednesday of most months and we are open to all members.

Coaching/Leadership/Officials'/First Aid Courses

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

Metros Website and social media

www.metros.org.uk

Contributions to:

emma.rackham@hotmail.co.uk

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

If you would like to join Metros' group email, please contact Penny at pm.hudson@ntlworld.com Group email address: metrosrc@googlegroups.com

Safety Information

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

Also, if you participate in one of Metros Saturday morning races or challenges, please give your name to the person(s) organising the event and report back to them if you drop out. This applies particularly to events where the course is mainly on the streets and is to enable us to check whether anyone has lost their way or suffered an injury or accident. A "dog tag" for personal information can be obtained from Pat Jackson for £1.00

Metros Kit

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

Price: T-shirt **£15, £13**; vest **£9**.

Hats, fleece jackets and hoodies can also be ordered.

Metros REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: Mw49ran@gmail.com	
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.