



February 2018
Issue No. 353



Harrow Hill Race – 11th February 2018, 10.30am

Have you entered?

https://www.activetrainingworld.co.uk/events/2018/02/11/harrow_hill_10k

Metros Diary

February

Sat 3	5 K Run, Roxbourne Park	9.20 am
Sun 4	TVLXC – Bracknell	11.00 am
Wed 7	Committee Meeting	8.00 pm
Sat 10	Measured mile, Roxbourne Park Foodbank donation	9.20 & 9.40 am
Sun 11	Harrow Hill Race	10.30am
Sat 17	parkrun (Black Park)	9.00 am
Sun 25	Gade Valley – 17 miles training run	9.00 & 9.30 am

March

Sat 3	5 Mile Handicap	9.00 am
Sat 10	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40am
Sat 17	parkrun (South Oxhey)	9.00 am
Sun 18	Finchley 20	9.00 am
Sun 25	Gade Valley – 20 miles training run	9.00 & 9.30 am
Fri 30	Maidenhead Easter 10	9.30 am

April

Sat 7	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 14	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40am
Sun 15	Brighton Marathon	9.45 am
Sat 21	parkrun (Gladstone)	9.00 am
Sun 22	London Marathon	10.00 am (tbc)

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!

One of the great things about being a runner is that there is always a new challenge to aim for, a new distance, a new PB or a different type of event.

Mitesh Patel recently took on a very challenging event at the Fan Dance Race; read his report on page 18.

Please note that membership subscriptions will be due soon. See information on how to renew your membership on page 8 – and continue to be part of the Metros running community.

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

Anna Shaw
Paul McGrath
Andy Dempster

Joanne Payne
Alex Revens
Zahra Bassiri



Achievements

Well done to ...

James Kerrane and John Norris– for PBs at Fred Hughes 10
– 21st January

Chris Hudson - for coming 2nd in his age group at Harrow
Schools XC, thereby qualifying for the Middlesex Schools XC
where he also came 2nd. He has qualified for the English
Schools XC on 17th March in Leeds - we wish him well!

Parkrun

Every third Saturday of each month, Metros head to a nominated parkrun as an alternative to the usual Saturday morning session at Roxbourne Park.

Here is a provisional list for the rest of 2018!

We will post reminders each month to confirm where we are going.

Please note this is entirely optional! You are always welcome to run at any other parkrun or the regular Metros Saturday session at Roxbourne park 😊

February - Black Park

March - South Oxhey

April - Gladstone

May - Aldenham

June - Harrow

July - Gunnersbury

August - Oak Hill

September - Osterley

October - Canons Park

November - Cassiobury

December - Rickmansworth

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.



THAMES VALLEY CROSS COUNTRY LEAGUE

The remaining fixture for this season:

FEBRUARY

4 Bracknell

Co-ordinators: Al and Jane Scoffham

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

Middlesex County Cross Country Championships – Perivale 6th January Approx. 12,000m

It was a cold, windy afternoon at Perivale, a tough course with lots of mud. However, our Team Metros was up for the challenge and performed brilliantly. So thanks to Nathan, Jonny and John for their superb efforts and to Pat Jackson and Peter Jose for your support.

This is how it went:

1 st finisher		40.07
109 th	Nathan Powell	54.26
121 st	Jonny Jackson	56.56
122 nd	John Norris	57.13
Last finisher	165 th	85.32

Winning Team: Hillingdon AC



Well done guys and thanks for running, *Al Scoffham*

Dates for your diary

Metros Marathon Week – 2018



Metros Marathon week is back for 2018 and will take place 8th – 12th June.

For those new to Metros, Marathon week is a 5-day challenge with events over various distances and different terrains.

Previously, the events have consisted of the following:

Friday evening	10km up/down/around Harrow Hill
Saturday morning	4.195(ish)km beach run at Ruislip Lido
Sunday morning	10km run in Ruislip Woods
Monday evening	5km at Kings College Road track
Tuesday evening	13km road run from Lowlands Tennis Club

In total, the events add up to 42.195km (26 miles 385 yards) – the official marathon distance.

Full details and confirmation of the events will be provided in due course.

Harrow Half Marathon

The Harrow Half Marathon is back for the second year – 16th September 2018

Entries are now open:

https://www.activetrainingworld.co.uk/events/2018/09/16/harrow_half

Membership renewals are due on 1st March 2018

Your current membership expires on 28th February 2018.

- Like last year, renewals will be done online and you can do this straightaway
- Metros Membership rates are staying the same: Adult £25, Student £5, Under 18 £1.
- England Athletics have changed their rate from £14 to £15 so adult membership including EA now costs £40.

Why do we renew online?

- This keeps our club processes up to date and your data more secure. Our website is integrated to Webcollect who hold our membership records and records what subscriptions people have.
- All new members now join online and maintain and manage their own information.
- As part of the renewal process, you can check your own information and update it yourself.

Who are Webcollect?

- Webcollect are part of a larger payment collection company. Webcollect is their service for small clubs and organisations. We chose them because their rates are reasonable and they support our family type of memberships.
- If you usually pay for several other people, you'll find that you're all set up in a family group together and you can choose to do their renewals (or not) as you wish.

Please do the following on or before 1st March

- Go to the Metros website www.metros.org.uk
- Sign in (your user id is your email address)
- In the members section select membership renewal to take you to Webcollect
 - o You may have to take some actions on your browser to allow Webcollect to work
- In Webcollect, set up a password – please make sure this is a strong password, treat this like any other site where you hold personal information
- Webcollect is then like online shopping – you select the subscription you want and “place an order” then select a payment method.
 - o You'll find a range of payment options: bank transfer, one time direct debit payment (go card less), cash, cheque
 - o If you first registered with Metros for couch to 5K, you will not be able to renew that subscription – please use the option to “select a different subscription” and select whichever adult subscription you prefer.
 - o If you want to add or remove EA membership from your subscription, use the “select a different subscription” option to select the membership you want.

Your subscriptions will only be live once I've confirmed that you've paid; depending on the payment method, this can take several days. In the meantime, the "mymetros" section on WebCollect will show you that you've orders placed that are still waiting to be confirmed.

Any issues, please email me at metros.secretary@yahoo.co.uk

Your help in having all this done and dusted by the end of March is hugely appreciated.

Irene Paull

Message from Barbara Robson

Many thanks Metros for all your kind wishes, concern and support. You know me 83 going on 21! It's all been a ghastly shock having a fractured right ankle and being incapacitated. I don't like the `slow lane` never have. Great family, Frank rather shell shocked but getting there! Can't wait to get back.

Barbara

Andrew Howell – The Body Factory

Be Hip – Know Hip

Hip arthritis (Osteoarthritis)

Unfortunately, many of us at some point in our lives will face this problem but in varying degrees! It is a worrying word but it doesn't have to be, if diagnosed early and treated properly. Hip arthritis is a common cause of hip pain and hip stiffness that usually manifests itself in middle age. The term osteoarthritis is somewhat misleading, because its literal meaning is 'joint inflammation'. Although there is a component of joint inflammation with this condition, the primary pathological process is progressive hip joint degeneration. This leads to a loss of the cartilage that allows smooth pain-free movement and then new bone forms.

What to look out for?

1. Hip pain on movement particularly when rotating the hip
2. Radiating groin, buttock and back pain
3. Muscle wasting with a noticeable limp and hip drop as the condition progresses
4. Clicking if condition has progressed due to extra bone growth

Treatment

Education about the condition is important. Depending on the stage of the condition it can flare up due to excessive activity. Once the diagnosis is made too much activity is harmful but doing too little is detrimental. Overdoing activity will cause muscle spasm and a lack of activity generate more stiffness. Next step is to consult a sports physio.

What can your physio do?

1. Soft and deep tissue work to reduce muscle and connective tissue tightness
2. Hip strengthening of weaker muscle groups
3. Gait and running re education
4. Trigger point acupuncture to reduce muscle spasm
5. Treating secondary back spasm due to the pelvic imbalance

Even though certain stretches will help avoid the following movements:

1. Deep flexion
2. Deep internal rotation (rotating the leg inwards)
3. Deep adduction (taking the leg across the body)

These movements can irritate the hip joint and cause varying degrees of muscle spasm and increase pain.

In my practice, I advise daily gentle body weight exercises to examine core and hip muscle strength. The exercises do not need to be either fancy or high impact.

1. Double leg bridging non-elevated – elevated – single leg non-elevated – single leg elevated (progressions). Focus on contracting glutes all the way through the range and squeezing at the top, add a three second hold if you can. Work until fatigue. Test the muscle.



2. Clam – bent knee – straight knee. Same applies as above.



3. If you have a Thera Band, wrap it around the knees and work abductors in a seated position.



Drug Therapy

Many sports people will take anti-inflammatory pills (NSAIDs) to block pain before running. There is no problem with this but pain may follow. Anti-inflammatory gels have varying benefit but can be tried. Diclofenac is stronger than Ibuprofen. Glucosamine and Chondroitin are said to be helpful (this certainly helped in one of our Retriever's) but solid scientific evidence is lacking.

There is a reality to degenerative conditions like osteoarthritis. So much depends on the pain level and the frequency of pain relapse. Treatment decisions will depend on life goals. If the pain is 2/10 and the main requirement is to walk to the shops for a pint of milk then hip replacement would be excessive. If exercise is an important part of life and hip pain 6-9/10 then discussion about surgical treatment sensible. Quality of life and managing fitness will be important factors. The physiotherapist will be able to help advise on best management. It is not necessary to live in constant pain. Seek advice and reflect on what achievement is required to satisfy need.

In this article, I have only covered hip arthritis. If there is arthritis of any other joint then similar principles apply and I am pleased to discuss.

I will leave you with this thought. Does your lifestyle require pain free movement?

Martin White

House Maintenance

Tel: 0208 428 7109



Plumbing, carpentry, decorating, tiling, flooring, fencing and brickwork - no job too small!

Over 30 years of experience in the building trade.

Highly recommended and has previously worked for Metros Jean Coker, Simon Aberly and Steph White.

Roxeth

I've said before that Mrs Roxeth reads the stuff I write, even though she has no interest in running at all. The other day she said that all my words were from the male viewpoint and wouldn't it be good for the ladies to have a say. She didn't want to write anything, but just hoped for a difference of emphasis occasionally. "The girls in Metros will approve".

Now I wasn't aware I put any male perspective at all in my words, I just thought they were family observations or general comments on things running (how will the London Marathon TV coverage cope without Brendan Foster?)!! The good lady obviously thinks otherwise.

Asssuming I have erred then, how can I balance things up, not knowing how the female mind works?

The majority of my races have been run among the women, because they are generally slower than us men. As I've also said before, I was never that great, I was mostly amongst the women, that's how it was. I must say it was much more pleasant in several ways, but, in the current climate, I'm verging on being sexist with that comment. There was less testosterone about, that's for sure.

Is it right to say the ladies are less competitive? I could certainly out-sprint ladies in the last 100 metres of a race, but does that prove anything?

The ladies pace their races better than us men and I never saw a lady in such distress as the broken men on the side at the latter stages of the said London Marathon. You can get to be a minor celebrity when 'the wall' gets you-take those two lads just short of the finish line last year, they got on TV afterwards and the next day.

I think the ladies talk numbers less as well- fewer conversations about PBs and mile splits, more likely to talk about what kit fits the best as they have a bigger range of shapes. (Careful)!

No, I am beaten, I can't do it, I can't write a piece for the females with any sort of authenticity. If my words have offended the fairer sex I do apologise. I love you all lots.

Roxeth

BOUNCE BACK COACHING



- SPORTS MASSAGE THERAPY & HEALTH COACHING -

Hi, my name is **Anne Nola** I have been a member of the Metros Running Club for three years now and am very much enjoying the running and the great atmosphere there. You might not all know this, but I am also a qualified and experienced **Sports Massage Therapist and a Health & Confidence Life Coach.**

Over the last 17 years, I have treated numerous sports or work-related injuries and helped many people bounce back to health through bespoke programmes.

As a runner myself, I understand how key it is to repair and maintain flexibility in muscles with **deep tissue, remedial massage** but also how to prevent injuries through rigorous stretching programmes. Speaking to a few runners from the club that I am currently treating, either struggling with injuries or lack of motivation, I thought I would offer my services.



Get £5 off if you
quote this flyer!



Contact **ANNE NOLA**, QUALIFIED SPORTS MASSAGE THERAPIST, REFLEXOLOGIST &
HEALTH LIFE COACH IN THE PINNER AREA on **0780 312 6487** OR AT
anne@bouncebackcoaching.co.uk www.bouncebackcoaching.co.uk

Big Black Mountains Challenge

Sat 12th May 2018

<http://www.longtownmrt.org.uk/bbmc.html>

https://en.wikipedia.org/wiki/Black_Mountains,_Wales



Dear Members,

I have been participating in the big Black Mountains Challenge for the last 11 years or so. It is a very well organised event and spectacular scenery (weather permitting!) so great selfie opportunities for those who participate in social media.

The event consists of a choice of three testing walks/runs of 50km, 32km and 16km between them taking in 15 summits over 660m around the breathtaking scenery of the Black Mountains. The event starts and finishes at LLanthyony Priory located in the Honddu Valley in the Vale of Ewyas. You will also walk along Offa's Dyke.

It is an early start around 7am for those participating in the 50km.

There are checkpoints manned by the Longtown Mountain Rescue throughout so you cannot get lost enroute and you can refill water bottles. Also if you decide to exit the event there are vehicle collection points throughout. Its dog friendly too.

For friends and family who do not wish to participate it makes a great weekend away with Ross on Wye, Hay on Wye, Hereford, Abergavenny and the Big Pit is close by.

In the past I have stayed in a Travel lodge in Hereford or Abergavenny. Its approx. 30 mins drive in. Last time I checked rooms were working out £86 for 2 nights. For those who would like to camp you can do so at the event but it is rough but scenic camping!

If anyone else is interested in either running or walking (I've always walked the 50km route, not at a fast pace and it has taken me around 12 hours with plenty of stops) this event please do hesitate in contacting me.

Also those who know Steve Alder, he participated in 2014.

You will need to put in some training especially for the longer route but if you are coming off half/marathon training you should be fine.

Also you will need good walking gear, boots/waterproofs its Wales after all and its green for a reason!

This event is very popular and places sell out quickly so if you are interested I would recommend you register a.s.a.p. Registration is within the link.

If you need any further information I tend to participate in the hills and track sessions.

nathancpowell@yahoo.co.uk

07775 540 680



Trophy Races

The races eligible for the Metros London Road Runners Club (LRRC) Trophy for **2018** are as follows: -

18th March	Finchley 20
30 th March	Maidenhead 10
13th May	Run Wembley (formerly Sudbury Court 10K)
12th August	Burnham Beeches Half Marathon
30th September	Moor Park 10K
14 th October	Cabbage Patch 10
October (TBC)	Ricky Road Run 10

To qualify for the competition, you must:

- Be a paid-up member of the club.
- Enter the Metros club name on the entry form and be qualified to do so.
- Wear club kit.

Points for the competition are awarded from the official results generally as posted on each organising club's website. If you enter as a Metro and are not shown in the results as such, get in touch with the LRRC Coordinator.

It has been brought to my attention that the Marlow 5 and Run Wembley events are on the same date this year. Historically we have always shown a loyalty to Sudbury Court and their race, which is our most local event. I propose we continue to do so, Marlow has been taken off the list, hopefully for just this year as it is popular with us, and a replacement found, if possible. Marlow is the shortest trophy race, so any replacement should ideally be the same. Unfortunately, the Ickenham 5 clashes with Dulwich Summer League. Nothing seems obvious on the Runner's World race site as yet, so suggestions are welcome.

Steve Paull, LRRC Coordinator

Results and Reports

The Fan Dance Race - Sunday 7 January 2018

by Mitesh Patel

The Fan Dance is a 24km race staged over Pen Y Fan, the highest mountain in the Brecon Beacons, and is used as part of the SAS recruitment selection process. I came across it while watching a TV programme called SAS: Who Dares Wins and I managed to convince one of my friends, Sanj, to sign up with me. Starting at the iconic old red phone box the race goes straight up to the summit checkpoint of Pen Y Fan and, after descending Jacob's Ladder, continues along an undulating stone vehicle track (the Roman Road) to the second checkpoint which also serves as a tea stop and turnaround point. Then, taking the route in reverse, racers climb back up The Fan via the notorious Jacob's ladder and pass through the summit a second time before bombing their way back down to the finish at the old red phone box.

You can compete in one of 2 categories, Load Bearing or Clean Fatigue. Load Bearing requires participants to carry a 20kg military rucksack called a Bergen full of useful mountain safety items. Clean Fatigue is a military term for parachuting without equipment and in the context of the race, means you only have to carry basic survival essentials. We opted for Clean Fatigue with a view to possibly entering the Load Bearing race in the summer. To pass the SAS test, you must complete the Load Bearing race in around 4 hours, however we were just aiming to finish it and didn't have a target time in mind except to reach the half way point by the cut-off time of 3 hours.

Pre-Race

After I signed up for the race, they literally bombarded us with so many emails: welcome message, accommodation, training, clothing & equipment, mountain safety, a brief history of the race, radio-signals info pack, patch story and registration! Call it military precision, but I thought this was way over the top and I'm pretty sure I spent more time reading their emails than I did actually training for the event! They rammed home the importance of safety and respecting the mountain and the conditions: *"To put things into context of how important we place mountain safety, all Fan Dancers should know that in the summer of 2013 three reserve soldiers attempting the TA format of SAS Selection died in the Brecon Beacons, near the summit of Pen Y Fan, on one of the hottest days of the year. Two more candidates were hospitalised with serious heat related illnesses. In the January of*

2013 an army Captain died of hypothermia on the summit of Pen Y Fan whilst preparing for the regular SAS Selection course."

I guess this is why even though we opted for the Clean Fatigue category, the list of clothing and equipment we had to have was 4 pages long and included a compass, torch, map, whistle, first aid kit, thermal flask, emergency bivvi (a small luminous survival bag), waterproof liner / canoe sack (to keep your rucksack dry in case it rains!), spare laces, spare clothes and a minimum of 2 litres water and 300g of food! We were told that the Mountain Safety Team would carry out an inspection of our packs after registration and if they weren't satisfied with them, they could refuse to let you take part. On the day when it came to inspection, I expected a really detailed and thorough inspection in keeping with the 5,000 emails they had sent but all that happened was that the inspector asked me where my warm clothes were and after I replied that I was wearing them, he gave me a quick pat down and said good, off you go!



The contents of my rucksack, around 5kg



At the start by the famous telephone box

Race Day

The Load Bearing race started at 8am and the Clean Fatigue half an hour later. At around 8.20am we assembled at the start line for our final instructions from the Race Director. He told us the race conditions were the worse they'd seen in 41 years and they'd had record number of participants not finishing the race the day before due to injury. The temperature was -3 degrees on the ground and -15 degrees at the summit and we could expect winds of up to 40mph as well as ice on the ground. Those of us wearing proper shoes would be ok, but those of us wearing running trainers, and he pointed at a few people, wouldn't! Suddenly we heard a really loud explosion which sounded like a grenade going off and that was the signal for the start of the race.

We started in the middle of the pack but pretty much got overtaken by everyone in the first mile save for a few stragglers. If I'm being honest I thought the race would be easy as we were just walking it and not carrying the 20kg Bergen but I was surprised by how steep the initial 2 to 3 kilometres were. After a while, the path became really icy and even though I was wearing proper hiking boots, I slipped and fell 3 times in the space of a few minutes. After that, we tried to stay on the grass next to the stone path as much as possible as even though this was covered in snow and mud, it was still a lot safer than the ice. Just before we got to the summit, a ferocious wind came out of nowhere and made progress virtually impossible. My face became numb, my lips turned blue and my ears were stinging within a matter of minutes. I was questioning why the hell I had signed up for this and I was seriously thinking about quitting as I couldn't carry on in these conditions. I literally just stood there unable to move, but luckily the wind died down after a few minutes and we managed to make it to the checkpoint at the summit around 9.50am.

I wanted to take some photos from the summit but the Directing Staff at the checkpoint told us we needed to get a move on in order to make the cut-off at the halfway stage so we ploughed straight on. They directed us right towards the edge of the mountain and what looked like a sheer drop beneath it so we were confused as it didn't look like we could go this way. However, when we reached the edge we could see that there was actually a very steep path of steps leading down from it – Jacob's Ladder! All the steps were covered in ice and there was no other way down so I had no idea how we were going to get down them without slipping on the ice and breaking our necks. I saw someone sit on their bum and literally slide down the steps so I followed suit and half slid, half crab walked down the steps this way and it was actually quite fun! I'm pretty sure everyone had to do the same thing as it was the only safe way down the steps.



The initial ascent up Pen Y Fan



Jacob's Ladder

After Jacob's Ladder, the next stage was a relatively gentle 3-mile descent on the Roman Road to the halfway mark. We were cutting the 3-hour time limit fine so I decided to leave Sanj and run the last couple of miles, and I would wait for him at the halfway mark. The last couple of miles were bliss as there was no ice and the ground was flat and smooth with no uneven rocks which meant I didn't have to watch my feet constantly. I let myself go and actually managed to run at quite a good pace, letting my legs carry me down the hill without putting the brakes on. Competitors coming back up the other way were cheering me on, urging me to make the cut-off and telling me how far I had to go, 1 mile, ½ a mile, 400 yards....

I was nearly there when one of the Directing Staff walking back up the mountain towards me raised his arm and stopped me from going any further. It was 11:32am, a couple of minutes past the 3-hour cut-off, so I was praying he wouldn't take me off the course! "Because you've been so slow and have taken so long to get here, I am now the halfway point of the course. Turn around" he said. I explained I needed to wait for my friend. "Run and find your friend and tell him to hurry up, otherwise I'll take him off the course!" I hesitated as I was pretty tired and thought we would be allowed a quick break at the halfway stage. "Double time, that means run!" he shouted so I turned around and ran back up the mountain looking for Sanj.

After I found him and told him what happened, I finally took a break and had an energy bar and some Lucozade while I waited for him to catch me up. I was relieved we'd just made the cut-off time and felt we could relax a bit more knowing they would allow us to complete the race. However not long after Sanj caught me up with the same Directing Staff hot on his tails, we heard him say on his radio: "Picked up the two Asians and proceeding up the mountain with them at the moment. That's going to change in a minute though after I give them a good kick up the arse!" We looked at each other and quickly ran away from him before he could say anything to us, feeling like naughty school children! We made good progress up Roman Road before we got to the dreaded Jacob's Ladder again. I'd read a few reviews of the Fan Dance and everyone agrees this is physically the hardest part of the course with a 230-metre ascent over the space of a kilometre so we took it very slowly with lots of breaks. We passed a few Load Bearers and you couldn't help but feel sorry for them with their 20kg backpacks. They looked like a herd of wounded wildebeests slowly trudging their way up the mountain and I can't imagine how hard it must have been for them.

Next up were the icy steps and we had to tackle these by crawling on all fours. It was almost like climbing a wall as you had to try and use the edge of the steps or any rocks sticking out as footholds and haul yourself up step by step. It was hard work and energy sapping but gave the race a sense of adventure and excitement and I enjoyed it! Once we reached the summit, we stopped to take a few photos before making our way down again. Sanj's knee had started to play up so we took the descent fairly steadily. I was feeling fine except for my hands which were freezing. I had taken my gloves for off a few minutes at the summit to take some pictures which was probably a mistake as it was -15 degrees and I couldn't warm

them up again. My gloves had also become soaked from crawling around on Jacob's Ladder so they weren't helping.

We eventually stumbled to the finish line in about 6 hours and 20 minutes (the quickest time was 2:34 and the slowest 7:00). I'd read that the Race Director personally shakes all the finishers' hands at the end of the race to congratulate them and give them their finisher's patch, but we were greeted by the same Directing Staff that we had met at the halfway point! He wasn't exactly ecstatic to see us but he managed to say well done and give us our patches without any snide comments. Afterwards they gave us a burger and soup and there was a much needed "drying room" where you could get changed and warm up.



At the summit of Pen Y Fan, 886m high



Finisher's patch

Post-Race

Overall, I can't say I really enjoyed the experience as it was too cold, windy and icy. I lost count of the number of times I slipped on the ice and fell over and it was annoying having to watch out for ice on the ground the whole time. Even when it wasn't icy the wind could suddenly pick up and send you flying, as one guy who fell over eloquently put it: "It if not's the bloody ice that gets you, the bloody wind will!" I also thought some of the staff, all of whom are ex SAS soldiers, were characters but could have been a bit friendlier (they kept calling Sanj and I brothers even though we told them we weren't). However, despite the above I think this could be a really good event in the summer when it's not icy or cold and I'm definitely up for doing it again. The Load Bearing option will clearly be a whole different ball game and I'll need to train properly for it. Apart from the obvious stiff and sore legs the next day, the back of my shoulders killed from wearing the rucksack for that long and it was only 5kg... imagine 20kg!

Fred Hughes 10 Sunday 21st January 2018

		Time	Net Time	
1		00:55:32	00:55:31	
73	James Kerrane	01:05:20	01:05:13	PB
120	John Norris	01:09:02	01:08:32	PB
249	Jonathan Evan-Hughes	01:17:47	01:17:06	
577	Jane Hudson	01:36:22	01:34:56	
606	Emma Rackham	01:39:16	01:37:40	
619	Kim Hassard	01:40:31	01:38:56	
641	Judy Rackham	01:43:06	01:41:35	
662	Barry Nolan	01:45:10	01:43:38	
697	Sakina Sidik	01:51:15	01:49:38	
750	Anne Ambrose	02:03:47	02:02:10	
755	finishers - last	02:06:58	02:05:07	

Regents Park 10k – Sunday 7th January 2018

1		00:35:08
2	Nigel Rackham	00:35:25
236	Emma Rackham	00:58:52
260	Judy Rackham	01:01:56
289	Geraldine Gill	01:08:41
307	finishers – last	01:38:45

Serpentine New Year's Day 10K – 1st January 2018

1		30:26
131	Russ Hewlett	44:17
175	Jim Buckland	47:29
412	Shefali Rao	01:02:31
487	Finishers – last	01:24:48

Wot no Watch – Saturday 14th January 2018

Name	Predicted	Actual	Diff	
Errol Clarke	08:10	08:09	1	(1.02 seconds)
Helen Simons	10:00	10:01	1	(1.21 seconds)
Steph White	10:15	10:16	1	(1.54 seconds)
Linda Grimes	08:30	08:32	2	
Anne Ambrose	09:45	09:48	3	
Tian Hollingshead	05:55	05:58	3	
Raquel Russel Ponte	09:20	09:17	3	
Carole Lloyd	09:38	09:43	5	
Mahua Chatterjee	10:00	10:06	6	
Kyle Hollingshead	06:05	05:59	6	
Noa Perelmutter	08:30	08:36	6	
Andy Fox	06:05	05:59	6	
Catherine Saunders	08:30	08:37	7	
Sarah Westwood	10:23	10:30	7	
Marion Rogan	09:00	09:09	9	
Jo Collier	09:35	09:25	10	
Titziana Spotti	09:17	09:27	10	
Janice Newman/Judy Rackham	09:36	09:47	11	
Maxwell Smith	07:45	07:56	11	
Titziana Spotti	09:17	09:29	12	
Ian Birch	07:00	06:48	12	
Barbara Reading	08:40	08:27	13	
Carole Lloyd	09:38	09:25	13	
Amanda Harding	08:52	09:06	14	
Mike Ransome	07:29	07:49	20	
Mike Reid	08:20	08:41	21	
Annie Birch	08:50	08:28	22	
Steve Paull	07:59	07:37	22	
Adam Leary	07:30	07:08	22	
Jennifer Smith	09:32	09:56	24	
Maxwell Smith	08:00	07:34	26	
Simon Aberly	07:35	07:02	33	
Dave Brown	13:00	13:34	34	
Dave Young	07:00	07:37	37	
Steve Alder	08:45	09:24	39	
Mark Lemon	08:48	09:27	39	
Vishal Matthews	07:00	06:19	41	
Mitul Matthews	07:00	06:07	53	

Shefali Rao	10:00	09:03	57	
Steve Paull	07:59	06:56	63	
Liz Wordsworth	10:00	08:04	116	
Gill Fox		10:46		

43 runners completed Wot not Watch this month. Three runners were within 1 second and 18 were within 10 seconds with their prediction. Well done to Errol for winning the trophy. Well done to Maxwell Smith for his attempt at the event and for being the first to cross the finish line in the Moderate Group.

Teresa Young



Metros brave the snow at Fred Hughes 10

Carole Lloyd gets stuck in the mud at a TVXC Fixture



10K Challenge 6th January 2018

Runner Name	Time	Age Grade Award
Nigel Rackham	37:16	85.82%
Barbara Reading	56:26	80.86%
Pauline Bishop	54:32	78.51%
Raquel Russel Ponte	65:47	75.55%
Kevin Smart	45:03	72.21%
Marcus Wheedon	40:54	71.60%
Dave Young	47:53	71.60%
Caroline Day Lewis	50:33	67.99%
Mike Morris	45:26	67.56%
Jane Hudson	58:44	64.93%
Simon Aberly	48:46	64.50%
Veronica Georgescu	65:45	64.13%
Mike Ransome	58:29	61.39%
Judy Rackham	64:09	59.44%
Liz Wordsworth	60:35	58.90%
Titziana Spotti	65:59	58.58%
Angela Murphy	75:32	58.50%
Anne Nola	56:32	58.11%
Kye Hollingshead	52:04	56.72%
Tian Hollingshead	49:49	57.22%
Anne Ambrose	71:00	56.01%
Julia Allen	62:23	55.76%
Alison Teale	58:08	55.05%
Penny Hudson	70:49	53.12%
Rhonda Tapley	63:14	53.06%
Noa Perelmutter	61:22	51.77%
Geraldine Gill	69:42	49.90%
Sonika Sidhu	64:53	48.60%
Diane O'Reilly	69:51	47.03%
Shefali Rao	65:49	46.87%
Nancy Morris	70:49	46.86%
Mike Reid	69:54	46.54%
Una Cunningham	69:54	45.78%

Runners' Recipes

MULTIGRAIN PANCAKES



Tuesday February 13th is Pancake Day. This ultimate pancake recipe uses a mix of all-purpose flour and whole grain flours – for added fibre, vitamins and minerals. To make these pancakes the ultimate recovery meal choose a high protein topping – such as Greek yoghurt or peanut butter, or you can simply drizzle them with syrup or, as pictured, top with marinated peaches.

From: The Runner's World Cookbook

Ingredients

120g all-purpose flour
40g cornmeal
40g wholewheat flour
30g rolled oats
4 tsp sugar
½ tsp. salt
1tsp. baking powder
½ tsp. baking soda
360ml buttermilk
120 ml semi-skimmed milk
2 large eggs
2 tbsp vegetable oil
1 tsp vanilla extract

Makes 16 pancakes

Instructions

Heat a large non-stick pan over a low heat. In a bowl, mix the dry ingredients.

Mix the buttermilk and milk and heat in a microwave on high for 30 secs. Transfer to a bowl and whisk in the eggs, oil and vanilla extract. Pour into the dry ingredients and whisk until just combined.

Increase the heat under the pan to medium and brush with oil. When the oil is hot, pour the batter a ladle at a time into the pan. Cook for 2-3 mins or until the pancake bottoms are golden brown and the tops start to bubble. Then flip the pancakes and cook until golden brown on the other side. Serve hot.

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 **£5**.

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
Run / Walk Group		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.