



March 2018
Issue No. 354



Harrow Hill Race 11th February 2018

Metros Diary

March

Sat 3	5 Mile Handicap	9.00 am
Sat 10	Wot No Watch, Roxbourne Park	9.20 & 9.40am
	Foodbank donation	
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

Wed 4	Committee Meeting	8.00 pm
Sat 7	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 14	Wot No Watch, Roxbourne Park	9.20 & 9.40am
	Foodbank donation	
Sun 15	Brighton Marathon	9.45 am
Sat 21	parkrun (Gladstone)	9.00 am
Sun 22	London Marathon	10.00 am (tbc)

May

Sat 5	5 K Run, Roxbourne Park	9.20 am
Fri 11	Metros AGM	8.00 pm
Sat 12	Measured mile, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sun 30	Run Wembley	10.30 am
Sat 19	parkrun (Aldenham)	9.00 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!

Well done to everyone involved in the Harrow Hill Race whether running or involved in organisation. It was another successful event.

One absence from the start line was Nigel Rackham who was breaking the UK V55 20-mile record at Bramley 20. What a fantastic achievement!

I was also absent from Harrow Hill Race as I was snowshoeing in the Pyrenees with other Metros. It was very enjoyable and hopefully there will be a larger party of Metros at a future trip.

I love using gadgets and apps to record my runs and gather statistics. So, on one of our snowshoe walks in the Son Valley, I decided that I would like some information on the distance, pace etc. and used the Strava App on my phone.

At the end of a seven-hour walk, I uploaded the information and according to Strava, I had covered the 7 miles in 1hr 16 minutes at a pace of 10:35/mi. I think, given that we had walked up and down a mountain covered in a metre of snow, 1hr 16 mins may have been a world record. It just goes to show that there can be some limitations to running apps!



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

**Rache Porter
Stephen Holland
Martin Eden
Ellie & Jack Grimes**



Welcome to our youngest Metro, Hugo Norris, born 9th February and weighing in at 8.2lbs.

His proud parents, John & Bernie have already introduced him to parkrun founder Paul Sinton-Hewitt





Achievements

Well done to ...

Sasha Birkin- being the first lady and Queen of the Hill at Harrow Hill Race, 11th February

Pauline Bishop and Steve Paull – for coming first in their age groups at Hillingdon Half Marathon, 25th February

John Norris – for PBs at Watford Half Marathon, 4th February and Brighton Half Marathon, 25th February

Nigel Rackham - for breaking the UK V55 20-mile record at Bramley 20, 11th February and for coming first in his age group at Watford Half Marathon



Well done Nigel

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 😊

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.

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 were due on 1st March 2018

Your membership expired on 28th February 2018.

- 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.
-

If you have not yet renewed your membership please do the following as soon as possible

- 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

Andrew Howell – The Body Factory

“Snap, Crackle and Pop”- Snapping Hip Syndrome

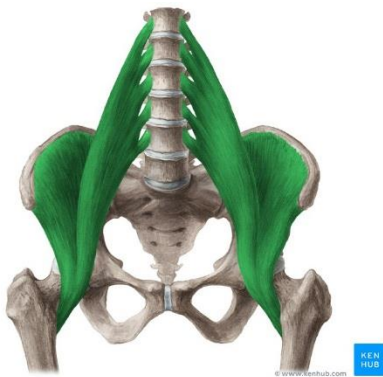
Do you experience a popping, clicking or a snap feeling across the hip while you run or even with slight movements? If you do this article deals with this recognised condition.

Even though this syndrome is harmless, if left to become chronic it can become problematic leading to joint damage and pain. The key is to stop the pop.

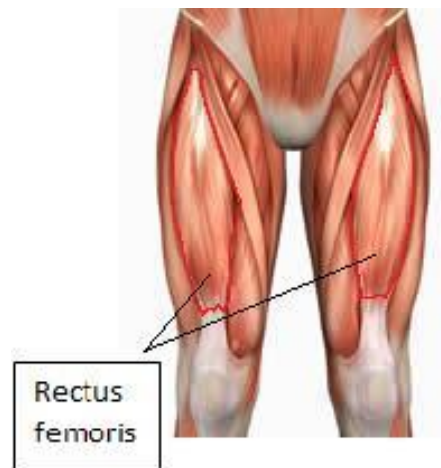
This syndrome has three distinct types: Hip flexor tightness, ITB tightness and acetabular tear. Hip flexor tightness is more common in athletes and we discuss this in greater detail below.

What causes the snap/pop?

The iliopsoas and rectus femoris muscles both flex and lift your hip.



Iliopsoas muscles



This action allows running with the contraction of the glute muscles on the opposite side. The iliopsoas muscle attaches into the inner thigh. Your rectus femoris muscle runs over the front of the pelvis. These muscles are essential to the act of running. Just think how many steps are taken during a run. This is how many times these muscles are contracting. Both muscles attached run over bony prominences. Consequently, if these muscles become tight they will generate a pop/snap and hence the noise and the diagnosis.

What symptoms occur?

1. Hip popping accompanied by a sharp, sudden pain at the front of the hip, deep within the groin.
2. Hip popping when running when the leg is in hip extension (out at the back) with a bent leg

3. Gradual onset of painful symptoms—the pain may have begun as mild discomfort and gets worse over weeks or months
4. Pain that worsens with activity, as repeated irritation over the bony prominence causes the tendon to become inflamed.

What to do with these symptoms?

1. Seek medical advice to rule out a more serious, differential diagnoses.
2. Begin conservative management:
 - Specific hip flexor stretches (see below)



- Foam rolling hip flexors (see below)



- Deep tissue massage into trigger point areas in the hip flexors
- Biomechanics and strengthening
- Proprioception (timing of movement)

- Also in my opinion, ultra-sound and iontophoresis have limited evidence as effective treatments. Hands on treatments are always much preferred and again very much in keeping with the opinions that I have given previously
3. There is also non-conservative management such that if the syndrome has become chronic causing a tendinitis or tendinopathy than a steroid injection in to the local area may be required once the disorder is diagnosed by an orthopaedic or rheumatology specialist. Rarely, a surgical approach may be required depending on the degree of problem.

As you are probably aware from previous articles, I encourage management to try and prevent injuries before they happen. The problem above is under recognised and misdiagnosed with several other differential diagnoses. In addition, a snapping hip can be caused by a labral tear within the hip joint or due to tightness within the ITB. Do seek medical opinion and investigation. Manage all the hip and lower leg muscles correctly and help prevent injury. Remember, all the stretching does not just prevent injury it assists in recovery and stride length so you can train harder and for longer with less recovery. Think smart, train smart, train hard.

Thanks for reading once again.

Andy

METROS NEW DESIGN T-SHIRTS

Members will soon be able to order and purchase the Metros new design T-shirts on line. These will be the same as the new style vests but with short sleeves.

There will be a limited time for orders to be placed and details on how to order will appear on the Metros Web Site in the near future. Look out for more information via the Googlegroup.

Pat Jackson



It was good to see the Hill Race go off without any hitches that I could spot. I didn't get to the start in time - I couldn't get away in time and the hill defeated these old bones that morning, but I did see most of the race from the top of West Street and managed to get down to the finish. In case you are wondering, I did not go back up the hill to go home - I got the bus from the hospital.

Old Roxeth



Breaking Sub 90 for a half marathon before the arrival of Baby Hugo by John Norris

After completing 60 half Marathons the best I had achieved was 1 hour 33.46 at the Bath Half in 2017. After numerous failed attempts trying even pacing, going out fast, going out easy, speeding up, sub-90 minutes just wasn't happening. I wondered was there a flatter easier course somewhere, or was it just impossible for me.

However, something changed, Bernie and I had a baby on the way and training times were really getting restricted, work was taking over, Bernie pointed out that I simply needed to run harder and faster, it all sounded so easy.

But as mad as that advice seemed, Bernie was totally right. The races I had booked before the baby's due date were Bedford Half, Fred Hughes 10 miler and Watford Half.

With the 8th Feb due date getting closer, I thought I had probably better give them a miss, but Bernie insisted that I go and join the Metros, however, there was a catch. Bernie told me "Simply go and run faster than ever before and get back early". I thought great I can go, but I'm not sure about running a PB as these races weren't exactly flat. After 5 PB's in a row the Watford Half was up next and Bernie insisted I go, but I was worried, what would happen if I got the call to rush home mid race? Well I must have been the first to arrive at Watford, in a bit of a dream. Bernie said, "just make sure it's sub 90 at Watford today"

I quickly replied that would be 3 minutes off my best and there is the small matter of the course being the hilliest course I know, so that was never going to happen and I could guarantee it.

When the starting gun went off I decided to try and keep the 1hour 30minute pacers in view. I remember getting to a steep uphill section and two club runners said watch out this Metros Runner is mad to get past, I thought it might be embarrassing if they overtook me later, but not this time, I noticed the average kilometre pace on my watch was gradually going down and it seemed to become easier and easier, I was definitely on form. I knew I only had one last mile or so back into Cassiobury park and I was actually gaining on the 1.30 pacers, I thought anything was possible here, but I knew if I pushed too hard I could be sick and may even end up stopping. So, I didn't want to be greedy at this point I just wanted a few seconds under that's all please. Crossing the line in 1:29:52 I was delighted and since I've reduced this to 1:29:18 at the Brighton Half Marathon. I've always thought the only person I really want to beat is myself and I did.

So, thank you coach Bernie and Baby Hugo you pushed me to the max. Watford Half, I will be back but maybe not as fast next time.



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 breath-taking 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 en route 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.

Steve Paull, LRRC Coordinator

Results and Reports

Harrow Hill Race 11th February

Pos	Name	Time	Net Time	
1	Kevin Fini		00:38:11	King of the Hill
14	Marcus Weedon	00:41:17	00:41:15	
19	Tejas Hirani	00:42:47	00:42:46	
21	Christopher Shearwood	00:43:19	00:43:17	
25	Sasha Birkin	00:43:48	00:43:46	1st Lady and Queen of the Hill
35	Andrew Fox	00:45:18	00:45:15	
38	Mitesh Patel	00:45:46	00:45:41	
42	Jag Matharu	00:46:02	00:45:59	
47	Russ Hewlett	00:46:36	00:46:19	
50	Fatmir Sulmataj	00:47:07	00:47:07	
55	Steve Paull	00:47:44	00:47:38	
63	Nick Russell	00:48:18	00:48:01	
66	Vincent Cheung	00:48:43	00:48:26	
72	James Buckland	00:49:13	00:49:07	
75	Joanne Payne	00:49:32	00:49:26	
85	Caroline Day-Lewis	00:51:32	00:51:25	
91	Zahra Bassiri	00:52:23	00:52:18	
111	Pauline Bishop	00:55:03	00:54:55	
128	Ruth Tidder	00:57:21	00:57:06	
129	Glyn Watkins	00:57:22	00:57:06	
143	Hitesh Patel	01:00:04	00:59:48	
151	Gordon Valentine	01:01:21	01:01:02	
156	Chris Parkinson-Best	01:02:09	01:01:41	
167	Brian Mcgrory	01:04:03	01:03:56	
170	Julia Allen	01:04:10	01:03:56	
171	Sasha Ryan	01:04:29	01:04:14	
174	Sonika Sidhu	01:05:05	01:04:36	
176	Philippa Brown	01:05:36	01:05:23	
177	Catherine Saunders	01:05:36	01:05:23	
186	Rhonda Tapley	01:08:01	01:07:33	
192	Carole Lloyd	01:09:02	01:08:34	
198	Tiziana Spotti	01:10:32	01:10:03	
204	Michael Reid	01:12:46	01:12:32	
205	Una Cunningham	01:12:46	01:12:32	
206	Nicola Rochford	01:13:12	01:12:43	
208	Diane O'reilly	01:13:56	01:13:41	
223	Sakina Sidik	01:27:03	01:26:24	Tail Runner
224	Finishers		01:26:49	



5K Race - 3 February 2018

Position	Name	Time	Age grading
1	Marcus Weedon	20.13	70.13%
2	Andy Fox	21.41	70.28%
3	Mike Morris	22.06	66.73%
4	Mitul Matthews (Guest)	22.15	65.19%
5	Tian Hollinghead	22.21	N/A
6	Kyie Hollinghead	22.28	63.16%
7	Dave Young	22.41	72.61%
8	Steve Paull	23.30	73.87%
9	Adam Leary	23.31	64.26%
10	Simon Abery	23.56	63.14%
11	Caroline Day-Lewis	24.39	68.02%
12	Pauline Bishop	27.58	74.73%
13	Julia Allen	28.47	58.95%
14	Barbara Reading	28.52	78.41%
15	Ceri Jacob	29.37	58.81%
16	Al Scoffham	29.49	54.27%
17	Shefali Rao	30.46	48.92%
18	Marion Rogan	30.54	69.74%
19	Catherine Saunders	31.08	49.14%
20	Teresa Young	31.20	60.21%
21	Nancy Morris	32.01	50.60%
22	Sasha Ryan	32.02	47.24%
23	Karen Leary	32.35	52.74%
24	Steve Alder	33.08	46.38%
25	Hilary Lemon	33.17	60.89%
26	Mark Lemon	33.17	48.19%
27	Carole Wells	33.19	54.33%
28	Debra Norman	33.43	53.68%
29	Janice Newman	33.49	69.25%
30	Mike Ransome	33.50	50.98%
31	Carole Lloyd	34.16	57.44%
32	Angela Murphy	34.24	62.65%
33	Anne Ambrose	34.57	55.51%
34	Richard Heyward	35.06	38.04%
35	Julie Smith	36.28	48.35%
36	Sarah Westwood	36.41	55.25%

37	Kath Donaldson	36.53	61.36%
38	Gill Fox	37.25	46.55%
39	Jane Scoffham	39.41	50.31%
40	Eilish Fernandez	44.57	44.42%
41	Gladys De-Groot	44.57	47.20%
42	Anne Leigh	46.07	54.54%
43	Dave Brown	46.44	37.29%

A welcome return to the “Official” 5K route – as there were no trees across the path this time.

This was the best turn out of Metros taking part since May 2017, so very well done to all the runners and hope that you enjoyed the mud!

Thanks to Irene and Teresa for helping at the finish and Andy Fox for collecting the tapes post-race.

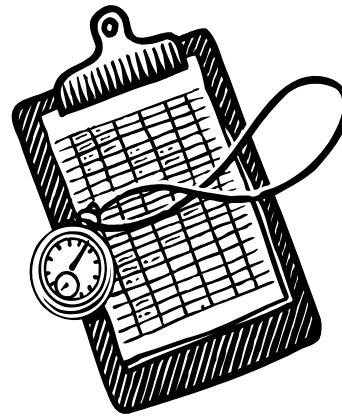
Next 5K: Saturday 5th May (Early May Bank Holiday Weekend)

Marilyn and Henry

Watford Half 4th February 2018

Pos	Name	Time	Net Time	
1	Paul Martelliti	01:08:38	01:08:36	
26	Nigel Rackham	01:18:11	01:18:08	1st V50
144	James Kerrane	01:26:54	01:26:42	
238	John Norris	01:30:07	01:29:52	PB
260	Nathan Powell	01:31:17	01:30:47	
316	Christopher Shearwood	01:33:32	01:32:52	
487	Vincent Cheung	01:39:16	01:38:52	
534	Mitesh Patel	01:40:28	01:39:46	
562	Michael Morris	01:41:25	01:39:17	
696	Fatmir Sulmataj	01:44:36	01:44:23	
701	Nick Russell	01:44:40	01:44:08	
1427	Ranjan Nallamuthu	02:05:20	02:02:14	
1526	Anne Nola	02:09:14	02:06:45	
1566	Jane Hudson	02:11:10	02:08:57	
1598	Ruth Tidder	02:13:00	02:10:30	
	Spencer Millbery		02:14:59	02:15 pacer
1632	Kim Hassard	02:15:03	02:13:29	
1639	Emma Rackham	02:15:31	02:14:10	
1644	Michael Ransome	02:15:46	02:13:16	
1648	Judy Rackham	02:15:59	02:13:48	
1737	Ariff Sidik	02:22:20	02:19:42	
1738	Barry Nolan	02:22:20	02:19:40	
1787	Sakina Sidik	02:29:33	02:26:51	
1855	Tiziana Spotti	02:49:40	02:46:58	
1878	Finishers - Last	03:09:22	03:06:26	

Measured Mile 10 th February 2018	time
Andy Fox	6.01
Steve Paull	6.34
Simon Abery	6.35
Jo Payne	6.50
Mark Mulvenna	7.00
Caroline Day Lewis	7.18
Mike Ransome	7.30
Jonathon Pang	7.41
Andrew Collier	7.58
Linda Grimes	8.24
Barbara Reading	8.36
Nancy Morris	8.36
Mark Lemon	8.41
Sasha Ryan	8.51
Marion Rogan	8.57
Una Cunningham	8.59
Carole Lloyd	9.14
TitianaSpotti	9.17
Penny Hudson	9.17
Carole Wells	9.19
Jo Collier	9.27
Julie Smith	9.36
Janice Newman + Errol Clarke	9.43
Irene Paull	10.04
Steph White	10.06
Gill Fox	10.07
Sarah Westwood	10.22
Eilish Fernandez	10.29
Wendy Mulvenna	11.07
Jeanne Coker	16.26



A very chilly February day for the Measured Mile this time with icy patches to avoid on the pathways. An impressive number of runners took part with some very good times. Harrow Hill race the next day may have kept some runners away saving their energy for a tough challenge but I suspect more than one or two used the measured mile as a warm up. Hope it worked!

Several Metros ran both miles, well done for the effort and many of you improved your times on the second mile so maybe this is a good strategy to adopt. The list of improvers is growing - Mike Ransome, Linda Grimes, Marion Rogan, Carole Wells, Penny Hudson and Sarah Westwood. Keep up the efforts, see you in May for the next Measured Mile.

Thanks, as always to my helpers, Caroline, Kath and Nancy.

Angela

Hillingdon Half Marathon – 25th February

Pos	Name	Time	Net Time
1			01:16:01
33	Marcus Weedon	01:27:02	01:26:55
37	Christopher Shearwood	01:28:29	01:28:22
85	Mitesh Patel	01:38:00	01:37:27
87	Jonathan Evan-Hughes	01:38:16	01:37:52
95	Steve Paull	01:39:23	01:39:13
183	Pauline Bishop	01:51:42	01:51:24
376	Rhonda Tapley	02:26:09	02:25:06
411	Finishers		03:00:29

10K

Pos	Name	Time	Net Time
1	First		00:32:41
48	Peter Reynolds	00:47:31	00:47:19
168	Shefali Rao	01:02:41	01:02:35
197	Veronica Georgescu	01:06:57	01:06:54
237	Irene Paull	01:13:49	01:13:26
268	Finishers		01:44:09



Brighton Half Marathon 25th February

1	First	01:06:57
35	James Kerrane	01:24:56
320	John Norris	01:29:18 PB
938	Russ Hewlett	01:39:26
7254	Tricia Hewlett	02:37:41
7251	Anne Ambrose	02:39:55
7814	finishers – last	05:00:42



Winslow 10K Sun 25/02/18

Undulating road race in the Bucks countryside: Zero degrees, blue skies, wind in your face for 6 out of the 10K and a hill at 9K... what's not to like!

1st place		35m22s
121st	Adam Leary	48m30s
308 th	Karen Leary	64m37s
344th	Last Runner	77m20s

Bramley 20, 11th February

1		01:54:23
5	Nigel Rackham	01:56:53 (UK V55 Record)
684	Finishers	04:56:02

Country to capital 43miles, Wendover to Little Venice, 12th January

Spencer Millbery 9hrs 9mins 45secs

Hebden 22miles, 20th January

Spencer Millbery 6hrs 23mins 25secs, 4700ft



Gibraltar Half Marathon, 18th February

32 Steve Paull 1.38.51

Wokingham Half Marathon, 18th February

Place	Name	Chip Time
1	Scott Overall	01:05:11
260	Nathan Powell	01:26:48
336	Chris Shearwood	01:28:59
512	Vincent Cheung	01:35:19
616	Michael Morris	01:38:18
1744	Barry Nolan	02:22:43
1860	Finishers	02:45:13

NOTES OF METROS COMMITTEE MEETING

Wednesday 7 February 2018 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Peter Beuselinck, Pat Jackson, Paula Kanesanathan, Irene Paull,

COMMITTEE: Steve Paull, Mike Ransome, Barbara Robson, Carole Wells,
Sarah Westwood

Nigel Rackham (Part)

NON-COMMITTEE: Al and Jane Scoffham (first item only). Russell Hewlett

APOLOGIES Anne Ambrose, Mitesh Patel, Marilyn Pickford, Emma Rackham

CHAIR: Sarah Westwood

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

Thames Valley League and Metros Host Fixture – Al and Jane Scoffham are standing down as Metros coordinators of the league but will assist new coordinators. Jane described various details of the event and Sarah thanked them for the very comprehensive written job description they had provided to the committee. An advertisement for new coordinators will be placed in Metrolines.

ACTION: Sarah Westwood

Summer League – Metros Host Fixture – Russell and Trish Hewlett are standing down as coordinators after the Metros host fixture this year. Sarah thanked them for agreeing to organise the fixture this year and be part of a team to organise the event in the future. An advertisement for new coordinators will be placed in Metrolines.

ACTION: Sarah Westwood

Race Directors – following a suggestion from Russ, it was agreed that it would be helpful if a team of Metros be formed who would rotate roles to race direct events.

Harrow Hill Race – Irene confirmed that the race is full and it looks likely that a donation on surplus will be possible. A new chip timing firm is being used and a private first aid firm will probably be used in future as St John's Ambulance had been unable to supply first aid recently. Negotiations with Brent Council were increasingly expensive and demanding.

Spencer had confirmed that he is standing down as coordinator after the event this year.

Metros New Kit – Pat confirmed that new style vests are popular. There is very little old-style kit left and Peter will now arrange for the design of T-shirts to be approved. When the design is confirmed, Peter will initiate the system of ordering and paying on line. There will be ordering windows for kit which will then be delivered in bulk and then distributed.

England Athletics will need to be informed of blue trim added to yellow top and the colour of shorts no longer listed. Wording in the Metros Constitution will also need to be changed.

ACTION: Peter Beuselinck

Metros Marathon Week – 8-12 June – Emma and Irene are organizing this event.

ACTION: Emma Rackham/Irene Paull

Metros Track Session – Dave Brown has completed negotiations with Harrow School and this is now an official Metros session. Sarah will discuss advertising the session with Dave.

ACTION: Sarah Westwood

Barn Dance – Mitesh was unable to attend the meeting but had already agreed to research costs of previous events for the committee. **ACTION:** Mitesh Patel

Metros Web Site – Paula has agreed to be responsible for adding the Metros Diary to the web site.

ACTION: Paula Kanesanathan

Couch to 5K – It was agreed that the course is designed to bring in new runners and members only. Existing members recovering from injury can follow the NHS programme independently at their own pace. Sarah will confirm with Kath Donaldson, coordinator.

ACTION: Sarah Westwood

Head Torches – Mike had been approached by a firm selling head torches. It was agreed that Mike would inform them that they could come to a Saturday session.

ACTION: Mike Ransome

Saturday Sessions – a request had been received to also offer a longer run. It was agreed that this should be arranged by those who request it rather than add to the existing Saturday programme.

Defibrillator – Nathan Powell had suggested that Metros purchase a defibrillator. It was agreed these were available at some locations used by Metros and Metros should ask to borrow one from clubs participating in the Thames Valley and Summer League.

Park Runs – Adjustment of the advertised programme is necessary and Irene will organise this.

ACTION: Irene Paull

Coaching in Running Fitness Course – Adam Leary had applied for financial support from Metros to attend the course. This was agreed and Peter will inform Adam.

ACTION: Peter Beuselinck

Metros AGM – Peter suggested Friday 11th or 18th May and will check with Mitesh and the availability of the Tennis Club.

ACTION: Peter Beuselinck

London Marathon Water Station Places – A ballot was held at the meeting to establish who will fill the twelve available places. Peter will inform applicants. It was suggested that the allocation of the club and water station places be reviewed.

ACTION: Peter Beuselinck

Meeting finished at 9.26 pm.

Date of Next Committee Meeting **Wednesday 4 April – no meeting in March**

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

Runners' Recipes

CHOCOLATE FRIDGE CAKE



A few Metros recently commended Emma Rackham on her Chocolate Fridge Cake and asked for the recipe – here it is!

Ingredients

- 250g/8oz [digestive biscuits](#)
- 150g/5oz [milk chocolate](#)
- 150g/5oz [dark chocolate](#)
- 100g/3½oz unsalted [butter](#)
- 150g/5oz [golden syrup](#)
- 100g/3½oz [dried apricots](#), chopped
- 75g/2½oz [raisins](#)
- 60g/2oz [pecans](#), chopped (optional)

Method

1. Use cling film to line a 20cm (8in) shallow, square-shaped tin. Leave extra cling film hanging over the sides.
2. Bash the biscuits into pieces using a rolling pin. (Put them in a plastic bag first so they don't go everywhere!)
3. Melt chocolate, butter and golden syrup in a heatproof bowl set over a pan of simmering water. Stir occasionally.
4. Remove the bowl from the heat and stir in the broken biscuits, apricots, raisins and pecans (optional).
5. Spoon the mixture into the tin. Level the surface by pressing it down with a potato masher.
6. Leave to cool, then put the chocolate mixture in the fridge for 1-2 hours to set.
7. Turn out the cake and peel off the cling film. Cut the cake into 12 squares and enjoy!

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.