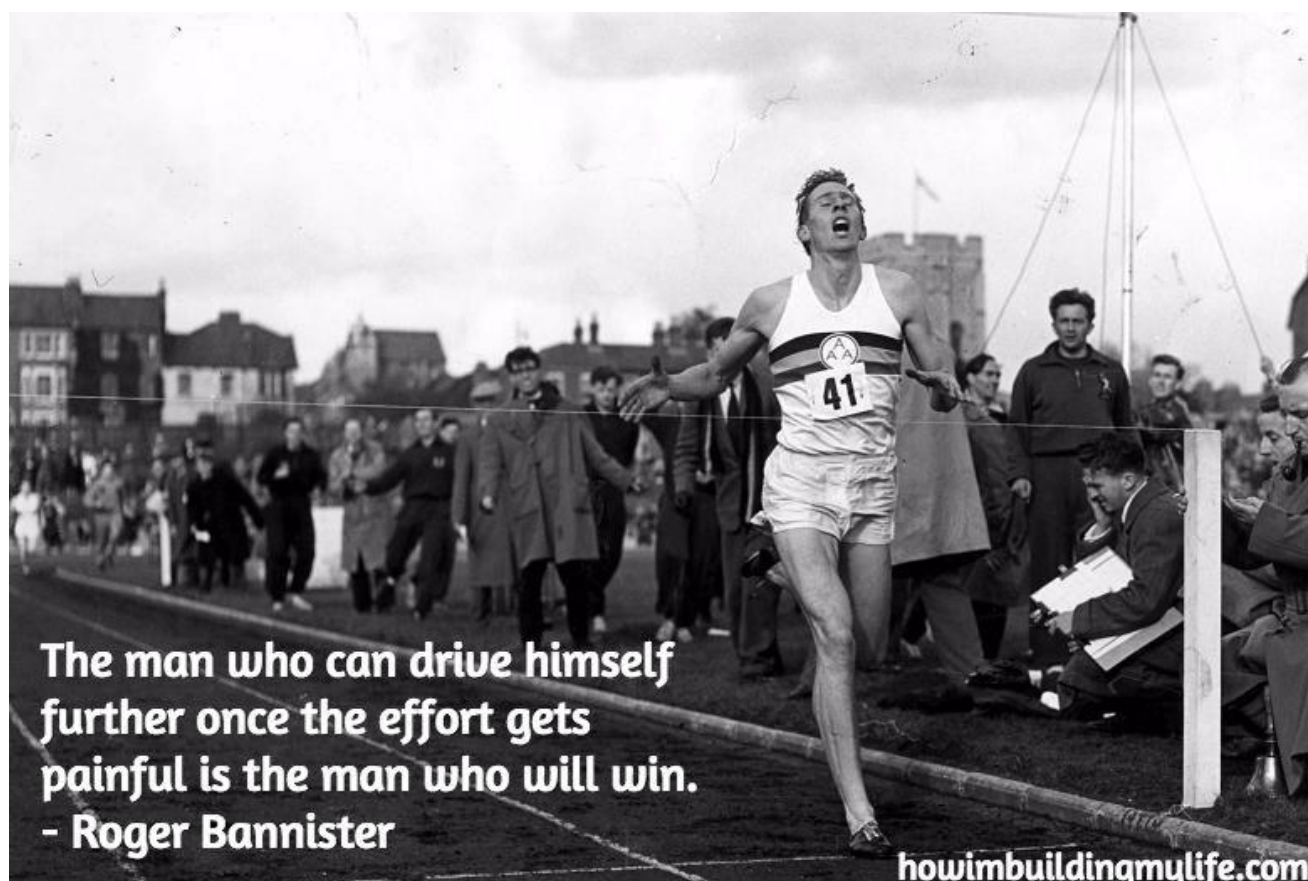




April 2018
Issue No. 355



**The man who can drive himself
further once the effort gets
painful is the man who will win.
- Roger Bannister**

howimbuildingmylife.com

Metros Diary

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	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 13	Run Wembley	10.30 am
Mon 14	Vets Track & Field – Battersea	6.30 pm
Sat 19	parkrun	9.00 am

June

Sat 2	5 Mile Handicap	9.00 am
Sun 3	Summer League- Gunnersbury Park	9.30 am
Mon 4	Vets Track & Field – Hillingdon	6.30 pm
Sat 9	Wot No Watch, Roxbourne Park	9.20 & 9.40am
	Foodbank donation	
Sat 16	parkrun	9.00 am
Sun 17	Summer League - Harrow	9.30 am
Mon 18	Vets Track & Field – Battersea	6.30 pm

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!

The last few weeks have seen the deaths of two inspirational men, Sir Roger Bannister and Professor Stephen Hawking. Dave Gordon a retired BBC sports producer and one of the organisers of the Harrow Half has provided an obituary for local hero and first person to run a sub-4-minute mile, Sir Roger Bannister – see page 6. Professor Hawking's achievements despite his disabilities are an inspiration and his quotes regarding life could be applied to sporting endeavours.

This month sees the Brighton and London marathons and some of our Metros Marathoners have told us a little bit about themselves ahead of their events. It's been a difficult time for training with the 'Beast from the East' causing the cancellation of some training events. We wish them all the best and hope to read about how it all went in the next month's Metrolines.

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

**Brianna Barnes
Kevin Concannon
Clive Heidrich
Sarah Phasey
Terry Smith
Mitul & Vishal Matthews
Ella & Shahar Perelmutter
Maxwell & Zara Smith
Francesca Stokes
Ellie Taylor
Heather Titus
Daniel Kelly
Claire Loman
Fatima, Aaliyah & Sameera Chagpar
James Havlin
Anthea & Isabel Saunders**

SIGNAL

DO YOU HEAR THERE!

I have on long term loan an Apple i4 mobile phone. I am in need of instruction on how to operate it.

I would be happy to pay a reasonable fee to any young (or old) person who would teach me 'the ropes' of an i4.

Recompense negotiable.

Please telephone the land line number

0208 868 5683 to discuss. (I can work that one).



'P.J.H' (Pat Jackson's Husband)



Achievements

Well done to ...

Simon Dadomo – for his first half marathon at the Vitality Big Half, 4th March

James Kerrane – for a PB at Wokingham half marathon, 18th February

Mike Morris and Judy Rackham – for reaching their 50th parkrun at Harrow 17th March

Joanne Payne – for a PB at Hillingdon 10K, 25th February

Nigel Rackham – for coming first at Harrow parkrun, 17th March



Well done Simon

SIR ROGER BANNISTER 1929-2018



The time of 3 minutes 59.4 seconds is legendary not only in Britain but throughout the sporting world. It was the time Sir Roger Bannister recorded when famously he became the first person to break the four-minute mile barrier in the late afternoon at Iffley Road Sports Ground in Oxford on 6th May 1954. It was simply one of the great global sporting achievements of the twentieth century that went far beyond Athletics.

It's no wonder that Lord Sebastian Coe, who later went on to break the world mile record himself, said, "This is a day of intense sadness both for our nation and for all of us in athletics...There is not a single athlete of my generation who was not inspired by Roger and his achievements both on and off the track."

Along with the whole world of Athletics, everyone connected with Harrow Athletics Club and the Harrow Half Marathon, mourns his death at the age of 88. We treasure the connections he had with Harrow and how his achievements encouraged and motivated runners of all ages.

Sir Roger was born in Harrow in 1929, lived in Butler Road and was a pupil at Vaughan Primary School. Sir Roger was a member of the school running team and that athletics and sporting tradition goes on. Vaughan is a lead school for PE in Harrow and every year has its annual sports day at the Bannister track in Hatch End. Later on, he lived in Whitmore Road, overlooking the grounds of Harrow School, and trained locally.

He went on to study medicine at Oxford and saw running as something to be done in his spare time. Nevertheless, he was selected for the 1952 Olympics in Helsinki where he came fourth in the 1500 metres, breaking the British record.

He then focused on becoming the first person to break the four-minute mile. After coming close several times, he finally achieved that goal in May 1954 with the help of another two Athletics legends – Chris Brasher and Chris Chataway.

The Australian John Landy broke his record in June that year and they went on to race each other in early August at the 1954 British Empire and Commonwealth Games in Vancouver in what was dubbed 'The Miracle Mile'. It was an epic contest

with Bannister narrowly beating his rival to take the gold medal. Later that month, he won 'the Metric Mile' at the European Championships in Bern. By the end of that year, he'd retired to concentrate on his medical career and he later became a consultant neurologist.

In 2011, he was diagnosed with the neurological disorder Parkinson's disease. He subsequently told the BBC: "I have seen, and looked after, patients with so many neurological and other disorders that I am not surprised I have acquired an illness...It's in the nature of things, there's a gentle irony to it."

I rang him last year as we were planning the Harrow Half Marathon. We wanted him to lend his name to the Family Mile we were staging alongside the main race and spoke briefly. He sounded frail but said, "I can't stop you" with what I sensed was a twinkle in his voice. I think he was pleased that another generation would benefit from his sporting legacy and that the foundations of a stellar athletics career that were laid over eighty years ago had not been forgotten.

Dave Gordon
March 4th, 2018

Dave Gordon, is a retired BBC sports producer and one of the organisers of the Harrow Half and Sir Roger Bannister Family Mile. He spoke to Sir Roger Bannister last year about using his name for the Family Mile.

Roger Bannister running quotes...

We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves...The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable.

I trained for less than three-quarters of an hour, maybe five days a week - I didn't have time to do more. But it was all about quality, not quantity - so I didn't waste time jogging, ever.

Doctors and scientists said breaking the four-minute mile was impossible, that one would die in the attempt. Thus, when I got up from the track after collapsing at the finish line, I figured I was dead.

Sport is not about being wrapped up in cotton wool. Sport is about adapting to the unexpected and being able to modify plans at the last minute. Sport, like all life, is about taking risks

Parkrun

Every third Saturday of each month, Metros head to a parkrun as an alternative to the usual Saturday morning session at Roxbourne Park. We had been providing a list of suggested venues with the idea that Metros would head to the nominated venue together. However, this has not worked, so we will no longer be publishing a list of venues. Please note that parkrun is entirely optional and you are always welcome to run at the regular Metros Saturday session at Roxbourne park 😊

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.

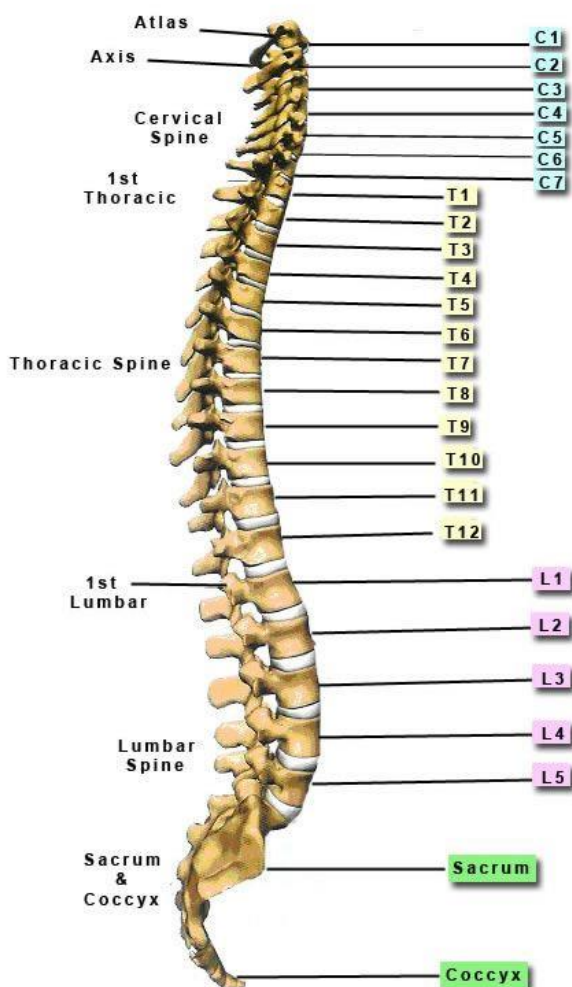
Please continue to send any PBs, wins, or 1st in age group results to metrolines1@gmail.com for inclusion in the achievements page.



Dave Brown celebrated a significant birthday on 17th March at Harrow parkrun and Judy Rackham and Mike Morris celebrated completing their 50th parkruns.

Lumbar spine disc herniation, prolapsed or slipped disc

A herniated disc is commonly known as a slipped disc. There is often a genetic predisposition in people who get a slipped disc and often there is associated spondylitic disease of the spine. A slipped disc can manifest itself with several symptoms including back pain, leg pain, neural symptoms as well as bowel and bladder problems. Treatment can be conservative which may involve physiotherapy, exercises and medication. Occasionally, surgery may be needed but best avoided if possible. The disc is designed to reduce the effect of impact through the body and the axial skeleton however, as discussed in previous articles, the body can get it wrong. Recently it has been shown that there can be a hereditary link to certain injuries and some degenerative conditions. Injuries do happen and running can be associated with disc bulging or degeneration of the spine.



90% of lumbar spine herniations occur at either L4/L5 or L5/S1 (This is the level of the lumbar spine where the back is most vulnerable). The level at which herniation occurs, dictates the symptoms the individual will feel. In most cases some degree of lower back pain will be felt and this may be accompanied by:

1. Sharp and sudden back pain at rest and all movements
2. Leg pain
 - a. Depending on the level dictates the distribution.
 - b. Sharp shooting or radiating pain down the leg (sciatica)
3. Neural symptoms
 - a. Pins and needles
 - b. Numbness
 - c. Weakness
4. Patterns of pain
 - a. Pain occurs from as simple movement such as bending over to pick something up
 - b. Pain on sitting, lifting and coughing
 - c. Can be eased by lying down on non-affected side or front
5. Bladder and bowel symptoms
 - a. Emergency condition called a Cauda Equina syndrome – because it stems from damage to the bundle of nerves below the end of the spinal cord known as the cauda equina. The cause is usually a disc herniation in the lower region of the back which results in weakness of the legs, sensory symptoms in both legs and bladder dysfunction.

Back pain should always be assessed, diagnosed and treated. Do not take a wait and see approach. Simple mechanical back pain can, if untreated, become chronic. It may also indicate a more significant underlying problem such as a prolapsed disc. If you are suffering from back pain seek advice from a physiotherapist or your GP for investigation. It is difficult to give general advice as every person and condition is different and needs a full assessment and plan. With every structural or non-

structural condition there is a lot of associated muscle spasm which can be treated immediately.

In back pain I tend to avoid any direct ice compression as it increases spasm. The back responds well to heat. Remember there is no evidence to suggest rest helps back pain, gone are the days where 6 weeks bed rest were advised. If acute and severe, analgesia, anti-inflammatories, local heat, perhaps one day of rest and then get good advice.

Thanks for reading once again.

Andy

2017 Couchies reach their first anniversary!

As I took part in parkrun in Harrow Rec Saturday (17th March) I heard someone call out, 'Hello Kath.' I turned my head (they were overtaking me) to find a group of Couch to 5K runners who had just realised it was the first anniversary since they all met in Roxbourne Park for their first training session. Many congratulations to you all!

On April 14th they will be welcoming our 2018 group of new runners who will undertake the same couch to 5K programme. Many of our C25K 'graduates' will be volunteers this time, and will of course be perfectly qualified in their role.

I know all Metros who meet with the new recruits will give a warm welcome to our club and offer support and encouragement in any way they can.

Kath Donaldson



Your running club needs you!

HOME COURSE RACE DIRECTORS NEEDED



Summer League

Our Race Directors for the Summer League home event, Russell and Trish Hewlett, would like to step to one side. Would you be willing to make up a team to run the event from Summer 2019? Russell and Trish will still be organising this year's event in Headstone Manor Park on June 17th and you can join in with them and see what is involved. There are already volunteers for the timing, catering, tenderfoot, relays, etc. Pat Jackson and Irene Paull are the liaison with the Summer League clubs so this role is focussed on the half day event. Full details available from Trish Hewlett at: trishhewlett22@gmail.com.

Thames Valley Cross Country

Our TVXC event takes place in October running from Uxbridge Leisure Centre – a popular cross-country course with lots of mud and even a small river! Jane and Al Scoffham are stepping down from their role as Race Directors this year so we need people to take over the organisation and liaison with TVXC. This year's event will take place on Sunday 7th October. Sarah Westwood can send you full details: sarahwestwood53@gmail.com. You would also be able to contact Jane and Al who will provide support this year.

The current Race Directors and the Committee have discussed both these events and feel that each one needs a team of people involved – possibly rotating roles from year to year so that one or two people may be responsible for overall organisation each year with a good supporting team. In many ways this already happens with different volunteers taking responsibility for marking out the course, timing, catering, results, marshals, etc. We are therefore happy to have several volunteers participating and taking on the roles. If we don't have organisers, we won't be able to host the events and therefore won't be able to participate in either of these leagues. So, have a think about how you may be able to help.

SUMMER LEAGUE

A series of usually five events on Sunday mornings between May and September starting and finishing within parks – Battersea, Dulwich, Gunnersbury, Headstone Manor (Metros host fixture) and Regent's Park. The main event is a road race of 5 miles or 10 km followed by a 1.5-2 km Tenderfoot race for 6-14 years olds (plus beginner adults or those returning from injury). This is followed by an under 7 Fun Run of 300-400 m and relays of 300-400 m – teams of four for women, men plus two other mixed teams. Individual awards are based on age categories in the main race and Tenderfoot and club scores are age graded in the main race, Tenderfoot and relays.

Dates for 2018

3rd June	Gunnersbury Park	W3 8LQ	9.30am	10K
17th June	Headstone Manor Park	HA2 6PX	9.30am	10K
1st July	Dulwich Park	SE21 7BQ	9.30am	5 miles
15th July	Regents Park	NW1 4NU	9.30am	10K
5th August	Battersea Park	SW11 4NJ	9.30am	10K

See also: <http://www.thesummerleague.uk>

Co-ordinators: *Pat Jackson and Irene Paull*

VETERAN (MASTERS) TRACK AND FIELD LEAGUE

Three Monday evenings and one Wednesday evening between May and July and open to all over 35 years of age. Events are 100, 200, 400, 800, 1500, & 3000 metres, 2000m walk, high jump, long jump, triple jump, discus, javelin, hammer, shot.

Monday 14th May Battersea

Monday 4th June Hillingdon

Monday 18th June Battersea

Wednesday 11th July Perivale

Contact: Wendy Mulvenna (wendymulv@hotmail.com)

Metros Marathoners



A few Metros have been training hard over the winter for spring marathons. How has it all been going.....

Mike Morris

Brighton will be my ninth marathon. The others were Milton Keynes (3), Dublin (2), Halstead, London and Weald. My PB remains 3:28, London, 2015. Training has gone well and I've really enjoyed running with the Metros and others. The build-up included Watford and Wokingham half marathons, Gade Valley 12 and 17 and Datchet 20. I've also included all the weekly training sessions, club races, cross country and parkruns. The key is building miles through a variety of running, hills and speed work. For me the most important thing is to enjoy running. It should be fun!



(Vanessa) Paula Kanesanathan



London 2018 will be my second (and last) marathon! Training with my fellow Metros, especially Mike Ransome, has helped me so much and I couldn't have got through it without them! I decided to use my place to raise money for ActionAid as I will be visiting Zambia in June with this charity to help build a much-needed school in the Shesheke Western Province. The link to my fundraising page is <https://www.justgiving.com/fundraising/vpk18>

Jane Hudson



I have a place at London Marathon. This will be my 5th marathon, but my first London, and the first for 4 years. Having been injury prone in the past few years, my training has been tailored to the weekly long run, with a couple of shorter runs during the week and some cross training (gym work and yoga). Keeping me on my feet in a relatively unscathed state have been weekly ministrations from Andy Howell at the Body Factory – I haven't counted how many needles he has used on me! As with everyone I think, training has been hampered by winter colds and the arctic conditions of the last few weeks. However, I am looking forward to warmer weather, and my ambition is to get around in one piece. I will be raising money for Parkinson's UK - <https://uk.virginmoneygiving.com/JaneHudson4>

Kim Hassard



I am eagerly (and anxiously!) counting down the days to the London Marathon. This being my first marathon, I have really appreciated the encouraging words and advice of other Metros and am looking forward to the atmosphere and excitement on marathon day! Good luck to those of you running marathons in the coming months!

Training is never easy...even when you are not injured – Judy Rackham

I've just received an email from Anne suggesting 'marathoners' might like to write an article about their training experiences.

On opening the Metrolines folder on our computer, I found the article I wrote this time last year entitle **Training is never easy**. My training, 12 months ago, had been plagued with injury, and finally, a stress fracture meant deferring my London Marathon place.

This year, training has been more positive, but equally hard work – I am nowhere near as fit as I was 5 years ago when I last 'ran London'. There's been the added frustration of two training races being cancelled due to snow, and illness putting paid to a third.

On the positive side, I am still on course both to start and finish the race, and have had the company of a very special person on many of my training runs, my daughter – thank you Emma. We have definitely encouraged each other to persevere and not to give up. Whether we shall be running side by side, who knows, but I am certainly not giving her a 'piggy back'!



Nigel is running the Boston Marathon 6 days before London, and the three of us have set up a JustGiving page in aid of Macmillan. Should you wish to sponsor us, this is the link.

<https://www.justgiving.com/fundraising/teamrackham>

Mike Ransome

I will be running in the London Marathon again this year it will be my 6th consecutive London. Having a charitable objective, aside from providing the opportunity to run, has made more sense of the sometimes gruelling training runs, and the struggle in latter stages of the marathons themselves. What's helped through the training - answer companionship: mainly Paula K, but also Sakina and Ariff, Penny & Jane Hudson and Pauline Bishop. Apologies to those missed out here. As in 2017,

I am raising money for Aspire, the charity supporting those with spinal cord injuries. I have a link with the charity as our daughter, Selina, is a physio at Stanmore Orthopaedic hospital and treats many of those with spinal cord injuries who are supported by Aspire in their journey from injury to independence.

What am I looking forward to? The walk through Greenwich Park to the Red Start; Metros at the water station; family and friends in the crowd; stopping, so long as I don't fall over! The supporting cries of the spectators has always been immensely helpful, topped out by hugs from family members, and even a few Metros, most notably at the water station. I am also looking forward to seeing my wife, Yasmin at the finish and am hoping to raise a goodly sum for Aspire.

I would be grateful for all contributions. I'll have sheet at scout hut over the Saturdays leading up to 22 April, and here's a link to my fundraising page:

<http://uk.virginmoneygiving.com/MichaelWRansome>



**'Head torch and other running torches
demonstration, and sale**

Roxbourne Park Scout hut, 10.00, 7th April

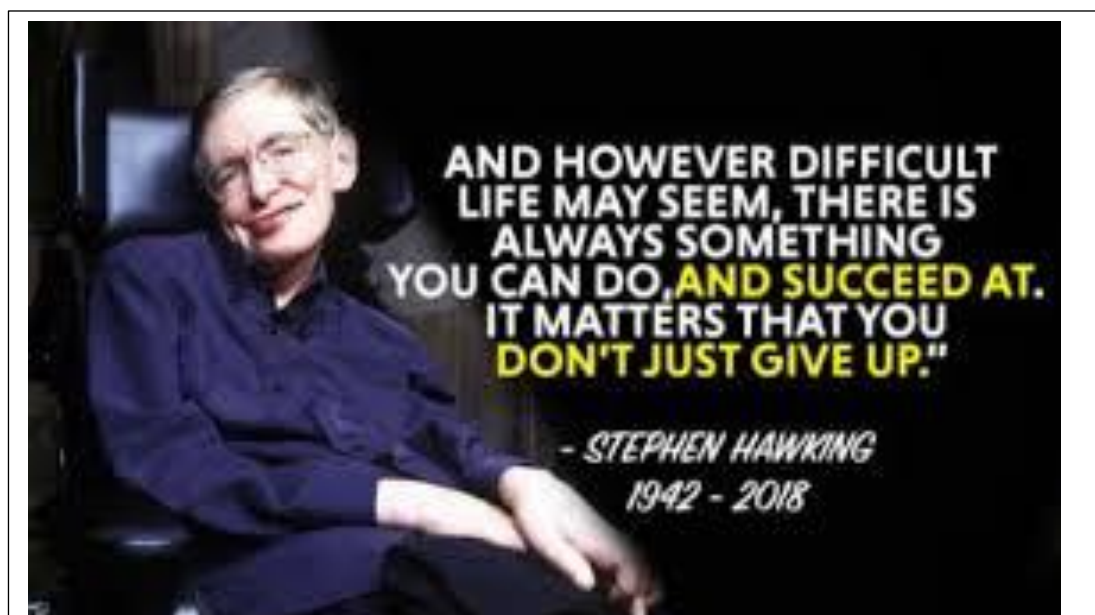
Paresh Ruparelia, a local representative of Ledlenser, will be bringing a selection of their running lamps to the scout hut at 10.00 on 7th April. They will be priced around 30% less than retail. As shown by the few who presently wear or carry torches, torches can be of great benefit on our evening runs, especially with the uneven pavements, where it is, and has been, so easy to take a fall.

A table will be set up in the scout hut displaying the range of products and will be an opportunity to see what is available and may be of interest to you.

Mike Ransome

**Summer BBQ – Date for your diary
Saturday 7th July, 7pm**

Hope you all can make it and the weather has warmed up by then
A proper invitation will be sent nearer the time



Pinner Village Gardens Fun Run 2018

The perfect way for community minded Metros members to help support a new children's running initiative in Pinner!

Organised by the Friends of Pinner Village Gardens with a whole load of help from **Metros Running Club!**

Sunday 29th April 2018 at 11am

This is a new community running event that helps raise money for the children's playground in Pinner Village Gardens, gets children active and publicises Metros!

A 3km run around the footpaths of Pinner Village Gardens....no roads!



Please contact **Glyn Watkins** if you'd like to help.....

fiftypluswat@gmail.com or 078011 78777

Congratulations to Metros that come in the UK top 50 rankings in their age group in 2017 - Rankings from runbritain

2017 UKA rankings per Power of 10 website					
Metros performances in top 50 UK					
		event	rank		
Gladys De Groot	W65	100m	28		
Mike Ransome	V65	100m	25		
Jeanne Coker	W75/W80	100m	7		
Kath Donaldson	W70	200m	17		
Pauline Bishop	W65	800m	17		
Eilish Fernandes	W60	400m	40		
Nigel Rackham	V50/V55	3000m	7 (AT 29)		
Kevin Smart	V55	100m	45		
Sasha Birkin	W45	800m	26		
Sonny Peart	V45	JT	47		
		event	rank		
Mike Ransome	V65	TJ	22		
Pauline Bishop	W65	20mile	10		
Nigel Rackham	V50/V55	HM	6		
Sasha Birkin	W45	10mile	16		

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 MESSAGE THERAPIST, REFLEXOLOGIST &
HEALTH LIFE COACH IN THE PINNER AREA on **0780 312 6487** OR AT
anne@bouncebackcoaching.co.uk www.bouncebackcoaching.co.uk



Trophy Races

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

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
28 th October	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

Wot No Watch – 10th March 2018

	Actual	Predicted	Difference
Caroline Day-Lewis	0:06'58.72	06:58	0
Steph White	0:10'28.81	10:30	2
Tian Hollingshead	0:05'57.85	05:55	3
Dave Young	0:07'14.20	07:10	4
Dave Brown	0:11'59.10	12:05	6
Kye Hollingshead	0:06'05.62	06:00	6
Mark Lemon	0:08'54.64	08:48	7
Karen Adams	0:09'02.20	08:55	7
Ceri Jacob	0:08'06.97	07:55	12
Adam Leary	0:06'31.82	06:44	13
Simon Abery	0:06'43.56	06:30	13
Hilarie Lemon	0:08'39.32	08:25	14
Mike Ransome	0:07'58.01	07:40	18
Errol Clarke	0:09'09.48	09:30	21
Carole Gordon	0:09'23.07	09:00	23
Deborah Norman	0:09'15.60	08:45	30
Kath Donaldson	0:10'05.69	09:30	36
Julie Smith	0:10'05.07	09:18	47
Kirit Ranpura	0:09'00.76	08:00	59
Jean Coker	16:30:00	15:26	64
Sarah Westwood	0:10'54.07		
Carole Gordon	0:09'26.94		
Steph White	0:10'10.93		
Sarah Westwood	0:10'26.51		

Congratulations to Caroline Day-Lewis for correctly predicting her time.

Hillingdon Half Marathon – 25th February – Updated results

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
57	Andy Fox		01:33:56
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
409	Hitesh Patel		02:55:26
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
53	Joanne Payne		00:48:11
159	Derek Bamforth		01:01:17
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

IAAF/ Trinidad Alfonso Mass Race World Half Marathon Championships 24/03/2018

1 st		01:02:14
12236	Barry Nolan	02:27:37

Vitality Big Half – 4th March 2018

1 st	Mo Farah	01:01:40
1074	Sasha Birkin	01:32:45
1881	Steve Paull	01:40:42
3708	Simon Dadomo	01:52:34



**COOMBE GIBBET TO OVERTON
16 MILE XC RUN
25.03.2018**

1st		1:36:16
84	Jonny Jackson	2:17:28
234	Finishers - last	3:48:20

Wokingham Half – Additional Result
(See other results in March Metrolines)

James Kerrane **1:24:10 PB**

5- Mile Handicap – 18th March

	Actual 5-mile time	Time Inc. handicap	points this event	next handicap
Joanne Payne	38.31	38.31	54	21
Martin Eden	45.25	45.25	46	14
Glynn Watkins	45.51	45.51	44	13
Sasha Ryan	49.02	49.02	40	10
Pippa Brown	51.07	51.07	37	8
Kia Hollingshead	36.51	51.51	35	22
Mike Reed	52.30	52.30	34	7
Amanda Kennelly	54.30	54.30	31	5
Diane O'Reilly	55.09	55.09	29	4
Ruth Tidder	44.25	55.25	28	15
Julie Allen	48.38	56.38	26	11
Angela Murphy	54.42	56.42	25	5
Shefali Rao	51.04	57.04	23	8
Carole Lloyd	52.13	57.13	22	7
Tian Hollingshead	36.50	57.50	21	23
Simon Aberly	38.51	57.51	19	20
Andrew Collier	48.02	58.02	18	11
Anne Nola	45.10	58.10	17	14
Geraldine Gill	54.25	58.25	16	5
Barbara Redding	46.50	58.50	15	13
Andy Fox	35.10	59.10	13	24
Dave Young	37.19	59.19	12	22
Steve Paull	37.40	59.40	11	22
Gill Fox	60.18	60.18	9	-1
Penny Hudson	60.22	60.22	8	-1
Julie Smith	57.57	60.57	6	1
Mike Morris	38.05	61.05	5	21
Mike Ransome	46.32	61.32	4	13
Bob Manning	60.32	64.32	0	-1
Caroline Day-Lewis	46.02	65.02	-2	13
Irene Paull	60.21	69.21	-7	-1
Dave Brown	67.30	77.30	-16	-8

The event was put back two weeks due to weather conditions but there was an excellent turnout.

Gordon Valentine

Gibraltar Half Marathon – Steve Paull

It's getting bigger and more popular, the Gibraltar Half Marathon. This year there were 64 runners! Race entry price has doubled-it's now £2!!

When we were last here two years ago we think the race had one too many laps of the athletics track at the start, making it a long course.

Now the start is outside the stadium and each of the three laps has been “stretched” to make the distance correct.

The rock looms over you all the time during the race but you do not go up it. That's not to say there are no hills but they are so much more less severe than a full ascent would be. The extra section I referred to is a sharp down and uphill and done three times.

You don't see the apes either on the run. They stay up at the top of the rock and try to steal food from gullible tourists as they get off the cable car. They boldly swipe plastic bags from your hands with the assumption there's be food in them. The smart person hides all bags as the cable car nears the top. The cable car attendant tells you this as you go, but they're cunning little critters, these apes, and can get you from behind. It's a battle up there.

Irene walked one lap as I ran three. I think she stopped somewhere for coffee. There was a group of us runners of very similar ability and the last half lap got a bit competitive. Getting held up by a car could ruin strategy (and I was). I think car drivers are very used to this sort of thing going on- there often seems to be a procession or race or such like happening on this small British enclave that is part serious money, part Spanish and part harking back the Britain of your parents (or grandparents).



**Gibraltar Half Marathon,
18th February**

32 Steve Paull 1.38.51

Steve at the finish

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

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	Nathan Powell	07510 122288
		Kevin Smart	07810 835352
THURSDAY	19.00	Jane Hudson	07522 754675
		Email: thursdaymetros@yahoo.co.uk	
THURSDAY TRACK SESSION		Dave Brown 07939 567561 (please contact beforehand)	
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.