



June 2018
Issue No. 357



Metros at Run Wembley – 13th May

Metros Diary

June

Sat 2	5 Mile Handicap	9.00 am
Sun 3	Summer League- Gunnersbury Park	9.30 am
Mon 4	Vets Track & Field – Perivale	6.30 pm
Wed 6	Committee Meeting	8.00pm
Fri 8th – Tues 12th Metros Marathon Week		
Sat 16	parkrun (Harrow – C25K graduation)	9.00 am
Sun 17	Summer League - Harrow	9.30 am
Mon 18	Vets Track & Field – Battersea	6.30 pm
Sat 23	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40am

July

Sun 1	Summer League – Dulwich Park	9.30 am
Sat 7	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 7	Summer BBQ	tbc
Sat 14	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40am
Sun 15	Summer League – Regent’s Park	9.30 am
Sat 21	parkrun	9.00 am

August

Sat 4	5 K Run, Roxbourne Park	9.20 am
Sun 5	Summer League – Battersea Park	9.30 am
Sat 11	Measured mile, Roxbourne Park Foodbank donation	9.20 & 9.40 am
Sun 12	Burnham Beeches Half Marathon	9.30 am
Sat 18	parkrun	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!

June is going to be a very busy month for Metros with Marathon Week, Summer League fixtures, including our host fixture on 17th June and this year's C25K group reaching the end of their course and running their first race at Harrow parkrun. Good luck to everyone.

Chris Shearwood shares his experience of this year's London Marathon – see page 19. As Chris says in his article, many Metros would benefit from a first-hand view, so please share your experiences of other events, your fellow Metros would be pleased to read about it.

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 advertise in Metrolines the rates are as follows: Full page £5; Half page £3; Quarter page £2



Welcome New Members

**Rebecca Bates
Jackie Colaco
Gemma Devine
Helena Doey
Trisha Donaghy
Ingrid Farmer
Allegra Montgomery
Tara Khaku
Asha Kotecha
Alison Lawford
Sarah McMenemy
Susanne Nicholls
Candida Paiva
Anila Pattni
Siobhan Perth
Judi Sarna- Howard
Dhvani & Sachin Shah
Paula Sheehan
Sue Weston
Andrea Blackman
Adam Siskin
Adnane Felloussi
Christie Roshan
Nicola Payne
Seema Menon
Sean McNulty
Yvonne Walker
Andrzej Warhaftig**



Achievements

Well done ...

Sasha Birkin- 1st Lady at Watford 10K, 7th May

Terry Burke – for a PB at Salisbury Parkrun, 12th May

Vincent Cheung & Nancy Morris – for PBs at Run Wembley, 13th May

Nigel Rackham – for coming 5th overall and 1st in his age group in the Rock 'n' Roll Liverpool Marathon, 19th May



Sasha receives her prize
at the Watford 10K



Member Spotlight

For June, I decided to interview my Dad, who last month completed the Liverpool Rock 'n' Roll marathon in 2 hours 47 after a DNF at Boston earlier in the year.



What is your name and when did you join Metros?

Nigel Rackham – I've been a member since 2003.

When did you start running and what motivated you?

I ran at school (I think this put me off cross country) - in the Coe/ Ovet/ Cram era and I think Steve Cram lapped me in a schools XC relay! Then after a 20-year layoff, my doctor suggested I ought to take some exercise before middle age caught up with me. After that, it was self-motivation all the way.

Tell me about some of the races that you've done in the past.

Most exotic is probably Venice marathon, most iconic would have to be the Boston marathon. I've also taken part in some more 'alternative' races including the Round Norfolk Relay (20 miles at 3am!) and Steve Paull's track marathon (2013).

Tell us about your experiences at the Boston marathon; you've attempted it twice now...

In 2017, I got a stress fracture the week before the race, although I didn't know that at the time – I assumed it was a knee ligament problem. Having travelled all that way, I decided to run through the pain for the experience of running Boston. The race was really painful, but I had to keep going as I had a flight to catch that afternoon! I returned in 2018 to finish the job, in good physical shape however race conditions were inclement to say the least. I ended up developing hypothermia and spent the afternoon in the medical tent having dropped out at the 24-mile mark and still haven't fully recovered a month later!

Tell me about a marathon day where everything went well...

London 2016 was the most evenly paced for me [Finish time of 2:32:41, first half in 1:16:20, second half in 1:16:21] although London in 2015 was when I got my marathon PB.

Which race performance are you most proud of?

I've won a lot of races and run some good times but I'm actually more proud of my wife Judy running a 4hr 22 m marathon in 2013 as I know how much work went into that performance from someone with absolutely no sports background.

What is your favourite race/ distance / terrain?

Probably the marathon (but not on a track!).

How much training do you typically do?

50 plus miles a week – usually, including one longer run of at least 18 miles. I fit it in by running at least part of the journey to work each morning.

Your longest training run in the build up for a marathon tends to be 25-28 miles. Would you ever consider running an ultra?

Possibly... but not until my competitive marathon days are over.

How do you avoid injury when you train so much?

I swear by core stability exercises. Every night before I go to bed, I do at least five minutes – bridges, clam shells, press ups etc.

Who inspires you to run?

I find Metros inspirational - I know running does not come naturally to everyone.

What is your post-race luxury?

A beer in the bath.

If you were given six months of professional training, nutrition and perfect health – how fast do you think you could run 10k?

Probably not as fast as my PB [33:13] - age is catching up with me!

Thanks Dad 😊

Emma Rackham

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

Hope you all can make it – full details
will be sent nearer the time

Metros Marathon Week



What is it?

A marathon – 26.2 miles – split up over 5 days and 5 different terrains: hills, sand, cross country, track, road.

When is it?

Friday June 8th - Tuesday 12th June 2018. Start times will be confirmed after you have signed up.

Where is it?

Friday evening - Hills (10k): this will be a new route starting on Middle Road near the White Horse.

Saturday morning - Sand (3.5k): Ruislip Lido. The route will consist of as many laps of the beach to make up the distance.

Sunday morning - Cross Country (10k): Ruislip woods (starting from Northwood Recreation Ground).

Monday evening - Track (5k): Kings College track, Ruislip.

Tuesday evening - Road (13.5k): Lowlands Tennis Club, Eastcote.

On the Tuesday evening, there will be drinks and prizes at the tennis club.

How much does it cost?

We are charging £3 per person.

How do I sign up?

This year, we are using an online registration system. You will need to sign up through web collect. Log in here <https://metros.org.uk/memberships/>
We will be closing registration on Monday 4th June.

NB: We will need lots of volunteers! Please send us an email if you are available to help on any of the days: metros.secretary@yahoo.co.uk

Pain is in the blade

The next condition I would like to discuss is mid scapular oblique shoulder pain which may be coupled with winging scapular.

When running, our body weight is distributed through our axial skeleton, hips, knees and ankles. Certain areas of the spine take more strain than others. The lumbar spine is for weight bearing however the maximum curvature of the spine (lordosis) is at the junction of the thoracic and cervical vertebrae. This area is particularly vulnerable to strain. Where the ribs attach on to the spine these joints can get stiff. Due to repetitive seated postures throughout the day, society is becoming more flexed physically. All the tissues on the back and between the shoulder blades become lengthened and hence weaker. As a result, the scapula will get winged by virtue of muscle and tissue stretching and not holding the scapula against the thorax as it should. When all of this combines, mid scapular pain and thoracic pain will emerge.

The presenting symptoms and features

1. Stiffness and pain between shoulder blades
2. Difficulty in taking a deep breath mid to full way into your breathing cycle due to pain
 - a. This is not shortness of breath and if there is shortness of breath it is necessary to see a physician
3. Winged scapula (for a physio to diagnose)
4. When driving there would be rotation of the shoulder girdle and not pure movement from the shoulder.

These problems are very easy to treat. First is diagnosis and then a programme of self-management strategies leading to an effective treatment. If you are experiencing any of these symptoms see a physiotherapist and get the problem treated immediately. Stiffness in the upper back can lead to other structural or mechanical conditions. It can also change the actual skeleton mechanics due to having to rotate the shoulder girdle in order to drive your arms which in turn creates unnecessary torque/rotation down your skeleton.

Gentle exercises to help winging scapula

1. In this exercise try sitting, standing and lying down on your front. Keep it simple. Squeeze the shoulder blades back and down while extending your arms.
2. Using a Thera band. Attach to a wall or door frame. Pull the band into retraction so the arm stays straight, and the shoulder blade moves backwards and down.

3. Wall straight arm press up. Keeping arms straight. Let the shoulder blades rotate back and forward.

All these exercises require stability and control. They can be difficult to pick up especially if they are not demonstrated and discussed in person. Take your time and the more that is done the easier it will get.

Mobility exercises and stretches for mid scapular pain.

Create better mobility in the back.

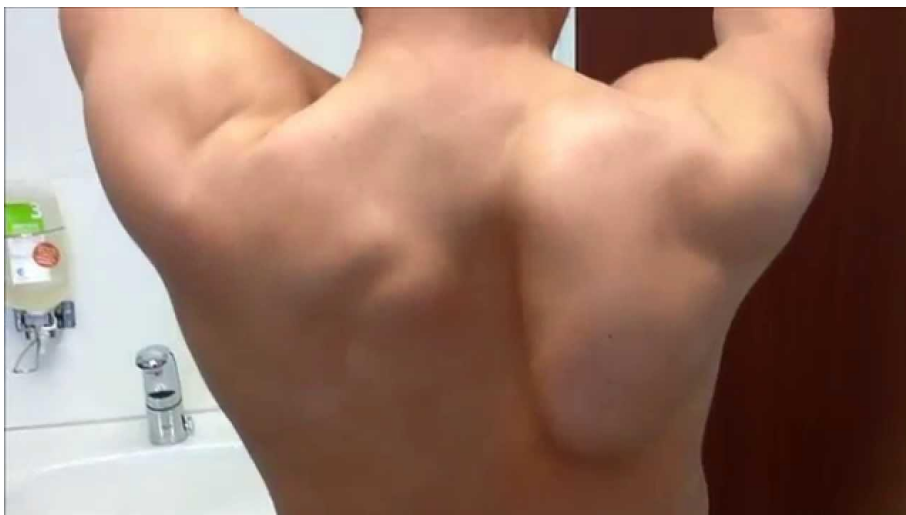
1. Using a foam roller. Find the tension in the mid back and gently roll the foam roller over the point of resistance. When confident with the movements also gently arch the back to mobilise in a different plane of movement.

Any winging or loosening of the scapula with demonstrable asymmetry needs diagnosis. Winged scapula in more severe cases can be due to damage to your long thoracic nerve. If there is more severe or obvious mid scapula pain, a health professional needs to be consulted. Remember winging of a scapula does not always generate pain and can be caused through another shoulder injury. It is a chicken and egg scenario. The winging can generate a movement dysfunction causing a mechanical injury like impingement or an injury can cause the muscle to not function correctly.

People assume running is from the legs however leg movement is dictated by what is happening in the rest of the body and there will be a knock-on effect. Running is and should always be a symmetrical movement, try and keep it that way!

Thank you again for joining me on this symptom and management journey.

Andy



Winged Scapula

Your running club needs you!



SUMMER LEAGUE: Metros' HOST FIXTURE

Sunday 17th June - Headstone Manor Recreation Ground, 9.30 am

This year the Metros' Summer League host fixture is on **Sunday 17th June** and again we are asking for everyone's help to make this a successful event.

Metros have a reputation for being excellent hosts, with great organisation, superb post-race refreshments and many encouraging marshals on the 10km Road Run and the Tenderfoot run within the park.

For us to maintain this reputation PLEASE:

- **Come to run**
- **Bring refreshments e.g. sandwiches and cakes**
- **Bring family and friends (or yourself if not running) to help**

We need most help during the 10km run i.e. from 9.15 am to 10.30 am. However, if your time is limited, help with any part of the morning would be appreciated.

The time-table for the morning is:

- 9.30 am 10km road race for all abilities
- 10.45 am 1.5 km 'Tenderfoot' race for children & beginners, within the park
- 11.15 am Fun Run (approx. 400m) within the park.
- 11.25 am Relays (approx. 400m) within the park.

OFFERS OF HELP IN ADVANCE OF THE DAY MAKE ORGANISATION MUCH EASIER, SO PLEASE GET IN TOUCH

Patricia & Russell Hewlett - trishhewlett22@gmail.com

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	Perivale	10.00am	5 miles – Note changes
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.

Remaining fixtures for this season:

Monday 4th June **Perivale – Note change of venue**

Monday 18th June Battersea

Wednesday 11th July Perivale

Contact: Wendy Mulvenna (wendymulv@hotmail.com)



Trophy Races

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

1st July	Dulwich Park – Summer League fixture
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.

The replacement for Marlow 5 trophy race this year will be the Summer League event at Dulwich on July 1st. This is also 5 miles.

As for a replacement for the cancelled Finchley 20, I am still unable to find a road event in this part of the country between the half and full marathon distance. If anybody knows of one, please let me know otherwise the trophy this year will consist only of the seven races.

Steve Paull, LRRC Coordinator

Results and Reports

Parkrun

Every third Saturday of each month, Metros head to a parkrun as an alternative to the usual Saturday morning session in Roxbourne Park; this is entirely optional.

Consolidated club results can be found at:

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

This shows the parkrun stats for each runner.

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

Watford 10K – Monday 7th May

Position		Time
1		00:37:51
18	Sasha Birkin	00:42:58 1 st Lady
53	Vincent Cheung	00:46:16
87	Nicola Payne	00:48:31
146	Joanne Payne	00:51:45
314	Ruth Tidder	01:00:19
508	Geraldine Gill	01:11:28
604	Finishers – last	01:41:10

Ranelagh Richmond Half Marathon – 6th May

1		1:11:43
513	Hitesh Patel	2:29:28
522	Finishers	3:25:50

Metros 5k Challenge - 5th May 2018

Position	Name	Time	Age Grade
1	Mitesh Patel	21.37	60.15%
2	Mike Morris	21.41	68.57%
3	Tian Hollingshead	21.46	62.94%
4	Kyie Hollingshead	21.51	64.94%
5	Simon Abery	23.07	65.37%
6	Steve Paull	23.19	71.29%
7	Nathan Powell	23.27	62.39%
8	Mitul Matthews	24.46	57.29%
9	Terry Burke	25.53	66.64%
10	Susana Sa	27.25	53.98%
11	Gordon Valentine	27.34	59.75%
12	Ruth Tidder	27.51	58.77%
13	Barbara Reading	29.25	76.94%
14	Robyn Walliser	29.29	51.89%
15	Jo Marsh	30.05	51.14%
16	Judy Rackham	30.21	61.29%
17	Hillarie Lemon	30.26	66.59%
18	Teresa Young	31.08	60.60%
19	Noa Perelmutter	31.59	48.46%
20	Nancy Morris	32.10	50.88%
21	Veronica Georgescu	32.32	64.24%
22	Andrew Collier	32.50	45.65%
23	Mark Lemon	33.09	48.38%
24	Geraldine Gill	33.27	51.37%
25	Angela Murphy	33.35	64.17%
26	Janice Newman	33.50	69.21%
27	Mike Ransome	33.50	50.98%
28	Jo Collier	34.08	49.71%
29	William Marsh	34.21	41.31%
30	Carole Lloyd	34.27	57.14%
31	Amanda Hardy	34.28	48.07%
32	Anne Ambrose	35.00	55.43%
33	Helen Simmons	35.07	51.54%
34	Sarah Westwood	36.03	56.22%
35	Irene Paull	36.27	53.22%
36	Gill Fox	36.37	47.56%
37	Dave Brown	39.06	45.08%
38	Eilish Fernandes	39.14	51.66%
39	Anne Leigh	46.00	55.69%

	SELF TIMED WALKERS		Time
	Barbara Robson		51.00
	Sonya Grist		51.00
	Gladys De-Groot		55.32
	Arnold Glickman		55.32

With perfect conditions under foot we were able to use the original course and we had good weather. Thanks to those who ran for supporting the Metros 5K – the route is so much nicer than any parkrun and you get tea and biscuits afterwards. Our thanks to Kath for stepping in and taking the finishers details and Teresa for timekeeping.

Next 5K: Saturday 4th August

Marilyn and Henry

Marlow 5 – Sunday 13th May

Overall Position		Time
1		00:25:42
602	Catherine Saunders	00:45:00
813	Noa Perelmutter	00:49:32
845	Linda Grimes	00:50:11
856	Mike Reid	00:50:39
987	Mahua Chatterjee	00:55:38
992	Helen Simons	00:56:03
1012	Jennifer Smith	00:57:51
1070	Finishers – last	01:16:00



Run Wembley Sunday 13th May 2018

10K

1		34:36
11	Mitesh Patel	42:31
13	Andrew Fox	43:18
17	Nicola Payne	44:39 2 nd lady
18	Michael Morris	44:40
19	Vincent Cheung	45:06 PB
20	Clive Heidrich	45:12
23	Steve Paull	46:13
24	Kyie Hollingshead	46:46
25	Seb (Tian) Hollingshead	47:06
27	Martin Eden	47:41
28	Joanne Payne	47:53 3 rd lady
29	Fatmir Sulmataj	48:15
30	Peter Reynolds	48:37
37	Alison Teale	50:08
49	Linda Dunne	54:16
51	Anne Nola	54:34
53	Jane Hudson	54:51
54	Peter Jose	55:04
60	Ruth Tidder	55:56
63	Hitesh Patel	57:28
72	Emma Rackham	65:38
73	Sakina Sidik	65:38
74	Nancy Morris	65:52 PB
77	Geraldine Gill	68:26
81	Anne Ambrose	71:46
85	Penny Hudson	78:13
89	finishers – last	93:02

5K

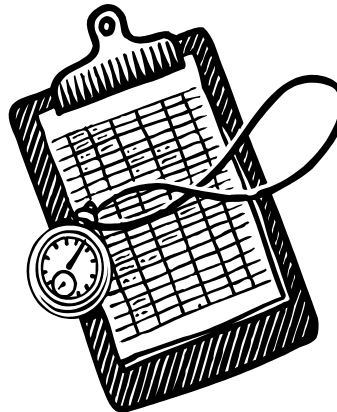
1	David Heathcote (Sudbury Ct)	20:03
29	Irene Paull	34:33
44	finishers – last	1:06:17

Rock 'n' Roll Liverpool Marathon – 19th May

1		2:35:55
5	Nigel Rackham	2:47:23

Measured Mile 12 May 2018

	time
Kyie Hollingshead	5.44
Tian Hollingshead	5.46
Simon Abery	6.23
Jo Payne	6.40
Suzanna Sa	7.00
Maxwell Smith	7.19
Mike Ransome	7.22
Jane Hudson	7.24
Robyn Walliser	7.25
Jo Marsh	7.27
Ceri Jacobs	7.53
Errol Clarke	7.54
Liz Wordsworth	7.56
William Marsh	8.12
Dominic Titus	8.22
Sukriti Bisht	8.23
Noa Perelmutter	8.29
Malvika Bisht	8.43
Amanda Hardy	9.01
Marilyn Pickford	9.02
Carole Wells	9.03
Julie Smith	9.05
Nagendra Bisht	9.06
Jo Collier	9.09
Teresa Young	9.12
Steve Paull	9.30
Jennifer Smith	9.51
Irene Paull	9.54
Heather Titus	10.02
Janice Newman + Deborah	10.05
Steph White	10.10
Dave Brown	10.19
Jessica Ross	10.55
Linda Ross	12.42



A good running day for the Measured Mile today with no rain, no wind and calm overcast conditions. Maybe this explains the impressive number of improved times for the May Mile since the February Mile, well done to Jo Payne, Irene Paull, Simon Abery, Jo Collier, Julie Smith, Mike Ransome and Carole Wells. Keep up the training for the next Measured Mile in August, the last in this year's competition. To win the trophy you need to improve over any 3 consecutive Miles so, you know who you are if you are in contention! Thanks to my helpers, Noa Perelmutter, Steve Paull, Jane Hudson and everyone who entered their numbers next to their names.

Angela

London Marathon – 22 April 2018 – Report from Chris Shearwood

April saw the Brighton and London marathons and Metrolines expressed the hope that we might read about how it all went. Having spectated at the Brighton Marathon (at miles 4 and 25) I was looking forward to reading about the whole run from at least one of my clubmates, but no luck. Nor was there anything in relation to the London Marathon - indeed, only Anne and Hershil seem to have written anything about their London experiences in recent years. Perhaps it is felt that this race is so familiar, but we have new Metros joining all the time and there must be plenty who have never run it who might benefit from a first-hand view.

This race has never been on my list of must-do events - when I first started running marathons, London had been going for 14 years and was now really popular. I was not a Metro then and perhaps a little naive about such matters - I do not know whether chip timing was in use, but the thought of taking 20 minutes to cross the starting line simply did not appeal. I started with the Harrow until it folded in 2000 by when I had added the Clarendon; then came Rotterdam, then Berlin and the rest is history. Plenty of people really want to run London and I would be taking a place, probably from someone raising money for charity; moreover, I particularly like running foreign marathons which are, for the most part, ballot-free and easy to get into. Gill and I have enjoyed spectating London in recent years, though.

In 2016 I completed the Loch Ness Marathon in sub-3:20 which Gill reminded me qualified me (just) for a “good for age” place at London. It was time to stop being stand-offish and enter this iconic race for the first and possibly last time.

Training consisted of my usual February and March half marathons - Watford, Wokingham and Hillingdon (the latter two, sub-90 mins, the first time I'd managed that in over two years); Berkhamsted, like the Finchley 20, succumbed to the Beast from the East. I also did a couple of fast-paced Sunday morning runs with James, John and Vincent (variously training for Brighton and Paris) and a few of the Metros did Datchet Dashers' 20-mile training run through the delightful Windsor Great Park and Virginia Water, the latter a week before I did my 10th Rotterdam Marathon. I felt as fit as a fiddle and was aiming for 3:20 - 3:30.

72 hours before Rotterdam I had to come home from work feeling extremely groggy. Although I completed the race, Gill thought that I looked somewhat wan and I was unhappy with my 3:37. It had also been a might warm, too.

In due course the London Marathon Expo was upon us and Gill and I followed the advice to local folk to collect their numbers earlier in the week, leaving the Friday and Saturday bunfight for the hordes of non-local and non-UK runners expected

then. As a foreshadow of what was to come, compared to overseas races (e.g. Berlin, Florence, Rotterdam), I would say that the Expo had a noticeable presence of charities and fewer stands advertising overseas races.

Race day arrived and the dozen or so of this year's lucky participants met early at Harrow on the Hill. A member of station staff took a photo of all of us but cut our feet off. I can't stand that, so this is my own photo.



Some of us peeled off at Charing cross and others at London Bridge, leaving me, Steve Paull and Barbara Reading to alight at Maze Hill for the altogether more civilised (less crowded) Green Start, where we also bumped into Rache Porter. Folk will recall that this year was the hottest London Marathon on record and one poor individual died, the fifteenth in the entire history of the race. Wearers of fancy dress had been advised to consider not doing so but there were more than a few in evidence at our start.

The sun shone from a clear blue sky in which a light aircraft buzzed over us trailing a banner stating that Jesus wished us the best of luck; large screens relayed the

Queen starting the race (from Windsor Castle) and we were under way at 10.00. I only took a couple of minutes to cross the starting line.

I particularly recall the prettiness of Blackheath Village with the cherry blossom out, skirting around the parish church of St John, then meeting first the blue wave and then the red wave at Woolwich. Not least in view of the heat we had been advised to thoroughly drain our water bottles but, at around 3 miles, I managed to tread awkwardly on a carelessly discarded full one and had a painful foot for a mile or so - slightly worrying at the time.

The pre-race magazine stated that, nowadays, there is hardly a place on the entire route that is not well-attended by spectators and I was on the lookout for fellow Metros, hoping to glimpse our yellow and blue balloons atop Gill's hiking stick, rather like we had been madly waving at Brighton a week earlier.

I first saw Gill, who was up there with her family, at mile 9, then Irene and Nancy at mile 11, waving a Metros shirt on a coat-hanger on a stick. It was really hard to make out who (if anyone) was calling your name, the crowd noise was so loud, something that spectators might not fully appreciate. For example, at Rotherhithe, I heard Donna Warren call my name but only because she added my surname too...and she later told me that I only heard her the fifth time that she had shouted it.

Crossing Tower Bridge brought home just how much a charity race this is - all available barrier space was taken up by banners and relevant supporters; but it wasn't just here - it was all around the course, bells, whistles and all. There were also plenty of makeshift and not so makeshift teardrops, banners, flags etc. of various running clubs, with many of which we are familiar.

I missed Barry Nolan with the Fire Brigade folk at Shadwell, but I did see the two front runners around their mile 22, the East Africans, Eliud Kipchoge and Tola Kitata, and, a minute or so behind them, Mo Farah - all running at a phenomenal pace, except I thought that Mo needed to get his skates on.

Mike tells me that the water station bods were in the middle of dismantling the apparatus where the Metros were - while they were all busy doing this he had told one of them to look out for his club mates in their yellow tops and, eventually, one of them said, yes, they had seen one, did he have a beard? So, I didn't see any Metros and they didn't see me, which was disappointing.

Shortly after that calamity struck at about 20 miles when I got such a severe case of cramp in my thigh that I could not even walk let alone run and lost precious minutes whilst the pain subsided. Apparently, it can be caused by salt deficiency...or just plain age. I picked up the pace again and saw Jane as she was heading into the Isle of Dogs, then the familiar QPR shirt of Chris Kemp whom some of us know from Harrow parkrun.

Cramp continued to afflict me, now in each calf, through the City and only subsiding along the Victoria Embankment, just before the statue of Boadicea at Westminster so I had a better run going down Birdcage Walk, around the Victoria Memorial and up the Mall to the finish. I spotted a camera on a rail (like those at athletics stadia), clearly focussing on a blind runner and his guide - I was in the background and running at the same pace so had a minute or so of fame on national TV, as spotted by various Metros. I was about 1:40 faster than Rotterdam, finishing in 3:36:11 - first Metro home albeit only 22 seconds and 55 places ahead of Rache Porter.

Not unnaturally, I felt somewhat weak making my way to collect my bag - I also had cramp in my hand now. The organisation was first-rate, but it was already about 1.45 pm and my second challenge of the day was now to get to Wembley Stadium in time to catch Southampton in the FA Cup semi-final against Chelsea. I headed for Piccadilly Circus but both calves promptly seized up whilst I was making my way up Lower Regent Street. A couple of tourists came to my aid and, like the blind leading the blind, I got them to do that leg-straightening, foot-twisty thing you see footballers having done to them on the pitch sometimes. The doorman from a nearby hotel kindly put my goody bag under my head. My legs loosened up and I was back on my way. I got a train from Marylebone with a carriage crowded full of beered-up Chelsea fans who, seeing me still in my running gear, were all very intrigued and complimentary about my feat, shaking me by the hand, inspecting my medal, whilst I changed clothes as far as decency would allow in front of them although I decided not to kill the mood by putting on my red and white striped top. Saints' drubbing at the hands of Chelsea was in a manner which seemed to sum up their season. I was by now starving and the edible contents of the goody bag were scoffed in short order.

Despite the effect of cramp (and heat) on my time, I believe (but stand to be corrected) that I was about the only one of this year's Metros to actually enjoy the race. As a Londoner, I'm pretty familiar with large chunks of the route and it was great fun to run those familiar streets, traffic free - returning along the Highway en route to the City you see through the buildings firstly the Cheese Grater, then the Walkie-Talkie and finally the Gherkin. You remind yourself that the City is just a "square mile" but, even so, it seems to take ages to get from Tower Hamlets to Westminster when your legs are so tired and cramped. However, the distance is no novelty to me and I have run in worse heat than that. I thought I'd never say it, but a return to Blackheath cannot be ruled out...

Chris Shearwood

Southern Counties Veterans T&F League 2018 - match 1 - Battersea

	Score	Men	Women
1	British Airways	19	23
2	Ealing Southall & Middlesex	83	63
3	Herne Hill Harriers	175	103
4	Hillingdon	168	92
5	Metros	57	24
6	Highgate Harriers	79	0
7	Serpentine	167	144
8	Thames Valley Harriers	79	0

Event	Metros Member	Result	Points
100m M35A	Jag Matharu	14:1	2
100m M50	Martin Eden	14:2	3
100m M60	Mike Ransome	15:5	5
400m M35A	Jag Matharu	69:2	2
400m M50	Mike Ransome	75:8	2
400m M60	Martin Eden	82:2	6
1500m M35A	Jag Matharu	5:40:6	1
1500m M50	Mike Ransome	7:04:5	1
1500m M60	Martin Eden	6:13:2	6
Discus M35	Jag Matharu	13.35	3
Discus M50	Mark Mulvenna	19.68	6
Shot M50	Mark Mulvenna	7.27	6
High Jump M60	Mike Ransome	1.05	5
Long Jump M50	Mark Mulvenna	2.79	4
Long Jump M60	Mike Ransome	3.09	

Event		Result	Points
100m W50	Anne Ambrose	23.3	1
100m W60	Marion Rogan	20.3	2
400m W50	Marion Rogan	147.0	3
400m W60	Anne Ambrose	208.9	5
Discus W60	Marilyn Pickford	10.38	4
Shot W60	Marilyn Pickford	4.77	4
Long Jump W60	Marilyn Pickford	2.50	5

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.