



May 2018
Issue No. 356



Metros Diary

May

Sat 5	5 K Run, Roxbourne Park	9.20 am
Fri 11	Metros AGM	8.00 pm
Sat 12	Measured mile, Roxbourne Park Foodbank donation	9.20 & 9.40 am
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 – Perivale	6.30 pm
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

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!

As I am writing this we are experiencing unseasonably cold weather. The extremes of weather this year have really affected events and congratulations to anyone who has taken on the challenge of a spring marathon; training in very cold conditions and snow and then, in some cases, having to run their event in very hot conditions.

Please see page 7 concerning some important information on the EU General Data Protection Regulation (GDPR) which comes into effect on 25 May 2018 and will have significant impact on how organisations (including Metros) handle the personal data of individuals.

My favourite Metros event – Marathon Week – is back this year, see page 13 for entry details

This month there is a new feature from Emma Rackham, Metros Members Spotlight. All contributions are welcome.

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



Welcome New Members

**Emma Holland
Sam Adcock
Paul Spendloff
Robyn Walliser
Josephine Marsh
William Marsh
Susan Holland**

Sasha Birkin met Kathrine Switzer at the VLM Expo. In 1967, Kathrine became the first woman to run the Boston Marathon as a numbered entry. During her run, a race official attempted to stop Switzer and grab her official bib; however, he was shoved to the ground by Switzer's boyfriend, who was running with her, and she completed the race. It was not until 1972 that women were allowed to run the Boston Marathon officially. Kathrine, who is now 71, completed this year's VLM in 04:44:49.





Achievements

Well done ...

John Norris – for a PB at the London Landmarks Half Marathon on 25th March

Terry Burke – for coming first in his age group at Salisbury Parkrun, 7th April

Veronica Georgescu – for coming first in her age group at Wimbledon Common half marathon – 8th April

For Completing their first marathon:

Kim Hassard – London, 22nd April

James Kerrane – Brighton, 15th April

Hitesh Patel – Manchester, 8th April

Ariff Sidik – Brighton, 15th April

Geraldine Gill, Andy Fox, Julie Smith, Ruth Tidder and **Karen Leary** for moving up a colour in the rainbow in the Metros 10K challenge, 7th April

Thank- you – from Dave Brown

A massive thank you to everyone in Metros for your amazing generosity shown to me when celebrating my recent birthday.

Some gave me individual gifts and lots of you had a collection which Mike presented to me at Metros Saturday morning session a few weeks ago.

It was also lovely that so many of you joined me and my family at Harrow Parkrun on St Patrick's day to celebrate my birthday running a snow covered 5k.

I will be using your gift to buy a turbo trainer for my bike to enable me to train under cover to help me get fit whatever the weather.

Thank you once again I am proud to belong to such a great club and have so many wonderful friends.



Data Protection

You have probably been deluged by organisations sending you acres of small print and opt in notices over the last few weeks due to new Data Protection law which comes into force later this month. I suspect you are tempted to skip this but, do **please stop and read this**.

We do all have to take data protection seriously. If you've ever had an account hacked (in my case, had my mobile phone number hijacked), you'll know how important this all can be.

Metros & Data

The Metros membership records are the main records that we have. This includes: -

- Email address
- Home Address
- Phone numbers
- Date of Birth
- Above details for any linked family members

This data is stored in a professionally managed database run by Webcollect. When you register with Metros, Webcollect also set up a primary account for you. As many of you were members before we started to use Webcollect, you may never have logged in directly to Webcollect. If you haven't logged in before, I'd encourage you to do so then you can set a secure password and check – and if you need to correct – the data held about you.

The data Metros hold is only shared with one other organisation – England Athletics – and then only if you opt for EA membership.

How is your data is used?

- To calculate age graded / age category results (why we need your date of birth)
- For emergency purposes (phone numbers)
- To deliver membership cards (addresses)
- To contact you about Metros related matters

Who can see your data?

The people who have access to your data are the Membership secretary, Chairperson, Secretary. We need more than one person to be able to access data in case one of us is away / inaccessible.

How long do we keep your data?

It takes quite some time to get everyone's renewals in, but in future we'll be stricter about this. If you have never renewed before, we'll delete your membership record two months after the renewal date. If you have renewed before, we'll give you an extra month then we'll delete the data.

Once your membership record is deleted, you'll no longer be able to access the Metros website member section. You can re-join any time, but you'll go through the same process as a new member.

Finally, to allow us to manage club running records, we keep a simple log of all members we've ever had – just name and date of birth, nothing else.

Concerns?

If you have any concerns about this or data we hold, please contact me at metros.secretary@yahoo.co.uk

Irene Paull

How Green is Athletics?

At our Harrow Hill race I got to thinking (a dangerous occupation for a runner). At the end of the race we give out some goodies in a large plastic bag – provided by a sponsor - and a bottle of water. If you have tea or coffee it is in a polystyrene cup. This is the setup for the majority of road races. True also for many track meetings. At Lee Valley they give me my bacon butty in a polystyrene box! Should we not be thinking outside the box? (Sorry about the pun!). There are plans afoot to restrict the use of plastic bags by all shops and to provide water points where you use your own bottle. Should we be doing some forward thinking concerning single-use plastic at running events?

Jeanne Coker





Member Spotlight

I have decided to try out a new feature for Metrolines - an interview with a different member of Metros each month.

You may recognise our first participant for his 'salt and pepper' hair and incredible selfie skills...



What is your name and when did you join Metros?

Ariff Sidik – I joined approx. 2 years ago in 2016. My family are also in Metros: my wife Sakina, and two children, Zaheer and Alisha.

When did you start running and what motivated you?

Well, as you may know I was somewhat on the heavier side and really did little to no exercise. I needed things to change, so asked Sakina to help me get into shape. She coached me to get from couch to 5k. I then followed in her footsteps to join Metros and the rest you all know.

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

After I had achieved 5k and was confident running that distance, I went straight in the deep end and entered the North London Half 2016. Now, this was a big jump and meant taking the training a bit more seriously. But it's the buzz from this type of event that makes me want to do more. I have since gone on to do many others. Most recently the Brighton Marathon.

Which race performance are you most proud of?

Currently and most recent would be the Brighton Marathon. Simply put - it was my first marathon.

What is your favourite race/ distance / terrain?

Road, road and more road. No mud for me. I get this weird feeling when I'm in the woods that I just want to get out of there. Best race distance would be 10 miles and half marathon. Still a challenge but not too much training required.

How much training do you typically do?

I run on average 3 times a week. Various distances dependent on upcoming events.

Do you have any running ambitions? If so, what?

Would love to become faster and maintain longer distances.

Do you take part in any other sporting activities?

I do play football midweek. I can say that running has helped with the fitness tremendously.

Who inspires you to run?

I would not say who, but more what. First off, I was inspired by Sakina. I now get inspiration from other things such as achieving certain distances, seeing fellow Metros run, being able to keep my weight in check, and good health.

Have you ever run in a costume? If so, please give us details!

No. But I'm up for that! Lots of fun if you're in a group.

What is your post run/race luxury?

Nice burger and chips with no guilty feeling.

If you could pick one thing to be in a race goody bag, what would it be?

It's all about collecting the race T shirts.

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

45min?!

Thank you Ariff ☺

Emma Rackham

**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

First Aid bum bags – where are you all?



These covetable items were distributed some time ago (I forget exactly when!) and although there have been several recent sightings on regular runs some must be languishing in lofts or left behind in car boots. Should you have one that is not in use please return to me. If the one you have is in need of replenishment or updating, then pass back to me or place on the table in scout hut on Saturday morning and I will collect and either store for future use or return to you packed up with new plasters and wipes. If you have never had one and would like to take a bum bag out on runs or have handy in your car then e mail me or text and I will get one to you sometime soon.

Thanks

Angela Murphy

a.murphy@yahoo.co.uk

07779639496



See page 30 for important information on reporting accidents

Couch to 5K 2018



Welcome to our new Metros members who are undertaking the new Couch to 5K course. I hope you all feel at home and are enjoying the sessions so far. Thanks to all the volunteers who are embarking on this journey too.

Date for your diary: if you are an established member of Metros - Saturday June 16th. This date has been earmarked as a Metros parkrun day and is the first parkrun for our Couch to 5K group. It is the day before the Summer League being hosted by Metros. I am hoping for plenty of support for our Couch to 5K runners like last year. You may want to use parkrun as a warm up for the 10K Summer League, or if you would prefer a rest day, just come along and cheer.

Kath Donaldson



Metros Marathon Week is back!



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 – still being worked on – which will hopefully start outside John Lyon school on Middle Road, Harrow.

Saturday morning - Sand (3.5k): Ruislip Lido.

Sunday morning - Cross Country (10k): Ruislip woods (starting from Northwood Hills Football club).

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. This will go towards the cost of prizes, access to facilities, and a drink for each of the volunteers on the last day!

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/>
There are 50 places available but this is a popular event so don't leave it too late!
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

Andrew Howell – The Body Factory

A stitch in time – just causes pain

Stitch is something most of us will have had at some point in our running lives. It tends to come when most unwanted. A high aerobic part of a race, running downhill or just when a sprint finish is needed, stitch will alter rhythm and body balance. It also hurts and generates anxiety.

A stitch is a sudden sharp, intense pain under the lower part of the ribcage. It is generated or caused by a cramp or muscle spasm of the diaphragm. Stitch tends to occur in novice runners who tend to breathe more quickly or by shallow breaths from the upper chest. All runners however can hyperventilate and become more anxious especially at difficult parts of a race, compounded by being nervous already. It is important to feel comfortable and relaxed whatever the run and irrespective of the pressure of competing. Establish a rhythm and relax into your pace.

How is a cramp or stitch caused in the diaphragm?

As we breathe in expansion of the lungs presses the diaphragm downwards. Some air is literally swallowed ending up in the oesophagus and stomach which means that the air is trapped below the diaphragm. Similarly, if there is a lot of food in the stomach having eaten too close in time to vigorous exercise this can cause a cramping pain around the lower rib cage. Stopping air swallowing in some people can be difficult but quality physiotherapy with breathing exercises may help.

Management

Many will have their own way of dealing with stitch. Sometimes however the cramps persist and there is a need for intervention techniques.

1. Liquid empties from the stomach faster than food. Do not eat an hour and a half up to race or training. By all means drink, even a smoothie if you do not like energy drinks. Eat or drink slowly to avoid gulping food and air swallowing.
2. Running in extreme cold weather can cause a stitch. Try warming up inside first, elevating your heart rate and therefore body core temperature. This makes all the muscles more elastic and ready for exercises. Therefore, less likely to cramp.
3. Running downhill can exacerbate stitches, get used to running downhill keeping a good rhythm not jarring the body. Match your breathing with your muscular rhythm.
4. As with any cramp, the immediate treatment is to stretch the cramping muscle. Try altering your breathing pattern, take in a deep breath as quickly as you can to force the diaphragm down. Hold for a few seconds and then forcibly exhale with pursed lips. I have also found holding my arms above my head

- and leaning forward tightening your abdominal muscles. Yes, you may look silly however it will get you back into your normal stride and back in the race.
5. Finally, a cliché but it does work for some people. Try peaceful visualising, especially if you are feeling stressed for the day or race. This will encourage a relaxed deep breathing pattern.

A stitch can be unbelievably frustrating especially if it is reoccurring. The thoracic vertebrae are all connected to the ribcage. Any thoracic vertebral issue can limit inhalation and thoracic pain will be discussed next time and how it is resolved.

Thanks for reading once again.

Andy

Thursday Metros

Thursday Metros has now moved to the summer meeting point of the viewpoint car park, Old Redding, near The Case is Altered Pub. Nearest postcode HA3 6SE. Be there in time for a prompt 7.00 pm start. A varied speed play session – not a continuous run. All abilities welcome.

Drinks and chat at the pub 2nd Thursday of the month (probably The Hare).
Organiser: Jane Hudson,
email: thursdaymetros@yahoo.co.uk



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	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 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: -

13th May	Run Wembley (formerly Sudbury Court 10K)
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.

Both of the two local 5-mile races I could find to replace the usual Marlow event clashed with Summer League dates, so 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.

Maidenhead Easter 10 – Friday 30th March

GunPos	ChipPos	Name		ChipTime
1	1			00:50:37
119	116	James	Kerrane	01:03:00
212	214	John	Norris	01:08:21
267	267	Mitesh	Patel	01:10:17
308	309	Andrew	Fox	01:12:01
336	335	Steve	Paull	01:13:14
530	537	Sasha	Birkin	01:19:52
531	535	Sarah	Belchier	01:19:47
693	695	Jamie	Richards	01:26:26
779	780	Ruth	Tidder	01:29:40
846	847	Jane	Hudson	01:31:47
908	912	Linda	Dunne	01:34:42
1085	1080	Ariff	Sidik	01:43:04
1086	1081	Kim	Hassard	01:43:05
1087	1079	Emma	Rackham	01:43:04
1159	1154	Sakina	Sidik	01:50:01
1206	1206	Anne	Ambrose	02:00:03
1239	1239	Finishers - Last		02:37:21

Finn and Kane O'Reilly took part in the children's 800 meters race at the Maidenhead 10 on Good Friday. It was well organised and all the children who took part seemed to enjoy it, especially the medals, Easter eggs and fruit at the finish!

The only drawback was that I had to get the car out of the car park before the start of the main race, so I couldn't watch the rest of the Metros.

Marion (nanny) Rogan



London Landmarks Half Marathon – 25th March 2018			
1		01:10:57	PB
121	John Norris	01:28:40	
9647	Finishers – last	04:35:05	

Hampton Court Palace Half Marathon – 18th March 2018			
1		01:12:05	
2460	Paula Kanesanathan	02:34:08	
3101	Finishers	04:27:18	

Greater Manchester Marathon – 8 th April 2018		
1		02:21:19
8737	Hitesh Patel	05:29:37
9342	Finishers – last	07:16:29

10K Challenge – 7th April 2018

	Time	Age Grade
Barbara Reading	62:31	73.02%
Dave Young	47:09	71.54%
Andy Fox	44:12	70.33%
Caroline Day-Lewis	50:49	68.26%
Mike Morris	47:54	63.25%
Simon Aberly	48:58	62.94%
Jo Payne	49:14	63.83%
Alison Teale	51:33	62.38%
Ceri Jacob	58:07	61.91%
Mike Ransome	58:07	60.91%
Mitesh Patel	43:55	60.93%
Ruth Tidder	54:48	61.10%
Carol Lloyd	66:52	59.77%
Julia Allen	60:47	57.07%
Karen Leary	63:46	55.06%
Julie Smith	69:16	51.95%
Geraldine Gill	69:34	50.47%
Mike Reid	67:21	47.40%
Shefali Rao	64:22	47.79%
Rhonda Tapley	70:05	47.77%
James Rodriguez-Hughes	63:07	42.33%

A low turnout for this quarter's 10K Challenge, with many regulars running Marathons in Bournemouth or Rotterdam or preparing for Brighton or London. Welcome to James Rodriguez Hughes and Jo Payne competing for the first time. Congratulations to Geraldine Gill, Andy Fox, Julie Smith Ruth Tidder and Karen Leary for moving up a colour in the rainbow.

Teresa Young

Wot no Watch – Saturday 14th April 2018

	Predicted	Actual	Difference	
Glyn Watkins	07:30	07:29.17	1	0.83
Errol Clarke	08:20	08:19.04	1	0.96
Mike Morris	07:45	07:46.67	1	1.67
Nancy Morris	08:45	08:43.80	2	
Heather Titus	10:00	10:02.68	2	
Andy Fox	06:06	06:08.20	2	
Dave Young	07:10	07:13.49	3	
Janice Newman/Ceri Jacob	09:02	08:59.12	3	
Maxwell Smith	07:30	07:26.39	4	
Simon Aberly	06:20	06:25.58	5	
Pauline Bishop	08:00	08:07.33	7	
Jo Collier	09:30	09:22.00	8	
Steph White	11:00	09:52.99	8	
Karen Leary	08:35	08:43.20	8	
Angela Murphy	09:40	09:50.36	10	
Janice Newman/Ceri Jacob	09:01	09:12.94	11	
Mitel Matthews	06:30	06:15.23	15	
Sarah Westwood	09:59	10:15.58	16	
Anne Ambrose	09:30	09:47.39	17	
Helen Simons	10:32	09:54.90	22	
Carole Wells	09:49	09:27.82	22	
Mark Lemon	08:40	09:06.50	26	
Julie Smith	09:20	09:48.68	28	
Diane O'Reilly	10:00	09:30.86	30	
Sarah Westwood	10:38	10:06.11	32	
Mike Reid	09:10	08:36.80	34	
Terry Smith	07:30	06:56.58	34	
Adam Leary	07:15	06:34.58	41	
Carole Wells	09:49	08:58.18	51	
Linda Gaitskell/Steve Alder	10:30	11:24.58	54	
Pauline Bishop	08:00	08:59.90	59	
Sasha Ryan	09:00	08:01.83	59	
Colin Jackson	12:00	13:13.88	73	
Titziana Spotti	09:45	10:58.30	73	
Robyn Walliser	09:30	08:09.05	81	
Titziana Spotti	09:45	11:10.74	85	
Liz Wordsworth	10:00	08:08.11	112	
Gill Fox		10:14.00		

36 competitors took part in the Wot no Watch on Saturday 14th April – Hopefully an inspiring sight to the Couch to 5K runners who started their odyssey on the same day. It was good to see many of last year's C25K participants either taking part in the event or helping lead the new group around the park.

Congratulations to Glyn Watkins for winning the trophy for the first time and commiserations to Errol Clarke and Mike Morris who were also very close. Special mention to Maxwell Smith (Junior) for running the event for the first time and only being 3 seconds too fast.

Teresa Young

Bournemouth Bay runs Sunday 8th April

Half marathon

1 st		1:10:31
29	Nathan Powell	1:24:38
617	Linda Dunne	2:05:09
618	Jane Hudson	2:05:10
920	finishers – last	3:14:21

10K

1 st		34:14
365	Mark Mulvenna	54:39
969	finishers – last	1:35:54

5K (untimed)

Wendy Mulvenna

Andy Dempster

Wimbledon Common Half Marathon – 8th April

This is a trail race consisting of two laps of Wimbledon Common. The race starts in the Richard Evans Memorial playing fields off the A3 and then goes up into Wimbledon Common. The first 1.5 miles are uphill and then you run around the common for 3.5 miles before heading back downhill on a steep incline to complete the lap. The hill certainly makes this a challenging event and due to recent rainfall, the mud made it even more challenging and I was squelching through the last few miles. Due to the conditions, I could not say that I enjoyed this at all but if you like trail or cross-country, this is the event for you. The organisation was very good, and the marshals were very encouraging and friendly. There's a nice goody bag and a free massage at the end. This race is organised four times a year, so you can gauge your progress and I may do it again in the summer when there's less mud. *Anne Ambrose*

1		01:20:40	1 st FV65
648	Veronica Georgescu	02:38:08	
699	Anne Ambrose	03:12:11	
707	Finishers – last	03:49:44	



Anne and Veronica tackle the mud on Wimbledon Common

Rotterdam Marathon – 8th April

Overall Position		Time
1		02:05:44
2677	Chris Shearwood	03:37:50
13997	Finishers	06:23:27

Brighton Marathon – 15th April

Overall Position	Name	Time
1		02:22:33
206	James Kerrane	03:05:53
1519	Mike Morris	03:40:31
2445	Russell Hewlett	03:52:14
2850	Steve Paull	03:56:00
6003	Sarah Belchier	04:30:39
9227	Ariff Sidik	05:14:41
10205	Sakina Sidik	05:35:34
19824	Finishers	

Krakov Marathon – 22nd April

Overall Position		Time
1		02:11:34
5541	Veronica Georgescu	05:50:01
5629	Finishers	06:43:21

London Marathon – 22nd April 2018

Place Overall	Name	Half	Finish
1	Eliud Kipchoge	01:01:00	02:04:17
5,250	Chris Shearwood	01:36:46	03:36:11
5,305	Rache Porter (Clapham Chasers)	01:42:27	03:36:33
21,575	Steve Paull	01:59:08	04:54:00
22,049	Barbara Reading (St Neots Riverside Runners)	02:18:04	04:55:56
22,768	Spencer Millbery	02:14:49	04:58:44
25,054	Mike Ransome	02:27:55	05:09:19
26,075	Jane Hudson	02:16:12	05:14:27
29,367	Judy Rackham	02:29:33	05:29:58
30,423	Kim Hassard	02:32:30	05:35:48
34,788	Emma Rackham	02:49:46	06:03:22
34,928	Paula Kanesanathan	02:47:10	06:04:44
38,582	Heather Titus	03:12:14	06:50:45
40,079	Sue Davie	03:37:22	08:04:14
40,158	Finishers- Last		09:33:17



Steve Paull has vowed not to run another marathon – for at least a month

VLM Mini-Marathon Sunday 22nd April 2018

Under 17 boys

1 st		15:02
109	Tejas Hirani	18:55

Under 15 boys

1 st		15:08
41	Chris Hudson	17:38
132	Kyie Hollingshead	20:27

Under 15 girls

1 st		17:17
171	Alisha Sidik	33:58 (aged 12)

Under 13 boys

1 st		16:38
117	Luca Ghai Matharu	20:14
118	Max Dadomo	20:14

Under 13 girls

1 st		17:51
131	Olivia Ghai Matharu	23:00

A total of 504 boys and 483 girls took part across the three age groups.



Mo Farah had a few issues with collecting his drinks from the elite water stations at VLM and was critical that some of the marshals at the early stations were more interested in taking photographs than making sure he got his drink.

There was no criticism for the Metros volunteers at the 30K elite water station who, as usual acted professionally and made sure Mo got his much-needed drink.



NOTES OF METROS COMMITTEE MEETING

Wednesday 4 April 2018 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Anne Ambrose, Pat Jackson, Paula Kanesanathan, Mitesh Patel

COMMITTEE: Steve Paull, Marilyn Pickford, Barbara Robson,
Carole Wells, Sarah Westwood

APOLOGIES Peter Beuselinck, Mike Ransome, Irene Paull, Emma Rackham,
Nigel 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

New Co-ordinators for the Thames Valley League plus the Metros host fixture and new co-ordinators for the Metros host fixture of the Summer league – Present coordinators are standing down and Sarah had advertised in Metrolines for a team to take on these roles.

Barn Dance – Mitesh had given details of costs of previous events to Irene Paull and Emma Rackham who are investigating holding another event.

Head Torches – As agreed, Mike had arranged for a firm selling head torches to attend the Saturday session on 7 April.

London Marathon Water Station Places – At the last meeting it was suggested that the allocation of the club and water station places be reviewed. This will be discussed at a future meeting.

ACTION: Irene Paull

Harrow Hill Race – Irene had summarized draft accounts. It was agreed to again donate £1,000 to the MS Therapy group and leave the surplus in the Harrow Hill account to kick start the event next year.

Irene had raised points regarding a future possible cancellation of the event due to weather etc and future spend on prizes, etc. These will be discussed at a future meeting.

ACTION: Irene Paull

It was agreed that another signatory should be added to the account and Mitesh will ask Nigel Rackham to become a signatory.

ACTION: Mitesh Patel

Spencer Millbery has said he will step down as Race Director but is willing to help next year. Paula Kanesanathan has volunteered to be Race Direct next year and will discuss with Spencer.

ACTION: Paula Kanesanathan

Spencer was thanked for his excellent organisation of the event.

Metros New Kit – Pat confirmed the first advertised ordering window for new style T-shirts ended 3rd April. A minimum order of Unisex or Ladies garments is eleven. Nine Unisex T-shirts had been ordered and paid for on line but only one ladies T-shirt had been ordered.

It was agreed to close the ordering window and order just eleven Unisex T-shirts which should be received in approximately seven weeks. The one ladies order will either purchase a Unisex T-shirt or order a ladies in the second ordering window.

It was also agreed to open another window for T-shirts immediately to close on 20 April. This should allow C25K participants to order at the start of the course to receive them in time for their Park Run on 16 June.

To encourage a good response, the new ordering window will be advertised via the Gmail group, Metros training session email groups and word of mouth. The kit advertisement in Metrolines will be updated.

ACTION: Peter Beuselinck/Pat Jackson

Peter had confirmed that England Athletics had approved and registered the new style kit and both previous and new style kit is acceptable for now but not indefinitely.

Pat stated that Metros skull caps with a blue, rather than a black band, were now available.

Metros AGM – Peter has booked Lowlands Tennis Club for Friday 11 May and will issue an agenda. He will propose changes to the wording in the Metros Constitution relating to kit.

ACTION: Peter Beuselinck

The Metros present committee has agreed to continue in current positions.

Mitesh confirmed that the accounts will be audited later this month and would include details of the Harrow Hill Race.

ACTION: Mitesh Patel

Training Budget – It was agreed that in future the Metros training budget will be checked before any training is authorized. Mitesh will increase the ongoing training budget in the year end accounts.

ACTION: Mitesh Patel

It was also agreed that anyone receiving funding for the Leadership Course be asked to lead six sessions per year rather than just six sessions in total.

Teresa Young and Bob Manning are our only official timekeepers and it's hoped other Metros members could be encouraged to become qualified.

ACTION: Sarah Westwood.

Mitesh confirmed that the Round Norfolk Relay team fee is already in the budget.

A First aid course for Metros members will be advertised shortly with an agreed increased charge to members of £20 to include the £5 booklet. The cost is £40 per person.

Guide Dogs at Metros Sessions – following a recent accident at Roxbourne Park, Sarah had sought advice from the Guide Dogs for the Blind Association. The following is the reply:

“Following our conversation this afternoon I got in contact with our head of health and safety who has sent me the following response:

Having discussed this with our Insurance Manager, I can advise that our insurance would not support dogs running with the group.

We would advise that the dogs would need to be walked separately from the runners. From a Health and Safety point, there is no control for the dogs whilst running and I would recommend that the dogs do not run with the group as there would be limited control even on a lead whilst running.

Please let me know if you have any further questions. Kind Regards, Louise Elliott, Business Support Co-ordinator. London Mobility Team. Guide Dogs for the Blind Association.”

Guide Dogs at Metros Sessions (Cont.)

The Scout policy is that only guide dogs are allowed in the Scout Hall and the committee further agreed that, when in the Scout Hall, guide dogs will continue to be kept on a lead close to their owners to avoid any accidents e.g. spilled hot drinks. Sarah will inform Linda Gaitskell and Janice Newman

ACTION: Sarah Westwood

Metros Membership – Irene had confirmed 306 members including the new C25K people. She was concerned that some new members who joined last year are no longer active members. This will be discussed at a later meeting.

ACTION: Irene Paull

Coordinator for the Saturday Session – Irene has successfully organized this session for a considerable time and would like to now step down. A new co-ordinator is needed and will be discussed at the next Metros meeting.

ACTION: Sarah Westwood.

Friends of Pinner Village Fun Run – Glyn Watkins is organizing this event on Sunday 29 April and has asked for help from Metros members. Some Metros race equipment will be used.

Metros Loudhailer – As this should not be left in the shed, Pat Jackson will hold on to it for the time being.

Meeting finished at 9.34 pm.

Date of Next Committee Meeting: Wednesday 6 June

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

First Aid Incidents and Accidents

Accidents and incidents during Metro training sessions should be recorded following the guidelines issued by England Athletics. This is to provide valid evidence in the event of a follow up to injuries from medical personnel or for insurance claims. The system in place is the incident form which should be completed as soon as possible after an incident by anyone present or by the person who administered assistance and/or first aid. This is to be forwarded to the Gmail address or handed in hard copy form to the current Chairperson so that it can be held on record. The completed form is then confidential and accessible only by the Chair.

The recommendation is to complete a form when First Aid has been administered and First Aid equipment has been used or when the incident is considered serious and medical help was sought. When in doubt please do complete the form.

Metros are advised to copy and save the form from the Metrolines and hard copies will always be available at the scout hut in the blue box on the table on Saturday mornings.

Any questions contact Angela Murphy a.murphy91@yahoo.co.uk

First Aid Record of Incident

Date	
Place	
Time	
Name of casualty	
Nature of incident	
Injury	
Symptoms	
First Aid administered	
Name of First Aider	

Send this form completed with details of the incident to metroschair@gmail.com and cc it to sarahwestwood@talktalk.net

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.