

etrolines

July 2018
Issue No. 358



Metros Diary

July

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

August

Wed 1	Committee Meeting	8.00pm
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	9.20 & 9.40 am
	Foodbank donation	
Sun 12	Burnham Beeches Half Marathon	9.30 am
Sat 18	parkrun	9.00 am

September

Sat 1	5 Mile Handicap	9.00 am
Sat 8	Wot No Watch, Roxbourne Park	9.20 & 9.40am
	Foodbank donation	
Sat 15	parkrun	9.00 am
Sun 16	Harrow Half Marathon	9.00 am
Sat 15/Sun 16th	Round Norfolk Relay	
Sat 22	Metros 39th Annual Fun Run	8.45 am
Sun 30	Moor Park – 10K	3.00 pm

October

Sat 6	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 13	Wot No Watch, Roxbourne Park	9.20 & 9.40am
	Foodbank donation	
Sun 14	Cabbage Patch 10	10.00 am
Sat 21	parkrun	9.00 am
Sun 28	Ricky Road Run 10	10.30 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!

Welcome to the bumper summer edition of Metrolines. June was a very busy month for Metros: 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. Well done to everyone and especially to those involved in the organisation of these successful events.

To mark the biennial Marathon Week, Steve and Irene Paull have prepared a special pull out souvenir article.

For those Metros who are currently hampered by injury, there are two inspirational articles from Sonny Peart and Arnold Glickman on how they have competed walking events recently while injured.

As this is a double edition, the next Metrolines will be for September. I hope everyone has a wonderful summer and is coping well with running in the heatwave!

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

**Susana Sa
Mumbi Keinamma
Rita Sharma
Greg Davis
Colin Barnes
Anthony Cameron**



Achievements

Well done ...

Sasha Birkin and Nigel Rackham – Metros Marathon Week winners

Clive Heidrich – for a PB at St Alban's Half Marathon 10th June

Chris Hudson – for winning a gold medal in the 1500 metres in the Middx County Schools Championships at Hendon on 9th June 2018 in a time of 4:34. He also ran 4:28 on 23rd June as a non-scorer in an adult Southern League event

Anne Leigh – for completing her 50th Park run and also coming 1st in her age category. She's now waiting for the T shirt.

Nancy Morris – for a 5-mile PB at the Metros Summer League fixture 18th June

Nigel Rackham – for coming first at the Chalgrove Festival 10K, 7th May

Chris Shearwood – for coming first in his age group at Hereford Marathon 13th May and also, at Northala parkrun on both 19th May and 2nd June

The C25K 2018 group – for completing their first 5K at Harrow parkrun 16th June

Metros who received awards for the 2017 Summer League

Memories of an early London Marathon- Chris Roome



Chris Shearwood's excellent article on the 2018 London Marathon made me think of my own experience in the 1986 (No 6) London marathon which was my second London. Chris mentions that he had a ticket for Wembley later on April 22nd this year to watch his team Southampton in the semi-final against Chelsea. I too had tickets for Wembley (the old stadium) where it was not all seated and my ticket was for standing. I had already bought my ticket for QPR v Oxford United in the league cup final when I realised it was on the same day as the London Marathon for which I'd got a late entry. Like Chris, I decided there was enough time for me to get to Wembley after the race and decided it should be no problem.

After my arrival at the red start (before my green start days) I managed to get away quite quickly and crossed the start line within a short time. At nearly half way I passed a QPR supporter running in his Rangers shirt and ran alongside for a while to enquire whether he was going to the game, on which the reply was, he had sold his ticket because he was doing the marathon. I replied that I was certainly going and sped off. I reached the finish in around 3 hours 10 minutes, my standard in those days before joining Metros in 1990. Unlike Chris's race, the weather was not hot, so I did not suffer as Chris did with cramps etc. however, I was still quite tired. I met my friend outside Wembley stadium in plenty of time and we entered the stadium. Firstly, we had a very cramped position where we had to stand for the whole match, but I would not have minded too much if QPR had at least played reasonably well. Unlike Chris's Southampton this year, Rangers were overwhelmingly hot favourites, but they proceeded to disfunction completely and were not even competitive and duly lost 3-0. As you can imagine, I could hardly move at the end of the match (thank goodness for no extra time) and managed to hobble home on public transport with every muscle aching. Therefore, don't feel too bad Chris, your team at least gave a fighting display, mine might just as well not have been there!

Supporting QPR has certainly got me used to losing, but I could have taken that if they had been competitive.

Chris Roome

The End of an Archive

By Membership Secretary – Irene Paull

It's finally gone, the Metros membership archive has been shredded. Only names and dates of birth were transferred over to our database. Hopefully we're now GDPR compliant.

It's surprising just how much shredded paper you can get from three large lever arch folders.

For those interested in our history, a few random facts:

- We have 1,118 former members
- The first members were registered in September 1987 - starting at number 101.
- Our current members with the lowest membership number are surprisingly not the Jacksons (Pat and Brian) but the Rogans (Marion and Martin) both of whom recently completed Metros marathon week.
- The club didn't register a hundred members till 1988.
- By the end of 1988 there were 340 members (today we have just under 300 members).

So, we've either just missed our 30-year anniversary, or we could treat this year as our true 30-year anniversary.

I'd vote for the latter.



Shredded records –
off to the recycling
bin

First Aid Course

Preserve life Prevent the situation worsening Promote recovery

Well done to the 12 Metros who gave up a very sunny Saturday afternoon on 2 June to learn Emergency First Aid with Margaret Smith in the Scout Hut. We shared our experiences of accidents and emergencies and then we quickly became experts at putting each other in the recovery position before progressing to the more difficult technique of delivering CPR correctly. All this and information about how to deal with choking, bleeding, strokes and heart attacks as well as sports injuries was explained patiently, calmly and confidently by our trainer, Margaret. However, it was a little daunting to realise how much there is to learn and how important it can be to do the right thing when there is an incident, and someone is hurt or ill. The course was declared to be both engaging and useful and without wishing any accidents or illnesses on anyone these Metros are now ready and eager to put their newly acquired skills into practice –

Gerry Barker Sonya Grist Trish Hewlett Ann Lavers Karen Leary
Adam Leary Carole Lloyd Angela Murphy Peter Beuselinck
Mike Ransome Sarah Westwood Rajesh Varshani

If you are interested in learning First Aid your name can be added to a waiting list for a future course, just send me your details. Effective emergency treatment can reduce the effects of injuries and illnesses and can even save someone's life.

Angela

a.murphy91@yahoo.co.uk

VETERAN (MASTERS) TRACK AND FIELD LEAGUE

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 fixture for this season: Wednesday 11th July Perivale

Contact: Wendy Mulvena (wendymulv@hotmail.com)

SUMMER LEAGUE

Remaining dates for 2018

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*

Trophy Races



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

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 LRRRC Coordinator.

Steve Paull, LRRRC Coordinator

Results and Reports

Chalgrove Festival 10K, Monday 7th May

1	Nigel Rackham	36:45
306	Judy Rackham	76:17
376	Finishers – last	86:39

Nigel received a basket of honey products as part of his prize!



Hereford Marathon - 13 May 2018

1st - 2:48:52
Chris Shearwood - 3:30:45 (1st V50)
65th 6:11:29

Dorchester Marathon - 27 May 2018

1st - 2:28:19
Chris Shearwood - 3:28:17
603rd 8:21:18

Vitality London 10,000, Monday 28th May

1	Mo Farah	00:29:44
717	James Kerrane	00:39:25
1063	Sasha Birkin	00:41:40
1534	Vincent Cheung	00:43:52
1952	Nicola Payne	00:48:31
2906	Joanne Payne	00:48:31
	Alison Teale	00:50:36
8051	Janice Newman	00:59:56
8949	Bernie Conway	01:02:07
9245	Noa Perelmutter	01:02:47
9238	Catherine Saunders	01:02:47
11176	Michael Reid	01:08:13
12738	Anne Ambrose	01:14:33
14103	Alyson Angelides	01:28:33



Hitchin Hard Half Marathon – 24th June 2018

Pos	Name	Gun Time	Net Time
1		01:18:35	01:18:38
14	Christopher Shearwood	01:34:28	01:34:27
250	Finishers	02:48:42	02:48:17

Convergence – 9th June – Sonny Peart



The incomparable Jimi Hendrix asked, “Are you experienced?” Due to ultrarunning’s relative rarity, and the need for such significant time investment, it’s tempting to consider someone to be an experienced ultrarunner after only a handful of events. Whenever I tell someone I’ve completed eight ultramarathons, they imagine I’m some kind of expert. Sometimes I believe it myself. Then along comes a new ultrarunning experience to remind me I’m a novice.

This is not technically an article about running, as I haven’t run a step in more than six months. But, I have recently completed an ultramarathon. Having been forced by a torn meniscus to miss both London and Edinburgh marathons, and being likely to miss what had been my goal for the year, the Centurion Autumn 100, I was determined not to miss my other main event of the year, the first edition of Convergence. Its unique format meant I could still take part if I significantly adapted my original race strategy.

Convergence is the brainchild of Beyond Marathon’s Richard Weremuik, whose patented RaceDrone technology enables him to conceive some truly imaginative race formats. Convergence is a 24-hour foot race, with a finish line in the Peak District village of Hope (regular readers will remember this misleadingly named place from my Dusk ‘til Dawn Marathon adventure 18 months ago), and no set route. Runners pick their own start point. Whoever makes it to the finish within 24 hours, and has come the farthest as the crow flies, is the winner. One must travel more than 30 crow miles to receive a silver medal. 60 miles gets a gold medal, and 90 miles a black medal. Each runner carries a GPS tracker, and their progress is illustrated on the race website from start to finish. Over 24 hours, the ‘dots’ on the map converge on the finish. Those seriously trying to win the event need not only to plan their route (as straight as possible, as flat as possible, as safe as possible), and their nutrition, hydration and support (for obvious reasons, there are no aid stations), but also gamble on their own ability, as nobody knows anyone else’s starting point until the race starts and everyone’s trackers are activated.

When I entered, way back in 2017, I had a plan to try to run 90 crow miles from Ribbleshead, down the Pennine Way, which ends a few miles from Hope in Edale. That would be over a hundred miles on the ground, and a lovely scenic route, I thought. I now know that getting injured saved me from the disaster that attempt would have been.

One of the advantages of ultramarathons, is that no-one cares if you’re running or walking. And a 24-hour race with no set route meant I could walk the whole thing if I wanted to. It might not be what the doctor would order, but it would be physically possible. So, I adjusted my route to start near Hebden Bridge, just 30 crow miles

from the finish, to try to get my silver medal, and have a nice day out on the Pennine Way in the process.

Things started well. My daughter Ellie was my 'crew' for the weekend, driving to meet me at various points during the day, so I could eat and replenish water. We'd camped on Friday night in the village of Colden, and after a breakfast of open air sausage and eggs, I set off on the first leg of my journey, over Stoodley Pike, which is topped by an imposing monument to victory in the Napoleonic Wars. There are glorious views down over Rochdale; the whole town was spread out below, and the sun reflected off countless skylights, like a constellation of stars. It was a warm day, and it had already become apparent that the hiking poles I had would be absolutely necessary to nurse my knee up and down the many steep, rocky ascents and descents. But I made our first meeting at the White House Inn close to our 3.5-hour plan, and after some food and a tactical change of footwear, I set off on the next leg, to the Brunclough Reservoir some seven miles away. This section of the Pennine Way crosses the M62 on a high arched pedestrian bridge I remembered driving under on childhood trips from Yorkshire to Lancashire. I'd always liked that bridge but walking across it was disconcerting to say the least. Imagine the Millennium Bridge, but half the width and twice the height, with six lanes of fast traffic down below, and you'll have some idea why I was relieved to reach the southern side and get my feet back on the terra firma of Saddleworth Moor. By the time I reached our meeting point it was early evening, but still warm. The next section was the most beautiful of the whole route. Past the eerie stillness of Black Moss Reservoir and along through a steep green valley, with a flowing stream at its base and a pair of curlews wheeling away overhead. The path takes one over stepping stones between two waterfalls before heading down to another reservoir, its shore lined with vast swathes of rhododendrons, before two steady miles of climb out of the deepening sunset to the viewpoint on Wassenden Head. This was my last crew stop, as Ellie needed to head off to the Edale Youth Hostel where she would spend the night. It would be the early hours before I crossed another road or could rely on any mobile signal. A quick check of the Convergence website before I headed back onto the moors showed there were two other people apparently taking the same route. It was actually a nice thought that I might have some company during the night. By this time of course, all the day-walkers were safely in their B&Bs and campsites; I'd seen just two humans on the 7-mile section to Wassenden Head.



Darkness comes late on clear June days in the Peak District, and it was nearly 10.30 before I felt the need to get out my headtorch, having been overtaken by another Convergence runner, and having just passed a solitary wild camper. I had a moment of panic when my head torch didn't work. I'd checked it back in Harrow, but not that morning, and it seemed it had accidentally switched on in my rucksack and drained the batteries.

No problem, as a well-prepared ultrarunner I had spare batteries. Except when I looked for them, there was only one spare set, and I suddenly wasn't sure I had enough light to get me through the night. I reassured myself that the night would not be much more than five hours, and I knew my headtorch could go that long on one set of batteries. Plus, I did have a spare headtorch, and as a last resort a phone. But it was sharp reminder that one should pay attention to details, a lesson I was about to learn with even greater force.

As dusk turned to pitch darkness, I began the climb up Black Hill. Up to this point, the Pennine Way had been mostly benign. Steep in places, sometimes rocky underfoot, but at least non-threatening. But as the path wound up to Blackchew Head, it became no more than a narrow sheep track, just inches away from an increasingly sheer drop on my left-hand side. Before I knew it, I was clinging to the heather on my right, instinctively leaning away from the lethal drop to the left. I wasn't sure whether it was better to be in the dark, and therefore not be able to see how far the drop truly went. But I did become increasingly sure I had made a terrible error to find myself in such a predicament.

Just a couple of miles from where I had started my journey around twelve hours previously, the poet Sylvia Plath is buried in the beautiful, dark village of Heptonstall. Her famous poem *Ariel* starts with the line, "Stasis in darkness.". That was me at this moment, stuck on a mountainside at night.

I sat down and gave myself a talking to. "It's not cold, it's dry under foot, it's not windy. You're well equipped and physically fine. There's no reason you can't put one foot in front of the other. Just concentrate and keep your eyes on the path." All good rational stuff, and enough to get me moving again. But it wasn't long before the negative thoughts came back – I guess it is actually rational to be afraid of slipping over a cliff edge – and I wondered at what point I'd thought a silver medal might be worth dying for. I contemplated just layering up and bedding down in the heather until daylight but decided I couldn't risk a fall in body temperature even though the night seemed warm, and if Ellie or the race organiser saw my tracker stationary up here for so long, it might cause alarm which I wouldn't be able to allay as there was certainly no phone signal up there. Wiping sweat from my eyes every few steps – either from the heat or from anxiety – I soldiered on. I hoped that the runner ahead of me had safely negotiated this section, and that the owner of the headtorch I'd seen intermittently some way behind me knew what was in store.

Eventually the path widened out, and moved somewhat away from the death drop, and I then began a painful, steep, rocky descent to Torside reservoir. At this point, the Way crosses a main road before heading up the biggest climb of my route, Bleaklow Head. I took stock and gave serious thought to changing my route and stick to roads, even though it would put miles on my distance and mean I might not make the finish in time. I had no intention of putting myself in jeopardy on another cliff-side sheep track in the dark. I consulted my map and guide book and saw what I should have seen when planning my route – the path I had just traversed described as particularly 'precarious'. I checked the climbs ahead, to make sure none of those was described in similar terms. As they weren't, I decided to press on as planned, knowing that it would start to get light in a couple of hours.

The climb up Bleaklow Head is miles of uphill, some of it very steep. There was one section that took me back to the terror of Blackchew Head, but the path wasn't quite as narrow nor quite so near to the precipice. I did swear at myself a few times, but knew I had to fall back on my own resources, and ensure I learned from the experience. By the time I got down off that mountain, the dawn was making itself felt. As I headed along Devil's Dyke, behind me I could see that the runner trailing me had made it down safely too, and to the east the sunrise sky was a perfect wash of blue, orange and red, with a huge, bright crescent moon reflecting the sun where it lay below the horizon. I actually felt joy to see it.

By the time the sky was light enough for me to turn off my torch (the one set of batteries had indeed lasted through the night) I was crossing the featureless Featherbed Moss, which at least offered good underfoot conditions, as it's a part of the Way which has paving slabs laid across the miles of peat bogs. Up ahead, I could see my last big climb, the spectacular Kinder Scout. By the time I had climbed it and began skirting its rocky face along the ridge at the top, the sun was up, and the air was already heating up. I was low on water, and my knee was objecting strongly to all downhill movement. I avoided the shortest route down, Jacob's Ladder, but took advantage of the stream at the bottom of it to refill my water bottles. There are few joys to compare with cold mountain stream water on a hot day.

Here I was overtaken by the runner (actually, two runners competing as a pair) who had trailed me all through the night. We shared reminiscences of our nightmare on Blackchew Head, secure in the knowledge that from here it was a couple of easy miles into Edale, then four miles to Hope, with just one short sharp climb over Hollins Cross, and we had plenty of time to spare to make the 24-hour cut-off.

Just before 10 am, after 22 hours on the move, and more than 50 miles showing on my Garmin, I trudged into Hope village, and crossed beneath the obligatory inflatable gantry at the finish line. A couple of dozen runners who had already finished were sat around recuperating, while plenty of others were still out there somewhere, converging from all points of the compass. Some of them would not make it in time, including one arriving forty minutes late after covering more than 90 miles as the crow flies. No medal for him. But I have my silver bling. And I have another bit of ultramarathon experience. Hopefully this time, it's enough to make me realise it's not much at all. When I hear Jimi sing the words, I'll answer "No, I'm not experienced."



5-Mile Handicap, 2nd June

	Actual 5-mile time	Time inc. handicap	points this event	next handicap
Marcus Weedon	33.35	33.35	28	26
Mithul Matthews	39.42	39.42	23	20
Vishal Matthews	41.18	41.18	22	18
Susana Sa	42.07	42.07	22	17
Amanda Hardy	53.28	53.28	12	6
Martin Eden	40.4	54.4	12	19
Karen Leary	49.25	56.25	11	10
Veronica Georgescu	52.21	57.21	11	7
Simon Abury	38.27	58.27	11	21
Adam Leary	39.38	58.38	12	20
Barbara Reading	45.54	58.54	12	13
Andy Fox	35.15	59.15	13	24
Mike Ransome	46.33	59.33	14	13
Steve Paull	38.07	60.07	14	21
Jo Payne	39.15	60.15	15	20
Liz Wordsworth	46.53	60.53	15	12
Theresa Young	50.56	60.56	16	8
Dave Young	38.59	60.59	17	20
Mark Lemon	55.32	61.32	18	4
Stephanie White	62.35	61.35	19	-3
Pauline Bishop	44.51	61.51	19	14
Tiziana Spotti	57.57	64.57	17	1
Angela Murphy	60.21	65.21	18	-1
Eizabeth Fernandes	78	66	18	-19
Gladys Ge Groot	78	66	19	-19

Next 5-mile handicap: 1st September

Walk anyone? – asks Arnold Glickman



I thought my days of completing another half marathon were over; well I completed one on 10th June. Unfortunately, it was a walking half marathon as I am no longer able to run. It was the St Albans Walking Half Marathon which I completed in 3 hours and 40 minutes. I was hoping to finish in around four hours and so was very pleased with my time. I was also very happy that I experienced no pain and felt fine at the end. I stand to be corrected, but this may be a unique Metros achievement. It is not nearly as satisfying as running, which I have enjoyed for well over 30-years, but it is, for me, the next best thing. For those who only wish to read about running, please now move on to the next article. I shall not be offended and do understand. We are, after all, a running club.

I have recently developed a condition called claudication. It means that there is restricted blood flow through the arteries in my left leg. I experience pain immediately I start running but can walk at a brisk pace for hours on end. When I first had these symptoms, I wondered if I would be significantly weakened but soon found that on a day to day basis, I did not notice it. I was very pleased that the hospital consultant encouraged me to take vigorous exercise even if there is some pain involved and only prescribed daily doses of aspirin to reduce the likelihood of blood clots. The condition is unlikely to improve over time and so I have to learn to live with it. It could be treated surgically if it were seriously debilitating. But such radical treatment is not recommended as there are risks involved. Always remember that, according to some, Darwin did not define species success in terms of the survival of the fittest. Rather it is based on those best able to adapt to the circumstances facing them.

Adaptation is the challenge facing me. Happily, for me (although not for them) there are a few Metros who, for one reason or another, are also unable to run but do enjoy a walk. Sadly, I am no longer able to participate in what were my Monday evening runs. I miss these a lot, but I still attend most Saturday morning sessions and have been able to find partners to join me in a walk, including Barbara, Sonya and Gladys. I am grateful for their very pleasant company.

For the future if there are Metros out there who would like to join me for walks on Saturday, please get in touch. I would also be interested in a regular Sunday afternoon walk or even a midweek walk of 5-10k. I cannot do Tuesday or Thursday evenings as I attend my exercise classes on those days. I also know of Harrow Walks although I find these a bit slow.

I am only aware of the St Albans Walking Half Marathon. I do not know of any other such races. Again, if any of you lovely people know of these events, please do tell

me. My interest, I should point out, is in brisk to fast walking rather than a ramble to enjoy our beautiful English countryside.

I look forward to receiving lots of offers and suggestions to aglickman2@msn.com

For those who have managed to read thus far, my thanks to you for your interest.

Arnold Glickman

**St Alban's Walking Half Marathon – 10th
June 2018**

1		02:19:14
209	Arnold Glickman	03:40:16
388	Finishers	05:00:36

**St Alban's Half Marathon – 10th June
2018**

1		01:11:47
262	Clive Heidrich	01:38:39
2295	Finishers	03:30:49

SUMMER LEAGUE AWARDS

2017 SEASON

PRESENTED AT PERIVALE

MAIN RACE

TENDERFOOT

F45	1 st	Sasha Birkin	F10	1 st	Alisha Sidik
F55	3 rd	Jane Hudson	M6	3 rd	Finn O'Reilly
F65	2 nd	Veronica Georgescu	M8	2 nd	Sam Millbery
F70	1 st	Janice Newman	M9	2 nd	Max Dadomo
F70	2 nd	Raquel Russel Ponte	M11	2 nd	Jo Millbery
F70	3 rd	Kath Donaldson	M12	1 st	Christopher Hudson
MU/17	2 nd	Tian Hollingshead	M12	3 rd	Kyie Hollingshead
M60	1 st	Steve Paull			
M70	1 st	Peter Jose			

Wot no Watch 23rd June 2018

	Predicted	Actual	Difference
Andrew Collier	07:55	07:55	0
Jennifer Smith	09:57	09:58	1
Noa Perelmutter	08:30	08:33	3
Eilish Fernandez	09:57	10:02	5
Kath Donaldson	10:15	10:10	5
Mahua Chatterjee*	10:00	09:55	5
Maxwell Smith	07:17	07:22	5
Jo Collier	09:30	09:37	7
Steve Paull	06:30	06:39	9
Tiziana Spotti	09:35	09:44	9
Dave Young	07:10	06:57	13
Mark Lemon	08:40	08:27	13
Caroline Day-Lewis	07:15	07:00	15
Sukriti Bisht	07:30	07:12	18
Nagendra Bisht	08:40	08:19	21
Tiziana Spotti	09:35	09:56	21
Henry Pickford	13:00	13:24	24
Mike Ransome	07:42	07:17	25
Angela Murphy	09:45	09:20	25
Amanda Hardy	09:00	08:34	26
Vishal Matthews	06:20	06:48	28
Zara Smith	10:00	10:31	31
Helen Simons	10:15	09:43	32
Marcus Weedon	06:20	05:46	34
Marilyn Pickford	08:30	09:05	35
Diane O'Reilly	09:30	08:52	38
Ruth Tidder	07:53	07:14	39
Anne Nola	08:00	07:19	41
Irene Paull	13:30	12:26	64
Sue Weston*	10:17	09:08	69
Julie Smith	09:00	10:22	82
Hema Thakur	12:45	11:19	86
Jarina Khatun	12:45	11:18	87
Linda Grimes	11:30	09:59	91
Ellie Grimes	11:45	09:56	109
Susanne Nichols*	12:00	10:04	116
Judy Sarna-Howard*	12:04	10:05	119
Gladys De Groot	15:30	13:24	126
Rhonda Tapley		09:27	
Rhonda Tapley		09:24	



Congratulations to Andrew Collier for winning the trophy this month. It was good to see to at least 4 of this year's Couch to 5K graduates* taking part in the event for the first time after their first 5K the previous week. Hopefully some will be surprised and pleased that they were able to run a mile much faster than they predicted! Thank you to Irene for stepping in to help with the stopwatch for the first race.

Teresa Young

Hereford Marathon – 13th May 2018 – Report from Chris Shearwood



The weekend of Run Wembley and the London 10 Mile race (either of which I would otherwise have run) took me and Gill to my relatives in Herefordshire whom we have not visited for a few years now.

Such visits have invariably been an excuse for me to run the Hereford Half Marathon which I have done nine times, most recently in 2013.

It used to average slightly over 600 finishers and you'd often be surrounded by as many Welsh accents as more local ones, since the catchment area spreads well beyond the Wye Valley. It is organised by St Michael's Hospice who naturally got a donation in addition to the race fee, a very reasonable £22 and a lot less than even some half marathons I could mention.

Whilst there we tend to eat and drink heartily and this visit was to be no exception. My summer working pattern entails an early finish on Fridays so we headed up that afternoon. It's an easy trip - M40, M42, M5, A44, A49 - and takes between 3 - 4 hours. That evening, we did indeed eat and drink heartily - my uncle and I swiftly passed on cousin Matthew's home-made cider which was utterly undrinkable. The following day, Gill and I made the 20-minute jaunt to Hereford Racecourse for parkrun.

The parkrun course is 2 laps of the exterior of the racecourse, mostly flat and on a well-established trail. Numbers occasionally exceed 200 but, on this day, there were 163 - perhaps folk were resting themselves if they were participating in the following day's events - as well as the marathon and half, there were 10k and 5k races. The results show only one tourist from far afield - myself; there were few other club runners but amongst these were a good showing of Pershore Plum Plodders from Worcestershire. Oh, yes - there's a golf course there too, so we were almost running towards chaps teeing off in our direction. I was pleased to finish in 19:44, since work

has only enabled me to run parkrun once since the New Year's Day double, and I came 3rd, behind another V55.

The rest of the day was spent visiting my cousin's family in their new house complete with ancient stone cider press, followed by a trip to the Ludlow Brewing Company and finishing up with a visit to my other aunt nearby for tea and cake. Good to see so many of Mum's family.

The next day, Gill and I were up at around 7 a.m. since marathon runners had to register between 8.00am and 8.45am for the 9.00am start (the 10k was to start at 10.00, the half at 10.10 and the 5k at 10.20).

I got chatting to a young marathon newbie and wished him luck; he seemed impressed that this would be my 45th marathon!

The information desk could not say how big the field of runners was but, with participants in the other events yet to arrive, it was not busy. Before long we were lining up on the track not far from where we had lined up for the previous day's parkrun. It was getting sunny but, even so, one lady wore gloves. I elected to wear my London Marathon singlet.

With little fanfare we were off, running clockwise this time, and towards the gate on Grandstand Road which then took us in the direction of the open country, the racecourse being on the northern edge of the city.

The hospice website states "...this feat of endurance will take you through Herefordshire's beautiful yet undulating countryside. You will battle a steep ascent on your way to the black-and-white village of Weobley (a climb of 337 ft) before returning to Hereford via picturesque countryside surrounding Sarnesfield, Yazor and Mansel Lacy.'

Worryingly, the website stated that the race route was 41.69 km ("...created by: Matt31225471..."). Hopefully everyone else was happy that the distance on the ground was accurately measured, this being the race's second year.



The eventual winner (last year's winner too) led the pack and, apart from him on his own, those ahead of me were all in twos; I was also running alongside another runner, Richard Hunter, and, after we overtook the two in front of us, we ran together for about 22 miles until I could tell that I was flagging and let him pull away. I must say that I have never before run that much of a race in the company of (just) one

person and we fell into conversation, talking of races past and future and the efficacy of compression socks.

Immersed in conversation, I scarcely noticed any particularly severe hills which had passed by mile 10, when we reached picturesque Weobley, as quintessential an example of a Herefordshire black-and-white village as you are likely to find. Some parishioners arriving at the Methodist church applauded us.

We had completely lost sight of the half-dozen or so runners ahead of us and continued chatting. I only checked my watch at mile 14 which we passed in 1:48, so I reckoned that we had passed the halfway mark around 1:40, give or take.

Although the route map showed us passing through various settlements, to me it just seemed to be open countryside. Occasionally, we saw a marshal on his motorcycle - he offered us water on one occasion - otherwise, the only people we saw for some time were those manning water stations. It was not unlike a Sunday morning run with one of your mates. In such wonderful countryside, one had to be quite disciplined about not dropping water bottles.

We joined the A480, and, just before Credenhill, the half marathoners joined us, some walking to start with and then picking up the pace as we passed them at our faster pace. Many offered words of encouragement and, nearer the end, I passed the young lad whose first marathon this had been, walking.

This was now the old half marathon route with which I was familiar. We passed through the wonderfully named Stretton Sugwas with its black and white church and joined the main A438 road - welcome shade from big trees.

Before long we were back at Grandstand Road and soon re-entered the race course grounds. I bust a gut hoping to dip under 3:30 but it was not to be, and I was 45 seconds out. Still, it was my fastest marathon time this year.

Gill and my relatives met me, jubilant at my good time. I was getting cramp again in one of my calves and was persuaded to have a post-race massage (which I've never done before) from the kind folk at the Royal National College for the Blind, situated in Hereford - another worthy cause for a donation.

Having during the race, scrutinised the runners ahead of me, I was fairly confident that none were older than me and that I might be in with a chance of winning an age group prize. Sure enough, the MC put his microphone down for a while to check results and confirmed that I had indeed come first in the V50 category. A small podium ceremony duly followed, and I was chuffed about winning a prize, since that doesn't often happen to me. I was 6th out of 65 finishers.

I can thoroughly recommend this event - whether it be the full, the half, the 10k or the 5k - I've already taken advantage of early bird rates and entered next year's marathon. Whilst small-scale, it is well organised, and I can think of few if any improvements needed. I might, of course, end up running it solo next year but that just makes it a bit different to most all other races that I do. Bring it on!

Chris Shearwood



Couch to 5K

Many congratulations to the 16 couch to 5K runners who took part in Harrow parkrun on Saturday June 16th. I think it would be true to say everyone was pretty nervous at the start but elated and excited at the finish. This followed nine weeks of training, three times a week. When the runners couldn't attend the scheduled training, they made up the session in their own time. 30 Metros volunteered to support the new runners and ran alongside them to give support, advice and encouragement. Ten of these volunteers were graduates from last year's Couch to 5K, so I am thinking we have a good rolling programme of volunteers for the future!

We look forward to seeing our new runners at Metros events in the months to come.

Kath Donaldson

Parkrun results are not routinely included in Metrolines (to save space and costs) however, Harrow Parkrun on 16th June was a special event with this year's C25K group running their first 5K supported by other Metros. In total of 67 Metros competed- see results on the following pages.

Consolidated club results can be found at:

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

This shows the parkrun stats for each runner.

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

Harrow Parkrun #162, 16th June

Position	Name	Time	
1		18:11	
4	James KERRANE	19:11	
13	Kyie HOLLINGSHEAD	21:13	New PB!
14	Andrew FOX	21:20	
15	Michael MORRIS	21:24	
26	Steve PAULL	22:13	
28	Luca GHAI MATHARU	22:19	
29	Joanne PAYNE	22:20	New PB and first lady
38	Sebastian HOLLINGSHEAD	23:15	
45	Caroline DAY-LEWIS	23:34	New PB!
55	Pritesh PATEL	24:27	New PB!
56	Martin EDEN	24:28	
57	Dave YOUNG	24:34	
59	Nick RUSSELL	24:45:00	
72	Ketul PATEL	25:52:00	
91	Ruth TIDDER	27:14:00	
100	Jane HUDSON	27:52:00	
101	Catherine SAUNDERS	28:08:00	New PB!
108	Alastair SCOFFHAM	29:00:00	
111	Judy RACKHAM	29:07:00	
112	Jane SCOFFHAM	29:11:00	
119	Julia ALLEN	29:26:00	
123	Noa PERELMUTTER	29:51:00	New PB!
127	Ann HAVLIN	30:09:00	First Timer!
137	Teresa YOUNG	30:41:00	
138	Mike REID	30:42:00	New PB!
139	Andrew Paul COLLIER	30:46:00	
147	Bernie CONWAY	31:13:00	
155	Nancy MORRIS	31:47:00	New PB!
157	Shefali RAO	31:52:00	New PB!
160	Marion ROGAN	32:07:00	
163	Emma RACKHAM	32:12:00	
164	Sakina SIDIK	32:12:00	
170	Sue WESTON	32:33:00	First Timer!

176	Carole WELLS	32:45:00	
189	Diane O'REILLY	33:34:00	
193	Mitesh PATEL	33:46:00	
194	Geraldine GILL	33:54:00	
196	Helen SIMONS	34:01:00	
197	Linda ROSS	34:02:00	
200	David BROWN	34:38:00	
201	Joanna COLLIER	34:41:00	
202	Paula SHEEHAN	34:53:00	First Timer!
203	Brian MCGRORY	34:54:00	
206	Ingrid FARMER	35:11:00	First Timer!
209	Elish FERNANDES	35:25:00	First Timer!
212	Sarah WESTWOOD	35:32:00	
217	Gillian FOX	36:03:00	
222	Sarah MCMENEMY	36:37:00	First Timer!
223	Jennifer SMITH	36:40:00	
224	Sue NICHOLLS	36:58:00	First Timer!
226	Judi SARNA-HOWARD	37:04:00	First Timer!
227	Trisha DONAGHY	37:05:00	First Timer!
228	Irene PAULL	37:10:00	
231	Alison LAWFORD	38:10:00	First Timer!
235	Jackie COLACO	39:34:00	First Timer!
241	Linda GAITSKELL	41:02:00	
242	Stephen ALDER	41:02:00	
243	Gemma DEVINE	41:27:00	First Timer!
244	Siobhan PERTH	42:25:00	First Timer!
247	Dhvani SHAH	43:42:00	First Timer!
255	Mark MULVENNA	45:56:00	
257	Arnold GLICKMAN	46:45:00	
258	Gladys DE GROOT	46:46:00	
259	Alisha SIDIK	46:56:00	
261	Candida PAIVA	49:50:00	First Timer!
262	Wendy MULVENNA	49:55:00	
263	Errol CLARKE	50:06:00	Back Marker

Southern Counties Veterans Track & Field – Second Meeting, Perivale

Match

2 MEN

June 4, 2018

Match result	Club	Points
1	Hillingdon	154
2	Serpentine	142
3	Herne Hill Harriers	141
4	TVH	108
5	Metros	95
6	ESM	89
7	Highgate	19
8	BA	16

	Competitor	Performance	Points
200m	M35A Marcus Weedon	30.7	4
	M35B Jag Matharu	30.9	5
	M50 Andy Fox	39.2	3
	M60 Mike Ransome	33.0	4

800m	M35A Richard Brown	2.29.8	4
	M35B Jag Matharu	2.39.8	4
	M50 Nathan Powell	2.29.2	6
	M60 Martin Eden	3.01.8	5

	Competitor	Performance	Points
3000m	M35A Marcus Weedon	11.50.2	3
	M35B Nathan Powell	10.56.6	4
	M50 Chris Shearwood	11.44.4	3
	M60 Martin Eden	13.23.1	6

4 x 100m	Metros	59.7	4
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Long Jump	M35 Jag Matharu	3.73	4
	M50 Andy Fox	2.25	4
	M60 Michael Ransome	3.12	4

Triple	M35	Marcus Weedon	8.97	6
Jump	M60	Michael Ransome	5.99	5

Shot	M35	Andrew Fox	5.08	3
	M50	Mark Mulvenna	6.99	3
	M60	Martin Eden	5.39	5

Discus	M35	Jag Matharu	12.67	3
	M50	Mark Mulvenna	19.57	3
	M60	Michael Ransome	16.22	3

SCVAC LEAGUE MID-LONDON DIVISION

Match 2 **WOMEN** June 4, 2018 **Perivale**

Club & Points

Match result	1	Serpentine	115
	2	Hillingdon	99
	3	HHH	89
	4	ESM	87
	5	Metros	24
	6	BA	14

		Competitor	Performance	Points
200m	W50	Jeanne Coker	68.1	2

		Competitor	Performance	Points
200m	W60	Elish Fernandez	49.5	4

Long	W50	Veronica Georgescu	1.46	2
Jump	W60	Marilyn Pickford	2.56	4

Shot	W60	Marilyn Pickford	5.22	5
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Discus	W50	Marilyn Pickford	10.00	1
	W60	Jeanne Coker	8.90	3



Well done Kyie and Tian –
with their 2017 Summer
League awards

C25K receive their
certificates



Runners' Recipes

COURGETTE CHOCOLATE CAKE



Did you know?

Courgettes are made up of 95% water and contain just 17 calories per 100g. Add to cakes and bread to provide extra moisture.

Ingredients

350g (12oz) self-raising flour
50g (2oz) cocoa powder
1 tsp. mixed spice
175ml (6fl oz) extra-virgin olive oil
375g (12oz) golden caster sugar
3 eggs
2 tsp. vanilla extract
2 medium sized grated courgettes
140g (5oz) toasted hazelnuts, roughly chopped
½ tsp. salt

Topping

200g dark chocolate (85% solids)
200ml double cream

Instructions

1. Heat the oven to 180°C/gas mark 4
2. In a large bowl, combine the flour, cocoa powder, mixed spice and salt

3. In another bowl, combine the olive oil, sugar, eggs, vanilla extract and grated courgette
4. Mix the dry and wet mixtures until just combined, then fold in the hazelnuts
5. Line a 24cm (9in) cake tin with greaseproof paper, then pour in the mixture
6. Bake for approx. 50 minutes, or until a knife inserted into the middle comes out clean
7. Cool in the tin for 10 minutes, then turn out on a wire rack and leave to cool
8. To make the topping, break the chocolate into pieces and place in a bowl and bring the cream to the boil in a saucepan. Pour the hot cream over the chocolate and stir until completely smooth and melted. Leave the icing to cool slightly and thicken, then spread it over the top of the cake

Serve with a cup of tea or enjoy as a pud with a spoonful of something creamy.

Metros Kit

New style Metros breathable vests and short sleeved T-shirts are available to order. Details are on the web site:

<https://metros.org.uk/club-kit/>

Please check with Pat Jackson before ordering, as some items may already be in stock – tel. 020 8868 5683

Patjacksonhome@hotmail.com

Hats, fleece jackets and hoodies can also be ordered.



NOTES OF METROS COMMITTEE MEETING

Wednesday 6 June 2018 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Anne Ambrose, Peter Beuselinck, Pat Jackson, Irene Paull,
COMMITTEE: Steve Paull, Emma Rackham, Marilyn Pickford, Carole Wells,
Sarah Westwood
APOLOGIES Paula Kanesanathan, Mike Ransome, Barbara Robson, 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

Barn Dance – Emma had reviewed costs which were considerably higher than last time and it was decided to put this on hold until next year.

Metros London Marathon Elite Runners Water Station Places –As places available on the Metros water station have not been over-subscribed, ballots had not been necessary. Therefore, it was decided that the procedure regarding applying to help on the Metros water station would remain as at present.

It was pointed out that, to apply for club places in the marathon, it was necessary to be a member of England Athletics, but this was not necessary when applying for a water station place. Peter will check to see if those who helped on the water station last year were members of EA.

ACTION: Peter Beuselinck

Harrow Hill Race – As agreed, Mitesh will arrange for a donation of £1,000 to be paid to the MS Therapy group. Nigel Rackham will be added as signatory on the account.

ACTION: Mitesh Patel

Paula Kanesanathan and Spencer Millbery have agreed to joint race direct 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

Training Budget – A point had been raised about a substantial amount of the training budget being allocated early in the year. It was agreed that this was acceptable.

Adam Leary will be asked to write an article for Metrolines on his recent Coach to Running Fitness course.

ACTION: Anne Ambrose

Teresa Young will also be asked to write about the Timekeeper's course, hopefully to encourage others to attend the course

ACTION: Sarah Westwood

Margaret Smith was thanked for running the excellent first aid course, with a further course planned.

Following a discussion on whether or not Metros should purchase a defibrillator, it was agreed not to purchase one at this time. Emma will borrow one and bring to the Summer League.

ACTION: Emma Rackham

Metros AGM – Minutes – Peter was thanked for recording the minutes. Committee members are requested to send digital photographs to Anne for Metrolines.

ACTION: All Committee

Metros Membership – Irene detailed figures confirming that many new members who joined last year had not renewed this year. She felt that next year the Metros budget regarding membership would need to be reviewed with this in mind. It was agreed that it could be a reaction to on line membership, which, when taken out, was not taken up.

It was suggested that session coordinators have a list of new members a few months after they join to establish if any have attended their sessions. Also, annually a list of who has not renewed to see if they know any reason why those who have previously attended their sessions have stopped.

ACTION: Irene Paull

However, 55 new members have joined since January, higher than in previous years.

Metros Sessions – With the current Data Protection requirements, emails sent to a group should not display individual email addresses. These should be sent to the author with the recipients sent a blind copy.

At present coordinators of specific sessions send updates to that group via email. Anyone not on that group would not receive information which might be relevant to their participation.

Irene will set up a News section on the Metros Web Site and coordinators will be given access to add any note regarding their session instead of sending emails.

ACTION: Irene

New Metros Sessions – any proposed new training session needs to be approved by the committee to become official and be covered by insurance. It was agreed that the new Monday evening session is an official session.

Medical Conditions – the Metros membership form invites applicants to note any medical condition which may cause a problem during a session. A note will be added to the form asking anyone with such a condition to inform the session leader.

ACTION: Irene Paull

The text on the back page of Metros will be changed regularly to highlight this.

ACTION: Anne Ambrose

Coordinator for the Saturday Session – Irene is willing to carry on as coordinator if someone would coordinate the 4th week session. (Mike Ransome is already organizing the 3rd week session). Irene will advertise in Metrolines.

ACTION: Irene Paull.

Summer League and Thames Valley Race Directors – Sarah stated that, although advertised, no one had volunteered. Sarah stated that if Metros were unable to host a fixture in either league, the revenue would be lost and Metros runners would need to pay fees at other fixtures.

Emma Rackham then volunteered to shadow Trish and Russell Hewlett at the Summer League this year and become race director next year.

Sarah will check with Jane Scoffham if the Hillingdon site has been booked for 7 October in the hope that a race director for the TVXC will come forward very soon.

ACTION: Sarah Westwood

Meeting finished at 9.50 pm.

Date of Next Committee Meeting: Wednesday 1 August, 8pm

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

Metros Website and social media

www.metros.org.uk

Contributions to: Irene Paull at metros.secretary@yahoo.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 that may affect your running.

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

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 REGULAR RUNS

MONDAY	19.00	Ariff Sidik, Marcus Weedon, Linda Dunne Meet outside Duck-in-the-Pond Kenton Lane
	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.