



November 2018
Issue No. 360



Metros TVXC Fixture – 7th October

Metros Diary

November

Sat 3	5 K Run, Roxbourne Park	9.20 am
Fri 9	Prize giving and quiz night	7.00 pm
Sat 10	Measured mile, Roxbourne Park Foodbank donation	9.20 & 9.40 am
Sun 11	TVXC Datchet Dashers	11.00 am
Sat 17	parkrun - Gladstone Park Mob Match – Metros vs Sudbury Court	9.00 am
Sun 25	TVXC Sandhurst	11.00am

December

Sat 1	5 Mile Handicap	9.00 am
Sun 2	Perivale 5	10.00am
Sun 2	TVXC Handy Cross	11.00am
Weds 5	Committee Meeting	8.00pm
Sat 8	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40am
Sat 15	parkrun	9.00 am
Sat 22	Christmas Drinks – at the Rackhams'	7.00 pm

January

Sat 6	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 12	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40am
Sat 19	parkrun	9.00 am
Sun 20	Fred Hughes 10	10.00 am
Sun 20	TVXC Tadley	11.00 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!

It's time for Metros to get their thinking caps on once again for the quiz and presentation evening on Friday 9th November.

The nights are drawing in and Christmas is fast approaching so include high viz running gear and head torches on your lists to Santa.

Instead of sending Christmas cards to all your Metros friends, you can include your own message for the festive season and the year ahead in the December issue of Metrolines. There is a suggested charity donation of £5 which will be donated to local charity Orchyd (see information below).

Messages and donations will be collected at the quiz night – but you can also e-mail your messages to metrolines1@gmail.com and give your donation to me or one of the other committee members.

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

ORCHYD is a registered charity which provides an annual residential holiday for children with disabilities. The aim is to produce an unforgettable ten days in August for twenty children from around the UK.

It was initially set up in 1971 when a collection of like-minded people got together to organise and run a holiday for children with physical disabilities based in Ruislip. Although a lot has changed in the last four decades - the core purpose is the same; to provide an amazing ten-day holiday for twenty children with physical disabilities. In recent years, ORCHYD has expanded and has hosted several weekends, one of which was to Disneyland Paris! ORCHYD now also runs three day trips every year for small groups of children.

Further information - <http://www.orchyd.org.uk/index.html>



Achievements

Well done ...



Sasha Birkin and Nigel Rackham – for coming first in their age groups in at the Cabbage Patch 10, 14th October.

Caroline Day-Lewis, Linda Dunne, Arif Sidik and Mike Ransome – for a 10-mile PB at the Cabbage Patch 10.

Andy Dempster, Mike Reid and Una Cunningham – for completing their first 10-mile race at Cabbage Patch 10

Christopher Hudson - 1st finisher at Harrow parkrun on 20th October – in a time of 17:23!

Jo Payne – for running her first half marathon at Harrow, 16th September (Correction from Oct Metrolines).

Ruth Tidder & Shefali Rao – for completing their first marathon at Bournemouth, 7th October

Marcus Weedon – for a PB at Stroud half marathon, 14th October

THAMES VALLEY CROSS COUNTRY SEASON 2018/2019



On Sundays over October to February – starting at 11am, remaining fixtures for this season are as follows:

November 2018

11th Datchet Dashers

25th Sandhurst

December 2018

2nd Handy Cross

January 2019

20th Tadley

February 2019

3rd Bracknell Forest

Other points on TVXC.....

A decision has been made by all clubs not to supply plastic cups or plates, to cut down on plastic waste. **So, it will be each runner's responsibility to bring a water bottle and a mug.** Paper tissues will be available for food.

It was also agreed that headphones and bone conductors are not permitted to be used by runners during the race. The reason for this is that in the past, important Marshall instructions have not been heard, which could lead to injuries.



Welcome New Members

Rishi Dattani
Lenny Carroll
Ari Alejandro
Linda Dyson
Kylie de Jager
Jared Richard
Connor Daly
Reshma Patel-Daly
Della Walsh
Suzanne Harvey



The draw for club places for the London Marathon 2019 took place 27th October.

The successful runners are:

Water station: Gertrud Porter,
Noa Perelmutter, Linda Dunne

Club: Sarah Belchier

Metros QUIZ & AWARDS PRESENTATION EVENING

Date: Friday 9th November 2018

Venue: Lowlands Tennis Club, Lowlands Road, Eastcote, HA5 1TU

Time: 7.00 pm to purchase drinks for a prompt start at 7.15 pm

**The evening will again start with the first few rounds of the Quiz,
followed by some award presentations**

Quiz: It is suggested that teams should consist of no more than ten.
Teams can be arranged on the evening.



Presentation of awards will include the following:

Metros Thames Valley League 2017-2018

Metros Summer League 2018

The Bill Gardner Summer League Award

Track & Field MBE's & Track Shields

Metros 5 Mile Handicap

Metros 5 Mile Walk Shield and Certificates

Ann Marsden 5K Award

Keith Adsley Award

LRRC Trophies

The Young Runner's Awards

Beginner Runner's Award

The Aaron Breen Awards for Services to Family Running

The Runners' Awards

A Bar is available (you can bring your own nibbles).

*****Once again, the evening is open to Metros members and their
immediate families only. This is due to increased numbers*****



Further information from **Pat Jackson 0208 868 5683**

Results and Reports

10K Challenge, Saturday 6th Oct 2018

	Mins	Secs	Age Grading
Nigel Rackham	39	43	79.66%
Marcus Weedon	40	39	70.92%
Mitul Matthews	41	03	68.68%
Caroline Day-Lewis	51	38	67.18%
Simon Abery	47	15	65.22%
Angela Murphy	67	33	64.52%
Adam Leary	48	39	63.90%
Martin Eden	53	33	62.40%
Judy Rackham	61	47	62.11%
Mike Ransome	57	46	60.10%
Anne Nola	56	18	58.81%
Karen Leary	62	21	57.00%
Titziana Spotti	68	42	56.61%
Robyn Walliser	57	46	54.41%
Anne Ambrose	77	20	50.97%
Una Cunningham	69	57	45.97%
Mike Reid	69	37	45.86%
Catherine Saunders	69	57	44.93%
Becca Carnac	69	56	43.37%

Well done to all those taking part in the 10K Challenge this month – several completing the course for the first time (Becca Carnac, Robyn Walliser, Martin Eden, Mitul Matthews). Just managed to finish the event before the rain started! Congratulations to Simon who moved up a colour from Yellow to Green. Commiserations to Robyn Walliser and Catherine Saunders who were only a few seconds short of the next colour. The next event will be in January.

Teresa Young

White	Pink	Red	Orange	Yellow	Green	Blue	Indigo	Violet	Black	Gold
40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%

Wot No Watch – Saturday 13th October

Name	Predicted Time	Actual time	Difference
Steve Paull	6:20	6:19	0.76 secs
Kath Donaldson	10:01	9:59	1.32 secs
Sukriti Bisht	7:20	7:21	1.38 secs
Andrew Collier	8:00	8:02	2
Janice Newman	9:14	9:10	4
Judy Rackham	9:14	9:10	4
Simon Aberly	6:10	6:14	4
Errol Clarke	8:05	8:11	6
Adam Leary	6:19	6:25	6
Andy Fox	6:15	6:07	8
Carole Wells	9:40	9:32	8
Titziana Spotti	9:40	9:49	9
Titziana Spotti	9:40	9:31	9
Mike Ransome	7:59	7:49	10
Sarah Westwood	10:26	10:15	11
Ceri Jacob	8:00	8:12	12
Mitul Matthews	6:06	6:18	12
Hilarie Lemon	8:40	8:53	13
Karen Leary	8:45	8:31	14
Angela Murphy	9:30	9:14	16
Mahua Chatterjee	9:30	9:46	16
Jennifer Smith	9:59	10:17	18
Maxwell Smith	7:19	7:01	18
Julie Smith	9:15	9:35	20
Irene Paull	9:15	8:55	20
Shefali Rao	8:30	8:10	20
Marion Rogan	8:35	8:56	21
Sarah Westwood	10:26	10:03	23
Jo Collier	9:30	9:06	24
Carole Wells	9:40	9:08	32
Nagendra Bisht	8:30	9:03	33
Al Scoffham	9:20	8:42	38
Steve Alder	8:30	9:23	53
Mark Lemon	8:48	9:44	56
Richard Hayward	9:15	8:16	59
Steph White	11:30	10:22	68
Gladys de Groot	11:00	12:23	83
Connor Daly	:	8:28	

After a spectacular warm up with a double rainbow in Roxbourne Park followed by several heavy showers, the event was won, for the first time, by Steve Paull, who

was less than 1 second faster than predicted. Kath Donaldson and Sukriti Bisht were also close to their predicted times.



KATHRYN HERRING AWARD

This award is in memory of Kathryn Herring who, with her husband and two daughters, was a member of Metros some years ago. She supported her family with their running activities although not participating fully in running herself. Husband Adrian donated the trophy in Kath's memory but asked it to be presented other than at the Metros Awards Presentation Evening and it's now presented with the Metros Annual Fun Run – The Brian Jackson Fun Run awards.

This year the worthy recipient, chosen by the committee, is **Barbara Robson** who fully supports Metros and calls Metros part of her family.

Pat Jackson



Bournemouth Half Marathon 7th October

1		02:25:45
1717	Ruth Tidder	05:01:22
2016	Shefali Rao	05:42:59

Standalone 10K 7th October

1		00:32:05
10	Nigel Rackham	00:35:01
910	Judy Rackham	01:00:28
980	Emma Rackham	01:02:30
1250	Finishers	01:31:27

**Great Run Birmingham Half Marathon
14th October**

1568	Vincent Cheung	01:48:07
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**Perkins Great Eastern Run
Half Marathon, 14th October**

1		01:05:27
2163	Barbara Reading	02:03:33
3453	Finishers	03:21:26

Stroud Half Marathon, 21st October

1		01:08:02
80	Marcus Weedon	01:27:11 PB
1701	Finishers	03:59:50

Kosice Peace Marathon , 7th October, Slovakia



The Košice Peace Marathon is the oldest marathon in Europe and the second-oldest in the world. The first event was held in 1924. The marathon takes place each year on the first Sunday in October. The first women's race was held in 1980.

Results of Women’s Race

1		02:27:16
163	Gertrud Porter	04:47:19
188	Pauline Bishop	05:04:16
194	Veronica Georgescu	05:07:29
212	Finishers	05:49:57



Pauline, Veronica and Gertrud – celebrating the successful completion of another marathon



WORLD MASTERS TRACK & FIELD MALAGA SEPTEMBER 2018

This event is held every two years (the next one is in Toronto 2020) and anybody can enter. It has become a very popular event so, in Malaga four different tracks were used. Three tracks were easy to reach being close to a Metro station. The fourth was a shuttle bus every half hour. Friends organised an Airbnb for me in an old Moorish building – modernised! – with lovely tiled window facades. Malaga is a fascinating city so much sightseeing to be done between events; some of it can be done on training runs though I opted for the open top bus for the castle on top of the hill. There was a great variety of food to choose from in the supermarkets and café and restaurants although I could not get used to the Spanish custom of evening meals not starting before 20:00. And so, to my competitions; nothing to write home about but I list them here to encourage others. I competed in the W80 category and ran 100m in 28.33 and 200m in 65.11

Jeanne Coker

ROUND NORFOLK RELAY THROUGH THE EYES OF A TEAM MANAGER.....PART 3

Al Scoffham

Hello again, it's the time of year for The RNR Team manager's Report. For those of you who may not be aware, I called it part 3 as part 1 was in 2013 and part 2 in 2017. Some of it may sound familiar but as it's the same report about the same race there is a good chance it will!

I say this every year and I feel I do need to keep repeating myself, Jane is the brains behind the logistics and organisation. I do the pre- race admin, such as enter the team, book the Travelodge and liaise with the RNR Admin Team. Jane does the real complex bits of working out who carries lights etc. It's a jungle to me, and I would get lost in it.

So, Friday 14th September arrived, and we awoke to a fine sunny morning with the thought that this will be our last piece of calm before a very intense storm. We packed up the car with the usual Norfolk paraphernalia such as bikes, bike racks, spare clothing, lots of paperwork, food and enough caffeine packed coffee to keep a small branch of Costa going for a few days and, to keep us awake for a couple of days.

We did not have the full complement of runners as one of the team members was injured and as far as I recall this was the first time we had started the event with a runner down. I kept on trying to be positive and hoping for a last-minute call from someone, but it was not to be. Even Kiernan the Team Manager of Ealing Eagles tried to help us out. He came up with a name, but it would mean juggling the team stages which was no longer practical at this late stage, and the reserve didn't seem that keen.

Anyway, we had a much better journey up this year with only one real traffic jam, just before the Black Cat roundabout on the A1. I think this is standard on a Friday afternoon.

As we had been given a 5.30am start for Saturday morning, we had to register on the Friday evening. We had, had enough of driving so we decided to walk to the registration only to find it was too far. We found the local bus garage and eventually found a small local service which took a circular route calling at Lynnsport. This worked fairly well, and we were done by around 6.30 pm. We had a meal in Lynn Mediterranean where we called in last year. After eating, we felt we needed a last pint, so we called in at some eating/drinking establishment next to the Travelodge where we were staying. Great! Woodford Wherry on handpump but upon sampling it was apparent their cellar skills needed work. 4/10 at best!

We awoke at 3.50am on the Saturday morning. Actually, we didn't wake up as neither of us could get to sleep as our minds were full of the 1000 things which could go wrong. So, to rephrase we got up at 3.50am and silently crept to the car and drove off to Lynnsport.

Steve and Irene Paull arrived soon after us and Steve warmed up for the first stage whilst Jane, Irene and I struggled with a non-co-operative bike rack. Getting a new one for next year!!

5.30am soon arrived and Steve set off on the long journey with me in attendance on the bike. I could only stay with Steve for the first 6 miles as the route heads into the Sandringham Estate where bikes are strictly forbidden. The bike rule also applies to the North Norfolk Coastal Footpath so in effect the runners for the first 5 stages are on their own. Steve arrived in Hunstanton after an excellent 16.32-mile effort only to find an empty space where the next runner should be. So, we had to zero the stopwatch and say goodbye to Steve and Irene who went back to their B&B for breakfast. We set off to the start of stage 3 to team up with Linda Dunne, Andy Dempster and Pritesh Patel.

Burnham Ovary Staithe was windy, cool and it looked like rain. It didn't however, and Linda set off along the raised banks to the sand dunes which I had negotiated the year before. She had a good run to Wells-Next-the Sea where Pritesh took over the baton.

From then on, the day just seemed to be a blur of driving, cycling and trying to get to the changeover points in good time. We had the company of Pritesh most of the day which was great as he could help with the timing and it also meant the driver, which had to be either Jane or myself had a co-pilot.

Jane had always expressed a desire to run from Cley to Cromer. It is 10.81 miles and is really tough as Marcus will testify from the previous year. Five miles on shingles and 5 miles on hills. Off she went after Pritesh came in, and I met her about 500 yards from the finish and cycled back to the changeover to let Martin Eden know she was coming. I stayed on the bike to be with Martin, whilst Jane had to forget the fact she had run a hard stage and get straight back in the car to go to the end of Martin's stage. I had to wait a few minutes before I could follow Martin and managed to lose him as the runners' route went down a few paths' cyclist could not go. I soon found him after cycling up the same steep hill twice (don't ask) and followed him to Mundesley where Ariff Sidik was waiting with Jane ready on the bike. For future reference, if anyone else ever bike/ car swaps. Always make sure each driver has their own car key. If you have to pass over an only set the potential for disaster is (no, don't go there!). From the outset we had a key each with a strict rule.... Always hold onto it!

I took over from Jane about a mile from the end of Ariff's leg and stayed as bike support for Sakina. It was looking a bit gloomy as Sakina arrived at Hosey and it was time for the orange flashing lights to come out. Away shot Gary Warren on his 16.6-mile journey to Belton. It was as much as I could do to keep up on the bike now as I was beginning to wilt a bit. I was happy to see Ariff and Sakina pull past me ready to light the way for Gary. I was even happier to see Jane just behind, so I could put the bike on the back of the car.

We now move into the night

I won't bore you by going into detail here as for the next 10/11 hours all you see are long straight dark roads with innumerable orange flashing lights. What I did find strange though, was as Jane and I arrived at Belton in the rapidly fading light we should have felt utterly exhausted, but we didn't. Perhaps adrenaline is a more powerful drug than we realise.

These are the long stages where the race can be won and lost and the distance running specialists really come into their own.

So, when Gary Warren arrived in Belton and handed over to Chris Shearwood the next few hours were all about pacing and stamina. I joined Gill for Chris's leg from Belton to Earsham as it was her first-time helping with lighting and we felt she needed company. Jane ferried Mike Morris to the next changeover. All went well until we came to the changeover. Jane phoned me and said, 'when we get to the changeover, dive out of Gills car and sprint to mine'. Problem was I didn't know where Jane was and all I saw was a maelstrom of cars, runners and marshals all in high viz jackets (not the cars).

The result of all this was I was stranded at Earsham as Jane had to follow Mike as she was lighting him, and Chris and Gill had already moved on. I thought 'oh help what do I do now'? Mobile phone reception wasn't brilliant here either but luckily Chris and Gill realised what happened and came back for me.

Anyway, that was just one incident and the rest of the night went pretty much according to plan with great runs by Gary Warren, Chris Shearwood, Mike Morris, James Kerrane and Sarah Belchier to complete the night shift.

Now we must not overlook the sterling effort by Dave and Teresa Young who hadn't long been in the country having flown in from Croatia. They arrived in time to light James, and Teresa ran stage 14 from Feltwell to Wissington. This is where our next incident happened. Jane and I lighted Teresa because it was now getting quite light, but it wasn't one of those classic Norfolk Autumn mornings when the sky turns orange, and the safety regulations gave a lighting cut off time which we hadn't yet reached. Jane was driving and suddenly said 'arrggghh!'. 'What's wrong' I asked and looked behind to see my bike just about hanging on to the bike rack. What to do? We couldn't stop and leave Teresa unguarded, but we had to secure the bike. The situation wasn't helped by some crazy woman from another team screaming '**your bikes falling off, your bikes falling off**'. We did actually know this, and I was mentally juggling, do I jump out and try and take the bike right off and ride behind when a much calmer voice in an overtaking mini bus said, 'I will light your runner, you sort your bike out'. Then of course we could stop, and it only took me 20 seconds to sort out. It was a low overhanging tree which had pulled my bike half off.

We arrived at Wissington with no further incident where Marcus was ready and waiting to fly. Well he took off like a Phantom jet anyway. Jane and I paused briefly to double check the bikes and I got ready to run. We then drove on to Downham Market with Chris in our car as he was going to be my cycle escort. Marcus arrived, still going incredibly fast and handed me the baton.

I wasn't sure how I was going to do this. It was only 5.49 miles and flat as a pancake, but I was conscious of the fact that Jane and I had been going for some 27 hours at this stage, driving, cycling and not to mention Jane had put in a really difficult run. To top that on Friday night, I doubt if we slept for more than a couple of hours. Anyway, I started fairly slow but felt OK until about 4 miles when I had to walk some 300 yards for an inhaler puff. That must have done the trick however, as I picked up a bit and in no time at all, I was crossing the bridge over the Great Ouse at Stowbridge and there was Dave Young about to embark on the glory leg back to Lynnsport. Chris stayed on my bike and Marcus joined in using Jane's bike. We figured that 2 cyclists would keep Dave on the right track.

It worked, and Dave flew in to break the tape some 29 and a half hours after I took off with Steve very early the morning before.

So that's pretty much it Ladies and Gentlemen. The full results are in the October Metrolines taken from the RNR published results. I would like to point out one thing; Stage 2 shows Richard Frances as the runner; he did not take part due to injury. It should show vacant as the runner. Hope it heals soon Richard! The time of 2.28.45 is the slowest time of that stage in 2017. It should also incur an extra 10-minute penalty but for some reason which I am not pursuing, we were not given it.



Dave breaks the tape at the finish in Lynnsport

Conclusion

A big thanks to the team!!!

Steve Paull, Linda Dunne, Pritesh Patel, Jane Scoffham, Martin Eden, Ariff Sidik, Sakina Sidik, Gary Warren, Chris Shearwood, Mike Morris, James Kerrane, Sarah Belchier, Teresa Young, Marcus Weedon and David Young.

Also, to Gill, Andy and Irene for support.

A mention needs to be made of Steve Paull and Linda Dunne who ran the Harrow Half next day.

The team which helped us out on Teresa's leg happened to be North Norfolk Beach Runners. We have a connection as Martin Eden is also a member of Metros and NNBR and also, we were good friends of the late John Barrow who was with Stragglers and NNBR. It was actually him that got Metros into the RNR 20 years ago. I e-mailed the Secretary to thank them and they responded saying it was actually their Chairman who helped us.

On a negative note, we did not receive any official warnings for rule violation, but we did receive an unofficial one. Apparently, we had no one lighting Teresa which I know is not the case, so I will protest this. Also, I would have thought that even an unofficial warning needs to be communicated at the time. I heard nothing until about

1 month after the event. Luckily an unofficial warning is just a slap on the wrist and is not kept on record.

Not that I could do much about it, but I feel as Team Manager the buck stops with me, so I apologise for us not having a stage two runner.

So RNR 2019?????

As I was writing this article I had a text from RNR Admin. This could have been the last RNR race as the current Race Director Neville Knights was standing down and there was no replacement on the horizon. There is now, in the shape of Martin Ive of Ryston Runners..... so it's a go for 2019!!!

Are you up for it Metros ????????

Thames Valley Cross Country

Metros Fixture – 7th October

Position	Time	Name	Male	Female
			Score	Score
1	00:34:06		1	-
38	00:40:38	James Kerrane	36	-
77	00:43:58	Luca Ghai Matharu	67	-
80	00:44:17	Jag Matharu	70	-
83	00:44:58	Kyle Hollingshead	72	-
92	00:45:43	Mike Morris	80	-
98	00:46:02	Tian Hollingshead	85	-
115	00:46:56	Kevin Smart	96	-
143	00:48:47	Tony Watson	115	-
165	00:49:45	Nick Russell	129	-
171	00:50:40	Sue Park	-	38
174	00:51:09	Andrzej Warhaftig	135	-
180	00:51:40	Martin Eden	139	-
202	00:53:48	Olivia Matharu	-	56
207	00:54:06	Glynn Watkins	150	-
211	00:54:27	Tara Khaku	-	59
254	01:00:37	Terry Burke	173	-
257	01:01:16	Jasia Zimmermann	-	83
264	01:02:41	Bernie Conway	-	89
267	01:03:18	Annie Birch	-	92
278	01:04:45	Nancy Morris	-	100
294	01:07:44	Mitesh Patel	185	-
305	01:11:31	Sakina Sidik	-	117
307	01:15:40	Dave Brown	189	-
312	01:29:18	Finishers	-	

Thames Valley Triathletes – 21st October

Position	Time	Name	Male	Female
			Score	Score
1	00:30:48		1	-
57	00:37:11	James Kerrane	56	-
77	00:39:06	Jonny Jackson	75	-
86	00:39:52	Luca Matharu	81	-
97	00:40:19	Jag Matharu	87	-
113	00:41:16	Mitesh Patel	96	-
123	00:41:50	Kevin Smart	102	-
127	00:41:54	Mike Morris	106	-
142	00:42:46	John Norris	117	-
159	00:44:00	Ian Birch	129	-
171	00:44:32	Vincent Cheung	139	-
230	00:48:13	Sue Park	-	59
252	00:49:37	Andrzej Warhaftig	182	-
254	00:49:41	Olivia Matharu	-	70
285	00:51:26	Linda Dunne	-	82
310	00:53:38	Glynn Watkins	209	-
323	00:54:41	Bernie Conway	-	105
334	00:56:30	Terry Burke	218	-
345	00:57:55	Claire Millbery	-	119
352	00:58:39	Annie Birch	-	125
370	01:00:39	Nancy Morris	-	136
404	01:21:25	Finishers	-	158

Reading Road Runners – 28th October

Position	Time		Name	Male	Female
				Score	Score
1	00:30:50			1	-
107	00:39:55		Jag Matharu	96	-
121	00:40:43		Kyle Hollingshead	103	-
157	00:42:08		Tian Hollingshead	128	-
160	00:42:13		Mike Morris	131	-
216	00:44:52		Vincent Cheung	170	-
255	00:47:26		Ian McPherson	193	-
285	00:48:35		Andrzej Warhaftig	206	-
330	00:51:16		Olivia Matharu	-	100
341	00:51:48		Glynn Watkins	230	-
370	00:54:23		Terry Burke	242	-

430	01:00:39		Hitesh Patel	259	-
436	01:01:59		Nancy Morris	-	167
450	01:07:00		Dave Brown	266	-
461	01:22:13		Finishers	269	-

Ricky Road Run Sunday 28th October 2018

	Gun	Chip
1	00:55:19	00:55:18
66 Mitesh PATEL	01:12:57	01:12:53
68 Clive HEIDRICH	01:13:04	01:12:57
74 Russ HEWLETT	01:14:15	01:14:03
76 Kevin SMART	01:14:31	01:14:26
80 Steve PAULL	01:14:51	01:14:47
112 Simon ABERY	01:19:16	01:19:10
132 Peter REYNOLDS	01:21:57	01:21:51
194 Linda DUNNE	01:29:17	01:29:00
229 Jane HUDSON	01:33:48	01:33:30
257 Bernie CONWAY	01:38:11	01:37:53
310 Irene PAULL	01:53:24	01:53:05
321 Anne AMBROSE	02:14:31	02:14:12
326 finishers	02:46:01	02:45:26

Beachy Head Marathon & 10K, 27th October

Marathon

1		02:49:02
878	Spencer Millbery	05:10:31
2051	Angela Murphy	07:46:30
2211	Finishers	09:15:40

10K

1		00:36:18
489	Claire Millbery	01:10:36
813	Sonya Grist	01:57:13
814	Anne Leigh	01:57:51
815	Jeanne Coker	02:17:53



East Farm Frolic - 26th August 2018

Penny Hudson

I'm not sure where it all started – it could have been when Jane and I ran Sturminster Newton half with Sue Davie; or maybe when Irene Paull went to Brownsea Island with Sue to see Shakespeare. Or maybe it was when we combined Shakespeare on Brownsea Island with Sturminster Newton half. Anyway, it has become a bit of a tradition for Jane, Irene and me to stay with Sue, see some Shakespeare and do a race.

This year none of us fancied Shakespeare after being rained on last year. Sturminster Newton half clashed with something and we didn't fancy the 14.5-mile half that Irene and I did last year in the mud. What to do instead...

Earlier this year Sue had talked me and Irene into helping her out at a water station at Dorchester marathon. Chris and Gill would be there too as Chris had entered the marathon. So... where to stay? Irene (sensibly) booked herself into a hotel – the last room available in Dorchester. Sue and Alun Davie, and Chris and Gill Shearwood were camping. Gill kindly offered me a room in their tent and when I say room I mean a double bedroom in their enormous tent! It has two double bedrooms and a huge living area, no crawling about, all standing room. So, I took my antique camp bed that my dad used when he was in the scouts about 50 or more years ago and had a great weekend, despite portaloos, struggling to get up out of such a low bed, not sleeping and worrying about having to get up in the middle of the night to go to the loo! Everything else was great – being outdoors, with friends, drinking – and doing the water / aid station was fun. Anyway, I digress.

East farm frolic was on bank holiday weekend. A lapped race over 12 hours. Sounded fun. Surely it wouldn't be muddy, not two years in a row! East farm is in the middle of nowhere, so camping was again on the table. Sue and Alun bought a camper van, so they had a spare tent. Gill and Chris were joining us, so they had room too. It took a bit of persuasion but eventually Jane was on board, Irene too who even went as far as to buy her own tent. Wendy and Mark Mulvenna also decided to join us on the Sunday. It did rain, it was muddy, and Jane said she will never camp again! But overall another very enjoyable weekend. We did parkrun on Saturday morning in Blandford, lunch in a very pretty village, Milton Abbas and had a barbecue in the evening. With homemade apple crumble and custard for pudding courtesy of my mum's apples.

The race started at 8 o'clock in the morning about a two-minute walk from our tent. Jane wasn't quite ready – everything takes longer when you're camping – but she came over for the briefing then joined in afterwards. She soon caught up with me and Irene who were together for the first two laps. It was a nice course, round fields, through woods, over a hay bale, passed a love station with lots of goodies. It did rain so by the third lap it was quite slippery, so I stopped then. I had done 10 miles,

which was plenty! Irene did four laps – a half marathon. Sue did five for a local charity. Chris did five while waiting for Mark to turn up and take over. Mark did two. Jane did three. It was weird trying to sleep that night. I was really tired, but the prize giving was loud followed by music and dancing followed by cars either leaving or driving to the other end of the campsite. Bizarre when you're all but lying on the ground in the middle of a field protected only by a bit of fabric!

Cabbage Patch 10, Sunday 14th October 2018

1		00:51:14	
2	Scott Overall	00:54:00	
11	Nigel Rackham	00:56:29	1st VM50
114	Sasha Birkin	01:07:21	1st VF45
216	Mitesh Patel	01:12:24	
231	Steve Paull	01:13:00	
502	Caroline Day-Lewis	01:21:53	PB
617	Tony Watson	01:25:22	(Sudbury Court)
713	Linda Dunne	01:27:43	PB
894	Jane Hudson	01:33:41	
990	Ariff Sidik	01:36:15	PB
1040	Andy Dempster	01:37:58	(1 st 10-mile race)
1145	Mike Ransome	01:42:33	PB
1168	Shefali Rao	01:43:19	
1211	Judy Rackham	01:45:34	
1212	Emma Rackham	01:45:34	
1244	Sakina Sidik	01:47:19	
1315	Irene Paull	01:53:07	
1326	Mike Reid	01:54:35	(1 st 10-mile race)
1327	Una Cunningham	01:54:35	(1 st 10-mile race)
1404	Anne Ambrose	02:11:11	
1420	finishers - last	02:20:16	

East Farm Frolic – 26 August 2018

Chris Shearwood

Gill and I were persuaded to indulge in another White Star Running (WSR) event this August Bank Holiday, joined by Irene Paull, Penny and Jane Hudson, Sue and Alun Davie, and Wendy and Mark Mulvenna, all of us camping, as before. The venue this time was East Farm, Winterborne Whitechurch, near Blandford Forum, Dorset, with three sets of events over the weekend:-

- Saturday - Marathon, half and 10k
- Sunday - 12-hour Frolic
- Monday - Chaos

We were all taking part in the Sunday event which could be done singly, or as a pair (£68), trio or quartet, in which case it would be done as a relay, the baton comprising a rubber, squeaky chicken, I kid you not. Jane, Irene, Penny and Sue entered solo and Gill and I entered as a pair: in the event Gill's injury prevented her from participating hence Mark's inclusion. To get a medal all the runners had to do at least one lap each.

Few of us will forget the wonderful summer we had this year. All too often, it seems to me, our summers are a washout, especially at weekends, so it was a treat to have a summer that did what it says on the tin. What it also says on the tin, about the August Bank Holiday, is that it will be wet, and so it was on this occasion. For me, that is actually part of the attraction of camping...if one has a tent decent enough to withstand inclement weather.

We travelled down on the Friday afternoon and Sue and some of her WSM mates were already encamped in the tent field. The Shearwood, Hudson and Paull tents were put up nearby in fairly quick order just as the first squalls of rain swept in, but it abated enough later to sit outside under a gazebo and I went to explore the bar in the marquee where we ate later.

If we visit next year I might try one of the Saturday events, perhaps the half marathon, and then a more leisurely frolic on the Sunday but we Metros had other plans. We drove into Blandford Forum and did their park run - out and back along a disused railway line, not a bad little course - and I was pleased to come in under 20 minutes. Gill then drove me to Poole, where I got the train to Southampton to witness a 2-1 home defeat to Leicester City, and she and the Metros ladies visited Milton Abbas.

I was collected from Poole and we headed back to the campsite where the 10k was in full swing (Alun Davie had already run the HM in 03:04:45) and we watched some of the runners heading up the main hill from the marquee on their loops around the course. Gill had collected my race number and baton.

The ladies got to work on a BBQ catering for veggies and carnivores. By August, it's a might chilly of a rural evening so most of us adjourned to the "sitting room" in our tent (which kept the temperature up) before turning in.

Sunday dawned as grey as threatened and I was glad that Mark was expected to take over from me when I had had enough. Sue, Irene, Penny, Jane and I started at 8.00, rubber chickens in our hands at which time I think Mark and Wendy were just leaving Harrow.



We followed an anti-clockwise route, the first lap including the hilly loop in the bottom field. Remaining laps took me about 25 minutes and were about 3.2 miles; eight laps would equal a marathon. The course had the usual WSR hallmarks - plenty of fancy dress and encouraging signage ("Run You Fools!").

Before long the rain was with us and I borrowed Gill's cap about the second time I passed her and Alun in their gazebo halfway up the main hill. Even so, the terrain for most of my 2 hrs 16 mins was manageable and, in the wooded strip seen in the map, pretty dry.

There were a couple of hay bales blocking the gap dividing two fields, to leap on and off, and later on the course was a photographer who took this photo.



After a few laps I overtook Irene and Penny; it took a little while longer to catch up with Jane and I also saw Sue a few times.

The grass got wetter but it was the tracks that caused real problems in the absence of trail shoes - chalk, clay and rain make for a slippery surface and, by my fifth lap, I was ready to call it a day - as a fellow runner from Isle of Wight Road Runners put it, "It was awful on the course. An absolute quagmire. I was soaked cold. I didn't take shoes with any grip, which was a schoolboy error. It was hard going underfoot". Indeed, this poor chap had to have an unscheduled break at 33 miles to re-peg his tent to stop it blowing away. 11 hours and 4 minutes, 17 laps and 56.2 miles later he was finished, an hour quicker than the only other runner to complete 17 laps. Plenty of solo runners completed 8 laps, times ranging from 4 to 12 hours.

So, it was with relief that I saw Mark and Wendy - the baton was duly passed on and Mark carried on up the hill while I went to get showered and changed. The rain was now pouring with a vengeance and, by the time I made it back to the gazebo, Mark was already on his second and last lap - he is carrying a fairly chronic injury, so hats off to him for stepping up to the plate. Between us we managed 03:41:54 over 7 laps (my watch said 2:16 for my 5), the fifth fastest pace out of all the relay teams.

As well as the chunky medal, prizes consisted of another rubber chicken, a bottle of local beer and a box of locally produced biscuits.



We retired to the marquee for food and beer while solo runners and relay teams continued their laps, some of them until darkness. It was with a mix of pity and admiration that we watched relay runners huddled in the doorway awaiting their baton, the rain steadily pouring outside. At one point, one of the organisers came in to announce that a fairly large tent was making its own way across the field and I went outside to check all of ours just in case.

Eventually we had to stop drinking and braved the weather to return to our tents. Mark and Wendy set up in our "spare room" and I seem to remember that we all had a bit of a lie-down. At last the weather let up and we returned to the marquee for pre-ordered food. That

evening we hosted the gang again and played parlour games before bedding down, Sue also in our living room because Alun had had to borrow their camper van to go to work.

The final event was on the Bank Holiday Monday, simply billed as “Chaos” which I was feeling glad to have sat out given the expected state of the course after the previous day’s rain. We watched kids and adults (many in fancy dress) do a shortened lap of the course which, by all accounts, had dried out considerably overnight and I was slightly regretting not having done it after all. Then it was tents down and heading home amidst the Bank Holiday traffic.

This was a most enjoyable event, despite the rain, with lots of local clubs participating, all very friendly. WSR always do seriously chunky, colourful bling and the beer plus bickies were also most welcome. I brought Mark’s beer home with us and it’s a wonder it survived unscathed until we next saw him. I would not rule out a return trip next year.

Metros ladies’ results are as follows:-

Sue Davie 5 laps	6:30:25
Irene Paull 4 laps	3:46:14
Jane Hudson 3 laps	2:07:53
Penny Hudson 3 laps	2:53:32



Parkrun

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.

Date for your diary- Saturday November 17th
Parkrun mob match Metros vs Sudbury Court

Gladstone Park parkrun
Gladstone Park, Kendal Road, London, NW10 1JH
<http://www.parkrun.org.uk/gladstone/>.

NOTES OF METROS COMMITTEE MEETING

Wednesday 3 October 2018 at the Methodist Church, Cannon Lane, 8.00 pm

PRESENT: Anne Ambrose, Peter Beuselinck, Pat Jackson,
COMMITTEE: Paula Kanesanathan, Irene Paull, Steve Paull, Mitesh Patel,
Marilyn Pickford, Emma Rackham, Nigel Rackham,
Mike Ransome, Barbara Robson Carole Wells,
Sarah Westwood.
NON-COMMITTEE: Dave Brown (part)
APOLOGIES None
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).

Kath Herring Award – Barbara thanked the committee for presenting this award to her for her excellent support of Metros – her “family”.

Metros Kit – Sarah suggested this be the first item and set a limit of half an hour for discussion. She stated that the main issues from the recent survey were cost, fit, ordering process and name colour. Following a discussion, it was agreed to have another meeting on the subject as soon as possible. Wednesday 10 October was agreed. Sarah asked for email comments from the committee prior to the meeting. It was suggested that members be invited to this meeting.

ACTION: Sarah Westwood

Young Runners and ‘Beginner’ Runner Awards – Irene had issued lists of young runners and members who had joined Metros just prior to the Awards Presentation Evening last year. Dave Brown was thanked for providing details of attendance etc and the committee chose new recipients who will be presented with the awards at the Quiz and Awards Presentation Evening on 9 November.

ACTIONS FROM THE PREVIOUS MEETING AND NEW AGENDA ITEMS

Metros Christmas Charity – Orchyd in Ruislip was agreed. Anne will ask Mark Lemmon to write about the charity in Metrolines. **ACTION:** Anne Ambrose

Thames Valley Cross Country League – following a directive from the league, anyone wanting water, or a hot drink will need to provide their own cup/mug.

Timekeeping Course – Teresa confirmed that, ‘on the job’ training was sufficient for timing Metros events and she didn’t feel it was necessary for anyone to attend the full timekeeping course she had attended. Sarah will ask Teresa to write about race timing in Metrolines. **ACTION:** Sarah Westwood

Race Cancellation – Irene had previously suggested that the committee should decide what the policy should be if a Metros event, e.g. Hill Race, was cancelled. It was agreed that a statement be added that the event is non-profit, so no refund.

Saturday morning Co-ordinator – Irene was thanked for previously organising these sessions and for establishing the weekly format. Debra Norman and Ceri Jacob were thanked for taking on this role.

Round Norfolk Relay – Jane and Al were thanked for organising the Metros team this year. Unfortunately, the team was one short but the time for the missing leg was calculated from last year’s time. Those involved would like to continue entering a Metros team and it’s hoped the date will not clash with the Harrow Half Marathon next year. A WhatsApp group has been set up – Round Norfolk 2019 - and Mike Morris is already recruiting runners for next year.

Harrow Half Marathon T-shirts – The original order of T-shirts had the wrong date, so the firm resupplied them with the correct date. The incorrect T-shirts are offered to anyone and Irene will talk to Kevin Concannon about a supply being given to Metros for distribution.

Metros 39th Annual Fun Run – The Brian Jackson Fun Run – Pat thanked all who supported the event and stated that, as next year was the 40th, she hoped the event would be special. This will be discussed next year.

Metros Kit Survey – Sarah was thanked for initiating the survey and collating the results.

Meeting finished at 9.35 pm.

Date of Next Committee Meeting Wednesday 5 December

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

NOTES OF METROS COMMITTEE MEETING

Wednesday 10 October 2018 at the Methodist Church, Cannon Lane, 8.00 pm

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

Metros Kit – Following the recent survey Sarah Westwood had initiated, she called this meeting solely to discuss Metros kit. Sarah asked for email comments from the committee prior to the meeting, especially from those members unable to attend.

Metros Vest – It was established that a choice of ‘block’ for the cut of the ladies’ vest was needed. It was decided to keep the present design of the vest but to change the royal blue colour to navy. A different supplier would be sourced to provide a good quality, lower cost vest with shorter time between order and delivery.

Peter will ask Zeon to refund the cost of the items which have been on order for some time.

ACTION: Peter Beuselinck

Metros Short and Long-Sleeved T Shirt – It was agreed that this should be yellow with navy sleeves.

Training T-shirt – It was further agreed by a majority that Metros official race kit be vest and short and long-sleeved T-shirt only. The colours – yellow and navy – should tie in all three items.

Logo – Several designs had been submitted in 2016 but agreement wasn’t reached so the ‘Running Man’ remained. It was agreed by a majority that the name Metros only would appear on the vest, short and long-sleeved T-shirt.

Suppliers – Pat had previously checked various suppliers and established that many clubs had chosen their kit as being a standard item design in various colour combinations. Unfortunately, yellow and blue is not one of the usual colour combinations and could mean our choice of kit design would need to be made rather than purchased ‘off the shelf’. This could involve a higher cost and, possibly the expensive sublimation process.

Emma had sourced a possible new supplier and Pat is following up.

ACTION: Pat Jackson

It was agreed that Irene would list the criteria agreed e.g. precise colour of yellow and navy; weight of material; minimum number of orders placed and the ability for individual members to order and pay direct to the supplier, so no stock needed (possibly keep a few samples for members to check size to order).

ACTION: Irene Paull

Sarah, Emma and Pat offered to contact various suppliers with the agreed criteria and obtain samples of material and fit.

ACTION; Sarah Westwood, Emma Rackham, Pat Jackson

Further Meeting on kit – it was agreed to hold this on **Wednesday 7 November** provided progress had been made regarding new suppliers. Members will be invited to attend. If this meeting date is confirmed, Peter will check if a room at Lowlands Tennis Club is available.

ACTION: Peter Beuselinck

Meeting Closed at 9.05 pm

Date for your diary – 17th February 2019, 10:30 am

Harrow Hill Race



Enter now: https://www.activetrainingworld.co.uk/events/2019/02/17/Harrow_Hill

Runners' Recipes

Beer Braised Cabbage



In case Nigel and Sasha were wondering what to do with their prizes from the Cabbage Patch 10 – here's a recipe for beer braised cabbage which is a tasty side dish for any meal. Cabbage is an excellent source of vitamin K, vitamin C and vitamin B6. It is also a very good source of manganese, dietary fibre, potassium, vitamin B1, folate and copper.

Ingredients

2 tablespoons unsalted butter
1 onion – finely chopped
½ cup beer
1 tablespoon whole grain mustard
½ teaspoon chopped thyme
1 small head cabbage – halved, cored and thinly sliced
2 teaspoons cider vinegar
Salt and ground black pepper to taste

Method

Melt the butter in a large frying pan over medium-high heat. Add the onion; cook until softened, about 5 minutes. Stir in beer, mustard, and thyme. Lower the heat and simmer until slightly thickened, about 2 minutes. Add the cabbage and vinegar. Cover and cook, stirring occasionally, until the cabbage is wilted and tender, about 8 minutes. Season with salt and black pepper.

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 07827 66823	
	20.00	Teresa Young Mike Ransome Email: Mw49ran@gmail.com	020 8866 3225 07802 839 498
TUESDAY	20.00	Steve Paull Penny Hudson	020 8422 6636 pm.hudson@ntlworld.com
Run / Walk Group			
WEDNESDAY	19.15	Nathan Powell Kevin Smart	07510 122288 07810 835352
THURSDAY	19.00	Jane Hudson Email: thursdaymetros@yahoo.co.uk	07522 754675
THURSDAY TRACK SESSION		Dave Brown 07939 567561 (please contact beforehand)	
SATURDAY	09.00	Ceri Jacob Debra Norman	07771 636 647 0208 866 6909

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.