Metrolines

September 2018
Issue No. 359

Last of the Summer League – Metros at Battersea

Metros Diary

September

Sat 1	5 Mile Handicap	9.00 am
Sat 8	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40am
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

Weds 3	Committee Meeting	8.00pm
Sat 6	Metros 10K Challenge, Roxbourne PK	8.50 am
Sun 7	TVXC Metros	11.00 am
Sat 13	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40am
Sun 14	Cabbage Patch 10	10.00 am
Sat 20	parkrun	9.00 am
Sun 21	TVXC Thames Valley Triathletes	11.00 am
Sun 28	Ricky Road Run 10	10.30 am

November

Sat 3	5 K Run, Roxbourne Park	9.20 am
Fri 9	Prize giving and quiz night	6.45pm
Sat 10	Measured mile, Roxbourne Park Foodbank donation	9.20 & 9.40 am
Sun 11	TVXC Datchet Dashers	11.00 am
Sat 17	parkrun	9.00 am

For more details of Saturday morning activities please see full timetable on our website – https://metros.org.uk/saturday-training-sessions/

Note from the Editor!

It doesn't feel like Summer is over yet but the summer series of events, the Summer League and the Vets Track and Field are over for another season, with some fantastic achievements from Metros. This month, Marcus Weedon shares with readers his experience of the Vets Track and Field, which will inspire many for next year.

September may be the start of Autumn and it is also a busy time for Metros with the Round Norfolk Relay, Harrow Half Marathon and the annual Brian Jackson Fun Run.

The cross-country season will be starting shortly and if you can help with marshalling at the Metros fixture on 7th October, please contact Kath Donaldson.

It's a while since Kath has contributed one of her poems to Metrolines but this month she has been inspired to write something on topping and tailing. – see p6.

Please keep sending in your contributions.

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

Achievements

Well done …

Metros – that came first in their category at Summer League events – see pages 19-29

Peter Reynolds, Steve Paull, Mike Ransome and Marilyn Pickford – for new MBE records.

Terry Burke – for coming first in his age group at Salisbury Parkrun, 18th August.

Andy Dempster – for a PB at the Metros 5K challenge, 11th August

Gill Fox – for completing her first 10K at the Regent's Park Summer League fixture, 15th July and for a 10K PB at Battersea, 5th August.

Olivia Ghai Matharu – for winning her school's Y7 Girls Junior Athlete Trophy for 2017/18

Luca Ghai Matharu – for winning the Herts Schools County Athletics League Finals 300m race in 41.1 and being part of the winning 4x100m relay team.

THE 39th ANNUAL Metros FUN RUN
THE BRIAN JACKSON FUN RUN

Saturday 22nd September 2018, Roxbourne Park from 8.45 am

PLEASE NOTE THAT THIS EVENT IS INSTEAD OF THE NORMAL Metros SATURDAY SESSION

All Metros members, families and invited guests are welcome to join in with this event. As you will see there are two runs of 4km and one run of 2km. Anyone can run 2km, 4km, 6km, 8m or 10km, whatever distance they choose, although we recommend that girls and boys 8-10 run the 2K and younger children do the 200m. For those who don't want to run, there's a 1km walk. Decisions regarding distance to be run can be made on the morning. There is no charge.

This is the longest established Metros event and the club evolved from this event. It was originally designed as a warm-up for the National Fun Run, but it soon became an event in its own right. It is named in honour of Brian Jackson, the founder of the event and, for many years, the organiser.

Although this is a fun run, the course has been reasonably accurately measured and times will be recorded in all events except the approximate 200m for children 7 years and under where just finishing positions are recorded.

The event will follow a similar format as previous years – five races - two x 4km, one x 2km, (total 10km), one x 200m and one x 1K walk. However, awards will be age graded instead of in age groups.

The Distances 7 years & under = 200m. Under 11 = 2km. Over 11 = 4km
The Surface Parkland (almost all grass)
The Place Roxbourne Park, Cannon Lane South, Pinner.
The time: 8.45 am Registration. Age as on race day.
The Programme:
9.15 am 4km Male and Female over 11 years.
9.45 am 4km Male and Female over 11 years.
10.15 am 2km Girls, Boys 8-10 plus over 10s who wish to run 2km as well as or instead of, the 4km
These three races total 10km.
Followed by:
200m 7 and under
1km Walk – all ages.
Results Will not be calculated on the day but available soon after and in Metrolines and the Metros Web Site
Presentations: In the Scout Hall after the session on **Sat 29th September.**

Again, this year the awards will be based on age grading. Awards to keep for the first age graded man and woman in the 4km, 2km and 10km and first boy and girl 8-10 years in the 2km and first boy and girl 11-14 years in the 4K. One award only to any runner.
Medals to keep for the second and third boy and girl in the 8-10 age bands in the 2km and 11-14-year age bands in the 4K.

If you'd like to know more, or can offer to help, please contact
Pat Jackson, 0208 868 5683 patjacksonhome@hotmail.com

THAMES VALLEY CROSS COUNTRY SEASON 2018/2019

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

October 2018
7th Metros
21st Thames Valley Triathletes

November 2018
11th Datchet Dashers

December2018
2nd Handy Cross
16th Reading Road Runners (to be confirmed)

January 2019
20th Tadley

February 2019
3rd Bracknell Forest (to be confirmed)

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 Marshal instructions have not been heard, which could lead to injuries.

Also note……..
9th December 2018 Tadley Christmas XC
6th January 2019 Cliveden (Now sold out!)
The last two are not related to the Thames Valley League but in the past there has been a clash of dates, so this is just a confirmation they have not this time.
.

Metros TVXC Event – 7th October – Can you help?

Kath Donaldson and Angela Murphy are organising marshals for the Metros' fixture on Sunday October 7th. We want to put on a good show and having enough marshals is key.

Would you like to volunteer for a few hours during the morning and ensure the safety and wellbeing of club runners taking part in this event? Your main roles would be:

- To ensure, as far as possible, the safety of competitors along the designated route
- To show the runners which way to go. This may be by using hand signals or by calling out instructions, or both
- To offer encouragement to all runners so that they feel supported. This generates goodwill and is always appreciated.

Please contact Kath or Angela if you have any questions, or if you would like to support Metros in this way. If you would like to help, please provide us with your mobile number and email address.

Looking forward to hearing from you - we need 30 marshals to ensure a memorable event - for the right reasons!

Kath

kath.donaldson@waitrose.com

The art of topping and tailing

This ditty's meant to help you
To help you understand
Just how to top and tail
So keep it close to hand

Some of us are fast
And some of us are slow
Now when you feel you should be fast
It comes as quite a blow
To lag behind and not keep up
To heave and puff and pant
You wonder where your stamina's gone
You really want to rant

Now here is where your Metros pals
Can step in and support you
When running at a training meet
They'll offer to escort you

They'll turn around, then run right back
They'll greet you on the way
But once they reach the last one
It's not always where they'll stay

They're off again up to the front
While you're still at the back
With the puffing and the panting
And all's that cardiac

Now here's the point –
The skill lies not in running to the back
But in going even further
Way beyond the slowest pack

It's then the slower runners
Get a break and some relief
They don't feel that they're on their own
They'll get some self-belief

So remember when in Metros' club
We're all in it together
Come rain or shine or hailstones –
Regardless of the weather

You never know it might be you
Whose place is way behind
Who's under par with injury
And feeling undermined.

Kath Donaldson

ActionAid Project

Paula Kanesanathan reports on how her London Marathon fundraising helped to build a school in Zambia.

In June, I was given an amazing opportunity through ActionAid and my work to help build a much-needed school in Zambia. Thanks to Metros, I was given a water station place for this year's London Marathon after having volunteered on the water station at last year's London Marathon. This place enabled me to easily meet my fundraising target for the project, though I did also have to do the small task of actually running the London Marathon again, in not the best conditions!

All the money raised through my fundraising went to the project and the costs of my trip were either funded by work or self-funded.

On arrival in Zambia, we initially had some trouble getting to the village as the 'roads' were not the best and our transport also broke down halfway into a 6-hour journey! However, we persevered and, thanks mainly to the driver and two colleagues who knew their way around cars, we made it eventually.

We stayed on the school grounds in a camp site and this was great as it allowed us to spend as much time as possible with the community. We got to know the children, the teachers and the parents very well and they were so appreciative of us being there to help them. They invited us into their community and were very excited to show us their way of life - usually through music, dancing and food! The kids were really interested in our camera phones and never turned down any opportunity to be in a photo.

What also stood out was although the village was very poor, it wasn't an unhappy place to be and there was an amazing spirit in the village.

There was also a strong focus on education and it was seen as a way to a better life - one of the songs that was regularly sung had the lyrics 'Mummy and Daddy take me to school; education can change my life'. This reiterated to us the importance of our project and made us all work harder.

The work was tough, especially in the heat! We got involved in all aspects of the build from digging for sand, mixing cement, building bricks and putting up walls. The local workmen were very patient with us and taught us a lot while we were on site, even if we did slow them down... By the end of the week, there were many cuts, bruises and muscle aches. However, it was totally worth it!

The memories I have from my first-hand experience in Zambia will stay with me forever and I feel very privileged to have had such a worthwhile, inspiring and eye-opening experience.

Thank you to Metros for the London Marathon place and also to the many Metros who contributed to this project either with monetary donations or donations of books, games, stationary etc. Your very generous contributions helped to make my trip possible and put smiles on the faces of many young children - I will be forever grateful.

Paula Kanesanathan

Trophy Races

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

30th September	Moor Park 10K
14th October	Cabbage Patch 10
28th October	Ricky Road Run 10

To qualify for the competition, you must:

- Be a paid-up member of the club.
- Enter the Metros club name on the entry form and be qualified to do so.
- Wear club kit.

Points for the competition are awarded from the official results generally as posted on each organising club's website. If you enter as a Metro and are not shown in the results as such, get in touch with the LRRC Coordinator.

Steve Paull, LRRC Coordinator

Results and Reports

Vitality London 10,000, Monday 28th May - Correction

1952 Nicola Payne 00:45:24

(M.B.E.) METROS BEST EFFORTS

Following the end of the Vets Track & Field League this season, I've updated the list of MBEs. (See middle page supplement). As you will see this year records in the men's 800m were broken by Peter Reynolds and Steve Paull and records set in 1500m and 3000m by Mike Ransome and Steve Paull. In the women's events, Marilyn Pickford broke the long jump record and set a record in the High Jump.

I'm hoping this list is accurate but please let me know if you know otherwise. This chart has been updated from the results of the Vets T&F league which Metros compete in. However, there are Open Graded meetings and if anyone has produced a better time or distance this year than those listed, please let me know as soon as possible and by 30 September at the latest.

A reminder that the Vets Track & Field meetings are very friendly and all aged 35 years plus are encouraged to 'have a go'. There are gaps in the MBE table in the 35-39 age group for men in the 2000m Walk and Hammer and in the High Jump in the 60-64 age group. Also gaps for women in the 35-39 age group in High Jump and Hammer and in the High Jump for the 60-64 age group.

Wendy Mulvenna is Metros coordinator for the Vets T&F League so please contact her for more information - wendymulv@hotmail.com.

Pat Jackson – patjacksonhome@hotmail.com
0208 868 5683

Vets League - My first time and yes, I'm old enough
Marcus Weedon shares his experience of the Vets League

During the cold winter months on one of the Thursday Night Metro's runs Wendy the organiser of the team for the Vets League asked me if I would join their gang for the Vets League, of course I said 'Yes' with no idea of what I was saying yes to, all I remember was Wendy saying we really would love you to join us, so how could I refuse.

So, I then started to see various emails coming in from Wendy prior to the 4th June, which was the first event for me in Perivale (Sadly I was in Japan for the first event - drat), where upon I started to realise what I had signed up to. And to be very honest I could not have been more excited, after all I'm as competitive as the person/ people standing next to me. Sadly, I was very soon to realise that I'm not as gifted as I thought I was as a runner. In addition, as I am near the top of my age group I would be competing with people nearly 10 years younger than me.

At various Metro's runs I got speaking to some of the other Metro's competitors for the Vets League to see what its really like, and it sounded amazing, but also daunting as it sounded like there were some serious athletes turning up that probably practice the events every day, every week. So, before turning up to Perivale, in my head I was thinking 'don't expect to win and expect to come last or close to last'. I was nervous that I would be letting people down because I was really bad at long jump or whatever I did. I was very excited as it was going to be like a school sports day but just for the very grown-ups because you must be over 35, apparently.

So, comes the day at Perivale, a cooler day compared to recently and with a little dampness in the air, again something we haven't seen over the last few months.

Wendy who at every event gets everyone organised and we can't thank her enough for the encouragement and the planning that she puts into each league fixture. No one put their name down to do the triple jump in my age group, confidently (as I had not done it before) I put my hand up to fill the spot, what was I thinking? I started to practise my Hop, Skip and Jump which I got the hang of pretty quickly, thank goodness (I used to be a good dancer back in the day), so I still had some good co-ordination to do this.

The funny thing about Vets League is you have to be everywhere at the same time, as, if you sign up for 3 or 4 events they are likely to overlap, which happened to me pretty quickly as soon as I had done my first jump I quickly dashed over to the start line for the 200 metres. Now this was interesting as the 8 runners got ready, 6 of them got out their blocks and me and 1 other looked at each other and basically said 'we will just let them get on with it then and we can race each other, so as not to finish last' which was how it played out. Me and the other chap flew (not as fast as the others) towards the finish line, with myself only just finishing before the other chap - was a tight call but I thoroughly enjoyed being pushed as fast as I could.

And before I had a chance to get my breath back, it was a dash back to the triple jump to complete my last 3 jumps, I failed one, and managed to record a decent 7 metres something I think, it was never going to be a record breaker, and to think Jonathan Edwards record is 18.29m just shows how amazing he was. I will be back to try and beat the Metros record for my age group next year though, no idea how I'm going to find 3 more metres??

The last event was the 3000m, which is more my cup of tea as I'm sure it is for most of the Metros team, after all we all like to run longer distances rather than doing the short track or other field events. However, running around a track 7.5 times is not what I call fun, it's just continuous laps. But what is great is trying to race against people who are of a similar pace (Chris Shearwood), which has been made into a healthy dual which I have loved over the course of 6-8 weeks and I'm sure it will continue. However, 11-12 mins later Chris got the better of me as my legs run out of gas over the last 200 metres and he overtook me.

I suppose the one brilliant thing about doing laps and running each lap is the support from the Metros supporters and members who were waiting for their next event, this has to be the greatest encouragement and motivation to lift your game much more, especially when you hear the person's name being cheered behind you and you start to realise each lap that the cheer time between yours and theirs is getting smaller and smaller - brilliant!! Something later Chris would find out when I got my revenge on the return visit to Perivale where we both achieved massive 3K PBs.

Sadly, I picked up an injury and was forced to take a month off, and England got to the quarters and semi-finals of the World Cup (that's a distant dream now), so the 3rd event had to be rearranged as it clashed with England's semi-final match.

With 2 weeks of running back under my belt and feeling almost back to normal I turned up with fewer nerves, more excitement and thinking 'what am I going to be doing this time'? Javelin - awesome as I used to do this at school but wasn't especially brilliant at it, 3000m - looking forward to my dual with Chris and already had a tactic in mind for this one, high jump - no one had their name down, I had never done it before and thought what the hell, its more points in the bag.

So, javelin went well, and only a few metres short of Sonny Peart's record, that will have to be beaten next year. Still good fun and the guys were having good banter.

Then the high jump, now did I say I haven't done this before, now this is a seriously slow event. There are various rounds that will bore you to death until you end up with about 5 people who then speedily go through their jumps. I started at 1m cleared first time and kept on doing each time they raised the bar 5cm and reached the really dizzy heights of 1.45m, at this point I'm still in shock, being called over for the 3000m but really wanting to jump again to see how much further I could go; plus there was only 3 jumpers left, one of which was also running the 3000m. The team were calling me over to the start, so I dashed to join the line of runners - 3000m was always going to be a tricky one for me coming back from injury and me saying I would take it easy, which as everyone knows is never true. Now I said that I had a tactic, which was to see if I could hang on to Chris and if my old injury felt good then I would lengthen the stride 2 laps out. What would you know it work a dream and my injury was fine and surprisingly 35 seconds faster than the last 3000m. Thanks for the lift Chris!! I'm sure he will be seeking his revenge soon.

Anyway, back to the high jump - I later found out that my efforts were a Metro's record, and the record had stood for 23 years. Well I think I do have some unfinished business with this one, so I will be coming back next year to see if I can go any higher. In fact, I'm already excited about doing Vets league again next year hopefully fitter so I can get closer to some of those front runners - I can only dream!!

For anyone that hasn't done Vets League before, all I can say is that its amazing fun, you can do things you have never done before - you might even be good at something that you have never done before and get a record..... also you don't have to worry if you are not the best runner, or hammer thrower, or long jumper it's all about being part of a team event and doing the best you can, you don't get judged if you finish last as it's about the effort you have made to be there and effort made to actually try.

What else could you be doing on a Summer's Monday night - get yourselves down to Vets League 2019 and set yourself and / or possibly a Metro's record!!

Once again, thanks to Wendy, one for the invitation to be part of the Vets gang and for your hard work in organising the team at each event!!

And well done to everyone that has taken part this year, amazing skills and I'm looking forward to doing it all again next year.

Marcus Weedon

Merryhill Challenge

Sam and I ran the Merryhill challenge on July 28th we completed 3 loops of the course equalling 11.5 miles. I am very proud of Sam for adding a loop on from last year when he managed 2 loops. Next year we hope to make it 4 x round.
Claire Millbery

Wycombe Half Marathon, 15th July

1		01:24:05
27	Chris Shearwood	01:39:41
109	Anthony Bellis	01:57:57

10K Challenge – 7th July 2018

NAME	Mins	Sec	Grade
Nigel Rackham	37	34	84.22%
Kevin Smart	47	25	68.55%
Pauline Bishop	64	0	66.10%
Mike Morris	46	15	65.51%
Kyie Hollingshead	46	16	60.94%
Adnane Felloussi	46	15	60.86%
Simon Abery	51	4	60.35%
Steve Paull	56	36	60.16%
Judy Rackham	63	25	59.72%
Mike Ransome	58	48	59.04%
Veronica Georgescu	70	49	58.88%
Anne Nola	56	31	58.58%
Mitesh Patel	46	15	57.96%
Ruth Tidder	60	0	55.80%
Tian Hollingshead	49	46	54.14%
Amanda Keneally	73	48	50.00%
Nancy Morris	67	45	49.42%
Anne Ambrose	81	6	48.61%
Noa Perelmutter	65	43	48.16%
Catherine Saunders	65	43	47.82%
Dave Brown	78	26	46.09%
Rhonda Tapley	73	27	45.58%
Gladys de Groot	97	0	44.93%
Diane O'Reilly	75	51	43.65%
Eilish Fernandes	97	0	42.37%
Mike Reid	76	22	41.80%
Arnold Glickman	95	16	37.94%

Congratulations to Adnane Felloussi, Gladys de Groot, Eilish Fernandes and Dave Brown for running the event for the first time. The heat seemed to take its toll and only Kyie Hollingshead progressed up the rainbow ribbon from Orange to Yellow.

Thank you to Irene Paull for timing the event for me, whilst I was in Wales celebrating a significant birthday and running the Shrewsbury Park Run with 9 fellow Metros. (See photos below).

Teresa Young

Wot no Watch 14th July 2018

	Actual	Predicted	Difference
Andy Fox	06:07.82	6:08	0
Anne Nola	07:30.92	7:30	0
Amanda Hardy	08:48	8:45	3
Hilarie Lemon	08:26	8:30	4
Mike Ransome	07:54	7:50	4
Mark Lemon	08:45	8:40	5
Titziana Spotti	09:40	9:45	5
Kath Donaldson	10:11	10:5	6
Steph White	11:06	11:0	6
Marilyn Pickford	08:52	9:00	8
Adam Leary	06:20	6:29	9
Robyn Walliser	07:20	7:30	10
Simon Abery	06:22	6:12	10
Dave Young	07:07	7:20	13
Errol Clarke	08:02	8:15	13
Mitul Matthews	06:16	6:30	14
Gladys de Groot	13:15	13:30	15
Titziana Spotti	09:30	9:45	15
Ceri Jacob	07:58	8:15	17
Noa Perlemutter	08:39	8:20	19
Maxwell Smith	07:40	7:20	20
Angela Murphy	08:59	9:20	21
Caroline Day Lewis	06:39	7:00	21
Sarah Westwood	10:19	10:43	24
Mike Reid	08:20	8:45	25
Janice Newman	08:54	9:20	26
Judy Rackham	08:54	9:20	26
Karen Leary	08:23	8:51	28
Naghendra Bhisht	08:32	9:00	28
Penny Hudson	10:32	10:3	29
Henry Pickford	13:15	12:45	30
Arnold Glickman	13:29	14:00	31
Carole Lloyd	10:02	9:30	32
Jennifer Smith	10:30	9:58	32
Carole Wells	09:15	10:04	49
Linda Grimes	08:33	9:30	57
Dave Brown	09:46	11:00	74
Elizabeth Roche	12:50	11:30	80
Susanne Harvey	11:49	10:00	109
Mahua	10:08	12:00	112
Dave Brown	10:59	13:00	121

SUMMER LEAGUE – PERIVALE 3 JUNE 2018

5 Mile

Pos	Name	Time	Cat.	Cat Pos.	WAVA	Pts
22	Nathan Powell	00:31:07	M50	2	77.34%	294
27	James Kerrane	00:31:50	SM	19	66.96%	274
38	Chris Shearwood	00:32:52	M55	1	76.32%	285
55	Marcus Weedon	00:33:42	M45	6	68.60%	259
56	Jonny Jackson	00:33:52	M40	12	65.70%	253
79	Andy Fox	00:35:15	M50	4	68.27%	246
81	Jag Matharu	00:35:17	M45	9	65.52%	239
82	Clive Heidrich	00:35:26	M45	10	65.24%	238
87	Vincent Cheung	00:35:47	M40	18	62.18%	228
95	Richard Brown	00:36:26	M45	12	63.45%	226
97	Nicky Payne	00:36:29	SF	6	66.33%	289
102	Steve Paull	00:36:56	M60	4	70.94%	237
112	Fatmir Sulmataj	00:37:52	SM	42	56.29%	205
121	Jo Payne	00:38:36	F40	5	64.51%	284
122	Tian Hollingshead	00:38:39	MU17	1	55.63%	201
124	Martin Eden	00:38:46	M60	5	67.58%	225
151	Susana Sa	00:40:47	SF	15	59.34%	264
157	Andrzej Warhaftig	00:41:18	M65	4	66.38%	214
159	Caroline Day-Lewis	00:41:26	F50	5	65.81%	275
175	Jane Hudson	00:42:22	F55	1	68.29%	268
190	Peter Jose	00:43:34	M70	2	66.11%	209
199	Anne Nola	00:44:43	F45	9	57.81%	244
205	Glyn Watkins	00:45:26	M60	13	57.67%	192
206	Hitesh Patel	00:45:30	M50	12	52.89%	181
236	Ruth Tidder	00:49:01	F45	14	52.74%	213
238	Jane Scoffham	00:49:21	F60	4	62.45%	226
240	Marion Rogan	00:49:32	F65	2	66.55%	229
249	Julia Allen	00:50:17	F50	16	54.23%	206
255	Al Scoffham	00:51:20	M60	16	51.04%	184
265	Rhonda Tapley	00:54:28	F45	18	47.46%	193
269	Nancy Morris	00:55:01	F45	19	46.99%	189
271	Irene Paull	00:55:38	F60	7	55.39%	202
275	Emma Rackham	00:57:12	SF	32	42.31%	174
276	Mitesh Patel	00:57:12	SM	54	37.27%	152
279	Anne Ambrose	00:58:47	F60	9	52.42%	197
282	Dave Brown	01:00:52	M70	6	47.32%	185
283	Gill Fox	01:01:40	F50	19	44.22%	184
287	Penny Hudson	01:03:58	F55	7	45.23%	187

TENDERFOOT - Perivale

Pos	Name	Time	Cat	Cat Pos	Pts
2	Luca Matharu	00:05:17	M12	1	103
4	Kyie Hollingshead	00:05:20	M13	3	99
7	Olivia Matharu	00:06:06	F11	1	105
33	Finn O'Reilly	00:08:45	M7	1	94
34	Mason Murray	00:08:59	M8	7	91

RELAYS – 400m

Male		**Female**	
Kyie Hollingshead	1m 08.06s	Olivia Mathura	1m 21.16s
Tian Hollingshead	1m 10.53s	Jo Payne	1m 27.11s
Nathan Powell	1m 08.52s	Susana Sa	1m 27.34s
Luca Mathura	1m 03.90s	Nicky Payne	1m 20.89s
	4m 31.01s		5m 36.50s
2nd from 7 teams		3rd from 6 teams	

BI

Richard Brown	1m 14.30s
Jag Mathura	1m 15.22s
James Kerrane	1m 13.44s
Marcus Weedon	1m 13.99s
	4m 56.95s
2nd from 7 teams	

B2

Steve Paull	1m 32.00s
Jane Hudson	1m.45.66s
Nancy Morris	2m 00.45s
Vincent Cheung	1m 26.46s
	6m 44.57s
3rd from 6 teams	

B3 (non scoring)

Andy Fox	1m 33.00s
Mason Murray	2m 01.40s
Martin Eden	1m 30.84s
Hitesh Patel	1m 36.35s
	6m 41.59s

SUMMER LEAGUE – HARROW 17 June 2018

5 mile

Pos	Name	Time	Cat	Cat Pos	WAVA	Pts
21	James Kerrane	00:31:13	SM	13	68.29%	280
31	Marcus Weedon	00:32:14	M45	3	71.72%	282
34	Sasha Birkin	00:32:32	F45	1	79.46%	308
39	Chris Shearwood	00:32:55	M55	1	76.20%	285
46	Clive Heidrich	00:33:25	M45	5	69.18%	268
49	Paul Spendloff	00:33:43	SM	22	63.22%	256
51	Mitesh Patel	00:34:07	SM	23	62.48%	254
54	Andy Fox	00:34:16	M50	2	70.23%	267
56	Richard Brown	00:34:23	M45	6	67.23%	260
58	Jag Matharu	00:34:29	M45	7	67.04%	258
67	Nicky Payne	00:34:52	SF	2	69.41%	294
68	Michael Morris	00:35:06	M50	3	68.57%	255
71	Kevin Concannon	00:35:19	M60	2	74.19%	263
75	Steve Paull	00:35:27	M60	4	73.91%	259
88	Tian Hollingshead	00:36:10	MU17	2	59.45%	226
90	Vincent Cheung	00:36:27	M40	18	61.04%	229
95	Jo Payne	00:36:58	F40	4	67.36%	291
96	Simon Abery	00:37:00	M50	5	65.05%	235
109	David Young	00:38:04	M60	9	68.83%	235
114	Nick Russell	00:38:21	M45	10	60.28%	216
121	Martin Eden	00:38:52	M60	10	67.41%	226
122	Caroline Day-Lewis	00:38:56	F50	2	70.03%	294
150	Ian McPherson	00:41:28	M50	13	58.04%	208
157	Peter Jose	00:42:11	M70	1	68.27%	226
158	Linda Dunne	00:42:13	F50	9	64.59%	268
164	Jane Hudson	00:42:45	F55	3	67.68%	271
167	Anne Nola	00:43:04	F45	11	60.02%	258
169	Louise O'Reilly	00:43:17	F40	10	57.53%	251
173	Ketul Patel	00:43:46	M45	11	52.82%	196
194	Michael Ransome	00:46:26	M65	3	59.05%	209
198	Julia Allen	00:47:03	F50	12	57.95%	240
199	Judy Rackham	00:47:11	F55	9	61.32%	244
200	Ariff Sidik	00:47:14	SM	41	45.13%	178

5 mile (cont) Harrow

Pos	Name	Time	Cat	Cat Pos	WAVA	Pts
202	Jane Scoffham	00:47:41	F60	4	64.63%	247
203	Emma Rackham	00:47:56	SF	17	50.49%	221
205	Marion Rogan	00:48:16	F65	2	68.30%	249
210	Noa Perelmutter	00:49:57	F40	13	49.85%	220
211	Jasia Zimmerman	00:49:57	F55	12	57.92%	234
212	Nancy Morris	00:50:06	F45	15	51.60%	223
216	Rhonda Tapley	00:52:28	F45	16	49.27%	221
220	Carole Wells	00:53:38	F55	13	53.95%	230
223	Angela Murphy	00:55:36	F65	3	59.29%	237
224	Titziana Spotti	00:56:07	F60	7	54.92%	231
226	Anne Ambrose	00:57:52	F60	8	53.25%	229
228	Dave Brown	01:00:42	M70	4	47.45%	205
229	Penny Hudson	01:01:33	F55	14	47.01%	223
231	Sakina Sidik	01:04:15	F35	14	37.92%	202

TENDERFOOT

Pos	Name	Timer	Cat	Cat Pos	Pts
1	Luca Matharu	00:05:47	M12	1	104
2	Kyie Hollingshead	00:05:48	M13	2	101
3	Max Dadomo	00:06:08	M10	3	106
6	Olivia Matharu	00:06:41	F11	2	105
9	Sam Millbery	00:07:00	M9	7	104
10	Maxwell Smith	00:07:02	M8	8	105
13	Jo Millbery	00:07:35	M12	9	96
19	Ilayda Brown	00:08:21	F9	7	104
22	Finn O'Reilly	00:08:54	M7	13	102
23	Cem Brown	00:08:55	M6	14	101
30	Alisha Sidik	00:09:59	F11	15	92
31	Meera Nandakumar	00:10:06	F6	16	99

RELAYS x 350m Harrow

Male		**Female**	
Kyie Hollingshead	1m 02.32s	Sasha Birkin	1m 16.33s
Max Dadomo	1m 09.83s	Olivia Matharu	1m 15.38s
Marcus Weedon	1m 05.10s	Jo Payne	1m 19.02s
Luca Matharu	0m 59.52s	Nicky Payne	1m 14.61s
	4m 16.77s		5m 05.34s
2nd from 6 teams		2nd from 7 teams	

B1		**B2**	
Richard Brown	1m 08.87s	Jag Matharu	1m 12.52s
James Kerrane	1m 12.75s	Jane Hudson	1m.38.70s
Mike Morris	1m 08.49s	Andy Fox	1m 26.43s
Paul Spendloff	1m 08.55s	Martin Eden	1m 23.40s
	4m 38.66s		5m 41.05s
1st from 8 teams		3rd from 4 teams	

B3 (Non Scoring)

Mason Murray	1m 45.78s
Alisha Sadik	1m 50.14s
Joe Millbery	1m 20.44s
Sam Millbery	1m 31.71s
	6m 28.07s

All the relay results are before any weightings for age etc. have been applied

Pat Jackson

See https://www.flickr.com/gp/bruciebaby/6pC9S9 for photos by Bruce Li

SUMMER LEAGUE – DULWICH 1 JULY 2018

5 MILES

19	Ron Taylor	00:30:38	SM	16	69.59%	282
30	Nathan Powell	00:32:06	M50	2	74.97%	288
35	Tejas Hirani	00:32:26	MU20	2	65.72%	268
36	Christopher Shearwood	00:32:35	M55	1	76.98%	287
47	Sasha Birkin	00:33:23	F45	1	77.43%	307
48	James Kerrane	00:33:48	SM	28	63.07%	257
64	Nicky Payne	00:34:44	SF	3	69.67%	295
67	Jag Matharu	00:34:50	M45	6	66.36%	250
88	John Norris	00:36:29	SM	41	58.43%	225
93	Steve Paull	00:37:15	M60	3	70.34%	245
95	Tian Hollingshead	00:37:28	MU17	1	57.38%	219
107	Jo Payne	00:38:40	F40	3	64.40%	287
147	Linda Dunne	00:42:20	F50	3	64.41%	273
166	Ruth Tidder	00:43:52	F45	7	58.93%	256
186	Ariff Sidik	00:46:52	SM	50	45.48%	185
204	Sakina Sidik	00:51:52	F35	12	46.98%	217
207	Veronica Georgescu	00:53:26	F65	2	61.70%	245
213	Dave Brown	00:56:57	M70	4	50.57%	213
216	Anne Ambrose	01:00:02	F60	5	51.33%	234
218	Irene Paull	01:02:45	F60	6	49.11%	232
219	Penny Hudson	01:02:54	F55	10	46.00%	226

TENDERFOOT - Dulwich

Pos	Name	Time	Cat	Cat Pos	Points
2	Luca Matharu	00:05:53	M12	1	103
3	Kyie Hollingshead	00:05:57	M13	2	100
7	Olivia Matharu	00:06:47	F11	1	105
9	Zaheer Sidik	00:07:48	M13	3	96
21	Alisha Sidik	00:10:17	F11	2	98

RELAYS – 400m Dulwich

Male		Female	
Kyie Hollingshead	0m 48.44s	Sasha Birkin	1m 00.46s
Tejas Hirani	0m 49.33s	Olivia Matharu	1m 00.14s
Nathan Powell	0m 49.87s	Jo Payne	1m 04.08s
Luca Matharu	0m 45.62s	Nicky Payne	0m 56.22s
	3m 13.62s		4m 00.57s
3rd from 8 teams		2nd from 6 teams	

B1		B2	
James Kerrane	0m 53.85s	Steve Paull	1m 07.20s
Jag Matharu	0m 55.07s	Ruth Tidder	1m 17.01s
Chris Shearwood	0m 56.58s	Linda Dunn	1m 06.08s
Zaheer Sidik	0m 58.46s	Ariff Sidik	1m 01.37s
	3m 43.96s		4m 31.66s
1st from 8 teams		3rd from 5 teams	

All the relay results are before any weightings for age etc. have been applied

Pat Jackson

See https://www.flickr.com/gp/bruciebaby/2K7g9y

for photos taken by Bruce Li

SUMMER LEAGUE – REGENTS PARK,15 JULY 2018

10K

Pos	Name	Time	Cat	Cat Pos	WAVA	Pts
12	Nigel Rackham	00:36:48	M55	1	85.24%	309
39	Nathan Powell	00:40:52	M50	3	73.53%	278
50	Sasha Birkin	00:42:04	F45	1	77.14%	309
81	Clive Heidrich	00:44:27	M45	8	64.87%	236
88	Jag Matharu	00:45:00	M45	9	64.07%	232
100	Andy Fox	00:46:34	M50	4	64.53%	229
108	Vincent Cheung	00:47:22	M40	19	58.52%	212
111	Tian Hollingshead	00:47:47	MU17	1	56.40%	204
128	Pritesh Patel	00:49:27	SM	47	54.03%	196
137	Nick Russell	00:49:58	M45	12	57.71%	201
143	Andrzej Warhaftig	00:50:26	M65	3	68.18%	219
156	Caroline Day-Lewis	00:51:50	F50	4	66.11%	275
177	Paul McGrath	00:54:02	M40	23	51.30%	177
185	Peter Jose	00:55:15	M70	3	65.43%	203
188	Ruth Tidder	00:55:26	F45	9	58.54%	257
242	Marion Rogan	01:02:10	F65	2	67.08%	231
248	Ariff Sidik	01:03:08	SM	53	42.32%	158
249	Judy Rackham	01:03:18	F55	12	57.56%	215
251	Jasia Zimmerman	01:04:12	F55	13	56.75%	213
253	Hitesh Patel	01:05:24	M50	15	45.95%	171
261	Emma Rackham	01:08:46	SF	31	44.11%	188
262	Sakina Sidik	01:08:49	F35	21	44.39%	187
263	Rhonda Tapley	01:09:16	F45	14	46.85%	196
264	Geraldine Gill	01:10:02	F50	14	48.93%	200
266	Titziana Spotti	01:12:49	F60	5	53.40%	208
269	Dave Brown	01:13:43	M70	5	49.04%	187
270	Anne Ambrose	01:15:18	F60	6	51.64%	205
273	Gill Fox	01:20:07	F50	16	42.77%	193
275	Penny Hudson	01:22:15	F55	16	44.30%	197

TENDERFOOT – Regent's Park

Pos	Name	Time	Cat	Cat Pos	Points
1	Luca Matharu	00:05:50	M12	1	104
2	Kyie Hollingshead	00:05:59	M13	1	101
3	Quinn McGrath	00:06:22	M14	1	98
6	Olivia Matharu	00:06:33	F11	1	104
16	Finn O'Reilly	00:08:20	M7	1	104
23	Zaheer Sidik	00:09:18	M13	2	91
34	Alisha Sidik	00:11:07	F11	3	89

RELAYS x 300m

MALE		**FEMALE**	
Nathan Powell	0m 45.01s	Olivia Matharu	0m 49.72s
Tian Hollingshead	0m 42.89s	Sakina Sidik	1m 09.10s
Quinn McGrath	0m 42.18s	Alisha Sidik	1m 12.85s
Luca Matharu	0m 39.41s	Jasia Zimmermann	1m 06.00s
	2m 49.45s		4m 17.67s
2nd from 8 teams		6th from 6 teams	

B1		**B2**	
Nigel Rackham	0m 52.76s	Ariff Sidik	0m 51.07s
Vincent Cheung	0m 51.24s	Paul McGrath	0m.47.30s
Zaheer Sidik	0m 46.38s	Hitesh Patel	1m 09.27s
Jag Matharu	0m 44.83s	Andy Fox	0m 59.01s
	3m 15.21s		3m 46.65s
2nd from 8 teams		1st from 6 teams	

Pat Jackson

See https://www.flickr.com/gp/bruciebaby/AE1692
for photos taken by Bruce Li

SUMMER LEAGUE – BATTERSEA PARK, 5 AUGUST 2018

10K

	Name	Time	Cat	Cat Pos	WAVA	Points
26	Nathan Powell	00:38:37	M50	1	77.82%	290
31	James Kerrane	00:39:03	SM	25	68.42%	270
59	Christopher Shearwood	00:40:49	M55	3	76.85%	265
69	Paul Spendloff	00:41:44	SM	46	64.02%	236
93	Mitesh Patel	00:43:20	SM	53	61.65%	214
104	Jag Matharu	00:44:03	M45	7	65.46%	218
105	Nicky Payne	00:44:04	SF	6	68.84%	290
108	Andy Fox	00:44:16	M50	3	67.88%	220
109	Vincent Cheung	00:44:18	M40	19	62.57%	209
113	Adnane Felloussi	00:44:41	M40	20	62.03%	207
120	Kevin Smart	00:45:23	M55	8	69.11%	215
122	Richard Brown	00:46:04	M45	9	62.59%	203
129	Anthony Bellis	00:46:39	SM	62	57.27%	188
172	Andrzej Warhaftig	00:50:35	M65	4	67.97%	199
186	Jo Payne	00:52:06	F40	6	59.95%	258
203	Paul McGrath	00:54:17	M40	25	51.06%	164
217	Martin Eden	00:55:18	M60	8	59.31%	177
252	Jasia Zimmerman	01:01:19	F55	4	59.42%	226
270	Dave Brown	01:11:03	M70	4	50.88%	174
275	Gill Fox	01:15:58	F50	17	45.11%	206
276	Anne Ambrose	01:15:59	F60	8	51.17%	215

TENDERFOOT

	Name	Time	Pos	Cat	Cat Pos	Points
1	Luca Matharu	00:05:04	1	M12	1	104
2	Quinn McGrath	00:05:28	2	M14	1	99
5	Olivia Matharu	00:05:39	2	F11	1	105

RELAYS 200m

MALE		FEMALE	
Nathan Powell	0m 33.78s	Olivia Matharu	0m 37.86s
Quinn McGrath	0m 31.95s	Jo Payne	0m 43.48s
James Kerrane	0m 35.41s	Jasia Zimmermann	0m 49.72s
Luca Matharu	0m 30.45s	Nicky Payne	0m 39.34s
	2m 11.59s		2m 50.40s
5th from 7 teams		4th from 7 teams	

RELAYS - Battersea

B1		**B2**	
Chris Shearwood	0m 37.73s	Kevin Smart	0m 34.83s
Jag Mathharu	0m 35.96s	Andy Fox	0m.43.68s
Paul McGrath	0m 35.19s	Richard Brown	0m 51.95s
Mitesh Patel	0m 35.16s	Paul Spendloff	0m 32.39s
	2m 24.04s		2m 42.85s
3rd from 7 teams		4th from 6th teams	

All the relay results are before any weightings for age etc have been applied**.**

CLUB RESULTS 2018

1.	Queen's Park Harriers	22,457.50
2.	Ealing Eagles	21,613.17
3.	**Metros**	**18,871.67**
4.	Mornington Chasers	18,736.50
5.	Serpentine	17,477.83
6.	ESM (Ealing, Southall and Middlesex)	16,212.83
7.	Dulwich Park Runners	12,555.33
8.	Sudbury Court	10,218.00
9.	Hayes and Harlington	1,432.00

END OF SUMMER LEAGUE 2018 SEASON

There were five fixtures in the Summer League this year. Well done to all who ran in any of the races – main, tenderfoot and relays.

Thank you to all who helped in any way particularly Irene Paull for again compiling not only the Metros results but results for the whole league and Penny Hudson for recording and sending the Metros results to organisers when Irene was away and to Dave Brown for organising and timing Metros relay teams.

A special thank you to all who helped at our host fixture – those listed above plus those who helped set up and take down the course and start/finish area, marshalled, served refreshments and brought refreshments to enable Metros to offer the usual excellent spread.

Metros awards will be presented at the Metros Annual Quiz and Awards Presentation Evening on Friday 9 November and the overall league awards for this year will be presented at the first event next year.

Pat Jackson and Irene Paull – Summer League coordinators

See www.thesummerleague.uk for full results

See https://www.flickr.com/gp/bruciebaby/X6409w
for photos taken by Bruce Li

Dorchester Marathon - 27 May 2018 – by Chris Shearwood

Gill was looking for yet another spring marathon for me (my fourth in seven weeks) and found this one, held by White Star Running. Organisers predominantly of off-road events, this is their only road race and 2017 was its inaugural year.

Gill contacted Sue Davie, and a plan was made for us two to go down to Dorset, and also Irene Paull and Penny Hudson, who were co-opted to marshal. All have run and/or marshalled WSR races before and would all be helping on one of the water stations on this occasion.

Oh yes, Gill, Penny and I would also be camping from Saturday to Bank Holiday Monday on a temporary holiday site, at Cokers Frome Farm, a short walk from the edge of town and an even shorter walk from the start line. There would be on-site toilets, washing and showering facilities plus a good-sized race village with lots of food outlets and a beer tent plus entertainment.

In the days and even the evening before the race, the weather had not looked promising but, in the event, there was no rain during the race and the clouds parted to turn into a really nice, sunny Dorset day. In fact, as I am dictating this outside our tent after finishing, there are still some poor folk out on the course as the temperature continues to rise.

Five go mad in Dorset

Sue was the first to arrive on site on Saturday and her husband Alun was with us for some of the time – he was otherwise engaged on the Saturday afternoon and unfortunately had to work on the bank holiday as well. Otherwise all five of us had a most convivial time. Gill and I got down to Dorchester mid-afternoon; Penny and Irene joined us later, having taken a break from the hordes descending on the south-west via the A303.

Our gargantuan tent was put up with the “assistance” of a stiff breeze and the clouds rolled in ominously. Once we were all sorted, the five of us wandered into Dorchester along the fairly deserted High Street to what might be termed the “Hatch End“ of town, where all the eateries are - we selected the Brewhouse and Kitchen. We got back to the campsite as light was fading and the first drops of rain appeared but Penny, Gill and I were safely in our tent when the heavens finally opened. I gather that there was thunder and lightning overnight, but I was out like a light and didn’t hear it.

The long grass around us was sopping wet the following morning and the rain was determined not to subside. I got to the start line under a brolly and in my wellies

before leaving them with Sue and Alun and changing into my trainers. Only then did the rain stop and blue sky was now appearing, increasing throughout the day - singlet weather for the marathon. We were started off after a lengthy peroration by the Dorchester town crier, an eccentric old buffer in full 17th century rig whose delivery rather reminded me of Ian Anderson from Jethro Tull.

We were off at 8:30 a.m. with the half marathon starting an hour later. Alun and the Metros ladies saw me off and those four departed for the water station at mile 15 where I calculated they would see me after about 1 hour 50 (in the event I was about three minutes out).

Where there's a piddle, there's a puddle

Dorchester is a Roman town, built on the old road from London to Exeter which crosses the river Frome near the start of the race at the farm. The route then heads up in to Dorchester passing some notable buildings including a) the Shire Hall, where the Tolpuddle Martyrs were tried, and b) Judge Jefferies' house, scene of the Bloody Assizes, where over 300 local men were tried and hanged or transported in the aftermath of the Monmouth Rebellion.

Many Metros will be familiar with Moor Park Mansion, having run through the golf course there – the mansion was built for the Duke of Monmouth, a son of Charles II, who was popular in the South West, and was inherited by his wife after he was beheaded for leading the eponymous rebellion which was intended to depose his uncle James II.

The route continues to Max Gate, a red brick pile in Queen Anne style designed and lived in by Thomas Hardy who set several of his Wessex novels in "Casterbridge", which was based on Dorchester. From Max Gate the route heads eastwards into the countryside and through West Stafford, Tincleton and Woodsford where there is an impressive thatched castle. Heading back west we would reach Briantspuddle (where the Metros ladies' water station would be at 15 miles), Affpuddle and Tolpuddle. Finally, the route goes to through the Waterston villages before heading south and returning to the finish at Coker's Frome.

Most of the spectators in Dorchester seemed to be half-marathoners leaving hotels and B&B's to go to their start. After leaving town the countryside was extremely lush, but different to Herefordshire – there were no fields of rape seed and the soil was a different colour. I reckon this year's blackthorn in the hedgerows must have been an impressive sight. The villages were as postcard pretty as you would expect, with lots of thatch (in varying states of repair). The course was slightly undulating in the first half, becoming much more so in the second half. It was hard to resist

comparison to my other recent rural marathon and I would not say that the terrain was much different. The roads were bigger but almost entirely traffic-free.

We spread out, but not in such a way that I lost sight of those ahead of me, and I was able to overtake a few, keeping at roughly 7:30 minute/mile pace until at least mile 18. There were water stations every three miles, one of the early ones staffed by “mermaids” proffering “seaweed” flavoured gels. I went through the half marathon around 1:38 and at this point the first lady overtook me but stayed in sight for another 3 miles or so at which time I saw firstly Irene and then the other three Metros ladies at Briantspuddle where, in addition to water, edible goodies plus sponges were being distributed.

After I passed through, the people who owned the house by the aid station lent them a garden hose to provide a shower for later runners. The temperature was increasing - one runner poured an entire hatful of water over his head and another borrowed Gill’s chair for a break out of the sun - he was most grateful when Gill went to get cold wet sponges to cool his bald head.

We picked up the half marathoners at Puddletown and many of them uttered words of encouragement as we marathoners passed them at a somewhat faster pace. At 20 miles was the much trumpeted “Love Station” where multiple refreshments, hugs and general TLC were on offer. With all the half marathoners too, it was bedlam, but I managed to grab a cup of water and, apparently, the last gel going.

We were nearing the business end of the race now and as we were about to battle one particularly nasty incline the water station had a notice saying “last big hill“ – well, I am a seasoned runner and take these things with a pinch of salt. Strictly speaking, they were correct: it was certainly the biggest of the final hills, but there were still more to come which caused some people to struggle and grumble. However, around mile 25, it was downhill all the way and, reminiscent of the home straight at Berkhamsted, you could see and hear the tannoy at Cokers Farm below and we soon turned into the track where the finishing gantry was set up.

I had calculated from sometime earlier that I would manage sub-3:30 and I finished in 3:28:03, about an hour after the winner. I was 2nd V50 (less than 3 minutes after the first V50, ditto the first V60!) and was very pleased, as it was faster than my Hereford time, and my best so far this year. There must be something to be said for four marathons in seven weeks…

One can’t do anything about the weather and in all other respects I think the organisation and running of this event was first class – and I was well and truly up for next year’s event… before I’d even run this year’s. The medal is a seriously chunky affair - I slightly injured Gill when I chucked it to her to have a look at and

she did the same to me when she chucked it back. There was also a T-shirt and, if Gill can attest that the showers were fine, then that is praise indeed.

I must say, it has been very pleasant dictating the above in the sun outside our tent, sheep making a racket in the background, whilst downing a couple of pints of beer from the Piddle brewery, in nearby Piddlehinton. I wouldn't necessarily have chosen four marathons in seven weeks as a specific training plan, but it appeared to work for me and I'm actually a bit sad that I haven't got another marathon lined up soon, since I seem to have hit my stride.

Chris Shearwood

Hitchin Hard Half, 24th June 2018

1		01:18:38
14	Chris Shearwood	01:34:28
250	finishers	02:48:42

Parkrun

Consolidated club results can be found at:
http://www.parkrun.com/results/consolidatedclub/?clubNum=2850
This shows the parkrun stats for each runner.
Pleas send any PBs, wins, or 1st in age group results to metrolines1@gmail.com for inclusion in the achievements page.

Red, White & Blue 15k, Long Beach, LA – 1 July 2018

by Mitesh Patel

The Red, White & Blue 15k is a small and informal fun run organised by A Better World Running who specialise in friendly and affordable races in Southern California. To keep costs low the race is clock timed (not chip timed) and they don't offer any special awards of T-shirts when you finish. The race website says, "it's not your normal, large festival like race, but instead a low key one that emphasises a more personal satisfaction to racing." We were on holiday in LA at the time, and the race fell on my last day of our holiday which was also my birthday.

On the day there were several distances available: 5k, 10k, 15k & half marathon and I would have liked to have run the half marathon, but we were flying back to the UK that afternoon, so I entered the 15k, so we could get to the airport in plenty of time. Registration was around $30 but it was free if you could get a family member or friend to volunteer for 2 hours on the day. They also try to operate a no DNF policy, for example if you entered the 10k but had to pull out after 5k, they'll include you in the 5k race results based on your 5k time and still give you a medal which is nice.

All the races I'd found in LA started really early, no later than 8am, and presumably this is to avoid the hot weather later in the day. Annoyingly for us, it had actually been hotter in London than LA all that week and when the race started at 7.30am it was grey and overcast with the temperature no higher than 15 degrees, so ideal running conditions. There were around 200 people gathered at the start line, but I had no idea how many people were doing the 15k. After brief instructions (it's an open course so be courteous to other pedestrians, don't run on the cycle path, water and snacks every 5k etc..) we were off. As the race was called Red, White & Blue I half expected a patriotic speech about how great America is or at least the national anthem to be played but sadly neither happened.

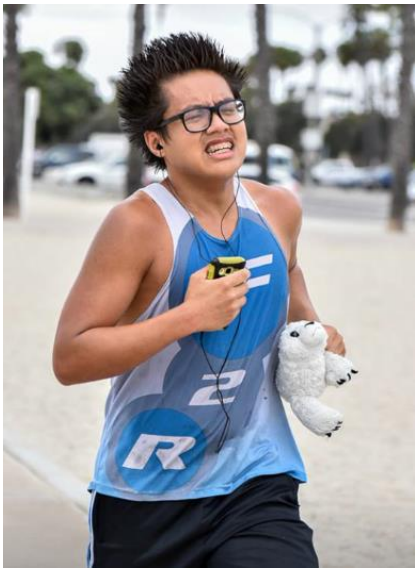
The course was simple to follow, it consisted of flat, out and back loops around the beach path. The 5k was 1 loop, 10k 2 loops, 15k 3 loops and the half marathon 3 extended loops. I was hoping to run 7-minute miles, but I must have put on some holiday weight as my first mile was just under 8 minutes and left me wishing I hadn't eaten so much on holiday (especially cheesecake from The Cheesecake Factory which is around 800 calories per slice!) I was expecting a marshal to be stationed at the 2.5k mark telling everyone to turn around and making a note of everyone's numbers. However, the turnaround point simply consisted of a chalk line on the pavement next to an American flag with an arrow indicating a U-turn. Luckily, I saw other runners turning around, otherwise this would have been easy to miss. The absence of a marshal meant you could have cheated by turning around early and

cutting the course short, however the fact there weren't any prizes for the winners made this a little pointless.

The 5k loops were boring, especially as it was just out and back and not even a proper loop, but it was nice running along the beach the whole time even if we didn't get to see much of the area. One thing that made it a little more interesting was I had the pleasure (misfortune?) of running with the guy in the picture on the right below for a mile or so. The guy looked and sounded like he was going to die, and I felt sorry for his doll who was being strangled to death!

On my last 5k loop I noticed the beach path had become a lot quieter and I guessed most people had run the 5 or 10k. I'd been running most of the race at 7:45 mile pace but I managed to put in a 7:15 mile at the end to overtake a few people and finish in just under 72 minutes. Although this was a lot slower than what I'd originally hoped for, I was pleased to have just finished. However as soon as I'd crossed the finish line, one of the organisers handed me a medal and a mug as I was the first male finisher for the 15k! Even though I knew it was a small informal race, it made my birthday as I'd never won a race before, and I was secretly smiling all the way on the plane back home.

Results came out later that evening, but I had to wait until I was back in the UK to check them. There were 210 runners on the day, but only 14 people did the 15k. Out of those 14, only 5 were male so technically I only beat 4 people….. think I'll stick to telling everyone I came first out of 210!!



Burnham Beeches Half Marathon & 10K Sunday 12th August 2018

Half Marathon

1		01:17:06
41	Christopher Shearwood	01:30:52
111	Mitesh Patel	01:39:03
116	Jonny Jackson	01:40:12
122	Vincent Cheung	01:40:32
130	Steve Paull	01:41:47
212	Anthony Bellis	01:47:19
400	Linda Frances Dunne	02:02:51
444	Ruth Tidder	02:06:41
459	Pauline Bishop	02:08:39
659	Angela Murphy	02:38:10
689		03:16:09

10K

1		00:37:50
198	Jane Hudson	00:58:50
414	Irene Paull	01:11:32
458	Anne Ambrose	01:16:28
493	Penny Hudson	01:22:31
513	Anne Leigh	01:39:26

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.

Measured Mile, 11th August 2018	**time**
Mitul Matthews	6.09
Mike Morris	6.11
Simon Abery	6.17
Adam Leary	6.22
Dave Young	6.52
Mike Ransome	7.31
Judy Rackham	8.17
Karen Leary	8.21
Marion Rogan	8.34
Steve Alder	8.37
Marilyn Pickford	8.42
Irene Paull	8.55
Teresa Young	9.14
Tyler Engineer	9.15
Titiana Spotti	9.25
Nicola Rochford	9.52
Henry Pickford	9.56
Kath Donaldson	10.08
Sarah Westwood	10.10
Nancy Morris	10.58
Steph White	10.59
Jarina Khatun	11.42
Gladys De Groot	12.23
Barbara Robson	13.41
Al Scoffham	13.58

Just one group instead of the usual two to run the Measured Mile today as summer holidays kept many Metros away from Roxbourne Park. We were very fortunate to have good conditions with more comfortable cooler temperatures after the heat wave. Welcome to Mitul doing the Mile for the first time and what an impressive start with a fast time and coming in at number 1. Well done! Young Tyler also triumphed beating Mum Nicola with a great run showing a lot of promise.
This is the last Mile in the series for this year so I now have the task of calculating the best improvement made over 3 consecutive Miles and Metros can look forward to the next series starting in November.

Many thanks to Mike Morris for entering numbers next to names and to Kath Donaldson for adding the times for each runner.
See you all again in November for the next Measured Mile.

Angela

NOTES OF METROS COMMITTEE MEETING

Wednesday 8 August 2018 at the Methodist Church, Cannon Lane at 8.00 pm

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

Metros London Marathon Elite Runners Water Station Places – At present Metros receive separate marathon places for hosting the water station and also as a club affiliated to England Athletics. Previously those who helped on the water station were eligible to enter the ballot for the marathon places Metros received for the water station. If unsuccessful in that ballot, they could enter the ballot for club places.

It was agreed that, after the ballot this year, the water station and club places would be combined and only one ballot would be held. To enter the combined ballot you must be a current EA affiliate as of 1st October. The other rules relating to eligibility to apply for London Marathon places will remain as at present.

Harrow Hill Race – Paula Kanesanathan and Spencer Millbery have confirmed the event next year will be on Sunday 17 February 2019. They will meet soon to start planning.

Training – Mitesh confirmed that a second First Aid course was already in the budget for this year. Sarah will inform Angela Murphy and ask her to arrange a further course.

ACTION: Sarah Westwood

Adam Leary is attending the Coach to Running Fitness Course and, when it's completed later this year, he will write an article for Metrolines.
Sarah will check if the one-day Timekeeper's course will lead to a qualification for races such as our Harrow Hill race. **ACTION:** Sarah Westwood

Metros Committee and Co-ordinators List - Irene has added the list to the Metros web site and Anne will put in Metrolines. Committee members who wish to change their present photographs are requested to send digital photographs to Anne.

ACTION: All Committee

Metros Sessions – Irene has set up a News section on the Metros Web Site for coordinators to have access to add any note regarding their session instead of sending emails. As yet, not all coordinators are using this system.

Thames Valley League – Metros Host Fixture 7 October – Marcus Weedon has offered to be Race Director.
Mitesh stated that he had confirmation of the booking for the Hillingdon site but had not yet received an invoice. Marilyn will check the price and confirm with Mitesh.

ACTION: Marilyn Pickford

First Aid – Peter will check if St John's is available. **ACTION:** Peter Beuselinck

The course used by the British Universities Cross Country Championships is suggested with slight changes to have the start/finish area in our usual place.
Sarah will check with Jane and Al Scoffham their involvement with the league organisation.

ACTION: Sarah Westwood

OTHER ITEMS

Metros Kit – A vote was held on whether or not there should be a training T-shirt. The committee vote was unanimous that there should not be a training T-shirt. It was felt more important to make our official T-shirts cheaper and more accessible to all meaning no need for a training T-shirt.
The committee agreed that all Metros kit should comply with that approved by the committee. It was also agreed that the current price, a possible change of supplier and suitability for all members will be reviewed. **ACTION:** Peter Beuselinck/Pat Jackson/Sarah Westwood

Role of the Committee – Sarah had suggested that it might be useful if a description of the role of the Metros committee appeared in Metrolines. It was agreed that this should be informal, and Sarah will prepare a script. **ACTION:** Sarah Westwood

Round Norfolk Relay 15/16 September– Al Scoffham had stated that 16 Metros runners are confirmed but one, or possibly two, further runners are needed to complete the team this year. Additional interested runners please contact Al. **ACTION: All Members**

The Metros Annual Fun Run – The Brian Jackson Fun Run – Pat confirmed that Roxbourne Park has been booked for Saturday 22 September with no charge from Harrow Council.

M.B.E. (Metros Best Efforts) – Pat confirmed that three records had been broken at the Vets Track and Field League this year and three previous gaps filled. The updated list will appear in Metrolines and on the web site. **ACTION:** Pat Jackson

Coaching for Metros in Track & Field Events – Various suggestions have been made and will be pursued.

Metros Blue Gazebo – Trish Hewlett had reported that this had deteriorated and is no longer useful. It was decided not to replace it at this time.

Meeting finished at 9.26 pm.

Date of Next Committee Meeting Wednesday 3 October

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 Mike Ransome Email: Mw49ran@gmail.com	020 8866 3225 07802 839 498
TUESDAY	**20.00**	Steve Paull	020 8422 6636
Run / Walk Group		Penny Hudson	pm.hudson@ntlworld.com
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.