



December 2018
Issue No. 361



Merry Christmas Running

Metros Diary

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 - Canons Park	9.00 am
Sat 22	Christmas Drinks – at the Rackhams'	7.00 pm

January

Sat 5	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 12	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40am
Sat 19	parkrun – Cassiobury Park	9.00 am
Sun 20	Fred Hughes 10	10.00 am
Sun 20	TVXC Tadley	11.00 am
Sun 27	Gade Valley – 12-mile training run	9.00 am

February

Sat 2	5 K Run, Roxbourne Park	9.20 am
Sun 3	Watford Half Marathon	10.30 am
Sun 11	TVXC Bracknell Forest	11.00 am
Sat 9	Measured mile, Roxbourne Park Foodbank donation	9.20 & 9.40 am
Sat 16	parkrun - Northala Fields	9.00 am
Sun 24	Gade Valley – 17-mile training run	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!

The quiz and awards evening is a special event to celebrate Metros achievements in the past year. Thank-you to Pat Jackson for her report of the evening. Thank-you also to Steve Paull and Jane Hudson for their race reports in this issue of Metrolines. What is Steve going to do for his 120th Marathon?

As this is the Christmas edition of Metrolines your messages for fellow Metros are included. If you missed out on getting your message in, you can still include a New Year greeting in the January edition, with a donation to local charity Orchyd.

If you have not put your sprouts on yet – see this month's Runner's Recipe!

Warmest thoughts and best wishes for a wonderful Christmas and a very happy New Year.

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 ...

Clive Heidrich - for completing his first marathon at the Thames Meander marathon, 3rd November.

Spencer Millbery – for completing 5 ultra- marathons in 2018.



Metros who competed in the parkrun mob match vs Sudbury Court at Gladstone Park on 17th November. Metros narrowly maintained the title by 60.27% vs 60.20% (based on average age grading).

THAMES VALLEY CROSS COUNTRY SEASON 2018/2019



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

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.

Middlesex County Athletics Association Cross Country Championships

The Date: 5th January 2019

The Venue: Horsenden Hill, Perivale

Senior Women's race is at 1.00pm and is approx. 8,000 metres

Senior Men's race is at 1.45pm and is approx. 12,000 metres

There are also a series of earlier races for younger athletes, so if any of our speedy youngsters would like to run, I can supply full details. Just about every age group is covered, 9 being the minimum age.

To be eligible to run you have to live in or be born in Middlesex and you must be registered with England Athletics.

If interested, please let me know before Christmas as the closing date is 28th December 2018. I will need your date of birth, post code and EA registration number.

Many thanks

Al Scoffham

07437457104 or almetros@yahoo.co.uk

Harrow Hill Race

17th February 2019, 10:30 am

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



Results and Reports

5k Race - 3 November 2018

Position	Name	Time	Age Grading
1	Russell Hewitt	21.48	65.03%
2	Adam Leary	22.51	66.69%
3	Simon Abery	24.12	62.45%
4	Martin Eden	24.17	67.23%
5	Caroline Day-Lewis	24.20	69.73%
6	Paul McGrath	25.21	54.25%
7	Anne Nola	26.19	61.56%
8	Pauline Bishop	27.06	77.12%
9	Robyn Walliser	27.16	56.42%
10	Andrew Collier	27.45	54.46%
11	Mike Ransome	27.59	61.64%
12	Ceri Jacob	28.11	62.57%
13	Barbara Reading	29.09	77.64%
14	Sukriti Bisht	29.23	55.42%
15	Karen Leary	29.41	58.67%
16	Judy Rackham	30.02	62.82%
17	Marion Rogan	30.14	72.44%
18	Steve Alder	30.20	51.09%
19	Nancy Morris	30.36	53.49%
20	Teresa Young	31.26	60.87%
21	Irene Paull	32.48	59.15%
22	Nagendra Bisht	32.58	44.38%
23	Jo Collier	33.03	51.99%
24	Peter Titus	33.08	43.46%
25	Heather Titus	33.11	51.78%
26	Kevin Eckersley	33.35	48.18%
27	Sue Weston	34.41	51.51%
28	Anne Ambrose	35.48	54.98%
29	Sarah Westwood	36.00	57.18%
30	Kath Donaldson	36.56	61.28%
31	Geraldine Gill	36.58	46.48%
32	Sonya Grist	47.45	51.69%
	Steve Paull (self-timed)	25.14	66.47%
	Arnold Glickman (self-timed)	48.12	37.02%

We had near perfect conditions underfoot for our final 5K of 2018. Well done to everyone who took part and from the positive comments it's obvious that you all love the course. Thanks to Dave Young for handing out the lolly sticks and Russell and Marion for collecting the tapes.

Next 5K: Saturday 2nd February 2019

Marilyn and Henry

Thames Valley Cross Country

Datchet – 11th November

Position	Time	Name	Male Score	Female Score
1	00:31:30		1	-
82	00:40:00	Jonny Jackson	78	-
103	00:40:50	Mitesh Patel	97	-
124	00:42:01	Jag Matharu	110	-
157	00:43:21	Luca Matharu	133	-
159	00:43:24	Tian Hollingshead	135	-
169	00:43:59	Mike Morris	142	-
189	00:44:44	Vincent Cheung	156	-
222	00:45:49	Steve Paull	180	-
227	00:46:03	Kyie Hollingshead	183	-
272	00:48:33	Sue Park	-	54
296	00:49:37	Ian McPherson	226	-
315	00:50:44	Paul McGrath	236	-
332	00:52:03	Linda Dunne	-	76
373	00:53:53	Glynn Watkins	264	-
376	00:54:06	Pauline Bishop	-	101
388	00:54:57	Terry Burke	269	-
437	00:59:29	Claire Millbery	-	139
443	01:00:17	Shefali Rao	-	142
444	01:00:29	Marion Rogan	-	143
459	01:03:00	Nancy Morris	-	153
477	01:05:48	Angela Murphy	-	167
498	01:15:23	Dave Brown	300	-
499	01:15:35	Carole Lloyd	-	183

Sandhurst – 19th November

Position	Time	Name	Male Score	Female Score
1	00:30:59		1	-
81	00:41:15	Mitesh Patel	77	-
84	00:41:22	James Kerrane	80	-
93	00:42:08	Russell Hewlett	89	-
100	00:42:39	Jag Matharu	95	-
124	00:44:25	Kyie Hollingshead	109	-
130	00:44:51	John Norris	112	-
137	00:45:09	Mike Morris	115	-
143	00:45:19	Kevin Smart	120	-
149	00:45:47	Tian Hollingshead	125	-
155	00:46:03	Ian Birch	130	-
172	00:46:46	Vincent Cheung	142	-
222	00:49:39	Sue Park	-	47
229	00:50:12	Andrzej Warhaftig	177	-
232	00:50:20	Martin Eden	180	-
256	00:52:16	John Maxwell	192	-
275	00:53:27	Olivia Matharu	-	69
299	00:55:15	Linda Dunne	-	80
335	00:59:46	Bernie Conway	-	106
339	00:59:54	Annie Birch	-	109
349	01:00:26	Terry Burke	230	-
359	01:01:41	Robyn Walliser	-	122
378	01:06:07	Nancy Morris	-	136
409	01:15:55	Dave Brown	243	-



Marathon 119 - Amsterdam Marathon

Steve Paull

This one starts and finishes at the 1928 Olympic Stadium, which does not look much like the stadia built these days but has been modernised over time while keeping its style. The start pens are on the track but spread onto the infield like pieces of cake and nobody can start until the earlier pen has all gone. This takes quite a time but that's the way they do it there. The Kenyans at the front might have completed two miles before I left the stadium.

It was a marathon where nothing much seemed to happen. It's another sizeable one with all the usual big-marathon razzamatazz including live music on the way. We went through the impressive arch-like entrance area of the Rijksmuseum, we ran past the hotel where we were staying at 6K and passed within 100 metres of it at nine.

After some modern high-rise office blocks, suddenly the city gave way to the long out-and-back stretch alongside the River Amstel. Here, a girl is held quite high up in the air on a jet of water. I have never seen anything like it. It looks weird. Looking this up afterwards, I think this is a flyboard, a sort of aerial jet-ski. Music is played from small boats sailing alongside us.



Crossing over a bridge 5K later, we return back to the city on the other bank. Going out was alongside large houses, returning is alongside farmland. There's the girl in the air again.

More modern buildings give way to Amsterdam suburbia and then into the fringe of its tourist centre alongside canals, but only on the edge of it, for the streets here are too ancient and narrow with loads of cobbled areas for an event such as this to take them. The occasional sharp up and down over a canal bridge gives discomfort to tired limbs that have not had to scale a hill to speak of before.

Finally, it's the last 5K and the first five in reverse. I look for Irene among the crowd in the stands at the stadium finish line but end up waving at a stranger; whoops!

Amsterdam Marathon, 21st October

5438 Steve Paull 03:55:58

Parkrun

The third Saturday of the month is the Metros designated parkrun day – although there is always a session at Roxbourne Park for those that would prefer. It would be nice if we could all try to attend the same event on the parkrun week and, back by popular demand, here is a suggested list of venues:

December 15 th	Canons Park
January 19 th	Cassiobury
February 16 th	Northala Fields
March 16 th	Black Park
April 20 th	South Oxhey
May 18 th	Rickmansworth
June 15 th	Harrow

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.



Metros at the recent mob match vs Sudbury Court at Gladstone Park parkrun

Hertfordshire Half Sunday 18th November 2018

This was the second running of this half marathon, starting and finishing in the grounds of Knebworth House. I knew of it because my boss had run in the first (and her first). Irene had decided to enter, and I invited myself along, with Penny as our valiant supporter. Pauline Bishop and Veronica Georgescu were also late entrants. We arrived just as the sun was rising through an early mist. There were nearly two hours till the start and it was chilly! So, we found coffees and remained in the car till it was nearly time to set off. The first two miles were a circuit of the grounds – ominously the first mile was very downhill, and this was to



be the return route for our final mile. We were then taken through pleasant countryside with an out and back stretch from four to seven miles. It's always fun to cheer on the frontrunners and team mates, and I was able to see that Pauline wasn't too far ahead of me (not that I was trying catch her!). Around ten miles I decided that half marathons are three miles too long, but plodded on, and to my surprise caught up with Pauline.

We then had to negotiate the final uphill mile with a last push through the finish. Our reward was some very nice bling, more coffees / hot chocolate and some chips. We didn't rush to leave as there was a large queue of cars and our patience was rewarded as another exit from the grounds was re-opened and we left via quiet back roads.



This seems a very well organised race, with reasonable goodies for finishers, with the potential for lovely views on a sunny autumn day, which this was. The route is undulating but not excessively so and is on closed roads and gravel tracks in the Knebworth grounds. I personally would have liked some changing facilities, and others would feel there may not have been enough portaloos (more were available on the course). Parking and access to the start / finish area were on grass so potential to be muddy in less clement weather. For those who like the vibe, there was also plenty of music – not sure how the residents of Old Knebworth feel about it, but I am sure they're used to worse. All in all, worth the early start.



Have a lovely Christmas and a great
running New Year

Penny



Merry Christmas to all

Jane H



Happy Christmas Everyone

Pauline & John Bishop

Wishing you all a merry & injury free Christmas

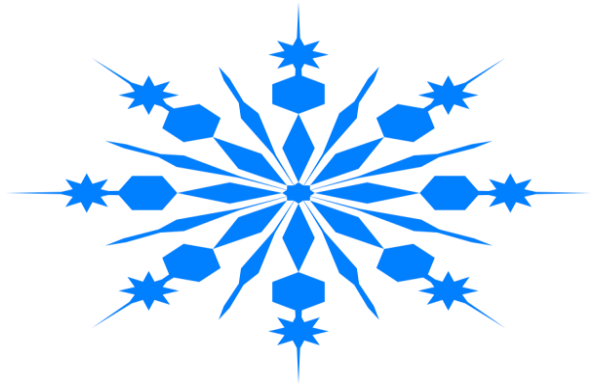
All the best, Anne Nola



Wishing everybody in Metros a Happy Christmas & Happy
Chanukah! - Greg



A very Merry Christmas to you all
Love Nancy & Mike



A very happy Christmas to all Metros.
All the best for the New Year
Steve & Lorna

**A very happy Christmas to all
Metros and good running for
2019**
Sarah

Teresa & Dave wish all their Metros
friends a very merry festive season
and a healthy, energetic 2019.

Happy running for 2019 and
enjoy good health
J.A.

Wishing all Metros a Merry
Christmas and a Happy & Healthy
New Year

Marion, Martin & Family



Christmas is about family. Metros is also a bit like that,
we all do our own thing but collectively we are one.

So, all of you Metros have a great Christmas and we
hope that the New Year gives all that you wish for

Marilyn & Henry

Wishing you all a very Merry
Christmas and a Happy New
Year

Andy, Gill, David, Daniel and
Sarah



May 2019 be a great running
year for Metros

Love Barbara & Frank

Wishing you all a Merry
Christmas and a prosperous
(running) New Year

With lots of love

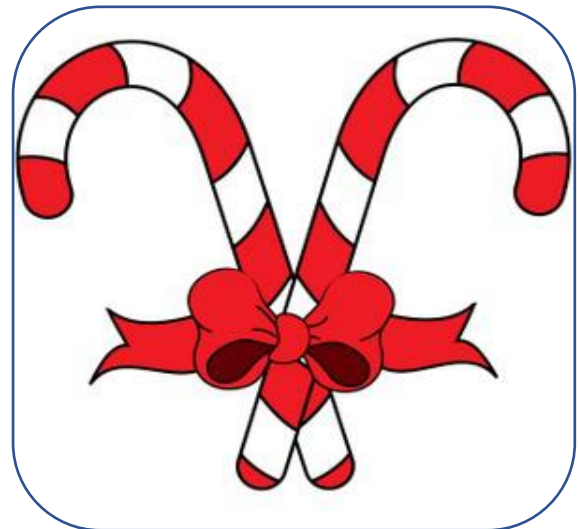
The Sidiks

Merry Xmas to all, have an
awesome festive season

Marcus & Aneta

Merry Christmas and a
happy New Year to Metros

From Dave, Sharon, Tian &
Kyie



Merry Christmas and a happy,
healthy, injury free New Year

Brian and Pat

**Start your Christmas with a bang
Get together with the Metros gang
Jog around some Pinner Hills
Just the thing for festive thrills!**

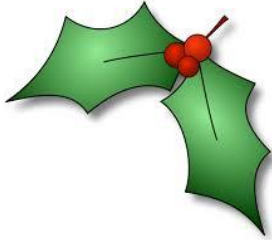
**Happy Christmas and New Year
from Kath and David Donaldson**

A merry Christmas and a very
happy New Year to all Metros.

Angela and Brian Murphy

Merry Christmas fellow Metros and a
very Happy New Year

Ruth Tidder x



A very happy Christmas to your all

Julia Allen x



Wishing everyone a very happy Christmas
and a successful & injury free New Year

Judy, Nigel, Emma, Peter, Matthew



Dear Metros

May you walk, hop, run & jump
happily into the New Year

Best wishes

Gladys

Happy Christmas wonderful Metros

With best wishes

Carole & Gordon x

Merry Christmas and a
Happy New Year

Andrew and Jo

Happy Christmas to all at
Metros.

May 2019 bring much
enjoyment and good
companionship

Mike & Yasmin

Merry Christmas to all the Metros members and supporters. Wishing you all a joyous festive season

Love John, Bernie and Baby Hugo xxx



Happy Christmas
From the Birches

Wishing everyone a Merry
Xmas & a Happy New
Year

Linda & Andy

Merry Christmas from Russ & Trish

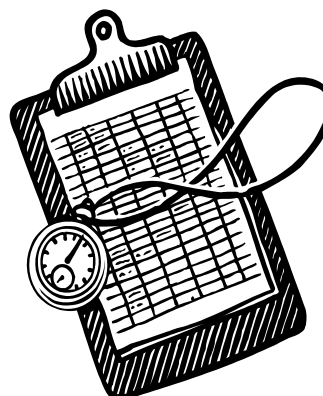
Merry Christmas
From Andrzej & Barbara



Best wishes for
Christmas & New Year
to everyone at Metros

Mick & Barbara
Reading

Measured Mile, 10 th November 2018	
Andy Fox	6.16
Adam Leary	6.20
Steve Paull	6.46
Caroline Day Lewis	7.04
Simon Abery	7.24
Jane Hudson	7.30
Sukrita Bisht	7.30
Dave Young	7.32
Robyn Walliser	7.37
Mike Ransome	7.46
Karen Leary	8.22
Richard Hayward	8.23
Steve Alder	8.25
Becca Carnac	8.28
Shefali Rao	8.41
Deborah Norman	8.54
Teresa Young	8.58
Marilyn Pickford	9.02
Malvika Bisht	9.08
Janice Newman + Errol	9.16
Connor Daly	9.18
Carole Wells	9.22
Kevin Eckersley	9.26
Titiana Spotti	9.28
Amanda Hardy	9.56
Carole Lloyd	10.31
Mahua Chatterjee	10.35
Kath Donaldson	10.36
Barbara Reading	10.36
Sarah Westwood	10.37
Steph White	10.54
Penny Hudson	10.56
Gladys De Groot	12.25
Arnold Glickman	13.14
Barbara Robson	13.53



Unexpected good weather - heavy rain had been forecast - made the Measured Mile an enjoyable experience today. Being the start of the new competition, this was not the day to run your fastest time, but as usual Metros impressed by running at their best. Well done to Andy Fox for coming first, however it will be difficult indeed to improve significantly on 6.16 to win the trophy and also a challenge for Adam Leary, Steve Paull, Caroline Day-Lewis and Simon Abery who all produced fast times today. Special congratulations to Dave Young making a comeback with a most impressive result. As usual some Metros did the 2 Measured Miles and most speeded up on the second attempt, so this is the result that is recorded. There are no improvers to report this time but there should be some contenders for the trophy emerging after the next mile in February so keep up the training through the dark winter months. Thanks to my helpers, Mike Ransome, Jane Hudson and Amanda Hardy.
Angela

Metros QUIZ AND AWARDS PRESENTATION EVENING

Friday 9th November at Lowlands Tennis Club

The venue was again Lowlands Tennis Club and members and families made up eleven teams for the excellent Quiz which again this year was organised and presented by Jane and Al Scoffham with a music round from Steve Paull.

Sarah Westwood, Metros Honorary Chairman, welcomed everyone and Jane Scoffham started the quiz with three rounds. Following a break, Dave Brown started the presentation of awards with the MBE's – **M**etros **B**est **E**fforts for the Track & Field League. MBEs are now awarded only where a previous Metros record was broken. This year the following recipients did exactly that.

W65+ Marilyn Pickford

LJ 2.56 previously 1.94 by Kath Donaldson in 2013
HJ 1.00 no previous age group record
Shot 5.22 previously 4.44 by Gladys de Groot in 2013

M40-49 Marcus Weedon

HJ 1.45 previously 1.30 by Mike Godden in 1995

M60-64 Peter Reynolds

800m 2.48.9 previously 2.53.0 by Steve Paull in 2017

M65+ Steve Paull

800m 3.01.01 previously 3.05.01 by Mike Ransome in 2016
3000m 12.53.7 no previous age group record

M65+ Mike Ransome

1500m 7.04.5 no previous age group record

Wendy Mulvenna, Vets T&F co-ordinator presented the awards.

Wendy also presented the **Harrold Godden Track Shields** (donated by Mike Godden in memory of his father) to Marilyn Pickford and Jag Matharu. These are awarded to Metros who recorded the best aggregate performances over 100m, 200m, 400m, 800m, 1500m, 3000m, Long Jump, High Jump, Hammer Throw, Discus, Shot Put and Javelin at track meetings before 1st October. Aggregates are calculated using IAAF multi-event tables.

Al Scoffham, co-ordinator of the **Thames Valley XC League**, presented the Metros awards for the 2017-2018 season to those attending. Award winners are:

1st W45-55 – Nancy Morris

1st W55-64 – Carole Lloyd, 2nd Annie Birch

1st W65+ – Raquel Russel Ponte

1st MU/17 - Tian Hollingshead, 2nd Kyie Hollingshead

1st M21-39 – James Kerrane

1st M40-49 – Mike Morris, 2nd Russell Hewlett

1st M50-59 – Ian McPherson, 2nd Kevin Smart

1st M60-69 – Glyn Watkins, 2nd Terry Burke

Irene Paull, co-ordinator in the Metros **Summer League** presented the Metros awards to those present. The following receive awards:

1st Tenderfoot Girl – Olivia Matharu, 2nd Alisha Sidik

1st W21-34 – Nicky Payne

1st W35-44 – Jo Payne

1st W45-54 – Sasha Birkin, 2nd Caroline Day-Lewis

1st W55-64 – Anne Ambrose, 2nd Penny Hudson

1st U/11 Tenderfoot Boy – Finn O'Reilly

1st U/15 Tenderfoot Boy – Luca Matharu

1st U/17 Tenderfoot Boy – Kyie Hollingshead

1st M17-20 – Tian Hollingshead

1st M21-39 – James Kerrane, 2nd Mitesh Patel,

1st M40-49 – Jag Matharu, 2nd Vincent Cheung, 3rd Clive Heidrich

1st M50-59 – Nathan Powell, 2nd Chris Shearwood, 3rd Andy Fox

1st M60-69 – Steve Paull, 2nd Andrzej Warhaftig, 3rd Martin Eden

Dave confirmed that the overall **Metros Summer League Award**, in memory of Bill Gardner, had been won by Sasha Birkin. A minimum of three events are needed to qualify and this is awarded for the best age-related performance using the World Masters Athletics tables – The 'Howard Grubb' tables. Teresa Young was thanked for doing the calculations.

The Music round of the quiz, organised by Steve Paull, was played and continued during the break. Steve had been asked to use 'more modern' music this year!

The awards for the Saturday morning events were then presented. Angela Murphy, co-ordinator, for the Measured Mile was unable to attend and Pat Jackson stated that Irene Paull had won the **Keith Adsley Award**. This award is for the runner who has improved their time the most over three consecutive miles. See full results in Metrolines.

As no one had done a timed 5 mile walk to qualify, the **Daisy Dora Benn Walk Shield** (donated by Pat & Peter Maffia in memory of Pat's mother) was not awarded.

The Ann Marsden 5K Award was donated by her family in memory of Ann. The award is for the most improved lady (over 18 years) in the four 5K runs held in Roxbourne Park. Teresa Young had done the calculations and Marilyn Pickford, co-ordinator presented the award to Marion Rogan whose **final time was 30.48, age graded to 71.10% and an improvement of 2.47% compared to the first run of the series in 31:24 (68.63%)**.

Gordon Valentine, Metros co-ordinator for the, **5-mile Handicap Award** thanked all runners for participating in the event held four times a year. He thanked Carole for timing the runners. He confirmed that Saturday 1st December was the first 5-mile handicap in the new series. He announced that the person with the highest overall points was Martin Eden. See full results in Metrolines.

Steve Paull compiles the list of events and Jane Hudson calculates the results for the **LRRC Trophies** donated by the London Road Runners Club when Metros evolved as a separate club from the NW Branch of the London Road Runners Club. This year there were seven races of varying distances. Steve presented the trophies to Linda Dunne and Mitesh Patel. A memento for completing all the races was presented to Linda and Anne Ambrose. See full results in Metrolines.

Steve announced that he was stepping down as LRRC Trophies co-ordinator.

Following a break, Barbara Robson presented the **Young Runner's Awards**, the recipients chosen by the Committee. The criteria for these awards are participation, achievement, effort, determination and sportsmanship. Dave Brown had produced details of the participation of young runners in various events. It had been decided to award the Girls Young Runner's Award to Olivia Matharu and the Boys Young Runner's Award to Luca Matharu.

The **Beginner Runner's Award** was donated by Catherine Corcoran and is presented to a member who had started running and improved in the year approximately between the Presentation Evenings. The recipient is chosen by the Committee and Carole Wells, Metros Honorary Vice Chairman, announced that this year it had been decided to give the award to Andy Dempster who, since joining Metros as a complete beginner had recently run the Cabbage Patch 10 Mile.

Sarah Westwood, present holder of the **Female Aaron Breen Award** presented the award. A reminder that Aaron was American and had worked here for a few years, had joined in with Metros activities and found Metros to be a very friendly club. When he returned to the States he left money for awards in his name. It was decided that the two awards – one each for women and men should be awarded for services to family running. Sarah said it was an unexpected honour to receive the award last year and stated there were many women who give time and effort to Metros. Sarah had chosen to pass the award to Kath Donaldson who not only organised challenging and well-planned sessions on a Saturday morning but was excellent at setting up rotas and programmes for the volunteers who support her projects. As a result, we now have two groups of Metros runners who are no longer on the couch.

Dave Brown, the present holder of the **Male Aaron Breen Award** for services to family running, had chosen to present the award to Ariff Sidik, who brings his whole family to run with Metros. He takes the lead in many sessions and has recently started a core strengthening training session. He is very much a team player running in events and supporting when not running. Ariff and Sakina invite young Metros to their house to socialize with their children and Barbara very much appreciated the help he gave her with refreshments at our TVL X/C home fixture.

The present **Female Runner's Award** holder is Pauline Bishop who stated that the trophy was first presented in 1985 by Jane Anderson. The first recipient was Barbara Reading. Jane Hudson is the only runner to win it twice. Pauline had chosen to present the award to Ruth Tidder who had had a most successful year. She listed Ruth's many running achievements in events with distances from 400 m to the Bournemouth marathon.

The **Male Runner's Award** had been presented by Alistair Anderson also in 1985. Nathan Powell, the present holder had decided to present the award to James Kerrane. Nathan was unable to be present but had prepared a speech which Nigel Rackham read on his behalf.

Nathan said that James is reliable and fully committed to representing Metros at cross country, Summer League and Vets Track and Field.

He regularly attends Metros sessions on Tuesday, Wednesday and Thursday and has been particularly supportive to a Metros member who has a long-term injury.

He volunteers and runs Parkruns, cross country and Summer League events where he is regularly first Metros runner. He had a superb run in the Round Norfolk Relay.

This year as he's achieved many PB's in half marathons and a time of 3hr 05 mins in his debut marathon in Brighton

All recipients of awards to be kept for one year receive a permanent memento of that award.

The final awards presented, Jane Scoffham announced the results of the Quiz:

1 st	Cor'Blimeys	179 points	
2 nd	Ten Go Wild in Dorset	177 points	
3 rd	Held to Ransome	152 points	
4 th	Les Vainqueurs	143	points
5 th	Perfect 10	141	points
	162 points		
6 th	Hillys	137 points	
7 th	Troll	126 points	
8 th	Staring Relegation in the Face	125 points	
9 th	Onion Bhaji	124 points	
10 th	Spinners	115 points	
11 th	The Couchers	111 points	

Sarah Westwood closed the evening and thanked Jane and Al for organising the excellent quiz, Steve for producing the music round and Irene for collating results, Dave as compere, Pat for organizing the awards and all present for coming along to participate.

My thanks to Sarah for opening and closing the evening, Dave Brown for compering the awards, calculating the results of the Track Shields, for checking my calculations for the league awards, MBEs and help with preparing some speeches. Thanks to Teresa Young, Jane Hudson, Angela Murphy, Marilyn Pickford and Gordon Valentine for calculating the various Metros event award winners. Full results of the LRRC Trophies, 5 Mile Handicap and Measured Mile events will be listed in Metrolines

Finally, thank you to the Metros members and families who came to enjoy another very successful social evening.

Pat Jackson

LRRC Trophy races 2018

The trophies for this competition were donated by the London Road Runners' Club when Metros evolved from its NW London branch. The competition is a test of endurance and remaining injury-free throughout the season (as well as planning your holidays well!). The rules also require that competitors enter races as Metros and wear club kit (null points awarded for infringements). This year there were 7 races in the competition: Finchley 20 was cancelled because of snow. Marlow 5 clashed with Run Wembley 10K, so Dulwich Summer League fixture was added in its place.

A total of 30 women and 31 men took part in at least 1 of the races. The top ten in each competition are listed below. Congratulations to Linda Dunne and Mitesh Patel, the respective winners, and to Anne Ambrose, who along with Linda competed in all the races.

A new co-ordinator will be needed for 2019 as Steve is standing down. The task is not onerous – please speak to Steve or any of the committee if you would like to take it on.

	Women's Races							Total		Men's Races							Total
	Maidenhead 10	Run Wembley 10K or 5K	Dulwich Summer League	Burnham Beeches 1/2 or 10K	Moor Park 10K	Cabbage Patch 10	Ricky Road Run			Maidenhead 10	Run Wembley 10K or 5K	Dulwich Summer League	Burnham Beeches 1/2 or 10K	Moor Park 10K	Cabbage Patch 10	Ricky Road Run	
Linda Dunne	46	47	47	50	49	48	50	337	Mitesh Patel	48	50	49	47	49	50		293
Anne Ambrose	42	40	43	29	36	40	46	276	Steve Paull	46	45	43	46	45	48	0	273
Jane Hudson	47	45		30	48	47	49	266	Ariff Sidik	45	41		39	47			172
Sakina Sidik	43	42	45		41	43		214	James Kerrane	50	46		49				145
Sasha Birkin	50		50		50	50		200	Nigel Rackham				50	50			100
Ruth Tidder	48	44	46	49				187	Chris Shearwood			47	50				97
Emma Rackham	44	43			43	44		174	Andy Fox	47	49						96
Irene Paull		30	42	0		42	47	161	Clive Heidrich	46					49		95
Nicola Payne		50	49					99	Vincent Cheung	47	47						94

Measured Mile 2017 - 2018	November	February	May	August	improvement over 3 consecutive miles
Adam Leary				6.22	
Al Scoffham				13.58	
Amanda Harding	8.55		9.01		
Andrew Collier		7.58			
Andy Fox		6.01			
Anne Ambrose	9.43				
Barbara Reading		8.36			
Barbara Robson				13.41	
Carole Lloyd		9.14			
Carole Wells	9.27	9.19	9.03		24 seconds
Caroline Day Lewis		7.18			
Catherine Saunders	8.36				
Ceri Jacobs			7.53		
Dave Brown			10.19		
Dave Young	7.05			6.52	
Dominic Titus			8.22		
Eilish Fernandez		10.29			
Errol Clarke			7.54		
Gill Fox		10.07			
Gladys de Groot				12.23	
Heather Titus			10.02		
Henry Pickford				9.56	
Irene Paull		10.04	9.54	8.55	69 seconds
Jane Hudson			7.24		
Janice + Errol/Deborah	9.14	9.43	10.05		
Jarina Khatun				11.42	
Jeanne Coker		16.26			
Jennifer Smith			9.51		
Jessica Ross			10.55		
Jo Collier		9.27	9.09		
Jo Marsh			7.27		
Jo Payne		6.50	6.40		
Jonathon Pang		7.41			
Judy Rackham				8.17	

Measured Mile 2017 - 2018	November	February	May	August	improvement over 3 consecutive miles
Julie Smith		9.36	9.05		
Karen Leary				8.21	
Kath Donaldson				10.08	
Kevin Eckersley	8.20				
Kyie Hollingshead			5.54		
Linda Grimes	8.45	8.24			
Linda Ross			12.42		
Liz Wordsworth	8.02		7.56		
Malvika Bisht			8.43		
Marilyn Pickford			9.02	8.42	
Marion Rogan	9.00	8.57		8.34	26 seconds
Mark Lemon		8.41			
Mark Mulvenna		7.00			
Maxwell Smith			7.19		
Mike Morris				6.11	
Mike Ransome	7.34	7.30	7.22	7.31	12 seconds
Mitesh Patel	6.00				
Mitul Matthews				6.09	
Nagendra Bisht			9.06		
Nancy Morris		8.36		10.58	
Nicola Rochford				9.52	
Noa Perelmutter	9.03			8.29	
Penny Hudson	9.53	9.17			
Raquel Russel Ponte	10.26				
Robyn Walliser			7.25		
Sarah Westwood	10.34	10.22		10.1	24 seconds
Sasha Ryan		8.51			
Simon Abery	6.23	6.35	6.23	6.17	18 seconds
Sonny Peart	6.43				
Steph White		10.06	10.10	10.59	
Steve Alder				8.37	
Steve Paull		6.34	9.30		
Sukrita Bisht			8.23		
Suzanna Sa			7.00		
Teresa Young			9.12		
Tian Hollingshead	5.57		5.46		
Titiana Spotti		9.17		9.25	

Measured Mile 2017 - 2018	November	February	May	August	improvement over 3 consecutive miles
Tyler Engineer				9.15	
Una Cunningham		8.59			
Wendy Mulvenna		11.07			
William Marsh			8.12		

This year the winner is Irene Paull for a very impressive improvement of 69 seconds in three consecutive Measured Miles, well done! Out of 75 contestants only 6 were in the running (excuse the pun!) for the trophy having completed 3 consecutive Measured Miles and improved their times. Congratulations to Marion Rogan who came second for improving by 26 seconds, Carole Wells and Sarah Westwood for both improving by 24 seconds in joint third place (was this planned?), Simon Aberly in fourth place with an 18 second improvement and to Mike Ransome in fifth place for his achievement of 12 seconds. This year's Measured Mile competition is about to start with the November mile so it's a good time to set yourself targets for improvement in February, May and August.

Without my many helpers the Measured Mile would not happen so a big thank you to everyone who has given out lolly sticks, noted numbers, listed times and wielded the stopwatch. You know who you are!

See you all in the park on those important Measured Mile Saturdays
Angela

2017/18 5-mile Handicap Challenge- the first ten places and scores

1 st	Martin Eden	80pts
2 nd	Marcus Weedon	68pts
3 rd	Joanne Payne	65pts
4 th	Barbara Redding	60pts
5 th	Angela Murphy	57pts
6 th	Ruth Tidder	54pts
7 th	Simon Aberly	52pts
8 th	Shefali Rao	49pts
8 th	Andy Fox	49pts
10 th	Liz Wordsworth	48pts

Runners' Recipes

Maple- Glazed Brussels Sprouts



Brussels Sprouts, like their cousin the cabbage, contain sulforaphane, a compound that inhibits the DNA damage that is linked to cancer. Packed with vitamins C and K, Sprouts can also help lower levels of harmful LDL (or 'bad' cholesterol). Frozen sprouts are a quick and convenient option for this recipe.

From: The Runner's World Cookbook

Ingredients – serves 4

500g fresh or frozen Brussels Sprouts
2 tbsp maple syrup
1 tbsp extra virgin olive oil
2 tsp grainy mustard
Salt to taste

Method

1. Preheat the oven to 200°C. Trim the bottoms off the Brussels Sprouts and slice them in half. (If using frozen Brussels Sprouts, defrost them and pat them dry with paper first.)
2. In a large bowl, whisk together the maple syrup, oil, mustard and salt to taste. Add the sprouts and toss to coat with the maple mixture. Transfer to a roasting pan and cook for 20 minutes, stirring once, until the sprouts begin to soften and brown.

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.