



February 2019
Issue No. 363

Harrow Hill Race 17th February, 10.30 am



Metros Diary

February

Sat 2	5 K Run, Roxbourne Park	9.20 am
Sun 3	Watford Half Marathon	10.30 am
Sun 3	TVXC Bracknell Forest	11.00 am
Weds 6	Committee Meeting	8.00pm
Sat 9	Measured mile, Roxbourne Park Foodbank donation	9.20 & 9.40 am
Sat 16	parkrun - Northala Fields	9.00 am
Sun 17	Harrow Hill Race	10.30am
Sun 24	Gade Valley – 17-mile training run	9.00 am
Thurs 28	Trail Night Run	7.00 pm

March

Sat 2	5 Mile Handicap	9.00 am
Sun 3	Mornington Chasers – Regents Park 10K	9.00 am
Weds 6	Committee Meeting	8.00pm
Sat 9	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40 am
Sun 10	Hillingdon 20 miles	9.00 am
Sat 16	parkrun – Black Park	9.00 am
Sun 24	Gade Valley – 20-mile training run	9.00 am
Thurs 28	Trail Night Run	7.00 pm

April

Sat 6	Metros 10K Challenge, Roxbourne PK	8.50 am
Sun 7	Combe Gibbet to Overton 16	2.00 pm
Sat 13	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40 am
Fri 19	Maidenhead Easter 10	9.30 am
Sat 20	parkrun – South Oxhey	9.00 am
Thurs 25	Trail Night Run	7.00 pm
Sun 28	London Marathon	10.00 am

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

Note from the Editor!

It's February, have all your New Year fitness resolutions fallen by the wayside? No worries, you can redeem yourself by entering running events and there are lots of upcoming dates to fill your 2019 diary.

Importantly, the Harrow Hill Race on Sunday 17th organised by Metros. If you are not running, please volunteer to help or come along on the day to support fellow club members.

There is an exciting new trophy race programme, organised by the new LRRC coordinator, Vincent Cheung (page 8). There are also the Summer League events and, for those of us over 35, the Vets League events (pages 12& 13). For those of you who want something different, there is a new monthly night run (page 11).

We will soon have to enter the team for the 2019 Round Norfolk Relay, and if you would like more information about taking part as either a runner or part of the support team, see Chris Shearwood's report of the 2018 event (page 21).

If you want to take advantage of all these events – it's time to renew your Metros membership and England Athletics membership– see details from Irene Paull (page 5).

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 ...

Nigel Rackham – for coming first at the Regent's Park 10K series on 6th January and coming in his age group at Fred Hughes 10, 20th January.

James Kerrane, Andy Dempster and Ariff Sidik – for PBs at Fred Hughes 10 miles, 20th January.



Gertrud Porter and Gerry Barker celebrated significant birthdays in January – 70 & 80 respectively! What better way to celebrate than with Metros at the Wednesday hill session?

Jane Hudson also had a significant birthday – watch out everyone in the FV60 age group!



Membership renewals are due on 1st March 2019

You current membership expires on 28th February 2019.

- Like last year, renewals will be done on-line, and you can do this straightaway
- Metros Membership rates are staying the same: Adult £25, Student £5, Under 18 £1.
- England Athletics are also the same, £15, so adult membership including EA is still £40.

Why do we renew online?

- Our website is integrated to Webcollect who hold our membership records and record what subscriptions people have. All new members now join online and maintain and manage their own information.
- This keeps our club processes up to date and your data more secure. It also means we are able to comply with the data protection regulations.

Your role

- If you are an individual adult member, you are responsible for maintaining your own data and renewing every year.
- If you belong to a family group, then the person who is assigned as the administrator for your group is responsible for renewing everyone in the group and checking the data is up to date.
- **From this membership year, we need all members over 70 who currently don't pay a subscription (or donation) to formally renew their membership. Without this, we can't keep your data records. Members who currently don't have internet access will be contacted for permission to assign them to a family group of a Metros member they know well.**

Please do the following on or before 1st March

- Go to the Metros website www.metros.org.uk
- Sign in (your user id is your email address)
- In the members section select membership renewal to take you to Webcollect
 - o You may have to take some actions on your browser to allow Webcollect to work
- In Webcollect, set up a password – please make sure this is a strong password, treat this like any other site where you hold personal information
- Webcollect is then like online shopping – you select the subscription you want and “place an order” then select a payment method.
 - o You'll find a range of payment options: bank transfer, one-time direct debit payment (go cardless), cash, cheque

- If you first registered with Metros for couch to 5K 2018, you will not be able to renew that subscription – please use the option to “select a different subscription” and select whichever adult subscription you prefer.
- If you want to add or remove EA membership from your subscription, use the “select a different subscription” option to select the membership you want.

Your subscriptions will only be live once I've confirmed that you've paid; depending on the payment method, this can take several days. In the meantime, the “mymetros” section on WebCollect will show you that you've orders placed that are still waiting to be confirmed.

Any issues, please email me at metros.secretary@yahoo.co.uk

Your help in having all this done and dusted by the end of March is hugely appreciated.

Irene Paull



Welcome New Members

**Louise Leadbetter
Nirmal Valji
Navdeep Dhillon
Caroline Jackson
Samuel Bossard
Andrew Russell
Malcolm Salmons
Anita Halai
Lorraine O'Donovan
Rachel Fawcett
Sunil Thanki**

THAMES VALLEY CROSS COUNTRY SEASON 2018/2019



On Sundays over October to February – starting at 11am, the remaining fixture for this season:

February 2019

3rd Bracknell Forest

Harrow Hill Race

17th February 2019, 10:30 am

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





TROPHY RACES

Dear Metros runners,

The races eligible for the Metros London Road Runners Club (LRRRC) Trophy for **2019** are as follows: -

03/03/2019	£17	Mornington Chasers 10K
10/03/2019	£24	Hillingdon 20Miles
19/04/2019	£20	Maidenhead 10Miles
12/05/2019	£14	Run Wembley 10K
27/05/2019	£33	Vitality 10K
11/08/2019	£21/27	Burnham Beeches 10KM/HM
01/09/2019	£28	Maidenhead HM
29/09/2019*		Moor Park 10KM
27/10/2019*	£16	Ricky Road Run 10Miles
03/11/2019	£22/32	Marlow 7Miles/HM

* TBC dates

To further encourage participation:

There are 10 events available to enter with only your best 8 event scores counted to your total at the end of the year. (Note: the scoring system is still being finalised).

Runners entering Burnham Beeches and Marlow have the option of a shorter 10KM distance (technically 11K at Marlow). So, there are 6 x 10KM and 2 x 10 Miles events available for those who prefer shorter distances.

Any runners completing all 10 events will get a Trophy.

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.

Regards

Vincent Cheung – LRRC Coordinator

Weblinks and additional info for the races

<http://www.chaser.me.uk/tenk/tenk.php>

<https://www.chaser.me.uk/tenk/entry.php?referrer=>

Note: Please be careful when choosing the correct race.

<http://www.hillingdonac.co.uk/hillingdon-20>

<https://www.activetrainingworld.co.uk/events/2019/03/10/Hillingdon20>

<https://www.maidenheadac.org/easter-10/>

<https://app.loveadmin.com/ThirdpartyEventRegistration.aspx?eventid=A3E5737B6C9238D59012260C95F61EC8>

Note: The race is on Easter Friday.

<https://www.sudburycourt.org.uk/run-wembley>

<https://www.racesonline.uk/race-entry/runwembley/>

Note: Website not updated yet, but entry system is ready.

<https://www.vitalitylondon10000.co.uk/>

<https://www.vitalitylondon10000.co.uk/how-enter/online-entry/>

Note: Bank Holiday Monday.

<http://burnhamjoggers.co.uk/beeches-half/>

<https://www.runbritain.com/entries/EnterRace.aspx?evid=7db80ccf5e70&erid=79bc0cce5e6f>

https://www.letsdothis.com/e/maidenhead-half-marathon-18406#source=organiser_page

https://www.letsdothis.com/e/maidenhead-half-marathon-18406/tickets#source=organiser_page

<http://www.moorpark10k.org.uk/>

Note: Date TBC

<https://rickyroadrun.co.uk/>

Note: Date TBC

<http://www.marlowhalf.marlowstriders.co.uk/>

<http://www.marlowhalf.marlowstriders.co.uk/mhmenter.html>

<http://www.marlowhalf.marlowstriders.co.uk/marlow7enter.html>

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 here is a suggested list of venues:

February 16 th	Northala Fields
March 16 th	Black Park
April 20 th	South Oxhey
May 18 th	Rickmansworth
June 22nd graduation	Harrow - NB: Changed to 4 th Saturday of month for C25K

Consolidated club results can be found at:

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

This shows the parkrun stats for each runner.

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

Date for your diary

Metros AGM

Friday 17th May 2019

Lowlands Hall, Eastcote, 8:00pm



The first **THURSDAY NIGHT DARK RUN**, will be on 31st January, meeting at the viewpoint car park Old Redding, for 7pm start. The run will be approx. 1hr, in the woods or parkland in the dark!! Thereafter last Thursday of each month, times may become later as the nights become lighter.

<https://www.harrowcommercialservices.co.uk/services/harrow-film-service/filming-locations/location?id=11>

We are suggesting runners wear head lights of minimum of 300 lumens, high vis and bright clothing, off road shoes preferably, but lights essential, **NO LIGHTS NO RUN**

We will do a check of all light brightness in the car park before we leave.

There will be at least two leaders per run, one back one front, the aim is for everyone to stay together at least at a safe distance.

Below is the link for a head torch purchased from Amazon, that's a good starter product, it's £12.99. A link also for Screw fix, they sell a 300 lumens head torch for about £30.

https://www.amazon.co.uk/gp/product/B07KTMWTKR/ref=ppx_yo_dt_b_asin_title_o03_o00_s00?ie=UTF8&psc=1

<https://www.screwfix.com/p/elwis-700h1-sf-led-headlamp-3-x-aaa/3748p>

Contacts

Linda Dunne 07958413146

Mike Morris 07906151525

Spencer Milberry 07717757365

Martin Eden 07505764672

VETERAN (MASTERS) TRACK AND FIELD LEAGUE

Three Monday evenings and one Wednesday evening between May and July and open to all over 35 years of age. Events are 100, 200, 400, 800, 1500, & 3000 metres, 2000m walk, high jump, long jump, triple jump, discus, javelin, hammer, shot.

Monday 13th May Battersea

Monday 10th June Hillingdon

Monday 24th June Battersea

Wednesday 10th July Perivale

Contact: Wendy Mulvena (wendymulv@hotmail.com)



SUMMER LEAGUE 2019

For those unfamiliar with this League – it's a series of five events held during the summer months starting and finishing in parks, open to all ages and abilities with refreshments after – all for FREE.

Entry (free to Metros members) is on the day and there is no need to pre-enter. At each fixture there are four events:

- i. The morning starts with an Open Race of 5 miles or 10km for those 16 years and over, suitable for all abilities.
- ii. A Tenderfoot Run of 1.5 – 2km, suitable for children 7 - 16 years, runners returning from injury and runners who prefer to run a shorter distance.
- iii. A Fun Run of approximately 400m for children under 7 years.
- iv. A series of relays of 300-400m, again suitable for all ages and abilities.

Provisional and Confirmed Dates are:

Sunday	2 June –	5 miles	Dulwich Park Hosted by Dulwich Park Runners
Sunday	16 June –	5 miles	Headstone Manor Recreation Ground HOSTED BY Metros
Sunday	30 June –	5 miles	Hosted by Ealing Eagles & ESM, venue to be confirmed
Sunday	21 July	10km	Regent's Park CONFIRMED Hosted by Mornington Chasers
Sunday	4 August –	10km	Battersea Park CONFIRMED Hosted by Serpentine

Scoring is age related: children up to 16 - every year; adults over 40 are graded in five-year age bands.

There are league awards for the top three scoring individuals in each age category in the Tenderfoot and in the Open – the best three out of five races count. Children in the Fun Run receive certificates on the day.

Irene Paull calculates the league scores for clubs and individuals

Metros also give awards for top Metros runners in each age category: the number of Metros awards depends on how many Metros runners there are in each age group.

Apart from Metros, other participating clubs are Dulwich Park Runners, Ealing Eagles, Ealing Southall & Middlesex, Hayes & Harlington, Mornington Chasers, Queens Park Harriers, Serpentine, Sudbury Court Running Club.

For further information please see the Summer League web site – www.thesummerleague.uk or contact me patjacksonhome@hotmail.com
tel: 0208 868 5683, Irene Paull or Emma Rackham our host Race Director

Pat Jackson

Visit to Bentley Priory

Dear Fellow Metros,

At a recent Saturday session, I asked if folks may be interested in a group visit to Bentley Priory Museum, Stanmore where I am a guide, and I received a very positive response.

About the museum

Bentley Priory was home to RAF fighter command in WW2 and was the nerve centre for all UK operations. It tells the story of the Battle of Britain in its wider context. It covers the development of a comprehensive ground-based interception system by Air Chief Marshall Dowding; stories of the pilots who defended our skies; and those (often women) who worked as plotters, radar operators, barrage balloon teams, observers etc.

More information can be found at <http://bentleypriorymuseum.org.uk>

It really is a gem of a local museum that many people do not know about and is also an architectural masterpiece by John Soane in its own right. It does not have aircraft like RAF Hendon but is well laid out and gets great reviews.

When

Saturday 2nd March at 2pm. This suits members with families and avoids the half term holidays. We will travel to the museum independently, then I will give a guided tour for about 60-75 mins, after which people will be free to explore the museum, cafe and gardens at their leisure. The museum closes at 5pm.

Cost

Entry is £8.80 for adults (concession prices are shown on the web site). This will include the tour.

If you are interested,

Please email me on the.lemons@btinternet.com (note the dot between 'the' and 'lemons') . Please do not simply reply to the Metrolines Coordinator email.

Please let me know how many adults and how many children. Family members, grannies and granddads welcome.

I will send out further details to interested members.

If you are also interested, but cannot make this date, just let me know, and if there is sufficient demand, I'll run a second trip.

Thanks

Mark Lemon (the.lemons@btinternet.com)

Results and Reports

Hertfordshire Half Marathon – 18th November - correction

Pos	Name	Time	Net Time
1		01:01:10	01:01:10
879	Jane Hudson	02:05:06	02:03:53
920	Pauline Bishop	02:06:23	02:05:30
1195	Veronica Georgiescu	02:19:38	02:18:43
1327	Irene Paull	02:29:34	02:27:03
1451	Finishers	03:13:31	03:11:11

MIDDLESEX CROSS COUNTRY CHAMPIONSHIP 2019 Horsenden Hill, 5th January

Results:

Ladies' Race 8,000 metres

Winning time 30 mins 18 secs

98th Linda Dunne 43 mins 50 secs

Men's Race 12,000 metres

Winning time 38 mins 18 secs

121st James Kerrane 51 mins 06 Secs

135th Jag Matharu 53 mins 41 secs

Well done Linda, James and Jag. Good times in tough races.

Al Scoffham

10K Challenge – 5th January 2019.

Name	Mins	Sec	Grade
Barbara Reading	59	26	76.81%
Dave Young	47	30	71.69%
Andy Fox	44	53	69.87%
Steve Paull	49	47	69.06%
Caroline Day-Lewis	51	9	67.81%
Martin Eden	49	42	67.24%
Angela Murphy	68	10	64.91%
Louise Leadbetter	60	5	63.03%
Judy Rackham	61	14	62.67%
Simon Abery	50	19	61.78%
Liz Wordsworth	59	56	60.04%
Sarah Westwood	71	46	58.10%
Mike Ransome	59	49	58.04%
Ruth Tidder	58	44	57.00%
Irene Paull	69	27	56.76%
Carole Wells	66	13	56.45%
Anne Nola	58	44	56.37%
Titziana Spotti	69	43	55.78%
Olivia Gill	55	30	54.65%
Julia Allen	64	18	54.60%
Anne Ambrose	73	20	54.50%
Una Cunningham	60	12	53.42%
Becca Carnac	60	32	50.11%
Geraldine Gill	70	55	49.51%
Diane O'Reilly	70	28	46.98%
Gladys de Groot	93	0	46.86%
Mike Reid	70	28	45.71%
Catherine Saunders	70	28	44.60%
Eilish Fernandes	93	0	44.20%

What a good start to the New Year with congratulations to Louise Leadbetter, Sarah Westwood, Carole Wells and Olivia Gill on their first running of this event since the rainbow ribbon awards were introduced. Several other runners improved on their previous grading moving up a colour: Liz Wordsworth, Gladys de Groot, Una Cunningham and Martin Eden. Commiserations to Andy Fox and Angela Murphy who were seconds away from the next colour up the rainbow.

The next event will be on 6th April 2019

Osterley Park 10K – 8th December 2018

1		34:26
564	Emma Rackham	1:04:31
565	Judy Rackham	1:04:33
731	Emma Holland	1:30:06
736	Finishers	1:31:33

Hatfield 5 – 25th November 2018

1		26:14
371	Sonny Peart	43:19
657	Finishers	91:44

Tadworth 10 miles – 6th January 2019

1		56:41
467	Linda Dunne	1:34:55
499	Pauline Bishop	1:34:05
598	Shefali Rao	1:46:56
690	Finishers	

Mornington Chasers Regent's Park 10K Series – 6th January 2019

1	Nigel Rackham	0:35:07
267	Emma Rackham	01:01:12
268	Judy Rackham	01:01:20
310	Finishers	01:26:04

Wot no Watch – January 2019

Name	Predicted Time	Actual time	Difference
Kevin Eckersley	9:45	9:46	1
Gladys de Groot	11:58	12:00	2
Adam Leary	6:21	6:24	3
Steve Paull	6:45	6:41	4
Simon Abery	6:30	6:35	5
Deborah Norman	9:00	9:06	6
Titziana Spotti	9:40	9:46	6
Marilyn Pickford	8:50	8:56	6
Errol Clarke	8:20	8:12	8
Marion Rogan	8:45	8:54	9
Anne Ambrose	9:48	9:38	10
Mike Reid	8:10	8:20	10
Barbara Robson	14:14	14:04	10
Mitel Matthews	6:25	6:35	10
Ceri Jacob	8:00	7:50	10
Karen Leary	8:34	8:24	10
Maxwell Smith	7:10	7:21	11
Dave Young	7:15	7:02	13
Sarah Westwood	10:18	10:4	14
Will Bailey	9:00	9:14	14
Angela Murphy	9:30	9:14	16
Diane O'Reilly	9:15	9:34	19
Catherine Saunders	10:0	9:41	19
Pip Brown	9:15	9:34	19
Jane Hudson	8:30	8:10	20
Robyn Williams	7:35	7:55	20
Judy Rackham	8:57	8:36	21
Amanda Hardy	9:28	9:05	23
Carole Lloyd	10:00	9:36	24
Al Scoffham	9:15	8:50	25
Janice Newman	9:07	9:33	26
Steph White	11:00	10:34	26
Carole Wells	9:43	9:16	27
Mark Lemon	8:45	9:12	27
Eilish Fernandez	10:58	10:19	39
Penny Hudson	9:30	10:18	48
Jennifer Smith	10:10	11:10	60
Steve Alder	8:30	9:32	62
Jane Scoffham	10:00	8:42	78
Anne Leigh	11:40	13:36	116
Mahua Chatterjee	12:00	10:00	120

Well done to Kevin Eckersley for winning the trophy this month.

Fred Hughes 10 Sunday 20th January 2019

Pos	Name	Time	Net Time	
1		00:54:51	00:54:49	
13	Nigel Rackham	00:58:33	00:58:32	1st V50
61	James Kerrane	01:04:32	01:04:24	PB
506	Linda Dunne	01:29:31	01:28:34	
599	Jane Hudson	01:34:53	01:33:47	
609	Ariff Sidik	01:35:34	01:33:43	PB
623	Andrew Dempster	01:36:46	01:34:55	PB
708	Emma Rackham	01:43:58	01:42:04	
709	Judy Rackham	01:44:01	01:42:07	
762	Sakina Sidik	01:50:47	01:48:59	
780	Hitesh Patel	01:54:23	01:45:47	
786	Irene Paull	01:55:39	01:53:30	
815	Anne Ambrose	02:09:57	02:07:48	
818	Penny Hudson	02:17:47	02:15:36	
842	finishers - last	02:55:15	02:52:00	

Cliveden Cross Country 10K – 6th January 2019

Pos		Time
1		00:34:47
82	Sasha Birkin	00:45:48
89	Russell Hewlett	00:46:19
170	Ian Birch	00:50:12
254	Adam Leary	00:53:59
270	Andrzej Warhaftig	00:54:41
418	Glyn Watkins	01:02:14
461	Annie Birch	01:04:26
554	Karen Leary	01:11:04
627	Finishers	01:51:44



TVXC – Tadley 20th January

Position	Time	Name	Male Score	Female Score
1	00:31:53		1	-
90	00:42:07	Luca Matharu	83	-
91	00:42:08	Kyle Hollingshead	84	-
102	00:42:36	Jag Matharu	90	-
109	00:43:07	Russell Hewlett	96	-
130	00:44:18	Tian Hollingshead	109	-
161	00:46:12	Ian Birch	133	-
212	00:48:40	Andrzej Warhaftig	170	-
240	00:50:18	Sue Park	-	49
249	00:50:56	Paul McGrath	190	-
255	00:51:12	Olivia Matharu	-	57
300	00:54:01	Glynn Watkins	219	-
314	00:55:03	Ian McPherson	223	-
366	01:01:24	Annie Birch	-	116
372	01:01:57	Terry Burke	245	-
424	01:23:46	Dave Brown	260	-
427	01:30:00	Finishers	-	-



Round Norfolk Relay - 15 & 16 September 2018 – Chris Shearwood

The RNR Race Route is just shy of 200 miles long, split into 17 stages varying from approximately 6 to 20 miles. One of its features is the number of runners and teams who constantly return year after year. This year was Metros' 20th appearance and we welcomed 5 RNR newbies - Sakina and Ariff Sidik, Martin Eden, James Kerrane and Sarah Belchier, all of whom are, of course, fairly new to Metros RC itself.

Start times were based on all teams finishing from 09:15am to 10:00am on the Sunday, the earliest start time being 5:30 am on the Saturday morning, meaning that teams had to complete the course within 28:30 hours. Jane and Al Scoffham having allocated us our stages, we all estimated running times and a total of 28:20 was submitted to the organisers.

Steve Paull started us off at King's Lynn about an hour before dawn and, by the end of his stage, it was well and truly daylight. Thereafter, there's a lot of off-road running (where there is road, cyclists accompany runners) until stage 7, where it's wholly road until the very last stage - cars with rotating flashing orange beacon lights accompany runners here, irrespective of the time of day. Likewise, all runners had to wear a Hi-Viz bib with reflective strips, non-compliance being penalised by a DNS for that stage.

Darkness fell at 19:09 during stage 9, run by Gary Warren, and it was pitch black when he passed the baton to me at Belton. The rays of daylight were visible on the eastern horizon, some 11 hours later, as Marcus Weedon set off from Wissington, and Dave Young broke the finishing tape at King's Lynn after 29:30:04 of total running by Metros RC. One of the most fun aspects of the RNR is that anyone participating can do so in several ways. Here's what I did:-

Running

A great chunk of the course (8.5 hours (nearly 30%)) was completed by just four runners - me, Mike Morris, James and Sarah. Together with Marcus and Pritesh, we hired a house in Watton, through Airbnb, within relatively easy striking distance of our various starting points.

Stage 10 was my start and was reached with not a moment to spare - Gill, Mike and I were keeping abreast of Gary's run via the RNR WhatsApp group and Sakina and Ariff, who were lighting him in their car, told us that he was about 10 minutes ahead of his estimated time. This happens, hence the need for good communication - I was, by the end of my stage, 10 minutes ahead of my estimate and Mike was 15 minutes quicker than his. Gary was keen to tell me that he had overtaken 15 runners on his stage which I took to mean that he didn't want me to undo all his good work. Off I sped, the first 1.3 miles being part of a well-lit estate, so I did not need to be lit to start with. In fact, I had to wait a couple of minutes at the junction with the main road for the flashing orange lights to be attached to Gill's car, and then she and Al followed me along the A143 for 16.5 miles until the turning for Earsham and the Wetlands Centre where the baton was passed to Mike. He had been taken there by Jane, who then lit him on his stage.

There's not a lot to say about the A143 at night. We'd recce'd the route by day to ensure that we knew where the handovers were to be. For a main road, I was largely untroubled by other traffic, our car with its flashing light attached to the roof, proceeding at just over 8 mph. I'd wave if I wanted Gill to come alongside for Al to pass me some water. It was pretty mild (mid 'teens Celsius) and I saw plenty of wildlife...none of it moving though. I passed through a handful of Broadland parishes that, until 1974, were actually part of Suffolk and occasionally bystanders would offer encouragement. I was overtaken by two runners and overtook one. 2 hours 15 minutes after I had started, I was done - a very pleasant mid-evening run.

Driving

About five hours later, after a short nap back at Watton, Gill and I delivered Sarah to the outskirts of Thetford from where she would run 13.25 miles through the sandy heathland of the Brecklands region of Norfolk to RAF Feltwell. There the baton would be passed to Teresa Young who had only earlier that day arrived back in the UK from holiday with Dave and both had hot-footed it straight to Norfolk - there's dedication for you.

Gill had lit me on my run so it was only fair that I did the driving honours to light Sarah, Gill reminding me frequently that if I could not see the soles of Sarah's running shoes, I was driving too close. She was overtaken by a fair few but overtook some runners too, punching the air with a celebratory whoop-whoop as she did so (celebratory car-horn blasts were a no-no in the dead of night).

I had heard about this stage from Steve Paull who had run it in the 2013 RNR, and he has occasionally referred to "Grimes Graves" (a large Neolithic flint mining complex) and the chilly silence (not to say mist) of the Thetford Forest. Tonight, there was no mist and the mild weather continued.

Sarah felt that this HM-length stage was not her optimum distance, but her pace was very even; she had estimated 2:10 and was 20 mins quicker than that. The twists and turns of the stage directions, which Sarah had expertly committed to memory, referred to a telephone box in the village of Weeting and, although it was well camouflaged by night, we took the correct turn.

Steve wrote in 2013 that, after what seemed like a lifetime, he approached a village (Hockwold-cum-Wilton), his spirits lifted slightly with the prospect of some life but there was none: the place was a silent and deserted ghost town as he ran through. In Sarah's case, it could not have been busier - 23 hours into the event, not only were we encountering other runners and their lighting vehicles, but there was a constant flow of other RNR support vehicles making their way to other handover points along the course. When overtaking other teams, you allow your runner to pass the other escort vehicle and runner, only overtaking when it is safe to do so. In practice, it was at times hard to keep directly behind Sarah, who nonetheless coped admirably well.

Not long after that we reached RAF Feltwell and Sarah's run was done. I must say that stage 13 looked a very pleasant run (certainly in the mild conditions we had that weekend) and I wouldn't mind doing it myself.

Cycling

Two and a half hours later in the fine early dawn, having cadged a lift with Al and Jane after Teresa's run, I was all set to accompany Al by bicycle on his run from Downham Market to Stowbridge. Al and Jane had both had been on the go since 04:30 the day before - I guess an invigorating run is restorative in those circumstances but whether Al felt that way, I am not so sure.

He and Jane had a bike each, shackled to the back of their car. I borrowed Al's we set off, but I had lent my Hi-Viz bib to Sarah. No matter, within a mile Jane pulled alongside and flung me a spare Hi-Viz bib: the RNR is characterised by such improvisation. This was the business end of the relay and we saw lots of other runners, cyclists and support vehicles, including a minibus-load of Ealing Eagles who hollered "up the Metros" as they passed.

Al's was not a long stage, 5.49 miles, but the Fenlands district of Norfolk was, to me, majestic in its flat landscape and big skies. So much so that, on arriving at Stowbridge where the baton was passed to Dave (to be accompanied by Marcus on bike), I asked Jane whether I could cycle with them. Despite having had virtually no sleep through the night, I wasn't tired at all and, having been given the nod, I caught up and we proceeded through Magdalen village and up on to the Great Ouse river bank. There we followed the Fen Rivers Way path, a somewhat rutted and bumpy route for us cyclists - I managed a few photos on my iPhone but it wasn't easy.

The riverside continued for 4-5 miles and we reached the outskirts of King's Lynn, still a good few miles from Lynnsport Leisure Centre. Dave had printed off his route sheets and meticulously marked them with mileage for each change of direction. It was hard for him to read them, so I did the honours, not that it was much easier for me, but we zig-zagged through town and encountered marshals guiding us to the Leisure Centre. Dave completed most of the circuit of the track before breaking the tape and, with Al, Jane and Teresa also there. He was quite done in, finding the twists and turns of the town somewhat tiring. Prize giving was not for quite a while so Al and Jane departed and the rest of us retired to the Leisure Centre cafe for refreshments. Later Gill joined us, and we and Marcus found a nice Tesco for a decent late breakfast before heading home.

So, over three Round Norfolk Relays, I've done two after-dark stints and an early morning one. I cannot emphasise enough what an absolute buzz this event is - if you don't believe me, read previous reports in the November 2013 and November 2017 issues of Metrolines. This year, our stage two runner dropped injured very late in the day and we were given a time penalty for that leg. A plaintive plea from Al for a late substitute went unanswered and it also meant that poor Steve actually had no-one to hand the baton to, which was simply transported to stage three where Linda Dunne took it on, and thereafter its progress remained unbroken as it was passed from hand to hand.

It would be nice not only to have a full complement of runners next time but also extra support staff for cycling and lighting, otherwise we poor runners have to double up in these capacities. If (like Gill) I were injured and couldn't run, I'd still go to help. Al and Jane could certainly do with a lighter burden.

Did I say, “next time”? Read that as “this year” because, as I type this, we have just heard that, after some jitters caused by the former organisers retiring, the relay will indeed be going ahead on 14-15 September 2019. Regrettably, yet again, it clashes with the Harrow Half Marathon but, notably, we so far have a number of enthusiastic participants on our WhatsApp group, “RNR19” (including this year’s newbies), and recruitment is proceeding well. For the first time in its history, the race was oversubscribed, resulting in several disappointed teams not making the start, so let’s not miss out - I guarantee you won’t regret joining us, you won’t get lost, so how’s about it, Metros?

METROS PREVIOUS PLAIN YELLOW KIT SALE

As agreed at our January committee meeting, all vests, short and long-sleeved T-shirts in our previous plain yellow kit are now available at £5 per garment. Sizes available are:

Vests - 8 and 10

Short sleeved T-shirts - XL and XXL

Long sleeved T-shirts - XL and XXL

Please contact me to purchase. Thank you.

Regards

Pat Jackson

0208 868 5683



NOTES OF METROS COMMITTEE MEETING

Wednesday 9 January 2019 at the Methodist Church, Cannon Lane, 8.00 pm

PRESENT: Anne Ambrose, Peter Beuselinck, Pat Jackson,
COMMITTEE: Paula Kanesanathan, Irene Paull, Steve Paull, Mitesh Patel,
Marilyn Pickford, Emma Rackham, Mike Ransome,
Nigel Rackham, Barbara Robson, Carole Wells, Sarah Westwood.
NON-COMMITTEE: Vincent Cheung, Linda Dunne, Martin Eden (Part of Meeting)
APOLOGIES Mitesh Patel
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 PREVIOUS MEETING

Leadership and Coaching Course – Linda Dunne, Ariff Sidik and Marcus Weedon are booked on the course starting 26 January.

Metros Stop Watch – Teresa Young had provided Dave Brown with a Metros stopwatch for use at Hill and Track sessions

NEW ITEMS

Off Road Night Runs – had been suggested. Linda Dunne and Martin Eden asked for approval from the committee that these become an official Metros session. As well as Linda and Martin, Spencer Millbery and Michael Morris would also be leaders and at least one would be present at each session. All have previous experience in off road night runs.

Head or body torches of appropriate strength are a necessity, plus hi viz vests for all runners. It was approved that these be held on the last Thursday in the months only when dark at 7.00 pm, for an hour, in Stanmore. Linda will advertise the session and list what equipment is needed, where to purchase etc. and Irene will add to the web site. Sarah thanked Linda and Martin for attending the meeting and providing details of the proposed session.

ACTION: Linda Dunne, Irene Paull

LRRC Trophy Races – Vincent Cheung had volunteered to co-ordinate and had distributed a spread sheet of eligible races with dates and entry costs and suggested a race programme. It was agreed that twelve races would be offered. To qualify for an award for completing all races, a minimum of ten would need to be completed as, on two occasions, two distances will be offered at the same event.

Vincent suggested a scoring system where longer distances earn more points. Following a discussion, he will update the race programme and scoring system to be approved by the committee before advertising. Sarah thanked Vincent.

ACTION: Vincent Cheung

Defibrillator – Mitesh had sent a report that an article requesting support for fund raising would appear in the January Metrolines, followed by an email in February. A fundraising page for sponsorship is

<https://www.gofundme.com/fundraising-campaign-for-defibrillator>.

ACTION: Mitesh Patel

New Bank Account – Mitesh had also confirmed that he had opened another, separate Metros bank account which pays 1% interest

Mugs – It was agreed that the remaining mugs will be offered for sale at the Harrow Hill Race.

ACTION: Mitesh Patel

Membership Fees for Over 70's – Irene stated that, to adhere to the rules of the General Data Protection Regulation (GDPR), any member over 70 years who had been a member for at least five consecutive years before reaching 70, would now need to formally re-join annually. Irene will advertise that those concerned will need to contact her annually.

ACTION: Irene Paull

Voting for Committee Members – Irene proposed that committee members election is based on each finding proposers and seconders who are not fellow committee or family members and that each member can only propose or second one person. The aim is that committee members be seen to be more representative.

This was agreed.

ACTION: All Committee Members

Peter asked which current committee members intend to be proposed for next year. Sarah Westwood stated that she would step down as Chairman.

Metros Kit Update – Pat gave further details of the shortlisted suppliers. Following a suggestion that delivery dates from order were longer than advertised and could be further affected by Brexit, Pat agreed to check with the supplier and other clubs who use that supplier. Pat also agreed to seek more favourable prices from another supplier.

It was agreed that previous Metros yellow kit - vests, short and long-sleeved T-shirts will be offered at £5 per garment.

ACTION: Pat Jackson

Metros Marshal Bibs – Paula had obtained a sample marshals bib and it was agreed to order ten and have the Metros name printed on the back.

ACTION: Paula Kanesanathan

Couch to 5K Course – Having successfully organised two courses, Kath Donaldson has stepped down from organising the next course. Irene has agreed to organise and produced a training schedule starting Tuesday 23 April. Volunteers to help with the training sessions will be needed.

ACTION: Irene Paull

Headstone Manor Recreation Ground – Paula had received a questionnaire from the Friends of Headstone Manor to aid their discussions with the council re some potential changes to the park. Paula was thanked for completing the questionnaire on behalf of Metros. It is not yet known if this will affect our Summer League host fixture.

ANY OTHER BUSINESS

England Athletics Volunteers – Sarah had noted information from an EA monthly newsletter on volunteering and child safety. This will be reviewed at a future meeting.

ACTION: Sarah Westwood

Meeting finished at 9.40 pm.

Date of Next Committee Meeting: Wednesday 6 February 2019

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

Runners' Recipes

MAGGIE'S COOKIES - Contributed by Sarah Westwood

These were very popular when I made them in January. I don't know who Maggie was, but this recipe was from Ann Marsden, whom many of you will remember, who had made them for a Saturday session. They are very easy and quick to make.

Heat the oven to Fan 150 °C/300 °F/Gas mark 2

Grease a mini-muffin tray or line a large baking tray with baking parchment

This makes 24 mini cakes plus about 5 small cookies.

Dry Ingredients:

175 g soft brown sugar

250 g oatmeal (porridge oats or gluten free porridge work fine)

150 g plain flour (may use wholemeal flour)

[gluten free version: 75 g ground almonds, 75 g gluten free flour, ¼ tsp xanthan gum]

1 level tsp bicarb soda

½ tsp salt

1 heaped tbsp. each of Sultanas, currants, raisins, chopped apricots, cherries, choc chips ... anything you fancy. [I used dried cranberries, pumpkin and sunflower seeds and flaked almonds.]

Wet Ingredients:

150 g butter or margarine

1 egg

Method:

- Mix dry ingredients in a bowl.
 - Melt butter/margarine; allow to cool then beat in the egg
 - Stir into dry mixture.
 - Press into mini muffin tin or roll into rounds and squash onto baking parchment.
-
- Bake for 15- 20 minutes; leave to cool in tin then remove to rack.

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 Hudson 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 07508 350764. 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	07771 636 647
		Debra Norman	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.