



May 2019
Issue No. 366

Metros Marathoners



Metros Diary

May

Sat 4	5 K Run, Roxbourne Park	9.20 am
Sat 11	Measured mile, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sun 12	Run Wembley 10K & 5K	TBC
Mon 13	Vets Track and Field- Battersea	6.30pm
Fri 17	Metros AGM – Lowlands	8.00pm
Sat 18	parkrun - Sunny Hill	9.00 am
Mon 27	Vitality 10K	10.00 am
Thurs 30	Trail Night Run	7.00 pm (TBC)

June

Sat 1	5 Mile Handicap	9.00 am
Sun 2	Summer League – Dulwich Park	9.30 am
Weds 5	Committee Meeting	8.00pm
Sat 8	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Mon 10	Vets Track and Field – Hillingdon	6.30 pm
Sat 22	parkrun – Harrow – and C25K graduation	9.00am
Sun 23	Summer League – Metros fixture	9.30 am
Mon 24	Vets Track and Field – Battersea	9.30am
Thurs 27	Trail Night Run	7.00 pm (TBC)
Sun 30	Summer League – Perivale	10.00am

July

Sat 6	Metros 10K Challenge, Roxbourne PK	8.50 am
Weds 10	Vets Track and Field – Perivale	6.30 pm
Sat 13	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
	Summer Barbeque at the Rackhams'	7.00pm
Sat 20	parkrun – venue TBC	9.00 am
Sun 21	Summer League – Regent's Park	9.30 am
Thurs 25	Trail Night Run	7.00 pm (TBC)

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!

There's been marathon fever over the last few weeks and I've been inspired by our Metros marathoners.

This month, Chris Shearwood reports on the Shakespeare marathon, and it does not involve reciting the works of the bard! Also, Sonny Peart tells us about his return to ultra-marathon running.

The Metros AGM is on Friday 17th and it is your chance to have your say; hope to see many of you there.

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

**Metros AGM
Friday 17th May 2019
Lowlands Hall, Eastcote, 8:00pm**



Achievements

Well done ...

Sasha Birkin – for a marathon PB at VLM on 28th April and for being the first woman finisher at Catterick parkrun on 20th April

Errol Clarke – for completing his 100th parkrun at Harrow on 13th April

Nancy Morris – for completing her first 10-mile race at Maidenhead on 19th April

Wendy Mulvenna – for completing her first 10K at Bournemouth Bay on 7th April and for completing her 100th parkrun at Canons Park on 27th April

Noa Perelmutter – for completing her first marathon at VLM on 28th April

Chris Shearwood – for completing his 50th marathon at Stratford-on-Avon, 28th April

Ariff and Sakina Sidik – for marathon PBs at Manchester marathon, 7th April

Ruth Tidder - for completing her 50th parkrun at Wynnum parkrun, Australia on 20th April



TROPHY RACES

Dear Metros runners,

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

12/05/2019	Run Wembley 10K
27/05/2019	Vitality 10K
11/08/2019	Burnham Beeches 10KM/HM
01/09/2019	Maidenhead HM
29/09/2019	Moor Park 10KM
27/10/2019	Ricky Road Run 10Miles
03/11/2019	Marlow 7Miles/HM

There are in total 10 events available to enter with only your best 8 event scores counted to your total at the end of the year (two events were held in March and one in April).

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 organizing 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.

The scoring will be as follows

Maximum Score

10 Km	50
10 miles	60
Half Marathon	70
20 miles	80

The first Metro to finish will be awarded the maximum number of points, the second Metro will be awarded the (maximum – 1) points, etc. There will be separate male and female awards.

Vincent Cheung – LRRC Coordinator

Date for your diary

**10th Metros Summer Barbeque
13th July, 7pm
At the Rackhams'**

Further details to follow

How to be a parkrun tourist...

By Emma Rackham

What is parkrun?

The definition according to Wikipedia: 'parkrun is a collection of 5-kilometre running events that take place every Saturday morning at over 1,400 locations in twenty-three countries across five continents.' The chances are, you have already heard of parkrun, and probably taken part in one or more. At our local parkrun - Harrow - 173 Metros have participated at least once. A pretty impressive statistic.

So, what is parkrun tourism?

When you sign up for your first parkrun, you choose a 'home parkrun' - usually the parkrun closest to where you live. In order to become a parkrun tourist, you just need to visit any parkrun other than your home run! Being a parkrun tourist allows you to try new courses in new locations - maybe you want to try a hilly course, or one on a beach, or perhaps you're looking for a fast-flat course. parkrun covers all options whilst remaining just 5km in distance!

How can I find out about parkrun locations?

On the parkrun website, there is an events list, which shows all the parkruns on a map. It is very easy to zoom in and find a parkrun in a convenient location, whether you are looking to travel from home or if you are on holiday. This map covers international parkruns too, which I will talk about more later.

<https://www.parkrun.org.uk/events/events/>

The 'tourist tool' is another useful website where you can enter your barcode number in the settings, and it lists the nearest parkruns to you.

<https://touristtool.mybluemix.net>

What are parkrun tourism challenges?

For most people, ticking off their nearest parkruns is sufficient tourism. For others, there are further challenges to complete for example completing all the parkruns in Greater London. A number of tourism challenges can be found on the parkrun Google Chrome extension; this works on desktops and laptops but not tablets or phones.

Some of the challenges on here include:

- The Tourist Challenge - running twenty different parkruns
- The Alphabet Challenge - running a parkrun beginning with every letter of the alphabet. (Currently X is the only letter not available!)

- The Compass Challenge - running parkruns with North, East, South and West in their names.

<https://running-challenges.co.uk>

How do international parkruns work?

Generally, they are just the same as parkruns in the UK! Depending on the area, you may even find that the pre run briefing is in English. You will still need to take your barcode along for it to be scanned and results will come through via email as normal. Be aware that there are different start times in some countries - parkruns in Ireland for example start at 9:30am rather than 9:00am.

What should I do the night before visiting a new parkrun?

1. Check the website and the social media pages for that parkrun, just in case there is a cancellation or change. On the parkrun website, there is a list of events with planned cancellations, although social media tends to be more reliable in case of last-minute decisions.

<https://www.parkrun.org.uk/cancellations/>

2. Make sure you plan out your route to the parkrun; I have almost missed a couple of parkruns as the journey was not as straightforward as I anticipated.
3. Get your barcode out! Whether it's a wristband or printed copy, you don't want to forget it. Many hotels and hostels will print documents for you free of charge...I speak from experience.
4. Charge your GPS watch - especially if you're a Millennial runner like me and believe 'if it's not on Strava then it didn't happen'.
5. Set your alarm!

Finally, if you do decide to embark on some parkrun tourism, please share your experiences. I am hoping to complete the alphabet challenge soon and will write about my travels in a future edition of Metrolines.

Metros on the Most Events List as of 22/4/19

(At least 20 different parkrun events; apologies if I've missed anyone!)

Errol Clarke - 64 events

Chloe Leach - 47 events

Emma Rackham - 45 events

Mark Mulvenna - 40 events

Alex Revens - 39 events

Chris Parkinson-Best - 38 events

Barry Nolan - 29 events
Bernie Conway - 28 events
John Norris - 27 events
Steve Paull - 26 events
Chris Shearwood - 24 events
Irene Paull - 23 events
Judy Rackham - 23 events
Wendy Mulvenna - 21 events



Ruth Tidder ran her 50th parkrun at Wynnum in Australia on 20th April – you don't have to go that far to be a parkrun tourist!

Date for your diary

**40th ANNIVERSARY
Metros Annual Fun Run -
the Brian Jackson Fun Run**

SATURDAY 7 SEPTEMBER

Further details to follow

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 are the suggested venues for May and June:

May 18th

Sunny Hill – **Note change**

June 22nd

Harrow - **NB:** Changed to 4th Saturday of month for C25K graduation

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.



Wendy Mulvenna ran her 100th parkrun on 27th April

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

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.

Dates are:

Sunday	2 June – 5 miles	Dulwich Park Hosted by Dulwich Park Runners
Sunday	23 June – 5 miles	Headstone Manor Recreation Ground HOSTED BY Metros
Sunday	30 June – 5 miles	Perivale (NB: 10am) Hosted by Ealing Eagles & ESM,
Sunday	21 July 10km	Regent's Park Hosted by Mornington Chasers
Sunday	4 August – 10km	Battersea Park 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

Results and Reports

10K Challenge 6th April 2019

NAME	Time		Age
	Mins	Sec	Grade
Kevin Smart	44	36	72.87%
Caroline Day-Lewis	50	17	69.82%
Angela Murphy	68	4	65.01%
Ceri Jacob	56	13	64.81%
Adam Leary	48	42	64.40%
Judy Rackham	60	31	63.41%
Anne Nola	56	5	59.70%
Will Jacob	56	14	55.28%
Karen Leary	64	37	55.00%
Titziana Spotti	74	20	53.03%
Mitel Matthews	53	16	51.94%
Kevin Eckersley	67	34	49.92%

Many Metros were taking part in numerous events around the UK and Europe which was reflected in the number of runners. Well done to all who took part and congratulations to Angela who has moved up to Green in the rainbow and to Will Jacob for completing the event for the first time. My thanks to Anne Ambrose for helping me record the results and Barbara Reading for marshalling.

Teresa was enjoying herself at a family wedding but will back on duty for the next event.

Marilyn

Wot no Watch – 13th April 2019

Name	Predicted Time	Actual time	Difference (seconds)
Karen Leary	8:35	8:34	1
Mike Morris	6:07	6:05	2
Mitel Matthews	6:15	6:12	3
Titziana Spotti	9:50	9:47	3
Mark Lemon	8:50	8:46	4
Louise Leadbeater	8:30	8:24	6
Hilarie Lemon	8:50	8:44	6
Adam Leary	6:21	6:28	7
Andy Fox	6:20	6:27	7
Janice Newman	9:10	9:03	7
Mike Ransome	9:10	9:03	7
Jane Hudson	7:30	7:22	8
Caroline Day Lewis	7:12	7:01	11
Irene Paull	9:00	9:11	11
Dave Young	7:10	6:59	11
Deborah Norman	9:00	8:49	11
Titziana Spotti	9:40	9:52	12
Amanda Hardy	8:58	8:45	13
Irene Paull	10:00	10:17	17
Simon Aberly	6:12	6:30	18
Vishal Matthews	7:00	6:40	20
Nancy Morris	8:30	8:54	24
Steve Paull	6:58	6:38	20
Janice Newman	9:32	9:02	30
Mike Ransome	9:32	9:02	30
Robyn Williams	7:40	8:10	30
Kirit Ranpura	7:45	7:13	32
Arnold Glickman	11:30	12:4	34
Kevin Eckersley	9:31	8:55	36
Sonny Peart	7:30	6:50	40
Will Bailey	8:00	7:18	42
Al Scoffham	13:30	12:46	44
Liz Wordsworth	8:50	7:42	68
Jane Scoffham	9:50	8:31	79
Dave Edwards	12:0	10:30	90
Arnold Glickman	11:30	13:30	120
Tom Mann	10:0	7:58	122

Congratulations to Karen Leary on winning the trophy for the first time.
Teresa Young

Wot No Watch – 9th March 2019

“Moderate” Wot No Watch (Provisional Times)

Name	Predicted Time	Actual time	Difference
Anne Nola*	7:40	8:19	39
Nathan Murray*	9:00	8:53	7
Mike Ransome	8:29	8:59	30
Tom Man	10:0	8:59	61
Nancy Morris	8:30	9:14	44
Jonathan Pang	10:0	9:25	35
Hilarie Lemon	9:30	9:30	0
Mark Lemon	8:50	9:35	45
Steve Alder	9:00	9:35	35
Deborah Norman	9:15	9:38	23
Janice Newman	9:20	9:44	24
Ceri Jacob	9:20	9:44	24
Steve Paull	8:29	9:45	76
Kevin Eckersley	10:0	9:50	10
Carole Wells*	9:40	10:00	20
Titziana Spotti	9:30	10:13	43
Angela Murphy*	9:30	10:21	51
Dave Brown*	10:00	10:29	29
Andrew Matthews	16:0	10:38	322
Penny Hudson	10:15	10:43	28
Irene Paull	10:15	10:48	33
Richard Hayward	9:40	10:53	73
Steph White*	11:00	11:13	13
Dave Edwards*	11:00	11:47	47
Gladys de Groot	12:00	12:53	53
Anne Leigh	13:35	12:53	42

Firstly, apologies for not being able to display the results immediately after the event whilst we were having tea in the scout hut but there was an issue with the stopwatch. Having just spent some time 1) Reading the instruction manual for the stopwatch and 2) Googling ‘digital minutes’ I have discovered that it is easy to accidentally change the mode of the stopwatch from regular minutes (with 60 seconds) to digital minutes (with 100 seconds). Once I realised part way through the event that this had occurred, I started a second stop watch at exactly 4 digital minutes and then had to add 400 seconds (or 6 minutes 40 seconds) onto everyone’s time. In the confusion I may have missed some finishers. If there is a * by your name I am reasonably confident that your time and race position are correct. At least I now know how to check before the race starts that the stop watch is properly set to ‘normal time’!!

“Challenging” Wot no Watch – 9th March

Name	Predicted Time	Actual time	Difference
Kye Hollingshead	6:0	5:35	25
Tian Hollingshead	5:55	5:50	5
Mike Morris	6:12	6:07	5
Adam Leary	6:23	6:17	6
Mitel Matthews	6:15	6:21	6
Simon Abery	7:0	6:38	22
Dave Young	7:0	6:58	2
Caroline Day Lewis	6:55	7:12	17
Kirit Ranpura	8:0	7:29	31
Steve Paull	8:29	8:13	16
Julia Allen	8:35	8:16	19
Karen Leary	8:35	8:21	14
Judy Rackham	8:57	8:25	32
Janice Newman	9:20	9:14	6
Ceri Jacob	9:20	9:14	6
Titziana Spotti	9:30	9:37	7
Irene Paull	9:55	10:26	31
Penny Hudson	10:30	10:26	4
Nancy Morris	8:30	10:47	137
Steph White	11:0	10:47	13
Anne Leigh	13:35	11:47	108
Gladys de Groot	12:0	11:47	13

Thank you to Barbara Reading for helping with the results.
Teresa Young

Rotterdam Marathon – 7th April

1 st		02:04:11
1685	Chris Shearwood	03:22:09
14558	Finishers – last	06:46:52

Bournemouth Bay Runs - Sunday 7th April

Half Marathon

1st		01:15:27
303	Simon Abery	01:49:21
596	Linda Dunne	02:05:09
597	Jane Hudson	02:05:09
950	finishers – last	03:25:40

10K

1st		00:34:26
312	Mark Mulvenna	00:52:42 (Sudbury Court)
614	Andy Dempster	00:58:30
1170	Stephanie White	01:20:19
1183	Wendy Mulvenna	01:23:10 1st 10K
1182	Penny Hudson	01:23:10
1214	finishers – last	01:52:40



South Downs Way 50: I Could Have Run All Day

Sonny Peart

For much of the time when I'm running, my attention is taken up by how my body is feeling. My feet in my shoes, heart in my chest, my calves, quads, hamstrings and knees. But on occasion my thoughts are taken completely out of myself, drawn by something captivating or striking. This happened to me around midway through the 2019 South Downs Way 50 ultramarathon, when I unexpectedly came face to face with an international opera legend. Unexpected, because why would one expect to see an operatic superstar during an ultramarathon, and because even if I had given Dame Kiri Te Kanawa a thought any time during the last couple of years, I would not have expected to see her in the Sussex countryside (only finding out later that she lives in Sussex, not New Zealand). At one of the many points where the South Downs Way crosses a quiet country lane, I paused to let a slow-moving SUV drive past, only to find myself staring into the remarkably youthful face of Dame Kiri, sat serenely in the passenger seat, looking at me with a mildly bemused look. That this was not the highlight of my day gives a sense of what a great run from Worthing to Eastbourne I had.

Turn the clock back nearly nine months, and I was leaving hospital following surgery to fix a torn meniscus in my right knee, having not run a step for nearly nine months before that, missing the 2018 London Marathon, Edinburgh Marathon and Centurion Running's Autumn 100, and feeling thoroughly sorry for my non-running self. Six weeks later I had the all clear to take the first tentative running steps – a slow 1km plod round West Harrow. From that I built up to a shuffle around Osterley parkrun, and a gradual increase in distance and pace. My rehabilitation was going well, as I completed the Perivale 5-mile race in a respectable 53 minutes, almost a year to the day after the injury had first made itself impossible to ignore. As my parkrun times continued to improve week-on-week, I began to believe I would be in shape to take on the Centurion 50-mile slam (four 50-mile ultras in spring and autumn), as well as take up my deferred London Marathon place. The optimism didn't last until Christmas, as I felt familiar symptoms in my left knee, and stopped running once again. With more knowledge of the inner working of knees after a year of thinking of little else, I sought medical treatment much sooner this time round, and after regular physio, I was back running again. A later scan confirmed another meniscus tear, but seemingly less severe and better placed, so that (touch wood) after the initial flare-up, it has not stopped me running as many miles as I care to. So it was that on a cool April morning I was stood on the start line of the South Downs Way 50, a repaired meniscus in my right knee and an unrepaired one in my left, waiting to see what the next up-to 13 hours would bring. I had a few hundred miles of training under my belt, and my 5k, 10k, HM and 20-mile runs had all gone well. I felt fit, but fragile. Out of concern for both my knees, I'd avoided any hill-work, and I didn't know what reaction there would be from the 1750m of elevation ahead. As it turned out I needn't have worried.

When I ran the same race two years previously, it had been a hot, cloudless day. This time it was overcast with a persistent easterly breeze. Ahead lay 50 miles of

running into a headwind, exposed and cold on the hills, warm and humid in the valleys.

I set off with no firm plan other than to finish without a year-ending injury. If I could get anywhere near my previous time of 11h 12m I'd be delighted.

There's lots of relentless uphill in the first fifteen miles or so, as the course makes it way up onto the Downs from Worthing, to the first



aid stations at Botolphs and Saddlescombe Farm. As ever, the Centurion aid stations were awesome, each with its own particular character – youthful at Housedean (beer anyone?), sophisticated at Southease (individual jellies and roasted new potatoes with dipping salt) and charming at Alfriston, where I heard a (only half joking) proposal of marriage from one runner to an aid station volunteer in response to a particularly lovely homemade cake.

I started cautiously, not pushing the pace at all, and happy to walk any steep inclines, conscious of my possibly fragile knees and that I hadn't run beyond 21 miles in nearly two years. Still feeling fresh and healthy at Saddlescombe, I began to pick up the pace a little, overtaking dozens of runners by the time I reached Southease at 34 miles, having had my Te Kanawa encounter in the meantime.

Despite not really pushing myself, I had kept up a reasonable pace. As is my wont, I had calculated by this point that I could have walked the remaining miles and still finish within the 13-hour cut off. The thought, as ever, gave me confidence. I felt the ultrarunner's mindset return as I thought to myself "there are only 15 miles to go".

I had very strong and good memories of the last sections of the course from 2017. I knew there were a couple of sharpish climbs, but also lengthy flat and downhill runnable sections for those whose quads and courage were up to the task. After the long slog uphill out of Southease, chatting to a runner doing his first 50-mile race, I decided to push on, thinking I could get inside 11 hours and finish in daylight. I made the most of the downhill sections, passing lots more runners. In the run into Alfriston, I clocked a 5.08min kilometre. Into Jevington, a 5.17 kilometre. And down the final steep downhill into Eastbourne, I threw caution to the wind and did one in 4.38. I don't even run parkruns at that pace these days. It felt exhilarating to bound down the gully from the Jevington trig point, now confident that my knees would not give way under me, and that I had the strength to stay upright and moving forward as fast as I dare.

By the time I reached the outskirts of Eastbourne, I knew I was going to finish in closer to 10 hours than eleven. Not only still in daylight, but still wearing sunglasses. I overtook a few more runners on the final run in and savoured the moment as I entered the stadium for the lap round the track, to finish, arms aloft, in 10 hours 17 mins and 32 seconds, more than 50 minutes quicker than my pre-surgery self had managed two years earlier. During many of the intervening months of frustrating

non-running and slow rehabilitation, I had motivated myself by visualising that lap of the track. It did not disappoint. I was not thinking about my tired body or injured knees as I finished. I was thinking of fulfilment.

The only musical film I've ever been enthusiastic about is *My Fair Lady*. In 1987, Kiri Te Kanawa performed the Eliza Doolittle role opposite Jeremy Irons as Henry Higgins in a special performance with the London Symphony Orchestra at the Albert Hall. As much as I could watch Audrey Hepburn all day, she was no opera singer, and it's remarkable to hear the familiar Lerner and Lowe songs performed by a professional soprano. Listening to Dame Kiri singing *I Could Have Danced All Night*, I get that same feeling as I did crossing that finish line, to have my second oversized SDW50 medal hung round my neck: I could have run all day.



COMBE GIBBET TO OVERTON 16 MILE XC RUN

7 April 2019

1st		1:38:44
118	Jonny Jackson	2:28:17
217	Finishers - last	4:00:36

Beaconsfield 5-mile Easter Monday 22nd April 2019

Another bright and sunny race (except for last year!) on a brilliant mixed terrain course. No mud this year just a few stinging nettles and some rutted track to contend with and some great work from Linda, guided by Steve, to get around avoiding most of these.

Adam & Karen Leary

1st place	26m 19s
125 Adam Leary	39m 16s
221 Spencer Millbery	42m 42s
368 Claire Millberry	48m 36s
476 Marion Rogan	52m 17s
501 Karen Leary	53m 23s
608 Linda Gaitskell &	68m 33s
609 Steve Alder	68m 33s
617th place	70m 07s

Ibstone Circle 10K, 28th April

1	0:44:10
15 Russell Hewlett	0:51:44
126 Finishers	01:32:35

Boston Marathon – Monday 15th April

1	02:07:57
6659 James Kerrane	03:20:25

Maidenhead Easter 10 Friday 19th April 2019

	Net time
1 st	00:52:07
186 Mike Morris	01:11:27
294 Steve Paull	01:17:18
406 Sonny Peart	01:22:24
585 Jane Hudson	01:30:20
634 Linda Dunne	01:32:32
708 Becca Carnac	01:35:53
771 Ariff Sidik	01:38:21
804 Andy Dempster	01:39:51
919 Judy Rackham	01:46:29
950 Hitesh Patel	01:48:35
967 Sakina Sidik	01:49:49
969 Nancy Morris	01:49:50
984 Emma Rackham	01:51:44
986 Irene Paull	01:51:35
1048 Angela Murphy	02:03:31
1088 finishers – last	02:36:31

First 10-mile race



Shakespeare Marathon - 28 April 2019

Chris Shearwood

Despite shunning the London Marathon for years (or rather, the ballot aspect of it) I wanted another crack at it to exorcise the heat-fest that was last year's experience. As I could almost have predicted, I got knocked back, so the hunt was on for another marathon to add to my other two spring marathons this year, Rotterdam and Hereford. Shakespeare looked interesting; the date not only clashed with London but also, typically, Saints v Bournemouth the day before, thus entailing what is now a customary mad dash from the south coast, in this case, to Warwickshire, the evening before. Gill was taking the train there while I would have the car. In the event, Mike Morris having entered the event late on (after missing out on Manchester), Gill cadged a lift with him and Nancy. The other Metros making up the Shakespeare crew were Steve Paull and Irene, who would be doing the half marathon as she edged ever closer to her 50th such. This would be my 50th marathon and Steve's 121st.

Since running Rotterdam three weeks earlier the weather had been fine, culminating in a wonderful Easter a week before race day but that week the weather broke, and it had become cooler and showery. Marathon weekend was visited by Storm Hannah, but she had wrought her worst by Saturday afternoon and conditions for the Sunday were ideal for running, cool and dry.

Having witnessed a 3-3 thriller at St Mary's, definitely one for the neutrals, I bombed up the M3, A34 and M40 to the Premier Inn at Warwick - there hadn't been any reasonably priced accommodation in Stratford, but Warwick was only a 15-minute drive away.

We headed off to Stratford at 7.30 next day and were soon parked up, right by the finish area. It was chilly, so, for me, t-shirt and gloves were the order of the day. We met up with Steve and Irene before they went to the bag drop, took some group photos, and then walked to the High Street where the start area was located. Steve joined us and more photos of Team Metros were taken; Irene stayed further back, both races starting at the same time. Steve introduced us to Karmen Pardoe, whom some Metros might know, but who now runs for Purple Patch. I learned that she's good for the sort of time I might be aiming for; I was aiming for the 3:20-ish I ran at Rotterdam three weeks earlier.

A couple of young ladies from Fitness First appeared for a warm-up - "how are you all feeling?!" one called; "cold!" we replied. Mike, Steve and I wished each other good luck, 9.00 arrived and we were off. We followed some twists and turns around the town for a couple of miles, past Shakespeare's birthplace and the RSC, then headed out of town, south west and I passed Karmen around this point.

A left turn off the main road took us through the postcard-pretty village of Luddington - lots of thatched and/or black and white half-timbered houses and neat gardens. Then the villages of Binton and Welford-on-Avon before steep Rumer Hill at miles 7-8; the same hill would appear at miles 18-19 which was something to look forward

to. I was maintaining my customary first-half 7 min/mile pace and was hoping that a right calf twinge would not get any worse.

Another left turn took us to one of the features of the course - the "Greenway", a disused railway now comprising a 5-mile section of the West Midlands Cycle Route linking Oxford and Derby. We had been warned that rabbits had been wreaking havoc along the path and to watch our footing, a first such warning on a marathon for me and, today, actually unnecessary. The first lap consisted of about half of this track, the inclusion of which (being off-road) the organisers say should be checked with other race organisers where a fast time might be relied on for a qualifying place. The terrain is rough, but not overly so, and pretty flat. It's a peaceful stretch, populated for the most part today only by Rotary Club marshals. There's an old iron bridge to run over and a disused railway carriage operating as a cafe but looking for all the world like the one at Compiègne where the German surrender was taken in the Great War.

The half marathoners peeled off to the right and we full marathoners went left to start our 2nd lap, passing Gill and Nancy on the corner of the main Evesham Road, Gill with our Metros yellow and blue balloons.

We came to the halfway point and I had done 1:32 with which I was happy. Then it was through the villages and over the hill again. However, instead of going left towards the Greenway again at 19 miles, we carried on for another mile before joining the Greenway at its southern tip. The 20-mile point leaves just short of a 10km race to do and I calculated that I was doing a pace that might get me a sub 3:10 finish - 10 mins faster than my recent Rotterdam time - this was worth working for.

We now slogged our way 5-odd miles along the entire length of the Greenway. The iron bridge and railway carriage couldn't come soon enough but I really got into my stride along this stretch as a younger chap caught me up. I decided not to let him overtake me and had enough oomph to hold him off and pick off a few more flagging marathoners ahead of me plus tail-end half marathoners. It was gruelling, you needed a good pair of lungs, but it was very satisfying.

Cramp twinges appeared but I'd learned that if you don't think about them, they don't kick in, and so it proved to be. We passed the only band that I saw on the route - three chaps banging away with no great finesse on some drums, which I felt sure was not being appreciated by the elderly Rotarians marshalling nearby.

Eventually the iron bridge was upon us followed by the railway carriage tea rooms around 25 miles and it looked as though I might finish just outside 3:10. The last mile was definitely the hardest.

We now veered right encountering an unwanted hairpin bend to double back under the main road and into the parkland where we could hear the tannoy of the finish area which was reached after a few more twists and turns. The final stretch was on grass between tape, not unlike the finish of the old Wycombe or Bracknell half marathons - cheering crowds on either side. The yellow and blue balloons plus Gill and Nancy were spotted and I sped towards the finish line, the young lady on the tannoy commenting on the predominantly orange colour of my running gear (specifically the compression socks). My gun time was 3:13 dead and my chip time

3:12:54, a time I have not run faster than since 2011. My pace averaged at 7:22 min/mile, I was 37th finisher out of 580 full marathoners and third in my age category.

Medal, banana, water bottle and can of Red Bull collected and I hobbled weakly back to the Metros ladies who were pleasingly impressed with my time. Gill and I had planned to shoot off fairly quickly because we wanted to catch some Saints friends of ours doing the London Marathon (& any Metros still out on the course) but we wanted to see Mike and Steve finish and I was chuffed to see Mike only 15 minutes later in an impressive gun time of 3:28:41, chip time 3:28:35. He thought that this perilously close to (but marginally slower than) his marathon pb set at London a few years ago and, in fact, it is exactly the same time - he's matched his marathon pb. Mike was trotting around, warming down, in finer fettle than I felt.

Next in was Steve, by which time Irene had joined us - she was equally pleased with her time of 2:24:44, her fastest time for a couple of years. We spotted Steve in the distance, just before the final turn - would it be another sub-4:00 marathon as he inches ever closer to 100 such? The clock ticked closer to 4:00 but it was not to be - 4:00:28 - a still very creditable time and also 3rd in his age category.

A quick check of what results were already being posted on the Info Tent and we bagged one final photograph from a member of the public - us four runners and our essential support crew - and then headed off - Mike and Nancy to explore the town, Gill and I to head up to London and Steve and Irene to get ready for a post-marathon party later.

I can recommend this race (including the half marathon, since we ran that route as part of the full marathon route). The marshalling was plentiful (and plentifully thanked by me while I still had breath to do so) and water stations equally plentiful and well-stocked. Signage pre- and during the race was perfectly adequate and there were no difficulties in parking or getting away. 1810 folk had also completed the half marathon and the organisers appeared to have coped perfectly well with such numbers. I am hopeful of getting into London next year, having now got two of the necessary sub 3:20 qualifying times, but, if I am unsuccessful, I would not rule out a return to this event.

Shakespeare Marathon and Half Marathon 28th April

Marathon

1	02:36:55
37 Chris Shearwood	03:12:54
95 Mike Morris	03:28:35
260 Steve Paull	04:00:28
579 Finishers	6:12:19

Half

1	01:12:52
1541 Irene Paull	02:24:44
1810 Finishers	5:08:38

Brighton Marathon – 14th April

1		02:16:23
1771	Nick Russell	03:44:07
3080	Russell Hewlitt	03:59:46

Asics Greater Manchester Marathon, 7th April

1		02:21:34
10752	Ariff Sidik	04:48:08
12290	Sakina Sidik	05:25:48

London Mini Marathon – 28th April

Overall	Boroughs (age)	Harrow			
Under 15 boys					
69	21	1	Chris Hudson		16:49
273	95	5	Luca Matharu		19:05
277	96	6	Kyie Hollingshead		19:06
Under 15 girls					
493	173	5	Alisha Sidik		33:05
Under 13 boys					
326	90	2	Max Dadomo		19:30
Under 13 girls					
91	17	1	Annabelle Suffield		19:50
202	75	4	Olivia Matharu		21:00

A total of 539 boys and 531 girls took part across all age groups

Virgin London Marathon – 28 th April			
Pos		Half	Finish
1	Eliud Kipchoge	01:01:37	02:02:37
32 (1 st woman)	Brigid Kosgei	01:11:38	02:18:20
2983	Sasha Birkin	01:32:30	03:07:04 PB
19176	Vincent Cheung	01:50:48	04:16:48
21668	Linda Dunne	02:11:32	04:26:21
22585	Sonny Peart	02:10:59	04:29:37
24339	Bernie Conway	02:16:10	04:36:28
27681	Gertrud Porter	02:11:10	04:49:28
30552	Noa Perelmutter*	02:22:52	05:01:26 1st marathon
33391	Michael Ransome	02:24:04	05:17:02
33579	Louise O'Reilly**	02:35:30	05:18:08

*Noa was a graduate of the Metros 2017 C25K course

**Louise ran the marathon after running the course in reverse first



NOTES OF METROS COMMITTEE MEETING

Wednesday 3 April 2019 at the Methodist Church, Cannon Lane, 8.00 pm

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

KIT - Designs for long sleeved T-shirts were viewed. It was unanimously agreed to have two designs, one the same as the previously approved short sleeved T-shirt (with longer sleeves). The second with blue body back and front, yellow stripe and sleeves.

Choosing two designs means all orders need to be placed at the same time. Therefore, the ordering window will be open only until the end of Tuesday 9 April and the vest and short sleeved T-shirt ordering window extended until then.

It was also agreed to order extra garments to obtain the best discount.

PUBLICATION OF FORTHCOMING METROS COMMITTEE MEETING AGENDAS

- It was agreed these be published on the Metros web site prior to the committee meeting, hopefully to encourage non committee members to attend. Paula will discuss with Irene.

ACTION: Paula Kanesanathan/Irene Paull

AGM – the nominations already received were discussed and will be finalised prior to Peter issuing the Agenda and the list of nominations before Friday 17 May.

New rules had been agreed regarding the nominations:

only one nomination per member; a committee member cannot nominate another committee member; family members cannot nominate another family member.

ACTION: Peter Beuselinck

CONSTITUTION – Approval was given to suggested changes by Peter and Irene to be proposed at the AGM. Following a request by Nathan to his employer for sponsorship towards the AED, the firm suggested additional text in the Constitution which could help future requests for sponsorship. It's proposed to add this text to the 'Object of the Club' section.

It was agreed to further add text regarding gender equality following a suggestion by clubs in the Thames Valley League

Irene had proposed several changes to text relating to membership fees.

ACTION: Peter Beuselinck

Peter confirmed that our new kit will not necessitate a change to the existing text describing Metros kit, which is already approved by England Athletics.

AED – Mitesh confirmed that a total of £1,775 had been raised. £1,475 on line, £60 off line and a £300 donation from Harrow AC - the Harrow Half Marathon. The AED had cost £1,200 and £100 was spent on one of the AED courses. It was agreed that the surplus be used to cover the first proposed first-aid course and the rest held in reserve to buy any necessary replacement items in the future.

ACTION: Mitesh Patel

Brian McGory and David Young are ensuring the AED is available at Metros training sessions. 15 Metros attended courses on how to use the AED. Further first aid courses have been arranged.

It was agreed that, at the start of Metros sessions, session leaders should inform runners where the AED is kept during the session and ask who has had first aid training. Mitesh agreed to confirm with session leaders. **ACTION:** Mitesh Patel

TREASURER's REPORT – Mitesh was thanked for distributing a full report. He summarised various items and again confirmed there is now a separate Metros savings account. The audited accounts will be provided at the AGM.

ACTION: Mitesh Patel

Web Site – Peter reported that this had been attacked and he would be in contact with Paul Parry regarding our hosting company to help prevent further problems.

ACTION: Peter Beuselinck

MEMBERSHIP – Irene had sent a report to the meeting. She confirmed 346 members on the system which is made up of 275 paid up members, plus 20 further members from Couch to 5K this year, 3 members are pending renewal, leaving 40 outstanding renewals. Membership is split 54% women, 46% men with full paying adults at 79%.

Of £5,629 raised in fees this calendar year, £4,630 comes from repeat renewals with 20 new members already this year. Irene will ask co-ordinators to help remind those who have not yet renewed.

ACTION: Irene Paull

COUCH TO 5K UPDATE – Irene had sent a report that 20 have signed up (18 women, 2 men). On line entries have closed. Help to fill gaps in the rota will be requested.

ACTION: Irene Paull

NEW ITEM

Quiz and Awards Presentation Evening – Emma suggested that the two activities be separated as there was little time for members to chat. If this was agreed, it was felt that the presentation of awards would need to include another activity. Peter will advertise for ideas.

ACTION: Peter Beuselinck

AGENDA ITEMS CARRIED OVER

Ruislip Running Club - Irene Paull

Meeting finished at 9.30 pm. **Date of Next Committee Meeting: Wednesday 5 June 2019**

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

Runners' Recipes



Gummy Bears

When running a marathon, there comes a point when you forget all the good advice you were given as a child and start accepting sweets from strangers!

I took a batch of these to the London Marathon and they were snapped up very quickly.

These can be made simply with a few ingredients. They just need a couple of days to dry out before eating.

MAKES 30 Large Bears (4cm) or approx. 100 small bears (2cm)

Ingredients

A block of jelly cubes in your preferred flavour (e.g. Hartley's)

5 leaves fine leaf gelatin

¼ tsp citric acid

60ml golden syrup

60ml water

You will also need:

Silicone sweet moulds

Oil cooking spray

Method

1. Soak the fine leaf gelatin in a bowl of cold water for 4-5 mins, allowing it to swell. Remove from the water and gently squeeze out any excess liquid.
2. Place the gelatin in a microwave safe bowl (or jug with a spout) and melt on high power for about 10 seconds.
3. Cut up the cubes of jelly so they are quite small and add to the melted leaf gelatin with the other ingredients and stir.
4. Heat again in the microwave for 15 seconds and stir gently so that all the ingredients have melted and combined. You may need to repeat the 15 seconds heating 2 or 3 times more.
5. Stir gently, you do not want any bubbles to form in the syrup. Let the mixture sit for 10 minutes. Give the solution a gentle stir every couple of minutes and you should see it become clearer over time.
6. Spray the moulds lightly with oil spray.

7. Carefully pour the syrup into the moulds



8. Let the bears sit for 30 minutes and then put the moulds in the fridge for an hour.
9. When the bears are firm, push them out of the moulds and arrange on a baking sheet so that they are standing upright. Let them sit this way for 48 hours, then lay them on their backs for 24 hours. This process will help the bears dehydrate so that they are chewy. You may need to leave them out for another day or two, until they are chewy enough for you.



10. Toss them in some cornflour, then seal them in an air-tight container and they should last for a couple of weeks (if not eaten immediately).

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.