



September 2019
Issue No. 370



Summer League – Battersea – 11th August

Metros Diary

September

Sun 1	Maidenhead Half Marathon	9.30 am
Weds 4	Committee Meeting	8.00pm
Sat 7	Annual Fun Run – 40 th anniversary	8.45 am
Sat 14	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sat 14/ Sun 15	Round Norfolk Relay	
Sun 15	Harrow Half Marathon	9.00 am
Sat 21	parkrun	9.00 am
Sun 29	Moor Park 10 K	3.00 pm

October

Sat 5	Metros 10K Challenge, Roxbourne PK	8.50 am
Sun 6	TVXC – Metros	11.00 am
Sat 12	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sun13	Cabbage Patch 10	9.00 am
Sat 19	parkrun	9.00 am
Sun 20	TVXC – Thames Valley Triathletes	11.00 am
Sun 27	Ricky Road Run	10.30 am

November

Sat 2	5 K Run, Roxbourne Park	9.20 am
Sun 3	Marlow Half Marathon/ Marlow 7 miles	9.30 am
Sat 9	Measured mile, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sun 10	TVXC – Datchet	11.00 am
Fri 15	Awards Presentation Evening	6.45 pm
Sun 24	TVXC – Sandhurst	11.00 am

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

Note from the Editor!

September – it's the start of a new season, new term and it's a very busy time for runners with many autumn events. This month sees the 40th anniversary of the annual Brian Jackson fun run, the Round Norfolk Relay and the Harrow Half marathon. The weekend of 14th/15th is particularly busy but if you are not involved in an event please consider joining the Metros team of marshals for the Harrow Half. If you are able to help, please contact metros.secretary@yahoo.co.uk

Anne Ambrose



Metrolines Contributions

**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. Please provide in Word format.**

**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 ...

Errol Clarke – for a 5K PB at Rickmansworth parkrun on 24th August

Linda Georgiades – for completing her 50th parkrun at Harrow on 17th August.

METROS YOUNG RUNNERS AWARDS

The Metros Young Runners Awards are presented annually at the Awards Presentation Evening which, this year, will be held on Friday 15 November. There are two awards for Metros runners who are under 18 years –one for boys, one for girls. The recipients of these awards are decided by the Committee.

Would you please let Peter Beuselinck (Honorary Secretary) have any nominations for the Metros Young Runners Awards by Friday 27 September.

The criteria to be considered are participation, achievement, effort, determination and sportsmanship. A reminder that those who received the awards last year are not eligible to be considered this year i.e. Olivia and Luca Matharu.

Pat Jackson

Please contact Peter Beuselinck – p_beuselinck@yahoo.co.uk
07872 544898



Welcome New Members

**John Paul Paganini
Richard Reid
Pauline Turner
Joseph Turner
Rebecca Watkin**



Ride London – 4th August

A Metros team, once again, spent a very busy but rewarding day working at the Wimbledon Common drinks station at Ride London. It was a hot day and the cyclists were very grateful for the assistance provided by Metros veloteers.



TROPHY RACES

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

01/09/2019	Maidenhead HM
29/09/2019	Moor Park 10KM
13/10/2019	Cabbage Patch 10 miles
27/10/2019	Ricky Road Run 10Miles
03/11/2019	Marlow 7Miles/HM

The final points total will be calculated from participants' best 8 event scores.

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.

Vincent Cheung – LRRC Coordinator

Saturday 7th September 2019, Roxbourne Park from 8.45 am

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

This is the 40th Annual Metros Fun Run and all Metros members, families and invited guests are welcome to join in this year, running, walking, helping and spectating. This is the longest established Metros event and led to the formation of the club we now call Metros. It is named in honour of Brian Jackson, founder of the event and, for many years, the organiser.

We aim to have a memento to all who participate in any way. We hope to have a large turnout and any Parkrun anniversaries can be avoided and dedicated Parkrun participants will choose to support this club event.

This year will follow the usual format as previous years - two runs of 4km and one run of 2km followed by a 1km walk. Anyone can run 2km, 4km, 6km, 8m or 10km, whatever distance they choose, although we recommend that girls and boys 8-10 run the 2K and younger children do the 200m. For those who don't want to run, there's a 1km walk. There is no need to pre enter and decisions regarding distance to be run can be made on the morning. There is no charge.

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

The Distances

The event timetable will be five races - two x 4km, one x 2km, (total 10km), one x 200m and one x 1K walk. 7 years & under = 200m. Under 11 = 2km. Over 11 = 4km

The Surface Parkland (almost all grass)
The Place Roxbourne Park, Cannon Lane South, Pinner.
The time: 8.45 am Registration. Age as on race day.

The Programme:

9.15 am 4km Male and Female over 11 years.

9.45 am 4km Male and Female over 11 years.

10.15 am 2km Girls, Boys 8-10 plus over 10s who wish to run 2km as well as or instead of, the 4km
 These three races total 10km.

Followed by:

200m 7 and under

1km Walk – all ages.

Results Will not be calculated on the day but available soon after and published in Metrolines and on the Metros Web Site

Presentations: In the Scout Hall after the session at a later date.

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

There are also medals to keep for the second and third boy and girl in the 8-10 age bands in the 2km and 11-14-year age bands in the 4K.

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

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.

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.

Thames Valley Cross Country League

<http://www.tvxc.org.uk/content/about-cross-country-running-league>

Provisional dates for 2019/20- Pencil these in!
Sundays at 11am

October

6 Metros
20 TVT

November

10 Datchet
24 Sandhurst

December

1 Handy Cross
22 RR

January

5 BFR
19 Tadley



Call for marshals – Sunday October 6th - Thames Valley Cross Country League

On Sunday October 6th Metros will be hosting the first of the Thames Valley Cross Country League events. We will be based at Hillingdon Athletics Stadium and the run consists of 2 laps around Hillingdon House Fields.

Last year we had a great team of marshals who ensured the runners' safety and supported them with encouragement. I am organising the marshals again this year together with Angela Murphy. You will need to be able to keep most of the morning free and not mind walking across rough ground – and maybe a bit of mud! It would be particularly good to hear from those of you who marshalled last year, but of course we are keen to hear from anyone – you don't have to be a Metro, so taking on the task with a friend or relative might suit you.

If you are interested in supporting your club in this way, please email me on kath.donaldson@hotmail.com.

Looking forward to hearing from you.

Kath



Results and Reports

5K Race - 3 August 2019

Position	Name	Time	Age Grading
1	Marcus Weedon	18.58	75.34%
2	Chris Sherwood	19.43	78.60%
3	Russell Hewlett	21.12	67.40%
4	Adam Leary	23.00	66.81%
5	Simon Abery	23.10	65.78%
6	Caroline Day-Lewis	23.39	72.66%
7	Steve Paull	24.37	68.77%
8	Ruth Tidder	26.35	62.32%
9	Anne Nola	26.44	61.22%
10	Jane Hudson	26.59	70.91%
11	Sukriti Bisht	27.17	58.52%
12	Ceri Jacob	27.20	65.37%
13	Pauline Bishop	27.24	77.43%
14	Karen Leary	31.15	56.43%
15	Pip Brown	31.31	48.81%
16	Linda Grimes	31.46	54.83%
17	Emma Rackham	31.51	46.47%
18	Kevin Eckersley	32.04	51.36%
19	Nagendra Bisht	32.36	45.61%
20	Irene Paull	32.39	60.29%
21	Veronica Georgescu	32.51	55.86%
22	Sue Weston	32.58	54.90%
23	Carol Wells	33.23	54.97%
24	Mike Ransome	34.42	50.22%
25	Janice Newman	34.42	68.64%
26	Susan Morahan	35.34	47.70%
27	Anne Ambrose	35.36	55.29%
28	Sarah Westwood	35.40	58.60%
29	Gill Fox	37.21	47.84%
30	Helen Simons	37.21	49.80%
31	Nathalie Gerverun	37.58	45.87%
32	Steph White	40.19	49.52%
33	Kath Donaldson	42.21	54.35%
34	Penny Hudson	42.21	43.92%
35	Linda Gaitskell	42.26	47.05%
36	Steve Alder	42.26	36.83%
37	Anne Leigh	44.52	58.21%
Self-timed	Teresa Young	38.48	50.00%

Position	Name	Time	Age Grading
self-timed	Gladys De-Groot	46.41	46.91%
Self-timed	Arnold Glickman	46.41	38.22%

It is ten years since the Metros 5k Challenge was first held in May 2009 and the course and weather were perfect for the run. On Friday morning Henry and Dave Thubron (former Metro) cleared the brambles and nettles which had blocked parts of the course.

Thanks to Dave Young and Andy Fox for marshalling and to Andy for clearing the tapes after the race. Teresa kindly ran the 5K early so that we would have a timekeeper.

Here are some statistics, after Saturday's run:

- Sat 3rd Aug 2019 was the 40th running of the event
- Mike Ransome has run 36 times with Steve Paull at 32
- Kath Donaldson and Teresa Young have both run it 27 times
- Nigel Rackham won the first race in 17.19 and has won it another eight times with a fastest time and the record of 17.07.
- Only seven Metros including Nigel have gone under 20 minutes. The others are:

Jonathan Collier	18.28
Marcus Weedon	18.58
Tom Alder	19.20
James Morris	19.38
Chris Sherwood	19.43
Peter Rackham	19.56

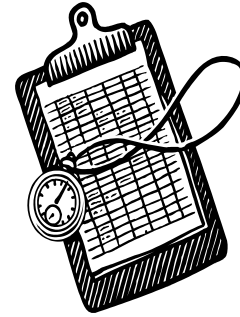
- Our youngest winner was Chris Hudson at 12 years of age in a time of 21.55
- Caroline Day-Lewis has been the first lady 13 times
- Sasha Birkin has been first lady 6 times and has won the 5K twice.
- Sasha's win in May 2015 was the fastest time for a lady of 21.00

The next 5K is on Saturday 2nd November and will incorporate the inaugural run of the new Metros 5K Challenge - see July Metrolines for details.

Marilyn and Henry

**Measured Mile
10 August 2019**

time



Arnold Glickman	11.41
Ceri Jacobs	7.56
Steve Alder	8.29
Gladys De Groot	11.55
Karen Leary	8.31
Kath Donaldson	11.17
Kevin Eckersley	8.55
Kyie Hollingshead	5.40
Mitel Matthews	6.21
Mike Ransome	7.59
Sasha Ryan	8.44
Sukrati Bisht	6.41
Tian Hollingshead	5.51
Titziana Spotti	10.02
Simon Aberly	6.19
Vishal Matthews	6.16
Tom Man	6.37
Sarah Westwood	10.41

Many thanks to my helpers, Teresa and Kyie for entering names and times next to names on the list.

See you all again in November for the next Measured Mile.

Angela



SUMMER LEAGUE – BATTERSEA PARK 11 AUGUST 2019

Pos	Name	Time	Cat Pos	Cat	Cat Pos	WAVA	Points
32	Richard Brown	00:38:44	30	M45	5	74.44%	281
65	Marcus Weedon	00:40:50	61	M45	6	70.61%	250
85	Jonny Jackson	00:42:53	77	M45	8	67.24%	234
87	Nicky Smith	00:43:06	79	M40	15	64.31%	227
88	Tian Hollingshead	00:43:11	80	MU20	2	61.87%	221
90	Russell Hewlett	00:43:19	82	M45	9	66.56%	229
91	Jag Matharu	00:43:32	83	M45	10	66.23%	228
105	Kevin Smart	00:44:22	95	M60	3	73.93%	231
114	Mitesh Patel	00:45:19	98	SM	53	58.96%	203
118	Michael Morris	00:45:32	101	M50	7	66.00%	215
127	Nick Russell	00:46:18	108	M45	15	62.28%	203
128	Zhara Bassiri	00:46:29	20	F35	7	65.72%	281
138	Vincent Cheung	00:47:07	115	M40	19	58.83%	191
146	Joe Turner	00:47:45	119	SM	59	55.95%	182
176	Martin Eden	00:49:31	133	M60	8	66.24%	193
181	Pauline Turner	00:49:35	46	F50	2	69.11%	270
242	Gertrud Porter	00:55:55	80	F70	1	80.36%	256
259	Jasia Zimmerman	00:57:30	92	F60	7	67.62%	234
262	Andrew Collier	00:57:33	168	M50	16	52.22%	148
277	Jonathan Pang	00:58:57	172	M40	25	47.02%	134
282	Tim Oakley	01:00:18	174	M60	12	54.39%	152
292	Janice Newman	01:02:40	115	F70	2	71.70%	221
293	GUIDE RUNNER	01:02:41	178	MU20	3	42.62%	123
294	Nancy Morris	01:02:44	116	F45	14	51.73%	195
322	Lorraine Bristow	01:10:26	137	F45	18	46.07%	174
323	Jackie Mackin	01:10:26	138	F45	19	46.07%	173
326	Dave Brown	01:11:17	186	M70	6	50.71%	150
330	Anne Ambrose	01:13:47	143	F60	11	52.70%	183

TENDERFOOT

Pos	Name	Time	Pos	Cat	Cat Pos	Points
1	Luca Matharu	00:05:11	1	M13	1	102
2	Kyie Hollingshead	00:05:12	2	M14	1	99
3	Olivia Matharu	00:05:36	1	F12	1	104

RELAYS 200m

MALE TEAM

Richard Brown	0m.30.20s
Tian Hollingshead	0m 27.96s
Kyie Hollingshead	0m 26.72s
Luca Matharu	<u>0m 25.22s</u>
3 rd from 8 teams	1m 50.10s

B1 TEAM

Jag Matharu	0m 30.66s
Kevin Smart	0m 28.63s
Mitesh Patel	0m 31.24s
Marcus Weedon	<u>0m 29.59s</u>
1 st from 6 teams	2m 00.83s

FEMALE TEAM

Olivia Matharu	0m 31.78s
Zahra Bass	0m 35.92s
Pauline Turner	0m 40.01s
Zasia Zimmerman	<u>0m 41.06s</u>
4 th from 6 teams	2m 28.77s

B2 TEAM

Nicky Smith	0m 30.61s
Mike Morris	0m.32.17s
Martin Eden	0m 34.79s
Vincent Cheung	<u>0m 38.83s</u>
3 rd from 5 teams	2m 16.40s

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

This is the final fixture of the Summer League series for this year.

Metros were 4th club overall.

1. Queen's Park Harriers	23,292.00
2. Ealing Eagles	23,239.33
3. Mornington Chasers	19,265.17
4. Metros	19,228.17
5. Serpentine	17,524.67
6. ESM (Ealing, Southall and Middlesex)	16,691.67
7. Sudbury Court	14,175.83
8. Dulwich Park Runners	12,515.00
9. Hayes and Harlington	2,494.00

Metros Summer League Awards will be presented later in the year. League awards will be presented at the first fixture next year.

Thanks to Dave Brown for organising and recording the Metros relay teams for all the fixtures this year. Thanks to Mitesh Patel for submitting these Metros results and to Irene Paull for compiling results for the whole league throughout the season.

Pat Jackson

See www.thesummerleague.uk – the Summer League Website
<https://www.flickr.com/gp/bruciebaby/WDDp5q> photos at Regent's Park
<https://www.flickr.com/gp/bruciebaby/H5p6R8> photos at Perivale
<https://www.flickr.com/gp/bruciebaby/wS31nP> photos Metros
<https://www.flickr.com/gp/bruciebaby/01R04m> photos at Dulwich

SUMMER LEAGUE - PERIVALE 30 JUNE 2019
AMENDED TENDERFOOT RESULTS
 Previously Published in August Metrolines

	Name	Time	Pos	Cat	Cat Pos	Points
1	Luca Matharu	00:05:14	1	M13	1	102
2	Kyie Hollingshead	00:05:19	2	M14	1	99
6	Olivia Matharu	00:06:03	2	F12	1	103
28	Finn O'Reilly	00:08:02	18	M8	4	95
34	Mason Murray	00:08:22	23	M9	4	88
37	Max Murray	00:08:37	26	M8	6	87
39	Kane O'Reilly	00:08:42	28	M6	9	87

Pat Jackson

Wycombe Hellfire Half Marathon – 14th July-
Correction

1		01:16:24
34	Chris Shearwood	01:34:23
172	Simon Aberly	01:50:05
281	Ian McPherson	01:59:33
531	Veronica Georgescu	02:36:38
551	Irene Paull	02:43:18
552	Sakina Sidik	02:43:19
573	Finishers	03:15:54

Burnham Beeches – 11th August

Half - Marathon

Pos	Name	Time
1		01:14:15
29	Christopher Shearwood	01:28:19
38	James Kerrane	01:31:16
54	Nathan Powell	01:33:30
120	Clive Heidrich	01:41:50
165	Steve Paull	01:46:31
283	Sonny Peart	01:56:15
355	Pauline Bishop	02:01:36
381	Linda Frances Dunne	02:04:30
387	Ruth Tidder	02:05:06
444	Ariff Sidik	02:10:36
578	Sakina Sidik	02:38:14
602	Angela Murphy	02:49:23
611	Finishers	02:57:33

10K

1		0:34:58
301	Lorraine O'Donovan	00:59:50
305	Glyn Watkins	01:00:05
602	Anne Leigh	01:33:06
606	Finishers	02:08:00



Trophy Races – Points after 6 events

		Mornington Chaser 10K	Hillingdon 20	Maidenhead 10	Run Wembley 10K	Vitality 10k	Burnham Beeches HM	Total	
	Sonny Peart	48	77	58		44	65	292	
	Ariff Sidik		76	57	41	42	64	280	
	Steve Paull		79	59	43		66	247	
	Vincent Cheung	49	80			47		176	
	James Kerrane				50	49	69	168	
	Nathan Powell				48	50	68	166	
	Clive Heidrich				47		67	114	
	Mitesh Patel	50				46		96	
	John Norris				46	48		94	
	Andy Fox				45	45		90	
	Nick Russell		78					78	
	Michael Ransome		75					75	
	Christopher Shearwood						70	70	
	Mike Morris			60				60	
	Andy Dempster			56				56	
	Hitesh Patel			55				55	
	Glyn Watkins						50	50	
	Kyie Hollingshead				49			49	
	Tian Hollingshead				44			44	
	Ketul Patel					43		43	
	Peter Reynolds				42			42	
	Michael Reid					41		41	
Note	10K	50							
	10M	60							
	HM	70							
	20M	80							

		Mornington Chaser 10K	Hillingdon 20	Maidenhead 10	Run Wembley 10K	Vitality 10k	Burnham Beeches HM	Total	
	Sakina Sidik		75	56	41	44	67	283	
	Angela Murphy	49		52	40		66	207	
	Ruth Tidder		76		46		68	190	
	Linda Dunne			59		49	69	177	
	Lorraine O'Donovan	50				46	50	146	
	Emma Rackham			54	44	45		143	
	Sasha Birkin		80			50		130	
	Gertrud Porter		79		47			126	
	Bernadette Conway		78			48		126	
	Veronica Georgescu		77		43			120	
	Pauline Bishop					47	70	117	
	Jane Hudson			60	49			109	
	Irene Paull			53	39			92	
	Becca Carnac			58				58	
	Judy Rackham			57				57	
	Nancy Morris			55				55	
	Caroline Day-Lewis				50			50	
	Anne Leigh						49	49	
	Anne Nola				48			48	
	Lorraine O'Donovan				45			45	
	Philippa Brown					43		43	
	Tanya Keene				42			42	
	Una Cunningham					42		42	
	Linda Grimes					41		41	
	Anne Ambrose					40		40	

Bearbrook 10K - Sunday 4th August

Another hot & humid, undulating road race.

1st		32: 47
99th	Adam Leary	49:11
269th	Karen Leary	68:22
295th		79:55



Spitfire 10K at the RAF Museum, Hendon- Sat 31st August

A bright sunny day on some very bumpy pavements in NW9 and through one of the hangers in the museum

1st		0:36:56
78th	Simon Aberly	0:47:49
84th	Adam Leary	0:48:26
171st	Linda Dunne	0:54:04
460th	Karen Leary	1:07:47
514th	Amanda Kennelly	1:10:30
674th		1:40:41



Courmayeur – Champex- Chamonix – Ultra Trail du Mont Blanc – CCC UTMB

On Friday 30th August Spencer Millbery ran the CCC UTMB 101Km (63 miles) race. His time was 25:46:10 and he ranked 1382 out of 1578 finishers. Out of 2132 starters there were 554 who did not finish. It is a mountain race, with numerous high altitude (+2500m) passages, difficult weather conditions that require training, special equipment and self-sufficiency. The race starts at Courmayeur, in the Italian Alps, and its climbs include some of the most amazing views the Alps can offer Mont-Blanc and the Grandes Jorasses or the Vallons des Chezerys. The race enters Switzerland at the Grand col Ferret (2537m) and then France at Vallorcine and ends in the heart of Chamonix.

The Millbery family are all very proud of his achievement

In Search of a Goal

September 1st, 2019: The eight-mile sign at Maidenhead Half Marathon is just up ahead, Sakina is starting to drift away from me, the sun is shining and these days I struggle in the heat, I'm very much in need of motivation. The usual negative thought kicks in "why am I doing this?". Fortunately, I have a goal.

But let's rewind a bit. In November 2005, after a lifetime of avoiding exercise, I announced to my husband Steve that I wanted to run a marathon before my 50th birthday. I expected him to be incredulous, instead the Paull racing team kicked into motion. Within a month I was a member of Metros struggling to run even one mile on a Saturday morning. Within 6 months I was up to 10K, had got my first proper running injury and found a good sports masseur. Armed with a Metros ballot place for London (far fewer people entered the ballot in those days), I ran my first half marathon at Bedford in December 2006. The M1 had been shut by an accident so we arrived late with just enough time to hand in our bags, certainly no time to get scared. The hill that looked pretty awful at halfway turned out to be OK, the downhill coming out of Cranfield is a dream to run down, but the uphill drag back through the village to the finish felt like an Alp. I finished in 2:10:22, OK for a first time 49-year old.

My first marathon four months later was a great experience. I earned myself a lifetime of bragging by beating Steve's time for his first marathon (and he was 28 when he ran that). It was a hot day – not as hot as last year but still in the top 3 – and more than half the field finished behind me. I partied for a month afterwards and then learnt the hard way why it doesn't pay not to train reasonably regularly. I also ran the London marathon in 2008 and 2009 and began to suspect that I was the exception to the rule that people improve for a few years after they first take up running. I didn't beat my first marathon time of 4 hours 45, and each year I was 5 – 10 minutes slower. Health reasons stopped me running much in 2010 and I didn't get back to attempting the marathon again till 2016. By now my time was around 5 hours 20. I thought I'd have another go in 2017, just before my 60th birthday, and this time in Brighton. I'd picked up an injury six weeks before so knew it would be tough. What I had not allowed for was a hot day and the organisers running out of water and in one case cups! I'd caught up with Sakina around mile 17 and we ran/walked together for 8 miles. Steve trotted alongside carrying a 2 -litre bottle with about an inch of water in it which is all the previous water station had been able to offer. I loved the course at Brighton, running (OK mainly walking) along the seafront was lovely – I just wished my body was better able to cope, Sakina drifted away in the last mile, and I finished in around 5 hours 37. Thoroughly enjoyed myself – but the conclusions were pretty obvious – body not really up for doing marathons – too many injuries – getting slower each time. So, what would get me training again?

Over the last few years, many of my running chums have started to clock up parkrun milestones. 100, 200 and so on. But while parkrun was taking off, I'd been coordinator for the Saturday morning session. Although I really like parkrun – and

have become a bit of a parkrun tourist - I also enjoy Metros Saturday sessions so parkrun milestones wouldn't be my goal.

I unearthed a notebook I'd started when I was first running and noticed that I'd done quite a few half marathons. The records weren't complete, so I started rummaging through my box of medals to see what I'd actually done. With the medals and a bit of browsing, I was able to reconstruct my half marathon history. Up to Easter 2017, I'd done 34 half marathons (at the that time more than my total number of parkruns) at 23 different venues. Getting to 50 looked like a realistic goal. Although my times are a lot slower now, there's still a bit of leeway before the time limits of 3 hours on many races.

Back to Maidenhead 2019: this is now half marathon number 49. I'm on track to complete my 50th half at Harrow (which I've not run before) on September 15th. More next month on how I get on.

Irene Paull

P.S. The last two years, I've volunteered at Harrow – I'm hoping this time to get enough help so I can be on the start line in time. If you can marshal – and cheer me on – please volunteer. Paula is leading our marshals, I'm organising number collection, contact us via metros.secretary@yahoo.co.uk asap

5- Mile Handicap – 31st August

	Actual 5-mile time	Current handicap	Time inc. handicap	points this event	next handicap
Zoe O'Connell	45.56	0	45.56	31	13
Elish Fernandes	72.01	-20	52.01	24	-13
Caroline Day-Lewis	39.07	17	56.07	19	20
Sarah Westwood	56.52	0	56.52	17	2
Anne Ambrose	58.58	-2	56.58	16	0
Gladys De Groot	72.01	-15	57.01	15	-13
Sonny Peart	39.45	19	58.45	13	20
Andrew Collier	49.02	10	59.02	11	10
Kevin Smart	36.27	23	59.27	10	23
Mike Morris	35.49	24	59.49	9	24
Mitesh Patel	35.49	24	59.49	8	24
Steve Paull	39.05	21	60.05	6	20
Mike Ransome	50.03	11	61.03	4	9
Teresa Young	56.29	6	62.29	2	3
Angela Murphy	57.25	6	63.25	0	2
Nancy Morris	56.29	7	63.29	-1	3
Arnold Glickman	78.15	-14	64.15	-3	-19

Metros Ladies Wild Water Swimmers.

On Wednesday 7th August, six Metros Ladies set off across Hampstead Heath heading to the Kenwood Ladies Pond (KLP). This was going to be an entirely new and different experience for all of us, plus the personal challenge to swim in open water for a nervous few.

Having enjoyed the stunning view of London from Parliament Hill, we walked past the Mixed and Men's bathing ponds, both giving an indication of what was to come.

Is it nerves that makes our fingers shake as we try to put money in the ticket machine, or excited anticipation? Either way the machines did not want our cash as both were out of order, but an honesty box is pointed out by one of the three female lifeguards.

Into the changing rooms, on with our swimsuits – no wet suits for us – and out onto the bathing platform. Down the metal ladder with varying levels of confidence and enthusiasm and into the water which was an unexpected 20°C. The sun came out, and it was wonderful to swim with its warmth on our backs. A heron circled around us, landing in a tree to keep watch, whilst the ducks just ignored us. KLP wasn't busy with just a few other swimmers and how inspiring to see a lady who arrived in a wheelchair, get into a hoist and be lowered into the pond.

Out we came after varying times in the water, into the changing room where there were two cold and two hot showers. Lunch next, so let's find a nice spot on the grassed area we had seen near the entrance. Oh dear, the sun had gone in and the heavens opened. We sat on logs, huddled facing the trees or with a marathon foil sheet across our legs, getting wetter than when we were swimming. By now we needed a warm drink, so it was off to the café at Kenwood House, where the

sun came out to dry us off.

The idea to swim at KLP was suggested to me by Ann Marsden in early 2013 and we planned to swim there that summer. Many Metros will know that Ann passed away in April 2013 after a short illness. We did this adventure with the memory of Ann in our thoughts



and she would have loved the day and companionship.
Unfortunately, due to a strict no photography rule we couldn't take a picture of us in the water, but we did sneak one at our lunch spot.
It was a lovely experience and with new-found confidence this may even become an annual event!
Marilyn Pickford

With Angela Murphy, Kath Donaldson, Karen Leary, Marion Rogan & Teresa Young



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.