



October 2019
Issue No. 371



Metros Diary

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 Foodbank donation	9.20 & 9.40 am
Sun 13	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
Weds 6	Committee Meeting	8.00pm
Sat 9	Measured mile, Roxbourne Park Foodbank donation	9.20 & 9.40 am
Sun 10	TVXC – Datchet	11.00 am
Fri 15	Awards Presentation Evening	7.00 pm
Sun 24	TVXC – Sandhurst	11.00 am

December

Sun 1	TVXC- Handy Cross	11.00am
Sun 1	Perivale 5	10.00 am
Sat 7	Metros 5 Mile Handicap, Roxbourne PK	9.00 am
Sat 14	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40 am
Sat 21	Sunny Hill parkrun	9.00 am
Sun 22	TVXC – Reading Roadrunners	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!

Welcome to this bumper edition of Metrolines. During September Metros competed in many events – some even competing in two events over one weekend and some, two in one day! As a club, there was the 40th anniversary of our oldest event, the annual fun run, and a new event, the track 5K. There have been some fantastic achievements in the last few weeks – please keep sending me your results and reports so you can share them with other Metros.

Sadly, Saturday Metros regular, Hilarie Lemon recently passed away- see overleaf. Condolences to her husband Mark and family.

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



Hilarie Jane Lemon



Hilarie sadly passed away on 9th September 2019. She was someone who lived life to the full and her motto was '*every day is a gift, that's why they call it the present*'. Her braveness in her final illness was an inspiration.

Hilarie received fantastic care at the Marie Curie Hospice in Liverpool in the last few weeks of her life. It was a real home from home with lovely gardens, and day centre with many activities. Their care enabled Hilarie to have a cuddle with her newly born granddaughter, Tonina Hilarie.

You can make a donation to the Marie Curie Hospice at www.justgiving.com/hilarielemon Where you can also leave a message.



Achievements

Well done ...

Sasha Birkin – 1st V40 and 4th female at Harrow Half Marathon on 15th September

Dave Brown – for completing his 100th parkrun at Harrow on 21 September

Jeanne Coker – for winning a silver medal at EMAC 2019

Sam Dadamo – for completing his 50th parkrun on 7th September

Nancy Morris – for a 10K PB at Moor Park on 29th September

Tim Oakley – for a PB at Northala parkrun on 24th August

Lorraine O'Donovan – for completing her first half marathon at Maidenhead on 1st September

Irene Paull – for completing her 50th half marathon at Harrow Half

Chris Shearwood – for a PB at Upton Court parkrun 31st August

Una Cunningham, Lynne Jones, Mike Reid and Rhonda Tapley – for completing their first half marathon at Harrow half

Caroline Day-Lewis, Nancy Morris, Pauline and Joe Turner and Tian Hollingshead - for PBs at the Metros Track 5K on 19th September



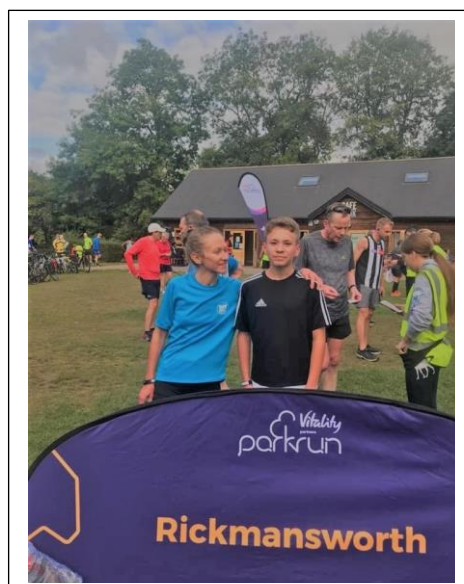
Well done Sasha

Dave celebrates
his 100th parkrun



Tom enjoyed his first 10K –
despite the hill and torrential rain

Well done Sam on your
50th parkrun





Metros at Moor Park – before the rain fell! Metros recorded first team places for both men and women. Well done!



Well done Kevin, Nigel and Sasha – first in their age groups at Moor Park 10K



Welcome New Members

**Anne Gorman
Vishal Jain
Neha Javeria
Aarna Javeria
Nick Davis**

Kathrine Herring Award

Hema Thakur is this year's recipient of the Katherine Herring award – and she has sent the following message:

Thank you Metros, for the Katharine Herring award. I had no idea I was being considered so it came as a complete surprise and I accept it with great pride. This award shows how much the Metros care about any contribution, big or small, from their members.

I appreciate your thoughtfulness and look forward to volunteering as a part of the Metro's family for a long time to come!





TROPHY RACES

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

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

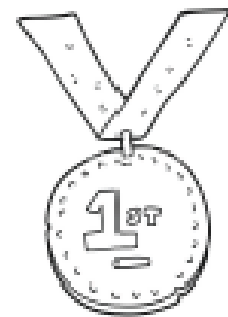


PIZZA and PRIZES

Date: **Friday 15th November 2019**

Venue: **Lowlands Tennis Club**, Lowlands Road,
Eastcote, HA5 1TU

Time: **7.00 pm**



This year, we are changing the format of the annual awards evening. The club will be funding **takeaway pizza** for the event!

Lowlands Tennis Club has a **bar available** for drinks at very reasonable prices. We hope you will be able to join us to celebrate the achievements of Metros members during the past year.

There will be no quiz at this event - we are planning to host this as a separate event in early Spring 2020.

All members and their families are welcome to join. **Please RSVP to emma.rackham@hotmail.co.uk with the number of people attending and any dietary requirements** so we can ensure that enough food is ordered!



Metros 5k Competition



We're launching a brand new 5k competition starting in November 2019!

When & Where: A mix of parkruns and 5k runs at Roxbourne Park over a year – see calendar below. All events start at 9am; click on an event name for more information

Date	Event
02 November 2019	Metros 5k @ Roxbourne Park
21 December 2019	Sunny Hill parkrun
18 January 2020	Black Park parkrun
01 February 2020	Metros 5k @ Roxbourne Park
21 March 2020	Cassiobury parkrun
18 April 2020	Canons Park parkrun
02 May 2020	Metros 5k @ Roxbourne Park
20 June 2020	Harrow parkrun
18 July 2020	Rickmansworth parkrun
01 August 2020	Metros 5k @ Roxbourne Park
19 September 2020	Gladstone parkrun
17 October 2020	Northala Fields parkrun

Pricing: Free!

Eligibility: Must be a member of Metros and registered with parkrun. Participants are strongly encouraged to wear official Metros kit at all events

Scoring: Scores will be calculated on an age-graded basis as follows: the runner with the highest age grading in an event is awarded 50 points, 2nd highest 49 points, etc. Final positions will be determined by highest cumulative score over the year with only your top 10 results counting

Prizes: A trophy will be awarded to the top male and female overall. There'll also be an award for anyone who participates in all 12 events. Participating means running, walking or volunteering so please come along even if you're unable to run

Other info: Any changes to the calendar due to unforeseen circumstances will be communicated as early as possible. The scoring system is a trial for 1 year and will be reviewed at the end of the year

Contact: Mitesh Patel: 07863559043 or mpatel5@hotmail.co.uk
Emma Rackham: 07754860961 or emma.rackham@hotmail.co.uk
Nathan Powell: nathancpowell@yahoo.co.uk

Parkrun

The third Saturday of the month is usually the Metros designated parkrun day. Parkrun events have now been incorporated into the new Metros 5K Competition – see previous page.

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



Sport

Nutrition plays a pivotal role in supporting the training and competition demands of athletes – recreational or elite – in any sport. Good food choices help make sure you have enough energy, which in turn helps training and aids recovery.

Five goals of sport nutrition

1. **Mix it up** – Eat a varied and well-balanced diet that supplies the right amount of energy and essential nutrients.
2. **Fuel right** – Choose a variety of food including foods that contain carbohydrates based on the amount of exercise
3. **Strive for five** – Eat at least five portions of fruit and vegetables a day; fresh, frozen, dried, canned all count.
4. **Refuel** – If you need to recover quickly then start refueling with carbohydrate foods and fluids as soon as possible after exercise
5. **Think fluid** – Ensure you are well-hydrated by drinking throughout the day as well as before, during and after exercise, as appropriate.

Fuel up – carbohydrates

No matter what your sport, carbohydrates are vital for the best performance. Exercising muscles rely on carbohydrate as their main source of fuel. The amount you need will depend on your training programme and dietary goals. In general, the more intense the training programme, the more carbohydrate you need to include in your diet. A diet low in carbohydrate can lead to a lack of energy during exercise, early fatigue, loss of concentration and delayed recovery. In general people who do regular intense training should make sure they get enough food energy, which includes from carbohydrate as well as not forgetting the importance of fluid. If the right amount of food and fluid is eaten and drunk before, during and after exercise, performance can be maximised during exercise and recovery after exercise supported.

Carbohydrate is stored in muscles as glycogen. The body's stores of glycogen are limited and need to be topped up each day, particularly if you are exercising each day or exercising at a high intensity.



The best way to do this is to have a regular meal/eating pattern which includes a low fat, high-carbohydrate snack or a light meal two to three hours before exercise. Then after exercise start replenishing your glycogen stores immediately with a high carbohydrate low fat snack. The most effective refuelling occurs within 0-30 minutes after exercise.

Foods containing 50g of carbohydrate

2 medium- large bananas	15 dried apricots
800ml isotonic sports drink	2 slices thick sliced bread
500ml fruit juice	1 large bowl (60g) breakfast cereal
2 carbohydrate gels	150-160g cooked pasta/rice
3 (25g) cereal bars	1 large potato (250g)

Estimated carbohydrate needs for athletes based on activity level

Activity or timing	Recommended intake (per kg body weight each day)
3 - 5 hours a week	4 – 5g
5 – 7 hours a week	5 – 6g
1 – 2 hours a day	6 – 8g
2 + hours a day	8 – 10g

*Although general requirements can be provided, carbohydrate intakes should be fine tuned with individual consideration of total energy needs, specific training needs and feedback from training performance.

What about protein?

Protein is required for building and repairing muscle and plays an important role in how the body responds to exercise. One of the biggest myths is that eating large amounts of protein equates to big biceps! Strength athletes do have higher protein requirement (1.2-1.7g per kg body weight per day) than endurance athletes (1.2-1.4g per kg body weight per day) who have slightly higher requirements than the general sedentary population (0.8-1.0g per kg bodyweight per day). Providing energy requirements are met, a healthy diet will provide enough protein to meet any increased requirements. Studies show that the addition of 15-25g of protein to a post-workout meal or snack can boost glycogen storage, reduce muscle soreness and promote muscle repair. Depending on your goals, if you are training at a high intensity you may benefit from a recovery snack that contains protein.

Muscle is gained through a combination of resistance training and a diet that contains adequate energy and carbohydrate. If you only concentrate on a high protein intake without enough carbohydrate, then the protein will be used for energy instead of being used to build muscle! Additionally, too little carbohydrate will lead to low energy levels, which will make it very difficult for you to train and perform at your best.

Food portions providing 20g* protein

Food	Portion of Food
Beef, lamb, pork (cooked weight)	2 medium slices (75g)
Chicken (cooked weight)	1 small breast (75g)
Fish (grilled)	1 medium fillet/steak (100g)
Tuna/salmon (tinned)	1 small can (100g)
Semi-skimmed milk	1 pint (600ml)
Low-fat cottage cheese	half a 300g pot (150g)
Low fat yoghurt	200g pots
Eggs	3 medium eggs
Baked beans	1 large can (400g)
Unsalted nuts or seeds	2 handfuls (100g)
Quorn mince	6 ½ tablespoons (165g)

*approximately

Top tips

Carbohydrates

- Choose a variety of food including foods containing carbohydrate, based on amount of exercise
- Split your total carbohydrate intake into several meals and snacks throughout the day
- Plan and prepare to fit your eating in around your training
- If you are training for multiple hours or at a very high intensity sports drinks, sports bars and carbohydrate gels can boost your carbohydrate intake around training and competition

Protein

- Choose a variety of protein-rich foods. Lean meat, poultry, fish, eggs, milk and milk products such as cottage cheese and Greek yoghurt, beans and pulses, quorn, nuts and seeds are all good examples of protein rich foods.
- Protein intake should be distributed throughout the day. Always choose lean meat and low fat dairy products.
- If you are a vegetarian you will need to make special effort to ensure that your diet provides enough good quality protein.

Fat

The total amount of fat (in grams per kg body weight each day) you need depends on your total energy requirements, body composition goals and sport. Athletes should follow healthy eating guidelines which focus on consuming moderate amounts of mono-unsaturated and omega-3 fats and a reduction in intake of saturated fats.

The richest sources of monounsaturated fats include olive, rapeseed, groundnut and almond oils, avocados, olives, nuts and seeds.

Think fluid

Maintaining adequate hydration is essential for performance. Dehydration affects both physical and mental performance – the effects becoming more noticeable as the body gets progressively more dehydrated. It is important to start each training session and competition well hydrated, take on-board appropriate fluids during training and competition and restore hydration levels as soon as possible afterwards in order to replace the water and salts lost in sweating.

There are a few simple yet effective ways of assessing hydration status such as keeping track of body weight on a daily basis, (i.e. estimating fluid losses during exercise) and monitoring changes in urinating habits - urine colour, frequency and volume. The choice of drink depends on intensity, duration of exercise and your training goals. In general:

- Low to moderate intensity exercise that lasts less than an hour i.e. when sweat losses are low → **Water**
- Moderate to hard sessions that last longer than an 1 hour i.e. when sweat losses are greater → **Isotonic sports drinks or a home-made sports drink (200ml squash [not low calorie], 800ml water and a large pinch of salt).**

Supplements

In general a balanced diet will provide the nutrients and energy necessary for sport. However, there are some sports where it may be beneficial to take a supplement (e.g. strength athletes may choose to take creatine). Athletes interested in using a supplement should consult an accredited sports dietitian to ensure they use the supplements safely and appropriately.

Summary

It is crucial to get your food and fluid intake right if you want to train harder, go faster and recover quicker from training sessions and competitions. Eat the right amount of food for your activity level, make sure you eat a range of foods to meet the 'five goals of sports nutrition', but most of all – enjoy your food.

Further information: Food Fact Sheets on other topics including Carbohydrates, Fluid and Fat are available at www.bda.uk.com/foodfacts

To find a qualified sports and exercise nutritionist visit the Sports and Exercise Nutrition website www.senr.org.uk



This Food Factsheet is a public service of The British Dietetic Association (BDA) intended for information only. It is not a substitute for proper medical diagnosis or dietary advice given by a dietitian. If you need to see a dietitian, visit your GP for a referral or: www.freelancedietitians.org for a private dietitian. To check your dietitian is registered check www.hcpc-uk.org. This Food Fact Sheet and others are available to download free of charge at www.bda.uk.com/foodfacts. Written by Linia Patel, Dietitian. The information sources used to develop this fact sheet are available at www.bda.uk.com/foodfacts © BDA April 2017. Review date April 2020.



Results and Reports

Wot No Watch – 14th September

	Predicted	Actual	
Simon Abery	06:20	06:11	
Errol Clarke	08:30	07:55	
Robyn Walliser	08:10	07:55	
Kevin Eckersley	09:07	08:46	
Amanda Hardy	08:50	08:54	
Debra Norman	09:00	08:57	
Andrew Matthews	10:00	08:59	
Marion Rogan	08:45	09:03	
Susan Morahan	09:55	09:10	
Janice Newman (Judy guiding)	09:25	09:26	
Sarah Westwood	10:38	10:01	
Nathalie Gerverun	10:45	10:17	
Tyler Engineer	09:00	10:40	
Nicola Rochford	10:00	10:44	
Penny Hudson	10:45	10:45	Winner
Suzanne Harvey	11:00	10:47	
Gladys de Groot	11:30	11:52	
Barbara Reading	14:32	13:49	
Barbara Robson	14:32	14:23	

Maidenhead Half Marathon – 1st September

Pos	Name	Time	Net Time
1		01:08:30	01:07:53
230	Christopher Shearwood	01:27:32	01:27:12
335	Paul Spendloff	01:31:47	01:30:49
341	James Kerrane	01:32:20	01:31:58
357	Nathan Powell	01:33:03	01:32:24
470	John Norris	01:38:02	01:37:31
566	Vincent Cheung	01:40:59	01:40:00
578	Russ Hewlett	01:41:40	01:40:36
741	Steve Paull	01:48:08	01:47:03
885	Sonny Peart	01:53:46	01:51:31
871	Sarah Belchier	01:53:18	01:52:11
1143	Ruth Tidder	02:04:32	02:02:29
1223	Ariff Sidik	02:08:58	02:06:55
1385	Lorraine O'Donovan	02:20:19	02:17:48
1468	Sakina Sidik	02:32:30	02:29:46
1470	Irene Paull	02:32:42	02:29:58
1525	Tiziana Spotti	02:42:58	02:40:12
1573	Finishers	03:35:08	03:31:58

Chiltern Wonderland 50-mile race – Goring on Thames ---14th September

1st	6.34.20
179 Sonny Peart	11.49.07
214 Finishers	12.56.07
233 starters	

Datchet 5K

It's not very often you get to run 5K nearly over a minute faster than you would normally do.

Well James Kerrane and I teamed up together in August to take on the Datchets Dashers 10K relay which is over in Windsor. Funnily, on Thursdays we occasionally attend the track session, so we treated this like a track session but much more competitively.

So, the relay is 1K on 1K off. The idea is go as fast as you can for 1K then have a break whilst your/ my colleague (James) busts a gut and you go off again. So 10K in total means you run 5 times each around the flat, on grass anti clockwise course, just across from Windsor Castle.

I think we both turned up not realising it was on grass so there was some element of 'have I signed up for?', probably more for me than James, as he's pretty decent on any surface.

So, first things first was who was going to run first, we talked briefly but the person handed us our numbers and that decision was made, as James had been given the number which meant he was going first! Rock on James.

James probably had the hardest part as he had to jostle with the 150 odd (maybe a few less) runners at the beginning and get used to a good running line as I watched on.

Pretty quickly the field spread, as there were some seriously fast runners here and some slower. James kept quite close in the top 20 I reckon and pushes on decently until he reaches the swapping / change over area where I get his high five and off I go. I quickly speed off and completely forget my game plan, which was to take it easier than normal due to the last Summer League event being on the next Sunday. Me being me, I just want to chase, catch and pass people when I can, so the plan was very flawed indeed.

Each lap I overtake the same people, on each new lap I start nattering and joking with them 'is it me or have we met before' 'do you come here often'. As most races this is competitive but as you go around each lap you do have some fun if you are able to breathe. It's pretty good humoured by everyone.

The swap area was very interesting, a huge hive of activity, very much like Heathrow airport, runners coming in at a great speed and then taking off as fast as they can, But not so well organised as Heathrow, as it was a bit of a battle ground in standing your ground and finding a great spot to high five your partner.

3 to 4 laps later we start over taking back markers and it starts to get a little confusing who we are over taking and we start to realise we have no idea who we are in competition with. Not that we are anywhere near first.

I think on the 4th lap we get overtaken by the guys who finish first and on the 5th by the guys that finish 5th.

One thing is for sure, when I'm standing and waiting for James to swap, I'm kind of wishing he would slow down so I could get a longer break before I head off again. I'm very sure he was thinking the same.

Needless to say, and not disappointingly we finish 13th which we are hugely happy with and did faster times than we both predicted. I say that as we both had runs on Sunday and didn't want to go crazy! When we spoke after we had finished, we realised that although we had been in a tough and fast race, we really enjoyed this great event, certainly very different to your normal 5K or 10K race and the atmosphere was just brilliant fun

This is certainly on my racing Calendar again next year, would love to see some other Metro's there as well, it really is worth it!



**RESULTS OF THE 40TH METROS ANNUAL FUN RUN –
THE BRIAN JACKSON FUN RUN
7th September 2019**

Again, this year adult runners' results in the 10K, 4K (best result) and 2K were based on age grading. Each adult runner's time for each distance was converted to an age graded percentage by using the tables published by *World Association of Veteran Athletes* (WAVA) - the 'Howard Grubb' tables. Only one award is made to each competitor.

Awards are given to the best age graded performance for adults in the 10K, 4K and 2K, (one award per runner), 10K highest award.

10K – 1st Woman – Caroline Day Lewis

4K – 1st Woman – Marion Rogan

2K – 1st Woman – Elish Fernandes

1st Man – Chris Shearwood

1st Man – Jonny Jackson

1st Man – Steve Paull

4K – 11-14 – 1st Girl – Alisha Sidik

4K – 11-14 – 1st Boy - None

4K – 8-10 – 1st Girl - Georgia Walliser

2K – 8-10 – 1st Boy – Finn O'Reilly

10K

Best G % = Best Age Grading %

	RACE 1 4K	RACE 2 4K	Best 4K G %	RACE 3 2K	2K G %	TOTAL TIME	Total G %
WOMEN							
CAROLINE DAY LEWIS	19m 32s	20m 14s	69.7%	9m 19s	69.8%	49m 05s	71.8%
Sarah Westwood	27m 26s	28m 23s	60.8%	14m 26s	55.1%	70m 19s	60.9%
Anne Nola	22m 51s	23m 46s	56.6%	10m 54s	56.7%	56.51s	59.0%
Ruth Tidder	23m 04s	23m 46s	56.8%	12m 06s	51.7%	58m 56s	57.6%
Emma Rackham	23m 07s	24m 13s	49.2%	11m 46s	45.5%	59m 06s	51.3%
Sakina Sidik	24m 24s	25m 32s	48.3%	13m 09	42.5%	63m 05s	49.04%
Una Cunningham	27m 02s	24m 09s	51.1%	15m 20s	38.4%	66m 30s	48.5%
MEN							
CHRIS SHEARWOOD	15m 44s	16m 03s	76.1%	7m 46s	73.0%	39m 33s	81.6%
Martin Eden	18m 55s	18m 56s	67.3%	8m 55s	67.6%	46m 06s	74.4
Kyie Hollingshead	17m 25s	16m 15s	66.2%	7m 32s	67.6%	41m 12s	70.3%
Simon Abery	18m 47s	19m 15s	62.7%	8m 56s	62.4%	46m 18s	68.51%
JONNY JACKSON	17m 19s	16m 07s	68.0%	9m 38s	53.9%	43m 04s	68.5%
Terry Burke	21m 53s	21m 41s	62.5	10m 40s	59.8%	53m 44s	67.5%
Tian Hollingshead	17m 27s	17m 15s	59.8%	8m 29s	57.5%	43m 11s	64.3%
Mitesh Patel	17m 45s	17m 07s	58.2%	8m 00s	59.0%	42m 52s	62.64%
Andy Fox	19m 55s	23m 05s	60.2%	10m 24s	54.5%	53m 24s	60.4%
Mike Ransome	24m 25s	24m 07s	55.8%	11m 57s	53.4%	60m 29s	60.0%
Kevin Eckersley	24m 38s	25m 52s	51.7%	12m 37s	47.8%	62m 27s	54.9%

4K – NOT LISTED IN 10K

WOMEN	RACE 1	RACE 2	BEST AGE G %
MARION ROGAN	24m 29s		72.8%
Anne Leigh	35m 55s		58.7%
Carole Wells	25m 06s	26m 05s	58.0%
Julia Allen	24m 39s	26m 06s	55.2%
Amanda Hardy	24m 47s		54.2%
Angela Murphy	33m 13s		52.7%
Gill Fox	27m 39s		50.6%
Linda Gaitskell	33m 13s		47.9%
Shafali Rao	31m 34s		37.1%

MEN	RACE 1	RACE 2	BEST AGE G %
Tom Man	20m 30s		53.4%
Bernard Leigh	47m 53s		33.1%

4K and 2K – NOT LISTED IN 10K

WOMEN	RACE 1 or 2	BEST G %	RACE 3	G %
Jasia Zimmerman	22m 43s	67.0%	19m 20s	37.6%
Anne Ambrose	27m 37s	56.7%	13m 28s	54.9%
Helen Simons	27m 11s	54.4%	15m 20s	46.0%
Louise O'Reilly	23m 06s	52.3%	15m 13s	37.8%
Nicola Rochford	26m 00s	51.0%	14m 35s	43.5%
Robyn Walliser	24m 46s	48.8%	13m 01s	44.2%

MEN	RACE 1	BEST G %	RACE 3	G %
Tim Oakley	22m 28s	55.2%%	10m 34s	55.5%
Errol Clarke	23m 28s	51.0%	11m 16s	50.3%
Hitesh Patel	29m 38s	39.7%	15m 25s	36.2%

2K– NOT LISTED IN 10K

WOMEN	RACE 3	G%
ELISH FERNANDES	13m 25s	58.4%
Maria Teresa Garcia Pando	11m 59s	55.0%
Suzanne Harvey	14m 10s	52.0%

MEN	RACE 3	G%
STEVE PAULL	9m 02s	68.6%
Andrew Matthews	12.01	44.9%

Awards are given to the fastest girl and boy in the 11–14 and 8-10 age group.
Medals are awarded for the 2nd and 3rd girl and boy in the 8-10 and 11-14 age groups.

4K

GIRLS 11-14	RACE 1	RACE 3	AGE	
ALISHA SIDIK	35m 14s	16m 27s	13	Award

BOYS 11-14	RACE 1	RACE 3	AGE	
None				

4K

GIRLS 8-10	RACE 1	AGE	
GEORGIA WALLISER	24m 45s	9	Award
Meera Nandakumar	31m 31s	7	Medal

2K

GIRL 8-10	RACE 3	AGE	
None			

BOYS 8-10	RACE 3	AGE	
FINN O'REILLY	10m 30s	9	Award
Max Walliser	13m 01s	7	Medal
Tyler Engineer	14m 33s	8	Medal
Kane O'Reilly	15m 13s	6	Medal

FUN RUN – UNDER 8

None		9	
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1K WALK - RACE 4

1	Martin Eden	7m 04s		23	Robyn Walliser	11m 31s
2	Caroline Day Lewis	7m 36s		24	Kane O'Reilly	11m 32s
3	Gladys de Groot	8m 02s		25	Louise O'Reilly	11m 34
4	Bernard Leigh	8m 26s		26	Kevin Eckersley	11m 37s
5	Barbara Robson	8m 49s		27	Anne Nola	11m 41s
6	Suzanne Harvey	9m 01s		28	Sarah Westwood	11m 41s
7	Finn O'Reilly	9m 30s		29	Nicola Rochford	11m 42s
8	Max Walliser	9m 30s		30	Maria Teresa Garcia Pando	11m 43s
9	Errol Clarke	9m 35s		31	Alisha Sidik	11m 45s
10	Tyler Engineer	9m 45s		32	Emma Rackham	11m 47s
11	Kath Donaldson	10m 09s		33	Ruth Tidder	11m 49s
12	Marion Rogan	10m 09s		34	Sakina Sidik	12m 17s
13	Anne Ambrose	10m 16s		35	Gill Shearwood	12m 17s
14	Henry Pickford	10m 17s		36	Helen Simons	12m 27s
15	Jane Scoffham	11m 07s		37	Barbara Reading	12m 32s
16	Anne Leigh	11m 21s		38	Mick Reading	12m 32s
17	Dan Leigh	11m21s		39	Brian Jackson	13m 12s
18	Tom Man	11m 23s		40	Jonny Jackson	13m 13s
19	Andrew Matthews	11m23s		41	Tian Hollingshead	13m 26s
20	Sandy Labrum	11m 24s		42	Kyie Hollingshead	13m 26s
21	Peter Labrum	11m 24s		43	Hitesh Patel	13m 51s
22	Al Scoffham	11m 39s		44		

40th anniversaries are worth celebrating and an anniversary cake was ordered for this Metros Annual Fun Run – The Brian Jackson Fun Run and Brian cut the cake prior to the first 4K.

This type of event doesn't take place without help and I'd like to thank all those who came early to set up the start/finish area, mark the course, help with registration, marshal, clear up at the end and return items to the Metros shed.

Special thanks to Teresa Young, Gill Fox, Dave Brown, Mumbi Keinamma and Gladys de Groot for accurately recording times and finishing positions. Thank you to all who came to spectate and particularly to those who ran or walked in any of the events.

It was good to see some of our newer members participate as well as some we don't see regularly who came to support this special anniversary event. Terry Burke made an outstanding effort to participate by leaving Devon at 5.00 am on his motor bike, competing and then riding back to Devon. He deserves an award for that!

Here's to next year the 41st Metros Annual Fun Run – the Brian Jackson Fun Run.

Pat Jackson



Pat and Brian Jackson cut the celebration cake

Here's a picture taken at the recent 40th Metros Fun Run. Three generations of the Rogan Family. It's scary to think Louise was only two years old when this event started! She was eleven when she first joined Metros with Anne Leigh taking her to her first Saturday training sessions. With Anne's encouragement it didn't take long for the rest of the family to join and we have been members since then. We have attended many events including Finn and Kane running in the Moor Park Linda Jackson Run 29th September. They did end up with a trophy....not the type you would expect!.....see the other picture below.

Marion Rogan



Harrow Half Marathon & Family Mile Sunday 15th September

Half Marathon

1 st		01:12:54	
31	Richard Brown	01:28:14	
39	Nathan Powell	01:28:36	
45	Sasha Birkin	01:30:45	1 st F40
53	Tejas Hirani	01:32:27	
83	John Norris	01:36:52	
97	Kevin Smart	01:38:33	3 rd M60
120	Vincent Cheung	01:42:02	
128	Jag Matharu	01:42:34	
160	Nick Russell	01:44:47	
163	Steve Paull	01:45:26	
171	Caroline Day-Lewis	01:45:26	2 nd F50
173	Simon Abery	01:45:38	
205	Pauline Turner	01:48:02	3 rd F50
230	Jo Sami	01:50:57	
275	Joe Turner	01:54:22	
357	Rhonda Tapley	01:59:21	1 st half marathon
380	Shyam Patel	01:59:51	
438	Jane Hudson	02:07:11	2 nd F60
564	Ruth Tidder	02:20:08	
565	Lynne Jones	02:19:31	1 st half marathon
566	Michael Ransome	02:20:10	
579	Bernie Conway	02:21:39	
601	Lenny Carroll	02:23:55	
624	Andrew Collier	02:25:59	
676	Irene Paull	02:36:49	
677	Sakina Sidik	02:36:50	
693	Una Cunningham	02:49:58	1 st half marathon
694	Mike Reid	02:49:56	1 st half marathon
707	Anne Ambrose	03:04:12	
711	finishers – last	03:21:12	

Family Mile

1 st	Chris Hudson	00:05:13
3	Luca Matharu	00:05:29
8	Olivia Matharu	00:06:42
165	Katie Ellul	00:11:49
218	Andrew Shirras	00:15:46
219	Isabel Shirras	00:15:46
238	finishers – last	00:20:40

Harrow Half Marathon – My 50th , Irene Paull

This year was the third Harrow Half marathon, and my 50th half. It was surprisingly cold at registration, and I certainly burnt off a lot of energy setting up number distribution, demonstrating how to put on a toe loop, and sorting out the inevitable queries. Thankfully, the rest of the team knew what they were doing and didn't really need me. Having shivered before the race, it was anything but cold on the route. Hot days on significant races seem to be a theme for me.

For those who've not indulged in this event, the start is almost as brutal as our Harro Hill 10K, involving an ascent of Football Lane, I didn't even attempt to run up this. From then it's quite a pleasant route making the most of Harrow Rec to make up distance. It's certainly pleasant running down local roads without having to dodge traffic. Perhaps because the route is so familiar, in my mind it didn't seem like as long a way as usual.

It's great seeing so familiar faces around the route. I was running with Sakina, and between us we were greeting people – runners and marshals - all around the course. The heat and sunshine began to take its toll by the time we reached Harrow Rec for the second time, I managed to run through the town centre – too embarrassing to be seen walking past shoppers penned in by barriers put there for runners benefit. The hill from the end of the town centre is grim – and staying upright coming down Garlands Lane is a challenge – but the finish is soon in sight – more familiar faces and then off to the pub for a (I thought) well earnt celebration.

Reflections on 50 half marathons

First Half: December 2006 at Bedford. I managed 2 hours 10 mins, not bad for a 49-year old.

Most popular: I've run Maidenhead more often than any other half but that's mainly because it's been a trophy race for many years. My favourite is probably Ealing (followed by spectating with Pimms and cake at Moor Park in the afternoon).

Toughest: For a long time, my PW (personal worst) was at Much Wenlock. This was a one-off course to celebrate the Olympics being back in the UK. It was the second half of the marathon course that Steve did (4 falls and a PW for him) and included wading ankle deep through a pool of slurry.

Venues: My 50 half marathons include 29 different venues around the UK, and I've run abroad 4 times – Amsterdam (pm start which isn't great), Calvia in Majorca, Dingle (fabulous views but uphill for 11 miles) and Gibraltar.

Finished last: Despite managing 2 hours 15, I was last in Gibraltar. It's 3 laps the length of Gibraltar, with some weaving in and out of traffic. It's quite a small race and I was the oldest female runner.

Longest (yes, really): 14.5-mile Dorset Invader billed as a half marathon. I ran/walked this with Penny. At one point we had to crawl on hands and knees up a really steep incline on grass, by this time we'd already done over 13 miles and realised that the distance was "long". I've never been so glad to see the finish of a half.

PB: Milton Keynes, 2007. Definite evidence that marathon training improves times on shorter distances. My best time is 2 hours 5 mins, sadly never managed to get under 2 hours, and on my PB I was beaten by someone dressed as a Lucozade bottle and a female at that!

Best result: 1st FV60 at Poole, 2019. This was the one that got away. It never occurred to me that I'd won my age group, so I staggered off for a coffee and sit down and missed my one podium chance!

What next? I'd thought my next goal would be "65 before 65" but I've since discovered that there's now a UK 100 half marathon club. Apparently official races between a half and a full marathon count so I've got a total of 55 towards my goal already. It's a bit of a race against time but it might be possible. Wish me luck!

Harrow Half Marathon – Lynne Jones

I completed my first half marathon on Sunday 15th September (Harrow Half) despite having fallen and injured my knee 3 weeks before. A great way to celebrate my retirement.

I was greatly encouraged by a group of Metros that I met soon after the start. Excellent pacing and lots of encouragement from them and the many supporters along the way. A huge thanks to Michael Ransome, Ruth Tidder, Bernie Conway and Andrew Collier for their company on the route.



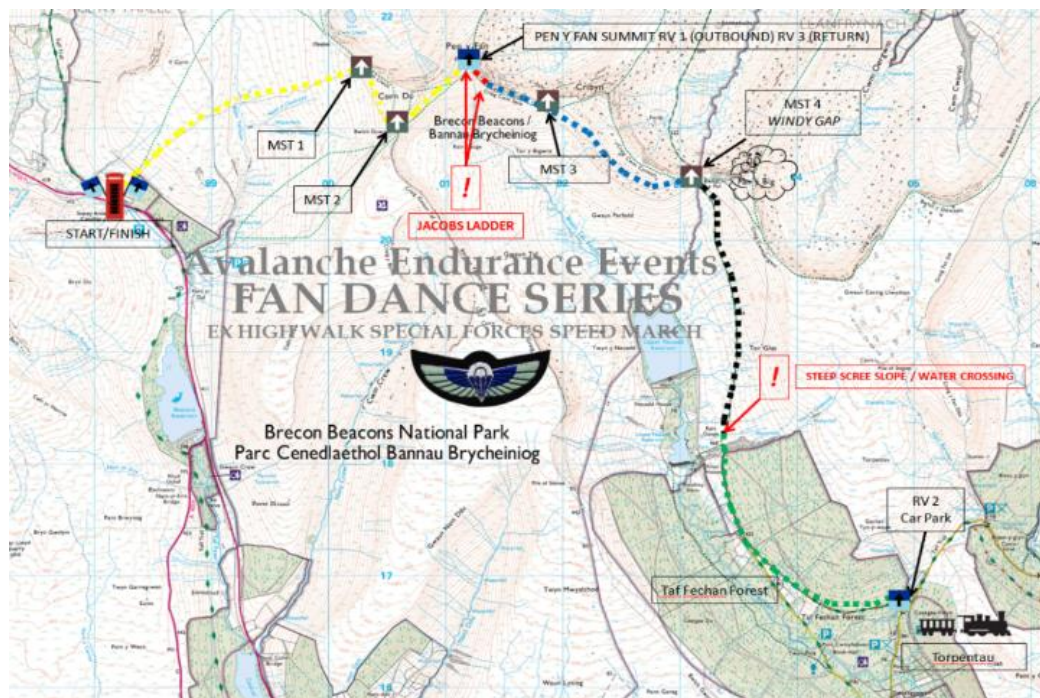
The Fan Dance Race - Saturday 6 July 2019

by Mitesh Patel

The Fan Dance is a 24km race staged over Pen Y Fan, the highest mountain in the Brecon Beacons, and is used as part of the SAS recruitment selection process. The concept is simple, you have to climb the mountain once, and then do it again in reverse. Having completed the clean fatigue version in January 2018 where you only have to carry basic survival essentials, I signed up for the Load Bearing option with 3 friends which means you have to carry a 20Kg rucksack!

I did very little training for this event as I knew one of the friends, I was doing it with, Sanj, wasn't in the best shape and I thought we'd all stick together. When Sanj and I completed the Fan Dance in 2018, we practically finished last and I was expecting a similar result this time around. So, although I didn't have to worry about training, packing my bag was a real faff. There are some compulsory items you must carry like a sleeping bag, emergency bivi, torch, first aid kit, change of clothes, food and water, and then the rest of the weight has to be made up with "useful" mountaineering items - things you could use to survive if you got stranded on the mountain. I couldn't get my bag to weigh 20kg so in the end I filled it with heavy food items including tubs of peanut butter and chocolate spread, baked beans, 4 litres of water and Lucozade, 2kg of porridge oats and 4kg of basmati rice!

On the day before the event, we had to present our rucksacks to the Directing Staff (the event organisers, known as DS) for weigh in. When it was my turn, they asked me to completely empty my bag so they could see everything inside it! I was absolutely petrified but to my immense relief, once they'd seen I had most of the essentials, they let me off. Personally, I think they've seen much worse, I've heard stories of people putting dumbbells, kettles and even irons in their bags to make up the weight! The DS helpfully repacked my bag with the heavier items at the bottom to take the strain off my shoulders and tightened some of the straps, so it sat snugly on my back.



Course map

Race Day

The race starts by a red phone box and we gathered there at 6.50am for final race instructions which went a little like this “The Fan Dance is a challenging event and we want to keep it credible and as close to the real SAS selection event as possible. This isn’t a leisurely stroll in your supermarket on a Sunday afternoon, this is a tough event and we want you to know it. Anyone seen mincing around will be taken off the course immediately. Anyone seen taking selfies at the summit of the mountain will be taken off the course. Anyone seen enjoying themselves will be taken off! Too often we see people reach the half-way point without a bead of sweat on them who clearly haven’t tried. That’s why we now have enforceable cut-off times, but these won’t be disclosed. If you try your best and work hard you will make the cut-offs but if you mince around you won’t.” Quite the rousing speech!

An explosion sounding like a grenade going off signalled the start of the race at 7am. The conditions were favourable, reasonably cool with a gentle breeze and most importantly dry. As expected, Sanj struggled with the initial ascent and had to rest frequently. We took turns trying to push him up the mountain and we didn’t fare too badly actually, out of a field of around 250 there were at least a dozen or so people behind us as we reached the summit.

Next up was descent down the Jacob’s ladder! Jacob’s ladder is a notorious set of extremely steep and annoying steps, annoying because they’re so uneven and awkward you can’t just run down them. We were all prancing around on the steps like we were Bambis on ice when we passed the DS who had checked my bag the

day before and was now marshalling the course. One of my friends made the unfortunate mistake of saying “Alright mate?” to him. “I’m not your fu*king mate, I’m your Directing Staff! You’re way behind cut-off, now get a fu*king move on! Double time!” he screamed back. When I passed him however, he gave me a useful tip to save time. Instead of descending the steps, he told me to get on the grass bank and run down it. It was dangerously steep, but he showed me how to hold out my arms by my sides like I was an aeroplane to stabilise myself and to lean back so I wouldn’t fall face forwards, and it helped!



Lining up at the start



Pushing Sanj up the mountain

After Jacob’s ladder is the Roman Road, a relatively gentle 3-mile descent on a stone track to the halfway mark. Although Sanj struggled badly on the ascent, he was bounding down Roman Road like a mountain goat and we had to run to keep up with him. I only just managed to keep up with him as we reached the halfway point, but it had sapped the energy from me, and I felt exhausted. After a quick break, we turned around and I laboured back up Roman Road to Jacob’s Ladder. My hands started feeling a little tingly and numb like they were swollen which is something I’d never experienced before. I thought it was because my rucksack straps were too tight, so I loosened them, but it didn’t really help. I had also wanted to look the part and had worn combat trousers which I hadn’t worn in years and they were chaffing my inner thigh which was painful!

Everyone agrees climbing up Jacob’s Ladder is by far and away the hardest part of the course, especially when you’re carrying a 20kg backpack! With a 230-foot ascent over the space of a kilometre, people describe it as “lung-busting”, “gut-wrenching” and “excruciating”. It was definitely tough, but I actually quite enjoyed in a sadistic way as it was a test of both your strength and cardio fitness. I knew it was going make my quads burn but what surprised me was how out of breath it made me. Even though it took us more than half an hour to complete this 1 kilometre alone which was agonisingly slow, my heart had been racing throughout like I’d been sprinting.

On the final descent, the toes on my left foot kept banging against the front of my boot and every step I took was painful. (As I write this article a couple of months after the event, my big toenail is still black and one of my toenails fell off completely). A combination of my foot, the chaffing plus the strain on my shoulders meant I couldn't wait for it to end and relief flooded over me when I finally finished. I threw my rucksack to the floor and it felt like a huge burden had been lifted off my shoulders – both literally and metaphorically! The Race Director personally congratulates all finishers at the end of the race which is a nice touch and presented us with our finisher patches.

Post-race

I finished in 5:51 and even though Sanj held us up a little, I don't think I could have done much quicker than 5:30 which is significantly slower than the 4 hours you need to get into the SAS. The fastest time was 3:09 and the slowest was 7:10. One curious thing I noticed is that most of the competitors who achieve fast times don't actually run any of the uphill sections, they just march very quickly, and then they sprint the downhill parts.

One of the mottos of the SAS is "He Who Dares, Wins" and I think in the context of this race, it means being brave with the downhill parts and not worrying about tripping up and falling over. If I were to do this again, I would practice running down steep declines as that's where you can make up the most time. I also definitely struggled more with the downhill than the uphill sections so this would help. The finisher t-shirt says, "The Fan Dance - A History of Punishment" and this certainly rang true with me as I couldn't walk properly for the next couple of days! This is the second time I've completed the Fan Dance, but because I've fared so abysmally both times, I still want to have another crack at it. Hopefully third time's the charm!



Finisher's Patch



European Masters Athletic Championships (EMAC) 2019



These championships happen every other year, with World Championships in the intervening years. I have officiated at many over the years and competed in some, too.

This September they were held in the district of Venice in Italy at three different venues; I competed in Caorle which is about 70km North of Venice. It is a seaside town based on an old fishing village. The weather was about 28°C with a couple of days of magnificent thunderstorms thrown in for good measure!

I ran 100m (31.01) and 200m (69.61) in the W80 category. These are rubbish times, but they might encourage some of you to continue competing – perhaps in the Vets League.

I also ran in a 4 x 100m relay (2 W75 and 2 W80) and got a silver medal!

Jeanne Coker

Round Norfolk Relay – 14th – 15th September

A Metros team once again, competed in the annual Round Norfolk Relay which took place the weekend of 14th/15th September. The course of the relay mirrors the county boundary over a distance of 198 miles, divided into 17 unequal stages.

59 Clubs took part and the fastest round the course were Riverside Runners from St Neots, whose Club class team stormed around all 17 stages in just 20:40:10. Metros were 54th in a time of 28:51:00. Nigel Rackham was awarded the Masters Men- Paul Evans Trophy for an amazing age graded performance of 91.9% on the 9th Stage. This stage is 16.60 miles from Horsey to Belton and Nigel completed it in 01:39:54. There will be more about the RNR in next month's Metrolines.



Sakina Sidik passes the baton to Martin Eden at Cley



Marcus finishing the final leg for Metros



Metros Track 5K – 19th September

Nathan Powell

A very big thank you for everyone in making Metros inaugural track 5K race on 19th Sept such a success. Perfect weather conditions 20°C, light wind and a fast running track.

We had 29 participants, which was a tremendous turnout including a couple of guest runners who were very keen to race on the Harrow School Track for the first time. For some it was their first time competing in a track 5K so well done especially getting used to pacing over 12.5 laps of 400m. So many 5K PB's on the night including Caroline Day Lewis, Nancy Morris, Pauline and Joe Turner and Tian Hollingshead to name a few.

It was great to see John Norris back running after a very long lay-off with injury and go sub 20, pretty impressive. First female was Sasha Birkin and the first male was Ari Alejandro.

What was great to see, and in true Metros spirit, was the support and encouragement given to the runners by other runners and helpers. Members were working together in groups on the track.

A very big thank you must go to our support team on the night, without the team it simply would not have been possible to put the event on.

The lap counters, Irene Paull, Pritesh Patel, Alisha Sidik, Pauline Bishop and Gill Sherwood did a sterling job in recording their 7 allocated runners laps, which is not an easy task with such a big field and great improvisation with the final lap bell. Thanks also to Jag Matharu for his race clock and for calling out the lap times; Jag and Pauline for managing the finish tokens and recoding runners token and Dave Brown, head timekeeper and unofficial photographer (including video) of everyone crossing the line so we had a finish order record. Jeanne Coker and Wendy Mulvenna for their support for the athletes as they jogged around the track.

I do hope from this race you can take your performances into Metros 5K races, parkruns and other 5K. Feedback on how to improve the event is most welcome and will help us make sure the next one is even better. A bell for next time is on the list already!

Several members have contacted us asking when the next track 5K will be, with the lack of daylight and colder evenings we will probably look to schedule the next one in spring towards the end of March then in summer and autumn, however if there is a demand for a winter track 5K we will see if it is feasible to organise. Dates will be added to the Metros event diary.

If you have now found the track running bug or just fancy a change in your training routine you are most welcome to join the Metros track session on a Thursday night at Harrow School, 6.15pm arrive (warm up) for a 6.30pm start. Sessions last approx. 45-60 mins and we run up to 8K with a mixture of different distances. We run in all weather conditions except thunder and lightning. All abilities welcome, you don't need to run all 8K and after a couple of months track training your race times will improve. If you are thinking of trying track out and unsure, please contact Dave or I

If attending. During the winter if possible, please run wearing a bright coloured top, bring several layers of clothing, hats and gloves especially for the cool down, if you have a head torch please bring, and a mug for a well-deserved hot drink afterwards. So, come along to the track and give it a go.

If you enjoy running on track Metros enter a summer track and field vets league for more information, please contact Wendy Mulvenna

Also, watch out for another track and field event in 2020 more information to follow in Metrolines

Once again thanks for making the first metros 5K track race a success

Dave and Nathan

Metros Track 5000m 19-09-19

Ari Alejandro	19m 08.96s
Matt Rogan	19m 17.01s
Kyie Hollingshead	19m 33.17s
Chris Shearwood	19m 35.02s
Sasha Birkin	19m 44.01s
John Norris	19m 56.32s
Mitesh Patel	20m 02.22s
Tian Hollingshead	20m 13.78s
Mike Morris	20m 57.49s
Ravi Raja	21m 56.93s
Rache Porter	21m 58.32s
Joe Turner	22m 04.41s
Simon Aberly	22m 17.69s
Brian McGrory	22m 30.22s
Steve Paull	22m 32.50s
Zahra Bassiri	22m 45.22s
Caroline Day-Lewis	23m 02.75s
Pauline Turner	23m 23.06s
Tom Morris	23m 36.38s
Andy Fox	23m 47.28s
Tom Man	24m 06.70s
Martin Eden	24m 14.28s
Mark Mulvenna	25m 07.18s
Linda Georgiades	25m 13.78s
Jonathon Pang	27m 13.00s
Emma Rackham	27m 21.50s
Nancy Morris	28m 32.40s
Sakina Sadik	30m 11.53s
Penny Hudson	35m 45.56s

Moor Park 10K Sunday 29th September 2019

	Net time
1st	00:36:01
3 Nigel Rackham	00:38:12 1st M50
11 Sasha Birkin	00:42:09 1st F45
18 John Norris	00:42:59
19 Mitesh Patel	00:43:02
31 Michael Morris	00:45:12
35 Kevin Smart	00:46:04 1st M60
60 Caroline Day-Lewis	00:48:10
77 Steve Paull	00:49:15
112 Sonny Peart	00:51:56
114 Kevin Concannon	00:50:41
129 Thomas Man	00:52:55
169 Pritesh Patel	00:55:48
190 Bernadette Conway	00:57:16
198 Greg Davis	00:58:09
202 Ariff Sidik	00:58:13
206 Jane Hudson	00:59:04
217 Catherine Saunders	00:59:42
221 Nancy Morris	01:00:29
249 Lorraine O'Donovan	01:03:01
263 Judy Rackham	01:03:51
273 Brian McGrory	01:04:17
274 Philippa Brown	01:04:11
295 Janice Newman	01:05:49
311 Angela Murphy	01:07:17
314 Tanya Keene	01:07:13
315 Linda Grimes	01:07:03
316 Sakina Sidik	01:07:14
320 Emma Rackham	01:07:40
322 Diane O'Reilly	01:08:13
329 Irene Paull	01:09:54
337 Heather Titus	01:10:51
354 Anne Ambrose	01:15:45
372 finishers – last	01:22:07

NOTES OF METROS COMMITTEE MEETING

Wednesday 4 September 2019 at the Methodist Church, Cannon Lane, 8.00 pm

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

1.APOLOGIES Anne Ambrose, Marcus Weedon,

CHAIR: Nigel Rackham

NOTE RECORDER: Pat Jackson

(Any member unable to attend a meeting should inform Nigel Rackham or Peter Beuselinck in advance. If they have an action item outstanding, they should give their report on that item to Nigel or Peter).

2. ACTIONS FROM LAST MEETING – 5 June

Constitution – Peter has updated the Metros Constitution which he and Nigel have signed. It will be added to the Metros website. **ACTION:** Peter Beuselinck

AED – Mitesh confirmed that a WhatsApp group had been set up to help organise distribution of the AED between training sessions.

Awards Presentation Evening – Peter has booked Lowlands Tennis Club for Friday 15 November. Pat is organising the awards, Emma the social side of the evening.
ACTION: Pat Jackson, Emma Rackham

Metros Quiz – this is now separate from the presentation of awards and Nigel has confirmed with Jane and Al Scoffham that they will organise this early next year.

40th Fun Run Memento – It was agreed not to have a memento due to the number needed to be ordered to make the cost viable.

New 5K Competition – Mitesh confirmed this had been advertised in Metrolines.

LRRC Trophy Competition – Vincent Cheung (coordinator) had updated the agreed list of fixtures and advertised in Metrolines.

Publicity on Gym Notice Boards – Ariff confirmed that, if approved by the committee, Marcus had arranged for advertising material about Metros be placed on three gym notice boards. An advertisement for the gyms will appear in Metrolines. This was agreed. **ACTION:** Marcus Weedon/Anne Ambrose

Metros 5 Mile – the changed date was advertised in Metrolines and the event was held on 31 August.

5K Run and Publicity – Marilyn has organised this.

3. CLUB AWARDS

The new recipients of the Kathryn Herring and Beginner Awards were decided. It was agreed that the criteria for these awards be reviewed with a suggestion that Metros members have input regarding nominations for these awards.

A request for nominations for the Young Runners awards will appear in the September Metrolines and nominations will be discussed at the October meeting.

Metros Hall of Fame – Ariff gave further details of the subject Marcus had raised as a possible addition to the awards evening. This will be discussed further.

4. CLUB EVENTS

40th Metros Annual Fun Run – The Brian Jackson Fun Run - Pat confirmed arrangements were in hand.

Metros Host Thames Valley Fixture 6 October – Marcus had confirmed that arrangements were in hand, but 30 marshals are needed and only 15 have volunteered so far. Session leaders will be asked to request more marshals.

ACTION: Marcus Weedon

Cheque from the Harrow Hill Race – It was agreed that a cheque for £2,000 be given to the MS Therapy Centre for 2018 and 2019. The donation will be advertised in Metrolines.

ACTION: Irene Paull/Mitesh Patel

Metros Olympics Night – Mitesh stated that Nathan Powell had suggested the Harrow School track be hired (at a favourable cost) for a Metros open graded meeting. Timing was discussed and Nathan suggested it be publicised within Metros to gauge interest. Pat reminded the committee of the popular GC Challenge held at Bannisters Track years ago.

ACTION: Mitesh Patel/Nathan Powell

5. MAINTENANCE OF THE METROS SHED AT THE SCOUT HALL – Marilyn confirmed that foliage above the shed needed to be removed. Barbara will seek permission to do this from the Scout Authorities .

ACTION: Barbara Robson

6. ACCOUNTS – Mitesh produced a statement of the Metros accounts and highlighted some items particularly equipment purchases and the renewal agreement with the Methodist Church for committee meetings. He confirmed that the financial and membership had been aligned last year to 28 February. Mitesh was thanked for the report.

7. PACERS – Mitesh confirmed that it's been suggested that Metros have a list of volunteers who would act as pacemakers to help members attain their running goals. This had proved successful previously. Mitesh will add an article to Metrolines to gauge interest.

ACTION: Mitesh Patel

8. METROLINES – NUTRITION & FUELLING FOR EXERCISE – Mitesh suggested that an article on nutrition and fuelling for exercise be placed in Metrolines. It was agreed that, if it was lengthy, it should be added to the web site instead.

ACTION: Mitesh Patel

ANY OTHER BUSINESS

Metros Urn - Arnold Glickman had asked to borrow the urn in January for a social event. This was agreed.

Metros Kit –Arrangements will be made to enable the kit to be available to members when Pat is on holiday. **ACTION:** Pat Jackson

Meeting closed at 9.25 pm

Date of Next Committee Meeting: 2 October 2019

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

Metros Website and social media

www.metros.org.uk

Contributions to: Irene Paull at metros.secretary@yahoo.co.uk

We also have a Facebook page and Twitter account – please like or follow us. If you would like to join Metros' group email, please contact Penny 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 Debra Norman	07771 636 647 0208 866 6909

Other unofficial runs may also be going on, ask around.

See website for more details: www.metros.org.uk

Please Note: All runners are responsible for themselves.