



November 2019
Issue No. 372

Metros TVXC fixture – 6th October



Metros Diary

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
Thurs 7	Thursday Night Dark Run	7.00pm
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
Sat 16	Harrow parkrun – Mob Match	9.00am
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 Christmas Drinks at the Rackhams	9.00 am 7.00pm
Sun 22	TVXC – Reading Roadrunners	11.00 am

January

Sat 4	Metros 10K Challenge, Roxbourne PK	8.50 am
Sun 5	TVXC – Bracknell Forest	11.00 am
Sat 11	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40 am
Sat 18	Black Park parkrun	9.00 am
Sun 19	TVXC – Tadley	11.00 am
Sun19	Fred Hughes 10	9.00 am

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

Note from the Editor!

October was a great month for running with Eliud Kipchoge running a marathon in under 2 hours and Brigid Kosgei breaking the Women's marathon world record. There were also some significant achievements for Metros – just look at the achievements and results pages.

The Thames Valley Cross Country season kicked off with the Metros fixture on 6th October. Due to recent weather conditions, the course had a new water feature, which many appeared to enjoy. Well done to everyone who participated or helped to make this event such a success.

The nights are drawing in and it's nearly the end of 2019 so it's time to celebrate all we have achieved in the last year. I hope to see many of you at the Pizza and Prizes evening on Friday 15th.

It's time to start thinking of Christmas – and rather than sending Christmas cards & New Year cards to all your Metros friends you can include a message in next month's Metrolines – the last one before Christmas! There is a suggested donation of £5 for messages and this year the money collected will be donated to Marie Curie in memory of Hilarie Lemon. I'll be collecting your messages at the awards evening or you can e-mail me.

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 ...

Simon Abery – for a 10K PB at Bournemouth on 6th October

Zahra Bassiri – for a PB at Chiswick Half Marathon on 20th October

Jim Buckland – for completing his 100th parkrun at Harrow on 26th October

Terry Burke – for coming 1st in his age group at Seaton parkrun on 19th October

Caroline Day-Lewis - for completing her first marathon at Ricky Races on 17th October

Linda Grimes – for a 10K PB at Dorney Lake on 13th October

Brian McGrory – for completing his first marathon at Bournemouth on 6th Oct

Nancy Morris – for a 10K PB at Metros 10K Challenge, 5th October

Tim Oakley – for a PB at Northala parkrun on 28th September

Nigel Rackham – for coming first in his age group at the Cabbage Patch 10 and the Chiswick half marathon

Sakina Sidik – for completing her first ultra-marathon at Ultra London on 5th October

Helen Simons – for completing her first 10K at Dorney Lake on 13th October

Paul Spendloff – for completing his first marathon at Abingdon on 20th October

Joe Groom

Rita Groom (widow of Joe) has sent Metros a card with the following message:

"To All Members,
My twin daughters and I would like to thank every-one for donating to MacMillan
on behalf of my husband Joseph Groom.
Sincerely,
Rita Groom"

Harrow Hill Race

Sunday 16th February 2020 at 10.30am

Entries now open:

https://www.activetrainingworld.co.uk/events/2020/02/16/Harrow_Hill_10K_Road_Race



THURSDAY NIGHT DARK RUN

Returns 7th November. Meeting at Ruislip Woods for a 7pm start. A run of approx. 1hr, in the woods or parkland in the dark!!

We are suggesting a light source minimum of 300 lumens, high vis and bright clothing, off road shoes preferably, but lights essential, NO LIGHTS NO RUN.

We will do a check of all light brightness in the car park before we leave. We'll have at least two leaders per run, one back one front, the aim is for everyone to stay together at least at a safe distance.

Contacts

Linda Dunne 07958413146
Mike Morris 07906151525
Spencer Milberry 07717757365
Martin Eden 07505764672

Date for your diary:

Saturday 21st December, 7pm – **Christmas Drinks at the Rackhams'**

Further details to follow



Metros Christmas Walk – Wednesday 13th November

This year we will be meeting at the Sir Michael Balcon, a Wetherspoons pub at 46-47 The Mall, Ealing, London W5 3T.

We need to leave the pub by **10.30am** sharp, so please allow time for breakfast/coffee first.

The walk takes in parts of Ealing/Acton/Gunnersbury Park/Kew Bridge/Barnes/Chiswick/Hammersmith and along and around the Thames Path.

As always, we will stop at some fine pubs along the way.

Please let us know if you will be joining us.

Henry and Marilyn (mobile 07799566617)



TROPHY RACES

The remaining race for the Metros London Road Runners Club (LRRC) Trophy for **2019** is: -

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

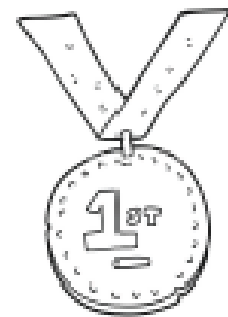


PIZZA and PRIZES

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!

The Presentation of awards will include the following:

- Metros Thames Valley League 2018-2019
- Metros Summer League 2019
- The Bill Gardner Summer League Award
- Track & Field MBEs & Track Shields
- Metros 5 Mile Handicap
- Ann Marsden 5K Award
- Keith Adsley Award
- LRRC Trophies
- The Young Runners' Awards
- Beginner Runner's Award
- The Aaron Breen Awards
- The Runners' Awards





Metros 5k Competition



A brand new 5k competition starts 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.

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>

Remaining dates for 2019/20
Sundays at 11am

November

10 Datchet

24 Sandhurst

December

1 Handy Cross

22 RR

January

5 BFR

19 Tadley



RED-S

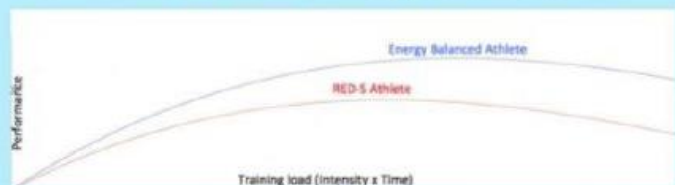
Relative Energy Deficiency in Sport

What is it?

A condition of energy deficiency causing adverse effects on all bodily systems. It affects both **male** and **female** athletes and dancers who do not fuel adequately, either intentionally or unintentionally

Why does it matter?

1. Impaired growth and development
2. Impact on health and wellbeing
3. Adverse effect on performance



Suboptimal performance as a result of RED-S
(Keay, Br J Sports Med 2017)

Recognition & next steps



1. Look out for

- Perfectionist tendencies
- Disordered/restricted eating
- Frequent injuries/niggles
- Illness
- Menstrual dysfunction
- Loss of sex drive



2. Talk to someone

Are you...

- 💡 Overtraining?
- 💡 Fuelling adequately?
- 💡 Taking regular rest days?



3. Seek medical help

- 💡 GP needs to rule out other conditions
- 💡 GP can refer on to specialist services such as



4. Read more at...



Scan me

#TRAIN
BRAVE



Scan me

Be aware that...



Prevalence of disordered eating is 20% higher amongst athletes compared to non athletes

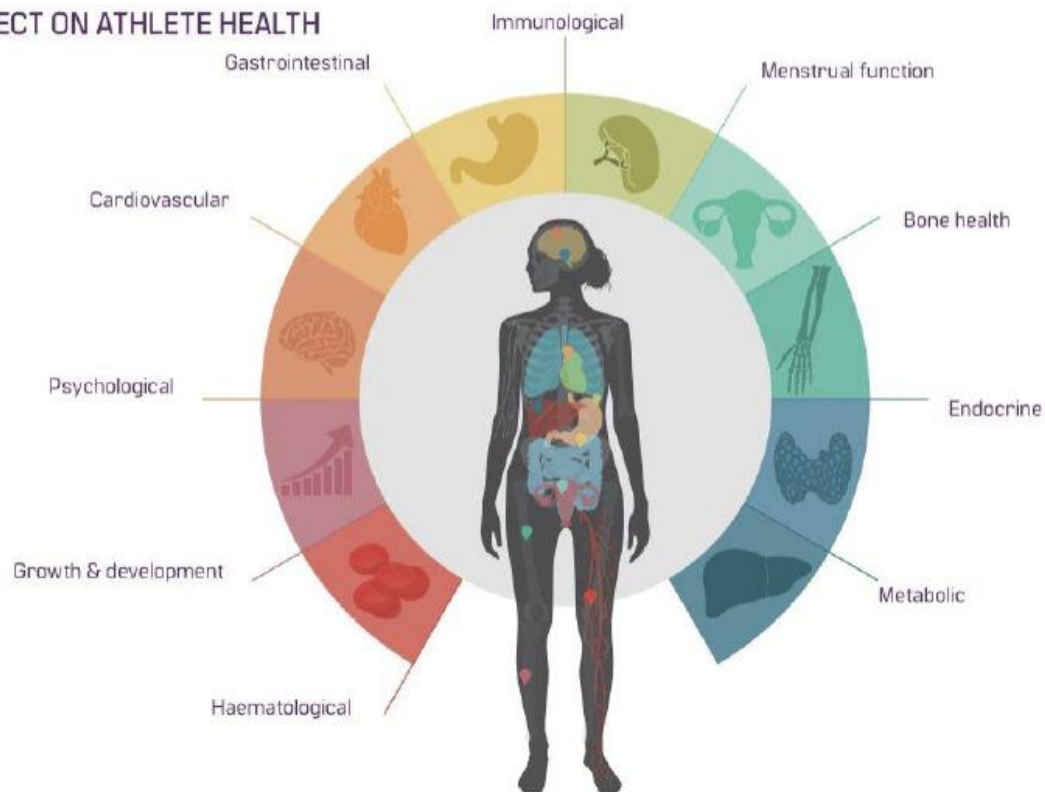
(Joy et al, Br J Sports Med 2016)

For female athletes

- ♀ Regular menstrual cycle is a barometer of hormone health
- ♀ Not starting periods by age 16 or not having periods for >6 months requires medical investigation
- ♀ Oral contraceptive pill (OCP) can **mask** problems without providing bone protection or addressing underlying cause
- ♀ Using OCP for contraception needs to be an informed decision by the athlete
(Gordon et al, J Clin Endocrinol Metab 2017)

RELATIVE ENERGY DEFICIENCY IN SPORT

EFFECT ON ATHLETE HEALTH



EFFECT ON ATHLETE PERFORMANCE



Modified with permission - Original illustration Mountjoy M, et al. *Br J Sports Med*. 2014; 48 (7): 491-497

<http://health4performance.co.uk/>

BAsem
Health 4 Performance

SIM Sports
Medicine
NI

Metros Pacers – *nearly* Here to Help



We'd like to help Metros achieve their goals and personal best times by offering pacing at races throughout the year!

Metros occasionally pace fellow members to help them realise their goals and this usually happens through word of mouth. We'd like to create a more official forum where members can ask for help to achieve specific targets, for example if a runner wanted to break 30 minutes for a 5K, they can message a group, and someone will offer to pace them at a particular event. To make this work, we need volunteers to help with pacing. If you're passionate about running and love helping people achieve their goals, then please let us know (contact details below). There's no obligation to help at particular events, but if you fancy helping out now and again, it'd be great to have you. You don't need to be fast or have years of experience, just be able to keep a steady pace, and it's really rewarding. Sasha recently paced Linda to a PB at Harrow parkrun and here's what they had to say:



Linda: *"At the start of 2019 I set myself a goal to complete the Harrow parkrun in under 25 minutes. With the Metros I usually go hill training on a Wednesday and track training on a Thursday, to help achieve this target. For the first six months I was getting 25 minutes something and wondering if it was ever going to happen. I got a time of 25.03 in the middle of June, so I knew it was achievable. On Saturday 22 June Sasha offered to pace me, it felt wonderful that Sasha wanted to help me."*

During the run Sasha gave me encouragement and updates on how we were doing time wise. Going up the hill the second time Sasha also

offered helpful advice; dig deep and stay strong were two phases I remember. Official Harrow parkrun time was 24.58 I would certainly recommend a pacer just to give you that extra push or boost, offer encouragement, confidence and words of advice during the run. Thank you, Sasha."

Sasha: *"I've been an official pacer at parkruns before, but it was much more rewarding running with Linda as she stuck with me until the end. She was bang on pace for the first couple of miles, but I had to shout a bit in the last mile when things got tough. I hope I didn't sound too strict, but I just didn't want her to be a few seconds over as I know how frustrating that can be. I felt very relieved when the results text came through - it felt like I had smashed a PB myself! I think knowing how to pace yourself is an important skill every runner should learn. But using a pacer can really help keep you going when you are targeting a specific time. And it's great to help someone else achieve their goals."*



Benefits of following a pacer (from Runner's World website)

They will stop you going out too fast - the way you run the first part of the race can dictate how your entire race pans out and starting too quickly means you'll often struggle in the latter stages of the race. Starting slow sounds simple enough but amidst the excitement and adrenaline of race morning it's easy to get swept up and set off too quickly, even when you've told yourself not to. Pacers will ensure you run a steady and consistent race and remove the temptation to go out too hard.

Motivation - while pacers can prevent you running the first half of the race too fast, in the second half, they give you something to cling on to. If you feel like you're flagging, all you have to do is look at a flag and stay there or thereabouts. It's not just amateurs who can make the most of following pacers too as you see this idea of working as a group right at the elite end too. When runners try to break world records there might be six to ten of them and five of them will be pacemakers.

Avoid constantly checking split times - as you get deeper into a race, fatigue makes it increasingly difficult to work out your split times and calculate if you're on track to reach your target. A pacer offers the comfort of knowing someone else has to worry about the time and you don't even need to look at your watch. This takes the stress away and allows you to focus on your form and breathing.

Did you know?

- Every world record from the 1500 meters to the marathon, both men's and women's, has been set running negative splits – running the first portion of the race slightly slower than the second half.
- In data from 12 years of the Chicago Marathon, those whose first 5K was their fastest had an average time of 4:55, but those whose 30-35K segment was their best ran an average time of 3:48.
- 42 pacers helped Eliud Kipchoge break the 2-hour marathon barrier! To reduce aerodynamic resistance for Kipchoge there was a group of 5 pacemakers running in front of him in a V formation with 2 more pacers running behind him. The pacers worked in teams, rotating in twice during each of the 6-mile laps.



Please let us know if you'd like to help with this by 15th November and we hope to establish and publish details of the group soon.

Nathan Powell nathancpowell@yahoo.co.uk

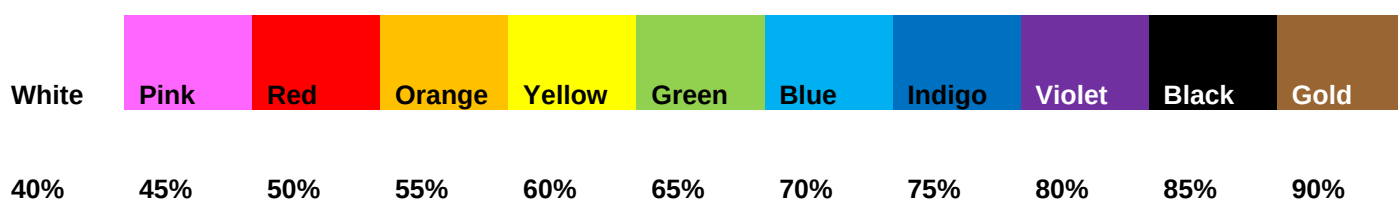
Mitesh Patel mpatel5@hotmail.co.uk

Results and Reports

10K Challenge Results Saturday 5th October 2019

NAME	Mins	Sec	Grade
Caroline Day-Lewis	47	49	73.42%
Marion Rogan	61	53	72.62%
Adam Leary	48	12	65.06%
Barbara Reading	72	7	64.31%
Angela Murphy	69	52	63.33%
Judy Rackham	62	36	62.12%
Martin Eden	54	46	61.59%
Irene Paull	66	41	59.93%
Anne Nola	56	50	58.91%
Nancy Morris	58	8	58.27%
Carole Wells	66	21	56.34%
Titziana Spotti	71	50	54.88%
Karen Leary	66	13	54.34%
Anne Ambrose	75	2	53.26%
Mike Morris	58	8	52.56%
Robyn Walliser	60	57	51.92%
Una Cunningham	63	21	50.76%
Pip Brown	63	33	47.74%

Congratulations to Nancy for breaking her PB for the second time in a week and for running 10K in under an hour for the first time thanks to the support of Mike Ransome. Previous times have been around the 48-49% so Nancy leaps from a Pink to an Orange ribbon, by passing Red on the way! Other notable runs were Adam Leary who finally managed to break the elusive 65% and move up to Green and Pip Brown for her first completion of the event. Next event will be on Saturday 4th Jan 2020.



Bournemouth Festival of Running 5/6 October 2019

Marathon

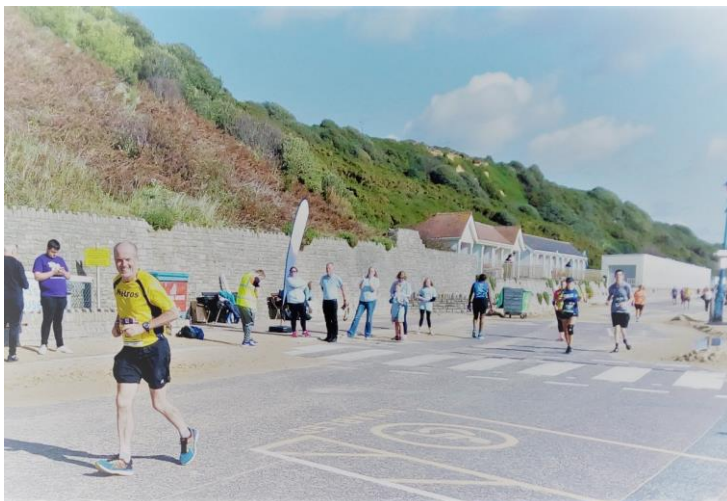
1 st		02:25:48
884	Colin Barnes	04:17:47
885	Jo Samiullah	04:17:47
1383	Jamie Richards	04:46:42
1432	Ruth Tidder	04:49:50
1755	Brian McGrory	05:14:31 (1 st Marathon)
2131	finishers – last	06:48:23

Half Marathon

1 st		01:09:45
145	Nathan Powell	01:30:30
1880	Jane Hudson	02:03:26
3768	finishers – last	03:50:26

10K

1 st		00:31:29
226	Simon Abery	00:46:48
2061	Stephanie White	01:20:58
2154	finishers – last	01:40:15



Brian looks to be enjoying his first marathon

Run Galway Bay Half Marathon 5th October 2019

1 st		01:06:29
571	Pauline Bishop	01:58:08
1189	finishers – last	03:25:14



Thames Valley Cross Country League

Metros Fixture – 6th October

Position	Time	Name	Male Score	Female Score
1	00:33:29		1	-
56	00:41:37	Luca Matharu	52	-
64	00:42:09	Kyle Hollingshead	60	-
105	00:44:52	Tian Hollingshead	92	-
120	00:45:48	Kevin Concannon	104	-
130	00:46:29	Kevin Smart	112	-
141	00:47:04	Nicky Payne	-	18
163	00:48:44	Olivia Matharu	-	26
164	00:48:46	Vincent Cheung	136	-
169	00:49:09	Nick Russell	140	-
223	00:53:04	Martin Eden	169	-
224	00:53:05	Andrzej Warhaftig	170	-
254	00:55:23	Mark Mulvenna	185	-
275	00:56:39	Amanda Young	-	76
283	00:57:33	Linda Dunne	-	81
289	00:58:34	Bernie Conway	-	85
307	01:00:49	Jasia Zimmermann	-	97
311	01:01:26	Glynn Watkins	206	-
320	01:02:13	Nancy Morris	-	103
366	01:15:43	Carole Lloyd	-	133
370	01:23:39	Dave Brown	228	-
372	01:25:08			

TVT Fixture – 20th October

Pos	Time	Name	Male Score	Female Score
1	00:30:44	Matthew Richards	1	-
77	00:38:41	Kyle Hollingshead	72	-
102	00:40:08	Russell Hewlett	90	-
122	00:41:23	Tian Hollingshead	105	-
126	00:41:37	Mitesh Patel	107	-
127	00:41:41	Jag Matharu	108	-
138	00:42:12	Mike Morris	116	-
149	00:42:29	Nicky Payne	-	21
178	00:43:56	Vincent Cheung	144	-
228	00:46:10	Olivia Matharu	-	48
250	00:47:53	Ian McPherson	189	-
304	00:51:06	Andrzej Warhaftig	215	-
316	00:51:58	Linda Dunne	-	91
345	00:55:20	Nancy Morris	-	108
349	00:56:12	Glynn Watkins	233	-
354	00:56:40	Claire Millbery	-	112
412	01:05:41	Carole Lloyd	-	155
427	01:13:20	Dave Brown	253	-
431	01:19:45		-	171



Sarah's Maidenhead Story

Sarah Belchier

I know you're going to be shocked but yes, it's me Sarah writing this piece! I thought I would write a piece about how not to run a half marathon.

Maidenhead Half (1st September) where do I begin?

After losing my Gran earlier this year, a health scare and the usual issues with my hip/back, I was back running and feeling good. I had missed my day off runs with Uncle Brian (McGrory) and the Monday night banter with Uncle Steve (Paull) and was looking forward to starting these up again. Being sensible, I decided to run only three times a week, which for me was something! So, when the chance of a half marathon came up, I thought why not? I didn't want to risk an ultra in case the mileage irritated my hip, but 13 miles would be OK surely.

On the day I was nervous but excited. After a pre-race toilet stop and a chat with Sakina, I decided I would take it easy. I knew the last time I had run a half was a while ago at Richmond.

After some start line banter with Uncle Steve and Russ Hewlett we were off. I felt good, very good although maybe a bit thirsty, but still good. The race felt comfortable as the first few miles passed by. Looking down at my watch I noticed I was doing 8 min miles. In my head I thought slow down a bit Sarah, but you know when you feel good, I thought what the heck (schoolboy error alert).

Ten miles in I was struggling (the voice in my head was saying you idiot). Not the distance but the pace was far too quick. At 11 miles I felt different now not just tired but dizzy. The tiredness was bearable, but the dizziness was not so. I slowed down but could not see properly and the sea of people cheering was now a blur. The last two- and a-bit miles of the race I don't remember. When I finished (in just under 2 hours) I slumped down; later being told that Sonny and Steve helped me - cheers guys (then Steve calling me a drama queen after - charming!)

A week later, I was still feeling dizzy and motion sick so, I thought I would see the doctor. At first, they thought it was exhaustion but having run ultras I knew this wasn't just that. After Dr googling it (never do it guys) I thought I was either dying or had vertigo. I went back to the doctor and they said I had the latter and off I went with my sickness tablets and told to ride it out. Two days later I felt awful, heart beating out of my chest, tongue wagging (no rude comments please) and facial tics. I thought I was losing the plot. Following a visit to Pinn Medical Centre and then Northwick Park Hospital I was given something to counteract the effects of the anti-nausea medication. Fantastic! Within minutes the extremely weird side effects had disappeared and I felt amazing. I was told I had a rare reaction to the sickness tablets known as tardive dyskinesia. If you want to be freaked out have a look at what it does https://en.wikipedia.org/wiki/Tardive_dyskinesia

After making many friends in the discharge lounge (I was definitely high on something) with my mum telling me to stop talking so much, I was on the way home. Still suffering from vertigo, I saw an ENT consultant who suspected I had benign positional vertigo caused by dehydration during the race.

This is a reminder not to be an idiot like me, hydrate yourself properly before, during and after the race - pace yourself and run smart.

I am looking forward to being back at the Metros sessions and chewing Uncle Brian's ear off on the daytime runs. I have missed everyone!

Sarah

Hyponatremia

It is important to be properly hydrated during a race – but is also important to strike a balance and not drink so much water that you develop hyponatremia (low body sodium).

Joanna Pakenham from Andover collapsed and went into a coma after the 2018 London Marathon after drinking 5-litres of water. Her story recently appeared on BBC internet news:

<https://www.bbc.co.uk/news/av/uk-england-hampshire-50170837/andover-runner-almost-died-drinking-five-litres-of-water>

Cabbage Patch 10 – Sunday 13th October

Pos	Name	Chip Time	% Age grade	
1		00:50:18		
19	Nigel Rackham	00:58:33	89.67	1st MV 50-59
106	Sasha Birkin	01:06:24	82.45	
142	John Norris	01:08:27	66.85	
233	Vincent Cheung	01:12:11	64.40	
252	Michael Morris	01:13:46	67.85	
380	Caroline Day-Lewis	01:18:21	72.29	
404	Mitesh Patel	01:19:25	56.01	
406	Steve Paull	01:19:29	71.80	
723	Sonny Peart	01:27:35	56.40	
818	Linda Frances Dunne	01:31:00	61.71	
1291	Emma Rackham	01:46:45	45.84	
1292	Judy Rackham	01:46:45	57.30	
1390	Sakina Sidik	01:50:34	45.27	
1418	Angela Murphy	01:52:27	60.30	
1472	Marion Rogan	01:58:14	58.17	
1473	Carole Lloyd	01:58:14	53.21	
1476	Teresa Young	01:56:50	51.95	
1524	Anne Ambrose	02:07:14	48.93	
1565	Finishers	02:41:46		

Chiswick Half Marathon Sunday 20th October 2019

1 st		01:10:50	
3 rd	Nigel Rackham	01:16:57	1 st M50
237	Zahra Bassiri	01:45:12	PB
274	Steve Paull	01:47:52	
639	Judy Rackham	02:23:58	
654	Irene Paull	02:28:15	
662	Emma Rackham	02:31:21	
664	Alex Revens	02:31:28	
701	finishers – last	03:54:50	



Ricky Races – 17th October

Ricky Races is a 6-hour timed challenge at Rickmansworth Aquadrome , where runners can run for as long as they want (up to 6 hours maximum) and complete as many or as few of the 3.28-mile laps as they choose. 4 laps for a half, 8 laps for a marathon, 9+ for an ultra or 1 or more to be a finisher and get a medal and a stack of chocolate!

Name	Miles	Time
Caroline Day-Lewis	26.2	3:55:24
Steve Paull	16.4	2:42:06
Anne Nola	16.4	2:57:02
Irene Paull	13.1	2:41:13



Well done Caroline on
your first marathon

Abingdon Marathon - 20 October 2019

Chris Shearwood

A new race for me last year and not one I'd really considered until recent times. I was aware that it was a fast course and, speaking to Nathan Powell (of whom it's a favourite), he was pretty insistent that I should give it a go...and make sure to get my entry in early because it sells out quickly.

I was expecting to do something around the 3:30 mark since that had been my average time for the four Spring marathons I did last year, so I was dead chuffed to romp home in 3:17 which also would have enabled me to apply for a "good for age" place at next year's London Marathon.

Nathan had been in and out of competition of late through injury but had entered this year's race and a nasty cold sure wasn't going to stop him participating. He was indeed still very snuffly, so we'd made the right decision to travel separately and not pick up what he'd had. Paul Spendloff had been on the reserve list (I said it was popular) and messaged me to say that he'd be there too - his first marathon. We were also looking forward to meeting up with Bruce Li and Andy Leung from Ealing Southall & Middx RC, swapping their runner/supporter roles from last year.

Up at 5.15 to leave at 6.00 and get to one of the two designated car parks by 7.00 meant that we were among the first arrivals in the darkness before dawn. More runners arrived and we all trudged the mile or so (the last mile of the race route, as it happened) to race HQ at Tilsley Park, an athletics stadium managed by Abingdon School on behalf of the local authority. We had been blessed with a brief respite in the frankly awful autumnal weather which had been such a feature of, e.g., the Moor Park 10K and Metros' TVXC. It was slightly colder, with light cloud, the temperature staying in single figures but, crucially, dry. For me, it would be a t-shirt rather than singlet - I decided to wear Steve Paull's "away kit" - plus gloves; Nathan and Paul also elected for t-shirts and, during the race, I never felt over-heated, slightly cold on occasions, if anything.

There was plenty of room to get ready outside rather than battle with the congestion within race HQ (although their toilets were far less busy than the line of portaloos outside). Paul and I checked in our kit bags and before long we were making our way to the running track, where we I bumped into Bruce. He was keen to show me/recommend his new Nike Zoom Fly Flyknit running shoes (what a mouthful), what Jim Buckland tells me are the "everyman" version of the £240 ZoomX Vaporfly shoe worn recently by Eliud Kipchoge.

At 9.00 we were off, a 3/4 lap of the track, then past Gill as we left Tilsley Park to skirt around the north side of town, passing a noisy turkey farm and a shortish section of track through an area of lakes - already I heard a runner behind me grumbling but I told him that this section isn't repeated. We were doing 2/3 of a

7-mile loop around the town, there would then be two larger loops of just over 9 miles each, passing through villages to the south of Abingdon, then the final 1/3 of the town loop to return to Tilsley Park.

So, after 5 miles, we left Abingdon and ran alongside the Thames for a bit before starting the first of the two larger clockwise loops. I'd say mile 7 (& 16) is the only incline, not even a hill, on what is touted as a fast, flat course with a 5-hour cut-off time, hence so many good club runners using it as a means to get qualifying times for the bigger, marquee races. Certainly, around me, it was mostly runners in club strip - all the usual suspects from London, the Thames Valley, the West Midlands, etc.

You pass through the pretty villages of Drayton (good to get Andy Leung's support here) and Milton, the latter of which merges seamlessly into the smart-looking "premium" business/technology park, the only part of the course that's a bit twisty-turny. You could hear Harwell Harriers' refreshment station from a long way off - megaphone, cowbells, you name it - my third banana of the day was most welcome at this point about 11 miles in.

The village of Sutton Courtenay brings you to the half-way point which I managed in 1:30 and I suppose I was aiming for 3:15/3:20, allowing for the inevitable tailing off in the final few miles - I've since had quite a debate with Bruce about pacing. Another non-road section (concrete, rather than track/trail) and a left turn brought us to the start of the second big lap. Negotiating the incline at 16 miles I was overtaken by Nathan who kindly asked whether I wanted to tag along but I could see that his pace was much better than mine and I declined - sensibly, because he disappeared within a mile or two.

Back at Milton Park I saw Andy again and, blow me, but he said the Bruce was running me down. Sure enough, the Harwell Harriers were calling "Brucie" (which he has written on his running vest) and, with a customary fist pump, he pulled past me, on his way to a marathon PB. I consoled myself with another banana.

I dug in but, on the concrete section just before 23 miles, got bad cramp in my thigh which made me stop to stretch it out for a minute or so, as other runners streamed by. Fortunately, I was able to start again and ran the final few miles at a fairly decent pace with a younger lady who also appeared to be struggling - I think we helped each other to the finish, although I seized up again just before turning into Tilsley Park. I was 3:18 at this point but knew I wouldn't be able to replicate my customary 75 secs for 400m around the final 3/4 the track and, in the event, I managed 3:20:45, only 3 mins slower than last year's time. Perhaps I would've ducked under 3:20 but for the cramp.

Joined Gill trackside where she was with Bruce whose 3:15:43 he said has got him into Chicago for next year, which he's really looking forward to. We saw Paul

come in at 3:26:34 - he'd followed a strict training plan, aiming for around 3:30 (your first marathon is always a leap into the unknown), so that's a great time for him - hopefully first of many. Plaudits to Nathan though, who's battled so much injury which means he only seems to run one race in every two that he enters, plus his cold - he did an excellent 3:08:56 so appears to be well back on form.

You get a medal and t-shirt (I declined the superfluous posh paper bag it came in) and I headed to the most welcome showers. We're after a nice new bicycle for Gill so she can do what Andy did and come out on the course of my races. Today, however, she'd spent over three hours at Tilsley Park with her library book so we rewarded ourselves by stopping at the White Hart Hotel in the picturesque village of Dorchester-on-Thames (former de facto capital of Wessex) which serves the most wonderful, home-made pizzas - just what we needed after our exertions.

Chris Shearwood

Abingdon Marathon – 20th October
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Pos	Chip	Gun	Name
1st -	2:29:51	2:29:52	
201st -	3:08:56	3:09:25	Nathan Powell
295th -	3:20:45	3:21:09	Chris Shearwood
345th -	3:26:34	3:26:58	Paul Spendloff
788th -	5:22:54	5:23:50	



Chris, Nathan and Paul

Ricky Road Run – 27th October

Pos	Name	Gun Time	Chip Time	AG%
9	Terry MACKIN	01:02:34	01:02:27	75.40%
50	John NORRIS	01:10:47	01:10:39	64.10%
66	Vincent CHEUNG	01:13:54	01:13:46	63.30%
67	Russell HEWLETT	01:13:56	01:13:42	64.30%
93	Nick RUSSELL	01:18:50	01:18:36	60.80%
103	Steve PAULL	01:19:47	01:19:40	71.50%
131	Sonny PEART	01:22:53	01:22:38	59.90%
242	Glyn WATKINS	01:39:10	01:38:42	56.90%
270	Lorraine O'DONOVAN	01:45:44	01:45:15	57.90%
292	Irene PAULL	01:52:20	01:51:46	58.30%
310	Anne AMBROSE	02:10:34	02:09:59	50.10%

UltraLondon 55Km – 5th October (Woolwich to Richmond)

1		04:15:15
254	Sakina Sidik	09:48:02
257	Finishers	10:22:36



Dorney Lake – 10K, 13th October

1		0:37:47	
103	Linda Grimes	1:00:39	PB
159	Helen Simons	1:11:58	1 st 10K
170	Jennifer Smith	1:20:58	
175	Finishers	1:39:23	

Swiss City Marathon – Lucerne, 27th October

Pauline Bishop 4:43:55

Royal Parks Half Marathon – 13th October

1		01:06:48
10314	Bernie Conway	02:10:12
11183	Mike Ransome	02:15:27
12063	Catherine Saunders	02:22:42
12064	Una Cunningham	02:22:43
12634	Phillipa Brown	02:28:33
13885	Michael Reid	02:41:52
15861	Finishers	05:01:06

Frankfurt Marathon – 27th October

1	Fikre Bekele Tefera	02:07:08
247	Nigel Rackham	02:42:42 – 2 nd in age group

Thoresby 10K – 20th October



Greg Davis ran in the Thoresby 10K with the Cardiac Athletes Team. All the team had had heart attacks, heart surgery or cardiac arrests and have returned to, or taken up running. He finished the 10k race in 58min 48secs and finished 124th out of 398.

Notes of Metros Committee Meeting

Committee Present: Nigel Rackham, Anne Ambrose, Barbara Robson, Marilyn Pickford, Mike Ransome, Peter Beuselinck, Ariff Sidik, Marcus Weedon, Emma Rackham, Irene Paull, Steve Paull, Sarah Westwood, Carole Wells, Mitesh Patel

Non-committee Present: Nathan Powell, Dave Brown (part)

Chair: Nigel Rackham

Note Recorder: Emma Rackham

1. Apologies: Paula Kanesanethan, Pat Jackson

2. Actions from last meeting:

- a. **Updating Metros Constitution** - *Metros constitution is now updated on the website. No further action.*
- b. **Awards Presentation Evening** - *Advertisement will be in next Metrolines. Emma will canvas and confirm numbers of attendees and order pizza in advance. ACTION: Anne Ambrose, Emma Rackham*
- c. **Maintenance of Metros' shed** - *Richard Francis has offered to trim back the foliage. The Scout troop are happy to pay. Barbara will arrange this. ACTION: Barbara Robson*
- d. **Metros Pacers** - *Mitesh and Nathan have circulated a draft article to send out in Metrolines. ACTION: Anne Ambrose*
- e. **The Gym Group publicity** - *Marcus has met with a club manager and confirmed that Metros will display an A4 poster in a display cabinet. The Gym will create either a one page or half page advert to go in Metrolines. Marcus will circulate sample adverts to the committee in the next few weeks. Emma to send logo to Marcus. ACTION: Marcus Weedon, Emma Rackham*

- f. **Nutrition & Fuelling for Exercise** - Mitesh and Nathan have compiled an article to go in the next edition of Metrolines. ACTION: Anne Ambrose

3. Club Awards

- a. **Young Runners Award** - Dave reminded the committee of the criteria of the Young Runners Award - participation, achievement, commitment, volunteering. A number of names were discussed, and the recipients were decided. ACTION: Pat Jackson
- b. **Hall of Fame** – There was discussion about the criteria for this recognition and how many people should be inducted and when. It was decided induction would not just be an annual although members would be recognized at the awards evening Irene will circulate a shortlist of eligible members and draft criteria, we will aim to have awards for one man and one woman for the 2019 awards evening. ACTION: Irene Paull

4. Club Events

- a. **40th Metros Annual Fun Run on 7 September** - This was a successful event. No further action.
- b. **Metros XC Fixture** - In hand. No further action.
- c. **Harrow Hill Race** - Irene has a date confirmed - 16th February 2020. Active training world are lined up to deal with payment and entry administration. We are waiting for the UKA licence to be approved. Marcus offered to support Paula in her role as race director for the HHR this year. ACTION: Paula Kanesanethan, Irene Paull, Marcus Weedon
- d. **New Coordinators for Metros 5k** - Marilyn and Henry have decided to step down from coordinating the Metros 5k. They have agreed to still be involved for November 2019 but will advertise for new coordinators for 2020. Thank you to Marilyn and Henry for

coordinating this event for the past ten years. ACTION: Marilyn Pickford

- e. **Metros Olympics Night** - Harrow School track have offered a discount for Metros to host this event. Date TBC. The plan would be to hold all running events from 100m - 3000m, long jump, triple jump and possibly relays. Nathan will speak to Harrow AC about athletics coaches that would be willing to support additional field events. ACTION: Nathan Powell, Mitesh Patel

5. Kit and Equipment

- a. **Metros Kit** - We would like to open the new order window for winter kit. Cost will be Vest £23, T-shirt £24, Long sleeve £27. ACTION: Irene Paull, Pat Jackson
- b. **Gazebo** - A new gazebo has been purchased but as yet is unused. No further action.

6. Donations

- a. **Donation made to Harrow MS Therapy** - from excess money raised from HHR 2018 and 2019 - £2200. Irene to put photo and information onto the website and into Metrolines next month. ACTION: Irene Paull, Anne Ambrose
- b. **In memory of Hilarie Lemon who very sadly died of cancer recently** - Marie Curie Hospice in Liverpool. A donation will be made from the club. Anne will put a link in Metrolines if any members want to make individual donations. ACTION: Mitesh Patel, Anne Ambrose

7. Club Distance Records

- c. Anyone who breaks a road running club record during the course of the year will receive an award at the awards evening in line with existing awards for track and field. Irene and Steve keep long distance club records up to date and will pass information onto Pat before the awards evening. ACTION: Irene Paull, Steve Paull, Pat Jackson

8. Proposed Metros Round Norfolk Relay Support Award

- a. *The RNR is very much a team effort. It was decided that all people involved, both runners and support team should be recognised at the awards evening.*

9. AOB

- a. *Charity collection for Christmas messages at Awards evening will be Marie Curie in memory of Hilarie Lemon.*

Meeting closed at: 9:39pm

Date of Next Committee Meeting: Wednesday, 6 November 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 Irene Paull at

metros.secretary@yahoo.co.uk

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.