



January 2020
Issue No. 374

Happy New Year 2020



Metros Diary

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
Weds 15	Committee Meeting	8.00pm
Sat 18	Black Park parkrun	9.00 am
Sun 19	Fred Hughes 10	9.00 am
Sun 26	Gade Valley 12-mile training run	9.00 am

February

Sat 1	5 K Run, Roxbourne Park	9.20 am
Sat 8	Measured mile, Roxbourne Park Foodbank donation	9.20 & 9.40 am
Sun 16	Harrow Hill Race	10.30 am
Sun 23	Hillingdon HM/10K	9.00/9.35 am
Sun 23	Gade Valley 17-mile training run	9.00 am
Fri 28	Quiz Night - Lowlands	TBC

Mar

Sat 7	Metros 5 Mile Handicap, Roxbourne PK	9.00 am
Sun 8	Hillingdon 20	9.00 am
Sat 14	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40 am
Sat 21	Cassiobury parkrun	9.00 am
Sun 22	Gade Valley 20- mile training run	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!

Happy New Year!

It's the time of the year to think about resolutions, and new challenges. There are plenty of challenges in the coming year with the 2020 trophy programme, Summer League, Vets track & field and the 5K competition. All the dates are in this edition of Metrolines and there are lots of events to fill your 2020 diary. It's just a few weeks to the Harrow Hill Race organised by Metros; have you entered?

This month, Chris Shearwood and Steve Paull are reporting on their recent experiences of running in Florence.

If you have a particular running goal for this year your fellow Metros would like to hear about it, especially if you are using the event to raise money for charity and would like sponsorship.

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 ...

Sasha Birkin – for coming 1st in her age group at Perivale 5, 1st December

Pauline Bishop and Nigel Rackham - for coming first in their respective age groups at Bedford half marathon on 1st December

Linda Dunne – for a marathon PB at the Firenze Marathon, 24th November

Luca Matharu – ran as part of the U15 Middlesex team in the Southern England Inter Counties Cross Country Championships on 7th of December

Nancy Morris – for a PB at the Metros 5-mile handicap on 7th December and a 5K PB at the Winder track 5K

Judy Rackham – for reaching the 100th parkrun milestone at Canons Park on Christmas Day

Chris Shearwood – for a 5-mile PB at Perivale 5

Alisha Sidik – for running her 100th parkrun at Canons Park on 14th December

The Harrow Hill 10K - Sunday 16th February 2020.



Entries are open via the Metros webpage or via this link

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



Save the date:
Friday 28th February

Metros Quiz Night

Lowlands Tennis Club

Further details to follow



Metros 5k Competition



When & Where: A mix of parkruns and 5k runs at Roxbourne Park over a year. All events start at 9am. The remaining events for the 2019/2020 season are as follows:

Date	Event
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

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

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.

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.



Trophy Races 2020

The races eligible for the Metros London Road Runners Club (LRRC) Trophy for 2020 are as follows: -

23/02/2020	Hillingdon 10K/HM
08/03/2020	Hillingdon 20Miles
10/04/2020	Maidenhead 10Miles
10/05/2020	Marlow 5Miles
25/05/2020	Vitality 10K
06/09/2020	Maidenhead HM
20/09/2020	Moor Park 10K
18/10/2020	Cabbage Patch 10 Miles
25/10/2020	Ricky Road Run 10Miles (Date TBC)
01/11/2020	Marlow 7Miles/HM

There are 10 events available to enter with only your best 8 event scores counted to your total at the end of the year.

For Hillingdon and Marlow half marathons, there is also an alternative optional distance of 10KM and 7 miles respectively. So, there are 1 x 5 Miles, 4 x 10KM and 3 x 10 Miles events available for those that prefer shorter distances.

Any runners completing all 10 events will receive an award.

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)

SUMMER LEAGUE 2020

The following dates (apart from Battersea) are provisional and subject to venue bookings:

31 May - Dulwich Park
14 June - Headstone Park
28 June – Perivale
19 July – Regent's Park
9 Aug – Battersea Park- CONFIRMED



Veterans' Track and Field - Are you over 35?

Metros enters teams in the Southern Counties Veterans' AC League, which comprises four fixtures on Monday and Wednesday nights during the spring and early summer.

The league is split into various divisions (Metros are in the mid-London division) and men's and women's teams compete against each other over most of the track and field event programme (excluding hurdles but including race walk).

There are separate events for different age groups (men 35–49, 50–59 and over 60, and women 35–49, 50–59 and over 60). Aggregate points earned from each fixture determine the league position. Leading teams from each division go on to meet in the league final at the end of the season (usually early September).

Dates for your diary:

Monday May 11th	Battersea	Hosts: Serpentine
Monday June 8th	Hillingdon	Hosts: Hillingdon
Monday June 22nd	Battersea	Hosts: Herne Hill
Wednesday July 8th	Perivale	Hosts: ESM

Wendy Mulvenna



Results and Reports

5 Mile Handicap – 7th December 2019

	Actual 5-mile time	Current handicap	Time inc. handicap	points this event	next handicap
Elish Fernandes	61.31	-11	50.31	34	-2
Nancy Morris	49.04	3	52.04	31	10
Stephanie White	58.05	-3	55.05	27	1
Anne Ambrose	55.38	0	55.38	26	4
Mike Ransome	47.5	9	56.5	24	12
Ruth Tidder	42.06	15	57.06	22	17
Anne Nola	43.36	14	57.36	21	16
Gladys de Groot	68.49	-11	57.49	20	-9
Jane Hudson	58.06	0	58.06	18	1
Mike Reid	50.24	8	58.24	17	9
Simon Aberly	37.25	21	58.25	16	22
Tian Hollingshead	35.52	23	58.52	14	23
Adam Leary	38	21	59	13	21
Steve Alder	50.11	9	59.11	12	9
Pippa Brown	51.17	8	59.17	11	8
Robyn Walliser	47.5	12	59.5	2	12
Catherine Saunders	51.17	9	60.17	9	8

	Actual 5-mile time	Current handicap	Time inc. handicap	points this event	next handicap
Judy Rackham	49.25	11	60.25	8	10
Kevin Eckersley	56.13	5	61.13	6	3
Mike Morris	37.25	24	61.25	5	22
Mitesh Patel	37.25	24	61.25	4	22
Caroline Day-Lewis	42.06	20	62.06	2	17
Martin Eden	43.57	20	63.57	-1	15
Julia Allen	59.31	5	64.31	-2	0

Wot No Watch14th December 2019			
	Predicted	Actual	Difference
Anne Leigh	13:15	13:18	00:03
Caroline Day-Lewis	06:55	06:49	00:06
Simon Aberly	06:30	06:22	00:08
Ceri Jacob	08:00	07:51	00:09
Karen Leary	08:43	08:54	00:11
Gladys De Groot	11:30	11:44	00:14
Adam Leary	06:19	06:34	00:15
Janice Newman	09:24	09:39	00:15
Mike Ransome	09:24	09:39	00:15
Susan Morahan	09:50	09:35	00:15
Kevin Eckersley	10:00	09:42	00:18
Anne Ambrose	09:40	09:59	00:19
Nathalie Gerverun	10:15	10:37	00:22
Henry Pickford	10:40	10:16	00:24
Carole Wells	10:00	09:18	00:42
Pip Brown	09:30	08:26	01:04
Steph White	10:00	11:25	01:25

Well done to the merry band of Metros who braved the weather and completed Wot No Watch. The predicted times were so close, but the winner was Anne Leigh with a 3 second difference. This was the first time Anne had won and she was thrilled. Many thanks to Sarah Westwood for helping with the timing.

Marilyn Pickford

Serpentine New Year's Day 10K

1		31:51
230	Sonny Peart	48:56
502	Finishers	

Herbert's Hole Challenge – 17th November 2019

1		39:13
39	John Norris	47:04
50	Russ Hewlett	48:01
219	Bernie Conway	01:10:00
241	Finishers	01:41:30

Bedford Half Marathon – 1st December

1		1:11:56	
9	Nigel Rackham	1:17:05	1 st MV55
22	Terry Mackin	1:22:58	
80	John Norris	1:30:28	
276	Nick Russell	1:46:01	
467	Pauline Bishop	1:56:22	1 st FV65
755	Finishers	2:58:34	



Firenze parkrun - 23 November 2019

Chris Shearwood

Gill and I weren't going to bother with the Florence Marathon again given that their online entry procedure is such a nightmare - it's made worse by having my details stored on an old system which doesn't seem to have properly migrated over to the new system - apparently I was born on 1 January 1900 and live in Via Non Definata, Florence. More specifically, it requires Metros' "Club Code" and your EA mustn't expire before race date. So, I now complete a paper version of the entry form, pay by bank transfer, then photograph the former and proof of the latter before emailing these to the organisers with a medical certificate.

However, two other Metros couples had been interested in going - Steve and Irene plus Linda and Andy, although Andy had had a rotten year (to put it mildly) and definitely wouldn't be running the marathon. So, we entered again and, amazingly this year, my GP didn't charge me for the required medical certificate. Indeed, the organisers subsequently stated that such certificates are no longer necessary for Italian races so this might not be my last Florence after all.

I wrote about this race in the January 2016 edition of Metrolines and my aim is generally not to write more than once about the same race. However, Steve persuaded me otherwise so I said that perhaps I could write about the parkrun and he the marathon, a first for him.

I'd been looking forward to the local parkrun (in which I'd come 4th last year) nearly as much as the Marathon. Since there were six of us, we booked a people carrier to Cascine Park, which happens to be at approximately kms 7 - 15 of the marathon route and found quite a crowd at a changed starting point from last year. As expected, there were plenty of Brits and other tourists/marathoners with numbers swelled to over 100; last week there had only been 23 and their usual attendance averages about 50. The British contingent was itself swollen by a dozen or so folk dressed as Wally (as in "Where's Wally?") who confirmed that they were running the marathon but would not be running it in that garb. The pre-run briefing was bilingual, and I learned the wonderful Italian word for "mud" (as in "the course can accumulate mud, leaves and puddles") - fango.

After a few milestone announcements we were off, a fairly (and, initially, literally) straightforward 3-lap course, much longer than it was wide, essentially half a mile out, half a mile back each time. Five of us Metros ran; Gill marshalled (her first overseas volunteering stint) and took photos of us all. I sped off with another Brit, an apparently older chap wearing a much-worn 250 parkrun top. While we still had breath, he asked if I knew the route and I said I assumed there'd be a marshal at the halfway point - in fact, there were just a couple of directional arrows, but by then

we had both been overtaken by the eventual winner and it was easy enough to follow him back to Gill at the end of the first the lap as 250-man pulled away from me.

I was overtaken by another Brit but was happy to finish 4th (and 2nd by age grade) in 19:45, some 6 secs faster than I had run last year's event. You've no sooner entered the small funnel than the volunteers are clamouring for your barcode...and you don't get a finish token - they keep a firm grip on those, which I suppose you can do with a fairly small field. The chap behind me had to get his barcode from the baggage drop, though. I didn't actually hear my barcode ping when scanned, or whatever it is that barcodes do.

I got talking to 250-man, Steven Ramek, and was pleased to find that he was actually younger than me but his 18:32 gave him top age grade and the only one over 80%. He's a good all-rounder, having qualified for the Berlin Marathon (just) with his 2:54:08 at London this year - his age-group requires sub 2:55, a limit which covers ages 45-59, a tall order for the older end of that spectrum. He ran the following day's race in a very creditable 2:52:53.

The others came in, I think the first time that Steve had run since an accident and he seemed OK; comments on Facebook showed a lot of support for Andy who we all hope will get back to where he was running-wise sometime soon. Gill and I bade farewell to Lorenzo, the Run Director and ascertained that he, too, was running the marathon next day - we wished each other luck.

No. 17 bus back to Novella station and we meandered back through the Old Town, over the Ponte Vecchio with its jewellery shops, to a wonderfully named pizzeria, Galleria Il Vino dei Guelfi, on the other side of the River Arno. We then headed for the very undulating Boboli Gardens with its terrific views back over the river and the others were thus introduced to Gill and Chris's approach to resting up the day before a big race (i.e. we don't, really). Nonetheless, we were tucked up around 11-ish, allowing a good 8 hours' sleep before the big event the following day.

Despite using a freshly laminated barcode I initially came up in the parkrun results as "sconosciuto" so I e-mailed Lorenzo with a photograph of my watch showing my time and before the day was out, he'd rectified the matter. I felt we'd bonded and after the race the next day I asked how it went for him - he'd done about 5 hours and his wife 5 hours 30; whilst they'd hoped for better, they'd had fun.

Chris Shearwood



Marathon 122, Florence – Steve Paull

There was a moment in the Florence marathon, somewhere about 20 miles, somewhere near the Fiorentina football stadium, where a new world order began. Or at least that's what I thought anyway. It was the moment when a little female voice from behind me said "Hi Steve" and Linda Dunne eased past me without an apparent care in the world. The teacher was overtaken by the pupil.

I can't be exactly sure, but I think it's five years since that quiet little girl who never said boo to a goose on Monday Metros sessions and I had a discussion about how to train for a marathon. The world has moved on.

I was suffering by then. I hadn't been running that well from the start. There was a good chance the overtake would happen. It was just sooner than I had expected. Linda was great on the day. She got a personal best by about a quarter of an hour. Now that is good! Afterwards it was the first time I'd known her come out in the evening afterwards, she usually so whacked.

Chris was excellent as well and produced another time in tune with all his others this autumn. Long may it continue.

The route is almost entirely flat and, for about half the distance, sticks close to the River Arno. A large part of the first half is in a long thin park alongside the river

called La Cascine. This is also where the parkrun, five of us did the day before is sited.

But the truth is, I don't get Italy, at least not the Italy I have seen. I will admit my visits have been few in my lifetime, but every place I have seen including Florence, is old, very old, with loads of churches and museums, narrow streets and tall buildings and you don't know where you are.

And then there are the horrible hard cobbles, loads of them. In the centre of town; they're on almost every corner and a lot of the second half is in the centre of town. The cobbles range from easy, modern style to older ridged affairs where tripping is a heartbeat away. There are even holes where the cobble has gone for good.

I did manage to stay upright and gingerly trot down these narrow streets to shuffle home in my slowest time for years, only to find that, due to a gas leak and diversion, the route was 600 metres short.

So that's my short report on Florence. I am sure Linda and Chris will be happier with the experience. Does anybody know Italian? What do "forza" and "dai" mean?

And lastly, in the past when asked for last minute marathon advice I have always said "cut your toenails". I meant it. Guess what I forgot to do here? And guess who had a bloody sock afterwards when taking his shoe off?

Florence Marathon – 24th November

1		2:10:14	
11	Jess Piasecki (GBR)	2:25:28	1 st F
540	Chris Shearwood	3:11:46	
3644	Linda Frances Dunne	4:06:05	PB
4474	Steve Paull	4:31:15	
	Last finisher	6:28:22	



Michelangelo's David

Perivale 5 Sunday 1st December 2019

Position		Time	Age grading	
1 st		24:54	85.68%	
57	Chris Shearwood	31:54	80.34%	PB
58	Sasha Birkin	32:04	83.48%	1 st W45
63	Marcus Weedon	32:29	72.75%	
85	Nicola Payne	34:16	70.62%	
99	Clive Heidrich	35:05	67.66%	
101	Kevin Concannon	35:12	76.59%	
132	Steve Paull	37:29	74.69%	
141	Brian McGrory	38:12	67.66%	
195	Jane Hudson	42:53	72.93%	
196	Ruth Tidder	42:53	63.14%	
237	Lorraine O'Donovan	45:54	65.37%	
254	Mike Reid	47:28	55.40%	
280	Bernie Conway (& Hugo)	49:53	49.75%	
305	Irene Paull	52:20	61.49%	
315	Sue Weston	53:23	55.46%	
321	Nicola Rochford	54:38	50.80%	
337	Susanne Nicholls	58:42	49.13%	
345	Carol Diggins	59:59	53.65%	
348	Linda Grimes	60:34	47.00%	



Thames Valley Cross Country League
Handy Cross - 1st December 2019

Position	Time	Name	Male Score	Female Score
1	00:33:21		1	
98	00:42:42	Kyie Hollingshead	85	-
110	00:43:07	Tian Hollingshead	95	-
112	00:43:30	Jag Matharu	96	-
149	00:45:57	Kevin Smart	123	-
186	00:48:15	Vincent Cheung	150	-
187	00:48:16	Ian McPherson	151	-
256	00:53:13	Mitesh Patel	191	-
275	00:54:35	Jean McPherson	-	67
291	00:55:32	Glynn Watkins	208	-
297	00:56:04	Martin Eden	212	-
360	01:04:04	Shefali Rao	-	112
382	01:09:16	Judy Rackham	-	126
388	01:10:10	Emma Rackham	-	129
389	01:10:17	Carole Lloyd	-	130
391	01:11:40	Teresa Young	-	132
393	01:12:37	Angela Murphy	-	134
401	01:36:16	Finishers	-	-



Reading Roadrunners – 22nd December 2019

	Time	Name	Male Score	Female Score
1	00:28:58		1	-
18	00:32:27	Terry Mackin	18	-
29	00:33:35	Luca Matharu	28	-
68	00:36:23	Kyie Hollingshead	61	-
91	00:37:52	John Norris	80	-
94	00:38:06	Russell Hewlett	83	-
115	00:39:24	Tian Hollingshead	98	-
121	00:39:45	Jag Matharu	104	-
160	00:41:14	James Kerrane	130	-
176	00:42:40	Nick Russell	146	-
196	00:43:43	Mike Morris	157	-
211	00:44:21	Vincent Cheung	169	-
292	00:49:51	Martin Eden	210	-
304	00:50:58	Pauline Bishop	-	82
323	00:52:41	Glynn Watkins	222	-
358	00:55:49	Nancy Morris	-	116
360	00:56:21	Emma Rackham	-	118
395	01:04:04	Judy Rackham	-	139
397	01:04:59	Angela Murphy	-	141
412	01:20:46	Dave Brown	251	-
415	01:31:12	Finishers	-	



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www.thegymgroup.com

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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.