



April 2020
Issue No. 377



Note from the Editor!

Last month I was bemoaning how the weather had affected many running events but who would have thought that life would change so much in a few short weeks and we would be in the situation that we are now due to COVID-19.

In line with government restrictions and England Athletic guidance, all Metros sessions and events have been suspended until further notice. Therefore, after this edition of Metrolines there will be no results or race reports until restrictions are lifted and we get back to normal. However, we would like to keep producing Metrolines so that we can all stay in touch – so it is up to you to provide contributions. How about that race report you have been writing for a long time and never got around to finishing, or do you have a health-related article or an indoor exercise program? How are you coping with running solo? Have any Metros completed a marathon in their back garden yet? We would all like to hear about it and any contributions will be gratefully received.

Keep safe and well and for anyone who has been experiencing coronavirus symptoms, I wish you a speedy recovery.

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 a PB and coming first in her age group at Hillingdon 20, 8th March

Terry Burke – for coming first in his age group at Seaton parkrun, March 14th

Bruno Croford – for a PB at Hillingdon 20

Nancy Morris– for a PB at the Metros 5-mile handicap, 7th March

Anne Leigh and Linda Gaitskell – for both reaching their 100th parkrun milestone at Black Park on 14th March

Diane O'Reilly – for completing her 1st half-marathon, the Vitality Big Half, 1st March

Nigel Rackham – for coming first in his age group at Hillingdon 20

Chris Shearwood – for completing his 200th half-marathon at Berkhamsted on 1st March

Marcus Weedon – for a PB at Hillingdon 20

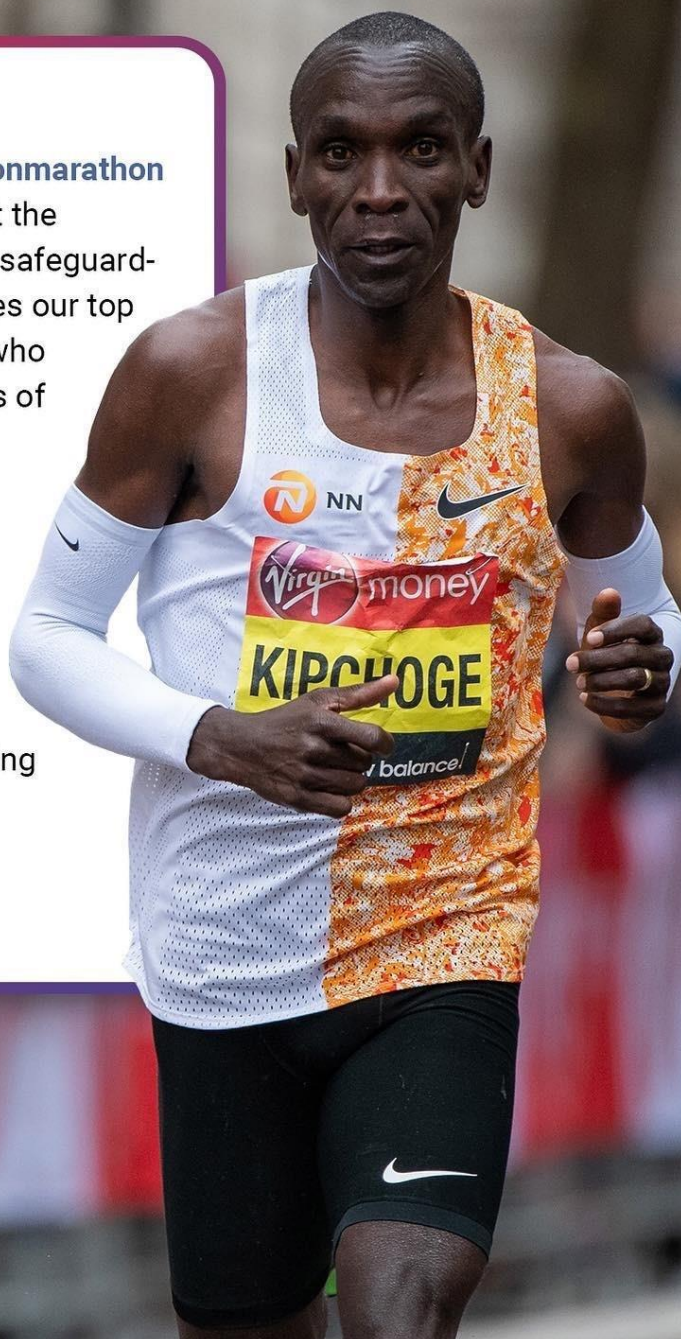


kipchogeeliud 

It is unfortunate news that the [@londonmarathon](#) has been postponed but I fully respect the decision made by the organization as safeguarding the health of the world always takes our top priority. To the thousands of runners who with me, have devoted the last months of our lives towards this goal I would like to say:

Be proud of the work you have put into this journey, keep smiling and seek your next goal on the horizon to continue running in a smooth and positive way. I hope to share the starting line with you again soon.

[#nnrunningteam](#)
[#londonmarathon](#)



Welcome New Members

**Caroline O'Dwyer
Paul Nockels**

METROS AGE GROUPS FOR AWARDS IN THE SUMMER LEAGUE AND THAMES VALLEY LEAGUE

It's been decided that, from the start of this coming Summer League season, for Metros awards, the age groups for adult men and women will change to become the same.

The Metros award age groups in the Summer League Tenderfoot will remain the same as at present: i.e. girls and boys U/15, U/13 and U/11.

New Age Groups - Main Race

Under 17 girls and boys

Women and Men 17-20

Women and Men 21-39

Women and Men 40-49

Women and Men 50-59

Women and Men 60-69

Women and Men 70+

These age groups were previously

Under 17 girls and boys

Women and Men 17-20

Women 21-34 Men 21-39

Women 35-44 Men 40-49

Women 45-54 Men 50-59

Women 55-64 Men 60-69

Women 65+ Men 70+

Pat Jackson

Please note:

There will be no summer league this year. We are hoping to hold two of the runs but as stand-alone 10K events. The three fixtures that are definitely cancelled are Dulwich (May), and Perivale (June) as well as our own home fixture. We'll know more about Battersea and Regent's Park in a few weeks.

Marathon Week is also postponed and will next be held in 2021.

Irene Paull

Results and Reports

5- Mile Handicap 7th March

	Actual 5-mile time	Current handicap	Time Inc. handicap	points this event	next handicap
Will Bailey	44.38	0	44.38	45	15
Diane O'Reilly	52.02	-3	49.02	39	7
Jane Hudson	49.47	1	50.47	37	10
Irene Paull	55.33	-1	54.33	32	4
Teresa Young	53.48	3	56.48	29	6
Mike Morris	35.08	22	57.08	27	24
Tiziana Spotti	54.13	3	57.13	26	5
Mike Reid	48.22	9	57.22	25	11
Caroline Day-Lewis	40.55	17	57.55	23	18
Gladys De Groot	67.07	-9	58.07	22	-8
Kevin Eckersley	55.09	3	58.09	21	4
Nancy Morris	48.19	10	58.19	20	11
Stephanie White	57.19	1	58.19	19	2
Steve Alder	49.43	9	58.43	18	10
Anne Ambrose	55.01	4	59.01	16	4
Ruth Tidder	42.23	17	59.23	15	17
Nigel Rackham	31.3	28	59.3	14	28
Judy Rackham	50.03	10	60.03	12	9
Adam Leary	39.1	21	60.1	11	20
Simon Abery	38.49	22	60.49	10	21
Kirit Ranpura	44.29	17	61.29	8	15
Karen Leary	52.35	9	61.35	7	7
Barbara Reading	50.56	12	62.56	4	8
Al Scoffham	58.35	5	63.35	3	1
Andy Fox	40.41	23	63.41	2	19
Elish Fernandes	67.07	-2	65.07	-1	-8
Mitesh Patel	44.14	22	66.14	-3	15
Mike Ransome	55.01	12	67.01	-5	4
Dave Young	45.44	23	68.44	-7	14

Hillingdon 20 Sunday 8th March 2020

Pos	Name	Time	Net Time	
1 st		01:56:57	01:56:56	
5	Nigel Rackham	02:00:43	02:00:42	1 st M50
28	Terry Mackin	02:11:13	02:10:56	
52	Sasha Birkin	02:19:17	02:19:07	1 st W40 & PB
68	James Kerrane	02:23:40	02:23:23	
102	Marcus Weedon	02:30:07	02:29:52	PB
175	Nicky Smith	02:46:04	02:45:46	
193	Mitesh Patel	02:51:13	02:51:05	
271	Bruno Croford	03:08:19	03:07:35	PB
272	Tony Watson	03:08:19	03:07:38	
273	Nick Russell	03:08:19	03:07:37	
324	Pauline Bishop	03:21:55	03:21:32	
340	Anne Nola	03:26:12	03:25:51	
377	Bernie Conway	03:48:48	03:48:28	
390	Finishers - Last	04:19:57	04:19:08	



A team of Metros supporters ran the Hillingdon 20 route in reverse (not the full 20 miles!), cheering on the Metros participants



Wokingham Half Marathon - 23 February 2020

This was one of a number of races this winter which was threatened by bad weather. In the week before the event the organisers stated on Facebook that weather conditions were “causing some issues but at the moment they intended to go ahead”.

The race route was under water on the Monday (see photos below) and, as more rain was due at the weekend, they might amend the route without notice but it would be re-measured and accurate.



Quite apart from rain there were strong winds forecast so the organisers might not be able to erect the finish gantry and other race infrastructure, including signage. They were still awaiting confirmation that the baggage tent could be put up in such

conditions. In the event, any standing water largely drained away, but it remained gusty on the day and rain was threatened.

My involvement with this race is pretty recent - I first ran it in 2015 when Anthony Bellis had a spare place (he'd inadvertently entered twice) and I posted a personal worst for a half marathon of 1:41. My HM times didn't really pick up that year until the summer. I have no idea why that was because it's a largely flat course with a good amount of long straight bits and I think it is viewed as a fast course. Sure enough, in subsequent years, I improved with 1:36, 1:33 and most recently, spurred on by Nathan Powell and James Kerrane who pulled ahead of me, 1:28 which was my first sub 90-min race in over two years. My next race (Hillingdon) was also 1:28 and things seemed to be on the up.

However, after the 2018 event, the Race Committee sent out an e-mail ominously titled "Time to say goodbye" after some 30+ years of being involved with the event. The move to Cantley Park in 1994 had enabled the whole route to be traffic free but in recent years there had been new housing development just after a mile from the start and the organisers felt that it might not be possible to continue with the existing route for much longer. With advancing years, they felt the time had come to retire but thought it likely that the race would continue under the control of others.

A further e-mail a few months later stated that the race would indeed continue under new guidance but, when entries opened last year, I was disappointed to note that the price had increased by a fiver so I gave it a miss and wondered whether I could ever justify running it again with those sort of price hikes; no other Metros ran it in 2019 either. However, the 2020 event was somewhat cheaper, and I was happy to give it another go.

We had a good showing of Metros - Nathan and Sasha picked me up around 8.15 - always good to minimise the number of vehicles involved. Steve and Irene were also there plus 2nd claim Metro, Nicky Paine, running in Harrow AC colours. Jim Buckland was there to support us all; Gill gave it a miss because the weather threatened to be iffy and it's a good walk from the town centre for a coffee while we runners are out on the course.

Gill and I usually park in the town centre car parks but this time Nathan found a quiet side street (so no inconvenience to anyone else) although it was still a reasonable walk to the recently renovated starting area at Cantley Park, an all-singing, all-dancing sports facility which hosts archery, football, hockey, netball and tennis. There, we bumped into three of our Ealing, Southall & Middx chums - Bruce Li, Martin Daoud and Wilton Grey in their very fetching club training T-shirts (as opposed to club vests), a snip at £8, apparently.

A feature at many home counties races that I have done for literally decades is a particular "MC" who sits in a van and provides a steady commentary over the

tannoy, primarily exhorting runners to get their baggage dropped off and into the starting funnel off in good time, you know the sort of thing - "15 minutes to go"... "10 minutes to go" etc. Indeed, many competitors might say his waffle is just a torrent of verbiage - it's virtually non-stop - and I heard one say that our MC was "like some kind of 1970's game show host" with his awful puns and jokes. However, I quite like his Brummie background burbling and I think these events would be poorer without him. He's often quick enough to look you up as you approach the finish line and mention your name with a potted running biography if time permits.

The pacemakers appeared only shortly before the 10.00 start and we were off soon after that. It's a narrow start before you turn right on to Twyford Road where there's more space and I pulled ahead of Sasha and the others so as not to get caught in the crush. I didn't see any of them again until the finish.

I recalled that this race attracts good club runners and you're surrounded by lots of familiar and less familiar running tops, Bracknell Forest and Reading Roadrunners being perhaps the most numerous. I'd earlier bumped into a Thame Runner (they were very well represented) whom my brother knows - he's of similar age to me and, according to Run Britain Rankings, posts similar if not slightly faster times to me (he's also fastest in his age group in his postcode, which is more than I can say). Nice chap.

The first mile takes you past the first of the new buildings in the area, Eldridge Park along Bell Foundry Lane (and very smart they look too, not bad at £525,000) and the almost as new development on Warren House Road which I recall being built from previous races. After these, for about 3 miles, there are some nice, long straight bits (including a road actually called "The Straight Mile") involving the only inclines as you cross over the A329(M) and M4.

For the next 5.5 miles you meander around the sweet little village of Hurst where the local support is pretty good. I looked out for any amendments to the route and wondered whether the traffic cone around which we turned sharply might be a case in point, but it seems to be the official route which, although puddly in places, was not so bad that you got wet feet.

What I did notice way back, along The Straight Mile, was the keen westerly wind which fair threatened to blow me through the traffic cones positioned down the middle of the road. Turning sharp right at the 12-mile point into Warren House Road the wind was right in your face, but it could have been worse, it could have been driving rain.

A quick glance at the watch persuaded me to pick up the pace (not that I was dragging my feet) and the last mile was quicker than my average pace for the

entire run; the final 185 yards were my quickest over all - I think I heard Jim shout my name in encouragement as I passed him at the final turn.

I finished in 1:28:14 and, thinking that Sasha might not be too far behind, hovered around the finish line rather than go and collect my bag. Just as well - she was only 14 seconds behind me. Nicky had a great run and managed 1:34:16, a half marathon PB for her; Nathan wasn't far behind, in 1:35:41. Steve did 1:45:10 and Irene did 2:30:40. You get a medal and I don't think much else besides a bottle of water, which was fine by me.

Slight amount of queuing at baggage reclaim - the longest line was for the lowest running numbers who happened to be the fastest finishers - something the organisers might want to look at for next year (I've already taken advantage of the early bird rate * and entered). When I last ran it there were 1867 finishers; in 2019 there were 2003; this year there were a massive 2632 so it's clearly growing in popularity. * That's a laugh - it's now £28.

Sasha, Nathan and I headed off and, whilst we were on the M4, boy did the heavens open - I felt sorry for anyone still out on the course (the last finisher did 3:14:44).

Chris Shearwood

Dorney Lake Marathon and 6- hour challenge

8th March 2020

3rd	Nathan Powell	3.20.44
26th	Steve Paull	4.13.28

54 finishers

Also....

Ariff Sidik	21 miles	4.04.01
Sakina Sidik	18.3 miles	3.45.08

Roding Valley Half Marathon – 8th March

1 st	1:18:34
16th Chris Shearwood	1:29:54
240 Finishers	3:19:10

Moyleman Marathon, Lewes - Sunday 15th March:

1	2:25:15
116 Sonny Peart	5:03:17
192 Finishers	6:37:59



Berkhamsted Half Marathon and 5-Mile Fun Run – 1st March

Half

1		1:09:08
40	Chris Shearwood	1:29:37
609	Linda Dunne	2:05:29
796	Irene Paull	2:38:31
811	Finishers	3:32:01

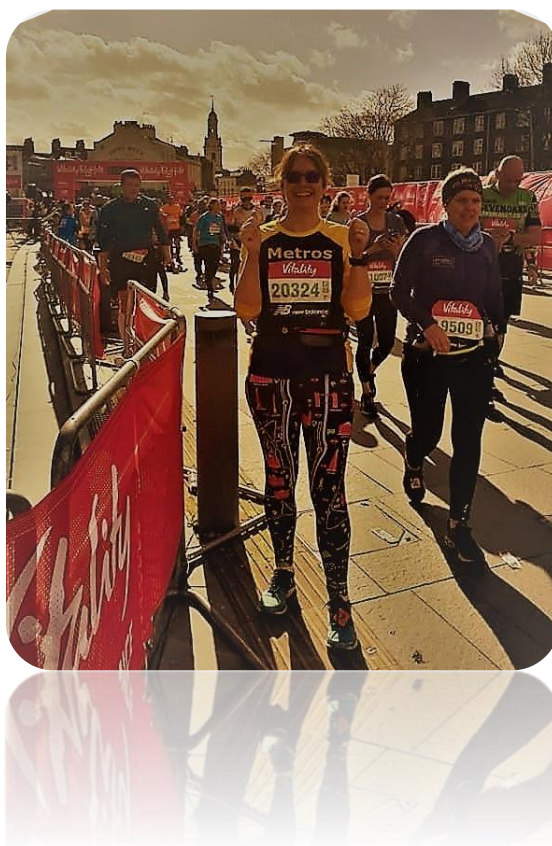
5-Mile

1		27:15
326	Marion Rogan	50:21
417	Stephanie White	56:19
503	Finishers	88:29



Vitality Big Half – 1st March

1	Kenenisa Bekele	1:00:22
10871	Navdeep Dhillon	2:13:30
12742	Heather Titus	2:23:59
13026	Diane O'Reilly	2:26:13
14836	Natasha Zealey	2:46:11



Bath Half Marathon – 15th March

1		1:04:14
99	Nigel Rackham	1:15:35
3799	Pauline Bishop	1:59:07
4898	Bernie Conway	2:13:33
5412	Judy Rackham	2:20:54
6460	Viorica Georgescu	2:42:14
6831	Finishers	4:00:15

Coronavirus – Guidance on exercise

- Stay local and use open spaces near to your home where possible – do not travel unnecessarily
- You should only go outside alone or with members of your own household
- Keep at least 2-metres apart from anyone outside your household at all times
- Gatherings for more than two people in parks or public spaces have been banned
- If you have a garden, make use of the space for exercise and fresh air
- Take hygiene precautions when you are outside, and wash your hands as soon as you are back indoors



Home Made Hand Sanitiser

This Runner's Recipe is for something that is not edible – hand sanitiser – but if you cannot find any in the shops, have a go at making your own. These recipes will also come in handy when we get back to our usual running routine and have to use event portaloos!

You're going to need some alcohol and it's best to have a concentration of at least 60% alcohol in the final mixture for the sanitiser to be effective. A bottle of 99 % isopropyl alcohol (rubbing alcohol) is the best thing to use. You can get this from chemists and hardware shops and I recently got some from eBay. If you are thinking of using Vodka or Gin – these are not strong enough! Aloe Vera Gel and Tea Tree Oil are available from Holland & Barrett.

The Quick (Gel) Recipe

- Isopropyl alcohol
- Aloe vera gel
- Tea tree oil

Mix 60ml isopropyl alcohol to 20ml aloe vera gel. Add a few drops of tea tree oil to give it a pleasant scent, mix and pour into an empty bottle.

The Better (Spray) Recipe

- Isopropyl alcohol
- Glycerol or glycerin
- Hydrogen peroxide
- Distilled water
- Spray bottle

This spray mixture is less sticky and is recommended by the World Health Organisation (WHO).

Mix 360ml of alcohol with 2 teaspoons of glycerol. You can buy glycerol/glycerin from the chemist or you can find it in the baking section of the supermarket, and it's an important ingredient because it keeps the alcohol from drying out your hands.

Mix in 1 tablespoon of hydrogen peroxide (from chemists), then 90ml of distilled or boiled (then cooled) water. You can also add few drops of tea tree oil. Pour the mixture into a spray bottle.

NOTES OF METROS COMMITTEE MEETING

Wednesday 4 March 2020 at the Methodist Church, Cannon Lane, 8.00 pm

PRESENT: Anne Ambrose, Peter Beuselinck, Paula Kanesanathan,
COMMITTEE: Pat Jackson, Irene Paull, Steve Paull, Marilyn Pickford,
Emma Rackham, Nigel Rackham, Mike Ransome, Ariff Sidik,
Marcus Weedon, Carole Wells, Sarah Westwood.

1.APOLOGIES Mitesh Patel, Barbara Robson

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 – 15 January 2020

Awards Presentation Evening –Christmas Messages donations were sent to the Marie Curie Hospice in Liverpool in memory of Hilarie Lemon. A thank you note had been included in Metrolines.

Metros Pacers – Mitesh and Nathan have re-advertised details on Facebook.

3. CLUB EVENTS

Thames Valley and Summer League Metros Age Group Awards – It was agreed via email that the age groups for Metros men and women in these leagues will become the same. Pat will advertise in Metrolines. **ACTION:** Pat Jackson

Metros Vets Track & Field Awards (M.B.E.s) – Pat has advertised in Metrolines that it is the responsibility of any member who breaks a current record to inform her as soon as possible to enable to records to be kept up to date throughout the season.

ACTION: ALL MEMBERS

Harrow Hill Race - The route needed to be changed on the morning due to flooding. The organisers and all helpers were thanked. Several items were discussed particularly regarding a procedure in the case the event needing to be cancelled at short notice and the use of social media for communication. The introduction of a 5K distance will be reviewed. Paula, Irene and Marcus will meet to discuss and bring proposals to the committee.

ACTION: Paula Kanesanathan, Irene Paull, Marcus Weedon

Metros Quiz – The organisers were thanked for a very successful evening. It was agreed this and the Presentation of Awards, which were previously held on the same evening, should continue as two separate events.

Thames Valley League – Metros Host Fixture - Marcus, co-ordinator, confirmed a league AGM on 16 March where dates for fixtures next year will be discussed.

ACTION: Marcus Weedon

Couch to 5K – Irene suggested the next course should be in the Eastern part of the borough. A decision will need to be made at a future meeting whether to hold it in the Autumn or hold over until year. **ACTION:** FUTURE MEETING

Metros Olympics Night – the advertised date may need to be changed due to works at Harrow School Track during the Summer holidays.

There is a suggestion to invite Sudbury Court to join in. A check on the number of participants allowed will first be investigated. **ACTION:** Mitesh Patel

Metros Thursday Track Session – will not be held at Harrow School during the works.

Junior Track Session – this proposed new session may not be possible due to the works at Harrow School Track and the proposed start time of 5.30 pm. Sakina will investigate. **ACTION:** Sakina Sidik

Summer League – Metros Host Fixture – Emma stated that Harrow Council had confirmed the date but would review nearer the time whether or not it could go ahead due to planned works in the park. These are already delayed by the wet weather. Possible contingency plans would be considered.

ACTION: Emma Rackham

4. OTHER EVENTS

Junior parkrun – Emma confirmed that the Junior Park Run in Pinner Village Gardens is still in the planning stage by the parkrun organization.

ITEM CLOSED

Advertising at parkrun – it had previously been agreed that Metros would not advertise the club at parkruns.

5. ADMIN

Accounts for 2019/2020, Budget for 2020/21 and Purchase of Race Clock – actions for Mitesh who was unable to attend the meeting. **ACTION:** Mitesh Patel

The Metros Year Accounts will need to be audited by Mike Ransome prior to the next Committee meeting. **ACTION** Mitesh Patel/Mike Ransome

AGM Date and Items – Peter asked if any particular items needed to be raised and if present committee members were willing to stand again. Having established there were no pressing items and the meeting should be short, it was agreed to change the usual venue from the Tennis Club to the **Scout Hall at Roxbourne Park after the 5K on Saturday 2 May at 10.30 am.**

Carole Wells and Sarah Westwood are standing down and Peter will advertise for new committee members. **ACTION:** Peter Beuselinck

Renewals and Membership Cards – Irene reported that some membership renewals had been received but most are still outstanding. The distribution of membership cards is cumbersome so the onus would be on members to collect them. The benefits (through local retailer discounts) of having a card would be advertised.

ACTION: Irene Paull

5. ANY OTHER BUSINESS

London Mini Marathon Trials – Emma confirmed these will be held on 21 March in Harrow Recreation Ground after the parkrun. To support our young Metros, she proposed that the March event for the Metros 5k competition now be at Harrow parkrun on Saturday 21 March instead of at Cassiobury. This was agreed and Emma will advertise the changed venue.

ACTION: Emma Rackham

Metros Marathon Week – the best date is 5-9 June, but the Vets T&F is on Monday 8th. Therefore, Irene suggested a start on Thursday 5th – track, Friday 6th – hills, Saturday 7th - sand, Sunday 8th – woods, Tuesday 9th – road run finishing at Lowlands Tennis Club. This was agreed.

ACTION: Irene Paull

Metros 5K – 1st August – Extra volunteers will be needed particularly with time recording. .

ACTION: ALL METROS

Kathryn Herring Award – this glass award has been broken but the base listing recipients is intact. It was agreed a metal award to fit the base be purchased from club funds.

ACTION: Pat Jackson

6. ITEMS FOR FUTURE MEETING

Six Harrow Half Free Places.

Hall of Fame – Marcus Weedon

LRRC Trophy Races – possible marathon distance added.

Meeting closed at 8.45 pm

Date of Next Committee Meeting: TBC

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

Please Note: This meeting was held before the introduction of current restrictions. The AGM, Metros Olympic Night and Metros Marathon Week have now been postponed and the new dates for these events will be advised in due course

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

