



June 2020
Issue No. 379



Note from the Editor!

Hope you are all well and injury free.

Thank you to all this month's contributors. As we are still not in a position to meet as a group, thank you also to those putting together all the virtual events – there are more to follow.

It's time to look back on past achievements and Sasha Birkin is putting together a supplement to celebrate the 40th anniversary of the London Marathon – please see her request for contributions (page 12).

From the archives, thank you to Marilyn and Henry Pickford for the poem about the 2006 Metros Bike Ride. There has not been a bike ride for more than 10-years, is it time for us to resurrect this Metros event?

Keep safe and well

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

Metros Virtual 5K Challenge – May 2020

Thank you to everyone who took part in the Metros Virtual 5K Challenge for May, and well done (again!) to the men's team who beat the ladies on average age grading. We had 43 participants this month-more that double the number of people who took part in April! The next virtual event is scheduled for June 8th- 14th – look out for further details - *Emma*

Name	Time	Age Grading
Nigel Rackham	17m 49s	87.46%
Chris Shearwood	19m 41s	79.17%
Marcus Weedon	19m 15s	74.89%
Richard Brown	19m 48s	73.40%
Malcolm Smith	21m 37s	73.25%
Steve Paull	23m 00s	73.04%
Andrzej Warhaffig	24m 04s	72.58%
Kevin Concannon	23m 24s	69.37%
Matthew Rackham	18m 53s	68.76%
James Kerrane	20m 10s	68.43%
Mitesh Patel	21m 25s	61.63%
Andy Fox	23m 57s	61.59%
Tim Oakley	26m 15s	61.33%
Peter Rackham	21m 28s	60.48%
Bruno Croford	23m 37s	58.43%
Rohan Mascarenhas	25m 58s	57.25%
Shyam Patel	23m 56s	56.89%
Mike Morris	26m 25s	56.72%
Glyn Watkins	31m 19s	53.65%
Mike Reid	29m 57s	52.87%
Alex Revens	27m 57s	46.45%
		65.13%

Name	Time	Age Grading
Sasha Birkin	19m 50s	81.51%
Ann Havlin	28m 12s	72.81%
Caroline Day-Lewis	23m 39s	72.23%
Jane Hudson	26m 01s	72.13%
Lynne Jones	27m 57s	67.14%
Ruth Tidder	24m 58s	66.15%
Linda Georgiades	27m 09s	65.87%
Zahra Bassiri	23m 04s	65.10%
Judy Rackham	29m 48s	62.19%
Irene Paull	32m 27s	59.32%
Sasha Ryan	26m 31s	57.20%
Linda Dunne	29m 47s	56.69%
Angela Murphy	37m 28s	56.36%
Anne Ambrose	34m 57s	55.08%
Emma Rackham	27m 30s	53.70%
Linda Grimes	32m 40s	52.86%
Una Cunningham Taylor	30m 07s	52.19%
Julia Allen	33m 21s	51.22%
Diane O'Reilly	33m 25s	48.38%
Caroline O'Dwyer	35m 20s	48.35%
Sue Nicholls	37m 42s	45.80%
Jennifer Smith	38m 59s	42.37%
		59.30%

HARROW HALF POSTPONED TO 2021!

With the continuing uncertainty surrounding sporting events in the current Coronavirus crisis, the organisers have made an early decision not to stage the Harrow Half Marathon and Sir Roger Bannister Family Mile this year. They will return next year in their usual slot on SUNDAY SEPTEMBER 12th, 2021, subject to confirmation.

METROS BIKE RIDE 2006

Check those tyres,
Check that chain, you don't want it to come off again.
Check those gears
Check that pump, but most of all, pad out your rump.

For its Metros bike ride time again

Twenty souls met at Park Woods for a 10.15 start
Strong in leg and strong in heart
Over the Lido and up the sand track, keep on peddling and don't look back
To Harefield and pastures green, on lanes and paths so rarely seen

Through Bishop's Wood with cries of
"Don't stop in front, I'll fall in the mud"
And so, DB did, but not too much blood

First stop the Rose and Crown, it didn't let them down
The beer was good, as was the tea
And Oh, Marilyn and Lesley's home-made cakes- what a speciality
Come on Mal,
It's time to go, blow your whistle, let them know
You're their leader, you know the way, most of it anyway

Down to Ricky and around the Aquadrome
Through hidden fields and hidden roads
Stay together up the hill,
don't lag!
For lunch is waiting at the Stag

With all the riders, walkers and supporters too
It was like those halcyon days of the Metros that we once knew
It felt like the club again from the past, if only it could ever last

Thirty-six in all and all well fed
Lots of beer, faces turning red
Time marches on,
Let's make a show
Marilyn's blown her whistle,
It must be time to go

Shire Lane has been there for a thousand years

But it has never seen the likes of twenty Metros on their bikes
Squeals of fun and squeals of pain
Whose idea was it to come down here again?

No punctures yet,
what a shock
Last year we had the lot

Onto Horn Hill and the Dumb Bell,
Keep on peddling your looking well
MP, LB and JG smelt the food, let's take a look
Returned broken hearted, no more pud!
Had one drink and made their way
There will always be another pudding day

Along the canal and around the marina
The sky has gone black, the weather drearier
Across the golf course it starts to pour
We can make it
It's only two miles more

Stay together, gather forces
The last pub is in sight
It's the Coach and Horses!

Shame it's all over for another year

Never mind, let's have another beer.

Henry Pickford



THE HUMDINGER VIRTUAL HALF MARATHON

22 March 2020 - Chris Shearwood

The Humdinger is advertised as one of the toughest road half marathons in the area. Its undulating course begins on the outskirts of Taunton, has more than 1000ft of ascent and is run entirely on quiet country roads through the Quantock Hills. Runners are rewarded with stunning views before rapidly descending into the quaint Somerset village of Kingston St Mary and back to the start.

What would bring us to Taunton just a week after the Watford Half Marathon and a week before the Harrow Hill Race? Is it that I am simply a glutton for punishment? Or was it just stunning views and quaint villages?

Unfortunately, in the preceding week the weather was predicted to be foul and, although the organisers had hoped to proceed, Storm Ciara blew in and the race was cancelled on the Friday. By this time, we were already on the plot for a long weekend but at least I got to do the local parkrun (that Tian and Kyie Hollingshead have often done) - it was pretty well waterlogged and, indeed, was cancelled from the following weekend for about a month. They only got to run one more event before the lockdown.

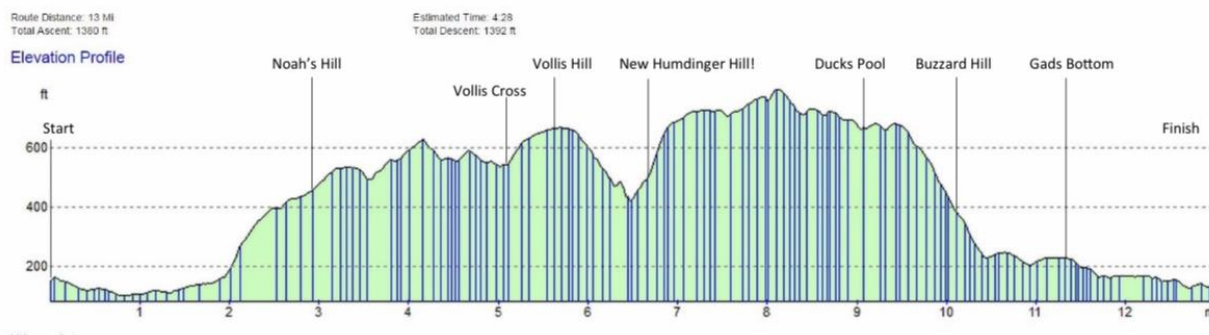
I learned that, despite the risk of falling trees or branches, some (fool)hardy individuals were nonetheless going to run the Humdinger route anyway. In the event, the worst of the weather came in the afternoon, but the race organisers had had a difficult call to make and plenty of other races went the same way that weekend (and, indeed, the following weekend when Storm Dennis came calling). Amazingly, however, the organisers were able to reschedule the event for the following month, a first, in my experience.

The event (strictly speaking, part of "The Humdinger and Hurtle Road Races", the Hurtle being a 4.5-mile option) is run by Running Forever Running Club some members of whom we got talking to while we were all in Florence for the marathon there in November. They were a boisterous bunch on an adjacent table in a restaurant and clocked my running themed T-shirt. I wasn't the only one to Google them when we got back to our digs, read about the Humdinger and, once we got back, I signed up - £24 - not too bad when plenty of local races are now well over £30.

Until our abortive visit, we hadn't been in the area for some years. In fact, I'll tell you how long ago it was - it was Super Saturday, that weekend in the 2012 Olympics

when Team GB really started hoovering up gold medals taking their tally to 14 and tightening their grip on third place in the table, with only the United States and China above them. As I recall my sister texting me at the time, “some ginger lad just won the long jump” and Mo Farah won the 10,000 metres. It was the summer that Gill and I met each other and, romantic that I am, I had persuaded her to go camping in mid-Devon and hoodwinked her into a 17-mile hike (which she repeatedly reminds me I’d sold to her as only being 4 miles) - hey, we took in three pubs, one of which stayed open especially for us, so there were some compensations. Happy days...

The Humdinger doesn’t have a huge field of runners - last year’s had 224 finishers, mostly club runners rather than “unattached” and, if I aimed for similar to the times to those which I’d been doing recent half marathons, I hoped to finish in the top 20 in with a shout at first V50 but it really depended on who turned up on the day. Last year’s winner managed 1:17:24 so it didn’t look a fast race. It was to be my fifth half marathon in as many weeks and my sixth this year. It’s basically how I prepare for marathons and it seems to work for me (I don’t suggest it would for everyone). It would be two weeks before the Rotterdam Marathon, my 12th visit there.



As we all know, it was not to be, in common with a lot else. On 16 March the organisers told us that they’d decided to cancel the Humdinger and Hurtle races - it seemed wrong to hold mass events when people were being asked to isolate themselves. They didn’t want to be responsible for putting anyone at risk including runners, volunteers and spectators but if we would like to run the race ‘virtually’ on our own route, however, we should please do so.

We had to run the whole distance of 13.1 miles (Humdinger) or 4.7 miles (Hurtle) on Sunday 22nd March and submit the details (photo/file of Strava/Garmin etc). No other day was acceptable, but we could run at a different time and would then be entitled to a T-shirt and medal which they would be sent to us at a later date. This was only open to people who were entered and had not pulled out having been unable to make the rescheduled date - a number had. The rules were subsequently changed so that we could run at any time until the end of March presumably to minimise bunching on one particular date.

So, where to do a virtual half marathon? I toyed with the idea of repeating the Watford Half route, since the course profile between the two events was quite similar and would make my time more realistic. However, a large chunk of the Watford route is on rural roads and the lockdown which would have minimised traffic wasn't to be imposed until the following day, so I wasn't too happy about solo running on those not-so-quiet country lanes.

I wanted a speedy course, though, and Gill and I decided on Northala Fields, home of some of my fastest parkrun times. It would mean four laps and an extra kilometre or so. Pretty tedious on paper but let's see whether I could replicate race conditions on the same Sunday morning.

Many of us know Northala Fields: 122 Metros have done this parkrun. I would follow the current route and, instead of finishing by the playground, would turn around in a circle at the "crossroads" and repeat alternating with turning at the parkrun starting line, which was poignantly still marked. Gill did her own thing on her bike but made sure she was at the crossroads for me to get water, and I would plonk the plastic bottle in her basket, which seemed to work.

I got into a good rhythm and kept an eye on the Garmin. We saw a few of the Northala crowd that we know so well and our very own Linda Gaitskell, with whom Gill stopped to have a chat. Eventually my four circuits were up, and I had to find the extra Km, so I ran around the mound we never run around on the official parkrun route. Had to do that twice and head off down the long straight bit before the Garmin passed the 13.1- mile point (I did 13.11 just to allow for satellite inaccuracies). I managed 1:33:08 which I was reasonably happy with - it's a fast course...for a parkrun, but I think a HM is a horse of a different colour and I think I missed the other runners to compete against. That's not to say that the park wasn't busy, and I've subsequently decided to give Northala a miss at weekends.

Once home we followed the procedure for sending my time to the Humdinger folk. Earlier this month we got a well done to all of us fantastic runners. 161 people had added their results to the site so far and T-shirts/medals for the Humdinger and medals for the Hurtle would be available for collection or sent out when it was responsible to do so.

The winner of the Humdinger managed 1:21:30; I was pleasantly surprised to have come 6th (3rd Vet 50) and the finisher, in 97th place, did 3:26:55. The winner of the Hurtle managed 27:29 and the finisher, in 64th place, did 2:13:40 (approx. 55 mins after the preceding runner).

I checked (as I often do) the V50s who came ahead of me and according to Run Britain Rankings they are both in the V50-54 age group, so I was first in my specific V55-59 category. I thought the whole event very well organised...

Running in windy conditions – Marcus Weedon



So, it's windy today as I write this.

That's not going to stop me, and it shouldn't stop you from going out and making the most out of your run today if it is really windy.

In fact, I thought I would help by writing some tips for running in windy conditions:

Breathing - when hitting a strong head wind, turn your head to the side slightly to assist your breathing. This will save some energy and help you to not feel so out of breath.

Use the wind - pick up the speed and strides with it behind you, or if in your face, use it for strengthening.

Clothing - Tight and light, saves on the drag and will help keep your body at the right temperature.

Head wind 1st - yep do the hard work first so the end of the run you will feel a little easier, plus if you do the other way round the wind will have a huge cooling effect against your sweaty clothing, making you feel cold and your immune system will possibly kick in and this is a waste of energy.

Slipstreaming - probably not a good idea at the moment, but this will certainly help when running with other people of the same pace to save you all energy.

Dry lips - for those that suffer, carry some Chapstick or Vaseline

Form - When running into a strong head wind it's so easy to fight the wind and hunch whilst running. Try and flow into it, don't fight it, you will waste energy. Imagine you are water that flows around or over rocks, water doesn't go through them. So have some flow and think about your running form.

Enjoy - yep when it gets tough, make fun of it, humour yourself by laughing about it! Did this today with lots of hand gestures and I'm sure the Drivers of cars passing me thought I was mad!

It's pretty true us runners are very nutty one way or another!

Needless to say, I didn't think of many of these whilst I was out running before I wrote this, and it was bloody hard work as I ran with the wind behind me first - stupid!!

#liveandlearn – All the best, Marcus



Request for memories and photos from the London Marathon, from 1981-2019 – Sasha Birkin

To celebrate 40 years of the London Marathon, I'm putting together a collection of Metros memories, including times and photos from Metros runners who have ever run the event.

If you have ever run the LM (or volunteered or spectated), it would be great if you could email me any photos you have of yourself at the event (if you have loads, pick some highlights). For each photo, please let me know what year it is from (if you are unsure, just guess as your estimate will be better than mine!) Also, please e-mail any memories you have or race reports, so I can include these too.

I've managed to get most times from the LM website and old copies of Metrolines - just missing 1981 and 2000, so please let me know if you ran these years and ideally your times too!

It's quite easy to find photos and reports from the last 10 years, but I'd especially love more memories/photos from 1983-1988, 1990, 1992- 1994, 1996, 2000, 2002-2006, 2009!

Please send anything to sashabirkin@btinternet.com

Many thanks in advance!

Virtual Measured Mile 9.5.2020

Time

Adam Leary	6.23
Adzej Warhaftig	7.54
Angela Murphy	10.30
Caroline Day Lewis	7.50
Christopher Shearwood	6.30
Jeanne Coker	20.94
Karen Leary	8.25
Marion Rogan	9.33
Simon Aberly	7.13



A virtual Measured Mile! Good to hear from some steadfast Metros who sent me their mile times and many thanks to Adam and Karen for including this in their virtual Saturday training session. How we are missing meeting up, but all reports show that Metros are persevering with solo training and working within the restrictions imposed by the Corona lockdown. The only advantage for me is to be able to include myself for a rare appearance in the list albeit with a time that I want to improve on in future. Well done to everyone. Looking forward to seeing Metros for real sometime soon although it seems the August mile may well be a repeat of the May experience. Keep on running!

Angela

Malteser Biscuit Cake

The Malteser Biscuit Cake is very easy to make and does not require any baking. It is the perfect treat for after a long run!

110g unsalted butter
250g milk chocolate
350g milk chocolate (for topping)
3 tbsp. golden syrup
225g Maltesers – chopped or whole
Extra Maltesers and chocolate pieces for topping

- Line a shallow baking tray with non-stick baking parchment
- Melt the butter, chocolate and syrup in a pan over medium heat
- Cool then add the biscuits and Maltesers
- Press the mixture into the tray and press down so it's flat on the top
- Leave in the fridge to chill and set
- Melt the remaining chocolate and pour over the top of the set mixture
- Whilst the chocolate is still soft, sprinkle over some extra crushed Maltesers and chocolate chunks (or whatever you choose really)
- Leave to set again in the fridge, then cut into cubes or slices. Enjoy!



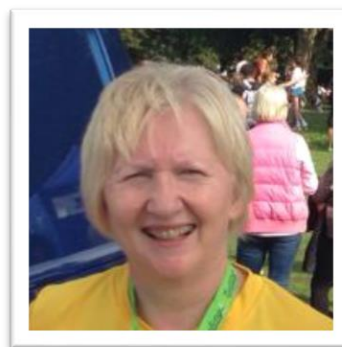
Metros Committee - 2020



Nigel Rackham
Honorary Chair
Nigel.d.rackham@uk.pwc.com

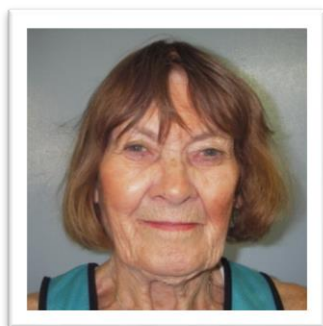
Peter Beuselinck
Honorary Secretary
Tel: 07508 350764
p_beuselinck@yahoo.co.uk

Paula Kanesanathan
Honorary Vice Chair
vpk18@hotmail.com



Mitesh Patel
Honorary Treasurer
Tel: 07863 559043
mpatel5@hotmail.co.uk

Irene Paull
Honorary Membership
Secretary
Tel: 020 8422 6636



Barbara Robson
Tel: 020 8866 4930

Emma Rackham
emma.rackham@hotmail.co.uk

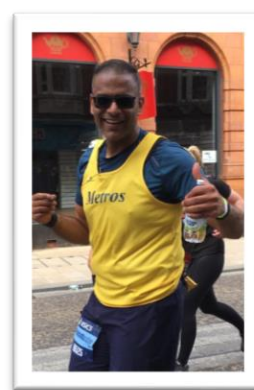
Pat Jackson
Tel: 020 8868 5683
patjacksonhome@hotmail.



Marilyn Pickford
Tel: 01895 233 778
Pickhm2018@gmail.com



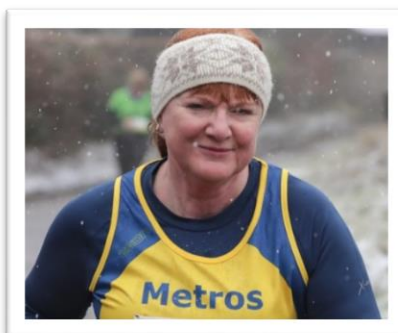
Mike Ransome
Tel: 07802 839398
mw49ran@gmail.com



Ariff Sidik
Abus.stg@gmail.com



Marcus Weedon
marcusweedon@hotmail.com



Anne Ambrose
Metrolines1@gmail.com



Steve Paull
Tel: 020 8422 6636
steve.paull@virgin.net

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

