



April 2022
Issue No. 397



Saturday Morning Sessions - Tea, Coffee and Chat are back!

Metros Diary

April

Sat 2	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 9	Metros Track 5K	tbc
Fri 15	Maidenhead Easter 10	9.30 am
Sat 16	Wot No Watch, Roxbourne Park	9.00 am
Sun 24	Ibstone Circle 10K	10.00 am
Fri 29	LFOTM – Kenton Rec	11.50 am

May

Fri 6	Sir Roger Bannister mile	6.00 pm
Sat 7	Metros 5K Challenge, Roxbourne PK	9.00 am
Sun 8	Marlow 5M	9.30 am
Sat 14	Measured Mile, Roxbourne Park	9.00 am

June

Sat 11	5 Mile Handicap	9.00 am*
Sat 18	parkrun – Harrow	9.00 am
Sun 19	Summer League – Harrow	11.00 am
Sun 26	Hitchin Hard MH/10K	9.30 am

Book your place on all Metros sessions and events on the SPOND App. Please contact Irene (metros.secretary@yahoo.co.uk) if you want to amend your preferences on SPOND.

* Note date change – due to June Bank Holiday weekend

Note from the Editor!

After a two-year break, tea, coffee and a chat are back on Saturday mornings; 10am in the Scout hut in Roxbourne Park. Please come along, whether you are running or not, even if you have run elsewhere and not taken part in the Metros Saturday session. If you have not been to a Saturday Metros session, see page 14 for further information.

Thank you to everyone who has contributed to this month's Metrolines with results, reports and photos – keep them coming.

If you have a story to tell, your fellow Metros would be very interested.

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**



Well done to.....

Terry Burke – Terry was first in his age group (70-75) at Cranbrook country park near Exeter on Saturday 12th March

Chris Shearwood - 1st places at South Oxhey parkrun on 19 February & 12 March and at Canons Park parkrun, 26th March

Vincent Cheung – for a PB at Sunny Hill parkrun, 19th March

Congratulations to.....

Harmandeep Sond and his wife Harpreet on the arrival of their son Hardeep Singh Sond, born on 15th Feb 2022 weighing 6lbs.

Membership Renewals – Final reminder to renew your membership

Metros membership expired at the end of February 2022.

If you have not already done so, please renew your membership as soon as possible, see the end of this article for how to do this.

Membership costs £25, no increase on 2020 rates.

Juniors are £1, and students £5, over 70s with over 5 years past paid Metros membership are free.

Your membership fees pay for:

- premises: scout hut, tennis club, track
- league entries: Summer League and cross country entries are not charged to individuals
- courses: part or full costs of courses such as first aid and running leadership
- affiliation to England Athletics which also insures us as a club
- systems: website, membership system (Webcollect)
- equipment: for example we've just bought new marshal bibs and lanyards
- prizes: given out at our annual award evening each November
- a contingency fund: this allowed us to waive membership fees last year

A separate item, in addition to your membership, is athlete affiliation to England Athletics. Many running clubs automatically add this into membership, we prefer to give you a choice. As well as supporting the work of England Athletics, the benefits of EA membership are that you can claim a discount on race entries, the "affiliated rate", usually £2 per race entry. Your race times are recorded in the Power of 10 database so you can see how you compare to all other affiliated athletes in your age group across a range of distances. As an affiliated club, we get a race entry to the London marathon which we offer in a ballot to all our EA members who have a failed entry to that year's London marathon. EA affiliation costs £16 this year.

To renew your membership, please log on to the Metros website, and select renew membership (or use this link <https://metros.org.uk/members/renew-membership/>). This will take you to Webcollect. Due to the changes made last year, you may find you have to select a different membership type to the one you had before. Simply add the membership type you want to the basket. If you want EA membership as well, you'll find that on the second tab, just add that to the basket too. When you review your basket, you will be asked to check your membership details – if anything has changed, address, contact details etc, please correct them. This is your data and it's up to you to make sure it's accurate.

If you have any difficulties with renewals, please email me on metros.secretary@yahoo.co.uk

Thank you

Irene Paull

Vets Track & Field

The dates for this year's Veterans' Track and Field Meets are as follows:

Monday 16th May... Battersea Park Track 18.30pm

Monday 13th June... Hillingdon Track (Uxbridge) 18.30pm

Monday 27th June... Battersea Park Track 18.30pm

Wednesday 13th July ...Perivale Track 18.30pm

We have an enthusiastic, Metro's team, of over 35's, who take part in this event. It includes 100m, 200m, 400m, 800m, 1500m, 3000m runs.

Long jump, high jump and triple jump. Javelin, shot putt, hammer and discus.

The competition takes place over 4 meets. (as above)

The age categories are 35+, 50+, 60+ (and in some events) 70+

There are separate men's and women's teams. Only one person, in each age category can compete in each event.

Guests are welcome to compete as well. So, if you fancy giving it a go, you can come as a guest.

You must be a Metro member on the 1st of April 2022 to compete in the team and/or as a guest.



Please contact me, with your full name, age, date of birth, and the events you are interested in joining the team and/or guesting and talk to your fellow Metros, many of whom have taken part.

Wendy Mulvenna

Free tickets National Running show south 7th and 8th May 2022

Farnborough Exhibition Centre

<https://nationalrunningshow.com/south>

use the code RUNCLUB at the
checkout <https://nationalrunningshowsouth.seetickets.com/event/the-national-running-show-south/farnborough-int-exhibition-centre/2156563?OfferCode=RUNCLUB>

Summer League – Provisional Dates

19 June Metros, Headstone Manor
3 July ESM/EE, Perivale
17 July Dulwich
31 July Mornington Chasers, Regent's
Park
21 Aug Serpentine, Battersea
(BOOKED)



Currently, only Battersea is confirmed, the others are awaiting Council confirmation

Trophy Races 2022

Remaining Trophy Races for **2022**:

Date	Event	Entry Fees	Website
15 th April (Good Friday)	Maidenhead Easter 10	£24	Maidenhead Easter 10 2022 – Maidenhead Athletic Club (maidenheadac.org)
24 th April	Ibstone Circle 10K	£16	https://www.ibstonecircle.co.uk/
8 th May	Marlow 5M	£25	Marlow 5 – Handy Cross Runners
26 th June	Hitchin Hard HM/10K	£21/16	Entry page for Hitchin Half, 10K, 5K (h3m.co.uk)
4 th Sept	Hillingdon 20	£28	Hillingdon 20 Hillingdon Athletics Club (hillingdonac.co.uk)
18 th Sept	Moor Park 10K	£20	Moor Park 10K - moorpark (activetrainingworld.com)
16 th October	Cabbage Patch 10M	£25	Welcome to the Cabbage Patch 10
23 rd October (tbc)	Ricky Road Run 10M	£16	Ricky Road Run – Annual 10-mile charity run in Rickmansworth and Chorleywood
6 th November (tbc)	Marlow 7mile/ HM	£22/32	Marlow Striders Half Marathon

Points for the competition are awarded from the official results as posted on each organising club's website. If you enter as a Metro and are not shown in the results as such, contact the LRRC Coordinator.

Vincent Cheung – LRRC Coordinator

Metros 5K Competition

When & Where: A mix of parkruns and 5K runs at Roxbourne Park and Harrow School track

Remaining fixtures for 21/22:

09 April	Track 5K @ Harrow School
07 May	Metros 5K @ Roxbourne Park
18 June	Harrow parkrun
July – date tbc	Track 5K @ Harrow School
06 August	Metros 5K @ Roxbourne Park

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.

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

Any changes to the calendar will be communicated as early as possible

Emma Rackham



Dates for your diary....

1) **Last Friday of the month** - 29th April 2022, location Kenton Rec. Meet in the carpark in Alicia Avenue HA3 8HT

A 5K run – a mix of path and grass. See Spond for further details



2) **Metros Sir Roger Bannister 1 mile Challenge** - Friday 6th May 2022



Friday 6th May 2022 will be the 68th anniversary of Sir Roger Bannister becoming an athletics legend with the first sub-4-minute mile; run that evening at Iffley Road

track in Oxford in a time of 3 mins and 59.4 secs. At the time, it was seen as a symbol of human achievement.

Bannister was born, lived and ran in Harrow (the running track in Harrow Weald is named after him) and to commemorate his achievement, I thought Metros could have a go at running/walking one mile (4 laps and 9 metres) on the Harrow School Track.

Those members who are perhaps of an age who do not know who Bannister is, or those that do, for nostalgia I've attached some links. I've already heard from one member who remembers this historic event so well, listening to it on her wireless, and has also run on the very same track.

en.wikipedia.org/wiki/Roger_Bannister
en-gb.facebook.com/BBCArchive/videos/1954-newsreel-bannister-breaks-the-4-minute-mile/396945921032736
youtube.com/watch?v=wTXoTnp_5sl

All ages and abilities most welcome to run/walk, acceptance via Spond, similar format to the track 5K if you can let me know your approx. 1-mile time (if you haven't run a mile roughly divide your 5K time by 3 and take 20 secs off) I will arrange groups of runners/walkers based on their estimated time.

I also plan to finish the evening off with some 400m relays and a 100m challenge.

Nathan Powell

First Aid Course, Saturday 5 March 2022



At long last we were able to organise a first aid course in the scout hut for enthusiastic Metros keen to learn how to deal with casualties. Margaret Smith our very knowledgeable and patient trainer took us through the initial help to give an injured person. Then we were brought up to date on recent changes in first aid advice and current guidance in accordance with Covid protection. Positioning at the side of a casualty is recommended instead of being directly in front and when administering CPR giving breaths is optional if face protection is not available. Resuscitation was practiced on 'Annies' and a new rather limp and lifeless but very useful dummy was introduced. A wealth of information on many scenarios was given and proceedings were animated with accounts of actual incidents and experiences. The AEDs were demonstrated and practiced, now to be provided with scissors and razors for cutting through clothing, thanks to Teresa for attending to this. Everyone went home armed with the Emergency First Aid Made Easy booklet and a renewed confidence to cope with a casualty. The now qualified metros first aiders with certificates valid for the next 3 years are:

Mike Ransome Tiziana Spotti Karen and Adam Leary Teresa and Dave
Young Jane Scoffham Barbara Robson Marion Rogan Marcus
Weedon

If you are interested in a first aid course, please email me and I will put you on the list for the next course. No date set at present, but courses can be arranged according to demand.

Angela Murphy a.murphy91@yahoo.co.uk

When first aid has been administered to a person during a Metros training session or an event a First Aid Record of Incident Form must be completed and emailed to the Metros chair address and copied to the current chairperson. This is to have an official record in the case of any follow up to an incident by either medical personnel or legal representatives and is in the interest of both the casualty and the first aider. The form below can be copied or photographed, or I can email it to you a.murphy91@yahoo.co.uk If in doubt as to whether a form is necessary or not, please ask.
Angela

First Aid Record of Incident

Date	
Place	
Time	
Name of casualty	
Nature of incident	
Injury	
Symptoms	
First Aid administered	
Name of First Aider	

Send this form completed with details of the incident to metroschair@gmail.com and cc it to rackham60@tiscali.co.uk
or hand paper copy in person to Nigel Rackham (Metros Chair)

Saturday Morning Sessions - Tea, Coffee and Chat are back!

Up until two years ago, the Saturday Roxbourne Park session was a very social affair, we would drop bags at the Scout Hut, go for a run and then come back to the Scout Hut for tea, coffee and the occasional cake. It was a lovely chatty way to end a run or for some members who were injured or just weren't running, it was a regular time to meet up with friends. That all changed (we all know why) when we couldn't use the Hut, but...



We're back in the Scout Hut now. You can drop off bags and keys etc. before the run, it's usually open from 8.45am, then go for a run and then come back to tea and coffee (and cake!).

The really important message I want to get across here is that Saturday morning sessions are open to everyone and that especially means those who can't run at the moment. So even if you can't take part in the session, you can join everyone afterwards for a drink and a chat.

So, whether you're running or not, come along on a Saturday morning and meet up. 9am start for running, 10am for drinks.

On the subject of drinks, we also need volunteers to help with the teas and coffees each week, we hope to have a rota up and running soon so please add your names to the list.

Whilst we're here, a note about what happens during the running bit:

Meet at the Scout Hut or on the path next to the playground, ready to start at 9am.

There are usually two groups, the standard group and the moderate group (if you want to take it a little easier), with each group, how hard you work is up to you. Also, each week the groups are led by different people, so we get a big variety of training. Some sessions are focussed on technique, some on endurance, some on speed, (we will get the little yellow hurdles back out soon as well). It just depends on who's leading, but in all cases the level of effort you put in is up to you (we may "encourage" you to do a bit more though).

Most sessions follow a similar format, they last for 1 hour including a warm-up with dynamic stretching, the main part of the session which can be up to around 5-6K, and a cool-down with static stretching.

If you would like to lead a group, we are always open to new people, just come and have a chat with me or with any of the other leaders. If you want to take it further and you're interested in a Coaching course, there are lots of options from 1 day upwards, and you may find that Metros will pay part of the cost (check with the Committee on this). The courses are really interesting, and you get to see how other clubs work too.

There are also regular "events":

The first Saturday of the month is either a 10K road run, a 5-mile road run (with a handicapped start to try and get everyone to finish at the same time) or a 5K run totally within the park.

The second Saturday is usually either "Measured Mile" (where you have the opportunity to run a timed mile, there are two groups as usual and if you want to you can run two separate miles), or "Wot No Watch" where you run the same course but predict your time and then try to run to that time (obviously without looking at your watch), this is great for getting to know different running paces.

The third and fourth (and fifth) weeks are general training sessions.

The week before the 5K in the park we try to arrange to run the route slowly with stops, so if you don't know the route you get to run it in stages.

We do our best not to clash too much with when specific "parkruns" are targeted or when the 5K track runs are going on at the Harrow school track, so from time to time the events/sessions might change around.

I know most people don't read the description on Spond but it will explain what's happening.

The main thing to remember is, regardless of what else is happening there will always be a session in the park, even when the 10K, 5m or 5K are going on, if we possibly can, we will also provide a normal park session.

So, come along for a run, or just a chat and let's get Saturday mornings back to the lovely social session it has been.

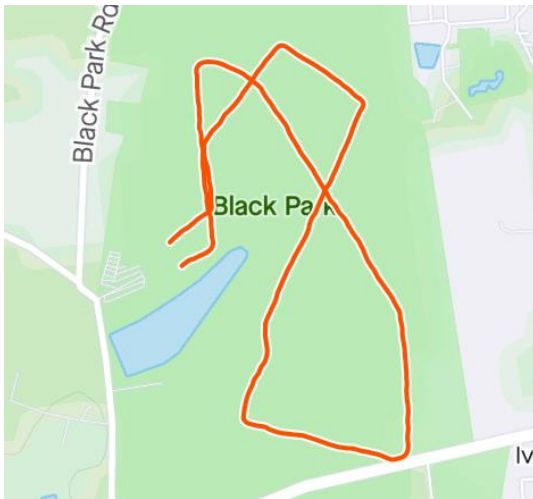
See you in the Roxbourne Park

Cheers



Adam Leary

Focus on Metros Member Glyn Watkins



For many Metros who use Strava, you may be more aware of Glyn's parkrun route than Glyn himself. Glyn has a passion for running, and he and his four-legged companion can often be found taking part in the Black Park parkrun. Glyn has been a Metro for a few years, however recently, his interest has been more about getting others running, than running himself.

A keen member of the Friends of Pinner Village Gardens, Glyn realised that the park had the potential to boost the health of the local young people by hosting a junior parkrun. Setting up a junior parkrun is not a formality, and it has been 5 years in the making. Glyn initially spoke to the local parkrun ambassador (and Metros member), Emma Rackham, for advice. A meeting was held at the community hall in Pinner to gauge interest. A good number of people signed up, Glyn agreed to be Event Director, and four others, including fellow Metro, Linda Grimes, stepped forward to be trained as Run Directors.

Within weeks of the meeting however, COVID struck. Undeterred, Glyn started planning fundraising events - £4,000 is required to cover the cost of equipment and the AED, and Harrow Council were not prepared to foot the bill. Donations were received from various sources including the Pinner Association. A very successful Fun Run in the park last summer helped to raised funds, and also indicated a keen enthusiasm for running by the local young people. By Autumn 2021, the funds had been raised, and after numerous coffees at Costa with the core team and many visits to other local junior parkruns, the start date of Feb 5th was set.

Having seen the enthusiasm for the event last summer, it was decided not to advertise the event, to ensure the event was not overwhelmed in the early stages. This was a good decision. Week 1, there were 38 finishers of the 2K event, by week 3, there were 68 participants. Word of mouth works very well. There is such a community feel at the events, with children flooding in from all corners of the park. Many adults can be seen running with their children. There is a sense that for many of them, this is a way they can start their training for a 5K in a very inconspicuous way.

Glyn, we have much to thank you for, and to those who are reading this article, do show your support for this initiative, by signing up as a volunteer from time to time. Yes, it's 9am on a Sunday morning, but I assure you, you will enjoy it!

<https://www.parkrun.org.uk/pinnervillagegardens-juniors/futureroster/>



Judy Rackham



Member Focus – Anne Leigh

‘People are quite shocked when I tell them how old I am, I’m flattered when they guess 65,’ said Anne Leigh, an 82-year-old gran who enjoys early morning boot camp workouts, 5K runs and Ibiza yoga retreats.

Anne Leigh’s love of exercise and her work ethic were recently featured in articles in Bucks Free Press and the Metro.

You can read the Metro article at the following link:

[Fitness-loving gran runs 5ks and can hold a plank for two minutes | Metro News](#)

Apparently, Anne has never knitted and does not intend to take it up as a hobby. So, she has not contributed to the post box toppers – see next page.

Metros Post Box Toppers



The Metros themed post box toppers have been completed and are on display in Vernon Drive (HA7 2BP) between junctions with Beverley Gardens and Fellbridge Ave) and Gordon Avenue (near junction with The Chase). You can spot them when you are out on a run. The knitted figures do bear some resemblance to actual Metros members!

Thank you to Lynne Jones and her team of crafters.

5-Mile Handicap – 5th March

	Actual 5-mile time	hcp	Time inc. handicap	points this event	next handicap
Julia Allen	50.33	4	54.33	21	10
Mike Ransome	50.27	5	55.27	13	10
Linda Georgiades	41.51	15	56.51	15	18
Reshma Emanuel	57.00	0	57.00	8	3
Rosa Walle	57.00	0	57.00	7	3
Harish Gohil	41.28	17	58.28	19	19
Ruth Tidder	43.35	15	58.35	5	17
Elish Fernandez	70.57	-12	58.57	20	-11
Philippa Brown	50.27	9	59.27	7	10
Judy Rackham	50.28	9	59.28	17	10
Barbara Reading	57.35	2	59.35	23	3
Karen Leary	56.40	3	59.40	15	4
Marion Rogan	56.40	3	59.40	10	4
Malcolm Jackson	57.44	2	59.44	12	3
Simon Aberly	39.46	20	59.46	3	21
Caroline Day Lewis	43.07	17	60.07	20	17
Nigel Rackham	30.21	30	60.21	7	30
Marcus Weedon	31.30	29	60.30	10	29
Kevin Smart	38.35	22	60.35	13	22
Adam Leary	39.40	21	60.40	26	21
Teresa Young	53.41	7	60.41	1	7
Gladys de Groot	70.57	-10	60.57	17	-11
Bill Harrington	45.13	16	61.13	20	15
Andrew Fox	37.40	24	61.40	23	23
Anne Ambrose	62.54	-1	61.54	21	-3
Al Scoffham	59.46	3	62.46	23	1

Wot No Watch - Roxbourne Park – Saturday 12th March 2022

	Predicted	Actual		Difference
Mike Ransome	8:40	08:40	(08:40:13)	0.13
Nigel Rackham	5:40	05:39	(05:38:70)	0.30
Janice Newman	9:57	09:56	(09:56:56)	0.44
Judy Rackham	9:57	09:56		1
Linda Georgiades	7:20	07:21		1
Jonathan Pang	7:59	08:00		1
Al Scoffham	10:10	10:08		2
Bill Harrington	7:45	07:43		2
Caroline Day Lewis	7:10	7:07		3
Simon Aberly	6:43	6:38		5
Mike Ransome	8:50	8:44		6
Karen Leary	9:30	9:24		6
Eilish Fernandez	11:00	10:54		6
Ruth Tidder	7:20	7:29		9
Mike Morris	6:30	6:18		12
Amanda Hardy	8:30	8:18		12
Steve Paull	7:29	7:14		15
Andrew Collier	7:55	7:37		18
Adam Leary	6:29	6:48		19
Dave Young	9:00	9:23		23
Marilyn Pickford	10:0	9:37		23
Will Bailey	8:00	7:37		23
Janice Newman	10:30	10:26		23
Judy Rackham	10:30	10:26		23
Jo Collier	9:46	9:22		24
Gladys de Groot	11:45	12:11		26
Anne Leigh	13:13	13:40		27
Marion Rogan	10:00	09:32		28
Mike Leigh	8:00	7:25		35
Irene Paull	13:10	12:31		39
Malcom Jackson	8:50	09:37		47
Nancy Morris	12:00	10:42		78
Reshma Emanuel	10:00	8:36		84
Angela Murphy	12:30	10:30		120
Rosa Walle	12:00	08:37		203

What a closely fought race for the trophy this month. Janice Newman narrowly missed out on retaining the trophy; Nigel Rackham came a close second, but the eventual winner was Mike Ransome. Good to see several new or returning

runners this month, with Rosa Waller, Reshma Emanuel, Anne Leigh and Mike Leigh plus Nancy Morris.
Teresa Young



Mike is also raising money for Parkinson's UK – please give generously

<https://events.parkinsons.org.uk/fundraisers/michaelransome>

Berkhamsted Half Marathon & 5-Mile Fun Run - 6 March 2022

If you've been reading your Metrolines you'd know that this event is the first of the year's Trophy Races. I stand to be corrected but I don't think it's featured as such before - the last time that we had trophy races, in the curtailed 2020 season, the first of the year was the Hillingdon Half & 10K which seems to have bitten the dust for this year at least.

There's a perception that race numbers generally have been down since coronavirus restrictions were eased and perhaps that explains relatively few Metros at this event. The last year it was held there were 800-odd finishers; today there were about 200 fewer. As it was, 5 of us tackled the half marathon and 3 did the Fun Run. That's a shame because the scoring regime shows that you get a maximum of 60 points for a half marathon (there are 3 such in this year's Trophy Races), so today's participants have a good head start. I think every other event is also cheaper than today's.

Anne's intro to March Metrolines encouraged us to enter these events which she noted many newer Metros mightn't have done before. She thought that they might be interested to read about them and encouraged race reports, so here goes.

I should say that I have tended to prioritise my "usual" races over Trophy Races which means that I only do the Trophy half marathons if they happen to coincide with those I enter anyway. I used not to run much below that distance competitively but my participation in parkrun and Summer League (both of which being free) has whetted my appetite for such races, so who knows? We can't have the same faces winning this competition year after year, can we?

As it happens, apart from me, those participating in the half marathon today were all new to this event. It's so easy to get to - head past Watford on the A41 and you're soon there. There's free parking at the station car park, only a short walk from the event itself.

Gillian and I picked up Jane Hudson - they would both be spectating - and as we parked up, we were joined by Vincent and Mitesh who had also driven there together. We made our way to the assembly area where we were joined by Sasha, James and new Metro, Nathan Gee whom I've met at Ricky parkrun. We also bumped into Martin Daoud of Ealing Southall & Middlesex AC whom several of us know from Northala Fields parkrun and other events in which ESM are involved: like James, he's about my level over a number of different distances, so good competition there.

The race village is based at the local cricket club which has a decent sized building (with a bar area) but there was also a big marquee which had a changing area and baggage drop. Eventually one must venture outside and brave the elements: it was dry but cold so we were grateful for the high-energy warm-up routine provided by a young lady on the small stage where prize-giving would be done later on.

The start area is quite narrow, and Sasha and I made our way through the throng to a spot near the front; Nathan, James and Martin weren't far behind us. I saw Steph and Simon nearby waiting for the start of the 5-miler. Sharp at 10.00 (according to Garmin) we were off; the 5-milers would start 30 minutes later.

This is not a race for the faint-hearted (or simply those who don't like hills) - it's pretty undulating as anything in the Chiltern Hills is. If you've never run it and haven't looked at the course profile, you're lulled into a false sense of security as the first couple of miles are pretty flat. We go past the old, ruined castle down to the station, cross over the Grand Union Canal and head up Castle Street. Gill and Jane watched the runners from here and I passed Gill my light jacket I'd worn to keep a semblance of warmth while waiting to start. Then left into the High Street which I guess was the London Road before the A41 by-passed this pleasant old town.

It was in Berkhamsted that, after the Battle of Hastings, the Anglo-Saxon *Witan* surrendered to William the Conqueror, swore oaths to obey him, gave him hostages, and offered him the crown of England. It's said that William probably ordered the construction of the castle here before proceeding south into London where he was crowned on Christmas Day.

A battle of a different sort now faces the runners. You turn off the main road and cross the canal again at Little Heath Lane. Here is the first climb, lasting about a mile with approximately 200 ft of elevation. The following mile also involves an ascent, but less severe. All that hard work is then wiped out by a drop of about 200 ft over the next two miles...and then the following three miles involve climbs again, of more than 260 ft.

I can't remember whether we have road closures once we leave the main road but there seemed to be precious little traffic around. It's lovely, if wintry, countryside and the road passes through Berkhamsted Golf Club. Much of this route is, in fact, replicated (in reverse) by the Gade Valley Harriers Marathon Training Runs that many Metros have done over the years.

From the picturesque village of Nettleden (which, historically, doesn't seem to know whether it's in Hertfordshire or Buckinghamshire) there's a long slog uphill to the high point at Little Gaddesden at 9 miles, before a sharp turn into the Ashridge House estate. The route is now basically an ascent towards the finish but still with a few fiendish bumps on the way - two uphill, three downhill.

Nathan had sped off right from the start; I'd lost Sasha pretty quickly, too. But at this point, who should overtake me but James. Perhaps because I knew the route well, having done it 10 times previously, I knew what hills were coming up and how taxing the run-in might be. I overtook him but he held on to my coattails to the end.

After passing along a different road through Berkhamsted Golf Club the final mile has a double bonus - you can hear the tannoy in the race village from up on high and it's therefore pretty much downhill all the way. You're now overtaking lots of the 5-milers and getting plenty of welcome encouragement from them.

Two more right turns and the finishing gantry is in sight. I had managed 1:29:38 when I last ran this race, not long before "lockdown" so I knew it would be a big ask to match that sort of speed. You hardly have time to look at your watch, but a quick glance showed that, unless the wheels came off in dramatic fashion, I should be fine and I was thus very pleased to come in with a somewhat faster time of 1:29:19. James, too, managed a sub-90-minute run, in 1:29:48.

We had a de-brief with Sasha, Nathan and Martin just after the finishing line - I wondered how this race compared with the equally hilly Watford Half. I was about 15 secs quicker there - different hills, we decided. Our 5-milers having finished already, we joined Gillian and Jane to watch Vincent come in and there was the obligatory team photo before we headed off.

Chris Shearwood



Berkhamsted Half Marathon

Pos.		Gun Time	Chip Time
1		01:14:12	01:14:12
39	Nathan Gee	01:25:35	01:25:32
57	Chris Shearwood	01:29:18	01:29:16
62	James Kerrane	01:29:51	01:29:48
69	Sasha Birkin	01:31:09	01:31:06
424	Vincent Cheung	01:58:09	01:57:26
620	Finishers	02:45:04	02:44:35

Berkhamsted 5-mile fun run

Pos		Gun Time	Chip Time
1		26:09	26:09
57	Simon Abery	38:50	38:46
68	Mitesh Patel	39:15	39:11
356	Steph White	57:52	57:42
433	Finishers	1:57:11	

Fleet Half Marathon 20th March

		Gun Time	Chip Time
1		1:14:12	1:14:12
175	Chris Shearwood	1:28:14	1:28:11
148	Finishers	3:00:16	2:58:14



Twin Lakes 10 and 20 miles. Milton Keynes – 20th March

10 Miles

1		1:03:28
178	Irene Paull	2.10.40
194	finishers	

20 Miles

1		1.55.07
224	Steve Paull	3.19.48
337	Finishers	

Leighton 10K - Sun 27th March 2022 – Adam Leary

(that's Leighton as in
"Buzzard" not Leyton as in
E10)



Pro's

- Lovely flat (ish) race on quiet country roads and a bit of the Grand Union
- Brilliantly organised and marshalled by Leighton Fun Runners
- Entertainment by a Ukulele Band
- Bright pink T-shirt with a dinosaur on it (?)

Con's

- The clocks went forwards so the 9am start was in effect 8am
- Entertainment by a Ukulele Band
- It was 5°C and foggy at the start

1st M 35 mins 25s

1st F 40 mins 30s

95th Adam Leary 49 mins 14s

End runner 269th 87 mins 21s

COMBE GIBBET TO OVERTON
16 MILES XC
27 March 2022

1st 1:39:02
69 Jonny Jackson 2:22:01
153 Last finisher 3:31:00

Regent's Park – 10K Series – 6th March

1		00:33:33
151	Emma Rackham	01:05:55
167	Finishers	01:36:52

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

HILLINGDON
triathletes
GRASSMAN

NOVICE /FAMILY TRIATHLON

Sunday 1st May 2022

Hillingdon Sports and Leisure Complex



SWIM

BIKE

RUN

Indoor pool swim followed by a traffic free cycle and run on a grass course at Uxbridge common. Any type of bike can be used.

	Swim	Cycle	Run
10 and under	150m	2km	1km
11-14	250m	6km	1.6km
15+ and adults	300m	8km	1.6km

For more information and to enter:

www.hillingdontriathletes.co.uk

Metros Virtual Committee Meeting - Monday 28th February, 8pm

Present - Nigel Rackham (chair), Emma Rackham, Marcus Weedon, Pat Jackson, Marilyn Pickford, Steve Alder, Paula Ryan, Teresa Young, Mike Ransome (arrived 8.30pm)

Apologies - Ariff Sidik, Irene Paull, Steve Paull, Anne Ambrose, Mike Morris, Kyie Hollingshead

Actions from last meeting

a. Hall of Fame

Follow up in the Spring. *Action: Marcus Weedon*

b. Knitted Post Box Toppers

Several members have contributed, and Lynne Jones is preparing a post box topper to put up. She has circulated a note to the committee for review which will be attached to the post-box advertising Metros and giving a charity link if people wish to donate. It was suggested that more post box toppers could be made for the post boxes near Roxbourne Park. Feedback will be provided to Lynne. *Action: Paula Ryan*

c. Photo Competition

The winners have been notified and the photos have been published on social media and in Metrolines. No further action required.

d. High Vis Bibs

Pat is placing an order for Metros branded reflective mesh bibs. A few extra will be ordered to be in stock. Unfortunately, they will now cost £15. *Action: Pat Jackson*

e. First Aid

There is a first aid course going ahead this weekend. We need to gauge whether another first aid course is required. *Action: Nigel Rackham*

f. Metrolines

No further action required.

g. Middlesex AA AGM

No further action required.

h. #runandtalk Mental Health Programme

An action plan has been created and six Metros have signed up to be Mental Health Ambassadors for Metros. Further information will be circulated in Metrolines and on the website. *Action: Emma Rackham*

i. Snoods

Marcus has been getting quotes from a number of different suppliers for Metros branded snoods. An order will be placed when the committee have agreed on the best price and design. *Action: Marcus Weedon*

j. Roxbourne Park Bench

Further investigation necessary. *Action: Paula Ryan*

EA Requirements

Steve Alder has had a meeting with Chris Mallender from England Athletics and has compiled a list of recommendations for Metros in order to comply with EA guidelines.

- Review constitution alongside EA code of practice
- Introduce welfare officers and enhance welfare and safeguarding procedures
- Encourage more people to become qualified leaders

- Annually review risk assessments and H&S procedures
- Ensure dispute resolution procedures are in place

We discussed possible ways to keep a central record of member qualifications (e.g., coaching courses, safeguarding qualifications). The recommendations were agreed and will be implemented. *Action: Steve Alder*

Club Events

a. HHR 2022 - Paula, Marcus and Irene

The event this year was very successful and received good feedback. A surplus was generated, and it is hoped to be able to donate some £900. The accounts will be audited, and the excess will be donated to Harrow foodbank. Paula, Marcus and Irene will debrief and consider the event options for 2023. The team of organisers and all volunteers were thanked for their hard work.

b. Couch to 5K - Irene

Carried forward to next committee meeting.

c. Marathon Week - Irene

Carried forward to next committee meeting.

Admin

a. Membership renewals - Irene

Carried forward to next committee meeting.

b. Member feedback - Ariff

None received at this time.

c. Youth Feedback - Kyie

None received at this time.

d. Scout Hut: refreshments - Marilyn

It was agreed that we would resume providing refreshments in the Scout Hut on Saturday mornings starting from this weekend. The Spond declaration would be reviewed to reinforce member responsibility for health and safety. *Action: Marilyn Pickford*

AOB

a. TVXC update

For the 2022/2023 season, there is likely to be a price increase for participants from £3 to £4. The cost is covered for Metros participants, and we have enough money in the Metros account. Marcus is investigating new finish tokens. *Action: Marcus Weedon*

b. Summer League update

Most dates have not yet been confirmed. We are hoping that the Metros host fixture will be on Sunday 19th June. *Action: Emma Rackham, Pat Jackson*

c. Date for AGM

We will check availability at Lowlands Tennis Club in May. *Action: Steve Alder*

Items for Future Meeting

- a. Six Harrow Half Free Places.
- Metros calendar for 2023

Meeting closed at 9.18pm

***Metros* REGULAR RUNS**

MONDAY	19.00	Ariff Sidik, Marcus Weedon, Linda Dunne 07827 66823	
	19.15	Teresa Young Mike Ransome Email: Mw49ran@gmail.com	020 8866 3225 07802 839 498
TUESDAY	19.00	Steve Paull Run / Walk Group	020 8422 6636 pm.hudson@ntlworld.com
WEDNESDAY	19.15	Nathan Powell Kevin Smart	07510 122288 07810 835352
THURSDAY	19.00	Mike Morris mike.morris100.mm@gmail.com	07906 151525
THURSDAY TRACK SESSION		Dave Brown 07939 567561	
FRIDAY STRENGTH SESSION 07.00		Marcus Weedon marcusweedon@hotmail.com	
FRIDAY RUN THEN BREAKFAST 09.25		Jennifer Smith	
SATURDAY	09.00	Marilyn Pickford Adam Leary	0208 707 1028 07721456685

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

Please Note: All runners are responsible for themselves.

Book your place for all Metros sessions on the SPOND App. Please contact Irene (metros.secretary@yahoo.co.uk) if you want to amend your preferences on SPOND or are having issues booking with the App.