

METRO ABERDEEN NEWSLETTER

JULY 2003

It has been a hectic period since the last Newsletter, many races have come and gone and a lot of members have taken part in their first marathon in London or Lochaber. Neil Jackson has ventured into the parallel world of Ultra running. In his first event he helped Metro secure the team prize of a 12 pack of Tennents lager when backing up Myself and Charlie Noble in the Glenrothes 50k, haven't quite tempted him to do the 100k yet though.

It is also nice to see that we are continuing to attract new members to the club through running in and wearing the club vest at local events. Many new members have joined the club simply because a member took the time to say hello and have a chat at a local race so keep up the good work.

On the Metro race front the 4 mile run at the beach had its usual 50+ runners taking part on one of the best nights I can remember for running at the beach. We have also staged a relay race around the Hazelhead area of the town that was very well received by all that took part, one kindly local even stopped his car to offer a runner a lift. Thanks to everyone who gave up their free time to help out at these events, it is much appreciated by us organisers and the runners alike. Special thanks goes to Jim Hamilton who continues to badger his employer for merchandise that we use as prizes at the races.

On that note we will be requiring lots of help for the Performance Plus Dyce half marathon which takes place on Sunday the 3rd of August at 10:00am. If you are not taking part and can help out for a wee while on Sunday morning then please let me know in advance of the day so that I can arrange accordingly. Remember the revenue generated at this event enables us to keep the club fees the lowest in Scotland so please come along and help out if you can and feel free to bring along friends and family if they are willing to help also.

Celtic Plate 100k

There was controversy at this years Celtic plate when our very own former Scottish 100k champion Charlie Noble was left out of the Scottish team. Even when a substitute was called up after a late withdrawal Charlie was again overlooked for a runner he had beaten over the marathon and 50k earlier in the year.

Kevin Tulloch was in the team but had to retire at 50 miles with stomach problems but Charlie proved a point by finishing ahead Scotland's third place runner in a time of 8:32:51.

Perhaps Charlies travelling costs from the Broch to Edinburgh were a factor in the team selection process



Although they restricted themselves to one drink on a Saturday night Donny and Gary somehow never performed well on Sunday

LONDON TRAINING (it's a bit out of date but a good tale)

My training has taken me to a number of locations both exotic and not so exotic over the last 14 weeks, I started working in St. Johns, Newfoundland in October so I had some time to acclimatise to the cold before the hard work started in January. The start of my training (6th Jan) was in Sydney as my wife and I were on a "round the world" holiday. Certainly a great venue for training around the Opera House and Harbour Bridge in temperatures in the low 30's°C (at 6.30am), then it was off to Melbourne for runs along the Yarra River past the MCG and Rod Laver Tennis Arena again in circa 30°. The final leg of our holiday was in Las Vegas where unfortunately only the strip took a pounding and not the black jack tables, it was still a pleasant 20°. It was than reality set in....I headed back to Canada on the 20th Jan...however as St. John's was snowbound I was diverted to Halifax...couldn't miss an opportunity to run in a new venue so clocked up a few miles in Nova Scotia. It was then full steam ahead in the icy conditions of Atlantic Canada. The job didn't work out and I returned to Aberdeen in late February but in those 5 weeks I clocked up many miles most of which were at temperatures of less than -10°C, the worst of which I can remember was -18° (-30 windchill) when I did 9 miles, I returned to find my jacket, balaclava and woolly hat were frozen solid!!! By the time I left, St. Johns was all set for a record snowfall, at that time they were at 380cms, which makes for "interesting" underfoot conditions!! Having returned to these shores I have also managed to get a run in St. Andrews (weekend away) and Inverness (Half Marathon). I am now working In Dyce so Kirkhill Forest is the venue for my tapering. The grand total of Cities will be 9 (Sydney, Melbourne, Las Vegas, Halifax, St. Johns, Aberdeen, St. Andrews, Inverness and London) by next Sunday.....a possible World record? I think the training in St. Johns (very hilly) has put me in good shape (took 3:21 off my 1/2M PB at Inverness) so I am hoping for around 2:57 in London, I am at the Green start along with 3 other Aberdeen runners (George Jamieson, Greg Quinn and Barry Morrison), we are all aiming for around the same time so we should be able to encourage each other round the route.

Neil Jackson

TOUGH TEN CHALLENGE

I've been told that anyone who runs in foreign parts has to write an article for the club magazine and although I'd hardly count England as Foreign, Kevin seems to think it counts.

The venue was the Weston Super Mare Tough Ten Challenge. 10.2 miles over various terrain, including beach, road, muddy forest paths and steps, also to make it a bit harder they included two 300m (might be feet can't remember, felt like meters) hills, not a race to achieve a PB but from what I remembered from last year good fun and a bit different.

My brother and his Family live near WSM and him and his wife are both keen runners and have encouraged me to run since I started training for the London Marathon 2002 over a year ago. They entered me into this race last February when I was down visiting them. This year I was aiming to beat my time of 1h31mins. It's quite a big meeting with about 750 runners including 214 women. As per last year it was bloody freezing, you'd think this would give me the advantage being a hardy Scot but it didn't, I'm a wimp and hate the cold! This however did not seem to deter the crowds of spectators who had turned out to cheer us on.

I was aiming to do an average of 8 minute miles and if possible gain some time on the flat so I could use it on the hills which I knew I was going to struggle at. I set off on the first mile along the beach aiming for a 7:30 but got a bit concerned when I passed the mile marker at under 7min, that was way too fast and I was sure to pay for it later, I settled down over the next couple of miles along the road until the start of the mile climb up through the woods, as soon as I had started the ascent I was regretting entering, my legs were burning and my lungs felt like they might burst but I managed to the top, although at this point I realised the mile markers weren't too accurate, it had taken me well over 8min to do the 3rd mile yet just 7 to get up the hill which I did at almost walking pace.

The next mile back down the hill gave me a chance to try and get my breathing back to normal and then it was a mile of relatively flat road back to the do the climb all over again, it was no easier the second time although it did veer off along a flat section half way up this time round enabling my body to get enough oxygen before the final steep climb.

At the top of the hill I was passed by a girl which I knew had probably knocked me out of the top 20, I tried to stick with her for a bit but lost her on the steep down hill section which I had to take with care due to a niggling knee injury I'd had for the last month and more to the point, cause I was absolutely knackered.

The last mile was pretty nice with the final stretch taking you over a causeway before finally finishing on the beach/mud, with spectators watching from above. A final sprint along the beach got me finished at 1:18hr50 which I was well chuffed at, just a mere 12 min off last years time and a finishing position of 21st, maybe joining a club is beginning to pay off

Marie Wright

MEET THE METRO MEMBER

NAME : Neil "Swoosh" Jackson

OCCUPATION : Instrument Engineer

WHAT TRIGGERED YOUR INTEREST IN RUNNING?

Having picked up an Achilles Injury during a not very distinguished career as an "Amateur Fitba Player", in October 2000, I decided to start my rehab with a bit of "jogging" and also as an attempt to shed some of the excess 30 plus pounds I was carrying. It escalated out of control from there and as in the words of Forrest Gump "I ran and ran" until my first Marathon in June 2001.

WHY DID YOU JOIN AND HOW LONG HAVE YOU BEEN A MEMBER OF THE CLUB?

Having entered numerous NE Events as an UA runner a certain Jackie S and Kevin T made a snide comment to me about "hey min, you dee enuff races fit about jynin' a club?" at a Beach 3K, as Nike had there full compliment for the year I opted for the next best thing!! This is my 2nd Year

WHAT ARE YOUR PERSONAL BEST TIMES FOR THE 10K, HALF MARATHON AND MARATHON?

10k :- 38:06
Half Marathon :- 1:22:08
Marathon :- 2:59:59 (I have official proof!!!)

WHAT HAS BEEN YOUR MOST UPLIFTING EXPERIENCES IN RUNNING? (ASSUMING YOU'VE HAD SOME!)

Cracking the 3hr mark at London 2001 is the highlight but seeing Jackie flailing like Douglas Badder at the 2k mark in the Final Spring Proms 3k this year was also very "uplifting".

Also helping the Metro team to secure the team prize of 12 cans of Tennents at this years Fife 50K.

WHAT HAS BEEN YOUR MOST DEPRESSING EXPERIENCES IN RUNNING? (BEING CERTAIN YOU'LL HAVE HAD SEVERAL!)

Having returned from my cold weather training camp in Newfoundland I was all set to better my Marathon PB at London in April, all the signs were there – 15 weeks of excellent training, a half marathon PB at Inverness but it all went wrong on the day (as it did for most of the Metro contingent in the Capital on that scorcher of a day) with a stitch at mile 9 not disappearing until I crossed the line 8 mins slower than last year!! At least I didn't suffer alone!!

I was also very depressed a couple of weeks ago when, after weeks of ribbing Jackie about using him as a pacemaker for the 3Ks and this years Baker Hughes 10K, I spectacularly blew up at the 4mile mark when lying 10th in the Running Shop (I apologise for swearing) 10K with JS and Peter J in attendance to ridicule me—after deciding to carry on I trotted round to complete my 2nd slowest 10k (only ran it slower when I was fighting in the Super Heavyweight division in 2000)

Discovering that the Official Metro Kit didn't contain a Nike Swoosh anywhere!!!!

Being rejected for this years New York Marathon!!! Enjoying walking the streets of the Greenwich Village alone Kev – remember not to speak to any strange men!!!!

DOES YOUR RUNNING SCHEDULE ALLOW FOR ANY OTHER INTERESTS (THAT YOU'D BE PREPARED TO MAKE PUBLIC!) DETAILS PLEASE.

My running schedule usually takes over my life in 15 week blocks when training for a Marathon, but I still like to play golf when I can.

And I do like a holiday (usually with a run involved somewhere!!!!!!).

WHAT WOULD BE THE MOST IMPORTANT ADVICE YOU WOULD GIVE TO A NEW RUNNER?

This is probably the standard answer but....watch out, its addictive and once your hooked.....

And finally.....

Don't be coerced into wearing inferior gear – if it aint got a tick (Derek T and Kev know the rest).

Local Races

Please find listed below some races that are coming up in the area, the list is not exhaustive and there are many low key races in the area that spring up at the last minute. Please check the details with the event organiser of any race you want to take part in. I also have entry forms for many of the races that I usually bring along on Tuesday night so give me a shout then or give me a call on (01224) 210533 and I will pass on any information that I have

DATE	VENUE	DISTANCE
27 th July	Ballater	10 miles
31 st July	Aberdeen Prom	5k
2 nd August	Inverurie	10k
3 rd August	Dyce	Half
10 th August	Fetterangus	10k
16 th August	Nairn	Half
23 rd August	Rosyth 2 Bridges	36 miles
24 th August	Forfar	10k
31 st August	Elgin	10k/Half/Marathon
6 th September	Loch Leven	Half
7 th September	Glasgow	Half
14 th September	Aberfeldy	Half
14 th September	Stirling	10k
21 st September	Edinburgh	10k
28 th September	Loch Ness	Marathon
3 rd October	Aberdeen Prom	3k

Fraserburgh 10K 8th June 2003

On a drech (check that on your bill Gates spell checker..Ha !!) Sunday afternoon a number of hardy Metro Runners decided to make the trip up the coast to Fraserburgh for their annual 10k. (Which actually hadn't taken place last year due to the Foot & Mouth outbreak).

I travelled up with fellow Metro member, John Matheson. The sunny weather which had covered most of the Northeast for the previous two weeks had gone. The closer we got to Fraserburgh the worse the weather became until the heavens opened, wet day for racing in the Broch today.

On entering the hall for registration the first to be seen was part-time Metro legend and former Scottish 100k champion, Charlie Noble. A definite ploy to physic out the opposition, and he would be a hard man to beat at his home event, at least for some of us.

Five minutes from the start with no let up in the rain, we took up our positions on the start line. About a 100m from the start the road narrowed considerably, and seeing the potential for disaster the race organiser asked for all those who could run at 6min/mile pace or better to move to an alternative starting position. There was little sign of movement. Eventually a few of us changed starting position. Among those who moved was Kevin Tulloch – goodness me the entire field collapsed in convulsions of laughter and the start was delayed for 15 minutes to allow everyone to recover.

3 – 2 – 1- Go. As we started to run the rain eased and eventually stopped. The course was fairly flat, 50% tarmac, 50% dirt track. Calum Davidson won in 33:38 despite stopping to tie his shoelaces and almost going in the wrong direction (next time Darren, keep your mouth shut). John Matheson 2nd in 34:19 and Darren Strachen 3rd in 34:41, with Metro being the first team (JM, DW, KT).

First lady was Elaine White in 42:11, 2nd was Maureen Mackie in 43:34 and 3rd Gillian Strachan in 44:19

A special mention goes to Kevin Tulloch who managed to finish in 7th despite going for a 40 mile 'training' run on Friday and drinking for Scotland while watching our National football team run rings around the World Cup finalists at Hampden on Saturday afternoon.

Metro Results: 5th Jennifer Cain, 47:49, 4th Sue Carter, 45:33, 43rd Bill Ogg, 43:45, 33rd Clifford Leith 42:05, 21st Jim Cook, 39:53, 15th Steven Morrison, 39:01, 14th Gary Walker, 38:59, 12th Ian Tack, 38:44, 9th George Jamieson, 37:55, 7th Kevin Tulloch, 36:22, 4th Duncan Wood, 35:51 and 2nd John Matheson, 34:19

Charlie, who was running in a Fraserburgh vest, finished 5th in 35:58 and was suitably reprimanded for not wearing his Metro vest.

Duncan

METRO MINISTER FOR INFORMATION, COMICAL ALI MAKES A STUNNING ANNOUNCEMENT

COMPETITION CORNER

**NAME THESE ANGELIC RUNNING BROTHERS,
A BOTTLE OF WINE TO THE FIRST CORRECT ANSWER TO THE EDITOR**

THANK YOU

After my recent unfortunate accident I would like to thank everyone in the club for all the cards, flowers and good wishes I received. It was so nice to know that so many people were thinking about me. Two broken wrists and a broken shoulder are tedious in the extreme but I have a lot to be thankful for. It's a scunner to see all my muscles wasting away but armed with Duncan's turbo trainer I'm working on damage limitation. My next goal is the Elgin 10k at the end of August, I decided to give the marathon a miss, and think if I manage it in a hour I'll be doing well.

Thanks again, and I hope its not to long before I'm back down the club for training nights

Ingrid Machell

FURTHER CLUB DISCOUNT

On top of the benefits of being a member of the club we have arranged a 10% club discount at the Powerhouse fitness store on the corner of Loch Street, just behind John Lewis. Unlike the Running shop this discount is on all goods regardless of price or payment method. I have been advised that they carry a very good range of ladies athletic clothing so pop in and have a look and you might pick up a bargain.

In order to qualify for the discount you must show your current Metro club card.

5K TRACK RACE

The club is organising a 5k race on the track at Chris Anderson stadium on the evening of the 5th of August. All runners are welcome regardless of standard and the male and female races will be run together.

So if you have never raced on a track then come along and have a go, you might surprise yourself.

As usual if you are not running then please come along and help out as we will require timekeepers and lap counters.

Changing and showers will be available at the stadium

METRO WEEKEND

Alison McArthur is organising a training weekend away to the Aviemore area on the 6/7th of September. Unfortunately her first choice accommodation at Lagginlea is fully booked for that weekend so she has found alternative accommodation in the area.

The accommodation is the Loch Inch chalets just outside Aviemore and is similar to the Laginlea centre which offers various activities for the runner and non runner alike or you can go for a run then slob out the rest of the day, its up to you.

If you are still interested in going on this trip then please let Alison know as soon as possible.

Aberdeen 10k

There was controversy at this years Aberdeen 10k event when the organisers awarded the male team prize to Aberdeen Athletic Club. The results showed that if the result was calculated on position or time then Metro with 21 points and a time of 1hr 20min and 3 sec would have won the competition from Keith and District with 25 points and 1hr and 21 min in second leaving AAAC third with 31 points and 1 hr 22min and 4 sec.

The basis of the decision was apparently that the team was decided on the position of the third counter for the team therefore AAAC won it with their third placed runner coming in 12th. This ruling resulted in a team that was 10 places and over 2 minutes slower than Metro winning the prize. We wonder what formula will be used to calculate the prize next year, the first team with three runners wearing a white vest with two red bands perhaps?

If the entry form was set up properly then Mile Simpson would have been able to enter his employer and club name on the form and with his eighth place overall would have sent the organisers back to the drawing board to perhaps come up with another winning formula.

We are still unaware of the winners of the ladies team, or for the business team that the race is so fond of promoting.

Watch this space.

METRO ABERDEEN NEW YEAR SPECIAL

JANUARY 2004

AGM:

The club AGM took place on the 21st of November in the University Union on Schoolhill.

Thanks go to the committee for their continued hard work throughout the year for trying to progress the club. This is a thankless task that involves a lot of hassle especially around the numerous races that we organise.

The club is currently in a sound financial position. Because of this and despite of the increasing financial burden placed on the club by the SAL it was decided to keep the fees at £10.00 with £7.00 of this going directly into the SAL coffers leaving only £3.00 going to the club.

Fees are due on the 1st Jan and in an effort to keep our records up to date and improve communication within the club we would ask all members to complete the reply slip at the back of this newsletter and return it with their fees.

A new committee was elected with the usual rush of willing volunteers to take up places that resulted in:

Captain	Kevin Tulloch
Ladies Captain	Marie Wright
Secretary	Duncan Wood
Ass Secretary	Jackie Stewart
Treasurer	Heather Tulloch
Chairman	Peter Jennings

Ordinary Committee Members

Dave Anderson
Neil Jackson
George Jamieson
Ingrid Machell
Colin MacKay
Gary Walker

Kevin volunteered to try to get out a mag on a regular basis so please keep the contributions coming in.



Far too much smiling going on as Marie and Sue battle it out at Crathes Castle

National XC Relays

The club struggled to get 2 teams to this event, the vets team finished 33rd overall and 4th in the vets section a mere 17 seconds off a medal. In the men's open team John Matheson did a sterling effort to anchor the team to 46th overall. It was disappointing that we couldn't get more runners to turn out for this event.

LONDON MARATHON

As usual the club has received two guaranteed entries for the London Marathon which takes place on 18th April next year.

The draw for the places took place in the Red Lion pub on the 16th of December and the lucky winners were Jim Hamilton and Martin Fraser so good luck to them with their training over the winter months and with the race in the spring.

For information most of the members travelling to the marathon are staying in the Travelinn County Hall. This hotel is very central and offers good access to transport links to the start of the race

METRO SNIPPETS

METRO TROPHIES

This years race series was won by Marie Wright and Keith Farquhar, Marie had a winning margin over Ingrid of less than 3 minutes. The men's was even closer with only 1 min and 33 seconds separating the top three.

This year we also introduced a most improved runner section which was won by Lynne Gray and Paul Allanach, again both competitions were very close with Paul winning by less than 1% from Colin MacKay and Lynne winning by just 2%.

Details of next year's series counting events will be available soon but will begin with the first Friday of the month 3k series on the promenade.

The male champion was again Simon Pride with Bruce Moroney winning the vets. In the ladies section Ingrid Machell was the champion with Wendy Cruickshank winning the vets.

Jackie's efforts for the forwarding of the club throughout the year were also recognised when he won the Billy Allen trophy for outstanding contribution to the club.

METRO PROMS WINTER SERIES

This series of races are well under way with 75 runners taking part in October's run and 56 taking part in November's. Malcolm Beattie and Nicola Gauld are leading the way in the male and female standings.

The next race is on Friday 6th of February.

CLUB RUNS

In an effort to keep the training that we do as interesting and varied as possible the club are looking for suggestions for alternative runs. This does not have to be on a Tuesday as many members use the Tuesday club run as a core hard session in their training program. The rep session on a Thursday night at Hazelhead has also been very well supported. There has also been a group starting to meet at Counteswells on a Sunday morning. When the light nights come in the spring we will be looking for alternative venues for training, perhaps once a month or something, so please give us some feedback on what you want as it is your club. For details of the sessions give Jackie a shout

CLUB RUN

At the AGM a motion was passed to bring the starting time of the club run forward 15 minutes from 7:00 pm to 6:45 pm therefore please note that until further notice the official start time of the run on a Tuesday night will be 6:45 pm, the location remains unchanged.

We have also been asked if runners would leave a clear access to and from the sports centre when gathering before the club run on a Tuesday night. Unfortunately we do not have sole use of the facilities and other users need to get in and out of the centre so please bear this in mind.

After the run we are still meeting in the Red Lion bar in on the Spittal so please come along and join us for a drink and a chat. This is where weekend runs, sharing lifts to events and the like are usually discussed, so come along and find out what's going on.

CROSS COUNTRY

With the cross country season now in full swing I feel it is good time to remind all members, who are also affiliated to the SAL, that this winters East District XC championships and the National are at Falkirk's Callender park on the 10th of Jan and at Perth on 21st Feb respectively.

Also the old codgers or "Masters" as they are now known, national event is at Cupar in Fife on the 6th of March.

These races are not just for the "better" runners in the club but are open to everyone and all are welcome to take part. Travel costs to the national are even paid by the club, so come on and get a free trip to an exotic location and a lovely cold shower at the end of it.

MEET THE METRO MEMBER

NAME : Sue Carter

OCCUPATION : Single mum to Jamie(6) and Brooke and Georgia(3)

WHAT TRIGGERED YOUR INTEREST IN RUNNING?

I have been running for 20 years! My first husband was a very good club runner and I began to compete rather than spectate.

WHY DID YOU JOIN AND HOW LONG HAVE YOU BEEN A MEMBER OF THE CLUB?

I decided that I was too good not to be in a club(!) so I made enquiries at races and chose Metro as it was full of handsome men! I joined around 10 years ago and rejoined in 2001 after 3 kids and 3 years abroad.

WHAT ARE YOUR BEST TIMES FOR THE 10K, HALF MARATHON AND MARATHON?

10K :- 44.43 (Fettercairn 2003)

Half Marathon :- 1.42 (Nairn 2003)

Marathon :- 4 hours. (London 1991, my second and last marathon.)

WHAT HAS BEEN YOUR MOST UPLIFTING EXPERIENCES IN RUNNING? (ASSUMING YOU'VE HAD SOME!)

Every PB I've ever achieved; prizes, which I am now starting to accumulate, especially team prizes alongside teammates so much younger than myself; hot sweaty runs in holiday locations after a day on the beach; having a good physique without having to ever diet.

WHAT HAS BEEN YOUR MOST DEPRESSING EXPERIENCES IN RUNNING? (BEING CERTAIN YOU'LL HAVE HAD SEVERAL!)

Those races where it all 'goes wrong'; hill races where I am left way behind by the Cosmics; sad runs around industrial estates; the first run after childbirth when the hill to climb back to peak fitness seems huge; recently, missing the big distant races due to the cost of a babysitter.

DOES YOUR RUNNING SCHEDULE ALLOW FOR ANY OTHER INTERESTS (THAT YOU'D BE PREPARED TO MAKE PUBLIC!)

Working out in the gym with weights (building muscle, which women seem so reluctant to do, has certainly done my running no harm at all; music (an aging punk, I now like Nu-metal); oh, and sex!

WHAT WOULD BE THE MOST IMPORTANT ADVICE YOU WOULD GIVE TO A NEW RUNNER?

Unless you are aiming at a marathon, mileage is not the be all and end all of running. Good quality speed and hill work, where you push yourself to the limit will improve performance. And remember that with time you will gain experience and confidence which will always make you a better runner.

Edinburgh to Falkirk Relay, 16/11/2003

EDINBURGH TO FALKIRK RELAY

It was at one of Jackie's infamous rep sessions on a Tuesday evening that I first heard of the Edinburgh to Glasgow relay race. I soon found out that it had been changed so that in 2003 the route was to be from Edinburgh to Falkirk. Being fairly new to Scotland, I wasn't exactly sure of how far this actually was, but I guessed it was a long way...! I was informed of the rest of the details - it was a four-hour, 40-50 mile, 8-man relay, entry was by invitation only, the standard was very high - only the top 20 clubs in Scotland could compete - and the Metro team would be leaving at the crazy hour of 4am! So I decided to put my name down for it and thought no more about it for a while. I heard that the Fraserburgh half marathon was to be held on Sunday 16th November and was planning to run in it when Kevin told me that I had been picked for the E to F, and it was on the same day. I decided to go for the E to F, but I'm sure many people would question my sanity!

So I found myself going to bed extremely early on Saturday 15th November in the hope of having a good sleep, waking up in time to make some decent food for myself and making it out onto the street by about 4:30am on Sunday morning to get a lift with Kevin. However, the people in the flat above me were determined not to let me sleep as they had music blaring into the wee small hours. When I finally got to sleep I was soon woken by all the student-type partygoers returning home at about 3am. So I admitted defeat in the quest for a good sleep, crawled out of my bed and went to make a feed for myself.

Kevin picked me up and we met the rest of the Metro team (the full team was Kevin Tulloch, Keith Farquhar, Craig Stewart, Gary Walker, Nick Milovsorov, Alistair Murray, Neil Jackson, myself and Dave Nugent who had volunteered to come down and help out). We stopped on the way at a petrol station to buy food but we were as quick as possible since conditions were Arctic to say the least. We made it to Edinburgh and headed for registration. I was idly leafing through course maps, watching people who looked like incredibly fit runners milling about and wondering how mad we really were when Neil casually said, "Oh look, I see Liz McColgan has been entered by Dundee." I was thinking "Ooops, I've made a big mistake, what on earth am I doing here?!" But it was too late, I had committed myself! (As it happened, Liz McColgan didn't run but it gave me an idea of how high the standard was going to be!)

Once we had registered we discussed exactly how we were going to use the three cars to make sure that each member of the team was at the start of their leg on time and that they would be picked up afterwards as well. This was a major logistical challenge but we managed to have a reasonable idea of who was going where by the time the relay started. Kevin had picked the team and volunteered himself for the "suicide leg", stage one. It started at 8:30am, and it was freezing! Gary and I saw guys finishing the first leg and looking absolutely knackered. Runners were taking off at the start of the second stage at a very fast pace as well. Kevin came in 8th and looked completely spent. He managed to mutter, "No place to hide out there," which made me feel much better!

Keith ran next on the second and longest leg - we drove along it to the start of the third leg - I felt sorry for him since the route seemed to be very straight and very boring and also very long... Already the teams were well spaced out but Keith did well and made up a place, he came in 7th. Near the start of the third stage was a Tesco store and we went in to use the toilet, but loads of other runners had the same idea and there was only one cubicle and two urinals... so it took a while! Leaving Tesco's I noticed that the restaurant was selling fry-ups and a fry-up would have gone down nicely, but that really would have been suicide!

Craig ran stage three, mostly along an old railway line. I imagine that the going must have been fairly difficult along here, and it was still freezing cold and very early in the morning. Craig came in 12th and handed over to Gary for stage four. We drove along the stage, shouting encouragement as we passed Gary who maintained our overall position of 12th with a decent run, while Kevin skilfully talked the team out of a potential sticky situation with a marshal, he was so effective he nearly fooled me as well. When Gary finished we were at the halfway point in a time of 2:19:15.

Nick, on the fifth stage, was running pretty well, we watched him start and then drove along stage five to the start of stage six. I thought we would have passed Nick a lot sooner than we did, he was obviously flying. Or trying to. Nick's stage marked the start of the hills, although to be fair he did not have the worst of it. The most difficult and brutal stage was Alistair's. Again, we drove along it and it was up and down, up and down, up and down the whole way, only with bigger and longer ups than downs! We had a bit of a laugh in the car about how much we thought he would enjoy it!

I was doing the seventh stage, and by the time we reached its starting point, the day had finally warmed up a bit. I did a bit of a warm-up, and Kevin said, "Look at the bird who's going out in front of you. You better catch her up." He then told me it was none other than Trudie Thomson, winner of the Belfast marathon for the last few years. I ran the Belfast marathon in a disappointing 3:40, she ran it in 2:30 or something crazy like that. Alistair finished his battle with the hills and I finally got running. I was worried about getting lost but the route was well marshalled. I was getting closer to Trudie, who had started nearly a minute before me. But she had obviously taken it easier than me over the first half of

the stage, and she stretched away from me in the latter part of the run. I saw some runners who had already begun stage eight as I was heading down a very steep hill. At the bottom was a right turn and I didn't slow enough for it – I ended up on the wrong side of the road to try and avoid hitting a parked car. I felt I was running well, and passed a bunch of Metro runners who were now acting as marshals. I hardly even saw them though. I heard a shout of "only a quarter mile to go" from someone, but I didn't know whether to believe them or not. But sure enough, I rounded a corner and Alistair was shouting at me to go for it, and that I was nearly there. Coming into the home straight (which was really muddy and difficult to run on) I could hardly see because the sun was blinding me. Neil started out on the "glory stage", stage eight, and I just about collapsed!

I was met by Alistair and Dave after finishing, they had very wisely and kindly brought my fleece with them so I put it on me and tried to do a few stretches to warm down. We waited around, since the finish point for stage seven was also the finish point for stage eight and the whole relay, and we watched the finishers come in. After what seemed like an age (because I was rapidly getting cold from standing about, not because Neil was slow or anything!) Neil finished the relay for the Metro team. We were 12th overall and completed the distance in 4:17:38, not a bad effort, and this guaranteed entry for next year's event.

We then made our way back to the school where the prizes were to be given out. There was also food available – burgers and chips – and not a moment too soon, we were all starving after a long day. We wolfed it into us in no time, and someone dryly remarked that this was the cream of Scottish athletics sitting eating junk food. But to be honest I didn't really care! Hmmm. Once the results were distributed we headed for home. A few of us stopped at a bar in Forfar for some well-earned drinks, and I learned that Nick is a Wolves fan... Seriously, they won't finish bottom of the league and get relegated! Kevin took great pleasure in telling me that I had "got beat by a bird", and indeed he took pleasure in telling half the club as well! I'd like to point out, in my defence, that over the whole stage, Trudi Thomson (who has won a pile of marathons) was only a mere 14 seconds faster than me!

In the car on the way back to Aberdeen the England/Denmark game was on the radio and I was trying to listen to it, but I kept falling asleep. I was sure it had finished 2-2, and didn't find out until the next day that Denmark had scored a late goal to win 3-2. When I got home I pretty much lay about, did nothing and went to bed. It was a really good day!

John Lenehan

National CC Relays - Cumbernauld.

Two Metro men's teams took part in this 4x4km event, held on 6 December. Duncan Wood's unfortunate withdrawal due to work commitments 24hrs before the race had the event captain Peter Jennings frantically attempting to find someone to fill his vacant spot. By 9pm and still without an able runner for the senior team, it was suggested by Paul Allanach that we go anyway...

The Vets' team consisted of Mike Simpson, Peter Jennings, Keith Farquhar and Gary Walker who headed down in Peter's car. John Lenehan and I headed down with Paul driving. Without even reaching the Aberdeen City boundary both Paul and John had indicated that they had no desire to do an extra 'leg'... Reaching Dundee, I decided to study the 'information' package that Peter had given to us and noticed that the senior men's course was 8 800metres! While we thought about

heading back up North, Paul spotted that this course map was actually for the East District XC in Kirkaldy.

Of the 120 teams entered, the Metro Vets finished 33rd overall and just out of the medals: 4th in their category. Keith's protest, that one of the runners was without a 'V' on his race number, was overturned. However the race commentator had also been mistaken during the race, announcing that Metro were 3rd. The senior team finished in 46th position in a commendable 63:02 for the 16km distance.

On reflection, over a meal and a pint of the amber nectar at the Old Mill Inn in Maryculter, Paul and I both felt pleased that we had gone and that Metro had been able to field a senior team. It's a good course and I'd be more than willing to go down again next year. Just as long as I only have to run once...

John Matheson.



John takes time to adjust his glasses for the photo finish

WHERE'S CHARLIE ?

Further information in the where's Charlie saga have arrived at Metro towers.

Upon close inspection of the Crathes Castle XC results, C Noble was running in the U13 girls section therefore it would appear that our Charlie has re launched himself into the world of running as a 13 yr old girl.

Results of further investigation will be reported in the next issue

Amsterdam Marathon 19TH October

I decided to compete in the marathon, so I took the family over to Amsterdam for a short break.

We left Edinburgh early on Saturday and were in the centre of Amsterdam by midday.

A short tram-ride brought me to the Olympic Stadium where I had a look around. I collected my number and t-shirt. Registration was fairly relaxed and didn't take long. There was an exhibition but it was nothing compared to the one in London.

We stayed in a small central hotel, with an early journey by tram to the start on the Sunday. It was a crisp sunny morning and I arrived at the stadium about 9.15am for the 11am start. There were adequate changing facilities and refreshments and although quite busy it wasn't congested.

The start was very orderly, with a strict control on where you lined up depending on your number and everyone wore a chip to ensure being given an overall time and a net finish time. The course was quite pleasant, running a loop of the city centre, then around the stadium at about 8k, before heading out along the side of a canal for a good few miles, across a bridge and then back along the other side. You enter the city, pass the Rijksmuseum, into Vondel Park and on to the Olympic Stadium and the finish. There was a good enthusiastic crowd in the stadium, although the Dutch don't go overboard with their encouragement on the course.

I finished in reasonable shape as I didn't overdo it and kept it steady for 3hrs 7mins 55secs. Overall I was impressed with the organisation and the course. As it was a field of about 3,600 the standard was high with 990 competitors finishing in under 3hrs 30 mins. The results and photos came on the internet pretty quickly and Amsterdam is a lively and interesting city and it all added up to an enjoyable break which I would

recommend if you do not want to run the marathon there is also a half and a 10k.

Ian Tack

NIGHT OUT

Jackie is organising a night out for the Metro Running Club on Saturday 21st February. It will take place at the Aberdeen Boat Club. There will be a buffet, raffle and live music. The evening will be free but any donation to the raffle would be welcome. Initially we will keep it to club members and partners until we see how much of a response we get. Then we may be able to allow friends etc. Please e-mail me as soon as possible to let me know if you are interested and if your partner will be going.

This is not a fund raising night but a night for all of us to get together, get to know everyone and their partners and enjoy ourselves.

Christmas 6

There was turmoil at this race when at the last minute the organiser noticed that neither Jim Hamilton or Gary Walker were at the event. This is unheard of for a race to go ahead in the North East without either of these fine athletes. Therefore the police were alerted and the hospitals were telephoned to find out what was happening.

It turned out that both Gary and Jim were doing a training run in Counteswells forest.

The race went ahead with the Metro taking the honours in the oldies race. Kevin Tulloch and Phil Cowie finished first and second vets in the men's race, Sue Carter finishing first in the women's vets race and Ian Tack finishing 3rd in the V50 category. Neil Jackson also kept up his good form finishing inside the top ten for the umpteenth time this year. Also representing the club on a cold rainy Sunday morning were Bill Ogg, Scott Mitchell, Alan Brown, Douglas Proudfoot and Jim Cook.

CLUB STANDARDS

At the end of this newsletter you will find a list of qualifying times that the club is to use for the standard award scheme we are going to run. In order to qualify for a standard award you have to attain the required time in at least three of the four categories listed then submit your application to the club captain on the following form.

NAME.....

ADDRESS.....

.....POST CODE.....

METRO CLUB NUMBER.....DoB if Vet.....

Standard Claimed : Male/Female 1st 2nd 3rd 4th

Qualifying performances (3 different distances in the same year)

<u>EVENT</u>	<u>TIME</u>
--------------	-------------

10k _____

10 Miles _____

Half Marathon _____

Marathon _____

MEMBERSHIP RENEWAL FORM 2003

SURNAME..... FIRST NAMES.....

AGE.....DOB..... (MALE/FEMALE)..... 1ST / 2ND CLAIM.....

ADDRESS.....

..... E-MAIL.....

POST CODE..... SAF No (if member).....

TEL. NO home.....work.....mob.....

The club will hold your details on a database for their sole use.

ANNUAL FEE £10.00 PAYABLE TO "METRO ABERDEEN RUNNING CLUB"

METRO ABERDEEN NEWSLETTER

September 2004

ELGIN MARATHONS

Following on from the men team success at the Scottish marathon and half marathon championships strong male and female teams went up to the Moray festival of running in Elgin.

In the women's team events the club finished first in the marathon and second in the half marathon. Ingrid Machell finished fourth overall winning the vets prize in the marathon setting a new PB for the distance, supported by Wendy Cruickshank also setting a new PB with Linda Webster third counter.

The half was a close run affair with Sue Carter also finishing 4th and again 1st vet with support from Jenni Cain and Susan Greyson they finished a close second to Moray road runners in the team competition.

In the men's event Metro dominated the marathon filling the first three places. Simon Pride was first over the line with Kevin Tulloch a distant second and Steve Forbes in third, Kevin also won the vets title taking over from Duncan Wood who won it last year.

Duncan finished 4th in the half with John Matheson in 2nd and Stewart Henderson in 5th they easily won the team prize. Stuart has only been with the club for a couple of weeks and was so desperate to fly the flag for Metro that he borrowed one of Jackie Stewart's old vests for the race. "The fastest that vest has gone for years" was the most heard comment!

Keith Farquhar was our top finisher in the 10k just losing out in a sprint finish to Cambuslang's multi vested Frank Barton. Alistair Murray picked up a vet's prize while finishing 8th overall.

The organiser of the event also took time to comment on how well Metro supported the races to which Jackie replied, "you keep supplying the malt whisky for prizes and Metro will keep coming to run" congratulations to all who took part.

DYCE HALF

Thanks go to all members who turned out to help at the Dyce half marathon. This event was again sponsored by Performance Plus and because of their generous help all of the money raised goes into the club account, which helps us to keep our fees low and to offer subsidised kit to members.

PROMS 3k SERIES.

We are pleased to welcome to Aberdeen, Run 4 It, new running clothing and equipment shop located on Holburn Street at Holburn junction. We are pleased to announce that this new shop has kindly agreed to sponsor Metro's Proms 3k winter series events for the coming season.

After 4 years of organising this series Duncan Wood has decided to have a go at running them therefore Jackie Stewart has agreed to take over the bulk of the organising duties. If you have a spare hour at lunchtime on the first Friday of the month then please let Jackie know and come along and help out

METRO SNIPPETS

Anagrams of club members!

1. COUNT HELLVIK
2. HAUL ANAL CLAP
3. J. TACKIE WASTER
4. CHARMING DELLI
5. WORKED ODE
6. NED DUNKER
7. TAN CHUM BRAIN
8. KNIT PONY
9. SPENT N JEERING
10. GOD SLURP FOOD OUTA
11. MEANS JOGGER OIE
12. THE WI WARDEN
13. RACIN MACHINE ECHO CL
14. CLUTCH HER SON IN A
15. I SMALL BAD
16. NICK A TA
17. WEARY G LARK
18. NEARLY C SERF
19. FILL C THIEF
20. BIKERS TEAR



Metro Men set the pace at the Dunfermline half

Metro had a great day at the Dunfermline half marathon, which was also the Scottish championship. This year we went one better than last year at East Kilbride by picking up the gold in the men's team event.

The team of Kevin Tulloch, John Matheson and Steven Forbes all ran well in the later stages of the event to overhaul local boys EZ Carnegie who were leading at the half way point.

Kevin finished in 8th with John in 11th and Steve in 14th to win the title. Kevin also picked up the Silver in the vet's category.

Also running on a very hot day over a testing course covering 2 loops of the town were Gary Walker 18th, Donald White 21st, John Lenehan 49th (2nd under 20) Stuart Cameron 57th and Iain Lindsay 110th

Club Kit

The club currently has stocks of the following kit for sale:

Polo Shirts	£10.00
Vests	£14.00
Crop Tops	£15.00
Long sleeve tops	£20.00
Jackets	£35.00

If you want to purchase any of the items that can also be earned through the Tuesday night loyalty scheme then give Duncan Wood a shout on 868546

Charlie's Quotes!

At the Stonehaven half marathon to the organiser,

"Heymin, you conned me, when I entered you never said there were going to be hills !

CONGRATULATIONS

Go to club member Darren Kinsella who finally got married to Nina last month in the Maldives, several club members were invited to a reception in Edinburgh upon the happy couples return and suitably disgraced themselves. Since that night it has now been written into the club's constitution that Mark Masson or Kevin Tulloch are no longer allowed to drink Whisky and Stella in public at the same time. Any future incidences of this shenanigans must be reported to a committee member as a matter of urgency!

QUIZ NIGHT

Jackie Stewart has arranged for a club quiz night to take place on Friday the 12th of November at the Health Board Club on King Street. He would appreciate the assistance of a volunteer to help him with organising this and anyone out there willing to help him then please contact Jackie directly. He is looking for help with setting up and questions and the like.

Please also contact Jackie as soon as possible if you are going to attend as he has to supply numbers to the club for their catering, also there will be places available for family and friends if required.

TRAINING

Thursday's training session was thrown into turmoil last week due to the non-appearance of Peter Jennings. Hospitals and Police stations were called to find out Peter's whereabouts but to no avail. After some phone calls and a delay of 40 minutes it was discovered that it was Peter's daughter's 18th birthday and the family were out for a celebration meal. The rep session then got under way with all happy in the knowledge that Peter was safe.

RUN 4 IT

I can confirm that the new running shop in Aberdeen are happy to offer a 10% discount to Metro members.

All that they ask, is that Metro Members show a membership card when making purchases and exercise a small amount of discretion, in order to ensure that other customers in attendance at the time do not feel penalised when one customer is achieving a discount and they are not.

This arrangement is to be reviewed on an annual basis to see if it is mutually beneficial to both parties so as they say, use it or lose it.

There is also a podiatrist resident in the shop that is offering club members a free consultation.

HITCHIN !

The good news has just been announced that Scott Mitchell and Roslyn Wilson are to be married in the spring. Apparently Scott got down on one knee (the good one) last week and popped the question.

LONDON

Aye its that time of year when the London entries should be in, closing date of the 22nd of October. As usual the club will be applying for their guaranteed entries for the race. If you enter the marathon and get the rejection slip in with the Christmas cards then give this slip to Duncan Wood who will enter your name into a draw for the club entries which will take place the first week of January.

SERIES AWARDS

Please remember that if you want to be considered for any of the awards or standards that Metro run then it is your responsibility to make me aware of your performances. Over the years I have trawled through results to find out who has done what but this year I have been unable to do this.

If you feel that you should be considered for an award then please e-mail or telephone me to let me know what you have done. Please advise race distances dates venues and your age at the time.

E mail kevin.tulloch@stoltoffshore.com or telephone 790706

OLD MEMBER'S REPORT

At last an athletic achievement to make even Kevin Tulloch jealous! On Friday 18th June after work I forced the battered old car down to Kinghorn in Fife, and 80 minutes before the 8 p.m. start, entered the 'Black Rock 5', which is organised by Hunter's Bogtrotters, that eccentric brown-vested bunch of speedy drunks. Then on to Burntisland, abandoned the car at my sister's house, changed and started walking back up the hill to Kinghorn. Half an hour before the start I began to jog. With the battered old legs partially warmed-up, I stood in a crowd of 575 competitors – a record field for an odd event which has been going for 17 years.

The first mile was up a steep road hill and then down to the beach. I couldn't get going properly and many overtook me. However once we hit the wet, bumpy beach I got into a rhythm and from then on no one else came past and I made steady progress up the 'field' to the Black Rock itself (although the water was too deep to run round it). The first woman (Fiona Lothian) was passed just before we came back onto the road and the long uphill grind (plus one steep downhill) suited me. The finish was a near-vertical climb but I ended up managing 27.34 for the short 5, in 47th place (1st M50 by 12 seconds from my old rival Archie Duncan). Every finisher got a bottle of Deuchar's I.P.A. and a banana! Then it was off to a good pub with Robin Thomas, the HBT guru, who was meant to be organising. We missed most of the presentation, which was outside another pub, but when I did claim my prize, it turned out to be a tenner in an envelope (brown, of course) and a box with a dozen more bottles of I.P.A. – just what I wanted as a fan of running and real ale! Luckily I managed to phone my sister who drove up to collect me and the beer. So I recommend this excellent race to my Metro clubmates.

Although I have only managed three visits to the club Tuesday sessions, it's been a reasonable year so far – some races have not been lifetime worsts! Real injury has not afflicted me since November and I've completed twelve races with distances from 1500m to Half-marathon – all in times below the (not very good) British Veterans M55 standards – picking up one silver and four gold Scottish Athletics medals for indoor and outdoor track and cross-country. Since at the age of 56 I am happy just to be jogging, and seldom manage more than thirty miles per week, all this has been a bonus. Maybe in the autumn I may be strong enough to return to the club and watch the fast 'boys' zoom away from me once more. Maybe one day I may beat Peter Jennings again – an old member can still dream.

COLIN YOUNGSON



Metro Members enjoy a well-earned drink after the Moray Marathons

Name this rotund regular weekend racer?

METRO MOUTHPIECE CHRISTMAS SPECIAL

DECEMBER 2004

Welcome to another Metro News with articles from member's competing in races near and far.

Within these pages look out for a profile of one of Scotland and Britain's best ever distance runners and check out his PB's, the things dreams are made of.

Remember it's your magazine and only as good as the contributions that you send in.

Please also remember that your club fees are due for renewal on the 1st of January so please send them in as soon as possible to make life easier for those who do the administration. A renewal slip is attached to the end of this newsletter. Please complete the slip and send with your fees to ensure that the club have your correct, most up to date information

Run-4-IT PROMS SERIES

This year's proms series has taken off with the backing of Aberdeen's newest running shop Run-4-It. In October's race there were 50 finishers followed by a record figure of 77 finishers in November beating the previous best by 2 runners.

AAAC's Calum Davidson and Laura Mahady are leading the series after 2 rounds with new Metro man Frank Smith and Metro's own Sue Carter flying the flag for the Vet's.

As usual if you have a spare hour at lunch time and can manage along to help out at any of the events then please let us know as helpers are always required particularly at the finish area with more and more runners turning up to take part every month.

Anagrams can you spot your clubmates

1. CAN DO WOUND
2. ANN HH JOLENE
3. COOLING O SUNNY
4. NO DEAD RAVENS
5. AT HANGAR CHARMS
6. TRACE GI WARTS
7. LICK AMY CANO
8. DUET VAN DING
9. RH QUAKER FAITH
10. GRAB RAM HOOK
11. CHEAT OTHER HULL
12. SIR HEAL ZINC BEE
13. SAME O JOCK
14. IS IT A RURAL ARMY
15. HARM OL CURTAINS
16. OH NON HAM JETS
17. LAWN ROB AN
18. MOTHER DESK
19. WAS IN A MILLION
20. CAJUN NN HOD

COMPETITION

Despite sackloads of responses to the competition swamping the Metro News offices, nobody managed to correctly name the "Rotund regular weekend racer" who was featured in the last magazine competition page therefore it's a rollover for this editions competition.

The fine athlete in question was none other than a very young Gary Walker. Gary himself sent in an entry and also got it wrong, he thought it was Ian Tack ! Its is only fair to say that Gary's taste in shirts and facial hair has vastly improved since that photo was taken, you also have to remember that I had to suffer the horror of viewing the original picture in full colour.

Thanks go to the anonymous contributor who sent in the picture in a plain brown envelope, no questions asked !

Look out for this editions competition and get your entries in to the editor quick for a chance to win.

METRO MOUTHPIECE CHRISTMAS SPECIAL

DECEMBER 2004

Toronto Marathon

What does any "runner" worth his salt do when his wife tells him of an impending family wedding in Canada? Polish his shoes, Look out his kilt? Of course not.....he quickly checks the internet for events in the area.....and to my luck the Toronto Waterfront Marathon was taking place 1 week after my wife's cousin's wedding.

Flights and hotel were booked as early as February and all I needed to do was negotiate the London Marathon have a break, and then commence my training for the big day at the end of September.

It was at the London Marathon whilst huddled in one of the changing tents at the start Kevin Tulloch tells me that he was going to Toronto too, as were Duncan Wood, John Matheson and Nick Milovsorov.....so much for my moment of glory in the Evening Express in the week leading up to the race!!

Despite the rain, London Marathon went well, not quite a PB (2:57) but a good footing for a crack at sub 2:55 in Toronto. With a house sale/move over the summer my training wasn't quite as intense as usual but my new location near Westhill certainly provided me with plenty of hills in my legs!!!

I set off for Toronto with the bulk of my training behind me and just the final taper to fit in between watching the Ryder Cup, attending the wedding and a little jaunt to Las Vegas for some warm weather acclimatisation. On my first morning in Toronto I went for a nice easy 6 miler to loosen off the legs after the flight....I wasn't prepared for the humidity, which wasn't far from 100% that left me drenched after 5mins. I sent Kev an email telling him to fit his last few sessions in a sauna for preparation!!

The Ryder Cup and Wedding both went well and it was up to the Metro contingent to carry on the European dominance on North American soil at the Marathon.

I picked a hotel close the start / finish area and had arranged to meet the gang at the start on the Sunday morning with Joanne meeting Heather, James and Co for some vocal support en-route. The race start was at 7am, which was a god send as later that day it was touching 25°C.

I met with Kevin, Duncan and John at the pre-race bag drop...the aptly named "Metro Hall". We made our way down to the start area and found it very easy to get a good spot only inches from the line. The TV cameras were around us but they were not doing a piece on balding runners so we (not you John) were out of luck, they were in fact focusing on Ed Whitlock who was and is the current World Record holder for over 70's in the marathon of under 3hrs.I thought to myself don't get beat by this boy!

I lined up along side the marathon rookie John with Duncan and Kevin just in front of us, I asked John what his plans were for his 1st full marathon....."anything sub 3hrs, nice and steady and possibly a negative split".....sounds go to me I replied. So at 7am we were off, as we approached the 1st Kilometre marker John started to ease away from me with Kevin and Duncan another 50yds in front.....I started questioning whether I was going too slow.....I checked my watch to see, I was 10secs quicker for that K than I needed to be.....I could hear Jackies voice ringing in my ears

METRO MOUTHPIECE CHRISTMAS SPECIAL

DECEMBER 2004

“just run your own race”...so I did and left John to streak ahead down the road in hot pursuit of Kevin and Duncan.

The route doubled back on itself at the 9K mark where about 1 minute in front of me I spotted Duncan ahead of Kevin with John hard on his heels.....by this time the sun was coming up and the temperature rising.

As the course headed back towards the city centre we passed the leaders in the half-marathon, who were on the same course as us but 30 mins later in starting, I glanced over to see Nick making good progress.

The bulk of the course was on urban dual carriageway with an 8K section on “the spit” which is a group of small islands joined together stretching out into Lake Ontario, at the 30K the race heads towards the beach area of Toronto where we were greeted by the Mayor and Father Christmas!!

There was one more “double back” at 34K then it was straight back to the finish area, as Kevin passed in other direction he shouted over some words of encouragement...he must have noticed that by this time I was beginning to struggle....and to compound matters Ed Whitlock passed me running like he had just started a 3K!

By the time the CN tower was in sight I knew a PB was out of the question but a sub 3hr was still on as long as I kept moving.....as I turned the final corner I was horrified to see the finish line was 700yds away.....one final push saw me over the line in 2:59:03...job done.

Once I collected my medal I fought my way through the crowds to the refreshment tables, where there was plenty of Gatorade, water, fruit juice and DRY bagels.....try eating one of them after 26 miles!!!

Back at Metro hall I met the rest of the guys who had all recorded very good times (Kevin 2:46, Duncan 2:52, John 2:55 and Nick 1:17) and we set about dissecting the course and telling tales of missed opportunities.....

We went our separate ways and I headed back to the hotel for a quick change then its was into the Eaton Centre for my last chance to buy some more Nike gear.....and keep my legs moving.....by mid afternoon the days efforts was taking toll on my weary legs and we retired to the hotel bar for a couple of isotonic beers followed by a trip to the Hard Rock Café for the biggest burger they sold washed down by a few more beers....by 8pm it was time for tubbie by-byes!

The Toronto Marathon was a great end to my holiday and definitely a race I would recommend. I think we all did Metro proud on the day with the 4 of us finishing inside the Top 40 with and Kevin and Nick winning prizes in their respective categories.

See You all in London!!!

Neil Jackson

METRO MOUTHPIECE CHRISTMAS SPECIAL

DECEMBER 2004

Name: Fraser Clyne

Occupation: Chartered Town Planner

What triggered Your Interest In Running? I started when I was at Aberdeen University in 1974. Until then I played football, but I was no good at it.

Why Did You Join and How Long have You Been a member Of the Club? I was a founder member of Metro having previously run for Aberdeen University, Glasgow University and Aberdeen AAC.

Personal Best Times

10K: 28:50

Half Marathon: 62:54

Marathon: 2:11:50

Most Uplifting Experience

There have been many - Representing Great Britain in three World Cups, setting a marathon pb of 2:11:50 when finishing second in the 1984 US championships, competing in five world cross country championships, winning five Scottish marathon titles and four road running titles, competing for GB and/or Scotland in races throughout Europe, Africa, United States, Japan, South Korea, Australia, winning the Morpeth to Newcastle road race, winning the Scolty hill race 16 times, helping Aberdeen AAC win the Edinburgh to Glasgow relay three times and running under 2hrs 20min for the marathon on 22 occasions. Other highlights - getting more votes than Willie Miller in an EE local sports person of the year poll in the 1980's; I also once topped the bill ahead of Neil Young on a radio chat show in California!

Most Depressing Experience - Finishing 10th at the 1986 Commonwealth Games. I had been very fit in 1984 and 1985 but was suffering from a back injury in 1986 which seriously affected the quality of my training. I knew before the race started that I wouldn't be able to run as well as I'd hoped. I really suffered in the closing stages and finished in front of a packed Meadowbank stadium in 2:17:30. The crowd was brilliant, but I was so disappointed because I thought I could have finished much higher. I also vividly remember finishing last in my first international track race in front of a full house at Crystal Palace just before the 1980 Olympic Games - I vowed it would never happen again, and in my next track international I was second last!

Other Interests - I have three children to keep me busy. I am also historian/statistician for Arbroath football club (don't ask why - it's a long and complicated story). I do a bit of athletics, football and multisport writing for various publications.

Important Advice for a new runner- Running is a wonderful sport because there are no limits to what you can achieve. If you train sensibly you will make great progress. Plan your races carefully. Decide what you want to do, make the commitment to train towards it, then enjoy the satisfaction of achieving your goal. Learn from your clubmates and have fun.

METRO MOUTHPIECE CHRISTMAS SPECIAL

DECEMBER 2004

After Ian Tack and co spreading the message about Metro Aberdeen in Berlin I thought I should continue the good work in Eastern Germany here in Dresden. I got cheap flights with Germanwings from Edinburgh direct to Cologne and then on to Dresden. Today its raining but until this morning it has been " Goldener Oktober " here in Germany-much warmer than usual It was a bit too warm for me on Sunday-must have been at least 21°C -one newspaper said 25°. Kevin would be proud of me on account of the amount of beer I've consumed here ! -so of course my time was not so good. My chiptime was 1.22.47 for 29th place overall from maybe 1,600 runners - only 2 women and 2 young whippersnappers in the M50 AK were ahead of me - I was first M55 by over

4 minutes! Half-marathon no.290 ! - I'm going for the big 300 next year !! In the marathon the winner from Poland had an easy to remember time - 2.22.22 - all the 2's as they say in the Bingo Hall. Only the first 4 guys beat my pb of 2.34.53. The first lady was Sylvia Renz (Berlin) in 2.42 something. The course here (2 laps for the marathon) is very flat indeed - super - but too many cobblestones-maybe by next year they will have covered more of them with asphalt. The views are fantastic - Dresden is a really beautiful city and it was only earlier this year that they finished rebuilding the famous Frauenkirche destroyed by the bombing in 1945. Cheers,Grüße us Dresden. Bill Adams.



The reason for Bill and Ian's trips to Germany becomes clear!

METRO MOUTHPIECE CHRISTMAS SPECIAL

DECEMBER 2004

Frankfurt Marathon

Bill then went on to record 3:02:44 at the Frankfurt Marathon one week later, despite recording what was a slow time for Bill he was delighted to be finishing a full marathon comfortably after a gap of 18 months. A good effort and excellent recovery considering the half marathon he had run a week before.

Berlin Marathon - 26th September 2004

Having heard a lot of good reports about this race from other runners, I was looking forward to taking part in the 2004 Berlin Marathon. Last October I ran the Amsterdam Marathon, which was an enjoyable and well-organised race in an interesting city. This year I was expecting a similar experience but on a grander scale. I was not to be disappointed. Berlin's Marathon certainly lived up to my expectations.

I travelled from Edinburgh to Luton with a fellow Aberdeen runner, Alan Rhynas, and there we met up with Jim Hamilton, who was also doing the race. Due to flight delays it was late evening before we arrived at our guesthouse, the Pension Rotdorn in Heerstrasse.

We were up early on the Saturday morning because we planned to do the breakfast run. After finding our bearings we made it to the start and joined a few thousand enthusiastic runners of many nationalities who were creating a lot of noise, encouraged by a Brazilian steel band. I think the run was about 8k and it finished with a loop of the Olympic Stadium, which was very impressive. The 1936 Olympics were held in this stadium and it will be the venue for the World Cup Final in 2006. After registering for the race, we had a wander round the exhibition on the Saturday afternoon, which was no different from most big marathons. Later we fuelled ourselves with pasta before returning to the guesthouse.

Sunday morning was a drizzly, grey day but with no wind, thankfully. We got to the start in good time, which was just a few stops away on the S-Bahn, Berlin's very efficient rail service which was free to marathon runners. After the usual preparations, during which my nerves were building up, I managed to get to my allotted start position, although it was a real squeeze, involving a climb over the barrier. The start was fairly congested for the first kilometre but after that the crowd was enthusiastic and supportive and I found the course interesting and comfortably flat. I managed an even (slow) pace and after a few hours was pleased to see Berlin's famous landmark, the Brandenburg Gate in the distance, a most impressive sight and a sign that the race was almost over. After that it was just a few hundred metres to the finish and the welcome refreshments, including a good Berlin beer.

My time was 3hrs 12mins 01sec and Jim Hamilton took 3hrs 46mins. Although I didn't record a good time due to a persistent injury and consequently insufficient training, I am sure that with the right preparation this would be a fast course, allowing an athlete the opportunity to complete it in an excellent time. As 'Arnie' would say, "I will be back!"

Ian Tack
October 2004

METRO MOUTHPIECE CHRISTMAS SPECIAL

DECEMBER 2004

National Cross Country Relays, Cumbernauld



Keith Farquhar demonstrates how to hold the field at bay during the XC relays

A squad of four runners went down to represent the club at the recent Cross-Country Relays at Cumbernauld. Forbes Reid made his debut at a national competition coming in at the last minute to complete the team. The day was clear and bright as we arrived in Cumbernauld but due to the excessive rain the week before and the senior men's race being the last race of the day the course for the relays was resembling a very wet bog by the time our race came around.

Keith Farquhar led the team off with a fine display coming in 19th position from the field of 97 teams, see above for Keith's race tactics. Forbes Reid had the unenviable task of taking over from Keith but ran a solid leg bringing the team back in 34th place. Forbes then handed over to Kevin Tulloch who struggled badly with the boggy conditions and lost a further 2 places while running the teams slowest leg. Kevin handed over to Bruce Moroney who was making a rare race appearance due to work commitments. Bruce ran a good steady leg holding on to his and the clubs position bringing the team home finishing in 36th position overall.

Please remember that these races are open to all standards of runners and if you have any doubts about taking part in any of the National cross country throughout the winter then speak to Forbes Reid. Forbes volunteered to come along to make up the team and thoroughly enjoyed his first National experience.

METRO MOUTHPIECE CHRISTMAS SPECIAL

DECEMBER 2004



Colin Youngson survived this freak accident when his trophy & beer shelf collapsed under excessive weight.

FESTIVE RACES

Below are listed some races and fun runs in and around the Aberdeen area during the festive season.

- | | |
|----------------------------------|--|
| 19th December, | Turkey Trot 10 Mile Race, Lossiemouth
Beach Bum Handicap Run, Footdee, Aberdeen |
| 21st December | Jackies Christmas Club Relays, Pittodrie |
| 27th December | Banchory 3 Mile Fun Run
Stonehaven 5k Handicap Fun Run |
| 2nd January | Stolt Offshore Howes Hangover Run |
| 7th January | Run-4-It Proms 3k, Aberdeen Promenade |

If you want any information on any of these events then give me, Kevin Tulloch a shout on club night or on (01224) 790706

METRO MOUTHPIECE CHRISTMAS SPECIAL

DECEMBER 2004

AGM:

The club AGM took place on the 2nd of December in the Health Board Club on King Street.

Thanks go to the committee for their continued hard work throughout the year for trying to progress the club. This is a thankless task that involves a lot of hassle especially around the numerous races that we organise.

The club is currently in a sound financial position. Because of this and despite of the increasing financial burden placed on the club by the SAL it was decided to keep the fees at £10.00 with £7.00 of this going directly into the SAL coffers leaving only £3.00 going to the club.

Fees are due on the 1st Jan and in an effort to keep our records up to date and improve communication within the club we would ask all members to complete the reply slip at the back of this newsletter and return it with their fees.

A new committee was elected with the usual rush of willing volunteers to take up places that resulted in:

Captain	Kevin Tulloch
Ladies Captain	Sue Carter
Secretary	Jackie Stewart
Ass Secretary	Cliff Leith
Treasurer	Colin MacKay
Chairman	Peter Jennings

Ordinary Committee Members	Alan Brown
	Susan Grayson
	Ingrid Machell
	Nick Milosorov
	Lucy Robinson
	Derek Wood

Kevin volunteered to try to get out a mag on a regular basis so please keep the contributions coming in.

Fraserburgh Half Marathon,

A good squad of Metro Runners travelled to Fraserburgh for the annual half marathon. Conditions on arrival were very cold and overcast with a strengthening wind blowing from the South which would ensure a tough race. By the time the race started the conditions had worsened with driving rain and hail to contend with, nevertheless the Fraserburgh club runners turned out in their vests and shorts while the rest of us scurried to the changing rooms to put on more clothes.

This was the correct course of action as the conditions got worse during the run with several runners being treated for near Hypothermia. The conditions also required a last minute change in the route due to the condition of the disused railway line that makes up half of the route. It was decided that we would use the road section then going round a cone and back instead of going onto the railway.

Metro had 3 finishers in the top 4 places with a good showing throughout the race and special praise goes to Lynne Gray who was running her only half of the year and to Dave Nugent who had chosen a terrible day to make his debut at the distance.

The Metro Prize winners were Sue Carter, 2nd Vet, Wendy Cruickshank 2nd Super Vet, Kevin Tulloch 1st, Sam Andrew 3rd (by 1 second from Forbes Reid) and Ian Tack 2nd Super Vet, well done to all who braved the conditions and finished.

METRO MOUTHPIECE CHRISTMAS SPECIAL

DECEMBER 2004

NEW MEMBERS

The club now has 103 paid up members and this increase is all down to you the club members promoting the club wherever you go so well done.

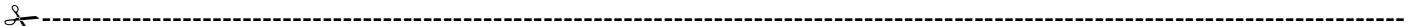
Welcome to recent new members since the last newsletter.

Alison Ferguson
Ali Hughes
Daniel Anderson
Paul Mathews
Claire Rae
Mick Flynn
Alan Urquhart
Jane Macaskill
Frank Smith
Kenny Herriot
Elaine & Alexander McConnachie
Sam Andrew
Deirdre O'Neill

Please continue with the good work and do your best make the new members welcome, remember how daunting it was when you first started !



Far too much smiling going on as Dave Nugent completes his first half marathon in sunny Fraserburgh



MEMBERSHIP RENEWAL FORM 2005

SURNAME..... FIRST NAMES.....

AGE.....DOB..... (MALE/FEMALE)..... 1ST / 2ND CLAIM.....

ADDRESS.....

..... E-MAIL.....

POST CODE..... SAF No (if member).....

TEL. NOs
home.....work.....mob.....

The club will hold your details on a database for their sole use.

ANNUAL FEE £10.00 PAYABLE TO "METRO ABERDEEN RUNNING CLUB"

Send to: Colin MacKay, 15 Fare View, Torphins, Aberdeenshire, AB31 4DZ

METRO MOUTHPIECE

EASTER EXTRAVAGANZA

APRIL 2005

I would like to thank all contributors to this magazine but have to say that the response to my request for articles this time has been dismal, the worst I can remember. This is particularly disappointing given that the membership of the club is higher than it has ever been at over 120 members. It doesn't have to be a literary work of art, just jot something down and I will include it.

I am still trying to get together everybody's personnel bests so that I can compile an all time Metro list, the only stipulation is that you had to be a Metro member at the time you ran the time.

Lists are being compiled for everybody at all distances and all age groups so let me, Kevin Tulloch, know what you have done and I will include your times however good or bad you think they are.

Run-4-IT PROMS SERIES

With the backing of Aberdeen's newest running shop Run-4-It this year's proms series has been the most successful ever. Numbers were up in all the races with a record figure of 77 finishers in November and December beating the previous best by 2 runners.

AAAC's Calum Davidson and Laura Mahady have won the series with Metro man Keith Farquhar and Unattached runner Carolyn Milne flying the flag for the Vet's.

Thanks go to Jackie and his team of helpers for producing fast accurate results and ensuring that the series, which this year attracted more runners than ever, went off without a hitch.



Metro Deals and Discounts

Jenny Robertson races to her first Metro win

To keep you up to date with the discounts and deals that the committee have arranged here is the latest list of businesses offering us discounts on production of your club card, if you have any queries regarding the discounts then give me, Kevin Tulloch a shout.

RUN-4-IT : 10% discount on all purchases

Changing Gear : Cycle and sports shop, Inverurie, 10% discount on all purchases

Running Shop : 10% on cash and 8% on card sales, and just to complicate things further each item purchased must be in over £10 in value

Aberdeen Sports and Spinal Injury Clinic : £12 per session

Banks O Dee Physio : £20 per session

Aberdeen Sports Therapy : 10% off all treatments and Science in Sport products

Rachel Lightbird Yoga : First two classes at half price

Alpine Bikes : 10% off clothing and accessories.

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Ladies and Gents

I would like to issue this gentle reminder in connection with the 2005 membership fees. The email and newsletter distribution lists for 2005 will be amended at the end of March and any individual who has not paid their renewal will be removed from the list. The membership form is available on the website or a tear off slip at the end of this newsletter. Alternatively pay at the club or send your club fees to the address below. Fees have been held at £10 for 2005. I appreciate that some individuals will have chosen not to renew and so I would like to say thanks to them for their past contribution to the club. Anyone who decides later in the year to rejoin will of course be welcome. Names will be added as soon as fees are paid.

Keep on Running!
Colin Mackay (Treasurer)
15 Fare View
Torphins
Aberdeenshire
AB31 4DZ

Charlie's Corner

Although no longer a member of Metro, Charlie Noble still has a influence over the input to this newsletter.

During a recent conversation at the RAF half marathon Charlie was recounting a story about one of the women members (who shall remain nameless) at Fraserburgh running club who had received a charity entry for the London marathon. When asked how she was going to raise the money she announced that she was going to try the companies based up at the town's industrial estate.

"Then if that doesn't work I will try my luck down at the docks" She proudly announced then went scarlet as the split second realisation of what she had said dawned on her.

Despite many offers from the Fraserburgh clubs male membership she is going to go round the businesses at the town's industrial estate as originally planned !



Sam Andrew sets the pace for the chasing group at the RAF half marathon

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RAF Kinloss to RAF Lossiemouth Half Marathon

The Girls Team stormed their way to a brilliant victory and a great haul of trophies at the RAF Kinloss to RAF Lossie Half Marathon on Sunday 20th February.

The weather in Aberdeen was blizzards and thick snow but up in Lossie thankfully the snow was nowhere to be seen. However, the sky looked menacingly full of snow and it felt pretty chilly in Lossie. Undeterred the girls turned up (Ingrid even had a few layers of clothing on (7 actually!) which is unheard of!). Wendy and Ingrid were busy debating on what layers to keep on and take off, whilst I was just quietly panicking about trying to put in a decent time as slowest in the team.

The tea and coffee was proving very popular and even better - Ingrid was dishing out her stash of Malt Loaf and butter (which I now know to be her secret pre-race booster - some go for energy drinks but forget that – Malt Loaf is the answer!). Unknown to us - we had a new team member in the form of Jenny Robertson - and a great boost she proved to be.

Jenny had joined the club recently and had been keeping a low profile running with the boys, she had also secured a championship place for the London Marathon and needed a club to race for so chose Metro. Also panic over for me as my time would not be needed to count for the team prize.

Anyway, after what seemed like a never ending bus journey to Kinloss and time for a quick warm up - Jenny raced her way to a brilliant time of 1:24:27 - winning the ladies race! Ingrid was next home in a time of 1:33:38 which was a new PB for Ingrid - and well earned after months of fighting her way back to fitness, in addition she also had 3rd FV prize! Wendy completed the team victory with a great finishing time of 1:35:23, another PB I think and also First FSV! I finished in 1:37:25 also a new PB. So all in all it was a great day for the girls! For any of you girls who have never done the race - it's a good course, pretty flat with only a few small climbs, and lovely jam doughnuts afterwards - worth putting in your diary for next year....

Inverness Half Marathon

This year the Inverness half was run in very cold and windy conditions but this did not deter the 33 Metro club members that took part in the event. This was a fantastic turn out from the club considering the weather conditions and the distance that we all had to travel to get there.

The club laid on a mini bus to the event which was very well supported. Thanks go to Nick who sacrificed his day off work to drive us up there although he wasn't taking part in the race himself but did a 1hr18min training run around the course on his own! This would have been good enough for a top 20 finish if he had entered the race.

On a club level Metro finished third ladies team and second men's team so well done to all that took part on a very cold and blustery day for running.

METRO MOUTHPIECE

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Running a spring marathon? Here are some tips from Metro

If you suffer from blisters, during the week before the marathon smear your feet with petroleum jelly and stick on a pair of socks before you go to bed, overnight the skin on the feet will soften reducing the chance of blisters. This will also ensure a good nights sleep as there is no way your partner will not come anywhere near you with the greasy feet and socks on !

If you can, arrive and register on Friday as the registration can get very busy on Saturday.

Rest up on Saturday, try to resist the temptation to go sightseeing or shopping, the less time you spend on your feet the day before a marathon the better, have a coffee and watch the world go by

Don't try or wear anything new, just follow your usual routine as before a long training run or half marathon don't eat anything unusual and wear well tried and trusted kit and shoes.

Get to the start early, especially if you are doing a major city marathon, start facilities get very busy.

Don't start to fast, thousands of others will, but if you can resist the temptation to go with them you will reap the benefits and almost certainly pass them all in the last 6 miles, great feeling.

Try to get a feel for the route, if you can't go round the route by car look at maps and find out what distance landmarks are at and visualise how you want to feel there.

Simply getting yourself to the start of a marathon in shape to run it is a great achievement, try to enjoy the race day experience as much as you can.

If you are going to the London marathon there will be a Metro endorsed and recommended post race re-hydration session in a city centre bar/beer garden, please get in touch to find out details.

Metro Series

As usual this year we will be running the Metro series and standards award scheme.

The series comprises of your fastest times over 3k, 10k and half marathon, these are added to give a series time. There are awards for the fastest and the most improved runners.

The standard awards are in 4 bands and cover the distances above along with 10 miles and full marathon. To qualify for an award you must attain the qualifying standard in at least 3 of the 5 distances. A claim form and the qualifying standards and for each band and age group are listed at the back of this newsletter.

Remember the onus is on you the runner to let statto (Kevin Tulloch) know if you qualify for a standard award or a series inclusion, so get racing as club members are already posting some impressive times.



Alan Brown sets a PB at the RAF half

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APRIL 2005

NYC2012 RUN FOR THE OLYMPIC BID 5K

Almost 2000 runners descended on New York's Central Park on Tuesday 22nd Feb 2005 to take part in a 5K organised by New York Road Runners Club to mark the city's bid to stage the 2012 Olympic games.

This unique evening race, which took runners under "The Gates" art project, 25 miles of paths, lanes and roads within the park were covered in giant orange banners made into archways by world renowned artists Christo & Jean Claude, was a undulating out and back course with a sharp hill at the end.

Ros and I, having run out of things to do on our honeymoon !, lined up with the masses at the start along with Ros's daughter Yvonne, an excellent runner, who takes after her mum, and a host of her Hellgate Road Runners clubmates. Yvonne stays in the Queens district of NY and can find a race to do almost every weekend within Central Park, ranging from 3K to Half Marathon distance.

The race was waved off by 9 times NY Marathon winner Grete Waitz along with Irish mile legend and "Chairman of the Boards" Eamonn Coghlan to the strains of "New York, New York" played by a police brass band.

Being my first race since I had the knee operation, I decided that an easy jog round the course would be ideal, but someone pressed the "You're a Metroman" button and off I took with the best of them !

I managed to keep Ros in sight until just over halfway, before she steamed ahead. Despite tiring in the last half mile I managed to finish a respectable 23.43 (362nd overall) to earn 4th place in my age group and just out of the prizes. I think I might have won 1st "Gammy leg" award but nobody said anything about that at the end.

Ros finished 1st in her section clocking 22:48 (285th overall) to repeat her win in last years Poland Springs 5 miler and was over four minutes clear of the second placed woman, while Yvonne stormed round in 20:51 (121st overall) and was also a prize winner in her age group.

The event was very well organised by New York Road Runners Club and at the end we were all handed a goody bag that contained food, drinks and an event T-shirt.

NYRR have some 40,000 members, yes 40,000 so its just as well they don't all want to run for them at the same time ! Try organising a bowling night and mile rep session for them Jackie !!!

After the race we all headed off to "Mickey John's" Pub in Queens for a few beers, the barman there still speaks fondly of Kevin, Nick and Duncan when we all visited the establishment after the 2003 New York Marathon for the usual Metro endorsed post marathon re-hydration session.

All in all a great way to finish a super day.

SCOTT MITCHELL

METRO MOUTHPIECE EASTER EXTRAVAGANZA

APRIL 2005

ATTENTION CLUB MEMBERS!!!

Many of you out there are sitting on a veritable gold mine of 50p's accrued over the months and years from the club night incentive scheme and either already have a full set of kit or no need for what's available. We are looking for ideas on what to offer next but would like the input of all club members. If you have any thoughts, clothing or otherwise, jot them down below and pass on to a committee member for due consideration

✂

1:

2:

METRO MOUTHPIECE OKTOBERFEST

October 2005

Annual General Meeting

The Grampian Health Board Club has been booked for the AGM on Thursday 17th November at 7:30 pm. All members are invited and encouraged to attend this meeting where we will discuss the position of the club at the moment and how we can move the it forward.

The club constitution states we must have 1/3 of the membership at this meeting for it to proceed and decisions be made therefore please make every effort to attend. We currently have 138 members, which requires 43 of you lot to be there before the AGM can take place.

Office bearers' will be elected for the coming year, the current committee are;
Captain's: Kevin Tulloch & Sue Carter, Secretary: Jackie Stewart, Assistant Secretary: Cliff Leith, Treasurer: Colin Mackay, Chairman: Peter Jennings, Ordinary Committee Members: Alan Brown, Susan Grayson, Ingrid Machell, Nick Milosorov, Lucy Robinson, Derek Wood.

At the meeting we will also present the clubs awards and standards for the various categories and competitions which have been running throughout the year.

We also present the Billy Allen trophy, which is awarded to the member who, in the opinion of the others, has done the most to promote the club that year. This is not necessarily awarded for athletic ability but awarded to someone who works behind the scene doing all the glamorous stuff that sometimes goes un-noticed but is crucial to the smooth running of the club. Please put your nomination on a piece of paper and bring it along on the night or hand to a committee member if you cannot manage along on the 17th.

If you have any points that you wish discussed at the AGM then please hand them in writing to a committee member or e-mail before the AGM. The club constitution requires any other business to be discussed at the AGM to be submitted in writing to the committee **14 days** before the meeting.

See you all there !



The rush down King St begins for a good seat at the AGM

CROSS COUNTRY

The remaining dates for this season XC are,

League meetings

27/11/05 Kirkcaldy

04/02/06 Livingston

East District Championships

10/12/05 Aberdeen

National Championships

18/02/06 Falkirk

National Vets Championships

04/03/06 Forres

If you want to take part in any of these events please contact Kevin Tulloch ASAP

METRO MOUTHPIECE

OKTOBERFEST

October 2005

The Berlin Marathon – Sam Andrew

Arrive into Berlin on the 22.09.05, three days before the Marathon. I am accompanied by Deirdre and a friend of ours, Mary, who are here to do the tourist trail and soak up some of the nightlife and cheer the Metro lads on.

My two 'free' days involve a mix of registering for the event, seeing some of the sights and enjoying some of the food Berlin offers. What hits is that the city is very big but as the public transport is so efficient we can easily whistle around it to various locations. The only problem is the constant need to find toilets en-route as I try to keep hydration levels high.

We've picked a good hotel with regard to proximity of city centre, it is a 15-minute walk to the start and finish of the race and there are countless restaurants and bars only metres from our doorstep.

Frank and myself are both penned in section C (sub-3) times. The weather is lovely and clear but it is still early morning and there is not much heat in the air. I intend to run with Frank but he is off pretty quickly and I adopt a gentler pace setting my own limits. The road starts out pretty wide and there isn't any problem finding your own space. The start is also staggered, with slower blocks starting later, which helps to get everyone off efficiently.

My aim for the day is religiously followed; don't stress about the time, enjoy yourself and at all times wear a smile. It's not exactly the way I've run before but I know myself I've not put in the work to do any more than this.

The plan is to run at a heart rate of 160 then up this nearer to 170-180 as the race develops. I hope this will leave me feeling strong come the finishing line.

At mile 5 I see Deirdre and Mary shouting me on and the race begins to settle down

into a loop around the city centre and I've found a comfortable pace. The only difficulty I'm having is that the markers are only in km's and 1.6 times the 4 and a half minutes that it is taking for each isn't an easy calculation for my brain to calculate my time for a mile. I'm hoping that I'm about 7 min/miles though.

At mile 10 I start to feel a minor niggle in my knee and I reduce my pace downwards, take a carbohydrate gel and hope it goes away. Shortly afterwards I read a placard on the street saying 'Don't rush, enjoy your day' and this feels me with a warm glow this is what it's all about I reconfirm to myself.

The half way is marked and I run through in just over 1hr31 and the first banana is available. Any niggles have evaporated and everything is ticking by smoothly once again. Each station has water and every second there are also carbohydrate drink, fruit (bananas and apples) and tea.

I'm expecting to see Deirdre and Mary again but the band music, pom pom girls and cheering crowds keep coming and my mind works towards completing the race in stages. At mile 16 it's only a summer run to go and this is helping me tick along quite nicely

I cross the 32km line in around 2hr25min and everything but I realise that I'm just outside the 7min/mile mark. I gradually up the heartbeat to try and maintain pace knowing that if I up it too fast I'll only cramp. What I am learning from monitoring my heart rate is that even though the speed and breathing seems easy I'm still working very hard. I pick up my heart rate to 170 as planned but even this isn't quite enough to keep my previous pace. I take my time though at each station to fully drink a cup of water and take a banana judging that it is time well spent.

I pass a couple of cramp victims and a man surrounded by first aiders in the middle of the road reminds me acutely of

METRO MOUTHPIECE OKTOBERFEST

October 2005

London. My mantra is push to a HR of 170 but be careful you don't cramp and above all keep enjoying it! I seem to be holding my position fine, there are very few casualties, perhaps they are all camped on the massage beds that we've been passing every 5kms from the 25km point though.

After a brief scare on km 34 where the markers seem to go back to 32km at one stage kilometre 40 is the next big point and I know I'm almost there. The heat is picking up but it isn't that bad and we are back into the heart of the city.

The final 2km stretch takes us through the Brandenburg Tor beside the city's parliament building where we started, it is all quite grand. The final 200m sprint feels

good and it is nice not to be compromised by any cramp. I record a time just inside 3.09 and it feels great to be finished.

I get to the event showers and text Frank who has finished in 3.02. The Marathon is sponsored by Berlin Pilsner and we briefly chat in the sun and have a beer (free) together and arrange to meet later on. The beer tastes as good as I imagined at 30km and has been well earned.

It's been a great day, the weather has been great but hasn't affected the runners, the crowd has been friendly and the course is as flat as anticipated. Overall I'd have no hesitation recommending it, but give yourself time there is lots to do, the girls have had a great weekend away and everyone leaves happy.



Sam enjoys a free beer and a hug from Deirdre after the Berlin Marathon



The organiser had introduced a further obstacle at this year's Ythan Challenge

Letter of thanks received from Fraser Clyne

Dear Jackie,

I was extremely surprised to receive honorary membership of Metro Aberdeen Running Club. This was totally unexpected, and I would like to officially thank the committee and club members for this thoughtful gesture. Please pass on my appreciation. It has confirmed, however, that I must now have reached the "old and past it" stage of my life (or maybe I got there a long time ago!)

Best Wishes,
Fraser.

METRO MOUTHPIECE OKTOBERFEST

October 2005

We old stagers (Codgers) at Metro are often asked why and how the club came to be, well the simple answer is that Metro were formed by a rag tag bunch of disgruntled runners who believed that they were not getting a fair deal from being members of Aberdeen AAC.

After months of meetings in suitably dingy bars throughout the city and pestering of local businesses for sponsorship the club was born on the 1st of January 1990 carrying the name of our then main sponsor "The Metro Hotel." The association with the Metro hotel sadly lapsed after the first few years of the club but by then the club was simply referred to in running circles as "Metro" so the name was kept on.

It was assumed and widely said, mostly within the halls of AAAC that the club was an insignificant flash in the pan and would be dead in six months. That was 16 years ago but we are still here and still growing with membership currently standing at a very healthy 139 the most ever.

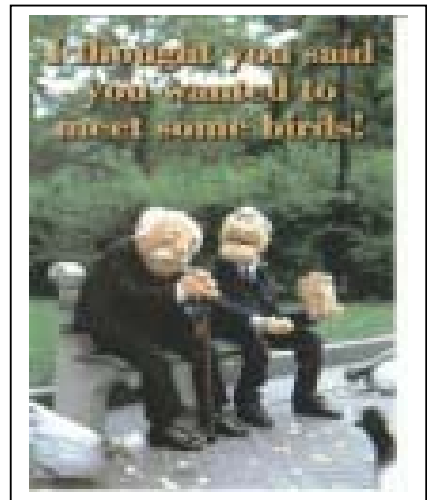
Contained in this mag is a copy of the front page of the first ever Metro News, which was unearthed by Robert Taylor, one of the clubs founder members while tidying his loft. This newsletter also contained the original club list which consisted of 34 well kent faces of all standards on the Aberdeen running scene, many of whom are still running and competing at different levels all over the country today.

Since the club's inception we have gone on to great things winning countless Scottish national titles. We also have had and still have member's competing on a national and international level representing Scotland and Britain. We still like to think that we never forget our original reason for being, to promote amateur athletics.

The original founder members who are still on the club list are:
Charles Benzies, Fraser Clyne, Derek Dunn, Steven Forbes, Peter Jennings, Bruce Moroney, Jackie Stewart, Robert Taylor and Steven Willox.



Jackie Stewart, Peter Jennings and Steven Forbes enjoy a well earned nap after the first ever Metro committee meeting



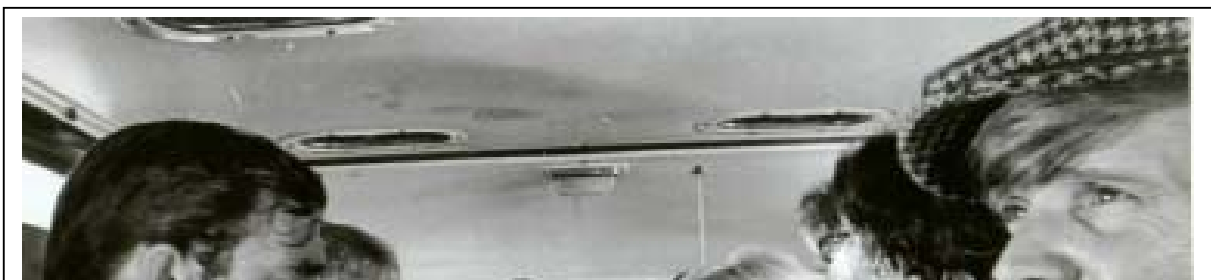
John Matheson and Mark Masson get their wires crossed about the direction their night out was heading



METRO MOUTHPIECE OKTOBERFEST

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The front page of the first ever "Metro News" the original can be viewed at Aberdeen Museum in the literally arts section where it is obviously protected from further deterioration by a glass case



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Some of the early Metro club foundation meetings were held in cramped conditions

Dyce Half Marathon,

Despite a record pre entry the expected torrent of entries on the day never really materialised but nevertheless we had the highest number of finishers at the event this century. Thanks to the enthusiasm of the club members who volunteered and despite the seasonal Aberdeen weather the race passed off without problem with no accidents or incidents of note.

It was good to see all the regular marshals and helpers turning out again and also very pleasing to see some new faces helping out. As I have said before this event and the money that the club make from it is the main reason that the club fees are among the lowest in Scotland. Without your help the event could not go ahead so thank you for giving up your Sunday morning to help out.

On a blustery day Ruairidh Campbell was a runaway winner of the men's race with new Metro member Trenna Johnston just as impressive in the ladies event setting a new vet's course record time of 86:14. None of these fine athletes qualify for the city championships which went to Scott Neyedli and Angela Hepburn with Maureen McInnes and Kevin Tulloch picking up the vets titles. Metro men continued their domination of the team title with the ladies team going to Fraserburgh RC for the first time, defeating Metro by just one point.

The Longest Day Triathlon (The Wettest day)

Starting my day, I ate a GO bar and a cup of watery porridge that didn't set properly, I packed my bag. Arriving at Chasewater it was still dark with lots of silhouettes making there way to transition. 'What was the weather going to be like' I asked another competitor,

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He replied 'don't know apparently moderate to light showers'. I had prepared for both hot and wet scenarios with sun tan cream, sunglasses, waterproof socks, cycle jacket and gloves as extra kit. It was going to be needed well maybe not the suntan cream.

With my bike in transition already I was surprised to see that my bike was racked closest to the road exit. Looking round at other competitors always intimidates me. This time however I over-heard someone saying "look at that guy, he looks good" checking my shoulder I was surprised to see no-one behind which gave me an air of confidence or it was just me to try and keep looking the part.

Finishing my PSP pre drink, 180 of us went down to the lake. The nerves starting to show now, 'what the hell have I got my self into'. Entering the water it felt cold, quick warm up and I chose a good starting spot.

6:00am the Claxton sounds I got a fast start so I could get clear of the surrounding mayhem, then settling into a rhythm at the 1st buoy. Beginning the 1st of 2 laps I was in 5th place. With one guy well ahead and another 3 swimmers about 10 meters ahead, I worked my way up to the group and settled in behind their slipstream.

Within the next 500-600 m the front swimmer pulled away but I remained in the small group. At about 3rd buoy of the 1st lap, the water got shallower with my hands catching lots of undergrowth. Then I got a shock to see the swimmer in front was running on water. I then swam aground and found my self in 50-yard dash that wasn't marked on the swim route. Diving back into the water looking ahead I could see the front guy's swimming line looked wrong to where I spotted the next buoy. I swam alone choosing my own line to the start of the 2nd loop and met up with the same 2 swimmers again. During the 2nd lap that we dropped the other swimmer who turned out to be the eventual winner James Parker.

I finished the swim just under 44 mins, which was 400-500m short. Peeling off my wet suit, I got flustered, first forgetting to put on my waterproof socks after putting on my shoes and then problems trying to zip my cycle jacket and putting gloves on.

Out onto the bike I had a bit of hairy start almost going off my bike at a sharp corner leaving transition,. Settling my self down, I got my self into my cycle rhythm, I Set my 30-min alarm for food and gel intakes then focused on the task ahead. The next 2 hrs were wind assisted with my speeds reaching 55/56 k/hr in long drags and I actually passed a couple of riders too, Looking at my watch I was getting a bit apprehensive of whether I was pushing too hard too early. Looking at my heat rate frequently I kept it at 140.

Keeping to my food plan religiously I still felt good but my thoughts drifted to some advice I had been given 'if you're feeling good take a step back because you'll pay for it in the marathon'. Finishing the 2nd lap it was refreshing now that I was catching other competitors. At about the 80-90 miles leaving the loop circuit the rain came on lightly at first and then really heavy from the 100-mile point onwards. The last 12 miles of the bike seemed the longest & hardest part of the day where I was getting fed up of the cycle, the weather and the undulating roads, the marathon run couldn't come soon enough.

Into the tent at the end of the cycle and a check of the watch - just over 6hrs including the swim, I was well on course to break 10 hours, 4 hrs to play with for the marathon.

Out of the tent with fresh socks and running shoes I kept my gloves and jacket on with the rain still falling. Running out onto the disused railway line I thought my guts were going to explode, checking behind me I ran into bushes to what looked to be quiet spot. Half way through stripping down a walker appeared and asked what event was going on, calmly I replied "the longest day ironman" and politely asked him for privacy. Looking around I couldn't of chose a worse spot...I was surrounded by nettles.

I started the run again, 10 mins later back into the bushes, at least this time there was a nice fern at hand. Being one of the front runners I was lucky that not too many runners were on the track while I was having my indiscretions. All the carbo-loading seemed to have caught up with me. At the end of the 1st lap I dropped my gloves and cycle top and was into a real toilet with paper. Officials screaming at me "turn right.. turn right" and me shouting "I have to go... I have to go". It was like being in a Monty Python sketch. A few mins later I was off again but soon I was into the bushes for my 4th and final stop. By this time I got my turn around time to 30 sec. Still feeling strong and refreshed by the rain, I steadily worked my way through the course, it wasn't until the last 15K I felt my stride shortening and my pace slowing. Going into the last lap, I started to feel a bit sapped for energy, spotting flat coke at the next feed, it gave that a boost I was needing and pushed me to the end.

I had to watch how I was striding if was going to finish the race. Sticking to my plan, taking coke at the last 2 stations I kept pushing forward, focusing on the next runner in front, running them down and the next person and then the next.

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With 500m to go I ran down the last person that I could see, running into the finish I ran strongly overjoyed to finish my 1st Ironman. I crossed the line.... I had made it. Stopping my watch in disbelief it read 9hr 18mins. Surely not... had I missed a lap. Starting to catch a chill I was ushered into support tent I was getting congratulations all around, someone saying you were 5th or 6th.

My aim was to try and get into the top 10 and break 10 hrs. I had done it. After 5 mins of physio massage the guy next to me (Mike Hall) said 'you were the guy that ran me out of third spot, I thought I was going to hold on but you got me in the last Kilometre' not believing what I was hearing it was confirmed 20 mins later, 3 people ahead of me were relay teams. I was 3rd. Still in shock it took a while for it to sink in.

Since I was at a Lanzarote swim camp at the age of 14 learning of triathlons for the first time I made my life time goal to do a Ironman one day and on the 24th July 2005, I had done it. Smashing 10 hrs and coming 3rd was the icing on the cake.

Quote "Swim 2.4miles, ride 112miles, run 26.2miles, brag the rest of your life"
(John Collins IronMan founder)

Result : SCOTT NEYEDLI 09:17:52 **Swim:** 00:46:20(4) **Bike:** 05:17:11(13) **Run:** 03:14:21(6)

To anyone considering the challenge of the Ironman I would recommend the Longest Day. The Organisation and support was 1st class and a great race to lose your Ironman virginity to. Hopefully amidst the speculation that 2005 might be the last longest day I hope it's successful 13 year history will continue past 2005 into the future.

Scott Neyedli



Scott Neyadli - Finish Time - 9 hrs 17 mins 52 sec
ORCA Longest Day Triathlon 2005

Charles Corner.

When I asked for "Charlie Stories" I got a reply from Richard Thomson whose story was,

"I will give you a Charlie Story alright, the old git has beaten me at every race that I have seen him at this summer"

Charlie strikes again !

Ali Hughes also replied asking "Who is Charlie" and "What's a Charlie story"

She has been informed of the great man and his stories

Lonach Hill Race

My annual trip to the Lonach Gathering turned out to be a bit more eventful than usual. I spent most of the day either in a queue for the toilet, or fighting my way through the crowds of celebrity watchers.

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The Highland Games hill races are not like any other races, most of them are not very well organised and the time that the race is due to start can vary from 15 minutes to an hour, depending on when they can fit you in between other events. Anyway, arrived at the start, all warmed up, ready to do battle. 20 minutes later we are still waiting to start, then the organiser announces that they would let the Lonach Marchers circle the arena a couple of times first. When he heard the reaction of the runners he decided to get the race underway quickly before they started.

All was going well I had built up a good lead by the top of the hill and managed to hold it on the downhill. Running along the bottom before the last climb I thought, "I've got this one in the bag" when I noticed an arrow 30m before the usual turn off, I thought they had changed the course, so I followed the arrow up the hill until I heard a shout. Some kind person had been sporting enough to tell me I was going the wrong way. The damage was done I tried hard to fight my way back to the front but some young buck managed to hold on and keep me back in second by about 10 seconds. I'm sure I heard a voice in the crowd shout "Silvaaa" as I came into the arena but maybe it was my imagination. Guttled! I've always wanted to win this race, this was probably my last chance.

Never mind maybe next year,

Pathfinder Pete

British Masters 10k Strathclyde Park

This is a fantastic location for a race. Scenic route, round the loch, undulating course, apart from the big hill which they introduced this year for some reason. I was a bit disappointed with the organisation being well below the standard that you would expect for a British Championship race with Scotland being the hosts for this annual event, I think they could have put a bit more effort into the organisation.

An hour before the event you would not have known that there was a race on. There were no signs up anywhere. When I picked up my number stapled to it was a piece of cardboard with my age group hand written on it which I had to attach to the back of my vest, this more or less set the standard for the rest of the event. This year for the first time the race included 35 year olds as Masters, "WHAT!!" Anyway the race got under way, don't be fooled by the name Masters, 150 Charlie Nobles lined up alongside you is a scary feeling. The start was more competitive than other races, with all these old codgers fighting for position on the first K.

I battled my way round the course and with just 300m to the finish, the course took a sharp turn onto a gravel path, with a further 2 sharp bends before the last 100m. 5 of us in a line at the last bend I slipped in spectacular fashion. I quickly got up trying to look cool, with half my leg harled and managed to salvage a couple of places before the finish. Stopped my watch at 36.56 and thought "not bad" I wanted to get under 37, but the timekeepers were to busy laughing they forgot to stop the timer. I didn't change for the presentation because I wanted everyone to see how badly injured I was.

The medal presentation was as poorly organised as the race with several awards presented to the wrong people.

Lucky Pete

Summer 2005. (ramblings of a Irish student)

Kevin said that I could have one of the new Metro technical T-shirts for free if I wrote this article so

how could I refuse?! (Must have lost something in the translation.....Ed)

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At the end of June Geneva was in the middle of a heatwave with temperatures close to 40°C, so I spent a lot of time swimming in the lake. I used a bike to get about and see the sights, the UN headquarters, the Red Cross museum etc

I took the train to Aix-Les-Bains, a small town beside a lake at the foot of the Alps, where I worked in the Radisson hotel. After a while, I think my French improved a bit and people started to speak more slowly with me. I had a room in the hotel, which was great, but the guy I shared with wasn't, he worked late and came back at 1am and put the TV on, so I started using earplugs.....

I worked in the reception of the leisure/relaxation centre in the hotel. There were a few Irish/British people on holiday so it was great to talk English with them! I worked from midday until 8 or 9pm so was out running most mornings, the place was ideal for running, as was the weather. Not like Aberdeen in winter anyway.

I had Tuesday and Wednesday off, I saw the Tour de France in Grenoble. I was just behind the start so was able to see all the cycling up to the start line. I shook Jan Ullrich's hand. Armstrong passed right in front of me but as soon as he stopped there was a massive media scrum. The riders did a lap of Grenoble then I saw the peloton going out of the city. After this I took a cable car up to the fort and went into a pub to watch the finish. Armstrong was flying up the Courchevel climb with 3 others.

I did a lot of cycling along some of the Tour routes and mountains. I did the Revard (over 1,500m), a lap of the lake including the Col du Chat, then the Col du Télégraph and the spectacular Col du Galibier (almost 2,700m). It was brilliant – almost 40km from the valley up to the col. Slogans and names were painted on the road (including a lot of anti-America/Lance slogans). The descent was massively fast (I hit 60-70mph) but had to brake down to about 5-10mph for the switchbacks.

Another time I did the Courchevel climb (over 2,000m). This is one of the most exclusive ski-

resorts in France. Rumour has it that Roman Abramovich wanted a property but couldn't get one, that's. At the bottom, painted on the road, was the all-time record set by Marco Pantani – 43:17. I thought, "Right, I'm doing this as fast as I can without stopping and we'll see what time I do". 87 minutes, puts things into perspective

I did some canoeing, white water rafting, hillwalking and swimming. I visited the Olympic Games Museum in Lausanne, Switzerland and blagged a free ticket to see Franz Ferdinand. Mont Blanc wasn't too far away and that had to be seen so I headed up to Chamonix early one morning then took a cable car up to the "Aiguille du Midi", almost 4,000m, just below the summit of Mont Blanc. It was 30°C in Chamonix but up at almost 4,000m it was literally freezing. I took a cable car across the glaciers and into Italy and went into the ice caves. Needless to say, it was all amazing.

At the end of August, then I went to Nice, to visit my cousin, I got a train to Monte Carlo, the worst train ride ever. I saw about Monaco, walked round the Grand Prix track and then got a train to Milan.

I went to the Italian Grand Prix at Monza, about 20 miles outside Milan. I had a cheap ground ticket beside the second chicane and the Ferrari fans were really on form, slugging everyone off. One guy was so drunk he fell asleep in the middle of the Grand Prix, I don't know how because the engines were so loud. We saw Raikkonen spin at our chicane and this pleased the Ferrari fans who started slugging him. Montoya won the race and on the slow-down lap when he went past, thousands of middle fingers were raised to salute him. Must be an Italian tradition or something?!

After this I flew to Paris and saw the sight. I went up the Eiffel Tower, saw the Arc de Triomphe, and did all the other touristy things..

It was a great summer and now I am back to the books and training in glamorous Coventry. I might be up at Christmas and see you all then.

John Lenehan.

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Club Subsidised Transport

At the last committee meeting it was decided the club would subsidise transport to the following races on the condition that the minimum of transport has been used, either mini bus or car sharing

SAL National Cross Country Relay Championships
SAL National Cross Country Championships
SAL East District Cross Country Relay Championships
SAL East District Cross Country Championships
SAL National Masters Cross Country Championships
SAL National Road Relays

In addition to this we will continue to organise and subsidise busses to well supported road races, for example, the Inverness half marathon, if there is enough demand. This will be at the discretion of the committee and places will be on a first come first served basis, once the bus is full no other subsidy will be offered.

Dyke 10k

Another Thursday night rep session lay ahead, what a thought! As I jumped on the bike there was a noticeable change in temperature, oh, and I need light for the bike – the nights are fairly drawing in! Once I had battled with the horrendous flow of evening traffic I arrive at the 'head' for some serious fun and games. As usual Jackie standing alongside with his whip got his weekly laugh as we all dance around 'trying' to do the warm up. Is it me or can anyone actually do the leg cross over behind the back thingy, properly? The session for the night 1000m, one of my favourites though 500m by 8 for the ones racing at the weekend. I ran with Richard and really enjoyed the session, he kept me going and I hope I kept him going. As usual I headed off too fast at the start. Jackie's phrase towards me, 'slow down Andy your going too fast' 'take the full recovery' Jackie must get really frustrated by a six foot plonker like myself but honest its not intentional and I consciously try to start off slower. Half way through thoughts like 'why am I doing this' 'don't think I manage the anymore' change to 'its not so bad' 'what's for dinner later'. Once we had completed the reps, out of breath and needing home we stood and chatted among. I remember Jackie saying to Richard and I that we went far too fast and it was damage limitation for the race on Sunday. After a good night session I went home slightly deflated with this thought in my head.

Having stayed with my folks in Forres on the Saturday I was up bright eyed and bushy tailed on the race day. There was a little drizzle but as the morning progressed the weather came brighter. The race was a half two kick off, quite a later race – I never know what to eat beforehand. As the race drew closer the tensions began and so did the trips to the toilet. After topping up with some of my mums home made soup I headed off to Dyke which is about 5 miles from Forres.

Dyke's the kind of places it's impossible to get lost in, one church a few houses and a few sheep. As I queued for registration I sussed out the completion. Forres harriers had a great turn out of 174 entries. The field was of a very high calibre, another trip to the toilet! Donning the Metro vest I was ready to rumble. The atmosphere was great with everyone so friendly. This for me makes running/racing so enjoyable. A quick warm up in to raise the heart rate. For my warm up I implemented some of Jackie grooves. The race start is about half a mile from registration. The sun by now was really beating down, as we waited for the start. And away we go! As with most 10k's the start was very fast and this one was of no exception. My strategy was to work hard and follow Eric Goodall or Charlie Noble as my goal was 35mins. The route is a nice run taking in some lovely scenery, fairly flat apart from the steep hill at the end! If anything the weather was too hot for the run, the water stops were greatly appreciated (proper drinking bottles). I managed to stay with the lead group for I think 5-6k, my trusty Nike watch from e-bay gave up recording the K's. It's a long story, if you haven't heard me moan on about my Nike watches I would advise not to buy one from e-bay. And back to the race. I managed to stay with Mr Noble, he's a great runner and one who I respect. 2k to go, I tried to neck a gel, unsuccessfully! I was running flat out then came upon 'the hill' it really knocks it out of you as its steep and you have a wee bit to the finish, quite deserving really. As I crossed the finish I had only one thought, had I broken 35mins? No, 36:15 though I did finish in front of Charlie. All in all I was annoyed though it was a good run. After seeing everyone come in it was time for food. I rate Dyke as having one of the best spreads after the race (along side Fraserburgh). The only thing was the queue was too long!

A good day had by all, oh and Graham Bee set a new course record of 32mins.

Andy Reid

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It was decided to restrict the runners to one cup of mulled wine at this years Howes race

Editors Moan

Another late issue of the mag but here it is anyway. Thanks very much to all who have contributed it is much appreciated but out of a membership of 152 I have had contributions from only six people.

As I have said before it doesn't have to be a masterpiece, just a few words or a picture and the Editor can do the rest.

Anyway well done to everyone who has been racing over the last few months, there have been good performances at all distances, keep it up.

Reasons for Running

When we all start out on the running scene, we need to ask ourselves, what are we doing this for? Keep fit, social running, achieve as best as we can and or competition. It does not matter which one we choose, each and everyone finds his or her own level.

In all cases, there is the unknown factor, can I do this? can I run the distance? will I fit in? will I hold everyone up? In each instance, we have a common theme, we are prepared to give it a go. The majority who start off with the idea of just keeping fit, soon catch "The Bug" and are pushing themselves to higher limits and targets. The ones who want to compete also push themselves, the ones who just want to run socially, they also push themselves to keep with the group they run with. When all is said and done, every single runner has the same end result in mind, to improve, How can I run faster?

At Metro Aberdeen we hope to help others on there respective road (no pun intended)

When you enter a race and put your number on, you wonder to yourself, how fast can I go? You need to look back at the type of training, which will give you an idea of what you might achieve. Lots of people run at the same speed, same mileage, same route on each of their training runs, say that is a 6 mile run at 8 minute miling. They will then become proficient in running 6 miles at 8 minute miling.

To improve in running, you need to do varying types of training, not just increasing mile after mile and becoming obsessed with distance, we need to vary the pace, nowadays it is called smarter training, we need to train smarter. The simple answer is "To run faster, you must run faster". It isn't just a simple thing like running all your sessions as hard as you can, trying to beat the time you did the day before, all you do then is burn yourself out running tired all the time. You need to learn the various types of training which will help you, what pace to train at in your speed sessions, why you need to run longer runs and why hill reps, along with the rest of the sessions, will help you achieve your goal.

Jackie Stewart.

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Mark Mason's Corriarick Challenge training doesn't go as smoothly as anticipated!

Metro Man Derek Dunn recently found a set of results from a now defunct 10 mile race that took place in the Bridge of Don the results are from 1988 and some Metro members listed are.

1st Fraser Clyne 49:34, 1st Vet Colin Youngson 53:06, 5th Rob Taylor 53:17, 2nd Vet Bill Adams 0:56:01, 25th Steve Forbes 58:48, 28th Ian Tack 59:19, 30th Charles Benzies 59:32, 32nd Kevin Tulloch 1:00:11, 33rd Peter Jennings 1:00:20, 41st Derek Dunn 1:01:12, 52nd Steve Smith 1:02:15, 58th Jackie Stewart 1:03:13, 68th Brian Edment, 1:05:02 135th Scott Mitchell 1:14:18, 142nd Alan Brown 1:16:09, 147th Charles McConnachie 1:17:44, 171st Gordon McCulloch 1:24:31, 173rd Isabel McDonald 1:25:08

To put these times into perspective at last years Ballater 10 only 8 people broke 1 hour compared to 31 in this 1988 race and Fraser would have won the race by a massive 6 mins from his nearest rival, how times have changed.

Kids Coaching

After coaching and helping the adult members of Metro, in another mad moment, I decided that it was time to help with their children. These days, with computers, electronic games and televisions, most of our youngsters don't get the exercise they should. It will also, I hope, encourage others to come along to the club on a Tuesday and bring their children, leave them with us and feel free to go for their own run.

I am helped in the coaching by Sue Carter and Lynne Gray. Without them, it would be a hard job to keep everyone under control, with numerous toilet stops etc, not my favourite hobby. So my thanks go to both for giving up their time.

Up to this point, we have between 12-14 kids. They appear to enjoy it and respond well (I don't shout). If anyone wants their kids or friends kids to join in, feel free to bring them along. The emphasis is on fun with the added bonus of them sleeping soundly on a Tuesday night.

Jackie Stewart

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THE LADIES EFFORTS AT THE EAST DISTRICT XC - BRIDGE OF DON 10TH DECEMBER – *Susan Grayson*

I thought that it would not be that easy to get the girls signed up for the race given that XC conjures up images of mud, hills and dirt. However, it was surprisingly easy in the end 8 of us turned up on the day to take part, as most of us had not done XC before and were blissfully ignorant!

Ingrid and Wendy volunteered to check out the route at the pre-race jog around the course the week before and reported back to us that the course was hilly but with plenty recovery sections that's the last time we take advice on that from them.

We arrived early (apart from Ali Hughes - who couldn't find the course, after some dodgy directions from Ingrid she found us in the end) and we got going with deciding what layers to keep on, what to take off. Given the unexpectedly sunny day shorts and vests were favourites in the end.

We then went for a warm up run round parts of the course before we all posed for some team "pre race" photos with our hair and kit looking nice (not quite what we can say for the "post race" photos though!). We headed off to the start to do a strides session led by Ingrid and were all starting to get a bit nervous. There seemed to be a lot of runners and it was really strange to be competing in an all female race - I think we like having the guys around really!

We set off and this is where I certainly got a surprise - the pace of the group seemed to be very fast and it was very easy to get carried along with the fast pace at the start (but not for long!). The group at the front seemed to split off and steam

ahead really quickly (with Ingrid and Lucy in their midst) and then Wendy, Ali, Marion and myself were together for part of the first lap - with Susan and Jane just behind. The race thinned out really quickly and Susan Jane and I soon found ourselves inching closer towards the back of the pack.

The Metro Marshals were all brilliant at keeping our spirits up and encouraging us to keep digging in (in fact a spade would have been useful on some parts of the course!) We also had our own team photographer and support officer in the form of Andy - Ingrid's better half - he did a great job holding jackets and tops and popping up all over the course taking photos - so thanks to Andy for the help.

Ingrid, Lucy and Wendy finished in good time and made sure the ladies team finished in a respectable 10th position. Ali and Marion battled it out in the middle and put in really good efforts. I finished behind Marion and Susan Whyte was not far behind me (who I think was cursing me for encouraging her to enter - but I'm sure she'll do another one at some point when she forgets this experience!!!).

We all got together and waited for Jane to come round the last corner heading for the finish. She deserves the biggest pat on the back of all for being so determined and showing great spirit taking part in such a competitive race, despite being very worried about finishing near the back.

Some of us then posed for our "post race" photo and went off to support the men in their race - as we'd contributed to the further messing up of the course for them - the least we could do was cheer them on!!!

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SMOKIES Ladies 10 Mile Race

Gentlemen, this is certainly a date that you must slip into your diary next year...mid March 2007. I can guarantee, come rain, hail, snow or shine (now THAT I can certainly vouch for), a 'bevy of beauts' (I refrain from using the term "beauties" for a multitude of reasons) lining up in the heart of the pretty coastal town, Arbroath. Well, that was what happened this year anyway...

Despite the torturous weather the North East had been faced with all week, Sunday 5th of March 2006, 283 ladies took to the winding paths of sunny, snow-free Arbroath as they par-took in the annual "Smokies (Ladies only) 10 mile race held by the Arbroath Footers.

All the Metro-etes (Ingrid Machell, Wendy Cruickshank, Ali Hughes, Michelle Ross, Alison Cassells, Alison Wilson and Susan Whyte) were in fine fettle, all achieving respectable times among a few PB's. The icing on the cake was being presented with the top team prize which included the standard trophy (that needs a hell of a good polish) and not one, but two bottles of red wine each - what a great incentive to do well again next year!

Ali Hughes

SMOKIES "2"

For me the 10 miler was hard work, although it's a great route - undulating and little traffic.

Aside from the race though, highlights for me - the happy din of a hall full of women chattering away, the plates of sandwiches and cakes at the end of the race, our table which was covered with bottles of wine and empty cups of tea, sharing our seats 'cause we couldn't get enough seats for our group round a table.

Just sharing the moments with others who have been in the race, and seeing how pleased everyone was with their efforts and results. Oh and of course the trophy, which I will take on Tuesday and we can get a photo - it's as big as me - well maybe you

Wendy Cruickshank



The victorious Smokies ladies team

METRO MOUTHPIECE

Springtime Slog

May 2006

Poacher turned Gamekeeper

After a long frustrating and sometimes arduous lay off from racing, I decided while drinking heavily one Friday night, that as I stand, shout scream and kick butts on a Thursday night speed session, I would indulge myself to see if I could replicate the pains I put everyone through. I decided to enter and run the Spring 3k Proms race. The first one being the Aberdeen North.

In a moment of madness I ticked the wrong box on the entry form and found I had entered the series. Upon realisation of what I had just done, a doctor was called for, but by the time he got there, my hypertension and blood pressure had calmed down. My first reaction was fear of the abuse I would receive from the long suffering athletes?? who would get their own back. I knew that wouldn't happen (OH NO?). I had a reputation to keep, so ended up quietly supporting and encouraging the women during their race. I didn't understand some of the things they said as they passed, but I did understand some, my birth certificate will be shown to disprove the most common heard allegation. There was a good turn out by everyone at the club. The women did well with a special mention going to Heather Tulloch on her first race since giving birth to Alexis in January. Good to see her on the comeback trail.

I dusted down the old Metro vest and racing shoes then after saying my goodbyes to everyone (your never sure), it was onto the men's race. I was looking forward to being beaten by 10 year olds, runners who could hardly walk after running marathons and the guy in the divers suit. It was 50 metres into the race when realisation struck, I remembered why I had stopped racing, I heard a smashing of glass, it was my bottle that had gone, I kept going determined not to cry, the wind was causing my eyes to water. I passed two 11-12 year olds and thought yes I still have it, until they promptly passed me again, mumbling something about an "auld manny", I couldn't see one so I passed them again. I turned onto the top Prom and tried to concentrate. In Out In Out, that was the breathing sorted, left right, left right, that was the legs sorted. I sensed Iain Lindsay on my shoulder, and thought I had attracted a stalker, I couldn't shake him off, I increased the pace to get away from him, mostly because he had eaten garlic bread for lunch and his breath was putting me off.

I had nearly reached the end when there was some real verbal abuse coming from the crowd, it was our delicate ladylike womens section getting their own back. I crossed the line with Iain leaving an imprint on my back (he got his revenge at Stonehaven), I vowed never again, but onto Stonehaven we went. I realise now, I should have filmed Aberdeen North and just replayed it, it would have saved me grief, only problem was, I would have had to fast forward Iain Lindsay as he went screaming past me with smoke belching from his trainers. I now realise why it is better to stand and scream, it uses less energy and doesn't hurt so much. I think I will stick with poacher turned gamekeeper, coming soon to a race near you. I still have Aberdeen South to do yet though.

Jackie Stewart

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Springtime Slog

May 2006

Paula does it, all top athletes do it, so Graham Strachan, Rob Taylor and myself thought we would do it, get some good quality altitude training (with a bit of skiing, apres-ski, a lot of eating, and generally having a good time thrown in for good measure) whilst on holiday in Val D'Isere. Aye, right.

We set off from Edinburgh airport on 19th March, flew to Geneva then got a bus up to the resort. There was talk of a run at tea-time Monday, but after his very first day of skiing it was the last thing on Rob's mind. A hot bath and a couple of beers were top of the list. Tuesday morning at 6.45am the three of us set off to run up past Le Fornet to the Pont St. Charles. This is a climb which starts off on tarmac but after Le Fornet we were running on groomed snow. I had to stop at Le Fornet due to severe lack of oxygen (the boys were kind enough to stop with me, but Rob (in true Jackie style) told us to keep jogging slowly). Once we were on the snow, and I felt like we were barely moving. We kept going however, and eventually reached the bridge. The road then goes upwards all the way to Italy. We decided against breakfast in Italy, turned to run all the way back down.

Another day on the slopes followed, with a few celebrations after for Graham's birthday and Andy and my wedding anniversary. Wednesday morning dawned fine, but no sign of Graham, so Rob and I went for an easy 4 miles. The scenery is spectacular, but it is extremely hard going when you're running mostly on snow.

On Thursday it was just starting to snow when we set off at 7am. We did a 10 min warm up then started hill reps on the road up to the chalet. Within 2 reps the snow started falling thick and fast, and the road became very icy. Rob sensibly suggested that we abort after 5 reps. I was delighted, as it was my turn to feel sick and dizzy at the top of the hill. We duly did our 5 then ran for about another 20 mins to cool down. Eventually the snow did stop and it brightened up into a beautiful day.

It was the chalet staff's night off on Thursday so we all went out for dinner. We agreed not to run on the Friday given that it may be a late night. However, I woke up at 6.30am and even though it was once again snowing hard, I crept out of the chalet and had a lovely easy 4 mile run to myself. I think the boys were a bit put out that I'd gone out without them, but they probably needed the sleep more than I did (not that I'm saying they drank more than I did, but you get the point)(on saying that I picked up more injuries in the after-dinner-games on Friday night that I did the whole week skiing!)

Saturday was our last day. We set off at 7am and had a nice run up to one end of Val D'Isere and back down to the other before returning to the chalet. We all skied together that morning, and were all highly impressed by the progress Rob and Val had made in their first week.

So, was our altitude training beneficial? Well, I came back with a stinking cold and a sore neck, Graham also had a cold and a rather impressive bruise on his hip, sustained in the mosh pit of the Morris whilst out celebrating his birthday, and Rob hurt in places he never knew he had. However, running on flat tarmac without 1800m of altitude does seem pretty easy. I'll let you know after London.

Ingrid Machell



Metro members Graham Strachan and Ingrid Machell show their determination to keep up the marathon training while on a recent skiing holiday, Rob Taylor just happened to be passing en route to the pub at the time of the photo.

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Its been a while since the last mag and for that I apologise, busy at work, been on holiday, etc, etc, etc. I would also like to thank all the contributors, its nice to get articles from different sources with reports of Metro heroics from far flung places and races.

AGM

Boring stuff.....The AGM will take place this year after training on the 7 of November, in the Health board club on King Street. Please make every effort to attend this as it is your club and the decisions made there affect the running of the club for the next year so your attendance and vote may just count. If you are not there it is very likely that you will be voted onto the committee!

If you have any points that you wish discussed at the AGM then please hand them in writing to a committee member or e-mail before the AGM. The club constitution requires any other business to be discussed at the AGM to be submitted in writing to the committee 14 days before the meeting.

The club constitution states we must have 1/3 of the membership at this meeting for it to proceed and decisions to be made therefore please make every effort to attend. We currently have 173 members, which requires 58 of you lot to be there before the AGM can take place so see you all there on the 7th.

In a change to previous years the presentation of awards will not take place at the AGM but at an awards dinner in January.



Above are the motley Metro squad that took part in the Dyke 10k on the 24th of Sept, John Lenehan was 4th and Jean Cowie was 2nd in her category, well done to them

Buckie 10K

A Metro Newshound Recently overheard a conversation in the changing rooms after the Buckie 10K.

None other than Northeast running legend and Fraserburgh RC stalwart Charlie Noble (as usual) made the comment.

"What did you think of the course then?"

"Aye it was really flat apart from all them hills..."

Charlie strikes again !

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Stavanger "Rock n Roll" Half Marathon

I have been fortunate over the last couple of years to spend a lot of time in Stavanger through work. Anyone who has been there will know it is a great place in the summer especially around the waterfront area. (Great people watching spot....). Occasionally I would go out and run for a few miles in the evening from the hotel and always thought that Stavanger would be a good place for a race. So when a Norwegian colleague informed me that there was an annual race in August I thought it might be a good idea to look further into this (first mistake!). Like the Moray event there is a 10k, half and marathon all on the same day. I usually spend the latter part of the working week in Stavanger when I go across so when I discovered the race took place on a Saturday I thought that fate was smiling on me (foolish I know...). I even managed to persuade 3 other Norway based colleagues to consider taking part (I can't believe I thought they would do it.....). Hotel accommodation is notoriously difficult in Stavanger around ONS (equivalent to the Offshore Europe week in Aberdeen) so I thought this might be an issue. Before I could even get that excuse out a friend of mine offered me the chance to stay at his flat for the weekend!! Since I needed to work across in Stavanger for a few days in August it made sense to tie it all together. Chances like this don't come up often.

Training went ok so I decided to rethink the original idea of the 10k and aim for the half marathon instead (second mistake!). You can enter on the day to any of the distances so I still had time to change my mind. As some people may know entering on the day can have a downside - I seem to remember entering Moray marathon on the day when I had only trained for the half. Not a pretty sight. Strange that I have never done a marathon since....!

The week after the transatlantic bombing scare I headed to the airport intending to carry the minimum luggage in my holdall in case they forced me to put my 'small' rucksack into the hold. My plan was to put it into my holdall for security. As it transpired they were quite happy for me to carry the rucksack onboard. (Obviously they hadn't seen through my brilliant international jet setting ROV manager disguise). My minimal luggage philosophy did however backfire. While unpacking in the hotel on Thursday night I realised I had no running shoes....!!! (Third mistake....yes I do know that they are important). Fortunately fate was still smiling on me. Thursday night is late night shopping in Stavanger. I rushed down to the nearest sports shop in town. First one was complete waste of time. Horrendously over priced fashion place staffed by Trolls looking to close up early. However they were able to direct me to the other sports shop in town. (I never cease to be impressed by the perfectly spoken English of the Norwegians). It was getting close to closing time and I was just hoping that my luck would hold and that I wouldn't have to run barefoot in the race. Rushed into the store, quick glance around and Hallelujah!! There they were!! A smart pair of proper running shoes and to top it all they were reduced to 'only' 699 Norwegian Kroner! (Exchange rate 11.4 to 1You do the maths.). Anxiously searching through the pile of boxes it became clear on the reason for the so called reduction. The only size they had would have allowed me to put both of my feet into one shoe. While they might have been happy to sell me just the one (possibly even at half price?) I felt that the embarrassing finish time would have prevented my return to the club and possibly even resulted in being voted off of the committee. No choice but to rethink. (Although if I had been thinking in the first place I would not have forgotten my shoes!). Only one pair seemed to fit the bill but at 1000 NOK I was starting to think twice about doing the race (Aye. You can take the boy out of Aberdeen but you can't take Aberdeen out of the boy). What the hell.... it looks like monopoly money so I just convinced myself it wasn't real and got on with it! Back in the hotel slipped them on and went for a few miles. Not good.... Felt a bit of pressure on the outside of my foot after a couple of miles. Seemed to ease off a couple of miles later as I was finishing. Just have to give it a go. No turning back..

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Friday morning was a scorcher. Into the office and went to see how the preparations for the other 3 'runners' were going. Not good was the answer. One had hurt his knee training and was out of commission. Another had done some training so was going for the 10K and the third was packing to go to Bergen for the weekend!! The only good news is that I was told Saturday forecast was for rain. Definite result. Sunny Mid 20's is way too hot for me to run races in - even short ones. I went to the registration venue after work which was a local hotel near the start line. The registration was deserted with hardly anyone around. How many folk were taking part?? Had a quiet Friday evening meeting up with a friend I had not seen for a long time. Ironically he has just taken up running on doctors orders but has not quite reached the level of being able to do a 10K. Maybe next year....

Saturday morning dawned and I had the traditional race day porridge breakfast. Yummy... I had taken it with me from Aberdeen just in case.... Weather was overcast but very warm. Last minute change of timings meant that the half marathon would be the last to start at 1:15pm!! Hottest part of the day!! Watched the marathon, 10K, kids races etc and then had to wait almost 2 hours before it was my turn. By this time the sun had come out and temperature was in the low 20's as I lined up with around 150 others for the 5th Annual Stavanger Rock'N Run half marathon event.

Race started ok. I took it steady for the first few miles with few problems apart from a wrong turn costing me 6 places and about 30 seconds!! The error of my ways having been highlighted to me by an old man running out in front of me and screaming in Norwegian!! No problems with new shoes but it was way too hot for comfort so I tried to take water at most stations. (No bottles just paper cups....messy!) Due to it being a relatively small field sometimes I could not see anyone in front and was worried that I would take a(nother) wrong turn. Twice I had to stop and ask for directions as the marshals seem to have got fed up and gone home after the turn at half way!! Running through the centre of Stavanger on a busy Saturday is not much fun. Resembles Union Street on a busy day and they had not stopped the traffic for the race. (Interesting to say the least....) Pretty uneventful race with very unexciting surroundings. Constantly having to cross roads and go through underpasses meant it was difficult to settle into any rhythm. Felt good coming into the finish so put on a sprint for the line. Crossed in 1.27.12. Way off a PB but not too disappointed considering the course, my fitness and the conditions. When they posted the results I couldn't believe it. I was 9th overall. For the first time in my life I was also first Metro runner home. (Ok. So there were no other Metro members but that's a technicality.....!) Unfortunately no PB but all things considered it was not a bad effort.

So if you fancy something different head for Stavanger. Great scenery (except during the race), expensive beer, mediocre marshalling, poor course, crap medal (same as the kids got for the 800m race!), no goody bag but very friendly people but dont forget your running shoes!

Sol!

Colin Mackay



Don't be fooled by the black leathers and helmet. Pictured opposite Scott Mitchell puts the finishing touches to his cornering skills in the run up to this years Highland Cross.

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Alpine Running – A New Experience, A New PB

Sunday 9th July

Our first day was spent rock climbing in temperatures of around 34 degrees. I had planned a run this evening nothing too long, just 6 or 7 miles to get used to running in the heat. Steve (hubby) came along on the bike. Had a good uphill start, then into the next town with a great long downhill. I turned around at about 3.5 miles, Steve decided to cycle back along the main road so he didn't have to tackle the downhill in reverse. Got back to the campsite very, very hot and sweaty.

Tuesday 11th July

The next evening was a bit cooler so I decided on a hill run. The sky began to darken rather dramatically and as I hit 20 minutes of uphill there was a most enormous crack of thunder. I ran another 5 minutes uphill but the thunder got louder and the lightning seemed very close, so I turned round. As I turned the rain began, a full on, huge, heavy and very wet mountain downpour. I got back in record time, and was the subject of much amusement by the other 7 happy campers in our group, who were waiting under the gazebo watching the storm.

Wednesday 12th – Friday 14th July

Mountain biking, rock climbing and via feratta were my taper for the half marathon.

Saturday 15th July – Nevache – Briancon Semi-marathon

This was it, my first ever foreign race. The race wasn't due to start until 6pm. Did I take it easy beforehand? No of course not. We went mountain biking instead. Stopping at a mountain restaurant for lunch, I couldn't decide what would be best to eat 4 hours before a half marathon. I opted for a plain omelette and one or two chips! Not the wisest choice I have made, but more on that later. After lunch we biked down the mountain at breakneck speed in order for me to catch my shuttle bus to the start of the race.



I arrived at the start and the race began. Being in France the markers were all in kilometres, which actually felt better than mile markers as they come round much quicker. At 5km I began to get into my stride and was feeling good, this was also the first water stop, also offering quartered oranges and bananas. We then passed through the first village and what an amazing sight met my eyes.

Everybody was out of their houses and standing or sitting at the side of the road, shouting and cheering. "Allez, allez" was the constant cry. Then, another amazing sight. A French man wearing only a very small pair of pants! Yes, only in France do you get this kind of support!

By half way, I was beginning to feel the heat a bit, and also wondering where my own support crew were. I was promised that they were going to cycle up the course and cheer me on...had they gone for beer instead? Through another village, and again everybody was out cheering, this time there were cowbells ringing as well. Suddenly with the 16km marker looming, I saw in the distance Steve, Jason and Catriona on their mountain bikes. They cycled with me for a while, chanting "Allez Ecosse" before they sped off looking for a good vantage point for photos. At 20km I entered the town of Briancon; we were directed through the ancient Cite de Vauban, the old town, which was an experience, running and dodging tourists. Then the final kilometre, I was looking at a fairly decent time (for me).

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We turned onto one of the steepest downhills I think I have ever seen! I let gravity take over and started legging it downhill, knowing that if I didn't fall there was a PB in it for me. I overtook around 15-20 more cautious souls on the way. As I neared the roundabout at the bottom of the hill I noticed large orange crash mats attached to it, I'm sure that these have been utilised by many an unlucky runner. I turned the final corner into the finishing strait, one woman in front of me. Determined to get one place higher I heard Jackie in my head saying "stick in there Janet" and went for it. I overtook her about 20m from the finish and put in a full sprint over the line. My time, 1.46.52, taking a minute of my previous best...a very happy Alpine runner indeed.

Postscript – The drive back to the campsite made me feel very sick, and on return the omelette and chips unfortunately made their reappearance.

Janet McRoberts

Highland Cross 2006

Over the years a few friends and some metro members have enthused about the Highland Cross. The unfortunate thing is that is pretty much a closed shop as far as entry goes, however this year I was lucky, as one of my colleagues usual team member was unable to make it...I was in!

Coming eight weeks after the London Marathon I knew if I maintained some semblance of training the run shouldn't pose too many problems so it was a case of focussing on the cycling. Some hard work was required on the bike but as usual best laid plan etc and with race day approaching I really only managed 6 or 7 training rides amassing 90 or so miles but this wouldn't be a problem as everyone told me "the cycle is all downhill" I reserved judgement for the day!

The week leading up to the race I was feeling pretty fit from a running point of view and the bike was just a case of grinding it out, but there was a problem, I was being plagued by the "puncture pixie" I must have had 5 or 6 of which the majority were caused by me and my tyre changing incompetence but I eventually got it sorted and we were good to go....or so I thought!!!

I loaded my bike into the car on the Friday morning and planned to leave straight from work, a quick trip to Inverurie for a couple of spare inner tubes (just in case) at lunchtime turned out be a wise one. As we were heading up the A96 I glanced back at the bike whilst stuck in traffic...I couldn't believe my eyes...the back tyre was flat!! Did I really want to carry out a hurried repair at the bike loading station in Inverness? No was the answer, fortunately I knew that Speyside Leisure in Fochabers dealt in road bikes so if I could use their workshop hopefully things would be okay.

When I got to Fochabers I spoke to Willie, who runs the shop, he was more than willing to help in my moment of need...and as luck would have it his pal, Mike Stewart (Keith & District) was in the shop and he is a local bike mechanic. I left the shop 20mins later bike fixed and worry free. Tomorrow was going to be a long day!

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I met my team mates, at the bus pick-up beside Inverness Cathedral – then it was 1hr 45 across to the start at Morvich. The bus journey went remarkably quick although I was relieved to get off (too much hydration!!!). The atmosphere at the start was great, very relaxed and friendly and with decent weather (overcast and a tail wind) it was only the midgies that could stop us now!!! I bumped into the clubs HX regulars (Derek D, Jim C, and Scott & Roslyn) who told me I had nothing to fear.

At 11am the shotgun sounded and we were off on the 20 mile run to Glen Affric. The first couple of miles of the run is on undulating landrover tracks and my progress was good. After the first water station the track becomes pretty much single file and then “the hill” appears, it is 1100ft of climb over 2.5miles of broken ground and slippery rocks at times walking pace is actually quicker than running. I felt strong going up the hill and actually made up 2 or 3 places at the points that permitted passing...it was a relief to get to the top but that’s where the “fell” runners come into their own. The steep downhill sections were difficult to negotiate and could hear the hill runners hard on my tail...every time the road flattened out or climbed I managed to pull away but on the downhill section I was being reeled in (give me smooth pavements any day!!!). After 9.5miles it was pretty much rolling tracks, still a bit broken, until 14.5miles. As you approach the so called yellow brick road you are greeted by a group of volunteers offering anything from water to a mars bar to a cheese sandwich to even a sausage softie....I was very tempted!! In the last few miles I felt really strong and managed to pass a couple of runners getting to the changeover point in just under 2hrs 40 and inside the top 20.



Neil is pictured in the middle of the pack coming out of transition

The transition is very well organised and I was in and out my way on my bike within a few minutes, hydrated and a change of clothes to boot! Now for the easy bit....this downhill bike section. The first 10miles on the bike are nearly all downhill but a few gentle climbs test the weary legs. It was on these sections that the proper cyclists come into their own and it wasn’t long until the first of them started passing me a high speed. I wasn’t disheartened by this and kept peddling and managed to reel in a couple...then with 6miles of the 30 to go you hit Aigas Brae, which had been described as “nothing” to “horrendous” to me...it turned out to be neither....just a couple of minutes out of the saddle and it was all downhill from there to Beaully where I was passed by one final cyclist. I stopped the clock at 4:13:30 which I was delighted with (38th place). The Highland Cross experience was as good as I hoped and I am champing at the bit for next years. The feast at the end is worth the journey itself !!! Next year I’ll aim to do a bit more bike preparation and not be such a “woose” on the downhill sections and maybe the magical sub 4hrs may be in sight.....

Neil Jackson

ps A huge thanks to Willie from Speyside Leisure and Mike Stewart....real saviours!

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Livingston Relays 2006

Metro managed to scrape together a male and female team for the National Road Relay's at Livingston on April Fools' Day. The men's team was to be Forbes Andy and Gavin Reid, Darren Kinsella, Darren Miller, and myself, with the ladies team Susan Grayson, Michele Ross, Wendy Cruickshank and Michelle Donaldson.

Captain Kev wasn't running because he was away on holidays so we were left to our own devices to organise transport, although with a bit of help and advice from The Captain who was clearly feeling guilty about not running.

The plan, put together a bit haphazardly by email in the week before the race, was to meet as usual across the road from Asda at Riverside Drive, quite early in the morning. This would allow time to get down the road, have the traditional stop at the garage on the far side of Dundee, get registered and warm up, all before a midday start. Gavin Reid was to drive the guys down and the girls were to follow the guys because, in their words, "in true grille style" they were worried about getting lost! We were to meet Darren Kinsella in Livingston since he stays down there. All very simple in theory...

Gavin Reid was away at Club La Santa the week before the race, and was due to return on the Friday night, (the race being on the Saturday), so we couldn't get him on his email or on the phone. We got an out-of-office reply: "If you need to discuss any structural engineering issues with Lloyd's Register EMEA, prior to my return, please contact..... If your enquiry regards lifting appliances and mechanical handling please contact..... If it regards geotechnical issues please contact..... If it regards floating offshore units please contact....."

Well, Gavin, where is the bit where it says "If your enquiry is about lifts to the Livingston Relays please contact....."?!?!?!

Going on Kevin's word that Gavin had indeed said that he could provide a lift, we all met up at 8am on Riverside Drive. All except Gavin..... Forbes Reid (maybe the only sensible one among us!) had brought along directions and maps, so it was looking good, all we needed was Gavin to appear in a car big enough for 5 people and we'd be sorted. Gavin didn't appear and time wore on. We started speculating: "He's still in bed, he must be knackered", "He's suffering from the hard training", "Maybe he's forgot", "Maybe his car has broken down", "Maybe he's in the pub", "Maybe he's missed his flight", "Maybe he's coming in his Porsche", "Maybe he's not coming at all".

It was getting later and later so the girls decided to go on ahead, we thought we would maybe meet them at the filling station on the far side of Dundee and then go the rest of the way in convoy, so off they went while the guys continued to wait. Gavin eventually appeared in a battered-looking Fred Flintstone wagon and we had to get the back seat put in before anyone could get in. We finally set off down the road.

The girls phoned us to find out whether Gavin had appeared – we told them yep, he was really late, he was so late that we're not even sure we'll make it in time for registration and we might miss the start of the race, so you'd probably be better off not waiting at the garage, oh, and he appeared in his Porsche so we're

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all crammed into the back of it ... Then we peed ourselves laughing (It was April Fools' Day). The girls decided to try and make it to registration in Livingston unaided and we told them we would be there as soon as we could. The girls got lost. They phoned us up looking for directions, but in truth, we weren't too sure either. Kevin had said it was easy, follow the signs for "football traffic", it wasn't quite that easy. First you have to be close enough to the football stadium to see a sign for football traffic, but we told the girls what we could and left them to it.

Then it was our turn to get lost. We thought we'd be OK with our maps and some of us (including myself) had been down to this race before and thought we knew how to get there, but no. We took a wrong turn in Livingston and then when we could see the football stadium we couldn't find a road to get us there and we ended up going round in circles near a shopping complex and a roundabout called the "Bubbles roundabout". Bloody Bubbles roundabout, we were round it a few times before we finally got there.

We were just in time for registration, and we teamed up with Darren Kinsella. Our master tactics regarding who would run what leg had been decided on the way down in the Flintstone-wagon. Gavin and Michele Ross did the first legs, followed by Forbes Reid and Michelle Donaldson. I managed to lose my race number, I went to registration again to ask about it and it was still sitting there, I had forgotten to lift it. Clever.

The third leg runners were Susan Grayson and Newcastle man Darren Miller. Susan didn't like the "shocking hill" at the end – I won't slag this comment off because it is a toughie, but what is worse is the tight turn straight after the bridge, just before the shocking hill. The bridge is usually really slippery and you have to slow right down for the tight right hander, and if you don't slow enough then you run straight into a strategically placed lamppost...

Susan handed over to Wendy Cruickshank for the final leg of the ladies' race and after Darren it was Andy Reid's turn. Andy and Forbes, whose times are usually very close, didn't disappoint and once again turned in almost identical times. Wendy had a strong finish to take the ladies to 18th overall, while Andy handed over to Darren Kinsella, who then handed over to me. I was just getting over a bout of food poisoning so wasn't expecting too much. I struggled a bit in the first half but then felt a bit better in the second half of my run. I improved my time from last year and the results say that I passed 4 people during my run to take the men to 26th place overall, but I am sure I only passed 2 people on the run!

Job done then with the two teams from Metro doing themselves credit on the streets of Livingston (but not driving round the streets of Livingston!) We grabbed a copy of the results, and a bite to eat, before piling into Gavin's wagon again. The journey back to Aberdeen went flawlessly compared with the journey down.

All in all it was a good day out, all paid for by the club as well! I would encourage as many people as possible (especially the newer club members) to go to Livingston because it is an excellent day out and it is a great way to meet and get to know other members. It's also an opportunity to run and represent Metro at a national event. As Kevin keeps saying, you don't have to be a "good" runner to do events like these. I first did Livingston in 2004 when I was young, naïve, slow and didn't know many people from the club, and now a few years later I am getting old, still naïve and slow but I at least I know loads of people in the club.

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John Lenehan

Lochaber Marathon 23 April 2006 - NO PAIN, NO GAIN

My goal for the Lochaber Marathon this year was to run around 2:50 and get a top 10 place.

Training had been brilliant and I was feeling great.... Well that was up until the Monday of race week when somehow I had managed to tear a muscle just below the calf on my right leg in the last 100 yards of a very gentle 4 mile run. Plenty of rest, Ibuprofen and a couple of trips to the physio seemed to help but I was very apprehensive as me and Julie (then girlfriend now wife) headed off to the West Coast on Friday afternoon.

By the time we reached Fort Augustus it was basking in warm spring sunshine, perfect for a wee holiday but not so good for marathon running, the forecast for Sunday though was cool and overcast so I wasn't that worried.

On Saturday the weather had deteriorated into torrential rain showers for our short drive to Fort William. I registered for the race at the Nevis Centre and we headed back to the B&B where I decided to test the leg with a wee 10 minute run in the now light rain. The leg felt ok although it was hard to tell due properly as I didn't want to push the pace too much.

Sunday dawned dull and overcast but a nice cool temperature, pretty much perfect running weather. This year the race was starting and finishing on the nearby shinty pitch, much better than the nondescript road start/finish used previously, especially for spectators as there's a wee stand for them to sit in. A slightly soggy walk across the pitch and it was time to line up. I bumped into a weel kent face of the North East running scene - Darren Strachan of Peterhead and we chatted a bit before

the start. His goals were similar to mine, the initial priority was sub 3 then anything better than that was going to be a bonus.

His marathon training partner and general source of running amusement (or is that bemusement?) Charlie Noble of Fraserburgh had to withdraw from the race due to a bout of flu.

I decided to stick with Darren and see how things panned out. A gentle drizzle was falling as the starting horn sounded with a partly shrouded in cloud, snow capped Ben Nevis looming over us.

The first mile passed way too quickly in 6:04 and we tried to slow to our planned 6:30's, it was almost impossible to hold back as I felt great and the first 3 miles went in 18:30 - still way too fast but feeling comfortable. The first 8 miles passed quickly and painlessly helped a little by the "Mr Weirly Beardy" at 4 miles with his stereo blaring out in his garden.

Darren started pulling away and I decided to slow a little, it was then that I had the misfortune of stepping in what I thought was a wee puddle only to discover that it was actually a 6" deep, water filled pothole which not only soaked me up to the ankle but aggravated my sore leg, the pain wasn't too bad though so I carried on. It was around then that I got talking to Fiona Matheson (first lady) and we chatted for the next few miles, and I reached the halfway turning point in 1:25:00, bang on schedule.

By now my leg was really starting to hurt and I was on the verge of quitting but Fiona kept me chatting so I decided to see how the next few miles

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Oktoberfest

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were before making a decision. I started to struggle badly at around 16 miles and fell back from Fiona a bit and the next 3 or 4 miles was the worst I've ever felt physically or emotionally during a race. By now the pain in my leg was getting really bad and I was barely running at all, more of a fast-ish shuffle.

The big decision had to come at 20 miles - do I choose the sensible option and quit before the only significant uphill or, as there's "only" 6.2 miles to go, struggle on to the finish. I must have been mentally imbalanced due to mixture of GoGels and ibuprofen, as I decided to continue on to the finish.

Once I had made this decision, I seemed to get a bit of a mental and physical boost as I picked up the pace and blanked out the pain as best I could. I managed to pass a few runners in the next 6 miles, including Fiona and a poor guy who was walking with no more than a quarter of a mile to go. The last few hundred metres was hellish but as I entered the Shinty stadium, I could see the clock and I knew it was almost over. A final 100 metre "sprint" saw me cross the line in 2:56:04, 13th place overall and mixed emotions - disappointed not to get nearer to 2:50 but ecstatic to run a pb and to finish strongly.

I hobbled over to speak to Darren Strachan who ran 2:47 for 7th place. I stayed at the finish area for 15 minutes to soak up the atmosphere before limping, back to the Nevis Centre for a cup of tea, a biscuit and a shower (not all at the same time) before returning to the finish to see how some of the other Metro's got on. I spoke to Graham Strachan (3:37), Michele Ross (4:05) and Jane MacAskill (4:44).

We hung around and swapped stories for a bit before we headed back to the

Nevis Centre where I caught up with Fiona Matheson (a truly inspirational woman), and it was nice to thank her for her help in keeping me going. We never stayed for the prize giving as we had the long drive back to Aberdeen, and I didn't win anything, via fish and chips in Fort Augustus.

All in all this was a great experience again and definitely a race I'd like to run for the third time next year - the only slight problem is that it's on the same day as a certain wee event down south.... Nah, there's no competition, given the choice of being one of thousands in an overcrowded, overhyped, media "event" in a polluted city with extortionate hotel rates or taking part in a brilliant, friendly, well organised marathon surrounded by beautiful scenery and fresh air where you're highly unlikely to be mauled by a guy in a rhino suit then it's an easy choice, Lochaber 2007 beckons.

Richard Thomson



Richard all smiles at the finish

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At the back of the newsletter there is a renewal slip for 2007 can you please return this with your fees of £12 so that we can update your details if they have changed. All SAL numbers are changing at renewal therefore if you are a member please let us know your new number for our records. The request for PB's while you have been a metro member is just for our information.

If you are not intending renewing your membership I would like to take this opportunity thank you for your support and membership over the years and I hope you continue to enjoy your running. Can you please let us know if you are not continuing with your membership to save the annoyance of us sending and you receiving reminders.

Festive Fun Runs

Billy Bannerman was the first Metro runner across the line at the Beach Bum handicap race. Mark Johnson posting the fastest time from the club.

At the Banchory 3 mile fun run on Boxing Day the top Metro performers were Ingrid Machell finishing 4th in the ladies run with Bruce Moroney finishing 2nd overall.



Alan Brown shows off his beer drinking skills at the Xmas night out

Christmas Relays,

Santa hats were to the fore as the Metro Christmas Relays went ahead on the 19th of December at Pittodrie. Once we all jogged to the start Jackie got the teams sorted out by lining everybody up fastest to slowest in order and picking the pairings one from each end of the line up. The relay format consisted of one supposed faster runner and one more moderately paced runner, each running 2 x 1 mile loops of Pittodrie St, King St, Errol St and Links Road in turn. When the faster runner returned after their 2nd leg they joined their partner running the final leg together.

After the dust had settled down and with first place not decided until well into the final leg the first team back were Henning Wackerhage & Rob Hamilton.

After the relays prize presentation we held the draw for the club's guaranteed 2006 Flora London marathon places and the lucky first three out of Kevin's hat were Phil Lloyd, Steve Wood and Cliff Leith. We all wish them the best of luck for injury free training next year and a good marathon come April.

If you were disappointed at not getting a London place then a possible alternative is the Lochaber marathon which takes place on the same day as London. A well-organised event and a surprisingly flat route out and back from Fort William along the banks of Loch Eil. This race is also filling up fast so you better be quick.

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Amsterdam Marathon

Fourteen of Metro's finest took advantage of cheap flights across the North Sea to take part in the Amsterdam marathon, half marathon and 10k. 4 hardy souls ran the marathon with 7 taking part in the half with the remainder completing the 10k.

All races are run over pretty flat fast courses with loads of potential for PB's and the weekend also gives you the chance to experience Amsterdam and all its glory, ask Michelle Ross if in any doubt about the delights on offer in this fine city.



Pictured opposite is the Metro team of Bjorn Reiss, Forbes Reid, Richard Thomson and Andy Reid who travelled to Dunfermline for the East District XC relays on the 14th of October.

In the face of very good opposition the team finished 24th out of the 60+ teams that took part.

Bjorn and Andy then teamed up with Mark Bilton, Gavin Reid and Dave Nugent to travel down to Galashiels where Mark finished 20th in the East District championships

Lossiemouth 10 mile Turkey Trot,

Sixteen Metro runners, making almost 10% of the total field headed up North on a perfect day for running and took advantage of a very quick course with many members setting PB's and winning individual prizes. We also did very well collectively winning both of the team prizes in the face of stiff competition. John Lenehan, Bjoern Reiss and Andy Reid were the counters for the Men's team with Ingrid Machell, Lynne Parkinson and Janet McRoberts completing the winning Woman's team.

Night out

Metro's annual dinner takes place on the 20th of January in the Health board club, King Street is filling up with only a few places left, if you want to come along then please e mail Alan Brown alan.brown@arh.grampian.scot.nhs.uk ASAP or let him know on Tuesday night. This event is open to members and partners. Please note that although this is a free event (not including drink) there is limited capacity at the venue and admission will be by ticket only. The clubs annual awards will also be presented at the dinner.

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East District XC Championships, Galashiels

Saturday and I wake to the sight of 8:30 displayed on my alarm clock. Should I drift off into the oblivion or frantically prepare for the 9am meet at Riverside drive? I wrongly chose the later.

Arriving at the drive it was bright with a little nip in the air. Having met Bjoern, Gavin and Big Dave arrived in Lornas BMW and not the Flintstone wagon as earlier proposed. Gavin stumbles out looking rough and intoxicated from the previous night. As he makes his way to the burger van he confides that he was out last night and needed solids. As we waited for Gavin to eat his grease dripping burger and drink his can of bru, Mark soon arrives on site. We fold ourselves into the car (not known for its spacious back seats as we were due to discover!) Ouch.

The Journey south brought difficult driving conditions as the sun was sitting very low. The chat was good and we were in high spirits (some of us literally! Sorry Gavin). We stopped in Dundee at Tescos rather than the BP filling station for our caffeine fix and a stretch of the legs. Gavin remained in the car stretched out sleeping.

Before we knew it we were crossing the Forth Road Bridge. Galashiels is around 30 miles South of Edinburgh and is easily enough found (even for us!).

Most XC meets are held at old schools built in the 60's or 70s which really should be demolished. As we drove up the school we found a parking space or an undesignated space of grass to park upon. Unfolding ourselves out of the car was a good feeling, nice car though not a family motor. We arrived in good time to register, visit the toilets, get changed, suss the course and warm up. By this time Gavin had sobered up and his Irish charm or wit or whatever you may call it had rekindled. He was already planning a session when we got back to Aberdeen. Weather remained really superb although perhaps a little cold, I always forget something at races and this day I had forgot my leggings! The course was on fields on the side of a hill. This XC was different from other races I'd done as instead of a relay team event where you hang around freezing waiting for your team mates we all went off together (senior males that is). After a run around part of the course it was clear that it was going to be a tough run and a true XC course long climbs, long descents, narrow twisty sections and not forgetting MUD and lots of it.

Our race was the last race of the day so the course is churned up where the muddy sections are. After warming up it was to the start line where there stood a group of around 200 all of whom looked pretty mean. The course consisted of 3 laps, I find XC races difficult to position yourself as you are passing others and they pass you on various parts of the course (hill etc). The first part of the course you are climbing up the side of the hill this was not too hard, well until the last lap where your legs are very tired. What goes up must come down. The second half is down hill and this part is very steep and treacherous. I remember running down at times and completely losing control, I got a sensational rush of blood to my face and had thoughts of wiping out. This type of race and moreover any race I believe you have to be both physically and psychologically fit. On the final lap I gave my all and tried to pass a few bods, and not fall over! As I finished I was buzzing through adrenaline and of completion of the race. I met Mark who had finished in a fast time and very good placing and Bjoern who had finished just ahead of me. We threw on some clothes and went to cheer on Gavin and Big Dave. When they came in we were freezing,

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hungry and very muddy so we never hung around and headed off for a well deserved warm shower.

I've done many XC races and believe the Galashiels to be the best to date. It was a brilliant day out with brilliant teammates. I would urge anyone thinking about the XC to give it a go whatever their ability. The club pays for the entry fee and travel down to event, this I am very thankful for. Thank you.

On return to Aberdeen, Gavin and a few of us did go out. I think we all did very well so there may be method in Gavins madness of drinking the night before a race!

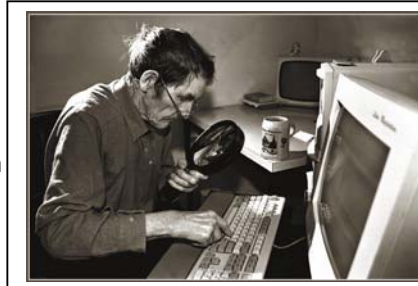
Andy Reid

AGM:

The club AGM took place on the 7th of November in the Health Board Club on King Street, the minutes are now available. Thanks go to the committee for their continued hard work throughout the year for trying to progress the club. This is a thankless task that involves a lot of hassle especially around the numerous races that we organise.

A new committee was elected with a rush of willing volunteers to take up places that resulted in:

Chairman	Peter Jennings
Secretary	Kevin Tulloch
Ass Secretary	Cliff Leith
Treasurer	Colin MacKay
Ladies Captain	Susan Grayson
Mens Captain	Gavin Reid



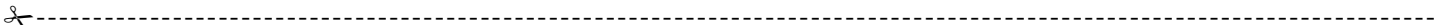
Pictured opposite

Metro IT Guru Jackie Stewart updates the new club committee list to reflect the changes made at the AGM

Ordinary Committee Members

Ali Hughes, Neil Jackson, Iain Lindsay, Janet McRoberts, Richard Thomson.

If you have any issues you wish brought up at a committee meeting let one of the above know. The meetings are on the first Tuesday of the month.



MEMBERSHIP RENEWAL FORM 2007, fees due 01/01/2007

SURNAME..... FIRST NAMES.....

AGE..... DOB..... (Mr / Mrs / Miss)..... 1ST / 2ND CLAIM.....

ADDRESS.....

..... E-MAIL.....

POST CODE..... SAF No (if member).....

TEL Home.....work.....mob.....

PB's while a Metro Member (for information only)

3k..... 10k..... 10miles.....1/2 mar.....Marathon.....

The club will hold your details on a database for their sole use.

ANNUAL FEE **£12.00** PAYABLE TO "METRO ABERDEEN RUNNING CLUB"

Send to: Colin MacKay, 15 Fare View, Torphins, Aberdeenshire, AB31 4DZ