

THE METRO

Xmas Annual 2009



YOUR CLUB OOR CLUB A'BODY'S CLUB

Welcome to the 2009 bumper Xmas edition of the metro newsletter

What a year? Some will remember it for the global economic crisis etc . . . but most of us will remember it for our running and other sporting achievements. Be it running a PB, a first marathon, or winning a team prize – we should all take a moment to pat ourselves on the back and look back on these good times. This, (and some Christmas feasting) will have us setting bigger goals for next year and get us through the many dark-wintery nights ahead! Well . . . at least until the Metro Prize Giving Event in February (where we can do it all over again!).

Many of the memories captured in this annual edition come from local races where Metro members turned out in force. We have packed-in loads of the photos you have sent us, and have race reports from the Broch, Elgin and Loch Ness. We have training articles from Running the Highlands, and the first of three articles from Jackie.

When Christmas is done and gone, just remember it's not long till Valentine's Day – check-out the MetroMatch.com entries to find love in your local running club – and you might be next to feature in HIYA!

So once again, thanks for all of your contributions towards making this a bumper edition of the Metro Newsletter, and again to the hard-work of Keith Fraser for splicing it all together.

You can start sending your articles for the next edition due out early spring to the usual email address: niku_millott@hotmail.com – Remember to have a go at the photo caption competition - a £10 voucher can be very useful in these so-called hard times!

Happy Christmas and merry reading . . .
Niku

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Chairperson's Report 2009

This year has seen quite a few changes for Metro Aberdeen Running Club.

Firstly is our change of Tuesday night venue, the new Aberdeen Sports Village. We have been meeting at the Butchart Centre for around 8 years, but as the new Aberdeen Sports Village reached completion, the Butchart Centre closed its doors. The opening of the Sports Village has also meant that we can now have year round training for our junior section because of the track facilities.

This means that we now have an official junior membership, which as of November 2009 stands at 15.

The adult section of the club has also seen quite a rise in new members this year, and we now stand at around 190 members. We have welcomed many new faces to the club, some who are new to running and some who are returning to it, or seeking new motivation. Whatever the reason, it is always good to see people joining. However, as well as welcoming new members, we have also said goodbye to some members who have moved on to pastures new.

This year also appears to have been

a bit of a Metro matchmaker year...Cupid and his arrows have been very busy. We have had a succession of engagements between club members, so congratulations go out to Ali Hughes and Paul Matthews, Dawn Adams and Neil Jaffrey, Andrea Canale and Donald Simpson and Marion Sutherland and Iain Lindsay. Congratulations also go out to Karin Morrice and her husband, and Lynne Parkinson and her husband on the birth of their babies...potential Metro members for the future.



Also, on the note of celebration, there is a big birthday coming up for the club. Metro Aberdeen will officially celebrate its 20th birthday on February 20th 2010.

To mark this milestone in the club's history we will be organizing a Metro Aberdeen Anniversary Party for early next year, to which every member will be invited.

Finally, it gives me great pleasure to say a big thank you to the 2009 committee members for all their hard work over the past year, and welcome on board to any new committee members for the coming year.

Janet McRoberts
Chairperson

Metro Cr@p Caption Competition

For your chance to win **BIG** (i.e. a £10 Run-4-it voucher), all you have to do is simply come up with a "witty" caption to go with the photograph below.

£10 must be won!!!



This month's picture shows the aftermath of the Dyce Half Marathon on Richard and Kevin. Taking the "Metro Cr@p Caption Competition" too seriously!

Have as many attempts as you want and

make them as abusive and insulting as you like.

Email entries entitled "**Metro Cr@p Caption Competition**" to niku_millott@hotmail.com or kefraser@aberdeencity.gov.uk

Find your ideal partner at
MetroMatch.com

Honest, (occasionally) hard training, enthusiastic male veteran enjoys 10k's and isotonic refreshments seeks (Gel) loving, lady runner/jogger for training sessions in country and quiet nights watching 'Chariots of Fire' and 'Run Fat Boy Run'. Race experience unimportant. Must have own Garmin. No Walkie-Talkies need apply. :-)

Respected and strong minded running coach, enjoys shouting and encouraging runners of all ages and abilities. Looking for quiet, focussed runners of all shapes and sizes – who know when not to talk back. Current Metro members need not re-apply! Membership forms online @ www.metroaberdeen.co.uk.

2010 Membership

It's that time of year again when you're required to part with the hard earned spondoolicks to join **the** running club in the North East.

2010 Membership will start as from 1st January and the new cards should be

available shortly. If you wish to start paying next years fees now, please either send to **Colin Mackay** or pass on to **Jackie Stewart** on a Tuesday or Thursday. If you have changed addresses, phone numbers etc. in the past year, please let us know so we can update our

records to ensure everyone can be contacted. Please use the membership form below or you can download it from the website.

**It'll be the best £25
you'll spend all year!**

Application Form

Surname		First name
Address		
		Postcode
Telephone		email (This is the email address that Metro will send your weekly update to)
Age	Date of birth	Male/Female
1st/2nd claim		SAF No. (if member)

Annual Fee £25.00 payable to Metro Aberdeen Running Club'

Please send completed application forms to Colin Mackay, 17 Queens Avenue, Aberdeen. AB15 6WA

meet the **boyz**



NAME: Peter Jennings

OCCUPATION: Team Manager
(Scottish & Southern Energy)

AGE: 54



HOW LONG HAVE YOU BEEN RUNNING AND WHAT TRIGGERED YOUR INTEREST?

I started running just before the birth of my second child. She is now 23. I feel so old after answering that one! I was asked to play football for the works team (they must have been desperate). I looked in the mirror, over weight, drinking far too much, "sort yourself out Jennings" so I decided to start running. First run 2 miles, crawled back into the house on my hands and knees. 2 days later tried again, not so bad. 2 days later tried again, and so forth.

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

I am one of the founder members. I was one of the rebels who decided to start a new running club for senior road runners. The committee of A.A.A.C. at the time said "go ahead but you won't last a year" and here we are 20 years later. I feel very proud of how far the club has come. I was on the very first committee and have been on it ever since, for my sins.

WHAT'S THE BEST THING ABOUT BEING A MEMBER OF METRO?

I have met so many wonderful people over the last 20 years with the club. I probably would never have met Jackie if it had not been for Metro, but there is always a down side to everything.

ANY SECRETS/SCANDALS / EMBARRASING STORIES ABOUT ANY FELLOW CLUB MEMBER/S?

Oh, so many! But for fear of being sued I will decline to comment. But there was one winter club run, when running in a group past the BP garage on King Street. I was in the middle of the group when a gap

suddenly opened and I ran face first into the end of a canoe which was overhanging the roof rack of a car. I was spitting out teeth and fibreglass for the rest of the run. When I got home my wife thought I had been in a fight, so I had to say to her "you should see the mess of the other guy"

PERSONAL BESTS 5k: 15 50 I can't remember where this was but the time stuck in my mind
10K: 32.41 10 miles 54.57
Half Marathon: 72.42 Marathon: 2.45.29
Beach 4 mile race 20.31 Mile 4.42

MOST MEMORABLE/ FAVOURITE RACE?

I have run the Glen Clova Half 10 times. Metro would have a bus load every year for the Clova Half, we always cleaned up the prizes. I did 1hr.13 one year and just made the top 10, I don't think I made the team either. Great scenery, great course, great atmosphere, I would recommend it to anyone.

MOST UPLIFTING RUNNING EXPERIENCE?

Winning the Castle series in my last year as a Senior..

MOST DEPRESSING RUNNING EXPERIENCE?

Not being picked to run for Scotland in the National Vets Championships. I had run the trials and done really well and was well ahead of two of the guys that were eventually picked for the team. I was told I could run as a reserve, so I did and beat the two guys that were picked ahead of me, pride restored, but no Scottish vest.

FUNNIEST RUNNING EXPERIENCE?

When running the Buchan line from Dyce to Longside with Kevin. We got some verbal abuse from some local ned and his "girlfriend" while passing through Maud. We couldn't understand a word he said, Kevin shouted back "can you put your dog on a leash dear"silence for a few seconds then f**** b**** f**** and so on.

ANY OTHER INTERESTS?

I am interested in local history especially local battles. For instance there was a famous battle fought on the Hill o'Fare called The Battle of Corriche which was fought in 1562 (just before Jackie was born). Sorry am I boring you?

ANY ADVICE FOR A NEW RUNNER/MEMBER?

Go with your strengths, ask advice. I tried for years to run a decent marathon but never really got there. I was much better at hill running and cross country but lost so much time and energy trying to run a good marathon that I sacrificed what I was much better at. Listen to your body, if you feel really tired it is probably because you are.

ANY REGRETS?

Not taking up running earlier, not having a coach, missing the arrows in the Lonach hill race while over a hundred metres in the lead with just a mile to go. I would have been the first over 50 to win the race.



meet the gurlz

NAME: Rowena Dustan

OCCUPATION: Business analyst

AGE: 35

HOW LONG HAVE YOU BEEN RUNNING AND WHAT TRIGGERED YOUR INTEREST?:

I had been running for years but just to keep fit. Then about 4 years ago I decided to start entering races and since then have been trying to better my times. Of course this isn't the only reason why I run, there are loads of others!

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

I've been a member for just over 3 years. I joined mainly because I liked the structured sessions, and thought this would be a great way to boost my running and meet other people who enjoyed running as much as I did.

WHAT'S THE BEST THING ABOUT BEING A MEMBER OF METRO?:

The support you get from other members and the great team spirit at races.

ANY SECRETS/SCANDALS/EMBARRASSING STORIES ABOUT ANY FELLOW CLUB MEMBER/S?:

Who was the Metro member who, whilst at the night out at the Health Club dropped her mobile in the ladies toilet bin and ended up having to fish it out the big black wheelie bin the next day in front of King Street traffic with a raging hangover? Er, that would be me. Oh yes, and the phone was on vibrate instead of ringing, so to locate it I had to put my ear to the wheelie bin and listen out for the rubbish rustling. Quite embarrassing.

PERSONAL BESTS

3k: 12:04 10K: 44:05
Half Marathon: 1:38:25 Marathon: 3:30:08

MOST MEMORABLE/FAVOURITE RACE:

I really like the Balmoral 10k - it's a great atmosphere in a beautiful setting. The course is a toughie but good to run. I also like the Forres 10K - it's my hometown and the course used to be my old running route so I know it like the back of my hand. You get a great munch afterwards too!

MOST UPLIFTING RUNNING EXPERIENCE:

There are 2 that I think of: the London marathon last year when I ran my PB - everything just went like clockwork. I'd imagined crossing the line so many times in the time I ran it in, that when it actually happened it was surreal; and the Garioch 10K a few years ago before I'd joined Metro. It was the first 10K I'd entered for a time, and I'd set myself a goal of under 45 minutes. I crossed the line in 44:52 and had won 3rd female as well. There was a wee podium to stand on - that was also surreal.



Rowena lines up for the Prisoner Cell Block H Freedom Run

MOST DEPRESSING RUNNING EXPERIENCE:

I'd arranged to meet some other club folk in Westhill for a 22 mile training run. But I'd got my wires crossed and turned up at the wrong time, without a mobile to check. Since I didn't know the route, and the only other route in Aberdeen of 22 miles that I could guarantee I wouldn't get lost on was the Deeside railway line I proceeded to make my way there, armed with only a bottle of Lucozade as I'd forgotten my usual drink (and Lucozade makes me sick). The railway line is dull at the best of times, but, on my own and not expecting the soul destroying boring-ness of it, I blew up at mile 17, lay down flat on a park bench to try and recover, then hobbled/ran the last few miles, stomach lurching with the Lucozade. I got quite a few puzzled looks from dogwalkers! When I finally got back to my car there were tears in my eyes. I felt like I'd been through hell and back. Note to self: always be prepared!

FUNNIEST RUNNING EXPERIENCE:

Probably another training run when John Duncan and I were determined to do a long run on possibly the coldest and iciest day of the year. We started out down the Deeside railway line (pattern emerging here?) where John slipped on his backside, but we still pressed on up to Maryculter where we were almost on our hands and knees trying to scale the wee hill in the sheer ice. When we saw cars skidding all over the place we finally decided to turn back. We stopped somewhere in Cults in the middle of a housing estate to eat some jelly beans for energy but our hands were so cold we couldn't open the packet and spent about 15 minutes like a right pair of beauts trying to open it and laughing so much we couldn't run anyway.

ANY OTHER INTERESTS:

I like listening to music and going to see bands, tasting (then finishing) wine, walking hills

ANY ADVICE FOR A NEW RUNNER/MEMBER?:

If you have a bad race, don't let it drag you down - use it to spur you on to better things.

ANY REGRETS?:

Not really, only that I didn't start sooner!



HIYA!

METRO - ALL THE GOSSIP THAT'S FIT TO PRINT

**INCRIMINATING PHOTOS
AND INTERVIEWS**

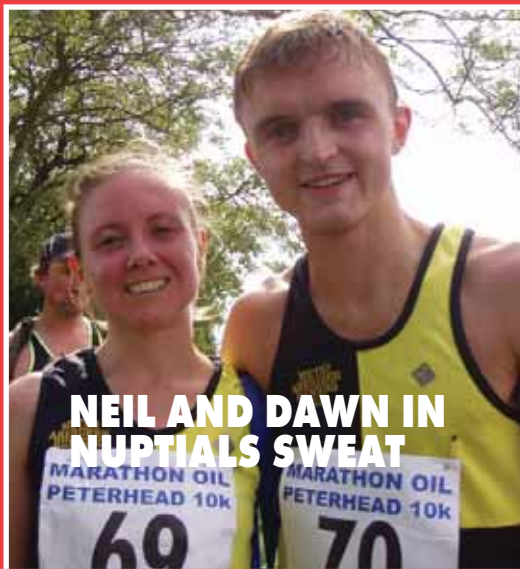
EXCLUSIVE

DUNKIN DONUT HEIR AND ANDREA CANALE TO WED SHOCK

**WE REVEAL METRO'S
LATEST BABY RANGE**



**PAUL AND ALI JOY
AS COLIN PONDER'S**



**NEIL AND DAWN IN
NUPTIALS SWEAT**

Bean-Counter Corner



Colin 'Bernard Madoff' Mackay
Treasurer

Dear Mr Editor

I am often/seldom/almost never asked to explain how the club account operates except usually when it comes to the annual audit! As the club funds belong to all members I have put together below a brief outline of the accounts situation as it currently stands in order to give a bit more understanding for those that are interested. For those that are not please send a cheque for your annual membership renewal and feel free to skip to the next article!!

I suppose the best place to start is to appreciate that the club is classed as a 'not for profit' organisation. The club funds are therefore managed through the use of a 'treasurers' account. This is only available to certain classifications of organisations but it does avoid the need for us to complete an 'tax exemption' form with regard to bank interest. Because we wish to have a 'not for profit' status the accounts are published using the terms 'Income' and 'Expenditure' NOT 'Profit' and 'Loss'.

As these types of account hold small values (from a banks perspective) the rates of interest tend to be low (when the account was opened a few years ago we were only getting

1% interest and now it is more like 0.1%!!). We certainly do not want a small business account or else we would have to pay the banks!!

In order to administer the account any withdrawals or amendments require a minimum of 2 signatures. At present there are 3 committee members listed as signatories. Any 2 of these 3 can sign. Anyone can make a deposit.

The bank interest we receive on the account appears in the club accounts under 'Sundries' in the 'Income' section. This year the total figure for Sundries in the published accounts was £25.77. This was entirely bank interest. To see the difference the interest rate decrease has made I can tell you that the 1st Quarter of the Metro financial year saw a quarterly interest payment of £19.20. The last quarter saw an interest payment of £1.38!!

In truth the club IS obliged to complete a tax return as it is regarded as an 'unincorporated association'. This means that profits on trading activities would be taxable. i.e. surplus income from races and social events. However deficits from the sale of club kit could be deducted from this surplus for the purposes of corporation tax. Also one clear guidance given by the tax man states that members subscriptions are not regarded as taxable income. As the activities just

mentioned constitute the majority of Metro financial activities my own view is that provided our annual surplus income does NOT exceed the amount obtained through members subscriptions then it is unlikely that we would be liable for any corporation tax. However this year we started to get close to this figure. £3,266 surplus against subscriptions of £4,163. This was why I raised the matter at the AGM just to make people aware.

While it is not necessarily important for us to spend all the monies it is important to see the account 'fluctuating'. if not then we might need to clarify a reason for the accumulation of funds. One method of countering this would be to alter the annual fees. This year the fees remained the same and if we see a similar increase in Income for the next Metro financial year then serious consideration will have to be given to reducing the fees to demonstrate our commitment to our tax 'status'. Of course spending it does not necessarily have to mean social events :-)) however it is one method to promote a social angle to running and the club in general. Organising social get togethers can be thankless and time consuming so the committee are always happy to hear of anyone wanting to volunteer to take on this task. Maybe we should have this as an official position on the committee!! Something for next years AGM perhaps?



Colin captured leaving the last Metro AGM

Get your Xmas Special cut out and keep you in the poorhouse "Screw You Poor Suckers Bernard Madoff" face mask! The ideal present for a mug near you! Comes in a presentation pyramid-shaped box! Delivery any time soonish



£10 only

in a brown envelope to Colin Mackay, c/o Her Majesty's Pleasure

DIARY OF A NEWBIE

Mark Poole

Just over a year ago I hit the big four-oh, and promptly decided, like countless other folk do, that I needed to "gie mysel' a shak".

I was a couple of stone over weight, smoked like a lum and had a beer most nights of the week and certainly more on a weekend. Oh, and I couldn't run the length of myself!

The run up to the Christmas period is not the best time of year to deprive yourself of the finer things in life, so I made a resolution - Monday 5th January was the day I would start a diet, stop smoking, cut back on the ale and start exercising. I then quickly decided that if I did all these things at once I would likely send my body into shock so I started the diet first and seriously cut back on the drinking. 2 weeks in I stopped smoking and then a few weeks later joined a gym.

I used to run years ago, nothing serious though, so my preferred warm up at the gym was 10 minutes on the treadmill. Over the ensuing weeks my time on the treadmill increased as did my fitness, until one day I went home and proudly

announced to my wife and her friend that I had completed a full hour on the running machine and covered five and a half miles. My wife's friend, Nicola, who is also a member of Metro, pointed out to me that another half mile or so was equal to a 10k.

Within days I had signed up for the Baker Hughes 10k which was a couple of months away. I started running outside and very quickly became hooked. The week before the race I plotted a 10k round Cove and Altens - I wanted to see if I could actually complete the distance without making an arse of myself! I did a 57:50 and was fair chuffed. The following week I finished the Baker Hughes in 52:39 - a new Personal Best!

So what comes after a 10k? Got to be a half marathon I told myself. Pretty soon I was signed up for the Dyce Half and started upping my mileage until a few weeks before hand I was the only entrant in the inaugural Cove half marathon! I won that race in just over 2 hours, needless to say I didn't win Dyce. But I got another new PB - 1:56.

A few weeks after Dyce I started thinking about my training routine. Up until then it consisted of putting on shorts, t-shirt, trainers and iPod and heading out by myself and basically running. I figured that if I continued with what I was doing I

would eventually stop improving or just jack it in.

So at the beginning of September I took the plunge and went along to the University for my first Metro session. This happened to be the first Tuesday of the month so was a speed session at the beach. 3 x 3000metres! Nae a good introduction! But I persevered and within a few weeks had made some great friends and really looked forward to the Tuesday night runs and Thursday rep sessions - well maybe not so much the rep sessions....

And so to my next race. My wife entered me into this one and she was very, very excited about it. It was Disney's "Race for the Taste 10k" which just happened to be taking place 3 days after we arrived in Florida. I reckoned I was on for a good time, I had been training hard, there's no hills and with a 7am start the temperature should be OK. I was aiming for a sub 50 minutes.

Well, here's what actually happened. It was the hottest weekend on record in Florida. At 7am the temperature was well into the 70's. I started off well enough, was maintaining my target pace and did the first 5k split in 23 minutes. Then it started getting really hot. I had decided not to take a water bottle because there were 3 water stations on the course, but I was a newbie and until that point had never considered that some races use paper cups.

DIARY OF A NEWBIE

"The decathlon is nine Mickey Mouse events and the 1500 metres."

-Steve Ovett



Mark makes guest appearance on Ramsay's Kitchen Nightmares USA

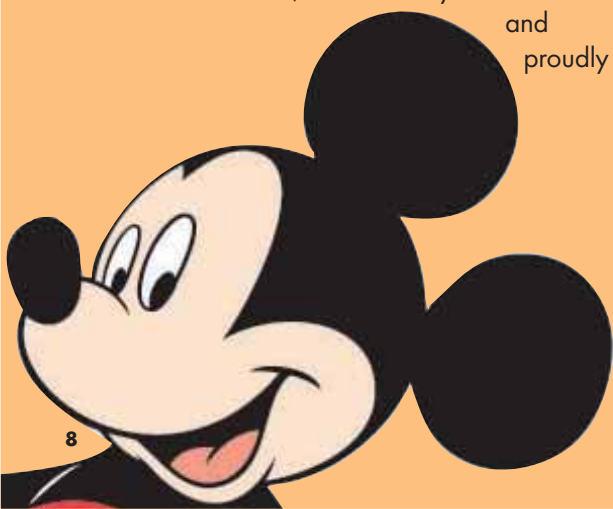
First station and I had water in my eyes, up my nose and down my front but very little in my mouth. By the second station I was starting to struggle and by the third I had no choice but to stop to get water down me. I crossed the finish line in 90 degrees heat with absolutely nothing left, but hey, I got a high five from Mickey Mouse, a hug from his missus, a medal from his dog, dressed appropriately as a chef and another PB - 51:10

A few weeks after I got back from Florida I ran the Glen Clova Half - that was a tough run but really well organised and in a great part

of the country. Unfortunately the weather was awful - almost as bad as the hills on the first 4 miles! Thankfully the rain stopped around about the 7 mile mark and with no wind the final 5 miles were not too bad. At exactly 13 miles the whole Metro running club thing suddenly made sense to me - at the finish line were Janet, Kevin and George cheering me on. It felt great that they had taken the time to stand in the cold and wet, waiting for me to finish the race, which I should add was in 1:51, another PB! (or perhaps they were waiting because I had the keys to the car that contained George's dry clothes!)

So what next? I've got a couple of 10k's lined up, the Inverness half and a place in the Edinburgh marathon. I may not be the most accomplished runner in the world but I get immense pleasure from running, especially since joining Metro. My aim is to continue improving my PB's and I am sure that with the continued support from my Metro running buddies I will achieve that goal.

So the next time you see the newbie slacking can you remind him to get his arse in gear, he's only gone and entered a marathon.....



The first of three training reports by Jackie Stewart

An A-Z of effective training - this month

VO₂max

Think of VO₂ Max as the capacity of your body's plumbing for aerobic exercise. Runners with a high VO₂ Max, have a system that allows them to pump large amounts of oxygen rich blood to working muscles.

With training, you can maximise the size of your pump and the quantity of blood that it transports. More precisely, it is the maximal amount of oxygen that your heart can pump to your muscles and that your muscles can then use to produce energy. The combination of your training and genetics determines how high a VO₂ max you have.

Your VO₂ Max is important because it determines your aerobic capacity. The higher your VO₂ Max, the greater your ability to produce energy aerobically. The more energy you can produce aerobically, the faster the pace you can maintain. VO₂ Max is the most important physiological variable determining performances in races from 1,500 metres to 5,000 metres. It is also important for longer races, but the longer the race, the more important Lactate Threshold becomes relative to the VO₂ Max in determining performance.

First detriment of VO₂ max is the maximal heart rate. You cannot increase your maximum heart rate with training. It is

set genetically. It decreases with age, but not rapidly in people who maintain cardiovascular fitness. The second detriment is the amount of blood that the left ventricle can pump with each contraction. This unlike maximum heart rate can be increased with training. The final detriment is the proportion of oxygen in the blood that is used. This is the amount of arterial blood minus the amount of oxygen in your venous blood, which represents the amount of oxygen extracted by the tissues. With training, the tissues can extract more oxygen from the arterial blood leaving the venous blood with a lower percentage of oxygen than that of untrained people.

Women tend to have lower VO₂ Max values than men because women generally have higher essential body-fat stores and lower hemoglobin levels than men. (not my opinion and I am not calling anyone fat). Because VO₂ Max is expressed relative to body weight, the larger essential fat stores in women are a disadvantage. Hemoglobin is a protein in red blood cells that carries oxygen to the tissues. With less haemoglobin, women have less oxygen per unit of blood. The VO₂ Max values of well trained women are typically about 10% lower than those of well trained men.

The greatest stimulus to improving VO₂ max comes by training at an intensity that requires 95-100% of your current VO₂ Max. How do you know what that is? You can find out by lab testing or you can make an educated guess based on your running times. Your running speed at 95-100% of VO₂ Max should be about your 3,000 - 5,000 metres race pace (what you actually can run and not what you would like to run). Doing a portion of your training at that pace, therefore, will provide the greatest stimulus to improving your VO₂ Max.

You can also estimate the appropriate intensity for VO₂ max training based on your heart rate. VO₂ Max training coincides with approximately 95-98% of your heart rate reserve target rate or maximal heart rate. You should keep your heart rate several beats below the maximum. Heart rate reserve is your maximum heart rate minus your heart resting rate. The target heart rate would be the resting rate plus the percentage of heart rate reserve.

i.e. Joe Bloggs Maximum rate 190, rest rate 40, HRR is then 150, 90% of HRR is 135 BPM, add the 40 and you get a target rate of 175 BPM.

Your body can respond positively to only a limited amount of training at VO₂ max before it tends to break down. It reaches a point where it can't recover from and adapt to your hard work. You will find a balance with training. The goal is to

train at VO₂ Max intensity often enough to improve but not overtrain.

You will improve VO₂ max most rapidly by running around 4,000 - 8,000 metres of intervals per workout, that is the ideal distances to stimulate VO₂ Max. The optimal volume within that range depends on your training history. If you run less than 4,000 metres of intervals, you'll still provide a training stimulus, but your rate of improvement will be slower. If you run much more than 5 miles of intervals at this intensity, it is likely that either you will be unable to maintain an appropriate pace for the entire workout or you will become so worn out from the workout that you won't recover quickly enough for your next one. For most runners workouts of 4800 - 7800 metres provides the most effective balance.

For VO₂ Max training, you will improve more rapidly by running reps of between 600 and 1,600 metres. You don't need a track, you can do the intensity and distance on hills, roads etc. The speed of intervals should be between 3 and 5K pace. Be

sensible though, the shorter reps will be nearer the 3K pace and the longer reps towards the 5K pace. It is within the window that you will most likely be running at 95-100% VO₂ Max. If you run them slower, you are into the realms of the Lactate Threshold training territory. Lactate threshold is valuable for distance running, but the VO₂ max sessions are not the time to do it. Similarly, if you run them too fast, you won't provide the same stimulus, because:

- 1 You are stimulating the anaerobic system which is great if you are running 800 metres, but if you are running 5,000 metres, you use the anaerobic system to kick at the end.
- 2 Running intervals too fast provides less stimulus to improve VO₂ max so you simply cannot do as much volume, the total amount accumulated at VO₂ max is what is important. Lets say you run 4 x 800's in 2:24, you will be tired afterwards and have done less than 10 minutes of work with probably 6 minutes being at the effective intensity. If you did 5 x 1200 at your 5,000 metre pace, running the reps in 4:00 minutes

you will have completed 20 minutes of hard work at the appropriate intensity to improve the VO₂ Max.

The duration of recovery between intervals should be long enough to allow the heart to go down to 55% of HRR or 65% maximum. If you cut the rest short, you will likely need to shorten the workout and won't obtain as great a training stimulus. A too short rest might also mean that you'll have to run subsequent intervals too anaerobically, which is not the point of the training. If the rest is too long, the training stimulus is lost. Rule of thumb is approximately between 50-90% of the interval time. Between intervals, resist the temptation to stand bent over with your hands on your knees. Although it sounds counterintuitive, research shows that you recover most quickly when you jog during your recovery because doing so helps clear lactic acid from your blood.

Harder isn't always better

Many ambitious runners will tell you that the workouts just described are good but that you can train harder by running the intervals faster, reducing the rest interval or both. They are correct, the workout would be harder. It would also be less effective.

Remember the theme of the above, each race distance stresses various attributes and that you will maximise your potential at a given distance by developing the appropriate physical attributes. The most effective training isn't necessarily the most physically demanding.

Example: Lets consider this person "Mark", who runs 15:45 or roughly 5:05 per mile for 5K. Under the programme as per above, a good VO₂ Max

workout would be 800 metres in 2:28 to 2:32 with a recovery jog of between 1:15 - 2:00 mins. Yet mark can and therefore does his 800 in 2:22 or faster with only 1 minute rest. He asks, how could that not be a better workout.

Answer: A better workout for what? If mark wants to train his anaerobic system, then yes this faster rep with shorter recovery is the way to go, because at that speed he will be running most of his effort anaerobically. But if mark wants to improve his aerobic system, the one which will be stressed most in his target 5K/10K, then his hard work on the track is partly in vain. He is not boosting his VO₂ Max as much as he could and

is therefore limiting his potential, as was mentioned above, it would be great for the last 80 metres or so, but not overall.

People wonder why they consistently race slower than their workout times would predict, while others who lag in their workouts training at their VO₂ Max pace beats them when it counts in races, also excessively hard work in the middle of the week of a race leaves them too tired to recover in time for the weekend race. People who do workouts at the hard but proper pace can absorb the benefits of their training and recover enough in a few days to race well at the weekends.



Loch Ness Marathon

4 October 2009

Richard Thomson

I had put in more training miles for this than for any of my previous marathons and I headed over to the west coast with my wife Julie and baby son Cameron, confident of a pb.



As when I had previously done this race in 2007, we decided to stay in Fort Augustus, primarily for transport reasons. It was either Inverness, an early rise followed by an hour on a bus with a full bladder, or an extra 45 minutes in bed, 2 minute walk and 15 minute bus journey from Fort Augustus - only one winner.

Race day dawned calm, cool, sunny and crisp - perfect. I'd had a good night's sleep, not bad considering there was a 10 month old baby in a travel cot next to the bed. Over breakfast, I chatted with the other guests, 2 were also running - a lassie from York, running in memory of her late marathon runner dad and a guy from Edinburgh running his first.

After a light breakfast, I took the short walk to the bus

pickup point and everything was going smoothly: well rested after a good nights sleep, perfect weather and feeling fit and raring to go... this was when things started to go a wee bit wrong.

The knackered old bus was standing room only by the time we departed Fort Augustus. Belching exhaust fumes and with engine screaming, we just managed to negotiate the initial gentle upward gradients (just like my running!) but by the time we reached the fist big hill, it was pretty obvious that the bus wasn't going to make it. After a few attempts and to the stench of diesel and a rapidly burning out gear box, a decision was made to abandon the bus and start walking (7 miles!!!) to the start with the hope that a replacement bus would be on its way to rescue us. After 25 minutes of steep uphill walking, with the race start time rapidly approaching and with no sign of a replacement bus, I decided to phone Julie (luckily I had my phone in my bag) and get her to come and pick me up. 10 minutes later and we were on our way along the narrow country roads to the start. Mild panic was setting in... the race starts soon, my legs are like jelly after the walking, I've not warmed up, how much energy have I used up?, what about all those poor folk still walking or waiting for a bus that might never arrive?

Once at the start though things didn't seem quite right. For a race with well over 2000 participants, it sure looked sparse, I would guess there were no more than 200 runners milling about. It transpired that we were some of the first to arrive as there were major transportation issues in Inverness... what a relief, I could relax a little, have a drink, warm up etc. My only worry was that I had left my tracksuit trousers and long sleeved top in the car and it was a bit chilly standing around in just a vest and shorts. As the busses arrived, I met fellow Metros Donald, Andrea, Niku, Jane and Gary and it was good to have the company as we waited for the delayed start.

Almost an hour late the race got underway in perfect conditions. I tried not to get carried away with the fast pace and settled as best as I could in

to a nice steady rhythm. The first 3 or 4 miles passed quickly and I got into a wee group including Niku and a young lad from Bellahouston Harriers, it was his second marathon and he was also aiming for sub 2:50. Niku was obviously bored with the chat and the "slow" pace as he disappeared effortlessly into the distance becoming no more than a black and yellow dot within a mile.

I was determined to keep to my planned pace: first half in 1:22 ish (6:17 per mile); second half in 1:26 ish (6:33 per mile) for a finish of 2:48 ish - and I didn't allow myself to get carried away even though I felt great. The group now consisted of about 7 or 8 runners as we meandered along the beautiful loch side road.

At half way my watch read 1:22:20 - bang on target and feeling great, our group was breaking up and I thought briefly about picking it up to stick with one guy who was forcing the pace.... "why?... and potentially ruin my race plan", I said to myself.

By the time we reached Dores at 17-18 miles it was just me and Bella boy running together and the cheers and sweeties from the local crowds really gave me a lift. We were running strongly, had been consistently passing runners since half way and were now in the top 20.

The biggest hill on the course is between 18.5 and 19.5 miles - not too steep but long, we kept it steady and made it up without too much trouble.

We were still talking and keeping each other going and at the 20 mile mark, a quick bit of mental arithmetic told me that we had about 43 minutes to do the last 10k for a 2:49, it was definitely on and within touching distance.

The shorter, steeper hill at 21 miles knocked the stuffing out of me a bit and I was starting to flag, but a drink, a gel and a bit of verbal @rse kicking from my companion soon sorted me out. The leading lady was now within sight and I made it my goal to catch her, her fluorescent yellow top getting ever nearer.

Soon we hit suburbia followed by the nice, gentle downhill section to the River Ness, 2 miles to go and we had finally caught the leading lady.... a Kenyan I hasten to add. My long term running buddy was now kicking my ass and he left me in his dust. I now had to concentrate on keeping going and try to fend off my female shadow who was hanging on for grim death, there was also a male runner within a couple of hundred yards and closing, maybe I could catch him?

After crossing the bridge, the final mile and a half seemed to go on for ever and by the time I reached the wee hill round the back of the stadium I was done, there was no way I was going to catch my target and it was all I could do to keep going. I was in a bad way but it's manageable at that stage of a race and the most important thing was that I was definitely going to be under 2:50..... and comfortably too.

Round the corner, through the gate and over the grass before hitting the



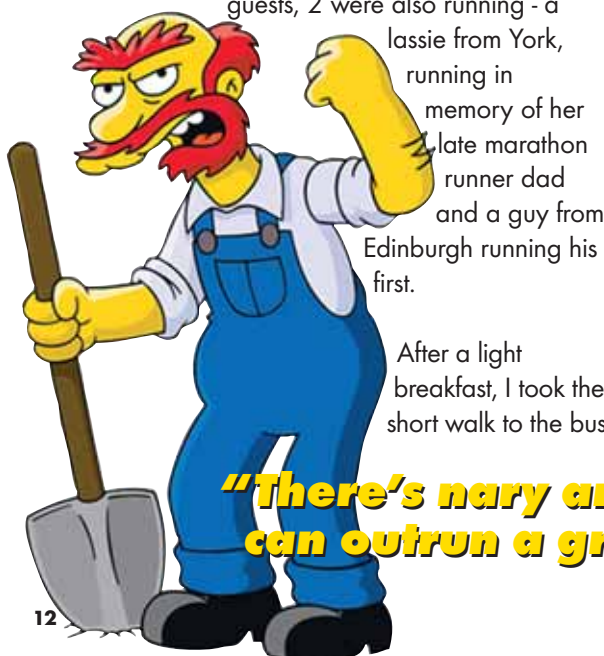
Richard - First Male Vet in 2:48:17

track, soft heaven under weary feet - Colin and Nina were there shouting words of encouragement as I dug in for a "sprint" finish. I got a name check and a wee cheer before the roar for the leading lady (who finished 8 seconds behind) stole my thunder, I crossed the line in 2:48:17 for 15th position overall and a pb of just over 2 minutes.

I found, mutually thanked and congratulated my running partner, located Julie and Cameron and I felt great as I watched the finish line for half an hour or so and spoke to some other Metro members. An added bonus was that I'd won first male vet 40+, so a nice engraved quaich and a £100 voucher for Run and Become rounded off an eventful but pretty near perfect day. The free meal went down a treat before we said our goodbyes and headed off for the long drive home to Aberdeen.

Despite the wee hiccup with the busses, this is still my favourite marathon.

Cameron hangs on to a greased Scotsman



"There's nary an animal alive that can outrun a greased Scotsman!"

Groundskeeper Willie





Loch Ness Marathon

4 October 2009

Andrea Canale

I entered Loch Ness Marathon on the premise that I just wanted to have a good marathon experience. My 2 marathons prior to Loch Ness had been pretty disappointing and I was determined to enjoy the marathon and I genuinely didn't care what time I ended up with.



Andrea had problems keeping up with her running mates from Newcastle

I'm ashamed to admit it but I have never been to Loch Ness before so I was looking forward to the course and the scenery. I wasn't disappointed. After a couple of hiccups with transport getting to the start, it turned out to be a lovely sunny day. Donald and

I were donning our black bags and even got a nice cup of tea from some ladies who had set up a stall. There is a pipe band which leads runners to the starting point.



Now although I actually like hills and would go as far as to say my strengths lie here, even by my standards this course is crazy hilly. At 4 miles there is sharp hill which really just acts as a small taster of what lies ahead. Anyway, I did my best to stick to the pace I thought I could maintain. The course is undulating for the next 13 miles. There are a lot of ups but, plenty of downhills too. The support in Dores is brilliant....just as well....I couldn't believe my eyes when I saw the hill in front of me at 16 miles. It was getting pretty warm as well. Anyway, I got my head down and ran with a couple of guys from a running club in Newcastle. They seemed to know all about Metro so, the distracting chat was most welcome. The incline goes on for about 1.5 miles and I remember the overwhelming relief when I realised I was 7 miles away from Inverness.

I had pretty much been ignoring



my watch up until I got to about 22 miles. I then started to do the maths in my head. I'm sure plenty of people will be in agreement with me that calculating your 22 mile time + (4 X 8 minute miles) is near impossible at this point in a marathon. I thought I would be in with sub 3.40 but was just concentrating on the fact that I was going to reward myself with a jelly baby at the end of each mile!



Graham McFarlane enjoys the pride and the pain of the Loch Ness Marathon finishing in 3:29, knocking 28 mins of his previous marathon time

2010 ENTRY NOW OPEN

The 2010 Baxters Loch Ness Marathon & Festival of Running will take place on Sunday 3rd October.

Entry for the 2010 Baxters Loch Ness Marathon & Festival of Running featuring the River Ness 10K, 10K Corporate Challenge and River Ness 5K Fun Run is NOW OPEN.

Details from www.lochnessmarathon.com

Moray Marathon 2009

Conquest of Paradise Jane MacAskill

This was the first of a series of marathons I had planned to complete in the autumn of 2009.

My plan was a marathon PB in Amsterdam and Moray was part of the training to see how well and how far I could go if I ran faster from the start. My friend Karen who is one of the few women to have completed the Triple Crown was going to run with me to ensure no slacking and she was using this as a training run on tarmac for Loch Ness marathon.

Perfect conditions on the morning of the marathon and we set off at a good steady pace, once the hill out of Elgin

was done we upped the pace a bit and it felt okay. Got to 10 miles and Karen dropped behind and I continued thinking she would catch me up but never did. From here on in it was just me and that piece of music "Conquest of Paradise" kept popping into my head every time I even thought of slowing the pace, I concentrated on the mile I was running and thought if I get to mile 20, 21 or whatever and crashed then so be it. I totally ignored guy I passed at mile 20 who wanted to chat and before I knew it I was in Elgin and another guy asked if he could run with me to the end, by then legs were tired and so I slowed slightly thinking he would help me in, concentration lost and for the first time I looked at watch and knew I had a PB in the bag, so with new determination I left guy behind and ran the best I could to the finish line.

Prize giving was taking place so loads of metro runners about getting prizes so I got a big cheer and loads of sweaty hugs.

The music "Conquest of Paradise" is the theme tune for the Mont Blanc race and my friend George had completed this race just before Moray and he blog of the race had inspired me to do my best here and as he said to me "run like f***". Must admit I smiled for days afterwards its a great feeling when a race just goes right on the day and all the training done has been worth it. Finish time 4.18.

Loch Ness Marathon 3 weeks later, not quite recovered and late start mucked up fuelling but I still managed a course PB. 2 weeks after this I realised halfway round Amsterdam that perhaps one marathon too many and struggled home to complete my 25th Marathon.



"If God invented marathons to keep people from doing anything more stupid, the triathlon must have taken Him completely by surprise".

P.Z. Pearce

Fraserburgh Half Marathon 2008

Neil Jaffrey

www.graeme.clark.dsl.pipex.com

Before I joined Metro almost 3 years ago, running was really just about keeping myself fit. I needed to be fit enough to last 90 minutes on the football pitch, playing for my local amateur football team (Insch). However after a few races I soon caught that contagious bug that I'd heard about, yep you guessed it "the running bug". I had never specifically trained for races back then, I would just do easy runs through the week and then pick a local 10k to run. Entering the odd race became a way of trying to achieve a PB, I had never thought

80 minutes to achieve a PB (so pretty easy given my performance at Moray). After speaking to the guru, wise old Rob Taylor, I decided to change my training schedule by adding quality sessions rather than focussing on quantity. Training at weekends use to be made up of the occasional 90 minutes of football on a Saturday (if I made the team) then a punishing 15 mile run on a Sunday, sometimes with a hangover, not much fun I can tell you.

However, by race day at the Broch I was fresh, feeling much fitter than I had at Moray. I was ready to go!

you turn back and retrace your steps back to the start/finish area of James Ramsay Park. On paper it's a PB course but when you are exposed to the elements it's an entirely different story.

Once things got going it was all good and after 3 miles it was Barry Ingram, Bjorn Reiss and I leading the way. This went on until about 5.5 miles where strangely enough after coming off the railway line I found myself in the lead (I didn't fully realise this until about a minute after). I had never led in a race before and as anyone who has won a race will tell you it's a very

Expect the Unexpected

about the possibility of winning a race. Once I moved to the big smoke (Aberdeen) and joined Metro things started to change and running became a bigger part of my life.

Two months prior to the Broch I ran Moray half and things didn't go exactly the way I expected. The last 2 miles of Moray were torture and I started to think that I probably wasn't fit enough and that my training wasn't up to scratch.

So the week after I decided to sign up for the Broch half???? AND I set myself a goal of trying to break

It was a very cold, crisp, frosty Sunday morning on the 16th November. A field of 128 hardy souls appeared on the start line ready to brave the typical Broch conditions, which of course included high winds. Standing there I felt quietly confident that I could finish top 5 and hopefully be on course for a PB. Well as long as I managed to stick to the right route that is, the year before I had found myself following Neil Jackson down the wrong path (better ask him about that one). The first 2 miles are made up of a loop around part of the town, before you head out the A90 and then turn off to join the old railway line. This is then followed by some quiet minor roads until mile 8 when

weird and surreal experience the first time. One thing's for sure though, it felt bloody great. Miles 6, 7 and 8 flew in and at the turn I had built up quite a solid lead. However because we had the wind at our backs going out it sure did hit us hard coming back. At mile 10 I was beginning to feel it more and more. I could sense that breaking the 80 minute barrier was out of the window but at this point I didn't really care as it was all about winning the race and that was what I was now fully concentrating on. It was the adrenalin rush that kept me going, I kept telling myself to keep it going and not let go. Coming in for the last mile I new I had won it, and it felt great, I was actually running mile 12 with a

smile on my face. Bjoern was closing in but I had done enough to secure victory and the last 1/2 mile running into the park was brilliant. I could see the finish line and couldn't believe what was happening. I crossed the line as the winner in 1:20:39 and set a new PB for myself. I hadn't joined a club to get this serious (well maybe I did but I would never have thought that I was good enough to win a race).

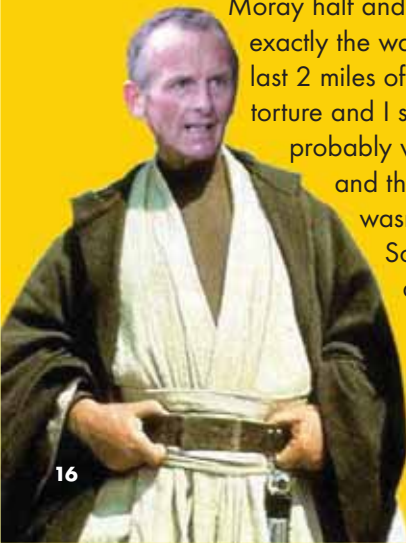
It was definitely winning the Broch that decided my fate, it was then that I knew that running really was the thing for me. Fraserburgh made me and broke me. The following week I picked up a nasty hamstring injury due to not

warming down properly after the race which cost me 6 weeks of misery. So really and truly I learned 2 things that day, warm downs are just as important as warm up's and always expect the unexpected. To be honest I wouldn't have had it any other way. I would do it all again, even if it did result in me being injured. I came away with

"It's rude to count people as you pass them. Out loud"

Neil celebrates having caught "the winning bug"!

Robi Wan teaches Neil the ways of the force





Running The Highlands

October 2009
Ingrid Machell

Run Across Scotland

Running the Highlands is a company that was set up by Neil Stewart about 5 years ago, organising running and training weekends in Scotland.

I got involved 2 years ago on the message side of things and have worked on quite a few weekends. When Neil had the idea to have his first 5 day holiday running across Scotland I got a call from him in May asking if I would be interested in being one of the guides and also doing some massage. I thought it sounded like a great idea (at the time!!) and agreed to do it, with Andy (husband) being dragged along as minibus driver. I had plenty of time to prepare as the date was set for 11 October.

I then had to think about how

to train for this event as the total distance was about 80 miles - so who better to give me some advice than our own Jackie Stewart. It was a new area for him but he came up with a plan which I followed to the last mile and although some weeks were very tough (long runs on a Thursday, Saturday and Sunday) I felt in great shape for the start of the run.

Day 1
We all met in Inverness on Sunday 11 October at 10am. Andy dropped us all off at the start which was right next to the football ground and the sea so it was a proper "coast to coast" run. There were 3 groups with a total of 7 guests so we all set off very steadily for our first day. Andy was meeting us at about 10 miles so it made it more manageable thinking it was 18 miles in 2 segments.

We had a beautiful morning to start and apart from going wrong a couple of times finding the Great Glen Way route all went well. My group consisted of Caroline Wood,

a former Metro member, and her partner Mark. We had a great run although I became very concerned when we were never coming across Andy. It turned out the mileage was slightly wrong and we found Andy at 13 miles. We stopped for a bite of lunch and a cuppa then set off for what we thought was only 5 miles to Drumnadrochit but it turned into 8 miles, so it was a total of 21 miles for the first day. It also turned into a bit of a marathon for me as I then worked for 2 hours doing massage! However, a couple of glasses of wine with dinner soon put me right. Andy and I then did some entertaining in the bar with our guitar and saxophone before I collapsed into bed at 10pm.

Day 2
Was 17 miles from Drumnadrochit to Tomich, a little place in the middle of nowhere. We met the minibus at about 10 miles and I found out that it was a big mistake to eat all the packed lunch we'd been provided with by the hotel. The morning running was on a lovely track through the forest, but in the afternoon we headed out onto the moors and had some very interesting bog to run through -

dirty wasn't the word when we got to the Tomich hotel where we were staying 2 nights. I ended up just washing out my trainers and putting them on the radiator. Not the done thing but it didn't seem to do them any harm. More massage then red wine, this was becoming the order of the day! I'm glad to say I wasn't the only one hitting the bar though.

Day 3
A short day of 9 miles. We ran from Tomich to Cannich where Andy picked us up. It was the only day we had some rain but as there was no wind it was absolutely perfect running conditions. Caroline and I did this bit on our own and had a great run together. We went back to the hotel for a bit of lunch before having a wee trip to Plodda Falls and a bit of a walk. Then there followed the routine of massage, red wine you get the picture J.

Day 4
Andy took us back to Cannich where we had finished the day

before and we then ran the whole of the route that the Highland Cross takes, although we were going back the way the race comes. Everyone agreed that this was the best day of running. It was a total of 20 miles with some difficult terrain but a great day. We came out at Morvich where we could see the minibus but it was a painful mile and half away. It then all deteriorated into a bit of a race - it was amazing that after 4 days of running we could still all wind it up! We were staying for 2 nights at the Tingle Creek hotel just outside Kyle of Lochalsh, and seeing as it was my birthday that day yes, even more red wine

Day 5
Was 18 miles from where we had finished in Morvich right over the bridge and on to Skye. This was the day with the most difficult terrain - what I had thought was a bog before was nothing compared to this. Again we had good weather with hardly any wind, perfect running conditions. Andy

met us at Dornie which wasn't really lunch, more like elevenses, then we re-grouped at Kyle so we could run over the bridge all together. We stopped half way over the bridge for a photo (Andy had all the great jobs this week) then it turned into another race to get to the minibus where we all had some champagne to toast the finish.

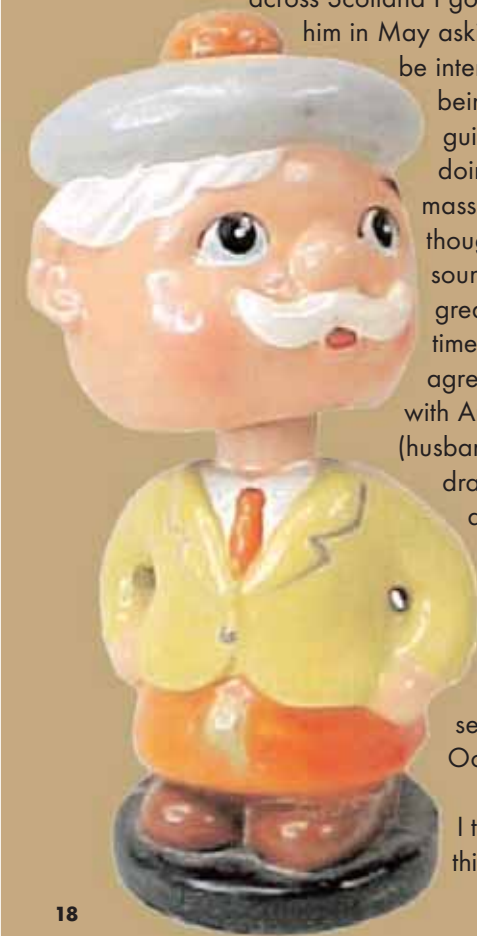
It was an amazing adventure and I think everyone had a great sense of achievement at completing what turned out to be 85 miles. Neil's organisation of the holiday was fantastic - he had spent a long time on finding the routes - and even though it was the first one of these (he's planning more for next year) there was very little that went wrong. We stayed in great hotels, had fantastic food (I definitely ate and drank more than 85 miles worth) and met some very nice people.

So if you're looking for an adventure next year with a difference



www.runningthehighlands.com

Ingrid found the spectators smaller than expected



On the road *with the Metro members*



On the road continued . . .



Heather's first marathon win!



and continued . . .



Reservoir Dogs?

June celebrates a Vintage win



and finally!



Congratulations to everyone who represented the Metro over the past 12 months

Meet the Committee



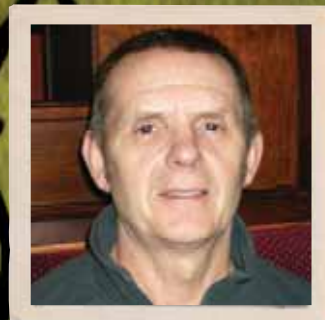
Janet McRoberts
Chairperson



Colin Mackay
Treasurer



Jackie Stewart
Secretary



Peter Jennings
Assistant Secretary



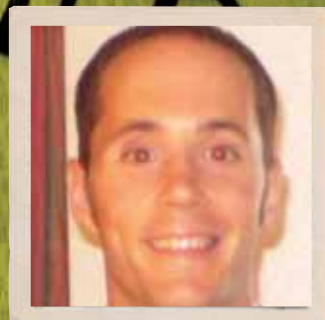
Rob Taylor
Men's Captain



Claire Smith
Women's Captain



Andrea Canale



Donald Simpson



Niku Millot

"I joined the club after moving back to Aberdeen in August 2007. Having run for the previous five years, I had already built-up the weekly mileage, and so it was easy to get into the rhythm of doing a few marathons a year. I have been marathon training ever since, and the next one's a Championship Place at London in April next year. I work alongside Keith Fraser in preparing this Newsletter for the club, so if you have anything to add please don't hesitate in getting it to me (niku_millott@hotmail.com)."

Niku



Polly Tandy

"I've been a Metro club member for about a year although I've been running for about 10 years - I started because I wanted to run the Race for Life in Edinburgh and I haven't stopped since. My favourite race distance is the half marathon (1:32 PB) although I also like 10 mile races. Anything shorter is too much of a sprint for me! I have run two marathons in the past, London and Berlin, and have recently taken up road biking and I think this compliments the running - I'd like to compete in a duathlon this winter. Via the committee I would like to return something to the club that has been so welcoming to me, whether that is organising social events or helping out at races. Please let me know if you have any good ideas!"

Polly



Rowena Dustan

"I had been running for a few years to keep fit. When that novelty eventually wore off, I started trying to better my running times to keep focus and joined Metro Aberdeen around three years ago. I have since done races from the 3K to the marathon, and also love cross country and hill running. I'm not sure what my favourite distance is as there are pros and cons to each so I like to do them all."

Rowena



Steve Forbes

"I have been road running on and off for 25 years. My favourite training run is along the Deeside railway line (it's flat!). My favourite race is the London marathon (it's flat!). Other hobbies outside running are old style rock music (ac/dc, rush, guns'n'roses etc.), and watching the English premiership/Golf, Athletics and some other sports on TV."

Steve

More details of the committee's background (or at least that which is fit to print) will appear in the next edition of the newsletter.

Race Fixtures

01 Jan 2010	New Years Day Triathlon
02 Jan 2010	Lumphanan Detox 10k
04 Jan 2010	Beach Bum Fun Run
08 Jan 2010	Run 4 It Metro Promenade 3k Winter Series 2009/2010 #4 of 6
09 Jan 2010	Nigel Barge Memorial Race 10K and Junior 3km
09 Jan 2010	Edinburgh RC Winter Duathlon Series. Round 2 of 3
09 Jan 2010	El-Brim-ick Dash & Junior Hill Race & Fun Run
10 Jan 2010	Angus Bike Chain / SG Baker Winter Duathlon Series 2 of 3 (Incl'g Jr. Cat.)
16 Jan 2010	Speyside Runner North District Cross Country League #4 of 6
16 Jan 2010	Jack Crawford Springburn Cup 10K
16 Jan 2010	Scottish East District CC League #3 of 3
17 Jan 2010	Aberdeenshire / MPH Winter Duathlon Series (Race 2 of 4) Westhill
17 Jan 2010	McCain UK Cross Challenge #3 of 5
23 Jan 2010	McCain UK Cross Challenge #4 of 5
23 Jan 2010	Garscube Harriers Inter Schools CC League #3 of 3
24 Jan 2010	The Running Shop Round the Castles Series #2 of 3 Haddo
24 Jan 2010	Glentress Duathlon Series. (Round 2 of 3) Short
30 Jan 2010	Speyside Runner North District Cross Country League #5 of 6
<hr/>	
05 Feb 2010	Run 4 It Metro Promenade 3k Winter Series 2009/2010 #5 of 6
07 Feb 2010	Angus Bike Chain / SG Baker Winter Duathlon Series 3 of 3 (Incl'g Jr. Cat.)
07 Feb 2010	Multi Terrain Half Marathon, Forfar
13 Feb 2010	Edinburgh RC Winter Duathlon Series. Round 3 of 3
13 Feb 2010	24 hour Indoor Mountainbiking Worldchampionships (13 to 14 Feb, 2010)
21 Feb 2010	Aberdeenshire / MPH Winter Duathlon Series (Race 3 of 4) Bennachie
28 Feb 2010	The Running Shop Round the Castles Series #3 of 3 Dun
28 Feb 2010	Glentress Duathlon Series. (Round 3 of 3) Long
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05 Mar 2010	Run 4 It Metro Promenade 3k Winter Series 2009/2010 #6 of 6
07 Mar 2010	Smokies 10 mile. (Ladies only)
13 Mar 2010	McCain UK Cross Challenge (Incorporating the World Cross Country Trials) #5 of 5
14 Mar 2010	Balloch to Clydebank Half Marathon
14 Mar 2010	Inverness Half Marathon 2010
20 Mar 2010	Newtonmore 10 Mile Road Race and 2 mile Fun Run/Walk (unconfirmed)
27 Mar 2010	White Caterthun Half Marathon
27 Mar 2010	White Caterthun 5K Fun Run

Full details of all races can be found at -

www.born2run.co.uk, www.scottishathletics.org.uk and www.runnersworld.co.uk



***Wishing all Metro members
a Merry Christmas
and Happy New Year***



"We can't all be heroes because someone has to sit on the curb and clap as they go by".

Will Rogers