



etrolines

January 2011

Issue No. 269

Happy New Year



Christmas Woods Run 19.12.10



Metros Diary

2011

JAN

Sat 1	NO SESSION	
Sun 2	TVXC – Reading Road Runners	11.00 am*
Sat 8	10K Challenge, Roxbourne Park	9.00 am
Sat 8	5 mile walk, Roxbourne park tbc	9.00 am
Sat 8	Middx County AA XC Championships	1.00 pm
Sun 9	TVXC – Tadley Runners	11.00 am*
Fri 14	Neverley Brothers – Half Moon Pub	9.00 pm
Sat 15	Wot No Watch, Roxbourne Park	9.20 & 9.40am
Sun 23	TVXC – Finch Coasters TARGET	11.00 am*
Wed 26	Committee Meeting	8.00 pm
Sat 29	SCCC – Parliament Hill, Hampstead Heath	2.00 pm

FEB

Sat 5	Measured Mile	9.20 & 9.40 am
Sun 6	TVXC – Metros	11.00 am*
Feb 19	5K Run, Roxbourne Park	9.15am
Sat 19	Saucony National XC Championships	2.20 pm
Wed 23	Committee Meeting	8.00 pm
Sun 27	Harrow Hill Race (Metros Host)	10.30 am

MAR

Sat 5	5 mile handicap	8.50am
Sun 6	TVXC – Bracknell Forest Runners	11.00 am*
Sat 19	Wot no Watch	9.20 & 9.40 am
Wed 30	Committee Meeting	8.00 pm

APR

Sat 2	10K Challenge, Roxbourne Park	9.00 am
Sat 16	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Wed 27	Committee Meeting	8.00 pm

* Please see details of how to enter inside

** See burnhamjoggers.org.uk for details

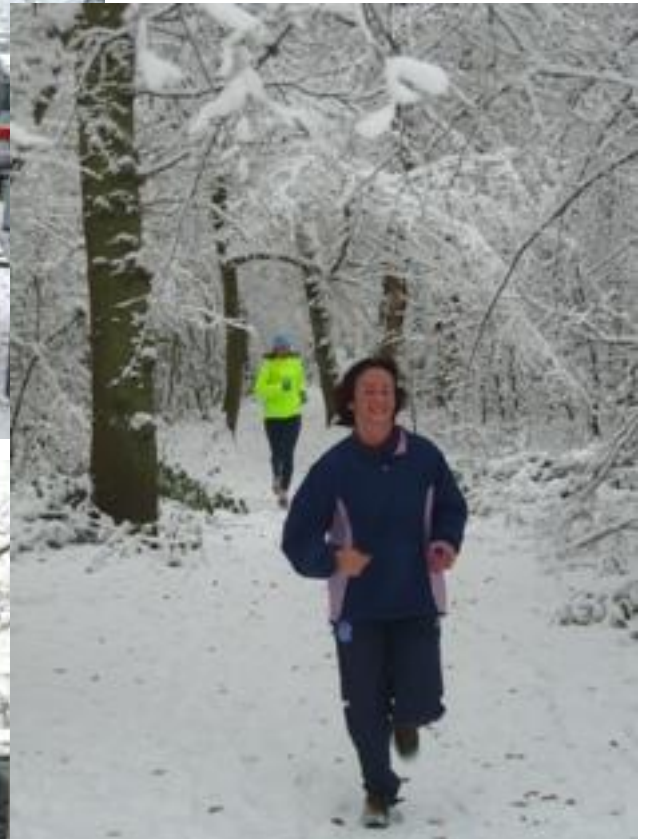
TVXC – Thames Valley Cross Country

Cross Country Championships – see inside for details

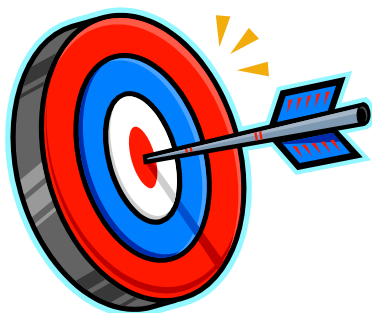
Note from the Editors!

Let it snow, let it snow..... despite that, hope you have managed to get some running in. The Christmas Woods run was enjoyed by all who took part, as you can see. Thanks to Gemma for the photos. For a contrast see Julia's article later on the Cyprus Challenge. If you're feeling a bit flat after the excitement of Christmas and the New Year, there's plenty to look forward to in January, including another gig with John and Nigel – see inside for details.

Jane and Penny Hudson



Target Races



(The target is to get lots of Metros together!)

January

Thames Valley XC – Finch Coasters (see below)

Cross Country

Thames Valley XC League

2nd January 2011

9th January 2011

23rd January 2011

30th January 2011**

6th February 2011

** note change of date

Reading Road Runners

Tadley Runners

Finch Coasters

Bracknell Forest Runners

Metros



Races start at 11am and are 5-6 miles cross country with refreshments afterwards. Men & Women run together but score separately. Club vests or T-Shirts must be worn.

£2 per person entry fee for club members

Car sharing is recommended

Further information is on the web site www.tvxc.org.uk

or Contact Dave Brown 020 8933 1821

The Southern Cross Country Championship

Parliament Hill Fields

Hampstead Heath

Saturday 29th January 2011

Senior women 2.05pm About 8000 metres

Senior men 2.50pm About 15000 metres (These are very tough races but great strength training)

Entries close 10th December 2010

Contact Alastair Scoffham on 01895 270245 or mob.07811 353 020 as soon as possible if you wish to run for your club in these races.

The Saucony National Cross Country Championships 2011

Alton Towers, Staffordshire
Saturday 19th February 2011

Senior Women's race 8K at 2.20pm
Senior Men's race 12K at 3.00pm

Closing date : Wednesday 5th January 2011

New venue to us as far as I know. Even Terry and I have not run this one.

Middlesex County AA Cross Country Championships 2011

Trent Park near Cockfosters
Saturday 8th January 2011

Senior Women's race 8K at 1.00pm
Senior Men's race 12k at 1.45pm

Closing date Wednesday 29th December 2010

There are other age categories for both races. Please call me for details
If you wish to have the honour of representing your club in either race please
contact me on 01895 270245 or 07811 353020. Please call well before the closing
date as entries must be in on this date.

Many thanks

Alastair Scoffham
XC Co-Ordinator

The Metros Marathon Draw

"Shall we go to the Tuesday session this week?" asked Sue, "oh yes, and they'll be doing the marathon draw".

So off we went to Lowlands tennis club on a crisp December evening, peered at the route map (what's the shortest we can do, and where are the shortcuts?), and set off. A (fairly) enjoyable 50 minutes or so later we were back to discover for ourselves the delights of the showers - see committee meeting minutes from any back number of Metrolines for more on the showers. Well, they weren't that bad really.

And so to the bar. But where was Al? Time passed, the lads returned from their run, had their showers, bought drinks, but no Al. Finally, when we'd all but given up hope, there he was, and it was time for the moment Sue had been waiting for - the draw. Optimism was high as there was a spare water station place, so eight Metros were fighting for 5 places. Al folded up small pieces of paper with the names and put them in an old Midland cash bag. He passed it round to disinterested parties - Chonde, who already had her water station place, went first. "Judy Rackham". "Judy - I didn't even know she'd entered!" This from Sue. And so it went on: Andy Fox, Harriet Copland, Kevin Smart. So that was the 4 places for the main draw - only the spare water station place left. "Oh well", said Sue, "looks like I'll be doing that Welsh marathon". Peter Jose took out a piece of paper, unfolded it.... "I can't read this" - he passed it to Al. Pause. "Sue Davie".

Congratulations to all those who were successful in the draw, and the very best of luck with your training. We'll all be following your progress with interest, and we may even join you for some of those training runs.

Draw places:

Judy Rackham, Andy Fox, Harriet Copland, Kevin Smart

Water station places:

Chonde Nkowan, Dennis Speight, Sue Davie

Unlucky this time: Anne Leigh, Andrew Collier, Terry Burke

Jane Hudson 14/12/10

Results & Race Reports

RESULTS

Thames Valley Cross Country League

Hosted by Datchet Dashers 14th November 2010

Men		Position	Time
Kevin Watson	s	51	38m 17s
Kevin Smart	v	72	39m 57s
Andy Fox	v	89	41m 01s
John Gorton	v	125	43m 11s
Peter Jose	v	138	44m 13s
Mervyn Stuckey	v	141	44m 35s
Terry Burke	v	149	45m 08s
Gordon Valentine	v	164	46m 34s
Robert Manning	v	186	49m 03s
Peter Rose	v	187	49m 13s
Dave Swan	v	190	49m 43s
Dave Brown	v	195	50m 20s

Ladies

Harriet Copland	v	32	46m 25s
Jackie Cope	v	43	47m 52s
Gertrud Porter	v	63	49m 40s
Ruth Tidder	v	69	51m 04s
Carole Wells	v	72	51m 56s
Marion Rogan	v	76	52m 43s
Ann Marsden	v	104	59m 18s
Angela Murphy	v	106	60m 30s
Sonya Grist	v	112	67m 46s
Raquel Russel-Ponte	v	113	70m 05s

Team Results

Men	9th
Ladies	10th
Overall	9th
13 Teams competed	

RESULTS

Thames Valley Cross Country League

Hosted by Sandhurst Joggers 28th November 2010

Men		Position	Time
Kevin Watson	s	41	35m 13s
Kevin Smart	v	81	37m 38s
Andy Fox	v	94	38m 36s
John Gorton	v	120	40m 02s
Terry Burke	v	128	40m 17s
Peter Jose	v	137	41m 11s
Gordon Valentine	v	154	44m 01s
Dave Swan	v	163	44m 53s
Robert Manning	v	170	45m 51s
Dave Brown	v	175	48m 17s

Ladies

Ann Lavers	v	37	42m 15s
Harriet Copland	v	41	43m 08s
Jackie Cope	v	48	44m 13s
Gertrud Porter	v	64	47m 40s
Carole Wells	v	67	49m 01s
Marion Rogan	v	69	50m 29s
Sarah Westwood	v	78	53m 42s
Angela Murphy	v	80	54m 09s
Raquel Russel-Ponte	v	85	64m 17s

Team Results

Men	10th
Ladies	8th
Overall	9th
13 Teams competed	

5K Run Roxbourne Park – 4th December 2010

An icy finale for the final 5k of 2010. Due to the conditions underfoot, we decided not to time the run, so the results give the finishing order and also record those hardy souls who turned out. Thank you to all the Metros who have taken part in the four events this year and made it such a success.
Happy Christmas and Healthy New Year

The first 5k in 2011 will be 19th February.

Name and finishing order			
Jonathan Collier	1	Carole Wells	19
Steve Paull	2	Gemma Wilson	20
John Gorton	3	Lucy Allen	21
Adam	4	Julia Allen	22
Gordon Valentine	5	Sarah Westwood	23
Caroline Day-Lewis	6	Peter Stapleton	24
Mark Mulvenna	7	Jane Hudson	25
Mervyn Stuckey	8	Teresa Young	26
Andrew Collier	9	Kevin Eckersley	27
Jackie Cope	10	Geraldine	27
Marion Rogan	10	Sue Davie	29
Jamie Allen	12	Jean Coker	30
Peter Beuselinck	13	Olivia Gill	31
Simon Avery	14	Kath Donaldson	32
Dave Young	15	Ann Marsden	32
Dave Swann	16	Julie Buckley	34
Al Scoffham	17	Raquel Russel Ponte	35
Mike Ransome	18	Penny Hudson	36

Calvia Marathon, Majorca – 12.12.2010

Steve Paull 3:34:19 46th 1st V55
102 finishers

Bedford Half Marathon – 12.12.2010

92 Kevin Watson 1:25:30
137 Nathan Powell 1:27:56
755 Harriet Copland 1:51:06

Christchurch Christmas Pudding 10K – 12.12.2010

Sue Davie	1.00.12
Jane Hudson	1.00.12
Penny Hudson	1.09.17



Cyprus International Four Day Challenge by Julia Buckley (Julia Buckley is editor of www.therunningbug.co.uk)

“A severe weather warning has been issued across many parts of the UK. Most of us can expect extreme cold, icy conditions, with temperatures dropping as low as minus four degrees overnight...”

I turned off the TV weather forecast, pulled myself out of bed and opened the curtains. At seven in the morning, on November 25th, the sun was already shining. I slid back the glass door and stepped out onto the balcony breathing the warm air and gazing out to sea. It was clearly going to be a hot day in Cyprus. I couldn't believe my luck.

...Until I found myself having to run up an 11k hill in around 30C that is.

I was only invited to join the runners at the Cyprus International Four Day Challenge in Paphos a few weeks beforehand, and several months of chest problems and a particularly nasty chest infection just prior to the event meant I hadn't trained for it at all. I



had seriously considered dropping out. But, although I was only able to complete two of the four races the event comprises and struggled in those, I never for a moment regretting going, in fact, it was fantastic.

Catching Up Over Pasta

I arrived on the evening of day one of the event. The runners had already completed their first race that afternoon, a 6k road run. I joined them for the pasta party in the Coral Beach Hotel, where I was staying along with most of the 250 competitors. Everyone I spoke to had enjoyed their first run, none seemed to have found it crippling, but few were lulled into complacency about what was to follow over the next three days. The videos of previous years' events playing on a big screen while we ate did nothing to dispel the air of nervousness. Still, the atmosphere was jolly and friendly.

If the all the hotel's food was of the same standard as at the pasta party I knew breakfast that first morning would be a treat - it didn't disappoint. The vast buffet had something for every taste, however the huge vat of porridge was clearly the favourite option that morning.



Coaches delivered us to the start of day two's race, an 11k hill run through Arkamas Nature Reserve. Call me naive, but when I was told I'd be doing a hill run, I thought there'd be some descents following the ascents. I was wrong. We started at sea level and finished 600 metres up in the mountains, with only a few gentle downward undulations for recovery. I finished among the last few, but still really enjoyed it. The

scenery was simply stunning with views over the Mediterranean getting ever more magnificent as I climbed. The terrain was rocky and the landscape so arid it had an almost lunar feel to it in places. But there were many patches of green to be seen which held the lemon trees, banana plantations, and olive groves the region cultivates.

R & R by the Pool

With the 10k done we were transported back to the hotel which gave me my first chance to have a proper look around. Situated right on the seafront, the Coral Beach boasts five stars. There's a large outdoor swimming pool, sun beds around the gardens and down on the beach, several bars, and excellent fitness and sports facilities including an Olympic swimming pool. Team GB spent a lot of time training there for the Athens Olympics and the hotel is still often used as a warm weather training base for British athletes.

Day three's race was another trail run, this time a half marathon. Despite waking up with a dodgy tummy I opted join in. (If I'd known I was going to suffer cramps so bad I'd have to walk most of the course to finish joint last I would probably have chosen differently.) It was another toughie, especially considering most of the other runners had two days of running already in the legs. Starting out from Arkamas forest we wound our way up along a ridge past small farms, a few goat herds and the odd donkey until reaching a ridge where the ocean could be seen on both sides. The last six miles were a more comfortable downhill to the finish at the sea... For most people that is. By now stomach was rebelling every time I tried to speed up from a walk forcing me to hike the remainder of the route. Luckily (for me at least) I had a companion, Keith who I'd met at the pasta party was also untrained and struggling, so we made our way together, putting to the world to rights as we went, with the ambulance that follows the back of the race sloping patiently along behind us.

Finish at the Fort

On day four I took the more sensible option of spectating. The final race is a 10k road run past the shops and bars of Paphos town, starting and finishing at the town's medieval fort. The atmosphere was electric with music pumping and the crowd cheering as runners crossed the line, a look of satisfaction on every one of their faces (if a little contorted by the final effort in some cases). And rightly so, this is a tough event, much more difficult than most marathons in my opinion. Although there were plenty of fast runners there, a few hadn't run further than a half marathon before, so for them it was an enormous achievement.

Talking to runners at the gala dinner that was the event finale, I decided there were broadly two types of people there: those for whom it was a race, with a beautiful location, luxury hotel, and good company thrown in as an added bonus; and those who thought of it as a holiday with a running event as a highlight. Even with thorough training and without health problems I know I'd always belong in the latter group. In the two races I took part in, as disappointing as it was to finish so far from the times I've been capable of in the past, I suspect I enjoyed it at least as much as the front runners - maybe even more... But then, it's not a competition, is it?

For more details and to enter next year's Cyprus International Challenge visit the event website. www.cypruschallenge.com

John and Nigel
The Neverley Brothers
plus Fubar

will be playing LIVE at the

Half Moon Pub

(Middle Road, Harrow on the Hill, HA2 0JY)

on Friday 14th January around 9.00pm

Arrive early for a good view

All Metros invited



Runners' Recipes

Turkey Noodle Soup

1.2 litres chicken stock
4 small carrots, peeled and chopped
140g medium egg noodles
200g shredded cooked turkey (or chicken)
200g frozen peas
1 bunch spring onions, sliced, white & green parts separated

Bring the stock to the boil and throw in the carrots. Boil for 4 mins, then add the noodles and simmer for 3 mins. Stir in the turkey, peas and the white part of the spring onions, heat for 1 min or until everything is hot through. Ladle into bowls, scatter with the green part of the onions to serve.

Add a kick Spice it up with sliced red chillies if you like a bit of a kick.



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Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the last Wednesday of most months (but usually not May, August or December) and we are open to all members.

Metros Website

www.metros.org.uk

Contributions to: ks@d4b.co.uk

If you have information and/or photographs relating to club events that you feel should be on the website please send details to Kevin at the above email address.

Metros Kit

Metros breathable vests and long and short sleeved T-shirts are available from Pat Jackson – tel. 020 8868 5683. Price: T-shirt £15, £18 vest £12.

Metros vests can also be purchased at Runner's World, 139 Field End Road, Eastcote, HA5 1QH. Tel. 020 8868 6997. (Runner's World does not have any Metros T-shirts).

First Aid

If you hold a valid First Aid Certificate please could you let me know so that we have a list for run co-ordinators, in case of an incident.

If you are interested in taking a First Aid course, we may be able to arrange it. Thank you.

Jane Scoffham: tel. 01895 270245

Metrolines

Contributions to: Penny and Jane Hudson

Email: metrolines1@gmail.com

Contributions by: 27th of each month please.

If you would like to receive Metrolines by email, please send your details to Jane or Penny Hudson at the email address above.

When submitting articles, please ensure that all information is correct and that times, dates and places are clearly shown.

Photocopying: Pat Jackson

Distribution: Ian Bocock

Advertising

If you would like to advertise in Metrolines the rates are as follows:

Full page £5

Half page £3

Quarter page £2

Coaching

The committee has allocated a running training budget, so if you are interested in going on a course please contact

Jane Scoffham: tel. 01895 270245