

Magnificent Seven!



Cross Country Season starts this month – see inside for details of how to help at Metros fixture on **Sunday 30th October**.

Metros Diary

OCT

Sat 1	BJ Fun Run, Roxbourne Park	8.45 am
Sat 8	10K Challenge, Roxbourne Park	9.00 am
Sat 8	5 mile walk, Roxbourne Park	9.00 am
Sun 9	Ridgeway Run	10 am**
Sat 15	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 16	Cabbage Patch 10 mile TROPHY	10 am*
Sat 22	Beachy Head Marathon	9.00 am***
Wed 26	Committee Meeting	8.00 pm
Sun 30	TVXC League – Metros	11.00 am

NOV

Fri 4	Neverley Brothers – Half Moon Pub	9.00 pm
Sat 12	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 13	TVXC League – Datchet	11.00 am
Fri 18	Annual Quiz & Awards Presentation Evening	6.45 pm
Sat 19	5K Run, Roxbourne Park	9.15 am
Sun 27	TVXC League – Sandhurst	11.00 am
Wed 30	Committee Meeting	8.00 pm

DEC

Sat 3	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 11	TVXC League – Handy Cross	11.00 am
Sat 17	Wot No Watch	9.20 & 9.40 am
Sun 18	TVXC League – Reading	11.00 am

JAN

Sat 7	10k Challenge, Roxbourne Park	9.00 am
Sat 14	5 Mile Walk, Roxbourne Park	9.00 am
Sat 21	Wot no Watch, Roxbourne Park	9.20 & 9.40 am
Sun 22	TVXC League – Bracknell	11.00 am
Wed 25	Committee Meeting	8.00 pm

FEB

Sat 4	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sat 5	TVXC League – Finchcoasters	11.00 am
Sat 18	5k Run, Roxbourne Park	9.15 am
Wed 29	Committee Meeting	8.00 pm

MAR

Sat 3	5 Mile Handicap, Roxbourne Park	8.50 am
Sat 17	Wot no Watch, Roxbourne Park	9.20 & 9.40 am

* see inside for details

** www.tringrunningclub.org.uk/ridgeway.html

*** www.visiteastbourne.com/Eastbourne-Beachy-Head-Marathon

TVCX – Thames Valley Cross Country – www.tvxc.org.uk

Committee meetings are at Methodist Church Hall, Cannon Lane. They are open to all but only the committee can vote.

Note from the Editors!

It was great to see so many Metros at Moor Park last Sunday – over 40 in the 10k plus 2 juniors. And some good results too – well done to everyone who was there. And to everyone who took part in the Round Norfolk Relay – see article and photos later.

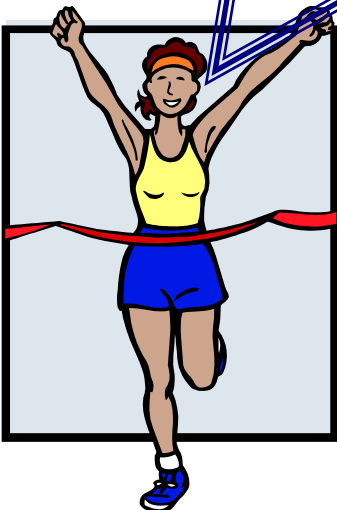
Jane and Penny Hudson



Welcome

Jean Bamfield
Barbara Blum, Ealing
Michael Hull, Pinner
Preeti Khakharia, Rayners Lane
Paul Linnell, Rickmansworth
Darryl McCarthy, Harrow
Michael Newell, Harrow
Mitesh Patel, Northwood
Malcolm Pearson, Pinner
Beverley Singleton, Harrow
Glyn Watkins, Pinner.

Elected at the September meeting



Errors from September 2011:

P21 – Battersea Park was 5 miles not 10K.
P25 – Jasmine Ransome should read Yasmin Ransome (sorry Yasmin)

MEMBERSHIP SUBSCRIPTIONS OVERDUE

Membership subscriptions for the year commencing 1st September 2011 are now **overdue**. Please arrange to pay them as soon as possible. Cheques should be made payable to Metros and you can post them to me at: 28 Cygnet Close, Northwood, HA6 2SZ.

This year membership fees are £15 for individual adult members and £1 for individual under 18 membership. There is a reduced rate of £5 for students in full time education who are between 18 – 21 years.

If there are any alterations to the details on file regarding your membership, i.e. change in 1st claim status, 2nd claim membership of other clubs, address and 'phone number, and e-mail address, please let me know. Please provide mobile telephone number if you want it included on the database.

Thank you to everyone that has already paid.

Ann Marsden, Honorary Membership Secretary

Thursday Night Run

The Thursday night run has moved to its winter venue – corner of Mountside by the Duck in the Pond pub.

The time remains the same - 7.00 pm.

Coordinator: Sue Davie – 07561 305999

Contact: thursdaymetros@yahoo.co.uk

Group Email

The committee have been looking into a group email and have created a Google group. We will be inviting you to join soon. It is a group for Metros members to contact each other. If you send a message to the group email it will go to all the Metros that are members of the group and they will be able to reply either to you or to the whole group.

Trophy Races

Cabbage Patch 10 – Sunday 16th October 2011, 10am
www.cabbagepatch10.com – entry £17 affiliated, £19 non.



Cross Country

Thames Valley Cross Country League

30 October 2011 Metros
13 November 2011 Datchet
27 November 2011 Sandhurst
11 December 2011 Handy Cross
18 December 2011 Reading
8 January 2012 Tadley
22 January 2012 Bracknell
5 February 2012 Finchcoasters



www.tvxc.org.uk

North London Cross Country

Saturday 29th October 2011
KINGSBURY
Women 6,000 metres at 2.00 pm
Men 5 miles at 2.45 pm

National Cross Country Relays

Saturday 5th November 2011
MANSFIELD
Details upon application

If you are interested in either of the above events call Al Scoffham
on 01895 270245 or 07781 353020

**Closing date for both races: 14th October 2011 so please contact
me before 7th October. Many thanks.**

Al

Thames Valley Cross Country League

Metros Home Fixture

It is coming up to the Cross Country Season and we are the first fixture in the Thames Valley League Cross Country

Sunday 30th October 2011

Race start 11.00 a.m.

Start & Finish

Mad Bess Cottage, Breakspear Road North, UB9 6LZ

There is no parking at the Start/Finish area, so please park in the car park in Mad Bess Woods, Bayhurst Woods or at Ruislip Lido.

Offers of help to marshal to Marilyn Pickford: 01895 233 778

Offers of help for the refreshments or to help at the Finish to Jane Scoffham: 01895 270 245

YOUNG RUNNERS AWARDS

The Young Runners Awards are presented annually at the Metros Quiz and Awards Presentation Evening which this year is on Friday 18th November. There are two awards for Metros runners who are under 18 years – one for boys, one for girls.

All Metros members are encouraged to let me, or Al Scoffham (Metros Honorary Secretary) have any nominations for the Young Runners Awards by Monday 24th October for consideration at the Metros committee meeting on Wednesday 26th October.

The criteria to be considered are participation, achievement, effort, determination and sportsmanship.

Pat Jackson – 020 8868 5683 or Al Scoffham 01895 270245

IRONMAN 70.3 WORLD CHAMPIONSHIP TRIATHLON, LAS VEGAS 2011

Las Vegas was not on my list of 'places to visit before I die'. However, as you all know, offspring have a habit of springing surprises and I've found it's best to be adaptable.

Following the text from Jonny that all had gone well at the 70.3 (Half Ironman) Triathlon in Antwerp on 24 July, another text arrived later the same day. "I've qualified for the World Championship in Las Vegas on 11 September and I'm going". My response (knowing that his new wife for various reasons would probably not be able to go with him) was that I would go too if he would like.

Our other son Ben lives in Australia and copied his younger brother by also becoming an Ironman Triathlete. His neighbour had qualified in Australia earlier in the year and Ben said he would love to go to support both Jonny and his neighbour.

I've often thought I took too much gear when I went to running events but nothing compared to the wet suit, bike and box, helmet and cycle shoes, running shoes, gels etc needed in a triathlon.

Jonny stepped up his training but, as all athletes know things don't always go to plan. On 20 August, near the end of a 65 mile cycle, Jonny had to brake hard to avoid hitting a car which had turned in front of him and he went over the handlebars hitting his head, shoulder, ribs and knee. Fortunately his bike was not damaged, just a few chips off the paintwork.

X-rays proved nothing broken but he was told his ribs and shoulder would take a minimum of eight weeks to heal – Las Vegas was three weeks away. Should we cancel the flights? No – Jonny was going and would start and see how he got on, he might not get another chance.

A few days rest then gentle running proved his knee was reasonably OK but his ribs were very sore and swimming was virtually impossible. The training plan went out of the window and we all knew that a good finishing time was impossible, just to finish at all would be an achievement.

Jonny decided we should stay near 'The Strip' rather than the resort where the event started which was 20 miles away. We hired a Chevrolet Impala with a boot large enough for the bike.

The swim was in Lake Las Vegas, near Lake Mead National Park. Wet suits were not encouraged as it was stated that the water temperature was 80 degrees and anyone wearing a wet suit would swim in the last wave. Jonny didn't want to go in the last wave but found the alleged 80 degree water temperature strange as many swimmers getting into the water were shivering. The end of the swim was the other side of the lake which meant a long run around the lake to where the bikes were in transition 1. Jonny started on the bike ride and I missed my first photo opportunity by switching off the camera instead of hitting the shutter.

Prior to the event we had driven round the National Park which formed the majority of the cycle route. It was like a lunar landscape - very hilly, nothing green just hills of rock, no shade. In most triathlons the bike route finishes back at the bike start but this time the bike finish and transition 2 was 15 miles away. Jonny coped OK with the cycle course (in fact he later said he enjoyed the scenery as it was so different) and started out on the run.

The hilly run course was partly laps in a figure of eight and, with athletes starting the event in waves, not easy to keep up with who was where. Ben was brilliant at knowing where Jonny would be next and which direction he would approach from. He later said he appreciated his wife Tracey more who had supported him many times with two young children in tow.

Jonny managed to smile throughout whenever he saw us although I'm sure he didn't feel like it and finished smiling with aching shoulder and ribs but realistic about his finishing time. Ben and I were exhausted from just supporting and being in full sun in the 41 degree heat. A few minutes sit down after and he was off getting food, shopping and walking with his bike back to the car. The next day we left early to do the Hoover Dam, Grand Canyon helicopter trip and we later walked for hours around the sights of Las Vegas and took in the Le Reve show that evening, flying back the next day.

Jonny is still not fully recovered from his accident but on 25 September he did the Olympic distance triathlon at Hever Castle in Kent and on 5th November will do the Ironman 70.3 Triathlon in Taiwan with a Taiwanese friend.

A few statistics: The Ironman 70.3 Triathlon series includes both professionals and amateurs and is a total 70.3 miles. It consists of a 1.2 mile swim, a 56 mile bike and a 13.1 mile run (exactly half the distance of the full Ironman). Since its inception in 2006, the Ironman 70.3 series has become the fastest growing triathlon series in the world. Events around the world qualify athletes for the Ironman 70.3 World Championship.

Jonny Jackson age group 35 – 39

1.2 mile swim -	44m 45s
56 mile cycle -	3hrs 14m 09s
13.1 mile run -	2hrs 11m 32s

Total	6hrs 17m 38s.
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163rd in age group.

Again nowhere near his fastest time for an Ironman 70.3 Triathlon but an achievement to finish in the 41 degree heat, very hilly course and far from race fit.

Viva Las Vegas.

Pat Jackson



 etros
**QUIZ & AWARDS
PRESENTATION EVENING**



FRIDAY 18th November 2011

**Lowlands Tennis Club, Lowlands Road, Eastcote
6.45 pm for a prompt start at 7.00 pm**

**IT'S BEEN DECIDED THAT THIS YEAR ONLY METROS
MEMBERS AND THEIR IMMEDIATE FAMILIES ARE INVITED.
This is due to increased numbers.**

A Bar is available and the rounds of the quiz will be between the presentation of the various awards.

It is suggested that teams should consist of no more than ten.

The awards presented will include the following:

Metros Thames Valley League 2010-2011
Metros Summer League 2011
The Bill Gardner Summer League Award
Track & Field MBE's & Track Shields
Metros 5 Mile Handicap
Metros 5 Mile Walk Shield and Certificates
10K Challenge
Keith Adsley Award
LRRC Trophies
The Young Runner's Award
Beginner Runner's Award
The Aaron Breen Awards for Services to Family Running
The Runners' Awards

Further information from Pat Jackson 020 8868 5683

The Nostalgia Circuit.

by Steve Paull

89 Helsinki Marathon	20 August	3.50.57
90 Kent Coastal Marathon	4 September	3.45.28

Sor Bits and Omena Puu

Ah Helsinki. Memories. Memories. Memories. Back in the 1980s for about three years I was in the city every other month.

I spent summer holidays here. I had language lessons. The things you do when you are young(ish) with a foreign girlfriend. I never braved the real cold of their winter mind you. I can remember seeing a picture in a travel agent with house-high piles of snow dumped on the frozen sea. It could still be very cold. On one visit the highest temperature for the entire week was minus two. That's in the warmest part of the country and the first week of November.

But, of course, in the summer, when I was in town, I might as well do the marathon. My fastest marathon abroad was here.

Here I am back all those years later to run it again.

There's a proper bus station now and it's underground, not the cold and windy open space from my memory. Sor Bits is still in existence I was pleased to discover (it's a chewing gum) but oh no! The restaurant that I used to frequent a lot, Omena Puu (translation-apple tree) has gone though. Progress.

As I say, I took language lessons. Finnish words written down do not look like anything else. I used to know quite a lot of them, but now it is a case of- that's a word I used to know, but I cannot remember what it is. A few of them did come back to me after a time. Usually the swearing.

The journey up to the Olympic stadium is just the same-past various concerts halls and historic parliament-type buildings. The race has an afternoon start and the weather is hot, but it's windy and the very similar course to all those years ago course goes around some lakes and alongside the Baltic Sea so it shouldn't be too horrid.

In the 80s the marathon used to go past this fairly small skyscraper by a lake, maybe six stories. It was a company headquarters. The site nowadays is more like a small village and has its own signpost off the main road.

Nokia is the name of the company! How things change.

Through the centre of town on the cobbles then generally retrace your steps, watching the two Stockholm bound ferries set off. It always seemed strange to me that they left at the same time.

Yes enjoyable to be back, but not a great run. Finish in the stadium after the only climb. Job done. Now down to the "Old Baker's" bar for some refreshment. At least that is still there.

Planet Thanet

Margate and Ramsgate two weeks later-more memories.

Twenty years before Helsinki my parents and I regularly went to see my grandparents in Kent for our summer hols. We would often spend days and evenings in these two towns and the others nearby.

It all seemed too nice then, I'm not so sure now.

The Kent Coastal Marathon never gets further than about 400 yards from the sea. There's a few meaty hills in the first half to Ramsgate and back, but the second could not be flatter going, as it does, out and back along the prom westwards towards Birchington. There are huge parts of the area, mostly the 3/4 storey Georgian buildings of Margate and Ramsgate that could do with a good coat of paint. They look tatty and run down. It's a sad jolt to my childhood memories. Was it like this then?

And where is "Dreamland"? The smell of candy floss and years old chip oil is still in my nostrils at a moments notice. Dodgems. The Whip, old pennies for the slot machines and those cranes that always failed to grab the treasure lying temptingly just behind the glass. But it is no more.

David Essex played a fairground ride operator in "That'll Be The Day" in the 70s, now he's in "East Enders".

I met an old mate from my former club at the start of the race whose tactic is to start every marathon at the very back for the satisfaction of overtaking lots of people. I decided to start with him.

Along the prom, with its dog walkers, beach huts and stench of sewage at the quieter points, were several generations of families getting the last of the weakening summer sun- huge groups of Cockney Londoners.

"Come on Darlin', Well done me darlin'" said the matronly grannies.

I ran relaxed and, despite the rear end start, finished five minutes faster than in Finland. Something to think about there. Maybe the start-at-the-back tactic is a good one. Perhaps it was the morning start. Who knows.

Steve

MBE AWARDS (Metros Best Efforts)

These are awarded to Metros members for participation in track and field events.

Would you please let me have any track and field event results which have not already appeared in Metrolines by Friday 21 October. Thank you.

Pat Jackson – 020 8868 5683

Results

5 Mile Handicap – 3rd September 2011

	Elapsed Time	Actual time for 5 miles	Correct Handicap	Corrected Elapsed Time	Position	Score
Peter Rackham	59:25	33:25	17:16	50:41	1	52
Bev Singleton	55:51	50:51	05:00	55:51	2	51
Paul Gardner	55:32	45:32	10:24	55:56	3	50
Bob Manning	55:44	39:44	16:20	56:04	4	49
Kath Donaldson	56:39	51:39	05:06	56:45	5	48
Chris Roome	57:08	42:08	15:00	57:08	6	47
Andy Fox	59:20	37:20	19:51	57:11	7	46
Al Scoffham	57:08	38:08	19:08	57:16	8	45
Teresa Young	57:14	46:14	11:22	57:36	9	44
Judy Rackham	57:31	41:31	16:09	57:40	10	43
Louise Pearson	57:56	47:56	09:44	57:40	11	42
Mark Mulvenna	57:40	40:40	17:14	57:54	12	41
Simon Abery	58:46	39:46	18:53	58:39	13	40
Carole Wells	58:52	44:52	13:59	58:51	14	39
Sarah Westwood	59:34	47:34	11:51	59:25	15	38
John Gorton	59:48	37:48	22:19	60:07	16	17
Dennis Speight	60:15	38:15	22:00	60:15	17	16
Malcolm Pearson	60:17	50:17	10:00	60:17	18	15
Mervyn Stuckey	60:39	38:39	21:39	60:18	19	14
Nigel Rackham	60:30	28:30	31:51	60:21	20	13
Mike Ransome	58:45	45:45	14:37	60:22	21	12
Ruth Tidder	59:33	43:33	16:49	60:22	22	11
Pritesh Patel	60:23	34:23	26:00	60:23	23	10
Geraldine Gill	62:25	49:25	11:17	60:42	24	9
Kevin Smart	60:21	34:21	26:31	60:52	25	8
Sue Davie	58:44	53:44	08:20	62:04	26	7
Ann Marsden	62:18	48:18	13:56	62:14	27	6
Linda Gaitskill	54:24	62:24	05:04	62:24	28	5
Angela Murphy					28	5
Peter Stapleton	62:22	49:22	13:08	62:30	29	4
Daryl McCarthy (+Melody)	63:22	51:22	12:00	63:22	30	3
Raquel Russell Ponte	64:11	55:11	09:19	64:30	31	2
Andrew Collier	66:04	44:04	22:36	66:40	32	1

Thank you to Gary Young for timing the event. Thirty three runners is a record turnout. A few new faces; Bev Singleton, Malcolm Pearson, and Daryl McCarthy (plus pushchair carrying Melody) and a few familiar faces but new to this event, Pritesh Patel, Dennis Speight and Chris Roome. The next event will be 3rd December and will be the first of the 2011/2012 series.

Achievements

Well done to ...

Steve Alder and Malcolm Pearson for completing their first 10K race at Moor Park.

All the winners at Moor Park – Nigel Rackham, Kevin Smart, Peter Jose, Mervyn Stuckey, Jonathan Collier, Mitesh Patel, Peter Rackham and Mary Swindles.

Bev Singleton, Malcolm Pearson and Daryl McCarthy for completing their first Metros 5 mile handicap.

Nigel Rackham for coming 2nd in the individual age graded awards for the Round Norfolk Relay with 86.76%.

To all those who competed in the RNR for the first time particularly the youngsters, Jonathan Collier, Tom Alder, James Francis and Peter Rackham



Round Norfolk Relay ~ 17th/18th September

Thank you to everyone who ran and who supported and helped us.

Thank you to our supporters, Irene Paull, Bronwyn Francis and Steve Alder and the Runners:

Stage	Miles	Runner	Time	Total Time
1 King's Lynn to Hunstanton	16.82	Steve Paull	2:07:45	2:07:45
2 Hunstanton to Burnham Overy	14.06	John Camprubi	2:01:05	4:08:50
3 Burnham Overy to Wells-next-the-Sea	5.76	Jane Scoffham	1:05:01	5:13:51
4 Wells-next-the-Sea to Cley	11.14	Amanda Beuselinck	1:48:13	7:02:04
5 Cley to Cromer	10.81	Terry Burke	1:41:19	8:43:23
6 Cromer to Mundesley	7.90	Jonathon Collier	0:54:40	9:38:03
7 Mundesley to Lessingham	9.24	Andy Fox	1:07:40	10:45:43
8 Lessingham to Horsey	7.52	David Young	1:01:16	11:46:59
9 Horsey to Great Yarmouth	11.30	Peter Rackham	1:29:39	13:16:38
10 Great Yarmouth to Bungay	20.06	Nigel Rackham	1:59:00	15:15:38
11 Bungay to Scole	14.60	Thomas Alder	1:45:42	17:01:20
12 Scole to Thetford	19.67	Richard Francis	2:07:13	19:08:33
13 Thetford to Feltwell	13.25	John Gorton	1:43:24	20:51:57
14 Feltwell to Wisington	8.80	Andrew Collier	1:14:39	22:06:36
15 Wisington to Downham Market	7.20	Teresa Young	1:09:11	23:15:47
16 Downham Market to Stowbridge	5.49	James Francis	0:38:13	23:54:00
17 Stowbridge to King's Lynn	11.73	Alastair Scoffham	1:37:52	25:31:52



Round Norfolk Relay- Oh What Fun We're All Having.

By our Roving Reporter

Those of us of a certain age will remember getting a diary as a Christmas present and for the first few days of January religiously filling it in. Gradually we'd forget/couldn't be bothered etc etc and for 11 months of a year the thing would be unused.

I was going to do a diary for our Norfolk adventure and I did exactly as I just said. In writing this piece I have to resort to a declining memory and apologize for any omissions that follow.

It started with me, in trying to learn my run, reversing Irene's car into a metal car park gate (T-Cut now applied, but there is a dent). Then we had to be move rooms in our hotel because the original one was above a nightclub and not soundproofed!! It was followed by having to go to the loo SEVEN times before the race had even started. (I was on



leg one). Why, I don't know.

I then fell over onto a small fence handing the baton to John Camprubi and got a whack on the cheek. He'd fallen on the Tuesday before and brought me over in the process. These things go in threes don't they?



I didn't get lost on my leg (thanks Al) but others did. John, Amanda and Terry all thought they had. Richard was to complain of dark forces when the runners ahead he was catching never got any closer. He'll want the CCTV looked at. And Jane complained at there being a lack of nudists on the nudist beach she ran across for her leg, when she'd specifically asked for that one too!

There was rain about for long periods of the day, but it kept missing us. Taking Mandy back to her car after her leg, the heavens opened. Terry, who was running by now, later said he's had no rain at all. There was lightning out to sea, but again,



nothing.

In between the Red Arrows were spotted, perhaps having a practice, or perhaps on their way up to the next day's Great North Run.

And so this group of ever-tiring people shuffled their way around the county, the county that time forgot, where there are still plenty of red phone boxes (all needing painting) because the mobile signal is so bad.



Occasionally tempers would fray, occasionally transport arrangements had to change at a moment's notice. Somehow everybody got to their allotted place on time, every night runner got lit by a slow-moving car while other vehicles went onwards or back depending on what was required.



Emergency repairs had to be made to the flashing lights to go on the tops of the back-up cars, half hour dozes were grabbed wherever possible, mouthfuls of unappetizing food taken from the depths of a kitbag. A cup of tea in the bright lights of Great Yarmouth was like nectar from heaven.

Eventually, as a brass band played, Al, after cycling and admining(??) his way throughout, brought the baton home. Yes, we were last on the road but not last in the results.

It was a great 25+ hours, a huge bonding process where we can puff our chests out and say we did it "for the club". Those of us who were there can quietly nod to each other for



the courage we have shown to get that silly little baton 190 miles around the county.



If you are thinking it might be for you, make sure you say yes when names are wanted next time, because there's already talk of having another go next year and even ambitious talk of two teams.

Well done everybody.

Regents Park 10K Series – 4th September 2011

1.	35:25
65th Pritesh Patel	43:07
580th	1:17:49

Great North Run – 18th September 2011

1	0.58.56
20644 Julia Buckley	2.14.07

Moor Park 10k Sunday 25.09.11

Place	Time	Name	Category	Place in category
2	00:34:30	Nigel Rackham	Men V 40	1st
12	00:39:04	Jonathan Collier	Boys U18	2nd
27	00:41:44	Mitesh Patel	Senior Men	
28	00:41:52	Peter Rackham	Senior Men	
35	00:42:36	Kevin Smart	Men V 50	2nd
57	00:43:55	Andy Fox	Men V40	
72	00:44:41	Thomas Alder	Boys U18	
80	00:45:15	Pritesh Patel	Senior Men	
134	00:48:11	Mervyn Stuckey	Men V60	1st
140	00:48:23	David Young	Men V50	
162	00:49:10	Peter Jose	Men V60	3rd
181	00:49:54	Matthew Rackham	Boys U18	
190	00:50:10	Simon Abery	Men V40	
194	00:50:19	Donna Warren	Ladies V35	
229	00:51:45	Gordon Valentine	Men V50	
240	00:52:12	Andrew Collier	Men V40	
259	00:52:52	Judy Rackham	Ladies V45	
277	00:53:25	Mary Swindles	Ladies V55	3rd
358	00:56:16	Ruth Tidder	Ladies V35	
383	00:57:07	Jane Hudson	Ladies V45	
401	00:57:38	Paul Gardner	Men V50	
407	00:57:51	Annie Kemp	Ladies V35	
410	00:57:53	Julia Allen	Ladies V35	
468	00:59:51	Sarah Westwood	Ladies V55	
502	01:01:25	Ann Marsden	Ladies V55	
508	01:01:39	Michael Ransome	Men V60	
521	01:02:06	Peter Stapleton	MenV50	
523	01:02:16	Teresa Young	Ladies V45	
536	01:02:54	Geraldine Gill	Ladies V45	
540	01:03:12	Stephen Alder	Men V40	
557	01:04:35	Malcolm Pearson	Senior Men	
558	01:04:35	Louise Pearson	Ladies V35	

599	01:06:39	Kathleen Donaldson	Ladies V55	
607	01:07:13	Sue Davie	Ladies V45	
617	01:08:20	Hilary Baker	Ladies V35	
622	01:08:54	Raquel Russell-Ponte	Ladies V55	
624	01:09:15	Linda Gaitskell	Ladies V55	
625	01:09:15	Angela Murphy	Ladies V55	
643	01:11:39	Anne Ambrose	Ladies V45	
648	01:12:09	Penny Hudson	Ladies V45	
682	01:23:58	Tharshika Navaratnam	Senior Ladies	

Moor Park – Junior Races

Under 10 boys – 1.3km

1 4.08
33 Christopher Hudson 6.02
105 runners



Under 10 girls – 1.3km

1 5.15
73 Daisy Baker 8.31
82 runners



Winning Men's team: Nigel Rackham, Jonathan Collier, Mitesh Patel and Peter Rackham.



First Aid Course

3 Day HSE First Aid at Work Course on 4th, 6th and 7th October
2 Day HSE First Aid at Work Requalification Course on 10th and 11th October.

All in the Pinner or Harrow area

Contact me on 0208 866 1170, mcstraining@hotmail.co.uk, or see me at the scout hut after the Saturday running session for further details.

Thanks,
Margaret



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 4th November around 9.00pm

Arrive early for a good view

All Metros invited

Metros REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: mondaymetros@yahoo.co.uk	
TUESDAY	20.00	Garry Young	01923 833 726
WEDNESDAY	19.15	Dave Brown	020 8933 1821
THURSDAY	19.00	Sue Davie	07561 305999
		Email: thursdaymetros@yahoo.co.uk	
SATURDAY	09.00	Dave Young	020 8866 3225
SUNDAY	09.30	Anne Leigh	01753 888 839

Not every week – please phone Anne to confirm

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

Runners' Recipes

Apple Jelly (with thanks to Annie Kemp)

Ingredients

- 4lbs (1.8kg) apples, any type, cooking, crab or eaters
- optional to add some blackberries/raspberries etc – these add a lovely rosy colour to the jelly
- 2 pints (1200ml) water
- stick cinnamon or a few cloves or a strip of lemon rind
- 1 lbs (450g) of sugar for every pint (450ml) of juice obtained.

Method

- Wash the apples. Cut them into quarters, removing any wormy or bad bits, but do not remove the skin or cores (these add more flavour).
- Put the apples, water and cinnamon/cloves/lemon rind into a large pot.
- Stew until the fruit is very pulpy. If adding berries add these for the last 5 minutes only.
- Strain through a jelly bag or an old clean muslin cloth.
- Measure the juice obtained and add sugar – for every pint of juice (450ml) add one pound (450g) of sugar.
- Heat gently until the sugar is dissolved.
- Then bring to the boil and boil rapidly until the jelly sets when tested
- Decant into sterilised jars.
- Enjoy yummy jelly on toast all year round!



NOTES OF METROS COMMITTEE MEETING

Wednesday 28 September 2011, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Penny Hudson, Pat Jackson, Steve Paull, Mike Ransome,
Barbara Robson, Al and Jane Scoffham.
Mandy Beuselinck

APOLOGIES: Ann Marsden, Marilyn Pickford

CHAIR: Jane Scoffham

NOTE RECORDER: Pat Jackson

(Any member unable to attend a meeting should inform Jane or Al Scoffham in advance. If they have an action item outstanding, they should give their report on that item to Jane or Al).

MATTERS ARISING FROM THE PREVIOUS MEETING – 27 July.

Metros Hill Race - The laptop used this year needs replacing to accommodate a race programme and internet access.

ACTION: David Swan

LRRC Trophies – Early next year Steve and Graham will discuss which events to include next season.

ACTION: Steve Paull/Graham Haddon

Leadership and Coaching Courses – Penny has changed the item on the back page of Metrolines suggesting that anyone interested in attending such a course should check online to choose a convenient course before contacting Jane re Metros sponsorship.

ITEM CLOSED

Group e-mail – Penny has further developed an e-mail system to enable Metros members to send messages to other Metros members who had agreed to be part of the group. Penny will advertise this in Metrolines and Jane will manage when it's up and running.

ACTION: Penny Hudson/Jane Scoffham

First Aid – Jane will discuss with Margaret Smith on her return from holiday.

ACTION: Jane Scoffham

Round Norfolk Relay – The Metros team was very successful. Jane thanked all who had participated and Jane and Al were thanked for co-ordinating.

ITEM CLOSED

Membership Subscriptions - Ann has requested these via Metrolines and the Scout Hall notice board.

ITEM CLOSED

Monday night Metros Session – Mike suggested new wording to describe this session: "suitable for slower runners who have recent running experience but not for complete beginners."

ACTION: Pat Jackson

T&F Coaching – Marilyn suggested coaching sessions be set up next Spring. Pat is continuing to investigate.

ACTION: Pat Jackson

Achievements Page in Metrolines –Mike and Steve have described this in Metrolines.

ACTION: Mike Ransome/Steve Paull

REPORTS OF OFFICERS

Hon. Chairman –Jane stated that David Swan had resigned as co-ordinator of Target Races. Following a discussion, it was agreed that listing Target Races had not been particularly successful in encouraging members to travel to specific events so a new co-ordinator would not be sought at this time.

Hon. Vice Chairman – Mike had nothing to report.

Hon. Treasurer –Mike gave a verbal report.

Hon. Secretary – Al had sent a note to a member which had been returned. He will check the address with Ann.
ACTION: Al Scoffham

Hon. Membership Secretary – the following new members applications were approved: Jean Bamfield; Barbara Blum, Ealing; Michael Hull, Pinner; Preeti Khakharia, Rayners Lane; Paul Linnell, Rickmansworth; Darryl McCarthy, Harrow; Michael Newell, Harrow; Mitesh Patel, Northwood; Malcolm Pearson, Pinner; Beverley Singleton, Harrow; Glyn Watkins, Pinner.

REPORTS OF CO-ORDINATORS

Cross Country Entries – Al confirmed two events – 29 October - North London at Kingsbury and 5 November – National XC Relays at Mansfield.

Metros Annual Fun Run – The Brian Jackson Fun Run – Pat confirmed all was set for Saturday.

Quiz and Awards Presentation Evening – will be held on Friday 18 November again at Lowlands Tennis Club, Eastcote. Due to increased numbers and noise levels particularly during the presentation of awards, it was agreed that participation will be limited to members and immediate family only. It is also suggested that teams consist of no more than 10.

ACTION: Pat Jackson/Garry & Gill Young

Metros Facebook Page – Mandy has volunteered to investigate this.

ACTION: Mandy Beuselinck

Thames Valley League – Jane reminded the meeting that our host event is on 30 October and help will be needed.

ACTION: Jane Scoffham

ANY OTHER BUSINESS

Co-opted Committee Member – It was unanimously agreed that Mandy be co-opted onto the Metros Committee.

Scout Hall - Barbara reported on the meeting she had had with the new owner of the Nursery in the Scout Hall.

Meeting closed at 8.58 pm

Date of Next Committee Meeting – Wednesday 26 October 2011

DATES OF FUTURE COMMITTEE MEETINGS

30 November 2011

25 January 2012

29 February

28 March

25 April

Metros Committee meetings are open to all members but only the committee can vote.

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 please find a course that you would like to do and then contact

Jane Scoffham: tel. 01895 270245