



SATURDAY SESSION VOLUNTEERS WANTED

We all enjoy our tea/coffee and refreshment break after the Saturday training session but we do need helpers to sign up on the notice board list.

Two volunteers needed per session.

Each to bring one litre of semi-skimmed milk and a contribution for the table – cake, biscuits, bananas etc.

A tea towel for drying up is also required.

You will need to arrive at 8.45am to put out the mugs, fill up the urn and put on the kettles. Leave the session at 9.45am to make the tea.

Thanks

Barbara

Metros Diary

SEP

Sat 29	33rd Annual Metros Fun Run, The Brian Jackson Fun Run, Roxbourne Park	8.45 am
Sun 30	Moor Park 10K TROPHY RACE (+ Junior Races)	3.00 pm
Sun 30	(1st) Ealing Half Marathon	9.15 am*

OCT

Wed 3	Committee Meeting	8.00 pm
Sat 6	10K Challenge, Roxbourne Park	8.50 am
Sat 13	5 mile walk	9.00 am
Sun 14	Ridgeway Run	10.00 am**
Sat 20	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 21	Cabbage Patch 10 TROPHY RACE	10.00 am
Sat 27	Beachy Head Marathon	9.00 am***
Sun 28	Ricky Road Run	10.30 am****

NOV

Sat 3	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Wed 7	Committee Meeting	8.00 pm
Sun 11	TVXC – Datchett	11.00 am
Fri 16	Quiz and Presentation Evening	6.45 pm
Sat 17	5K Run, Roxbourne Park	9.15 am
Sun 25	TVXC – Sandhurst	11.00 am

DEC

Sat 1	5 Mile Handicap, Roxbourne Park	8.50 am
Wed 5	Committee Meeting	8.00 pm
Sun 9	TVXC – Handy Cross	11.00 am
Sat 15	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 16	TVXC – Ruislip Woods – METROS Host	11.00 am
Sun 23	TVXC – Reading	11.00 am

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

* <http://www.ealinghalfmarathon.com/>

** http://www.tringrunningclub.org.uk/Ridgeway_Run.html

*** <http://www.visiteastbourne.com/events/BeachyHeadMarathon.aspx>

**** <http://www.rickyroadrun.co.uk>

TVXC – Thames Valley Cross Country – see page 6

Note from the Editors!

Congratulations to everyone who has had a successful few weeks' running – there have been some outstanding results recently. Good luck to those of you waiting to hear if your ballot entry for London Marathon has been accepted – the slog starts here if it has! The great thing about Metros is the support you get from your fellow runners, so don't be afraid to seek company on those long training runs, or at the other end of the spectrum if you are just taking the first few running steps. There is always someone out there ready to help you along or lend moral support. As always, enjoy your running.

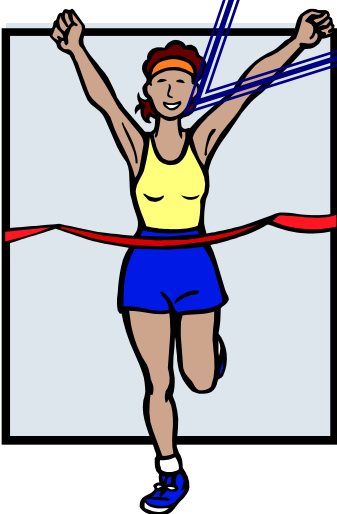
Jane and Penny Hudson



Welcome

Hiten Devani, Harrow
Fatmir Sulmatas, Perivale

Elected at the September meeting



MEMBERSHIP SUBSCRIPTIONS - OVERDUE

Membership subscriptions for the year commencing 1st September 2012 are now overdue. Please make sure you pay immediately.

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 those that have paid. Membership cards are now available at the scout hut on a Saturday morning or will be delivered to you in due course.

Ann Marsden,
Honorary Membership Secretary

Trophy Races

Moor Park 10K – Sunday 30th September 2012, 3.00 pm
www.moorpark10k.org.uk entry £12, online entry closes 27th
September (Junior Fun runs commence at 12.00pm - £6)



Cabbage Patch 10 - Sunday 21st October 2012, 10.00 am, £18
affiliated, £20 non affiliated www.sportsystems.co.uk/ss/event/CabbagePatch101

Cross Country

The **Thames Valley Cross Country** fixture list has been put together and is as follows:

11/11/12 Datchet
25/11/12 Sandhurst
09/12/12 Handy Cross
16/12/12 Metros
23/12/12 Reading
06/01/13 Tadley
20/01/13 Bracknell
03/02/13 Finchcoasters



For further information go to <http://www.tvxc.org.uk/>

The Thames Valley Cross Country League is based around 8 races held from October to February each year. The winners and runners-up attend the national finals in April.

Events are held on Sundays with an 11:00 AM start time - each course is usually a mixture of woodland trails and parkland and is normally about 5 miles in length.

Originally sponsored by Today's Runner magazine, the original idea was that racing in the league should encourage friendly competition and ensure that everyone is able to participate in and enjoy the events. Although no longer sponsored by the magazine, the original spirit of the league is still stands.

Men and women teams compete in the same race with the first 6 men and first 3 women from each club scoring points. All abilities take part and even non-scorers can affect the result by getting ahead of scorers from other clubs, as the points are calculated based on overall race position of the scoring runner. To promote club spirit, club colours must be worn by any runner to score, and there must be a given number of veterans in the team. See the rules page on the website for full details.

Race entry costs £2 per runner and includes post-race refreshments.



 etros
**QUIZ & AWARDS
PRESENTATION EVENING**



FRIDAY 16th November 2012

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

**Due to the popularity of this event and limited space, only
Metros members and their immediate family are invited.**

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 2010-2012
Metros Summer League 2012
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 Awards
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**

METROS BARN DANCE

Many years ago a very successful barn dance was held as a Metros social event. There appears to be considerable interest and enthusiasm for another such merry event, which would probably be held on a Saturday evening in February / March.

To make this happen, we need some volunteers to help with the organisation. If you would be willing to assist in any way, please let me know either at a Saturday morning training session or by phone (020 8866 3225) / e-mail (dave@young53.plus.com).

I would also welcome any recommendations / suggestions for bands and suitable venues to accommodate 100 - 200 people.

Dave Young



Achievements

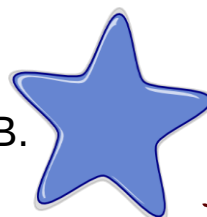
Well done to ...

Mandy Beuselinck for at PB at Dingle Marathon – a fantastic 3 hrs 56.37, 5th V40.

Christopher Hudson for a PB in the Wot No Watch mile – 6:42 – nearly a minute faster than his previous PB.

Nigel Rackham for a great comeback – 5th in Burnham Beeches half marathon (1st vet)

John Gorton for a PB at Maidenhead half.



HERE WE GO AGAIN

Another e-mail from England Athletics stating Metros would receive Paralympic athletics tickets. England Athletics had received the tickets via the Mayor London and the London Assembly.

This time there was a set criteria for the distribution in that at least 50% of the tickets would need to be used by 16 year olds and under

Your Committee chose:

Tom Alder
Christopher Hudson
Eleanor Murray

They were accompanied by their respective parents and enjoyed their visit to the Olympic Park.

Pat Jackson



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 26 October. Thank you.

Pat Jackson – 020 8868 5683



YOUNG RUNNERS AWARDS

The Young Runners Awards are presented annually at the Metros Quiz and Awards Presentation Evening which this year will be held on Friday 16th 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 have any nominations for the Young Runners Awards by Friday 2 November for consideration at the Metros committee meeting on Wednesday 7 November.

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

Pat Jackson – 020 8868 5683



From Valda and Mervyn ...

We will be moving on 24th September and our new address will be:

12 CRAIGMORE AVENUE, BLETCHLEY, MILTON KEYNES,
BUCKS, MK3 6HD

On being a Games Maker – at the Olympic Games

Get a pink and purple uniform with some very uncomfortable trainers at the Uniform Distribution Centre beside Star Lane station (close to West Ham). This was to be my first experience of a superbly organised games. A list of items required, tried on for fit and altered if necessary. All collected in a bag which was repacked on exit.

Next was to receive our duty rota at which point people could request changes. All was finally settled and my guests arrived – all fellow games makers. Rules of the household: Bathroom priority to those on early shift; anybody on half day runs the washing machine; first one home hangs out the washing; keep bread and milk topped up.

Three of us were on early on that very first day so off we went for the 0604 bus. We were lucky that transport worked very well throughout the Games.

My role was “Access Control” for the “Field of Play”. This involved allowing or denying people access to the arena and its various associated rooms. Each tunnel onto the field of play (100m, 200m, 1500m and 400m starts) and the South Tunnel where the flame kept burning – only photographers and television people (ODC) were allowed through here. At each of these points we had a limited view of what was happening in the arena. (At some points a big screen was visible). Other access points were away from the main action but very much involved with athletes, coaches, etc. There were a lot of rooms, parallel to the 100m straight, underneath the seating. Athlete’s medical service, doping control, a video room, post event control, combined event rest rooms, award ceremonies, assembly / briefing rooms for National Technical Officials (NTOs), kit carriers and us. And, most important of all, Final Call where athletes had a final check before being taken out onto the arena. So we controlled the corridor inside and the entrance doors outside.

Outside there was a covered corridor for athletes to access the arena from the warm-up track and first call. They were mostly very quiet as they passed through, marshalled back and front by Games Makers. This corridor was also the interface of the public and Olympic family.

It was a very busy area and we had to check everybody’s accreditation. Most work groups were colour-coded so we quickly got used to them. Royal blue was rubbish collection and cleaning, a really brilliant group. Black was fire safety officers who worked in pairs and continuously patrolled every area, orange for one security firm and green for the others, drivers and traffic control both wore yellow.

Athletes emerge from the corridor at the end of their competition to get the bus back to the village. So we interacted with many famous athletes.

I spent one interesting evening in the area where athletes are assembled for the medal ceremony. The athletes are very “high” having just won a medal; the organisers want the athletes smartly dressed. Each athlete has a doping control escort with them and any athlete under 18 has an additional chaperone. Organisers want the athletes dressed in track suits but the Americans and Jamaicans don’t have them there. The American women offer their track suits to the men and everybody falls about laughing as they try to put them on. The Jamaicans go out in their T-shirts. One of the 800m medallists asks for the nearest toilet and his doping control escort has to go with him – with a resigned look on his face. He knows it will be a long wait before his athlete has need of the toilet again.

All these duties require standing for long hours and my feet ache permanently. It is blissful to get on the Jubilee line at the end of the shift and sit down. I had two full days followed by a half day then a day off. Then a repeat of this. Full days meant leaving at 0600 and getting home at midnight. On my day off I went to watch the women’s marathon!

JEANNE COKER

SNIPPETS

At the start of a 400m race one competitor had both legs amputated above the knee and both arms below the elbow.

He took some time to set his blocks for both feet and arms. When he was ready another competitor, who was “only” missing one leg, gave him a hug to wish him luck.

Blind runners in category T11 have to wear blindfolds/opaque glasses (to make competition equal – some blind people can see shapes, others can see nothing). Guide runners asked if they could wear sunglasses. Yes, provided the sunglasses were marked – to avoid cheating by swapping glasses. Think about it! (a guide runner wearing a blindfold??)

VIPs are driven to the stadium by their own chauffeurs but the chauffeurs do not have accreditation so they have no access to a toilet! Games Makers took pity on them and escorted them to a staff toilet (a bit like doping control!)

JEANNE COKER

On the last day of the Paralympics I took this photograph.
It was on the Embankment near Cleopatra's Needle.

The girl was in the lead of the Wheelchair Marathon when she slowed to a stop opposite me, I was standing on the island in the middle of the road.

Amazingly she then proceeded to change the left tubeless tyre, pulling off the flat one and rolling forward on to the spare, which appeared from somewhere under the seat. Then she inflated the tyre from a gas cylinder!

I believe she was a competitor from USA, number 1410. She lost about 4 minutes, and was not in the first three.

You will recognise that Metros were well represented both on the roadside and in the crowd (suggest use of zoom).

Finally, the tyre appears to have a faulty valve, it was not a puncture.
If anyone would like to inspect the tyre, I know where it can be seen, for a small fee!

Gerry Barker



Number 96 Dingle Marathon- the Drama Queen run

"Where the ocean kisses Ireland
The waves caress its shore
Oh the feeling that came over me
Stayed forever more"

It started when Irene gave me her suitcase to take downstairs. Or rather it really started a couple of days before that when she did an emergency sideways stop to avoid a dumper truck coming straight towards us, going for the gap and not to be denied. The action did something to my back, carrying her case made it worse. I had a marathon on the next day. I was in discomfort.

We were travelling with the Beuselincks. Mandy was doing the full marathon with me, Peter the half with Irene. They were all complaining about some minor ailments- did they not realise mine was serious??!! Should I start? Would it ease with time?

Mandy had Paracetamol, which I used, along with a tube of Deep Heat from the local supermarket.

And so it was that the next day, drugged up to the eyeballs with the maximum pill dosage and stinking of whatever the Deep Heat smell is of, I set out on the marathon.

And you know, it wasn't that bad. I do think my running style, such as it is, was different on the day, as I was compensating for my aches and pains, However it might be because they had us running on the right hand side of the road in the second half as the coaches with the finished half marathoners were going past. Whatever. I was getting blisters now, and that's a rarity for me.

If you like the scenery, you'll love the Dingle race. Stone walls, red, orange and yellow flowers along the roadside, loads of detached houses surrounded by the plot of land. All very rural. The Atlantic Ocean was to the left for long periods, the mist covered mountains (that's a steal from Dire Straits) were on the right. Among the various islands, there was a lump of land, known as the "Sleeping Giant" a couple of miles offshore. He sleeps on his back. He probably snores. It was windy, against us "brothers in arms" for the first ten miles (the half marathoners hardly had any of the latter benefit) until we passed a small statue carved into the hillside, probably of the Virgin Mary at the most Westerly point of the mainland.

It was all ok until I fell over at 24 miles. I didn't trip over anything, so I must have just scuffed my foot on the road, and over I went. Nearby runners helped me up and somebody from one of the coaches I mentioned earlier asked if I wanted to give up and have a lift into town. The thought had never crossed my mind.

I was fine, just bloodied in numerous places, some of which had stained my yellow vest. I was patched up at the St John's Ambulance tent and sent on my way. I had raised a bloodied hand to Irene as I passed her just before the finish so she used her nursing brain to guess where I'd be. And that was the Dingle Marathon. It was Mandy who was the star of the day though, knocking 15 minutes or so off of her PB and getting under four hours for the first time. Just a shame a drama queen like me got in the way a little.

Steve Paull



Results

Burnham Beeches Half Marathon – 18th August 2012

5	Nigel Rackham	1:20:54	1 st Vet
71	Nathan Powell	1:34:50	
122	Steve Paull	1:40:01	
169	Jen Green	1:44:37	
346	Jonathan Evan-Hughes	1:56:32	
405	Simon Abery	2:00:15	
427	Gertrud Porter	2:01:52	3 rd FV60
439	Jane Hudson	2:02:45	
493	Ruth Tidder	2:09:10	
538	Judy Rackham	2:13:44	
644	Sarah Westwood	2:26:38	
660	Irene Paull	2:29:00	

Regents Park 10k – 2nd September 2012

1.	33.18
134. Mitesh Patel	44.12
138 Fabio Sulmataj	44.18
807 finishers	

Dingle Marathon and Half Marathon, Ireland -1st September 2012

Half

996	Peter Beuselinck	2.08.52
1330	Irene Paull	2.27.14

Full

126	Steve Paull	3.44.31	
174	Mandy Beuselinck	3.56.37	PB 5th V40



5k Race – 18th August 2012

Position	Name	Time	
1	Steve Paull	21.55	72.6%
2	Donna Warren	23.12	66.8%
3	Andy Fox	24.07	60.7%
4	Mervyn Stuckey	24.07	67.1%
5	Adam Leary	24.14	59.9%
6	Dave Swan	25.02	60.9%
7	Matthew Rackham	25.29	53.0%
8	Caroline Day-Lewis	25.46	61.6%
9	Glyn Watkins	26.16	60.0%
10	Paul Gardner	26.38	57.2%
11	Judy Rackham	26.57	63.8%
12	Tracey Tyrrell	27.21	54.2%
13	Seble Alemu	27.35	54.4%
14	Julia Allen	27.59	56.8%
15	Mike Ransome	28.00	58.3%
16	Ceri Jacob	28.32	57.4%
17	Errol Clarke	28.42	51.0%
18	Teresa Young	29.51	59.1%
19	Roberta De Martin	29.52	49.8%
20	Lucy Allen	30.19	51.1%
21	Devi Grewal	30.41	51.3%
22	Andrew Collier	30.54	46.6%
23	Steph White	31.56	56.7%
24	Jane Hudson	31.58	54.5%
25	Irene Paull	31.59	55.9%
26	Emma Rackham	32.05	46.1%
27	Peter Rackham	32.06	40.6%
28	Punam Bharawa	32.12	46.0%
29	Kath Donaldson	32.34	63.2%
30	Julia Smith	33.17	49.8%
31	Dave Brown	33.42	49.3%
32	Karen Leary	33.52	47.8%
33	Debbie Moynihan	35.15	52.8%
34	Raquel Russel-Ponte	35.26	61.8%
35	Linda Gaitskell	36.25	49.7%
36	Angela Murphy	36.26	54.0%
37	Anne Leigh	37.26	61.5%
38	Gladys De Groot	38.28	51.2%
39	Hema Thakur	39.33	39.5%

40	Jeanne Coker (Walking- self timed)	42.25	57.2%
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One of the few, hot, dry days of this summer – thanks to Dave and Penny for putting water out for the runners, it was much appreciated and to Yvonne for her help at the finish.
Well done everyone, we hope that we can return to the original route in November.

Henry & Marilyn

Down Tow Up Flow Half Marathon – 22nd July 2012

Nathan Powell	1.31.17
John Gorton	1.48.56
Harriet Copland	1.55.21
Ruth Tidder	2.05.27
Mike Ransome	2.22.15

Maidenhead Half Marathon – 16th September 2012

1		1:10:57	
121	Nathan Powell	1:27:17	
235	Steve Paull	1:31:35	
434	Jonathan Evan-Hughes	1:39:26	
517	John Gorton	1:41:50	PB
1243	Ruth Tidder	2:00:40	
1612	Irene Paull	2:14:33	
1828	finishers – last	3:11:02	

Great North Run- 16th September 2012

1	0:59:06
16928 Paul Gardner	2:03:32
40420 finishers – last	6:07:37

SUMMER LEAGUE

Battersea Park, Hosted by Serpentine, 26August 2012

MEN 5 miles		Time	Cat	Points	Bonus Pts	Total
5	Richard Francis	28.46	4	296	15	311
16	Nathan Powell	31.02	2	285	5	290
36	Kevin Smart	33.12	4	265	15	280
37	Steve Paull	33.18	5	264	20	284
58	John Gorton	36.21	5	243	20	263
63	Terry Burke	37.00	6	238	25	263
70	Peter Jose	37.55	7	231	30	261
72	Gordon Valentine	38.05	5	229	20	249
80	Al Scoffham	39.35	5	221	20	241
86	Paul Gardner	40.44	4	215	15	230
87	Bob Manning	40.45	8	214	35	249
90	Matthew Daniel	41.29	1	211	0	211
95	Chris Roome	42.55	9	206	40	246

LADIES 5 miles		Time	Cat	Points	Bonus Pts	Total
18	Donna Warren	37.32	2	283	5	288
49	Marion Rogan	42.30	6	252	25	277
58	Carole Wells	44.57	4	243	15	258
71	Irene Paull	47.18	4	230	15	245
81	Gladys de Groot	60.21	6	220	25	245

TENDERFOOT Boys		Y1	Points	Bonus Pts	Total
1	James Francis	Y1	100	0	100
3	Christopher Hudson	Y9	98	16	114

RELAYS (All relay results are before any weighting for age)

Ladies Team

Marion Rogan	0m 50.00s
Irene Paull	0m 58.00s
Gladys de Groot	0m 58.02s
Carole Wells	<u>0m 59.58s</u>
	3m 47.00s

5th from 5 teams

Mens A Team

Nathan Powell	0m 35.04s
John Gorton	0m 40.29s
James Francis	0m 33.18s
Richard Francis	0m 39.67s
Kevin Smart	0m 35.00s
Steve Paull	<u>0m 43.87s</u>
	3m 46.00s

5th from 5 teams

B1 Team

Terry Burke
Gordon Valentine
Al Scoffham
Paul Gardner
Chris Roome
Chris Hudson

4th from 5 teams

With thanks to Bronwyn Francis, Irene Paull and Kevin Smart for help in timing the relays.

Pat Jackson

CLUB POSITIONS – Battersea Park

		Men	Women	Tendrf	Relays	Total
1	Dulwich	1,417	1,460	425	837	4,139
2	Ealing S&M	1,442	1,449	214	984	4,089
3	Mornington Chasers.	1,371	1,435	545	723	4,074
4	Metros	1,428	1,313	214	878	3,833
5	Ealing Eagles	1,438	1,450	0	708	3,596
6	Serpentine	1,479	1,457	211	0	3,147
7	Queens Park Harriers	1,405	1,369	0	0	2,774
8	Sudbury Court	484	0	0	0	484
9	Hayes & Harlington	270	0	0	0	270

FINISHING CLUB POSITIONS

1	Mornington Chasers	7,267	7,427	2,434	4,669	21,797
2	Dulwich	6,792	7,305	2,579	5,118	21,794
3	Metros	7,070	6,952	2,189	5,070	21,281
4	Ealing S&M	7,254	7,437	1,057	5,293	21,041
5	Ealing Eagles	6,984	7,005	1,378	3,986	19,353
6	Serpentine	7,312	6,362	1,741	2,303	17,718
7	Queens Park Harriers	6,142	6,432	104	2,035	14,713
8	Sudbury Court	3,499	1,222	0	146	4,867
9	Hayes & Harlington	2,717	0	0	0	2,717

Thanks to all runners who have participated in any of the Summer league events this year. Metros finished in 3rd place, one better than last year so well done.

A further thank you to all who ran, helped, supported, provided refreshments for our host event in Headstone Manor Recreation Ground.

Pat Jackson – Metros Summer League Co-ordinator.



Wot No Watch – 15th September 2012

	Predicted	Actual	Difference	
Nigel Rackham	5.10	5.12	+2s	*
Kevin Smart	5.50	5.52	+2s	*
Gordon Valentine	7.50	6.33	-1m 17s	
Andy Fox	6.50	6.34	-16s	
Simon Abery	6.30	6.36	+6s	
Peter Jose	6.35	6.37	+2s	*
Donna Warren	6.55	6.37	-18s	
Dave Young	7.05	6.38	-27s	
Christopher Hudson	6.55	6.42	-13s	
Dave Swan	7.30	6.47	-43s	
Jane Hudson	7.20	6.56	-24s	
Al Scoffham	7.20	7.02	-18s	
Kirit Ranpura	7.30	7.12	-18s	
Jackie Cope	7.30	7.21	-9s	
Nagendra Bisht	6.40	7.22	+42s.	
Aarnav Panda	8.00	7.40	-20s	
Julia Allen	7.40	7.42	+2s	*
Judy Rackham	7.41	7.50	+9s	
Errol Clarke	8.00	7.59	-1s	**
Angela Murphy	8.30	8.06	-24s	
Marilyn Pickford	8.35	8.18	-17s	
Janice Newman	8.29	8.19	-10s	
Carole Wells	8.29	8.19	-10s	
Yvonne Greenwood	10.00	8.33	-1m 27s	
Ann Marsden	8.30	8.36	+6s	
Steph White	9.15	8.37	-38s	
Penny Hudson	9.15	8.43	-32s	
Penny Rawlins	8.37	8.49	+12s	
Sandra Young	8.37	8.51	+14s	
Dave Brown	9.50	8.59	-51s	
Kath Donaldson	9.00	9.17	+17s	
Eilish Fernandez	10.00	9.29	-31s	
Malvika Bisht	8.00	9.33	+1m 33s	
Debbie Moynihan	9.35	9.51	+16s	
Gladys de Groot	9.40	10.16	+36s	
Seema Bisht	11.00	12.35	+1m 35s	
Barbara Robson	13.03	12.45	-18s	
Mita Panda	10.00	13.17	+3m 17s	

Runners' Recipes

Stomach-soothing chana masala (taken from Runner's World)

Make it!

Fry two tsp of cumin, one tsp of ground coriander, a pinch of salt, half a tsp of turmeric and half a chopped green chilli until fragrant. Add 800g of drained tinned chickpeas, a squeeze of lemon and 250ml of water. Bring to the boil and cook for 10-12 minutes until reduced. Add half a chopped red onion, some chopped coriander and the other half of the chilli. Mix, drizzle with olive oil, and serve with lemon wedges.

Try this: Try mixed tinned pulses instead of chickpeas; add paneer cheese.

Iron-rich chickpeas are full of the fibre that is vital for good gut health, while their protein helps keep you feeling full for longer. Studies suggest cumin can help aid digestion, while coriander's blood sugar-regulating credentials help you avoid the energy spikes and crashes that can lead you to overeat.



NOTES OF METROS COMMITTEE MEETING

Wednesday 5 September 2012, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Penny Hudson, Pat Jackson, Ann Marsden, Steve Paull,
Marilyn Pickford, Mike Ransome, Barbara Robson,
Al and Jane Scoffham.

APOLOGIES: Mandy Beuselinck

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 – 4 July

Metros Barn Dance – David Young has requested help to organise in Metrolines but as yet had no response.

ACTION: Dave Young

Metros Race Entry Book – Jane stated that a new book and dividers had been added and Jackie Cope has updated.

ITEM CLOSED

Hire of Scout Hall - Mike has no further information regarding the lease for the Scout Hall which is due for renewal in 2013. He will arrange pay of the rent due now.

ACTION: Mike Ransome

Metros Kit – Pat has ordered Metros vests although Runners World will continue to sell the sizes they have.

No outgrown child's Metros T-shirts have been received.

Summer League – Pat confirmed that Metros has finished third and there was just three points separating the first and second clubs.

Runners' Identification – Pat has advertised in Metrolines the Metros 'dog tags' for recording necessary personal details for runners etc.

REPORTS OF OFFICERS

Hon. Chairman – Jane thanked all the Metros Games Makers in the Olympics and Paralympics for their dedication and hard work. Pat was thanked for collecting and organising the distribution of the tickets given to Metros by England Athletics.

Hon. Vice Chairman – Mike had nothing to report.

Hon. Secretary – Al had nothing to report.

Hon. Treasurer – Mike distributed a report on Metros finances.

Hon. Membership Secretary – Ann confirmed two new applications – Hiten Devani from Harrow and Fatmir Sulmatas from Perivale. These were accepted. She will check on new members who have not attended recent sessions when checking membership renewals.

It was agreed to order 500 transparent covers for Metros membership cards.

ACTION: Ann Marsden

REPORTS OF CO-ORDINATORS

Vets T&F Coaching – Marilyn and Ann described the excellent coaching at Hillingdon Track, Uxbridge. There are two further sessions which will be announced on Saturdays. It is hoped a similar course will be held next Spring.

Thames Valley League – Marilyn confirmed that the course in Ruislip Woods has been booked for Sunday 16 December for our host fixture.

Saturday Morning Tea Rota – Barbara will advertise in Metrolines for more help with refreshments.

ACTION: Barbara Robson

Vets T&F League – Pat stated that, although she will continue with the necessary administration regarding Metros involvement, she will no longer attend the meetings. Wendy Mulvenna has agreed to be team manager on the evenings. Pat was thanked for her involvement.

The Metros Annual Fun Run – The Brian Jackson Fun Run – Pat requested runners and helpers at the event on Saturday 29 September.

OTHER ITEMS

Metros Computer Irene Paull is investigating a suitable race entry software program for the Metros Hill Race.

ACTION: Irene Paull

Metros Tent – It was agreed to purchase a small tent for bags at events. One which opens in the middle rather than the front will be purchased.

ACTION: Pat Jackson

Gazebo – it was agreed that a small ‘pop up’ gazebo would be useful at our Thames Valley, Summer League and Fun Run events. Pat will purchase one on sale if possible.

ACTION: Pat Jackson

Meeting closed 8.50 pm

Dates of Future Committee Meetings – all Wednesdays at 8.00 pm at the Methodist Church, Cannon Lane, Pinner:

3 October

7 November

5 December

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 first Wednesday of most months (but usually not May, August or January) and we are open to all members.

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

First Aid Course

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.

Margaret Smith

Facebook Page

If you're a Facebook user then look out for the Metros Running Club Page. We've set this up to allow Metros to keep in touch and to interact with other running based organisations. Getting access is simple - key in Metros Running Club in the Search bar, click to link down to the Page that is returned by the search, and "like" the page. And don't be afraid to contribute anything relevant to the Page.

Metrolines

Contributions to: Penny and Jane Hudson

Email: metrolines1@gmail.com

Contributions by: 15th 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

Contact Penny Hudson if you would like to join Metros group email.

Advertising

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

Full page £5

Half page £3

Quarter page £2

Coaching/Leadership Course

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

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).

Safety Information

Whenever you attend a training session, please inform the session coordinator / leader if you have any injury or other medical condition.

Also, if you participate in one of Metros Saturday morning races or challenges, please give your name to the person(s) organising the event and report back to them if you drop out. This applies particularly to events where the course is mainly on the streets and is to enable us to check whether anyone has lost their way or suffered an injury or accident.

A "dog tag" for personal information can be obtained from Pat Jackson for £1.00

Metros REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: mondaymetros@yahoo.co.uk	
TUESDAY	20.00	Steve Paull	020 8422 6636
WEDNESDAY	19.15	Dave Brown	020 8933 1821
THURSDAY	19.00	Jane Hudson	07522 754675
		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

There are often other runs going on particularly on Sunday so ask around if you are interested in joining a group.

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