

November 2011

Issue No. 279

Nigel Rackham



Cabbage Patch 10 – Winner Vet M45-49

**Annual Quiz and Awards Evening
Friday 18th November
See inside for details**

Metros Diary

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

2012

JAN

Sun 1	Serpentines New Year's Day 10K + 3K fun run	11.00 am*
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
Sun 5	Watford Half Marathon + Junior Challenge	10.30 am**
Sat 5	TVXC League – Finchcoasters	11.00 am
Sat 18	5k Run, Roxbourne Park	9.15 am
Sun 19	Harrow Hill Race	TBC
Wed 29	Committee Meeting	8.00 pm

MAR

Sat 3	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 11	Finchley 20	9.30 am
Sat 17	Wot no Watch, Roxbourne Park	9.20 & 9.40 am
Wed 28	Committee Meeting	8.00 pm

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.

*<http://www.serpentine.org.uk/pages/nyd10k.html>

**<http://www.watfordharriers.org.uk/>

Note from the Editors!

Hope you've been able to take advantage of some lovely late autumn weather for your running. Well done to everyone who turned out to help and to run at Metros cross-country race – the first of the season.
Enjoy this month's read.

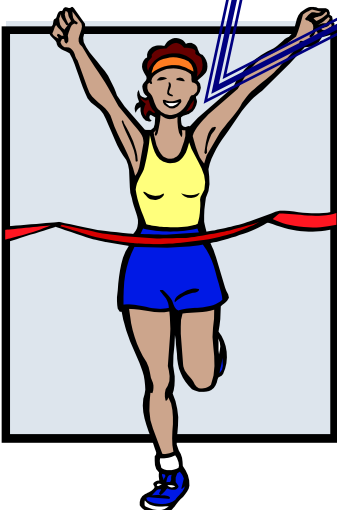
Jane and Penny Hudson



Welcome

Jamie Allen, Ruislip
Guy and Maria Bostock, South Ruislip
Reece Knowles, Pinner
Natalie Tidder, Pinner

Elected at the October meeting



Cross Country

Cross Country Events coming up

London Cross Country Championships 2011

Parliament Hill Fields

Saturday 19th November 2011

Senior Women 13.15pm Roughly 4 miles

Senior Men 14.00pm Roughly 6 miles

4 to score in team (Greater London qualification required)



Closing date for entries 4th November 2011

SEAA Masters Cross Country Championships 2011

Lloyd Park Croydon, Surrey

Saturday 10th December 2011

Men 50+ 60+ 11.00am 10k

Women 35+ 45+ 55+ men 70+ 11.43am 6k

Men 40+ 14.10pm 10k

3 to score in team

Closing date for entries 25th November 2011

SEAA Cross Country Championships 2012

Stanmer Park Brighton Sussex

Saturday 28th January 2012

Under 15 boys 4500 metres 11.00am

Under 13 girls 3000 metres 11.20am

Under 13 boys 3000 metres 11.35am

Under 15 girls 4000 metres 11.50am

Under 17 men 6000 metres 12.10pm

Under 20 women 6000 metres 12.49pm

Under 17 women 5000 metres 1.05pm

Under 20 men 8000 metres 1.30pm

Senior women 8000 metres 2.05pm

Senior men 15000 metres 2.50pm

Closing date for entries 16th December 2011

Please contact Al Scoffham on 01895 270245 or 07811 353 020 if interested,
A few days before closing dates please as I need to get the entries in

Middlesex County AA Cross-Country Championships 2012

Saturday 7th January 2012
Wormwood Scrubs (outside not inside)

11.00am	Under 13 boys	3,000 metres
11.05am	Under 13 girls	3,000 metres
11.25am	Under 15 boys	4,000 metres
11.30am	Under 15 girls	4,000 metres
11.55am	Under 17 women	5,000 metres
11.55am	Under 20 women	5,000 metres
12.25pm	Under 17 men	6,000 metres
12.55pm	under 20 men	8,000 metres
1.00pm	Senior women	8,000 metres
1.45pm	Senior Men	12,000 metres

Entries close 28th December 2011

Wormwood Scrubs is a flat grassy course and one of my old favourites.

Please let me know on 01895 270245 or 07811 353020 if you are interested

Al Scoffham

Thames Valley Cross Country League

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

Metros Group Email

Last month I invited you all to join our new Metros Group Email. If you have not received an invitation or your invitation has timed out and you would like to join then go to

<http://groups.google.com/group/metrosrc>

and apply for membership.

62 members and counting!



Facebook

If you're a Facebook user then look out for the new Metros Running Club Page. We've recently 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

Moor Park 10K

A short video was made of this year's Moor Park 10k. It's on the event website: <http://www.moorpark10k.org.uk> and also on You Tube (<http://www.youtube.com/watch?v=iBg94VOmBjY>)

There are lots of clips of Metros so definitely worth a look.





 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
LRRRC 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**

Rackhams up the wins

NIGEL Rackham stormed to success at Metros Running Club's Brian Jackson Fun Run last week.

Rackham triumphed in the event held by the Harrow club that consists of three successive races adding up to a combined total of 10km.



A competitive time of 33 minutes and 33 seconds was enough to win the 32nd running of the event for Rackham, whose wife Judy completed a fine family double by winning her age category.

Navi Dhillon won the women's overall race in 47.34, while Jonathan Collier came home first in the U18s event for men and Kevin Smart clinched the over 50 veterans prize.

Terry Burke pipped fellow Metros man Mervyn Stuckey to win the over 60s veterans prize.

Nigel Rackham helped Metros win the team event at the Moor Park 10km with his time of 34 minutes and 30 seconds placing him second overall in the individual race.

Stuckey won the over 60s veterans event with a time of 48.11, Collier taking the U18s runner-up spot, with Kevin Smart (over 50s runner-up), Peter Jose (third over 60s veteran) and Mary Swindles (third over 55s veteran).

Seventeen Metros members competed in the gruelling 195 mile Norfolk Relay event and finished it in a creditable 25.5 hours.

From material supplied by Steve Paull

WOODSTOCK- DETROIT USA
'THREE DAYS OF PEACE, MUSIC AND RUNNING'
9-11th September 2011

Our daughter Louise, Emma's twin and also an ultra marathon runner, entered this event and didn't take long in persuading Martin and I to join her, husband Steve and baby Finn in America.

The weekend included races of all distances including half and full marathons, 5,10,50 and 100k events alongside 50 and 100 miles. All started and finished at the same location, Hell Creek Ranch (very aptly named) and were run over horse trails through a country park. Louise entered the Hallucination 100 mile race and Martin and Steve each ran a 16 mile lap as her pacer (allowed after completing 50 miles). I ran the Hippy Half marathon and Finn did a few kilometres on his reins!!

The ranch had a large campsite with a swimming pool and showers and as we arrived on the Friday a large stage was under construction for the rock bands which were to play throughout the weekend. We pitched our little borrowed tent and raised our Irish flag (Rogans and O'Reillys) amongst the Winnebagos, camper vans of various shapes and sizes, and registered for our races.

It had rained heavily for a couple of days before the race and it wasn't long after Louise had set off on her race at 4pm that it started again. It rained and rainedall night whilst Louise was running through the dark. I was really worried about her but a little pre-occupied getting Finn to sleep back at the hotel. Steve stayed at the camp overnight as support crew and to listen to the bands!!

When I drove back to the campsite at 6.30am in the dark and pouring rain there wasn't a lot of peace and love in the car! It wasn't until I started my race at 7.30 that I realized how awful the conditions underfoot were. Ruislip Woods on a bad day was nothing compared to this, mud, sloshy mud and more mud mostly over the shoes and sometimes up to the knees. Sliding backwards trying to get up hills, and trying to keep on your feet (and keep your shoes on) sliding down. How Louise ran 100 miles in it I'll never know. Steve ran lap 4 with her and Martin lap 5 and all this time other races were taking part criss crossing on various paths (me included). Louise ran the last lap on her own and finished 1st lady in her age group, 2nd lady overall. 26hrs 30min – a fantastic achievement. Only 22 runners finished the 100 mile race 60 dropped out because the conditions were so bad!! I took 2hrs 36 and was 1st lady over 60 (and 55) so I was really pleased.

Louise started running at 4pm on Friday and finished at 6.30 pm on Saturday and by that time it had actually finished raining and the sun had come out. The music was great, the organisation impressive, and the people taking part lovely. Everyone was so friendly and helpful, there is certainly an air of camaraderie amongst ultra runners of all ages, shapes and sizes. We had a great time and a very muddy experience!

The weekend of peace, music and running continued at Hell Creek Ranch on the Sunday but we decided to give the running a miss and enjoyed some family peace ,music , and a big American breakfast !

Marion

**St Luke's Hospice
Christmas Fair
Saturday 26th November 2011**



Once again Reene will be running a stall at the St Luke's Christmas Fair and would appreciate donations of unwanted gifts, toiletries etc. Please bring to the Scout hut any Saturday up to Saturday 19th November.

The Fair will be at Kenton Evangelical Church, Charlton Road and runs from 11am to 2pm. Why not go along and join in the festivities: enjoy mince pies and mulled wine, pick up some bargain gifts and get in the mood for Christmas.



**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

My first half marathon – the Royal Parks Foundation – how I did it

If you had told me a year ago that I would be find myself running along the Mall on a beautiful Sunday morning with 12,500 other half marathoners, I would have said 'no way'.

Running a half marathon was definitely not part of my life plan. It had taken my long enough to start running in the first place, and then finding out about Metros, and finally getting up the courage to come along that first Monday evening...

Having done a couple of 10K's over the last two years and finding that challenging enough, I guess I was subconsciously looking for the next way to punish myself, but I have always doubted my running abilities, despite lots of encouragement from other Metros members and Mike convincing me on those many Monday night runs that I could definitely go far, literally. Anyway, in a moment of madness I applied to the ballot for the Royal Parks Foundation Half Marathon this year hoping I wouldn't get a place, and then I did. My heart sunk.

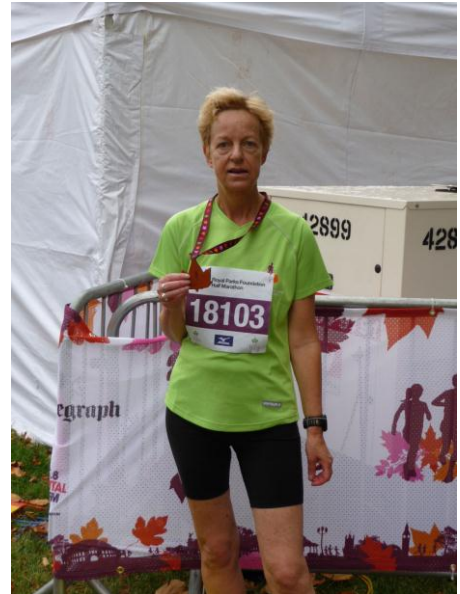
Would I run for charity? I work for Parkinson's UK, so I could have told everybody about it and started fundraising. But,what if I couldn't go the distance? So, I decided to tell a select few what I was doing and just immediate colleagues.

And then there were the scary training plans that I downloaded. How was I going to run four times a week, and do strength training as well...and find time to eat? I managed three runs a week at most, and the longest was 11 miles. Doing the long weekend run on my own with only Audiofuel on my mp3 for company was tough.

On Sunday 6 October at 9.30am I found myself lining up in Hyde Park at the start line. There were so many of us it took around 15 minutes just to cross the threshold. It was a beautiful morning. The Royal Parks route was wonderful, with trees putting on their finest displays of autumn colours. I couldn't believe that I was running through well known parts of London like Westminster Bridge, Whitehall and along the Serpentine.

Thankfully, it was a flat run, and although there were lots of runners there was plenty of space. A plentiful supply of water and Lucozade was supplied, and lots of cheering and encouragement from spectators.

I realised at mile 10 that I was going to make it to mile 13. The sense of achievement when I finished in 2.28.58 and saw my partner's proud face was amazing. The bamboo t-shirt and eco- friendly wooden leaf shaped medal were also a nice touch. Registration for next year's race opens in January 2012 – go on, you know you want to.



Using a heart rate monitor

Kath Donaldson

When my husband was discharged from Harefield Hospital following a heart attack, he attended a rehabilitation programme and was then given advice about exercising at home. He bought a heart rate monitor, having used one at the hospital, as he thought it would help monitor his progress.

It reminded me that I had a heart rate monitor included in my Garmin package but, after a couple of years, had never taken it out of the box. If Dave could use this strap to help with his progress, then so could I as a runner!

Having worked out where to place it, I wore it a few times when running I then thought, 'but what's the point?' I referred to the **Runners' World website** and this gave me the information I was looking for.

Heart Rate Training - The Basics

A short, foolproof guide to training by heart rate

Posted: **5 June 2002**

by Sean Fishpool

How To Find Your Maximum Heart Rate

A heart rate monitor can help to ensure that you don't work too hard – or take it too easy! – in training sessions. Depending on the session, your target heart rate will be anywhere between 60 and 95% of your maximum.

To know your target heart rate though, you'll need to know your maximum. If you're very overweight or a complete beginner, it's best to use the very approximate formula of $214 - (0.8 \times \text{age})$ for men and $209 - (0.9 \times \text{age})$ for women to estimate your maximum.

Unfortunately for 5-10 per cent of the population this figure can be wrong by up to 24 beats per minute. It's much better to find your maximum through running. Do this by warming up, then running as fast as you can evenly for three minutes (ideally on a treadmill), then resting with two or three minutes gentle running, then repeating your three minute maximal run. During your second run you should get a higher maximum heart rate than with any other method – though use your heart rate monitor to take readings throughout it, as your heart rate may peak before the end.

What Heart Rate To Train At

There are three broad training zones:

60-75% – easy * 75-85% – moderate * 85-95% – hard

But... don't fall foul to a common misconception: these aren't percentages of your overall maximum heart rate – they're percentages based on your **working** heart rate. It makes a big practical difference to a regular runner. It's easy to do, but it takes more explanation than most gyms want to deal with.

How To Find Your Training Zones

1. Find your maximum heart rate (see above) eg 206
2. Find your resting heart rate (laying still, soon after you wake up. Ideally take an average over a few days). eg 56
3. Subtract the resting rate from the maximum. This figure is your working heart rate. eg $206 - 56 = 150$
4. Take whatever percentage of your working heart rate that you're aiming for (eg 60% for an easy run eg $150 \times 0.60 = 90$), and add it to your resting heart rate eg $90 + 56 = 146$. The final figure is your personal target heart rate.

Sample Sessions

- **60%** Recovery run – dead slow. It may feel biomechanically odd at first, but it's important. 30-40 minutes.
- **60-70%** Long, slow runs – up to 65% the body is teaching itself to burn fat as fuel (useful for marathons). Anything from 1-3hrs.
- **70-85%** Fartlek – speedplay (moderate-paced runs with random fast bursts). 30-60 minutes.
- **70-85%** Undulating route – peak at 85% on the climbs. 30-90 minutes.
- **85%** Anaerobic threshold run (or 'tempo run') – this teaches your body to run hard for long periods. Approximately 10-mile to half-marathon race pace. Sample session: 1.5 miles at 60%, then 15-20 mins at exactly 85%, then 1.5 miles at 60%.
- **85-90%** Approx 5K-10K pace. Sample sessions: 6 x 800m peaking at 90% in each rep; 5 x 2000m peaking at 85% in each rep.
- **95%** Peak heart rate at 400m rep pace (not full-out race pace). Sample session: 12 x 400m with 200m jog recoveries, making sure recovery heart rate drops to at least 70%.

NB: you can't usefully use a heart rate monitor to pace intervals below 1000m – rather, the figures above 85% are a guide to what you can expect to reach at the end of each repetition.

If The Target Pace Seems Way Too Slow...

1. You may not be using an accurate maximum heart rate (if you've estimated it). Add 12 beats to your theoretical maximum and try the calculations again. or...
2. You may be using percentages of your maximum heart rate rather than your working heart rate (see above).

Achievements

Well done to ...

Louise Rogan for coming 1st in her age group (2nd overall) in Hallucination 100 mile in Woodstock

Amanda Beuselinck for completing her first marathon in 4:33:44 – Loch Ness

Jill Davis and Geraldine Gill for completing their first half marathons – Royal Parks

Nigel Rackham for a PB at Cabbage Patch 10 in 54:13, age grade 92.19%

Louise Pearson and Julia Allen for completing their first 10 mile race – Cabbage Patch

Rosemary Harrington for achieving a bronze in her first 10K



Twelve In Twelve

Mandy Beuselinck

As an update on our “Twelve in Twelve” half marathon challenge, where Peter and I set out to run 12 half marathons over the course of the year, I can report some mixed fortunes.

Following on from our successful runs in Watford and Paris in February and Fleet in March, we both scored PBs back on home soil in the ADT Edinburgh half in April. Further delight ensued when we learned a day or so later that following much feedback from runners confused by the distance shown on their Garmins, the course organisers acknowledged that they had incorrectly measured the course. As it was deemed to be 0.3 miles too long our time was reduced by a relevant percentage and we did even better than we thought.....still can't convince myself that the new time counts..... In summary, very flat and a great course for a PB, lovely run along the coast once out of the City to Musselburgh Stadium for a very warm and friendly finish. Peter finished in 1:52:54 and I managed 1:54:37.

In May we lined up at the start for the Bracknell half and were surprised to see another Metro amongst the runners in the form of Gertrud Porter. It turned out not to be the best race that Peter's ever had as the combination of hot weather and lack of hydration caused him to collapse around the 11 mile marker. He made his way to the finish line thanks to some very kind marshalls, onlookers and a crew from the Royal Berkshire ambulance service. To my shame, I must have run past all the fracas and didn't notice a thing. Fortunately Peter was fine after an IV and a lot of powerade. Bracknell half was characterised by lots of city centre running, all off road and through what seemed like hundreds of underpasses. There is about 1.5 miles of constant uphill from mile 7 and with no shade that was very difficult to cope with. I think it has to rate as one of the least pretty half marathons I have run and I doubt that even the packed and very generous goody bag at the end would be enough to tempt me to do it a second time. I finished in 2:00:30.

In June it was the turn of St Albans where we joined a good number of other Metros for a half on a beautifully scenic and slightly undulating course. Unfortunately the race was plagued by a lack of attention to detail on the part of the organisers – none of which was helped by a constant downpour of heavy rain which lasted for the duration of the race. Apart from the chronic lack of toilet facilities, the race started 20 minutes late leaving us all standing freezing and soaking at the start line for much longer than we'd have liked. The baggage reclaim was very badly organised at the end and resulted in us queuing for over 30 minutes in the cold and wet to pick up our belongings. Despite his best efforts to break away from me, Peter and I finished the race together and both ran a time of 2:02:12.

Unfortunately, Peter's running was at this point put on hold for a while as he's injured his ankles. He's hoping to be back regularly at Metros and doing more half marathons later in the year.

The next endeavour found me back at Burnham Beeches in August for the second year in a row. After some lovely early Tuesday morning runs with Ruth Tidder we'd made a

pact to go “sub-two” together. Most of you will know what a pleasant course Burnham is – two laps which are mainly rural and through the leafy woods of the Corporation of London land. Again, a tad undulating (Edinburgh – you spoilt me!) but we kept going through the showers and the sunshine and between us Ruth and I kept up the pace to finish in 1:58:40.

And so September took me back to do another repeat race, this time in Dingle, county Kerry.

This was all planned around repeating the fun we had last year when we stayed locally with friends and all ran the half together. Not sure if it says something about the Beuselincks as house guests, but literally the day before the half our friends moved to rural France..... They had booked us in to a lovely B&B, however, and it was sitting there having breakfast on the day of the race that I met an inspirational fellow runner from Bude Rats running club in Cornwall. We got talking and travelled to the start line together and travelled over the start line and all the way round the course together, still talking. We still managed to take the stunning scenery in and as this was my second time doing the race I felt I was well qualified to dish out information on the local sights along the way (that's the beach where they filmed Ryan's Daughter.....those are the Blasket Islands.....and that was the full extent of it). The race just sped by and I am pleased to report a 14 minute improvement on last year with my finishing time of 2:01:40 which I am very proud of given the hills (yes, this too was an undulating course), the breathtaking scenery and the extra effort involved in talking non-stop for 13.1 miles. You'll need to take my word for it that the finish time was correct as there was great controversy when we found out that the chip timing system was “banjaxed” (local word, used mainly by Irish tour guides like myself) and I had to use the Garmin timing as a fallback.

Unfortunately I had to pull out of my planned September jaunt to the New Forest Half marathon due to shin splints and some fairly blunt advice from the physio re my Loch Ness marathon training. This resulted in a quick reschedule for the rest of the year's runs and I've had slot in an extra run.

So, just two weeks after completing the Loch Ness marathon, I found myself in Cardiff for the half marathon. It was an unseasonably hot, mid-October day and the heat took its toll on several runners around the route. This was one of the largest runs I'd ever taken part in, with 15,000 participating in a mainly scenic run around the city, starting and finishing at Cardiff Bay. I say “mainly scenic” as there was an incredibly boring, 4 mile stretch along dual carriageway during which I found it really difficult to stay motivated. However this was made up for by the last few miles looping back to the Bay area from Penarth across the Bay Barrage and the stunning views it afforded. For the number of participants, the marathon ran incredibly smoothly and I have nothing but praise for the organisation. In the main the route was pancake flat, however this made the two or three small uphill sections all the tougher as the legs just weren't expecting them. I was very pleased with the 1:57:42 finishing time.

So, that's nine done, and four to go. Don't worry, that's not a typo.....I've added an extra one for contingency. The plans are made for the rest of the year and hopefully I'll see a few Metros at some of the following:

November: Stevenage, Grand Union Canal, Norwich

December: Bedford

Results

New Forest Marathon – 25th September 2011

1		2:45:28
16	Kevin Watson	3:09:18
71	Nathan Power	3:27:30

757 finishers

Abbots Langley Tough 10K - 2 October 2011

1		31.25
85	Simon Aberly	50.27

270 finishers

Loch Ness Marathon – 2nd October 2011

1		1:20:50
1634	Amanda Beuselinck	4:33:44

2363 finishers

Royal Parks Half Marathon – 9th October 2011

1		1:08:39
8065	Geraldine Gill	2:15:14
9823	Jill Davis	2:28:51

11480 finishers

Swindon Half Marathon – 9th October 2011

1		1:12:58
1281	Sue Davie	2:34:39

1394 finishers

Ridgeway Run – 9th October 2011

1		0:54:47
136	Jonny Jackson	1:19:43
331	Gordon Valentine	1:37:47
431	Julia Allen	1:40:33
473	Sarah Westwood	1:45:24
494	Ann Marsden	1:50:32
517	finishers	

Cardiff Half Marathon – 16th October 2011

1		1:03:27
4258	Amanda Beuselinck	1:57:42
10798	finishers	

Cabbage Patch 10 – 16th October 2011

1		0:48:58
13	Nigel Rackham	0:54:13 PB
199	Peter Rackham	1:05:01
333	Steve Paull	1:09:44
908	Gordon Valentine	1:24:21
936	Ruth Tidder	1:25:13
1030	Dave Swan	1:27:59
1031	Jane Hudson	1:28:00
1215	Sarah Westwood	1:32:56
1246	Julia Allen	1:33:43
1359	Louise Pearson	1:37:32
1452	Irene Paull	1:43:18
1461	Raquel Russel-Ponte	1:43:51
1517	Sue Davie	1:46:44
1544	Angela Murphy	1:49:44
1585	Penny Hudson	1:54:47
1591	Anne Ambrose	1:56:41
1609	finishers	



Wot No Watch – 17th September 2011

Name	Predicted	Actual	Delta
Adam Leary	06:32	06:33	00:01
Mark Mulvenna	06:00	06:43	00:43
Navi Dhillon	07:00	06:48	00:12
Caroline Day-Lewis	07:10	06:50	00:20
Jackie Cope	07:00	07:06	00:06
Ruth Tidder	07:20	07:11	00:09
Bob Manning	07:35	07:13	00:22
Judy Rackham	07:25	07:21	00:04
Julia Allen	07:30	07:25	00:05
Al Keaney	09:30	07:29	02:01
Peter Stapleton	07:35	07:33	00:02
Ceri Jacobs	08:10	08:02	00:08
Bev Singleton	09:03	08:16	00:47
Angela Murphy	08:30	08:21	00:09
Louise Pearson	08:30	08:23	00:07
Rosemary Harrington	08:35	08:32	00:03
Dharmini Chikhliwala	08:35	08:37	00:02
Karen Leary	08:50	08:41	00:09
Kath Donaldson	08:50	08:48	00:02
Karen Collier	07:55	08:50	00:55
Deborah Norman	08:35	08:57	00:22
Anne Ambrose	08:59	09:05	00:06
Barbara	10:00	09:13	00:47
Sue Davie	09:04	09:33	00:29
Jacqui Poole	09:37	09:44	00:07
Gladys de Groot	09:30	09:49	00:19
Preeti Khakharia	15:00	11:29	03:31
Wendy Mulvenna	12:00	11:30	00:30
Barbara Robson	12:07	12:58	00:51
Jeanne Coker	15:00	13:36	01:24

"Thank you to Garry, Jill & Laura for taking charge of Wot no Watch on the weekend of the Round Norfolk Relay. I am sure there will be a report from Norfolk elsewhere in the newsletter from which you might infer that perhaps Metros are not very good at predicting their times, but these results might suggest otherwise with over half the runners being within 10 seconds of their predicted time. This month's winner was Adam Leary."

Teresa

Wot No Watch – 15th October 2011

Name	Predicted	Actual	Delta
Nigel Rackham	04:59	04:56	00:03
Jonathon Collier	05:00	04:57	00:03
Tom Alder	06:00	05:57	00:03
Steve Paull	06:10	06:12	00:02
Adam Leary	06:25	06:22	00:03
Navi Dhillon	06:50	06:39	00:11
Simon Avery	06:50	06:40	00:10
Mark Mulvenna	06:15	06:44	00:29
Paul Gardner	08:00	07:00	01:00
Bob Manning	07:15	07:01	00:14
Jackie Cope	07:00	07:06	00:06
Mike Ransome	07:24	07:18	00:06
Peter Stapleton	07:20	07:22	00:02
Andrew Collier	07:20	07:22	00:02
Christopher Hudson	07:36	07:37	00:01
Jane Hudson	07:40	07:40	00:00
Steve Alder	08:00	07:45	00:15
Charlotte Van Ittersum	08:00	07:45	00:15
Ceri Jacobs	08:10	07:56	00:14
Julia Buckley	09:00	07:59	01:01
Ann Marsden	08:45	08:23	00:22
Angela Murphy	08:30	08:25	00:05
Kath Donaldson	08:45	08:27	00:18
Rosemary Harrington	08:25	08:36	00:11
Karen Collier	08:30	08:37	00:07
Lise Flanagan	09:20	08:44	00:36
Steph White	09:20	08:47	00:33
Dharmini Chikhliwala	08:40	08:49	00:09
Deborah Norman	08:35	08:57	00:22
Irene Paull	10:45	09:02	01:43
Penny Hudson	09:00	09:09	00:09
Bill Carter	08:30	09:12	00:42
Guy Bostock	08:00	09:19	01:19
Karen Leary	09:00	09:20	00:20
Stephanie Stapleton	09:00	09:27	00:27
Freya Ball	09:15	09:36	00:21
Elish Fernandes	10:00	09:50	00:10
Gareth Hughes	09:15	09:53	00:38
Debbie Moynihan	09:15	09:53	00:38

Sonya Grist	09:22	09:55	00:33
Marie Bostock	11:00	11:02	00:02
Sue Davie	11:19	11:18	00:01
Wendy Mulvenna	11:30	11:18	00:12
Barbara Robson	13:59	12:27	01:50
Jeanne Coker	13:59	13:12	00:47

Thank you to Garry Young for timing the Wot no Watch this month - quite a daunting task with 44 runners and not much time separating those in the middle time bracket.

5 Mile Walk – 1st October 2011

Barbara Robson 74.36

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

10K Challenge – 1st October 2011

	Age on Day	Time for 10k		
Chris Roome	76	52:03	77.14%	Gold
Steve Paull	58	42:37	76.98%	Gold
Kevin Smart	52	42:33	73.32%	Silver
Andy Fox	48	41:36	72.62%	Gold
Bob Manning	71	51:32	72.06%	Gold
Kath Donaldson	64	60:55	68.19%	Silver
Sarah Westwood	58	57:42	66.08%	Silver
Judy Rackham	52	53:56	65.32%	Silver
Ruth Tidder	41	50:09	62.89%	Silver
Donna Warren	41	50:40	62.25%	Silver
Adam Leary	47	49:45	60.25%	Bronze
Simon Aberly	46	50:11	59.26%	Bronze
Mike Ransome	59	56:20	58.75%	Bronze
Irene Paull	54	63:18	57.10%	Bronze
Louise Pearson	39	56:35	55.07%	Bronze
Rosemary Harrington	51	63:52	55.00%	Bronze
Ann Ambrose	54	68:21	52.88%	
Peter Stapleton	50	58:24	52.56%	

Well done to the 18 people who took part in the 10K Challenge on 1st Oct - obviously a good day for running judging from the smiling faces at the finish. Andy Fox got that elusive Gold for the first time in a number of years; Judy Rackham achieved the Silver - this time last year I can remember her being really pleased to just get a Bronze so a big improvement this year, Louise Pearson managed to run almost 6 minutes faster than her first attempt at the distance back in July and Mike Ransome managed to run two minutes faster. Three new faces as well, Donna Warren, Rosemary Harrington and Anne Ambrose.

Teresa

THE BRIAN JACKSON FUN RUN
32nd ANNUAL METROS FUN RUN
Roxbourne Park, Pinner Saturday 1st October 2011

**R = New Record
UNDER 8s (500m)
No runners

GIRLS 8-10 (2K)

No Runners

Record (1987) :

Hazel Donaldson 8m 5s

BOYS 8-10 (2K)

1 Christopher Hudson (aged 7) 10m 19s

2 Reece Knowles 12m 34s

Record (1981) :

Ben Jackson 7m 25s

GIRLS 11-14 (4K)

1 Eleanor Murray 20m 20s

2 Stephanie Stapleton 26m 27s

3 Freya Ball 26m 39s

Record (1988) :

Alexis Coleman 16m 6s

BOYS 11-14 (4K)

No Runners

Record (1983) :

Nigel Flint 13m 35s

SENIOR LADIES 15-34 (4K)

1 Amber Smith 21m 27s

2 Julia Buckley 26m 25s

Record (1995) :

Kate Lockhart 15m 27s

VETERAN LADIES 35-44 (4K)

1 Navi Dhillon 18m 34s

2 Ruth Tidder 20m 31s

3 Louise Pearson 22m 52s

4 Kerry Jeliazkova 23m 31s

Record (1997) :

Jane Young 16m 3s

SUPERVET LADIES 45+ (4K)

1 Judy Rackham 20m 40s

2 Jane Hudson 21m 04s

3 Teresa Young 23m 00s

4 Geraldine Gill 24m 15s

5 Rosemary Harrington 24m 30s

6 Debbie Lewis 24m 50s

7 Penny Hudson 28m 18s

Record (1997) :

Petra Otto 18m 21s

MEGAVET LADIES 55+ (4K)

1 Sarah Westwood 22m 54s

2 Ann Marsden 23m 23s

3 Raquel Russel Ponte 25m 36s

4 Linda Gaitskell 27m 25s

5 Angela Murphy 27m 25s

6 Debbie Moynihan 28m 18s

Record (1995) :

Anne Leigh 20m 04s

4K Time in Mens' Race

SENIOR MEN 15-39 (4K)

1 Jonathan Collier 15m 16s

2 Tom Alder 15m 35s

3 Jonny Jackson 17m 05s

4 Matthew Daniel 20m 52s

5 James Francis 16m 22s

6 Gary Poole 17m 14s

Record (1996) :

Richard Godden 12m 43s

VETERAN MEN 40-49 (4K)

1 Nigel Rackham 13m 25s

2 Christopher Shearwood 16m 17s

3 Andy Fox 16m 39s

4 Adam Leary 19m 57s

5 Andrew Collier 20m 04s

6 Mark Mulvenna 21m 32s

Record (2009) (in Ladies' race) :

Nigel Rackham 13m 17s

SUPERVET MEN 50+ (4K)

1	Richard Francis	14m	39s
2	Kevin Smart	16m	47s
3	Steve Paull	16m	36s
4	Graham Hart	18m	24s
5	Al Scoffham	19m	0s
6	Paul Gardner	22m	20s
7	David Swan	21m	54s
8	Peter Stapleton	24m	09s
9	John Gorton	25m	37s

Record (2010) :

Richard Francis	14m	21s
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MEGAVET MEN 60+ (4K)

1	Terry Burke	17m	21s
2	Denis Foxley	17m	31s
3	Mervyn Stuckey	18m	42s
4	Martyn Cartwright	22m	44s
5	Mike Ransome	21m	39s

Record (1988) :

Roy Jeffreys	16m	2s
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THE B J CHALLENGE (10K)

This event is all three races (the Ladies' 4K, the Men's 4K and the 2K), making a total distance of 10K. Plaques, to be held for one year, are awarded to the winners of each age category.

SENIOR LADIES

No runners

Record (1999) :

Jacqui Reid	46m	31s
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VETERAN LADIES

1	Navi Dhillon	47m	32s
2	Ruth Tidder	52m	6s
3	Louise Pearson	58m	41s

Record (2003) :

Val Swingler	41m	30s
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SUPERVET LADIES

1	Judy Rackham	53m	37s
2	Jane Hudson	54m	33s
3	Teresa Young	58m	32s
4	Geraldine Gill	61m	40s
5	Penny Hudson	74m	0s

Record (1997) :

Petra Otto	46m	4s
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MEGAVET LADIES

1	Sarah Westwood	57m	56s
2	Ann Marsden	60m	6s
3	Raquel Russel Ponte	65m	53s
4	Linda Gaitskell	69m	56s
5	Angela Murphy	69m	56s

Record (2010) :

Marion Rogan	53m	35s
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BOYS 11-14

No runners

Record (2010) :

James Francis	42m	14s
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SENIOR MEN

1	Jonathan Collier	37m	4s
2	Thomas Alder	38m	31s
3	Jonny Jackson	42m	50s
4	Matthew Daniel	51m	9s

Record (2000) :

Stuart Taylor	36m	25s
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VETERAN MEN

1	Nigel Rackham	33m	36s
2	Christopher Shearwood	39m	51s
3	Andrew Fox	41m	39s
4	Andrew Collier	47m	36s
5	Adam Leary	48m	3s
6	Mark Mulvenna	51m	45s

Record (2009):

Nigel Rackham	33m	18s
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SUPERVET MEN

1	Kevin Smart	41m	10s
2	Al Scoffham	46m	50s
3	Paul Gardner	53m	59s
4	David Swan	55m	10s
5	Peter Stapleton	58m	57s

Record (2000) :

Denis Foxley	37m	51s
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MEGAVET MEN

1	Terry Burke	43m	14s
2	Denis Foxley	43m	30s
3	Mervyn Stuckey	45m	41s
4	Martyn Cartwright	55m	26s

**Record (2011) :

Terry Burke	43m	14s
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THE 2K CHALLENGE

Record for 8-10 Girls (1987):

Hazel Donaldson 8m 05s

Record for 8-10 Boys (1981):

Ben Jackson 7m 25s

Fastest male: Nigel Rackham 6m 33s

Fastest female: Navi Dhillon 9m 10s

Apart from those listed above, those completing the BJ Challenge and those O/60, the following also finished:

Al Keaney 9m 48s

Caroline Corcoran 10m 42s

Rosemary Harrington 11m 51s

Julia Buckley 12m 59s

Wendy Mulvenna 15m 43s

Records (O/10 years):

Male Nigel Rackham (2009) 6m 29s

Female Val Swingler (2004) 7m 57s

THE BUS PASS CHALLENGE (2K JOG)

1st Male O/60 Terry Burke **8m 19s

1st Lady O/60 Ann Marsden 11m 39s

Apart from those listed above and those completing the BJ Challenge, the following O/60 also finished:

Martyn Cartwright 11m 11s

Dave Brown 12m 35s

Gladys de Groot 13m 13s

**Record (2011) :

Terry Burke 8m 19s

Record (2010):

Marion Rogan 10m 30s

THE BUS PASS CHALLENGE (2K WALK)

1st Man O/60 Dave Brown 13m 37s

1st Lady O/60 Gladys de Groot 16m 01s

Other finishers:

Tom Alder 15m 05s

Martin Cartwright O/60 15m 10s

Barbara Robson O/60 16m 24s

Jennifer Imeson O/60 17m 03s

Louise Pearson 17m 33s

Christopher Hudson 17m 58s

Jane Hudson 17m 59s

Al Keaney 18m 01s

Julia Buckley 18m 05s

Paul Gardner 19m 13s

Terry Burke O/60 19m 15s

Al Scoffham 19m 15s

Wendy Mulvenna 20m 34s

Mark Mulvenna 20m 35s

Record (2010) :

Dave Brown 13m 03s

Record (2003):

Barbara Robson 15m 11s

BUS PASS DUATHLON 2K JOG AND 2K WALK (COMBINED TIMES)

1st Man O/60 Dave Brown 26m 12s

1st Lady O/60 Gladys de Groot 29m 14s

Other finishers :

Tom Alder 22m 30s

Martyn Cartwright (O/60) 26m 21s

Terry Burke (O/60) 27m 34s

Al Keaney 27m 49s

Christopher Hudson 28m 17s

Jane Hudson 28m 34s

Al Scoffham 28m 40s

Louise Pearson 29m 30s

Paul Gardner 30m 44s

Mark Mulvenna 30m 46s

Julia Buckley 31m 4s

Wendy Mulvenna 36m 17s

Record (2009):

Dave Brown 23m 21s

**Record (2011):

Gladys de Groot 29m 14s

THE BJ CHALLENGE (10K) FULL RESULTS

	RACE 1 LADIES' 4K	RACE 2 MENS' 4K	RACE 3 2K	TOTAL
SENIOR LADIES				
No runners				
VETERAN LADIES				
Navi Dhillon	18m 34s	19m 48s	9m 10s	47m 32s
Ruth Tidder	20m 31s	21m 26s	10m 09s	52m 6s
Louise Pearson	22m 52s	23m 52s	11m 57s	58m 41s
SUPERVET LADIES				
Judy Rackham	20m 40s	22m 24s	10m 33s	53m 37s
Jane Hudson	21m 04s	22m 54s	10m 35s	54m 33s
Teresa Young	23m 00s	23m 46s	11m 46s	58m 32s
Geraldine Gill	24m 15s	25m 22s	12m 03s	61m 40s
Penny Hudson	28m 18s	30m 15s	15m 27s	74m 0s
MEGAVET LADIES				
Sarah Westwood	22m 54s	23m 39s	11m 23s	57m 56s
Ann Marsden	23m 23s	25m 04s	11m 39s	60m 06s
Raquel Russel-Ponte	25m 36s	27m 03s	13m 14s	65m 53s
Linda Gaitskell	27m 25s	28m 33s	13m 58s	69m 56s
Angela Murphy	27m 25s	28m 33s	13m 58s	69m 56s
BOYS 11-14				
No runners				
SENIOR MEN				
Jonathan Collier	14m 43s	15m 16s	7m 05s	37m 04s
Thomas Alder	15m 31s	15m 35s	7m 25s	38m 31s
Jonny Jackson	17m 27s	17m 05s	8m 18s	42m 50s
Matthew Daniel	20m 12s	20m 52s	10m 5s	51m 09s
VETERAN MEN				
Nigel Rackham	13m38s	13m 25s	6m 33s	33m 36s
Christopher Shearwood	16m 05s	16m 17s	7m 29s	39m 51s
Andy Fox	16m 39s	16m 49s	8m 11s	41m 39s
Andrew Collier	18m 31s	19m 57s	9m 8s	47m 36s
Adam Leary	18m 24s	20m 04s	9m 35s	48m 3s
Mark Mulvenna	20m 02s	21m 32s	10m 11s	51m 45s
SUPERVET MEN				
Kevin Smart	16m 24s	16m 47s	7m 59s	41m 10s
Al Scoffham	18m 25s	19m 00s	9m 25s	46m 50s
Paul Gardner	20m 08s	22m 20s	11m 31s	53m 59s
David Swan	21m 22s	21m 54s	11m 54s	55m 10s
Peter Stapleton	23m 14s	24m 09s	11m 34s	58m 57s
MEGAVET MEN				
Terry Burke	17m 34s	17m 21s	8m 19s**R	43m 14s**R
Denis Foxley	17m 29s	17m 31s	8m 30s	43m 30s
Mervyn Stuckey	18m 02s	18m 42s	8m 57s	45m 41s
Martyn Cartwright	21m 31s	22m 44s	11m 11s	55m 26s

Pat Jackson

**THE 32nd ANNUAL Metros FUN RUN
THE BRIAN JACKSON FUN RUN
Saturday 1st October, Roxbourne Park**

Our event this year was held on a date later than previous years but the weather was possibly the warmest we've had.

The warm weather suited Terry Burke who broke two records – 16 seconds in the 10K BJ Challenge in the Megavet Men age group and 10 seconds in the Bus Pass Challenge 2K jog. Terry had, as usual, ridden his motor bike from Salisbury to participate. I wonder if he would run even faster without the long journey.

Fifty nine participated in one or more of the events and thirty two completed the full BJ 10K Challenge. Friends from Chiltern Harriers also joined us for this, the longest established Metros event.

During the proceedings the Katherine Herring Memorial Award was presented to Debbie Moynihan to keep for the year. Debbie, like Kath, has a lovely light hearted attitude towards running.

As always no Metros event would take place, or be successful, without participants and help. I'd like to thank all those who helped prepare the Scout Hall for the post-race refreshments, set up the course, register the participants, marshal, time and process results, clear up the course and serve well earned tea and coffee at the presentation of the plaques.

Particular thanks to Steve and Tom Alder, Gladys de Groot, Jennifer Imeson, Karen Leary, Irene Paull, Bob and Emma Manning, Barbara Robson, Al and Jane Scoffham and Dave and Teresa Young but there were also many others who helped in some way that I'd also like to thank.

Steve Alder has devised a special computer program to process the results. It's much easier to have a computer add the minutes and seconds taken for the three BJ Challenge events!

Again without those who came to run and walk there would be no event so thank you and let's hope the 33rd event will be as successful.

Pat Jackson

NOTES OF METROS COMMITTEE MEETING

Wednesday 26 October 2011, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Mandy Beuselinck, Penny Hudson, Pat Jackson, Steve Paull,
Marilyn Pickford, Barbara Robson, Al and Jane Scoffham.
David Swan – non committee

APOLOGIES: Ann Marsden, Mike Ransome

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 – 28 September.

Metros Hill Race – David gave an update on the progress he had made so far regarding meetings with Harrow School representatives, entry forms etc. It was agreed that the race should go ahead as planned on 19 February 2012. **ACTION:** David Swan

LRRC Trophies – Early next year Graham and Steve will discuss which events to include next season. **ACTION:** Steve Paull/Graham Haddon

Group e-mail – This has been advertised in Metrolines and around 60 members have joined the group so far. Those wishing to join this group should contact Penny Hudson.

First Aid – Jane had a discussion with Margaret Smith who will discuss further with Angela Murphy. **ACTION:** Margaret Smith

Monday night Metros Session – The wording on the Metros web site has been changed. **ITEM CLOSED**

Track & Field Coaching – Pat has made contact with a coach willing to help and Marilyn will contact him to make arrangements. **ACTION:** Marilyn Pickford

Achievements Page in Metrolines – This is now featured in Metrolines. Contributions to Jane and Penny Hudson, Metrolines co-ordinators. **ACTION: ALL MEMBERS**

Address Check - Al had sent a note to a member which had been returned. He will check the address with Ann. **ACTION:** Al Scoffham

Metros Annual Fun Run – The Brian Jackson Fun Run – Pat stated that the results will be in Metrolines and was thanked for organising. It was agreed that the £35 profit from the event would go to the Macmillan Coffee Morning which was held on the same day. **ACTION:** Pat Jackson

Quiz and Awards Presentation Evening – Pat confirmed all was in hand regarding the engraving of the awards. It had been advertised in Metrolines that participation will be limited to members and immediate family only and also suggested that teams consist of no more than 10. **ACTION:** Pat Jackson/Garry & Gill Young

Metros Facebook Page – Mandy has set this up and has several members. She will talk to Kevin Smart re a link with the Metros web site. **ACTION:** Mandy Beuselinck

Thames Valley League – Metros Host Fixture – Jane and Marilyn gave an update on arrangements. **ACTION:** Jane Scoffham/Marilyn Pickford

REPORTS OF OFFICERS

Hon. Chairman –Jane had nothing to report.

Hon. Vice Chairman – Mike had not sent a report.

Hon. Treasurer –Mike had sent details of Metros accounts.

Hon. Secretary – Al will shortly send the request for Metros club entries for the London Marathon 2012.

ACTION: Al Scoffham

Hon. Membership Secretary –the following new members applications were approved: Jamie Allen, Ruislip; Guy and Maria Bostock, South Ruislip; Reece Knowles, Pinner; Natalie Tidder, Pinner.

The following are not renewing their membership:

Trefor Bark, Sandra Cobbing, Jayne Cooper, Peter Gunn, Joanne Hunt, Philip McBride, Catherine McMillan, Jo Mulry, Prabhakar Mummаланeni, Safina Nanti, Rachael Plant, Rachel Porter, Emma Rackham, Sophie Richards, Laura Smart, Nadia Stapleton, Harry Valentine, Jonathan Young.

The practice of contacting new members will be discussed at the next meeting.

ACTION: Ann Marsden

REPORTS OF CO-ORDINATORS

Cross Country Entries – Al will put details of the Middlesex XC in Metrolines.

ACTION: Al Scoffham

Vets Track & Field League – Pat had attended a recent meeting to discuss dates and events for next year. When finalised, the dates will be advertised in Metrolines.

ACTION: Pat Jackson

Meeting closed at 9.38 pm

Date of Next Committee Meeting – Wednesday 30 November 2011

First Aid Course

Paediatric First Aid Courses - OFSTED compliant

Course 1 on Sunday 13th November on Harrow Hill. 9.30 - 5pm

Course 2 on Sunday 27th November in Pinner. 9.30 - 5pm

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

Programme includes:

**Traditional songs, Handel, Tavener,
Rutter, Queen, Carols**



Christmas Concert

Saturday 10th December 2011

7.30pm

**South Harrow Methodist Church
Walton Avenue, South Harrow HA2 8QU**

Tickets £7.00 (including programme & buffet)

We are supporting Nordoff Robbins music charity

**For Details or Tickets Contact:
020 8248 7260**

Harrow Harmony: Charity Number 1158533



**Tickets are also available from Kath Donaldson
0208 248 0938**

Runners' Recipes

Roast Vegetable Tart (taken from www.thegardencentregroup.co.uk)

4 10cmx10cm squares frozen puff pastry (life's really not long enough to make your own)

200g carrots peeled

300g butternut squash peeled and deseeded

200g parsnip peeled

150g red onion

3 sprigs rosemary

50ml olive oil

Salt and pepper to taste

150g cheese - stilton, gorgonzola or goat's cheese - up to you

1 egg beaten with a pinch of salt to make a wash

Oven temperature 170°C



Chop the vegetables into 2cm pieces, toss in the olive oil with the rosemary and season well. Roast on a baking tray in the pre-heated oven for about 15 minutes until softened and the edges of the vegetables are beginning to turn a gorgeous caramelised golden brown. Remove any large stalks of rosemary (leave in a few leaves) and allow the vegetables to cool.

Remove the pastry squares from the freezer, place on a baking sheet lined with parchment and defrost for about 2 minutes. Score the pastry 2cm from the edge to make a border. Paint the edges with the egg wash.

Top each pastry square with the cooled roasted vegetables, keeping them within the border. Bake for 15 to 20 minutes at 170°C, until the edges of the pastry have risen to form a ridge and are golden brown. Remove from the oven, sprinkle on the cheese of your heart's desire and return to the oven for another 5 minutes for the cheese to begin to melt into a soft unctuous mass.

Grind a little black pepper over the tarts, decorate with a generous sprig of herb of some description and serve on large white plates with a drizzle of olive oil in an artistic flourish. Oh wow - this looks fabulous, tastes even better and is great served with a green salad tossed in a walnut oil vinaigrette to which toasted walnuts have been added.

Enjoy your super chef status and don't tell anyone how easy it is!

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