



November 2012

Issue No. 290



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

Metros Diary

OCT

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*

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 Awards 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
Fri 21	Drinks at the Rackhams	7.30 pm
Sun 23	TVXC – Reading	11.00 am

2013

JAN

Tue 1	Serpentine New Year 10K, Hyde Park	11.00 am**
Sat 5	10K Challenge, Roxbourne Park	8.50 am
Sun 6	TVXC – Tadley	11.00 am
Sat 12	5mile walk, Roxbourne Park	9.00 am
Sat 19	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 20	Fred Hughes 10, St Albans	9.30 am***
Sun 26	TVXC – Bracknell	11.00 am

FEB

Sat 2	Measure Mile, Roxbourne Park	9.20 & 9.40 am
Sun 3	TVXC – Finchcoasters	11.00 am
Sat 16	5K Run, Roxbourne Park	9.15 am

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

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

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

*** <http://www.stalbansstriders.com/index.php/racing/fred-hughes-10>

TVXC – Thames Valley Cross Country

Note from the Editors!

There are a couple of mountainous achievements to read about later in this edition. It was good to have a couple of 'new' contributors – we always like to hear from you so don't be shy in sending us tales of your runs or other achievements. Whether your ambitions are towards mountains, cross country trails or more modest road or park runs, enjoy your running. Look forward to seeing you at the quiz and awards night.

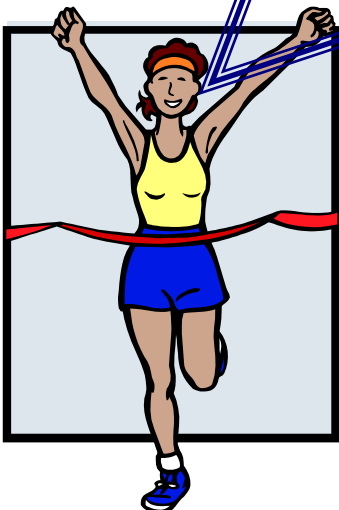
Jane and Penny Hudson



Welcome

Seema, Malvika and Sukriti Bisht, Harrow
Nirupa Chatralia, Stanmore
Veronica Georgescu, South Harrow
Yvonne Greenwood, Northwood
Mita and Aarnav Panda, Pinner
Nasim Rashid, Harrow
Jarred Rawlins, Harrow
Jenny Scammells, Eastcote

Elected at the October meeting



Trophy Races

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.

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

We set off from my house at 7am on 9th September and arrived at our Hotel near Kilimanjaro just after midnight UK time. It was a long tiring journey but thankfully we had the next day to relax in the hot sun and cool off in the Hotel pool.

Despite the freezing temperatures and the hard work of climbing while at altitude it was a fantastic trip. We reached the roof of Africa 5,895 meters on Saturday our 5th day. Every morning started at 6am with the porters bringing us a wake up cup of tea followed by a bowl of warm water to wash in at 6.30 then breakfast which consisted of porridge, small omelette, frankfurter, fresh fruit and another hot drink. 8am having packed up sleeping bags and had our water bottles filled for the day we set off on our climb to the next camp. We would usually arrive at our next camp about 1pm where our tents would already be up and luggage would be waiting for us. First we would be given another bowl of water for a wash followed by lunch. Everyday it started with soup which looked and tasted pretty much the same as the day before but always had a different name. We were ready for a hot meal so it always went down very easily. Next would be some kind of meat and potatoes or rice and fruit for afters. By now the clouds would be forming and the temperature would drop very quickly. After lunch you were told to go to your tent and rest until 4pm when we would go on what they called an acclimatisation walk which would take you up a bit higher then you would come back down to the camp to sleep. On our return to camp we would be greeted with a hot drink and a huge dish of popcorn to nibble while we waited for dinner. Evening meals were pretty similar to lunch but you knew it was important to eat as much as you could while you could as you get higher you may lose your appetite or feel sick due to the altitude. I found it best just to put the food in my mouth and not think too much about it. Fortunately I only totally lost my appetite on the day we set off on the long haul to Uhuru Peak the summit 5,895 meters.

We set off from our day 4 camp which was at 4720m at 3am and finally reached peak at mid day, 9 hours after we'd set out. Walking up scree and over an even harder rockier terrain than the previous 4 days was bad enough, let alone the thought of having to retrace our footsteps. Having taken a few photos we had then to reverse the whole journey. It only took 3 hours to get back down to our new camp but it felt like 3 days. I was absolutely exhausted and slept for 12 hours.

Next morning started the same as all the previous ones except our next camp would be down instead of up. It was only about 4 hours walking to camp but the terrain was still quite rocky and required just as much concentration as going up.

We arrived back at the Hotel on Tuesday lunchtime. After a nice beer it was time to enjoy a nice hot shower and a hair wash. For the next two days we just relaxed in the sun by the Hotel pool exchanging stories and experiences with others who were either to start their trek or who like us had returned and were enjoying being clean and refreshed.

We set off home early Thursday evening arriving at Heathrow 6am Friday morning. I spent most of the day sleeping. Compared to sleeping in a tent, sleeping in my own bed felt like sleeping on air.

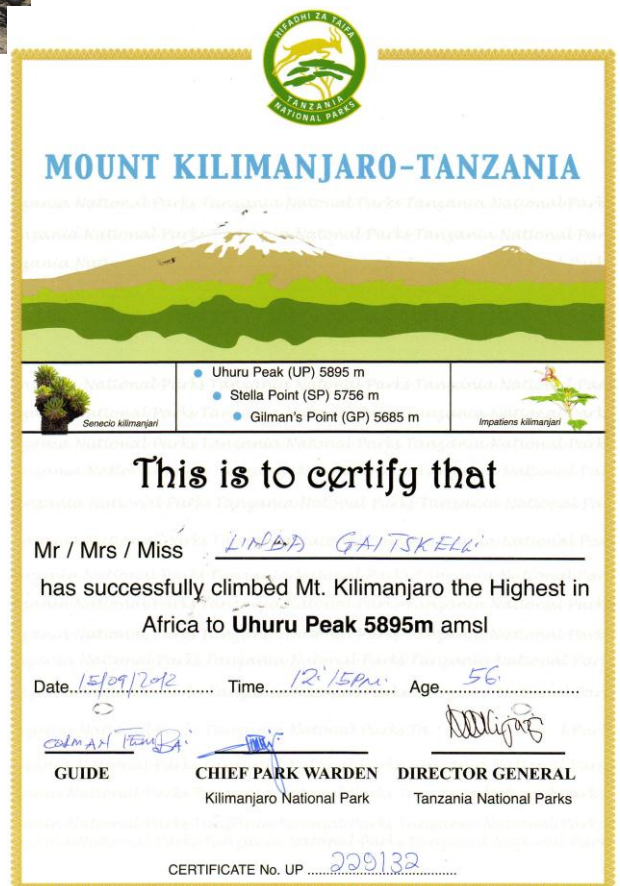
Got the next few weeks to recharge my batteries before I go on a 10 day walking trip to Hadrian's wall, fortunately staying in a Hotel this time.



Many thanks to all who sponsored me for my Kilimanjaro climb to raise money for Parkinson's. We have now raised £2,200 with more promised

Linda Gaitskell

<http://www.justgiving.com/lindagaitskell-peterroberts>



SP100 Track Marathon

Saturday, July 20th 2013

09.30 a.m.

Harrow School Athletics Track

Only 50 places available

105+ laps

5 hour time limit

Every entrant must provide a “scorer”

£20

Many more details to follow, but at this stage, how many Metros would be interested?

See Steve or Irene Paull

I am not a regular on the Wednesday hill session. Nonetheless I normally reckon I can cope with the odd incline as well as the next “road” runner. I thought I would share my experience of two very different races encountered whilst holidaying in territory more undulating than Middlesex. The one thing in common is that they have given me a huge respect for the true hill specialist.

The first was inspired by Richard Askwith’s book ‘Feet in the clouds’ (which I highly recommend). Ambleside Sports was happening during a holiday in the Lake District and included a fell run. Competitors in any race longer than 6 miles/1500 feet of climb have to carry safety equipment in the shape of full waterproof body protection (cagoule and trousers), map whistle and compass. In theory the race required previous fell running experience and mountain navigation skills. My only previous run in similar terrain had been in my student days accompanying a friend who was attempting some sort of 24 hour challenge in North Wales. I was on the Snowdon ‘leg’ which involved running up and down that mountain in the middle of the night – fortunately starlit.



The race is known as the ‘Rydal Round’ - those familiar with the area will know it as the Fairfield horseshoe - 9 miles with 3000 feet of ascent.

Unfortunately my pre-race recce had not prepared me for the conditions of race day. It had rained heavily overnight and the grass field was quagmire on arrival. With emergency kit duly stowed in bum-bag I made my way to the start. There were no fun-runners here. Everyone was in club vest and mine was the only southern accent. The gun went with little ceremony and we were off. I had decided to take things steadily and stayed in the middle of the pack to avoid getting lost. The path got rockier and steeper and was running like a river. Any thoughts of keeping my feet dry soon went. Before long the rain started and soon after we disappeared into cloud. I now realised the need for emergency equipment! Visibility was just a few yards and I knew if we strayed far off the path there was a rocky grave beckoning. However the locals were indeed straying off the path (the only rule in fell running is to appear at checkpoints – otherwise you can follow any route you want and frequently following the contour rather than the path may be the optimal route).

After an hour or so of gasping and plodding the summit came into sight. Here the lone ‘marshal’ was stationed to tick off our numbers. Now it got interesting. Momentarily I seemed to be on my own. The wind was howling but I could still only see a few yards. There seemed to be numerous routes off the summit and I knew only one was the correct one. Eventually some fellow competitors emerged out of the mist and overtook me.

Emboldened by the comforting thought that I was on the right path I decided to follow them - but could not keep up. The descent was craggy and the additional speed created by the force of gravity suddenly turned everything into a hazard. Every rock seemed to be icy smooth and slippery and every footfall twisted my ankles and caused me to trip and stagger. I was dumbfounded by the skill with which others skipped past me. Eventually the going became more level – and the hazard became bog which would try to suck your shoes off. I fell heavily at one point when at full speed one foot suddenly disappeared up to my knee in something particularly putrid.

As soon as the ground became steeper again he disappeared ahead of me. Shortly afterwards I had a near-death experience as I rounded a mound only to find the ground falling away at a considerable gradient. Before I knew what was happening my momentum was taking me down. The only way to avoid falling was to keep my legs moving and I tripped and hopped over the rocks hoping not to tumble as I had no desire to smash my skull on the boulders. I was totally out of control and found myself careering towards a wall. I audibly groaned and my life flashed before me. Somehow I avoided the major collision which had seemed inevitable. I was trembling and my legs felt like jelly.

I determined that life preservation was more important than speed and looked around me. I seemed to be in a cul de sac of dry stone walling. Then I spotted a sort of stile which took me over the wall. After this things were less eventful although there was one section which you had to come down backwards where a rope would have been handy. Then we dropped below the cloud level and the valley opened out below. It was probably a beautiful sight but at this stage I was focused on getting back and most of my time was spent looking at the ground immediately ahead. The marquees on the sports field came into view and the tannoy could be heard. The final run in was actually fun. Springy turf at a gentle gradient meant you could sprint without fear of imminent demise. I was even catching people up ahead. There was a line of flags guiding us to the finish line - there was no medal, tee shirt or goody bag. This was the ultimate 'no frills' race.



Contrast experience number two in the beautiful Swiss Alps. Fortunately the summer weather here seems to be more dependable than that in the English Lakes, despite the more challenging terrain and there were no special equipment requirements. The race was starting only a few hundred yards from our hotel in Zermatt so despite not being race fit I could not resist. It was 8 miles and 3,300 feet of ascent. After my fell run experience I was actually pleased it was a point to point race – all up hill. This would be a challenge for the heart and lungs as much as the legs, particularly as Zermatt is at 5,200 feet above sea level and the race finish (Schwarzsee – a ski station) at 8,500 feet. A graphic illustration of the thinness of the air at this altitude is the water bottles which implode on return to normal atmospheric pressure.

Race entry was £40 (contrast the £2 fell run) although when you look at what the organisers lay on you start to understand why. There were three drinks stations en route (serving hot tea as well as water and sports drink), banana and yoghurt at the finish (yoghurt explodes dramatically at altitude!), a drawstring bag for your kit which is then airlifted to the finish by helicopter, a free backpack and vacuum flask as well as a medal and tech tee shirt. In addition we were given tickets for a ski lift back to the resort. There were three categories with different start times – Nordic walkers, a fun(?) run and the elite race which was chip timed which I entered on a promise to my next of kin not to ‘overdo it’.

The race itself was an experience not to be forgotten. We started under a cloudy sky which cleared as we progressed. The route was a good trail although at times it seemed to ascend at something approaching 45 degrees. I was frequently reduced to walking and my heart was pounding as it never has before. I was astounded that a large proportion of the field managed to run/jog/plod the whole way. Clearly altitude training helps but so does technique. I found running on my toes strained my calves until they cramped in complaint. Body mass must also be a factor. I was beaten by five minutes by an eleven year old local boy who won the under 20 category and to whom I guess I gave a five stone advantage. On the rare occasion when I raised my eyes from the path ahead the views were magnificent as this was the trail which ultimately takes you up the Matterhorn. As I staggered over the finish line I suddenly felt dizzy and took some time to regain my breath. I am glad I had not pushed myself even harder.



Matterhornlauf – 26 August 2012

First 57m 41s

48th 1hr 14m 59s N Rackham

499 finishers (last 2hr 47m 58s)

Rydal Round – 26 July 2012

First 1hr 22m

38th 1hr 41m 57s N Rackham

114 finishers (last 2hr 59m 19s)

Achievements

Well done to ...

Linda Gaitskell for climbing Kilimanjaro and **Mike Ransome** for climbing Jebel Toubkal in the Atlas Mountains.

Steve Paull and **Andrew Shirras** for running the Ealing Half Marathon and Moor Park 10K on the same day!

Jonathan Collier for some great results this year.

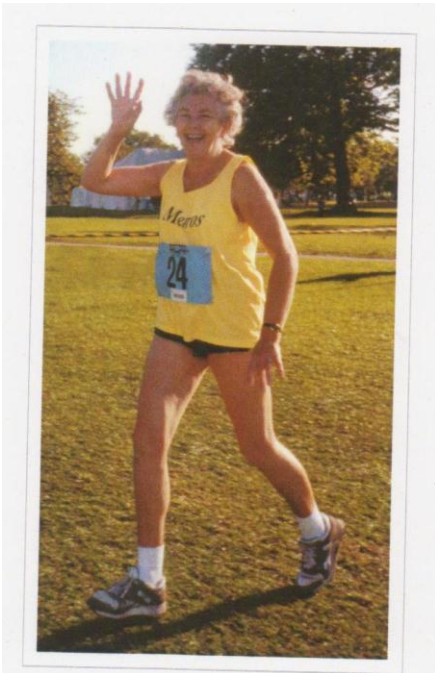
Tom Alder for his first Half Marathon in a time of 1:26 – fantastic!



Moor Park 10K



PAM SMITH R.I.P.



Pam and husband John joined Metros in July 1988 and Pam has died at the age of 82. They regularly attended our running and social sessions for many years. Pam had a wonderful personality and a ready smile and, together with John's dry sense of humour, they were a very popular couple.

They participated in our shorter distance events, including the Nine Styles Walks organised by Anne and Bernard Leigh and for many years Pam ran the Harefield Fun Run. I vividly remember their participation in the Metros Duathlon (running with and shooting an air rifle) held at Kodak many years ago. (I can't imagine it being possible to run round a field carrying an air rifle these days).

In December 1991 Pam and Reene Betts ran in the Middlesex Country Cross Country Championships in Ruislip and the highlight of the event for officials, competitors and spectators was to see them finish together to a long, loud and emotional applause.

Pam and John have been greatly missed at Metros sessions, particularly Saturday mornings. John, who has senile dementia, is being cared for by his son Graham, daughter, Julie, her husband Paul and grandson Jamie.



Her funeral was on 2 October at Breakspear Crematorium. At the request of the family a donation has been made on behalf of Metros to St John Ambulance.

Pat Jackson

DENNIS EYRES R.I.P.

Dennis Eyres has died at the age of 92. He was a quietly spoken real gentleman and a brilliant runner. He became a member of Metros in March 1988 as a second claim member and joined in with many of our activities. He competed as a member of Metros in the 1992 5km Sunday Times Fun Run in Hyde Park where age is related to time and received a Zatopek award as 4th overall (out of around 12,000) for outstanding performance for his age. The Metros Annual Fun Run – The Brian Jackson Fun Run was started 33 years ago as a rehearsal for this event and, from this original group of runners, evolved our club Metros.

Dennis joined Hillingdon AC in 1942. During the 40s and 50s in the 2 mile steeplechase event he was five times winner of the Middlesex Championships, twice Southern Champion, twice inter-counties champion and captained the Middlesex team in 1949. He was twice selected to represent the Amateur Athletic Association.

During the war years (a senior planning engineer on underwater weapons) he was an organizer and captain of the 'Middlesex Triangle' a temporary amalgamation of Finchley, TVH and Southall AC formed in order to field competitive teams when many of the best athletes were away on active service.

From the mid-50s to the late 70s, family commitments led to a tapering off of running activities but, in the over 60 age group, he had track wins in the National and Southern Championships over 800m and 1500m and the World Vets 5km Championship. He was also National Cross Country Champion. In 1948 he was selected for the British Empire team versus the United States in an International.

The following appeared on the Hillingdon AC web site:

“Dennis Eyres, a club member since 1942, has died at the age of 92. Dennis was a top middle distance runner who, in addition to great domestic success, narrowly missed selection for the 1948 Olympics, but went on to win international honours over the next two years. Dennis remained loyal to HAC until ill health forced him to retire from running a few years ago. The achievements he reached never went to his head and he always said he was happiest when running with his friends at Ruislip through the Woods.

He was a loyal and devoted member of our club and will be sorely missed.”

His funeral was at Breakspear Crematorium on 17 October.

Pat Jackson – with thanks to Joanna Eyres and Alan Chidley



Jonathan Collier 2012

Although the likes of Mo Farah and David Rudisha will be inspiring a generation of runners it is local clubs where young runners need to feel welcome and be supported. Jonathan first came to Metros when he was about 10 and over the years has enjoyed the Summer Leagues and the various Saturday morning events. He now does most of his running at Harrow AC but still comes to Metros on a Saturday morning if he is not training or racing. It is largely thanks to the warm welcome and encouragement of many individuals at Metros over the years that he is continuing to developing as an athlete.

2012 Achievements

Middlesex U17 Cross Country – Team Silver medal (with Harrow AC)

Middlesex Indoors U20 1500m – Silver medal - 4.26.77

800m – 2.12.05

1500m pb – 4.19.3

2000mSC pb – 7.21.6

3000m pb – 9.38.31

London Mini Marathon – 3miles – 16.37 (29th in U17 London Boroughs Challenge)

Andrew Collier

Windsor Half Marathon



THE 33rd ANNUAL Metros FUN RUN
THE BRIAN JACKSON FUN RUN
Saturday 29th September, Roxbourne Park

With news of recent flooding in various parts of the country, it was a relief to have dry, sunny but cool weather for the 33rd year of this event.

The dry course produced several new records from Jackie Cope, Petra Otto and Nigel Rackham, who moved up to the Super Vet category.

With a choice of events many took advantage to run 2K, 4K, 6K, 8K or 10K and walk 2K. Plaques, to keep for one year, are awarded to winners of the BJ Challenge 10K in various age groups. Although all are welcome to participate, there are awards to keep for one year for those over 60 in the 2K run, 2K walk and the Duathlon – the combined times for the run and walk. Children 8-10 and 11-14 win medals and small children receive a certificate and a sweet treat on finishing the short race for 7 and under.

Sixty nine participated in one or more of the events and twenty one completed the full BJ 10K Challenge. Friends from Serpentine and British Airways also joined us for this, the longest established Metros event.

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 help process results, clear up the course and serve well earned tea and coffee at the presentation at the Scout Hall.

Particular thanks to Tom Alder, Jackie Cope, Veronica Georgescu, Yvonne Greenwood, Gladys de Groot, Penny Hudson, Ceri Jacob, Bob and Emma Manning, Wendy Mulvenna, Debra Norman, Petra Otto, Henry Pickford, Mike and Yasmin Ransome, Barbara Robson, Al and Jane Scoffham, David Swan and Dave and Teresa Young but there were also many others who helped in some way that I'd also like to thank.

Again without those who came to run and walk there would be no event so thank you and here's to next year, the 34th event.

Pat Jackson

Results

New Forest Marathon – 23rd September 2012

1		2:37:25
12	Nathan Powell	3:04:51
577	finishers – last	5:54:29

New Forest Half Marathon

1		1:13:00
484	Mandy Beuselinck	1:48:19
1600	finishers – last	4:33:02

Ealing Half Marathon – 30th September 2012

1		1:09:58	
208	Steve Paul	1:32:25	
1113	Gertrud Porter	1:50:11	2 nd V55+
2058	Andrew Shirras	2:02:53	
3381	finishers – last	3:31:56	

Hever Castle Triathlon – 30th September 2012

Sprint Distance – 400m swim, 20km cycle, 4km run

		Swim	T1	Cycle	T2	Run
1		1:04:17				
570	Harriet Copland	1:31:31	10:25	3:47	52:55	2:41
1139	finishers – last	3:20:39				

Royal Parks Half Marathon – 7th October 2012

1.		1:12:32
367	Mitesh Patel	1:31:49
11 764	finishers – last	4:37:45

Moor Park 10K – 30th September 2012

1		
17	Tom Alder	39:37
44	Kevin Smart	42:11
84	Jan Bek	45:09
95	Steve Paull	45:53
98	John Gorton	46:02
192	Donna Warren	49:17 *
222	Mitesh Patel	50:12
230	Fatmir Sulmataj	50:42
261	Jane Hudson	51:42 *
282	Glyn Watkins	52:27
284	Ruth Tidder	52:28 *
306	David Swan	52:58
362	Jackie Cope	54:45 *
388	Paul Gardner	55:28
405	Julia Allen	56:02
413	Annie Kemp	56:21
415	Marion Rogan	56:23
479	Carole Wells	58:04
483	Michael Ransome	58:24
525	Sarah Westwood	59:37
619	Andrew Shirras	63:24
633	Irene Paull	63:47
658	Emma Rackham	65:21
	Steph White	66:26
682	Olivia Gill	66:32
708	Linda Gaitskell	68:10
709	Angela Murphy	68:10
715	Geraldine Gill	68:30
738	Penny Hudson	71:05

* Winning Ladies Team

Boys Under 10

1		4:38
12	Christopher Hudson	5:22
153	finishers – last	11:04



RESULTS of the 33rd METROS ANNUAL FUN RUN THE BRIAN JACKSON FUN RUN

Saturday 29 September 2012 in Roxbourne Park

The fun run consists of the following five events:

(1) Ladies' 4K run, (2) Men's 4K run, (3) 2K run; (4) 500 m for under 7 years and (5) 2K walk.

- THE BJ CHALLENGE AWARDS – for three races (1), (2) and (3) - a total of 10K
- THE BJ 2K CHALLENGE AWARDS – for race (3) the fastest man and woman
- THE BUS PASS JOG AWARDS – incorporated in race (3) for the over 60's
- THE BUS PASS WALK AWARDS – incorporated in race (5) for the over 60's
- THE BUS PASS DUATHLON AWARDS – incorporated in races (3) and (5) for the over 60's

****R = New Record**

RACE (4) 500m for UNDER 8s

Arron Rawlins
Jarred Rawlins
Lia Rawlins
Rowan Shirras
Kirsty Young

RACE (1) – 4K

GIRLS 11-14

Eleanor Murray 19m 47s
Malvika Bisht 24m 18s

Record (1988) :

Alexis Coleman 16m 6s

SENIOR LADIES 15-34

1 Tracey Tyrrell 21m 00s
2 Roberta de Martin Pinter 23m 10s
3 Olivia Gill 24m 03s
4 Kirsty Davidson 24m 56s

Record (1995) :

Kate Lockhart 15m 27s

VETERAN LADIES 35-44

1 Seble Alemu 21m 00s
2 Karen Collier 24m 04s
3 Penny Rawlins 25m 27s
4 Dharmini Chikhliwala 26m 06s
5 Hema Thakur 29m 44s
Seema Bisht – 3 laps only 26m 03s

Record (1997) :

Jane Young 16m 3s

SUPERVET LADIES 45 - 54

1 Judy Rackham 21m 56s
2 Ceri Jacob 24m 25s
3 Teresa Young 24m 39s
4 Karen Leary 25m 33s
5 Penny Hudson 25m 54s
6 Debra Norman 26m 18s
7 Geraldine Gill 26m 43s

Record (1997) :

Petra Otto 18m 17s

MEGAVET LADIES 55+

1 Jackie Cope ****19m 52s**
2 Marion Rogan 21m 25s
3 Janice Newman 24m 25s
4 Angela Murphy 24m 47s
5 Irene Paull 25m 52s
6 Anne Leigh 29m 55s

****Record (2012) :**

Jackie Cope 19m 52s

RACE (2) – 4K (Time in Mens' Race)

BOYS 11-14

No Runners

Record (1983) :

Nigel Flint 13m 35s

SENIOR MEN 15-39

1 Tom Alder 15m 42s
2 Gary Poole 17m 00s
3 Matthew Daniel 20m 46s
4 Hiten Devani 27m 34s

Record (1996) :

Richard Godden 12m 43s

VETERAN MEN 40-49

1	Simon Abery	19m 25s
2	Adam Leary	20m 08s
3	Andrew Shirras	21m 22s
4	Nagendra Bisht	22m 08s
5	Errol Clarke	22m 10s
6	Sam Olenos	22m 20s

Record (2009) (in Ladies' race) :
Nigel Rackham 13m 17s

SUPERVET MEN 50 - 59

1	Nigel Rackham	**13m 55s
2	Kevin Smart	16m 32s

**Record (2012) :
Nigel Rackham 13m 55s

MEGAVET MEN 60+

1	Terry Burke	17m 28s
2	Denis Foxley	18m 48s
3	Al Scoffham	19m 10s
4	Paul Gardner	19m 44s
6	David Swan	21m 16s
7	Mike Ransome	22m 10s
8	Chris Roome	22m 36s

Record (1988) :
Roy Jeffreys 16m 2s

**RACE (3) – 2K - Incorporating the
BJ 2K Challenge and the Bus Pass Jog
and Duathlon**

GIRLS 8-10

1	Kirsty Young (Age 7)	12m 33s
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Record (1987) :
Hazel Donaldson 8m 05s

BOYS 8-10

1	Christopher Hudson	8m 56s
2	Daniel Collier	8m 58s
3	Aarnav Panda	9m 10s
4	Aaron Rawlins (Age 7)	12m 15s

Record (1981) :
Ben Jackson 7m 25s

Apart from those listed above, those O/60
and those completing the BJ Challenge
(10K), the following also finished:

Seble Alemu	10m 56s
Karen Collier	11m 03s
Yvonne Greenwood	11m 29s

Dharmini Chikhliwala	11m 49s
Alan Young	12m 34s
Veronica Georgescu	14m 14s
Wendy Mulvenna	15m 19s

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 51s
Fastest female: Jackie Cope 10m 16s

Records (O/10 years):
Male Nigel Rackham (2009) 6m 29s
Female Val Swingler (2004) 7m 57s

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 15-34

1	Tracey Tyrrell	53m 56s
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Record (1999) :
Jacqui Reid 46m 31s

VETERAN LADIES 34-44

No Runners
Record (2003) :
Val Swingler 41m 30s

SUPERVET LADIES 45-54

1	Judy Rackham	54m 40s
2	Teresa Young	62m 12s
3	Penny Hudson	64m 20s
4	Karen Leary	64m 53s

Record (1997) :
Petra Otto 46m 04s

MEGAVET LADIES 55-59

1	Jackie Cope	**51m 24s
2	Marion Rogan	54m 22s
3	Angela Murphy	58m 45s
4	Irene Paull	63m 56s

**Record (2012) :
Jackie Cope 51m 24s

BOYS 11-14

No runners

Record (2010) :
James Francis 42m 14s

SENIOR MEN 15-39

1 Thomas Alder 39m 04s
2 Matthew Daniel 51m 31s

Record (2000) :
Stuart Taylor 36m 25s

VETERAN MEN 40-49

1 Simon Aberly 47m 49s
2 Adam Leary 48m 42s

Record (2009):
Nigel Rackham 33m 18s

SUPERVET MEN 50-59

1 Nigel Rackham **34m 50s
2 Kevin Smart 40m 50s
3 Al Scoffham 47m 40s
4 Paul Gardner 48m 01s
5 David Swan 51m 02s

**Record (2012) :
Nigel Rackham 34m 50s

MEGAVET MEN 60+

1 Terry Burke 44m 06s
2 Denis Foxley 46m 23s
3 Mike Ransome 55m 01s

Record (2011) :
Terry Burke 43m 14s

THE BUS PASS CHALLENGE (2K) Run Award for those O/60

1st Male O/60 Terry Burke 8m 33s
1st Lady O/60 Marion Rogan 10m 37s

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

Petra Otto 10m 42s
Dave Brown 11m 43s
Joan Foxley 12m 55s
Gladys de Groot 13m 45s
Anne Leigh 15m 19s
Bob Davidson 19m 06s

Record (2011) :

Terry Burke 8m 19s

Record (2010):
Marion Rogan 10m 30s

RACE (5) – 2K WALK also the BUS PASS CHALLENGE

1st Lady O/60 Petra Otto **13m 38s
1st Man O/60 Dave Brown 13m 43s

Other finishers:

Mike Ransome O/60 13m 58s
Gladys de Groot O/60 15m 48s
Joan Foxley O/60 15m 53s
Barbara Robson O/60 16m 43s
Yasmin Ransome O/60 17m 48s
Paul Gardner 18m 26s
Wendy Mulvenna 18m 28s
Veronica Georgescu (O/60) 18m 29s
Terry Burke O/60 18m 30s
Al Scoffham 18m 30s
Anne Leigh O/60 20m 52s
Bev Thomas O/60 22m 17s
Henry Pickford O/60 22m 18s
Graham Haddon O/60 22m 23s
Chris Roome O/60 22m 27s
Bob Davidson O/60 25m 39s

Record (2010) :
Dave Brown 13m 03s

** Record (2012):
Petra Otto 13m 38s

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

1st Lady O/60 Petra Otto **24m 20s
1st Man O/60 Mike Ransome 24m 30s

Other finishers:

Dave Brown O/60 25m 26s
Terry Burke O/60 27m 03s
Paul Gardner 27m 37s
Al Scoffham 27m 43s
Joan Foxley O/60 28m 48s
Gladys de Groot O/60 29m 33s
Veronica Georgescu 32m 43s
Wendy Mulvenna 33m 47s
Anne Leigh O/60 36m 11s
Bob Davidson O/60 44m 45s

Record (2009):
Dave Brown 23m 21s

**Record (2012):
Petra Otto 24m 20s

THE BJ CHALLENGE (10K) FULL RESULTS

	RACE 1 LADIES' 4K	RACE 2 MENS' 4K	RACE 3 2K	TOTAL
SENIOR LADIES				
Tracey Tyrrell	21m 00s	22m 27s	10m 29s	53m 56s
VETERAN LADIES				
No Runners				
SUPERVET LADIES				
Judy Rackham	21m 56s	22m 00s	10m 44s	54m 40s
Teresa Young	24m 39s	25m 11s	12m 22s	62m 12s
Penny Hudson	25m 54s	26m 09s	12m 17s	64m 20s
Karen Leary	25m 33s	25m 58s	13m 22s	64m 53s
MEGAVET LADIES				
Jackie Cope	**19m 52s	21m 16s	10m 16s	**51m 24s
Marion Rogan	21m 25s	22m 20s	10m 37s	54m 22s
Angela Murphy	24m 27s	22m 41s	11m 17s	58m 45s
Irene Paull	25m 52s	26m 02s	12m 02s	63m 56s
BOYS 11-14				
No runners				
SENIOR MEN				
Thomas Alder	15m 48s	15m 42s	7m 34s	30m 04s
Matthew Daniel	20m 42s	20m 46s	10m 03s	51m 31s
VETERAN MEN				
Simon Abery	18m 55s	19m 25s	9m 29s	47m 49s
Adam Leary	18m 54s	20m 08s	9m 40s	48m 42s
SUPERVET MEN				
Nigel Rackham	14m 04s	**13m 55s	6m 51s	**34m 50s
Kevin Smart	16m 20s	16m 32s	7m 58s	40m 50s
Al Scoffham	19m 17s	19m 10s	9m 13s	47m 40s
Paul Gardner	19m 06s	19m 44s	9m 11s	48m 01s
David Swan	19m 30s	21m 16s	10m 16s	51m 02s
MEGAVET MEN				
Terry Burke	18m 05s	17m 28s	8m 33s	44m 06s
Denis Foxley	18m 38s	18m 48s	8m 57s	46m 23s
Mike Ransome	22m 19s	22m 10s	10m 32s	55m 01s

Pat Jackson

10K Challenge – 6th October 2012

Nigel Rackham	35.36	86.20%	Gold
Steve Paull	44.21	74.60%	Gold
Jonathan Collier	38.10	73.70%	Gold
Raquel Russel Ponte	61.02	73.60%	Gold
Kevin Smart	42.51	73.40%	Gold
Jackie Cope	53.00	71.00%	Gold
Hilary Lemon	54.38	69.80%	Silver
Graham Hart	48.53	67.70%	Silver
Judy Rackham	54.14	65.80%	Silver
Andy Fox	46.44	65.20%	Silver
Al Scoffham	49.59	64.50%	Silver
Kath Donaldson	65.47	64.10%	Silver
Paul Gardner	50.32	62.80%	Silver
Marian Rogan	65.47	62.20%	Silver
Ruth Tidder	51.16	62.00%	Silver
Simon Aberly	48.38	61.60%	Bronze
Adam Leary	49.13	61.40%	Bronze
Carole Wells	56.52	60.40%	Bronze
Angela Murphy	67.33	59.70%	Bronze
Julia Allen	55.48	58.30%	Bronze
Steph White	64.28	57.60%	Bronze
Jane Hudson	64.30	55.30%	Bronze
Linda Gaitskill	67.33	54.90%	
Geraldine Gill	65.07	50.50%	
Andrew Collier	61.27	48.80%	
Julie Smith	70.38	48.10%	
Hema Thakur	76.21	41.90%	

Windsor Half Marathon – 7th October 2012

1		1:13:29
48	Nathan Powell	1:25:35
54	Tom Alder	1:26:27
1147	Harriet Copland	1:49:12
2427	Glyn Watkins	2:05:07
4090	finishers – last	3:46:13



Runners' Recipes

Butternut squash soup with chilli and crème fraiche

Ingredients

- 1 butternut squash , about 1kg, peeled and deseeded
- 2 tbsp **olive oil**
- 1 tbsp butter
- 2 **onions** , diced
- 1 **garlic clove** , thinly sliced
- 2 red chillies , deseeded and finely chopped
- 850ml hot vegetable stock
- 4 tbsp crème fraîche , plus more to serve



1. Heat oven to 200C/180C fan/gas 6. Cut the squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with half the olive oil. Roast for 30 mins, turning once during cooking, until golden and soft.
2. While the squash cooks, melt the butter with the remaining oil in a large saucepan, then add the onions, garlic and ¾ of the chilli. Cover and cook on a very low heat for 15-20 mins until the onions are completely soft.
3. Tip the squash into the pan, add the stock and the crème fraîche, then whizz with a stick blender until smooth. For a really silky soup, put the soup into a liquidiser and blitz it in batches. Return to the pan, gently reheat, then season to taste. Serve the soup in bowls with swirls of crème fraîche and a scattering of the remaining chopped chilli.

264 kcalories, protein 5g, carbohydrate 28g, fat 15 g, saturated fat 7g, fibre 6g, sugar 17g, salt 0.61 g

Recipe from Good Food magazine, **October 2009**.

NOTES OF METROS COMMITTEE MEETING

Wednesday 3 October 2012, 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.

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 – 5 September

Metros Barn Dance – David Young has had a few offers of help to organize the event.

ACTION: Dave Young

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 payment of the rent now due.

ACTION: Mike Ransome

Metros Membership Cards – Ann will order 500 transparent covers for the cards.

ACTION: Ann Marsden

Metros Annual Fun Run – the Brian Jackson Fun Run – Pat was thanked for organizing the event and Pat thanked all who helped and participated.

Thames Valley League – Jane confirmed that Garry Young will be race director for our host event in Ruislip Woods on Sunday 16 December.

Saturday Morning Tea Rota – An advertisement for more help with refreshments has been advertised in Metrolines.

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: Penny Hudson

Gazebo – it had been agreed that a small 'pop up' gazebo would be useful at our Thames Valley, Summer League and Fun Run events. More research is needed and members are asked to look for one on sale.

ACTION: ALL MEMBERS

REPORTS OF OFFICERS

Hon. Chairman – Jane had nothing to report.

Hon. Vice Chairman – Mike had not sent any item to the meeting.

Hon. Secretary – Al stated that England Athletics had sent notification of increased fees next year for competing members.

The North London Cross Country will be held on 27 October.

The National Cross Country Relays will be held on 3 November in Mansfield.

Hon. Treasurer – Mike had sent a message stating little change from last month.

Hon. Membership Secretary – Ann had sent a list of new applications which were all confirmed:

Seema, Malvika and Sukriti Bisht, Harrow; Nirupa Chatralia, Stanmore; Veronica Georgescu, South Harrow; Yvonne Greenwood, Northwood; Mita and Aarnav Panda, Pinner; Nasim Rashid, Harrow; Jarred Ralins, Harrow; Jenny Scammells, Eastcote

The following have not renewed membership:

Celia Brown, Kareen Abdu'allah Duffus, Andrew Carter, Jacqui Poole, Peter, Janet and Jenny Rose; Michael and Edward Sherry; Bev Singleton; Valda Stuckey.

REPORTS OF CO-ORDINATORS

Awards for Presentation Evening – Pat confirmed arrangements are in hand. Awards decided by the committee were discussed.

Facebook – Mandy confirmed 50 likes.

OTHER ITEMS

Track Marathon - Steve Paull is arranging a track marathon at Harrow School on Saturday 20 July with a social in the evening. It was agreed that Metros would be involved in the organization.

Dinner with Olympic Athletes – England Athletics had invited Barbara and friends to a dinner where Olympic athletes would be in attendance. She had declined as it was very expensive.

Discount for Metros Members – Marilyn stated that Cotswold were willing to offer Metros members 10% discount if arranged by the Metros Secretary. Al will organize. All members are asked to check if other retailers would also give a discount and a list would appear in Metrolines.

ACTION: Al Scoffham

ALL MEMBERS

Deceased Members – Sad news has been received that Pam Smith and Dennis Eysers have recently passed away. A donation will be sent to The St John's Ambulance.

ACTION:Mike Ransome

Meeting closed 9.30 pm

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

7 November, 5 December, 6 February, 6 March, 3 April, 1 May.

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