



etrolines



December 2011

Issue No. 280



Three of the many award winners – see inside
for a report of the Quiz and Awards
Presentation Evening
L-R Nigel Rackham, Christopher Hudson & Chris Roome



Metros Diary

DEC

Sat 3	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 11	TVXC League – Handy Cross	11.00 am
Tues 6	London Marathon Draw – Lowlands Tennis Club	9.15 pm
Sat 17	Wot No Watch	9.20 & 9.40 am
Sat 17	Judy & Nigel's Christmas drinks party	7.30 pm
Sun 18	TVXC League – Reading	11.00 am
Fri 23	Neverley Brothers & Fubar, Half Moon Pub	8.00 pm
Sat 24	Christmas Eve Session	9.00 am

2012

JAN

Sun 1	Serpentines New Year's Day 10K + 3K fun run	11.00 am*
Mon 2	Cliveden XC	10.00 am**
Sat 7	10k Challenge, Roxbourne Park	9.00 am
Sun 8	TVXC League – Tadley	11.00 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	10.30 am
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.

*www.serpentine.org.uk/pages/nyd10k.html

**www.burnhamjoggers.co.uk

***www.watfordharriers.org.uk/

Note from the Editors!

Welcome to our bumper December edition. Results galore and a year-end round up of Metros events and awards. Were you one of 2011's success stories, or will 2012 be your year? Whatever your goals, enjoy your running. Merry Christmas and a Happy New Year from us, and see messages from your fellow Metros dotted around this issue.

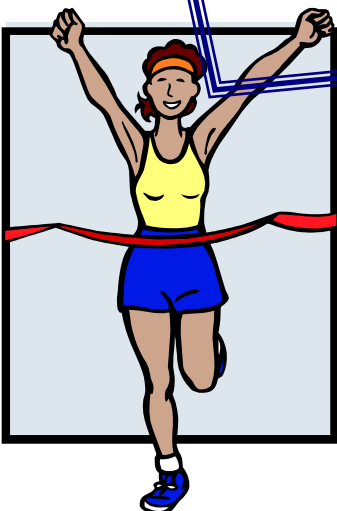
Jane and Penny Hudson



Welcome

; Jeremy Lawley, North Harrow;
Tiffany Fontenot, Pinner;
Sam Dalton, Pinner;
Amy Kidd, Pinner
Harry Tomlinson, Harrow;
Margo Manning and Galloway Manning, Harrow;
Penny Rawlings and Aaron Rawlings, Harrow;
Angela Keaney, Wembley.

Elected at the November meeting

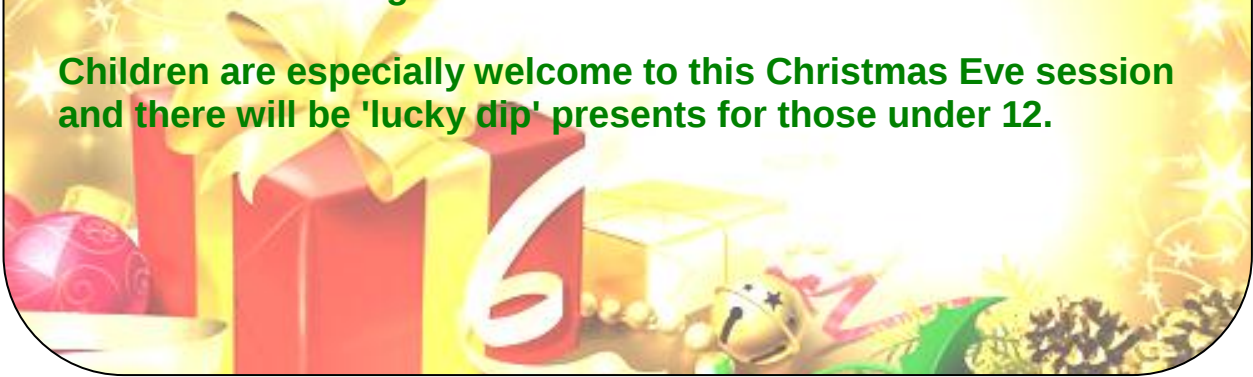


Christmas comes to Roxbourne Park!

Christmas comes early to Roxbourne Park
- at 9.00am on Saturday, 24th December

Come in seasonal gear for some festive cheer!

Children are especially welcome to this Christmas Eve session
and there will be 'lucky dip' presents for those under 12.



NEW METROLINES DEADLINE!!!

Please note that the deadline has now changed. Send any items for Metrolines to the editors by **15th** of the month.

The next issue of Metrolines will be dated February 2012 and will be issued on or around 20th January 2012, so we need your contributions by 15th January 2012.



Cross Country

Cross Country Events coming up

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

11 December 2011 Handy Cross
18 December 2011 Reading
8 January 2012 Tadley
22 January 2012 Bracknell
5 February 2012 Finchcoasters



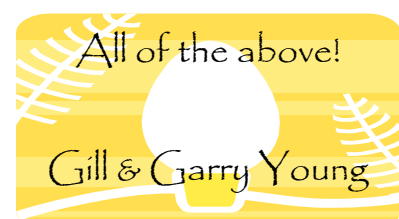
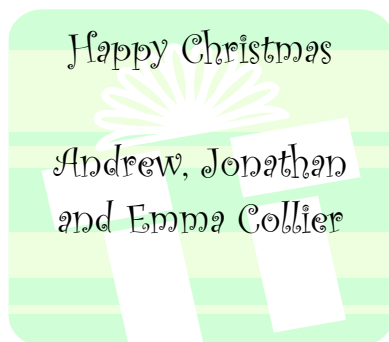
Races start at 11am and are 5-6 miles cross country with refreshments afterwards. Men & Women run together but score separately. Club vests or T-Shirts must be worn.

£2 per person entry fee for club members

Car sharing is recommended

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

or Contact Dave Brown 020 8933 1821, email davidbrown100@aol.com





Virgin London Marathon 2012 - Club Place Draw

Depending upon receipt of our club places I will be holding a draw for those of you who were unsuccessful in obtaining a place in the 2012 Virgin London Marathon.

The date of this draw will be Tuesday 6th December 2011 at Lowlands Tennis Club at 9.15pm.

Please get your rejection slips to me as soon as possible.

The criteria to be included in the draw is as follows

- You must have had your 2012 London Marathon entry rejected.
- You have given your rejection slip to Alastair Scoffham prior to draw date*
- You have been a member of Metros for at least one year*
- Your Metros subscription is up-to-date.
- You are a first claim member of Metros.
- You did not receive a club place in 2011.*

* Will not apply if there are not enough members wanting places.

All those successful in securing a club place **must wear Metros colours** on the day regardless of any charity you may be representing.

If you helped at the Water Station this year and would like to apply for a Water Station place, please apply to Garry Young direct.
(email g.c.young@btinternet.com)

Any problems or questions I can be contacted on 01895 270245 or 07811 353020 or almetros@yahoo.co.uk

Alastair Scoffham
Honorary Secretary

Latest News: Venning Beaten

It was foggy in Harrow on that Sunday morning. It was the day of the Luton Marathon-the race that has twice been called off late in the last three years. If there was only 100 yard visibility here, what would it be like up there?

Actually, two miles north of Harrow there was barely a problem, certainly not at race time. This race would go ahead.

I used to be a member of another club. Am I allowed to mention them here? Dunstable Road Runners. Five miles from Luton. This would be a chance to say hello to some of my old running buddies. In my time Dunstable used to co-organise this event, but not anymore. I think it was a political decision- the club hierarchy didn't like it that no part of the race went through Dunstable. In truth the practicalities of the road layout in the area meant it never could.

I slept poorly the night before the race, not because of nerves but because I had the beginnings of a cold coming. It was perhaps not advisable to start, but I'm stupid. I did.

There's not a lot to report on the race itself. It's three laps, part town, part country. There are several testing hills and a three man relay race goes alongside. At no time does it go anywhere near the centre of Luton.

I have finished all my marathons this year within a five minute window and this one added to it.

One of the Dunstable guys, Jon Venning, and I have known each other for 25 years. He looks like Hank Marvin. Old lags like Terry and Al would probably recognise him. In our battles, I could usually claim victory up to the half marathon distance, beyond that it was always him. Even in my greatest 26 miles he finished a minute ahead.

But not today, despite being a bit poorly Venning was comprehensively beaten by yours truly.

I felt worse at the finish than for many a marathon and have had to take it easy since. Listen to your body.

Steve



Happy Xmas (from me)
Bah Humbug (from him)

Irene & Steve Paull

Metros Quiz and Awards Presentation Evening

Metros members and families assembled in Lowlands Tennis Club on Friday 18 November and made up ten teams for the excellent Quiz again organised and presented by Garry and Gill Young.

Dave Brown, compere for the evening, listed the format and started the presentation of awards with the MBE's – **Metros Best Efforts** for the Track & Field League which were presented by Metros T&F League co-ordinator Pat Jackson. (See full results in Metrolines).

Pat also presented the **Harrold Godden Track Shields** (donated by Mike Godden) to Ann Marsden and Nigel Rackham. These are awarded to Metros who recorded the best aggregate performances over 100m, 200m, 400m, 800m, 1500m and 3000m at track meetings before 1st October. Aggregates are calculated using IAAF multi-event tables.

Dave Brown, co-ordinator of the **Thames Valley XC League** for the 2010-2011 season, presented the Metros awards to:

- 1st Metros Senior Men – Kevin Watson
- 1st Metros Super Vet Men – John Gorton, 2nd Gordon Valentine, 3rd Kevin Smart
- 1st Metros Mega Vet Men – Terry Burke, 2nd Peter Jose, 3rd Dave Brown
- 1st Metros Vet Women – Ann Lavers, 2nd Harriet Copland
- 1st Metros Super Vet Women – Jackie Cope, Carole Wells
- 1st Metros Mega Vet Women – Angela Murphy

Dave listed the Metros who will receive overall **Summer League** awards for this season at the Dulwich event at the start of the season next year.

The **Metros Summer League** 2011 awards were presented by Pat Jackson, Metros co-ordinator for the league to:

- 1st Metros Youth – Tom Alder
- 1st Metros Men under 20 – Peter Rackham
- 1st Metros Senior Men – Pritesh Patel, 2nd Mitesh Patel
- 1st Metros Vet Men – Nigel Rackham, 2nd Andrew Collier
- 1st Metros Super Vet Men – Steve Paull, 2nd Richard Francis, 3rd Paul Gardner
- 1st Metros Megavet Men – Terry Burke, 2nd Peter Jose
- 1st Metros Ultra Vet Men – Bob Manning, 2nd Chris Roome
- 1st Metros Vet Women – Harriet Copland
- 1st Metros Super Vet Women – Jane Hudson, 2nd Penny Hudson, 3rd Irene Paull
- 1st Metros Mega Vet Women – Gladys de Groot

- 1st Metros Tenderfoot Girl – Eleanor Murray

- 1st Metros Tenderfoot Male under 17 – Jonathan Collier
- 1st Metros Tenderfoot Male under 15 – James Francis
- 1st Metros Tenderfoot Male under 11 – Christopher Hudson

Pat then presented the overall **Metros Summer League Award**, in memory of Bill Gardner, to Nigel Rackham. This is awarded for the best age related performance using the World Association of Veteran Athletes tables, the same as used to calculate the Metros 10km Challenge.

Moving on to the Saturday morning events, the Metros **5 mile Handicap Award** goes to the person with the highest overall points and Irene Paull, Metros co-ordinator, confirmed that Judy Rackham had won. Irene had recently taken over as co-ordinator from Teresa Young and, now realising the work involved, thanked Teresa on behalf of Metros for her work as previous co-ordinator. See full results in Metrolines.

Angela Murphy, co-ordinator, for the Measured Mile, stated that the 97 participants was the largest entry ever. The **Keith Adsley Award** trophy for the runner who has improved their time the most over 3 out of 4 miles is awarded to Irene Paull with 1 minute 42 seconds to her credit. Angela also stated that this year it was a very close call with Dave Brown coming second with an improved time of 1 minute 43 seconds; Andrew Collier third with a very impressive improvement of 1 minute 21 seconds and congratulated all three and everyone who took part. See full results in Metrolines.

Teresa Young, co-ordinator for the 5 mile walk, had calculated that the **Daisy Dora Benn Walk Shield** (donated by Pat & Peter Maffia) was awarded to Bob Manning. Bob also had a certificate for completing the walk in 56mins 05 secs in January.

The **10km Challenge** awards are given to those who completed the challenge for the first time this year or improved their performance on last year. These awards are again calculated using the tables published by the World Association of Veteran Athletes and runners whose best times of the year convert to percentages of 55% and over for Bronze, 62% and over the Silver and 70% and over for Gold are eligible

55 runners completed the event during the year, 40 of whom were eligible for an award. (11 Gold, 17 Silver and 12 Bronze.) See the table with the full results in Metrolines.

Teresa, the 10km Challenge co-ordinator, presented the awards to the following who had either run the event for the first time 2011 or their performance led to a higher award than last year:

Men	Gold - Andy Fox	41.36	72.62%
	Gold – Mervyn Stuckey	46.51	70.60%
	Gold – Peter Jose	48.18	71.60%

	Silver – Jonathan Collier	41.39	69.57%
	Silver – Peter Rackham	44.12	62.10%
	Bronze – Simon Abery	50.11	59.26%
Women	Silver – Jane Hudson	52.00	67.80%
	Silver – Judy Rackham	53.11	65.40%
	Silver – Ruth Tidder	50.09	62.89%
	Silver – Teresa Young	57.34	62.00%
	Silver – Caroline Day-Lewis	48.52	66.57%
	Silver – Angela Murphy	62.40	63.50%
	Silver – Donna Warren	50.40	62.25%
	Silver – Gill Young	55.57	62.00%
	Bronze – Irene Paull	63.18	57.10%
	Bronze – Rosemary Harrington	63.52	55.00%
	Bronze – Louise Pearson	56.35	55.07%

Garry and Gill then started the Quiz with intervals in between some of the six rounds. The following final presentations were then made before the results of the quiz were announced.

Graham Haddon, co-ordinator for the **LRRC Trophies** (London Road Runners Club) listed the results and presented the men's trophy to Nigel Rackham and the women's trophy to Angela Murphy. Graham confirmed that Angela had been runner up for several years and presented her with an award for running all events this year, including the Finchley 20. See full results in Metrolines.

Barbara Robson presented the **Young Runner's Awards**, the recipients chosen by the Committee. The criteria for these awards are participation, achievement, effort, determination and sportsmanship. Barbara had stated that many eligible candidates depend on their parents to bring and attend sessions and events with them. Barbara listed some of the girls and boys who had been considered and said how good it was to have several contenders this year for both the boys and girls awards.

Barbara confirmed that the Committee had decided to award the girls Young Runner's Award to Eleanor Murray, the boys to Jonathan Collier.

The **Beginner Runner's Award** was donated by Catherine Corcoran and is presented to a member who had started running and improved in the year approximately between the Presentation Evenings. The recipient is chosen by the Committee and Catherine listed those who had been short listed – all worthy recipients. Catherine presented the award to Christopher Hudson who has enthusiastically participated in Metros and other events whenever his age allowed and has made tremendous progress since joining Metros. One of our smaller members was presented with our biggest trophy.

There are two **Aaron Breen Awards** for services to family running and Sue Davie, present holder, had chosen to present the female award to Kath Donaldson.

Sue stated that Kath has been an active member of Metros for many years. Kath always prepared well for any training session she took and also stepped in at short notice when asked to organise the Monday and Thursday sessions. She is always looking for ways to improve and attended the Leadership in Running Fitness course bringing back many ideas which our club has since adopted, particularly those regarding safety.

David Swan, the present holder of the **Male Aaron Breen Award**, had chosen to present the award to Dave Young. David said that in Metros, like most organisations, there are certain people who take time and effort to make things happen but appreciation is not always forthcoming. David was honoured to present the award to Dave Young who, for many years, has successfully co-ordinated the Saturday morning training, the largest of the Metros sessions.

Raquel Russel-Ponte, holder of the female **Runner's Award**, said there were again several who were worthy of the award, however, she had chosen Judy Rackham to be the next recipient. This year Judy has achieved a great deal in improving her times particularly in the Measured Mile, half marathons and gained a silver award from a previous bronze in the 10km challenge. She ran her first marathon, in London, finishing in 4hrs 47m.59s. She shows determination but is modest and always encouraging others.

Peter Gunn, the present holder of the male **Runner's Award**, had not attended Metros sessions this year due to personal circumstances and was not in a position to choose a new recipient. John Gorton, the holder prior to Peter, had been asked to choose a new holder and he presented the award to Peter Jose. John stated that Peter seemed to get stronger and faster every year overcoming injury earlier this year and supporting both Metros and other events. He was 3rd O/60 in the Moor Park 10km and 1st O/60 in the Ricky 9, a worthy recipient and a great guy.

The awards presented, Garry announced the results of the Quiz:

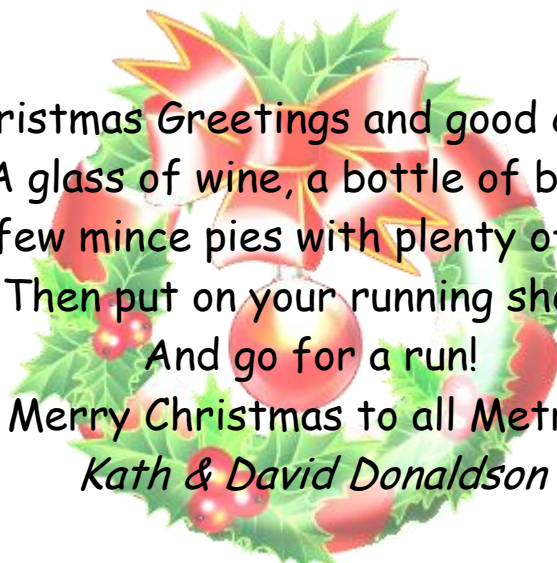
1 st Smarties	138 points
2 nd The Whitmores	133 points
3 rd Densa	132 points
4 th B.T.D.T.G.T.T.S	131 points
5 th Metros Misfits	129 points
6 th Good for Age	127 points
7 th Wooden Spoons R Us	120 points
8 th Naughty Nine	112 points
9 th Mixed Bag	109 points
10 th Different Class	105 points

There followed a further one-off **Lifetime Achievement Award** to Chris Roome which is reported separately.

Our thanks goes to Garry and Gill for again organising the excellent quiz. To Dave Brown for expertly compering the proceedings and also for checking the calculations for the awards. Thanks also to the co-ordinators of the Saturday events for their calculations for the various awards. Full results of the MBEs, LRRC Trophies, 5 Mile Handicap and Measured Mile events will be listed in Metrolines

Finally, thank you to the Metros members and families who came and were a respectful audience particularly during the presentation of the awards.

Pat Jackson



Christmas Greetings and good cheer,
A glass of wine, a bottle of beer.
A few mince pies with plenty of rum.
Then put on your running shoes
And go for a run!
Merry Christmas to all Metros
Kath & David Donaldson



To all Metros - Many
thanks for all your
support, encouragement
and help in my first year
running with Metros. All
the very best for a great
running year in 2012.

Louise Pearson



Thanks to all at Metros
for all the great running
this year. Thanks also to
everyone who sponsored
me in the Great North
Run, even though I didn't
do it! Happy Christmas,
Good Running in 2012

Paul Gardner

Metros LIFETIME ACHIEVEMENT AWARD for CHRIS ROOME

Following the presentation of Metros awards and the Quiz on Friday 18 November at Lowlands Tennis Club, there was a special award to Chris Roome.

On presenting the award to Chris, Al Scoffham, Metros Honorary Secretary, said Chris is a legend and this Metros award was a one-off for a lifetime of running achievement.

From running many years ago on the Tuesday evening Metros training run from the West End Tennis Club, Chris and Metros friends including Terry Burke, Martin Cross, Bob Manning and Al trained together and entered various races.

Chris was older but always faster and often won the O/50 and then O/60 age group awards. His excellent results regularly appeared in Athletics Weekly and he also often featured as one of the top three runners in his age group in the A.A.A. National lists (Amateur Athletics Association – now England Athletics).

He has competed in the London, Harrow and Beachy Head marathons. In the 1997 Harrow Marathon, aged 62, he became Middlesex Champion in a time of 2hrs 55mins. In the 2002 London Marathon, at 67, he was first in the 65+ age group in a time of 3hrs 14mins 06secs.

He ran the Hayling Island 10 mile race in under an hour in 1994 and 1997.

He ran the National Cross Country at Havant just four days after an operation.

He ran the blue ribbon 55 mile event from London to Brighton in October 1992 along with (in finishing order) Dave Young, Bob Manning, Al Scoffham (and Chris – they ran and finished together), Martin Cross and Terry Burke. The first three won a bronze medal and all six team members finished within the time limit which, they were told, was a real achievement.

Al recalled one particular training session for the London to Brighton when they decided to run three laps of the Harrow Marathon course. It was the hottest day of the year and they had been to a beer festival the night before. Terry Burke, Martin Cross, Bob Manning, Dave Young and Chris managed two laps but most had then had enough. Chris felt fine to do the third lap and Dave Young joined him. Following that third lap Chris ran, on his own, an extra mile to take the total mileage to 40, still feeling fine!

Chris also enjoys walking and has completed the Coast to Coast, the Pembrokeshire and the South West Coastal Paths. He also regularly walks in the Lake District.

In 2006 he developed a dodgy knee but overcame the injury to return to running again what an achievement for a septuagenarian.

People constantly asked Chris how he managed to run so fast. He obviously wears good shoes, is very light and has a good cardiovascular system. However, Al and his friends are convinced that his secret is the fact that he drinks real ale and is a member of CAMRA.

The award was made more special by the fact that Chris was not aware of it prior to the presentation. Wife Sylvia and son Steve had been tipped off and ensured he was present to receive it.

The applause Chris received on collecting the award was an indication of the high regard felt by all for his running achievements.

Pat Jackson

Chris Roome Life Time Achievers Award.

Middlesex Marathon County Champion

London Marathon winner 65-70 Age Group

London to Brighton Bronze Medalist

As Alastair stated on Presentation night this is a one off award for exceptional performance whilst running as a member of the Metros Running Club.

Chris at 63 years became the oldest County Champion since records began. He had to break the 3 hour barrier to do so. Alastair Scoffham Metro was second in the Middlesex also breaking the 3 hour barrier, whilst Martin Cross Metro was third (Middlesex) both in the same race. After the event local Reporters actually attended at Chris Roome's house to interview him.

Chris Roome in addition also was ranked in the first three in his veteran class with the Amateur Athletic Association in all distances from 10k to the full Marathon. The rankings were held concurrently as Chris was versatile at all distances. One of his proudest achievements was breaking the hour barrier for the ten miles whilst over 60 years.

Chris later went on to win the his age group (65-70) in the London Marathon. He received a special award which has pride of place amongst his other trophies.

As mentioned by Al on the night, Chris was a member of the Metros team which came third in the London to Brighton, the distance varies from year to year but is about 58 miles. Unfortunately only three Metros were presented with Awards namely David Young and Bob Manning, Chris was third Metro along with Alastair. Having both run together for the whole of the 58 miles they were not about to attempt to out sprint each other to the line, but came in together. Chris was given the award but was upset that Al missed out.

Chris Roome's versatility in my opinion was/is down to his fine sense of pace. He is not a watch man but knows exactly how to pace himself at all distances. Andy Fox informed me that he Andy, always went out fast but if he faltered or started to fall back he knew Chris would be there to overtake him, generally with the words "went out too fast again Andy"

The secret of Chris's success is that he enjoys his running in both training and racing. Whilst fit, he kept at peak fitness by Racing. He had and still does have a caucus of Metros to train with. This was especially so in the London to Brighton training. However he always enjoyed his LSD on Sunday mornings on long training runs in Windsor Great Park. He then ran at the pace of the slowest,

usually me, but towards the end we would have a bit of fun by him taking a different route of three and half miles leaving the others to run a two and half mile route to the finish. Racing to the Gate house he was first home 50% of the time.

Whilst at peak fitness he attempted to run under 80 minutes for the half marathon. We were sure that he was fit enough but the Gods were unkind in that a strong wind got up and he failed by two minutes. Such was his reliability though that we were able to accurately estimate his time to the minute.

No doubt Chris will still add to his Trophies which are stacked along the supporting Beam in his Bungalow. His M & S winning vouchers however long since spent by his wife Sylvia.

Chris went through a quiet spell due to Injury but is slowly making a comeback, there are undoubtedly more P.B.'s awaiting in his new Age Group. First in the recent Metros 10K challenge! Could there be more glory. What is the winning time in the London Marathon 75-80 group?

Graham Haddon

John Gorton invites all Metros to join him in for a
Metros Christmas Party



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 23rd December around 9.00pm

Why not arrive around 8.00 pm to get into the party spirit
before the show!

Achievements

Well done to ...

Angela Keaney and Penny Rawlings for completing their first 5K.

Sam Dalton for a PB in the 5K

Margo Manning for persevering on Monday Night

Catherine Corcoran for making great progress with her comeback!



Merry
Christmas
& A Happy
'Olympic' New Year
Christopher Hudson
(+Fiona, James & Thomas)

Best Wishes
to all
Metros
and
Happy New Year
Jackie Cope

Merry
Christmas
and Happy
Running in
2012
Sarah



Wishing all Metros
and their families a
happy and healthy
Christmas and New
Year
Ann Marsden



Best Wishes to all
Metros for a
Happy Christmas
and Injury free
2012.
Marion Rogan



Wishing y'all a
super Christmas
and 2012
Sonya Grist

Thames Valley XC - Metros Host Event, Mad Bess Wood on 30 October

Thank you to all our course marshals for your help and support.
The other clubs commented how friendly, helpful and encouraging you
all were.

An excellent event and all the food went!!

Look forward to your support next year.....

Marilyn & Henry



Have a Merry
Christmas, and
Good Health to all
Metros and their
families.
Diane & Terry
Burke



Merry Christmas,
Happy New Year
and an injury free
2012
Brian & Pat
Jackson

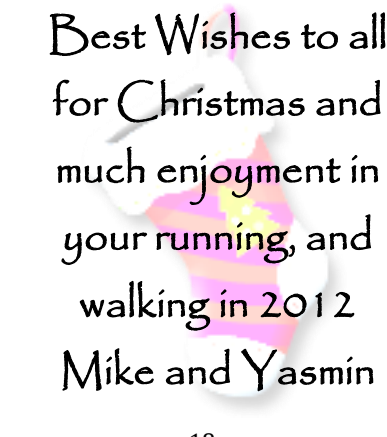


Merry Christmas and
may everyone have the
Olympic spirit in the
coming year.
Alastair & Jane
Scoffham



Every good
wish to all my
club members.

Janice Newman



Best Wishes to all
for Christmas and
much enjoyment in
your running, and
walking in 2012
Mike and Yasmin



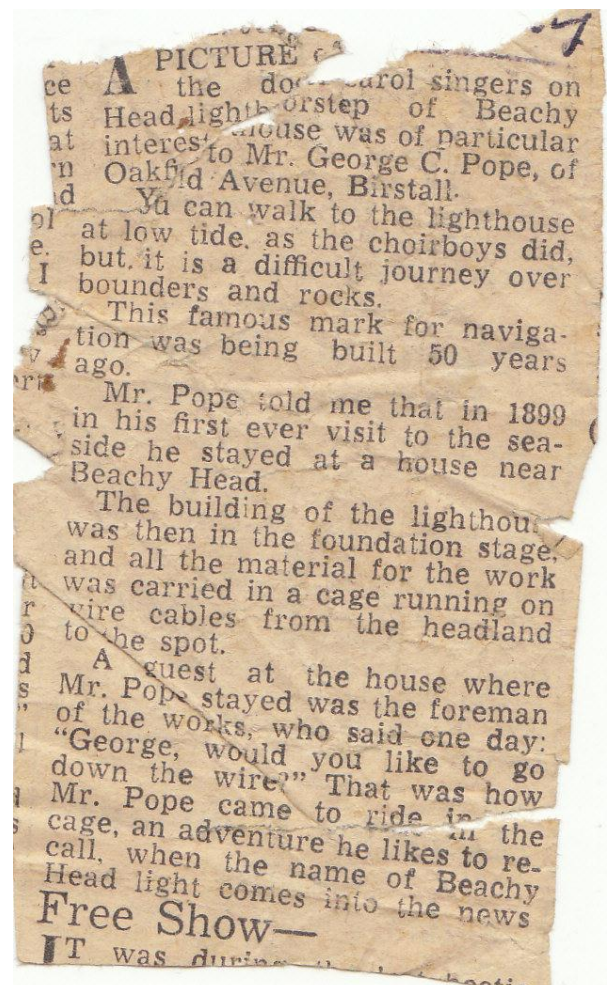
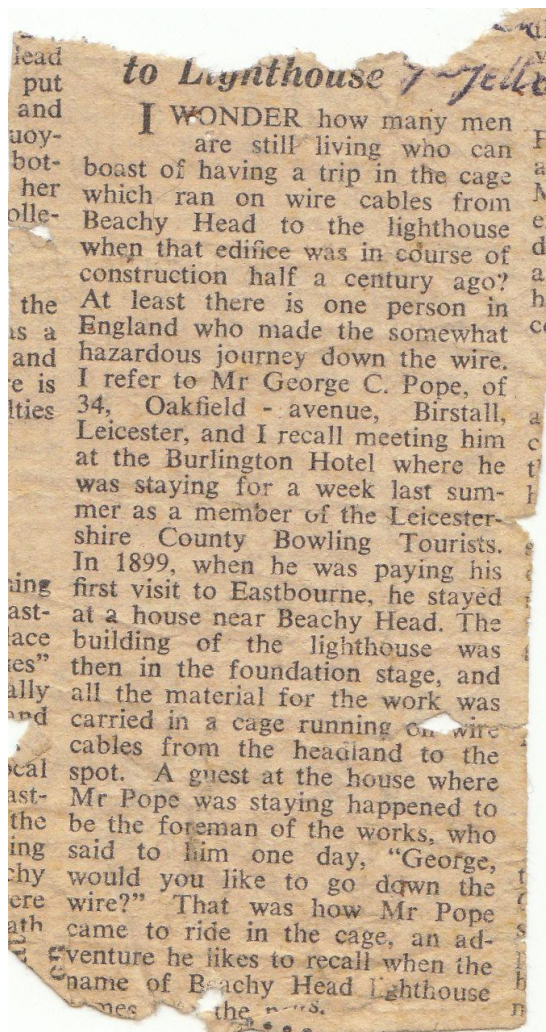
Bugger is it
that time of year
again!
Best wishes

Kev & Bev

THE BEACHY HEAD (OR SEVEN SISTERS) MARATHON

The first time I did the Seven Sisters Marathon (now the Beachy Head Marathon) in 1991, my mum gave me a couple of newspaper cuttings, which had been taken from the Leicester Mercury in about 1950, about my granddad going "down the wire" when the Beachy Head lighthouse was built in 1899. I said I would put them in Metrolines, and now, 20 years and 17 Seven Sisters and Beachy Head Marathons later, I am finally getting round to it!! I have found out a bit about how the lighthouse was built, to go with the (very tattered and brown) newspaper cuttings, which I thought might interest anyone who has done this marathon. Also, I have always counted the "seven!" sisters as I have gone round, and usually made it 8 (at least!!) and this year I was talking to a local runner, and he told me that in fact there are 8 sisters, but didn't know why they were called "The seven sisters" To confirm this I found some information in a book naming the 8 sisters.

Ann Marsden





How the lighthouse was built. Photo shows a temporary cable car transporting workers and stones to an iron ocean platform adjacent to the lighthouse, which is nearing completion.

The name Beachy Head appears as 'Beauchef' in 1274, and was 'Beauchef' in 1317, becoming consistently Beachy Head by 1724, and has nothing to do with beach. Instead it is a corruption of the original French words meaning "beautiful headland". The headland was a danger to shipping. In 1831

construction began on [Belle Tout lighthouse](#) on the next headland west from Beachy Head. It became operational in 1834. Due to cliff [erosion](#), in March 1999 Belle Tout lighthouse was moved more than 50 feet (15 m) further inland. Because mist and low clouds could hide the light of Belle Tout, another lighthouse was built in the sea below Beachy Head. It was 43 m in height and became operational in October 1902. For more than 80 years, the red-and-white striped tower was manned by three lighthouse keepers. Their job was to maintain the light, which rotates two white flashes every 20 seconds was then visible 26 miles (42 km) out to sea. The lighthouse was fully automated in 1983 and the keepers withdrawn. [Trinity House](#) announced in June 2010 in the five yearly Aids to Navigation review, that the light range would be reduced to 8Nm and the fog signal discontinued. In February 2011 the work was undertaken, and light range reduced to 8Nm by the installation of a new LED navigation light system. The fog signal was discontinued at this time.

Beachy Head Lighthouse

The present Lighthouse is 43m high, is located about 165m seawards of the cliffs and entered operation in October 1902. It had taken two years to complete and involved building a coffer-dam and a cableway from the top of the cliffs to carry



materials, including 3660 tons of Cornish granite, down

to the site. Pictures and information about this remarkable feat of engineering can be seen at the Beachy Head Countryside Centre. The Light flashes twice every 20 seconds and can be seen up to 26 miles (42km) out to sea. For over 80 years the Light was permanently manned by 3 Lighthouse Keepers, but it was fully automated and de-manned in June 1983. It is now monitored 24 hours a day from the Trinity House Operations Control Centre at Harwich in Essex.



THE SEVEN SISTERS

Like the famous white cliffs of Dover further east, the Seven Sisters (*above*) are a sight that stirs the blood of every patriot. They run from Cuckmere Haven, once the haunt of smugglers and the point where the River Cuckmere meanders its way to the sea, to Birling Gap which lies to the west of Beachy Head. Strangely enough, there are eight sisters, not seven – from west to east they are Haven Brow, Short Brow, Rough Brow, Brass Point, Flagstaff Point, Flat Hill, Baily's Hill and Went Hill Brow. Walking along them requires quite a lot of puff in places but the staggering views are more than ample reward.

Results

Beachy Head Marathon – 25th October 2011

Nathan Powell	3:55:55
Al Scoffham	5:36:24
Gerry Barker	5:45:58
Ann Marsden	7:24:57
Angela Murphy	7:24:56
Anne Leigh	9:30:58

Ricky Road Run – 30th October 2011

31	Steve Paull	1:06:28	
46	John Camprubi	1:08:33	
79	Peter Jose	1:12:42	1 st M60+
117	Peter Reynolds	1:16:13	
162	Simon Abery	1:21:00	
197	Dave Swan	1:24:54	
252	Derek Bamforth	1:32:18	

Marlow Half Marathon – 6th November 2011

Nathan Powell
53rd Chip 1:29:30 Gun 1:29:33
945 finishers

Stevenage Half Marathon – 6th November 2011

316	Gertrud Porter	1:51:20
407	Amanda Beuselinck	1:57:09
414	Jane Hudson	1:57:25



*Very best
wishes to all*

Gerry Barker

**Thames Valley XC League
Metros – 30th October 2011**
(Provisional Results)

Men

10	Richard Francis	0:35:35
50	Andy Fox	0:40:20
60	Kevin Smart	0:41:08
68	Jonny Jackson	0:41:51
	Pritesh Patel	
99	Terry Burke	0:45:06
123	Gordon Valentine	0:47:49
124	Al Scoffham	0:48:04
129	Mark Mulvenna	0:49:09
154	Gerry Barker	0:56:48

Ladies

43	Navi Dhillon	0:49:34
51	Jackie Cope	0:50:19
61	Gertrud Porter	0:52:42
71	Marion Rogan	0:54:10
74	Julia Allen	0:54:52
80	Sarah Westwood	0:56:12
84	Julia Buckley	0:58:50
85	Ann Marsden	0:59:12
86	Angela Murphy	0:59:18
87	Bev Singleton	1:00:15
92	Raquel Russel Ponte	1:02:19
95	Kath Donaldson	1:04:36
97	Sonya Grist	1:09:56

Team Results

(1st 6 men score – min. 2 vets,
1st 3 ladies score – min. 1 vet)

Men : 8 / 14

Ladies : 12 / 14

Overall : 10 / 14

See www.tvxc.org.uk for full results

I hope Santa brings
all Metros better
times for the New
Season xx

John Gorton

Wishing everyone
a Happy Christmas
and an injury free
new year
Judy, Nigel, Emma,
Peter and Matthew

Wishing you all a
very happy Xmas.
Thanks to Dave &
Andy for dragging
me up those hills
every week!!
Julia Allen

Here's to a
great running
year 2012

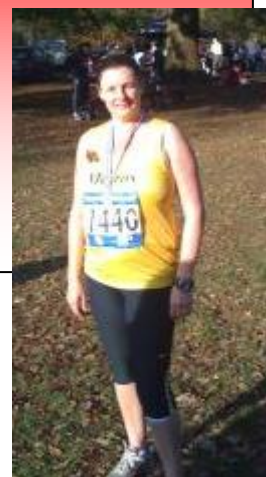
Jill Davis

Regents Park 10k – 6th November 2011

1		0.35:07
95	Pritesh Patel	0.44.22
295	(last)	1:17:31

Grand Union Half – 13th November 2011

2	Nigel Rackham	1:16:10	1 st MV40
140	Pritesh Patel	1:44:34	
352	Amanda Beuselinck	1:57:49	
834	Trefor Bark	3:14:44	



Luton Marathon 20 November 2011

1		2.35.23	
244	Steve Paull	3.49.11	(3.49.19 chip time)
490	(last finisher)	5.23.49	

Herbert's Hole – 20th November 2011

1		36.56
72	Pritesh Patel	48.13
170	Adam Leary	54.40
311	Last	86.21



Measured Mile - 12th November 2011

Nigel Rackham	5.06	Christopher Hudson	8.25
Tom Alder	5.30	Olivia Gill	8.27
Andy Fox	5.42	Stephanie White	8.29
Kevin Smart	5.46	Guy Bostock	8.31
Steve Paull	5.51	Dharmini Chikhliwala	8.41
Simon Aberly	6.32	Raquel Russell-Ponte	8.48
Caroline Day-Lewis	6.44	Lesley Boatman	8.55
Mark Mulvenna	6.45	Stephanie Stapleton	9.03
Navi Dhillon	7.01	Sonya Grist	9.09
Al Keaney	7.04	Freya Ball	9.11
Eleanor Murray	7.05	Gareth Hughes	9.36
Jane Hudson	7.12	Maria Bostock	9.55
Mike Ransome	7.15	Debbie Moynihan	10.09
Amy Kidd	7.21	Catherine Corcoran	10.11
Julia Allen	7.26	Angela Keaney	10.17
Tiffany Fontenot	7.32	Javier Hughes	est 10.18
Peter Stapleton	7.48	Penny Hudson	11.04
Steve Alder	8.03	Wendy Mulvenna	11.04
Errol Clarke	8.03	Reece Knowles	12.07
Irene Paull	8.14	Jeanne Coker	12.52
Ann Marsden	8.18	Judy Rackham	13.21
Rosemary Harrington	8.23		

Wet conditions underfoot and a lot of autumn leaves on the pathways today which may well account for slightly slower times from some of the faster runners but we are talking about a few seconds only and many runners improved on previous performance. Well done to all and a special mention for the two pairs of runners who obviously plotted to confuse the stopwatch by coming in together. You appear in the list in alphabetical order of surname and we trust that this particular feat will continue to be a rare occurrence. Chip timing for the park has been mooted, in jest of course, but it would help us decide who crosses the finish line first when it appears to be a dead heat. For the present in the interests of both economy and tradition we will carry on doing our best with the good old fashioned stopwatch. See you all again in February.

Angela and Teresa.

Thames Valley XC League Datchet – 13th November 2011

(Provisional Results)

Men

53	Jonny Jackson	0:38:50
62	Andy Fox	0:39:28
117	Terry Burke	0:42:58
146	Al Scoffham	0:44:56
163	Gordon Valentine	0:46:45
178	Mark Mulvenna	0:48:05
192	Dave Swan	0:51:25

Ladies

39	Navi Dhillon	0:46:55
46	Jackie Cope	0:47:42
87	Marion Rogan	0:53:18
108	Julia Buckley	0:57:32
113	Ann Marsden	0:58:26
117	Raquel Russel Ponte	0:59:34
124	Linda Gaitskell	1:05:29
125	Angela Murphy	1:05:30
128	Sonya Grist	1:09:44

Team Results

(1st 6 men score – min. 2 vets,
1st 3 ladies score – min. 1 vet)

Men : 12 / 14

Ladies : 12 / 14

Overall : 12 / 14

See www.tvxc.org.uk for full results



5k Race 19th November 2011

Position	Name	Time	Age Grading
1	Nigel Rackham	17:54	81.7%
2	Jonathan Collier	18:28	74.2%
32	Ann Marsden	28:38	74.1%
8	Peter Jose	22:28	74.0%
37	Raquel Russel Ponte	29:19	73.5%
14	Bob Manning	24:37	72.5%
23	Marion Rogan	27:10	72.4%
5	Andy Fox	20:13	71.8%
6	Kevin Smart	20:53	71.8%
7	Steve Paull	22:27	70.2%
38	Kath Donaldson	29:32	68.6%
3	Tom Alder	19:52	68.0%
25	Sarah Westwood	27:25	67.9%
9	Al Scoffham	22:59	66.9%
43	Sonya Grist	32:47	66.8%
4	Peter Rackham	19:56	66.1%
17	Eleanor Murray	25:30	63.8%
28	Christopher Hudson	27:53	63.8%
10	Ed Sherry	23:09	62.2%
15	Thomas Barry	25:23	62.2%
26	Gill Young	27:29	61.8%
29	Jane Hudson	27:53	61.7%
11	Andrew Collier	23:18	61.3%
12	Simon Abery	23:48	60.5%
13	Mark Mulvenna	24:12	60.5%
34	Teresa Young	28:59	60.1%
18	Caroline Day-Lewis	26:14	60.0%
19	John Gorton	26:16	60.0%
21	Julia Allen	26:53	58.6%
33	Ceri Jacob	28:47	56.3%
40	Irene Paull	31:26	56.1%
20	Sarah Metcalfe	26:52	56.0%
27	Paul Gardner	27:45	54.5%
36	Geraldine Gill	29:13	54.4%
45	Anne Ambrose	33:18	53.7%
49	Steph White	33:43	53.7%
24	Errol Clarke	27:10	53.4%
51	Linda Gaitskill	34:16	52.1%
52	Angela Murphy		

16	Sam Dalton	25:24	51.9%
53	Gladys de Groot	38:05	50.9%
50	Penny Hudson	33:49	50.2%
35	Guy Bostock	29:08	49.4%
39	Steve Alder	29:58	48.8%
42	Olivia Gill	32:00	48.4%
44	Debi Grewal	32:55	48.3%
30	Michael Sherry	28:00	48.2%
31	Harry Tomlinson	28:01	48.2%
54	Elish Fernandes	38:07	48.1%
22	Javier Hughes	26:54	48.0%
46	Angela Keaney	33:18	47.7%
41	Laura McBride	31:47	46.6%
47	Catherine Corcoran	33:29	46.3%
48	Penny Rawlings	33:30	45.9%

Another good turnout for the final 5k race of 2011 with 54 runners. Thank you all for supporting the runs during the year.

Well done to the first timers, we hope that you enjoyed it and come back for the 2012 series.

Our thanks to our party of helpers: Dave Young, Chris Roome, Dave Brown, Barbara Robson and Teresa Young and those who took down the tapes for us.

First 5k for 2012: Saturday 18th February

Merry Christmas to you all

Henry & Marilyn



Saturday 17 December @ 3pm & 7.30pm

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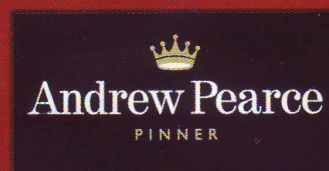
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BRADLEY & JONES

2011 Results

LRRC 2011 Results - Women								
Name	Finchley 20	Maidenhead 10	Marlow 5	Sudbury 10K	Burnham Half	Manches 10K	Cabbage Patch	Total
Angela Murphy	45	48	43	47	43	36	42	304
Ruth Tidder			48	49	47	48	50	242
Sarah Westwood		47	44		44	44	48	227
Raquel Russell-Ponte	48		45		42	37	44	216
Jane Hudson		50		48		47	49	194
Sue Davie	46			45		38	43	172
Harriet Copland	49			50	50			149
Judy Rackham	47				46	49		142
Julia Allen			47			45	47	139
Anne Ambrose				44		34	40	118
Donna Warren			49			50		99
Marion Rogan		49			45			94
Geraldine Gill				46		41		87
Louise Pearson						40	46	86
Penny Hudson						33	41	74
Gertrud Porter	50							50
Caroline Day-Lewis			50					50
Jackie Cope					49			49
Amanda Beuselinck					48			48
Carole Wells			46					46
Annie Kemp						46		46
Irene Paull							45	45
Jane Mayes	44							44
Ann Marsden						43		43
Karen Leary			42					42
Teresa Young						42		42
Sonya Grist					41			41
Kathleen Donaldson						39		39
Linda Gaitskell						36		36
Tharshika Navaratnam						32		32

LRRC 2011 Results - Men								
Name	Finchley 20	Maidenhead 10	Marlow 5	Sudbury 10	Burnham Half	Manches 10K	Cabbage Patch	Total
Nigel Rackham				50	50	50	50	200
Steve Paull	48	50	49				48	195
Thomas Alder			50	49		44		143
Peter Rackham					47	47	49	143
John Gorton		49	47	45				141
Kevin Watson	50				49			99
Nathan Powell	49				48			97
Jan Bek			48	47				95
Kevin Smart				46		46		92
Pritesh Patel				48		43		91
Gordon Valentine						37	47	84
Paul Gardner					46	35		81
Jonathan Collier						49		49
Mitesh Patel						48		48
Al Scoffham		48						48
Martin Rogan		47						47
Adam Leary			46					46
Andy Fox						45		45
Peter Reynolds				44				44
Matthew Daniel				43				43
Mervyn Stuckey						42		42
Derek Bamforth				42				42
David Young						41		41
Peter Jose						40		40
Matthew Rackham						39		39
Simon Abery						38		38
Andrew Collier						36		36
Michael Ransome						34		34
Peter Stapleton						33		33
Stephen Alder						32		32
Malcolm Pearson						31		31

London Road Runners Club Awards

The above Awards were duly presented by myself to the successful winners.

If you study the results you may notice a change to the usual format in that 50 points was awarded to the leading Metro and 49 to the second and so on. This superseded the old system when 100 points was awarded to the first Metro and 99 points to the second. Those of you who have a mathematical talent may notice that this would not have affected the overall result. A one point differential remaining a one point differential. Alastair Scoffham, Secretary no way to blame, but has taken upon himself to do 10 Star Jumps on Saturday morning as a penance

This really was a punishment handed down to latecomers on Saturday morning training. Do not worry it has long since been abolished, the Human Rights Act has a lot to answer for.

The winner of the Men's would have been the winner whatever the points award format, save perhaps Boulogne Runners Team award rules.

Nigel Rackham scored four out of four 200 points to win for the first time but surely not the last.

Second place was the previous winner (2008 2009) Steve Paull with 195 points.

Third place was shared between Thomas Alder and Peter Rackham with 143 points. It was good to see young runners making ground on all the old Vets.

The Ladies winner was Angela Murphy with 304 points, she was a thoroughly deserving winner having come second on four previous occasions and being placed in five other. Angela was in addition given an additional award for having competed in all the LRRC Races this year.

Ruth Tidder was second with 242 points and Sarah Westwood third with 227 points. I noticed they both were busy receiving other awards on Presentation night.

As usual the full results are printed in this edition.

Another attempt may be made to revamp the scoring format perhaps rewarding good placing by more than the one point as at present. Say like the motor racing point system where winners points are loaded. What do you think, let *me or the committee know. However whatever the format applied it would not have affected the results in this years competition. Well done to all.

*The Civil Service did send me to a secret government location to do Remedial Maths.

Graham Haddon
LRRC Co-Ordinator.

Measured Mile 2010 - 2011 Results

	13.11.2010	5.2.2011	7.5.2011	6.8.2011		Improvement over 3 consecutive miles
Irene Paull		10.50	10.36	9.07		103 secs
Dave Brown		9.33	8.20	7.51		102 secs
Andrew Collier		7.47	6.29	6.26		81 secs
Raquel Russel Ponte	9.11	8.59	8.24			47 secs
Karen Leary	9.23	9.07	8.54	9.06		29 secs
Gladys de Groot		10.11	10.00	9.43		28 secs
Jackie Cope		7.28	7.21	7.02		26 secs
Simon Aberly		7.11	6.48	6.46		25 secs
Nigel Rackham	5.01	5.02	4.56	4.48		14 secs
Christopher Hudson	7.48	7.43		7.40		8 secs
						Dropped

97 participants, a slight increase on last year's entry. A very close contest for the Measured Miler who improved over 3 out of 4 consecutive miles but the trophy goes to Irene Paull who is one whole second ahead of Dave Brown ! They improved by 1 minute 43 seconds and 1 minute 42 seconds respectively, Andrew Collier came third with an impressive improvement of 1 minute 21 seconds. Well done to all three of you and to all the Metros who improved their times.

A reminder of how to win the trophy for 2011 – 2012.

1. You must run 3 out of the 4 Measured Miles in November, February, May and August. (Usually 1st Saturday of the month.)
2. You must improve your time over 3 Measured Miles.

A tough challenge and some advance planning to be in the park for the four important Measured Mile dates. Good luck and good running.

Angela and Teresa

The next page has the rest of the competitors in alphabetical order.

Measured Mile 2010 - 2011	13.11.2010	5.2.2011	7.5.2011	6.8.2011
Adam Leary	6.33	6.40	6.46	6.58
Alun Davie	7.26			
Amanda Beuselinck		7.39		7.16
Andy Fox	6.00		6.00	6.09
Ann Marsden	8.40	8.56		
Anne Ambrose		9.16		
Anne Leigh				12.08
Bill Carter		9.09		
Bob Manning	7.42			
Carole Wells		7.54	7.40	
Caroline Day Lewis	7.00		6.40	
Catherine McMillan	9.15			
Ceri Jacobs		7.50		
Charlotte Reed		11.42		
Charlotte Van Ittersun			8.30	
Chonde Nkowan	8.29			
Dave Swan	8.30			
Dave Young	6.11	6.28		
Debbie Grewal	8.56			
Debbie Lewis			9.21	
Debbie Moynihan	9.38		9.34	
Debra Newman		8.57		
Devon Day Lewis			7.11	
Dharmini Chikhliwala			8.40	
Donna Warren			7.17	
Eleanor Murray	7.58	8.47		
Elish Fernandez			10.12	9.49
Errol Clarke	8.10	8.13		7.51
Freya Ball			10.06	9.26
Gail Berman		13.34		
Geraldine Gill	8.14	8.03		
Gordon Valentine				7.09
James Francis				5.44
Jane Hudson		7.44		
Jane Mayes	8.46			9.16
Janice Newman/Mike Ransome	9.18		8.36	
Jeanne Coker		13.19		
John Gorton		6.11	6.20	6.17
Jonathon Berman	8.04			
Jonathon Collier		5.16		4.51

Judy Rackham	8.28	8.33		7.23
Julia Allen	7.48		7.19	
Julie Swinger	8.55			
Karen Collier		8.12	7.57	7.47
Kath Donaldson	8.43	8.58	9.07	8.56
Kevin Eckersley	8.33	9.20	8.33	
Kevin Smart			6.11	5.56
Kirit Ardesha		7.19		
Kirit Ranpura	6.59			
Leila Du Toit		10.05		
Lily Berman		9.11		
Linda Gaitskell/Dave Young	9.05			
Louise Pearson				8.16
Maddy Plumridge			10.35	
Marion Rogan		8.26	8.12	
Mark Mulvenna	6.24		7.38	
Mervyn Stuckey	6.46		6.32	
Mike Billington	8.07			
Mike Ransome			7.06	7.10
Nathan Lewis			6.47	
Navi Dhillon			7.09	6.48
Olivia Gill		8.21	8.47	
Paul Gardner	6.53	7.35	6.58	7.05
Penny Hudson	9.45			9.02
Peter Beuselinck		7.02	6.37	
Peter Jose				6.41
Peter Rackham		6.09		5.17
Peter Stapleton	7.25		7.43	7.35
Preeti Khakharia				12.16
Pritesh Patel			6.06	
Raquel Russell-Ponte	9.11	8.59	8.24	
Reece Knowles/Dave Brown	11.14			
Richard Francis				5.46
Richard Young	8.20			
Rosemary Harrington			8.45	
Ruth Tidder	7.00			7.33
Sandra Cobbing	8.12			
Sarah Westwood	8.24	8.38	8.32	
Shelley Patrick		8.05		
Sinead McDonagh			8.28	
Sonya Grist			9.19	
Stephanie Stapleton			9.29	9.24
Stephanie White		10.41	9.31	
Steve Alder			8.21	8.16
Steve Paull	5.57	6.22	5.54	6.03
Sue Betts			11.43	

Sue Davie	8.25	9.44		8.58
Thomas Alder	5.33	6.40	5.20	5.54
Wendy Mulvenna			12.58	

10K Challenge Best Results for 2011

Gold Award

Name	Best Time	Best %
Nigel Rackham	35:08	86.70%
Chris Roome	52:03	77.14%
Steve Paull	42:37	76.98%
Kevin Smart	42:33	73.32%
Marion Rogan	55:24	72.90%
Andy Fox	41:36	72.62%
Bob Manning	51:32	72.06%
Peter Jose	48:18	71.60%
John Gorton	46:15	70.90%
Ann Marsden	61:22	70.90%
Mervyn Stuckey	46:51	70.60%

Silver Award

Name	Best Time	Best %
Jonathan Collier	41:39	69.57%
Dave Young	46:37	69.19%
Kath Donaldson	60:55	68.19%
Jane Hudson	52:00	67.80%
Tom Alder	42:30	67.10%
Caroline Day-Lewis	48:52	66.57%
Sarah Westwood	57:42	66.08%
Judy Rackham	53:56	65.32%
Al Scoffham	49:28	64.67%
Dennis Speight	48:20	64.60%
Angela Murphy	62:40	63.50%
Ruth Tidder	50:09	62.89%
Raquel Russell Ponte	72:04	62.29%
Donna Warren	50:40	62.25%
Peter Rackham	44:12	62.10%
Teresa Young	57:34	62.00%
Gill Young	55:57	62.00%

Bronze Award

Name	Best Time	Best %
Carole Wells	61:30	61.16%
Gemma Wilson	55:40	61.00%
Dave Brown	56:23	60.80%
Adam Leary	49:45	60.25%
Mike Ransome	56:20	59.80%
Simon Abery	50:11	59.26%
Peter Beuselinck	51:23	58.79%
Gordon Valentine	55:40	58.00%
Irene Paull	63:18	57.10%
Andrew Collier	52:16	56.50%
Dave Swan	56:49	55.40%
Louise Pearson	56:35	55.07%
Rosemary Harrington	63:52	55.00%

Other

Name	Best Time	Best %
Julia Allen	59:00	54.68%
Paul Gardner	57:45	54.47%
Geraldine Gill	60:07	54.14%
Errol Clarke	56:18	53.20%
Ann Ambrose	68:21	52.88%
Jonathan Berman	58:49	52.60%
Peter Stapleton	58:24	52.56%
Debbie Moynihan	72:04	52.19%
Gladys de Groot	76:25	51.30%
Sue Davie	64:50	51.20%
Chonde Nkowan	63:07	50.70%
Kerry Jeliaskova	61:04	50.30%
Penny Hudson	72:05	47.70%
Kevin Eckersley	69:55	45.74%

Metros M.B.E. AWARDS 2011
(Metros Best Efforts)

KEVIN SMART

Men 50-59

200m	26.7	18 July
800m	2.42.3	18 July
3000m	11.48.10	6 June

MIKE RANSOME

Men 60-64

100m	14.6	9 May
200m	30.0	18 July
400m	74.1	20 June
800m	2.57.7	18 July
HJ	1.15m	9 May
LJ	3.30m	6 June
TJ	6.93m	6 June

TERRY BURKE

Men 60-64

1500m	5.49.2	20 June
3000m	12.15.1	18 July
2000m Walk	11.50.4	9 May
DT	17.5m	20 June
JT	19.94m	18 July
SP	5.43m	9 May

MARK MULVENNA

Men 40-49

100m	15.1	20 June
200m	30.1	9 June
1500m	6.25.2	20 June
LJ	3.27m	18 July
TJ	7.25m	20 June
JT	8.19m	18 July
SP	6.43m	9 May

NIGEL RACKHAM

Men 40-49

800m	2.22.9	18 July
3000m	9.41.8	18 July

MARILYN PICKFORD

Women 60-64

100m	18.9	9 May
200m	41.0	18 July
400m	1.41.5	20 June
800m	4.02.70	6 June
TJ	5.32m	20 June
DT	11.10m	20 June
HT	6.15m	6 June
JT	12.34m	20 June
SP	5.68m	9 May

GLADYS de GROOT

Women 60-64

2000m Walk	15.20.7	20 June
LJ	2.46m	6 June

ANN MARSDEN

Women 65 +

100m	19.1	20 June
200m	41.7	6 June
400m	1.41.0	20 June
800m	3.52.20	6 June
3000m	16.4.6	18 July

PAT JACKSON

Women 65+

2000m Walk	15.36.4	9 May
DT	8.44m	20 June
HT	11.09m	18 July
JT	5.44m	20 June
JT	5.44m	20 June

BRIAN JACKSON

Men 70+

DT	14.58m	20 June
JT	14.52m	20 June

Help raise funds for the new gantry!

Join us for the
Harrow Hill Trust
QUIZ NIGHT

Saturday 25 February 2012

Arrive 7.15pm, quiz starts promptly at 7.30
Christchurch Roxeth

Prizes for the winning team

Water and snacks provided

Wine and soft drinks available

The return of the 90s quiz team

(Alastair Lack, Judith Mills, Lysiane Bysh, Tracey Bohane)

...and **only £9** per ticket if you book this year!
(£10 in 2012)

Tables of 8: create a team or come alone and
we'll find you one!

Please return the slip below with your cash or
cheque to book your space.

Any questions?

Email alletts@aol.com or call 020 8422 3973

To reserve your space, please complete and return this slip (with payment) to:
Sue Allett, 25a Middle Road, Harrow on the Hill, HA2 0HW

Name _____ No. of tickets _____

Address _____

_____ Phone _____

Table booked in the name of _____

Cash / cheque (payable to Harrow Hill Trust) enclosed for £ _____

First Aid Course

Paediatric First Aid Courses - OFSTED compliant

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

Hi Viz Kit

The committee is looking into the purchase of some reflective bibs/vests for members to buy. They will cost in the region of £8.50 each. We need an order of 23 minimum to make this viable. If you are interested in buying one, and would like to see an example please speak to Pat at the Saturday morning session.

Metros REGULAR RUNS

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

Not every week – please phone Anne to confirm

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

Runners' Recipes

Mincemeat & Marzipan Teabread

Ingredients

- 220g/8 oz self-raising flour
- 100g/4 oz cold butter, cut into pieces
- 85g/3 oz light muscovado sugar
- 85g/3 oz marzipan, cut in to 1/2 cubes
- 2 eggs
- 300g/10 oz mincemeat
- 2 tablespoons sliced almonds
- icing sugar, for dusting

Directions

1. Preheat the oven to 180c / gas 4 / fan 160c.
2. Butter a 2lb loaf tin and line the base with greaseproof paper.
3. Tip the flour into a bowl, add the cold butter and rub until the mixture forms fine crumbs. Stir in the sugar and marzipan cubes.
4. In another bowl, lightly whisk the eggs, and then stir in the mincemeat. Stir this into the flour mixture until evenly combined.
5. Spoon in to the prepared loaf tin, smooth and sprinkle the flaked almonds over the top.
6. Bake for 1 hour until the tea bread is risen and golden brown, or a skewer inserted comes out clean.
7. Lightly dust the tea bread with icing sugar while it is still hot.
8. Allow to cool in the tin for 10 minutes then tip on to a wire rack to cool completely.



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: 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

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