



etrolines

December 2012

Issue No. 291



Christmas will be coming early to
Roxbourne Park
9.00 am on Saturday 22nd December
Dress festively to add to the fun.
Lucky Dip for all children under 12.



**Barn Dance Tickets on sale now.
See inside for details.
Get yours early to avoid disappointment!**



Merry Christmas!

Metros Diary

DEC

Sat 1	5 Mile Handicap, Roxbourne Park	8.50 am
Wed 5	Committee Meeting	8.00 pm
Sat 8	Draw for London Marathon places	10.00 am
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	Judy & Nigel's Christmas Drinks Party	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	Cliveden Cross Country	10.00 am**
Sat 12	5 Mile Walk, Roxbourne Park	9.00 am
Sun 13	TVXC – Tadley	11.00 am
Sat 19	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 20	Fred Hughes 10, St Albans	9.30 am***
Sun 20	TVXC – Bracknell	11.00 am

FEB

Sat 2	Measure Mile, Roxbourne Park	9.20 & 9.40 am
Sun 3	Watford Half Marathon & Junior Challenge	10.30 am****
Wed 6	Committee Meeting	8.00 pm
Sat 16	5K Run, Roxbourne Park	9.15 am

MAR

Sat 2	5 Mile Handicap, Roxbourne Park	8.50 am
Sat 2	Metros Barn Dance, Ruislip Social Club	7.00 pm
Wed 6	Committee Meeting	8.00 pm
Sat 16	Wot No Watch	9.20 & 9.40 am
Sun 17	Finchley 20 TROPHY RACE	9.00 am

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

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

** <http://burnhamjoggers.co.uk/clivedenxc/>

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

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

TVXC – Thames Valley Cross Country



Happy Christmas and
Happy running for
2013.

Sasha and Sam

Note from the Editors!

Welcome to this bumper edition - Merry Christmas and a successful running New Year to all Metros!



Jane and Penny Hudson

Happy Christmas & Peaceful New Year to all Metros.

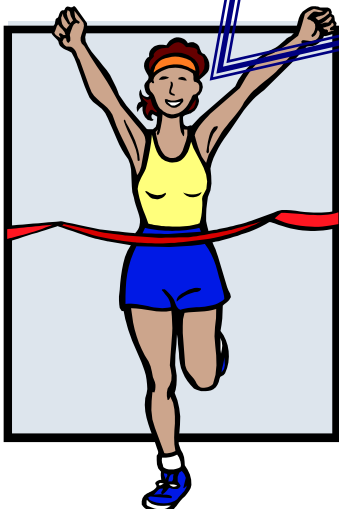
Mike and Margaret Billington



Welcome

Pauline Bishop, Kenton
Daniel, Thomas and James Collier,
Pinner
Gagan Khullar, Pinner
Hilarie Lemon, Pinner
Sonny Peart, Harrow

Elected at the November meeting



*Wishing you all good cheer and some fun
When you've opened your presents, then go for a run
You'll be ready for dinner and some Christmas pud
You'll have been for a run, so you know you'll feel good!*

Kath and David

Cross Country

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

09/12/12 Handy Cross

16/12/12 Metros

23/12/12 Reading

13/01/13 Tadley

20/01/13 Bracknell



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

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.

Can
You Help!



Host Fixture
of the
Thames Valley League Cross Country

Sunday 16th October 2012

Race start 11.00 a.m.

Start & Finish

Mad Bess Cottage, Breakspear Road North, UB9 6LZ

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

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

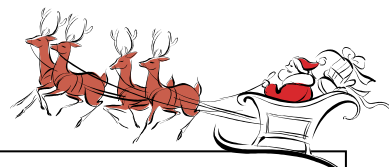
Offers of help for the refreshments or to help at the Finish to

Jane & Al Scoffham: 01895 270 245



The very best wishes for Xmas and the
New Year to all Metros

From John and Karen



A Merry Xmas and injury free New Year
to all Metros and families

Chris, Sylvia and Steve Roome

Virgin London Marathon 2013 - Club Place Draw

We have been offered ONE club place this year and I will be holding a draw on Saturday 8th December after the training session for those of you who were unsuccessful in obtaining a place in the 2013 Virgin London Marathon.

Please get your rejection slips to me as soon as possible. I will accept verbal applications depending upon circumstances

The criteria to be included in the draw is as follows

- You must have had your 2013 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 2012.*

* 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



Wishing everyone a very happy Christmas and a new year full of injury free running!

Judy, Nigel, Emma, Peter and Matthew

Wishing all Metros and their families a happy, health Christmas and New Year.

Ann Marsden

Achievements

Well done to ...

Nathan Powell for beating 3 hours in the Abingdon Marathon.

Penny Rawlins and Sandra Young for completing their first 10 mile race.

Nigel Rackham - currently ranked no1 in the UK for 10 miles in the V50 category.

Ben Sellar-Moore for a 10K PB in Brighton.



*A very Merry Christmas to all
Metros and families and happy
running in 2013*

Angela and Brian Murphy



Happy Everything to Everyone!

Sonya and Nigel

*Felices Fiestas
Navidenas,
Love Raquel x*

A date for your (new)
diary – July 20th
2013, SVP Marathon
+ party in the evening
for everyone who
knows us.
Merry Christmas

Steve and Irene



Peter and I were spending a couple of nights staying with a friend who lives about 30km north of Reims. She grew up in the area and her parents neighbours are champagne producers so she tends to shun other wines and knock back the local produce in a way I'd love to be able to bankroll! It was very tough to limit myself to just the two glasses of champagne the night before the race.

I very nearly didn't get to the start on time - my friend had devised a cunning plan which involved driving all the way round the city to a tram terminus so we'd have no problems with traffic after the race. Unfortunately she didn't double check the tram schedule and it transpired that there were 40 mins between trams, we'd just missed one and at the point we discovered this it was 35 mins until the start! I was beginning to panic as I like to get to the start really early, take in the atmosphere and psyche myself up. If I did get to the start before the gun, I was going to have to fast track the psyching.

We jumped in her car and headed for the centre of town. Oh oh, the autoroute exit for the centre of town/cathedral was blocked off. We took the next one and got as far in to town as possible before Peter and I bailed out of the car and headed at top speed on foot to the start line. I got there, fortunately, with about 5 minutes to spare. A great warm up, as it turned out.

The start corral atmosphere was great - banging tunes from the PA system and lots of jumping, whooping and dancing.

There were around 4,000 runners for the full/half mixed start. It made things kind of difficult to get a good pace going in the first few miles as the first quarter of the race was effectively a tour of the city centre and took in all the main monuments, hit some tricky cobbled sections and had lots of sharp turns which saw us grinding to a virtual halt at times as everyone was pushed together at the narrow points.

The next quarter was a long slog out of town to the east - I know we were going east because the sun was low, bright and directly in my eyes for the whole time. I spent the entire time wishing I'd worn my skip cap. It was low to mid-twenties temperature wise and I was feeling the heat - I'd been running in cold, torrential rain a few days previously and wasn't expecting to run in such high temperatures again this year. Every water stop I took a bottle and squooshed it over me.

At about 12km we had the "cone" i.e. we were on an out and back and had to birl round a roundabout made of crowd barriers and head back into town. Whereas the route out of town was pretty grim and had huge, empty factory blocks all along

the road, on the way back to Reims we were routed along the canal and that was much more pleasant to look at.

At this point I've got to say how much fun running a race in France is. They really lay on the food and drink for you and the runners love it. Imagine running along in a tightly packed group when all of a sudden the road clears ahead of you and everyone dives to the side. They've just spotted a trellis table laden with all sorts of goodies - oranges, cakes, bananas, you name it. Forget PBs. When there's food on offer these guys take the opportunity to enjoy it. I laugh every time I see it happen.

At 18km the full and the half marathon groups split and I could sense we were getting closer to the centre of town - the crowds were getting bigger and more vocal and it helped put a bounce in my step. I had been starting to flag at this point - the heat wasn't helping and I also seemed to be running through treacle putting in a lot of effort but not making much progress in relation to those around me.

I spotted Peter and my friend Nathalie at 19km and that too gave me a boost. However, the next two km seemed to go on FOREVER!

A lot of people didn't quite make it over the finish line. Sadly there were around 6 or 7 people I saw in those last few kms who had keeled over - I guess mainly from the heat. I really hope it was just a temporary problem and nothing serious.

I couldn't wait to get over the finish line. The Garmin had clicked to 13.1 miles and still I had to keep running. Eventually there was a right turn, the sound of a PA announcing names and thankfully the inflatable "Arrive" spanning the road and I chugged along towards it.

The finish chute was a bit mental. Huge numbers of paramedics and support staff just over the finish line which, I don't know about you, but makes me feel squiffy even though I'm not. I sucked up the bottle of water I'd grabbed at the final water station and wandered on to join a huge queue outside the tents which housed the "revitalissement" i.e. about 100m of trellis tables crammed with sugar cubes, sweets, cakes, fruit, water.....you name it, it was there. Unfortunately this wasn't particularly well organised so I must have stood for 15 mins shuffling slowly forwards and waiting to enter the tents. I was desperate for some more water and nearly fell upon a marshal who had seen a lot of us were struggling in the queue and had started dishing out bottles of water to those of us waiting patiently. It was like nectar. Once re-hydrated I started making the most of this opportunity to practice my French and began chatting to some of the other runners - great to talk marathons, drinking and PBs and it certainly passed the time.

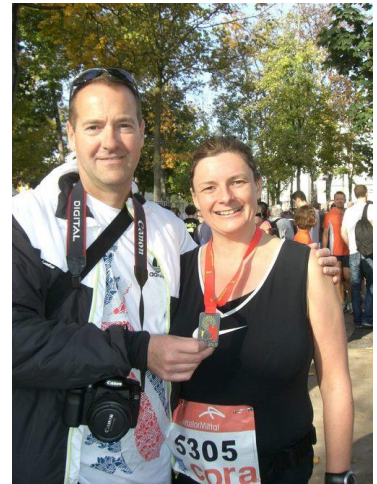
Finally I'd had my fill of fruit, I'd passed through the tents and happened upon the Powerade stall. I laughed out loud as I spotted the guy dishing out the drinks was sucking on a cigarette.....only in France!

No bag to collect as Peter had carried it for me, so I met up with him and my mate and we headed to the local leisure centre where they had kindly laid on showers for the use of the runners.

Another excellent opportunity to practice my French as I sought directions and then reassurance from one of the girls working there that she really did mean that I had to get changed in that communal changing area along side all those naked (and very athletic looking) men. She listened patiently when I told her I was going to find it difficult to walk around as I had forgotten my towel and would need to dry myself on a jumper. But after a while it didn't seem particularly important as nobody else seemed to be bothered about the small matter of covering their dignity.....when in Rome (or Reims).

I think I left the leisure centre more flustered and a few shades redder than I had been when I finished the race. My French friend laughed when I told her my experiences inside "it's the French way" she said, with a shrug of the shoulders.

In summary, I enjoyed the race, very flat terrain with some lovely historical sights along the way, but in equal measure there was some pretty grimy, industrial sections which I could have done without.



A very happy Xmas to all.

Julia Allen



Merry Christmas to you all and a prosperous and healthy New Year!

Ruth Tidder



Best wishes for Christmas and a happy, healthy New Year.

Brian and Pat



All the best!

Kev and Bev

Important announcement regarding England Athletics Affiliation 2013-17

I have had a communication from England Athletics regarding our affiliation from 2013 -2017. 92% of the funding they receive comes from Sport England, sponsorship and other Government sources. Only 8% of the funding comes from affiliation and membership revenue.

In these times of austerity we have to recognise that our sport is under pressure just like other core Government funded areas such as the Police, NHS and Education to name a few.

What this actually means is that with less Government support the short fall has to be made up in other areas

Yes you got it in one! They are going to put the fees up!

Below is a grid outlining Membership Affiliation Price Structure from 2013-2017

Club affiliation	£50	£50	£50	£50
Senior athlete membership	£20	£21	£22	£23
Off track membership(for example road and XC-not covering track & field athletics)	£10	£10	£10	£10
Under 17 athlete membership	£15	£16	£17	£18
Athletic 365 (U11's) membership	£15	£16	£17	£18

So it looks as if most of us will only have to pay a mere 100% increase. Those of us who are track stars will have to pay for the privilege. I am not sure yet if this effects the Southern Vets events but I will advise when I find out.

The reason given for the cost of under 17's

'Athletes aged under 17 at the time of registration receive individual membership including a competition licence'

The reason given for the cost of under11's

'Package includes goodies for the young athlete, Information for parents and also enables clubs to access additional support'

This is only a very brief summary of a large glossy book I received.(A simple e-mail would have saved them a lot of money...Sorry, must not be sarcastic about our glorious England Athletics)

If anyone would like more information give me a call on 01895 270245 or e-mail me on almetros@yahoo.co.uk

Al Scoffham
Hon. Secretary

I'm with the Woolwich

By Steve Paull

The Woolwich Foot Tunnel was opened on the 26th of October 1912. I didn't know of its existence until a few months ago.

I suspect a lot of people are/were like me. The Greenwich Foot Tunnel, yes we've all heard of that, but Woolwich seems to be the lesser known "poor relation". It's actually a more pleasant experience walking through the Woolwich than the Greenwich. More airy. Less rundown.

Now to celebrate the centenary of the Woolwich, a gentleman named Tad Lancucki decided to organise a marathon through it (Now you see where I'm coming from in this piece). He'd organised one in the Greenwich a few years ago and now it was "little brother's" turn.

All was fine and dandy until Tad suddenly passed away earlier this year. His friends, in his honour, decided to press on with organising the race and on 26th October 2012 about 80 of us lined up in the tunnel to compete in his marathon. Did we run the whole of the race underground? Actually, no we didn't, although that was the original plan and it was what I was prepared for. The Greenwich event was all underground, but Woolwich has barriers in places along its length to stop cyclists. It would have been extra awkward.

I was told that the portaloos in the Greenwich were somewhat "interesting" afterwards, as was the bringing of them back to the surface, which the organisers had to do!!

Tad's family were at the start and we walked the length of the tunnel with them leading, before ascending the spiral staircase to the surface and then proceeding to run.

Now things became more normal. Four times up and down the Thames path towards Erith was the route. It was the day of that first "cold snap" of the autumn. The northerly wind blew off the Thames, which was right alongside us, into our faces. There was no cover.

Before the start, in the warmth of the adjacent leisure centre, we had been asked by the police that if anybody fell in the Thames, to take note of their position and shout it out to anybody who might hear, to make the finding of the body easier later. I kid you not. I think this was serious.

Most of the route was path, although there was an off-road, stony, trail section, perhaps where the local authority had budget cuts and couldn't finish the job, like Whitmore Road, where I live.

I had started the race at the very back (photographs had been taken in the tunnel and, because of my height, I am usually at the back) and was running along picking people off. The out-section seemed to be taking too long so I looked at my watch-it must be long, what should I do? Suddenly the leading group came towards me telling me to turn around. We had all missed the turn round point and had gone too far! With most of the field now back together we worked out where the turn should be and would use that point for the remaining three laps.

It was still cold, but the returning leg was less windy and thus more pleasant. As the laps went by runners would greet each other in passing. That bloke who dresses as Superman was there (I think he enters races as Clark Kent!!). He was taking a blind runner round. There was time to watch some of the life on and around the river. Planes would soar away from the City Airport, tugs would pull laden barges or ocean-bound freighters and the two Woolwich ferries would nip in out of this in their short journey across. An everyday story of life in London on a work-day Friday.

**Live Irish
Ceili Band**



BARN DANCE



Saturday 2nd March 2013
7pm – 11.30 pm

TICKETS NOW AVAILABLE
on Saturday mornings,
via run co-ordinators or
contact Penny Hudson



Adult - £15
11-17 - £7.50
Under 11 – Free
(Includes Buffet)



Venue: Ruislip Social Club
Grosvenor Vale,
Ruislip, Middlesex,
HA4 6JQ
Bar Available

Rutland Water Marathon

by Mandy Beuselinck

On November 4th Jane Hudson and I completed our first trail/road marathon, there were cattle grids, it rained constantly from about 6 miles, it was around 2 degrees, muddy and several times the trail was submerged by ankle deep, icy cold puddles - no way round, had to plough through.

I was really looking forward to this marathon as the reviews and the build up I'd read really raved about the scenery. Indeed, it was really pretty. It would have been much prettier in the sunshine (or just lack of rain) I'm sure, but you can't de-pretty pretty just because it is wet. Along with some very hardy supporters we stayed in a well chosen hotel as it was just 10 mins walk along the trail to the start line. We made our first walk to the start line around 8am, getting there 10 mins later to be greeted by this:



And that was it. No portaloos, no crowds, no chip mats, nothing. Fair enough, by the time we'd decided to walk back to the hotel to have a cup of tea and wait in the warmth and use the toilet facilities (again), two vans had rocked up and were unloading the chip mats and inflatable start sign, but it really was very underwhelming.



This is Jane and me before we started - cold, but dry and a wee bit nervous:

I felt sorry for the other competitors who hadn't booked into our hotel (Normanton Park Best Western) as once they'd walked the 20 mins from the car park there were no facilities at all for them and it was bitterly cold.

As I said, the course was pretty, but very lonely as the runners spread out very quickly and there was very sparse support. Fortunately Jane and I had a support team of 6 who caught us 6 times over the

course and their cheers were very welcome! Here are a few of them, totally drenched, freezing but still managing to smile (thanks Peter, Steve, Irene, Mike, Penny and Amy - not just from me but I believe they cheered on, or heckled, several other runners on the route):



The course was tougher than I expected. I'd trained on trails in France recently including my last 20 miler but not in the same weather conditions. Due to the weather I decided to keep my waterproof jacket and gloves on as it was so cold and wet - they were sodden by the time I finished but I don't think I could have done it in a t-shirt. That all added to the discomfort of running in something different.

The organisers really seemed to run this race on a shoestring budget - there were very few marshals, but where we did see them they were very enthusiastic - a bunch of sea cadets who were bouncing around and cheering. Fair play to them. There were only distance markers every 3 miles which made it really hard to keep motivated between such long distances and the water stations were only offering cups of water, no bottles. Two did offer High 5 Gels which I woofed down.

The low point was around 22 miles when I was struggling anyway - my old calf injury from July suddenly decided to recur in a big way. I was left hobbling along and had to walk whenever I encountered an uphill segment. It really was no fun. I was so close to quitting several times, but my sheer stubbornness kept me going. The finish (which my Garmin told me was 26.43 miles....how so?) was extra cruel. The organisers had placed it up a hill with a cattle grid (hadn't bothered to get a marshal to hold the gate open for those of us who had battled through 26 odd miles and didn't fancy taking their chances on the combination of muddy trainers and thin metal bars), then we had to cut across an uneven, muddy, grassy hill for about 150 m before crossing the most underwhelming finish I've ever experienced. There was a bloke in gazebo tent who gave me a small plastic bag containing a wire brush type material technical vest promoting the organising company and not specific to the marathon, a cardboard certificate of completion, two gels and a pumpkin seed bar. I nearly missed the refreshments - a half full plastic cup of water.

I must say, I was fairly appalled by the lack of attention given to runners at the end of the race. There were no foil blankets or hot drinks on offer, no changing facilities and if I hadn't been fortunate enough to have had a late check out at the local hotel and a warm shower to be whisked off to, I would have been worried about getting ill at the finish line.

So, sad to say I won't be entering the race again which is a shame as the course was lovely, but under the current organisation I'll find some other race to spend my cash on. Quite a baptism of fire into the world of trail marathons.



Beachy Head Marathon 2012

Why Oh why do I always keep returning to this Marathon, must be losing my marbles.

It was a dry but very cold and windy day, so put on three layers. Headed up to the start with Ann Marsden and Angela Murphy and set off up and over the first hill.

Angela and Ann went on ahead and I just jogged and walked. On my round there was Jeanne Coker as usual popping up here and there supporting. Many thanks to Jeanne.

I eventually finished before it was dark, meeting up with Ann to walk back to the Hotel. Telling her that this was my last one.

We did not do brilliant times but after all these years who cares. We were all over 7 hours except John Gorton.

Congratulations to Ann Marsden, Angela Murphy and John Gorton and any other Metro who competed.

Wonderful weekend yet again.

It seems that already I have changed my mind and will entering again next year.

Look forward to being there next year.

Anne Leigh



Results

Moor Park 10K – 30th September 2012

Apologies to Kath Donaldson for missing her out of the results last month.

719 Kath Donaldson 69:02

Ridgeway Run – 14th October 2012

1		0:57:19
355	Gordon Valentine	1:29:35
438	Ruth Tidder	1:35:12
463	Julia Allen	1:38:08
508	Sarah Westwood	1:43:40
544	Ann Marsden	1:53:29
559	finishers – last	2:14:47

Lungbuster Duathlon – 20th October 2012

	Run	T1	Bike	T2	Run	Total
1						1:27:20
98	Harriet Copland	37:37	1:39	1:09:44	1:14	2:15:39
106	finishers – last					2:29:35

Abingdon Marathon – 21st October 2012

1		2:32:05
67	Nathan Powell	2:57:38 PB
732	finishers – last	5:41:17

Reims Half Marathon – 21st October 2012

1		1:01:50
1358	Mandy Beuselinck	1:49:07
3004	finishers – last	4:50:20



Cabbage Patch 10 – 21st October 2012

1		0:47:37	
15	Nigel Rackham	0:55:10	1 st M50
38	Richard Francis	0:58:51	Harrow
214	Steve Paull	1:08:14	
533	Peter Jose	1:17:02	
751	Simon Abery	1:22:21	
776	Donna Warren	1:22:51	
867	Glyn Watkins	1:24:42	
975	Jane Hudson	1:26:45	
1011	Ruth Tidder	1:27:19	
1117	Judy Rackham	1:30:02	
1131	Paul Gardner	1:30:30	
1285	Sarah Westwood	1:35:26	
1436	Irene Paull	1:40:56	
1463	Angela Murphy	1:42:49	
1564	Penny Hudson	1:50:57	
1565	Sandra Young	1:50:58	
1568	Penny Rawlins	1:51:08	
1596	Raquel Russel Ponte	1:55:29	
1642	finishers – last	2:41:39	



Serpentine Last Friday of the Month 5K 26th October 2012

1		15:20
45	Mitesh Patel	19:16
295	finishers – last	38:20



Ricky Road Run – 28th October 2012

1		0:51:50
35	Steve Paull	1:06:13
131	Donna Warren	1:18:23
135	Peter Reynolds	1:18:41
189	Glyn Watkins	1:25:09
205	Jane Hudson	1:26:29
209	Derek Bamforth	1:27:12
212	Marion Rogan	1:27:12
235	Paul Gardner	1:29:41
241	Julia Allen	1:30:10
277	Irene Paull	1:41:41
289	Penny Hudson	1:55:18
289	finishers	



(Distance approx 9.5 miles)

Woolwich Foot Tunnel Marathon - 26 October 2012

17th Steve Paull 4.04.56

79 finishers



Run to the beat half marathon 28.10.12

1		
544	Mitesh Patel	1:34:31
12 215	finishers	



May 2013 be as good a
sports year as 2012.
Good Running

Jane and Al

Happy Christmas & New
Year.
Hope to see you all again
soon.

Jackie Cope

Beachy Head Marathon – 27th October 2012

1		3:09:52
50	Nathan Powell	3:44:21
518	John Gorton	4:59:11
876	Gerry Barker	5:48:32
1141	Angela Murphy	7:34:12
1142	Ann Marsden	7:34:12
1279	Anne Leigh	8:49:39
1299	finishers – last	9:10:58



Rutland Water Marathon – 4th November 2012

1		2:49:31
142	Mandy Beuselinck	4:11:39
206	Jane Hudson	4:32:42
327	finishers – last	6:49:58

Marlow Half Marathon – 4th November 2012

1		1:16:20
34	Nathan Powell	1:30:43
250	John Gorton	1:47:50
579	Harriet Copland	2:06:19
802	finishers – last	3:05:42

I beat my 10K PB at the weekend, 38.42 at the Brooks Brighton 10K, fastest man was 30 mins, fastest lady 32:34 - blimey !! The weather was beautiful and a well organised event. I think I was the fastest Moustache over the line. If you would like to sponsor me for Movember please visit the link below:

<http://mobro.co/BrightonVillagePerson>

Cheers all Ben Sellar-Moore

Winner	30.00
Ben Sellar-Moore	38.42
Geraldine Gill	64.26



Wot No Watch – 20th October 2012

	Predicted	Actual		Diff (s)
Marilyn Pickford	8.45	8.45.81	+	0.81
Debbie Moynihan	9.45	9.45.88	+	0.88
Penny Hudson	9.00	8.59.04	-	0.96
Peter Jose	6.31	6.32	+	1
Nigel Rackham	5.10	5.08	-	2
Andy Fox	6.25	6.22	-	3
Sarah Westwood	8.19	8.16	-	3
Janice Newman/Judy Rackham	8.21	8.25	+	4
Ruth Tidder	7.10	7.14	+	4
Adam Leary	6.30	6.35	+	5
Penny Rawlins	8.45	8.51	+	6
Sandra Young	8.45	8.51	+	6
Simon Aberly	6.35	6.29	-	6
Paul Gardner	6.52	6.45	-	7
Christopher Hudson	6.40	6.49	+	9
Jane Hudson	8.00	8.09	+	9
Elish Fernandez	9.40	9.30	-	10
Kath Donaldson	9.05	9.15	+	10
Steve Alder	9.00	8.50	-	10
Donna Warren	6.39	6.50	+	11
Nagendra Bisht	7.10	7.22	+	12
Steph White	9.00	8.48	-	12
Andrew Collier	7.30	7.17	-	13
Bob Manning	7.30	7.17	-	13
Steve Paull	6.28	6.15	-	13
Matthew Daniel	7.00	6.45	-	15
Julie Smith	9.00	8.41	-	19
Errol Clarke	7.55	8.15	+	20
Veronica Georgescu	10.00	10.20	+	20
Mike Ransome	8.35	8.14	-	21
Dharmini Chikhliwala	8.30	8.54	+	24
Raquel Russel Ponte	9.25	9.52	+	27
Hema Thakur	10.00	10.28	+	28
Gladys de Groot	9.40	10.09	+	29
Sonya Grist	9.54	9.24	-	30
Anne Leigh	10.45	11.17	+	32
Malvika Bisht	8.20	8.57	+	37
Susan Smith	7.20	7.59	+	39
Karen Collier	9.00	9.41	+	41
Raj Varshani	7.30	6.41	-	49
Angela Murphy	9.30	11.04	+	94
Linda Gaitskill	9.30	11.04	+	94

Measured Mile – Saturday 3rd November 2012

	Actual	20/10/2011
Nigel Rackham	5.18	5.08
Sasha Birkin	6.24	
Andy Fox	6.25	6.22
Simon Abery	6.31	6.29
Raj Varshani	6.43	6.41
Sam Dadomo	6.59	
Donna Warren	7.03	6.50
Mark Mulvenna	7.08	
Ruth Tidder	7.09	7.14
Andrew Collier	7.15	
Guy Bostock	7.23	
Jabir Khammal	7.23	
Mike Ransome	7.27	8.14
Paul Gardner	7.38	6.45
Bob Manning	7.43	7.17
Julia Allen	7.45	
Judy Rackham	7.54	
Vicky Spinks	8.00	
Ceri Jacob	8.13	
Sarah Westwood	8.25	8.16
Janice Newman/Carole Wells	8.40	8.25
Steph White	8.46	8.48
Emma Rackham	8.54	
Julie Smith	8.57	8.41
Penny Hudson	8.59	8.59
Sandra Young	9.09	8.51
Penny Rawlins	9.11	8.51
Kath Donaldson	9.16	9.15
Raquel Russel Ponte	9.22	9.52
Deborah Norman	9.36	
Anne Ambrose	9.41	
Sonya Grist	9.48	9.24
Elish Fernandez	9.51	9.30
Debbie Moynihan	10.09	9.46
Marcella Chambers	10.16	
Hema Thakur	10.21	10.28
Gladys de Groot	10.24	10.09
Anne Leigh	10.48	11.17
Wendy Mulvenna	10.49	
Mark Mulvenna	10.52	
Jeanne Coker	13.18	
Barbara Robson	13.50	
Yasmin Ransome	13.50	

Programme includes:

**Stainer, Parry, Gospel Songs,
American Songs, Carols**



Christmas Concert

Saturday 8th December 2012

7.30pm

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

Tickets £7.00 (including programme & buffet)

For Details or Tickets Contact:

020 8861 4017

boxoffice@harrowharmony.co.uk

Harrow Harmony: Charity Number 1128233



Tickets are also available from Kath Donaldson – 020 8248 0938

Metros QUIZ AND AWARDS PRESENTATION EVENING

Metros members and families assembled in Lowlands Tennis Club on Friday 16th November and made up eight 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 – **M**etros **B**est **E**fforts 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 Kevin Smart. 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.

The committee decided that, apart from the Metros Annual Fun Run - the Brian Jackson Fun Run, recipients of awards, which are kept for just one year, will also have a permanent award. If any holder from a previous year would like a self-financed memento please contact Pat Jackson.

Al Scoffham, who had stood in for Dave Brown, co-ordinator of the **Thames Valley XC League** for the 2011-2012 season, presented the Metros awards to:

- 1st Metros Senior Men – Jonny Jackson
- 1st Metros Vet Men – Andy Fox, 2nd Mark Mulvenna
- 1st Metros Super Vet Men – Al Scoffham, 2nd Gordon Valentine, 3rd David Swan
- 1st Metros Mega Vet Men – Terry Burke
- 1st Metros Vet Women – Navi Dhillon
- 1st Metros Mega Vet Women – Jackie Cope, 2nd Angela Murphy
- 1st Metros Ultra Vet Women – Ann Marsden, 2nd Raquel Russel-Ponte

Dave listed the Metros who will receive overall **Summer League** awards for this season at the first event next year, which is usually Dulwich. The first three in each age group receive awards which are based on the best three scores. See full results in Metrolines.

The **Metros Summer League** 2012 awards were presented by Pat Jackson, Metros co-ordinator for the league to:

- 1st Metros Senior Men – Mitesh Patel
- 1st Metros Super Vet Men – Richard Francis, 2nd Kevin Smart, 3rd Steve Paull
4th Gordon Valentine
- 1st Metros Megavet Men – Terry Burke, 2nd Peter Jose
- 1st Metros Ultra Vet Men – Bob Manning, 2nd Chris Roome
- 1st Metros Super Vet Women – Jane Hudson, 2nd Carole Wells, 3rd Penny Hudson
- 1st Metros Mega Vet Women – Marion Rogan, 2nd Jackie Cope, 3rd Irene Paull,
4th Gladys de Groot
- 1st Metros Tenderfoot Girl – Eleanor Murray
- 1st Metros Tenderfoot Boy – James Francis
- 1st Metros Tenderfoot Boy under 15 – Reece Knowles
- 1st Metros Tenderfoot Boy under 11 – Christopher Hudson

Pat confirmed that the overall **Metros Summer League Award**, in memory of Bill Gardner, had been won by Richard Francis. 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. Pat thanked Teresa Young for doing the calculations.

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 Peter Jose had won. See full results in Metrolines.

Angela Murphy, co-ordinator, for the Measured Mile, stated that there were 96 participants this year and three contenders. The **Keith Adsley Award** trophy for the runner who has improved their time the most over three out of four mile events was awarded to Judy Rackham with 5 minute 45 seconds to her credit. Angela congratulated all participants. 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. 60 runners completed the event during the year, 19 of whom were eligible for an award -5 Gold, 7 Silver and 7 Bronze. See the table in Metrolines.

Teresa, the 10km Challenge co-ordinator, presented the awards to the following who had either run the event for the first time in 2012 or their performance led to a higher award than last year:

Gold –Peter Jose	45.27	78.10%
Gold – Raquel Russel-Ponte	58.50	76.40%
Gold – Jonathan Collier	38.10	73.70%
Gold – Jane Hudson	49.27	72.20%
Gold – Jackie Cope	53.00	71.00%
Silver – Hilarie Lemon	54.38	69.80%
Silver – Graham Hart	48.53	67.70%
Silver - Judy Rackham	53.20	66.10%
Silver – Mark Mulvenna	46.55	64.90%
Silver – Paul Gardner	50.32	62.80%
Silver – Ruth Tidder	51.16	62.00%
Silver – Simon Abery	48.21	62.00%
Bronze – Irene Paull	58.22	61.90%
Bronze – Donna Warren	53.37	58.80%
Bronze – Julia Allen	55.48	58.30%
Bronze – Stephanie White	64.28	57.60%
Bronze – Anne Ambrose	65.36	55.80%

Bronze – Louise Pearson	56.04	55.90%
Bronze – Sam Dalton	46.23	59.10%

Pat presented the awards for the Metros Annual Fun Run – the Brian Jackson Fun Run. These awards are kept for one year and the full results were listed in the November issue of 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 confirmed that the Committee had decided to award the Boys Young Runner's Award to Christopher Hudson and the Girls Young Runner's Award to Eleanor Murray



Jane Young presented a book on the Olympics to Garry Young for his service to the club over 25 years in leading the Tuesday night training session. He was also Metros co-ordinator of the Thames Valley League for many years, organised the drink station at the Olympic Marathons and continues to organise the Metros elite runners drink station at the London Marathon, which he has done since the inaugural London Marathon as well as organising the annual Metros Quiz.

Garry and Gill then started the Quiz with intervals between some of the seven 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) was unable to attend and Pat, on behalf of Graham, presented the men's trophy to Steve Paull and the women's trophy to Jane Hudson.

Irene Paull, Steve and Jane were given an award for completing all the LRRC trophy events which included the Finchley 20. See full results in Metrolines.

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 Mike Ransome announced that this year they decided to give the award to two runners, Penny Rawlins and Sandra Young. Penny and Sandra had joined Metros at the same time and, from hardly running a step, were now regular runners and had improved their Metros mile and 5 mile times, run the Watford 10K in May, our Summer League in June and, recently, the Cabbage Patch 10.



There are two **Aaron Breen Awards** for services to family running and Kath Donaldson, present holder, had chosen to present the female award to Pat Jackson. On presenting the trophy Kath recited a brilliant poem she had composed.

David Young, the present holder of the **Male Aaron Breen Award**, had chosen to present the award to Graham Haddon. David gave a very entertaining speech stating that Graham had been a member of Metros from the beginning and had been an excellent runner, particularly cross country, until he'd had to stop running due to illness. Graham continues to contribute much to Metros including marshaling and co-ordinating the LRRC Trophies.



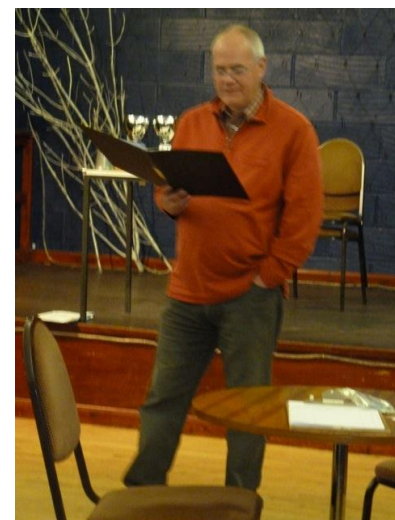
Judy Rackham holder of the female **Runner's Award**, listed many who were worthy of the award, again in an entertaining way. However, she had chosen Jane Hudson to be the next recipient. She stated that Jane was always ready to help other runners improve and achieve their best times and, amongst other things, had become co-ordinator for the Thursday night training session.



Peter Jose, the present holder of the male **Runner's Award**, also listed many who were worthy of the award and gave reasons why he had decided to present it to Steve Paull. Peter stated that Steve encouraged others, shared training runs and gave good advice. Amongst his many other achievements, he will become a member of the 100 Marathons Club next year.

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

1 st The Christopher Show	190 points
2 nd The Misfits	176 points
3 rd Black Sheep's Rebellion	173 points
4 th Universally Challenged	172 points
5 th Leeds 1, Watford 6	168 points
6 th The Monday Extension	166 points
7 th The Also Rans	159 points
8 th The Stragglers	119points



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 to enjoy another very successful social evening.

Pat Jackson

Results 2012

LRRC 2012 Results - Women								
Name	Finchley 20.	Maidenhead 10.	Marlow 5.	Sudbury Ct 10K.	Burnham Half.	Moor Park 10K.	Cabbage Patch.	Total
Jane Hudson	46	50	50	50	48	49	48	341
Irene Paull	43	46	44	47	44	41	44	309
Ruth Tidder		49	48	49	47	48	47	288
Sarah Westwood		44	46		45	42	45	222
Angela Murphy	44			46		39	43	172
Donna Warren	48					50	49	147
Jackie Cope		48	49			47		144
Julia Allen		45				46	50	141
Judy Rackham		47			46		46	139
Linda Gaitskell			43	46		39		128
Penny Hudson			40			37	42	119
Jeanette Green	50				50			100
Annie Kemp				48		45		93
Marion Rogan			47			44		91
Amanda Beuselinck	47		43					90
Carole Wells			45			43		88
Raquel Russell-Ponte	45						39	84
Harriet Copland	49							49
Gertrud Porter					49			49
Louise Pearson	42							42
Sue Davie			41					41
Sandra Young							41	41
Emma Rackham						40		40
Penny Rawlins							40	40

Happy running and a happy
and successful new year to all
Metros.
Best Wishes
Sarah



Merry Christmas,
glad tidings to all
Gladys



LRRC Results 2012 – Men								
Name	Finchley 20.	Maidenhead 10.	Marlow 5.	Sudbury Ct 10K.	Burnham Half.	Moor Park 10K.	Cabbage Patch.	Total
Steve Paull	49	50	49	48	48	47	49	340
Pritesh Patel	48	49	48	47				192
John Gorton	47	48	47			46		188
Simon Abery		47			46		47	140
Glyn Watkins			43			43	46	132
David Swan		46	42			42		130
Thomas Alder			50			50		100
Nigel Rackham					50		50	100
Nathan Powell				50	49			99
Kevin Smart				49		49		98
Paul Gardner						41	45	86
Kevin Watson	50							50
Jan Bek						48		48
Peter Jose							48	48
Jonathan Evan-Hughes					47			47
Gordon Valentine			46					46
Jeremy Lawley	46							46
Peter Reynolds				46				46
Andrew Collier	45							45
Graham Hart				45				45
Kirit Ranpura			45					45
Mitesh Patel						45		45
Adam Leary			44					44
Fatmir Sulmataj						44		44
Stephen Alder			41					41
Michael Ransome						40		40
Andrew Shirras						39		39

Thanks for some great running in 2012. Thanks to all who sponsored me in the Great North Run. Merry Christmas, best wishes for 2013
Paul G.



*Have a lovely Christmas
from us both.*

Dee and Karen

10K Challenge Best Results for 2012

Gold Award

Name	Best Time	Best %
Nigel Rackham	35.36	86.20%
Gertrud Porter	50.24	80.00%
Steve Paull	41.44	78.60%
Peter Jose	45.27	78.10%
Raquel Russel Ponte	58.50	76.40%
Bob Manning	49.02	75.70%
Kevin Smart	42.06	74.10%
Jonathan Collier	38.10	73.70%
Jane Hudson	49.27	72.20%
Jackie Cope	53.00	71.00%

Silver Award

Name	Best Time	Best %
Andy Fox	43.15	69.90%
Hilarie Lemon	54.38	69.80%
John Gorton	47.22	69.30%
Ann Marsden	64.52	68.10%
Graham Hart	48.53	67.70%
Sarah Westwood	57.44	66.70%
Judy Rackham	53.20	66.10%
Kath Donaldson	64.53	65.00%
Angela Murphy	62.07	64.90%
Mark Mulvenna	46.55	64.90%
Alistair Scoffham	49.59	64.50%
Paul Gardner	50.32	62.80%
Kirit Ranpura	49.43	62.30%
Marion Rogan	65.47	62.20%
Mervyn Stuckey	53.42	62.20%
Ruth Tidder	51.16	62.00%
Simon Abery	48.21	62.00%

Bronze Award

Name	Best Time	Best %
Irene Paull	58.22	61.90%
Adam Leary	49.13	61.40%
Carole Wells	56.28	60.90%
Andrew Collier	49.56	59.60%
Sam Dalton	46.23	59.10%
Gordon Valentine	55.09	59.00%
Donna Warren	53.37	58.80%
Jackie Bowles	55.27	58.70%
Peter Rackham	46.13	58.70%
Julia Allen	55.48	58.30%
Steph White	64.28	57.60%
Mike Ransome	58.57	56.10%
Louise Pearson	56.04	55.90%
Anne Ambrose	65.36	55.80%

Other

Name	Best Time	Best %
Linda Gaitskill	67.33	54.90%
Guy Bostock	55.40	53.20%
Geraldine Gill	61.18	53.15%
Penny Hudson	65.41	53.00%
Sue Davie	64.25	52.70%
Malcolm Pearson	54.43	51.20%
Errol Clarke	59.17	51.00%
Lucy Allen	62.13	50.90%
Olivia Gill	62.43	50.70%
Jason Bowles	56.45	50.10%
Peter Stapleton	61.57	49.60%
Andrew Shirras	57.57	49.40%
Sandra Young	64.15	49.40%
Penny Rawlins	64.14	49.10%
Julie Smith	69.44	48.70%
Steve Alder	63.39	48.20%
Michael Hall	64.09	46.00%
Hema Thakur	76.21	41.90%
Jabir Khammal	55.40	



Happy Christmas and get
ready for 2013

Yvonne

5 Mile Handicap Results for 2012

		TOTAL	Handicap c/fwd
Peter	Jose	76	21
Angela	Murphy	73	8
Al	Keaney	72	15
Guy	Bostock	69	19
Jackie	Cope	68	15
Jane	Hudson	65	17
Catherine	Corcoran	64	5
Simon	Abery	63	18
Anne	Ambrose	63	4
Sandra	Young	60	8
Ruth	Tidder	60	17
Caroline	Day-Lewis	60	18
Penny	Rawlins	59	8
Julia	Allen	58	15
Kath	Donaldson	57	8
Adam	Leary	56	20
Steve	Paull	53	24
Sarah	Westwood	50	14
Mike	Ransome	50	15
Rosemary	Harrington	49	7
Linda	Gaitskill	49	6
Olivia	Gill	48	8
Malcolm	Pearson	46	14
John	Stratford	44	14
Kevin	Smart	41	26
Stephanie	White	40	4
Raquel	Russel-Ponte	40	14

Mandy	Beuselinck	40	18
Geraldine	Gill	40	11
Andy	Fox	40	21
Judy	Rackham	39	17
Gladys	deGroot	38	-1
Ann	Marsden	38	10
Teresa	Young	35	12
Jane	Scoffham	35	6
Stephanie	Stapleton	34	2
Peter	Stapleton	34	11
Carole	Wells	31	13
Debbie	Moynihan	30	2
Steve	Poole	29	15
Bob	Manning	29	18
Angela	Keaney	28	2
Steve	Alder	27	3
Penny	Hudson	26	3
Mark	Mulvenna	25	20
Donna	Warren	24	20
Kirit	Ranpura	23	18
Al	Scoffham	22	18
Pritesh	Patel	16	25
Tom	Alder	3	25
Andrew	Collier	3	16
Jeanne	Coker	7	-14
Mervyn	Stuckey	1	15
Dave	Swan	1	13

Well done to Peter Jose on winning the 5 mile handicap this year despite recent injury. The final results were very close with several people within just a few points of winning.

Next year we're adding negative handicaps, for anyone who can't get round in the target time of an hour. I'll be recording from 8.45 for anyone who is concerned about taking over the hour.

For those who've taken part in the last year, see above for the handicaps carried forward.

Next event is Saturday 1st December. *Irene Paull*

**SUMMER LEAGUE RESULTS AT THE END OF THE 2012 SEASON
(PROVISIONAL)
INDIVIDUAL CUMULATIVE POSITIONS(Provisional after all 5 fixtures)**

Awards from the League are based on the best three scores and are presented at the first fixture of 2013.

MEN	Cat.	Dulwich	Harrow	Ealing	RegentsPk	Battersea	Total
18 Mitesh Patel	1	270	270	264	0	0	804
28 Ron Taylor	1	279	0	285	0	0	564
35 Pritesh Patel	1	261	258	0	0	0	519
44 Matthew Daniel	1	217	0	0	0	211	428
64 Tom Alder	1	0	284	0	0	0	284
97 Fabio Sulmataj	1	0	0	0	242	0	242
10 Nathan Powell	2	0	292	0	0	290	582
35 Raj Varshani	2	0	227	0	0	0	227
36 Jason Bowles	2	0	221	0	0	0	221
14 Andrew Collier	3	0	231	0	0	220	231
1 Richard Francis	4	304	307	310	307	311	928
6 Kevin Smart	4	0	286	264	277	280	843
22 Paul Gardner	4	0	0	221	0	230	451
2 Steve Paull	5	291	288	0	277	284	863
5 Gordon Valentine	5	251	257	241	249	249	757
7 Al Scoffham	5	0	0	234	241	241	716
12 John Gorton	5	264	0	0	0	263	527
3 Terry Burke	6	244	230	254	265	263	782
10 John Stratford	6	0	243	0	0	0	243
2 Peter Jose	7	275	281	0	0	261	817
1 Bob Manning	8	0	262	247	246	249	758
1 Chris Roome	9	0	254	247	0	246	747
WOMEN	Cat.	Dulwich	Harrow	Ealing	RegentsPk	Battersea	Total
77 Emma Rogan	1	0	0	255	0	0	255
82 Pauline Woods	1	0	250	0	0	0	250
85 Lauren Smith	1	0	249	0	0	0	249
13 Donna Warren	2	0	0	0	0	288	288
14 Sharon Wood	2	0	288	0	0	0	288
16 Jackie Bowles	2	0	270	0	0	0	270
17 Ruth Tidder	2	0	261	0	0	0	261
19 Sandra Young	2	0	246	0	0	0	246
20 Penny Rawlins	2	0	245	0	0	0	245
3 Jane Hudson	4	299	288	273	284	0	871
8 Carole Wells	4	274	269	0	258	0	801
10 Irene Paull	4	269	261	0	247	244	777
12 Penny Hudson	4	260	254	243	0	0	757
18 Judy Rackham	4	0	272	0	0	0	272
4 Jackie Cope	5	301	290	287	0	0	878
8 Anne Ambrose	5	0	258	247	0	0	505
10 Sarah Westwood	5	0	273	0	0	0	273
2 Marion Rogan	6	290	283	281	277	276	854
3 Gladys de Groot	6	0	0	248	236	244	728
4 Gertrud Porter	6	0	303	0	292	0	595

5 Ann Marsden	6	0	272	258	0	0	530
6 Angela Murphy	6	0	261	0	0	0	261
3 Raquel Russel-Ponte	7	0	0	0	244	0	244
TENDERFOOT BOYS	Cat.	Dulwich	Harrow	Ealing	RegentsPk	Battersea	Total
1 James Francis	Y1	100	100	100	100	100	300
2 Reece Knowles	Y5	93	98	92	97	0	288
1 Christopher Hudson	Y8	109	110	111	111	112	334
3 Max Kupfer	Y9	0	110	0	0	0	110
4 Aaron Rawlins	Y9	0	109	0	0	0	109
TENDERFOOT GIRLS	Cat.	Dulwich	Harrow	Ealing	RegentsPk	Battersea	Total
1 Eleanor Murray	Y3	104	104	103	104	0	312
1 Helen Marku	Y7	0	106	0	0	0	106
2 Natalie Tidder	Y8	0	111	0	0	0	111
7 Niamh Cruickshank	Y8	0	102	0	0	0	102
4 Kirsty Young	Y9	0	111	0	0	0	111

Thank you to all who have run in any of the Summer League fixtures. Special thanks to Dave Brown, Irene and Steve Paull, Bronwyn Francis and Jonny Jackson for arranging and timing relay teams and registering and recording Metros runners.

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

Pat Jackson – Metros Summer League Co-ordinator

Christmas Greetings from
Poole to all our friends at
Metros.

Sue, Alun, Joel and Callum

New address:
30 Hunt Road
Poole
Dorset



Happy Christmas
to everyone at
Metros

Tom & Tom's Dad
(Steve)

*Teresa, Dave, Jonny
and Amanda wish all
their many Metros
friends a happy and
merry festive season
and a fit, healthy and
successful 2013.*



Merry Christmas to
all you Metros.
Anne & Bernard



*Happy Christmas to all
our Metro friends and
fellow runners*

Mark & Wendy x

Metros M.B.E. AWARDS 2012

(Metros Best Efforts)

MEN 40-49 MARK MULVENNA

200m	29.9	16 July
400m	67.9	25 June
800m	2.58.9	11 May
1500m	6.07.8	25 June
LJ	2.68m	16 July
TJ	6.46m	11 May
JT	16.53m	16 July
DT	17.85m	25 June

MEN 50-59 KEVIN SMART

100m	13.0	25 June
200m	27.2	11 June
400m	64.1	25 June
1500m	5.27.4	25 June
3000m	11.39.0	16 July
LJ	4.47m	16 July
DT	20.91m	25 June
JT	22.76m	16 July

MEN 60-64 MIKE RANSOME

100m	14.8	14 May
200m	31.7	11 June
400m	75.4	14 May
HJ	1.10m	14 May
LJ	3.24m	11 June

MEN 60-64 TERRY BURKE

800m	2.57.0	16 July
1500m	5.57.3	25 June
2000m Walk	11.58.5	25 June
HT	9.63m	16 July
JT	18.14m	25 June

MEN 70+ BRIAN JACKSON

DT	15.00m	25 June
JT	11.95m	25 June

WOMEN 50-55 WENDY MULVENNA

LJ	2.13m	11 June
DT	8.96m	25 June
HT	6.78m	11 June
JT	6.09m	25 June
SP	4.98m	11 June

WOMEN 60-64 MARILYN PICKFORD

100m	18.4	25 June
200m	40.7	16 July
400m	99.2	25 June
LJ	2.72m	16 July
TJ	5.83m	11 June
DT	11.99m	25 June
JT	12.89m	25 June
SP	4.73m	14 May

WOMEN 60-64 GLADYS DE GROOT

2000m Walk	15.16.9	14 May
HT	9.36m	16 June

WOMEN 65+ PAT JACKSON

DT	7.94m	14 May
HT	10.57m	11 June
JT	8.68m	16 July
SP	3.56m	11 June

WOMEN 65+ ANN MARSDEN

100m	19.1	25 June
200m	41.7	16 June
400m	1.41.5	25 June
800m	4.04.0	16 July
1500m	7.53.7	25 June
3000m	16.09.3	11 June

Measured Mile 2011 - 2012 Results

	12.11.2011	4.2.2012	5.5.2012	4.8.2012	Improvement over 3 consecutive miles
Judy Rackham	13.21		7.39	7.36	5 mins 45 secs
Jane Hudson	7.12	7.50	7.07	6.55	55 secs
Debbie Moynihan	10.09	9.47	9.36		33 secs
Irene Paull	8.14	8.04	7.43		31secs
Simon Abery	6.32	6.58	6.42	6.27	31 secs
					dropped

Out of the 96 participants there are 5 contenders who qualify for consideration for the trophy having improved their times over 3 consecutive Measured Miles. Congratulations to Judy Rackham winning by an amazing improvement of 5 minutes 45 seconds, well done. Jane Hudson comes second with 55 seconds gained over her 3 consecutive miles, Debbie Moynihan is third having improved by 33 seconds and Irene Paull and Simon Abery are joint fourth having gained 31 seconds.

Angela + Teresa

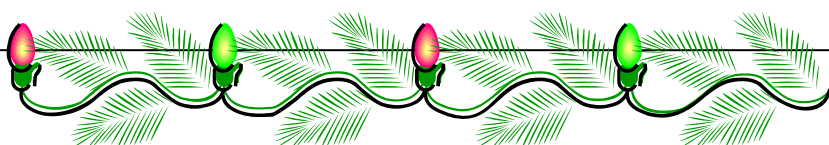
Next year's Measured Mile competition has already started but you still have February, May and August to try and improve your times.

The rest of this year's competitors are listed below in alphabetical order.

Measured Mile 2011 - 2012	12.11.2011	4.2.2012	5.5.2012	4.8.2012
Aaron Rawlins			9.33	
Adam Leary		6.35		6.38
Al Keaney	7.04			
Al Scoffham			8.04	
Amy Kidd	7.21			
Andrew Collier			6.27	
Andy Fox	5.42			
Angela Keaney	10.17			
Anne Ambrose			9.00	
Anne Leigh		11.05	11.13	10.42
Ann Marsden	8.18	8.06		
Barbara Robson		12.25	13.12	
Bob Manning		7.42	7.07	

Caroline Day-Lewis	6.44	7.05		7.18
Catherine Corcoran	10.11			
Ceri Jacob		7.45	8.00	7.57
Christopher Hudson	8.25	7.47		
Dave Brown		9.34	9.26	
Dave Swan		8.15		
Dave Young			7.03	
Debbie Lewis			9.55	
Deborah Norman		9.12	8.59	
Denise Souster			8.49	
Dharmini Chickhliwala	8.41			
Donna Warren		7.01	7.05	
Eleanor Murray	7.05		7.21	
Ellen Mulvenna		9.42	8.55	
Errol Clarke	8.03	8.09	8.11	
Freya Ball	9.11			
Gareth Hughes	9.36			
Gladys De Groot		9.54	9.51	10.06
Glyn Watkins				7.01
Gordon Valentine			6.40	
Guy Bostock	8.31		6.46	
Hema Thakur				10.04
Henry Pickford		13.34		
Jackie Bowles			7.24	
Jackie Cope		7.27		
Janice Newman + Carole Wells			8.48	
Janice Newman + Kerry Jeliaskova		9.27		
Janice Newman + Deborah Norman				9.43
Jason Bowles			7.34	
Javier Hughes	est 10.18			
Jeanne Coker	12.52	13.26		
Jenny Scammells			9.08	
Jerome De Groot			7.16	
John Gorton		6.10		6.17
Julia Allen	7.26	7.48		
Julie Smith			9.15	8.56
Karen Collier		8.01	8.24	8.08
Karen Leary		8.57		9.17
Kevin Smart	5.46			
Kirit Ranpura		7.14		
Lesley Boatman	8.55			
Louise Pearson			7.57	
Margaret Smith		13.36		
Maria Bostock	9.55		9.42	
Marilyn Pickford		8.43	8.30	
Marion Rogan		8.29		
Mark Mulvenna	6.45		6.14	

Mervyn Stuckey		7.26		
Mike Ransome	7.15	7.37	7.22	7.33
Navi Dhillon	7.01			
Nigel Rackham	5.06			5.22
Olivia Gill	8.27			
Paul Gardner				6.52
Penny Hudson	11.04			10.12
Peter Jose		6.12		
Peter Rackham		5.47		5.45
Peter Stapelton	7.48			
Preeti Khakharia			11.19	
Pritesh Patel		6.07	6.06	
Raquel Russell-Ponte	8.48	8.25	9.29	
Reece Knowles	12.07	11.12		
Rosemary Harrington	8.23			
Sandra Young			8.12	
Sarah Westwood		8.12	8.08	
Seble Alema				7.24
Sonya Grist	9.09			
Stephanie Stapleton	9.03			
Stephanie White	8.29	8.54	8.58	10.04
Steve Alder	8.03	8.15	8.01	9.14
Steve Paull	5.51		7.45	
Sue Davie			10.15	
Thomas Barry		6.49		6.56
Tiffany Fontenot	7.32			
Tom Alder	5.30	5.45		
Wendy Mulvenna	11.04	10.40	11.14	



A very happy Christmas to all those who have so kindly guided me on Saturday mornings throughout the past year.

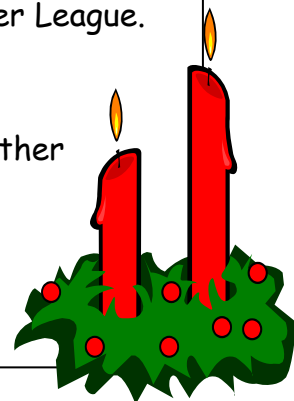
Ceri Jacob, Deborah Norman, Kerry Jeliaskova, Judy Rackham, Carole Wells, Gladys De Groot

and of course Mike Ransome, and for organising the rota each week.

Also to Gordon Valentine, who kindly ran with me in the relay at The Summer League. And, to Dave Swan, who generously guided me at short notice last month.

Many thanks to you all for making it possible for me to join in with all the other runners.

Very best wishes for a happy Christmas, from Janice Newman



**Aaron Breen Award to Pat Jackson.
November 16th 2012**

Presented by Kath Donaldson

**My first is in pickle but never in cheese
My second's in blackbird but not birds or bees
My third is in trifle but never in cream
Can you guess who will get the award Aaron
Breen?**

**She's been in our club from the very start
Offers encouragement to all who take part
Her work for committee, it never ends
I'd say that to Metros she's a real Godsend
So much goes on behind the scenes
And much of it's done at number 15**

**She's a valued contributor to the Vet's League
This person doesn't know the word fatigue
The Summer League's another job
Reminding us all to bring Hobnobs**

**She organises the awards
(Except this Aaron Breen of course)
She's organised this presentation -
A most impressive orchestration**

**This person sorts out all the kit
Will even comment on the fit
She plans the BJ Fun Run too
And invites runners old and new**

**She's at the printers dead on time
To make sure we get Metrolines
She'll greet you with ready smile
Is willing to go that extra mile**

**Although her running days are waning
Due to knees that are rather paining
Her past record and unfailing persistence
Showed excellent times at every distance**

**You all will know, whether old or young,
At the top of the ladder, or the bottom rung
This person supports you to do your best
And be proud to wear the Metros vest**

**So raise your glasses and sound the claxon
For the one and only Pat Jackson**



**Enjoy your running and have
a great 2013.**

Barbara and Frank

*Happy Christmas
everyone*

*Dave and Sharon
& Reece*



Aaron Breen Award 2012

Presented by Dave Young

There are several worthy candidates for this year's award, so the choice may come as a bit of a surprise because he's not exactly the most colourful of Metros characters and does tend to fade almost completely into the background. However, he's been an exceptionally loyal member of Metros for very many years. In all that time he has contributed a great deal to the club and I think is overdue for some formal recognition.

Having been a Metro since the very early days, he's now quite ancient and decrepit but, when I joined Metros over 20 years ago, I remember him being a very impressive runner. He was competing in all the various leagues, running marathons in close to 3 hours and half marathons in around 80 minutes. He was a particularly keen cross country runner and recorded one of Metros fastest times for the long and arduous Combe Gibett race. He also completed the 80-mile South Downs Way and, as far as I know, is the only Metro ever to have been awarded Harrow Half Marathon prize for finishing second lady!

But the really remarkable thing is that all this was accomplished while not enjoying the best of health. In fact, much of his conversation in those days was to describe his latest illnesses, some of which continue to baffle the medical profession. People were amazed at how he could manage to run so well and many of us were spurred on to train and race that bit harder just to avoid finishing behind someone so ghostly pallid and poorly.

As well as serving as an inspiration, he also regularly took Saturday morning training sessions in Roxbourne Park. These were made so much more enjoyable by his cheerful demeanour and the games he introduced.

Unfortunately a life-long hobby of collecting illnesses eventually took its toll and there were reports that he was being stalked by vultures. Sadly he had to give up running but the great thing is that he didn't give up Metros. On the contrary, he has carried on helping the club at every opportunity.

On numerous occasions he has acted as a race marshal and does much more than most to encourage runners as they went past. For example, you may be only a hundred metres or so into a long race but he would still congratulate you on not yet getting lost (at least, I assume he did this for all the other runners).

He also contributed most importantly to various Metros walks and cycle rides. These used to take place on bank holiday weekends and tended to include regular stops to look at buildings of architectural and historical interest. His role was to check in advance whether such buildings could offer suitable refreshment to a group of thirsty Metros. This he did with extraordinary dedication, often going back time and again to make absolutely sure that the drinks were of the right quality for his discerning club-mates.

Another example of his commitment to the club came some years ago when Hillingdon Council refused us permission to hold our annual cross country league race in Ruislip Woods.

Apparently it was fine for horses to churn up the ground and for dogs to foul it, but a group of runners engaged in healthy exercise were sure to cause catastrophic long-term environmental damage. All of us were outraged and moaned to one another, but it took this one devoted Metro to write to the council pointing out how unreasonable and irrational they were being. They were clearly too humbled and embarrassed to respond but at least now we are once again allowed to race in the woods and he is usually there to help organise or marshal.

A final key contribution he has made is to organise our annual road race trophies, which he has done for many years. You may think the hard part is to run so many races during the year, but spare a thought for the person who trawls through masses of race results, works out scores for each individual Metro and then applies his special formula to determine who the trophies should be awarded to. Unfortunately, owing to a prior personal commitment, he was unable to present this year's trophies and similarly I am unable to present the Aaron Breen trophy to him now. However, if you'd like to thank him in person he always appreciates a pint of good ale and of course I'm referring to the one and only **Graham Haddon**.

Runners' Recipes

Cranberry Bread Pudding recipe

Makes 16 squares

Time required 1 hr 5 mins

Per square: 245 Kcal

9.9g fat (5.6g saturated)

Suitable for vegetarians

Suitable for freezing



Milk 375ml (13fl oz)

White bread 225g (8oz), crust removed, bread torn into small pieces

Oranges grated zest of 2, plus juice of 1

Mixed ground spice 1 tbsp

Seedless raisins 175g (6oz)

Sultanas 150g (5oz)

Mixed chopped peel 50g (2oz)

Ready-to-eat prunes 75g (3oz), chopped

Ready-to-eat dried apricots 75g (3oz), chopped

Dried cranberries 75g (3oz)

Eggs 3, beaten

Butter 150g (5oz), melted

Black treacle 1–2 tbsp

Granulated sugar 50g (2oz), plus extra for sprinkling

1 Preheat the oven to 180°C/350°F/Gas 4 and grease a 23cm (9in) square shallow baking dish. Pour the milk into a bowl, add the bread and leave to soak for 10 minutes. Add the rest of the ingredients, including the 50g (2oz) of sugar, and mix well.

2 Transfer the mixture to the prepared baking dish and spread evenly. Bake for 45–50 minutes until the pudding is lightly browned and set in the centre.

3 Sprinkle with granulated sugar and serve hot or cold, cut into chunky squares.

Recipe taken from the new Take a Box of Eggs cookbook



ARE YOU ACHIEVING YOUR GOALS?

I have recently completed a Certificate in Coaching and I am offering FREE coaching to members of Metros for 3 months (Dec, Jan, Feb).

Coaching can help in many areas of your life: weight loss, organisation, performance/presentation anxiety, stress management, life transitions (new parents, empty nest, redundancy, retirement, etc) and so on. It may not make you run faster, but it could help you maintain a plan that will!

Ring me for a chat to find out if coaching may be of interest to you:

Sarah Westwood

0793528598

sarahwestwood@talktalk.net



Brighton Marathon

Sunday 14 April 2013



**Limited FREE
places available!**



Don't miss the biggest day of running in Brighton! Join more than 9,000 runners tackling a fast and hugely popular marathon course. Breathe in the sea air as you finish the last mile along the promenade and celebrate with fish and chips on the pier.

Be part of the Sense team and participate in the marathon of a lifetime, as you take in the city and surrounding coastal roads, including stunning views of the South Downs and English Channel.

No registration fee if you apply by Friday 14 December 2012. Raise £500 to help our vital work with deafblind children and adults.

Join the Sense team

Please contact us:
Call: 0845 127 0063
Email: events@sense.org.uk
Online: www.sense.org.uk/brightonmarathon
Textphone: 0845 127 0062



Registered charity no. 289868

NOTES OF METROS COMMITTEE MEETING

Wednesday 7 November 2012, Methodist Church Hall, Cannon Lane, 8.00 pm

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

NON COMMITTEE: Irene Paull

APOLOGIES: Marilyn Pickford

CHAIR: Jane Scoffham

NOTE RECORDER: Pat Jackson

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

MATTERS ARISING FROM THE PREVIOUS MEETING – 3 October

Metros Barn Dance – David Young is arranging this event on Saturday 2 March 2013. Tickets will be printed ready for sale at the Quiz and Awards Presentation Evening on 16 November. The position regarding insurance will be checked. **ACTION:** Dave Young

Metros Membership Cards – Ann has received the 500 transparent covers for the cards. **ITEM CLOSED**

Metros Computer - Irene Paull is obtaining an old computer with the necessary race software for the Harrow Hill Race. It was agreed that Metros purchase a new laptop for Metros membership and Irene will research the cost. **ACTION:** Irene Paull

Metros Tent – Penny has purchased a small tent for the storage of bags at events.

Gazebo – Penny has also purchased a small ‘pop up’ gazebo for Metros and was thanked for arranging the purchase of these items. **ITEM CLOSED**

Thames Valley League – Jane listed date changes for two events in January. These will be changed in Metrolines. **ACTION:** Penny/Jane Hudson

Discount for Metros Members – Al needs further information from Marilyn Pickford to set up a discount with Cotswold. **ACTION:** Al Scoffham

Donation – Mike confirmed that a donation to St John Ambulance had been sent in memory of Pam Smith and Dennis Eyres. **ITEM CLOSED**

REPORTS OF OFFICERS

Hon. Chairman – Jane had nothing to report.

Hon. Vice Chairman – Mike had nothing to report.

Hon. Secretary – Al has arranged for a report on the England Athletics proposal to increase fees for competing members to appear in Metrolines.

Al had applied for club places in the London Marathon 2013 and Metros have received just one place. It is not known how many places there will be from the Metros water station. It was decided to have the ballot on Saturday 8 December in the Scout Hall after the training. Al will confirm the date and criteria in Metrolines. **ACTION:** Al Scoffham

The North London Cross Country – Mandy confirmed that this event had been advertised on Metros facebook.

Hon. Treasurer – Mike was thanked for distributing a full report.

Hon. Membership Secretary – Ann listed new applications which were all confirmed: Pauline Bishop, Kenton; Daniel, Thomas and James Collier, Pinner; Gagan Khular, Pinner; Hilarie Lemon, Pinner; Sonny Peart, Harrow.

The following have not renewed membership:

Nada and Nawful Al-Hadithy, Alice and Gail Berman, Barbara Blum, Alun and Callum Davie, Keith Eckersley, Jeanette Green, Javier Hughes, Preeti Khakharia, Laura McBride.

Ann will contact others who have not yet renewed their membership.

It was agreed to make changes to the Metros application form for review at the next meeting.

ACTION: Ann Marsden

REPORTS OF CO-ORDINATORS

Thames Valley League – Al will discuss the new season with Dave Brown, Metros coordinator.

ACTION: Al Scoffham

England Athletics Dinner Invitation – Barbara confirmed that she had had another invitation for the expensive dinner with Olympic athletes. Ann has also received a similar invitation.

Track Marathon – Steve has had seven responses from Metros. He may need to arrange for course measurement of the track if a certificate has not previously been issued.

ACTION: Steve Paull

Monday Training – Mike confirmed the session was well supported.

Facebook – Mandy confirmed 60 likes on Facebook. Jane suggested a link to the Thames Valley League site be added.

ACTION: Mandy Beuselinck

Awards for Presentation Evening – Further awards were discussed.

OTHER ITEMS

First Aid – Margaret Smith has been asked to do an updated course for Metros and a list of attendees is being collated.

ACTION: Pat Jackson

Race Entry Book – Barbara and Pat will coordinate.

ACTION: Barbara Robson/Pat Jackson

Christmas Messages – it was agreed that the local branch of the St John Ambulance Brigade be the chosen charity this year in memory of Pam Smith and Dennis Eyres.

District Scouts Walk – Steve Alder has stated that a charity walk is proposed for Saturday 27 April 2013 and the original venue is no longer available so they may wish to hold this in Roxbourne Park. Pat will obtain more details.

ACTION: Pat Jackson

Meeting closed at 9.10 pm

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

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