



January 2013

Issue No. 292

Happy New Year



Metros Diary

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
Sun 27	Gade Valley 12 mile training run	9.30 am

FEB

Sat 2	Measured 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
Sun 17	Harrow Hill Race	10.30 am
Sat 23	5K Run, Roxbourne Park	9.15 am
Sun 24	Gade Valley 17 mile training run	9.30 am

MAR

Sat 2	5 Mile Handicap, Roxbourne Park	8.50 am
Sat 2	Metros Barn Dance, Ruislip Social Club	7.00 pm
Sun 3	Berkhamsted Half Marathon & 5 mile run	10.00 am
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
Sun 24	Gade Valley 20 mile training run	9.30 am
Fri 29	Maidenhead Easter 10 TROPHY RACE	9.30 am

APR

Sat 6	10K Challenge, Roxbourne Park	8.50 am
Sun 7	Bournemouth Bay Half, 10K and 5K	9.30 am

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

TVXC – Thames Valley Cross Country

Please Note: Change of date for 5K in February.

Note from the Editors!

Welcome to the first issue of 2013 (even though you may not yet have eaten your Christmas turkey while you read this!). For those looking to run during the festive season please note the following:

Regular runs over Christmas and New Year:

Monday 23rd December is on. Monday 31st December probably on, check email. Tuesday 25th December – no run! Tuesday 1st January not sure check with Steve Paull.

Wednesday 26th December and 2nd January – check with coordinators.

Thursday 27th December and 3rd January – running as normal.

Jane and Penny Hudson

PS – on a personal note I want to thank my sister Penny for all the hard work she does on Metrolines – I really am the sleeping partner on the editorial team ☺ Jane

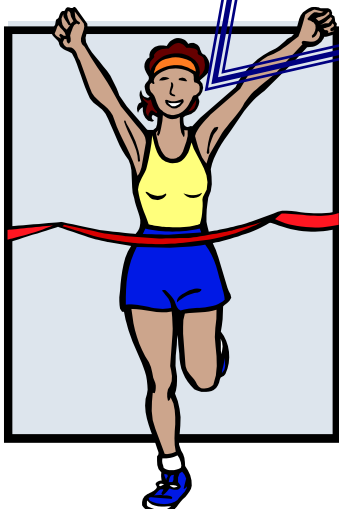


Welcome

Welcome

Sasha Birkin and Sam Dadomo, Pinner
Roger Mark, Harrow
Helen Smith, Cambridgeshire.

Elected at the December meeting



Cross Country

The remaining **Thames Valley Cross Country** fixtures are follows:

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.

WOODS RUN IN RUISLIP WOODS

On

Sunday 30th December 2012

King's College Entrance to the Woods

Start Time 9.15 am ending 10.15 – 10.30 am

This is a very informal event, in which you can run really hard, or just have a gentle stroll around the course.

There will be a course (about 2½ miles) and it is up to you how many laps you do.

The main thing is that you enjoy yourselves.

Please bring Drinks and/or Flasks of hot water, and nibbles for after the run
Hope you can come.

Jane Scoffham



Harrow Hill Race

Sunday, 17th February 2013, 10.30am

“one of the capital’s toughest short distance races”

The race starts on the playing fields of the famous Harrow School and continues through some of the old streets of Harrow on the Hill

- £10.00 attached/ £12.00 unattached
- £15.00 on the day (if limit 250 not reached)
- Online and paper entries accepted - entry form from our website or enter online at either www.runningdiary.co.uk/race/harrow-hill-race or www.runnersworld.co.uk/HarrowHillRace2013
- Prizes for first 3 seniors (M/F) 1st Veteran man 40, 50, and 60. 1st Veteran women 35, 45, 55. (Max. one prize per person).
- Unique ‘King’ & ‘Queen of the Hill’ award
- Medals to all finishers

For more information please see our website www.metros.org.uk or contact Mandy Beuselinck on 07545 827106 or by email harrowhillrace@hotmail.com

If you can help in any way – marshal, start, finish, refreshments etc – please contact Peter Beuselinck on 07545 827106.

If anyone can help out with spot prizes or items for the goody bags please also get in contact.

Saturdays will never be the same

Brucie Young (the mighty atom) and Tess Scoffham were immaculate in their conducting of Saturday's round of the annual dance-off for April's Greenwich marathon-length final.

The two old hoofers showed that their class is permanent in controlling a difficult final elimination round at the Metropole Hall, Rayner's Lane.

It was nervous viewing as four victors, all female, were chosen for the start line of the final. To applause and a standing ovation from a packed audience the following will move on.

Anne Ambrose for her polka,
Harriet Copland for her foxtrot,
Marion Rogan for her cha cha cha,
and Judy Rackham for her military two-step.

Fred Astaire

**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



Venue: Ruislip Social Club
Grosvenor Vale,
Ruislip, Middlesex,
HA4 6JO

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

Brighton Marathon

Sunday 14 April 2013



**Limited
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.

Be part of the Sense team and take on the marathon of a lifetime with stunning views of the South Downs and English Channel. Finish the last mile along the seafront and celebrate with fish and chips on the pier.

Just £10 registration fee. 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

Textphone: 0845 127 0062

Online: www.sense.org.uk/brightonmarathon



Registered charity no. 289868



Achievements

Well done to ...

Simon Abery for a mile PB in the Wot No Watch on Saturday



HOW MANY MEN DOES IT TAKE TO?

Fortunately it was not an emergency when a plumber came on a Monday to do some work. However, he couldn't turn the water off inside the house as the tap was stuck. We couldn't find the stop cock in the front garden and, after we had been digging about without success, I rang the water board. They had a note of where it was: 3 feet from the fence, 6 feet 6 inches from the gate - neither of which we now have. We made an appointment for that Wednesday for the stop cock to be located.

The first man called as arranged that Wednesday and located the stop cock very quickly - under paving slabs which we had lifted but, it was also under concrete that had been laid to hold the paving, which we hadn't dug up. He was from the water board, now called Affinity apparently. He said someone would call on Monday morning between 9.00am and 1.00 pm.

The following Monday no-one appeared in the morning so I rang to find out when they were likely to come as we'd waited in all morning. Eventually, having been kept waiting and then got cut off and having to redial, I was told that the guy hadn't turned up for his shift and other men had been given the job, they would call during the afternoon.

Two men did come in the afternoon, they were from a different company, SQS, and dug out the stop cock which meant a hole about 3 feet down and a pile of clay soil in the garden. They also left a barrier around the hole and a notice on it quoting a licence for the repair which would run out the end of Wednesday, two days time.

Wednesday morning two others came from SQS to 'restore' the hole by putting gravel in the hole having used a digger type machine to remove the horrid clay and replace with lovely top soil. The guy asked if I was satisfied with the top soil as they'd had some complaints. It was much better than the clay they took away so I had no complaints.

A short while after two further men from SQS came to relay the paving slabs around the stop cock, making a superb job of it and leaving the new stop cock on the surface of the paving slabs, so easy to see and turn off if necessary. They left the barrier as the cement needed to dry.

Later that Wednesday two other men from SQS came to remove the barrier after the cement had dried.

Even later one further man came to view the work, presumably to check all was OK.

We now have a new lever to turn off the water inside the house and a new, modern stop cock to turn off the water from outside if necessary.

All very efficient and a job well done, each man or men had their specific job and equipment. As the stop cock is the water board's responsibility, we paid nothing. In fact because I complained about the men not arriving on Monday morning when we'd waited in and being kept waiting on the phone for ages several times on an 0845 telephone number, then being cut off and having to redial and wait again, I was told we would get £20 off our next bill.

Pat Jackson

Istanbul Marathon Sunday 11th November 2012

Flight: London to Istanbul – Heathrow Airport

Hotel: Hotel Nena www.istanbulhotelnena.com

Excellent hotel only 7mins walks from buses to the start and 10mins walk from finishing line.

Cost about £80 per night incl breakfast

Buses to the starting line: Left from Hagia Sofia at 7am. They left with not only runners but also as many locals who could manage to get on board.

Starting area: We were dropped off in the middle of the motorway that leads on to the Bosphorus Bridge. To get to the toilets you had to cross the central barrier on the motorway and at my age that is not an easy task in fact so hard that you had to think twice about going back.

Toilets: Not many of them and they were so dirty that I was convinced I would contract dysentery.

The start: The gun went off at 9am and so did all the runners (marathon runners, 15k runners and 8k runners) and local men, women, children, dogs, cats, photographers, motorbikes, cars, roller skaters, roller bladers etc. We all went across the Bosphorus bridge and what a sight. The view was just amazing!

The course: Started off with the bridge and on to some seriously steep hills which luckily got rid of most of the locals. The route continued along the coast and soon we passed the FINISH for the 8k runners. Continued across The Galata bridge, along the coast of The Golden Horn 5km out and 5km back. At this point we lost the 15k runners. Ran inland, up some very nasty hills, and then 8km along the Sea of Marmara. At 29km we turned back and end of good running. The wind was head on – it went on and on and I could hardly run. Luckily a group of Dutchmen formed a wall for me and I got some protection against the wind. The last 2miles was a straight uphill battle but unforgettable. Firstly we ran through the beautiful gardens of Topkapi and secondly we had the company of street vendors. Running next to me I had them calling out 'you want to buy carpet', 'how much you want to pay' – 'I will give you very good deal' followed by numerous other street vendors who wanted to sell you anything from soap to diamonds.

The Finish: I think you would find it hard to find a more exotic, beautiful finish. You had the Blue Mosque to your right, Topkapi ahead and Hagia Sofia to your left just amazing!

The finishing line: I crossed the finishing line as did all my newly acquired vendor friends and they were still trying their luck.

I got my medal, found Bob and my clothes and yes guess what found a nice little café where I had a BIG glass of white wine.

Summary: Not your normal run of the mill marathon, very tough in places and this year very windy. Men to women ratio 20:1. I would not recommend this marathon to a first time marathoner.

My time: 4.05. Number of marathons run: 18

Gertrud

Results

Downton Half Marathon – 25th November 2012

1	1.13.41
2 Nigel Rackham	1.17.01
198 Judy Rackham	2.04.05
156 finishers – last	3.00.57

Bedford Half Marathon – 9th December 2012

1	1:09:55
213 Nathan Powell	1:32:40
275 Steve Paull	1:34:52
742 Gertrud Porter	1:49:05
1000 Harriet Copland	1:57:34
1074 Derek Bamforth	2:01:11
1444 finishers – last	2:57:23

Christchurch Christmas Pudding 10K – 9th December 2012

1	0:32:12
260 Jane Hudson	0:50:04
517 Penny Hudson	1:16:44
518 Sue Davie	1:16:44
530 finishers – last	1:37:35

Sandown Park 10K – 25th November 2012

Gertrud Porter	50:11
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**Thames Valley XC League
Datchett – 11th November 2012
(provisional results)**

Men

Position	Name	Time	Score
30	Ron Taylor	0:35:44	28
48	Jaimi Morris	0:37:16	Guest
78	Tom Alder	0:39:10	69
85	Kevin Smart	0:39:23	75
164	Terry Burke	0:42:35	141
190	John Gorton	0:43:56	158
246	Gordon Valentine	0:46:26	199
308	Jason Bowles	0:50:19	226
313	Al Scoffham	0:50:26	228

Ladies

Position	Name	Time	Score
253	Donna Warren	0:46:52	43
309	Tracey Tyrell	0:50:22	71
312	Jackie Bowles	0:50:25	73

Team Results

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

Men: 12/15

Ladies: 14/15

Team: 13/15

See www.tvxc.org.uk for full results



**Thames Valley XC League
Sandhurst – 25th November 2012
(provisional results)**

Men

Position	Name	Time	Score
30	Ron Taylor	0:35:26	30
42	Nathan Powell	0:36:12	41
155	John Gorton	0:41:53	134
255	Al Scoffham	0:47:34	188
269	Glynn Watkins	0:48:40	191

Ladies

Position	Name	Time	Score
340	Linda Gaitskell	1:14:10	119
340	Angela Murphy	1:14:10	119

Team Results

(1st 6 men score – min 2 vets,

1st 3 ladies score – min 1 vet)

Men: 14/15

Ladies: 15/15

Team: 15/15

See www.tvxc.org.uk for full results

**Thames Valley XC League
Handy Cross – 9th December 2012
(provisional results)**

Men

Position	Name	Time	Score
31	Ron Taylor	0:39:00	30
160	Gordon Valentine	0:47:55	127
162	Terry Burke	0:48:04	127
238	Al Scoffham	0:52:46	188
293	Seb Jenkins	1:01:58	Guest

Ladies

Position	Name	Time	Score
232	Donna Warren	0:52:24	53
285	Carole Wells	1:00:41	82
292	Phoebe Wells	1:01:57	Guest
302	Angela Murphy	1:06:31	91

Team Results

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

Men: 14/15

Ladies: 12/15

Team: 14/15

See www.tvxc.org.uk for full results

5 Mile Handicap – 1st December 2012

Date	01/12/2012	Actual 5 mile time	Correct handicap	Time inc. handicap	Position	Points	Next Handicap
Nigel	Rackham	0:29:51	0:00:00	0:29:51	1	45	30
Sacha	Birkin	0:35:45	0:00:00	0:35:45	2	44	24
Marion	Rogan	0:46:06	0:00:00	0:46:06	3	43	13
Paul	Gardner	0:47:56	0:00:00	0:47:56	4	42	12
Lauren	Smith	0:48:38	0:00:00	0:48:38	5	41	11
Sonny	Peart	0:48:38	0:00:00	0:48:38	6	40	11
Steve	Alder	0:47:56	0:03:00	0:50:56	7	39	12
Colin	Jackson	0:53:00	0:00:00	0:53:00	8	38	7
Julie	Smith	0:53:36	0:00:00	0:53:36	9	37	6
Steph	White	0:50:53	0:04:00	0:54:53	10	36	9
Simon	Abery	0:39:33	0:18:00	0:57:33	11	35	20
Ann	Marsden	0:48:15	0:10:00	0:58:15	12	34	11
Ruth	Tidder	0:41:33	0:17:00	0:58:33	13	33	18
Anne	Ambrose	0:55:00	0:04:00	0:59:00	14	32	5
Gladys	de Groot	1:00:04	-1	0:59:04	15	31	-2
Mike	Ransome	0:44:36	0:15:00	0:59:36	16	30	15
Steve	Paull	0:35:45	0:24:00	0:59:45	17	29	24
Veronica	Georgescu	0:59:48	0:00:00	0:59:48	18	28	0
Olivia	Gill	0:52:01	0:08:00	1:00:01	19	17	10
Elish	Fernandez	1:00:04	0:00:00	1:00:04	20	16	-2
Adam	Leary	0:40:17	0:20:00	1:00:17	21	15	19
Andrew	Collier	0:44:29	0:16:00	1:00:29	22	14	15
Judy	Rackham	0:43:53	0:17:00	1:00:53	23	13	11
Jackie	Cope	0:46:06	0:15:00	1:01:06	24	12	13
Julia	Allen	0:46:07	0:15:00	1:01:07	25	11	13
Hema	Thakur	1:01:22	0:00:00	1:01:22	26	10	-2
Donna	Warren	0:41:55	0:20:00	1:01:55	27	9	18
Kath	Donaldson	0:54:45	0:08:00	1:02:45	28	8	5
Teresa	Young	0:50:49	0:12:00	1:02:49	29	7	9
Geraldine	Gill	0:51:52	0:11:00	1:02:52	30	6	8
Raquel	Russel-Ponte	0:50:44	0:14:00	1:04:44	31	5	9
Mandy	Beuselinck	0:47:56	0:18:00	1:05:56	32	4	12
Dagmar	Jackson	1:07:00	0:00:00	1:07:00	33	3	-7
Jane	Hudson	0:50:53	0:17:00	1:07:53	34	2	9
Bob	Manning	1:07:00	0:18:00	1:25:00	35	1	-7

Well done to all 35 runners who braved the freezing fog for the first 5 mile handicap of this season. Quite a few new and returning runners so lots of points around.

If you ran the race at least once last year, you have a handicap. This is your last time rounded up to the nearest minute then subtracted from 60 minutes. Whatever handicap you pick on the day, I ignore and I add your true handicap to your actual finishing time. The first runner gets as many points as there are runners, the second 1 less and so on. Also, if your time + handicap is under an hour, you get an extra 10 points.

As an innovation this year, I've introduced negative handicaps for those who take over an hour actual time. As you all start off at different times, the arithmetic does get a little testing (particularly at freezing point). Don't be surprised if the numbers here are slightly different to those you saw written down.

The next 5 mile handicap is in March.

Irene Paull

Runners' Recipes

Recovery-boosting Burrito (taken from runnersworld.co.uk)

Refuel post-run Mexican-style with this filling protein and fibre-packed meal-in-a-wrap

Ingredients (Serves 4) - Cooking time: 15 minutes

- 1 red onion, finely diced
- 1 small jalapeño pepper, finely diced
- 1 tbsp olive oil
- ½ tsp ground cumin
- 400g tin of black beans, drained and rinsed
- 4 eggs, mixed with a fork
- Salt to taste
- 90g low-fat Greek yoghurt
- Juice of one lime
- 4 wholewheat tortillas
- 50g grated cheddar
- 1 avocado, cut into slices
- 225g salsa



Method

1. Fry the onion and jalapeño in olive oil. When the onion is soft, add the cumin.
2. Next, add the beans and stir. When the beans are hot, add the eggs and cook until fluffy. Season with salt.
3. Mix the yoghurt with the lime juice and set aside.
4. Grill the four tortillas until they puff up.
5. Lay the tortillas out and divide the egg-and-bean mixture evenly among them. Top the eggs with an equal amount of cheese, avocado and yoghurt.
6. Finally, roll them up and serve alongside the salsa.

The Benefits

- One egg has six grams of protein for recovery
- Avocado is high in fibre and healthy fats
- Jalapeño peppers contain capsaicin, an anti-inflammatory

NOTES OF METROS COMMITTEE MEETING

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

PRESENT: Mandy Beuselinck, Pat Jackson, Ann Marsden, Steve Paull, Marilyn Pickford, Mike Ransome, Al and Jane Scoffham.

APOLOGIES: Penny Hudson, Barbara Robson

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 – 7 November

Metros Barn Dance – The position regarding insurance will be checked.

ACTION: Dave Young

Metros Computer - Irene Paull has researched the cost of obtaining a new laptop for Metros membership and it was unanimously agreed that she should purchase this in the January sales. Any Metros member who could obtain a new laptop at a reduced price please contact Irene.

ACTION: Irene Paull and **ALL MEMBERS**

Thames Valley League – Al Scoffham has taken over from Dave Brown as co-ordinator. Date changes have been advertised in Metrolines. Help is needed for our host event on 16 December. Please contact Marilyn Pickford for marshals and Jane Scoffham for other help.

ACTION: ALL MEMBERS

Discount for Metros Members – Marilyn Pickford will supply Al with the necessary contact to set up a discount with Cotswold.

ACTION: Marilyn Pickford/Al Scoffham

Draw for London Marathon Places – Al has advertised that this will be held in the Scout Hall on Saturday 8 December.

Metros Application Form – changes to the form were agreed and Jane will update having checked details with Irene Paull.

ACTION: Jane Scoffham

Track Marathon – Steve confirmed that arrangements were in hand and five had already entered.

Facebook – Mandy confirmed 64 likes.

Quiz and Awards Presentation Evening – Jane thanked Gill, Garry, Pat and others involved in organising the successful evening.

Metros Short First Aid Course – Margaret Smith had suggested three possible dates in February and March. Pat will check which date is best for most. Anyone who would like to do the course please contact Pat Jackson.

ACTION: Pat Jackson and **ALL MEMBERS**

Race Entry Book – Barbara and Pat are now keeping this up-to-date.

ITEM CLOSED

District Scouts Walk – will be held in Roxbourne Park on 27 April. Metros training can still take place and Steve Alder will liaise re walk route etc. **ACTION:** Pat Jackson

REPORTS OF OFFICERS

Hon. Chairman – Jane had nothing to report.

Hon. Vice Chairman – Mike had nothing to report.

Hon. Secretary – Al had nothing to report.

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

Hon. Membership Secretary – Ann listed new applications which were all confirmed:

Sasha Birkin and Sam Dadomo, Pinner; Roger Mark, Harrow; Helen Smith, Cambridgeshire.

The following have not renewed membership:

Stewart and Niamh Cruikshank, Sam Dalton, Amy Kidd, Helen Marker, Darryl McCarthy, Chonde Nkowni, David Pratt, Clare Vine, Gemma Wilson, Pauline Woods.

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

ACTION: Ann Marsden

Ann confirmed there are few Metros car stickers and it was agreed to source a new supply to purchase.

ACTION: All

REPORTS OF CO-ORDINATORS

5 Mile Handicap – Several runners went wrong on the route and it was agreed to have copies of maps available to distribute to runners.

ACTION: Irene Paull

Harrow Hill Race – Mandy updated the committee on arrangements and several points were discussed and agreed. Mandy will arrange for signatories of the Hill Race Account to be changed.

ACTION: Mandy Beuselinck

Thames Valley League – Al listed forthcoming events.

OTHER ITEMS

Christmas Charity Donation – Angela Murphy had collected £12.80 from the sale of magazines which, together with Christmas message donations totalled £95 so far. More donations are being collected and will be sent to the local branch of St John Ambulance in memory of Pam Smith and Dennis Eyres.

ACTION: Pat Jackson

Meeting closed at 9.30 pm

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

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