

etrolines

February 2013

Issue No. 293



Gertrud's Monopoly Run

Metros Diary

2013

JAN

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

Sat 13 5 Mile Walk, Roxbourne Park 9.00 am

Sat 20 Wot No Watch, Roxbourne Park 9.20 & 9.40 am

MAY

Sat 4 Measured Mile, Roxbourne Park 9.20 & 9.40 am

Sat 18 5K Run, Roxbourne Park 9.15 am

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

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

Note from the Editors!

During this current cold snap (as this is being written the snow is falling) and on dark winter days it can be difficult to motivate yourself to set foot outside. Whatever your reasons for running, don't let it become a chore. Take a little downtime – it won't hurt – or wrap up warm and come along to any of the Metros sessions and enjoy the social aspect. If you're out by yourself slow down and enjoy the scenery, especially on one of those sunny, frosty mornings. Metroland can be beautiful. And remember, spring is just around the corner ☺

Jane and Penny Hudson





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.

Trophy Races

London Road Runners Club
Trophy Races 2013

The following Road Races will comprise this year's events that will contribute towards the Trophy Race competition;

Finchley 20	Sunday 17 th March at 9.00 a.m.
Maidenhead Easter 10	Good Friday 29 th March at 9.30 a.m.
Marlow 5	Sunday 12 th May at 9.30 a.m.
Sudbury Court 10K	tba
Burnham Beeches Half Marathon	tba
Moor Park 10K	Sunday 29 th September at 3.00 pm
Cabbage Patch 10 (Stragglers)	Sunday 20 th October at 10 am
Ricky Road Run	tba

The Ricky Road Run has been added back to the list for this year.

Note to qualify for the competition you must;

Be a paid-up member of the club.

Enter the Metros club name on the entry form and be qualified to do so.

Wear club kit.

Points for the competition are awarded from the official results generally as posted on each organising clubs website. It is therefore essential that each competitor check the accuracy of position and their club entry as a Metro from the official results. Any discrepancies must be taken up by the individual runner with the club concerned. Copies of all communication with those clubs should be sent to the LRRC Coordinator and in the event of the organising clubs error, amendment to the award of Trophy competition points can be made. This however must be prior to the finalisation of the competition. If you enter as a Metro and are not shown in the results as such get in touch with the LRRC Co-ordinator.

The scoring system will stay the same as last year, in that the leading Metro will now score 50 points, the second Metro will score 49 points and so on. An extra point will be added for helping an assisted Metro runner to compensate for the loss of a point demanded by the Rules by the competitor finishing behind that runner. Separate competitions for Men and Women will continue.

An update on points scored will be published when possible in the Metrolines.

Graham Haddon LRRC Co-ordinator (grahamhaddon@aol.com)

Live Irish Ceili
Band



BARN DANCE

Saturday 2nd March 2013
7pm – 11.30 pm



**TICKETS GOING FAST!
MAKE SURE YOU HAVE YOURS.**



Available on Saturday mornings,
via run co-ordinators or
contact Penny Hudson on 07905 557101 or
metrolines1@gmail.com

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

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



Congratulations to
Caroline Murray
on the birth of her daughter

Evie May
on 18th December 2012
weighing 7lb 4 oz

A sister for Eleanor

Gertrud's Monopoly Run

Your editors are starting to put time pressures on us reporters these days.

"Come on Paull (note no first names anymore), we want around five hundred words on the Monopoly run and we want them before we go to press."

"But....."

"No buts, get on with it."

Who plays Monopoly these days? I've seen there are various new versions on the market and I'd like to see inside the Harrow School version, but I don't fancy playing it any more. Maybe my residence is the School equivalent of Old Kent Road. It's near enough to be included.



I remember I always chose the battleship (psychiatrists to explain) when I played, and always tried to buy everything.

The idea of a run around all the sites of the "main" board seemed a great idea. Well done Gertrud for thinking of it and organising it. I bought her a travel book (sort of) on the game's sites as a birthday present. I'm not so sure about her idea of stopping at each site for recitals and forfeits though.

So what do I remember?

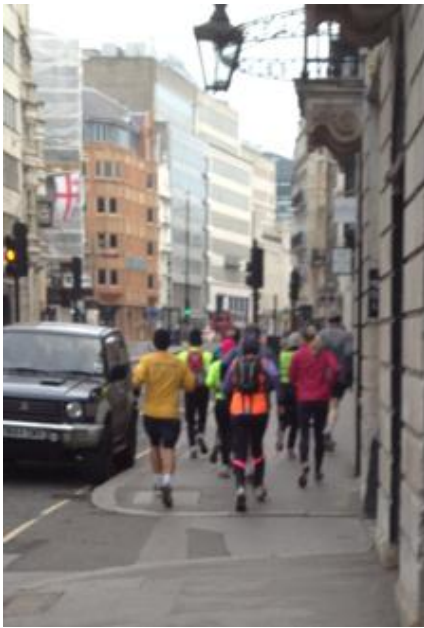
Well, it was a quiet Sunday morning and it was very cold when nine of us set off from Baker Street. Gertrud was in front and I was having trouble keeping up (no warm-up on this). Park Lane was first, then Mayfair. Mandy was required to sing "A nightingale sang in Berkeley Square", but nobody knew the tune except for the last line. We recited it. I had to pose with a fake cigarette (Marlborough Street) and



Nigel had to wear a policeman's helmet. I'll let you into a secret, I think he quietly enjoyed this, because he kept it on for the rest of the run and he really did look the part. This was for Vine Street, which is a tiny 50 yard long no through road. How did it ever get chosen for Monopoly? Likewise some of the stations- Marylebone and Fenchurch Street are hardly the big ones, and why none from Southern Region?

Tourists took photos of Nigel, I can't imagine what they thought was going on. He eventually started topping-and-tailing the rest of the group which now had three more when Julia B and two of the beaks from Harrow

school joined us. Was it in Piccadilly?



On we trotted. Many photos were taken. Some explanation of our quest was given to some passers-by. Together we each pulled a party-popper at Old Kent Road, but I can't remember why. As good citizens we cleared up afterwards.

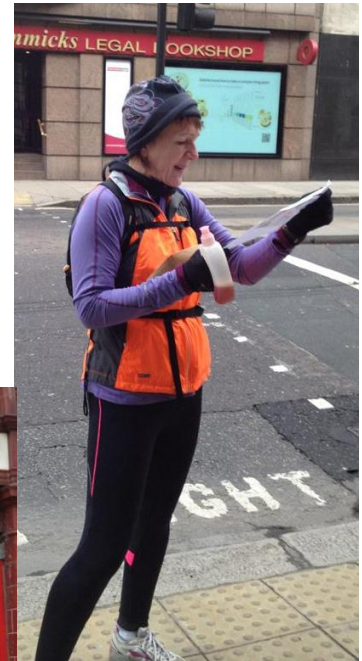
We got some cheers as we dodged our way down Petticoat Lane where, despite my years, I'd never been. It wasn't that busy at the time we passed through. Perhaps it never is these days.

Some left us for home while some had a break at Liverpool Street, to rejoin us at Kings Cross with members of the Porter family for the last couple of miles through Regent's Park to the finish at

Marylebone.

It was great fun, if it did take longer than I anticipated, but our leader/hostess made sure that we got fed back at her house that afternoon.

Mary Le Bone



Achievements

Well done to ...

Sarah Westwood for a PB in the 10K challenge.

Pauline Bishop, Veronica Georgescu and Hema Thakur for completing 10K for the first time and **Karen Leary** for completing her first 10K for several years.

Nigel Rackham - 1st V50 at Cliveden (4th overall)



Hi Metros

The first pebbledash took place last night with 46 runners, under clear skies and no wind! First over the line was Caroline Hoyte in **36min29secs**, running for Arena 80 AC, check out www.thepebbledash.co.uk for info & results. It would be great to have some Metros down there for the next one on Weds February 13th if anyone can make it. As for January, all Metros can enter for a reduced £6.50 with the voucher code 'METROSFEB'.

Cheers All

Ben Sellar-Moore

The search for Mike Billington (slight reprise)

Like the Loch Ness monster and Lord Lucan, does Mike Billington exist? The answer, finally, definitely, is yes. There now is photographic proof from a TV programme called SP12, shown just before Christmas. This is not about batteries, or named after my shoe size, or IQ, it's some sort of annual sports tribute thingy. With nothing much else to do on a Sunday evening, I was slumped in my armchair watching this expensive-looking TV "bonanza" (our national broadcaster had hired the Excel for this, no Television Centre anymore) National treasures had been wheeled out and were all over the place. Here was Sue, and there was Claire, and that nice Gary Lineker was there too. And royalty.

Plus Mike Billington. I shot out of my skin on seeing the picture. Not on the red carpet, but definitely on screen.

"Did you see that?" I asked the boss.

"Yes. Yes", she squealed. "You were right all along."

Now it wasn't just me who had seen him.

To tell the truth, I had heard rumours he was to be on the programme in some capacity. Perhaps to be the official carrier of The Duchess of Cambridge's sick bucket.

The jungle telegraph on a Metros Saturday morning is a powerful news medium. I assumed Mike would be formally introduced by Seb as his successor, but, in an understated manner typical of the man, he was behind his Lordship, standing ramrod straight, carrying a flag high, like a Roman centurion before the great Caesar. Mike's time will come in Rio (see Metrolines 288), I thought.

I also expected our Mike, now he had been "outed" to the general public, to get awarded in the New Year Honours, but it was not so. If not a tap on the shoulder from Her Maj, then an MBE at the very least. I will never understand how the awards system works.

I don't think the story is over just yet. I'll keep you all posted if anything else develops.

Steve Paull



Just to let you know that I ran Portsmouth marathon on 23rd December in 3hrs 30, which was 15 mins plus off my target :-/. The course and the race is good fun right around a big estuary bay. On the beach, along walls & muddy trails and through huge puddles (lakes). It's well organised, partnered with Cliff energy bars so the stops are good and well supported.

Great timing for a guilt-free Christmas! After a couple of weeks off, I'm now training hard for Brighton and hope to see the other Metros down there!

Ben Sellar-Moore

Male Aaron Breen Award - Acceptance speech

I am sorry that I was not present when David Young presented the above award to myself "in absentia". David as we know was a worthy winner of last year's award for the work he puts in, managing the Saturday mornings which has become one of the most successful components of the Metros. Past winners of the award have put many hours into their Metro achievements to deserve this award. It is therefore with some trepidation that I have accepted this award, albeit in absentia. David and others have assured me that this presentation was truly meant and I am sorry I missed his entertaining speech.

To justify David's selection I am going to be hard pressed given this impossible task. However in fairness to David I will as they say give it my best shot.

It is of course ironic that I should be presented with an award that I believe is strictly for services to family running, I was at the forefront of a campaign to name our club the Metros Running Club and not the Metros Family Running Club. The supporters of incorporating the word family had already made badges with the word family on them. However I think sense prevailed and at a subsequent A.G.M. our present name was adopted, but for a moment it was touch and go.

My first Metro award was for coming second Lady in the Harrow half marathon, an official result which stands as published and has never been corrected. It was the only decision the Metros could take being bound as they are by the published results.

I have actually met Aaron Breen and raced against him at times. On one occasion I think in 1982 in a Metros Fun Run we found ourselves in the lead, with 200 metres to go. Aaron being a gentlemen offered to make a race of it or to come in together. Trying desperately to keep up, I accepted the later. This was shortly after the 1981 Marathon finish when the two winners came into together and one should not try too hard in a fun run. I do not however recall Aaron informing me that one day I would win his trophy but give it thirty years.

The eighties were exciting days for the new wave of running and the organiser of the Great British Fun Run Will Chapman invited me to enter a relay team from the North West Section of London Road Runners, this was essentially the Metros. The teams consisted of 10 runners but I could only enter six, but Will supplemented our team with the British Triathlon Champion and three other runners who were all sub 2.30 marathon runners and had actually won events in local marathons including the Polytechnic. We were now the London Road Runners Club and I found myself relay captain of the biggest running club in Britain. We had stern opposition from other teams such as the Army and other military who had superb support teams. It did mean that the six of us mere mortals from the (Metros) had to give it a 100%. We did however have Jim Giles who had run at international level for Scotland. We went on to win the first visiting team award. Obviously we could not with work commitments run all the way around Great Britain, but did manage four legs of the relay to take us as far as Kings Lynn. I particularly remember the mass start in Hyde Park, the T.V. Radio interviews, the press. It was the big sporting event of the week. The London Road Runners was run by professionals with good P.R. people. Seb Coe was the guest runner and was running behind me and stayed there, I sort of knew the course he didn't, he was fooled by my Captain's Arm Band.

Every Sunday morning Metros organised a handicapped run over Ruislip Woods and I was appointed Official Handicapper. Unfortunately I got very good at my job. I had a very nice note from Brian Jackson who stated that himself and Pat could no longer record the finishing times and position of runners accurately, as due to the staggered handicapped starts, all the finishers ended up in the finishing straight at once. From then on we ran in graded groups, which made it easier to record the results.

No presentation could be made without reference to many and varied illnesses, I think David may have made slight reference to it and my one big regret is not being able to run any more. I do however along with Henry Pickford facilitate/organise walks with other "retired" Metros. I generally end up at the back but still manage to be thereabouts at refreshment stops.

Fairly early on in the Metros history, I organised training runs in Windsor Great Park, starting on the long straight that links Windsor Castle to the copper statue of George 111. The route was fairly exact at 13.1 miles and used to be run in training at 86 minutes, although during London Marathon training it was possible to get up to 20 miles by a variety of routes. The leading runners in the Metros utilised these training runs, including some Hillingdon runners. Later I used to lead runners attempting these long runs for the first time. Because of the delights running around this park they were able to keep going, without even realising they had run their first half marathon.

Later I introduced a system of handicapping, to accommodate the not so fast runners who by this time included myself. Chris Roome on his beloved tarmac could give other runners two miles and still catch them up.

For many years I was coordinator for the Sunday morning irregular(did not take place on race days) training runs. These went from one/two runners to as many as twenty. These runs went round Ruislip Woods to sometimes the three adjoining woods in total. It gave a lot of Metros their necessary LSD and built up stamina. At one A.G.M Mike Godden the chair enquired as to what I did for the Metros. I duly replied that I on Sunday mornings checked that the runners had arrived, checked my watch and said go and got the runners to follow me. Mike duly thanked me for my hard work and dedication to the Metros. There could have been just a touch of irony in his voice.

During some of these runs nobody turned up, but for one young unknown Metro Lady who used to run with me. I had been on a relentless programme of medication for my eyes which were burning and red. Running used to relieve the pain, especially with company. She was English/Spanish and a good cyclist. I remember she stated that her boyfriend was in hospital with some of my illnesses. My eyes got better and I never saw her again and no one in Metros ever knew who she was.

For about two years or more I organised training sessions at Roxbourne Park. I implemented jumps into the training as my son at 12 years was in to National Hunt Racing and used to train his sister in the back garden over a realistic National hunt fence. Another innovation was the devil take the hindmost; this is where the last runner has to drop out on each circuit. It can become a tactical battle.

Before that I used to assist Jim Giles as coach for Harrow A.C. Boys. I was allocated the B class boys and learnt a lot from Jim with regard to track training. I would recommend track training to any serious runner who wants to improve their times.

Before Anne and Bernard Leigh ever organised accommodation etc. for the then Seven Sisters Marathon, a few of us tested the waters and ran in the eighties along with Hillingdon. Metros did well beating all of Hillingdon runners save "Swanie" who was a RAF- P.E. Instructor. Dave Brown and myself got round in under 4 hours, with myself doing 3 hours 41 minutes. Many years and illnesses later probably in my last competitive marathon run I managed to beat Al Scoffham and Chris Roome who were beset by a series of problems to their shoes. Al said to Garry Young the then Chair of Metros: "I must tender my resignation as Graham has beaten me". To which Garry replied "there will be no need you will be asked for your resignation."

My one regret is not being able to run, but I can still walk and drink Beer.

Graham Haddon

Results

Poole Round the Lakes 10K 2012

1		30:41	
9	Nigel Rackham	34:04	1st M50
230	Judy Rackham	53:46	
321	Emma Rackham	62:28	
355	finishers -last	90:41	

Serpentine New Year's Day 10K 2013

1		32:23	
249	Gordon Valentine	49:43	
369	Carole Wells	55:42	
409	Sarah Westwood	57:41	
418	Sonny Peart	58:08	
566	finishers - last	93:02	

Gladstone Parkrun

Graham Hart	1.1.13	24:40	
	5.1.13	23:45	PB

Portsmouth Marathon - 23rd December 2012

1		2:50:41	
111	Ben Sellar-Moore	3:30:31	
900	finishers - last	7:14:08	

5 Mile Walk - Saturday 12th January 2013

Bob Manning	56:58
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5k Race - 24 November 2012

Position	Name	Time	Age Grading
24	Ann Marsden	30.03	71.7%
3	Kevin Smart	21.08	71.5%
6	John Gorton	22.48	69.7%
11	Hilarie Lemon	26.41	69.7%
4	Sasha Birkin - 1 st Lady	22.23	68.8%
27	Raquel Russell-Ponte	31.56	68.6%
2	Tom Alder	19.50	67.3%
1	James Morris	19.38	65.8%
5	Andy Fox	22.30	65.0%
21	Sarah Westwood	29.08	64.7%
13	Jane Hudson	27.18	63.8%
8	Al Scoffham	24.28	63.3%
12	Christopher Hudson	27.16	62.4%
30	Kath Donaldson	33.10	62.0%
18	Judy Rackham	28.40	60.7%
7	Simon Abery	24.17	59.8%
9	Adam Leary	24.44	59.2%
46	Anne Leigh	39.00	59.0%
25	Teresa Young	30.07	58.6%
16	Aarnav Panda	28.14	57.9%
19	Mike Ransome	28.44	57.3%
14	Dan Collier	27.44	56.9%
10	Mark Mulvenna	26.33	55.6%
17	Paul Gardner	28.17	53.9%
48	Jeanne Coker	46.53	53.6%
35	Jane Scoffham – self timed	34.59	53.2%
15	Guy Bostock	28.00	51.8%
36	Anne Ambrose	35.01	51.7%
20	Errol Clarke	28.54	50.6%
28	Geraldine Gill	31.57	50.2%
38	Irene Paull	35.34	50.2%
31	Colin Jackson	33.11	49.6%
37	Penny Hudson	35.02	49.1%
33	Yvonne Greenwood	33.26	49.0%
22	Steve Alder	29.57	48.9%
23	Nagendra Bisht	30.00	47.3%
43	Linda Gaitskell	38.16	47.3%
29	Peter Stapleton	32.08	46.3%
40	Julia Smith	36.00	46.0%

34	Dharmini Chikhliwala	33.44	45.6%
32	Karen Collier	33.14	45.5%
44	Karen Ferguson	38.33	45.2%
39	Karen Leary	35.55	45.1%
26	Sonny Peart	31.19	44.9%
47	Dave Brown	40.39	40.9%
45	Hema Thakur	38.44	40.6%
41	Gagan Khullar	38.10	35.5%
42	Angela Murphy	38.16	

This was an excellent field for the last 5k of 2012. Well done to all the runners who took part and we hope that the first timers enjoyed themselves – despite the muddy conditions.

Thanks to Steve Paull for recording the names at the finish and Teresa Young who is always on hand to assist with the results.

We wish all Metros a Happy New Year and hope to see you taking part in next year's events.

Marilyn and Henry

Wot No Watch – Saturday 15th December

Congratulations to Andy Fox** for being spot on. Commiserations to Andrew Collier, Caroline Day-Lewis, Judy Rackham, Marion Rogan, Ann Marsden, Steph White, Sandra Young and Penny Rawlins* who were all within 3 seconds.

Name	Predicted	Actual	Difference	
Nigel Rackham	5.10	5.14	+4 s	
Peter Rackham	5.50	6.07	+17 s	
Steve Paull	6.20	6.08	-12 s	
Sasha Birkin	6.50	6.10	-40 s	
Andy Fox	6.20	6.20	0	**
Simon Abery	6.30	6.25	-5 s	
Daniel Collier	8.00	7.04	-54 s	
Andrew Collier	7.10	7.08	-2s	*
Caroline Day-Lewis	7.12	7.14	+2 s	*
Christopher Hudson	6.52	7.14	+22 s	
Mike Ransome	7.20	7.16	-4 s	
Jane Hudson	6.59	7.23	+24 s	
Sonny Peart	7.00	7.24	+24 s	
Julia Allen	7.40	7.36	-4 s	
Judy Rackham	7.50	7.47	-3 s	*
Errol Clarke	7.55	8.12	+17 s	
Marion Rogan	8.15	8.13	-2 s	*
Sarah Westwood	8.28	8.14	-14 s	
Ann Marsden	8.35	8.34	-1 s	*
Karen Collier	8.30	8.36	+6 s	
Dharmini Chikhliwala	8.30	8.48	+ 18 s	
Janice Newman	8.25	8.51	+26 s	
Ceri Jacob	8.25	8.51	+26 s	
Steph White	8.55	8.52	-3 s	*
Yvonne Greenwood	10.00	8.57	-1m 3s	
Sandra Young	9.00	8.57	-3 s	*
Penny Rawlins	9.00	8.57	-3 s	*
Raquel Russel Ponte	9.50	9.04	-46 s	
Penny Hudson	9.00	9.08	+8 s	
Kath Donaldson	9.15	9.23	+8 s	
Sonya Grist	9.33	9.26	-6 s	
Gladys de Groot	9.50	9.29	-21s	
Debbie Moynihan	9.45	9.30	-15 s	
Gagan Khullar	9.00	9.38	+38 s	
Anne Ambrose	9.30	10.00	+30 s	
Debbie Lewis	10.00	10.11	+11 s	
Angela Murphy	9.30	10.11	+ 41 s	
Linda Gaitskill	9.30	10.11	+41 s	
Anne Leigh	10.49	10.57	+12 s	

10K Challenge - 5th January 2013

Nigel Rackham	36.58	83.00%	Gold
Neal Smith	40.43	73.00%	Gold
Steve Paull	46.36	71.00%	Gold
Ian Birch	46.50	70.10%	Gold
Kevin Smart	46.03	67.80%	Silver
Sarah Westwood	57.38	67.10%	Silver
Judy Rackham	53.31	66.70%	Silver
Bob Manning	56.21	65.90%	Silver
John Gorton	50.27	65.00%	Silver
Annie Birch	59.41	63.00%	Silver
Donna Warren	50.39	62.70%	Silver
Kath Donaldson	69.10	61.90%	Bronze
Simon Abery	49.45	60.70%	Bronze
Adam Leary	51.03	59.20%	Bronze
Mike Ransome	58.30	58.60%	Bronze
Julia Allen	56.14	58.40%	Bronze
Pauline Bishop	68.41	57.90%	Bronze
Veronica Georgescu	76.07	57.90%	Bronze
Caroline Day-Lewis	56.08	57.50%	Bronze
Steph White	68.36	54.80%	
Anne Ambrose	69.33	53.40%	
Andrew Collier	56.15	53.30%	
Irene Paull	68.52	53.20%	
Kirit Ranpura	59.49	52.20%	
Julie Smith	67.24	50.40%	
Karen Leary	67.00	49.50%	
Raj Varshani	59.30	48.50%	
Sonny Peart	60.41	48.30%	
Penny Hudson	74.41	47.20%	
Hema Thakur	78.02	41.30%	

Well done to the 30 people who undertook the 10K Challenge this month - a few new faces (or old faces returning after a long absence). Commiserations to Steph who missed out on a bronze award by just 13 seconds. So a final sprint or a birthday between now and April should do it!

Teresa

Cliveden - Sunday 6th January 2013

1		36:31	
4	Nigel Rackham	38:43	1st V50
203	Peter Rackham	54:11	
240	Donna Warren	56:00	
241	Gordon Valentine	56:01	
251	Matthew Rackham	56:25	
258	Harriet Copland	56:55	
275	Adam Leary	57:51	
334	Gertrud Porter	60:06	
349	Judy Rackham	61:07	
384	Carole Wells	64:56	
413	Sarah Westwood	67:42	
427	Ann Marsden	69:05	
444	Angela Murphy	71:59	
453	Sonya Grist	76:49	
457	Emma Rackham	77:56	
464	Anne Leigh	89:11	



Thames Valley XC League Metros – 16th December 2012 (provisional results)

Men

Position	Name	Time	Score
14	Richard Francis	0:37:40	14
25	Ron Taylor	0:39:36	25
32	Nathan Powell	0:40:29	32
63	Mitesh Patel	0:43:11	59
76	Fatmir Sulmataj	0:43:39	72
95	Kevin Smart	0:44:40	89
96	Oliver Wells	0:44:47	90
120	John Gorton	0:47:02	109
135	Gordon Valentine	0:48:00	119
140	Terry Burke	0:48:28	123
155	Graham Hart	0:49:44	134
195	Al Scoffham	0:52:49	154
219	Glynn Watkins	0:55:02	168

Ladies

Position	Name	Time	Score
181	Donna Warren	0:51:41	35
227	Gertrud Porter	0:56:46	55
243	Carole Wells	0:59:57	66
245	Sarah Westwood	1:00:42	68
262	Raquel Russel Ponte	1:07:37	80
268	Angela Murphy	1:11:16	85

Team Results

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

Men: 5/15

Ladies: 12/15

Team: 8/15

See www.tvxc.org.uk for full results





Thames Valley XC League Reading – 23rd December 2012 (provisional results)

Men

Position	Name	Time	Score
20	Ron Taylor	0:40:54	20
37	Nathan Powell	0:42:57	36
163	Terry Burke	0:51:19	142
201	Gordon Valentine	0:53:42	166
253	Glynn Watkins	0:58:17	194

Ladies

Position	Name	Time	Score
218	Donna Warren	0:55:09	41

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

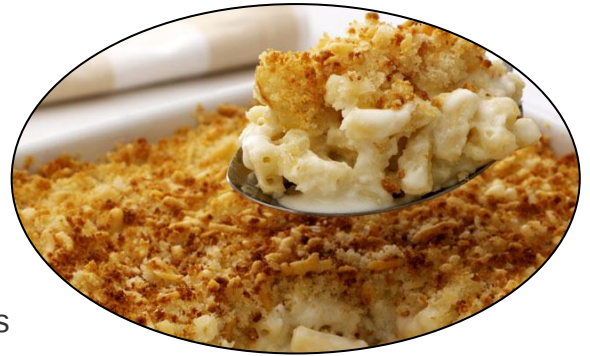


Runners' Recipes

Macaroni Cheese

Serves: 4

- 625ml vegetable or chicken stock
- 2 bay leaves
- 1 medium cauliflower, cored and cut into large pieces
- 225g macaroni or fusilli
- 40g grated cheese (such as sharp cheddar, gruyère or emmental, or a combination)
- 2 tbsp olive oil
- 1 tbsp Dijon mustard
- Pinch nutmeg
- Salt and black pepper
- 20g grated parmesan
- 40g breadcrumbs



Preparation time: 65 minutes

1 Preheat oven to 200C. In a saucepan, warm the stock and bay leaves on a medium-low heat for five minutes, turn off the heat and leave covered.

2 Cook the cauliflower in boiling salted water for 25 minutes, then place in a food processor. Cook the pasta in the same water for five minutes. Drain and rinse to cool; put the cooked pasta in a greased baking dish.

3 In batches, process the cauliflower with the stock (discard the bay leaves), cheese, oil, mustard, nutmeg, salt and pepper. Pour the sauce over the pasta and spread evenly in the dish. Top with parmesan and breadcrumbs. Bake for 20 minutes.

Calories **420**

Fat **15g**

Carbs **57g**

Protein **20g**

Swap white **pasta** and **breadcrumbs** for brown varieties to lower your risk of developing obesity-related conditions such as type II diabetes and heart disease later in life.

The protein-packed **parmesan** provides six per cent of your daily calcium requirements. This vital mineral helps regulate muscle function and enzyme activity.

The puréed **cauliflower** in this dish provides a massive hit of vitamin C, which could help reduce post-workout muscle soreness.

Taken from Runners World

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