

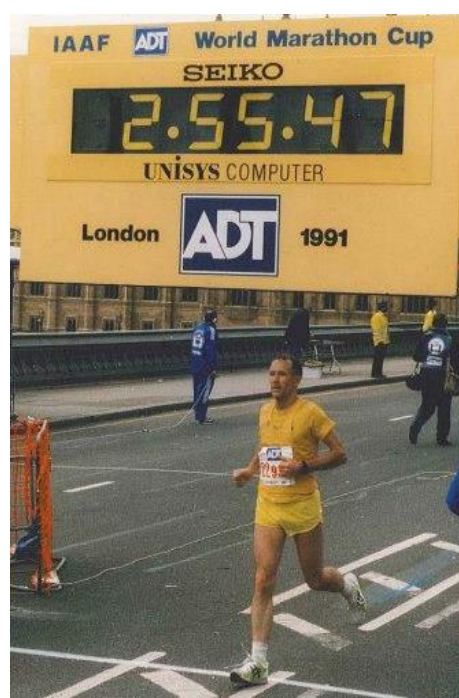
etrolines

April 2013

Issue No. 295



Memories...



Metros Diary

2013

MAR

Sun 24 Gade Valley 20 mile training run 9.30 am

Fri 29 Maidenhead Easter 10, TROPHY RACE 9.30 am

APR

Wed 3 Committee Meeting 8.00 pm

Sat 6 10K Challenge, Roxbourne Park 8.50 am

Sun 7 Combe Gibbet 16+ miles XC 2.00 pm

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

Sat 27 See note on page 5

MAY

Wed 1 Committee Meeting 8.00 pm

Sat 4 Measured Mile, Roxbourne Park 9.20 & 9.40 am

Fri 10 AGM, Lowlands Tennis Club 8.00 pm

Sun 12 Marlow 5, TROPHY RACE 9.30 am

Mon 13 Vets Track & Field, Battersea 6.30 pm

Sat 18 5K Run, Roxbourne Park 9.15 am

Sun 19 Sudbury Court 10K, TROPHY RACE 11.00 am

JUN

Sat 1 5 Mile Handicap, Roxbourne Park 8.50 am

Sun 2 Summer League, Dulwich Park 10.30 am

Mon 10 Vets Track & Field, Twickenham 6.30 pm

Sat 15 Wot No Watch, Roxbourne Park 9.20 & 9.40 am

Sun 16 Summer League, METROS, North Harrow Rec. 9.30 am

Mon 24 Vets Track & Field, Hillingdon 6.30 pm

JUL

Sat 6 10K Challenge, Roxbourne Park 8.50 am

Sun 7 Summer League, Perivale 11.00 am

Mon 15 Vets Track & Field, Battersea 6.30 pm

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

Sun 21 Summer League, Regents Park 9.00 am

AUG

Sat 3 Measured Mile, Roxbourne Park 9.20 & 9.40 am

Sat 17 5K Run, Roxbourne Park 9.15 am

Sun 18 Summer League, Battersea Park 9.30 am

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

Note from the Editors!

Despite the weather it's good to see Metros out and about. Please continue to send us results of any races you have taken part in, or any achievements, so we can all celebrate with you. Well done to everyone who completed Finchley 20 today – results next month. If anyone out there is interested in a takeover bid, see the ad on page 4. For 'older' Metros our front cover shows a couple of blasts from the past – if any of you have old photos you'd like to share please do send them in. They are an inspiration on days like these ☺ As usual, enjoy your running!

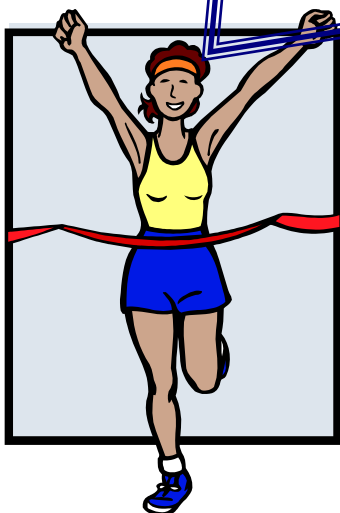
Jane and Penny Hudson



Welcome

Hemant Panda, Pinner
Hershil Patel, Kenton
Brian Peverall, Harrow
Martyn Smith, North Harrow

Elected at the March meeting



Important
DATE!

METROS AGM

This year's AGM will be held on Friday 10th May
- 8.00 pm at Lowlands Tennis Club.

Job Vacancy

It is time for a New Metros Honorary Chairman

Here is the Job Summary

The responsibility of the Chairman is to chair Committee Meetings

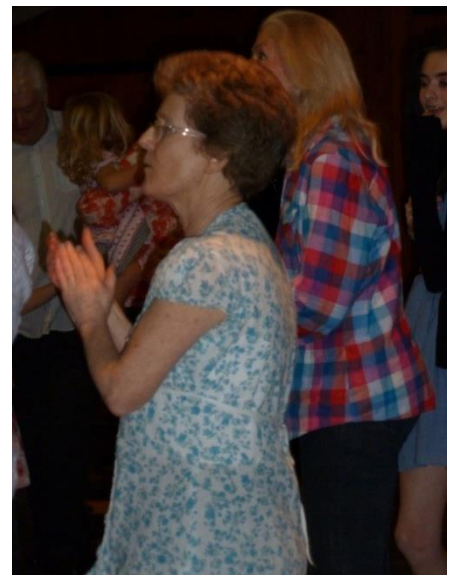
The Chairman shall have a casting vote only, to be used at his/her discretion

The Chairman could undertake any other specific duties as agreed by the
Committee

If anyone is interested and would like to know more,

Please contact Jane Scoffham:

Home 01895 270 245 Mobile: 07799 89 89 36



Trophy Races



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

Maidenhead Easter 10 Good Friday 29th March at 9.30 am
<http://www.maidenheadac.co.uk/easter+10/general>

Marlow 5 Sunday 12th May at 9.30 am
<http://www.handycrossrunners.co.uk/Marlow5.html>

Sudbury Court 10K Sunday 19th May at 11.00 am
<http://www.sudburycourt.org.uk/10k/index.php>

Burnham Beeches Half Marathon Sunday 18th August
<http://bbhm.burnhamjoggers.org.uk/>

Moor Park 10K Sunday 29th September at 3.00 pm
<http://www.moorpark10k.org.uk/>

Cabbage Patch 10 (Stragglers) Sunday 20th October at 10 am
<http://www.cabbagepatch10.com/>

Ricky Road Run tba
<http://www.rickyroadrun.co.uk/>

Any queries please contact
Graham Haddon LRRC Co-ordinator (grahamhaddon@aol.com)

Saturday Morning Training on 27th April

On Saturday, 27th April, the scouts are holding a sponsored walk in Roxbourne Park.

Metros will still meet in the park at 9:00 for the usual Saturday morning training but please be aware that we will not have use of the scout hall and associated facilities before or after the session...

Round Norfolk Relay 2013

Will take place on 14th & 15th September

197 mile continuous relay in 17 separate unequal multi-terrain stages



If you are interested in taking part in this relay, please contact Al or Jane Scoffham before the end of March on 01895 270 245

GREEN BOTTLE TOPS

I have just delivered a sackful of green bottle tops and received "Many, many thanks" which I pass on to you.

For newer members (and a reminder to old ones!) please bring your GREEN milk bottle tops to the scout hut on Saturdays.

They are collected by a number of clubs and others, taken to centre where they sold by the ton!! Money collected is used to buy wheelchairs for young, disabled sports people

Jeanne Coker



England Athletics Affiliation 2013/2014

I had a communication from England Athletics last year outlining a proposed price increase for our individual registration, the details of which were published in the December Metrolines.

This seemed to be quite involved with different price scales depending upon what sort of running you intend to undertake. ie road, XC or track.

After much consultation and feedback the final decision by England Athletics has been to raise the annual fee for a competing club member to £10

A competing club member is defined as anyone aged 11 or over who competes in an event organised under UKA rules. Other club members such as volunteers, officials, coaches and helpers are not expected to pay.

The registration period lasts from the 1st April to the 30th June 2013 as in previous years.

We will need you to sign a consent form again, also as in previous years. This is necessary in order to comply with the DATA Protection Act.

Please note there is a different form for renewals or first time applications. These forms will become available during April and copies will be in Metrolines as before.

If you would like any further information give me a call on 01895 270245

Al Scoffham
Honorary Secretary

Beasts in Roxbourne Park

This is a request to all male Metros who attended the Saturday morning training session in Roxbourne Park on 23 February.

As one of the last to leave the scout hall, I discovered that my trusty size 8 Brooks Beasts had been taken and a pair of size 8½ Asics Gel-Foundation shoes had been left. Please could you check whether you have inadvertently acquired a pair of very muddy Beasts and, if so, return them one Saturday morning.

Thanks in anticipation,

Dave Young

Harrow Hill Race

They were some mighty big shoes I stepped into in November when I took over the race directorship of the Harrow Hill Race. David Swan had done an awesome job with organising the race for the previous two years, but for 2013 he was having to step aside.

I've run in lots of races but this was my first foray behind the scenes - aside, that is, from my pivotal roles on the VLM waterstation and at the 2012 Olympics as a Gamesmaker. I had a rather steep learning curve to climb and just over 3 months to pull it all together.

Thanks to a detailed handover and an unfailing willingness to answer even the most obscure question, David kept me on the straight and narrow. Harrow school was contacted, a date was set and the process of course measurement certification, UKA licence application, appointment of the referee and the adjudicator was undertaken. With my trusty, self styled "director of ground operations" (more commonly known as Peter) at my side we undertook route inspections, a tour of the facilities of the rather splendid school sports centre, liaison with the council, appointment of medical coverage.....the list went on!

Then there was the matter of telling the rest of the world about our race and encouraging as many people as possible to enter. Entry forms were printed, online entries set up, Kevin Smart did a great job with email shots and displaying all the details on our webpage. Irene Paull was her usual unflappable self and fitted in trips overseas and to far flung corners of the UK for work around logging the entries and sending out the race numbers and packs. We parachuted in to Metros training sessions unannounced and promoted the race, we stood in the freezing cold for hours at Watford half and were rewarded with a surge in entries and many a runner talking with fondness of the Hill Race. We got wise and recruited other Metros to stand in the freezing cold for hours at other events like Cliveden and Thames Valley Cross Country Fixtures.....

The few days prior to the race were chaotic at home - lists everywhere. Have we got enough coffee? Where are the medals? Have we got the vouchers, awards and spot prizes? Where the heck are we going to put all these bananas?

And all too soon the day was upon us. We were blessed with sunshine and a huge turnout. There were 198 entries and we had 169 finishers.

I'm so grateful to everyone from Metros, family and friends who helped marshal/set up/take down the course, water/register/feed/time/patch up/guide/goody bag up and result report the runners. It really was a huge club effort and it all came together on the day, I am pleased to say.

Thanks again to everyone - runners, helpers, advice givers - too many to name check everyone individually. Hopefully we'll get to do it all again next year.

Mandy and Peter Beuselinck

Metros Barn Dance

A big thank you to all who attended the Barn Dance on 2nd March and made it such an enjoyable social get-together.

An even bigger thank you is due to those who helped organise the event, notably:

- ♪ Penny, who designed the tickets and wonderfully managed all the promotion and ticket sales.
- ♪ Judy, Kath, Teresa and Nigel for arranging such a splendid buffet.
- ♪ Steve Paull for helping with ticket sales and dressing the part on the evening.
- ♪ Marilyn for cheerfully greeting people at the door and taking some of their money.
- ♪ Andy and Kevin for helping to clear up afterwards.
- ♪ Metros Committee, and especially Pat, for their general support and encouragement.

There was a massive surge in demand for tickets during the fortnight leading up to the dance and it was great to see so many friends of Metros as well as current and past Club members. The only down-side was that the dance floor was quite crowded for most of the evening and I apologise to those who missed out on some of the dancing.

There appears to be enthusiasm to hold another such event so maybe next time we need to hire a bigger hall or limit numbers. If anyone has any other suggestions for improving the event please tell me or a member of Metros Committee.

Dave Young



Achievements

Well done to ...

Judy Rackham and Jane Hudson for recent half marathon PBs

Christopher Hudson for a PB in the Metros 5K, and **Sasha Birkin** for being 1st female winner of the 5K

Sasha Birkin and Mike Ransome for completing their first 20 mile race at Finchley 20



London Marathon Water Station

It's that time again, that time when we hope for a nice sunny, warm day for the London Marathon. Well we who are on the 30 K Special Drinks Station do anyway, whatever about those running.

As always we will be manning the Station at the 30 K mark on Upper Bank Street, right beside Canary Wharf Tube Station. As well as seeing the race close up this gives you the chance of claiming one of the three places we get for the Marathon in 2014.

For those who wish to help please let me know on 01923 833 726 or 07976 654 893 or email on g.d.young@btinternet.com

It would be greatly appreciated if you could let me know in advance if you intend to come rather than just turning up on the day as it makes my life easier.

Garry Young

VETERANS TRACK & FIELD LEAGUE

Are you aged 35 years or over? If yes, please read on - you are eligible to participate in a friendly Track & Field League.

Metros have participated in this league for several years and this year there are again four fixtures open to both men and women aged 35 years and over.

There are three age categories in various events: 35-49, 50-59 and 60 years and over and, in some cases, separate groups in each event, graded on ability.

As a member of a running club - Metros - you can probably run even a short distance, say 100m. As a runner you can probably walk. Maybe at school, however long ago, you jumped or threw in field events.

It's not necessary to be a fast runner, although of course vets who are fast, or strong - for throwing, or bouncy - for the jumping events, are welcome, but all finishers earn points for their clubs.

The meetings are on Mondays and start at 6.30 pm with the field events, the running events are held later in the evening. There are separate scoring events for both men and women.

The following are dates and venues for the coming season:

Monday	13 May	Battersea
Monday	10 June	Twickenham
Monday	24 June	Hillingdon
Monday	15 July	Battersea

13 May – 100m, 400m 1500m, 2000m walk

Shot, Discus, High Jump, Long Jump, 4 x 400m relays

10 June – 200m, 800m, 3000m,

Hammer, Shot, Triple Jump, Long Jump, 4 x 100m relays

24 June – 100m, 400m, 1500m, 2000m walk

Javelin, Discus, High Jump, Triple Jump, 4 x 400m relays

15 July – 200m, 800m, 3000m

Hammer, Javelin, High Jump, Long Jump, 4 x 100m relays

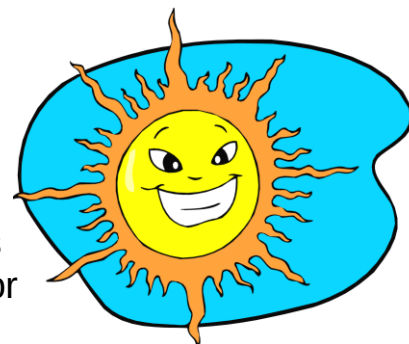
Do consider coming along, the evenings can be fun.

If you would like to join us or would like further information, please contact:

Pat Jackson 020 8868 5683.

SUMMER LEAGUE 2013

Would you like to compete in one, or a series of five organised runs of 5 miles or 10km on Sunday mornings, starting and finishing in parks, open to all ages and abilities with refreshments after – all for an entry fee of £1. (50p for U/16, free for runners under 7 years).



For those unfamiliar with this League – it's a series of five races held during the summer months. Entry is on the day and there is no need to pre-enter. At each fixture there are four events:

- i. The morning starts with an Open Race of 5 miles or 10km for those 16 years and over, suitable for all abilities.
- ii. A Tenderfoot Run of 1.5 – 2km, suitable for children from 7 - 16 years, runners returning from injury and runners who prefer to run a shorter distance.
- iii. A Fun Run of approximately 400m for children under 7 years.
- iv. A series of light hearted relays of 300-400m, again suitable for all ages and abilities.

Dates: Sunday 2 June , 10.30 am	Dulwich Park, 10km Hosted by Dulwich Park Runners
Sunday 16 June , 9.30 am	N. Harrow Recreation Ground, 10km HOSTED BY <i>Metros</i>
Sunday 7 July , 11.00 am	Perivale, 5 miles Hosted by Ealing, Southall & Middx
Sunday 21 July , 9.00 am	Regent's Park, 10km Hosted by Mornington Chasers
Sunday 18 August , 9.30 am	Battersea Park, 5 miles Hosted by Serpentine

Scoring is age related: children up to 16 - every year; adults over 40 are graded in five year age bands. All participants in the Open and children in the Tenderfoot score points for their club – the more runners, the higher the club score.

There are league awards for the top three scoring individuals in each age category in the Tenderfoot and in the Open – the best three out of five races count. Children in the Fun Run receive certificates on the day.

Metros also give awards for top Metros runners in each age category: the number of Metros awards depends on how many Metros runners there are in each age group.

Apart from Metros, other participating clubs are Dulwich Park Runners, Ealing Eagles, Ealing Southall & Middlesex, Hayes & Harlington, Mornington Chasers, Queens Park Harriers, Serpentine, Sudbury Court Running Club.

For further information please contact Pat Jackson tel: 0208 868 5683

Complaint Editors Metrolines

I must complain to the editors of the Metrolines regarding my frequent unwarranted inclusion in some race results.

I have been a Metro and changed clubs frequently but mostly I am unattached. I have even changed gender so do not want readers to guess my true identity. I do not run well and get fed up with being shown up in this way. The only reason I am put in the results is to show how good everyone else is in the Metros. My times are always included.

The previous Editors were just the same. On the plus side I have never been injured and always complete the race. It is therefore outrageous that I am treated in this way.

I must however thank the Editors for not revealing my true names. I must go now before some astute Metros guess who I am.

Anon.

Metros SHORT FIRST AID COURSE

A three hour first aid course, organised by Margaret Smith for Metros members, was held in the Scout Hall on Saturday 2 March.

Twelve Metros members participated and agreed it was an excellent course.

Metros have a training budget which covers the cost of the course. There is a small donation towards the manual which course members keep.

Three members were unable to attend on this date so we've asked Margaret to hold another short course.

We need 12 people to make this viable and, if you would like to learn or refresh your first aid skills, please let me know as soon as possible. Thank you.

Pat Jackson

Greek gods and creepy-crawlies

I like to think I usually have a "realistic" attitude on life. To me the so-called birthplace of Aphrodite is just a roadside taverna, adjacent car park and a collection of rocks in the sea, but the Cypriots feel this rather bleak place is something special. It's on the maps.

It's also where the Cyprus marathon starts. None of the usual pre-race stuff here, no razzamatazz, not even any portaloos!! Aphrodite used the bushes, so can you. The sun was out, although there was some cloud about. It was said to be going to rain in a few hours, so the cloud must get worse. Right?

Wrong. The rain never came. It was a scorcher. I had chosen not to wear a hat, peak or put sun tan lotion on based on the forecast. I burnt. Burnt quite badly.

At 7.30 in the morning we shuffled off in our disjointed way up the first of the many undulations along the old main road towards Pafos. It was a lonely run, with only one or two other runners in sight most of the time. The occasional car passed, the odd village was slipped through.

At 13k we turned left for a nine kilometre out-and-back loop to Pafos airport. After about three of these the leading group of three passed on the opposite side of the road. It was an event. Something had happened.

The turnaround point of this stretch was just before the airport perimeter fence. Finally, here, our numbers were taken to hopefully stop any cheating, for there was no chip timing on this one.

This was to be a very tough run. A real slog in the second half. I got to noticing the caterpillars on the ground as I kept my head down and plodded on. You don't see many caterpillars these days.

I got third place in my age group, so took my place on the podium in front of the centuries-old Pafos fort on the quayside. Such a poor run did not really deserve a podium place.

In recent marathons I haven't ached afterwards, but this one was a return to the bad old days, even down to the loss of toenails.

Excuse me now, I have to attempt to do something about this peeling skin.

Alf Rodite

Results

Milton Keynes Half Marathon - 10th March 2013

1		1:11:42
1017	Donna Warren	1:49:24
2738	finishers - last	3:32:17

Cyprus Marathon, Pafos - 10th March 2013

50	Steve Paull	4:04:41
91	finishers	

Cyprus 10K, Pafos - 10th March 2013

156	Irene Paull	1:09:50
180	finishers	

Thames Valley XC League Bracknell Forest - 24th February 2013 (provisional results)

Men

Position	Name	Time	Score
19	Ron Taylor	0:37:20	18
198	Glynn Watkins	0:52:48	139

Team Results

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

Men: 15/15

Ladies: 15/15

Team: 15/15

See www.tvxc.org.uk for full results

League Results 2012-2013: 14/15

Harrow Hill Race - 17th February 2013

1		34:14
4	Ron Taylor	36:41
5	Richard Francis	36:42
14	Neal Smith	39:47
18	Mitesh Patel	41:24
20	Kevin Smart	42:02
21	Fatmir Sulmataj	42:17
37	Steve Paull	44:19
41	Robert Wakerell	44:44
45	John Gordon	44:59
56	Terry Burke	47:38
59	Peter Jose	47:51
69	Simon Abery	49:19
76	Jane Hudson	50:14
80	Caroline Day-Lewis	51:01
81	Ruth Tidder	51:14
83	Graham Hart	51:26
85	Peter Miller	51:35
87	Adam Leary	51:45
102	Callum Davie	54:20
103	Paul Gardner	54:27
107	Julia Allen	54:59
114	Gerry Barker	55:50
120	Andrew Shirras	56:59
121	Nagendra Bisht	57:08
126	Carole Wells	57:44
133	Janice Newman	59:35
146	Geraldine Gill	64:16
149	Kath Donaldson	66:43
153	Linda Gaitskell	69:00
154	Angela Murphy	69:00
158	Sonya Grist	71:33
161	Raquel Russel Ponte	73:15
162	Sandra Young	73:54
162	Penny Rawlins	73:54
167	finishers - last	86:25

5K Run Race - 23rd February 2013

Position	Name	Time	Grading	
3	Ian Birch	21.38	72.86%	Gold
6	Peter Jose	23.08	72.51%	Gold
1	Sasha Birkin	21.27	71.72%	Gold
4	John Gorton	22.24	70.98%	Gold
2	Andy Fox	21.30	69.65%	Silver
5	Steve Paull	23.01	69.08%	Silver
8	Jane Hudson	25.38	68.79%	Silver
35	Raquel Russell-Ponte	32.40	68.16%	Silver
14	Bob Manning	26.46	67.56%	Silver
7	Christopher Hudson	25.37	66.44%	Silver
21	Annie Birch	29.09	63.81%	Silver
40	Sonia Grist	34.56	63.74%	Silver
10	Ruth Tidder	25.57	59.73%	Silver
47	Anne Leigh	38.42	59.47%	Silver
12	Donna Warren	26.35	58.31%	Bronze
17	Julia Allen	27.49	57.64%	Bronze
27	Teresa Young	30.37	57.59%	Bronze
19	Aarnav Panda	28.45	56.90%	Bronze
16	Kirit Ranpura	26.49	55.90%	Bronze
9	Andrew Collier	25.46	55.89%	Bronze
13	Tracy Tyrell	26.37	55.73%	Bronze
26	Mike Ransome	29.42	55.46%	Bronze
11	Guy Bostock	26.26	55.35%	Bronze
18	Paul Gardner	28.17	54.33%	
37	Anne Ambrose	33.46	53.60%	
15	Sonny Peart	26.47	52.53%	
43	Angela Murphy	38.02	52.50%	
30	Yvonne Greenwood	31.53	51.96%	
45	Gladys De Groot	38.19	51.36%	
39	Irene Paull	34.49	51.32%	
28	Malcolm Jackson	31.34	51.26%	
20	Errol Clark	28.47	50.83%	
22	Roberta de Martin-Pinter	29.19	50.82%	
25	Phoebe Wells	29.31	50.14%	
38	Debra Lewis	34.21	50.02%	

24	Steve Alder	29.30	49.99%	
36	Julie Smith	33.23	49.63%	
32	Sandra Young	32.00	49.17%	
46	Debbie Moynihan	38.24	49.13%	
44	Linda Gaitskell	38.02	48.90%	
34	Penny Rawlins	32.13	48.11%	
33	Dharmini Chikhiwala	32.02	48.02%	
31	Karen Collier	31.56	47.60%	
29	Peter Stapleton	31.43	46.88%	
41	Hema Thakur	35.14	44.65%	
23	Jack Valentine	29.29	43.92%	
42	Gagan Khullar	35.23	38.01%	

This was a very good field for the first 5K of 2013. Excellent conditions for running and with improvements along the course so no one got lost!!

Congratulations to our **first female winner** of the race, Sasha Birkin in her fastest time.

There were 12 other runners who improved their times, among them Chris Hudson aged 8 who knocked 1min 25sec off his previous best.

Thanks to Ann Marsden, Yasmin Ransome and Teresa Young for their help on the course and at the finish.

Marilyn

An interesting suggestion was made that the first 3 runners should “warm down” by running the course and taking down the tapes – which really would be a help.

Berkhamsted Half Marathon - 3rd March 2013

1		1:12:20	
94	Kevin Smart	1:31:21	
570	Jane Hudson	1:54:08	PB
1003	finishers - last	3:00:34	

Berkhamsted 5 Miles - 3rd March 2013

1		26:23	
284	Penny Hudson	55:50	
286	Sonya Grist	55:58	
308	Sue Davie	61:00	
328	finishers -last	83:53	

Bath Half Marathon - 3rd March 2013

1		1:03:26	
3276	Judy Rackham	1:51:49	PB
11060	finishers - last	4:04:02	



NOTES OF METROS COMMITTEE MEETING

Wednesday 6 March 2013, Methodist Church Hall, Cannon Lane, 8.00 pm

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

NON COMMITTEE: Irene Paull, Penny Rawlins, Sandra Young.

APOLOGIES: Mandy Beuselinck

CHAIR: Jane Scoffham

NOTE RECORDER: Pat Jackson

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

MATTERS ARISING FROM THE PREVIOUS MEETING – 5 February

Metros Barn Dance – All agreed that it had been extremely successful and David Young, Penny Hudson and all other helpers involved were thanked for the excellent evening. David had sent accounts and had asked the committee to consider refunding those who had bought tickets and been unable to attend. It was voted by seven members to one not to offer refunds.

Metros Computer - Irene Paull has researched various on line membership packages. This would be much cheaper than buying a new Metros laptop. It was agreed to run a free trial for three months whilst Ann Marsden is handing over the Metros Honorary Membership Secretary position to Irene.

ACTION: Irene Paull

Thames Valley League – Jane will negotiate an earlier Metros host event for next season.

BRING FORWARD FOR ACTION IN SEPTEMBER

Marilyn will check if we could use the Crematorium overflow car park in future years.

ACTION: Marilyn Pickford

Jane will check size of urn to be purchased for next year.

ACTION: Jane Scoffham

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

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

ACTION: Irene Paull/Jane Scoffham

Metros Short First Aid Course – This was successfully run by Margaret Smith for 12 Metros members. Pat will advertise in Metrolines for participants for a further course.

ACTION: Pat Jackson

District Scouts Walk – will be held in Roxbourne Park on 27 April and we will be unable to use the Scout Hall on that Saturday. Metros training can still take place within the park although refreshments will not be offered. Pat will book the pavilion toilets.

ACTION: Pat Jackson

Membership Update - Ann has contacted some new members re attendance at sessions and will contact others.

ACTION: Ann Marsden

Pat had obtained a price for purchase of new Metros car stickers and it was agreed to research other suppliers.

ACTION: All

5 Mile Handicap – Irene Paull confirmed that the route is on the Metros web site and she has copies of maps available to distribute to runners.

ITEM CLOSED

Harrow Hill Race – Mandy is arranging for signatories of the Hill Race Account to be changed. She had sent provisional accounts and was thanked for organising this very successful event. Mandy will give a report at the next meeting.

ACTION: Mandy Beuselinck

Irene stated that entries on line did not always quote the England Athletics competing members number. Al will inform EA.

ACTION: Al Scoffham

England Athletics Affiliation Fee for Competing Members – Al confirmed that EA have not yet decided on the fee for this year which is payable in April.

Metros Hats – Only five had been requested and it was decided to postpone ordering and advertise again later in the year.

BRING FORWARD FOR ACTION IN AUGUST

Metros Fleeces – Following a request, Pat will obtain a sample of a blue Metros fleece and, if enough interested, take orders.

ACTION: Pat Jackson

Metros AGM – Mike confirmed Friday 10 May. David Swan may be able to audit the accounts in April but the accounts might not be ready by then. Al Scoffham has agreed to audit the Metros accounts this year. Mike will inform David.

ACTION: Mike Ransome

Scout Hall Donations Box – following a discussion it was agreed with a vote of 5 to 2 and 1 abstention to keep the donations box.

ITEM CLOSED

Round Norfolk Relay – Jane has had poor response and will ask once more via Metrolines if Metros are interested in forming a team this year. Unless numbers increase significantly a Metros team will not be entered this year

ACTION: Jane Scoffham

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 and was asked to check the amount of income from Metros members participating in the Summer, Thames Valley and Vets T&F League.

ACTION: Mike Ransome

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

Hemant Panda, Pinner; Hershil Patel, Kenton; Brian Peverall, Harrow; Martyn Smith, North Harrow.

REPORTS OF CO-ORDINATORS

Track Marathon, 20 July – Steve confirmed 20 entries so far (50 limit).

Summer League – Pat stated that Regent's Park is not available on 4 August and Mornington Chasers will confirm another date. The Serpentine fixture on 18 August clashes with the Burnham Beeches half marathon, which is a Trophy Race. Steve will discuss with Graham Haddon, Co-ordinator of the LRRC Trophies.

ACTION: Steve Paull

Vets T&F League – Pat confirmed dates for this season were agreed.

Monday Session – Mike confirmed session going well with 21 runners this week.

Metros Chairman Role – Jane will prepare a written summary.

ACTION: Jane Scoffham

OTHER ITEMS

Co-opted Metros Committee Members – Irene Paull, Penny Rawlins and Sandra Young were unanimously co-opted onto the Metros Committee.

Meeting closed at 9.28 pm

Dates of Future Committee Meetings – all Wednesdays at 8.00 pm at the Methodist Church, Cannon Lane, Pinner: **3 April, 1 May.**

Metros Committee meetings are open to all members but only the committee can vote.

AGM Friday 10 May

Runners' Recipes

Judy Rackham's ...

Chewy Chocolate Brownies (Makes 16)

Ingredients

75g plain flour

175g dark soft brown sugar

25g cocoa powder

¼tsp salt

100g butter or margarine

2 eggs, beaten

1tsp vanilla flavouring

75g chocolate chips (the recipe says chopped mixed nuts; however the chocolate chips are more popular in our household!)



1. Put all the ingredients in a bowl and beat thoroughly (preferably with an electric whisk) until evenly combined.
2. Turn the mixture into a greased 20.5cm (8 inch) square cake tin and level the surface with a palette knife.
3. Bake in the oven at 180°C (350°F) mark 4 for 25 minutes until only just set (the mixture should still wobble slightly in the centre – this is really important if they are to be squidgy!). Stand the cake tin on a wire rack and leave until the cake is completely cold. Cut into 16 squares and put in an airtight tin.

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