

etrolines

May 2013

Issue No. 296



Happy 60th John. You haven't changed a bit!
Well, maybe a little bit...

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, however, we are able to use the toilets in the pavilion.

Metros Diary

2013

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

Sat 27 **See note on front cover**

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, Hillingdon** **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, Battersea** **6.30 pm**

JUL

Sat 6 **10K Challenge, Roxbourne Park** **8.50 am**

Sun 7 **Summer League, Perivale** **11.00 am**

Sat 13 **5 mile walk, Roxbourne Park** **9.00 am**

Mon 15 **Vets Track & Field, Battersea** **6.30 pm**

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

Sat 20 **Steve Paull's SVP Track Marathon,
Harrow School** **8.30/9.00 am**

60th Birthday Party - details to follow

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!

Our thoughts go out to all those affected by the bombs at the Boston Marathon, and hope it won't detract from the experience of those involved in this year's London Marathon. Best wishes to all Metros on Sunday, whether running, helping on the water station or spectating. For all of us who are looking forward to spring and summer runs, let's be grateful that we are able to, and enjoy every minute.

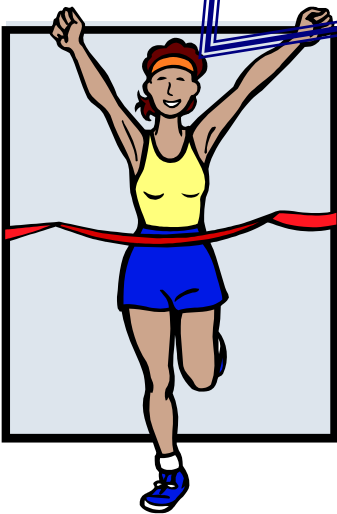
Jane and Penny Hudson



Welcome

Linda Dunne
Chris Michael
Gillian Saunders
Christopher Shearwood

Elected at the April meeting



Metros A.G.M.
Friday 10 May 2013
8.00 p.m.
Lowlands Tennis Club, Lowlands Road, Eastcote

If you have any items for the agenda
or would like to stand for the committee
Please complete the nomination form below
or one available on
Saturday mornings or Tuesday evenings

The completed nomination form or item for the agenda needs to be
given to Al Scoffham by 26 April 2013.

If any co-ordinators are standing down, could you please let Al know who is taking
over from you, or if someone needs to be found.

If you are interested in becoming a co-ordinator please contact Al.
Telephone: 01985 270 245



Nomination form for the Committee
to be elected on Friday 10th May 2013

We wish to propose: _____ for the position of:

Honorary Chairman

Honorary Vice Chairman

Honorary Secretary

Honorary Membership Secretary

Committee Member

Proposed by: Print _____ Sign _____ Date: _____

Seconded by: Print _____ Sign _____ Date: _____

Please return to: Al Scoffham, 32 The Chase, Ickenham, Middlesex UB10 8SS by Friday 4th May 2012

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

Apologies to Editors (April Metrolines)

I probable was a bit harsh in my criticism of the Editors in the April Metrolines. They do not include me in the internal metros results, but all Editors have included me in external results. As stated I have never been injured or not finished a race. Most Metros always give me a cheer at the finish and I would thank you all.

Last Finisher
(Finishers Last)

Thursday evening run

From Thursday 2nd May the Thursday run will return to its summer venue in the woods. For more details check the website or contact Jane on thursdaymetros@yahoo.co.uk

Trophy Races



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

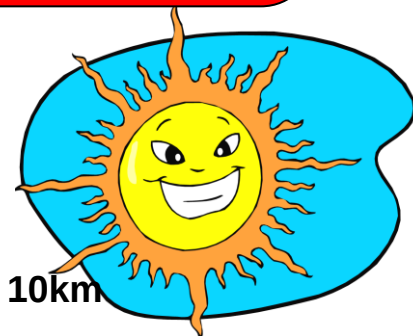
Marlow 5	Sunday 12 th May at 9.30 am
http://www.handycrossrunners.co.uk/Marlow5.html	
Sudbury Court 10K	Sunday 19 th May at 11.00 am
http://www.sudburycourt.org.uk/10k/index.php	
Maidenhead Half Marathon	Sunday 8 th September at 9.30 am
http://www.purplepatchrunning.com/races/pharmalink-maidenhead-half-marathon	
Moor Park 10K	Sunday 29 th September at 3.00 pm
http://www.moorpark10k.org.uk/	
Cabbage Patch 10 (Stragglers)	Sunday 20 th October at 10 am
http://www.cabbagepatch10.com/	
Ricky Road Run	Sunday 27 th October
http://www.rickyroadrun.co.uk/	

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

NOTICE OF ALTERATION TO TROPHY RACES

Due to a clash with the Summer League, Burnham Beeches half marathon has been withdrawn from the trophy races this year and replaced with Maidenhead half marathon on Sunday 8th September.

Summer League



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 Metros

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

Achievements

Well done to ...

Anne Ambrose - a PB at Maidenhead Easter 10

Al Scoffham for finishing his 20th Maidenhead Easter 10 and for the first time in 28ish years of road races actually sticking to a race plan and achieving a P W (Part of the plan really!)



VETERANS TRACK & FIELD LEAGUE

The following are dates and venues for the coming season:

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

****Please note corrected venues.****

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.

THE TURN OF THE SCREW

The Hill  Players
PRESENT

Based on the Henry James tale
by Ken Whitmore

The Studio
Harrow Arts Centre

Thursday 13th June 7:30pm
Friday 14th June 7:30pm
Saturday 15th June 3pm & 7pm

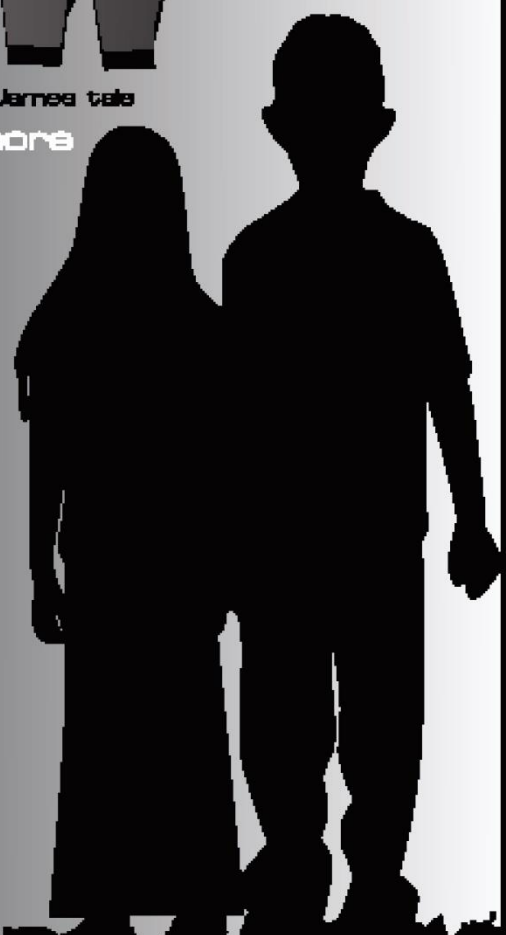
£10 & £8 concessions

hillplayers.ticketsource.co.uk

Box Office 0844 8700 887

We always welcome new members,
and will soon be casting our
Christmas pantomime

www.hillplayers.co.uk



AN AMATEUR PRODUCTION BY THE HILL PLAYERS CHARITY NO 1138658

ROUND NORFOLK RELAY

14TH & 15TH SEPTEMBER 2013

Thank you for volunteering to run, we have now entered a team so keep up the training

Jane & Al Scoffham: 01895 270 245



METROS KIT

Apart from vests, long and short sleeved shirts, we can now order the following with the 'Metros Running Man' logo embroidery.

These will not be kept in stock but ordered as required:

Knitted hats – navy or yellow	£5
Hoodie tops – navy or yellow	£14
Fleeces: Ladies 300 gsm navy	£15
Fleeces Ladies 300 gsm yellow	£17
Fleeces Unisex 380 gsm navy	£17
Reversible Showerproof Jackets – navy with yellow fleece	£33

Please contact Pat Jackson 020 8868 5683 to order.



Results

Maidenhead Easter 10 - 29th March 2013

1		0:50:22
277	Steve Paull	1:11:49
385	John Gorton	1:15:29
443	Andy Fox	1:17:01
701	Al Scoffham	1:24:57
797	Ruth Tidder	1:28:00
802	Glyn Watkins	1:28:33
855	Marion Rogan	1:30:53
867	Jane Hudson	1:31:23
917	Julia Allen	1:33:56
964	Sarah Westwood	1:37:05
1038	Angela Murphy	1:44:49
1061	Penny Hudson	1:50:29
1069	Anne Ambrose	1:52:32
1098	finishers - last	2:06:03

Beaconsfield 5 Mile Trail - 1st April 2013

1		27:33
180	Marion Rogan	46:31
207	Sarah Westwood	49:04
276	Anne Leigh	63:21
281	finishers - last	65:25

Bournemouth Bay Half Marathon - 7th April 2013

1		1:07:54
832	Jane Hudson	1:59:15
1327	Penny Hudson	2:41:23
1342	finishers - last	3:04:38



Wot No Watch - 16th March 2013

Name	Predicted	Actual	Difference
Ian Birch	6:40	6:22	-18
Steve Paull	6:30	6:32	2
Andrew Collier	7:20	7:06	-14
Simon Abery	6:50	7:08	18
Adam Leary	6:55	7:13	18
Christopher Hudson	6:50	7:18	28
Tracy Tyrrell	7:25	7:21	-4
Caroline Day-Lewis	7:35	7:29	-6
Sonny Peart	7:30	7:35	5
Bob Manning	7:15	7:36	21
Paul Gardner	6:45	7:42	57
Judy Rackham	7:39	7:47	8
Malcolm Jackson	8:30	8:14	-16
Annie Birch	8:55	8:23	-32
Andrew Shirras	9:00	8:41	-19
Mike Ransome	10:00	8:58	-62
Penny Hudson	8:50	9:12	22
Steve Alder	9:15	9:12	-3
Karen Leary	9:00	9:13	13
Kath Donaldson	9:10	9:31	21
Linda Gaitskell	10:00	9:54	-6
Angela Murphy	10:00	9:54	-6
Raquel Russel-Ponte	9:35	9:59	24
Elish Fernandez	10:00	10:14	14
Debbie Moynihan	10:15	10:23	8
Gladys de Groot	9:55	10:25	30
Anne Leigh	10:57	10:58	1 **
Steph White		11:35	

Cranleigh 21 - 24th March 2013

1		2:10:12
271	Harriet Copland	3:04:41
299	John Gorton	3:06:33
560	finishers - last	4:10:02

Kingston Whole Foods Breakfast Run 16 miles 24th March 2013

1		1:17:31
256	Jonny Jackson	2:02:47
1183	finishers - last	3:47:28



Combe Gibbet to Overton – 7th April 2013 16+ miles cross country point-to-point

1		1.41.55
29	Jonny Jackson	2.01.57
105	Terry Burke	2.29.06
133	Runners. Last Finisher	4.05.43



10K Challenge - 6th April 2013

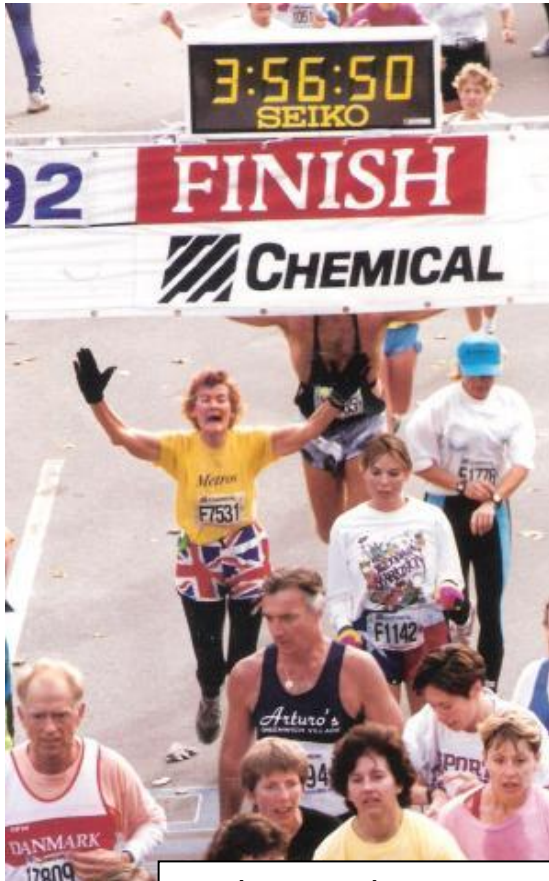
	Mins	Secs	Age Grading %	
Hilary Lemon	52	04	74.23	Gold
Steve Paull	44	42	74.03	Gold
Ian Birch	44	56	73.01	Gold
Kevin Smart	43	14	72.75	Gold
John Gorton	45	42	72.41	Gold
Tom Alder	40	29	68.58	Silver
Judy Rackham	52	58	67.36	Silver
Angela Murphy	61	41	66.36	Silver
Annie Birch	58	29	65.20	Silver
Sasha Birkin	48	40	64.79	Silver
Al Scoffham	50	43	63.60	Silver
Pauline Bishop	62	48	63.32	Silver
Kath Donaldson	67	55	63.04	Silver
Ruth Tidder	51	12	62.50	Silver
Mike Ransome	54	11	61.61	Bronze
Simon Abery	50	06	60.29	Bronze
Adam Leary	50	47	59.96	Bronze
Guy Bostock	51	09	59.53	Bronze
Andrew Collier	51	17	58.44	Bronze
Julia Allen	56	19	58.33	Bronze
Tracy Tyrell	54	11	56.10	Bronze
Anne Ambrose	66	55	55.46	Bronze
Dee Vadukul	54	56	55.24	Bronze
Irene Paull	66	59	54.66	
Penny Hudson	67	23	52.28	
Jeanne Coker	95	03	52.28	
Paul Gardner	61	16	52.20	
Geraldine Gill	63	46	52.03	
Sonny Peart	57	14	51.16	
Olivia Gill	62	44	50.66	
Steve Alder	61	11	50.17	

A record turnout.

? PB for Sonny Peart, 3 mins 27 secs faster than the January event. Will he get a bronze by the Autumn?

Editors' note – if you had a PB at the 10K please let us know as we'd love to add you to the achievements page next month!

More memories



Barbara Robson - New York 1992 - London 1997



Irene Paull - London 2007

Runners' Recipes

Chilli Chocolate Recovery Bites

Nutrient-dense recovery snack to work quickly on tired muscles.

Makes a 20cm diameter cake

Prep time – 10 minutes, plus 1 hour chilling

You will need a round 20cm loose-bottomed or spring-form cake tin, lightly greased



- 125g dark chocolate (good quality, 70 % cocoa solids)
- 70g unsalted butter
- 1 tbsp golden syrup
- 1 tbsp stem ginger syrup
- 1 dried red chilli, crushed (taste for heat, you may want to add another)
- 100g rich tea biscuits, broken into small pieces
- 1 tbsp milled chia seeds
- 40g raisins
- 40g halved glacé cherries
- 40g chopped stem ginger
- 50g toasted flaked almonds
-
- Melt the chocolate in a bowl over a pan of simmering water.
- Add the butter, the golden syrup and the ginger syrup.
- When the butter has melted, take off the heat and leave to cool slightly.
- Add the rest of the ingredients and stir to combine.
- Spoon out into the cake tin and flatten down.
- Put in the fridge to chill for at least an hour.
- These recovery bites are quite rich, so cut into 20 small triangles to serve

chia is a nutritional powerhouse, rich in omega 3 fatty acids, protein, iron and antioxidants, and also a great source of calcium and potassium. The milled variety is fairly tasteless and works well sprinkled on cereal, added to cakes and used as a thickener in sauces. With excellent anti-inflammatory properties, the chilli and ginger in this recipe also contribute to good recovery; plus plenty of glucose from the syrup and biscuits to replenish depleted glycogen stores

Taken from 'Go Faster Food' – Kate Percy

NOTES OF METROS COMMITTEE MEETING

Wednesday 3 April 2013, Methodist Church Hall, Cannon Lane, 8.00 pm

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

APOLOGIES: Mandy Beuselinck, Ann Marsden, Irene Paull

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 – 6 March

Metros Computer - Ann Marsden is handing over the Metros Honorary Membership Secretary position to Irene. An offer of a lap top has been received and Penny will give the details to Irene.
ACTION: Penny Hudson

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

BRING FORWARD FOR ACTION IN SEPTEMBER

Marilyn confirmed that we will be able to use the Crematorium car park in future years. Jane has established the size of urn needed and it was agreed to purchase.

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 – Four members have requested a further short course run by Margaret Smith. Twelve are needed to make the course viable and Pat will again 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 has booked the pavilion toilets.

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

ACTION: Ann Marsden

Metros Car Stickers - Pat had obtained quotes to purchase new Metros car stickers. Purchase was agreed and Pat will order. Jane will prepare the art work. These will be again given to new members and to any member who requests one.

ACTION: Pat Jackson, Jane Scoffham

Harrow Hill Race – 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

Metros Kit – Pat had samples of a reversible showerproof jacket, fleece jacket, hoodie and hat from a local supplier. Some members had already placed orders and prices were confirmed. Pat will advertise and take orders.

ACTION: Pat Jackson

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

Jane has prepared nomination forms for the Metros Committee.

Round Norfolk Relay – Jane has now had a good response and will enter a Metros team. It was agreed that the team race entry fee be paid by Metros. **ACTION:** Jane Scoffham

Fees for Metros Runners – a check will be made on the fees paid by Metros runners for the Summer League, Thames Valley League and Vets T&F League.

ACTION: Pat Jackson, Al Scoffham

Track Marathon, 20 July – Steve confirmed organisation is progressing with 22 entries so far. He will advertise in the Harrow Observer. **ACTION:** Steve Paull

Summer League – The Mornington Chasers fixture will now be held on 21 July in Regent's Park. The Serpentine fixture on 18 August clashes with the Burnham Beeches half marathon, which is a Trophy Race. Graham Haddon, Co-ordinator of the LRRC Trophies has suggested the Maidenhead half marathon on 8 September replace Burnham Beeches. Penny will advertise in Metrolines. **ACTION:** Penny Hudson

Metros Chairman Role – Jane has put a description of the role in Metrolines.

REPORTS OF OFFICERS

Hon. Chairman – Jane had nothing to report.

Hon. Vice Chairman – Mike had nothing to report.

Hon. Secretary – Al stated the Metros annual club fee to England Athletics is £50. The fee for competing members aged 11 and over will be £10 due 1st April to 30 June. New forms are available for all competing members to sign including those already competing members.

Hon. Treasurer – Mike confirmed the bank balance this month. Penny will confirm the Barn Dance accounts. **ACTION:** Penny Hudson

Hon. Membership Secretary – Ann had sent a list of new applications - all confirmed: Linda Dunne, Chris Michael, Gillian Saunders and Christopher Shearwood.

REPORTS OF CO-ORDINATORS

Monday Session – Mike confirmed session going well with a good number of runners.

OTHER ITEMS

Metros First Aid – Marilyn confirmed that at the Metros short first aid course Margaret Smith had suggested co-ordinators of runs had a mobile phone with them. It was confirmed that Monday and Thursday session co-ordinators do carry mobile phones. Angela Murphy and Margaret will liaise on items needed in the Metros first aid bag.

ACTION: Angela Murphy, Margaret Smith

Meeting closed at 9.00 pm

Date of Next Committee Meeting – Wednesday 1 May at 8.00 pm at the Methodist Church, Cannon Lane, Pinner.

AGM Friday 10 May, Lowlands Tennis Club, 8.00 pm

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.

Group email address: metrosrc@googlegroups.com

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