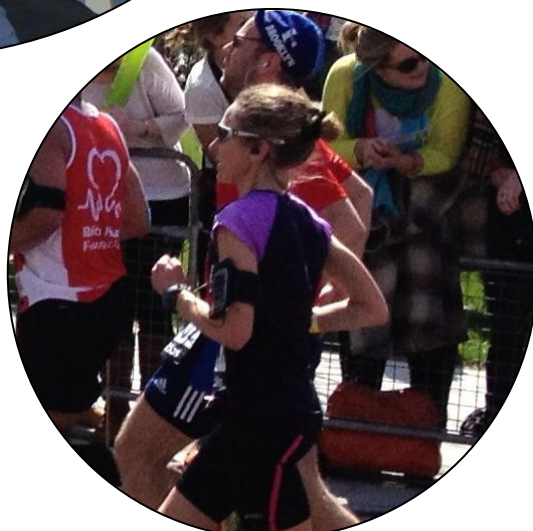


etrolines

June 2013

Issue No. 297



Metros Diary

2013

JUN

Sat 1	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 2	Summer League, Dulwich Park	10.30 am
Wed 5	Committee Meeting	8.00 pm
Sun 9	St Alban's Half (plus other races)	10.00 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
Sat 22	Midsummer Madness, Roxbourne Park	9.00 am
Mon 24	Vets Track & Field, Battersea	6.30 pm
Fri 28	Judy & Nigel's Metros BBQ	7.00 pm

JUL

Wed 3	Committee Meeting	8.00 pm
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
Sun 14	Metros Social Walk in the Chilterns (details to follow)	
Sun 14	Bushey 10K + children's races	11.00 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
Sun 21	Summer League, Regents Park	9.00 am
Sun 21	Wycombe Half & 10K	9.30 am***

AUG

Sat 3	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 4	Sturminster Newton Half Marathon	10.30 am****
Sat 17	5K Run, Roxbourne Park	9.15 am
Sun 18	Summer League, Battersea Park	9.30 am

SEP

Sat 7	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 8	Maidenhead Half, TROPHY RACE	9.30 am
Sat 21	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 29	Moor Park 10K, TROPHY RACE	3.00 pm

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

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

**<http://www.bushey10k.co.uk/>

***<http://www.handycrossrunners.co.uk/Wycombe.html>

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

Note from the Editors!

Following the AGM on 10th May, we welcome a new Metros committee. We wish them all a good tenure, and a special welcome to those either new to the committee or in new roles. We're now moving into the 'summer' season, with Summer league, Vets Track & Field, and continuing trophy fixtures. Once again a reminder that this is your magazine and we welcome all contributions from you: photos, either recent or from the past, running or otherwise (!), stories of races you have enjoyed (or not enjoyed), recipes you would like to share, and of course any achievements!

We have all been shaken by the sudden death of Ann Marsden, long time Metro, Membership Secretary until recently, and a good friend to many of us. We are compiling tributes for the next edition of Metrolines, so if you have anything you would like to contribute please contact us - email: metrolines1@gmail.com

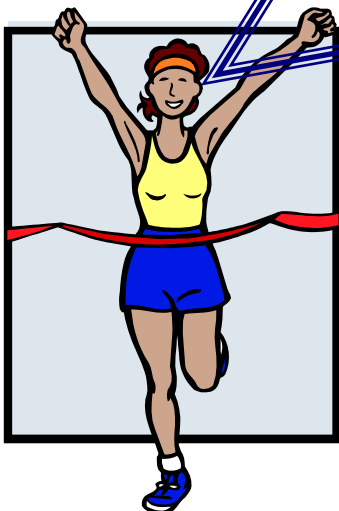
Jane and Penny Hudson



Welcome

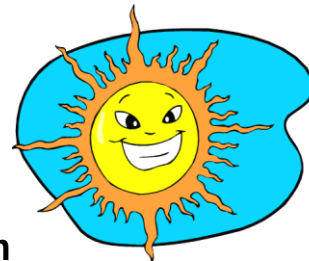
Colin and Dagmar Jackson
Matt Rogan

Elected at the May meeting





HOST FIXTURE - SUMMER LEAGUE
Sunday 16th June
Headstone Manor Recreation Ground, 9.30 am



CAN YOU – WILL YOU – HELP?

This year the Metros annual host fixture of this league is on our traditional date of Sunday 16th June. We usually have good weather and I've ordered the same for this year.

Metros have a reputation for being excellent hosts, with good organisation, a superb line in post-race refreshments and many encouraging marshals on the 10km road run and the tenderfoot run within the park.

**For us to maintain this reputation PLEASE come to run.
We also need refreshments e.g. sandwiches, cakes and
HELP from non running Metros members, family and friends.**

We need most help during the 10km run i.e. from 9.15am to 10.45am. However, if your time is limited, help with any part of the morning, would be appreciated.

For those who've not been to a Summer League fixture before, these events are open to all ages and abilities. Entry is on the day, there is no need to pre enter. This year the club will be paying all entry fees.

All individual runners are graded in age bands – children under 14 every year and adults over 40 are graded in five year age bands. All participants score points for their club. There is an additional Metros trophy for the best overall adult Metros runner in the Summer League.

The time-table for the morning is:

9.30 am 10km road race for all abilities
10.30 am 1.5 km 'Tenderfoot' race for children and beginners, within the park
11.00 am Fun Run (approx. 400m) within the park.
11.10 am Relays (approx. 400m) within the park.

**IT WOULD BE FANTASTIC IF YOU WOULD CONTACT ME WITH OFFERS OF
HELP PRIOR TO THE DAY IF POSSIBLE PLEASE**

Pat Jackson tel: 020 8868 5683, email patjacksonhome@hotmail.com

Trophy Races



The following Road Races are the remaining events that will contribute towards the LRRC Trophy Race competition;

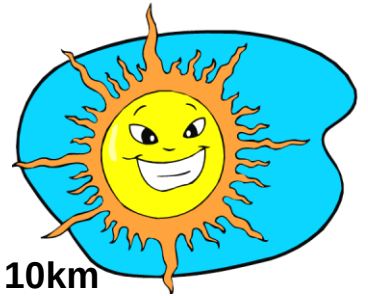
Maidenhead Half Marathon	Sunday 8th September at 9.30 am
http://www.purplepatchrunning.com/races/pharmalink-maidenhead-half-marathon	
Moor Park 10K	Sunday 29 th September at 3.00 pm
http://www.moorpark10k.org.uk/	
Cabbage Patch 10 (Stragglers)	Sunday 20 th October at 10 am
http://www.cabbagepatch10.com/	
Ricky Road Run	Sunday 27th October at 10.30 am
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

See our website for more details or contact Pat Jackson 020 8868 5683

VETERANS TRACK & FIELD LEAGUE

The following are dates and venues for the remainder of the season:

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.

Summer League Vets Track and Field Thames Valley Cross Country

The committee have decided that until further notice the club will be paying any entry fees for the Summer League, Vets Track and Field and Thames Valley Cross Country.

So you no longer have to worry about remembering your pound! Just turn up and run. Hope to see many of you at this year's events.

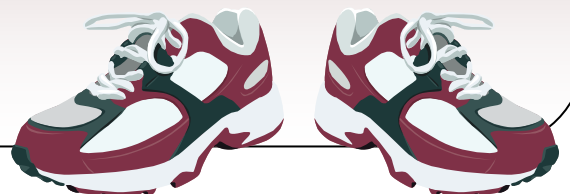
‘THESE SHOES WERE MADE FOR WALKING!’(for someone)

If you have any running shoes which have been demoted from running, dog walking, gardening etc, I can find a new home for them. Many of you will know I support a charity for the homeless and they would be very grateful for any donations of shoes, especially rubber soled, as they keep feet warm.

I do not always go to the park on a Saturday morning but will be there on 2nd June and can collect any old running shoes you may want to get rid of.

Thanks,

Marion Rogan



MIDSUMMER MADNESS IN THE PARK

On 22nd June, Metros Saturday morning session in Roxbourne Park will be the annual Midsummer Madness - team games involving a little bit of running, a certain amount of water and a lot of fun.



All are invited to attend but children will be especially welcome. As usual, fancy dress is encouraged.

The games start at 9:00 and will be followed by refreshments in the scout hall at 10:00.

See below for a reminder



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.



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

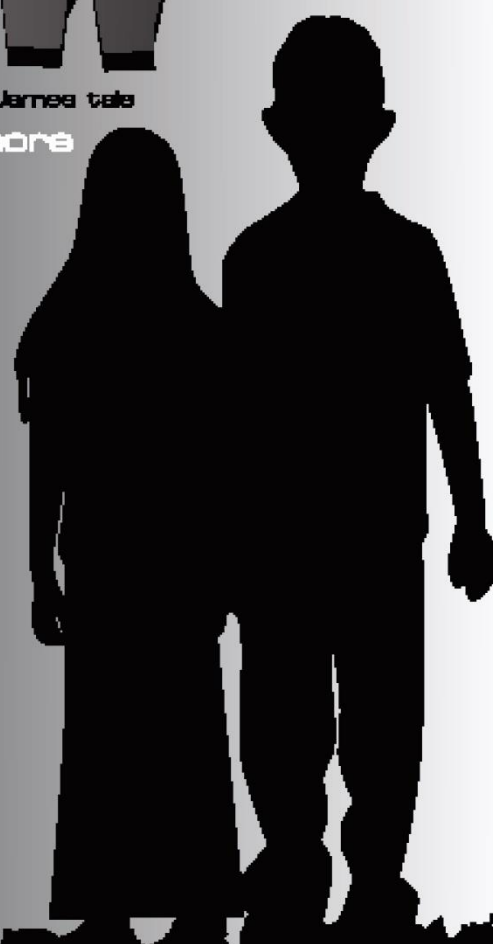
£10 & £8 concessions

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 1138638

Every Garmin tells a Story

Nigel bought me a Garmin watch for Christmas. Looking back at my runs after the Marathon enabled me to relive my training – these are the edited highs and lows. Most of you will have run with me on at least one of these sessions – thank you for your company, encouragement and support.

Boxing Day 2012	Round the Lakes 10k - Poole - Time: 53:27 not bad for Boxing Day Calories: 501 C – probably 5% of the total calories consumed the day before.
Sun 30 th Dec	Jane's run parts 1, 2 & 3 Distance: 14 miles - met up with the 'woods' runners towards the end - the final run home was easy – coffee and cake after 11 miles is obviously what I need.
Wed 2 nd Jan 2013	Hill run - first experience of hills with my watch – now I have proof of how hilly it is -Elevation Gain: 518 ft - and I finally have some idea of where we run.
Sun 6 th Jan	Cliveden X country - a family outing – I was told there was beautiful scenery, but the mist...Emma was pipped at the line by an 83 year old...
Thurs 10 th Jan	Short run – poorly - Distance: 4.09 mi – fortunately the anticipated cold didn't come to anything.
Sun 13 th Jan	Monopoly Run Parts 1&2 – my run had to be divided into 2 parts - I was too slow and had to take the tube so didn't visit Pentonville Rd – Bob's meal could not be kept waiting too long.
Tues 15 th Jan	Tuesday Metros – Monday night's session cancelled due to snow, but nothing stops Steve on a Tuesday. Thank you so much for topping & tailing so I didn't get lost. Distance: 8.61 mi
Thurs 17 th Jan	Thursday Metros - v cold - Jane made us go up Woodcroft Ave 3 times and I still didn't get warm.
Fri 18 th Jan	Long slow snowy run – Distance: 9.72 mi - this was hard – and just as I was about to walk up the steep part of Ducks Hill Road, I met Mandy coming the other way, so I just had to keep going...
Thurs 24 th Jan	Hospital Parts 1&2 – My brother was in NWP Hospital – running had to fit round visiting hours. Distance: 3.40 mi each way
Sat 26 th Jan	Sat am – running shoes get very clean when you run in the snow.
Sun 27 th Jan	Long very slow run Distance: 16.12 mi Time: 2:45:02
Sun 3 rd Feb	Watford Half – Time: 1:56:45 - pb –never been under 2 hours before – maybe dressing up as Scary Spice for Peter's 21 st party the previous night was not such a bad idea after all.
Thurs 7 th Feb	Long lonely run - Distance: 18.01 mi Time: 3:05:28
Sat 9 th Feb	Wakehams Hill reps – very tedious, but Nigel says I must do them

Thurs 14 th Feb	Metros and a bit extra — if I run to and from Thursday Metros I can do 11 miles – that’s good use of time – not such a good use of Valentine’s Day though.
Sun 17 th Feb	Bramley 20 – Time: 3:02:05 - another pb - and this after Scottish Dancing the night before – maybe wine is good for running!
Thurs 21 st Feb	Injured Thursday! – tripped over an orange barrier – forgot the feet come out at 90° to the barrier – hole in the leggings but no lasting damage.
Sun 3 rd Mar	Bath Half – Time: 1:51:19 -another pb – this time after the Metros’ Barn Dance – the evidence is piling up – partying is definitely good for running!
Thurs 7 th Mar	Even longer lonely run! Distance: 22.49 mi Calories: 1,815 C – good excuse to eat and drink for the rest of the day!
Sun 10 th Mar	Mother’s Day run – met Jane’s group going out as I was on my way back
Thurs 14 th Mar	Frosty but sunny Ducks Hill –a beautiful run, though yet again, very cold.
Sun 17 th Mar	Reading Half - cold and very wet! – Time: 1:53:30 - the curry afterwards was the best memory of the day though maybe if I’d stopped for the beer being served on the way round I might have better memories of the race itself.
Sat 23 rd Mar	Forgot to stop it in the clubhouse! – the gps shows my frequent trips to the cakes after the Saturday morning run...
Sun 24 th Mar	LSR with bacon butties at Kath's :) Very fond memories of Ann M acting as waitress Distance: 21.83 mi - thanks to Steve for not letting me give up, and the incentive of food at the end to keep me going.
Wed 27 th Mar	Hard Hills! Distance: 6.30 mi – I’m sure it’s doing me good...
Fri 29 th Mar	Good Friday Sandbanks peninsular run - Distance: 9.57 mi – Poole is such a lovely place to run, but it was very, very windy.
Sat 30 th Mar	Poole Parkrun - 5k Time: 25:51 – another family affair – Sue Davie joined us for the run as well and Joel was there to support.
Sat 6 th April	10k challenge (forgot to start the watch) Time: 52:38 – am still waiting to see my official time
Mon 8 th April	Just a few jobs to do and easier to run! Distance: 3.17 mi – amongst other things, went to the library to get a guide book of Bruges.
Fri 12 th April	Bruges - Detour to the station for the loo, but no money :(- caught short as I circumnavigated Bruges city centre – headed for the station but the toilets were ‘pay and go’
Sat 14 th April	Windy Wakehams Hill - fat and slow after Bruges!
Mon 15 th April	What a lovely evening to taper :) – the lighter evenings make such a difference.
Wed 17 th April	Final hills in the sunset...
Fri 19 th April	Final tapering run to Sainsbury's - I did go round the block first!! 3.74 mi

Sun 21st April

Virgin London Marathon 2013

Distance: 26.58 mi

Time: 4:22:49 (pb)

Avg Pace: 9:53 min/mi

Elevation Gain: 1,487 ft [this doesn't sound right – Nigel thinks I must have kept lying down for a rest and then standing up again]

Calories: 2,141 C

Many thanks to Macmillan for their aftercare service in the Foreign Office – I must have looked bad – I was swept off for a massage before I was allowed to go and look for Nigel.

Interesting statistics - in my training from Boxing Day, up to, and including the Marathon (116 days) –

Count: 101 Activities

Distance: 648.26 mi (Land's End to John o' Groats is 603 miles)

Time: 113:28:07 h:m:s (less than 5 days in total)

Elevation Gain: 26,264 ft (Everest - 29,029 ft)

Avg Speed: 5.7 mph

Calories: 52,592 C (188 Mars Bars)

Judy Rackham

<http://www.justgiving.com/judyandnigelrackham2>





Word may have got round to you that there's a track marathon starting at 9 o'clock on Saturday July 20th at Harrow School. It's true, I'm running in it and it will be my 100th marathon.

Now I know that Harrow is not Eastcote/ Ruislip and I know that date is set down for Wot No Watch in Roxbourne Park

But...

Irene, the Race Director no less, would appreciate offers help on the day, as would I, plus any supporters and cheerers for the event. As I write, there are 10 Metros entered, who I'm sure would all appreciate encouragement as we run round the track 105 times!!

The track is reached off Peterborough Road down a minor road called Garlands Lane, which is not shown on all maps, but is adjacent to Football Lane, which is.

And the title of the race is not my initials.

Steve Paull

Track and Field Training

Improve your fitness and core strength together with coaching on running, throwing and jumping events.

Hillingdon Council in co-operation with Hillingdon Athletic Club have arranged Wednesday night training sessions at Uxbridge Running Track, Gatting Way, Uxbridge UB8 1ES.

Cost is **£2.00 per week** pay and train - so no need to book, just turn up on the night.

Wednesday nights:

Running 5, 26 June, 17 July, 7, 28 August.

Throwing 22 May, 12 June, 3, 24 July, 14 August

Jumping 29 May, 19 June, 10, 31 July, 21 August

Time 6.30 to 8.00 pm (3, 10 July 7.30 to 9.00 pm)

See link below for more details:

<http://www.hillingdon.gov.uk/article/25199/Athletics>

I did these last year and thoroughly enjoyed the sessions. You can continue with track/running if you don't want to do the field events.

Marilyn Pickford

Achievements

Well done to ...

Penny Hudson - PB in April's Wot No Watch followed by another PB in the Measured Mile

Arnav Panda - for a PB in April's Wot No Watch

Sasha Birkin & Mike Ransome for completing their first marathon - the London Marathon.

Judy Rackham, Harriet Copland & Anne Ambrose for a PB in the London Marathon.

Nagendra Bisht for completing his first half marathon - the SAS Heidelberg Half.

Hershil Patel - PB in the Measured Mile and a PB at Bristol 10K

Tracey Tyrell - a PB in the Measured Mile

Anne Ambrose, Karen Leary & Steve Alder for a PB at Marlow 5.

Sasha Birkin - 2nd Vet Lady and
Jonathan Collier 2nd Man at Watford 10K

Penny Rawlins and Sandra Young for PBs at Watford 10K

Mandy Beuselinck and Andy Fox for their first triathlons.



London Marathon 2013

I was very lucky this year to get a place in the London Marathon through the Metros club ballot. I appreciate that this would not be everyone's ideal lottery win, but I really wanted to do another marathon.

The four months of training for the event were particularly difficult this year due to the inclement weather, with a number of training events cancelled, but I did find at the January Wot-no-Watch that it is possible to run on soft snow!

My aim for the day was to enjoy the atmosphere, finish the event, to finish in good health and without the aid of anyone in a novelty costume. I'm pleased to say that I met my objectives finishing in 5 hrs 44 mins and 1 second, which is nearly 40 minutes faster than 2012.

It was a fantastic day, really made by the support of the crowd, which was even larger this year probably due to the shocking events in Boston a few days earlier.

I did not need help from anyone in a costume, but was passed by numerous rhinos, Elvis, angels, a baby and a couple of Percy Pigs. I crossed the line just after a woman who was knitting a scarf while running, so she could get into the Guinness Book of Records. Perhaps that's something for next year.....

Thanks to all the Metros that I trained with over the winter, especially for your advice and support. Thanks also to those of you who made sure I got to the event on time on the day and supported me along the way.

The race was an opportunity for me to raise money for The Passage, a charity based near to where I work in Victoria, that provides support to the homeless. If you would like to donate please see the link to my fundraising page:

<https://www.justgiving.com/Anne-Ambrose>

Many thanks for your support

Anne



Results

Finchley 20 - 17th March 2013

1		1:44:09
168	Sasha Birkin	2:34:57
306	Donna Warren	2:56:07
312	Steve Paull	2:56:46
375	Peter Jose	3:06:35
444	John Gorton	3:21:38
482	Mike Ransome	3:39:17
485	Marion Rogan	3:40:37
501	Anne Ambrose	4:37:51
502	finishers - last	4:40:54



Well done to the ladies! Apologies for not putting the results in last month. Ed.

Reading Half Marathon - 17th March 2013

1		1:04:15
5184	Judy Rackham	1:53:30
12863	finishers - last	3:31:35

Flitwick 10K - 14th April 2013

1		32:37
752	Veronica Georgescu	72:43
787	finishers - last	90:16

Bristol 10K - 5th May 2013

2012	Hershil Patel	48:37 PB
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Wot No Watch - 20th April 2013

Name	Predicted	Actual	Difference	
Tom Alder	5.30	5.21	-9s	
Kevin Smart	5.50	5.21	-29s	
Ian Birch	6.30	6.13	-17s	
Guy Bostock	8.20	6.39	-101s	
Simon Abery	7.00	6.42	-18s	
Daniel Collier	7.30	6.44	-46s	
Adam Leary	6.42	6.46	+4s	
Christopher Hudson	6.53	6.47	-6s	
Aarnav Panda	8.00	6.51	-69s	
Jane Hudson	7.00	6.58	-2s	**
Caroline Day-Lewis	7.10	6.58	-12s	
Sonny Peart	7.20	6.59	-21s	
Tracy Tyrell	8.15	7.11	-64s	
Hilarie Lemon	8.08	7.14	-54s	
Paul Gardner	7.45	7.25	-20s	
Julia Allen	7.40	7.30	-10s	
Caprice Beggs	8.36	7.30	-66s	
Kirit Ranpura	8.00	7.34	-26s	
Annie Birch	8.35	8.04	-31s	
Malcolm Jackson	8.30	8.05	-25s	
Errol Clarke	8.00	8.08	+8s	
Roberta de Martin-Pinter	8.20	8.09	-11s	
Yvonne Greenwood	8.30	8.17	-13s	
Sarah Westwood	8.13	8.24	+11s	
Steve Alder	9.10	8.29	-41s	
Karen Collier	8.35	8.30	-5s	
Penny Hudson	8.45	8.32	-13s	
Dharmini Chikhliwala	8.40	8.37	-3s	
Janice Newman	8.46	8.39	-7s	
Ceri Jacob	8.46	8.39	-7s	
Gagan Khullar	8.35	8.44	+9s	
Irene Paull	10.00	8.47	-73s	
Penny Rawlins	9.00	8.50	-10s	
Mike Ransome	10.02	9.00	-62s	
James Collier		9.00		
Angela Murphy		9.01		

Kath Donaldson	9.25	9.04	-21s	
Colin Jackson	8.02	9.17	+75s	
Dave Brown	9.38	9.20	-18s	
Deborah Norman	9.15	9.23	+8s	
Hemant Panda	9.15	9.31	+16s	
Steph White	10.00	9.39	-21s	
Elish Fernandez	10.00	9.43	-17s	
Debbie Moynihan	10.00	9.48	-12s	
Hema Thacker	10.00	9.52	-8s	
Catherine Corcoran	11.00	9.53	-67s	
Joy Ohio-Exomo		11.13		
Dagmara Jackson	13.05	11.20	-105s	
Sarah Ohio-Ezomo		11.26		
Jeanne Coker	12.32	12.09	-23s	

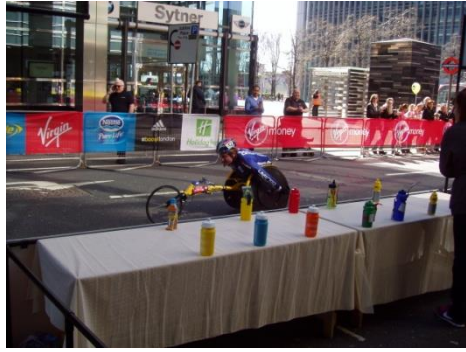
Sussex Marathon - 7th April 2013

1 2:52:30
52 John Gorton 4:13:28

Heidleberg Half Marathon - 28th April 2013

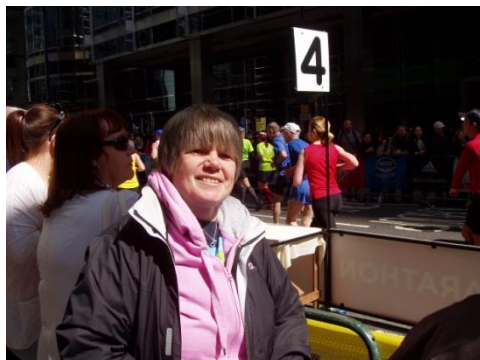
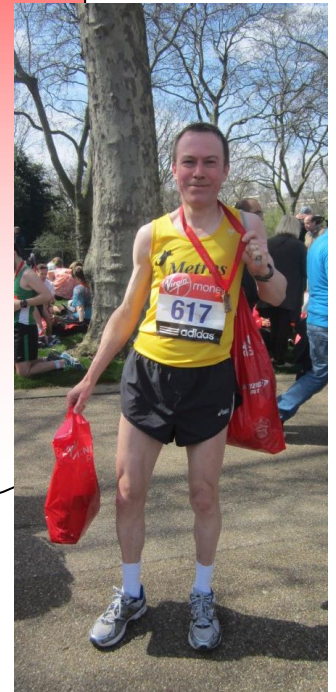
1 1:15:19
2632 Nagendra Bisht 2:29:20





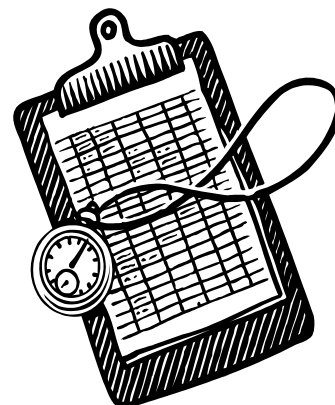
London Marathon - 21st April 2013

Nigel Rackham	1:31:50	3:19:38
Sasha Birkin	1:43:46	3:29:18
Kevin Watson	1:30:15	3:33:09
Harriet Copland	1:57:30	3:52:19
Emma Rogan	1:57:38	3:55:51
Donna Warren	1:57:32	4:03:04
Gertrud Porter	1:56:22	4:15:55
Judy Rackham	2:02:21	4:22:47
Marion Rogan	2:15:12	4:44:13
Mike Ransome	2:27:45	5:11:11
Anne Ambrose	2:44:54	5:44:01



Measured Mile - 4th May 2013

Sasha Birkin	6.10	Penny Hudson	8.28
Steve Paull	6.18	Devi Grewal	8.36
Hershil Patel	6.29	Irene Paull	8.36
Adam Leary	6.32	Sandra Young	8.43
Simon Abery	6.33	Penny Rawlins	8.55
Sam Dadomo	6.45	Anne Ambrose	8.56
Christopher Hudson	6.46	Emma Rackham	9.02
Sonny Peart	6.46	Colin Jackson	9.10
Mike Ransome	6.50	Deborah Norman	9.12
Jane Hudson	6.51	Steph White	9.17
Andrew Collier	6.53	Carlow Day Lewis	9.31
Al Scoffham	6.55	Veronica Georgescu	9.36
Dave Young	6.56	Catherine Corcoran	9.50
Tracy Tyrell	6.57	Debbie Moynihan	10.14
Caroline Day Lewis	7.00	Gladys De Groot	10.21
Kirit Ranpura	7.11	Anne Leigh	10.33
Malcolm Jackson	7.36	Hema Thakur	10.51
Judy Rackham	7.47	Julie Smith	10.53
Ceri Jacob	7.55	Dagmar Jackson	11.44
Gagan Khuller	8.15	Jeanne Coker	11.50
Karen Collier	8.17	Bernard Leigh	14.13
Dharmini Chikhliwala	8.25	Henry Pickford	14.13
Errol Clarke	8.26	Barbara Robson	14.13
Sarah Westwood	8.27		



A brand new stretch of pathway in the park to enjoy today, just as well it was finished in time for the Measured Mile. I note several improved times from February, so keep up the training to improve again for the next Mile in August as it looks like there will be competition for the trophy this year.

Angela and Teresa.

Milton Keynes Marathon - 6th May 2013

1	2:46:57
Nathan Powell	3:16:31
John Gorton	4:27:46
Last finisher	6:49:31

Watford 10K - 6th May 2013

1	33:50	
2	Jonathan Collier	34:42 2nd Man
87	Sasha Birkin	41:38 2nd Vet lady
377	Judy Rackham	51:41
384	Andrew Collier	52:11
563	Sarah Westwood	56:23
714	Sandra Young	63:15
731	Penny Rawlins	64:48
772	Emma Rackham	67:28
841	finishers - last	93:11

1K Fun Run

90	Max Dadomo	5:33 (U10 boys)
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3K Fun Run

23	Sam Dadomo	12:49 (10-12 boys)
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Marlow 5 - 12th May 2013

1		25:39
72	Matt Rogan	32:18
130	Steve Paull	34:23
311	Simon Abery	37:38
341	Adam Leary	38:16
420	Jane Hudson	39:56
439	Al Scoffham	39:58
483	Kirit Ranpura	40:56
577	Ruth Tidder	42:52
614	Claire Rogan	43:23
661	Julia Allen	44:33
702	Sarah Westwood	45:20
760	Steve Alder	45:51
779	Marion Rogan	45:45
1045	Karen Leary	50:35
1053	Irene Paull	50:51
1054	Anne Ambrose	50:55
1058	Kath Donaldson	51:08
1165	Penny Hudson	55:50
1229	Tom Alder	60:35
1230	Olympia Alder	60:43
1259	finishers - last	77:43



VETS TRACK & FIELD LEAGUE

Battersea 13th May 2013

Name	Event	Time		Name	Event	Time
Mark	Long Jump	2.34m		Anne	400m	108.8
Mulvenna	Shot	6.87m		Ambrose	1500m	8.18.1
Kevin	100m	13.2				
Smart	400m	62.8				
	1500m	5.41.1				
	*Long Jump	4.36m				
	Discus	21.98				

*1st O/50 and 2nd O/50 in 100m & 400m

The evening was tinged with sadness as Ann Marsden was not with us. She had for many years participated in this league, annually winning M.B.E. plaques (Metros Best Efforts). Although having decided to move to Burnham-on-Sea, she intended to return for the Vets meetings. We miss her.

Next fixtures: Monday 10 June – Hillingdon (Uxbridge)
 24 June – Battersea
 15 July – Battersea

Runners over 35 years are eligible to compete in this friendly league. Please contact me or Wendy prior to the fixtures if you intend to participate. Thank you.

Further information from

Pat Jackson - 020 8868 5683

Wendy Mulvenna – 020 8863 4838

Vets T&F League Co-ordinators

Hatch End Triathlon - 12th May 2013

	Swim	T1	Cycle	T2	Run	Total
1						0:47:13
Andy Fox	9.36	2.16	33:58	0.35	13.24	0:59:51
Mandy Beuselinck	10:47	3:57	43:11	0:58	14:30	1:13:20
192 finishers - last						1:55:31

Keep the memories coming



Sunday Times Fun Run either 1988 or 89
There are a few Metros showing, being led by Thomas Birch

Memories ...

As you can see we are approaching the 300th edition of Metrolines. Inspired by the photos from the past we have been receiving lately, we thought it would be nice to have a special edition with memories of the club. Races you have run, memories of friends, what the club means to you - anything you like. More photos especially welcome.

Runners' Recipes

Lentil & Tomato Soup (on the basis that it's still winter in mid- May, but tomatoes are nearly in season!)

This gently spiced, warming lentil and tomato soup is not only brimming with vitamin C, vitamin A and B vitamins but it is also a great source of essential minerals such as magnesium, folic acid and iron. Both tomatoes and lentils have a low glycaemic index, so eating this soup will help control blood sugar levels and provide steady, slow-burning energy.

- 2 tbsp olive oil
- 1 onion, peeled and finely chopped
- 1 bay leaf
- 1 stick celery, finely chopped
- 1 small dried chilli
- 1 tsp cumin seeds
- 300g green or brown lentils
- 1tbsp balsamic vinegar
- 800g can of chopped tomatoes
- 1 tbsp tomato purée
- Salt and pepper
- 1.5 litres chicken or vegetable stock
- Freshly chopped coriander to decorate



- Heat the oil in a large saucepan and sauté the onion and celery under a very gentle heat for a few minutes until soft. Add the bay leaf, dried chilli and cumin and stir in for 30 seconds.
- Add the lentils, vinegar, chopped tomatoes, tomato purée and stock and bring to the boil.
- Turn the heat down, cover and simmer for 40 minutes, stirring every 5 minutes or so, until the lentils are tender.
- Season with plenty of salt and freshly ground black pepper and check the consistency - you may need to add a little more stock if the soup is too thick.
- Serve in warmed soup bowls with plenty of chopped coriander sprinkled on top.

From Kate Percy's *Go Faster Food*

NOTES OF METROS COMMITTEE MEETING

Wednesday 1 May 2013, Methodist Church Hall, Cannon Lane, 8.00 pm

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

APOLOGIES: Mandy Beuselinck, Steve Paull, Sandra Young

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).

Jane opened the meeting with the sad news regarding Ann Marsden and some members mentioned particular fond memories they had. It was suggested that a group e-mail be sent informing members of the news and asking for any anecdotes from Metros members be sent to be printed in Metrolines.

MATTERS ARISING FROM THE PREVIOUS MEETING – 3 April

Metros Computer – Irene has taken over the Metros Honorary Membership Secretary position. Penny has given Irene details of a lap top which Irene will follow up if needed. **ITEM CLOSED**

Thames Valley League – Jane has purchased the large urn for use at our host event and other occasions. **ITEM CLOSED**

Discount for Metros Members – Marilyn Pickford will supply Al with the necessary contact to set up a discount with Cotswold. It's suggested that members ask for a discount at any sport equipment/clothing shop.

Metros Application Form – Jane and Irene confirmed that the form has been updated. **ITEM CLOSED**

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 has advertised in Metrolines for participants for a further course.

District Scouts Walk – As the Scout Hall in Roxbourne Park had not been available on 27 April, Pat confirmed that the Metros training had still taken place in the park and runners had access to the Pavilion toilets but no refreshments were available.

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:** Jane Scoffham, Pat Jackson

Harrow Hill Race – Mandy will give a report at the next meeting. **ACTION:** Mandy Beuselinck

Al has informed England Athletics that entries on line did not ask for the England Athletics competing members number. **ITEM CLOSED**

Metros Kit – Following requests from members, Pat placed an order for reversible showerproof jackets, fleece jackets, hoodies and hats from a local supplier. These have been received and some distributed. Pat will collect requests for further orders.

Metros AGM –Nominations have been received for the Metros Committee but no nominations had been received for the post of Chairman. Following a discussion, Mike Ransome, present Vice Chairman was nominated and accepted and Penny Hudson was nominated as Vice Chairman and accepted.

Round Norfolk Relay – Jane has entered a Metros team and will advertise in Metrolines for more runners.
ACTION: Jane Scoffham

Fees for Metros Runners – Following a check on the amount of fees paid by Metros runners for the Summer League, Thames Valley League and Vets T&F League last year, it was agreed that in future these fees will be funded by Metros so entry will be free for Metros members. Penny will state this in Metrolines.
ACTION: Penny Hudson

Track Marathon, 20 July – Irene confirmed that 27 entries had now been received. Steve had advertised the event in the Harrow Observer.

LRRC Trophies – Penny has advertised in Metrolines that the Maidenhead half marathon on 8 September is added to the list of trophy events instead of the Burnham Beeches half marathon. This was necessary as the Serpentine Summer League fixture clashed with the Burnham Beeches half marathon.

Barn Dance Accounts – Penny produced an account of the Barn Dance which had shown a profit. The possibility of a future event will be discussed at the next committee meeting.
ALL COMMITTEE

Metros First Aid – Barbara will discuss with Angela Murphy the items needed in the Metros first aid bag.
ACTION: Barbara Robson

REPORTS OF OFFICERS

Hon. Chairman – Jane had nothing to report.

Hon. Vice Chairman – Mike had nothing to report.

Hon. Secretary – Al had received notice of a mile event in London which Barbara will add to the Race Entries Book.
ACTION: Barbara Robson

Hon. Treasurer – Mike distributed a draft copy of the accounts for the AGM. These were approved and Al will audit.
ACTION: Mike Ransome/Al Scoffham

Hon. Membership Secretary – Three applications were all confirmed: Colin and Dagmar Jackson, Matt Rogan.

REPORTS OF CO-ORDINATORS

Monday Session – Mike confirmed 29 runners last Monday.

OTHER ITEMS

Event in Memory of Ann Marsden – this was discussed and will be reviewed later.

ACTION: ALL COMMITTEE

Meeting closed at 9.17 pm

Date of Next Committee Meeting –Wednesday 5 June at the Methodist Church, Cannon Lane, Pinner.

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