



Wot No Watch – Roxbourne Park 15.1.2011

### **This Month...**

Metros are hosting two events this month – the Thames Valley cross country on 6<sup>th</sup> February and Harrow Hill race on 27<sup>th</sup> February. See inside for how you can get involved.

# *Metros Diary*

2011

## FEB

|        |                                            |                |
|--------|--------------------------------------------|----------------|
| Sat 5  | Measured Mile, Roxbourne Park              | 9.20 & 9.40 am |
| Sun 6  | TVXC – Metros host                         | 11.00 am*      |
| Sun 6  | Watford Half Marathon                      | 10.30 am**     |
| Sat 19 | 5K Run, Roxbourne Park                     | 9.15am         |
| Sat 19 | Saucony National XC Championships          | 2.20 pm        |
| Wed 23 | Committee Meeting                          | 8.00 pm        |
| Sun 27 | Harrow Hill Race (Metros Host) TARGET RACE | 10.30 am       |

## MAR

|        |                                           |                |
|--------|-------------------------------------------|----------------|
| Sat 5  | 5 mile handicap, Roxbourne Park           | 8.50am         |
| Sun 6  | Berkhamsted Half Marathon & 5 mile        | 10.00 am***    |
| Fri 11 | Neverley Brothers & Fubar – Half Moon Pub | 9.00 pm        |
| Sun 13 | Finchley 20 TROPHY/TARGET RACE            | 9.30 am*       |
| Sat 19 | Wot no Watch, Roxbourne Park              | 9.20 & 9.40 am |
| Wed 30 | Committee Meeting                         | 8.00 pm        |

## APR

|        |                                         |                |
|--------|-----------------------------------------|----------------|
| Sat 2  | 10K Challenge, Roxbourne Park           | 9.00 am        |
| Sat 16 | Wot No Watch, Roxbourne Park            | 9.20 & 9.40 am |
| Sun 17 | Virgin London Marathon                  |                |
| Fri 22 | Maidenhead Easter 10 TROPHY/TARGET RACE | 9.30 am*       |
| Wed 27 | Committee Meeting                       | 8.00 pm        |

## MAY

|        |                               |                |
|--------|-------------------------------|----------------|
| Mon 2  | Watford 10K The Bluebell Run  | 11.30 am****   |
| Sat 7  | Measured Mile, Roxbourne Park | 9.20 & 9.40 am |
| Sun 8  | Marlow 5 TROPHY /TARGET RACE  | 9.30am*        |
| Sun 15 | Sudbury Court 10K TROPHY RACE | TBC*           |
| Sat 21 | 5K Run, Roxbourne Park        | 9.15 am        |

\* Please see details of how to enter inside  
TVXC – Thames Valley Cross Country  
Cross Country Championships – see inside for details

\*\* [watfordharriers.org.uk](http://watfordharriers.org.uk)

\*\*\* [berkhamstedhalfmarathon.co.uk](http://berkhamstedhalfmarathon.co.uk)

\*\*\*\* [watford10k.org.uk](http://watford10k.org.uk)

# *Note from the Editors!*

Gong Hay Fat Choy!

Enjoy this month's issue.

As always we want your contributions to Metrolines, so keep them coming in.

How about one of you marathon first-timers giving us a taste of how your training is progressing?

Best wishes,

*Jane and Penny Hudson*

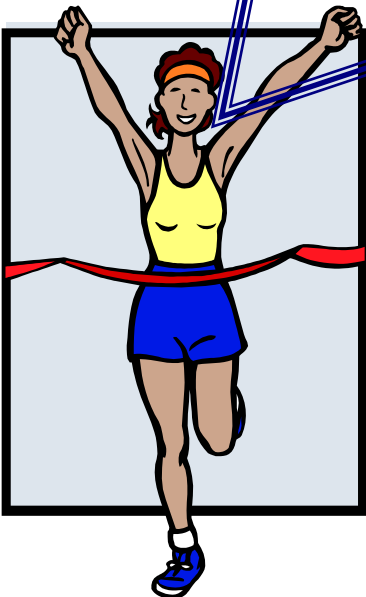


**Welcome to Metros**

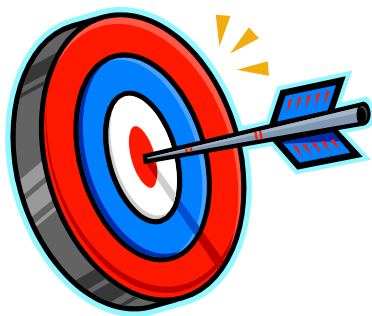
Jonathon Callard

Anand Paltar

Elected at the January meeting



# *Target Races*



**(The target is to get lots of Metros together!)**

Harrow hill 6 – Sunday 27th Feb 2011 @ 10:30am

Affiliated £10:00 Non-affiliated £12:00

On the day £15:00

Enter on line @ [www.runnersworld.co.uk](http://www.runnersworld.co.uk)

Finchley 20 – Sunday 13<sup>th</sup> March )

Maidenhead Easter 10 – Friday 22<sup>nd</sup> April > see below

Marlow 5 – Sunday 8<sup>th</sup> May )

# *Trophy Races*

See page 7 for details of how the LRRC Trophy competition works.

Finchley 20 – Sunday 13<sup>th</sup> March 2011, 9.30am

[www.hillingdonac.co.uk](http://www.hillingdonac.co.uk) - entry £20 affiliated, £22 non-affiliated

(no entries on the day)

Maidenhead Easter 10 – Friday 22<sup>nd</sup> April 2011, 9.30 am

[www.maidenheadac.co.uk](http://www.maidenheadac.co.uk) – entry £14 affiliated, £16 non-affiliated

Closing date: 15<sup>th</sup> April (no entries on the day)

Marlow 5 – Sunday 8<sup>th</sup> May 2011, 9.30am

[www.handycrossrunners.co.uk](http://www.handycrossrunners.co.uk) – entry £11 affiliated, £13 non-affiliated

Closing date: 29<sup>th</sup> April (£18 entry on day subject to availability)

Sudbury Court 10K – Sunday 15<sup>th</sup> May 2011, details to follow.

[www.sudburycourt.org.uk](http://www.sudburycourt.org.uk)

Burnham Beeches ½ marathon – Details to follow

[www.burnhamjoggers.org.uk](http://www.burnhamjoggers.org.uk)

Moor Park 10K – Sunday 25<sup>th</sup> September 2011, details to follow

[www.moorpark10k.org.uk](http://www.moorpark10k.org.uk)

Cabbage Patch 10 - Details to follow

[www.cabbagepatch10.com](http://www.cabbagepatch10.com)

Ricky Road Run (9) – Details to follow

[www.rickyroadrun.co.uk](http://www.rickyroadrun.co.uk)

# Cross Country

## Thames Valley XC League - Metros

Date: Sunday 6th February 2011

Time: 11.00 am

Venue: Mad Bess Woods, Breakspear Road North

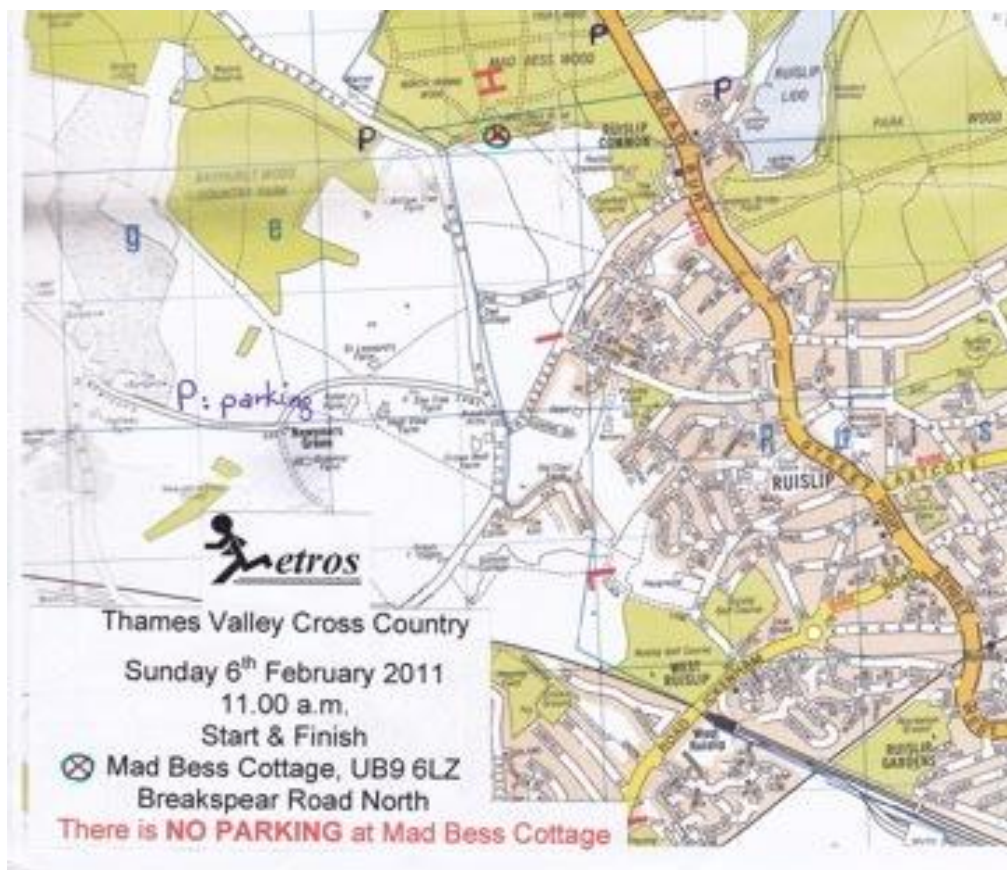


This last event of the season is hosted by us so we need runners, marshals and other helpers and also refreshments.

If you can help marshaling please contact Marilyn Pickford on 01895 233 778 and if you can help with or provide refreshments please contact Jane Scoffham on 01895 270 245. (If you are unable to be there on Sunday but would like to donate cakes please bring to the Saturday morning session.)

The race starts at 11am, is 5-6 miles cross country with refreshments afterwards. Men & Women run together but score separately. Club vests or T-Shirts must be worn. £2 per person entry fee for club members  
Car sharing is recommended

Further information is on the web site [www.tvxc.org.uk](http://www.tvxc.org.uk)  
or Contact Dave Brown 020 8933 1821



# The Saucony National Cross Country Championships 2011

Alton Towers, Staffordshire  
Saturday 19<sup>th</sup> February 2011

Senior Women's race 8K at 2.20pm  
Senior Men's race 12K at 3.00pm

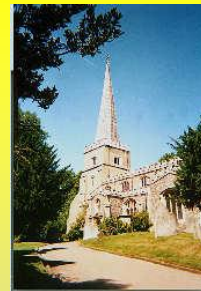
Closing date : Wednesday 5<sup>th</sup> January 2011

New venue to us as far as I know. Even Terry and I have not run this one.

Many thanks

Alastair Scoffham  
XC Co-Ordinator

## Reminder



### Harrow Hill Race

Just a reminder that Harrow Hill Race is being held on Sunday the 27<sup>th</sup> February at 10.30am.

Last year's event was a great success despite the rain and to make sure this year is as successful **WE NEED YOU!!**

We need you to **RUN**, to **MARSHALL**, to **DONATE** gifts, to help set up or clear up .... etc.

Please contact me at [harrowhillrace@hotmail.com](mailto:harrowhillrace@hotmail.com)  
or speak to me (or any other member of the committee) at a Saturday training session.

*Dave Swan*

# ***Trophy Races***

## **London Road Runners Club**

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

Finchley 20  
Maidenhead Easter 10  
Marlow 5  
Sudbury Court 10K  
Burnham Beeches Half Marathon  
Moor Park 10K  
Cabbage Patch 10  
Ricky Road Run 9

Note - to qualify for the competition you must:

- Be a paid-up member of the club.
- Enter the Metros club name on the entry form and be qualified to do so.
- Wear club kit.

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

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

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

Graham Haddon  
LRRC Co-ordinator ([grahamhaddon@aol.com](mailto:grahamhaddon@aol.com))

## Registration with England Athletics

It was agreed at the A.G.M in May that members who wished to be registered with England Athletics, would pay their own annual registration fee, as from 1<sup>st</sup> April 2011.

### *Why register with England Athletics?*

*England Athletics are the governing body of our sport and they ask that clubs and also first claim individuals, over 11 years of age who wish to compete in open races register with them, also entry fees for open races are usually cheaper. Metros is registered with them.*

England Athletics requires that the registration is completed by the club on its members behalf, so hence the form. If you have already given your consent to Metros to give England Athletics your details (*Name, sex & date of birth, email, address and telephone*) and you wish to continue your registration, please could you complete the form, confirming your details and give or send the form together with the £5.00 registration fee (*cheque payable to Metros or cash secured with this form*) by the last Wednesday in February to: Jane & Alastair Scoffham, 32 The Chase, Ickenham, Middlesex UB10 8SS. Alternatively the form and registration fee can be given to: Ann Marsden, or one of Metros run co-ordinators, for forwarding to Jane & Alastair.

If you have not previously given your consent to Metros, please complete the consent form, available from Ann Marsden or Jane & Alastair Scoffham or in the race book on a Saturday morning.

Thank you,  
Jane Scoffham

## On Being a Spectator

- in Barcelona and at Beachy Head

**In Barcelona.** (for the European Track and Field Championships)

Equipment: shorts, a theft-proof wallet, a ticket and lashings of sunscreen

Required Qualities: ability to manage without sleep; enjoyment of eating at 01:00

Out early on the first few days to support the walkers on their 1km lap then hasten to the stadium to see qualifying rounds. The heat of the noonday arrives and we have a break till early evening.

Our seats are at the 1500m start so we can see a lot of field events. For the combined events we move to the 200m start to see the pole vault and long jump.

Out in the afternoon to one of the many cultural delights of the city (preferably with air conditioning).

Medal ceremonies are done at the beginning and end of the evening - we try to be there for presentations to the Brits but at times it is like being Sherlock Holmes to find the required information in advance. The last event is scheduled about 22:00 and the last train down the mountain leaves at 22:00. So we enjoy the long trek down the hill to join the nightlife of Barcelona.

**At Beachy Head** (for the Beachy Head Marathon)

Equipment: a motor vehicle, clothing for 8 hours of October weather.

Required Qualities: a sense of direction,

Up before dawn to share breakfast with the runners. Too windy and wet to cycle to the start so off in the car to the first village on the course. The local church provides a suitable parking place. Cheer on the leaders and the first runners from my club. Next, the river crossing where they hurtle down the hill. This time I wait for the stragglers who need a lot of encouragement -it is not yet half way. Vantage point three is on the South Downs Way. Here, I get into running gear and jog back along the course (this confuses the sheep). I am nearly as tired as the runners so my final stop is the opposite the visitors centre where I can sit on a bench. There is a beautiful rainbow but the runners don't seem to care!

*Jeanne Coker*

# ***Olympic Charity Event at The Beacon Sports Centre and Theatre***

**Double World Champion & Olympic Bronze Medallist – Sarah Winckless and Olympic Author – MATT ROGAN host Charity Event at the Beacon Sports Centre & Theatre – Holtspur Way, Beaconsfield HP9 1RJ – Tel: 01494 677 764**

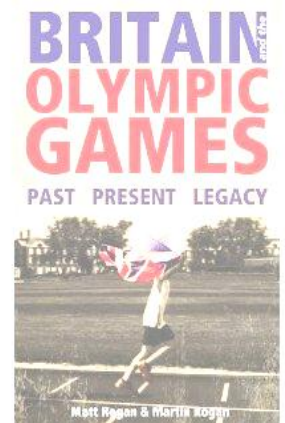
***This event will be FREE but the capacity is set at 200 – Please contact staff at the Beacon centre to reserve a seat. Any space not reserved will however be available on the night on a ‘first come first served’ basis.***

On **Friday the 11th Feb 2011 at 7pm**, The Beacon Sports Centre & Theatre will be used to host a Olympic Themed Charity Evening featuring Double Rowing World Champion and Olympic Bronze medallist Sarah Winckless and Matt Rogan, author of the book ‘Britain and the Olympic Games: Past – Present – Legacy’. The evening will give a unique behind-the-scenes insight into the build up to London 2012, which we can now say are happening next year!

Sarah Winckless, now 35 has now retired from competitive rowing but remains very involved with the sport in her role as Chair of the British Olympic Association Athletes’ Commission. She is responsible for representing the interests of all British athletes in the run-up to 2012. Sarah is also a Patron of the Hodgkinson’s Disease Charity, which will be the Charity cause for the evening.

Sarah will be sharing the stage on the evening with **Matt Rogan**, author with his father **Martin** of ‘Britain and the Olympic Games: Past Present Legacy’ which gives a unique insight into Britain’s links with the Olympic Games and assesses prospects for the much-promised legacy in 2012. Sales of the book on the night will be in aid of the Hodgkinson’s Disease charity. Like Sarah, Matt is a Cambridge graduate. He has fifteen years experience is of working in and around the Olympic Games, Premier League football, US Basketball and for MTV. Matt is a regular speaker and media commentator on sports industry matters and is a Board Director of the European Sponsorship Association and local business Lane4. As a regular Marathon runner, tennis player and Ironman triathlon competitor his love of the Olympic Games and Sport has fuelled his research and dedication to write his book with his dad Martin.

***Sarah & Matt will be talking about the Olympic Games of the recent past and will give a unique behind-the-scenes insight into what we can expect from the London Games of 2012.***



## The Sound of the Suburbs

Neverly Brothers. Half Moon.

Up and coming Rock God (Godling?) John Gorton and his band the Neverley Brothers made a triumphant return to the Half Moon last week. In a sweat soaked, hot, steamy atmosphere (o.m.g. even Nigel and Gordon were in shirt sleeves!!) the band took to the stage fashionably late, but hit the ground running with a seductive version of a little known Buddy Holly song "Take Your Time".

The tempo immediately upped with a homage to the band's name and "Cathy's Clown", leading into John Stewart's "Runaway Train" (a small criticism here-shame it wasn't "Daydream Believer" written by the same bloke. Or both).

Anyway the good sounds kept on coming, "Meet on the Ledge" a Fairport Convention song, has always been one of my favourite grooves, but I never thought I'd hear it in a South Harrow pub. "Friday I'm in love " followed.

Gorton then showed his pizzazz and multi-instrumental talents, turning to the harmonica for a steaming blues number. I was so slack-jawed I forgot to write the title down. I thought the musical taste of suburban Harrovians wouldn't mix with the delta swamp sound, but I was wrong. The track went down a storm and led perfectly to the big finale- "Winter Winds" from Mumford and Sons showed that the band are not old fogeys, but Mac's "Don't Stop" and the fab four's "Hide Your Love Away" then pandered to the more senior in the audience who, groupies and all, were dancing at the front of the stage by now.

"Baby It's A Fine Line" (who was that by again?) finished the set and they were gone.

Yes there was a later jam session of rock'n'roll classics, and I did hear that the party went on until four in the morning.

ROCK'N'ROLL!!!!

I was reminded of the current TV ad with Iggy Pop, but I had to come down to earth pretty sharpish. I had "Wot no watch" the next morning so I had to leave these rock'n'rollers to their late night shenanigans. Sad or what? Funny how not many from Friday night made it to the starting line on Saturday.

The Lone Groover

I would like to say a big and heartfelt thank you to all the Metros who came along to the Half Moon the other Friday to support myself, Nigel, Seb and Matt, aka The Neverleys and Fubar. It looks as though everyone had a great time, I know I certainly did (and Julia!)! A member of the Bar Staff informed me that it was busier than even their New Years Eve celebrations, quite an achievement!

Well done everyone and we look forward to seeing you at the next gig on Friday March 11<sup>th</sup>, at the same place!

*John G*

### **VETERANS TRACK & FIELD LEAGUE**

For those who are not familiar with this friendly league, Metros have participated in it for many years. Men and women aged 35 years and over are eligible to compete. There are three age categories in various events 35-49, 50-59, 60 years and over, separate groups in each event, graded on ability.

It's not necessary to be a fast runner, or a good thrower or bouncy for the jumping events - all are welcome. All finishers score points for their clubs and men and women score separately.

The meetings are on Monday evenings starting at 6.30 pm with the field events and 7.00 pm for the running events. The dates and venues for the four fixtures this season have been agreed, the actual events at each fixture will be available later:

9th May - Battersea

6th June - Battersea

20th June - Uxbridge

18th July - Twickenham

Do consider coming along, the evenings can be fun.

For further information, please contact Pat Jackson 020 8868 5683.

## **Metros in the Harrow Observer 1989**

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### **Marvellous Metros are victorious in France**

A superb all round performance saw Metros Running Club fight off English and French opposition to win the Boulogne 20 km road race.

In their first road race abroad since becoming an independent club, Metros overcame ten French clubs and five English clubs to scoop the team trophy.

Graham Allen continued his excellent form by romping home in 2nd place in a time of 66.19 with Rob Green finishing in 7th place in a time of 69.52. Steve Hartley was 8th in 69.55

So strong was the Metros entry that their second trio were runners up in the trophy, with Tony Gassett 9th in 70.24, Gordon Swindles 10th in 71.17 and John Camprubi 14th in 73.38.

Completing an enjoyable weekend of Anglo-French friendship, Brian Leach was the second veteran home in a time of 74.16 while Mary Swindles was the third lady home in a time of 90.54.

Back on home soil, Metros gained respectable positions in all categories of the Chiltern Cross Country League at Ruislip Woods.

In the under-15 girls section Thalia Bestonso came 2nd, Lynn Bennett 11th,

Louise Rogan 17th and Sally Godden 19th. Overall the girls team finished in 2nd place.

In the ladies' race Mary Swindles finished 10th, Alison Slater 25th, Sonya Grist 26th and Sylvia Suffield 27th. Overall they finished 4th out of 15 teams.

In the men's division two race Ian Birch made a welcome return to competition, finishing 29th with Steve Hartley 31st, John Camprubi 46th, Mervyn Stuckey 56th, Bob Manning 104th, Mike Cox 119th, Mike Godden 136th, Derek Frampton 139th and Jerry Seaborn 148th. Overall they finished the league 6th out of 17 teams.

In the final of the Today's Runner League at Finchamstead, Berkshire, the Metros men's team finished 3rd with points scored by Brian Leach 4th, Richard Brown 11th, Bob Manning 20th, Ben Jackson 21st, Jonathon Jackson 22nd, Ian Buckland 26th and Ray Bennett 37th.

The women's team were also 3rd. Caroline Brown finished 4th, Jane Anderson 8th and Michelle Cotter 13th.

Metros put in a respectable performance in the 500-strong Hillingdon Five Mile Race. Competing against many of Britain's top athletes, Metros finished 22nd out of 41 teams.

Point scorers were Graham Allen 79th, Tony Gassett 139th, Steve Hartley 152nd and John Camprubi 184th.

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# *Results & Race Reports*

## Results of Last Year's Measured Mile Competition

| Measured Mile<br>2009-2010 | 14.11.09 | 6.2.10 | 1.5.10 | 7.8.10 | Improvement over<br>3 consecutive miles                                                       |
|----------------------------|----------|--------|--------|--------|-----------------------------------------------------------------------------------------------|
| Steve Paull                | 6.11     | 7.21   | 6.05   | 5.59   | 82 secs - Winner                                                                              |
| Dave Brown                 |          | 8.12   | 8.01   | 7.25   | 47 secs                                                                                       |
| Sue Davie                  | 9.08     | 8.53   | 8.25   |        | 43 secs                                                                                       |
| Matthew Daniel             | 6.59     | 6.45   | 6.24   |        | 35 secs                                                                                       |
| Caroline Day Lewis         | 7.05     | 7.07   | 6.53   | 6.34   | 33 secs                                                                                       |
| Mark Mulvenna              |          | 6.42   | 6.29   | 6.22   | 20 secs                                                                                       |
| Judy Rackham               | 8.50     | 8.47   | 8.36   |        | 14 secs                                                                                       |
| Kath Donaldson             | 8.44     | 8.43   | 8.40   | 8.47   | 4 secs                                                                                        |
|                            |          |        |        |        |  - dropped |

A total of 93 participants in the four Measured Miles ran in 2009 - 2010 and out of these there were 8 contenders for the trophy with consecutive improvement in their times over 3 out of the 4 miles. It isn't easy to win this trophy and it doesn't always go to the fastest runner so it was with great pleasure that I was able to award the trophy this year to Steve Paull with a clear advantage of an improvement of 1 minute 12 seconds. Congratulations to Steve and well done to all who took part and to those runners who did 3 out of the four miles. My admiration and appreciation goes especially to the Metros who ran all four miles, such commitment! They are Steve Paull, Mike Ransome, Kath Donaldson, Caroline Day Lewis, Andrew Collier, Jackie Cope and Dave Young. For those Metros who have their eye on the trophy for 2010 - 2011 a reminder of the challenge ahead:

1. You must run 3 out of the 4 Measured Miles in November, February, May and August. (Usually 1<sup>st</sup> Saturday of the month.)
2. You must improve your time over 3 Measured Miles.

So a slow start in November, a faster time in February and a faster time again for either May or August. A tough challenge and some advance planning to be in the park for the four important Measured Mile dates. Good luck and good running.

Angela Murphy

The next page has the rest of the competitors in alphabetical order.

| Measured Mile<br>2009-2010 | 14.11.09 | 6.2.10 | 1.5.10 | 7.8.10 | Measured Mile<br>2009-2010 | 14.11.09 | 6.2.10 | 1.5.10 | 7.8.10 |
|----------------------------|----------|--------|--------|--------|----------------------------|----------|--------|--------|--------|
| Adam Leary                 |          | 6.27   | 6.31   | 6.14   | Jeanne Coker               |          | 12.31  |        |        |
| Al Scoffham                | 7.06     |        |        |        | Joel Davie                 | 6.43     |        |        |        |
| Alex Watson                |          |        | 10.07  |        | John Gorton                |          | 6.44   |        | 6.03   |
| Alun Davie                 | 7.16     |        |        |        | Jonathon Collier           |          |        | 5.47   | 5.34   |
| Andrew Collier             | 6.28     | 6.29   | 6.22   | 6.31   | Julia Allen                |          |        | 7.29   |        |
| Andy Fox                   |          |        | 6.17   |        | Julia Buckley              |          | 8.08   | 8.10   |        |
| Ann Marsden                |          | 8.09   |        | 8.37   | Karen Adams                |          | 8.31   |        |        |
| Anne Leigh                 |          | 11.13  | 10.32  | 12.01  | Karen Leary                |          |        | 8.32   |        |
| Barbara Robson             |          |        |        | 13.09  | Katie Hall                 |          | 8.14   | 7.4    |        |
| Ben                        |          |        | 9.30   |        | Kevin Eckersley            |          |        | 8.13   | 8.11   |
| Beth Dowler                |          | 7.46   | 7.54   |        | Kevin Smart                |          | 5.56   |        |        |
| Bill Carter                |          | 8.39   |        |        | Kirit Ranpura              | 7.02     |        | 6.41   | 6.51   |
| Carole Wells               | 7.40     | 7.38   |        |        | Lesley Boatman             |          |        |        | 9.26   |
| Catherine Corcoran         |          | 7.48   |        |        | Linda Gaitskell            |          |        |        | 9.26   |
| Catherine Macmillan        |          |        | 9.47   |        | Lindsey Jackson            |          |        | 10.40  |        |
| Ceri Jacob                 |          | 7.51   | 7.44   |        | Louise Rogan               |          | 7.54   |        |        |
| Chris Perkins              |          | 8.25   |        |        | Lucy Allen                 |          |        | 7.20   |        |
| Christopher Ford           |          | 8.42   | 7.48   |        | Malcolm Jackson            |          |        | 9.54   |        |
| Dave Swan                  | 7.55     |        |        |        | Mandy Beuselinck           |          |        |        | 7.48   |
| Dave Young                 | 6.00     | 6.03   | 5.59   | 6.05   | Marilyn Pickford           |          |        | 8.38   |        |
| Debbie Grewel              |          |        |        | 11.4   | Marilyn Pickford           |          | 9.04   |        |        |
| Debbie Moynihan            |          | 9.44   | 9.37   |        | Mervyn Stuckey             | 6.36     |        | 6.36   |        |
| Deborah                    |          |        | 8.58   | 9.37   | Mike Ransome               | 7.58     | 7.24   | 7.25   | 7.05   |
| Devi Grewal                |          |        | 8.41   |        | Nick Ford                  |          | 9.09   | 9.03   |        |
| Devon Day Lewis            |          | 7.44   |        | 7.07   | Nigel Rackham              | 5.16     | 5.04   | 5.20   |        |
| Eilish                     |          |        | 9.39   |        | Pat Jackson                |          |        | 10.17  | 10.24  |
| Eleanor Murray             |          | 8.10   |        |        | Patrick McGuire            |          | 5.57   |        |        |
| Ellen Mulvenna             |          | 8.13   |        |        | Paul Gardner               |          |        | 8.27   | 7.44   |
| Errol Clarke               |          | 7.22   |        |        | Penny Hudson               |          |        | 8.56   |        |
| Gemma Wilson               |          |        | 7.36   | 7.40   | Peter Beuselinck           |          | 7.02   | 6.56   |        |
| Gladys De Groot            |          |        | 9.53   | 9.24   | Peter Jose                 |          |        | 7.04   |        |
| Gordon Valentine           |          | 6.55   |        |        | Peter Rackham              |          | 6.24   | 6.02   |        |
| Ian Boccock                |          |        | 9.56   |        | Peter Stapleton            |          | 7.48   | 8.16   |        |
| Irene Paull                |          | 8.33   |        | 8.42   | Raquel Russell Ponte       |          | 9.36   | 8.57   | 9.06   |
| Jackie Bowles              |          |        | 6.54   | 7.10   | Ruth Tidder                |          | 7.13   |        |        |
| Jackie Cope                | 7.55     | 7.16   | 7.25   | 7.25   | Sandra Cobbing             |          |        |        | 8.00   |
| Jacqui Poole               |          | 9.30   |        |        | Sarah Westwood             | 8.35     | 8.44   | 8.49   |        |
| James Francis              |          | 6.54   |        |        | Sonya Grist                |          | 9.03   |        |        |
| Jane Hudson                |          |        | 7.35   | 7.13   | Stephanie Stapleton        |          |        | 9.52   |        |
| Jane Mayes                 |          |        | 9.35   |        | Steve Alder                |          | 8.11   |        |        |
| Janice                     |          |        | 8.58   | 9.37   | Teresa Young               |          |        |        | 7.44   |
| Jason Bowles               |          |        | 7.31   |        | Thomas Alder               |          |        | 5.19   |        |
|                            |          |        |        |        | Trevor Bark                |          | 9.46   |        |        |

## Results of Last Year's Trophy Race Competition

| Name             | Finchley 20 | Maidenhead 10 | Marlow 5 | Sudbury 10K | Burnham Half | Moor Park 10K | Cabbage Patch | Ricky 9 | Total |
|------------------|-------------|---------------|----------|-------------|--------------|---------------|---------------|---------|-------|
| John Gorton      | 97          | 99            | 97       | 98          | 97           | 94            | 97            | 98      | 777   |
| Steve Paull      |             | 100           | 99       |             | 98           | 97            | 98            | 99      | 591   |
| Nigel Rackham    | 100         |               |          | 100         |              | 100           | 100           |         | 400   |
| Paul Gardner     |             |               |          | 95          | 96           |               | 96            | 94      | 381   |
| Kevin Watson     | 99          |               |          |             | 99           | 99            |               |         | 297   |
| Gordon Valentine |             |               | 95       |             |              | 91            |               | 95      | 281   |
| Daniel Mullin    | 94          |               | 92       |             | 94           |               |               |         | 280   |
| Nathan Powell    |             |               |          |             | 100          |               |               | 100     | 200   |
| Kevin Smart      |             |               |          | 99          |              |               | 99            |         | 198   |
| Peter Jose       |             |               |          | 97          |              |               |               | 97      | 194   |
| Peter Rose       |             | 98            | 94       |             |              |               |               |         | 192   |
| Peter Beuselinck |             |               |          |             | 95           |               | 95            |         | 190   |
| Derek Bamforth   | 95          |               |          |             |              |               |               | 93      | 188   |
| Callum Davie     |             |               | 93       | 94          |              |               |               |         | 187   |
| Matthew Daniel   |             |               |          | 96          |              | 88            |               |         | 184   |
| Alan Davie       |             |               | 91       |             |              |               |               | 92      | 183   |
| P Mummalanelli   |             |               | 90       |             |              | 87            |               |         | 177   |
| John Camprubi    |             |               | 100      |             |              |               |               |         | 100   |
| Adam Leary       |             |               | 98       |             |              |               |               |         | 98    |
| Patrick McGuire  | 98          |               |          |             |              |               |               |         | 98    |
| Neil Smith       |             |               |          |             |              | 98            |               |         | 98    |
| Andrew Collier   | 96          |               |          |             |              |               |               |         | 96    |
| Kirit Ranpura    |             |               | 96       |             |              |               |               |         | 96    |
| Peter Reynolds   |             |               |          |             |              |               |               | 96      | 96    |
| Andy Fox         |             |               |          |             |              | 96            |               |         | 96    |
| Jan Bek          |             |               |          |             |              | 95            |               |         | 95    |
| Peter Rackham    |             |               |          |             |              | 93            |               |         | 93    |
| Pritesh Patel    |             |               |          |             |              | 92            |               |         | 92    |
| Gerry Barker     |             |               |          |             |              |               |               | 91      | 91    |
| Matthew Rackham  |             |               |          |             |              | 90            |               |         | 90    |
| David Gordon     |             |               |          |             |              | 89            |               |         | 89    |
| Simon Abery      |             |               |          |             |              | 86            |               |         | 86    |

| <b>Name</b>          | <b>Finchley 20</b> | <b>Maidenhead 10</b> | <b>Marlow 5</b> | <b>Sudbury 10K</b> | <b>Burnham Half</b> | <b>Moor Park 10K</b> | <b>Cabbage Patch</b> | <b>Ricky 9</b> | <b>Total</b> |
|----------------------|--------------------|----------------------|-----------------|--------------------|---------------------|----------------------|----------------------|----------------|--------------|
| Sue Davie            | 100                | 99                   | 94              | 92                 | 92                  | 96                   | 96                   | 92             | <b>761</b>   |
| Penny Hudson         | 99                 | 98                   | 92              | 91                 | 87                  | 83                   | 91                   | 88             | <b>729</b>   |
| Carole Wells         |                    |                      | 98              |                    | 97                  | 98                   | 100                  | 96             | <b>489</b>   |
| Jane Hudson          |                    |                      | 97              | 95                 | 98                  | 100                  |                      | 93             | <b>483</b>   |
| Sarah Westwood       |                    |                      | 93              |                    | 93                  | 97                   | 98                   | 94             | <b>475</b>   |
| Raquel Russell-Ponte |                    | 100                  | 95              | 93                 | 89                  |                      | 94                   |                | <b>471</b>   |
| Angela Murphy        |                    | 96                   |                 | 90                 | 90                  | 88                   | 93                   |                | <b>457</b>   |
| Harriet Copland      |                    |                      | 99              | 100                | 100                 |                      |                      | 98             | <b>397</b>   |
| Gertrud Porter       |                    |                      | 100             | 98                 | 99                  |                      |                      | 99             | <b>396</b>   |
| Ruth Tidder          |                    |                      |                 |                    | 96                  | 99                   | 99                   | 97             | <b>391</b>   |
| Irene Paull          |                    | 97                   | 91              |                    | 88                  |                      |                      |                | <b>276</b>   |
| Linda Gaitskell      |                    |                      |                 | 90                 |                     | 88                   | 93                   |                | <b>271</b>   |
| Amanda Beuselinck    |                    |                      |                 |                    | 95                  |                      | 97                   |                | <b>192</b>   |
| Marion Rogan         |                    |                      |                 | 96                 |                     |                      |                      | 95             | <b>191</b>   |
| Judy Rackham         |                    |                      |                 |                    |                     | 92                   | 95                   |                | <b>187</b>   |
| Ann Marsden          |                    |                      |                 | 94                 |                     | 93                   |                      |                | <b>187</b>   |
| Julia Buckley        |                    |                      |                 |                    |                     | 91                   |                      | 91             | <b>182</b>   |
| Kath Donaldson       |                    |                      |                 |                    |                     | 90                   |                      | 90             | <b>180</b>   |
| Jane Mayes           |                    |                      |                 |                    |                     | 86                   |                      | 90             | <b>176</b>   |
| Sonya Grist          |                    |                      |                 |                    |                     | 82                   |                      | 89             | <b>171</b>   |
| Donna Warren         |                    |                      |                 |                    |                     |                      |                      | 100            | <b>100</b>   |
| Ann Lavers           |                    |                      |                 | 99                 |                     |                      |                      |                | <b>99</b>    |
| Joanne Tillotson     |                    |                      |                 | 97                 |                     |                      |                      |                | <b>97</b>    |
| Jo Mulry             |                    |                      | 96              |                    |                     |                      |                      |                | <b>96</b>    |
| Julia Allen          |                    |                      |                 |                    |                     | 95                   |                      |                | <b>95</b>    |
| Chonde Nkowan        |                    |                      |                 |                    | 94                  |                      |                      |                | <b>94</b>    |
| Sandra Cobbing       |                    |                      |                 |                    |                     | 94                   |                      |                | <b>94</b>    |
| Marcella Chambers    |                    |                      |                 |                    | 91                  |                      |                      |                | <b>91</b>    |
| Hilary Baker         |                    |                      |                 |                    |                     | 89                   |                      |                | <b>89</b>    |
| Deborah Moynihan     |                    |                      |                 |                    |                     | 85                   |                      |                | <b>85</b>    |
| Stephanie White      |                    |                      |                 |                    |                     | 84                   |                      |                | <b>84</b>    |
| Jill Davis           |                    |                      |                 |                    |                     | 81                   |                      |                | <b>81</b>    |

Trophies awarded to John Gorton and Sue Davie.

Special awards also to John Gorton, Sue Davie and Penny Hudson for completing all 8 races.

## Calvia Marathon – Steve Paull

Firstly, get the geography lesson over- Calvia is the name of a part of Majorca. I guess like a county, but smaller.

That lesson over, this turned out to be another small-in-numbers marathon. It was its 27th running, but there were not many more than a hundred runners. However, alongside were a half marathon and 10k which gave the event the feel of something a bit bigger.

It was to be two laps, so I knew from the experience of the old Harrow Marathon that the second lap would be a lonely affair after the other race runners had gone. It was. As it turned out, in the second 13 miles I overtook five runners and one overtook me. Nothing much happened, but the weather was ideal for running so we just got on with it.

December in Majorca-the summer tourist resorts the race went through, Magalluf and Palma Nova, were almost deserted. Running on the road presented no problems. Even going round the numerous roundabouts was easy.

For this race Irene and I were on a package with "Running Crazy". They did well, with just the right amount of organization.

On our package were two, can I say minor, celebrities. One was actor Tony Audenshaw from Emmerdale, who did the marathon in about 3.15. The other was journalist John Blake who used to write, I think back in the 80s, the original "Bizarre" column for the Sun. He did the half in just over two hours.

The tour company organized an evening social event at one of the local bars that was still open for business. Numerous photos of Running Crazy clients had been taken during the course of the races and all were on continuous display on a screen. We were each given a CD of all these photos before we left for home.

I ran my fastest marathon of the year and found out back in England that I was an age group winner. Nothing had been mentioned to me at the finish, but I do recall some late presentations being made at the evening event. I wasn't one of them.

At the moment I am trying to find out if I am due an award/will it be sent to me or Running Crazy/ would I have to pay transportation?

Oh vanity!

*Steve*

## Wot No Watch – December 2010

| Name               | Predicted | Actual | Difference |
|--------------------|-----------|--------|------------|
| Julia Allen        | 07:40     | 08:02  | +22s       |
| Jamie Allen        | 07:30     | 07:40  | +10s       |
| Amanda Beuselinck  | 08:00     | 08:25  | +25s       |
| Peter Beuselinck   | 07:15     | 07:32  | +17s       |
| Andrew Collier     | 06:40     | 07:00  | +20s       |
| Jonathan Collier   | 05:35     | 05:32  | -3s        |
| Jeanne Coker       | 13:00     | 12:58  | -2s        |
| Jackie Cope        | 09:00     | 09:06  | +6s        |
| Caroline Day-Lewis | 07:00     | 07:03  | +3s        |
| Gladys de Groot    | 10:00     | 10:37  | +37s       |
| Kath Donaldson     | 08:55     | 09:37  | +42s       |
| Linda Gaitskill    | 09:00     | 09:44  | +44s       |
| Paul Gardner       | 07:55     | 07:58  | +3s        |
| John Gorton        | 06:05     | 06:17  | +12s       |
| Sonya Grist        | 10:00     | 11:31  | +1m 31s    |
| Jane Hudson        | 07:33     | 07:46  | +13s       |
| Janice Newman      | 09:30     | 09:33  | +3s        |
| Chonde Nkowan      | 09:00     | 09:19  | +19s       |
| Steve Paull        | 06:15     | 06:15  | 0s         |
| Nigel Rackham      | 05:30     | 05:28  | -2s        |
| Mike Ransome       | 09:30     | 09:33  | +3s        |
| Dave Swann         | 07:45     | 09:07  | +1m 22s    |

With the snow just about gone, a fairly small turnout for this the last Wot No Watch of 2010 and also the last Metros Saturday session of the year. Congratulations to Steve Paull who won the trophy again, being spot on with his prediction.

## Serpentines New Years Day 10K

|            |                         |                  |
|------------|-------------------------|------------------|
| <b>261</b> | <b>Gordon Valentine</b> | <b>51:25.2</b>   |
| <b>288</b> | <b>Carole Wells</b>     | <b>53:10.7</b>   |
| <b>297</b> | <b>Jane Hudson</b>      | <b>53:49.2</b>   |
| <b>362</b> | <b>Sarah Westwood</b>   | <b>1:00:02.3</b> |
| <b>370</b> | <b>Sue Davie</b>        | <b>1:00:45.8</b> |



## Fred Hughes 10 – Sunday 23<sup>rd</sup> January 2011

|                          |         |                        |
|--------------------------|---------|------------------------|
| 1 <sup>st</sup> finisher | 0.55.28 |                        |
| 61 Nathan Powell         | 1.07.44 |                        |
| 377 Gertrud Porter       | 1.24.40 | (2 <sup>nd</sup> VL55) |
| 380 Harriet Copland      | 1.24.43 |                        |
| 506 Peter Beuselinck     | 1.30.40 |                        |
| 574 Amanda Beuselinck    | 1.34.47 |                        |
| Last finisher            | 2.27.01 |                        |

## 10K Challenge – 8<sup>th</sup> January 2011

| Name               | Time  | Age Grade % | Award  |
|--------------------|-------|-------------|--------|
| John Gorton        | 47.27 | 68.6        | Silver |
| Peter Jose         | 50.03 | 68.5        | Silver |
| Tom Alder          | 42.30 | 67.1        | Silver |
| Steve Paull        | 49.31 | 65.7        | Silver |
| Mervyn Stuckey     | 50.59 | 64.9        | Silver |
| Angela Murphy      | 62.40 | 63.5        | Silver |
| Caroline Day-Lewis | 51.26 | 62.2        | Silver |
| Kath Donaldson     | 67.23 | 61.7        | Bronze |
| Carole Wells       | 55.40 | 61.0        | Bronze |
| Andy Fox           | 50.59 | 58.8        | Bronze |
| Gordon Valentine   | 55.40 | 58.0        | Bronze |
| Andrew Collier     | 52.16 | 56.5        | Bronze |
| Simon Aberly       | 54.39 | 54.4        |        |
| Julia Allen        | 59.36 | 54.1        |        |
| Adam               | 55.14 | 54.1        |        |
| Judy Rackham       | 64.50 | 53.7        |        |
| Jane Hudson        | 64.50 | 53.7        |        |
| Errol Clarke       | 56.18 | 53.2        |        |
| Geraldine Gill     | 60.48 | 53.1        |        |
| Peter Rackham      | 52.31 | 52.9        |        |
| Ann Ambrose        | 69.39 | 51.9        |        |
| Gemma Wilson       | 58.33 | 51.9        |        |
| Sue Davie          | 64.50 | 51.2        |        |
| Jonathan Berman    | 60.10 | 51.0        |        |
| Chonde Nkowan      | 63.07 | 50.7        |        |
| Peter Stapleton    | 60.53 | 50.0        |        |

Another very cold Saturday and no Gold awards this time, though quite a few Silver awards. But it is only January, so those with a birthday later in the year will find their target times change.

If you want to check your own % effort for any distance the website is easy to use - just remember to use a colon (:) to separate minutes and seconds when inputting your time.

<http://www.howardgrubb.co.uk/athletics/wmalookup06.html> A copy of the Metros table with the target times for awards for each year by gender is available on the Metros website.

## Wot No Watch – 15<sup>th</sup> January 2011

|                     | Pred. | Actual | Diff. |                    | Pred. | Actual | Diff.   |
|---------------------|-------|--------|-------|--------------------|-------|--------|---------|
| Kirit Ranpura       | 07:00 | 07:00  | 0s    | Geraldine Gill     | 08:10 | 07:53  | -17s    |
| Marion Rogan        | 08:15 | 08:15  | 0s    | Gill Young         | 08:10 | 07:52  | -18s    |
| Andy Fox            | 06:20 | 06:21  | + 1s  | Jane Hudson        | 07:31 | 07:49  | +18s    |
| Jackie Cope         | 08:00 | 07:58  | - 2s  | Steve Alder        | 08:20 | 08:42  | +22s    |
| Peter Stapleton     | 07:35 | 07:38  | + 3s  | Sarah Westwood     | 08:48 | 09:11  | +23s    |
| Ceri Jacob          | 08:00 | 07:56  | - 4s  | Kath Donaldson     | 09:05 | 09:31  | +26s    |
| Adam Leary          | 06:45 | 06:49  | + 4s  | Christopher Hudson | 07:30 | 07:58  | +28s    |
| Tom Alder           | 05:53 | 05:47  | -6s   | Margaret Smith     | 13:00 | 13:28  | +28s    |
| Mike Ransome        | 07:29 | 07:23  | - 6s  | Errol Clarke       | 07:30 | 08:10  | +40s    |
| Dave Young          | 06:15 | 06:21  | + 6s  | Sue Davie          | 08:47 | 09:19  | +42s    |
| Ann Marsden         | 08:28 | 08:35  | + 7s  | Debbie Moynihan    | 09:40 | 10:24  | +44s    |
| Julia Allen         | 07:39 | 07:32  | - 7s  | Janice Newman      | 09:01 | 09:46  | +45s    |
| Dave Brown          | 08:00 | 08:08  | + 8s  | Judy Rackham       | 09:01 | 09:46  | +45s    |
| Bill Carter         | 08:35 | 09:42  | + 8s  | Al Scoffham        | 08:30 | 07:43  | -47s    |
| Peter Rackham       | 06:00 | 06:09  | + 9s  | Mark Mulvenna      | 06:10 | 06:58  | +48s    |
| Olivia              | 08:30 | 08:20  | -10s  | Deborah Norman     | 08:40 | 09:31  | +51s    |
| Steve Paull         | 06:05 | 06:15  | + 10s | Linda Gaitskill    | 10:30 | 11:46  | +1m 16s |
| Raquel Russel Ponte | 09:20 | 09:08  | -12s  | Angela Murphy      | 10:30 | 11:46  | +1m 16s |
| Ann Ambrose         | 08:58 | 09:12  | +14s  | Leila Du Toit      | 14:00 | 10:52  | +3m 8s  |
| Dan Fox             | 11:00 | 10:45  | -15s  | Lily Berman        | 13:00 | 09:21  | -3m 29s |
| Mike Billington     | 08:00 | 08:15  | +15s  | Gail Berman        | 13:00 | 09:21  | -3m 29s |
| Andrew Collier      | 06:45 | 06:30  | -15s  |                    |       |        |         |

A much milder Saturday and a much bigger turnout with 43 runners. Some new faces to the event for the start of the new year. Congratulations to Kirit Ranpura and Marion Rogan for predicting correctly and bad luck to Andy Fox who missed out by only one second. Thank you to Reece for helping with stopwatch - not an easy job with so many finishers around the 9 minute mark. No Wot no Watch in February as we have the Measured Mile on the first Saturday of the month.

### 5 Mile Walk – 8<sup>th</sup> January 2011

Bob Manning – 56.05

## **SAFETY FOR Metros MEMBERS**

At the Running Leadership Course which some Metros members have attended, one of the items mentioned was contact details for runners. Kath Donaldson and Sue Davie reported that it was advised that all runners, especially lone runners, carry contact details in case of accident.

Your committee decided to order the recommended 'Dog Barrels' for this purpose. These are very small and can be worn on running shoes etc. The barrel unscrews in the middle allowing contact details to be placed inside.

These cost £1 and are available in the Scout Hall on Saturday mornings or contact Pat Jackson - 020 8868 5683.

## ***Metros REGULAR RUNS***

|                  |              |                                                                                   |               |
|------------------|--------------|-----------------------------------------------------------------------------------|---------------|
| <b>MONDAY</b>    | <b>20.00</b> | Teresa Young                                                                      | 020 8866 3225 |
|                  |              | Mike Ransome                                                                      | 07802 839 498 |
|                  |              | Email: <a href="mailto:mondaymetros@yahoo.co.uk">mondaymetros@yahoo.co.uk</a>     |               |
| <b>TUESDAY</b>   | <b>20.00</b> | Garry Young                                                                       | 01923 833 726 |
| <b>WEDNESDAY</b> | <b>19.15</b> | Dave Brown                                                                        | 020 8933 1821 |
| <b>THURSDAY</b>  | <b>19.30</b> | Sue Davie                                                                         |               |
|                  |              | Email: <a href="mailto:thursdaymetros@yahoo.co.uk">thursdaymetros@yahoo.co.uk</a> |               |
| <b>SATURDAY</b>  | <b>09.00</b> | Dave Young                                                                        | 020 8866 3225 |
| <b>SUNDAY</b>    | <b>09.30</b> | Anne Leigh                                                                        | 01753 888 839 |

**Not every week – please phone Anne to confirm**

**See website for more details: [www.metros.org.uk](http://www.metros.org.uk)**

# *Runners' Recipes*

## Special fried rice



### Ingredients

2 tbsp sunflower oil  
1 red onion, peeled and finely sliced  
1 garlic clove, crushed  
1-2 tsp finely chopped ginger  
1 red pepper, halved, deseeded and cut into thin strips  
1 corn on the cob, kernels removed (or equivalent amount of tinned or frozen sweetcorn)  
75g peas, cooked and drained  
350g cold, cooked basmati rice (brown of course!)  
2 heads pak choi, trimmed, halved and sliced  
Salt and black pepper  
Soy sauce to serve

### Method

Heat oil in a large wok or frying pan, add onion, garlic, ginger and pepper and stir-fry until softened but not browned.

Add corn, stir-fry for 2 to 3 minutes, then add peas, rice and pak choi and continue stir-frying for another 4 to 5 minutes or until thoroughly heated through and piping hot.

Add soy sauce, salt and pepper to taste and serve immediately.



**Variations:** use small florets of broccoli, carrots cut into thin strips about 3cm long, or any other vegetable you have available. You could also add a beaten egg once the rice mixture has cooked, and stir-fry until just set.

## NOTES OF METROS COMMITTEE MEETING

Wednesday 27th January 2011, Methodist Church Hall, Cannon Lane, 8pm.

PRESENT: Ann Marsden, Steve Paull, Al and Jane Scoffham, Dennis Speight, David Swan, Jackie Cope, Mike Ransome, Marilyn Pickford, Barbara Robson.

APOLOGIES: Pat Jackson.

CHAIR: Jane Scoffham.

NOTE RECORDER: Jackie Cope.

(any member unable to attend a meeting should inform Jane or Al in advance, and provide them with any outstanding action items).

### MATTERS ARISING FROM THE PREVIOUS MEETING - 24TH NOVEMBER 2010.

METROS HILL RACE - Steve Paull has put an item in the Harrow Observer and will be sending another nearer the race date.

David Swan will be putting the advertising banners up. Al Scoffham is organising the water station. Irene Paull will be shadowing Malcolm Jackson with the results. It was decided that a second stopwatch would be purchased with a budget of £60, half of which would come from Metros, and half from the Hill Race account.

ACTION: David Swan and Steve Paull.

TUESDAY NIGHT RUN - Steve Paull has asked lady runners about the state of the ladies showers and things seem to have improved.

ITEM CLOSED.

DOG BARRELS - Dog barrels for emergency information have been purchased and are now on sale from Dave Brown.

ITEM CLOSED.

TARGET RACES - The target races for the next four months will be: Harrow Hill Race- 27th February, Finchley 20- March 13th, Maidenhead 10- April 22nd, Marlow 5- 5th May. David will send dates to Metrolines.

ACTION: David Swan.

METROS TABLES - Three new tables have been purchased to replace the old ones.

ITEM CLOSED.

5k RUN IN ROXBOURNE PARK - Dates for 2011 are: 19th February, 21st May, 20th August, 19th November.

ITEM CLOSED.

SWEATSHIRTS - The money raised by sale of sweatshirts has been sent to charity (see below).

ITEM CLOSED.

CHARITY DONATION - Money raised by the sale of Rogan family's book, the sweatshirts and the xmas messages has been sent to The Meningitis Trust and Help 4 Heroes. A letter of thanks has been received from the latter.

ITEM CLOSED.

SUMMER LEAGUE - Meeting has been postponed until February.

ONGOING.

QUIZ AND PRESENTATION EVENING - Pat Jackson has suggested that smaller sized teams may reduce noise.

REVIEW AT LATER DATE.

THAMES VALLEY LEAGUE - Metros fixture will be on 6th Feb. A request for volunteers to marshal and provide food will be put in Metrolines. Maps will also be put on the TVXC website.

ACTION: committee.

VETS TRACK AND FIELD - Dates of this years meetings are; 9th May- Battersea, 6th June- Battersea, 20th June-Uxbridge, 18th July- Twickenham.

ITEM CLOSED.

LONDON MARATHON COACH - An item will be placed in Metrolines to see if there is enough interest to warrant booking a coach to the start this year.

ACTION: Al Scoffham.

CAR STICKERS - Al is looking into the cost of stickers.

ACTION: Al Scoffham.

CROSS COUNTRY ENTRIES - Last race of the season is the Southern on 29th January at Parliament Hill.

ITEM CLOSED.

XMAS WOODS RUN - Runners seemed to enjoy the run despite the snow.

ITEM CLOSED.

CONSTITUTION - Changes to the draft were agreed. Jane will be in touch via email to confirm.

ACTION: Jane Scoffham.

COMPETING MEMBERS - 36 metros have completed their forms to remain competing members with England Athletics.

ONGOING

REPORTS OF OFFICERS.

HON CHAIRMAN - Jane had nothing to report.

HON VICE CHAIRMAN - Mike had nothing to report.

HON TREASURER - Mike presented the accounts.

HON SECRETARY - Middlesex County Athletics Association's annual dinner is on Sat 5th Feb. at the Cumberland Hotel in Harrow. Tickets cost £22.

HON MEMBERSHIP SECRETARY - Two new member's applications were agreed - Jonathon Callard and Anand Paltar.

Not rejoining are; Hilary Baker, Jo Groom, Dominic Miles, Sophie Oakley, Alexander Watson.

OTHER BUSINESS.

CHARITY DONATION - After hearing of the tragic death of 14 year old Shannon Powell, who was competing for Ealing and Southall, at a Met league x country event, it was decided that Metros would make a donation of £40 to charity when more details are available.

ACTION: the committee.

ROUND NORFOLK RELAY - It is the 25th running of the R.N.R this year and there has been interest in entering a team. The committee was asked if the club should pay the entry fee of £225 (for 17 runners). The vote was:

IN FAVOUR - 5

AGAINST - 0

ABSTAINED -3.

The motion was therefore carried.

Meeting closed 9.09pm.

DATE OF NEXT MEETING - Wednesday, 23rd February 2011.

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**Roxeth Green Avenue, Harrow HA2 0QJ**

### Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the last Wednesday of most months (but usually not May, August or December) and we are open to all members.

### Metros Website

[www.metros.org.uk](http://www.metros.org.uk)

Contributions to: [ks@d4b.co.uk](mailto: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).

### 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**

### Metrolines

Contributions to: Penny and Jane Hudson

Email: [metrolines1@gmail.com](mailto:metrolines1@gmail.com)

***Contributions by: 27<sup>th</sup> 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**

### Advertising

If you would like to advertise in Metrolines the rates are as follows:

Full page     £5

Half page     £3

Quarter page £2

### Coaching

The committee has allocated a running training budget, so if you are interested in going on a course please contact

**Jane Scoffham: tel. 01895 270245**