



April 2010

Issue No. 260

**Friday 14 May AGM 8pm  
Lowlands Tennis Club**



## Metros Diary

### APR

|     |    |                                                                   |                 |
|-----|----|-------------------------------------------------------------------|-----------------|
| Sat | 10 | 5 mile walk, Roxbourne Park                                       | 9.20am          |
| Sun | 11 | Combe Gibbet 16 mile XC                                           | 2pm             |
| Sat | 17 | Wot no Watch, Roxbourne Park<br>& book sale after morning session | 9.20 & 9.40am** |
| Sun | 25 | Virgin London Marathon                                            |                 |

### MAY

|     |    |                               |                 |
|-----|----|-------------------------------|-----------------|
| Sat | 1  | Measured Mile, Roxbourne Park | 9.20 & 9.40am** |
| Mon | 10 | Vets T&F, Battersea           | 6.30 pm         |
| Fri | 14 | AGM, Lowlands Tennis Club     | 8pm             |
| Sun | 16 | Sudbury Court 10K TROPHY RACE | 11.00am         |
| Sat | 22 | 5K Race, Roxbourne Park       | 9.15 am         |

### JUNE

|     |    |                                                         |                 |
|-----|----|---------------------------------------------------------|-----------------|
| Sat | 5  | 5 mile handicap, Roxbourne Park*                        | 8.50am          |
| Sun | 6  | SUMMER LEAGUE, Dulwich Park                             | 10.30am         |
| Mon | 7  | Vets T&F, Twickenham                                    | 6.30 pm         |
| Sat | 19 | Wot no Watch, Roxbourne Park                            | 9.20 & 9.40am** |
| Sun | 20 | SUMMER LEAGUE, Headstone Manor Park<br>Hosted by Metros | 9.30am          |
| Mon | 21 | Vets T&F, Uxbridge                                      | 6.30 pm         |
| Sat | 26 | Midsummer Madness, Roxbourne Park                       | 9am***          |

### JULY

|     |    |                               |                 |
|-----|----|-------------------------------|-----------------|
| Sat | 3  | 10K Challenge, Roxbourne Park | 9am             |
| Sun | 4  | SUMMER LEAGUE, Perivale       | 11am            |
| Sat | 10 | 5 mile walk, Roxbourne Park   | 9am             |
| Mon | 12 | Vets T&F, Battersea           | 6.30 pm         |
| Sat | 17 | Wot no Watch, Roxbourne Park  | 9.20 & 9.40am** |
| Sun | 25 | SUMMER LEAGUE, Regent's Park  | 9.30am          |

### AUG

|     |    |                                   |                 |
|-----|----|-----------------------------------|-----------------|
| Sat | 7  | Measured Mile, Roxbourne Park     | 9.20 & 9.40am** |
| Sun | 15 | SUMMER LEAGUE, Battersea Park     | 9.30am          |
| Sun | 22 | Burnham Half Marathon TROPHY RACE | 10am            |
| Sat | 28 | 5K Race, Roxbourne Park           | 9.15am          |

### SEPT

|     |    |                                  |                 |
|-----|----|----------------------------------|-----------------|
| Sat | 4  | 5 mile handicap, Roxbourne Park* | 8.50am          |
| Sat | 18 | Wot No Watch, Roxbourne Park     | 9.20 & 9.40am** |

\* Please note new time

\*\* We have so many people entering these races that we now have to run the events as two separate races!

\*\*\* Please see details inside

Metros A.G.M.  
Friday 14 May 2010  
8.00 p.m.  
Lowlands Tennis Club

If you would like to stand for the committee  
please complete a nomination form  
which will be available on Saturday mornings,  
Tuesday evenings and via email.

Give the completed nomination form to  
Al Scoffham by 30 April 2010.

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

If you are interested in becoming a co-ordinator please contact Al.  
Telephone: 01895 270 245



Nomination form for the Committee  
to be elected on Friday 14<sup>th</sup> May 2010

Position: \_\_\_\_\_

Nominee: \_\_\_\_\_

Proposed by: \_\_\_\_\_

Date: \_\_\_\_\_

Seconded by: \_\_\_\_\_

Date: \_\_\_\_\_

Please return to: Al Scoffham, 32 The Chase, Ickenham, Middlesex UB10 8SS by  
Friday 30<sup>th</sup> April 2010

**London Marathon  
Sunday 25<sup>th</sup> April 2010  
30K Elite Drinks Station**

If you would like to help on the 30K Elite Drinks Station just call Garry or Gill Young on 01923 833 726 for details.

The Station is located on Upper Bank Street and is accessible from Canary Wharf tube and DLR station.

Duties are not onerous and full on the job training is available.

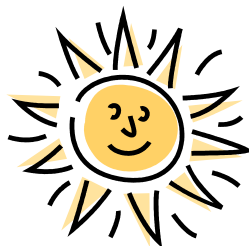
However, the main attraction is the possibility of running in the 2011 race by entering the draw for one of the three places that we receive from the London Marathon for our help. Too good to miss!

### **Dog Bite Latest**

It will be over ten months after the incident occurred, but the trial date has been set for July 19th! The case is expected to take two to three days!! The defence spoke of using an animal psychologist!!!

I tried not to laugh at it all.

Steve



### **MIDSUMMER MADNESS IN THE PARK**

On 26th June Metros Saturday morning session in Roxbourne Park will be the annual Midsummer Madness - a mix of fun, team games, plenty of water and just a small amount of running.

All are invited to attend but children will be especially welcome. As ever, fancy dress is encouraged, with prizes for the best efforts. The fun starts at 9.00 and the madness will be followed by refreshments in the scout hall.

## Gillette London Marathon 1982

### Memories

I did it all sneakily. After saying goodbye to my mates that Sunday night I drove up to the centre of London and posted my entry at the Central Post Office at Mount Pleasant. I was not alone; there were about twenty of us waiting for midnight when we all put our entries in the post box. That was the entry procedure that year- the earliest postmark times on your entry were what got you in. How could one minute past midnight be beaten? It wasn't. I was in. Now I had to do it.

I ran once a week as training for that first marathon. Hardly enough but at least that one run got longer as the weeks passed. I had at least run 17 miles once. For weeks nobody knew I was running. I would finish an evening shift at work and run at midnight after getting home. I can't think why I did this now unless it was just simply to surprise people. One of my work colleagues did the first marathon (this was the second). It was he that inspired me to try. I was eventually spotted and found out.

I got the first tube train that Sunday morning and one of the special trains from Charing Cross to the start. A train, as you'd expect, full of nervous runners. The organisation back then was so similar to what it is now. Not a lot has changed, although there were no hot air balloons.

In the Isle of Dogs section (now that has changed), I needed to go to the loo and headed for the nearest pub. The gents was completely full up with runners. I would have to wait ages so I headed for the ladies. I knocked and shouted. It was empty So I went in. I remember the sight vividly- there was an armchair in there!! I needed to press on so I did what I had to do and got back on the course.

By now though I had reached the end of my fitness. Soon I was walking. A 66 year old Australian grandfather (it's funny what you can remember) started a conversation with me with the immortal line "You look like how I feel". We teamed up and set off on a long walk to the finish.

Just before the Tower he said that his family would be there so he really should be running. We ran and when we met his family they were duly impressed. Round the corner we started walking again. It wasn't long after that we came upon my girlfriend of that time.

Unfortunately, not knowing where she was going to be, we couldn't run for her to see and she caught us walking. Later she was to say "I was worried sick about you and you come past like you're on a Sunday afternoon stroll". Such is life.

As we entered the final miles we decided it would be good to finish in under five hours so, having had a long walking rest, we set off on a run, overtaking hundreds of people on the last section. The finish then was on Westminster Bridge. I let this Aussie beat me- a gesture to him for all his humour and help and, once we shook hands, we went our separate ways. I've never seen him since.

Steve Paull Official Place: 14039th. Official Time: 4.51.17

News from Terry Burke

### **Gloucester Marathon 24 January 2010**

Hi all you lucky people in Metroland. I found this winter marathon after missing out on Luton in December. I think this was the third Gloucester marathon.

Driving down from Salisbury early Sunday morning, not much traffic about; about 80 miles to go and I had to slow down as I didn't want to be too early!

Felt lonely on my own, Diane having declined my invitation to accompany me and stayed in the warm. The weather forecast was spot on – cold, grey, damp, not too much wind – a typical late January day.

The route was strange but quite nicely planned. A figure of eight in a residential area, south of the city, then out to the country lanes for three laps of about 7 miles.

Well supported water stations, a very friendly race, very nice momento to every finisher.

The temperature never got warmer than 4° centigrade. I didn't have a great run, but would do it again next year if fit. There were about 282 finishers.

1<sup>st</sup> man 2h 47m 47s

1<sup>st</sup> lady 3h 05m 33s 13<sup>th</sup>

1<sup>st</sup> M60 3h 40m 29s 84<sup>th</sup>

Terry Burke 4h 07m 49s 173<sup>rd</sup>

Met Serpentine's star lady marathon runner, Sue Lambert, who easily beat me and won 1<sup>st</sup> L60 in 157<sup>th</sup> place in 4h 01m 59s. Lots of Metros know Sue who is such a lovely lady, very friendly and modest.

### **Salisbury 10miles Road Race, Sunday 7 March 2010**

I think this was my seventh time of competing.

The morning dawned, clear, cold and very sunny, not a cloud in sight. There was a slight very cool easterly blowing which took the edge off the sun.

Seven hundred runners lined up to take on Salisbury's Woodford and Durnford valleys. I was feeling good, and felt that maybe I could beat my PB of 80m 26s at last year's race.

I started fast as usual and after 1½ miles purposely slowed down and decided to forget my watch and just enjoy the lovely countryside and beautiful day.

Finishing strongly in 75m 36s, I was a very happy runner, cycling home to a shower then with Diane, walked into Salisbury for a late Sunday lunch and a few real ales.

1<sup>st</sup> man 49m 37s

1<sup>st</sup> lady 63m 40s 40<sup>th</sup>

1<sup>st</sup> M60 62m 27s 76<sup>th</sup>

Terry Burke 75m 36s 293<sup>rd</sup>

648 finishers and 42 under 1 hour.

I hope to see some Metros at Combe Gibbet in April and , as I'm not running London this spring, could be running a marathon in deepest Wales on 18<sup>th</sup> April.

Keep on smiling

### **The perfect way to race (a different angle on the Harrow hill race)**

As the years have passed and my legs (and asthma) have prevented me achieving the results of yesteryear, I have developed a few needs when undertaking that which I like to call a 'marshalled run'

3 main items:-

1. someone to run at around my (lack of) speed
2. someone to listen to my chatter
3. someone to help warm my freezing hands

and I have found the solution to all this – run with Linda!

Poor long-suffering Linda. Stuck next to me for the whole race, with me entertaining her with all my tales!

What luck that she, too, skis, so ski stories make sense to her!

What luck that she put me in touch with a group of disabled skiers with whom I spent a week on the slopes at a resort that Linda knows well, so we could talk about that as well

And, Linda's amazing warm hands! So the hand we used to join us was so warm I could ditch my gloves almost immediately. Despite the pouring rain, I ended up warm as toast!

Oh, and of course, the encouragement! Whilst a lot of Metros know me, they are not nearly as numerous as Linda's fans. If you feel the need for encouragement at a time like that – Linda's your woman!

So, to all those Metros who have been hesitant about asking Linda to run with them, if you, too have the same needs as I, do not hesitate. Find a good training run or race and enjoy it as much as I did!

Sonya

### **"On to Unit Two pop-pickers" \***

I don't go in record shops much these days. They don't sell much music for one thing. I just about gave up around 1990 when the dance/ rave music phase came in. Before then I was in places like Musicland and Alex Strickland several times a week. To my mind things these days just aren't the same. Perhaps I just got old.

Nowadays the pop charts are almost entirely comprised of people I have never heard of or just plain don't think much of. However, I wanted to replace the scratched vinyl of an early Genesis album (pause for hilarity?) and put the music on my iPod. Thus I had to go into HMV.

Yes. Fine. What has this got to do with running? Well, while in the shop I happened to look at the album chart and listed were two running related CDs. I kid you not. I just had to investigate and see what they were about.

Both were compilations. "Running Trax" (STET) was divided into running speeds and was entirely stuff I had never heard or heard of. "Artists" such as Eric Prydz\*\*, Basshunter and Orangez. Anybody ever hear of these crooners?

"101 Running Songs" (5 CDs) was a bit more my taste and era with bands such as Queen, Earth Wind and Fire and Santana plus David Bowie, but aren't you just sick of hearing Hi Ho Silver Lining? (Did you know that at the time a better version was recorded and sank without trace while the inferior one today enjoys national treasure status?)

Satisfied they weren't for me, I left without buying either of these CDs and nor will I download any of the tracks. I am better off left in the backwaters.

Rapper M C Spaul

\* Most people about 60 years old should know what this is about.

\*\* I get sent a future concert list via my computer and the very day I wrote this I noticed that he was appearing in London.

Steve Paull (in case you wondered – Ed)

## Watford Half Marathon Results 7th February 2010

| Position | Name                | Time        |
|----------|---------------------|-------------|
| 8        | Nigel Rackham       | 1hr 13m 45s |
| 123      | Kevin Watson        | 1hr 27m 42s |
| 165      | Nathan Powell       | 1hr 29m 34s |
| 704      | Andrew Collier      | 1hr 44m 47s |
| 802      | Donna Warren        | 1hr 46m 45s |
| 810      | Kate Heracleous     | 1hr 46m 53s |
| 959      | John Gorton         | 1hr 49m 57s |
| 1358     | Ann Lavers          | 1hr 59m 10s |
| 1359     | Steve Paull         | 1hr 59m 11s |
| 1372     | Harriet Copland     | 1hr 59s 29s |
| 1377     | Derek Bamford       | 1hr 59m 37s |
| 1481     | Ruth Tidder         | 2hr 03m 00s |
| 1612     | Catherine Corcoran  | 2hr 09m 18s |
| 1661     | Julia Buckley       | 2hr 12m 25s |
| 1749     | Sue Davie           | 2hr 18m 53s |
| 1806     | Angela Murphy       | 2hr 26m 34s |
| 1820     | Rachel Russel-Ponte | 2hr 31m 09s |
| 1845     | Penny Hudson        | 2hr 43m 19s |
| 1st      |                     | 1hr 06m 58s |
| 1851     | last finisher       | 3hr 00m 53s |

## Finchley 20

|     |                 |         |
|-----|-----------------|---------|
| 4th | Nigel Rackham   | 1.55.59 |
| 73  | Kevin Watson    | 2.20.32 |
| 202 | Patrick McGuire | 2.44.24 |
| 219 | John Gorton     | 2.46.25 |
| 316 | Andrew Collier  | 2.58.44 |
| 414 | Derek Bamforth  | 3.20.00 |
| 464 | Daniel Mullins  | 3.43.38 |
| 476 | Sue Davie       | 3.53.54 |
| 479 | Penny Hudson    | 4.13.30 |

481 finishers



## Wot No Watch

Saturday 20<sup>th</sup> March

| Name               | Predicted Time | Actual Time | Difference |
|--------------------|----------------|-------------|------------|
| Thomas Alder       | 5.39           | 5.29        | -10s       |
| Jonathan Collier   | 5.55           | 6.00        | -5s        |
| Peter Rackham      | 6.25           | 6.02        | -23s       |
| Dave Young         | 6.05           | 6.03        | -2s        |
| Ed Sherry          | 6.50           | 6.11        | -39s       |
| Mark Mulvenna      | 6.45           | 6.15        | -30s       |
| Steve Paull        | 6.25           | 6.19        | -6s        |
| John Gorton        | 6.40           | 6.23        | -17s       |
| Jamie Richards     | 7.00           | 6.25        | -35s       |
| Andrew Collier     | 6.30           | 6.30**      | 0**        |
| Matthew Daniel     | 6.40           | 6.35        | -5s        |
| Andy Fox           | 6.50           | 6.37        | -13s       |
| Kirit Ranpura      | 7.10           | 6.47        | -23s       |
| Caroline Day Lewis | 7.15           | 6.50        | -25s       |
| Callum Davie       | 7.30           | 6.53        | -37s       |
| Ruth Tidder        | 7.20           | 6.57        | -23s       |
| Mike Ransome       | 7.29           | 7.18        | 11s        |
| Christopher        | 8.00           | 7.23        | -37s       |
| Mervyn Stuckey     | 7.31           | 7.23        | -8s        |
| Allun Davie        | 7.30           | 7.38        | +8s        |
| Jackie Cope        | 8.00           | 7.40        | -20s       |
| Dave Swann         | 8.30           | 7.40        | -50s       |
| Julia Allen        | 8.00           | 7.43        | -17s       |
| Peter Stapleton    | 7.45           | 7.44        | -1s        |
| Gemma Wilson       | 8.30           | 7.51        | -39s       |
| Beth Dowler        | 8.15           | 7.52        | -23s       |
| Errol Clarke       | 7.30           | 7.55        | +25s       |
| Ann Marsden        | 8.30           | 8.12        | -18s       |
| Katie Hull         | 9.00           | 8.22        | -38s       |
| Sandra Cobbing     | 8.30           | 8.26        | -4s        |
| Ellen Mulvena      | 8.30           | 8.44        | +14s       |
| Marilyn Pickford   | 8.50           | 8.47        | -3s        |
| Kevin              | 8.30           | 8.49        | +19s       |
| Kath Donaldson     | 9.00           | 8.56        | -4s        |
| Jane Hudson        | 8.58           | 8.56        | -2s        |
| Geraldine Gill     | 9.10           | 8.58        | -12s       |
| Paul Gardner       | 9.00           | 9.01        | +1s        |
| Judy Rackham       | 9.00           | 9.04        | +4s        |
| Penny Hudson       | 9.11           | 9.06        | -5s        |
| Jacqui Poole       | 9.22           | 9.28        | +6s        |

|                 |       |       |         |
|-----------------|-------|-------|---------|
| Sue Davie       | 9.18  | 9.33  | +15s    |
| Gladys DeGroot  | 9.30  | 10.00 | +30s    |
| Debbie Moynihan | 9.30  | 10.08 | +38s    |
| Eilish          | 11.00 | 10.09 | -51s    |
| Daisy Suffield  | 10.00 | 10.14 | +14s    |
| Eleanor Murray  | 10.00 | 10.14 | +14s    |
| Pat Jackson     | 10.45 | 10.18 | -27s    |
| Lesley Boatman  | 10.00 | 10.43 | +43s    |
| Ian Bocock      | 9.30  | 10.48 | +1m 18s |
| Anne Leigh      | 12.00 | 11.41 | -19s    |
| Barbara Robson  | 14.05 | 11.57 | -2m 8s  |
| Jeanne Coker    | 12.01 | 12.16 | +15s    |
| Brian Jackson   | 15.10 | 14.02 | -1m 8s  |
| Brendan         | 14.00 | 14.22 | +22s    |
| Dave Brown      | 14.00 | 14.22 | +22s    |

Congratulations to the 54 runners who completed the Sport Relief Wot no Watch and contributed **£218.80** to the charity in donations afterwards. **Excellent!!!** The first race was run in dry conditions but a light rain started to fall as the second faster event started. Seventeen runners were within 10 seconds of their target time, but only one was spot on and so took the trophy – Andrew Collier.

The youngest finisher was Brendan (though I did see him being carried for part of one lap). The oldest finisher was Brian Jackson who was definitely not carried but was heard to shout ‘Track’ to remind quicker finishers not to gather on the course as they recover. Eleanor Murray and Daisy Suffield took part in both events, running two miles and I did see Daisy clutching a sponsorship folder so there should be even more money going to Sports Relief. There was one casualty – Monica Sherry, who just a few yards from the finish damaged her Achilles tendon – hopefully by the time she reads this it will be on the mend.

Thank you to Irene Paull for taking the stop watch. This is the second time in 2010 we have organised a mile event with over 50 runners. Unless we organise numbers and a finish funnel it is too many people finishing in a relatively short time for one event with only two organisers. So in future on Saturdays when there is a Wot no Watch or a Measured Mile we will run two events, one at 9.20 for the slower runners and one at 9.40 for the faster runners. (If fewer people turn up we may take the decision on the day to just do one event in which case it will be at the later time of 9.40).

Teresa Young



## **Welcome to Metros**

Julia Allen, Ruislip  
Jan Beck, Pinner  
Andy Dickens, Harrow  
Yuki Liu, Harrow  
Damien Markland, Harrow  
Mark Mulvenna, North Harrow  
Pritesh Patel, Northwood  
Edward, Monica, Conor and Michael Sherry

Elected at the March meeting

## **NOTES OF METROS COMMITTEE MEETING**

Wednesday 31 March 2010, Methodist Church Hall,  
Cannon Lane, 8.00 pm

**PRESENT:** Jackie Cope, Pat Jackson, Ann Marsden, Marilyn Pickford, Henry Pickford, Mike Ransome, Barbara Robson,  
Al Scoffham, Jane Young  
**Non-Committee:** Steve Paull

**APOLOGIES:** Dennis Speight, David Swan

**CHAIR:** Jane Young

**NOTE RECORDER:** Pat Jackson

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

### **MATTERS ARISING FROM THE PREVIOUS MEETING –**

24 February

**Metros Hill Race** – As David was not at the meeting, the review of the prize categories will be discussed another time.

**ACTION:** David Swan

**2012 Olympics** – Kath had asked if Metros should be more proactive in our application to volunteer. Garry Young had confirmed that, as a club who man an elite water station in the London Marathon, we will automatically be involved.

**ONGOING:** Kath Donaldson

**Membership Reminders** – Ann has written to those who have not renewed their membership.

**ITEM CLOSED**

**Membership of England Athletics** – Al confirmed that no action will be taken on behalf of the two members who had paid an extra entry fee because they didn't have their EA number.

**ITEM CLOSED**

**Summer League** – Pat will inform members affected by the changes.

**ACTION:** Pat Jackson

**Race Entries Book** – Entry forms are being added and the book is available in the Scout Hall.

**ITEM CLOSED**

**Metros London Marathon Places** – Al confirmed that the names of successful applicants in the Metros draw had been listed in Metrolines. Six places had been received but only four had been allocated at the Metros draw.

**ITEM CLOSED**

**Thames Valley League - Metros Host Event** – Jane thanked all who had helped and Jane was thanked for organising the event. The soup had been popular. It was agreed that Metros purchase an easily erected, waterproof gazebo, with sides, at a price of £70-£100 pounds.

**ACTION:** David Swan/Jane Young

It was further suggested that Metros purchase an urn to be used on Saturday mornings and Metros events.

**ACTION:** David Swan

**Metros 5Km, Roxbourne Park** – Marilyn confirmed that future events are planned for 22 May, 28 August and 27 November.

**Tear Drop Banner** – Jane has provided the art work and David has ordered the banner.

**Tuesday Night Run** – Barbara will continue to monitor the state of the ladies showers in the Tennis Club.

**ACTION:** Barbara Robson

**Metros Membership Forms** Ann Marsden has distributed these to run co-ordinators.

**ITEM CLOSED**

**Accident Forms** – Al has distributed these to run co-ordinators and copies of this and membership forms will be placed in the Race Book.

**ACTION:** Al Scoffham

**Dog Barrels** for runners information in an emergency - Dennis Speight has investigated the purchase and will purchase some plastic ones.

**ACTION:** Dennis Speight

**Health & Safety Guidelines** will be listed in Metrolines after the AGM.

**ACTION:** Jane Young

**A General Risk Assessment** will be carried out for all runs.

**ACTION:** Run Co-ordinators

**Group e-mail** – Jane has set this up to enable Metros members to send messages to other Metros members who had agreed to be part of the group. She is continuing to develop this.

**ACTION:** Jane Young

**Metros AGM** – Pat confirmed that the Tennis Club Hall has been booked for the AGM on Friday 14 May

**ACTION:** Al Scoffham

**Sport Relief Mile** – was held within the Wot no Watch mile on 20 March. Donations on the day totalled £190, increased to £218.80 the following week. Teresa Young has forwarded the amount to the charity.

**ITEM CLOSED**

## **REPORTS OF OFFICERS**

**Hon. Chairman** – Jane had nothing to report.

**Hon. Vice Chairman** – Mike had nothing to report.

**Hon. Treasurer** – Mike Ransome distributed the monthly report. Mike will review the Metros accounts and make any recommendations to the committee at the next meeting in advance of the AGM.

**ACTION:** Mike Ransome

**Hon. Secretary** – Al confirmed that the Metros club membership to **England Athletics** is now due.

**ACTION:** Al Scoffham

**Competing members** - Renewal is due from 1 April. Any competing member whose affiliation is not paid by 30 June will no longer be listed as a competing member. Jane will bring a list of Metros competing members to the next meeting.

**ACTION:** Jane Young

**Bus to London Marathon** – 14 have so far requested to travel and Al will book suitable transport.

**ACTION:** Al Scoffham

**AGM** – Al will produce AGM nomination forms for the committee and give notice of the AGM.

**ACTION:** Al Scoffham

**Hon. Membership Secretary** – Ann listed membership applications which were agreed:

Julia Allen, Ruislip; Jan Beck, Pinner; Andy Dickens, Harrow; Yuki Liu, Harrow; Damien Markland, Harrow; Mark Mulvenna, North Harrow; Pritesh Patel, Northwood; Edward, Monica, Conor and Michael Sherry.

## **REPORTS OF CO-ORDINATORS**

**Monday Run** – Mike reported that the number of runners remained steady.

## **OTHER BUSINESS**

**Metros Shed** – Dave Brown had been asked to check that the shed was waterproof. He felt the roof was fine but the windows need replacing and the door does not fit properly. Dave will be asked to go ahead with the necessary work. It was agreed that the shed will be re-treated at a later stage and the window frames treated prior to installation of the new windows. A lock may be added.

**ACTION:** Pat Jackson/Dave Brown

## **Rules on Age Categories**

Jeanne Coker, Metros Hill Race Referee, had researched the rules on age categories relating to masters (vets). Most events for track and field state 35 years for both men and women. For road and cross country there is a mixed practice. David Swan will review this for the Metros Harrow Hill Race.

**ACTION:** David Swan

Meeting closed at 9.15 pm

**DATE OF NEXT MEETING** -Wednesday 28 April

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

AGM Friday 14 May at Lowlands Tennis Club, Eastcote at 8.00 pm.

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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 not usually May, August or December) and are open to all members

## METROLINES DEADLINES

Contributions to: Cynthia Coombe  
Email: [c.coombe@tiscali.co.uk](mailto:c.coombe@tiscali.co.uk)  
Tel: 020 8868 4102

### ***Contributions by: 27th of each month please***

If you would like to receive your copy of Metrolines by email, please send your details to Cynthia Coombe at the email address above.

**When submitting articles, please ensure that all information is correct and that times, dates and places are clearly shown.**

Production: Cynthia Coombe  
Photocopying: Pat Jackson  
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**Advertising Rates:** Full page £5 Half page £3 Quarter Page £2

**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 the details to Kevin at the above email address.

## METROS KIT

Metros breathable T-shirts, are available ONLY from Pat Jackson,

Tel: 020 8868 5683. Price £15.

Metros vests are also available from Pat Jackson. Price £12.

The main stock of Metros Vests can still be purchased at Runner's World, 139 Field End Road, Eastcote, HA5 1QH Tel: 020 8868 6997. Runner's World do not have any Metros T-shirts.

Runner's World also have a shop in Rayner's Lane,  
333 Rayner's Lane, Pinner, HA5 5EN Tel: 020 8868 7057.

This shop sells only Asics shoes and clothing.

### **+ 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 incident.

Thank you, Jane: telephone: 01985 270 245

Also if you are you interested in taking a First Aid Course, we may be able to arrange a course.

### **Are you interested in Coaching?**

The committee has allocated a running training budget, so if you are interested in going on a course please contact **Jane Young : telephone: 01895 270 245**