

# *etrolines*

March 2012

Issue No. 282



Jonny Jackson gives Harrow Hill race the thumbs up. More details and pictures in next month's edition

# *Metros Diary*

## **FEB**

**Sat 25**      **5k Run, Roxbourne Park**      **9.15 am**

## **MAR**

**Sat 3**      **5 Mile Handicap, Roxbourne Park**      **8.50 am**

**Sun 4**      **30<sup>th</sup> Berkhamsted Half and 5 Mile Fun Run**      **10.00 am\***

**Wed 7**      **Committee Meeting**      **8.00 pm**

**Sun 11**      **Finchley 20 TROPHY RACE**      **9.30 am**

**Sat 17**      **Wot no Watch, Roxbourne Park**      **9.20 & 9.40 am**

## **APR**

**Wed 4**      **Committee Meeting**      **8.00 pm**

**Fri 6**      **Maidenhead Easter 10 TROPHY RACE**      **9.30 am**

**Sat 7**      **10K Challenge, Roxbourne Park**      **9.00 am**

**Sat 14**      **5 Mile Walk**      **9.00 am**

**Sun 15**      **Brighton Marathon**      **9.00 am**

**Mon 16**      **Boston Marathon**

**Sat 21**      **Wot No Watch**      **9.20 & 9.40 am**

**Sun 22**      **Virgin London Marathon**      **9.45 am**

## **MAY**

**Sat 5**      **Measured Mile, Roxbourne Park**      **9.20 & 9.40 am**

**Mon 7**      **Watford 10K The Bluebell Run**      **11.30 am\*\***

**Sun 13**      **Marlow 5 TROPHY RACE**      **9.30 am**

**Mon 14**      **Vets Track & Field, Battersea**      **6.30 pm**

**Sat 19**      **5K Run, Roxbourne Park**      **9.15 am**

**Sun 27**      **Sudbury Court 10K TROPHY RACE**      **TBA**

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

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

\*\* <http://www.watford10k.org.uk/> (Includes 1K and 3K junior races – 10.30am)

Please Note: Change of date for February 5k run.

# *Note from the Editors!*

In the editors' running at present there's a strong emphasis on marathons and running long, so Metrolines is tending to reflect this! We asked a few people doing Spring marathons this year for a few lines on their motivation, training etc, and you'll find some of the responses dotted around this issue. Hope it inspires a few of you, but even if not, enjoy your running. Also in this issue, a couple of views of the Olympic Games Maker training held at Wembley.

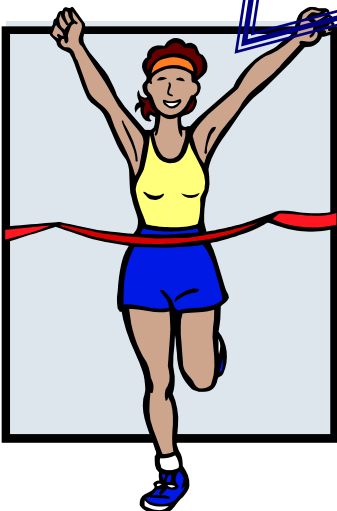
*Jane and Penny Hudson*



## **Welcome**

Nawfal & Nada Al-Hadithy from Harrow  
Jonathon Evan-Hughes from Stanmore  
Jeannette (Jen) Green from Ruislip  
Sandra & Kirsty Young from Harrow

Elected at the January meeting



# ***Trophy Races***

Finchley 20 – Sunday 11<sup>th</sup> March 2012, 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 – Good Friday 6th April 2012, 9.30 am

[www.maidenheadac.co.uk](http://www.maidenheadac.co.uk) – entry £15 affiliated, £17 non-affiliated  
Closing date: 30<sup>th</sup> March (no entries on the day)

Marlow 5 – Sunday 13<sup>th</sup> May 2012, 9.30am

[www.handycrossrunners.co.uk](http://www.handycrossrunners.co.uk) – entry £12 affiliated, £14 non-affiliated  
Closing date online entries 11<sup>th</sup> May (Entries on day will be available)

Sudbury Court 10K – Sunday 27<sup>th</sup> May 2012, details to follow

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

Burnham Beeches ½ marathon – Sunday 19<sup>th</sup> August, 10:00 am, £18.00

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

Moor Park 10K – Sunday 30<sup>th</sup> September 2012, details to follow

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

Cabbage Patch 10 - Sunday 21<sup>st</sup> October 2012, 10.00 am, details to follow

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

## **VETERANS TRACK & FIELD LEAGUE**

Last month we accidentally copied last year's dates so here are this year's. (Sorry, Eds)

Monday

14 May - Battersea

11 June - Twickenham

25 June - Hillingdon

16 July - Battersea

Dear Running Club Secretary / Chairman / Events Organiser.....

Hopefully your members haven't completely filled their 2012 running diaries up yet, and can find space to squeeze in the Wargrave 10k – to be held on Sunday 10<sup>th</sup> June this year.

As ever, all the money raised goes to Charity, and it's once again the 10k for the Berkshire County Championship. One change though – in recognition of it being our 30<sup>th</sup> Anniversary, and an Olympic year, we're holding a 1 mile fun run for kids, to start before the main event.

Please find out more via our website;  
<http://wargraverunners.org.uk/content/wargrave-charity-10k-2012> which has links to on line and postal entry forms.

If you could pass on details to your club members it would be greatly appreciated.

Many thanks,

**Andy Meader**

### **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> | Steve Paull                                                                       | 020 8422 6636 |
| <b>WEDNESDAY</b> | <b>19.15</b> | Dave Brown                                                                        | 020 8933 1821 |
| <b>THURSDAY</b>  | <b>19.00</b> | Sue Davie                                                                         | 07561 305999  |
|                  |              | 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**

**There are often other runs going on particularly on Sunday so ask around if you are interested in joining a group.**

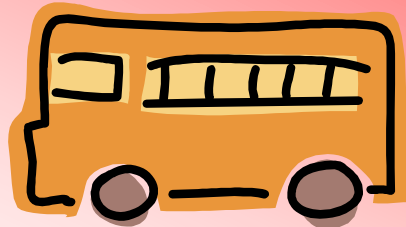
**See website for more details: [www.metros.org.uk](http://www.metros.org.uk)**

## London Marathon 2012

Don't forget to let me know if you are intending to get a ride on our London Marathon Bus. If you are running or just fancy going up to Greenwich/Blackheath for the ride, please would you contact me as soon as possible.

Many thanks

Al Scoffham  
01895 270245  
07811 353 020



## GREEN milk bottle tops

First of all, thanks for collecting the bottle tops – they are very much appreciated.

It takes many, many thousands to be collected before a wheelchair for a disabled youngster can be bought. **So far we have provided enough for 3 wheelchairs.** I will hopefully speak to the person responsible tonight and find out how things are going.

Hope you are well

Liz

This an update from the person who coordinates collection of bottle tops from us and elsewhere – so please keep collecting

Jeanne Coker



Louise Pearson - In November 2005 my beautiful daughter was born 10 weeks early, she weighed in at a measly 2lb 10oz and we were all very worried about her future but she progressed well and after six weeks in the Special Care Baby Unit we were able to take her home.

In March 2010 I joined Metros, I had lost 4 stone the previous year and wanted to start running as a way of keeping the weight off. Metros members are marvellous, fabulously supportive and I love the Saturday tea and biscuits too!

I was looking for a running challenge and way to raise money for Tommy's, a charity who support research into premature births and miscarriages and a marathon seemed to fit the bill! I managed to get a charity place in the London Marathon. I'm thrilled to be running my first ever marathon in my 40th year and I love that it's also the same year that the Olympics is coming to London.

My training is going well thanks to some very supportive training buddies - Penny, Jane, Sue and Anne who are also training for Spring Marathons.

Good luck to all!!

I would be very grateful if anyone would like to sponsor me, my link is:

[www.virginmoneygiving.com/LouisePearson](http://www.virginmoneygiving.com/LouisePearson)



On Sunday 25<sup>th</sup> March 2012, Christopher Hudson is running in the Sport Relief mile at Bannister Stadium.

If you would like to sponsor him he has a link at

<http://my.sportrelief.com/sponsor/christopherhudson>

He will also be bringing his sponsor form on a Saturday mornings.

Thanks



## Olympic Orientation In A Nutshell

There were loads of us marching up from the tube station, finding the correct entrance, then adding to the queues to get in. At the door they checked the bar code on our invitation sheet, but not our ID. Naughty. We were given some chocolate from the sponsors (Cadbury), or rather we just took it from a bin, and a large file full of Olympic games info- our Games Maker Workbook.

I didn't expect so much razzmatazz.

A booming voice gave us a countdown to the start- "The show will start in two minutes" etc. It actually started a little late, I noticed. The main lights dimmed and a light show of sorts began. Music got louder and more anthemic. "Simply the best" was played, then the voice came on again-"Are You Ready?" This was not a pop concert. The last time I was here I saw Cliff Richard and the Shadows.

The hexagonal stage on the floor of Wembley Arena (I remember when it was called the Empire Pool) was laid out like a TV breakfast show. Pink sofas at one end and a (news) desk at the other.

The voice introduced Jonathan Edwards and it was quickly obvious he was the day's host. He introduced Eddy Izzard and we got the only (slightly) irreverent part of the morning. Then we had newsreader Hugh Edwards (in yellow rimmed glasses!!) whose role was to ask the questions of the great and good of the organisers and sponsors, plus the main man, a casually dressed Seb Coe. No formal titles this morning. There was somebody at the front to the side doing sign language. Later we were encouraged to learn some- the hand positions for letters were in the Workbook.

Fake newsreaders (although their faces looked familiar) played out a pretend Olympic day at the desk, introducing short films of interviews with background staff. It was all very upbeat and designed to make us feel the same. It did make me realise there are loads more roles that have to be filled than I had thought of. People had come from far and wide to be there, I sat next to a lady who had left at three in the morning from Leeds. Who knows how many made it the next day when the snow had come, but they announced we had a 97% attendance.

There was half time entertainment- The Cadbury Crew (in the Cadbury colours natch). They tried to whoop us up but, with ageing bladders, most people had dashed off to the loo and missed the whole thing. No loss. There were queues for the gents-that's almost unheard of.

The crew got volunteers up, gave them wigs and balloon-shaped guitars, and tried a karaoke of "The Final Countdown" using the rest of us for the chorus. I assume the song was deliberately chosen. It didn't really work.

I think they got the average age of the audience a bit wrong.

And there, in my opinion, is the nub- us olduns (and the audience were a lot like

me) are happy to volunteer because we believe we can make the games great. We believe it could be a fun time. We'll do our very best, we'll tone down our British cynicism for the games, we'll wear the loud coloured military-style uniform (it was modelled by youngsters at one point) if we must, we don't really need this overkill.

The second half was more of the same really. I think the point had been made early on and this was just repetition. But no matter, on to the next phase of being a volunteer.

*Steve Paull*

### **Saturday Morning Changes**

For decades we've had the wonderful Reene at the Club which was opened by 8.30 am and remained so until Dave and I left around 11.00 am.

However, now Reene has retired things have changed. The trainers taking the two sessions will always have a set of keys each for the Scout Hall. If you need to return to the Hall for any reason they will provide keys.

The two volunteers for refreshments will need the keys and should leave the session at 9.40 to turn up the urn, boil the kettles etc.

A third volunteer for kettle duties after 10.00 will hopefully volunteer on the day – or be grabbed!!!

Two Volunteers for Saturday Teas

Each to bring:

1 litre of semi skimmed milk (at least)

Contribution for the table

A tea towel

Please do sign up.

Thank you to the regular team who set up the tables, put out the mugs, fill up the urn and kettles etc. This is much appreciated.

*Barbara*

## **92 - Calvia Marathon, Majorca. 11 December 2011.**

It seems so long ago now, what with Christmas and all its distractions, but it is only one calendar month.

Irene and I went packaged back to Calvia where I was to have a go at retaining my V55 title and the boss was to do the attendant half marathon.

It was all so similar. The warm temperatures, the route, the Running Crazy staff. Even the hotel staff.

Some famous cyclist by the name of Roche was in our hotel. I wasn't sure I'd ever heard of him. He wandered around in full cycling attire. Were we meant to notice him? Those that know these things said the Sky cycling team were also on the island.

Closer to home was the lady who won the Dublin Marathon and ran in the Commonwealth Games race of 1986. Julia Armstrong was in our party. She wasn't running, but doing some writing for Running Free magazine about the race. Somehow these Running Crazy chaps seem to attract celebrities, albeit lesser ones.

And yes I won my age group by just over a minute. Not that I knew that at the time, only when I saw the results taped up on the back wall of the stadium.

I was not going to miss the presentation ceremony this year though, and when my time came I stood on the podium, shook hands with dignitaries and the Spaniard who was a minute behind. (Where the third place person was I don't know). I received a huge trophy- about 18 inches tall. It was a pain to get it back home without denting the metal. We wrapped it in towels in the hand luggage and hoped for the best. It was ok.

I was my best marathon time in 3.5 years. Where did that come from?

And I set Irene a target of 2.18 for her half marathon. I thought this was tough to achieve. She did 2.12! It must be something in the air.

*Steve Paull*

## England Athletics Affiliation

It will soon be that time of year again when we all have to renew our affiliation to England Athletics as participating members.

No official notification has been made as yet but I have found out the renewal period runs from 1<sup>st</sup> April to mid June. I do not have the exact closing date as yet, although that should not really be a problem as the time scale is quite generous.

The good news is that there has been no increase in fees for 2012/2013 It remains at £5.00

The bad news is you will need to complete another form as per conditions of the Data Protection Act.

Please complete either a new or renewal form and return to either Ann Marsden, Jane Scoffham or myself together with a cheque or cash for £5.00

Many thanks  
Al Scoffham

## Games Maker training 4<sup>th</sup> February 2012

Along with 10,000 others, I attended the Games Maker orientation training at Wembley Arena. I was carried along on a wave of enthusiastic volunteers and noticed how friendly everyone was. Given the numbers I suppose it was not surprising that I didn't see another Metro all day!

We went through a security check and found our seats with the booming 'X Factor voice' welcoming us and counting down to the start. I was impressed that Seb Coe was delivering the training for much of the time, with Jonathan Edwards as anchorman and Hugh Edwards and Eddie Izzard playing a significant part.

continued ...

We learned something about the history of the Olympic Games (did you know we have hosted the Games twice before?) and were also told how Stoke Mandeville was the birthplace of the Paralympic Games.

I was surprised to learn that being a Games Maker doesn't necessarily mean you are a volunteer. There are up to 70,000 volunteers, 6,000 paid staff and 125,000 contractors, all of whom are Games Makers.

We learned the reasons why our bid was successful, and took on board the vision of London 2012. For example, one aspect is to use the power of the Games to inspire lasting change, which might be a change in the way people participate in sport, or in their attitude to disability.

We were encouraged to remember key words that would help us deliver an attentive and knowledgeable service, full of personality and energy. Our uniform should be worn with pride and we should never forget we are part of a team. There was a strong message to all of us that we are much appreciated, and a big 'thank you' was delivered over the time we were there.

Emphasis was given to the importance of sustainability. Did you know that -

- The aim is to send zero waste to landfill
- The uniforms made out of 100% recycled materials
- All food will be sustainably resourced - for example all tea and coffee will be Fairtrade certified

Two conversations I remember having with strangers were firstly with a young woman from Birmingham, who researched bed and breakfast for 10 days during the Olympic fortnight and was quoted £4,500! That's food for thought. Secondly I spoke with 2 people who will be Games Maker drivers. I suppose you could say one was an optimist and the other less so. One said, "They've bought new BMWs and I'm driving one of them" whereas the other said, "I'm a driver and I could be driving a BMW but I expect I'll be offered the golf-buggy!"

Another memorable thing for me was that, despite Cadbury being an official sponsor, I didn't see any evidence of chocolate all day!

*Kath Donaldson*

Pritesh Patel – Since I started running my aim was to do a marathon. London is my first and I'm doing it as I got a place through Metros. I've watched some of the previous marathons and that was inspiring. My training is going ok I think.

## VETERANS TRACK & FIELD LEAGUE

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

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

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

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

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

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

The following are dates, venues and events for the coming season:

|               |                |                   |
|---------------|----------------|-------------------|
| <b>Monday</b> | <b>14 May</b>  | <b>Battersea</b>  |
| <b>Monday</b> | <b>11 June</b> | <b>Twickenham</b> |
| <b>Monday</b> | <b>25 June</b> | <b>Hillingdon</b> |
| <b>Monday</b> | <b>16 July</b> | <b>Battersea</b>  |

**14 May** – 100m, 400m 1500m, 2000m walk  
Shot, Discus, High Jump, Long Jump, 4 x 400m relay

**11 June** – 200m, 800m, 3000m,  
Hammer, Shot, Triple Jump, Long Jump, 4 x 100m

**25 June** – 100m, 400m, 1500m, 2000m walk  
Javelin, Discus, High Jump, Triple Jump, 4 x 400m

**16 July** – 200m, 800m, 3000m  
Hammer, Javelin, High Jump, Long Jump, 4 x 100m

Do consider coming along, the evenings can be fun.

If you would like to join us or would like further information, please contact:  
Pat Jackson 020 8868 5683.

## The best of times.....

I noticed, as if we could miss it that we are celebrating the bi-centenary of Charles Dickens birth. I was informed by one eminent actor (through the medium of television) that a hundred years ago every child in the land was given a cake. Maybe they thought that a bit of bribery would induce said children to read some Dickens?

Years ago as a train driver, I decided to improve my depth of reading; (the product of comprehensive education) I took to buying Charles Dickens books from charity shops and whilst waiting for or travelling on trains read them. As a rule I am a very fast reader and can usually “speed read” two or three books a week, however I found this impossible to do with Dickens. It was an all together different pace, and often found myself going back over passages. It was a slow but rewarding process, and as I read more of his work I found it easier to do so.

Now I hear you ask, what has Charles Dickens got to do with running? Stay with me dear reader and I shall bring you into the light. In a less enlightened time I was a member of Hillingdon running club and considered myself something of a runner (yes I can hear you laughing at the back) but I was running half marathons in under 80 minutes and only smoking about 15 fags a day, unlike today when it's 140 and 40 respectively.

I have always enjoyed the more “unusual” race and my interest was piqued by the “quicksand 15”

This is an event hosted by Thanet Roadrunners and starts in Margate, you then run to Ramsgate and back along the beaches, cliff tops and harbours before the tide cuts off the route. As usual I was accompanied by my particular friend, John Stratford.

Having driven down and found the start, no mean feat as this was pre-sat navigation days we were confronted by a lot of sand and the sea beyond. The race started and the 100 odd (in every sense of the word) runners headed southeast across the beach towards a headland. Rounding this headland we were confronted by a stony beach covered in 12inch deep, very wet slippery seaweed. From then on it all became very surreal, one minute you were on a beach, then running up steps cut into a cliff. At one time we dropped down from the cliff tops via a very steep tunnel illuminated by naked light bulbs with a generator chugging away at the bottom.

At one point I think I can claim a first in running, whilst traversing across a sandy Ramsgate harbour (the tide was still out!); a sailor was towing his boat on a trailer towards the sea. As our paths crossed, the boom came loose and swung round striking my head. Fortunately it was a Bermuda rigged yacht rather than gaff rig and no harm was done.

Now we come to the point of the story, passing Bleak house in Broadstairs John uttered the immortal words “where the Dickens are we?”

Ok it's not the greatest line in history, but it kind of summed up the day in general. Once we turned for home it became a real slog, but at last the sandy beach of Margate came into view and the finish line. Exhausted we chatted with other runners and swapped our experiences.

All in all a great race and one I would highly recommend.

David Swan

Steve Paull

Brighton is marathon number 93

Doing this one because I want to be there when Jane ("I won't ever do a marathon") Hudson finishes her first!!

That's all you need to know.

Jane Hudson - After always having said I would never, ever, ever run a marathon (4 + hours running - why would you do that?), last year I kept Sue D company on many of her London training runs. So of course everyone wanted to know when I was doing my marathon. Caught up in the enthusiasm I signed up for Brighton 2012. That was nearly a year ago, and it all seemed like a far off dream (nightmare?). Now it's only a few weeks away.... Why Brighton? Because it seemed smaller and less daunting than London, without being tiny, and we had a great day out supporting Sue when she did it in 2010. After an injury blip in January, the training seems to be going OK; especially enjoying the mutual support from the gang on long Sunday runs. My inspirations have been Sue of course, my sister Penny - she did it first - and Steve ('nag, nag, nag') Paull, as well as two of last year's first timers, Judy and Mandy. I've signed up to raise money for Parkinsons UK – <http://www.justgiving.com/Jane-Hudson0>  
Best of luck to all the Metros doing marathons this spring.

## Twelve in Twelve.....the Final Countdown

The last update in October found me in the familiar territory of exams, work, in fact, everything I do - “cramming”. I had two months to go and three half marathons to reach my target of 12 in the year. Three planned for November with a contingent in December. Just in case.

The first weekend in November took me to Stevenage where I was joined by Gertrud Porter and Jane Hudson. It was the first really cold weekend of the season and we all stood huddled together for warmth as the wind whipped round us at an exposed bus stop, waiting to be driven from the town centre car park out to the out of town start point of the race. Once there, though, the cold was forgotten as I stumbled upon a revelation – the portaloos were queue free and equipped with hot running water. What followed was minutes of confusion as we sought confirmation that we’d been dropped at the correct venue.....surely such luxuries were far too extravagant for half marathoners?

The half marathon, organised by Fairlands Valley Spartans, started from Ridlands Running track and followed a two circuit loop on the periphery of Stevenage. It wound mainly through residential areas but also took in a country park. The course marshalls were very friendly and helped make the event extra special with their encouragement. We all got our “chariots of fire” moment at the end of the race as we finished with a lap of the running track. Well I did, in my head.

Gertrud put in a sterling performance and finished around 10 minutes before Jane and I. We were reunited at the finish line to share a laugh over one of the more unusual finishing mementos I’ve been presented with in my races to date. A solid, metallic running shoe. I’m going to have to go back next year and try for the right foot to make up the pair. Given the weight of it, I believe the scrap value is pretty high....



A week later, the Stevenage portaloos were but a distant and halcyon memory as I lined up on Cowley Rec with the world and his dog slowly edging in the queue towards one of the more traditional runners’ rest stops. And so this was the prelude to the Grand Union Canal Half. Still, it gave me plenty of time to scan the crowd for fellow Metros - Nigel Rackham and Pritesh Patel being easy to pick out in the traditional yellow vests. To my surprise and his, I also spotted my next door neighbour out to tackle his first half marathon. He’s not a Metro.....yet!

The start of the race saw us take in one lap of the rec before a sharp right hand turn onto the canal which we then followed all the way to Cassiobury Park in

Watford. Due to the narrowness of the towpath, I'd sussed out fairly early on from watching the first wave of runners depart that the key to this half was to get as good a start on the rec as possible, overtaking as many runners as time allowed before the route narrowed and a wrong step on the overtake could result in a ditching in the canal and a soggy early finish.

So I ran my first half mile faster than any I'd ever run before, overtaking as many in the second wave of runners as I possibly could, leaving them with the problem of how to get past me later when I was out of puff and they were reaping the reward of having paced themselves. The route along the towpath was pretty with that urban edge to it – not quite the abandoned shopping trollies of legend, but a fair smattering of part-submerged detritus marring what was otherwise a lovely, semi-rural run. The route was flat apart from the myriad of little cobbled bridges we had to scramble up and over as the path criss-crossed the canal. Underfoot was stony and fairly uneven and I was grateful that the ground was dry as any rain could have left it slippery.

The enduring memory I'll take from that run was the smell of breakfasts being fried up by the canal boat owners as we passed by. I'm sure others may have enjoyed it, but the waft of oil that was well past its useful life left me feeling slightly nauseous on more than one occasion.

Maybe it was the fact I was running a half marathon just a week after the previous one, but I did find Grand Union a bit of a slog, especially the last mile which was all uphill into the park towards the finish line. It was lovely, therefore, to be greeted by cheers from a large number of Metros who were at the finish line thanks to a combination of The Autumn Challenge, bad colds preventing running and cheering on family members – with Judy, Penny, Jane, Peter Jose and John Camprubi to name but a few. The support really kept me going and gave such a lift in those last few hundred metres.

Treated to a full fortnight's rest, the legs were in fine shape for November's final half in the fair city of Norwich. Actually, the billing was a bit of a misnomer as the race was nowhere near the City itself, but instead started out at the Norwich Showground a few miles out of town.

Peter and I made a weekend of the trip – as did fellow Metros Sue and Alun Davie. Sue had been fairly easily persuaded to take on the half and join me in what was Number 12 of the year as she'd quickly sussed that it would only be right to indulge in a small celebratory libation or two to mark the occasion.

But first, the hard bit! The two lap course wound its way through the grounds of the showground and felt a little slow to start – as if it was trying hard to fill distance to make up the full 13.1 miles. However, we were soon in the surrounding countryside. There was one very shallow, long hill and one slightly steeper one through the local agricultural college campus but despite these, the course has great potential for a PB. The day was fairly windy but this added to the challenge although at some points I couldn't see for the tears it brought to my eyes. The goody bag was generous and I loved the medal – a funky purple ribbon and way better in my mind than a metal running shoe.

Unfortunately, the day was marred by great sadness and brought into sharp focus just what a feat running a half or a full marathon is. As I passed the 12 mile marker

I witnessed a very valiant attempt by marshalls and paramedics to resuscitate a fallen runner. With the other runners I continued on to the end of the race, concerned by what I had seen -possibly the runner had just started too fast, hadn't hydrated properly on route, something we all do. Sadly their efforts were in vain this time as I found out later the fellow runner had died. So please, if there's anything to take from the episode it is to say listen to your body.....there will be other races to run in the future if you just take it easy when you need to. Possibly still a little shaken by this event, I decided to take it easy on the day of Bedford half – the contingency race. I coughed and sniffed a few times and thought supporting would be a much easier way to pass the day. And it would still allow me to take in the atmosphere and the post race lunch without exerting too much effort.

So that's it. Twelve half marathons and my first ever full marathon in 2011. A marvellous year given I couldn't run for more than 30 seconds on the treadmill just two and a half years previously.

2012 promises more of the same – the plan is for 10 half marathons (although Watford being cancelled has put this in jeopardy early on) and 2 full marathons. Thanks to all who ran with me, supported me, offered advice and enjoyed the post run carb-reloading. More of the same to come. I hope.

## *Mandy Beuselinck*

Penny Hudson – This will be my 2<sup>nd</sup> marathon. After saying “never again” after my 1<sup>st</sup> two years ago I got carried away with the excitement of training plans and marathon talk so decided to try for a Metros water station place. Unfortunately I got one!!

Sunday morning training is great as we have a lovely group of runners who meet regularly (not all doing marathon training) and we usually end up in a café at the end. (The best bit!)



Richmond Park

Donna Warren

I ran my 3<sup>rd</sup> London Marathon in 2010 and didn't really enjoy it – too much shoving and people falling over, and I didn't do the time I wanted – so I said “never again”. Then I watched the 2011 London Marathon from the Metros' water station, and was inspired again – it made me realise it doesn't matter how fast you run it, it's an amazing achievement full stop. And the training is a bit like childbirth, you soon forget how painful it is in the joy of having delivered a completed marathon!

It's so hard to get a place for London and I'd really struggle to raise enough to get a charity place, so I decided to enter the club ballots and leave it to fate. Fate decided I **WOULD** run London 2012!

This is my 4<sup>th</sup> marathon, all London – 2005, 2008, 2010

I'm not running for a charity this time, have always run for one even when have had ballot places, so don't want to keep asking the same people for money

Training is going well. I didn't train with anyone for marathons 2 & 3 as, being a single mum, it was hard to join training sessions at specific times, I had to squeeze the training in where I could. However, now my daughter is older I'm able to train with Metros and I can tell my speed and stamina have really improved. It's no surprise that when I ran my fastest (first) marathon, I trained with other people. Having said that **I'm not going for a time!** I just want to enjoy it.

I chose London because it's my home city, and this year is particularly special because London's hosting the Olympics this year. Also because of the amount of spectator support, and because my brother and a friend are running it, and my daughter and my mum can come and watch. I feel a strong affinity with the London marathon, if I'm not running it I always go and watch.

# Achievements

## *Well done to ...*

Reece Knowles and Denise Souster for completing the Wot No Watch mile for the first time.

Louise Pearson and Anne Ambrose for running further than they have ever run in Richmond Park.

Gertrud Porter and Raquel Russel Ponte for qualifying for the Boston Marathon

Don't forget to let us know if you know of anyone that has an achievement that we can celebrate (including yourself). It can be anything to do with running. eg running a mile for the first time or a PB in a marathon.

Gertrud Porter - I am running the Boston Marathon on Monday 16th April. Because I had run a marathon in Maine, USA in 2011 I was told directly by the Boston organisers that my Maine time had qualified me for Boston 2012. I had already got a place in London so I thought I would do them both. However, somebody in my house put his foot down and said NO - so I am now running in Boston and afterwards going on to Mexico for a long holiday. This is my 17th marathon and it doesn't get any easier, but the thought of that finishing line and a bottle of white wine at the end almost makes it worth doing. My training is going really well and more fun now I have got a Garmin running watch. I run 4 times a week and follow a Runners World training programme. Lots of good luck to everybody who are running the spring marathons and enjoy it.

# *Results*

## Wot No Watch - January

|                              | PREDICTED | ACTUAL | DIFF. |      |
|------------------------------|-----------|--------|-------|------|
| Ellen Mulvenna               | 09:00     | 08:59  | 00:01 |      |
| Jackie Cope                  | 07:14     | 07:12  | 00:02 |      |
| Judy Rackham                 | 08:00     | 08:02  | 00:02 | over |
| Kirit Ranpura                | 07:30     | 07:27  | 00:03 |      |
| Eleanor Murray               | 07:30     | 07:26  | 00:04 |      |
| Ann Marsden                  | 08:30     | 08:26  | 00:04 |      |
| Karen Collier                | 08:30     | 08:26  | 00:04 |      |
| Darmini Chikhliwalah         | 08:40     | 08:47  | 00:07 | over |
| Errol Clarke                 | 07:55     | 07:47  | 00:08 |      |
| Andy Fox                     | 06:30     | 06:21  | 00:09 |      |
| Ed Sherry                    | 06:30     | 06:21  | 00:09 |      |
| Ceri Jacob                   | 08:00     | 08:09  | 00:09 | over |
| Kath Donaldson               | 08:55     | 09:05  | 00:10 | over |
| Pritesh Patel                | 06:15     | 06:04  | 00:11 |      |
| John Gorton                  | 06:43     | 06:32  | 00:11 |      |
| Marilyn Pickford             | 08:40     | 08:52  | 00:12 | over |
| Matthew Daniel               | 07:00     | 07:13  | 00:13 | over |
| Peter Jose                   | 06:30     | 06:15  | 00:15 |      |
| Steve Paull                  | 06:14     | 05:59  | 00:15 |      |
| Anne Leigh                   | 11:15     | 10:59  | 00:16 |      |
| Gill Young                   | 09:00     | 08:43  | 00:17 |      |
| Karen Leary                  | 08:30     | 08:48  | 00:18 | over |
| Irene Paull                  | 08:30     | 08:12  | 00:18 |      |
| Janice Newman (Mike Ransome) | 09:20     | 09:01  | 00:19 |      |
| Tom Alder                    | 05:30     | 05:49  | 00:19 | over |
| Mark Mulvenna                | 06:10     | 06:39  | 00:19 | over |
| Penny Rawlins                | 09:45     | 09:26  | 00:19 |      |
| Sandra Young                 | 09:45     | 09:26  | 00:19 |      |
| Donna Warren                 | 07:10     | 07:30  | 00:20 | over |
| Caroline Day-Lewis           | 07:34     | 07:14  | 00:20 |      |
| Christopher Hudson           | 07:35     | 07:56  | 00:21 | over |
| Paul Gardner                 | 07:00     | 07:23  | 00:23 | over |
| Jane Hudson                  | 07:35     | 07:58  | 00:23 | over |
| Debbie Lewis                 | 10:00     | 09:36  | 00:24 |      |
| Thomas Barry                 | 07:34     | 07:08  | 00:26 |      |

|                     |       |       |       |      |
|---------------------|-------|-------|-------|------|
| Penny Hudson        | 09:01 | 09:27 | 00:26 | over |
| Henry Pickford      | 13:06 | 13:35 | 00:29 | over |
| Adam Leary          | 06:14 | 06:44 | 00:30 |      |
| Steve Alder         | 08:30 | 09:00 | 00:30 | over |
| Catherine Corcoran  | 09:30 | 10:00 | 00:30 | over |
| Deborah Norman      | 08:35 | 09:06 | 00:31 | over |
| Rosemary Harrington | 08:30 | 09:02 | 00:32 | over |
| Steph White         | 08:40 | 09:13 | 00:33 | over |
| Gladys de Groot     | 09:30 | 10:06 | 00:36 | over |
| Sue Davie           | 11:32 | 10:55 | 00:37 |      |
| Dave Brown          | 11:00 | 10:19 | 00:41 |      |
| Raquel Russel-Ponte | 09:30 | 08:46 | 00:44 |      |
| Reece Knowles       | 12:00 | 11:15 | 00:45 |      |
| Gareth Hughes       | 09:04 | 09:57 | 00:53 |      |
| Guy Bostock         | 09:00 | 08:02 | 00:58 |      |
| Wendy Mulvenna      | 12:00 | 10:55 | 01:05 |      |
| Denise Souster      | 10:00 | 08:44 | 01:16 |      |
| Barbara Robson      | 13:41 | 12:24 | 01:17 |      |
| Dave Swan           | 07:50 | 09:28 | 01:38 | over |
| Jenny Scammells     | 12:00 | 10:11 | 01:49 |      |
| Maria Bostock       | 12:00 | 10:11 | 01:49 |      |

A record turnout with 56 people completing the Wot no Watch this month. (17 in the challenging group and 39 in the moderate group.) Too many for the usual two races so we had to split the moderate group and run three races. Thank you to Kath Donaldson and Jane Hudson for hastily rearranging the rest of the group's training session. Well done to Ellen Mulvenna for being within one second of her predicted time. Other good calls were Jackie Cope, Judy Rackham and Kirit Ranpura, all within three seconds. Congratulations to Reece Knowles and Denise Souster for completing the event for the first time. Lots of people were heard to comment afterwards that they had improved on their last time. The next opportunity to run a mile will be Saturday March 17th.

# Thames Valley XC League

## Bracknell Forest – 22<sup>nd</sup> January 2012

(Provisional Results)

### Men

|     |                  |       |
|-----|------------------|-------|
| 24  | Ron Taylor       | 38.17 |
| 73  | Jonny Jackson    | 42.38 |
| 126 | Terry Burke      | 46.48 |
| 134 | John Gorton      | 47.12 |
| 175 | Mark Mulvenna    | 52.12 |
| 178 | Gordon Valentine | 52.41 |
| 185 | Al Scoffham      | 53.37 |

### Ladies

|     |                     |       |
|-----|---------------------|-------|
| 43  | Jackie Cope         | 51.14 |
| 49  | Navi Dhillon        | 51.46 |
| 83  | Ann Marsden         | 60.02 |
| 84  | Raquel Russel Ponte | 60.25 |
| 98  | Angela Murphy       | 63.33 |
| 108 | Kath Donaldson      | 73.01 |

### Team Results

(1<sup>st</sup> 6 men score –min. 2 vets,  
1st 3 ladies score –min. 1 vet)

Men: 12 / 14

Ladies: 12 / 14

Overall: 12 / 14

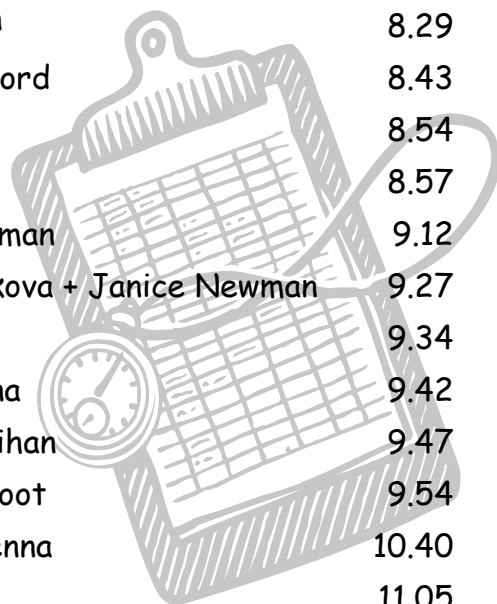
See [www.tvxc.org.uk](http://www.tvxc.org.uk) for full results

## Thames Valley XC League Results

| Race/Team    | Sandhurst Joggers | Reading Road Runners | Datchett Dashers | Bracknell Forest Runners | Thames Valley Triathletes | Burnham Joggers | Finch Coasters | Sheen Shufflers | Marlow Striders | Wargrave Runners | Metros | Handy Cross Runners | Tadley Runners | Maidenhead AC |
|--------------|-------------------|----------------------|------------------|--------------------------|---------------------------|-----------------|----------------|-----------------|-----------------|------------------|--------|---------------------|----------------|---------------|
| Metros       | 1                 | 2                    | 3                | 4                        | 5                         | 8               | 7              | 6               | 13              | 11               | 10     | 9                   | 12             | 14            |
| Datchett     | 1                 | 2                    | 3                | 4                        | 5                         | 6               | [10]           | 8               | [13]            | 7                | [12]   | 11                  | 9              | [14]          |
| Sandhurst    | [2]               | [3]                  | 1                | 3                        | 5                         | 7               | 6              | 10              | 13              | 9                | 11     | 8                   | 12             | 14            |
| Handy Cross  | 1                 | 3                    | 3                | 4                        | 6                         | 5               | 8              | [11]            | 7               | 10               | 9      | [13]                | 12             | 14            |
| Reading      | 1                 | 3                    | 3                | [5]                      | 4                         | 7               | 6              | 8               | 9               | [11]             | 10     | 12                  | 13             | 14            |
| Tadley       | 2                 | 1                    | [9]              | 3                        | 6                         | [8]             | 4              | 7               | 5               | 10               | 11     | 12                  | [14]           | 13            |
| Bracknell    | 1                 | 2                    | 2                | 4                        | [11]                      | 6               | 9              | 7               | 5               | 8                | 12     | 13                  | 10             | 14            |
| <b>Total</b> | 7                 | 12                   | 15               | 22                       | 31                        | 39              | 40             | 46              | 52              | 55               | 63     | 65                  | 68             | 83            |
| <b>Rank</b>  | 1                 | 2                    | 3                | 4                        | 5                         | 6               | 7              | 8               | 9               | 10               | 11     | 12                  | 13             | 14            |

## Measured Mile - 4<sup>th</sup> February 2012

|                    |      |                                  |       |
|--------------------|------|----------------------------------|-------|
| Tom Alder          | 5.45 | Errol Clarke                     | 8.09  |
| Peter Rackham      | 5.47 | Sarah Westwood                   | 8.12  |
| Pritesh Patel      | 6.07 | Steve Alder                      | 8.15  |
| John Gorton        | 6.10 | Dave Swan                        | 8.15  |
| Peter Jose         | 6.12 | Raquel Russell-Ponte             | 8.25  |
| Adam Leary         | 6.35 | Marion Rogan                     | 8.29  |
| Thomas Barry       | 6.49 | Marilyn Pickford                 | 8.43  |
| Simon Abery        | 6.58 | Steph White                      | 8.54  |
| Donna Warren       | 7.01 | Karen Leary                      | 8.57  |
| Caroline Day Lewis | 7.05 | Deborah Norman                   | 9.12  |
| Kirit Ranpura      | 7.14 | Kerry Jeliaskova + Janice Newman | 9.27  |
| Mervyn Stuckey     | 7.26 | Dave Brown                       | 9.34  |
| Jackie Cope        | 7.27 | Ellen Mulvenna                   | 9.42  |
| Mike Ransome       | 7.37 | Debbie Moynihan                  | 9.47  |
| Bob Manning        | 7.42 | Gladys De Groot                  | 9.54  |
| Ceri Jacob         | 7.45 | Wendy Mulvenna                   | 10.40 |
| Christopher Hudson | 7.47 | Ann Leigh                        | 11.05 |
| Julia Allen        | 7.48 | Reece Knowles                    | 11.12 |
| Jane Hudson        | 7.50 | Barbara Robson                   | 12.25 |
| Karen Collier      | 8.01 | Jeanne Coker                     | 13.26 |
| Irene Paull        | 8.04 | Margaret Smith                   | 13.36 |
| Anne Marsden       | 8.06 | Henry Pickford                   | 13.54 |



A clear and cold day for our Measured Mile today with bright sunshine. We just missed the snow which has fallen as I write this and Watford Half has been cancelled as a result so commiserations to Metros who had entered. Teresa's new system of issuing lolly sticks at the finish worked well but we have to tell those Metros who demanded a lolly with the stick that they will continue to be disappointed! I note some very improved times compared to the November Mile so well done to all of you who ran faster today. Keep training, see you again for the next Mile in May.

Angela and Teresa.

Many thanks to Jane for noting numbers and times.

# *Runners' Recipes*

This month's recipe is from Christopher Hudson. He and his family do Come Dine With Me and this is the recipe Christopher made when it was his turn.

## **Tirokafteri (Spicy Baked Feta)**

### **Ingredients**

Olive Oil (Extra Virgin)  
1 Red Chilli chopped (more if wanted)  
1 Small Onion chopped  
1 Block of Feta Cheese  
Thyme or Oregano (or both)  
Lemon Juice or Honey



### **Method**

Preheat oven to 150C  
In small frying pan (that can go in oven) gently fry onions and chilli in oil  
Add block of feta and baste with flavoured oil  
Heat on hob for 5 minutes  
Sprinkle with herbs  
Transfer to oven and bake for 20-30 minutes  
Squeeze with lemon juice or drizzle with honey to taste  
Serve with hot pitta bread

## Notes of Metros Committee Meeting

Wednesday 25th January 2012, held at The Methodist Church Hall, Cannon Lane, Pinner at 8.00 pm

Present: Jane & Alastair Scoffham, Mike Ransome, Ann Marsden, Barbara Robson, Marilyn Pickford, Penny Hudson, Steve Paull

Apologies: Amanda Beuselinck, Pat Jackson

Chairman: Jane Scoffham

Note taker: Alastair Scoffham

### Matters Arising from Previous Minutes on 30th November 2011:

Harrow Hill Race Dave Swan not present

Ongoing

LRRC Trophies Steve Paull still looking for possible races

Ongoing

Permanent Memento - Penny raised a point about these, to be discussed at next meeting as coordinator not present.

Action at March committee meeting

Monday Night Session The Metros Welcome Pack needs updating with regard to Monday and Wednesday Evening Training Sessions. Jane to amend accordingly

Action: Jane Scoffham

Track & Field Coaching Marilyn approached Keith Seldon for help, and is continuing to investigate Metros options.

Action: Marilyn Pickford

Vets Track and Field Dates have been published in Metrolines.

Item Closed

Metros Facebook Page Jane to add Facebook and Google Group, to New Members Information Pack and Application Form.

Action: Jane Scoffham

Contacting New members Carried out in September and March. It was suggested January would be better than March. Ann will continue to review throughout the year and regularly report the status to the committee.

Action: Ann Marsden

Reflective Bibs This has been entered in Metrolines.

Item Closed

### Reports of Officers:

Honorary Chairman: Jane had nothing to report.

Honorary Vice Chairman: Mike had nothing to report.

Honorary Treasurer: Mike distributed the financial report

Honorary Secretary: Alastair has received an invoice for Middlesex AA yearly affiliation fee.

Action: Alastair Scoffham

Honorary Membership Secretary: Ann has six applications for membership.

Nawfal & Nada Al-Hadithy from Harrow, Jonathon Evan-Hughes from Stanmore, Jeannette (Jen) Green from Ruislip, Sandra & Kirsty Young from Harrow

### Any Other Business:

St Luke's Marathon Runners Judy & Nigel Rackham were thanked for giving running advice to St Luke's Marathon runners.

Scout Hut - Unfortunately Reene will no longer be able to attend on Saturday mornings, this means that the Scout Hut will have to be locked during the training session. If access is needed during the training session it was suggested that the trainers will each hold a key which can then be given out and then returned to Dave Young.  
Note for Metrolines.

**Action: Barbara Robson**

Metros Marathon Week Garry & Gill Young are happy to run the event again, provided they have 20 participants, suggested dates 15 – 19 June subject to Summer League Fixture date.  
Expenditure for this event agreed.

**Action: Jane Scoffham**

Midsummer Madness It was suggested that this be moved to Saturday 2nd June and to have a royal theme, to celebrate the Queen's Diamond Jubilee, followed by a picnic with everyone bringing a food or drink donation.

**Action: Jane Scoffham to talk to Mervyn Stuckey**

1066 Relay We have been sent information on this relay, on 6th May 2012. £60.00 per team of five.

**If interested please contact: Jane Scoffham**

It was agreed to make a donation of £50 to Cystic Fibrosis in memory of Thomas Birch.

Insurance cover for non-members was raised. We should be covered for this under our England Athletics Affiliation. Jane to investigate.

**Action: Jane Scoffham**

Old Financial Records It was agreed that these could be destroyed after six years in compliance with legal requirements under the Limitation Act.

Lowlands Tennis Club Jane & Alastair Scoffham had a meeting with Neville Illingworth-Law, Chairman of the club. It was agreed that we would have a link on our websites for each others clubs. We would have their membership application forms in our Race Event Book and they will put up a poster for Metros and have leaflet at their club.

**Action: Alastair Scoffham**

Committee Meetings It was agreed to change the date to the first Wednesday in the month.

Meeting Closed 9.30 pm

Date of next meeting 7th March and then 4th April 2012

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

## **First Aid Course**

### **FIRST AID COURSES**

**Paediatric First Aid Course on Sunday 26th February in Harrow**

Contact me on 0208 866 1170, [mcstraining@hotmail.co.uk](mailto:mcstraining@hotmail.co.uk), or see me at the scout hut after the Saturday running session for further details.

Thanks,  
Margaret

### **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: 15<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 please find a course that you would like to do and then contact

**Jane Scoffham: tel. 01895 270245**