



April 2011

Issue No. 272



Harrow Hill Race – see inside for results, reports, pictures and a poem!

**London Marathon
Sunday 17th April 2011
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 or email g.d.young@btinternet.com.

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 2012 race by entering the draw for one of the places that we receive from the London Marathon for our help. Too good to miss!

Metros Diary

2011

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	9.30 am*
Mon 9	Vets T&F – Battersea	6.30 pm
Sun 15	Sudbury Court 10K TROPHY RACE	11.00 am
Fri 20	METROS AGM – Lowlands Tennis Club	8.00 pm
Sat 21	5K Run, Roxbourne Park	9.15 am

JUNE

Sat 4	5 mile handicap, Roxbourne Park	8.50 am
Sun 5	Summer League – Dulwich	TBC***
Mon 6	Vets T&F – Battersea	6.30 pm
Sat 18	Wot No Watch	9.20 & 9.40 am
Mon 20	Vets T&F – Hillingdon	6.30 pm
Sun 26	Summer League – Metros	9.30 am
Wed 29	Committee Meeting	8.00 pm

JULY

Sat 2	10K Challenge, Roxbourne Park	9.00 am
Sun 10	Summer League – Perivale	TBC
Sat 16	Wot No Watch, Roxbourne	9.20 & 9.40 am
Mon 18	Vets T&F – Twickenham	6.30 pm
Sun 24	Summer League – Regents Park	TBC
Wed 27	Committee Meeting	8.00 pm

* Please see details of how to enter inside

** watford10k.org.uk

Summer League and Vets T&F – for further information please contact Pat Jackson – tel. 020 8868 5683

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

Note from the Editors!

Marathon fever is upon us! Those of you taking part in a Spring marathon have done or are about to do your last long run, and are contemplating the “taper”. For anyone who wants to follow “their” runner round London, see inside for two alternative guides. We’ve also enjoyed reading articles about some of your race and training experiences – keep them coming.

Jane and Penny Hudson

NOTICE OF AGM

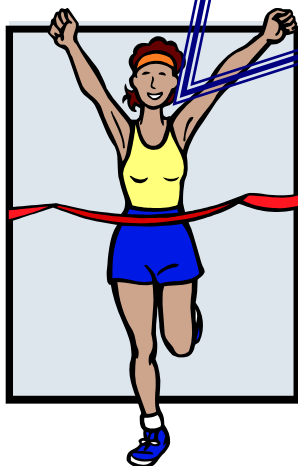
This year's AGM will be held on Friday 20th May at Lowlands Tennis Club. 8.00 pm prompt



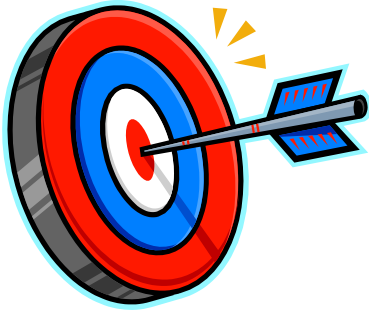
Welcome to Metros

Deborah Lewis, Stanmore
Louise Pearson, Pinner

Elected at the March meeting



Target Races



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

Maidenhead Easter 10 – Friday 22nd April } see below
Marlow 5 – Sunday 8th May }

Trophy Races

Maidenhead Easter 10 – Friday 22nd April 2011, 9.30 am
www.maidenheadac.co.uk – entry £14 affiliated, £16 non-affiliated
Closing date: 15th April (no entries on the day)

Marlow 5 – Sunday 8th May 2011, 9.30am
www.handycrossrunners.co.uk – entry £11 affiliated, £13 non-affiliated
Closing date: 29th April (£18 entry on day subject to availability)

Sudbury Court 10K – Sunday 15th May 2011, 11am
www.sudburycourt.org.uk - entry £9 affiliated, £11 non, £13 on day
(also 5K and 1K family fun run)

Burnham Beeches ½ marathon – Sunday 21st August 2011, 10am
www.burnhamjoggers.org.uk - entry £16 affiliated, £18 non. On day +£4

Moor Park 10K – Sunday 25th September 2011, details to follow
www.moorpark10k.org.uk

Cabbage Patch 10 - Details to follow
www.cabbagepatch10.com

Ricky Road Run (9) – Details to follow
www.rickyroadrun.co.uk



The alternative / idiot's London Marathon spectators guide. (abridged from 2009 Metrolines)

How many times is it feasible for you to see your runner during the event? The answer, including the start and finish, and in an ideal world, is eleven, but that depends on how fit you are, public transport and queues at stations, both of which you will have no control over, and luck. You have to have the luck of actually seeing them among the hundreds of runners, plus of course how quick he or she is and, equally important, how good you are at judging where he or she will be going round. It's very easy to miss your runner because of a bad train connection and you will have to judge based on previous sightings when they will be at a certain point. You have to be flexible, especially in the later stages. Assume you've missed them and move on if you have to.

Almost forgot- tell your runner where you aim to see them; it is easier to see a static supporter at the side of the road than a moving runner (unless he or she is wearing a costume). Tell them what side of the street as well. A banner helps too, but they can be awkward to carry and tiring to hold.

Let's assume you are at the start (1), the gun has gone, and your runner has shuffled off into the distance. The first thing to do is to walk across Greenwich Park or the streets alongside, avoiding Greenwich itself and the Cutty Sark. Try to find the back streets around Greenwich to move up the course and pass the bottlenecks.

The walk is about a mile but your runner has more than six to do to get there so there should be no rush. As you go marvel at how many runners have missed the start and are still arriving. How could they?

At about 8 and a half miles, the race turns sharp right, you don't. When your runner has passed you (2) to do the Surrey Docks loop, you go straight on (Lower Road) to see them again at their 11+ mile point at the roundabout ahead (3).

When your runner has passed through here the fun starts. Move up the course a couple of hundred yards to the Jubilee line station at Bermondsey. Take an Eastbound (usually Stratford) train from here to Canary Wharf. It will be crowded when you get to Canary Wharf as well, but if the journey from Bermondsey hasn't taken too long the task is to find your runner. There are two exits at Canary Wharf so getting on at the back of the train will save time. Your aim is to find your runner at about the 15 mile point which is in West Ferry Road. Signs to Cabot Square and West India Avenue will lead you there.

Once your runner has passed (4) go back to the main part of Canary Wharf and find the Metros drink station at 30k (18.6 miles). It's only a few yards from the other exit of the tube station. The Metros boys and girls here have done their job

for the day by this time, so join them in the clapping and cheering until your runner passes (5). If you've had big trouble with public transport once you get to this point your fellow Metros will know if your runner has passed here.

You've walked a few miles yourself to get to this point, but it's been stamina work. From now on it's a speed session. The next definite vantage point is at 20 miles so you have to get a move on to get there in time. Turn left with the runners into South Colonnade. About 150 yards along is a wide set of steps down to a sort of cafe area. Go down and turn sharp right and under the road into the underground shopping area. Carry on ahead for about 100 yards then go left and back upstairs to the street (North Colonnade).

If you've done this part really quickly you may have time to view your runner only about four minutes since the last time (6). Walk along with the runners and while they go straight on, take the next left turn (Upper Bank Street again) dash across the bridge, turn left at the lights then up the stairs and along the plastic tube looking structure and over the road (Aspen Way). After passing Poplar DLR, go down stairs then along a 100 yard path to see the runners again (7). Again to save time, walk along with the race (Poplar High Street/Ming Street) until your runner passes (8). It's only just over a race mile since you last saw them so the wait won't be long. Around here it gets a bit problematic and hard to describe but your destination is West Ferry DLR which is straight ahead. The race goes onto a path for about 100 metres and you may not be able to get through this way.

What you must do though is keep left of the runners because when it opens up just ahead you have to cross the major road (the one you crossed over in the plastic tube a few minutes before) and go forward with the race for 100 or so yards where you turn left (Limehouse Causeway) and get on the DLR (platform 2) back towards the centre of London.

Now you are in the hands of the Docklands Light Railway-good luck. The task is to get back to somewhere near the Tower but trains on this railway dawdle-and I mean dawdle. Whether the train you catch goes to Bank (West Ferry to Bank journey time 9 minutes) or Tower Gateway (about the same), when you get off there are almost certainly going to be the worst queues of the day, especially at Tower Gateway.

It might be possible to see your runner again here if you are very lucky (9), but it might be better still to head for the Tower Hill tube for a train to Embankment. A Bank train is better crowdwise, but there is walking to be done to get out of the station and to get back to the race from there. Bank has several exits, the one needed is an exit for Queen Victoria Street (exit 8 or 9). Once you find this street head for Mansion House tube and one of the side streets nearby will lead you to the race. Once your runner has passed (10a) go quickly back to the tube at Mansion House and get a train Westbound to Embankment.

The whole section from West Ferry to Embankment is only about 4.5 miles of the race and is thus time critical for you to see them. Unless you are really lucky with the trains you may miss your star along here (10b). How long will he/she take to cover this distance at this time in the run? That is why I said earlier it might be better to head straight to Embankment when leaving the DLR.

At Embankment tube walk along Victoria Embankment (road) towards Big Ben before settling down to wait (11). Once your viewing duties are done here take Horseguards Avenue (the first road after Embankment to lead up to the river) and then across Whitehall past the guards in their busbys to the reunion area at Horseguards Parade.

There is a surname initial- tree reunion system, but it can be better to use one of the rarer letters of the alphabet to meet at, or A or Z. As long as you can bank on your exhausted runner to remember this. The wait here is interminable and mobile phone use is so huge in the vicinity at this time that they may not work. Eventually your tired runner will appear though, and you will have to fight your way through the crowds to the tube for the journey home. Westminster is the nearest station, but if you go there expect to queue to get in. Remember runners don't pay if they have their race number.

At the end, if you've followed all this, you will probably be nearly as tired as your runner. Good luck. Enjoy the day.

Steve Paull

OR

The more leisurely version

If just reading the above has exhausted you, this is the route for you. It assumes your runner will be aiming for a finish time between 5 and 5.5 hours, and you should see them four times.

Arrive at Canary Wharf station at about 10 am, taking the exit to Upper Bank Street. Head for the mall in the park and get yourself a coffee, maybe a pastry too. You may also want to make use of the facilities while it is not too busy. Amble along to the Metros' water station and have a chat with fellow Metros manning the station. You should have time to see the first of the wheelchair racers and elite female runners come through, before heading back to the station and taking the train to Canada Water, following the masses to a viewpoint at the sharp bend on Surrey Quays Road just before 9 miles. If your runner is on schedule they should reach here between 11.30 and 12.00. There is a good view back along the route at this point and you should have plenty of time to a) take in some of the amazing outfits, and b) wriggle your way to the front of the spectating throng – it ebbs and flows as people spot their runners and move on. Once you have seen your runner, given them an encouraging hug, jelly baby, etc, meander your way back past Canada Water station (at this point it will probably be temporarily closed because of sheer numbers of passengers) along Surrey Quays Road, until you reach the junction of Lower Road and Jamaica Road. This will

take you about 15 minutes; your runner will take slightly longer. Give them another encouraging wave, then walk along to Bermondsey Station and travel back to Canary Wharf. You should have between an hour and 90 minutes before your runner appears, so time for a lunch break, more coffee, and a rest. Again you can avail yourself of the facilities in the shopping mall – a little busier this time – and chat with anyone still at the Metros' water station. (At this point if you want extra work you could head for somewhere between 16 and 17 miles for an additional view.) Once you have seen your runner, who by this time will be bitterly regretting their decision to enter, and given them more heartfelt encouragement, you have a leisurely journey from Canary Wharf to Waterloo, a stroll through Jubilee Gardens and over Westminster Bridge to your next viewpoint back along Victoria Embankment near a pedestrian crossing opposite Horseguards Avenue. You may have a long wait here, so spend the time applauding and encouraging the runners who have made it this far. Once your loved one has staggered past, making no pretence at being any kind of runner, you can then stroll across Whitehall to Horseguards Parade and wait at your pre-arranged meeting point. There is no need to arrange to meet at letter Q, X or Z as by this time the parade ground will be virtually empty. All that remains is to tell your runner how brilliant they were, admire their medal, buy them a coffee (or an ice cream), walk very, very slowly to the nearest station, and head home.

Big Sis

First Aid Course

Paediatric First Aid Course - suitable for Vol OFSTED Registration.
Saturday 7th May in the Pinner/Harrow area

3 Day First Aid at Work Course
1st, 2nd and 3rd June in the Harrow area.

Thinking about organising some training at your company? Get in touch!!

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

Thanks,

Margaret

FREESTYLE SWIMMING SCHOOL



Local swimming school has places available for children ages 4 and over.

Work towards the stages of the **National Teaching Plan** through to Bronze, Silver, Gold Challenge.

Small classes in private school surroundings.

Location: (depending on level)

Harrow Boys School, Harrow-on-the- Hill
St. Helens School, Northwood

Time: Monday, Wednesday and Friday evenings

We also offer an hour long '**swimming fitness class**' on Friday at St.Helen's for those children who have reached good standard of swimming but do not want to join a club. This session includes work on stroke development, heart rate and speed improvement with our qualified coaches.

Excellent cross training for all other sports!

**To secure a place please call
Julia Allen: 07951 762808**

“... oh, and congratulations on your Marathon place!” This was the end of a text from Penny apologising for not being able to make it through the snow to get to our drinks do before Christmas.

I stared – yes, I had entered the club ballot, but since then had gone down with laryngitis and was on antibiotics – I could barely drag myself out of bed. Well, with Pinner under 6 inches of snow, training would have to wait...

“You must do some hills!” This was Nigel’s advice about 3 weeks into my training. Those really muddy reps from Bannister Sports up to Old Redding? Definitely not! But this was advice from a pro, so I thought I’d better take it on board – not Old Redding - too far away – I’d be exhausted before I got there, and not Leighton Avenue – I’d see too many people I knew – may be through the fields up to Wakehams Hill – close to home, not too muddy and only the occasional cow for company...

And so it was I set off one Friday afternoon. I had in mind I might be able to do 7, best scenario 10 reps. Rep one was fine, if tiring. Half way up rep two, I was aware of 3 teenage boys sitting at the gate at the top – not the kind of audience I was hoping for, but I continued to the top regardless and turned for rep three.

A pause for breath when I turned for the third time allowed them the chance to strike up conversation. How many reps had I done? How many was I hoping to do? I rashly said 10, not anticipating their response – “We’ll wait and watch you!” Not good! I warned them they could be waiting a very long time. “That’s fine!” I cautiously suggested that may they should be going back to school (they were in uniform) – no, they were on study leave and had done a science module that morning. There was nothing for it...

By rep 7, I was exhausted, but there was no way out. The lads were still there and were becoming more and more enthusiastic “Only 3 more to go - you can do it!” And so it went on - me getting slower each time, but unable to quit. They cheered me up the final rep and shook my hand as I finished! When they heard I was training for the Marathon, they were very excited and said they would look out for me on TV! I did suggest that I was unlikely to be televised – I wasn’t good enough, but they were very supportive and said I was doing fine, and they’d be back the next week to check on my progress!

They were as good as their word – they were back the following week – apparently they had another science module! (Or may be Nigel had paid them to be there!)

Training was going really well – I was getting faster and fitter – running 6 times a week with some Zumba for cross training. I was eating more but losing weight – much better than dieting. Occasionally someone would mention the dangers of injury, but my body was fine and a sub 2.10 Watford Half confirmed I was on track. I was in control...

But then injury struck - a slight niggle in my hip at the beginning of a Sat morning Metros session became an injury causing intense pain on impact by the time I got home.

Two days of complete rest didn't solve the problem, so I embraced the concept of cross training in a big way. A voucher enabled me to receive free membership of Fitness First for two weeks – and allowed me the opportunity of watching a complete episode of The Weakest Link – the real low point of my training! The static bike was really hard work – I set it at level 10, not knowing whether this was 10 out of 20 levels or 100 levels – I still don't know. I set it on 'random', thinking that this would best simulate road cycling – but it didn't – there's no freewheeling or traffic lights to ease the pain.

I went swimming. Another 'experience'! Daughter Emma, a swimming teacher told me I should do 60 lengths and not to forget the swimming cap and goggles! On my enquiry about the price, the lifeguard/receptionist asked if I was 50+. "Yes". "Are you 60+?" "No, certainly not!" This was my introduction to the early morning swim. The 'droopy boobed brigade' of the over 50s – both men and women! Whilst changing afterwards, the lifeguard asked if I would be swimming regularly as, if I filled in the form, I would be entitled to a free pass. I duly filled in the form, though when I came to the section asking for my school and my parent's signature, I wasn't sure I was completing the correct thing. It did get me the free pass however!

The hip problem was diagnosed as bursitis – return to running gradually, take ibuprofen if necessary (my mother is now concerned I might be dope tested at the end of the marathon!), continue with cross training, and do lots of stretching – Zumba has now been replaced with Pilates (very hard work despite being anaerobic.)

The Finchley 20 was a really hard slog, though there was some fantastic support from the marshals and the local residents (I heard myself described as the smiley Metro at one stage!). There was one disappointment though – Dave Swan was there cheering me on soon after the start, but he had disappeared by lap 2, never to reappear. He admitted afterwards that a fag and a coffee at home had had more appeal than waiting in the rain for me to come round again, and again and again!

And so, having done a very slow 22 miles with Raquel and Jane yesterday, I am officially tapering (though Runners World tells me I mustn't taper as quickly as I'd hoped!) What will happen on the day, who knows? My aim is to run it in less than twice Nigel's time, but we'll just have to wait and see. But I don't mind, I have already done more than I ever thought possible – thank you to everyone who has supported me on the journey.

Judy

Should you be interested in sponsoring us in aid of Macmillan Cancer Care, this is the link.

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



Do you have any unwanted race T-shirts?



**The Karibuni Trust can give them a home.
Karibuni helps children in the streets and
the slums of Kenya.**



**If you do have surplus unused/nearly new
T-shirts of any size, please bring them to
Metros on a Saturday morning and give
them to any member of the Rackham
family.**

Thanks

Matthew Rackham

Harrow Hill Race (a big thank you)

It has been a while since I put finger to keyboard, unfortunately my racing days seem to be on hold at present. Injuries, lifestyle and lack of self discipline have all contributed to a general malaise. As the years roll on, the hill back to full fitness seems harder to climb. The summit obscured by an ever descending layer of cloud, the path littered with the running shoes of those who went before. I am always in awe of runners like Terry Burke, who churn out top performances year on year. Though if it takes an annual swim in the Thames on a chilly November morning to achieve this, then count me out Terry!

With my running taking a back seat, I have had the opportunity to spread my wings in other directions within Metros, or as John Gorton likes to say (with a hint of contempt?) “Backroom boys” Though I like to point out, without people working in the shadows, there wouldn’t be much in the way of events for runners to take part in. Having served on the committee for a number of years, the work people put in on behalf of our club, for little or no reward continues to surprise me. They won’t thank me for mentioning them by name, so I won’t but we know who they are!

With this new found interest, an opportunity arose to take on the role of Race Director for the Harrow Hill race. I am sure that most of you are aware of the history of this event, but for the newer members amongst you a quick abridged version.

The event was previously held in August/September and numbered great Metro luminaries such as Ian Bocock and Kosta Tavatgis in the position of Race Director.

I believe the event was first held in 1996, though I am open to contradiction. Always regarded as a friendly event, well organised and with some usual mementos, the “straw-boater” stands out in particular; it ran on a fairly steady keel until 2006.

2007 saw the “Nike 10K” held at Wembley and clashing date wise with the Harrow Hill. Unable to compete with this race, and the problem of dwindling numbers it was decided to cancel the event.

In 2009 it was decided at committee meeting to try and resurrect the race. In terms of what date to hold the event, a look at the racing calendar persuaded me that February might make a difference. Though up against the “London” in terms of people training for that race, I felt we might stand a chance with other races been limited at this time of year. A working party was set up and with Ian agreeing to shadow me for the first year, so began my adventure into the world of race organizing.

As is always the case, team work is the key and I was fortunate enough to have some experienced people around me. Following a visit to Harrow School, Ian and I came away with a date and a price for the use of their facilities.

Kevin Smart then redesigned the entry form, and sorted out the website.

I was keen to promote on line entry and Runners World was the preferred option. With all this in place all we had to do was wait for the entries to roll in. Well not quite, word had to be spread that the race was back on. Pat Jackson took care of having the entry forms printed at a price which I defy anyone to beat. So armed with 100’s of entry forms, local and not so local races were blitzed. I learnt a lot about handing out entry forms on a finishing line! Establish eye contact as the runners approaches you, never look away or they dodge round you. Try and look as though your part of the finish funnel team, and always comment on what a great run they had. Though this can elicit a number of interesting responses! What else did I learn? Well I have always wondered why Jan was not keen to kiss me after a race, I now know! There are some gruesome sights out there.

Jan and I visited all our local running clubs and left them some entry forms, other clubs further away were contacted by email and asked to publicise the race on their websites. Other members of Metros were kind enough to highlight the event in their workplace or local gyms.

On the admin front, I found that www.runbritain.com had a director's portal and through this I applied for our UK Athletic license. The amount of form filling was incredible. But to be fair it was all relevant and a good check list to make sure you have everything in place in terms of Health and Safety, risk assessment, route marshalling to name but a few.

The weeks and months rolled by and slowly but surely our entries grew. The limit for the race is 250, so I duly contacted Running Imp and purchased numbers and medals. Goodie bags had to be filled and thanks to the generosity of Julia Buckley, Jan, John Gorton, and Phil Talbot from Runners World in Eastcote these were soon sorted.

With metros stepping up to the plate to act as marshals and Graham Haddam looking after them on the day all was looking good.

Jean Coker our resident UKA umpire had agreed to act as race referee and along with Jackie Cope we walked the course on the Friday to ensure no unpleasant surprises on the day.

Malcolm Jackson had agreed to receive the postal entries as he was our race results guru. With entries up to 180 by the cut off date, envelopes were stuffed with numbers and race programs and posted out.

Saturday, D day -1 saw a flurry of action as the shed was raided for all the paraphernalia required to set up a race.

Sunday the 21st February 2010 dawned and was very, very wet. However everyone turned up who said they would. Andy Fox and Merv Stuckey picked up the signage and set about putting the course together, Ian Bocock did a great job of putting the start and finish up, though there was a lot of muttering about no flour! (?) Al Scoffham and Jackie Bowles set off with tables, cups and water to set up the water station, though with all the water falling from the sky I had my doubts as to how much would be drunk!

I have to admit to "first night" nerves, but as things came together felt more settled. Once our first runners arrived, it all became very real and I felt the responsibility of ensuring that all went well for them. Thanks to sterling efforts by everyone, in particular Teresa Young, Pat Jackson and their team of time keepers the race was judged to be a success. With the results identifying the winners, the awards were handed out.

That was 2010, in 2011 the event was held again and this time the sun shone and all in all it was a far more pleasant experience. In terms of numbers we were down on the previous year. This is disappointing, though next year I aim to promote the race more aggressively, and spend some money to raise our profile.

This article started out as a simple thank you to everyone involved; however I hope you have found it interesting. If I have missed anyone out who helped, my sincere apologies.

If you haven't been involved in the race before and would like to, or think you have some ideas on how it could be improved, contact me at

harrowhillrace@hotmail.com

So, as to my running? Well let's just say the "elastic" is back in place. Those who know what this means will take note the rest of you? Keep one eye cast over your shoulder!

David Swan

Harrow Hill Race - An Inside View.

Weather ok, so singlet or T shirt? Make your mind up. Deep breath. Singlet. Won't notice the temperature after a couple of minutes. And get the breathing right before the start. Run up the hill a couple of times beforehand. Do not start too fast. DO NOT START TOO FAST. Only have to over-compensate to get the breathing back to normal again.

Little speech by starter.....

Go.

Must not trip up.

Point out to the spotters am alongside the first lady. Asked her if she was on the way up the hill. Can still talk so at the right speed.

Hi Sarah. Hi Nigel.

Relax down the hill. There's Sue, And there's Penny. Pose for the camera going past. Sorry Al and Jackie. no water required at the drinks station-too short a race.

Where has everybody ahead gone? There's nobody in sight now. Am running on my own.

Dave is normally close to me, is he behind waiting to pounce? Don't look back. He normally complains about the heat-he can't do that today.

Still don't look back, listen for the applause of the marshals for the next runner to get an idea of how far back he or she is.

Done this next hill numerous times on a Wednesday, why is it so tough today? Round we go again.

Where's the 4 mile marker? Must have passed it. Or there wasn't one.

Here's Nigel, he will know. Round the next corner. Damn, not going that fast at all.

Bloody hell there's an articulated lorry blocking the pavement now. Seems to want to reverse into the farmyard. Have to take a detour onto the road for a few seconds. Now where are Carole and Gordon and their entourage? Was Kevin with them? Where's the turn in?

This track to the finish is sticky and saturated, It will make my yellow shoes dirty. Dodge around the puddles, might get away with it.

Finished.

Runner 36



HARROW HILL RACE 2011

At Sunday past at 8.00 am
I ventured forth to see the women and men
Make great of themselves yet again
In this Harrow Race

The organisers' helpers and marshals
Had been there from early morning
Most awake and some still yawning
They worked so hard to sort out the place
Without them there would be no race



Next came the supporters, in cars and buses and on foot
They braved the weather, couldn't give a hoot
To cheer the boys and line the route
On that hilly place

Marsden and Hudson, Alder too
Roome and Manning to name but few.
Hurtle forward as the hooter blew
Such an expectant race

The miles flashed by as did the time
5 miles gone in 29 (for some)
The Metros boys and girls were doing fine
In that very fast race

It was the last mile that caught them out
Huffing and puffing, all worn out
Some were ready to pass right out
What a tiring race

They crossed the line one by one
To greets of joy and well done
Their position didn't matter, they all had won
What a tremendous race



Flashing gold medals and gold smiles
All were heroes for that while
The pain had gone the sun shined through
Oh those oh so lucky few
Who ran that super race



In the local pubs full of ale
They all had gathered to tell their tale
Of obstacles they had to face
Recounting stories of great pace
And all the dreams they tried to chase
In that Harrow Race

And now it's over the deeds been done
A fine day had by everyone
I really wish I could have run
Around that vaunted place

Mind you, if the Doctors finally crack my case
I might well join them in next year's race.

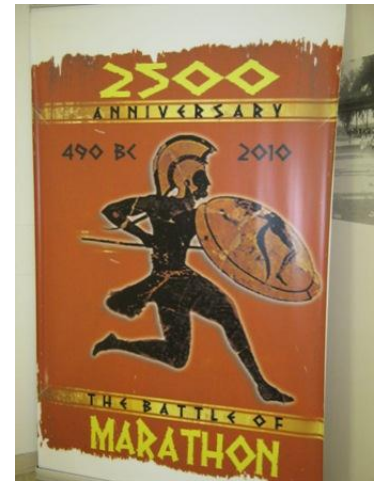
Henry



Well Done Kevin!

Memories of my Pilgrimage Marathon in Athens

On 29 October last year I set out from Heathrow looking forward to the adventure of running the Athens Marathon 2010. 2,500 years earlier, the Greek army had defeated the invading Persians at the battle of Marathon. After the battle, a Greek messenger – Pheidippides – ran to Athens to bring the news to his King. Legend has it that he then collapsed from exhaustion and died. His glory remained and was celebrated by the organisers of the modern Olympics in a long-distance race: the modern Marathon. As I headed to the airport I found myself both celebrating Pheidippides... and cursing him!



Our plane was chock full of runners and there was a great atmosphere on board as we took off. One of the runners was a friendly guy called Dave – an RAF veteran of 36 years, who was on his 186th marathon race! Truly incredible! Like me he was inspired by the story and the chance to run on the anniversary of Pheidippides' odyssey. We laughed and agreed we wouldn't be around for the next big Athens anniversary Marathon.

I hadn't been to Athens since a short holiday in the early 60s. My memories weren't that welcoming – it had been hugely hot and very dirty. Well, what a change today! Brilliant sunshine again (probably too much, I thought, thinking about the race) and a clean, vibrant city. It felt like a completely different place.

Mike Gratton of 2:09 Events met me and some other runners with a big smile and took us off to our hotel, just 10 minutes from the race finish at the historic Panathenaikon stadium. Our hotel was very posh, with beautiful Art Deco design throughout.

I met my roommate, Janet, with a big hug. We were soon talking excitedly like we'd known each other for a long time. Like Dave, Janet was a marathon expert – on her 26th race. I felt like a bit of a novice by comparison.

After an early night and an excellent breakfast we headed out to register at the Expo and explore. The Expo was excellent but very crowded, and in the confusion of the crowd I managed to lose Janet. I was a little worried as I'd left my key at the hotel and don't have the best sense of direction(!) but I was sure I'd bump into her or one of the other runners later on.

After a bit of looking around I decided to join a bus tour of the route, taking in the start point at Marathon where the permanent Olympic flame is kept. Despite the horrendous traffic (one thing that hadn't changed since the 60s!) it was well worth it and also quite emotional, with the crowds all taking in the beauty and history of the place. The Marathon Museum was truly excellent, with wonderful displays of medals and some of the most memorable photos I've seen. I really didn't want to

leave, though settled for second best by buying the museum's fantastic commemorative book on the history of the Marathon racing that had been put together especially for the 2,500th anniversary race.

The drive back seemed to take forever with the hills all apparently much longer and steeper than they seemed on the way out. The mood on the bus was fairly quiet and you could sense that everyone was preparing themselves in their own way for the race.

At last we got back to Athens, though, without my key or even an address for my hotel (stupid, I know) I was no closer to getting home. I went back to the Expo but still didn't see any familiar faces. Luckily a very friendly young man at the information desk took pity on me and started looking on the internet for hotels matching my description. An hour passed and still no luck. It was now 7:30PM and I was due at the start line very early the next day. I was now starting to get more than a bit worried! Thankfully, I then remembered I'd taken a photo at the hotel lobby that morning. My young saviour recognised the hotel from the photo and soon I was on my way, giving huge thanks for his help and feeling very, very relieved. I arrived back to a big welcome from a similarly relieved Janet. After a quick pasta dinner at a wonderful Italian restaurant we went to bed, buzzing about the day ahead.



I woke early with the sun already up and the day already hot. After breakfast we got on the bus to the race start. Starting in the shadow of the Olympic Torch was truly inspiring, as was the beautiful scenery, with lots of flags all around. For a bit of extra spice, the organisers turned up the volume on "Zorba the Greek", which got the crowd bouncing and clapping. And then, suddenly, we were off...

... slowly. The sheer weight of runners made progress very slow. In fact, where I started at least it didn't really start to thin out until 10 kilometres in. By this stage it was already very hot and my feet felt swollen. Given the conditions I decided to forget about my time and just do my best to enjoy the race and the atmosphere.

For much of the next four hours I found myself playing cat and mouse with a hardy guy dressed in full gladiator gear. As you can imagine he was getting a lot of attention from the crowd, which also helped gee me up. The crowd were great. There were lots of excited children hoping to high-five passing runners and also lots of elderly ladies looking like my old Mama. I kept myself going with a couple of energy bars, jelly babies and the odd bite of banana. The organisers had also laid on lots of water and food stops, which was just as well given the heat.

Having previously run mainly city marathons I was used to turning corners and prompt changes of scenery. Not here. Most of the run was a long, straight road – and seemingly mostly uphill.

As it continued to get hotter so more runners began to suffer with the heat. By about 20 miles the road side began to be littered with runners stretching sore limbs. Medical workers rushed back and forth to help people get fluids on and recover. I offered some words of encouragement but didn't stop because I didn't want to break my rhythm (and starting again would have been too painful)!

The support in the last 5 kilometres was magnificent with huge numbers of people cheering and clapping.... and I was very grateful for it. I'd had to dig deep. The hills, heat and straight roads had made it a very hard slog but suddenly it started to get easier. After all the climbs we hit a nice, long downhill section and then the amazing, white marble Panathenaikon stadium rose into view, shining like a diamond.

I stepped up my pace and entered the stadium bursting with excitement. Looking up at the Olympic flag and to the many thousands of people in the stands was a truly magical moment, and worth every minute of the preceding 26 miles of hard slog.



I crossed the line at 5:48:29. Well short of my best time but I didn't mind. It had been a tough day and I was delighted to have survived. I felt very emotional and honoured to finish in such a magical place – and back where it all began. All around me runners beamed huge smiles and shed tears of joy. I got talking to a power walker who'd finished in 5:30 – maybe that the way ahead! I've been lucky to do some pretty memorable races – in Greenland,

Norway and China – but I honestly believe that marathon running doesn't get any better than this.

The race medal was also very beautiful: a 3-D design in the shape of the stadium. I think it could well be my favourite.

I'd hoped to see Janet or some of my other friends at the finish but the huge multitude of people made it impossible to pick anyone out. After a few victory photos at the finish I climbed the steps of the stadium and took a few more with my big British flag by the Olympic rings.

On my way back to the hotel I had one more wonderful moment when a lovely Greek lady stopped me and presented me with an Olive branch in recognition of the race and for future good luck. Back at the hotel I turned this into two laurels for

me and Janet to wear for the evening, which drew a big cheer and laugh from the other runners.

After a happy and relaxing glass or two of champagne with Janet, David, Mick and some other 2:09 runners in the hotel lobby, we headed out for dinner at the Hard Rock Café. The food, service and company was all excellent – a wonderful end to a brilliant day!

Despite our aching limbs, the next morning we decided to make the most of our remaining time in Greece by seeing the Acropolis ruins. It was, of course, well worth the effort and another great memory for us to take away.

Looking back, the Athens anniversary marathon was more than I could have hoped for – and, although it was tough to leave after such a high, I was delighted to go home with new friends with whom I know I'll stay in touch.

I'd like to say a big thank you to my children, Rebecca and Edward, for encouraging me to keep running, a special thank you to Angela and Marcella for keeping me company in my dreaded long training runs, and another big thank you to all the Metros for all your friendship and support. I feel so honoured to have received the Runners Cup for 2010 and I feel truly grateful and blessed to know you all.

Raquel

5 Mile Handicap or 10K Challenge

Would anyone like to take over timekeeping for either the 5 mile handicap or the 10K Challenge – I would like to be able to run one or the other on a regular basis.

I am happy to help with calculating the results after the event.

Please think about it before the AGM in May when the co-ordinators for next year are agreed.

Teresa Young

Results

Harrow Hill Race 27th February 2011

Name		Category	Posn	Time	
Kevin	Watson	M Senior	3	00:37:38	2nd Man
Neal	Smith	M 40-49	7	00:39:26	1st M V40
Thomas	Alder		10	00:40:01	
Stephen	Paull	M 50-59	14	00:41:58	
Pritesh	Patel	M Senior	23	00:44:42	
Terry	Burke	M Vet >59	24	00:44:48	
David	Young	M 50-59	25	00:44:54	
Harry	Vekria	M 40-49	28	00:45:24	
Peter	Jose	M Vet >59	39	00:47:20	
Andrew	Collier	M 40-49	40	00:47:30	
Adam	Leary	M 40-49	45	00:48:18	
Sharon	Wood	F 35-44	62	00:52:03	
Chris	Roome	M Vet >59	63	00:52:22	
Bob	Manning	M Vet >59	66	00:53:08	
Jane	Hudson	F 45-54	68	00:53:28	
Ruth	Tidder	F 35-44	70	00:53:35	
Dee	Vadukul	F Senior	71	00:53:39	
Paul	Gardner	M 50-59	73	00:53:52	
Julia	Allen	F 35-44	79	00:56:28	
David	Pratt	M Vet >59	83	00:56:34	
Julia	Buckley	F Senior	88	00:58:48	
Ann	Marsden	F Vet >54	95	01:00:31	
Angela	Murphy	F Vet >54	96	01:00:35	
Petra	Otto	F Vet >54	99	01:03:27	

Finchley 20 - 13th March 2011				
39	Kevin Watson	02:09:51	M29	
92	Nathan Powell	02:20:54	M42	
165	Stephen Paull	02:32:39	M59	
290	Gertrud Porter	02:51:59	F62	2nd F 55
330	Harriet Copland	02:57:52	F44	
464	Raquel Russel-Ponte	03:30:12	F68	
466	Judy Rackham	03:31:55	F51	
479	Sue Davie	02:43:58	F47	
484	Angela Murphy	03:55:45	F61	
486	Jane Mayes	03:57:30	F55	

5k Race 19 February 2011

Position	Name	Time	Age Grading
3	John Gorton	22:03	70.9%
4	Dave Young	22:13	69.8%
5	Steve Paull	22:56	68.2%
19	Ann Marsden	31:29	67.4%
6	Mervyn Stuckey	23:45	67.0%
1	Jonathon Collier	20:48	66.9%
2	Tom Adler	21:15	64.5%
20	Kath Donaldson	32:24	62.6%
10	Jane Hudson	28:41	59.9%
13	Teresa Young	29:28	58.3%
7	Adam Leary	24:48	58.1%
9	Al Scoffham	26:45	57.0%
8	Andrew Collier	25:12	56.3%
12	Julia Allen	28:52	54.5%
15	John Stratford	30:02	53.9%
17	Geraldine Gill	30:13	52.6%
11	Mike Ransome	28:46	51.7%
24	Anne Ambrose	34:32	51.1%
27	Angela Murphy	38:49	50.0%
16	Dave Swan	30:03	49.9%
31	Jeanne Coker	47:20	49.5%
14	Peter Stapleton	29:41	49.3%
21	Karen Leary	33:02	48.1%
18	Errol Clarke	30:45	46.8%
23	Olivia Gill	34:00	46.2%
26	Linda Gaitskell	38:48	46.1%
25	Stephanie Stapleton	38:04	43.7%
22	Steve Adler	33:33:33!!	43.3%
28	Penny Hudson	39:59	41.9%
29	Sue Davie	40:00	40.5%
30	Freya Ball	41:08	38.8%

What a wet, wet day for the first 5k race of 2011. Well done to the hardy runners who completed the course, there were some very muddy Metros. Thank you to the marshals, name taker, tape removers and stop watch reader: Jacqui Cope, Bob Manning, Chris Roome, Pat Jackson, Irene Paull and Jane Young and Teresa Young

Next race 21st May

Marilyn & Henry

20th February 2011

Bramley 20

1.	1.48.18
6. Nigel Rackham	1.55.24 PB 1 st V45

857 runners

Bramley 10

1.	53.09
184 Peter Rackham	1.21.33

473 runners

Cliveden XC (Black Park) - 9th March 2011

119 Sharon Wood	0.51.07
123 David Pratt	0.51.31
162 Raquel Russel Ponte	0.58.07
166 Angela Murphy	0.59.15
173 Sonya Grist	1.10.29

Salisbury 10 – 13th March 2011

1	0:51:20
252 Terry Burke	1:14:50

564 runners

Fleet Half Marathon – 20th March 2011

1	1:06:20
1290 Peter Beuselinck	1:56:04
1498 Amanda Beuselinck	2:00:21

2309 runners

Reading Half Marathon – 20th March 2011

1	1:03:07
46 Nigel Rackham	1:12:47 1 st Male 40
4829 Peter Rackham	1:53:27
9724 Judy Rackham	2:16:28

12483 runners

5 Mile Handicap – 5th March 2011

	Elapsed Time	Time for 5 miles	Previous time	Corrected handicap	Corrected Elapsed time	Position	Points
Errol Clarke	61:04	45:04		00	45:04	1	28
Sue Davie	56:40	51:40		00	51:40	2	27
Ann Marsden	56:04	46:04	49:30	10:30	56:34	3	26
Raquel Russell Ponte	56:10	46:10	49:25	10:35	56:45	4	25
Andrew Collier	57:24	37:24	39:38	20:22	57:46	5	24
Caroline Day-Lewis	61:03	45:03	47:09	12:51	57:54	6	23
Julia Allen	58:32	45:32	46:48	13:12	58:44	7	22
Mike Ransome	58:32	45:32	46:38	13:22	58:54	8	21
Peter Stapleton	58:50	46:50	47:38	12:22	59:12	9	20
Steve Paull	58:54	34:54	35:12	24:48	59:42	10	19
Tom Alder	59:50	31:50	32:00	28:00	59:50	11	18
Nigel Rackham	59:47	28:47	28:21	31:39	60:26	12	7
Sarah Westwood	60:35	47:35	46:59	13:01	60:36	13	6
Ruth Tidder	60:57	44:57	43:35	16:25	61:22	14	5
Debbie Moynihan	61:29	61:29	59:41	00:19	61:48	15	4
Geraldine Gill	56:19	51:19	47:49	12:11	63:30	16	3
Al Scoffham	55:52	40:52	37:24	23:26	64:18	17	2
Andy Fox	55:09	40:09	35:03	24:57	65:06	18	1

Well done to the 18 runners who took part in the 5 Mile Handicap on 5th March under almost ideal conditions. Your time is given in the 2nd column, but as this is a handicap the challenge is to finish by 10am and be faster than your last running of the event. Everyone up to and including Tom beat their handicap, so qualifying for an extra 10 points.

Two new faces to the event this month (or at least I have no recorded time since Dec 2009). So Errol and Sue now have handicap to beat on the next running of the event 4th June 2011. Please note if you are thinking of running next time, the stopwatch usually starts at 9am but if you will take longer than 60 minutes it is not a problem, though it helps if you let us know the previous week so we can arrange an earlier start for you.

Thanks

Teresa Young

Wot No Watch - Saturday 19th March. "It will hurt"

Thirty seven runners took part in two rather unevenly matched events on Saturday 19th March. Only 11 runners took part in the challenging session, leaving 26 to take the moderate session. How about some of you 'moderates' giving the 'challenging' session a go, to see whether you can improve your time next month? 'Challenging' does not necessarily mean you have to be a fast runner - it is intended for those who want to put more effort into their training whatever their speed.

Well done to Caroline Day Lewis for winning the trophy this month, being the first finisher in the moderate group which she was also leading on the day. She did a good job of motivating her group to try and run 10 seconds faster by recounting the tale of the trainer who told his team just before their race, "It will hurt". They could run slowly but they might lose and their pride would be hurt by knowing they could have tried harder and perhaps won; or they could run faster and it would hurt physically, but win or lose they would have the satisfaction of knowing they had tried their best!!

Thank you to Penny for her help with the stopwatch - a record turnaround for the results as we even managed to have all the differences calculated within 10 seconds of the last finisher and be the first in for a cup of tea!

Name	Pred	Actual	Diff	Name	Pred	Actual	Diff
Tom Alder	05:39	05:28	-11s	Steve Alder	08:40	08:30	-10s
Andy Fox	06:07	06:03	-4s	Karen Leary	08:30	08:36	+6s
Dave Young	06:15	06:07	-8s	Jane Mayes	09:30	08:38	-52s
Adam Leary	06:28	06:34	+6s	Errol Clarke	08:13	08:42	+ 29s
Peter Beuselinck	07:00	06:47	-13s	Kevin Eckersley	09:00	08:46	-14s
Dennis Speight	07:20	06:51	-29s	Kath Donaldson	08:55	08:52	-3s
Caroline Day Lewis	06:52	06:53	+ 1s**	Carole Wells	09:38	08:56	- 42s
Ruth Tidder	07:15	06:59	-16s	Janice Newman	09:38	08:56	- 42s
Kirit Ranpura	06:50	07:09	+19s	Lily Berman	09:20	09:03	-17s
Mike Ransome	07:28	07:17	-11s	Jacqui Poole	09:22	09:24	+2s
Paul Gardner	07:45	07:27	-18s	Stephanie Stapleton	09:00	09:26	+26s
Julia Allen	07:29	07:33	+4s	Freya Ball	09:30	09:27	-3s
Amanda Beuselinck	07:50	07:35	-15s	Dharmini Chikhliwala	09:00	09:31	+31s
Shelley Patrick	08:00	07:50	-10s	Rosemary Harrington	09:00	09:33	+33s
Jane Hudson	07:46	07:52	+6s	Gladys de Groot	09:35	09:45	+10s
Christopher Hudson	07:45	07:52	+7s	Debbie Lewis	07:00	10:07	+3m 7s
Ann Marsden	08:35	08:15	- 20s	Anne Leigh	11:10	12:22	1m 12s
Olivia Gill	08:50	08:16	-34s	Gail Berman	11:00	12:33	2m 33s
Karen Collier	08:10	08:21	+11s				

Berkhamsted Half Marathon 6th March 2011			
Pos	Time	Name	Cat
121	01:31:41	Stephen Paull	M55
336	01:42:17	Kate Heracleous	F45
376	01:42:18	Peter Jose	M60
495	01:47:50	Gertrud Porter	F60
1150	02:19:58	Sue Davie	F45
1151	02:19:58	Jane Hudson	F50
1190	02:30:34	Jane Mayes	F55

Berkhamsted 5M Fun Run			
Pos	Time	Name	Cat
119	00:42:05	Simon Aberly	M46
284	00:50:34	Jo Mulry	F45
301	00:51:59	Kath Donaldson	F64
404	00:59:54	Penny Hudson	F50

***Metros* REGULAR RUNS**

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: mondaymetros@yahoo.co.uk	
TUESDAY	20.00	Garry Young	01923 833 726
WEDNESDAY	19.15	Dave Brown	020 8933 1821
THURSDAY	19.00	Sue Davie	
		Email: thursdaymetros@yahoo.co.uk	
SATURDAY	09.00	Dave Young	020 8866 3225
SUNDAY	09.30	Anne Leigh	01753 888 839
Not every week – please phone Anne to confirm			

See website for more details: www.metros.org.uk

Runners' Recipes

Polish Cake.

4 oz margarine or butter

1 tablespoon golden syrup

1 tablespoon cocoa powder

8 oz digestive biscuits.

For the topping; 4 oz plain chocolate.



Method.

Melt margarine or butter over low heat with syrup and cocoa powder, do not boil.

Crush biscuits, and add them to butter mixture. Stir thoroughly, and press very firmly into a 7 or 8 inch sandwich tin. Leave in fridge to cool.

Meanwhile, melt chocolate, then pour over biscuit mixture, and return to fridge for a little while. When set, cut into small pieces.

(This recipe is for the delicious cake provided by Janice a couple of Saturdays ago.)

Coaching Course

There is a Coaching Assistant course at Hillingdon on 7th & 8th May. If you are interested please check the England Athletics website.

www.englandathletics.org

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NOTES OF METROS COMMITTEE MEETING

Wednesday 30 March 2011, Methodist Church Hall, Cannon Lane, 8.00 pm

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

APOLOGIES: Jackie Cope

CHAIR: Jane Scoffham

NOTE RECORDER: Pat Jackson

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

MATTERS ARISING FROM THE PREVIOUS MEETING – 23 February.

Metros Hill Race – David Swan and his team were thanked for organising the successful event which was financially profitable. David has put an article in Metrolines which also suggests that someone shadows him next year with a view to organising the event in 2013. The lap top used needs replacing to accommodate a race programme and internet access. **ACTION:** David Swan

Summer League – Fixture dates were advertised in Metrolines.

ITEM CLOSED

Thames Valley League – Dates for this season are being discussed and David will request a suitable date for the Metros host fixture. Marilyn will provisionally book Ruislip Woods. **ACTION:** David Swan/Marilyn Pickford

London Marathon Coach – Al will shortly book the coach. **ACTION:** Al Scoffham

Metros Sew-on Labels – Pat Jackson has a few for sale to members.

Metros Constitution – a further draft was approved. Jane will arrange for this to appear in the April Metrolines for members comments by 27 April, prior to the AGM in May. Jane was thanked for her input. **ACTION:** Jane Scoffham

AGM – Date confirmed as Friday 20 May at 8.00 pm and Lowlands Tennis Club booked.

Jane will chair the meeting, Mike will be deputy.

Competing Members – Metros competing members who have completed and returned forms will be added to the England Athletics web site by Jane and Al.

ACTION: Jane/Al Scoffham

Charity Donation re Shannon Powell – Al is awaiting details regarding the charity chosen **ACTION:** Al Scoffham

Leadership and Coaching Courses – It is hoped to hold our own course if twelve members participate. Some have expressed interest but more are needed to make it viable. Jane will check the fee for an instructor.

Jane mentioned a Coaching Assistant Course to be held at the Uxbridge Track on 7 and 8 May and will advertise this in Metrolines. **ACTION:** Jane Scoffham

Group e-mail – Jane has been developing a system to enable Metros members to send messages to other Metros members who had agreed to be part of the group. Pat will follow up with Kevin Smart. **ACTION:** Pat Jackson

Marshals Bibs – It had been agreed to order more. Pat had obtained details of one supplier and will check with the supplier of Metros T-shirts. **ACTION:** Pat Jackson

Metros 5k and 10k events – Jane will produce a large map of each route which will be available for viewing in the Scout Hall prior to the events. Printed instructions will also be available to runners and placed in the race entries book. **ACTION:** Jane Scoffham

Lost Car Key – Mike's lost car keys were found in Roxbourne Park. **ITEM CLOSED**

Round Norfolk Relay – 17/18 September. Al confirmed that some runners had already volunteered.

REPORTS OF OFFICERS

Hon. Chairman – Jane had nothing to report.

Hon. Vice Chairman – Mike had nothing to report.

Hon. Treasurer – Mike distributed a report. The cost and number of pages of Metrolines was mentioned

Hon. Secretary – Al had received notice of the England Road Running AGM on 7 May in Derby. It was agreed not to affiliate to the Association of Running Clubs again this year.

Affiliation fees are now due to SEAA (South of England Athletics Association - £10 and England Athletics - £50. **ACTION:** Al Scoffham

Hon. Membership Secretary – Two new member applications were approved: Deborah Lewis, Stanmore and Louise Pearson, Pinner.

REPORTS OF CO-ORDINATORS

Target Races – David confirmed 12 June Chiltern Chasers a 10k trail race and 3 July Princes Risborough 10k. These will be advertised in Metrolines.

ACTION: David Swan

ANY OTHER BUSINESS

First Aid – For some time Angela Murphy has updated the Metros first aid kit when necessary. She was thanked for doing this. She is concerned about the reporting of accidents and will put add a note about it in Metrolines. Pat will discuss this further with her. **ACTION:** Pat Jackson

Meeting closed at 9.25 pm

Date of Next Meeting – Wednesday 27 April 2011. AGM Friday 20 May

DATES OF FUTURE COMMITTEE MEETINGS

29 June	26 October
27 July	30 November
28 September	

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

Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the 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

Contributions to: ks@d4b.co.uk

If you have information and/or photographs relating to club events that you feel should be on the website please send details to Kevin at the above email address.

Metros Kit

Metros breathable vests and long and short sleeved T-shirts are available from Pat Jackson – tel. 020 8868 5683. Price: T-shirt £15, £18 vest £12.

Metros vests can also be purchased at Runner's World, 139 Field End Road, Eastcote, HA5 1QH. Tel. 020 8868 6997. (Runner's World does not have any Metros T-shirts).

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

Contributions by: 27th 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