



May 2011

Issue No. 273



London Marathon – see inside for results and more pictures

**Metros A.G.M.**

**Friday 20 May 2011**

**8.00 p.m.**

**Lowlands Tennis Club, Lowlands Road, Eastcote**  
(see separate notice for details)

# *Metros Diary*

## MAY

|        |                                   |                |
|--------|-----------------------------------|----------------|
| 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        |
| Sun 12 | Chiltern Chase TARGET               | 10.00 am*      |
| Sun 12 | St Albans Half marathon             | 10.00 am**     |
| Sat 18 | Wot No Watch                        | 9.20 & 9.40 am |
| Mon 20 | Vets T&F – Hillingdon               | 6.30 pm        |
| Sat 25 | Midsummer Madness in Roxbourne Park | 9.00 am        |
| 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        |
| Sat 3  | Princes Risborough 10K TARGET | 9.30 am*       |
| Sat 9  | 5 mile walk, 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        |

## AUG

|        |                                      |                |
|--------|--------------------------------------|----------------|
| Sat 6  | Measured Mile, Roxbourne Park        | 9.20 & 9.40 am |
| Sat 20 | 5K Run, Roxbourne Park               | 9.15 am        |
| Sun 21 | Burnham Beeches Half Marathon TROPHY | 10 am*         |

\* Please see details of how to enter inside

\*\* [www.stalbanshalfmarathon.co.uk](http://www.stalbanshalfmarathon.co.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!*

Welcome to the latest edition. Well done to all who took part in the London Marathon; those of us who spectated or worked on the water station had a great day. See results and photos later – if you have received the email version you will have an even greater selection (hint to sign up if you haven't already....). As usual, enjoy your running and let us know what you've been up to (with pictures if appropriate!!!). See you at the AGM.

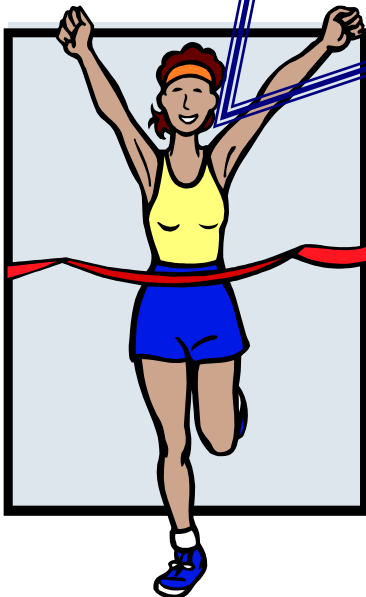
*Jane and Penny Hudson*



## **Welcome to Metros**

Rosemary Harrington, Pinner  
Joanne Hunt, Harrow.

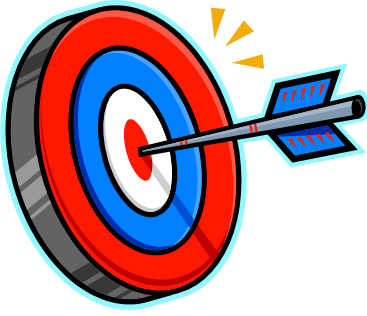
Elected at the April meeting



### **Overheard at Maidenhead Easter 10**

"It's not a stone; it's one of my false toenails ..."

# *Target Races*



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

Marlow 5 – Sunday 8<sup>th</sup> May – see below

Chiltern Chase 10K – 12<sup>th</sup> June 10 am (5K also)  
[www.chilternchase.org.uk](http://www.chilternchase.org.uk) - £13 affiliated, £15 non.

Princes Risborough 10K – 3<sup>rd</sup> July 9.30 am  
[www.runnersworld.co.uk/events](http://www.runnersworld.co.uk/events) - £10 aff, £12 non.  
Entry on day £12 aff, £14 non.

# *Trophy Races*

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

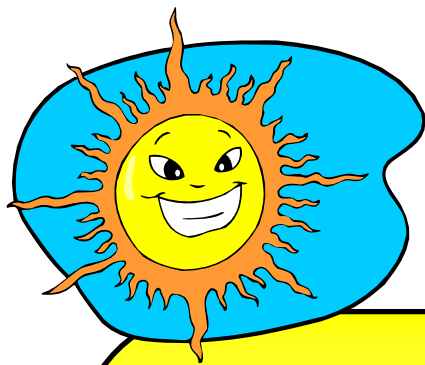
Sudbury Court 10K – Sunday 15<sup>th</sup> May 2011, 11am  
[www.sudburycourt.org.uk](http://www.sudburycourt.org.uk) - entry £9 affiliated, £11 non, £13 on day  
(also 5K and 1K family fun run)

Burnham Beeches ½ marathon – Sunday 21<sup>st</sup> August 2011, 10am  
[www.burnhamjoggers.org.uk](http://www.burnhamjoggers.org.uk) - entry £16 affiliated, £18 non. On day +£4

Moor Park 10K – Sunday 25<sup>th</sup> September 2011, details to follow  
[www.moorpark10k.org.uk](http://www.moorpark10k.org.uk)

Cabbage Patch 10 - Details to follow  
[www.cabbagepatch10.com](http://www.cabbagepatch10.com)





## MIDSUMMER MADNESS IN THE PARK

On 25th June Metros Saturday morning session in Roxbourne Park will be the annual Midsummer Madness - a mix of fun, team games, plenty of water and just a token amount of running.

All are invited to attend but children will be especially welcome. As ever, fancy dress is encouraged - the wilder the better! The fun starts at 9.00 and the madness will be followed by refreshments in the scout hall



### Thank you for sponsoring me

Back in March I asked whether any Metros would like to sponsor me in running the Berkhamsted five mile fun run. My friend's two-year-old daughter had just been diagnosed with Turner Syndrome, a chromosomal disorder which causes various symptoms and demands treatment throughout childhood. As my friend Micheila lives in Berkhamsted, her husband decided to run the half marathon for the Turner Syndrome Support Society, a small organisation which supports families affected by Turners. I said I would run the shorter distance and hopefully add to the funds.

I am delighted to say I raised **£710** towards this cause. In total, **£4,630** was raised by Micheila's husband running the half marathon.

I should like to say a big **THANK YOU** to everyone who sponsored me.

Kath Donaldson

As I alluded to in my previous article, I have spread my wings into other areas of interest. A good friend of mine has been nagging me for a few years to try my hand with her amateur theatre company. Argosy Players are based in Ruislip and regularly perform at the Compass theatre; you may have seen them a few months ago when Sir David Jason took the company to the West End for a TV programme.

So it was with some trepidation I attended an audition for their latest production, "Out of Focus". Much to my surprise I was successful and rehearsals began. It has been a great experience and far more challenging than I expected. If you wish to see me make my debut, then please book some tickets and enjoy the show. Details are in this edition of Metrolines or visit [www.argosyplayers.org.uk](http://www.argosyplayers.org.uk)

Look forward to seeing you on the night!

Love & kisses (oh, heck; I've gone all luvvie!)

David Swan

**ARGOSY PLAYERS**  
PRESENT

# Out of Focus

By Peter Gordon  
*A hilarious Ackybourn style comedy.*

There's trouble when a church hall is more than double booked. Confusion reigns, when a Brownie meeting, clashes with a badminton match, a talk on steam locomotives and a pantomime rehearsal, until everyone unites for a common cause, the production of the pantomime.

Alliances form and switch as opening night approaches. Bob and Kath's marital bliss is strained by the presence of lusty Linda the secretary. Bossy Brownie leader, Helen, stages walk outs and pursues Policeman David, although he only has eyes for sensible Sue. Ladies' man Wayne is out to impress anyone who will listen, while nerdy Leonard rapidly bores everybody into submission. Events finally culminate at the final night party, with some justly deserved but very funny consequences.

**11th - 14th May**  
Compass Theatre,  
Glebe Avenue, Ickenham UB10 8PD  
7.45pm Nightly

Wednesday Thursday - all tickets £10  
Friday Saturday - all tickets £12

Tickets available from Compass box office 01895 673200  
or Argosy Players on 0845 838 9058  
and online at [www.argosyplayers.org.uk](http://www.argosyplayers.org.uk)

This play is an amateur production by arrangement with Josef Weinberger Ltd.  
Argosy Players is a registered charity, no 266728

**FIND OUT ALL ABOUT US AT  
[WWW.ARGOSYPLAYERS.ORG.UK](http://WWW.ARGOSYPLAYERS.ORG.UK)**

*Out of Focus is an amateur production by arrangement with Josef Weinberger Ltd*

# FREESTYLE SWIMMING SCHOOL



Local swimming school has places available for children aged 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**

## Twelve In Twelve Challenge

by Mandy Beuselinck

As a bit of a personal challenge for 2011, Peter and I are attempting to run 12 half marathons over the course of the year. For those not so good at maths, that's one a month - although we did two in March as we struggled to find anyone bold enough to schedule one in January.

So, exactly a month after the Watford half, we find ourselves in Paris on a beautifully sunny but bitterly cold weekend.

As we hadn't sent in our medical certificates on time our race numbers weren't posted to us and we had to go pick up the "dossards" on the day before the race. If you're ever contemplating any sporting event in France remember the golden rule - no med cert then no entry, they are very strict. That being said, I am sure I could whip one up on the PC no probs at all and not arouse any suspicion that it wasn't authentic - are they going scrutinize 30,000? But, of course, I wouldn't condone that approach.

On the day of the race we dropped our bags - the drop off was a long walk to the start line - and we were thankful that we'd reccied some public toilets as we discovered there were only 8 portaloos to serve some 30k runners!

The start from the magnificent Chateau de Vincennes epitomised everything I've grown to love about the French. In a word - carnage. We'd been honest about our expected finish time and were allocated the 2hr 10 pen. Unfortunately, there were a load of folk who were either overly optimistic or just big fat fibbers but however it had come to pass they seemed all to be in the pens in front of us....more of that later. We stood at the start for 50 mins in the freezing cold - 20 of those were after the gun had gone off. They had decided to funnel everyone in the back pens down a narrow start lane and it just got silly - especially when all of us at the back spotted a quick way round and the 2hr 10 pace guy ended up in front of the 2hr pace guy....

The route was fairly twisty and turny to begin with and strewn with slow runners and we spent all of the 21k overtaking those fibbers/optimists - right up to the end. Unfortunately the first 5k was through Vincennes park and woods to the east of the city with the next 5k through long,

straight, boring roads towards the centre. There were very few supporters and those that were there were either a) too refined to clap b) disinterested shoppers who, given that there were no crowd barriers, would take to throwing themselves at the mercy of the runners in an attempt to cross to the boulangerie before it closed. That being said, every 2k there was a band of musicians out giving it lalady with the euphoniums and french horns and being so woefully bad that you couldn't help laugh and cheer and speed up to get out of earshot.

Refreshment stops (and I mean a full smorgasbord of offerings) were fairly easy to spot. That was when the sea of people before us suddenly cleared like the parting of the tide as everyone made for the trellis tables at the side of the road to fill up on gel packs, oranges, bananas, raisins.....you name it, they were tucking in to it with gusto as we jogged past.

The back 11k were much more interesting - we ran through the centre of the city with Notre Dame in sight and a glimpse of the Eiffel Tower, past the Hotel de Ville and actually encountered some bona fide spectators. There were bands at Bastille as we were cheered on past there and the same all the way back to Chateau de Vincennes.

Having picked up our goodie bag the day before and even got the t-shirt, sponge, "poncho" (bin bag) we were wondering what extra we'd get for actually running the race. Fortunately we weren't disappointed to be presented on finishing with a medal, banana, orange, raisins etc.....

On balance it was a great day out. I got a PB and we both enjoyed a unique way of viewing Paris city centre and the environs.



A couple of fellow countrymen spotted at the Paris Half

Two weeks later we found ourselves lining up for the start of the 30<sup>th</sup> Fleet half marathon. A distinctly smaller field this time with just 3,000 runners but the sun shone once more and the weather was much warmer.

Have you ever run one of those races where you feel that with every step you're getting closer and closer to quitting? For some reason that was the order of the day with both Peter and me feeling the same way. We blamed it on the road surface, the slight but frequent undulations, the late (but alcohol free) night the night before...I hated every single step of that race. Which is a great shame, as the course wound through some beautiful residential and rural areas, it was incredibly well supported both on the two laps we did of Fleet High Street and in the little villages we passed en route.

So given that nightmare build up I'm pleased and very surprised to report that once again we managed to shave some time off the PB. Peter dropped his by a minute and I came down by 4. It goes to show, you never can tell!

And we maintained the Paris connection after Fleet half by re-hydrating over lunch with some very good French friends - they couldn't quite whip up the enthusiasm to come and cheer us on (boulangerie visit or something like that), but there was a bottle of something nice breathing for us when we got to their place. Again, obviously, something I wouldn't condone!

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## **Whatever happened to – Ellen Mulvenna**

After many enquiries over recent weeks, I thought I would update the club on the whereabouts of Ellen. After winning the girls Young Runners Award for the last 2 years, Ellen is still keenly running and attends the Thursday night Metros session as well as still attending Sudbury Court running club most Tuesday nights. Her disappearance from Saturdays is explained by the fact that she has now got a part-time job as a running shoe specialist in Blacks outdoor shop in Chancery Lane and rarely gets the chance to come down on a Saturday. She was able to update her CV with the fact that she attended 2 running clubs and this she feels helped her get the job. I asked her recently how many running shoes she had sold and she said that she didn't think Blacks had sold any yet at all, let alone her. If you wish to embarrass her, then pop into the shop one day for advice!

She hopes to do her first 10K this year and is already booked in for the Marlow 5, as well as hoping to complete some summer leagues, now that she is old enough.

*Mark*

## **London Olympic Miscellany**

- 1 – London is the first city to be chosen to host the Olympics for the third time.
- 2 – In 1908 London took over from Rome, who pulled out because Vesuvius erupted. The games were held on the site of the old White City.
- 3 – The length of the marathon was set at 26.2 miles so that it could start in front of Windsor Castle and finish in front of the royal box in the stadium. It has been this length ever since.
- 4 – The main stadium for the 1948 Olympics was Wembley.
- 5 – Starting blocks were used for the first time in the sprints. Do you remember pictures of athletes digging holes with trowels in the film 'Chariots of Fire'?
- 6 – The 1948 Games were the first to use a covered swimming pool.
- 7 – In 1948, a competition, organized by Ludwig Goodman at Stoke Mandeville, for people with spinal injuries. This is considered to be the origins of the Paralympics.
- 8– Volunteers were used for the first time in 1948
- 9 - The mascots for London 2012 are Wenlock (Olympics) and Mandeville (Paralympics) after the games at Much Wenlock, Shropshire (still held), which was credited by Baron Pierre de Coubertin for giving him the idea to resurrect the Olympics in 1896 and Stoke Mandeville for the reason given above.
- 10 – The 2012 Olympics will open on 27<sup>th</sup> July 2012 and the Paralympics on 29<sup>th</sup> August 2012.
- 11 – There will be 10,000 athletes at the Olympics and over 4,000 paralympians
- 12 – 8 million tickets the Olympics & 2 million for the Paralympics go on sale on 15<sup>th</sup> March 2011.
- 13– There are 26 Olympic and 20 Paralympic sports.

## **Update on Volunteering for the Olympics**

It is sometime since I wrote about being a Trailblazer volunteer for London 2012 and with the Games being less than 500 days away, interviewing for Gamesmaker volunteers having started and it being the time to put in applications for tickets, I thought that you might be interested in an update.

As most of you know, the time slot to apply to be a Gamesmaker closed last November and by that time 250,000 people had put their names forward. Some of the permanent staff from the Volunteer Team in the H.R. Dept. then spent the next 3 months reviewing all the applications, sorting out those correctly completed and selecting about 100, 000 to be seen.

To interview this number of people is a huge undertaking and up to 3,000 Selection Event Volunteers (SEV) will be taken on and trained to complete this task. These positions were advertised on the London 2012 website last year and interviewing of candidates started in the last quarter of 2010. Those who were chosen were asked to sign a variety of documents, including a signed request for a CRB check and provide copies of their passport and proof of address.

As a consequence, I was one of those who spent December & January checking that all the necessary documents had been correctly provided. I also had to highlight any errors, of which there were many, and was often to chase these up with the person concerned. All the documents provided had to be copied and filed in the volunteer team records with the originals provided by the applicant sent with the Application for a CRB check. In addition, the inevitable spreadsheet had to be completed as to the status of each application, which, of course, needed to be reviewed on an almost daily basis. So you can see the process was highly bureaucratic and a lot of work, which nearly blew our minds.

On top of this, young people applying to be a Gamesmaker, who were under the age of 18, but would reach that age by January 2012, had to send in a Consent Form, signed by their parent/guardian. As many thousands were received, it was a another big administrative task to open the envelope, file the documents for future reference and put the information on yet another data base!

Returning to the topic of SEVs, I volunteered to be trained as one of the first group and attended MacDonald's University in East Finchley, during January (yes they do call their training school by this name and no, we didn't get Big Macs for lunch! We actually got rather nice baguettes). Incidentally, the session was led by a volunteer who had a background in training and was very well organised. Interviewing for Gamesmakers started at the beginning of February, although I didn't do my first session until March, as I was swanning around South America for a month!

At the time of writing this, I have completed four shifts and seen people being interviewed for a variety of functional areas including Medical, National Olympic Committees and Transport functions. As far as possible those chosen for interview for the various functional areas are selected according to stated preferences on their application, their skills& experience highlighted on the form, the number of volunteers needed by each functional area and the skill set seen as being necessary.. For example, during the medical day, I saw pharmacists & opticians who were prepared to work as volunteers during the games providing a service to athletes and the general public.

I know a number of you have been interviewed already and I hope that you enjoyed the experience, as a lot of work went in to the design and content to make it a motivational experience. It was unfortunate that two members of Metros were interviewed by one person who, apparently, left something to be desired and which was a great shame.

I have also been interviewed and the irony was that I was seeing candidates for the NOC function in the morning and was then interviewed for the same area in the afternoon! You may ask, what is the NOC function? As far as I can gather from the short briefing given, individuals are allocated to an NOC from one of the participating countries and have to act as a general gopher helping to resolve issues and assist in any way possible.

Everybody who has been seen has been told not to expect a quick response to the interview. This is because the numbers involved are so big, it will take time to sort things out. For example, 10,000 volunteers are required for the Transport function and this will take about 64 interview sessions.

You may be interested to know, that a team of temporary staff had to be employed to send out the 1,400 emails invitations a week, offering applicants a number of time slots to come for their interview. Sorting this out is another major administrative task. And so far over 5,000 people have been seen. Interviewing has now started at various places around the country to select volunteers for the venues that are outside London.

I hope that this has given you some small insight in to what a huge undertaking organizing the London 2012 Games is. I will be continuing to be a SEV until the end of May at the earliest but I don't know whether I will continue on in this role or return to the Locog offices. However, in January I was proud to receive, from Seb Coe, a certificate and pin to celebrate completing 250 hours volunteering for the Olympics. However, I was somewhat overshadowed by others who had done over 1,000 hours!

*Mike Billington*

# Results

## Bath Half Marathon – 6<sup>th</sup> March 2011

1 Edwin Kipkorir 1:04:00  
 38 Nigel Rackham 1:12:29 PB 1<sup>st</sup> M45  
 10859 finishers



## Bournemouth Bay Half Marathon and 10K – 3<sup>rd</sup> April 2011

Half Marathon

1243 Sue Davie 2:16:17

1244 Jane Hudson 2:16:18

10K

912 Julia Buckley 1:00:42

1277 Penny Hudson 1:15:15

## 5 Mile Walk - Saturday 9th April

Bob Manning 57:07

## Maidenhead Easter 10 – 22<sup>nd</sup> April 2011

1 0:53:28  
 234 Steve Paull 1:15:11  
 364 John Gorton 1:20:25  
 457 Al Scoffham 1:24:34  
 588 Jane Hudson 1:29:29  
 634 Martin Rogan 1:31:43  
 640 Marion Rogan 1:32:08  
 834 Angela Murphy 1:45:35  
 840 Sarah Westwood 1:46:39  
 929 finishers



## 10K Challenge – 2nd April 2011

| Name                 | Time     | Age Grade | Award  |
|----------------------|----------|-----------|--------|
| Nigel Rackham        | 37:06:00 | 81.43%    | Gold   |
| Chris Roome          | 53:05:00 | 74.30%    | Gold   |
| Steve Paull          | 44:23:00 | 73.29%    | Gold   |
| Jonathan Collier     | 41:39:00 | 69.57%    | Silver |
| Dave Young           | 46:37:00 | 69.19%    | Silver |
| Bob Manning          | 53:14:00 | 68.91%    | Silver |
| John Gorton          | 48:52:00 | 66.57%    | Silver |
| Caroline Day Lewis   | 50:06:00 | 64.40%    | Silver |
| Kath Donaldson       | 65:24:00 | 63.52%    | Silver |
| Raquel Russell Ponte | 72:04:00 | 62.29%    | Silver |
| Tom Alder            | 46:31:00 | 61.28%    | Bronze |
| Sarah Westwood       | 61:30:00 | 61.16%    | Bronze |
| Dave Brown           | 56:23:00 | 60.80%    | Bronze |
| Andy Fox             | 49:20:00 | 60.76%    | Bronze |
| Al Scoffham          | 53:05:00 | 59.75%    | Bronze |
| Peter Beuselinck     | 51:23:00 | 58.79%    | Bronze |
| Ruth Tidder          | 53:50:00 | 58.22%    | Bronze |
| Peter Rackham        | 48:11:00 | 56.82%    | Bronze |
| Mike Ransome         | 58:37:00 | 56.00%    | Bronze |
| Julia Allen          | 59:00:00 | 54.68%    |        |
| Paul Gardner         | 57:45:00 | 54.47%    |        |
| Geraldine Gill       | 60:07:00 | 54.14%    |        |
| Debbie Moynihan      | 72:04:00 | 52.19%    |        |
| Gladys de Groot      | 76:25:00 | 51.30%    |        |
| Andrew Collier       | 57:35:00 | 51.25%    |        |
| Kevin Eckersley      | 69:55:00 | 45.74%    |        |

Well done to the 26 runners who took the 10K Challenge on Saturday 2nd April. Commiserations to Jonathan Collier and Julia Allen who were only a few seconds away from a Gold and Bronze award respectively. Hopefully they can either run just that bit faster or they have a birthday between now and 2nd July or 1st October when the event will next be run,

Some London 2011 Marathon runners in the field were using this as part of their training. Nigel was heard to say he hoped to run 10K faster than his 37:06 during the Marathon and I know that Andy ran 10 miles before he started the Challenge, so good luck and I hope all that training pays off on the 17th April.

## Wot No Watch – 16th April 2011

| Name                  | Pred  | Act     | Diff    | Name               | Pred  | Act   | Diff   |
|-----------------------|-------|---------|---------|--------------------|-------|-------|--------|
| Ann Ambrose           | 09:15 | 09:27   | +12s    | Mark Mulvenna      | 08:00 | 07:57 | -3s    |
| Anne Leigh            | 10:30 | 13:20   | +2m 50s | Mike Ransome       | 07:24 | 07:28 | +4s    |
| Dharmini Chikhlwala   | 09:30 | 09:35   | +5s     | Sue Betts          | 08:20 | 12:29 | +4m 9s |
| Debbie Lewis          | 11:00 | 08:49   | -2m 11s | Steve Paull        | 07:28 | 07:38 | +10s   |
| Dave Young            | 06:15 | 06:10   | -5s     | Margaret Smith     | 13:30 | 13:20 | -10s   |
| Charlotte Vanitterson | 08:00 | 08:24   | +24s    | Eilish Fernandes   |       | 10:46 |        |
| Errol Clarke          | 07:25 | 07:28   | +3s     | Adam Leary         | 06:23 | 06:19 | -4s    |
| Emma Rackham          | 10:00 | 09:22   | -38s    | Andrew Collier     | 07:00 | 07:07 | +7s    |
| Devi Grewal           | 09:00 | 07:58   | -1m 2s  | Caroline Day-Lewis | 06:52 | 06:49 | -3s    |
| Gemma Loughhead       | 13:00 | 10:41   | -1m 21s | Lucy Allen         | 07:20 | 07:17 | -3s    |
| Linda Gaitskill       | 09:45 | 10:43   | +58s    | Julia Allen        | 07:33 | 07:24 | -9s    |
| Angela Murphy         | 09:45 | 10:43   | +58s    | Jonathan Collier   | 05:30 | 05:12 | -18s   |
| Kath Donaldson        | 08:58 | 08:52   | -6s     | John Gorton        | 06:17 | 06:18 | +1s    |
| Louise Pearson        | 08:00 | 08:43   | +43s    | Kirit Ranpura      | 07:00 | 06:53 | -7s    |
| Janice Newman         | 08:25 | 09:00   | +35s    | Jackie Bowles      | 07:20 | 07:29 | +9s    |
| Ceri Jacob            | 08:25 | 09:00   | +35s    | Mervyn Stuckey     | 07:30 | 07:03 | -27s   |
| Jacqui Poole          | 09:22 | 09:12   | -10s    | Peter Beuselinck   | 06:55 | 06:42 | -13s   |
| Nathan Lewis          | 11:00 | 06:53   | -4m 7s  | Peter Rackham      | 06:12 | 05:48 | -24s   |
| Mike Billington       | 09:00 | 08:32   | -28s    | Paul Gardner       | 07:27 | 06:45 | -42s   |
| *Rosemary Harrington  | 09:30 | 09:29.7 | -1s     | Ruth Tidder        | 07:00 | 06:58 | -2s    |
| Stephanie Stapleton   | 09:20 | 08:53   | -27s    | Steve Paull        | 06:00 | 06:07 | +7s    |
| Olivia Gill           | 08:40 | 08:13   | -27s    | Tom Alder          | 05:39 | 06:01 | +22s   |
| Wendy Mulvenna        | 13:00 | 12:29   | -31s    |                    |       |       |        |

Well done to the 46 runners who took part in this event. The winner\* of the trophy this month, for the first time, was Rosemary Harrington, but John Gorton was also a strong contender. There seemed to be lot of new faces and names this month so hopefully you will now have a target next time you run a mile. Just a reminder, there will not be a Wot no Watch in May, as the 5K Challenge will take place on 21st May.

*Teresa Young*



**Sunday 17<sup>th</sup> April**

| <b>Place Overall</b> | <b>Place Category</b> | <b>Name</b>         | <b>Category</b> | <b>Time</b> |
|----------------------|-----------------------|---------------------|-----------------|-------------|
| 79                   | 3                     | Nigel Rackham       | 45-49           | 2:33:35     |
| 2702                 | 554                   | Nathan Powell       | 40-44           | 3:19:34     |
| 5395                 | 531                   | Emma Rogan          | 18-39           | 3:40:24     |
| 9883                 | 251                   | Kate Heracleous     | 45-49           | 4:02:44     |
| 9978                 | 378                   | Harriet Copland     | 40-44           | 4:03:05     |
| 11329                |                       | Terry Burke         |                 | 4:09:36     |
| 12274                | 1361                  | Andy Fox            | 45-49           | 4:13:52     |
| 12852                | 19                    | Gertrud Porter      | 60-64           | 4:16:12     |
| 18580                | 13                    | Raquel Russel Ponte | 65-69           | 4:39:04     |
| 20731                | 307                   | Judy Rackham        | 50-54           | 4:47:59     |
| 28672                | 1064                  | Sue Davie           | 45-49           | 5:30:23     |
| 29774                | 236                   | Jane Mayes          | 55-59           | 5:39:11     |
| 30353                | 247                   | Petra Otto          | 55-59           | 5:44:33     |

**Errors and apologies:**

From April's edition (Finchley 20 results) – apologies to Steve Paull who is a youthful 57, not an aged 59; and no apologies to Sue Davie for accidentally knocking an hour off her actual time. *Ed.*

# London Marathon



## 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  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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](mailto:mcstraining@hotmail.co.uk), or see me at the scout hut after the Saturday running session for further details.

Thanks,

Margaret

### ***Metros REGULAR RUNS***

|                  |              |                                                                                   |               |
|------------------|--------------|-----------------------------------------------------------------------------------|---------------|
| <b>MONDAY</b>    | <b>20.00</b> | Teresa Young                                                                      | 020 8866 3225 |
|                  |              | Mike Ransome                                                                      | 07802 839 498 |
|                  |              | Email: <a href="mailto:mondaymetros@yahoo.co.uk">mondaymetros@yahoo.co.uk</a>     |               |
| <b>TUESDAY</b>   | <b>20.00</b> | Garry Young                                                                       | 01923 833 726 |
| <b>WEDNESDAY</b> | <b>19.15</b> | Dave Brown                                                                        | 020 8933 1821 |
| <b>THURSDAY</b>  | <b>19.00</b> | Sue Davie                                                                         |               |
|                  |              | Email: <a href="mailto:thursdaymetros@yahoo.co.uk">thursdaymetros@yahoo.co.uk</a> |               |
| <b>SATURDAY</b>  | <b>09.00</b> | Dave Young                                                                        | 020 8866 3225 |
| <b>SUNDAY</b>    | <b>09.30</b> | Anne Leigh                                                                        | 01753 888 839 |

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

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

# *Runners' Recipes*

As barbecue season has arrived early ...!

## **Chickpea and chilli burgers (by James Tanner)**

### **Ingredients**

Serves 4

- 400g/14¼oz canned chickpeas, drained and rinsed
- 1 onion, grated
- 1 carrot, grated
- 1 red chilli, finely chopped
- 5cm/2in piece fresh ginger, grated
- bunch fresh coriander, roughly chopped
- 1 medium free-range egg, beaten
- 2 tbsp fresh breadcrumbs
- vegetable oil, for frying
- 4 burger buns
- tomato ketchup, mustard or fried onions, to serve



30 mins to 1 hour preparation time, 10 to 30 mins cooking time

### **Preparation method**

1. In a large bowl mash the chickpeas with a fork until smooth. Add the onion, carrot, chilli, ginger and chopped coriander and mix together until well combined.
2. Gradually add the beaten egg and breadcrumbs and mix together until well combined. Season, to taste, with salt and freshly ground black pepper.
3. Divide the mixture equally into four. Roll each into balls about the size of a tennis ball. Flatten slightly, using the palms of your hands, into patties about 2cm/1in thick. (NB: Make sure all the burgers are the same thickness.)
4. Transfer the burgers to a plate, cover with cling film and chill in the fridge for 30 minutes to one hour. Preheat the grill to its highest setting, or heat the barbecue until hot.
5. Brush the burgers all over with vegetable oil, then grill for 3-4 minutes on each side, or until golden-brown on both sides.
6. To serve, slice the buns in half and place one burger inside each. Top with your choice of accompaniment.

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# NOTES OF METROS COMMITTEE MEETING

Wednesday 27 April 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,

**APOLOGIES:** Jackie Cope, Dennis Speight, David Swan

**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 – 30 March.**

**Metros Hill Race** - The lap top used this year needs replacing to accommodate a race programme and internet access. **ACTION:** David Swan

**Thames Valley League** – Dates for this season are finalised. One of the dates clashes with the Ricky 9 so it was agreed another event will be chosen for the LRRC Trophy series. **ACTION:** Graham Haddon

The Metros host fixture will be on 30 October. Marilyn has booked Ruislip Woods.

**London Marathon Coach** – The coach driver was complimented and Al was thanked for booking the coach. **ITEM CLOSED**

**Metros Constitution** – the draft has appeared in the April Metrolines. Jane has received only one comment. Members are asked to bring the Constitution drafts to the AGM to reduce further copying costs. **ACTION: ALL MEMBERS**

**Competing Members** – Metros competing members who have completed and returned forms are in the process of being added to the England Athletics web site by Jane and Al. The deadline for entry is the end of June. **ACTION:** Jane/Al Scoffham

**Charity Donation** – pending at present.

**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 is checking the fee for an instructor. **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. Kevin Smart will investigate such systems. **ACTION:** Kevin Smart

**Marshals Bibs** – It had been agreed to order more. The supplier of Metros T-shirts does not have suitable bibs. Marilyn and Pat will check with other suppliers **ACTION:** Marilyn Pickford, Pat Jackson

**Metros 5k and 10k events** –Teresa has maps of each route which are 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:** Teresa Young

**Target Races** – David has advertised these in Metrolines.

**First Aid** – A meeting will be arranged with relevant members regarding the Metros first aid kit and the reporting of accidents. **ACTION:** Pat Jackson

## **REPORTS OF OFFICERS**

**Hon. Chairman** –Barbara will take committee members nomination slips to the Saturday session in Roxbourne Park. Requests for new committee members will also be made.

**ACTION:** Jane Scoffham

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

**Hon. Treasurer** –Mike distributed a draft report prior to the AGM.

**Hon. Secretary** – Al has arranged for the affiliation fees to SEAA and EA to be paid.

**Hon. Membership Secretary** – Two new member applications were approved: Rosemary Harrington, Pinner and Joanne Hunt, Harrow. Ann stated there are 219 members.

## **REPORTS OF CO-ORDINATORS**

**Vets T&F League** – Pat reminded members that the season starts on Monday 9 May.

## **ANY OTHER BUSINESS**

**First Aid Course** – A request had been received for a contribution towards the cost of a three day first aid course. A contribution was agreed on the understanding that, having attended the course, members attend Metros events where needed.

Meeting closed at 9.14 pm

**AGM Friday 20 May**

**Date of Next Committee Meeting – Wednesday 29 June 2011.**

## **DATES OF FUTURE COMMITTEE MEETINGS**

27 July

26 October

28 September

30 November

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

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

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

### Metros Kit

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

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

### First Aid

If you hold a valid First Aid Certificate please could you let me know so that we have a list for run co-ordinators, in case of an incident.

If you are interested in taking a First Aid course, we may be able to arrange it. Thank you.

**Jane Scoffham: tel. 01895 270245**

### Metrolines

Contributions to: Penny and Jane Hudson

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

***Contributions by: 27<sup>th</sup> of each month please.***

If you would like to receive Metrolines by email, please send your details to Jane or Penny Hudson at the email address above.

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

**Photocopying: Pat Jackson**

**Distribution: Ian Bocock**

### Advertising

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

Full page     £5

Half page     £3

Quarter page £2

### Coaching

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

**Jane Scoffham: tel. 01895 270245**