

etrolines

May 2012

Issue No. 284



Brighton Marathon
Steve Paull, Jane Hudson, Sue Davie, Harriet Copland

Metros Diary

MAY

Sat 5	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Mon 7	Watford 10K The Bluebell Run	11.30 am*
Mon 7	Pednor 5	7.00 pm**
Sun 13	Marlow 5 TROPHY RACE	9.30 am
Mon 14	Vets Track & Field, Battersea	6.30 pm
FRI 18	METROS AGM, LOWLANDS TENNIS CLUB	8.00 PM
Sat 19	5K Run, Roxbourne Park	9.15 am
Sun 27	Sudbury Court 10K TROPHY RACE	TBA

JUNE

Sat 2	Midsummer Madness + Picnic	9.00 am
Sun 10	Summer League, Dulwich	TBC
Mon 11	Vets Track & Field, Twickenham	6.30 pm
Sat 16	Wot No Watch	9.20 & 9.40 am
Fri 15 to Tues 19 Metros Marathon Week (See details on page 8)		
Sun 24	Summer League, Metros	TBC
Mon 25	Vets Track & Field, Hillingdon	6.30 pm

JULY

Sat 7	10K Challenge, Roxbourne Park	9.00 am
Sun 8	Summer League, Perivale	TBC
Sat 21	Wot No Watch	9.20 & 9.40 am
Sun 22	Summer League, Regents Park	TBC

AUG

Sat 5	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 19	Burnham Beeches Half TROPHY RACE	10 am

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

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

**<http://www.chiltern-harriers.org.uk/pednor5.html> (includes 5M race walk and under 15 2 mile walk – 5.00 pm)

Note from the Editors!

Good luck to all those running in London Marathon on Sunday, especially if it's your first marathon. Have a great time and don't forget to look out for Metros supporting at about 18 miles (on the left), just after Canary Wharf station..



Look out for the Metros Jumper!

Don't forget to let Garry and Gill know if you are planning to do Marathon Week and fill in the entry form attached. They need 20 definites to go ahead. (It's free and there are prizes!!)

Jane and Penny Hudson

Trophy Races



Marlow 5 – Sunday 13th May 2012, 9.30am

www.handycrossrunners.co.uk – entry £12 affiliated, £14 non-affiliated

Closing date online entries 11th May (Entries on day will be available)

Sudbury Court 10K – Sunday 27th May 2012, entry £9 affiliated, £11 non-affiliated

Closing date 19th May (23rd online at Runnersworld) Entries on the day £13.

11 am start (Junior 1K run and 5K run also available)

www.sudburycourt.org.uk

Burnham Beeches ½ marathon – Sunday 19th August, 10:00 am, £18.00 affiliated, £20 non affiliated

www.burnhamjoggers.org.uk

Moor Park 10K – Sunday 30th September 2012, 3.00 pm

www.moorpark10k.org.uk entry £12, online entry closes 27th September

Cabbage Patch 10 - Sunday 21st October 2012, 10.00 am, details to follow

www.cabbagepatch10.com

VETERANS TRACK & FIELD LEAGUE

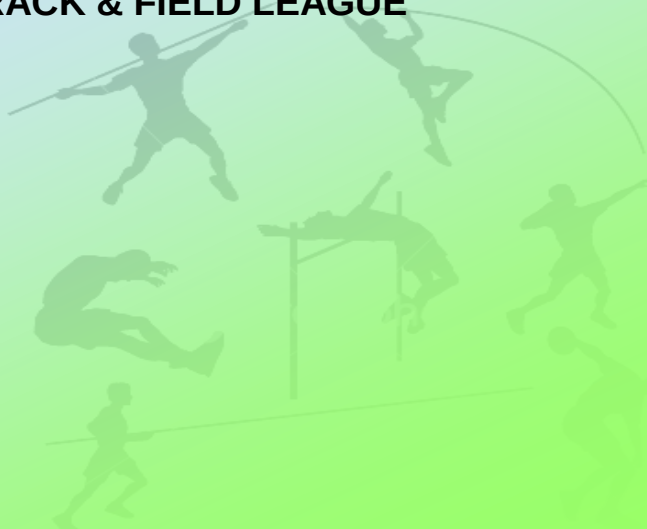
Monday

14 May - Battersea

11 June - Twickenham

25 June - Hillingdon

16 July - Battersea



 etros Annual General Meeting

to be held on Friday 18th May 2012 at 8.00 p.m.
at Lowlands Tennis Club, Lowlands Road, Eastcote

If you have any items for the agenda or would like to stand for the committee, please complete the nomination form available on Saturday mornings or Tuesday evenings.

The completed nomination form or item for the agenda needs to be given to Al Scoffham by 4 May 2012.

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

If you are interested in becoming a co-ordinator please contact Al.
Telephone: 01985 270 245

PROPOSED AGENDA

- 1 Appointment of Note Recorder
- 2 Apologies for Absence
- 3 Minutes of the last A.G.M. – 20th May 2011
- 4 Matters arising from the minutes
- 5 Receive Audited Accounts and Treasurer's Report
- 6 Election of Auditor
- 7 Nominations for Honorary Officers
- 8 Nominations for Committee Members
- 9 Co-ordinators: it will be assumed that co-ordinators will re-volunteer, unless there is notification of change or another volunteer, when elections will be held if necessary.
- 10 Committee Proposals concerning Metros Constitution
Members will be asked if they accept all the proposed changes, which were distributed with Metrolines Issue number: 272 in April 2011.

If this is not accepted by the members attending the AGM, then any controversial point(s) will be voted on individually.

Alastair Scoffham
Honorary Secretary

The time has come

Fellow Metros,

I have been co-ordinator for our participation in what are known as the 'Championship Cross Country Events' since 1993 and I feel it is time to stand down.

The events to which I refer are

The National

The Southern

The Middlesex

The North London

The North Of The Thames

The Southern and Middlesex Masters

The Thames Valley League fixtures are a separate thing altogether and do not come under the above.

We used to have full participation in all of the above but over the last few years, this has become a very 'hit and miss' affair. I feel that it is time for someone with drive, enthusiasm and perhaps 'youth' to have a go.

I will of course, assist anyone who may wish to take this co-ordinator post on board until they feel comfortable.

Best Regards

Al Scoffham

01895 270245



Royal Midsummer Madness and Picnic in the Park 2nd June at 9:00 am

For many years, one of the June Saturday morning training sessions in Roxbourne Park has been devoted to Midsummer Madness - a mix of team games, plenty of water, occasional eggs and just a token amount of running. This year there are three important changes:

- First, the date is earlier, to coincide with the long weekend of Diamond Jubilee celebrations.
- Because of that, this year's event will have a royal theme. As always, fancy dress is very much encouraged and naturally this time it would be great if participants could be regally attired, e.g. crowns, diamond tiaras, etc.
- There will be a picnic in the park immediately afterwards (from about 10:15). Please bring supplies of food and drink to share.



What remains the same as ever is that the team games will be mad and loads of fun. All Metros are invited but children will be especially welcome.



Just a reminder...



England Athletics Affiliation

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

The renewal period runs from 1st April to 30th June. After 30th June any who had not renewed would no longer be competing members.

The good news is that there has been no increase in fees for 2012/2013 It remains at £5.00. The bad news is you will need to complete another form as per conditions of the Data Protection Act.

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

Many thanks
Al Scoffham



*Carol
Kopelowitz M.C.S.P.*

Chartered Physiotherapist
Registered with the Health Professions Council
Covered by most private medical insurance companies

14 Hillside Crescent, Northwood
Middlesex HA6 1RW
Telephone/Answerphone: 01923-828-917

Dates for your Diary 15th to 19th June 2012

2012 is a big year in athletics as it sees the return of **Metros Marathon Week** after a two year gap.

For those of you who are new to the concept it is great fun. For those of you who are familiar with it, come on, it wasn't that bad.

The idea is to run the full 26.2 mile (42.1 KM) Marathon distance on 5 consecutive days on 5 routes and terrains.

Day 1 Friday Evening;	10 Km around (and up and down) Harrow Hill
Day 2 Saturday Morning;	4.1 Km Ruislip Lido Beach
Day 3 Sunday Morning;	10 Km cross country Ruislip Woods
Day 4 Monday Evening;	5 Km on the cinder track Kings College Road
Day 5 Tuesday Evening;	13 Km road run from Lowlands Tennis Club followed by beer and prizes.

This event does involve a lot of organising and is only viable if at least 20 people take part.

If it sounds like it is for you and you want further details or if you want to put your name down please call on 01923 833 726 or email

g.d.young@btinternet.com

Please fill in the entry form attached and return to Garry and Gill.

Gill and Garry Young

VETS TRACK & FIELD LEAGUE

COACHING FOR METROS IN FIELD EVENTS

In preparation for this season's meetings we have arranged for Metros to have a training session with Bob Densley of Ealing Southall & Middlesex Athletic Club.

Bob will be giving coaching in the throwing events on:

- **Monday 23 April** from **6.30pm** at
- **Perivale Park Athletic Track, Stockdove Way, Greenford, UB6 8TJ**

There are changing facilities at the track and entry is £2.80 with no charge for the training.

Bob will give guidance/help on basic throwing techniques and etiquette. This is an ideal opportunity for Metros to practice the javelin, shot put, discus and hammer throws so that we can give the "Athletic Clubs" a real Metros challenge this year.

We hope to arrange a date for coaching with the high jump, long & triple jump but it will have to be after the first track & field event at Battersea on Monday 14 May.

However, I understand that we will be able to practise on the long jump and high jump at the track on 23 April.

ESM are part of the West London Athletics Network which has been set up to provide support/coaching /training in track and field events.

<http://www.englandathletics.org/page.asp?section=1012§ionTitle=West>

Marilyn Pickford

Obituary
Brian Shouler (Founder Member)
1940 - 2012

Before becoming a member of our Running Club, Brian's first love was motorcycling. Brian progressed to ownership of a BSA Gold Star (Goldie) which was a "real" motorbike often used for racing. His friend Sidney had the same model and there was much rivalry over who had the fastest. His group of riders often used to race/travel to Somerset and Cornwall where they spent their holidays. Brian and his family became lifelong friends with the local people he met on his motorcycling trips. Brian's last motorcycle was a 1,000 c.c. Vincent which he acquired so as to be fastest in his group according to his friends.

Brian at this time met his wife Sheila who impressed him by riding a 650 AJS bike in the car park. When his three sons came along Brian was forced to take to a car and his motorcycling days were over. Brian worked at Kodak as an engineer and was able to participate in a variety of sports one of which was Bowls. By the very early eighties the running boom took hold and Pat and Brian Jackson who also worked at Kodak became coordinators of the London Road Runners Club North West Region. It was only natural for Brian to join this group and he took part in an inaugural club run which was organised by Pat.

Brian always gave a 100% in anything he tried and went on to become one of the top runners in the club. His speciality was long distance cross country, and he participated a few times in the South Downs 80 Mile Trail Race coming in 48th position. The night before the Race he slept in a large communal tent with the runners from Hillingdon A.C.

Brian took his training seriously and organised a 35 mile training run prior to the eighty. However on that Sunday the licensing laws at that time were that pubs closed at 2.00 p.m. and this training run finished at 2.30 p.m. Undaunted Brian gained 5 minutes lead on the other runners and came across a private golf club which was staging a Pro/Am tournament at that time. When the other runners eventually caught up with Brian he sitting at a table with his new friends of some 5 minutes, whom he introduced and got them to buy the drinks, albeit with Brian's emergency beer money, which he always carried in his sock. The seven sisters Marathon was another love of Brian's, and once again in those early days it was left to Hillingdon to provide the shared accommodation for Metros, this time though in a local pub. The celebrations went on for the whole weekend with Brian in his element.

Brian participated with the Metros team in the annual Boulogne 20K Road Race John Camprubi used to organise the trip, accommodation being in a sort of hotel called Des Artiste but which was much more like "Hello Hello" The beds were all double with worn out mattresses which were U shaped. This was alright for couples but not too good for the single runners. The French used to entertain all the teams the night before the race with a six course dinner and unlimited cheap French wine. The entertainment being provided by their young daughters in various dance routines. Metros used to perform well in this race picking up the team and many other individual trophies

Brian was also selected to run with the LRRRC NW team in the Round Britain Fun Run. Three of the members in a team of ten were sub 2.30 marathon runners and the British Triathlon champion was also a team member. Seb Coe started this high profile race from Hyde Park with full press and TV coverage. Brian ran well and took it very seriously with early nights and no drinking. At the finish of the third leg near Kings Lynn the 15 final leg team members finished in a side road where the team coaches were placed. However round the corner in the local park, a running track had been marked out for the finish. The town dignitaries including the Mayor and half the town's population were in attendance to watch the finish, which had already happened. Brian without recourse to the organisers got all the 150 runners to strip off and stage a mock

mass finish for their benefit. As all the runners finished within a minute of one another the crowd must have realised it was not a real finish, but no one seemed to mind.

Brian upon retirement from work took up long distance walking. He joined the Metros team which walked the Coast to Coast, Offa's Dyke and part of the South West coastal path. Brian had never up to that time been north of Watford so the experience of the Lakes, Dales, North York moors was new to him. He took to walking with ease as you would expect. However he had never climbed any mountains and the experienced climbers/mountain rescuers in the climbers Bar at the Skiddaw hotel took advantage of Brian's inexperience by claiming to have the job of picking the bodies up of those climbers who fell off Striding Edge. Brian had foolishly earlier told them of his unease in having to do this climb as part of the Coast to Coast.

Brian was introduced to youth hostels at this time and could never accept the 11.00 curfew which was sometimes in place. He always organised the evening out for the hostel members and carefully noted the fire escapes and open windows for easy access back into the hostel. It was beyond his comprehension that some people might not want to go to the pub whilst on holiday.

Brian was always active and on one of his holidays with his wife and friends circumnavigated the Guernsey coast path in a week. Feeling thirsty one day he came across a steam fair and found the beer tent. He had noted however the time of the buses back to the capital St. Peters Port where his hotel was. He caught the somewhat ancient bus alongside several members from the beer tent who joined him. At the busiest junction in the centre of the Island the engine exploded in a cloud of steam causing a traffic jam. Undaunted Brian took it upon himself to direct the traffic, in a rather unorthodox manner. 90% of the traffic obeyed Brian's hand and leg signals. However Brian saved his wrath for the 10% who did not. His wife Sheila and half the passengers were in hysterics and when the emergency services arrived to relieve Brian, he got a big round of applause.

Days out were never simple with Brian. He once organised a trip to the Imperial War Museum along with a Korean war veteran. Later that evening Brian's friends were taken to a Beer Hall and joined up with a coach load of Yorkshire women. They all sat at a long table. Much singing and Beer drinking was ensured. . One wife telephoned Sheila to complain that it was 9.00 p.m. and their husband was not home. To which Sheila replied "no one has ever gone out with Brian and come home by 9.00 p.m. "

Brian was devastated by the death of his wife Sheila in 2010. Sheila kept in touch over the years with a number of ex metro friends by way of a weekly tea meeting in Harrow. Brian began to feel really unwell in January 2012 and obviously did not have his wife to comfort him. He did though have his two sons who lived with and looked after him. He was admitted to Northwick Park hospital on 27th March and died on 3rd April. Cancer was diagnosed and Brian was comfortable at the end which came suddenly. The funeral was at Breakspear Crematorium on Friday 13 the April and afterwards at the Woodman Pub to celebrate Brian's life. A contingent of Metros was there alongside his family and some of his lifelong friends. Martin his eldest son performed the Eulogy, and thanked the Metros who were present for their support.

Graham Haddon

I was particularly saddened by Brian's death as I was present at nearly all the above events after he joined the Metros. For a number of years we went out on Saturday nights and Sunday lunch times along with his wife Sheila and Nick and Dianne Clarke (both Metros) who are no longer with us. All four have now died of Cancer.

Achievements

Well done to ...



Pritesh Patel, Jane Hudson and Irene Paull for PBs at Maidenhead 10.

Jane Hudson for a PB at Bournemouth Bay Half.

Mark Mulvena, Christopher Hudson, Ann Marsden and Simon Abery for PBs in the March Wot No Watch!



Steve Alder for completing 10K for the first time.

Terry Burke for being 1st over 60 in the Combe Gibbet to Overton cross country

Jane Hudson for running her 1st marathon at Brighton in an amazing time of 4:20:12.



Sam Dalton for *another* PB at Reading Half marathon.

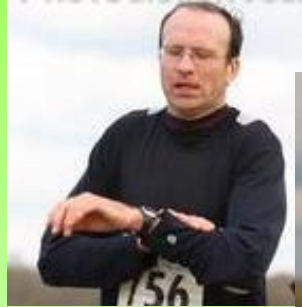


Results

From John Gorton ...

The Surrey Spitfire 20

1 st		1.51.42
Kevin Watson	29 th	2.13.33
Nathan Powell	47 th	2.17.01
John Gorton	279 th	2.46.17
813 finishers		



Cranleigh 21 Tortoise and Hare (I was a tortoise, obviously!)

1 st		2.04.40
Kevin Watson	17 th	2.21.39
Nathan Powell	29 th	2.23.20
John Gorton	311 th	3.04.09
Harriet Copland	416 th	3.18.48
584 finishers		



Sussex Marathon (A hilly bu**er!)

1 st		2.54.01
Nathan Powell	11 th	3.27.06
John Gorton	76 th	4.05.50
212 finishers		

Some really great results for Nathan and Kevin! It makes you proud to wear the yellow shirt!

Wot No Watch - March 2012

	Predicted	Actual	Diff.		Predicted	Actual	Diff.
Mark Mulvenna	06:10	06:10.2	00:00	Steve Alder	08:15	08:16	00:01
Dharmini Chikhliwala	08:30	08:30.9	00:00	Galloway Manning		08:16	
Tom Alder	06:00	05:34	00:26	Steve Paull	08:00	08:31	00:31
Neal Smith	06:05	05:37	00:28	Rosemary Harrington	08:20	08:34	00:14
Andy Fox	06:12	05:58	00:14	Carole Wells/	08:59	08:36	00:23
Steve Paull	06:05	06:03	00:02	Janice Newman			
Adam Leary	06:37	06:18	00:19	Debbie Grewal	08:10	08:38	00:28
Simon Abery	06:35	06:31	00:04	Penny Rawlins	09:25	09:11	00:14
Thomas Barry	07:10	06:37	00:33	Deborah Norman	09:00	09:16	00:16
Paul Gardner	07:25	06:40	00:45	Dave Brown	09:10	09:29	00:19
Kirit Ranpura	07:00	06:42	00:18	Sonya Grist	09:43	09:30	00:13
Caroline Day-Lewis	07:20	06:46	00:34	Debbie Moynihan	10:00	09:42	00:18
Ruth Tidder	07:20	06:47	00:33	Gladys de Groot	09:30	09:43	00:13
Guy Bostock	08:50	06:52	01:58	Elish Fernandes	10:00	09:44	00:16
Eleanor Murray	07:15	06:58	00:17	Julie Smith	12:00	09:47	02:13
Mike Ransome	07:21	07:18	00:03	Jenny Scannells	11:00	10:04	00:56
Julia Allen	07:30	07:23	00:07	Maria Bostock	11:02	10:18	00:44
Christopher Hudson	07:38	07:33	00:05	Wendy Mulvenna	10:50	10:41	00:09
Jane Hudson	07:40	07:38	00:02	Karen Leary	10:00	10:59	00:59
Errol Clarke	08:10	07:50	00:20	Lorna Alder	10:00	11:00	01:00
Ceri Jacob	08:10	07:57	00:13	Anne Leigh	10:43	11:05	00:22
Karen Collier	08:20	08:01	00:19	Reece Knowles	12:00	12:26	00:26
Ann Marsden	08:20	08:01	00:19	Barbara Robson	12:34	12:58	00:24

Well done to the 46 runners who took part in the March 'Wot no Watch'. The second race proved very fast with several PBs. Congratulations to Mark Mulvenna for winning the trophy and commiserations to Dharmini Chikhliwala who also got the seconds exactly right but lost out on the 100ths of a second.

Teresa

Combe Gibbet to Overton – 1st April 2012

16+ miles cross country point-to-point

1		1.36.39
32	Jonny Jackson	2.01.45
70	Terry Burke	2.13.00 1 st O/60
141	Runners. Last finisher	3.17.35



Bournemouth Bay Half – 1st April 2012

1.		1:11:22
806	Jane Hudson	1:54:15 PB
1402	Sue Davie	2:23:32
1526	finishers, last finisher	3:23:27
Penny Hudson	DNF (but ran 10K!)	

Bournemouth Bay 10K – 1st April 2012

1		32:43
216	Mark Mulvenna	48:04
1319	finishers, last finisher	2:34:16



5k Race 25 February 2012

Position	Name	Time	Age Grading	Award
27	Raquel Russell-Ponte	28.51	76.5%	Gold
26	Ann Marsden	28.42	75.6%	Gold
7	Jackie Cope	24.02	75.3%	Gold
2	Steve Paull	21.39	71.2%	Gold
21	Marion Rogan	28.15	69.9%	Silver
25	Angela Murphy	28.33	69.2%	Silver
11	Bob Manning	25.19	68.9%	Silver
22	Sarah Westwood	28.24	65.6%	Silver
38	Sonya Grist	34.08	64.7%	Silver
1	Tom Alder	20.33	64.3%	Silver
37	Kath Donaldson	32.24	63.8%	Silver
8	Thomas Barry	24.35	62.8%	Silver
17	Christopher Hudson	27.52	62.5%	Silver
3	Andy Fox	22.44	62.4%	Silver
18	Jane Hudson	27.53	62.3%	Silver
12	Caroline Day-Lewis	25.31	61.6%	Bronze
20	Judy Rackham	28.01	61.2%	Bronze
4	Andrew Collier	22.50	61.2%	Bronze
13	Mervyn Stuckey	25.42	61.0%	Bronze
30	Irene Paull	29.08	60.5%	Bronze
5	Adam Leary	23.43	59.9%	Bronze
6	Mark Mulvenna	23.55	59.8%	Bronze
23	Carole Wells	28.27	58.7%	Bronze
9	Al Scoffham	24.57	58.3%	Bronze
34	Teresa Young	30.05	57.8%	Bronze
36	Steph White	32.00	56.6%	Bronze
19	Julia Allen	27.54	56.3%	Bronze
24	Mike Ransome	28.31	56.0%	Bronze
10	Simon Abery	25.13	55.9%	Bronze
33	Steve Alder	29.35	55.8%	Bronze
43	Anne Leigh	41:33	55.0%	Bronze
29	Geraldine Gill	29.01	54.8%	
15	Paul Gardner	27.19	54.6%	
42	Gladys de Groot	36:12	53.7%	
35	Rosie Hamilton	32.00	53.6%	
14	Guy Bostock	26.46	53.0%	
31	Sandra Young	29.23	52.4%	
46	Barbara Robson (walker)	50:00	52.1%	
16	Errol Clarke	27.29	52.1%	
41	Debbie Moynihan	36:11	51.5%	
32	Olivia Gill	29.34	51.0%	
28	Peter Stapleton	28.52	50.0%	
40	Penny Hudson	36.03	47.0%	
39	Dave Brown	35.44	45.1%	
44	Janice Newman/Kerry Jeliaskova	45:17	40.5%	
47	Yasmin Ransome (walker)	50:00	37.8%	



Maidenhead Easter Ten – 6th April 2012

1		0:49:50	
60	Richard Francis	1:02:12	Harrow AC
136	Steve Paull	1:07:19	
216	Pritesh Patel	1:11:10	
248	John Gorton	1:12:41	
517	Simon Abery	1:23:22	
518	Jane Hudson	1:23:23	
585	Ruth Tidder	1:26:27	
590	Jackie Cope	1:27:04	
649	David Swan	1:30:39	
661	Judy Rackham	1:31:14	
677	Irene Paull	1:32:10	
684	Julia Allen	1:32:41	
703	Sarah Westwood	1:33:53	
835	finishers – last finisher	2:13:48	



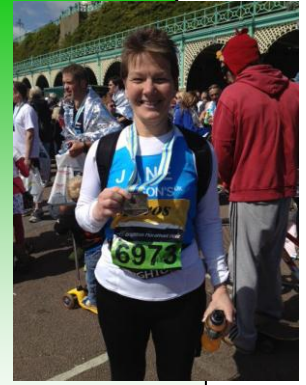
10K Challenge – 7th April 2012

Name	Time for 10K	Age Grading	Award
Steve Paull	42:53:00	76.50%	Gold
Bob Manning	49:02:00	75.70%	Gold
Kevin Smart	42:06:00	74.10%	Gold
Andy Fox	43:15:00	69.90%	Silver
Mark Mulvenna	46:55:00	64.90%	Silver
Kath Donaldson	65:34:00	64.30%	Silver
Judy Rackham	55:49:00	63.10%	Silver
Kirit Ranpura	49:43:00	62.30%	Silver
Mervyn Stuckey	53:42:00	62.20%	Silver
Alistair Scoffham	53:42:00	59.60%	Bronze
Carole Wells	57:55:00	59.30%	Bronze
Adam Leary	50:59:00	59.30%	Bronze
Peter Rackham	46:13:00	58.70%	Bronze
Jackie Bowles	56:56:00	56.70%	Bronze
Louise Pearson	56:04:00	55.90%	Bronze
Anne Ambrose	65:36:00	55.80%	Bronze
Guy Bostock	55:40:00	53.20%	
Penny Hudson	65:41:00	53.00%	
Malcolm Pearson	54:43:00	51.20%	
Jason Bowles	57:10:00	49.70%	
Sandra Young	64:15:00	49.40%	
Penny Rawlins	64:14:00	49.10%	
Steve Alder	65:03:00	46.80%	
Jabir Khammal	55:40:00		

Well done to the 25 runners who took part in the 10K Challenge on Saturday 7th April. At least 5 new runners took part for the first time: Penny Rawlins, Sandra Young, Malcolm Pearson, Guy Bostock and Jabir Khammal. Andy Fox missed out on a gold award by only 6 seconds and Steve Paull was obviously still on good form following a run in the Maidenhead 10 the previous day (Good Friday). Other good performances from Bob Manning (75.7%) and Kevin Smart (74.1%). Good luck to all those using this event as part of their London Marathon training.

Brighton Marathon – 15th April 2012

1	2:12:03
Steve Paull	3:32:52
Harriet Copland	4:06:04
Jane Hudson	4:20:12
Sue Davie	5:40:36
Trefor Bark	6:26:40
8878 runners – last runner 9:07:09	



Reading Half Marathon – 1st April 2012

1	1:03:08
2419 Sam Dalton	1:41:32 PB
6632 Andrew Collier	1:58:35
13104 finishers – last 4:28:26	



Boston Marathon 2012 Results: Wesley Korir Wins Men's Division With Unofficial Time Of 2:12:40

Apr 16 12:32p by Jay King

An unusually hot Boston Marathon caused thousands of winners to withdraw, including Geoffrey Mutai, last year's winner. But one runner persevered through the heat better than anyone else.

Wesley Korir of Kenya battled through temperatures in the mid-80s to win the men's division with an unofficial time of 2:12:40.

Mutai won the 2011 Boston Marathon in record time and was leading after 18 miles this year, but he was forced to pull out of the event with cramps. Due to the heat, race officials offered runners a deferment into next year's race if they wanted to withdraw this year. The result was that only 22,426 of the almost-27,000 people who registered actually began the race, and Mutai was one of many forced by the heat to withdraw after the race began.

Sharon Cherop of Kenya won the women's division with an unofficial time of 2:31:50. Her winning time was the slowest at the Boston Marathon since 1985.

Gertrud Porter 4:59:03
Raquel Russel Ponte 5:30:39
21110 finishers



Marathon 93, Brighton 15 April 2012, A learning process.

"It's going to be exciting, it's going to be fun, it's going to be a bit of life"- Graham Green, Brighton Rock.

And so it was, I suppose. At the sharp end, the race was won by only six seconds, there were plenty of fancy dress costumes and a fair bit of marathon razzmatazz, and isn't life itself a bit of life?

The start of the Brighton marathon is nearly two miles out of town, in Preston Park, where there are 100 varieties of roses, 150 varieties of dahlias and a scented garden for the blind. Unfortunately on marathon day there are also nine thousand runners and their supporters and a load of portaloos!! The pleasures of the park are suspended for a few hours!!

The race is like a small version of the London race, with all the same problems. The start is congested and slow, the streets are too narrow for the numbers. There are several out-and-back sections that will be a major problem were the race to get any bigger. The colour-coded corals, set according to finish times, were too small for their numbers- the pen ahead of me was full and those unable to get in to it had to force their way into mine after the gun went which only slowed things down even more.

But if you don't give a damn about these things then relax and enjoy the ride- five miles around town, a few miles east and back, then a few miles west and back with the last three along the prom, by the beach huts watching the pier get closer and closer.

Getting away from the finish was chaotic too. It is right on the beach by the miniature railway, immediately cutting off 50% of the ways to get away. People were being shooed off the railway as there was a live rail!! Narrow walkways were jammed with finishers leaving and those trying to go in the opposite direction to the repatriation area.

There were four of us Metros in the race. My fellow marathoners all were very positive about their experiences and, eventually, begrudgingly, so was this old grump, managing a negative split for the first time ever. Our supporters seemed to have an enjoyable time too and I thank them for coming.

Steve Paull

John and Nigel
The Neverley Brothers
plus Fubar



will be playing LIVE at the

Half Moon Pub
(Middle Road, Harrow on the Hill, HA2 0JY)

on Friday 27th April around 8.30pm

After a fairly long break we are back for another bash with some new songs.

This is followed by a bit of a party back at my place to which you are all welcome. Be great to see people there. (11 Westbury Lodge Close, Pinner HA5 3FG)

Runners' Recipes

From runnersworld.co.uk

Perfect Post-Run Meal

Sports nutritionist Karen Reid reveals her perfect recovery meal



Smoked mackerel pasta salad

Mix up four simple ingredients to make the perfect recovery meal to tuck into after a run.

1. Mackerel

The fish contains omega-3 fatty acids to reduce inflammation, protein, and salt to replace lost sodium and stimulate thirst.

2. Pasta

Boost the dish with carbohydrate-rich pasta - the wholemeal variety is preferable.

3. Fresh fruit and veg

Add antioxidants by throwing in some fruit and veg. Try cherry tomatoes, cooked green beans, spring onions and beetroot.

4. Salad dressing

Serve the salad with a low-fat dressing - something lemon- or vinegar-based is ideal.

NOTES OF METROS COMMITTEE MEETING

Wednesday 4 April 2012, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Mandy Beuselinck, Pat Jackson, Steve Paull, Marilyn Pickford,
Mike Ransome, Barbara Robson, Al and Jane Scoffham.

APOLOGIES: Penny Hudson, Ann Marsden

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 – 7 March

Metros Welcome Pack – Jane had again updated this. **ITEM CLOSED**

Track & Field Coaching – Marilyn has arranged for Metros to have coaching on basic throwing techniques on 23 April at Perivale Park Athletic Track. Coaching for jumping events will be arranged at a later date. Marilyn will advertise in Metrolines, Jane will send to the Metros google group and trainers will be asked to advertise at sessions.

ACTION: Marilyn Pickford/Jane Scoffham

Metros Facebook Page – Mandy confirmed Kevin Smart has put a link with the Metros web site and he has updated some other items. She will contact Kevin regarding one further item to be updated on the web site.

ACTION: Mandy Beuselinck

Scout Hall- Barbara confirmed that, following several announcements, in future the hall will be locked at 9.00 am. Keys will be available from the session trainers.

ITEM CLOSED

Donation to Cystic Fibrosis – Marilyn confirmed that the Society had thanked Metros members for their donations. She will note in Metrolines.

ACTION: Marilyn Pickford

Insurance Cover – Catherine Corcoran was thanked for her help in confirming with England Athletics that runners who join in with sessions but are not yet members are covered by the EA club insurance. It is understood that runners would try sessions before becoming members.

ITEM CLOSED

Lowlands Tennis Club – Mandy will ask Kevin Smart to arrange a link on the Metros web site.

ACTION: Mandy Beuselinck

REPORTS OF OFFICERS

Hon. Chairman –Jane had nothing to report.

Hon. Vice Chairman – Mike had nothing to report.

Hon. Treasurer –Mike distributed details of the Metros account and confirmed that the cost of hiring the Methodist Church Hall will be increased slightly.

Hon. Secretary – Al confirmed that competing members could renew their membership with England Athletics from 1 April to 30 June. After 30 June any who had not renewed would no longer be competing members.

Al reported that clubs had received a letter from the Middlesex County Association asking if any club had an objection to the Cross Country Championships being held at Wormwood Scrubs again in 2013. Agreed that Metros has no objection.

Hon. Membership Secretary – Ann had sent a report that there were no new membership applications this month.

REPORTS OF CO-ORDINATORS

Cross Country Entries –Having decided to stand down as co-ordinator at the AGM, Al will advertise the position in Metrolines. **ACTION:** Al Scoffham

Monday Night Run – Mike confirmed 18 runners had attended last Monday.

Summer League – Pat confirmed that dates had been advertised in Metrolines.

ITEM CLOSED

Scout Hall – Barbara stated that the kitchen will be replaced in 2-3 weeks but alternative facilities for providing refreshments will be available.

OTHER ITEMS

Metros Committee Meetings – there was a discussion regarding dates and it was agreed that there would be a meeting on 2 May and 6 June.

AGM - the present committee is willing to continue and it is hoped that some new committee members will be nominated as well.

Metros Barn Dance – David Young had asked the committee if this could be a viable social event for Metros. Following a discussion, Pat discuss further with David.

ACTION: Pat Jackson

Meeting closed 8.42 pm

Date of Next Committee Meeting –
Metros AGM:

Wednesday 2 May.
Friday 18 May, 8.00pm,
Lowlands Tennis Club

Committee Meeting:

Wednesday 6 June.

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

First Aid Course

FIRST AID COURSES

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

Metros REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: mondaymetros@yahoo.co.uk	
TUESDAY	20.00	Steve Paull	020 8422 6636
WEDNESDAY	19.15	Dave Brown	020 8933 1821
THURSDAY	19.00	Jane Hudson	07522 754675
		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

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

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

Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the first 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: 15th of each month please.

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

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

Photocopying: Pat Jackson

Distribution: Ian Bocock

Advertising

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

Full page £5

Half page £3

Quarter page £2

Coaching

The committee has allocated a running training budget, so if you are interested please find a course that you would like to do and then contact

Jane Scoffham: tel. 01895 270245