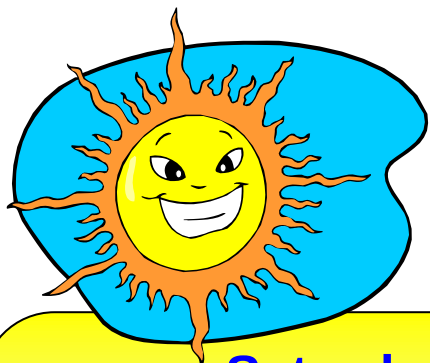




June 2011

Issue No. 274



Saturday 25th June
Midsummer Madness at 9am
in Roxbourne Park

Everyone welcome and don't
forget the fancy dress.



Sunday 26th June
Summer League

Headstone Manor 9.30am 10K

METROS ARE HOSTING

HELP NEEDED

See inside for details

Metros Diary

JUNE

Sat 4	5 mile handicap, Roxbourne Park	8.50 am
Sun 5	Summer League – Dulwich 10K	10.30 am
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 10K	9.30 am
Wed 29	Committee Meeting	8.00 pm

JULY

Sat 2	10K Challenge, Roxbourne Park	9.00 am
Sat 2	KCA 5K, Harrow Recreation Ground	2.00 pm****
Sat 2	Nigel & Judy's BBQ	6.30 pm*
Sun 3	Princes Risborough 10K TARGET	9.30 am*
Sun 3	Bushey Quarter Marathon	11 am***
Fri 8	Neverley Brothers at the Half Moon	9.00 pm*
Sat 9	5 mile walk, Roxbourne Park	9.00 am
Sun 10	Summer League – Perivale 5M	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 10K	TBC
Wed 27	Committee Meeting	8.00 pm

AUG

Sat 6	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 14	Summer League – Battersea Park 5M	TBC
Sat 20	5K Run, Roxbourne Park	9.15 am
Sun 21	Burnham Beeches Half Marathon TROPHY	10 am*

SEP

Sat 3	5 mile handicap, Roxbourne Park	8.50 am
Sat 17	Wot No Watch	9.20 & 9.40 am
Sun 25	Moor Park 10K TROPHY	3.00 pm
Wed 28	Committee Meeting	8.00 pm

* See inside for details

** www.stalbanshalfmarathon.co.uk

*** <http://busheyquartermarathon.btck.co.uk/Home>

**** See attached flyer

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!

It's been a year now since we took over editing Metrolines – doesn't time fly! We hope you all enjoy reading it and seeing pictures of yourselves and fellow Metros at various events.

If anyone has any suggestions for new items or improvements we'd love to hear them.

Let us know if you have entered any races not mentioned in the diary and we may be able to include them – you never know you may get other Metros turning up!

Jane and Penny Hudson

Metros Tour of Olympic Site

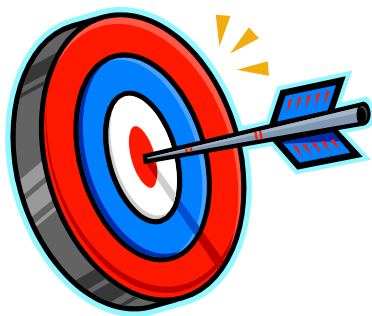
courtesy of Sonya Grist



Photos by Jeanne Coker



Target Races



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

Chiltern Chase 10K – 12th June 10 am (5K also)
www.chilternchase.org.uk - £13 affiliated, £15 non.

Princes Risborough 10K – 3rd July 9.30 am
www.runnersworld.co.uk/events - £10 aff, £12 non.
Entry on day £12 aff, £14 non.

Trophy Races

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, 3pm
www.moorpark10k.org.uk - entry £12. On day +£2
(Junior Fun Runs £6 – start 12noon)

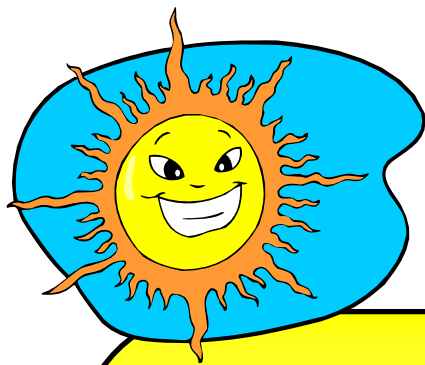
Cabbage Patch 10 – Sunday 16th October 2011, 10am
www.cabbagepatch10.com – entry £17 affiliated, £19 non.



Summer League

- | | |
|----------------------------------|--|
| Sunday 5 June – 10km | Dulwich Park
Hosted by Dulwich Park Runners |
| Sunday 26 June – 10km | North Harrow Recreation Ground
HOSTED BY Metros |
| Sunday 10 July – 5 mile | Perivale
Hosted by Ealing, Southall & Middx |
| Sunday 24 July – 10km | Regent's Park
Hosted by Mornington Chasers |
| Sunday 14 August – 5 mile | Battersea Park
Hosted by Serpentine |

For further information please contact Pat Jackson tel: 020 8868 5683.



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



LRRC Trophy Series

Fixture Clash Sunday 30th October 2011

The Ricky 9 was scheduled to be held on Sunday 30th October 2011. However this is now the same date as our Host Fixture for the Thames Valley League. As a consequence this Race will now no longer count as contributing towards the Trophy competition.

However it is now doubtful that the Ricky 9 will be run at all. If it is the case that this Race is now lost, a replacement Race will be included in next years list of events.

Graham Haddon
LRRC Co-ordinator



HOST FIXTURE - SUMMER LEAGUE
Sunday 26th June
Headstone Manor Recreation Ground, 9.30 am

CAN YOU – WILL YOU – HELP?

This year the Metros annual host fixture of this league is on our traditional date of Sunday 26th June. We usually have good weather and I've ordered the same for this year.

Metros have a reputation for being excellent hosts, with good organisation, a superb line in post-race refreshments and many encouraging marshals on the 10km road run and the tenderfoot run within the park.

**For us to maintain this reputation PLEASE come to run.
We also need refreshments e.g. sandwiches, cakes and
HELP from non running Metros members, family and friends.**

We need most help during the 10km run i.e. from 9.15am to 10.30am. However, if your time is limited, help with any part of the morning, would be appreciated.

For those who've not been to a Summer League fixture before, these events are open to all ages and abilities. Entry is on the day, there is no need to pre enter. The cost is £1 for adults and 50p for children.

All individual runners are graded in age bands – children under 14 every year and adults over 40 are graded in five year age bands. All participants score points for their club. There is an additional Metros trophy for the best overall adult Metros runner in the Summer League.

The time-table for the morning is:

9.30 am 10km road race for all abilities
10.30 am 1.5 km 'Tenderfoot' race for children and beginners, within the park
11.00 am Fun Run (approx. 400m) within the park.
11.10 am Relays (approx. 400m) within the park.

**IT WOULD BE FANTASTIC IF YOU WOULD CONTACT ME WITH OFFERS OF
HELP PRIOR TO THE DAY IF POSSIBLE PLEASE**

Pat Jackson tel: 020 8868 5683, email patjacksonhome@hotmail.com

... and if I can do it, anyone can ...

It's strangely familiar preparing the day before. Though this is my first marathon, Nigel's done it so many times; I seem to know what to do.

Lay out kit. Pin number on.

Have forgotten to iron on my name. Number off.

Bother! Have ironed the D on upside down!

Pin number on. Have forgotten to write next of kin on the back. Number off.

Number on yet again.

High carb meal – just hope the curry doesn't disagree with me... though may be it will give me extra propulsion!

Early night. Sleep reasonably well, though Nigel dreams he is being chased by wild animals!

Porridge – lots. Banana. Dried apricots.

Arrive at mini bus just in time.

Emotions are ranging from mildly optimistic to 'what the hell am I doing here – whatever possessed me to think I could run 26 miles?'

Coach journey is remarkably stress free. Nigel and I head for the Blue Start. Everybody looks very professional – no fun runners here.

Rice pudding. Banana. Dried Apricots. Lucozade Sport. Am so full...

Nigel stays with me for a while, then leaves for his Championship zone. I am left to queue for the loo, again and again...

Join queue to put luggage onto the lorry – nobody told me about this queue. Head back to the loos.

Everybody is calm – I guess that helps?

Head for pen 9. Make my way to the front of pen – am I being over optimistic?

Horn is sounded. Nigel will have started his watch – me – I stand and wait.

12 minutes later pen 9 reaches the start. Be positive – every step taken is one step closer to the finish.

See the family at 9 miles – am feeling good, though Nigel will be nearly at the Metros water station by now.



Mile 12 seems very, very long, but then mile 13 gantry comes into view – must have missed mile 12 somewhere along the way.

Reach a gel station – think I'd better have one – though am still a bit concerned what it might do to my insides. Needn't have worried – can't get into the gel!

Hear Karen and Adam at mile 17 – a real boost.

Nearly at the Metros water station, must still be running when I pass there!
A sea of friendly faces at the Metros water station is fantastic though legs are beginning to feel as though they don't belong to me.



20 miles – this is too much like hard work – am going to have to walk / jog for a bit. Nigel will have finished, been massaged and had a shower by now.

See a placard. It reads 'Your legs will forgive you!' Will they really? I'm not so sure!

It's getting very warm now. Run under shower to cool down. Realise child birth has taken its toll – must find loo and fast! Fortunately reach portaloos before having to resort to a hedge (and hedges are few and far between

by mile 21) or doing a 'Paula'.

Mile 23 – only 3 miles to go – must stop the walking – there's meant to be a Metros meeting point along here somewhere and the family should be at mile 25 – they mustn't see me walk.

Reach the end of the Embankment. Legs are so tired I'm struggling to make the right turn to go down past Big Ben, but legs are still moving as I'm spotted again.

Where's the mile 26 marker? We're counting down in metres now.

See finishing gantry. Clock reads 4.59.30. Must go under before it clocks 5.00.00.

I've done it! Look at watch - 48.03 - watch is so unsophisticated it can't cope with timing more than 60 mins before it starts again. (Timer has not been used again – time must remain recorded indefinitely!)

Get medal.

Stagger at least another mile to reach family. Nigel has another PB (2.33.35), but I am still within twice his time and have run sub 5. (Chip time – 4.47.59) Celebrations all round!

Crawl into Foreign Office – Macmillan's Recovery Centre.

Wonderful massage makes legs forgive me – maybe I will enter the ballot again next year after all!

Many thanks to everyone who sponsored Nigel and me – we have raised over £2000 for Macmillan.

Judy Rackham

They Shoot Horses, Don't They?- Racing Cars 1977

"Here we go, round and round the floor, together in time"

Friday the 29th of April 2012- what a glorious day. Cheering crowds waving their union flags lined the route as the procession of people, old and young, in their colourful outfits, went past. It made you proud to be British.

This was the Royal Berkshire Marathon in Crookham near Newbury - what did you think I was talking about?

"It seems so long-just like a marathon"

A track marathon actually. 105 and a bit laps. 43 of us like minded souls set off to complete the 26 miles rather than watch the other spectacle on the television.

I was lapped before I had completed three laps. The winner, an American, was to finish in 2.32. It was said that he had a flat overlooking the wedding route but he wanted to do this instead. I don't know how true that is.

A large lady was one who had set off an hour earlier than the rest of us. She was walking most of the way even before we started, but with grim determination she kept on going, eventually to finish in almost eight hours.

"It's making no sense, but we'll stay here 'til the end. Whatever. This time"

Everybody had somebody to count their laps. Not all knew their counter but I had Irene and Sue Davie, who was not forced to be here, but volunteered. The pair sat in the car to count, rather than face the elements. Although it was bright there was a cold wind down the home straight. At one point I got asked by the organisers who was counting for me and I indicated the last car in the car park.

"They Shoot Horses, Don't They?"

It wasn't my greatest marathon, nor my greatest in recent years. The list of my lap times showed how I slowed but I got the job done and another one clicked off on the journey towards the century.

Steve

Moor Park 10k & Junior Fun Runs



25 September 2011

Merchant Taylors' School, Moor Park

In aid of the
**Lynda Jackson
Macmillan Centre**
support &
information at
Mount Vernon
Cancer Centre

Entry forms & information:
www.moorpark10k.org.uk
07779 458285

Under 15s 3.9 km 12.00pm

Under 12s 2.6 km 12.45pm

Under 10s 1.3 km 1.15pm

Stewarts Law Moor Park 10k 3.00pm



Please enter online if possible as it reduces costs so that more money goes to Lynda Jackson Macmillan Centre. Online entry now open!

Crouch End 10K - May 22nd 2011

Last year I took part in this event, accompanied by my daughter Ruth and son-in-law Tony. We completed the course and left before the presentations because the weather was cold and wet. To my surprise I received a text from Ruth later that evening to say I had received the 1st lady vet over 60 award.

This year I set out to maintain my title and both my daughters and sons-in-law had said they would run the race too. On the day it was just me – they all had their own excuses and settled for supporting me on the route.

This year I was keen to stay til the end and watch the presentations, though was not optimistic because my husband Dave said there were other older women ahead of me. Also my time of 1hr 7mins was nothing to be proud of. When it came to the over 60 ladies award, the crowd was informed there were no results! There could not have been any entries. My family made a small protest, waving and calling out there had been at least one entry and we were told they would give out the team awards and come back to the over 60 ladies' results.

To my thrill and surprise, the winner was me! I was on that podium in a flash, received a hug from the Manager of Budgens (the main sponsor) and received a decent award and a goody bag which included a bottle of wine. I was asked to pose for two local papers, and look forward to seeing any photos and quotes I made in my moment of glory.

The moral of this story is you don't have to be a super-speedy runner to win awards. On the day I was the winner, and next year I shall be there hoping to maintain my title for a third year in succession.

Kath Donaldson



PICKFORD POUNCES TO SNATCH TWO GOLDS

(A quote from Mike Ransome)

Back in 1962 or was it 1963, could even have been 1964, I can vaguely remember travelling on public transport to the Chiswick Polytechnic Athletic Ground (now part of University of Westminster) with other members from the Ruislip & Northwood Athletic Club (which amalgamated and became part of Hillingdon AC) to take part in the Middlesex Ladies Championships. I particularly recall the buzz when two athletes were about to participate – Lillian Board and Mary Rand who were members of London Olympiades Ladies Athletic Club along with Janet Simpson - Athletics royalty indeed. I haven't taken part in a track/field event since those pre and early teenage years. Well not until Monday 9 May 2011 when I made my nervous return in the Vets Track & Field League event at the Millennium stadium in Battersea Park. Pat Jackson braved the London traffic to drive there and we met three other competing Metros, Mike Ransome, Mark Mulvenna and Terry Burke who had come up from Salisbury on his motorbike after a day's work. Our supporters were Mike's wife Yasmin and Mark's wife Wendy.

I entered the shot put, 100 metres, Discus and Long Jump but resisted the temptation to do the 400 and 1500 metres as my training has been very intermittent recently - yes I know that's the story of my running life. The high jump and walk are just not for me.

My first event was the shot put and how friendly the other competitors were, giving advice on what, where and how to put that shot. Two puts then a dash to the 100 metres, where the start gun failed to fire three times before the real bang. Okay, it was a standing start, but wow, I could hear those cheers and sense the lady on my left and see her shadow coming too close. Then there was Pat, jumping up and down - yes I was first over the line. Oh the joy!! A dash back to put two more shots, and when the results went up, another first! I didn't get these results as a teenager. Then the discus, with the other competing ladies calling a reminder to me after each throw to go out the back of the circle so as not to make it a no throw.

My last event was the long jump, which I enjoyed but let's gloss over how far I jumped although I did score those all important team points. At least I made the official laugh when I asked for the measurement in feet and inches.

I had been thinking of going to the Vets track events since Ann Marsden issued a challenge to me about 5 years ago at the annual awards presentation evening. If you have been considering this event but are feeling unsure, I would say do come along, the atmosphere was really friendly and everyone gave such great encouragement and advice.

So if you are aged 35+, which is the veteran qualifying age for male and female, then the next event is on Monday 6th June at Battersea –so I hope to see you there.

Marilyn Pickford

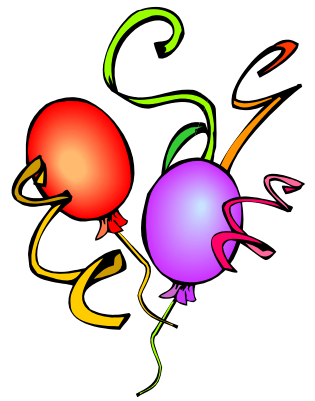
PS: There is no upper age limit



Judy and Nigel

invite you to a

 **BBQ**



to celebrate their joint

100th birthday!

on Saturday 2nd July

from 6.30pm

at 60 Paines Lane Pinner

Partners/family welcome

Main course will be provided, please bring donations of
dessert and drink

RSVP Rackham60@tiscali.co.uk

by Sunday 26th June please (020 8866 6226).

Depending upon numbers, offers of help might be
required as well!



Richmond Park Marathon - 15 May 2011

I feel there's a certain etiquette about race numbers. Low numbers equal elite-right? I have a mate who at one time did the entries for the Maidstone Half Marathon. He didn't know what to do with the number 13, given its bad luck connotations. What elite runner would want it? I said I'd have it, I have no problems at all in that department. I got it, I ran ok in my usual place in the field.

Anyway, at the first Richmond Park Marathon they didn't give out the numbers before the day and when I turned up they gave me number four. I was immediately concerned at what people might think and when I put the number on somebody said to me "Number four, you must be elite". "No no no", I shouted. "Mid pack. Upper middle at best. I must have entered early". (I don't think I did).

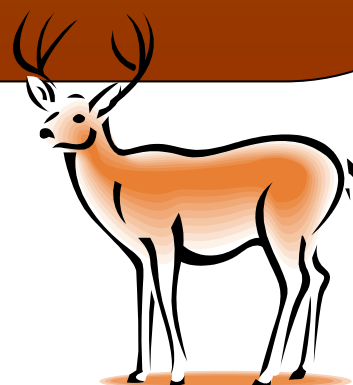
They set people off in three batches, five minutes apart, to ease congestion on the park's footpaths. I elected for the middle group. See, I am not elite.

Unfortunately, the start was a very casual affair and I am sure that some of the middle and late group starters went off early. We were defined by different coloured wristbands. This error was to prove a disaster with the results as there was no chip-timing. It is all very well knowing when a runner finished, but when did they start?

The route was three and a half laps of the park, not entirely sticking to the marked trail of compacted sand, but frequently going off onto less 'formal' paths. The ground was firm underfoot, but low branches and tree roots came into the equation, plus a kissing gate, all as in Roxbourne Park, that had to be negotiated three times. On one occasion I came upon a female runner at this gate. I was lapping her. She was dragging a huge tyre around the course and needed assistance to lift this tyre over the gate. It was heavy. It delayed things even more.

But it is a spectacular park to run around and I am pleased that I completed another marathon in such pleasant circumstances.

Steve



Results

Watford 10K Bluebell Run – 2nd May 2011

10K

Position	Name	Time
4	Nigel Rackham	0:34:00 (1 st M Vet)
27	Jonathon Collier	0:40:02
130	John Gorton	0:46:40
145	Jan Bek	0:47:17
163	Pritesh Patel	0:47:49
306	Matthew Daniel	0:52:14
309	Andrew Collier	0:52:19
360	Simon Abery	0:54:11
441	Judy Rackham	0:56:17
455	Rache Porter	0:56:31
497	Gerry Barker	0:57:43
508	Julia Buckley	0:57:55
592	Raquel Russel-Ponte	0:59:51
680	Sarah Westwood	1:03:35
699	Angela Murphy	1:04:00
804	Deborah Moynihan	1:10:29



3K

49	Emma Collier	0:15:59 (3 rd 13-15 Girl)
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Mandy and Peter's Year so far ...

Following on from Mandy's article about their 12 in 12 challenge for this year, here is how they are getting on.

February - Watford

Peter	1:57:20
Mandy	2:07:32

March - Paris

Peter	1:58:34
Mandy	2:04:43

March - Fleet

Peter	1:56:04
Mandy	2:00:21

April - Edinburgh

Peter	1:52:54
Mandy	1:54:37

May – Bracknell

Peter	DNF
Mandy	2:00:30



Marlow 5 – 8th May 2011

Name	Chip Time
Thomas Alder	30.53
Gary Hymns	32.25 Serpentine
Steve Paull	33.59
Jan Bek	35.54
John Gorton	37.41
Adam Leary	39.04
Caroline Day-Lewis	39.06
Donna Warren	40.09
Ruth Tidder	41.39
Mark Mulvenna	43.26 Sudbury Court
Julia Allen	44.53
Carole Wells	45.19
Raquel Russel-Ponte	47.42
Sarah Westwood	47.55
Angela Murphy	49.44
Ellen Mulvenna	50.53 Sudbury Court
Karen Leary	54.45

Royal Berkshire Marathon – 29th April 2011

Crookham Common Athletics Track, Greenham, Berks

18th Steve Paull 3.46.33

Winners time 2.32.49

47 starters 44 finishers

Regents park 10k - 1st May 2011

1st	32.28
94th Pritesh Patel	43.51
254th Errol Clarke	54.26
428th	1.24.52

Run for the Lifeboats Lymington 10K – 8th May 2011

797	Sue Davie	1:07:13
798	Mary-Ann Robertson	1:07:13
	(Sue's friend)	
869		1:39:07

Bracknell Half Marathon – 8th May 2011

Gertrud Porter	1:52:06
Amanda Beuselinck	2:00.30

Richmond Park Marathon – 15th May 2011

Steve Paull 3:46:13

Crouch End 10K – 22nd May 2011

1 st	0:34:26
949 Kath Donaldson	1:07:59
1023	1:31:44

1st F60

Measured Mile Saturday 7 May 2011

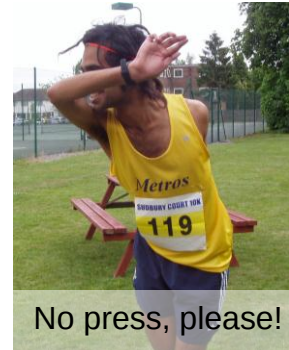
Nigel Rackham	4.56	Dave Brown	8.20
Tom Alder	5.20	Steve Alder	8.21
Steve Paull	5.54	Raquel Russell-Ponte	8.24
Andy Fox	6.00	Sinead McDonagh	8.28
Pritesh Patel	6.06	Charlotte Van Ittersun	8.30
Kevin Smart	6.11	Sarah Westwood	8.32
John Gorton	6.20	Kevin Eckersley	8.33
Andrew Collier	6.29	Janice + Judy Rackham	8.36
Mervyn Stuckey	6.32	Dharmini Chikhnwala	8.40
Peter Beuselinck	6.37	Rosemary Harrington	8.45
Caroline Day-Lewis	6.40	Olivia Gill	8.47
Adam Leary	6.46	Karen Leary	8.54
Nathan Lewis	6.47	Kath Donaldson	9.07
Simon Aberly	6.48	Sonya Grist	9.19
Paul Gardner	6.58	Debbie Lewis	9.21
Mike Ransome	7.06	Stephanie Stapleton	9.29
Navi Dhillon	7.09	Steph White	9.21
Devon Day-Lewis	7.11	Debbie Moynihan	9.34
Donna Warren	7.17	Gladys De Groot	10.00
Julia Allen	7.19	Freya Ball	10.06
Jackie Cope	7.21	Elish Fernandez	10.12
Mark Mulvenna	7.38	Irene Paull	10.36
Carole Wells	7.40	Maddy Plumridge	10.35
Peter Stapleton	7.43	Sue Betts	11.43
Karen Collier	7.57	Wendy Mulvenna	12.58
Marion Rogan	8.12		

A spot of rain today to dampen the pathways before we started but it held off for the running. Several impressive times and a great deal of improvement so keep up the training!
Angela and Teresa.

Sudbury Court 10K – 15th May 2011

Having just recovered from a nasty cold I decided not to run Sudbury Court 10K so it gave me the chance to be official photographer (again), so here are some of my snaps.

Penny



Looking Good!





Position	Name	Time
1	Nigel Rackham	35:33
9	Tom Alder	39:28
28	Pritesh Patel	44:07
32	Jan Bek	44:39
33	Kevin Smart	44:41
43	John Gorton	47:26
44	Peter Reynolds	47:37
53	Harriet Copland	49:58
62	Matthew Daniel	52:59
63	Ruth Tidder	54:03
68	Jane Hudson	55:38
71	Derek Bamforth	58:40
74	Angela Murphy	60:30
76	Geraldine Gill	61:28
82	Sue Davie	64:08
84	Anne Ambrose	66:50



5K Race – 21st May 2011

Position	Name	Time	Age grading	Age Position
1	Nigel Rackham	17:16	84.1%	1
3	Steve Paull	21:21	73.2%	2
33	Raquel Russel-Ponte	29:27	73.2%	3
4	John Camprubi	21:25	72.4%	4
15	Bob Manning	24:49	71.0%	5
6	John Gorton	22:22	70.5%	6
7	Mervyn Stuckey	22:38	70.3%	7
35	Ann Marsden	30:41	69.2%	8
5	Kevin Smart	21:40	68.6%	9
2	Andy Fox	21:01	68.5%	10
42	Sonya Grist	31:31	68.4%	11
8	Dave Young	23:21	66.9%	12
19	Judy Rackham	26:35	65.8%	13
22	Christopher Hudson	27:02	65.8%	14
9	Al Scoffham	23:53	64.3%	15
10	Donna Warren	24:14	63.1%	16
14	Caroline Day-Lewis	24:40	63.8%	17
23	Jane Hudson	27:03	63.6%	18
30	Sarah Westwood	29:21	62.5%	19
17	Devon Day-Lewis	25:48	61.2%	20
21	John Stratford	26:43	61.1%	21
11	Peter Beuselinck	24:27	59.4%	22
16	Dave Swan	25:38	59.0%	23
24	Mike Ransome	27:39	58.5%	24
12	Simon Abery	24:28	58.4%	25
20	Ruth Tidder	26:36	57.9%	26
13	Andrew Collier	24:37	57.6%	27
40	Jane Mayes	31:09	57.4%	28
25	Julia Allen	27:50	56.6%	29
29	Dave Brown	29:08	56.5%	30
31	Carol Wells	29:22	56.4%	31
18	Errol Clarke	25:49	56.2%	32
27	Geraldine Gill	28:16	56.2%	33
46	Debbie Moynihan	32:56	55.7%	34
32	Ceri Jacob	29:25	55.1%	35
44	Ann Ambrose	32:08	54.9%	36
45	Rosemary Harrington	32:31	52.9%	37

50	Gladys De Groot	36:12	52.8%	38
52	Angela Murphy	37:01	52.4%	39
26	Peter Stapleton	27:58	52.3%	40
28	Louise Pearson	29:06	52.3%	41
38	Sharon Ede	30:55	51.4%	42
37	Debbi Grewal	30:44	51.2%	43
34	Karen Collier	30:02	50.1%	44
39	Kevin Eckersley	31:00	49.6%	45
43	Olivia Gill	31:43	49.5%	46
41	Rachel Norman	31:14	48.4%	47
51	Linda Gaitskill	37:01	48.3%	48
36	Joanne Hunt	30:42	48.2%	49
54	Irene Paull	37:47	46.7%	50
49	Lily Berman	35:53	44.5%	51
47	Steve Alder	33:23	43.5%	52
55	Penny Hudson	40:34	41.3%	53
48	Jonathan Berman	35:53	41.1%	54
53	Gemma Loughhead	37:37	39.3%	55

This perfect day for running saw our highest numbers of Metros taking part in the 5k challenge with a lot of improved times since February - are Metros starting to train seriously?

We must mention the great performance of our two youngest runners:

Devon Day-Lewis age 10 - never mind Errol you may catch him next time!

Christopher Hudson age 7 who just pipped his Aunt Jane on the line.

Also a mention to Bob Manning who at 70 produced his best time.

Our thanks to:

Jackie Cope for help in marking the course and with the finish times.

Jane Scoffham for marshalling and cycling the course to collect the tapes.

Next Event: Saturday 20th August

Henry and Marilyn

VETS TRACK & FIELD LEAGUE
Battersea 9th May 2011- Pickford Pounces to Snatch Two Golds*

Name	Event	Time		Name	Event	Time
Terry	1500m	5.54.3		Pat	2000m walk	15.36.4
Burke	2000m walk	11.50.4		Jackson	Shot	3.49m
	Shot	5.43m			Discus	8.29m
	Discus	16.80m				
				Marilyn	100m*	18.9
Mark	Long jump	3.38m		Pickford	Long Jump	2.46m
Mulvenna	Shot	6.43m			Shot*	5.68m
					Discus	10.36m
Mike	100m	14.6				
Ransome	2000m walk	13.01				
	High Jump	1.15m				
	Long Jump	3.31m				

*1st over 60

Next fixtures: Monday 6 June – Battersea
20 June – Hillingdon (Uxbridge)
18 July – St Mary's Twickenham

Runners over 35 years are eligible to compete in this friendly league.

Further information from

Pat Jackson - 020 8868 5683

Vets T&F League Co-ordinator.

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 8th July around 9.00pm

Arrive early for a good view

All Metros invited



Hi Reene here,

St Luke's Hospice are holding their annual Summer Fayre on Saturday 9th July between 11am and 2pm.



There will be a selection of stalls with something for everyone from bargain bric a brac to hand crafted goodies, plenty of ice cream & lots of games!

Admission is £1 with children under 12 going free.

Venue: St Luke's Hospice, Kenton Grange, Kenton Road, Harrow HA3 0YG

If you are able to donate some small bric a brac or jewellery please bring it to the scout hut on a Saturday morning by the 2nd July. Thanks.

First Aid Course

3 day HSE First Aid at Work Course.

Mon 27th June, Thurs 30th June and Mon 4th July. 9-4pm
(Harrow on the Hill)

Paediatric First Aid - suitable for OFSTED registration or for general interest

Course 1 - Mon 13th June 9.30 - 5pm (Harrow on the Hill)

Course 2 - Sun 10th July 9.30-5pm (Pinner/Rayners Lane)

Discount for Metros members

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*

***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

Taken from www.shakeupyourwakeup.com

Bran Flake Breakfast Pancakes

Ingredients

150g self raising flour
1 medium egg
2 tbsp clear honey
150ml semi skimmed milk
25g sultanas
50g Bran Flakes



How to make it

1. Place the flour in a large bowl and whisk in the egg
2. Gradually add the honey and then milk and whisk to form a batter
3. Stir in the sultanas and bran flakes
4. Heat a little oil in a frying pan and spoon 4 tablespoons of the mixture into the pan
5. Cook gently for 1-2 minutes, turn over and cook for 1 minute until golden
6. Repeat to make 4 more pancakes
7. Serve drizzled with honey and a scattering of fresh fruit

Alternative: Try using chopped apricots instead of the sultanas.

Nutrition Information per portion

254 kcals
7.6g protein
2.8g fat (0.5g saturated)
53g carbohydrate (19g sugar)
3g fibre
0.7g salt

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Total Time: 10 minutes

Serves 4

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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