



June 2012

Issue No. 285



London Marathon
(see inside for results and photos)

Sunday 24th June
Summer League

Headstone Manor 9.30am 10K

METROS ARE HOSTING

HELP NEEDED

See inside for details

Metros Diary

MAY

Sun 27 Sudbury Court 10K TROPHY RACE 11.00 am

JUNE

Sat 2 Midsummer Madness + Picnic 9.00 am

Wed 6 Committee Meeting 8.00 pm

Sun 10 Summer League, Dulwich 10.30 am

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)

Sat 23 5 Mile handicap, Roxbourne Park 8.50 am

Sun 24 Summer League, Metros 9.30 am

Mon 25 Vets Track & Field, Hillingdon 6.30 pm

JULY

Sun 1 Bushey Quarter Marathon (+ Junior Runs) 11.00 am*

Fri 6 Rackham BBQ

Sat 7 10K Challenge, Roxbourne Park 9.00 am

Sun 8 Summer League, Perivale 11.00 am

Sat 14 5 mile walk, Roxbourne Park 9.00 am

Sun 15 Wycombe Half Marathon (also 10K) 9.30 am**

Mon 16 Vets Track & Field, Battersea 6.30 pm

Sat 21 Wot No Watch 9.20 & 9.40 am

Sat 21 St Luke's Summer Fair, Kenton Grange 11.00 am

Sun 22 Summer League, Regents Park 9.30 am

AUG

Sat 4 Measured Mile, Roxbourne Park 9.20 & 9.40 am

Sat 18 5K Run, Roxbourne Park 9.15 am

Sun 19 Burnham Beeches Half TROPHY RACE 10.00 am

Sun 26 Summer League, Battersea 9.30 am

* <http://busheyquartermara.btck.co.uk/>

** <http://www.handycrossrunners.co.uk/>

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

Note from the Editors!

June is here, and there is a lot to look forward to with Metros. On 2nd June we have our Midsummer Madness and Jubilee picnic, something for all the family to enjoy. The Summer League gets under way, your chance to meet other local clubs and test your 5 mile and 10k prowess, with tenderfoot and children's races too. If you want to try your hand at throwing and jumping and are over 35, try the Vets track and field events. And of course there's Marathon Week! Whatever the weather, enjoy your running.

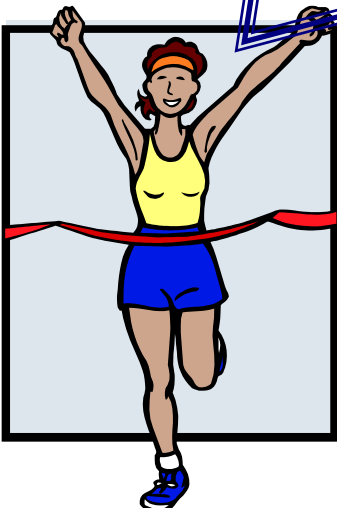
Jane and Penny Hudson



Welcome

Graham Hart, Wembley
Julie Smith, Rayners Lane
Ben Sellar-Moore, Brighton

Elected at the May meeting



Trophy Races

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, £18 affiliated, £20 non affiliated www.sportssystem.co.uk/ss/event/CabbagePatch101

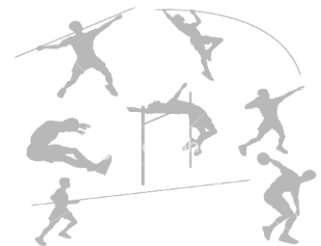
Veterans Track & Field

Monday

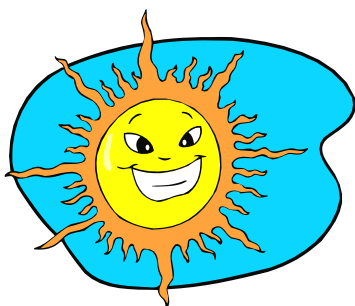
11 June – Twickenham – 6.30 pm

25 June – Hillingdon – 6.30 pm

16 July – Battersea – 6.30 pm



Please contact Pat Jackson for details – 020 8868 5683



Summer League

Sunday 10th June – Dulwich Park – 10.30 am

Dulwich Park Runners – Prizegiving after the event

Sunday 24th June – Headstone Manor Recreation Ground – 9.30 am

METROS HOSTING THIS EVENT – Contact Pat Jackson if you are able to help
020 8868 5683

Sunday 8th July, 11.00 am – Perivale – Ealing, Southall & Middx Athletic Club

Sunday 22nd July, 9.30 am – Regents Park – Mornington Chasers

Sunday 26th August, 9.30 am – Battersea Park - Serpentine

URGENT

Metros Marathon Week

So far we are at least 4 male entries and 2 female entries short to make Marathon Week worthwhile.

For anyone thinking of entering please get your entries in asap or by **31st May** at the latest.

If we still do not have enough entries by this date we will reluctantly have to cancel it.

Gill and Garry Young
g.c.young@btinternet.com

Hi Reene here,

St Luke's Hospice is holding its annual Summer Fair on 21st July 2012 at Kenton Grange. Once again I am asking for your help. Any unwanted presents, jewellery, to raise few pounds for this worthy cause will be most welcome.



There will be sandwiches & cakes etc plus welly throwing contest.

I also need wool to make blankets.

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

Please bring any donations to the scout hut on a Saturday morning by the 14th July. Thanks.



HOST FIXTURE - SUMMER LEAGUE
Sunday 24th 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 24th 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

Give it a Throw!

Armed with visions of school PE lessons I was a little unsure what to expect when I made the decision to go along to the Veterans Athletics coaching sessions at Ealing Athletics Club...

On a cold, drizzly evening we found ourselves under Bob's expert guidance. We were shown how to hold and throw a Shot Putt (if you can lift it!), throw a javelin (so much lighter than I thought!!)...and we discovered that it's quite OK to shout to your team mates to step out of the back of the circle, to avoid those 'no' throws!!

At the second session, on a beautiful clear evening (almost spring-like!!) we were taught how to throw the Discus (with our fingertips!) and had fun practising the long jump....we discovered that Kevin Smart has an amazing talent for flying through the air and he made it look so easy!!

Thanks to Marilyn for organising these sessions and her amazing enthusiasm. There may be the opportunity for more of these. Do come along!

For the last two years I have enjoyed supporting The Metros at The Veteran's Track and Field Competitions.... Helping to pin numbers on shirts and cheering the team while they have great fun running, jumping and throwing things, has made for some great summer evenings....

Supporting Pat as part of the back-up team has been great, but the frequent requests to give it a try, has started to have an effect!!

It really does look fun, and there is so much support and advice for novices....it only takes a jump or throw to gain a vital point for The Metros....so why not give it a go?....If you are over 35 and free on a few Monday Evenings in the Summer come along and try it.....Everyone is welcome (even if you can only come to one session), there is a list of events and you sign up for the ones that you would like to do, once you have tried it, you'll be hooked.....and yes, I might even give it a go myself this year!!!

Wendy Mulvenna



Dwain Chambers and David Millar

Sir Steve Redgrave said it all in his Tuesday 1st May piece in The Daily Telegraph when having heard the verdict of the Court of Arbitration for Sport. "This verdict is a dispiriting victory for the drug cheats – it is time to fight back."

Both knew when they were cheating they were simultaneously forfeiting the right ever to compete at an Olympic Games again should they be caught.

Sir Steve says that as he's got older he feels, as many of his generation who are vehemently anti-doping, that pressure should be put on The World Anti-Doping Agency and international sport to come up with a more realistic deterrent than currently exists.

In 1992 I had the wonderful experience of going to Olympia while on holiday in Cephalonia. I wandered through the archaeological site, saw the ruins of the gymnasium where the competitors did their final training and the warm-up area. The Stadium itself looked like a small disused air strip. Our guide asked if anyone would like to do the Diaulos or Two Stade Race (192.25 m x 2). I volunteered much to her amazement as no-one had ever taken up the challenge. I pounded down the track and it was amazing. Much to my delight the guide presented me with an olive branch, the prize all those worthy victors got in years gone by. I was, however, very impressed by the fact that at the ancient games the names of cheats were carved into a tablet plus the names of all their relatives. The whole family was ruined and the cheat disgraced.

Barbara Robson



MY LATEST ADVENTURE:
TEMPERATURES ROSE, PACE SLOWED, AND KENYANS WON IN
THE 116th BOSTON MARATHON

On Friday the 13th April Angela very kindly drove me to Heathrow for the first leg of my journey to the 116th Boston Marathon. I was flying to New York to meet up with Peggy, who is Edward's wife's auntie. She had volunteered to be my cheerleader for my marathon run. Before boarding my flight, I managed to have just enough time to buy Peggy a commemorative collection of loose tea in three caddies with the London Olympics themes prominently on the front, and a box of the Queen's jubilee loose tea with a gold carriage, horses, a crown, and corgis. And of course I purchased a cheeky bottle of champagne to hopefully celebrate the completion of the marathon.

Flying on Friday the 13th on a large Virgin jumbo had its advantages. It was the biggest plane I ever flew in and it was only a third full, which gave me the advantage of being able to stretch out during the flight. I had three seats all to myself. There was almost an air hostess for each passenger, which means we all got served very quickly. Although I had not managed to go to sleep, I was able to stretch out at the back of the plane and rest.

Shortly before landing, I went and freshened up and I could hardly wait to meet up with Peggy, who very kindly came to meet me at the airport. It seemed to take forever to get through immigration and customs. When I finally got to the checking point, they started to bombard me questions. I decided to produce my marathon literature with my number and, very quickly, they decided to let me go.

I was greeted with a big smile from Peggy and a hug, and we took a yellow cab to Peggy's apartment in an Art Deco building overlooking Central Park. I was totally overwhelmed by the entrance lobby which could easily accommodate a large ball. I knew that Peggy had two Siamese cats: Coco, who is very friendly, and Tigger, who is slightly more cautious. I had been told by Edward that Tigger might stay in hiding. However he obviously watched me stroking Coco and wanted a piece of the action. So it was literally love at first sight, which made me feel very happy and welcome.

I arrived feeling very tired and so we had an English cup of tea from the Queen's tin, which made us very relaxed. After I unpacked and freshened up, Peggy opened a very good bottle of wine and we had some nibbles. She had prepared the most wonderful chicken in a pot which filled the apartment with a delicious smell, making me even hungrier. We sat at her lovely dining room table chatting about our plans to travel to Boston for the marathon and keeping a beady eye on the weather forecast which just kept on getting hotter and hotter.

On the following morning we went across the street to Central Park for me to have a run around the reservoir. The trees were in full blossom and the park was full of runners, skate boarders and dog walkers. The scent was amazing. After my run, I met up with Peggy and we decided to walk around the reservoir again so I could cool down and take (lots of) photographs. Then we headed to the most amazing Conservatory Gardens. We strolled through a tunnel formed by tree branches. When the wind blew, the petals dropped like snowflakes on our heads. I was continuously clicking my camera, trying to record such a magical experience and I look forward to sharing the shots with anyone who would like to see them.

The next day we got up at 5am and took a yellow cab to the station for our four-and-a-half hour train ride to Boston. I was highly impressed to be able to board early and settle down in our seats for our journey. The weather was sunny, and because we were both tired from such an early rise, I expected that we would fall asleep. Instead we enjoyed the scenery which was superb all the way.



When we arrived, we took the free marathon bus from the station to the Expo to get my number and, of course, do a mini shopping spree. The place was very crowded and incredibly hot, but everybody seemed to be in a celebratory mood. At the same time, everyone was dreading how hard it was going to be to deal with predicted excessive heat (85°F) and wind. I was surprised to hear that the organisers had given qualifying runners the opportunity to defer to the next year if they didn't want to run under such tough conditions.

When we left the Expo we took a taxi to the hotel. Much to our surprise, our rooms were not ready although it was 5pm in the afternoon. We were not very impressed! They were going to put us on different floors, but we said we would rather wait and be at least on the same floor. After a short time we were given our keys to two very lovely rooms with king-size beds all to ourselves. What a waste!

The hotel (Holiday Inn, Beacon Hill) was in a bit of disarray as they were remodeling the lobby. By now, we were very tired and hungry and we decided to eat in the hotel. We were the first diners of the evening in the temporarily-located restaurant on the 15th floor and had a wonderful dinner with a lovely view. After dinner, we went to the lobby to see the schedule for the marathon pick-up buses and arrange three wake-up calls to make sure I didn't oversleep. Finally, I looked at my number and completed the requested information on the back. For emergency contact information, I put down Peggy's mobile number and for medical history, I decided to put down "So far, so good." ☺

I awoke at 4:30am to allow myself plenty of time to eat breakfast and decide what to wear for the run. At breakfast everyone seemed to be in shock about the prospects of having to run a marathon in such extreme conditions – now predicted to be 90°F and rising. There were even rumours that, despite the start being imminent, the organisers were talking about cancelling the race.

The bus ride from Boston Common to Hopkinton took well over an hour. It was already very hot and we were very grateful for the air conditioning. On arrival, the queue to the toilets was miles long. The only available shade was provided by two marquees – not sufficient to accommodate such a large number of runners. However, I managed to find a little corner and then went to go and get myself a bagel and a bottle of water from one of the food stands. All of a sudden, I spotted Gertrud. We hugged and were delighted to meet. She came and joined me in the marquee. We then proceeded to apply multiple layers of high-factor, waterproof suntan lotion and I got out my hat and sun glasses for the ordeal ahead. We sat around trying to distract ourselves from the rising heat, and chatting to the runners around us. Everyone was scared about how it would all pan out. We were in the last wave of starters – which meant hanging around for a long time.

Finally, the moment arrived. We walked to the starting line, deep in thought of what was ahead of us. We then had to wait a further 10 minutes, which was hard. At 10:40am, in blazing heat, we were delighted to hear the sound of the gun and we began our grueling task. I had promised Rebecca, Edward and Peggy that I would not be irresponsible and try to kill myself to get a good time, so I went at a snail's pace for the first three miles. The organisers announced through megaphones time and time again that we needed to take a drink at every mile of the race, which slowed our pace but would keep us alive. Because most runners followed their advice, much of the course was covered with used cups, paper towels, ice and water.

The marathon was incredibly well organised. There were spray tents and plenty of water and Gatorade stations, but the Gatorade was hot and disgusting, and I do not want to see another

cup of it ever again! The race took place on Patriots' Day, a public holiday in Massachusetts, so there was a real party atmosphere and the streets were lined with people. Most people who lived along the course kindly used their garden hoses to spray us to keep us cool in the hope that we could keep going. There were spectators with large bags of ice and ice buckets, giving us handfuls of ice. We would put it down our vests and under our caps. It was quite hilarious. We looked like a bunch of wet rats. Although their efforts were appreciated, we all ended up with soaked trainers, which gave us all massive blisters.

One of the highlights of my marathon was running past a group of soldiers in full uniform and boots, each carrying a 50-pound pack. They were walking in formation and occasionally overtook me. What made me so in awe of them is that although they were getting a lot of applause, they carried on with military precision to the end.

I had a great half-marathon. Because I had taken it easy, I was in quite good shape and now looking forward to run past Wellesley College. I had heard from Steve that that was quite a fun part of the marathon. I could not believe my eyes. Beautiful American girls in low-cut t-shirts were hanging over the barriers with placards: "Kiss me, I'm hot"; "I'm not a virgin."; "Don't miss your opportunity."; "We love the British." Much to my amazement, a large number of guys were stopping to enjoy the opportunity.

Between mile 20 and 21, Heartbreak Hill now loomed ahead, so I had to dig deep and hopefully survive it. In fact, it was not as bad as I had heard and I seemed to get over it without any problems. For the final five miles, it was mostly downhill. I was running neck and neck next to a beautiful young American girl. I noticed that she was really struggling. We talked and I offered to hold hands to hopefully help her get to the end. At mile 24, she turned to me and said "You've got it, babe. I have given up. I have even lost the will to live." She collapsed in front of me and I waited until she was picked up by the medical team, which happened very quickly. I carried on feeling very sad for her, with tears running down my face. After composing myself, I kept thinking, "Raquel – you've just got two miles to go. You have to get to the end."

I was completely exhausted and absolutely elated to cross the finish line. It had been 5:30:39 of seriously hard graft! I had the urge to kiss the ground (like the Pope), and then decided that if I got down, I would probably not be able to get up again. I collected my medal. Looking at it, I felt proud and I thought:

"Raquel, today you ran like a Kenyan!" ☺ I needed a pit stop so I made my way to the toilets where, much to my surprise, I spotted Gertrud. She had run the marathon with no hat or sun glasses, but she was all smiles and grateful that the ordeal was over. We asked Bob, her husband, to record the great moment next to the toilets with a photograph of us



with my British flag. We had a hug to say goodbye and I proceeded to find the right bus and collect my bag, and then walk to the family greeting area where Peggy was standing with two red roses, a beaming smile, and a bag of goodies for me to refuel. We hugged and after an emotional moment, we walked until we found a taxi to take us back to the hotel.

The previous night, we had arranged to go out to dinner just around the corner from our hotel with a small group from 2:09 Events. I was dying for a large glass of Rioja. The menu was extensive, and I very quickly chose a large steak to refuel, which was delicious. Our dinner friends were all delightful and we had a good laugh. Everybody was up for a fiesta. After an excellent dinner, we decided to go across the road for our last celebratory drink in a very nice pub. By now, it was one o'clock in the morning and we all decided to take our tired bodies to

bed. Friendships were formed, addresses were exchanged, good times were had by all, and promises were made to meet up at some point in time in the future.



After the race I spent a wonderful 4 days in New York with Peggy. One of the highlights of my time there was a trip to Ground Zero, where the World Trade Centre towers used to stand. My only previous visit to New York had been to run the New York City marathon – my first ever – in November 2001. It was less than two months after the September 11th attacks and the ruins of the World Trade Centre district were still smoldering. Nearly 11 years on, the site was now a peaceful and



thought-provoking memorial. The footprints of the two towers are now pools, with running water inside and the names of the victims carved into the stone banking. The whole structure is very tactile, which encourages visitors to get close and touch the names. There is a church with tributes and memorials to the victims, and also several rows of trees ringing one pear tree on the site that somehow survived the carnage. The whole experience was very moving.

I would like to say a huge thank you to all the Metros who have helped me through the dreaded long runs to achieve this marathon. A huge thank you to Edward and Rebecca for their unfailing support of my marathon running. And a very big hug and thank you to Peggy for her warm hospitality and for taking time off work to accompany me to Boston and then show me round New York.

Finally – many congratulations to all of the Metros who took part in the London marathon for completing the race and posting such great times!

With lots of love and hugs to all you Metros for your support,

Raquel

P.S. According to the marathon website, 26,656 runners qualified for the 116th Boston Marathon. 4,176 did not pick up their numbers. There were 21,554 finishers. Of the 926 who didn't make it a large number were treated for heat exhaustion.



England Athletics, UKA and the other home country governing bodies are alert to our responsibilities to all participants in athletics in respect of all aspects of health and safety. One particular area that young athletes and their parents must be aware of is the risk of cardiac problems.

There have been instances of young athletes suffering potentially fatal heart conditions without being aware that they are at risk.

England Athletics would like to make you aware of a piece of work that has been undertaken by UKA. UKA has worked with Cardiac Risk in the Young (CRY) for several years, providing a screening service to athletes on the World Class Performance Programme. UKA and CRY are now seeking to encourage more athletes to use CRY's screening service to help to identify any cardiac problems that may be otherwise hidden.

CRY is a charity that was established to raise awareness of conditions that can lead to the sudden cardiac death of young people. They operate a screening programme at a number of clinics around the UK and support this with mobile units that travel to other locations.

Full information about CRY and their services can be found on their website at www.c-r-y.org.uk. Young people between the age of 14 and 35 who would like to have cardiac testing can go to www.testmyheart.org.

You can also see www.uka.org.uk/governance/health-safety/cardiac-screening-for-athletes/ for information on work being done by UKA in this area.



*Carol
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Marathon No.1, 22nd April 2012

An Unforgettable Marathon

by Anne Ambrose



After years of entering the London Marathon ballot and being unsuccessful, I was surprised when the “You’re In” letter and Magazine popped through my letterbox last October.

I was excited but also daunted at the prospect of all the training, but luckily being a member of Metros I have had a great support network. I would like to thank Jane Hudson for organising the long Sunday runs for spring marathoners and all the other Metros that have given me help and advice over the last four months.

Although I felt quite nervous in the weeks building up to the Marathon the big day arrived and I was looking forward to it and felt quite confident and relaxed as I had done all the training and had, luckily, so far been injury free.

Friends and family who have previously competed in the event had told me about the atmosphere and how it is a race like no other. But it really has to be experienced to be believed. The thing that struck me most was the noise of the crowd. There were thousands of supporters lining every mile of the course and they were shouting encouragement all the way; especially if you had your name printed on your shirt, or were in fancy dress.

I actually felt like I was part of some gladiatorial spectacle.

It was all going very well and I was enjoying myself when at around 17 miles I started to get muscle spasms in my back. At that point I knew I had to keep going as there would be Metros supporters at around mile 18. The spasms got progressively worse and eventually I could not stand straight and people in the crowd were shouting at me to straighten up.

After 20 miles I could not run any further and walked the rest of the way, but I had come too far to give up.

A couple of physiotherapists, at the St. John’s Ambulance station at 24 miles saw that I was having problems and gave me some treatment which eased the spasms temporarily.

In the last mile at Birdcage Walk, a man in a green telephone costume running for the Samaritans seeing my predicament offered his help and literally dragged me through the last few hundred yards. He was holding my hand so tightly, that some wit in the crowd asked if we had just got engaged. He truly was my good Samaritan.

With 200 yards to go, I suggested to my Samaritan- Dave- that we try to jog across the finish line, but it was impossible. I think that the heavy costume had taken its toll on Dave.....

I eventually crossed the finish line in 6:22:18 and was put into a wheelchair and taken to the St. John's Ambulance medical station. The triage nurse thought that I needed sugar and water and although this is probably the remedy for the majority of competitors, I had consumed so much sugar on the course from sweets, gels and Lucozade, I declined and opted for more physio. Thankfully, I have now fully recovered and able to stand up straight.

Even though I was disappointed with the way I had to finish the race; it was a fantastic day and, I will definitely do it again so that next time I can run across the finish line.

Also, next time I think I will have to run for the Samaritans and St. John's Ambulance after all the help they gave me. The camaraderie of my fellow competitors and the support of the crowd really got me through the day.

The race was also an opportunity for me to raise money for the Seve Ballesteros Foundation <http://www.seveballesterosfoundation.org/uk> which researches into better treatments for brain cancer. If you would like to donate please see link to my fundraising page <http://myprojects.cancerresearchuk.org/fundraise/fundraising-pages/anne>

Many thanks for your support.

Anne



Achievements

Well done to ...

Judy Rackham for a PB at Maidenhead 10.



Louise Pearson, Anne Ambrose, Pritesh Patel, Mitesh Patel, Celia Brown and Jen Green for running their first marathons.

Emma Rogan for a negative split in London Marathon

Irene Paull for a 5K PB of 27:43



Steve Alder and **Gladys de Groot** for persevering on the Sunday training runs to run further than ever before.

Penny Hudson for a PB in the measured mile (by 1 sec!)

Annie Kemp for competing in a 10 mile race, her greatest distance so far.



Tom Alder for being 1st Junior Man at Marlow 5 in a great time of 33:04

Jane Hudson, Linda Gaitskell and Steve Alder for a PB at Marlow 5



Kevin Watson for a PB at Halstead & Essex Marathon

Results

Wot No Watch – 21st April 2012

	Predicted	Actual	Difference
Penny Hudson	08:45	08:45	+0.24s
Peter Rackham	05:45	05:45	+0.29s
Kevin Smart	05:50	05:52	2s
Andy Fox	06:10	05:57	-13s
Steve Paull	06:15	05:59	-16s
Mark Mulvenna	06:20	06:18	-2s
Simon Abery	06:30	06:40	10s
Guy Bostock	08:11	06:46	-1m 25s
Akbar Hussein	07:35	06:50	-45s
Kirit Ranpura	07:00	06:52	-8s
Mike Ransome	07:35	07:22	-13s
Julia Allen	07:32	07:25	-7s
Donna Warren	08:00	07:28	-32s
Jackie Bowles	07:30	07:28	-2s
Jason Bowles	09:20	07:41	-1m 39s
Judy Rackham	07:51	07:45	-6s
Christopher Hudson	07:40	07:46	6s
John Gorton	09:00	07:47	-1m 13s
Jane Hudson	07:41	07:51	10s
Karen Collier	08:10	07:51	-19s
Irene Paull	08:10	07:57	-13s
Galloway Manning	10:00	08:13	-1m 47s
Errol Clarke	08:00	08:15	15s
Steve Paull	08:01	08:28	27s
Dharmini Chikhliwala	08:30	08:32	2s
Marilyn Pickford	08:45	08:38	-7s
Devi Grewal	08:00	08:44	44s
Kath Donaldson	08:59	08:45	-14s
Penny Rawlins	09:07	08:48	-19s
Ellen Mulvenna	08:50	09:14	24s
Steph White	09:00	09:15	15s
Deborah Gordon	09:05	09:33	28s
Janice Newman	09:05	09:33	28s
Eilish Fernandez	09:50	09:47	-3s
Gladys de Groot	09:30	10:04	34s
Dave Brown	09:30	10:06	36s
Gareth Hughes	09:50	10:09	19s
Debbie Moynihan	10:00	10:10	10s
Julie Smith	08:50	10:37	1m 47s

Hemma Thakur	09:00	10:43	1m 43s
Preeti Khakharia	09:30	11:08	1m 38s
Anne Leigh	10:55	11:14	19s
Wendy Mulvenna	10:45	11:22	37s
Alison Angelides	11:46	11:56	10s
Sue Davie	11:46	11:56	10s

Another larger turnout with 48 runners completing the Wot no Watch in April. Apologies to anyone in the first race but I have just acquired a new stopwatch and managed to start the race in 'countdown' mode. By the time I had realised the mistake I thought 25 seconds had elapsed but from speaking to someone after the event who had timed themselves 34 seconds had elapsed, so the handwritten times in the scout hall were incorrect by 9 seconds. (The second race was timed correctly.)

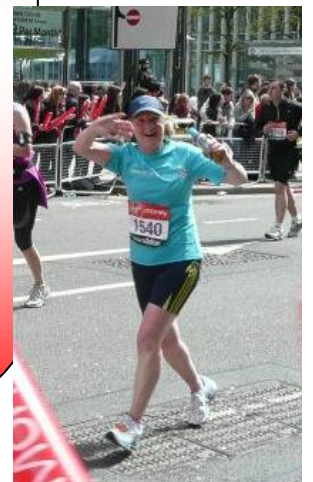
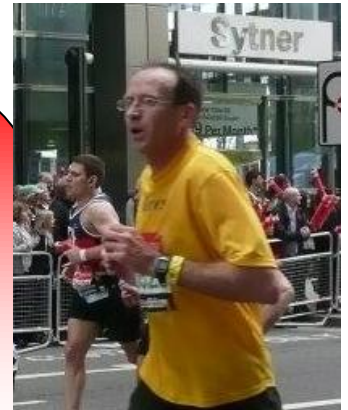
Well done to Peter Rackham and Penny Hudson who were within 0.3s of their predicted time and to the other 6 runners within 3 seconds.

Two small pleas to help the timekeepers for this event: 1) when there are a large number of runners taking part we have started using numbered sticks to record positions. Please remember to give them back after the event otherwise the set becomes useless for the next time the event is run (unless of course I eat an ice-lolly in the meanwhile and remember to save the stick!) and 2) if you want to jog round but don't want your time recorded that is fine, but please don't then cross the finish line on the footpath. Just as you approach the line you can jog behind the tree. With so many runners and at times 3-4 people crossing the line in the space of a couple of seconds it is not always possible for both the timekeeper and the person handing out the sticks to remember who did not want to take part. If one remembers and the other does not the numbers on the stopwatch then don't correspond with those on the sticks.

The London Marathon – 22nd April 2012



1	2:04:44
Emma Rogan	1:46:29
Nathan Powell	3:26:53
John Gorton	1:33:20
Mitesh Patel	3:28:05
Jen Green	1:49:36
Pritesh Patel	3:45:45
Nawfal Al-Hadithy	1:49:27
Celia Brown	3:53:51
Mandy Beuselinck	1:50:29
Louise Pearson	3:54:38
Angela Murphy	1:56:22
Andrew Collier	3:58:27
Anne Ambrose	1:58:57
36671 finishers – last	4:04:12
	4:13:07
	5:02:14
	5:07:21
	5:17:38
	6:22:18
	8:21:14



Vienna Half Marathon – 15th April 2012

Winners - Haile Gebrselassie and Paula Radcliffe

Geraldine Gill 2:26:40
11608 finishers – last 4:43:27

Regent's Park 10K – Sunday 6th May 2012

1. 33.58
80. Pritesh Patel 42:52
484 finishers

Nightrun, Horst, Netherlands – 28th April 2012

5k
Irene Paull 27.43 PB
10k
Steve Paull 40.59 2nd V50

Halstead & Essex Marathon 13th May

1st 2:35:38
8th Kevin Watson 2:58:42 (PB)
462 Harry Vekria 4:36:02
610 finishers

Watford 10K – Bluebell Run – 7th May 2012

1		34:12
23	Nathan Powell	40:08
108	Pritesh Patel	44:57
127	John Gorton	45:49
303	Gordon Valentine	51:11
342	Andrew Collier	52:27
443	Judy Rackham	54:58
548	Matthew Daniel	57:09
580	Julia Allen	57:37
623	Sarah Westwood	58:40
919	Sandra Young	69:28
920	Penny Rawlins	69:34
1036 finishers – last		2:04:23



Measured Mile Saturday 5 May 2012

Pritesh Patel	6.06	Karen Collier	8.24
Mark Mulvenna	6.14	Marilyn Pickford	8.30
Andrew Collier	6.27	Penny Hudson	8.41
Gordon Valentine	6.40	Janice Newman +	8.48
Simon Abery	6.42	Carole Wells	
Guy Bostock	6.46	Denise Souster	8.49
Dave Young	7.03	Ellen Mulvenna	8.55
Donna Warren	7.05	Mark Mulvenna	8.57
Jane Hudson	7.07	Steph White	8.58
Bob Manning	7.07	Deborah Norman	8.59
Jerome De Groot	7.16	Anne Ambrose	9.00
Eleanor Murray	7.21	Jenny Scammells	9.08
Mike Ransome	7.22	Julie Smith	9.15
Jackie Bowles	7.24	Dave Brown	9.26
Jason Bowles	7.34	Raquel Russell Ponte	9.29
Judy Rackham	7.39	Aaron Rawlins	9.33
Irene Paull	7.43	Debbie Moynihan	9.36
Steve Paull	7.45	Maria Bostock	9.42
Louise Pearson	7.57	Gladys De Groot	9.51
Ceri Jacob	8.00	Debbie Lewis	9.55
Steve Alder	8.01	Sue Davie	10.15
Al Scoffham	8.04	Anne Leigh	11.13
Sarah Westwood	8.08	Wendy Mulvenna	11.14
Errol Clarke	8.11	Preeti Khakharia	11.19
Sandra Young	8.12	Barbara Robson	13.12

A very good turnout today with 50 runners taking part and several impressive and improved times. Just keep up the training to run even faster in the next mile in August, there will be competition for the trophy this year!

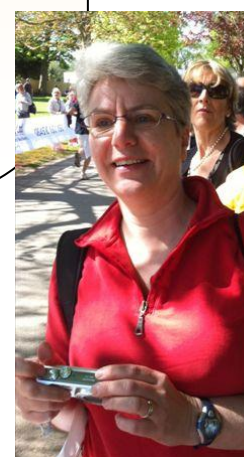
Angela and Teresa.

Many thanks to Henry for handing out the lolly sticks.

Marlow 5 – 13th May 2012



1		24:42
93	Tom Alder	33:04 1 st Jnr Man
95	Steve Paull	33:08
138	Pritesh Patel	34:45
201	John Gorton	36:28
266	Mark Mulvenna	37:00 Sudbury Court
326	Gordon Valentine	38:49
361	Kirit Ranpura	39:40
364	Adam Leary	39:41
369	Jane Hudson	39:55
475	Jackie Cope	41:18
491	Glyn Watkins	40:59
497	Ruth Tidder	41:04
514	Dave Swan	42:32
614	Marion Rogan	44:13
634	Sarah Westwood	45:07
645	Carole Wells	45:17
746	Irene Paull	46:16
871	Steve Alder	48:34
1027	Linda Gaitskell	51:28
1028	Mandy Beuselinck	51:28
1117	Sue Davie	54:50
1126	Penny Hudson	55:19
1170	Ellen Mulvenna	58:52 Sudbury Court
1231	finishers – last	77:49



VETS TRACK & FIELD LEAGUE

Battersea 14th May 2012

Name	Event	Time		Name	Event	Time
Mike	100m	14.8		Pat	Shot	3.37m
Ransome	400m	74.5		Jackson	Discus	7.94m
	2000m walk	13.24.2				
	High Jump	1.10m		Marilyn	100m	18.5
	Long Jump	3.17m		Pickford	400m	100.8
					Long Jump	2.43m
Gladys de	100m	19.8			Shot	4.73m
Groot	2000m walk	15.16.9			Discus	11.74m

Next fixtures: Monday 11 June – St Mary's Twickenham
 25 June – Hillingdon (Uxbridge)
 16 July – Battersea

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.

The donation made in memory of Thomas Birch to the Cystic Fibrosis Trust was £145 from the club and individual members.

Here is part of the recent thank you letter that I received from the Cystic Fibrosis trust:

“Thank you for your donation of £145.00 to the Cystic Fibrosis Trust made in memory of Thomas Birch.

Gifts in memory of loved ones are particularly appreciated by everyone at the Trust and we feel honoured to receive them.

We hope that our ongoing work for those with Cystic Fibrosis will be a fitting tribute to the memory of Thomas.

Please pass on our thanks to all those who contributed from the Metros Running Club.”

Marilyn

Runners' Recipes

Picnic Tortilla

Ingredients

- 4 tbsp olive oil
- 1 onion , thinly sliced
- 350g new potatoes , sliced
- 4 rashers rindless smoked back bacon , chopped (for a vege version use cougettes, red & yellow peppers, peas)
- 6 large eggs
- 85g mature cheddar , grated

Method

- Heat the olive oil in a small non-stick frying pan, add the onion and potatoes and fry for 8 minutes, turning the veg frequently until tender but not browned. Add the bacon and fry for a further 2-3 minutes. Meanwhile, beat the eggs in a large bowl with plenty of salt and pepper. Stir in the cheese.
- Remove the potato mixture with a slotted spoon and stir into the eggs. Reserve most of the excess oil, leaving a little in the pan. Pour in the egg mixture and leave to cook undisturbed over a gentle heat for 8 minutes until firmly set underneath but not set on top.
- Invert the tortilla on to a plate and return the pan to the heat with a bit more of the reserved oil. Slide the tortilla back into the pan, uncooked side down, and cook for 5 minutes until set all through. Pack for a picnic or serve in wedges with salad and bread for an easy supper.

Recipe from Good Food magazine July 2003.



NOTES OF METROS COMMITTEE MEETING

Wednesday 2 May 2012, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Mandy Beuselinck, Penny Hudson, Pat Jackson, Ann Marsden, Marilyn Pickford, Mike Ransome, Barbara Robson, Al and Jane Scoffham.

APOLOGIES: Steve Paull

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 – 4 April

Track & Field Coaching – Marilyn was thanked for organising two coaching sessions on basic throwing techniques at Perivale Park Track. She will write a report on the sessions for Metrolines. **ACTION:** Marilyn Pickford

Metros Facebook Page – Mandy confirmed 35 have joined.

ITEM CLOSED

Donation to Cystic Fibrosis – Marilyn confirmed that the thank you letter from the society will appear in Metrolines.

ITEM CLOSED

Lowlands Tennis Club – Mandy confirmed that Kevin Smart has added the necessary links to the Metros web site.

ITEM CLOSED

Cross Country Entries Co-ordinator –The advertisement for the position previously held by Al has appeared in Metrolines but, as yet, no-one has volunteered.

Metros Barn Dance – There is support for this and Penny will talk further with David Young and add a note in Metrolines requesting a co-ordinator.

ACTION: Penny Hudson

REPORTS OF OFFICERS

Hon. Chairman –Jane had nothing to report.

Hon. Vice Chairman – Mike had nothing to report.

Hon. Secretary – Al confirmed that the club fee to England Athletics had been paid. He stated that Metros competing members forms were still arriving and he will update the EA web site at the end of May.

He confirmed that the notice of the AGM on 18th May had been displayed on Saturday and Tuesday sessions.

Hon. Treasurer –Mike was thanked for preparing and distributing details of the Metros income and expenditure account for the AGM.

Hon. Membership Secretary – Ann confirmed there were three applications and the following were approved: Graham Hart, Wembley; Ben Sellar-Moore, Brighton; Julie Smith, Rayners Lane. Ann also stated that Metros membership is at a record level.

REPORTS OF CO-ORDINATORS

Scout Hall – Barbara stated that there had been a complaint regarding Metros use of the temporary kitchen.

OTHER ITEMS

Metros Race Entry Book – Jane had suggestions on this and will discuss with Jackie Cope. **ACTION:** Jane Scoffham

LONDON MARATHON 2012 – Angela Murphy reported long queues for toilets at the blue start. However, Mandy confirmed that the situation at the red start was OK. Barbara will check with other Metros runners.

ACTION: Barbara Robson

AGM – Jane thanked the present committee and stated that all had been nominated for the coming year. She also confirmed that, as yet, no new nominations had been received.

Meeting closed 8.43 pm

Metros AGM: Friday 18 May, Lowlands Tennis Club, 8.00pm

Date of Next 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

A big thank you to everyone who sponsored me for The Sport Relief Mile on 25th March. I beat my Dad easily and even did an extra lap for fun!

I have raised a fantastic total of £425.01 for Sport Relief. The Sport Relief total stands at £52,070,587 ... and counting!! Thanks again for your generosity.

Love, Christopher xx



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