



July 2011

Issue No. 275



2010 Summer League Winners

# *Metros Diary*

## JULY

|        |                                    |                |
|--------|------------------------------------|----------------|
| 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        | 11.00 am       |
| Sat 16 | Wot No Watch, Roxbourne Park       | 9.20 & 9.40 am |
| Sun 17 | High Wycombe Half or 10K           | 9.30 am***     |
| Mon 18 | Vets T&F – Twickenham              | 6.30 pm        |
| Sun 24 | Summer League – Regents Park 10K   | 9.30 am        |
| 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    | 9.30 am        |
| Sat 20 | 5K Run, Roxbourne Park               | 9.15 am        |
| Sun 21 | Burnham Beeches Half Marathon TROPHY | 10 am*         |
| Sun 28 | Englefield Run 10K TARGET            | 11 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/TARGET     | 3.00 pm*       |
| Wed 28 | Committee Meeting               | 8.00 pm        |

## OCT

|        |                               |                |
|--------|-------------------------------|----------------|
| Sat 1  | BJ Fun Run, Roxbourne Park    | 9.00 am        |
| Sat 8  | 10K Challenge, Roxbourne Park | 9.00 am        |
| Sat 8  | 5 mile walk, Roxbourne Park   | 9.00 am        |
| Sat 15 | Wot No Watch, Roxbourne Park  | 9.20 & 9.40 am |
| Sun 16 | Cabbage Patch 10 mile TROPHY  | 10 am*         |
| Wed 26 | Committee Meeting             | 8.00 pm        |

\* See inside for details

\*\*\* <http://www.handycrossrunners.co.uk/Wycombe.html>

**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!*

Hope you've been enjoying the Summer League and Track & Field events so far – thanks to everyone who has sent us photos. See pages 7 & 8 for a selection of Steve's photos from Midsummer Madness – we hope to have a report for you next month. We will also have the results from Metros home summer league fixture – see Pat's article on page 10. Keep your reports and photos coming in – we'd also love to see some more recipes from you!

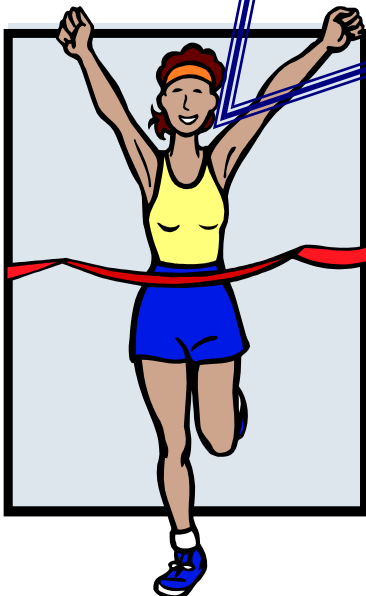
*Jane and Penny Hudson*



## **Welcome to Metros**

Navdeep Dhillon, Harrow  
Dharmini Chikhliwala, Pinner  
Freya Ball, Ruislip  
Charlotte van Ittersum, Harrow  
Wendy Mulvenna, Harrow  
Celia Brown, Harrow

Elected at the June meeting



## MEMBERSHIP SUBSCRIPTIONS

Membership subscriptions for the year commencing 1st September 2011 are due in August

This year membership fees again remain unchanged at £15 for adults and £1 for under 18s. There is a reduced rate of £5 for students in full time education who are between 18 – 21 years.

It is possible to arrange to pay your membership fee by standing order. If you would like to do this, please return the standing order form to me by August 5th at the latest. See separate document, or see me for a form.

If there are any alterations to the details on file regarding your membership, i.e. change in 1st claim status, 2nd claim membership of other clubs, address and 'phone number, and e-mail address, please let me know. Please provide mobile telephone number if you want it included on the database.

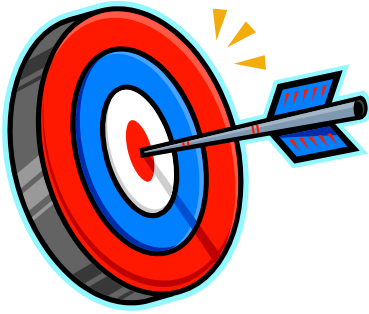
*Ann Marsden*  
Honorary Membership Secretary

## Round Norfolk Relay – 17<sup>th</sup>/18<sup>th</sup> September

Still places available – if you are interested contact Al Scoffham on 01895 270245.

[www.roundnorfolkrelay.com](http://www.roundnorfolkrelay.com)

# *Target Races*



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

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

Englefield Run 10K – 28<sup>th</sup> August 11.00 am  
[www.englefieldrun.info/](http://www.englefieldrun.info/) - £10, £12 on day

Moor Park 10K – See below for details

# *Trophy Races*

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

Moor Park 10K – Sunday 25<sup>th</sup> September 2011, 3pm  
[www.moorpark10k.org.uk](http://www.moorpark10k.org.uk) - entry £12. On day +£2  
(Junior Fun Runs £6 – start 12noon)

Cabbage Patch 10 – Sunday 16<sup>th</sup> October 2011, 10am  
[www.cabbagepatch10.com](http://www.cabbagepatch10.com) – entry £17 affiliated, £19 non.



# *Summer League*

**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.

A quick one from me this time :)

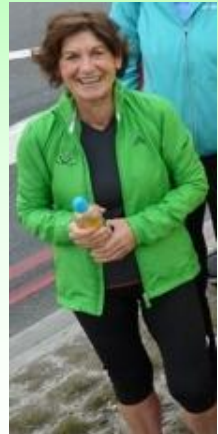
Along with a number of Metros runners I took part in this year's London Marathon. I had a great day, finishing in 4:39:04 - a good 10+ minutes off my previous personal best.

Top memories of the day for me include: an excited ride into town on a buzzing Metros minibus (thanks very much to Al for organising - it was so much better than fighting our way in on public transport); celebrity spotting with Gertrud at the Green Start; and my tattered old Prague Marathon 2005 sun visor (which did a great job keeping the sun off when it broke through early in the race).

The support, as always, was fantastic and helped me keep going through a wobbly spot around 21 miles.

As most of you will know I can't always find my way out of a paper bag, so a huge thank you as well to Jane and Judy for mapping and then keeping me company on the long training runs.

*Raquel x*



The organiser of **The Stevenage Half Marathon** on 6th November 2011 are giving free entries for Senior Citizens (Men 65, Women 60)

Send details of Name / Address/ Telephone Number / Date of birth / Affiliated Club to:

[entries@fvspartans.org.uk](mailto:entries@fvspartans.org.uk) (e-mail heading Senior Citizen Entry)

*Gertrud*

# *Midsummer Madness*





## **SUMMER LEAGUE 2010**

### **LEAGUE AWARDS TO Metros RUNNERS**

The following received awards in their age group – best three scores for the main race to count, best in the Tenderfoot regardless of number of events run:

#### **Main Race**

|                   |                                                                  |
|-------------------|------------------------------------------------------------------|
| <b>MEN 45-49</b>  | 1 <sup>st</sup> Nigel Rackham<br>2 <sup>nd</sup> Richard Francis |
| <b>MEN 55-59</b>  | 1 <sup>st</sup> Steve Paull                                      |
| <b>MEN 60-64</b>  | 1 <sup>st</sup> Terry Burke<br>3 <sup>rd</sup> Peter Jose        |
| <b>MEN 70-74</b>  | 1 <sup>st</sup> Chris Roome                                      |
| <b>LADIES 60+</b> | 1 <sup>st</sup> Gertrud Porter                                   |

#### **Tenderfoot**

|                          |                                  |
|--------------------------|----------------------------------|
| <b>BOYS Y1-15 YEARS</b>  | 1 <sup>st</sup> Tom Alder        |
| <b>BOYS Y2-14 YEARS</b>  | 1 <sup>st</sup> Jonathon Collier |
| <b>BOYS Y3-13 YEARS</b>  | 1 <sup>st</sup> James Francis    |
| <b>BOYS Y4-12 YEARS</b>  | 3 <sup>rd</sup> Bradley Wood     |
| <b>GIRLS Y4-12 YEARS</b> | 2 <sup>nd</sup> Emma Collier     |
| <b>GIRLS Y6-10 YEARS</b> | 2 <sup>nd</sup> Lucy Wood        |



## **SUMMER LEAGUE METROS HOST FIXTURE 26 June 2011**



We had the usual warm, sunny weather for our host fixture of the Summer League. The trains were running which ensured a good turnout of other club members and there was only one small set of road works on the route.

Many compliments were forthcoming to Metros even from a dog walker the following day who complimented us on how clean we had left the site area. The Metros gazebo provided excellent cover for the mouth-watering spread of food which received many compliments.

A successful event only happens when many people make an effort to ensure its success. As Metros co-ordinator of the Summer League I'd like to thank all Metros members, family and friends who turned out to run, help before, during and after the runs and provide the fantastic refreshments. As help was needed in various areas, it was always forthcoming and I'm sorry that I wasn't able to personally thank all involved, too many to list here.

The areas where help is needed is long: from arranging the park hire and cricket pavilion toilets; loading race items from our shed; buying, bringing and distributing the bottled water; marking the 10k, Tenderfoot and relay courses; setting up the gazebo and finish funnel; donating and supervising the refreshments; marshalling; recording Metros runners and their finishing positions; recording overall finishing times of runners in all events; distributing raffle tickets to finishers; manning the water station; giving first aid; organising and timing Metros relay teams; clearing the site (including taking rubbish home); returning race items to the shed.

**To all who helped THANK YOU.**

Pat Jackson  
Metros Co-ordinator for the Summer League



# *Results*

## Regent's Park 10K – 5<sup>th</sup> June 2011

|                 |         |
|-----------------|---------|
| 1 <sup>st</sup> | 33.05   |
| Pritesh Patel   | 43.30   |
| 655             | 1.37.36 |

## South Downs Marathon (point to point trail run) – 11<sup>th</sup> June 2011

Raquel and I slogged round the South Downs Marathon last Saturday. Here are our efforts:

| Position | Name                | Time    | Point 1 | Point 2 | Point 3 | Point 4 |
|----------|---------------------|---------|---------|---------|---------|---------|
| 1        |                     | 2.52.34 |         |         |         |         |
| 419      | John Gorton         | 4.41.33 | 1.09.34 | 0.48.09 | 1.27.02 | 1.17.00 |
| 584      | Raquel Russel Ponte | 5.55.07 | 1.33.38 | 1.04.44 |         |         |
| 603      | finishers           |         |         |         |         |         |

## Chiltern Chase 10K – 12<sup>th</sup> June 2011

|     |                |         |
|-----|----------------|---------|
| 347 | Carole Wells   | 0:57:37 |
| 387 | Sarah Westwood | 1:00:46 |

## St Albans Half Marathon – 12<sup>th</sup> June 2011

|      |                  |         | Half way split time |
|------|------------------|---------|---------------------|
| 54   | Nathan Powell    | 1:26:54 | 0:44:18             |
| 368  | Pritesh Patel    | 1:40:52 | 0:52:40             |
| 1210 | Ruth Tidder      | 2:00:52 | 1:00:40             |
| 1250 | Mandy Beuselinck | 2:02:12 | 1:00:35             |
| 1251 | Peter Beuselinck | 2:02:12 | 1:00:22             |
| 1261 | Jane Hudson      | 2:02:36 | 1:00:40             |
| 1783 | Sue Davie        | 2:23:34 | 1:11:34             |
| 1924 | Penny Hudson     | 2:56:25 | 1:22:45             |



# Summer League – Dulwich 5<sup>th</sup> June 2011

| MEN 10km |                | Time  | Cat | Points | Bonus Pts | Total |
|----------|----------------|-------|-----|--------|-----------|-------|
| 52       | Steve Paull    | 42.09 | 5   | 249    | 20        | 269   |
| 69       | Terry Burke    | 45.28 | 6   | 233    | 25        | 258   |
| 70       | Jonny Jackson  | 45.31 | 1   | 232    | 0         | 232   |
| 83       | Peter Jose     | 47.40 | 6   | 219    | 25        | 244   |
| 90       | Andrew Collier | 50.12 | 3   | 213    | 10        | 223   |
| 99       | Bob Manning    | 52.25 | 8   | 204    | 35        | 239   |
| 102      | Chris Roome    | 55.55 | 9   | 201    | 40        | 241   |

| LADIES 10km |                 | Time  | Cat | Points | Bonus Pts | Total |
|-------------|-----------------|-------|-----|--------|-----------|-------|
| 39          | Gertrud Porter  | 51.27 | 6   | 262    | 25        | 287   |
| 42          | Harriet Copland | 52.20 | 2   | 259    | 5         | 264   |
| 45          | Jane Hudson     | 53.25 | 4   | 256    | 15        | 271   |
| 70          | Irene Paull     | 73.13 | 4   | 231    | 15        | 246   |
| 71          | Penny Hudson    | 73.18 | 4   | 230    | 15        | 245   |

| TENDERFOOT Boys |                    | Time | Cat | Points | Bonus Pts | Total |
|-----------------|--------------------|------|-----|--------|-----------|-------|
| 1               | James Francis      | 5.47 | Y2  | 100    | 2         | 102   |
| 4               | Christopher Hudson | 7.36 | Y9  | 97     | 16        | 113   |

(Timed by J. Francis)

## RELAYS - (All relay results are before any weighting for age)

| A Team             |               | Ladies Team     |               |
|--------------------|---------------|-----------------|---------------|
| Terry Burke        | 0m 48s        | Harriet Copland | 0m 47s        |
| James Francis      | 0m 39s        | Jane Hudson     | 0m 57s        |
| Bob Manning        | 0m 51s        | Gertrud Porter  | 0m 59s        |
| Christopher Hudson | 0m 59s        | Penny Hudson    | <u>0m 79s</u> |
| Steve Paull        | 0m 51s        |                 | 4m 03s        |
| Peter Jose         | <u>0m 52s</u> |                 |               |
|                    | 5m 00s        |                 |               |

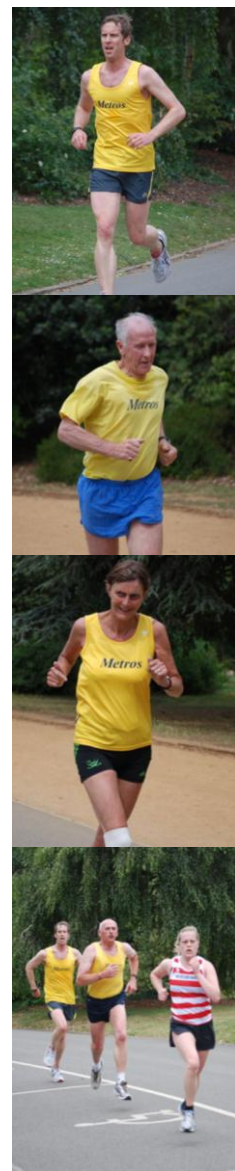
6<sup>th</sup> from 7 teams

With thanks to Irene Paull, Bronwyn Francis and Jonny Jackson for timing and recording relays.

## CLUB POSITIONS

|   |                      | Men          | Women        | Tendrf     | Relays     | Total        |
|---|----------------------|--------------|--------------|------------|------------|--------------|
| 1 | Serpentine           | 1,497        | 1,488        | 632        | 896        | 4,513        |
| 2 | Mornington Chasers   | 1,447        | 1,514        | 629        | 895        | 4,485        |
| 3 | Dulwich              | 1,379        | 1,416        | 620        | 950        | 4,365        |
| 4 | <b>Metros</b>        | <b>1,250</b> | <b>1,313</b> | <b>215</b> | <b>910</b> | <b>3,688</b> |
| 5 | Ealing S& Middx      | 1,412        | 1,119        | 108        | 510        | 3,149        |
| 6 | Queens Park Harriers | 1,406        | 1,104        | 0          | 490        | 3,000        |
| 7 | Sudbury Court        | 1,123        | 1,021        | 0          | 685        | 2,829        |
| 8 | Hayes & Harlington   | 247          | 0            | 0          | 0          | 247          |

Pat Jackson



# VETS TRACK & FIELD LEAGUE

## Battersea 6<sup>th</sup> June 2011

| Name     | Event       | Time     | Name     | Event     | Time     |
|----------|-------------|----------|----------|-----------|----------|
| Mark     | 200m        | 30.1     | Gladys   | 200m      | 44.7     |
| Mulvenna | 800m        | 3.11.60  | De Groot | Long Jump | 2.44m    |
|          | Long Jump   | 3.41m    |          | Shot      | 4.68m    |
|          | Shot        | 6.32m    |          |           |          |
|          |             |          | Ann      | 200m*     | 41.7     |
| Nigel    | 800m        | 2.24.20  | Marsden  | 800m      | 3.52.20  |
| Rackham  | 3000m       | 9.55.90  |          | 3000m     | 16.49.20 |
|          |             |          |          |           |          |
| Mike     | 200m        | 30.1     | Marilyn  | 200m      | 41.3     |
| Ransome  | 800m        | 3.06.90  | Pickford | 800m      | 4.02.70  |
|          | Triple Jump | 6.93m    |          | Hammer    | 4.33m    |
|          | Long Jump   | 3.30m    |          | Long Jump | 2.61m    |
|          |             |          |          | Shot      | 4.91m    |
| Kevin    | 200m        | 27.1     |          |           |          |
| Smart    | 800m        | 2.43.00  | Pat      | Hammer    | 8.75m    |
|          | 3000m       | 11.48.10 | Jackson  | Shot      | 2.83m    |

Relay: 4 x 100m – Mike, Mark, Nigel, Kevin – 3<sup>rd</sup> out of 5 teams

Overall this match - 4<sup>th</sup> out of 6 clubs

Overall after two matches – 5<sup>th</sup> out of 6 clubs

\*1<sup>st</sup> over 60



**VETS TRACK & FIELD LEAGUE**  
**Uxbridge 20<sup>th</sup> June 2011**

| Name     | Event       | Time    |  | Name     | Event       | Time    |
|----------|-------------|---------|--|----------|-------------|---------|
| Terry    | 1500m       | 5.49.2  |  | Gladys   | 100m        | 19.8    |
| Burke    | 2000m walk  | 12.00.4 |  | De Groot | 2000m walk  | 15.20.7 |
|          | Javelin     | 18.81m  |  |          | Discus      | 5.30m   |
|          | Discus      | 17.25m  |  |          | Javelin     | 2.85m   |
|          |             |         |  |          |             |         |
| Brian    | Javelin     | 14.52m  |  | Pat      | Discus      | 8.44m   |
| Jackson  | Discus      | 14.58m  |  | Jackson  | Javelin     | 5.18m   |
|          |             |         |  |          |             |         |
| Mark     | 100m        | 15.1    |  | Ann      | 100m*       | 19.1    |
| Mulvenna | 1500m       | 6.25.2  |  | Marsden  | 400m        | 101.00  |
|          | Triple Jump | 7.25m   |  |          | 1500m       | 8.07.6  |
|          |             |         |  |          |             |         |
| Mike     | 100m        | 14.7    |  | Marilyn  | 100m        | 18.9    |
| Ransome  | 400m        | 74.1    |  | Pickford | 400m        | 104.5   |
|          | 2000m walk  | 13.43.1 |  |          | Triple Jump | 5.32m   |
|          | High Jump   | 1.05m   |  |          | Discus*     | 11.10m* |
|          |             |         |  |          | Javelin*    | 12.34m* |

Metros team positions (6 clubs): Men - 4<sup>th</sup> Women 5<sup>th</sup>

\*1<sup>st</sup> over 60

Last fixture: Monday 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.

## Wot No Watch – 18<sup>th</sup> June 2011

| Name                   | Position | Predicted | Actual | Difference |               |
|------------------------|----------|-----------|--------|------------|---------------|
| Freya Ball             | 26       | 09:30     | 09:30  | 00:00      | over by 0.12s |
| Andrew Collier         | 7        | 06:30     | 06:30  | 00:00      | over by 0.5s  |
| Dennis Speight         | 9        | 06:45     | 06:45  | 00:00      | over by 0.76s |
| Marion Rogan           | 12       | 08:15     | 08:16  | 00:01      | over          |
| Simon Aberly           | 10       | 06:45     | 06:47  | 00:02      | over          |
| Caroline Day-Lewis     | 11       | 06:55     | 06:52  | 00:03      |               |
| Penny Hudson           | 25       | 09:30     | 09:27  | 00:03      |               |
| Sarah Westwood         | 20       | 08:35     | 08:32  | 00:03      |               |
| Deborah Norman         | 22       | 08:35     | 08:38  | 00:03      | over          |
| Eilish Fernandez       | 30       | 09:50     | 09:53  | 00:03      | over          |
| Steve Paull            | 4        | 06:05     | 06:01  | 00:04      |               |
| Julia Allen            | 18       | 07:29     | 07:33  | 00:04      | over          |
| Kath Donaldson         | 23       | 08:50     | 08:54  | 00:04      | over          |
| Nigel Rackham          | 1        | 05:00     | 05:04  | 00:04      | over          |
| Andy Fox               | 5        | 06:10     | 06:06  | 00:04      |               |
| Dave Brown             | 17       | 08:00     | 08:29  | 00:05      | over          |
| Lucy Allen             | 16       | 07:25     | 07:30  | 00:05      | over          |
| Steve Alder            | 16       | 08:20     | 08:25  | 00:05      | over          |
| Stephanie Stapleton    | 24       | 09:11     | 09:17  | 00:06      |               |
| Janice Newman          | 18       | 08:35     | 08:29  | 00:06      |               |
| Mike Ransome           | 18       | 08:35     | 08:29  | 00:06      |               |
| Charlotte van Ittersum | 11       | 08:00     | 07:51  | 00:09      |               |
| Jane Hudson            | 4        | 07:35     | 07:26  | 00:09      |               |
| Errol Clarke           | 9        | 07:40     | 07:49  | 00:09      | over          |
| Tom Alder              | 3        | 05:30     | 05:21  | 00:09      |               |
| Peter Stapleton        | 15       | 07:30     | 07:20  | 00:10      |               |
| Paul Gardner           | 14       | 06:50     | 07:01  | 00:11      | over          |
| Raquel Russel-Ponte    | 19       | 09:00     | 09:11  | 00:11      | over          |
| Jonathan Collier       | 2        | 05:25     | 05:13  | 00:12      |               |
| John Gorton            | 6        | 06:21     | 06:09  | 00:12      |               |
| Eleanor Murray         | 6        | 07:50     | 07:37  | 00:13      |               |
| Anne Leigh             | 32       | 11:30     | 11:43  | 00:13      | over          |
| Gladys de Groot        | 27       | 09:35     | 09:48  | 00:13      | over          |
| Ceri Jacob             | 8        | 08:00     | 07:46  | 00:14      |               |
| Louise Pearson         | 15       | 08:36     | 08:21  | 00:15      |               |
| Jonathan Berman        | 10       | 08:05     | 07:49  | 00:16      |               |
| Debbie Moynihan        | 28       | 09:30     | 09:48  | 00:18      | over          |

|                     |    |       |       |       |      |
|---------------------|----|-------|-------|-------|------|
| Donna Warren        | 13 | 07:19 | 06:58 | 00:21 |      |
| Navi Dhillon        | 8  | 07:00 | 06:34 | 00:26 |      |
| Karen Collier       | 7  | 08:10 | 07:43 | 00:27 |      |
| Mervyn Stuckey      | 12 | 07:21 | 06:53 | 00:28 |      |
| Rosemary Harrington | 19 | 09:00 | 08:30 | 00:30 |      |
| Steve Paull         | 3  | 07:50 | 07:16 | 00:34 |      |
| Sue Davie           | 33 | 12:47 | 12:10 | 00:37 |      |
| Olivia Gill         | 13 | 08:45 | 08:07 | 00:38 |      |
| Lily Berman         | 21 | 09:11 | 08:33 | 00:38 |      |
| Irene Paull         | 29 | 10:30 | 09:49 | 00:41 |      |
| Bob Manning         | 5  | 08:10 | 07:28 | 00:42 |      |
| Nathan Lewis        | 2  | 06:30 | 07:12 | 00:42 | over |
| Jackie Cope         | 1  | 07:55 | 07:12 | 00:43 |      |
| Wendy Mulvenna      | 34 | 13:00 | 12:11 | 00:49 |      |
| Angela Murphy       | 31 | 10:45 | 09:55 | 00:50 |      |
| Linda Gaitskill     | 31 | 10:45 | 09:55 | 00:50 |      |
| Judy Rackham        | 17 | 08:41 | 07:31 | 01:10 |      |
| Christopher Hudson  | 14 | 06:58 | 08:09 | 01:11 | over |

Well done to Freya Ball for winning the trophy this month in a close competition. With the largest turnout this year (55) two other runners (Dennis Speight and Andrew Collier) also got the seconds right and seven others were within 3 seconds. Lots of new faces this month, but still a big split with quite a few faster runners in the moderate session (36) leaving fewer runners for the more challenging session (19).

Teresa Young

## Metros - 5 Mile Handicap - 4<sup>th</sup> June 2011

|                     | Elapsed<br>Time on day | Actual<br>5 mile time | Correct<br>Handicap | Corrected<br>Elapsed<br>Time | Position | Points |
|---------------------|------------------------|-----------------------|---------------------|------------------------------|----------|--------|
| Louise Pearson      | 54:16                  | 50:16                 |                     | 54:16                        | 1        | 34     |
| Jonathan Berman     | 59:46                  | 46:46                 | 07:36               | 54:22                        | 2        | 33     |
| Judy Rackham        | 53:51                  | 43:51                 | 11:47               | 54:38                        | 3        | 32     |
| Angela Murphy       | 53:46                  | 50:01                 | 05:04               | 55:05                        | 4        | 31     |
| Geraldine Gill      | 53:43                  | 48:43                 | 08:41               | 57:24                        | 5        | 30     |
| Ruth Tidder         | 58:11                  | 43:11                 | 15:03               | 58:14                        | 6        | 29     |
| Simon Abery         | 57:47                  | 41:07                 | 17:47               | 58:54                        | 7        | 28     |
| Carole Wells        | 56:01                  | 46:01                 | 13:00               | 59:01                        | 8        | 27     |
| Peter Beuselinck    | 58:59                  | 42:19                 | 16:57               | 59:16                        | 9        | 26     |
| Nigel Rackham       | 59:09                  | 28:09                 | 31:13               | 59:24                        | 10       | 25     |
| Mike Ransome        | 55:23                  | 45:23                 | 14:28               | 59:51                        | 11       | 24     |
| Peter Stapleton     | 59:52                  | 46:52                 | 13:10               | 60:02                        | 12       | 13     |
| Mervyn Stuckey      | 60:21                  | 38:21                 |                     | 60:21                        | 13       | 12     |
| Sarah Westwood      | 58:09                  | 48:09                 | 12:25               | 60:34                        | 14       | 11     |
| John Gorton         | 59:41                  | 37:41                 | 22:55               | 60:36                        | 15       | 10     |
| Bob Manning         | 48:40                  | 43:40                 | 18:09               | 61:49                        | 16       | 9      |
| Tom Alder           | 62:01                  | 34:01                 | 28:10               | 62:11                        | 17       | 8      |
| Teresa Young        | 61:38                  | 48:38                 | 13:43               | 62:21                        | 18       | 7      |
| Dave Young          | 60:23                  | 38:23                 | 24:09               | 62:32                        | 19       | 6      |
| Kevin Eckersley     | 58:57                  | 53:57                 | 09:41               | 63:38                        | 20       | 5      |
| Paul Gardner        | 59:36                  | 49:36                 | 14:08               | 63:44                        | 21       | 4      |
| Kath Donaldson      | 54:54                  | 54:54                 | 09:13               | 64:07                        | 22       | 3      |
| Raquel Russel-Ponte | 54:26                  | 50:41                 | 13:50               | 64:31                        | 23       | 2      |
| Penny Hudson        | 62:02                  | 62:02                 | 04:36               | 66:38                        | 24       | 1      |

### Trophy Competition

Provisional leaders' scores in the trophy competition after four events.

#### Men

|             |     |
|-------------|-----|
| Steve Paull | 147 |
| John Gorton | 141 |
| Tom Alder   | 99  |
| Jan Bek     | 95  |

#### Ladies

|                     |     |
|---------------------|-----|
| Angela Murphy       | 181 |
| Jane Hudson         | 98  |
| Ruth Tidder         | 97  |
| Raquel Russel Ponte | 94  |
| Sue Davie           | 92  |
| Sarah Westwood      | 88  |

Qualification: more than 50 points.

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 8<sup>th</sup> July around 9.00pm  
Arrive early for a good view  
All Metros invited



Hi There!

Reene here, St Luke's Hospice is holding  
its Summer Fayre at Kenton Grange on  
July 9<sup>th</sup> at 11am to 3pm.



Any unwanted jewellery or unwanted presents you have for me to help  
raise a few pounds for this worthy cause will be most welcome.

There will be a selection of different stalls with something for  
everyone, including the return of our very popular **bargain book sale**  
where we'll be selling brand new books for just £1! There will also be  
Go-karting for the children, plenty of ice cream, lots of games and  
food, including cakes & sandwiches which are kindly being provided  
by our new neighbours 'Only Eggless'. The team from Nando's Harrow  
will also be making an appearance along with their Mascot, Barci.  
They will be giving out vouchers and running a balloon games stall,  
where everyone who plays wins a Nando's prize! Our local fireman will  
also be there giving tours of their fire engine and handing out goodies!

Admission is £1 with children under 12 going free.  
Come one, come all.

**Ring Reene on 8863 4262 re. bric a brac.**

## First Aid Course

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

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

Thanks,

Margaret

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

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

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

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

# *Runners' Recipes*

## **Energy Wedges**

3 small fudge finger bars  
100g/4oz butter/marg  
1 tbsp cocoa powder  
1 tbsp milk  
100g/4oz digestive biscuits, crushed  
100g/4oz chopped dried dates  
100g/4oz chopped dried peaches  
(50g/2oz "Start" cereal)

Place the fudge bars, butter, cocoa and milk into a pan and heat gently till the butter has melted. Stir in the crushed biscuits and dried fruit and mix well.

Spoon into a 7" lightly greased tin, level the surface. Allow to cool then chill to set.

(Decorate with the cereal.) Turn out and cut into wedges.



## NOTES OF METROS COMMITTEE MEETING

Wednesday 29 June 2011, Methodist Church Hall, Cannon Lane, 8.00 pm

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

**APOLOGIES:** David Swan

**CHAIR:** Jane Scoffham

**NOTE RECORDER:** Pat Jackson

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

Jane welcomed the new Committee. It was agreed to keep the meeting start time at 8.00 pm.

### **MATTERS ARISING FROM THE PREVIOUS MEETING – 27 April.**

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

**ACTION:** David Swan

**LRRC Trophies** – It seems the Ricky 9 will not be held this year. Pat had discussed with Graham Haddon, co-ordinator who had decided not to choose a replacement race this year. Steve will discuss with Graham.

**ACTION:** Steve Paull

**Metros Constitution** – Approved at the AGM.

**ITEM CLOSED**

**Competing Members** – Jane and Al have added the Metros competing members (those who have paid and returned forms) to the England Athletics web site and sent a cheque to EA. New Metros competing members will be added when necessary. It's not known when members will receive confirmation by EA via e-mail to those members whose e-mail addresses they have.

**Leadership and Coaching Courses** – It was previously understood that, if Metros had twelve interested in attending one such course, it would be cheaper but this is not the case. The courses held by England Athletics will be advertised and a training budget is available for members interested in attending a course.

**ACTION:** Jane Scoffham

**Group e-mail** – Jane has been developing a system to enable Metros members to send messages to other Metros members who had agreed to be part of the group. It has not been possible to do this without e-mail addresses being shown. Jane will investigate further and it may be necessary for participants to agree to e-mail addresses being shown if they wish to participate in the e-mail group.

**ACTION:** Jane Scoffham

Pat will also check with a group who use this system.

**ACTION:** Pat Jackson

**Marshals Bibs** – It was agreed to order 15. Jane will source a supplier.

**ACTION:** Jane Scoffham

**Metros 5k and 10k events** – Teresa has maps of each route which are available for viewing in the Scout Hall prior to the events. Printed instructions will also be available to runners and placed in the race entries book.

**ACTION:** Teresa Young

**Target Races** – Penny had discussed the August date with David Swan who had agreed the 5 mile in Englefield Green. It was agreed that the September date would be the Moor Park 10k. These will be advertised in Metrolines. **ACTION:** Jane/Penny Hudson.

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

**Nomination slips for committee members** – these were completed prior to the AGM. The list of Metros committee and Co-ordinators will appear in the July Metrolines.

**ACTION:** Pat Jackson

## **REPORTS OF OFFICERS**

**Hon. Chairman** –Jane thanked Pat and those who provided food, helped and ran in our host fixture of the Summer League.

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

**Hon. Treasurer** –Mike gave a verbal report.

**Hon. Secretary** – Al confirmed the AGM of the SEAA will be on Wed 7 September at 7.30 pm at The Cardinal, 23 Francis Street, London SW1P 1DN.

**Hon. Membership Secretary** – Six new member applications were approved:

Navdeep Dhillon, Harrow; Dharmini Chikhlwala, Pinner; Freya Ball, Ruislip; Charlotte van Ittersum, Harrow; Wendy Mulvenna, Harrow; Celia Brown, Harrow

Jane will update the Metros membership form.

**ACTION:** Jane Scoffham

Ann will order more plastic Metros membership card holders.

**ACTION:** Ann Marsden

## **REPORTS OF CO-ORDINATORS**

**Summer League** – Pat thanked those who had run and helped before, during and after the event.

Men and Women have different older age groups and Pat will raise this at the league meeting next year.

**ACTION:** Pat Jackson

**Metros Annual Fun Run** – Pat confirmed the date this year will be Saturday 1 October. Teresa and Dave Young will be asked to re-arrange the Saturday morning events to accommodate it.

**ACTION:** Dave/Teresa Young

**Presentation Evening** – it was agreed that anyone who completes all the LRRRC Trophy Races will receive an award.

**ACTION:** Pat Jackson

**Metros Kit** – it was agreed to purchase two or three waterproof clipboards depending on the cost. Jane will investigate cost.

**ACTION:** Jane Scoffham/Pat Jackson

## **ANY OTHER BUSINESS**

**Harrow People Magazine** – Metros may be listed in the next edition.

**Moor Park 10k** – This year is the 10<sup>th</sup> anniversary and the organiser has contacted Ann as she is one of only three runners who have completed all. The Uxbridge Gazette are covering the story.

**Round Norfolk Relay** – A meeting of participating runners will be held shortly. A further advertisement will appear in Metrolines.

**ACTION:** Jane/Al Scoffham

Meeting closed at 9.11 pm

**Date of Next Committee Meeting – Wednesday 27 July 2011.**

## **DATES OF FUTURE COMMITTEE MEETINGS**

28 September

26 October

30 November

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

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

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

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

### Metros Kit

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

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

### First Aid

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

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

**Jane Scoffham: tel. 01895 270245**

### Metrolines

Contributions to: Penny and Jane Hudson

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

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

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

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

**Photocopying: Pat Jackson**

**Distribution: Ian Bocock**

### Advertising

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

Full page     £5

Half page     £3

Quarter page £2

### Coaching

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

**Jane Scoffham: tel. 01895 270245**