

etrolines

July 2012

Issue No. 286



Metros Diary

JUNE

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*
Wed 4	Committee Meeting	
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**
Wed 18	Waddesdon Manor 5k	7.30 pm***
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

SEP

Sat 1	5 Mile handicap, Roxbourne Park	8.50 am
Wed 5	Committee Meeting	8.00 pm
Sat 15	Wot No Watch	
Sat 29	33 rd Annual Metros Fun Run, The Brian Jackson Fun Run	8.45 am
Sun 30	Moor Park 10K TROPHY RACE (+ Junior Races)	3.00 pm
Sun 30	(1 st) Ealing Half Marathon	9.15 am

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

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

*** http://www.voaac.org.uk/fixtures_waddesdon5k.php

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

Note from the Editors!

As we write this a few hardy (mad?) Metros are in the middle of Marathon Week. We should have details in the next issue.

As you will have noticed we enjoy giving you a selection of photos in Metrolines, but you can see even more on the Metros Facebook page – Metros Running Club. There is a link from the Metros website www.metros.org.uk – and you don't need to be a member of Facebook to view the photos and posts. NB - If anyone would not like their photograph to be displayed please let us know.

Hoping that July sees the return of summer, and that you all enjoy your running.

Jane and Penny Hudson

MEMBERSHIP SUBSCRIPTIONS

Membership subscriptions for the year commencing 1st September 2012 are due in August

This year membership fees are £15 for individual adult members and £1 for individual under 18 membership. 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 4th 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*

Trophy Races

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 (Junior Fun runs commence at 12.00pm - £6)

Cabbage Patch 10 - Sunday 21st October 2012, 10.00 am, £18 affiliated, £20 non affiliated www.sportsystems.co.uk/ss/event/CabbagePatch101



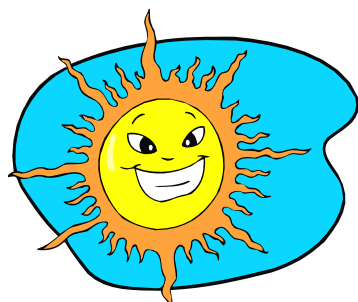
Veterans Track & Field

Monday

25 June – Hillingdon – 6.30 pm

16 July – Battersea – 6.30 pm

Please contact Pat Jackson for details – 020 8868 5683



Summer League

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

The **Thames Valley Cross Country** fixture list has been put together and is as follows:

11/11/12 Datchet
25/11/12 Sandhurst
09/12/12 Handy Cross
16/12/12 Metros
23/12/12 Reading
06/01/13 Tadley
20/01/13 Bracknell
03/02/13 Finchcoasters



Metros T-SHIRTS FOR CHILDREN

If you have any child's Metros T-shirts which are outgrown and no longer being used, would you please give them to me to be passed on.

Thank you.

Pat Jackson 020 8868 5683.



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.

The 33rd ANNUAL Metros FUN RUN

The Brian Jackson FUN RUN

Saturday 29th September, Roxbourne Park from 8.45 am

This is the longest established Metros event and the club evolved from this event. It was originally designed as a warm-up for the National Fun Run, but it soon became an event in its own right. It is named in honour of Brian Jackson, the founder of the event and, for many years, the organiser.

Although this is a fun run, the course has been reasonably accurately measured and times will be recorded. The event will follow the same format as previous years and, as usual, it will incorporate the BJ Challenge, which is to run all three main races – Ladies 4km, Men's 4km, plus 2km - a total distance of 10km. For those who prefer to walk there is the 2km Bus Pass Challenge walk, open to all ages.

The Distances	7 years & under = 500m Under 11 = 2km Over 11 = 4km	
The Surface	Parkland (almost all grass)	
The Place	Roxbourne Park, Cannon Lane South, Pinner.	
The time:	8.45 am Registration. Age as on race day.	
The Programme:	(*denotes BJ Challenge events)	
*9.15 am 4km	Ladies age groups 15-34, 35-44, 45-54, 55+ Girls, Boys 11-14.	
*9.45 am 4km	Men age groups: 15-39, 40-49, 50+, 60+	
*10.15 am 2km	Girls, Boys 8-10 plus over 10s who wish to run 2km as well as, or instead of, the 4km, and incorporates the Duathlon.	
Followed by		
500m	7 and under	
2km	Bus Pass Challenge Walk	
Refreshments:	In the Scout Hall after the above events.	
Presentations:	In the Scout Hall as soon as possible after the events	
Fee	£1 for one or two races, aged 18 or over on the day	
	£2 BJ Challenge, aged 18 or over on the day	
	Free Under 18's and Bus Pass Challenge Walk	

Medals will be awarded to the first three boys and girls aged 8-10 and 11-14 years.

Plaques, to be held for one year, will be awarded to the leading men and women in various age groups in the BJ Challenge (aggregate time over all three main races).

There are also plaques, again to be held for a year for:

- 1 The fastest man and woman of any age over the 2k course
 - 2 The fastest man and woman runner (both 60+) over the 2km course.
 - 3 The fastest 60+ man and woman walker over the 2km course (in the Bus Pass Challenge Walk).
 - 4 The Duathlon award for the combined fastest 60+ man and woman runner in the 2km race and walker in the 2km Bus Pass Challenge Walk.
- The Duathlon (like the Bus Pass Challenge Walk) is open to all but the awards are for the 60+.

The TWO most important things to note are:

1. ALL AGES AND ABILITIES ARE WELCOME
2. YOU DO NOT HAVE TO BE A MEMBER OF *Metros* TO ENTER, SO BRING ALL YOUR FRIENDS, FAMILY, NEIGHBOURS ETC

**If you'd like to know more, or can offer to help,
please contact Pat Jackson on 020 8868 5683**

Dutch Courage

By Steve Paull

Two friends of ours, Ray and Tref, do duathlons (run,bike, run). They got selected to compete for GB in the European Championships at Horst in The Netherlands this spring. It's over the right hand side of the country, near Germany and Maastricht.

It seemed to us like a good excuse for a weekend away, so we went out there as supporters to our chums.

As they were registering we had a look at the programme of events- there were 10 and 5k evening races on the day before the duathlons.

My eyes lit up, Irene gave me a knowing look.

In a resigned sort of voice she said "Go and see if you can enter. You know you want to."

I could, and in the end Irene entered the shorter race too.

We were only expecting to do a training run that weekend- I hadn't even brought a vest. I didn't want to race in a T shirt. Tref lent me one of his. It was way too short and a bit tight. It looked like a figure-hugging crop-top, but beggars can't be choosers, it would suffice. We had to watch our friends carb-load while we declined food until after running. It was not easy.

Irene's race was 30 minutes before mine. She was apprehensive to say the least, and started at the very back.

Her fears were groundless as she stormed round to a personal best. I ran well too- my fastest 10k for over nine years. I was second in my age group and eligible for a prize, which was presented on the upstairs back of an open topped bus. The top three stood on a podium but nobody on the ground below would have known this, such was our position.

My prize was a voucher for a chain of Netherlands running shops. They were closed for the remainder of the trip. I was unlikely to ever use it. I gave it away to the barman at our hotel.

Royal Midsummer Madness – 2nd June

About 30 Metros took part in this year's Midsummer Madness in Roxbourne Park, held on a particularly cool and dull morning. Many dressed patriotically and regally, and all enjoyed the usual crazy games plus an Olympic themed torch race (i.e. balancing a tennis ball on an upturned hooter) superbly organised by Valda and Mervyn. The finale involved blowing up an extra long balloon - for which a good pair of lungs was essential - then releasing it to see which made the most noise and travelled the furthest!

For those who participated, the official scores from Valda are:

Team 5 37 points
Team 3 30 points
Team 4 22 points
Team 2 19 points
Team 1 14 points



Being Midsummer Madness, the team with the highest score doesn't necessarily win. On this occasion, Valda noticed that the bottom team entered most into the spirit of the event and were also handicapped by having more members. The overall prize was accordingly awarded to Team 1.

Kiera and Callum Pearson won a prize for dressing up so well for the occasion, while their mother Louise shared the adult fancy dress prize with Barbara, who turned heads with her bare legs and Union Jack shorts.



The unseasonable weather forced the picnic to be held indoors, but Jane and Al did a terrific job setting up the scout hall in style and laying out the magnificent spread of food and drink.



A special visit by birthday girl Reene made the occasion even more special. As ever, she provided plenty of tea and coffee to refresh the chilled competitors.

Thanks to all who joined in the fun, but especially to Valda and Mervyn for all their efforts in organising this memorable event. For those who didn't participate, the photos on the next page show what you missed and will hopefully encourage you to join in next year's madness.





SUMMER LEAGUE 2011 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

MEN 45-49

1st Nigel Rackham

MEN 50-55

2nd Richard Francis

MEN 55-59

2nd Steve Paull

MEN 60-64

3rd Terry Burke

MEN 70-74

1st Bob Manning

MEN 75+

1st Chris Roome

LADIES 60-64

2nd Gertrud Porter

3rd Gladys de Groot

LADIES 65-69

2nd Ann Marsden

3rd Raquel Russel Ponte



Tenderfoot

BOYS Y1-15 YEARS

1st Jonathon Collier

BOYS Y2-14 YEARS

1st James Francis

BOYS Y9-8 YEARS

1st Christopher Hudson

GIRLS Y4-12 YEARS

1st Eleanor Murray



Achievements

Well done to ...

James Harrington, Tracy Tirol, Raj Varshani, Clare McCann and Hema Thakur for running Metros 5K for the first time



Jane Hudson for her first individual racing prize – 3rd Lady at Sudbury Court 10K.

Annie Kemp and Julia Allen for their first half marathon at St Albans.



Sarah Westwood for a PB at St Albans half marathon.

Jane Hudson for a PB at Dulwich Summer League 10K.

All of last year's Summer League award winners – especially **James Francis, Christopher Hudson, Stev Paull and Terry Burke** who competed in all 5 races.



Everyone who has completed Metros Marathon Week (Results next month)



Results

Stockley Park 10k – 20th May 2012

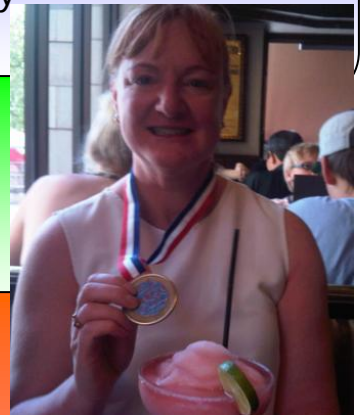
1. 33:59
 29: Pritesh Patel 44:35
 75: Glyn Watkins 52:38
 169 finishers

Hornsey 10K, Crouch End - 20th May 2012

1 34:30
 911 Kath Donaldson 65:46 4th 60+ lady
 1005 finishers

BUPA 10K – 27th May 2012

1 Mo Farah 29:15
 Anne Ambrose 66:42



Sudbury Court 10K – 27th May 2012

1 36:16
 5 Nathan Powell 40:38
 11 Kevin Smart 44:32
 12 Steve Paull 45:19
 14 Pritesh Patel 45:37
 21 Peter Reynolds 50:30
 24 Jane Hudson 52:25
 32 Ruth Tidder 55:38
 37 Graham Hart 58:08
 39 Annie Kemp 58:38
 41 Irene Paull 63:54
 47 Linda Gaitskell 71:32
 48 Angela Murphy 71:32
 50 finishers – last 84:13



Annie's boys



5k Race – 19th May 2012

Position	Name	Time	Age Grading	
5	Jacqui Cope	24.23	75.3%	Gold
2	John Gorton	21.35	73.7%	Gold
1	Steve Paull	21.25	73.6%	Gold
18	Marion Rogan	27.26	72.8%	Gold
36	Raquel Russell-Ponte	30.53	70.9%	Gold
34	Kath Donaldson	30.06	68.4%	Silver
10	James Harrington	25.57	65.6%	Silver
26	Sarah Westwood	28.27	65.4%	Silver
7	Mervyn Stuckey	24.50	64.6%	Silver
16	Judy Rackham	26.42	64.4%	Silver
8	Caroline Day-Lewis	25.13	63.0%	Silver
3	Kirit Ranpura	24.02	61.9%	Bronze
53	Anne Leigh	37.33	61.3%	Bronze
29	Jane Hudson	28.47	60.5%	Bronze
13	Steve Poole	26.21	59.8%	Bronze
11	Ruth Tidder	25.59	59.6%	Bronze
4	Simon Abery	24.15	59.4%	Bronze
6	Guy Bostock	24.29	59.3%	Bronze
28	Christopher Hudson	28.42	59.3%	Bronze
12	Donna Warren	26.02	59.1%	Bronze
24	John Stratford	28.08	58.6%	Bronze
17	Jacqui Bowles	27.12	58.4%	Bronze
33	Teresa Young	29.51	58.3%	Bronze
9	Adam Leary	25.19	57.3%	Bronze
19	Julie Allen	27.56	56.9%	Bronze
49	Dave Brown	35.51	56.5%	Bronze
30	Ceri Jacob	28.53	56.1%	Bronze
21	Sandra Young	28.04	55.6%	Bronze
47	Angela Murphy	35.33	55.4%	Bronze
44	Gladys de Groot	35.11	55.1%	Bronze
39	Anne Ambrose	32.48	54.5%	
40	Steph White	33.30	54.1%	
25	Louise Pearson	28.25	53.8%	
23	Dave Swan	28.08	53.7%	
31	Lucy Allen	29.14	53.0%	
35	Geraldine Gill	30.19	52.9%	
22	Errol Clark	28.07	52.0%	
27	Tracy Tirol	28.41	51.7%	
14	Jason Bowles	26.26	51.6%	
38	Deborah Norman	32.36	51.4%	
41	Rosemary Harrington	33.32	51.3%	
46	Linda Gaitskill	35.32	51.0%	
52	Eilish Fernandes	36.38	50.8%	
32	Steve Alder	29.48	49.1%	
20	Raj Varshani	28.03	49.0%	
37	Devi Grewal	32.23	48.6%	
51	Penny Hudson	35.54	47.3%	

43	Karen Leary	34.18	46.7%	
48	Julie Smith	35.45	46.3%	
42	Clare McCann	33.43	45.4%	
45	Stephanie Stapleton	35.18	43.9%	
50	Freya Ball	35.53	43.2%	
54	Hema Thakur	37.45	42.1%	
15	No name – no lolly stick- no details	26.31		
55	Barbara Robson walker Yasmin Ransome walker	50.00 50.00		

We were missing a lolly stick so there was a runner who we don't have any details for.

Well done to all especially the first timers and particularly James Harrington who ran an excellent time for his age in his first Metros 5k. Several runners have improved their times, so keep training and see how you do at the next 5k on 18th August.

Thanks to Dave Thubron for his help at the finish. Marion and Jackie for running the course again to clear the tapes and Teresa for her help with the results.

Marilyn & Henry

Marlow FM 10K – 27th May 2012

1 34:57
160 Jackie Cope 58:35
187 Dave Swan 61:36
292 finishers – last 89:00



Regents Park 10k – 3rd June 2012

1.		34:07
95	Pritesh Patel	42:41
336	Raj Varshani	56:12

497 finishers.



St Albans Half Marathon – 10th June 2012

1		1:14:43
309	Jen Greene	1:40:06
674	Gertrud Porter	1:50:21 4 th F55+
876	Mandy Beuselinck	1:54:40
1000	Harriet Copland	1:57:10
1161	Ruth Tidder	1:59:59
1243	Kirit Ranpura	2:01:37
1611	Annie Kemp	2:10:01
1648	Julia Allen	2:10:47
1658	Dee Vadukul	2:11:09
1671	Sarah Westwood	2:11:28
2241	finishers – last 3:23:21	



SUMMER LEAGUE - Dulwich, 11 June 2012



MEN 10km		Time	Cat	Points	Bonus Pts	Total
12	Richard Francis	38.00	4	279	15	304
22	Ron Taylor	39.53	1	279	0	279
30	Steve Paull	41.50	5	271	20	291
31	Mitesh Patel	41.51	1	270	0	270
40	Pritesh Patel	44.26	1	261	0	261
56	Peter Jose	46.34	7	245	30	275
57	John Gorton	46.35	5	244	20	264
70	Gordon Valentine	49.03	5	231	20	251
82	Terry Burke	53.23	6	219	25	244
84	Matthew Daniel	54.31	1	217	0	217



LADIES 10km		Time	Cat	Points	Bonus Pts	Total
17	Jane Hudson	49.32	4	284	15	299
20	Jackie Cope	51.36	5	281	20	301
36	Marion Rogan	54.41	6	265	25	290
42	Carole Wells	57.56	4	259	15	274
47	Irene Paull	60.19	4	254	15	269
56	Penny Hudson	67.50	4	245	15	260



TENDERFOOT Boys					
1	James Francis	Y1	99	0	99
7	Christopher Hudson	Y8	94	4	108
17	Reece Knowles	Y5	84	8	92

TENDERFOOT Girls					
1	Eleanor Murray	Y3	100	4	104

RELAYS –300m (All relay results are before any weighting for age)

A Team

Mitesh Patel	0m 47.47s
James Francis	0m 43.27s
Richard Francis	0m 49.58s
Matthew Daniel	0m 55.11s
Pritesh Patel	0m 53.41s
Ron Taylor	<u>0m 41.71s</u>
	4m 50.55s

5th from 6 teams

Ladies Team

Jane Hudson	1m 06.22s
Eleanor Murray	0m 55.37s
Marion Rogan	1m 06.12s
Irene Paull	<u>1m 15.55s</u>
	4m 23.26s

7th from 7 teams

BI Team

Terry Burke	0m 59.37s
John Gorton	0m 58.28s
Gordon Valentine	0m 56.00s
Christopher Hudson	0m 58.82s
Steve Paull	0m 54.69s
Peter Jose	<u>0m 57.74s</u>
	5m 44.90s

3rd from 4 teams



With thanks to Irene Paull and Bronwyn Francis, for registering and recording Metros 10k results and to Dave Brown for timing the relay.

Pat Jackson

CLUB POSITIONS

		Men	Women	Tenderft	Relays	Total
1	Dulwich	1,447	1,478	610	1,180	4,715
2	Mornington Chasers	1,466	1,469	632	801	4,368
3	Serpentine	1,472	1,439	591	822	4,324
4	Metros	1,419	1,433	403	875	4,130
5	Ealing S&Middx	1,455	510	107	1,045	4,117
6	Ealing Eagles	1,376	381	205	647	3,609
7	Queen's Park Harriers	511	1,131	0	403	2,045
8	Sudbury Court	1,004	0	0	0	1,004
9	Hayes & Harlington	276	0	0	0	276



VETS TRACK & FIELD LEAGUE

Twickenham 11th June 2012

Name	Event	Time		Name	Event	Time
Mark	200m	30.2		Pat	Shot	3.56m
Mulvenna	800m	2.58.9		Jackson	Hammer	10.57m
	Triple Jump	6.46m				
				Ann	200m	43.0
Mike	200m	31.7		Marsden	800m	4.06.0
Ransome	800m	3.13.9			3000m	16.09.3
	Long Jump	3.24m				
				Wendy	Long Jump	2.13m
Kevin	200m	27.2		Mulvenna	Shot	4.98m
Smart	3000m	11.47.1			Hammer	6.78m
	Long Jump	4.09m				
				Marilyn	200m	41.6
Gladys	200m	45.4		Pickford	Shot	4.34m
De Groot	Triple Jump	5.49m			Triple Jump*	5.83m
	Long Jump	2.32m			Long Jump*	2.64m

*1st in W60 age group

Women's 4 x 100m relay: 5th out of 5 teams - 78s

Wendy Mulvenna, Ann Marsden, Gladys de Groot, Marilyn Pickford

Metros team positions (6 clubs): Men – 6th Women 5th

Next fixtures: Monday 25 June – Uxbridge

Monday 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.

Runners' Recipes

Ginger & Melon Rescue Remedy

1 chilled melon (any type except water melon, skinned and deseeded)

Small piece fresh ginger (1/2 to 1cm) peeled and chopped

4 ice cubes

Sprig of mint & long piece of ginger to serve

Scoop out the flesh from the melon

Put the melon, ginger and ice cubes into a blender and whizz until smooth

Serve in a tall glass with a sprig of mint and a long piece of ginger as a stirrer

Melon has a higher GI than most fruit and has a high water content. Ginger is known for its anti-inflammatory qualities. Make in advance and enjoy after a long hot training run.

From Kate Percy's Go Faster Food



NOTES OF METROS COMMITTEE MEETING

Wednesday 6 June 2012, Methodist Church Hall, Cannon Lane, 8.00 pm

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

APOLOGIES: None

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 started the meeting by welcoming the new Committee.

Midsummer Madness and the Jubilee Picnic – Jane thanked Mervyn and Valda Stuckey for again organizing the Midsummer Madness and Jane and Barbara were thanked for organizing the lovely spread of food.

MATTERS ARISING FROM THE PREVIOUS MEETING – 2 May

Track & Field Coaching – Wendy Mulvenna was thanked for her article in Metrolines describing the coaching sessions and encouraging members over 35 years to participate in the league. **ITEM CLOSED**

Metros Barn Dance – There is support for this and Penny will talk further with David Young. **ACTION:** Penny Hudson

Metros Race Entry Book – Jane is in the process of updating this. **ACTION:** Jane Scoffham

LONDON MARATHON 2012 – Barbara had checked with Metros runners regarding the long queues for toilets particularly at the blue start and it was decided not to pursue this further as a club. **ITEM CLOSED**

REPORTS OF OFFICERS

Hon. Chairman – Jane confirmed dates for the next Thames Valley League fixtures which will be listed in Metrolines. **ACTION:** Penny Hudson

Hon. Vice Chairman – Mike had nothing to report.

Hon. Secretary – Al confirmed that 43 Metros competing members had been entered or updated on the England Athletics web site.

Hon. Treasurer –Mike confirmed payments for the hire of the Scout Hall. He has been informed that the lease for the Scout Hall is due for renewal in 2013.

ACTION: Ongoing

Hon. Membership Secretary – Ann confirmed there were no new applications but that Charlotte van Ittersum has resigned as she has moved from the area. Ann will request membership renewal and add a standing order form in Metrolines.

ACTION: Ann Marsden

Participation of some new members was also reviewed.

REPORTS OF CO-ORDINATORS

Scout Hall – Barbara confirmed that the new kitchen is excellent.

Metros Summer League – Pat confirmed the need for of help to marshal etc and that so far very few offers had been received.

There is extensive building work around the area in Harrow View in front of the Kodak Zoom Leisure Centre. This makes it necessary to use the present pedestrian route through the car park and enter/exit through a narrow gate in single file. Participating clubs have confirmed that they are prepared to use this route rather than cancel the event.

Metros Kit – At present Runner's World order Metros vests but Pat confirmed that it may be necessary for us to order direct from suppliers.

Pat will ask via Metrolines that any outgrown child's Metros T-shirts be given to her to pass on to new members.

ACTION: Pat Jackson

Meeting closed 8.40 pm

Dates of Future Committee Meetings – all Wednesday at 8.00 pm at the Methodist Church, Cannon Lane, Pinner:

4 July
5 September
3 October
7 November

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

Au pair

Spanish au pair girl from A Coruña is available for August to mind children and do housework in exchange for board, lodgings and friendly family who would help her to improve her English. She is a second year student studying journalism and the daughter of a teacher. If you could offer her a place in your household, or you know a family who would welcome her, please let me know.

Muchas gracias

Angela

Tel 0208 866 6056

Mob 07779639496

a.murphy91@yahoo.co.uk

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