



August 2011

Issue No. 276

Uxbridge Gazette



See inside for full article and details
of how to enter Moor Park 10K!

Don't Forget...

Membership subscriptions for the year commencing
1st September 2011 are due in August. See inside for
details.

Metros Diary

AUG

Sat 6	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 7	Regents Park 10K Series	9.30 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
Sun 4	Regents Park 10K Series	9.30 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
Sun 9	Ridgeway Run	10 am***
Sat 15	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 16	Cabbage Patch 10 mile TROPHY	10 am*
Sat 22	Beachy Head Marathon	9.00 am****
Wed 26	Committee Meeting	8.00 pm
Sun 30	TVXC League – Metros	11.00 am

NOV

Sat 12	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 13	TVXC League – Datchet	11.00 am
Sat 19	5K Run, Roxbourne Park	9.15 am
Sun 27	TVXC League – Sandhurst	11.00 am
Wed 30	Committee Meeting	8.00 pm

* See inside for details

** www.regentsparkraces.org

*** www.tringrunningclub.org.uk/ridgeway.html

**** www.visiteastbourne.com/Eastbourne-Beachy-Head-Marathon

Summer League – for further information please contact Pat Jackson – tel. 020 8868 5683

TVCX – Thames Valley Cross Country – www.tvxc.org.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!

Enjoy the summer holidays, and wherever you are, enjoy your running. Look forward to seeing plenty of Metros at Burnham Beeches – even if you're not running in the half marathon, come for a swim and join everyone for a pub lunch.

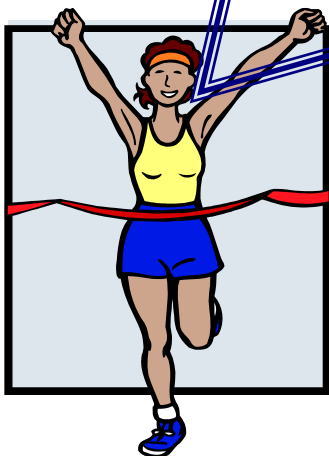
Jane and Penny Hudson



Welcome

Annie Kemp, Stanmore

Elected at the July meeting



MEMBERSHIP SUBSCRIPTIONS

Membership subscriptions for the year commencing 1st September 2011 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 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



Reminder

LRRC Trophy Series;

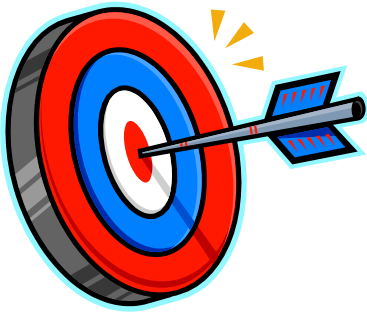
Fixture Clash Sunday 30th October 2011



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

Graham Haddon
LRRC Co-ordinator

Target Races



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

Englefield Run 10K – 28th August 11.00 am
www.englefieldrun.info/ - £10, £12 on day

Moor Park 10K – See below for details

Trophy Races

Burnham Beeches ½ marathon – Sunday 21st August 2011, 10am
www.burnhamjoggers.org.uk - entry £16 affiliated, £18 non. On day +£4

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

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



Summer League

Sunday 14 August – 5 mile Battersea Park
Hosted by Serpentine

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

Summer League Photos - Harrow

(courtesy of Richard Francis and Penny Hudson)



Round Norfolk Relay

I will be holding a short questions and answers session after Saturday morning training on Saturday 6th August.

I also hope to have an idea on which runners for which stages.

Al Scoffham

Congratulations

To Prabhakar and his wife on the birth of their new baby girl, Nedhi.

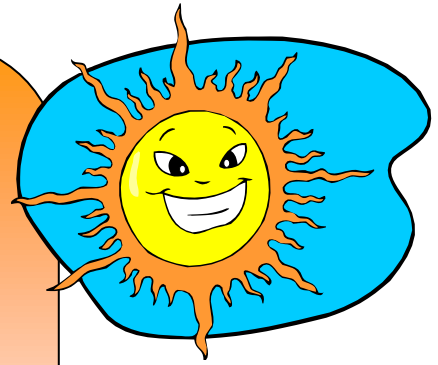


(Great to see you back running again too!)

*The fantastic photos of this year's Midsummer Madness say more than mere words!
It was great to see that the competitive, inventive, & **cheating** spirit was not dampened by the weather.
And that (despite the adjudicator's best efforts) the 'best' team won!*

Valda

PS I have to add that I thought Ann looked amazing in her zebra skin bra!!



I recently discovered this picture of me doing the Harrow Half Marathon when I first took up running.

Must have been about 1987 and I did it in 2hrs 10mins which is still my PB.

Penny

Chris Roome receiving his 2010 Summer League award from Bob Manning.



The 32nd ANNUAL Metros FUN RUN

The Brian Jackson FUN RUN

Saturday 1st October, 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 18s 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**

I joined Metros just over a year ago. Right from the start, I found the expression "Wot No Watch" rather an amusing phrase, and it still makes me smile when I hear it.

It was Mike Ransome who introduced me to Metros, when late one evening, as I was on my way home on the underground, our train developed a fault, and Mike, unknown to me at the time, offered help, which won't surprise anyone who knows him, but I would have struggled left to my own devices. We got chatting, and he invited me to come along to a Metros session the next Saturday. Mike rounded up five members, who take it in turn to run with me, and they kindly enable me to join in the fun and exercise.

Some of you will know that I am first claim to Ealing and Southall, not that any club would claim me to represent them unless they are really desperate.

Recently, my regular running guide from Ealing and Southall, invested in one of those "all singing, all dancing" watches, which tells you all sort of things you need to know about how you are performing, while you are running, and no doubt, much more too. Phil's left arm seems to get more exercise than his legs when he's racing, lifting his arm to obtain some sort of information. Anyway, I digress. It was a few weeks ago, when Phil and I were lining up on the start line at a Summer League Race, and I asked him if he would let me know how long it takes me to run each mile. Once again, his left hand rises, and he starts pressing buttons, but I heard no bleep or pip. After a minute or so, he said. Oh dear, my watch is very new, and it doesn't seem to be working any more, I'll have to take it back to the shop". I had to make the obvious remark. "Wot no watch."

Thanks to Jane and Penny for producing such an informative and entertaining Metro Lines each month.

Thanks to all the members on our committee who quietly work at organizing events, these things don't just happen.

Thanks to Mike Ransome and to the girls, who between them, make the impossible, possible for me.

And to those who can't get up in time to join us on a Saturday morning, (you know who you are) you don't know what you are missing.

Janice Newman

Taken from Uxbridge Gazette website:

Entry open for 10th annual Moor Park 10k, in aid of Northwood cancer centre

ENTRY is now open for the 10th annual Moor Park 10k and junior fun runs, with organisers hoping that hundreds will sign up to celebrate the milestone in the event's history.

Since its inception in 2002, the popular race has raised almost £300,000 for the Lynda Jackson Macmillan Centre (LJMC), based at Mount Vernon Hospital in Northwood.



This year, it will take place at Merchant Taylors' School, in Sandy Lodge, Northwood, on Sunday, 25th September.

Marketing manager at the LJMC, Buzz Coster, said: "We are thrilled at the way the event has grown. It has been tremendously exciting to watch it develop, with the number of runners increasing each year."

Ann Marsden (pictured), of Cygnet Close, Northwood, has taken part in the Moor Park 10k every year.

The 67-year-old, who is a member of local running club, Metros, was encouraged to sign up by fellow member and LJMC research manager, Teresa Young.

Ms Marsden told the Gazette: "Teresa told me the LJMC was organising a new event and it sounded like fun, plus I liked the idea of supporting a local charity.

"It's become quite a social event for Metros so I've kept coming back for more."

After being diagnosed with breast cancer in 2008, Ms Marsden felt even more compelled to take part in the race.

She also voluntarily takes care of the centre's garden, alongside fellow Metros members.

"I was very lucky as it was a pre-cancerous condition so I didn't need radiotherapy or chemotherapy," said Ms Marsden.

"But it was at this point when I realised what I was running for each year.

"I used the LJMC's services during my treatment and it really brought home to me how important the centre's work is in supporting people with cancer.

"To give something back by taking part in their biggest annual fundraising event is the least I can do, after the support I received.

"I am hoping to complete the race in 62 minutes and I am looking forward to the challenge."

Ms Marsden is one of just three people who signed up for the race each year, although several have taken part more than five times.

Ms Coster added: "It's great that people come back year after year, I hope it means we're doing something right."

London solicitors, Stewarts Law LLP, have once again agreed to generously sponsor the event.

People of all ages and abilities are welcome to take part. Everyone who completes the race gets a medal and there are also prizes available for the top three in each age group, and the winning teams.

Everyone who raises £10 or more will be entered into a special prize draw with the chance to win an Ipad.

Funds will help the LJMC continue providing information and support to people directly affected by cancer, including counselling, complementary therapies and benefits advice.

For further information and details about how to enter, call 07779 458285 or visit www.moorpark10k.org.uk.

Find out more about the LJMC at www.ljmc.org

Thank you

Thank you to everyone who sponsored me. In total I managed to collect £170 for Breast Cancer Causes by doing the Moon Walk, and £255 for St. Luke's Hospice, so thanks again to everyone who helped.

Ann Marsden

Move over Nigel!!

I don't know who first heard about it, but there was an added page in a recent 'Lines for the KCA 5k in Harrow Rec.

It was also advertised in Runner's World and it seemed to me a good idea to have a go and support a local event. There aren't many of those these days. (Were there ever?)

The Saturday afternoon start wasn't great and I'd done our 10k in the morning but, whatever, give it a go.

KCA, I found out, is a charity-Kids Can Achieve.

The park was very quiet when Irene and I entered it. We weren't that early so what was going on? We paid our money to enter and I was given the number 15. This was going to be a small race. I'd have thought that being in the magazine would have brought in at least 100 or so entrants, but evidently not so.

There were a couple of lucky running number awards presented as we lined up at the start (imagine that anywhere else) and off we set for three and a bit laps of the park. There must have been 30 of us. Friends of helpers had been encouraged to have a go, presumably to make up numbers.

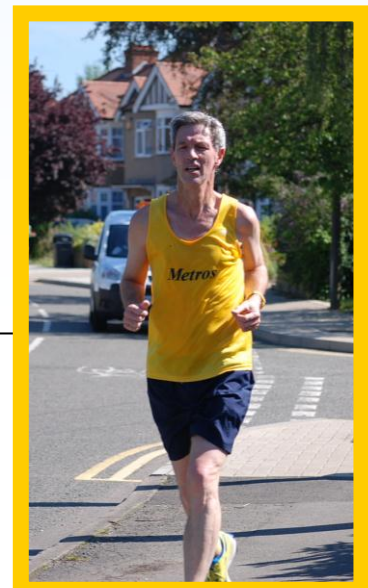
The charity must have been expecting more than this, although how many the path around the park could have supported is open to debate. I must have lapped a third of the field. I don't know the finances of putting on an event such as this, but to my mind they could have even made a loss on it. One hopes not.

Apart from the first few yards I led and I won in what was only an average time for me. There was no award and no medal (for anybody). It was strange sensation all the way and whereas I don't look back when mid pack, I found myself looking back at every corner when out in front.

So will this race happen again next year? A big question, for the reasons stated earlier. All I know is that I have now won a race that was in Runners World.

So to repeat-move over Nigel!!

Steve



Results

KCA 5K – Saturday 2nd July

1	Steve Paull	20:38
	Mark Mulvenna	24:03
	Mary Swindles	24:38
	Irene Paull	34:49

Regent's Park 10K – 3rd July 2011

1st		35:22
78	Pritesh Patel	43:21
378	Ray Tucker	59:37
484	Anne Ambrose	01:07:24
537	(last)	01:40:24

Bushey Quarter Marathon – Sunday 3rd July

1 st		35:06
163	Simon Aberly	53:59
187	Jane Hudson	55:10
262	Gerry Barker	61:48
267	Sarah Westwood	62:07
339	finishers	
Under 10s – ¾ mile		
37	Christopher Hudson	4:35
153	finishers	



Wycombe Half Marathon & 10K – Sunday 17th July

Half

43	Kevin Watson	1:29:10
80	Steve Paull	1:34:08
381	Harriet Copland	1:50:53
419	Gertrud Porter	1:52:39
704	Jane Hudson	2:10:02
799	Sarah Westwood	2:20:01
830	Sue Davie	2:23:26

10K

129	Mary Swindles	0:52:41
349	Irene Paull	1:14:35
351	Penny Hudson	1:15:15



Wycombe Half Marathon

Congratulations...

For the second year in a row the Metros Ladies have won 2nd prize in the team competition.

Well done Harriet, Gertrud, Jane and Sarah!

Down Tow Up Flow Half Marathon - 24 July 2011

Ruth Tidder	2:09:57
Mike Ransome	2:14:57



Wot No Watch – 16th July

		Predicted time	Actual Time	Difference (in secs)
Nigel	Rackham	05:00	04:59:00	-0.17 *
Peter	Rackham	05:45	05:32	-13
Kevin	Smart	06:00	06:01	+1.68
Steve	Paull	06:15	06:22	+7
Andy	Fox	06:20	06:24	+4
Navi	Dhillon	06:50	06:38	-12
Simon	Abery	06:45	06:41	-4
Paul	Gardner	07:00	06:43	-17
Jane	Hudson	07:27	06:51	-36
Mark	Mulvenna	07:00	06:55	-5
Donna	Warren	07:05	06:59	-6
Caroline	Day-Lewis	06:55	07:00	+5
Mervyn	Stuckey	07:21	07:04	-17
Jackie	Cope	07:30	07:10	-20
Adam	Leary	07:55	07:20	-35
Judy	Rackham	07:45	07:22	-23
Gordon	Valentine	08:10	07:24	-46
Julia	Allen	07:30	07:25	-5
Al	Scoffham	07:30	07:33	+3
Dave	Swan	07:31	07:33	+2
Errol	Clarke	07:50	07:43	-7
Karen	Collier	08:15	07:52	-23
Marion	Rogan	08:10	08:11	+1.5
Steve	Alder	08:10	08:20	+10
Olivia	Gill	08:50	08:29	-21
Louise	Pearson	08:15	08:32	+17
Ann	Marsden	08:30	08:41	+11
Rosemary	Harrington	08:30	08:41	+11
Kath	Donaldson	08:55	08:52	-2
Karen	Leary	09:30	09:03	-27
Bev	Singleton	11:00	09:04	-116
Penny	Hudson	08:59	09:09	+10
Freya	Ball	09:20	09:11	-9
Sue	Davie	09:38	09:19	-19
Stephanie	Stapleton	09:03	09:26	+23
Raquel	Russel-Ponte	08:59	09:27	+28
Jackie	Poole	09:45	09:33	-12
Debra	Norman	09:00	09:36	+36
Janice	Newman	09:00	09:36	+36
Gladys	de-Groot	09:40	10:01	+21
Carla	Kumar	09:00	11:03	+123
Barbara	Robson	14:30	12:48	-102

Well done to this month's winner, Nigel, for getting within a second of his predicted time, and to Marion and Kevin who got within 2 seconds.

SUMMER LEAGUE
Metros, North Harrow Recreation Ground, 26 June 2011

MEN 10km		Time	Cat	Points	Bonus Pts	Total
1	Nigel Rackham	33.14	3	300	10	310
12	Tom Alder	39.47	1	289	0	289
34	Steve Paull	42.58	5	267	20	287
37	Pritesh Patel	43.49	1	264	0	264
38	Jonny Jackson	43.55	1	263	0	263
40	John Camprubi	44.14	5	261	20	281
43	Andy Fox	45.03	3	258	10	268
44	Mitesh Patel	45.15	1	257	0	257
47	Peter Rackham	45.40	1	254	0	254
52	Terry Burke	46.59	6	249	25	274
53	Dave Young	47.08	5	248	20	268
55	Dennis Speight	47.59	4	246	15	261
60	Mervyn Stuckey	49.28	5	241	20	261
63	Al Scoffham	50.13	4	238	15	253
67	Bob Manning	52.21	8	235	35	270
70	Peter Beuselinck	52.45	3	232	10	242
73	Chris Roome	55.55	9	229	40	269
74	John Stratford	56.27	6	228	25	253
76	Paul Gardner	56.41	4	226	15	241
80	Andrew Collier	58.22	3	222	10	232
82	Peter Stapleton	60.00	3	220	10	230

LADIES 10km

24	Donna Warren	50.39	2	277	5	282
26	Jackie Cope	51.11	5	275	20	295
28	Harriet Copland	51.46	2	273	5	278
29	Jane Hudson	52.37	4	272	15	287
30	Ann Lavers	53.18	3	271	10	281
31	Amanda Beuselinck	53.37	2	270	5	275
32	Judy Rackham	53.41	4	269	15	284
38	Carol Wells	57.21	3	263	10	273
42	Julia Allen	58.52	2	259	5	264
45	Ann Marsden	60.59	6	256	25	281
46	Geraldine Gill	61.02	3	255	10	265
47	Sarah Westwood	61.19	5	254	20	274
52	Raquel Russel	68.15	6	249	25	274
53	Kath Donaldson	68.34	6	248	25	273
55	Anne Ambrose	70.42	4	246	15	261
57	Linda Gaitskell	72.30	4	244	15	259
58	Angela Murphy	72.30	6	243	25	268
59	Penny Hudson	72.37	4	242	15	257
60	Irene Paull	75.42	4	241	15	256

TENDERFOOT Boys

1	Jonathan Collier	5.13	Y1	100	0	100
2	James Francis	5.45	Y2	99	2	101
10	Christopher Hudson	7.05	Y9	92	16	107

TENDERFOOT Girls

1	Eleanor Murray	6.47	Y4	100	8	108
4	Olivia Gill	7.34	Y2	97	2	99
7	Emma Collier	8.09	Y3	94	4	98
9	Stephanie Stapleton	8.36	Y2	92	2	94
10	Freya Ball	8.38	Y2	91	2	93

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

Mens A Team

Jonathan Collier	0m 39.36s
James Francis	0m 39.43s
John Camprubi	0m 45.88s
Jonny Jackson	0m 45.85s
Nigel Rackham	0m 42.70s
Tom Alder	<u>0m 40.61s</u>
	4m 13.83s

3rd from 6 teams

B1 Team

Pritesh Patel	0m 51.36s
Andy Fox	0m 52.04s
Steve Paull	0m 49.73s
Donna Warren	0m 53.58s
Terry Burke	0m 47.39s
Dave Young	<u>0m 45.38s</u>
	4m 59.48s

1st from 7 teams

Ladies Team

Ann Lavers	0m 49.97s
Eleanor Murray	0m 51.85s
Harriet Copland	0m 49.38s
Emma Collier	<u>0m 54.90s</u>
	3m 26.10s

2nd from 5 teams

B2 Team

Andrew Collier	0m 46.06s
Paul Gardner	0m 55.05s
Christopher Hudson	1m 01.87s
Jane Hudson	0m 58.02s
Ann Marsden	1m 05.14s
Peter Rackham	<u>0m 50.06s</u>
	5m 36.30s

1st from 3 teams

With thanks to Dave Brown for compiling and timing Metros relays and to Irene Paull for recording club finishing area.

CLUB POSITIONS

		Men	Women	Tendrf	Relays	Total
1	Metros	1,441	1,426	613	1,076	4,556
2	Dulwich	1,351	1,481	512	1,017	4,361
3	Mornington Chasers	1,474	1,483	522	757	4,236
4	Serpentine	1,447	1,478	410	702	4,037
5	Ealing S&Middx	1,489	1,533	201	763	3,986
6	Queens Park Harriers	1,469	812	0	217	2,498
7	Sudbury Court	1,235	754	0	0	1,989
8	Hayes & Harlington	265	517	0	0	782

CUMULATIVE(after 2 fixtures)

		Men	Women	Tendr	Relays	Total
1	Dulwich	2,730	2,899	1,132	1,967	8,728
2	Mornington Chasers	2,921	2,997	1,151	1,652	8,721
3	Serpentine	2,944	2,966	1,046	1,598	8,534
4	Metros	2,691	2,739	828	1,986	8,244
5	Ealing S&Middx	2,901	2,652	309	1,273	7,135
6	Queens Park Harriers	2,875	1,916	0	707	5,498
7	Sudbury Court	2,358	1,775	0	685	4,818
8	Hayes & Harlington	513	517	0	0	1,030

SUMMER LEAGUE - Perivale Park, 10July 2011

MEN 5 miles	Time	Cat	Points	Bonus Pts	Total
1 Nigel Rackham	26.37	3	300	10	310
14 Tom Alder	31.39	1	287	0	287
17 Richard Francis	31.48	4	284	15	299
31 Pritesh Patel	33.55	1	270	0	270
32 Kevin Smart	33.59	4	269	15	284
33 Steve Paull	34.02	5	268	20	288
35 John Camprubi	34.08	5	266	20	286
37 Peter Rackham	34.27	1	264	0	264
41 Mitesh Patel	35.00	1	260	0	260
47 Terry Burke	36.43	6	254	25	279
53 Peter Jose	38.10	6	248	25	273
56 Al Scoffham	38.22	4	245	15	260
68 Bob Manning	41.26	8	233	35	268
70 Matthew Daniel	42.31	1	231	0	231
72 Chris Roome	42.47	9	229	40	269
76 Paul Gardner	43.37	4	225	15	240

LADIES 5 miles

25 Gertrud Porter	40.39	6	276	25	301
26 Jane Hudson	40.50	4	275	15	290
48 Penny Hudson	56.53	4	253	15	268
49 Irene Paull	57.10	4	252	15	267
50 Gladys de Groot	59.48	6	251	25	276

TENDERFOOT Boys

2 James Francis	5.28	Y2	99	2	101
7 Christopher Hudson	6.59	Y9	94	16	110

TENDERFOOT Girls

3 Eleanor Murray	6.26	Y4	98	6	104
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RELAYS - (All relay results are before any weighting for age)**Mens A Team**

John Camprubi	1m 02.79s
Kevin Smart	0m 57.00s
James Francis	0m 54.96s
Nigel Rackham	1m 01.82s
Peter Rackham	1m 00.82s
Tom Alder	<u>0m 55.63s</u>
	5m 53.02s

2nd from 6 teams**Ladies Team**

Eleanor Murray	1m 18.20s
Jane Hudson	1m 20.59s
Gladys de Groot	1m 48.74s
Penny Hudson	<u>1m 51.62s</u>
	<u>6m 19.15s</u>

6th from 6 teams**B1 Team**

Steve Paull	1m 10.80s
Pritesh Patel	1m 11.21s
Chris Roome	1m 30.64s
Peter Jose	1m15.12s
Christopher Hudson	1m 27.47s
Terry Burke	<u>1m 08.25s</u>
	7m 43.49s

2nd from 6 teams

With thanks to Dave Brown for compiling and timing Metros relays.

CLUB POSITIONS

		Men	Women	Tendrf	Relays	Total
1	Mornington Chasers	1,471	1,508	631	1,228	4,838
2	Ealing S & Middx	1,484	1,542	217	1,285	4,528
3	Dulwich	1,395	1,496	414	1,112	4,390
4	Metros	1,470	1,402	315	1,177	4,364
5	Serpentine	1,440	1,411	519	932	4,302
6	Queens Park Harriers	1,460	257	311	457	2,845
7	Sudbury Court	1,262	823	0	277	2,362
8	Hayes & Harlington	1,297	266	0	0	1,563

CUMULATIVE (after 3 fixtures)

		Men	Women	Tendrf	Relays	Total
1	Mornington Chasers	4,392	4,505	1,782	2,880	13,559
2	Dulwich	4,125	4,368	1,546	3,079	13,118
3	Serpentine	4,384	4,377	1,565	2,530	12,856
4	Metros	4,161	4,141	1,143	3,163	12,608
5	Ealing S&Middx	4,385	4,194	526	2,558	11,663
6	Queens Park Harriers	4,335	2,173	311	1,164	7,983
7	Sudbury Court	3,620	2,598	0	962	7,180
8	Hayes & Harlington	1,810	793	0	0	2,603

Pat Jackson

VETS TRACK & FIELD LEAGUE
St Mary's, Twickenham 18th July 2011

Name	Event	Time		Name	Event	Time
Terry	200m	35.4		Gladys	200m	44.5
Burke	3000m	12.15.1		De Groot	Long Jump	2.46m
	Javelin	19.94m				
Mark	200m	31.3		Ann	200m	41.8
Mulvenna	800m	3.05.3		Marsden	800m	3.59.0
	Long Jump	3.27m			3000m	16.4.6
	High Jump	1.10m				
	Javelin	8.19m				
Nigel	800m	2.22.9		Marilyn	200m	41.0
Rackham	3000m	9.41.8		Pickford	Long Jump	2.43m
					Javelin	12.31m
Mike	200m	31.0			Hammer	6.15m
Ransome	800m	2.57.7				
	High Jump	1.10m				
	Long Jump	3.14m				
Kevin	200m	26.7		Pat	Javelin	5.46m
Smart	800m	2.42.3		Jackson	Hammer	11.09m
	3000m	11.56.1				

Relay: 4 x 100m – Mark, Mike, Nigel, Kevin – 58.5s - 4th out of 4 teams
Overall this match - 5th out of 6 clubs

This completes the vets league events for this year.
Well done to all Metros who have participated – maybe more Metros next year?

Pat Jackson
Vets T&F League Co-ordinator

First Aid Course

1 Day Paediatric First Aid Course on Sun 14th August
1 Day Paediatric First Aid Course on Sun 11th September
3 Day HSE First Aid at Work Course on 4th, 6th and 7th October
2 Day HSE First Aid at Work Requalification Course on 10th and 11th October.

All in the Pinner or Harrow area

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

Thanks,

Margaret

Metros REGULAR RUNS

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

Not every week – please phone Anne to confirm

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

Runners' Recipes

(Taken from Runners World website)

Marathoner and Michelin-starred chef Tom Aikens picks his top fat-burning foods



Lentils

"Lentils are rich in protein and loaded with soluble fibre, which helps balance blood cholesterol levels, and insoluble fibre, to keep you feeling full," says Aikens.

RW serving suggestion: Lentil salad

Simmer 300g of puy lentils in salted water for 25 minutes. Mix one crushed garlic clove, one tbsp of chives, five tbsp of rapeseed oil, two tsp of mustard and two tsp of cider vinegar. Add half this dressing to the lentils and spoon over baby spinach leaves. Top with roasted shallots and crumbled goat's cheese, and drizzle with the remaining dressing. Serves four.



NOTES OF METROS COMMITTEE MEETING

Wednesday 27 July 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).

MATTERS ARISING FROM THE PREVIOUS MEETING – 29th June.

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

LRRC Trophies – This year the Ricky 9 is on the same date as Metros Thames Valley XC. Graham Haddon, LRRC Trophies co-ordinator, has decided not to choose a replacement race for this year. Steve will discuss with Graham a possible replacement for next year. **ACTION:** Steve Paull/Graham Haddon

Leadership and Coaching Courses – Jane requested that the item on the back page of Metrolines be changed to suggest that anyone interested in attending such a course should check on line to choose a convenient course before contacting her re Metros sponsorship. **ACTION:** Penny Hudson

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. Penny agreed to investigate. **ACTION:** Penny Hudson

Marshals Bibs – Pat has ordered and received 15 new bibs. **ITEM CLOSED**

Metros 5k and 10k events –Teresa has maps of each route which are available for viewing in the Scout Hall prior to the events. Maps and printed instructions are available in the race entries book. **ITEM CLOSED**

Target Races – Penny has arranged for these to be advertised in Metrolines.

First Aid – Margaret Smith and Angela Murphy had discussed first aid within Metros and their recommendations to the committee were discussed. Further discussions will be held. Margaret was confirmed as Metros First Aid Co-ordinator with help from Angela.
ACTION: Jane Scoffham

Metros Committee and Co-ordinators – Pat arranged for the new list to appear in the July Metrolines.
ITEM CLOSED

Metros membership form - Jane has updated the.
ITEM CLOSED

Metros membership card holders - Ann has ordered a further supply.
ITEM CLOSED

Summer League – Pat confirmed that men and women now have the same age groups.
ITEM CLOSED

Metros Annual Fun Run, The Brian Jackson Fun Run –Teresa and Dave Young have re-arranged the Saturday morning events to accommodate the event this year on Saturday 1 October

Metros Kit – Pat has ordered and received two waterproof clipboards.
ITEM CLOSED

Harrow People Magazine – An article on Metros and Jill Davis appeared in the recent issue.

Round Norfolk Relay – A meeting for questions and answers will be held in the Scout Hall after the session on Saturday 6 August and will be advertised in Metrolines.
ACTION: Jane/Al Scoffham/Penny Hudson

REPORTS OF OFFICERS

Hon. Chairman –Jane had nothing to report.

Hon. Vice Chairman – Mike had nothing to report.

Hon. Treasurer –Mike distributed a written report.

Hon. Secretary – Al stated UKA needed to elect a new President and he had nomination forms. The Magpie Dance Charity had contacted him regarding a run.

Hon. Membership Secretary – one new member application was approved: Annie Kemp, Stanmore. Ann will request subs via Metrolines and the Scout Hall notice board.
ACTION: Ann Marsden

REPORTS OF CO-ORDINATORS

Charity Race – Penny mentioned receiving a request to encourage Metros to participate in a charity run in Coventry.

Monday night Metros Session – Mike suggested new wording to describe this session: “suitable for slower runners who have recent running experience but not for complete beginners.” **ACTION:** Pat Jackson

ANY OTHER BUSINESS

T&F Coaching – Marilyn suggested coaching sessions be set up next Spring which might help other Metros to participate in the Vets T&F League. Pat will investigate. **ACTION:** Pat Jackson

Achievements Page in Metrolines – Mike suggested members inform Metrolines co-ordinators when a running distance is achieved for the first time or have obtained a PB (Personal Best time). This was agreed and Mike and Steve will draft a note for Metrolines. **ACTION:** Mike Ransome/Steve Paull

Meeting closed at 9.33 pm

Date of Next Committee Meeting – Wednesday 28 September 2011
(no meeting in August).

DATES OF FUTURE COMMITTEE MEETINGS

26 October, 30 November

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

Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the last Wednesday of most months (but usually not May, August or December) and we are open to all members.

Metros Website

www.metros.org.uk

Contributions to: ks@d4b.co.uk

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

Metros Kit

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

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

First Aid

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

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

Jane Scoffham: tel. 01895 270245

Metrolines

Contributions to: Penny and Jane Hudson

Email: metrolines1@gmail.com

Contributions by: 27th of each month please.

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

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

Photocopying: Pat Jackson

Distribution: Ian Bocock

Advertising

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

Full page £5

Half page £3

Quarter page £2

Coaching

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

Jane Scoffham: tel. 01895 270245