

Marathon Week Winners



Jane Hudson and Tom Alder

Metros Diary

JULY

Sat 21	Wot No Watch, Roxbourne Park	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, Roxbourne Park	9.20 & 9.40 am
Sat 29	33rd Annual Metros Fun Run, The Brian Jackson Fun Run, Roxbourne Park	8.45 am
Sun 30	Moor Park 10K TROPHY RACE (+ Junior Races)	3.00 pm
Sun 30	(1st) Ealing Half Marathon	9.15 am

OCT

Wed 3	Committee Meeting	8.00 pm
Sat 6	10K Challenge, Roxbourne Park	8.50 am
Sat 20	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 21	Cabbage Patch 10 TROPHY RACE	10.00 am

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

‘JUST IN CASE’

Several Metros members have attended a running coaching course at which it was stressed how useful it is for everyone, but particularly runners, to carry some personal information in case of any emergency.

A reminder that Metros have a supply of small metal id barrels which will attach to runners' shoes etc and could contain relevant information needed in an emergency. These are £1 and available at Saturday mornings or by contacting me.

Pat Jackson



Note from the Editors!

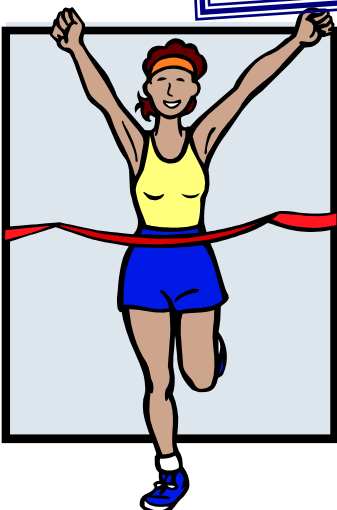
We write this on the eve of a mini heatwave, but in the last few weeks Metros have braved the elements to take part in Summer League, Vets Track & Field and other races. Keep enjoying the weather whatever it brings, and don't let it put you off running. Have a good summer!

Jane and Penny Hudson



Stuart Cruickshank, Claire Vine, Helen Marku
and Niamh Cruikshank, South Harrow
James Harrington, Pinner
Jackie Mackin, Harrow
Roberta de Martin Pinter, Northolt
Hema Thakur, Pinner
Tracey Tyrrell, Northolt
Rajesh Varshani, Stanmore
Pauline Woods, Hayes

Elected at the July meeting



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 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

Thank you; thank you; thank you

Kath Donaldson and Ann Marsden would like to say a big thank you to everyone who sponsored their 5 day walk in aid of St Luke's Hospice. Ann would also like to thank those who donated money after her Moon Walk.

While we're on the subject, a big thank you must also go to Gill and Garry Young who have organised Metros Marathon week. This must be time consuming and demanding but I know we all enjoyed the week - in a masochistic-sort-of-way!

Kath

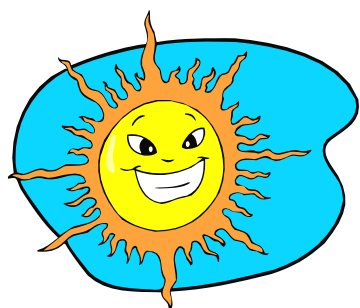
Trophy Races

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



Summer League

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

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

Cross Country

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



Stratford, 25 June

Armed only with the front cover of Metrolines number 286, I braved the Jubilee Line to UDAC, in search of the elusive, mythical, Mike Billington. Word had got out that he might be at the storage depot in darkest Stratford.

My informant was most insistent- I should turn up between 12 and one on that day otherwise..... otherwise, actually, I don't know what.

There was a crowd of mean-looking dudes outside the depot as I approached. Heavy goods wagons rolled by, trains thundered by. I think it was lucky that I hadn't shaved that morning and perhaps looked just as mean. I stood tall, making sure not to make eye contact, as I walked past them. Not a word was spoken.

A line had formed outside the entrance. They were going in, but as I reached the entrance I was told to wait. I did, then, after five minutes I was allowed admission. I joined a long queue that was like the one my old mum joins at the post office when she collects her pension on a Friday. For ten minutes I snaked my way towards the front, finally to have my passport ID checked by a young girl in a bright coloured jacket. She stared at the photo.

"It's eight years ago now, but I still look just as handsome" I said, trying to ease the tension.

She was not amused.

Finally I was in, but where was Mike Billington? Was he even here?

I could see he wasn't in this room, so I shuffled around the corner and was advised to join yet another line of people. Soon my name was called out and I was handed a laminated picture of myself. When was it taken? Where is Mike Billington? Nobody knew. Was that him walking away from me and going through a door along the far wall? I couldn't be sure. Moved on again, this was getting weird.

I now had to take a ticket with a number on, then sit and wait. I did so. There were about thirty of us here, but no Mike. Notices said take shoes off, but nobody had. My number was called and I was checked again.

Around the next corner I was asked to take my shoes off and put on the specialist ones they provided. I did so, as I didn't want to cause a scene. They immediately wanted their shoes back and said I wouldn't need to put my own back on just yet. Why not?

Onwards I went. "Have you seen Mike Bi.....?"

"Cubicle 19 for you. What size are you? You look like a medium. Try these on".

Meekly I did as I was told and when the lady was happy with my sizing she entered the details on to a nearby computer.

"Get changed back now. Come on cubicle 19, you're very slow in there. Take this paper with you round the corner".

Again I shuffled. Somewhat sneakily I had put my shoes back on. I don't think those in authority noticed. I was now in a warehouse.

"Billington. Mike Bil..."

I was given a large bag. It had some things in it, but I didn't have time to look and see what they were. Clothing was being stuffed in it as I went down the line.

Thank you very much. Shirt. Trousers. Jacket. Socks. Shoes. No underpants. Am I not meant to wear them? Go commando?

Again I moved on, again to another queue. They were now taking out all the things they'd not a minute ago put in the bag!! Was this job creation?

And still no definite sighting of the elusive Mike. Maybe he's just a myth.

As I made my way into the dazzling sunlight 80 minutes after arrival, I had to admit defeat in my quest. The mean-looking dudes were still outside, most sucking on their cheroots. Blank-eyed people were going in. Were they, perhaps, looking for Mike too? Again I stood tall as I walked past. Can't be too careful in the badlands.

Note:

The editor in this household says I should explain what this is all going on about. In order to keep the peace I must tell you it's about my time collecting the uniform to be a Games Maker at the Olympics.



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**

1952 OLYMPICS

I have always been passionate about the Olympics and like all the Metros so looking forward to the 2012 London Olympics. In 1951 I had my own Olympics story.

Having won a series of races for my school, running club and county, I was to represent Northumberland in the 1951 All England Schools Association event. My race the 80 yards hurdles. The winner of each event would go to Loughborough for Pre Olympic Training. What an opportunity. My times were excellent and I could do this race blindfold as my pace between each hurdle was programmed in my mind. My coach was, Roly Neighbour the Whitley Bay Grammar School sports teacher. We had worked on technique, timing etc . for weeks and months prior to the event.

The venue was Southampton and the Northumberland Girls Team was based in a convent. As soon as we arrived our team went out to train. My coach suddenly came walking towards me his face was ashen and I knew something serious had happened. "Barbara, I can't begin to tell you how I feel I've let you down terribly, the race is 80 metres not 80 yards, I can't believe I didn't take notice of this change". I was gutted.

So little you might think between yards and metres but to a hurdler who had trained on the 80 yard distance, it was a bitter blow. Arrangements were made there and then for me to practice a new and different stride.

Some lighting was erected to give me more time to practice as it got dark. I returned to the convent and broke my heart, maybe I was in the right place for a miracle but reality isn't like that.

A dear little Nun heard me crying and came and sat beside my bed "I'll pray for you Barbara.

On the day I gave it my all and was relieved to get into the Final but I was scared. Having to go off on alternative legs to get the new pace between the hurdles was all new.

I didn't get to Loughborough but it was close ...

There was a miracle, however, I was received into the Roman Catholic Church in 1957 and I haven't looked back.

Barbara Robson



95 - Off the Edge Olympian Marathon, Much Wenlock, Shropshire.

About 150 years ago, local Shropshire man William Penny Brooks had devised a sort of sports day for the town of Much Wenlock. He managed to convince an influential Frenchman called Baron Coubertain of the merits of sport, and a few years later we had the first of the modern Olympic Games.

It seemed like a good idea at the time. A marathon with Olympic connections, part of the local games etc etc. What could be wrong with that? Aaah, it's off road, not great, but this is summer, the ground will be firm, still ok to run over.

And then, some weeks ago, the weather changed, something about the jetstream being in the wrong place. Lashings of the wet stuff. But the ground should still be firm, look at the parks in Harrow, they're ok. It should still be firm, shouldn't it?

Jonathan Edwards started the race. Open-necked, skinny jeans, fashionable shoes. And so thin. He was evidently staying at the same place as us. I never saw him, Irene did before she set off for the bus to her half marathon. He started her race as well, plus presented the prizes at the end. He has a position, I believe, with the Wenlock Olympian Association.

The race can only be described as brutal. There was no rain on the day, but the plentiful deluges of past weeks had made the course an oozing, squelching "mudathon". My off-road shoes were as good as useless. I fell over six times. My elbow somehow took a bashing- there must have been a rock under the mud on one of the falls. Blood ran down my arm onto my vest (yellow) and first aiders at the water stations were keen to patch me up.

Oh, and there were hills too. The first alp zig-zagged its way up to a folly. There were evidently wonderful views-I kept my eyes looking down in an attempt to see the dangers to keeping myself upright. There were others along the way but the second monster came at about 15 miles. This happened to be in the open where you could see a line of runners ahead all walking the squelchy ascent.

As I plodded on, there was a huge aircraft roar. Too loud to be from Birmingham airport I thought. At that moment the race route left the woods to enter a field and there they were, two groups of four Tornado fighter jets flying north. Noisy.

Terrorist threat or not, I couldn't care by now. Just keep moving forward.

The last six miles were probably the easiest, but by then all energy in the legs had gone. A disused railway line was being used for the route (another Penny Brooks idea). Unfortunately, although the surface was much improved, it slowly climbed for several miles before diving off for another frightening descent, where you either learnt to keep your balance sliding down the muddy slope and hoping for the best, or made your way down hanging on to the trees.

In terms of times, it was my worst ever marathon by over half an hour, but everybody was slow completing this monster.

It seemed like the whole town were lining the streets to cheer the runners in. I must have looked worse than usual with face, legs and clothing splattered in, admittedly dried on by now, mud and blood. The warrior returns.

And on the drive back, the heavens opened yet again.

Steve Paull

METROS BARN DANCE

Many years ago a very successful barn dance was held as a Metros social event. There appears to be considerable interest and enthusiasm for another such merry event, which would probably be held on a Saturday evening in February / March.



To make this happen, we need some volunteers to help with the organisation. If you would be willing to assist in any way, please let me know either at a Saturday morning training session or by phone (020 8866 3225) / e-mail (dave@young53.plus.com).

I would also welcome any recommendations / suggestions for bands and suitable venues to accommodate 100 - 200 people.

Dave Young

Achievements

Well done to ...

Jane Hudson for a PB in the Metros 10K and achieving a Gold award.

Ruth Tidder for a PB at Wycombe Half Marathon

Thomas Barry – 4th in 800m in the Harrow Inter Schools Year 6 tournament.



stewartslaw

Moor Park 10k & Junior Fun Runs



30 September 2012

Merchant Taylors' School, Moor Park

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

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

Under 15s 3.9 km 12.00pm

Under 12s 2.6 km 12.45pm

Under 10s 1.3 km 1.15pm

Stewarts Law Moor Park 10k 3.00pm



SUMMER LEAGUE - METROS HOST FIXTURE - 1 July 2012



There were two unusual things about our host fixture this year, the change of route and the weather. The normal route is outside the Kodak Zoom Leisure Centre in Harrow View but road works meant a diversion had to be taken through a narrow gate into the Zoom car park, along the car park, then out through another narrow gate.

When I first learned that the road works would not be finished in time I thought we would need to cancel the event. Styles, narrow parts of courses etc are usual in cross country runs but not road runs. Several members including Steve Paull and Jane Hudson looked at a possible 5 mile route but the present route, devised by Richard Francis, is the safest route. I e-mailed the participating league clubs about the road works if they would prefer to cancel– they all replied that we should go ahead.



On the day, all the runners, fast and slow, safely used the pedestrian route with the guidance of marshals Steve Alder, Peter Beuselinck, Geoff Brooks, Jonathan Greenwood and Henry Pickford.

Thanks also to all the other marshals who ensured the runners safely ran the correct 10K route including: Mandy Beuselinck, Gladys de Groot, Yvonne Greenwood, Anne Leigh, Brian Murphy, Nigel Rackham, Jonny Young. Also the Tenderfoot marshals including: Tom Alder, Peter Jose, Ann Marsden, Mitesh and Pritesh Patel, Nathan Powell, Steve Paull, Kevin Smart, David Swan, Gordon Valentine.



Apart from one dull day I can't remember us having anything other than sunny, warm weather, often too warm for road running. Not this year – only light drizzle as we set up but it did stay dry until a sudden, very heavy shower fell during the fourth relay. I could see all the runners and spectators crammed into the Metros food gazebo and the smaller gazebo Ruth and Simon Tidder had erected 'just in case'.



It could have been worse, knowing the weather we have had we were fortunate to have just a shower but not so lucky as to be left with wet gazebos, marshals bibs, marking tape etc. Thanks to Dave and Teresa Young, Ruth and Simon Tidder, Marilyn and Henry Pickford and Ann Marsden and others who took these items home to dry out before they were stored.

The Metros gazebo (erected under the supervision of Teresa)



provided excellent cover for the mouth-watering spread of food which received many compliments on the day and after. Thank you all who brought food and special thanks to Barbara Robson who organised and Marilyn Pickford and Tracey Tyrrell who all ran the refreshment area.

Thanks to everyone who helped in any way but particularly to Pritesh Patel who arrived early and helped mark the Tenderfoot course, Peter Jose among many others who arrived early, helped set up and then clear up after and return items to the Metros shed;



Garry and Gill Young who marked the course and timed the 10K; Teresa and Peter Rackham who timed and recorded the Tenderfoot; Jessica Young and Matthew Rackham who distributed finishers' raffle tickets; Marion Rogan, Jackie Cope and Angela Murphy who distributed certificates to children; Dave Brown for registering the Metros runners and organising and timing the relay and delivering the water to the park; Wendy and Alice Mulvenna, plus Elish Fernandes who ran the water station.



There are many others who helped who I've not specifically mentioned but the event would not be safe or successful without all the help generously given on the day. Also without Metros runners the event wouldn't be worthwhile.

To all who helped, ran, donated food THANK YOU.

Pat Jackson - Metros Co-ordinator for the Summer League



Results

Regents Park 10K – 1st July 2012

1.		33.09
99	Pritesh Patel	44.11
273	Raj Varshani	51:43
488	Andrew Shirras	58.37
665	finishers	



High Wycombe Half Marathon and 10K 15.07.12

1/2M

1st		01:07:02
28	Nathan Powell	01:27:59
332	Mandy Beuselinck	01:50:33
364	Gertrud Porter	01:51:55
409	Harriet Copland	01:54:46
431	Jane Hudson	01:56:06
453	Ruth Tidder	01:57:22 PB
736	Irene Paull	02:23:13
807	finishers	

10K

1st		00:36:04
24	Steve Paull	00:43:15
93	Gordon Valentine	00:51:46
107	Carole Wells	00:59:52
293	Sue Davie	01:13:01
319	finishers	

Wot No Watch – June 2012

	Predicted	Actual	Difference (secs)	
Jonathan Collier	5.00	5.03	3s	
Adam Leary	6.45	6.45	0	Winner
Andrew Collier	6.40	7.02	22s	
Mervyn Stuckey	7.16	7.20	4s	
Thomas Barry	7.10	7.22	12s	
James Harrington	7.55	7.25	30s	
Mike Ransome	7.30	7.25	5s	
Caroline Day-Lewis	7.17	7.26	9s	
Judy Rackham	7.41	7.35	6s	
Nigel Rackham	7.41	7.35	6s	
Marion Rogan	8.35	8.08	27s	
Karen Collier	8.20	8.14	6s	
Sandra Young	8.45	8.18	27s	
Seble Alemu	8.45	8.20	25s	
Ann Marsden	8.15	8.29	14s	
Tracy Tyrrell	9.00	8.30	30s	
Errol Clarke	8.00	8.32	32s	
Carol Wells	8.34	8.37	3s	
Janice Newman	8.34	8.37	3s	
Dharmini	8.30	8.46	16s	
Rosemary				
Harrington	8.40	8.57	17s	
Karen Leary	9.00	9.17	17s	
Raquel Russel				
Ponte	10.00	9.33	27s	
Debbie Moynihan	9.40	9.43	3s	
Gareth Hughes	9.40	9.45	5s	
Yvonne Greenwood	9.30	9.49	19s	
Gladys de Groot	9.30	9.56	26s	
Eilish Fernandez	9.50	10.01	11s	
Hema Thakur	9.10	10.13	1m 3s	
Anne Leigh	10.59	10.36	23s	
Roberta de Martin	9.00	11.50	2m 50s	

5 Mile Handicap – 23rd June 2012

	Actual 5 mile time	Correct handicap	Time inc. handicap	Position	Points	Next Handicap
Donna Warren	39:35	0	39:35	1	24	20
Kirit Ranpura	51:20	0	41:20	2	23	18
Guy Bostock	40:16	14	54:16	3	22	19
Penny Rawlins	51:28	4	55:28	4	21	8
Sandra Young	51:28	4	55:28	5	20	8
Judy Rackham	42:46	15	57:46	6	19	17
Steve Paull	35:13	24	59:13	7	18	24
Rosemary Harrington	52:20	7	59:20	8	17	7
Peter Jose	36:03	24	60:03	9	6	23
Ruth Tidder	41:16	19	60:16	10	5	18
Tom Alder	34:53	26	60:53	11	4	25
Olivia Gill	51:10	10	61:10	12	3	8
Anne Ambrose	55:34	6	61:34	13	2	4
Jeanne Coker	73:51	0	73:51	14	1	0

Well done to the brave (or hardy) few who ran the 5 mile handicap today as a warm up for Metros 10k.

Next event is September, and a lot of people are still in with a chance of winning the trophy, see you then.

Irene Paull

Over The Edge Marathon, Much Wenlock, Shropshire 8 July

Full Marathon

65th Steve Paull 5.19.31
out of 136 starters

Half Marathon

67th Irene Paull 3.32.54
out of 79 starters

VETS TRACK & FIELD LEAGUE

Hillingdon – 25th June 2012

Name	Event	Time		Name	Event	Time
Simon	100m	15.7		Jane	400m	92.1
Abery	400m	74.4		Hudson	1500m	6.55.0
	1500m	6.24.6			High Jump	0.95m
					Discus	13.99m
Terry	1500m	5.57.3			Javelin	10.60m
Burke	2000m Walk	11.58.5				
	Javelin	18.14m		Ann	100m	19.1
				Marsden	400m*	1.41.5
Brian	Javelin	11.95m			1500m	7.53.7
Jackson	Discus	15.00m				
				Wendy	Discus	8.96m
Mark	400m	67.9		Mulvenna	Javelin	6.09m
Mulvenna	1500m	6.07.8				
	Triple Jump	6.18m		Marilyn	100m*	18.4
	Discus	17.85m		Pickford	400m	99.2
					Triple Jump	5.64m
Kevin	100m	13.0			Discus*	11.99m
Smart	400m	64.1			Javelin*	12.89m
	1500m	5.27.4				
	Discus	20.91m		Stephanie	100m	18.5
				White	400m	1.41.9
Gladys	100m	19.9				
De Groot	2000m Walk	15.29.3				
	Triple Jump	5.53m				

*1st in W60 age group

Mens 4 x 400m relay: 4th out of 4 teams: 5.03.3
Simon Abery, Mark Mulvenna, Kevin Smart, Terry Burke

Women's 4 x 400m relay: 5th out of 5 teams: 6.43.9
Stephanie White, Marilyn Pickford, Jane Hudson, Ann Marsden.

Metros team positions 6th from 6 clubs - **Only .5 point behind ESM**
Women team positions 5th from 6 clubs

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.



SUMMER LEAGUE

Metros Host Event, Headstone Manor Recreation Ground, 24 June 2012

MEN 10km		Time	Cat	Points	Bonus Pts	Total
9	Richard Francis	37.30	4	292	15	307
14	Nathan Powell	38.44	2	287	5	292
17	Tom Alder	39.50	1	284	0	284
30	Kevin Smart	42.20	4	271	15	286
31	Mitesh Patel	42.26	1	270	0	270
33	Steve Paull	42.59	5	268	20	288
43	Pritesh Patel	45.20	1	258	0	258
50	Peter Jose	46.31	7	251	30	281
64	Gordon Valentine	49.03	5	237	20	257
74	Bob Manning	51.24	8	227	35	262
80	Raj Varshani	53.31	2	222	5	227
81	Andrew Collier	54.53	3	221	10	231
84	John Stratford	55.30	6	218	25	243
86	Jason Bowles	56.29	2	216	5	221
88	Chris Roome	57.33	9	214	40	254
97	Terry Burke	70.38	6	205	25	230

LADIES 10km						
18	Sharon Wood	50.37	2	283	5	288
23	Gertrud Porter	51.31	6	278	25	303
29	Jane Hudson	52.09	4	273	15	288
32	Jackie Cope	52.26	5	270	20	290
37	Jackie Bowles	53.40	2	265	5	270
44	Marion Rogan	55.20	6	258	25	283
45	Judy Rackham	55.21	4	257	15	272
46	Ruth Tidder	56.02	2	256	5	261
48	Carole Wells	57.21	4	254	15	269
49	Sarah Westwood	57.42	5	253	20	273
52	Pauline Woods	59.52	1	250	0	250
53	Lauren Smith	59.52	1	249	0	249
55	Ann Marsden	1.00.52	6	247	25	272
56	Irene Paull	1.01.03	4	246	15	261
61	Sandra Young	1.04.19	2	241	5	246
62	Penny Rawlins	1.06.21	2	240	5	245
63	Penny Hudson	1.07.01	4	239	15	254
64	Anne Ambrose	1.07.45	5	238	20	258
67	Angela Murphy	1.20.21	6	236	25	261

TENDERFOOT Boys						
1	James Francis	6.16	Y1	100	2	102
5	Christopher Hudson	7.16	Y9	96	14	110
7	Max Kupfer	8.38	Y9	94	16	110
8	Aaron Rawlins	8.55	Y9	93	16	109
11	Reece Knowles	10.39	Y5	90	8	98

TENDERFOOT Girls						
1	Eleanor Murray	6.41	Y3	100	4	104
4	Natalie Tidder	8.21	Y8	97	14	111
6	Kirsty Young	9.03	Y9	95	16	111
7	Helen Marku	9.07	Y7	94	12	106
13	Niamh Cruickshank	11.30	Y8	88	14	102

METROS GUESTS10km	Time
75 John Wood	51.25
25 Mary Swindles	51.49
65 Maggie Maddsen	1.09.21

RELAYS –400m (All relay results are before any weighting for age)

A Team		Ladies Team	
James Francis	1m 06.88s	Eleanor Murray	1m 18.01s
Richard Francis	1m 15.88s	Jackie Bowles	1m 28.30s
Tom Alder	1m 09.94s	Jane Hudson	1m 33.21s
Kevin Smart	1m 05.82s	Ruth Tidder	<u>1m 27.37s</u>
Mitesh Patel	1m 14.07s		5m 46.89s
Nathan Powell	<u>1m 04.75s</u>	4 th from 5 teams	
	6m 57.34s		
2 nd from 7 teams			

BI Team		B2 Team	
Andrew Collier	1m 22.01s	Chris Roome	1m 55.81s
Pritesh Patel	1m 25.08s	Ann Marsden	1m 48.02s
Terry Burke	1m 25.44s	Gertrud Porter	1m 49.51s
Christopher Hudson	1m 34.72s	Helen Marku	1m 37.71s
Steve Paull	1m 22.38s	Marion Rogan	1m 45.34s
Gordon Valentine	<u>1m 29.59s</u>	Angela Murphy	<u>1m 58.39s</u>
	8m 39.22s		10m 54.78s
4th from 6 teams		3 rd from 3 teams	

With thanks to Dave Brown for registering and recording Metros 10k results and organising and timing the relays. Mathew and Peter Rackham for recording Metros Tenderfoot results.

CLUB POSITIONS

	Men	Women	Tenderft	Relays	Total
1 Metros	1,457	1,452	657	1,112	4,678
2 Mornington Chasers	1,453	1,515	413	1,106	4,486
3 Dulwich Park Runners	1,352	1,481	412	1,098	4,343
4 Ealing Eagles	1,404	1,406	419	827	4,056
5 Ealing S&Middx	1,459	1,491	213	733	3,896
6 Queen's Park Harriers	1,439	1,113	0	580	3,132
7 Serpentine	1,461	582	0	373	2,416
8 Sudbury Court	1,249	766	0	146	2,161
9 Hayes & Harlington	1,099	0	0	0	1,099

CUMULATIVE(after 2 fixtures)

1 DPR	2,799	2,959	1,025	2,278	9,061
2 Mornington Chasers	2,934	2,984	1,048	2,090	9,056
3 Metros	2,876	2,885	1,063	1,987	8,811
4 ESM	2,914	3,001	320	1,778	8,013
5 Ealing Eagles	2,780	2,787	626	1,474	7,667
6 Serpentine	2,933	2,021	594	1,195	6,743
7 QPH	1,950	2,244	0	983	5,177
8 Sudbury Court	2,253	766	0	146	3,165
9 Hayes & Harlington	1,375	0	0	0	1,375

Next Fixtures: Sunday 22 July at 3.0 am, Regent's Park – hosted by Mornington Chasers

Sunday 26 August at 9.30 am, Battersea Park – hosted by Serpentine

Pat Jackson – Metros Summer League Co-ordinator



10K Challenge – July 2012

Jane Hudson	49.27	72.20%	Gold
Bob Manning	53.18	69.70%	Silver
Ann Marsden	64.52	68.10%	Silver
Sarah Westwood	57.44	66.70%	Silver
Judy Rackham	53.20	66.10%	Silver
Kath Donaldson	64.53	65.00%	Silver
Al Scoffham	51.53	62.10%	Silver
Simon Abery	48.21	62.00%	Silver
Jackie Bowles	55.27	58.70%	Bronze
Peter Rackham	46.35	58.30%	Bronze
Julia Allen	62.23	52.20%	
Ruth Tidder	53.58	51.30%	
Lucy Allen	62.13	50.90%	
Olivia Gill	62.43	50.70%	
Jason Bowles	56.45	50.10%	
Andrew Shirras	57.57	49.40%	
Julie Smith	69.44	48.70%	
Steve Alder	63.39	48.20%	
Nigel Rackham	64.19	47.70%	
Michael Hall	64.09	46.00%	

Thank you to Angela Murphy for timing the event on what was probably a very wet morning? (I was driving to Southampton at the time in torrential rain on the M3). Well done to Jane Hudson for getting her Gold with plenty to spare and commiserations to Bob Manning who narrowly missed it. A few new names this month, running the event for the first time - they now have a challenge time to beat on the next running of the event which will be Saturday 6th Oct (an Indian summer perhaps after the monsoon!)

Teresa Young

SUMMER LEAGUE

Perivale Park, 8 July 2012 hosted by Ealing, Southall & Middlesex

MEN 5 miles	Time	Cat	Points	Bonus Pts	Total
6 Richard Francis	29.22		4	295	15 310
16 Rod Taylor	30.48		1	285	0 285
37 Mitesh Patel	33.28		1	264	0 264
52 Kevin Smart	35.12		4	249	15 264
73 Terry Burke	37.24		6	229	25 254
81 Gordon Valentine	38.51		5	221	20 241
88 Al Scoffham	39.39		5	214	20 234
90 Simon Gorgia (Guest)	40.06				
91 Bob Manning	40.19		8	212	35 247
96 Chris Roome	44.18		9	207	40 247
97 Paul Gardner	46.03		4	206	15 221

LADIES 5 miles	Time	Cat	Points	Bonus Pts	Total
33 Jackie Cope	41.46		5	268	20 288
42 Jane Hudson	42.44		4	259	15 274
44 Marion Rogan	42.55		6	257	25 282
45 Emma Rogan	42.55		1	256	0 256
67 Ann Marsden	47.38		7	234	30 264
72 Penny Hudson	52.29		4	229	15 244
64 Anne Ambrose	53.22		5	228	20 248
77 Gladys de Groot	59.24		6	224	25 249

TENDERFOOT Boys	Time	Cat	Points	Bonus Pts	Total
1 James Francis	6.01	Y1	100		100
4 Christopher Hudson	6.38	Y9	97	16	113
17 Reece Knowles	12.48	Y5	84	8	92

TENDERFOOT Girls	Time	Cat	Points	Bonus Pts	Total
2 Eleanor Murray	6.34	Y3	99	4	103
15 Shannon Lindley	13.17	Y3	86	4	90

RELAYS –320m (All relay results are before any weighting for age)

A Team	Time	Ladies Team	Time
James Francis	1m 06.88s	Eleanor Murray	1m 18.01s
Mitesh Patel	1m 14.07s	Jane Hudson	1m 33.21s
Richard Francis	1m 15.88s	Jackie Cope	1m 28.30s
Gordon Valentine	1m 09.94s	Shannon Lindley	<u>1m 28.30s</u>
Terry Burke	1m 05.82s		
Paul Gardner	<u>5m 46.89s</u>	5 th from 5 teams	
	6m 57.34s		
6 th from 6 teams			

BI Team	Time
Al Scoffham	
Christopher Hudson	1m 34.72s
Chris Roome	
Penny Hudson	
Gladys de Groot	
Ann Marsden	<u>1m 10.31s</u>

5th from 5 teams

With thanks to Dave Brown for organising and timing the relays.

CLUB POSITIONS at Ealing

1	ESM	1,467	1,523	416	1,053	4,459
2	Mornington Chasers	1,485	1,504	525	838	4,352
3	Ealing Eagles	1,414	1,408	633	748	4,203
4	Dulwich	1,295	1,436	501	898	4,130
5	Metros	1,377	1,374	498	865	4,114
6	Serpentine	1,428	1,416	398	170	3,412
7	QPH	1,421	1,422	104	0	2,947
8	Hayes & Harlington	829	0	0	0	829
9	Sudbury Court	515	233	0	0	748

CUMULATIVE After 3 fixtures

1	Mornington Chasers	4,419	4,488	1,573	2,928	13,408
2	Dulwich	4,094	4,395	1,526	3,176	13,191
3	Metros	4,253	4,259	1,561	2,852	12,925
4	ESM	4,381	4,524	736	2,831	12,472
5	Ealing Eagles	4,194	4,195	1,259	2,222	11,870
6	Serpentine	4,361	3,437	992	1,365	10,155
7	QPH	3,371	3,666	104	983	8,124
8	Sudbury Court	2,768	999	0	146	3,913
9	Hayes & Harlington	2,204	0	0	0	2,204

Final Fixture: Sunday 26 August at 9.30 am, Battersea Park – hosted by Serpentine

Pat Jackson, Metros Summer League Co-ordinator



Runners' Recipes

Easy-Peasy Dessert

from Jeanne Coker



Ingredients:

300ml double cream
397g tin of condensed milk
3 lemons

Method:

1. Whisk 300ml double cream until thick.
2. Pour in a large (397g) tin of condensed milk.
3. Whisk further until thoroughly mixed.
4. Stir in the rind and juice of 3 lemons.
5. Chill in the refrigerator.

(A word of warning! Don't take it on the bus.
It jumps out of the bowl as the bus goes over the bumps)

First Aid Course

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

Safety Information

Whenever you attend a training session, please inform the session coordinator / leader if you have any injury or other medical condition.

Also, if you participate in one of Metros Saturday morning races or challenges, please give your name to the person(s) organising the event and report back to them if you drop out. This applies particularly to events where the course is mainly on the streets and is to enable us to check whether anyone has lost their way or suffered an injury or accident.

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

NOTES OF METROS COMMITTEE MEETING

Wednesday 4 July 2012, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Penny Hudson, Pat Jackson, Ann Marsden, Steve Paull,
Barbara Robson, Al and Jane Scoffham.

APOLOGIES: Mandy Beuselinck, Marilyn Pickford, Mike Ransome

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 – 6 June

Metros Barn Dance – David Young will put an article in Metrolines.

ACTION: Dave Young

Metros Race Entry Book – Jane stated that a new book and dividers had been added and Jackie Cope is updating this.

ACTION: Jackie Cope

Thames Valley League Dates

Jane confirmed that the dates had appeared in Metrolines.

Hire of Scout Hall - Mike has been informed that the lease for the Scout Hall is due for renewal in 2013.

ACTION: Ongoing

Metros Kit – Pat will now order Metros vests rather than Runners World.

Pat has asked via Metrolines that any outgrown child's Metros T-shirts be given to her to pass on to new members but none received as yet.

ACTION: Pat Jackson

Summer League - Jane thanked Pat for organising Metros host event. Pat thanked Barbara for organising the excellent refreshments plus all who marshalled or helped and Metros runners who participated. Penny confirmed that several complimentary comments had been listed on the Metros Facebook page.

REPORTS OF OFFICERS

Hon. Chairman – Jane suggested that, as meetings are now the first Wednesday in the month, we have a meeting in December but not January. Agreed unanimously.

Hon. Vice Chairman – Mike was absent.

Hon. Secretary – Al stated that England Athletics have confirmed that payment had been received for Metros competing members who will be contacted soon by EA. Anyone who needs their athletic number should contact Ann Marsden or Al Scoffham.

Hon. Treasurer – Mike was absent but had sent a report.

Hon. Membership Secretary – Ann confirmed 11 new applications and the following were approved: Stuart Cruickshank, Claire Vine, Helen Marku and Niamh Cruickshank, South Harrow; James Harrington, Pinner; Jackie Mackin, Harrow; Roberta de Martin Pinter, Northolt; Hema Thakur, Pinner; Tracey Tyrrell, Northolt; Rajesh Varshani, Stanmore; Pauline Woods, Hayes.

Ann stated that the overall number of Metros members has increased substantially.

Ann mentioned that she may be moving from this area next year.

A further request for membership renewal will appear in Metrolines.

ACTION: Jane/Penny Hudson

REPORTS OF CO-ORDINATORS

Saturday Morning Tea Rota – Barbara will advertise in Metrolines for more help with refreshments.

Summer League – Pat confirmed the next fixture is at Perivale on 8 July.

Vets T&F League – Pat confirmed the next fixture is at Battersea on 16 July

The Metros Annual Fun Run – The Brian Jackson Fun Run – will be held on Saturday 29 September.

Runners' Identification – Pat will advertise the Metros 'dog tags' for recording necessary personal details for runners etc.

ACTION: Pat Jackson

Meeting closed 8.21pm

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

5 September

3 October

7 November

5 December

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 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