



September 2012

Issue No. 288

Olympic Volunteers



Seb presenting Mike with his certificate for completing 1,000 hours as a Trailblazer volunteer.

"In total, I am sure that I will have done well over 1,500 hours as a trailblazer, SEV, TEV & Gamesmaker!"

Metros Diary

AUG

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 13 5 mile walk 9.00 am

Sun 14 Ridgeway Run 10.00 am**

Sat 20 Wot No Watch, Roxbourne Park 9.20 & 9.40 am

Sun 21 Cabbage Patch 10 TROPHY RACE 10.00 am

Sat 27 Beachy Head Marathon 9.00 am***

NOV

Sat 10(tbc) Measured Mile, Roxbourne Park 9.20 & 9.40 am

Wed 7 Committee Meeting 8.00 pm

Sun 11 TVXC – Datchet 11.00 am

Fri 16 Quiz and Presentation Evening 6.45 pm

Sat 17 5K Run, Roxbourne Park 9.15 am

Sun 25 TVXC – Sandhurst 11.00 am

DEC

Sat 1 5 Mile Handicap, Roxbourne Park 8.50 am

Wed 5 Committee Meeting 8.00 pm

Sun 9 TVXC – Handy Cross 11.00 am

Sat 15 Wot No Watch, Roxbourne Park 9.20 & 9.40 am

Sun 16 TVXC – Ruislip Woods – METROS Host 11.00 am

Sun 23 TVXC – Reading 11.00 am

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

* <http://www.ealinghalfmarathon.com/>

** http://www.tringrunningclub.org.uk/Ridgeway_Run.html

*** <http://www.visiteastbourne.com/events/BeachyHeadMarathon.aspx>

TVXC – Thames Valley Cross Country – see page 6

Note from the Editors!

We hope the Olympics have inspired you to new and greater challenges – what a fantastic fortnight! (And more to come with the Paralympics.) Get the inside story from the Games Makers later in this edition. Although the summer (?) is coming to an end there is plenty to look forward to in the autumn, especially for those of you who actually like to get wet and muddy.

Remember to sign up for the Group email and to the Metros Facebook page, to get up to the minute information about club activities.

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.

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

My challenge

On September 9th I am going to climb Kilimanjaro, height 5,895m and am raising money for Parkinsons. If anyone would like to sponsor me please visit my page at: www.justgiving.com/LindaGaitskell-PeterRoberts

Thanks

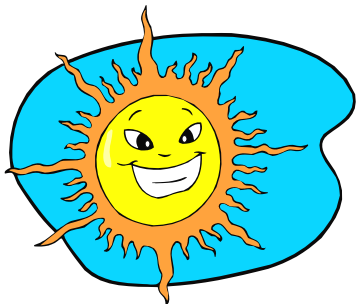
Linda Gaitskell

Trophy Races

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 26th August, 9.30 am – Battersea Park – Serpentine.

See Metros website for details. <http://www.metros.org.uk/>

Regent's Park Summer League



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



For further information go to <http://www.tvxc.org.uk/>

Thank You Metros

Karen and I would like to say "thank you" to everyone at Metros for their support after Karen's brother, Pete, was seriously injured while cycling earlier this year. We really appreciate the kind and helpful comments and messages that so many of you took the time to make/send/post online. It goes to prove what we already knew, that Metros contains the very best kind of people.

After weeks in intensive care at Whitechapel, with a variety of serious injuries, Pete is now up and about and home, he no longer needs the body-brace and is even allowed 5 minutes per day on his bike - fixed to a turbo-trainer.

As many of you know, Pete was out on his bike training for his second trans-UK bike ride, from Lands End to Dover, to raise money for Kent Air Ambulance, ironically the very same service that probably saved his life. So, we and Pete are very grateful for all the donations that Metros made to his JustGiving page. The amount of money raised really cheered Pete during the long recovery time in hospital.

Thanks from all of us to everyone at Metros - a truly supportive club.

Thanks

Adam & Karen

As the days passed, the search for Billington M. grew ever more desperate. I got two pieces of correspondence on the same day, each giving me a different place where the Billingtonasurus (an almost extinct dinosaur) might be. One was another highly dubious area, south of the safety of the River Thames- Sandown, the other a more safe area at the centre of the monarchy.

Sandown was no place to go alone, so I set off mob-handed with the meanest dudes I could summon, all tooled up and on high alert. We bluffed our way in, but were immediately separated.

This was getting serious now. No Seb, Izzard, Edwards 1 or Edwards 2 (no relation). No Cadbury Crew (See Metrolines 282). Why was I given a pink wrist band with Hackney Community College 2012 on it? I now had to get through this day alone. Keep yourself alert, watch everybody and everything, listen like you've never listened before. One slip here could bring on disaster on the big day. And Billington could be here, around any corner.

We were shown a film with the actor from the Direct Line ads that's not the insincere bloke who's on in a quiz before the 6 o'clock news. I searched through the gloom of the room for a glimpse of le Billington, but nothing.

After lunch it was a lass called Lisa (at least that's what she said it was) in a room with windows (yes!!), overlooking the race course (Shard, Wembley Arch visible) Better acoustics. Lighter and a lighter feel. Go carts. A distraction. I hope I kept my concentration.

But no MB. At least none of my crew spotted him. Onwards to track down the second rumour at the second destination. Follow the money- go to St James's.

Here I had to deal with the military for the first time. I put on my sweetest smile and my best salute and again brazened out all the checks to get in. The crowd of us (not me), mostly in the similar military uniform only this time Ribena-coloured, were addressed by a Lieutenant-Colonel of the Scots Guards with "half a ton of sheep on my shoulders." He spoke of fearing God and honouring the king. Right. "London Calling" by the Clash was playing over the Tannoy as we were given word games to play. No thank you. Can we watch the scantily-clad ladies on the beach volleyball courts next door? No, you're to be taken to your FOP. Harumph. Will Billington be there, because he's not here? Short answer, no.

Two false trails, Sandown and St James's, dented my confidence, but my network of spies had told me that Mike lived in Harrow. With the "torch" in the vicinity, surely he would be there. I set out early to get a good vantage point. As Seb's number two, if there, he was a must to be schmoozing with the great and the good. I took my camera to get pictures of the "faces". The boffins at HQ might just have a use for them. You can never be too careful in these dangerous times. Again I was defeated.

It looked like I was never going to find him. I dismissed an idea that he was helping the team of his beloved Canada as not worthy of his talents. Could he be lighting the Olympic flame? My only contact with the opening ceremony was that I know the father of one of the dancers. I can't believe she'll know who is getting out the box of Swan Vestas.

I was going to fail. It hurt. It hurt badly.

But in life sometimes things just click and the answer came to me just like that (clicks fingers).

Mike wasn't in this country at all. His job was done and he was moving on, like in the Westerns of his childhood. Where did he go on "holiday" last year? That's right, Brazil. It wasn't a holiday at all. It was a business meeting. Simple when you know the answer. Mike is starting on the organization of the next games, or at least discussing his fee. The crafty so-and-so.



Please don't put the flame out! Or on being a Games Maker



It was about two years ago when the London Marathon approached me to see if Metros would be willing to provide a team to assist with Personal Drinks at the Olympic Marathons. I should have refused because I would not now be in the depths of Post Games Depression, from which I may never recover. However, I could not turn down the opportunity for us all to be involved in the Greatest Show On Earth so off we went. Recruitment was swift and we had enough volunteers well within the requested timeframe.



The first surprise that came our way was, despite the fact that they asked us, we still had to go through the interview and selection process. The interview was at least 20 minutes long and included some fairly searching questions that required thought out responses. It was during this process that realisation of the scale of the whole thing began to hit. LOCOG needed 70,000 volunteers. 240,000 people applied! It also became clear that we would be doing more than just the Marathons; Road Cycling would also be on the agenda. The road cycling events required 1,500 people out on the course so they needed to rope in Athletics (us), Triathlon and any other spare bodies that they could find. It seems that cyclists do not volunteer in the same way as we

in the road running fraternity do so it was all hands to the pumps. Mind you after standing around in Twickenham for several hours and seeing the race pass through in a whoosh I can kind of see why cyclists don't volunteer! We were all involved in the road cycling test event last year and the organisers must have learnt many lessons from it – they managed to ignore quite a few when it came to the real thing.





to cynical and critical scrutiny. During all of these training sessions it was stressed time and time again that the Games wouldn't succeed without the Game Makers. Yeah, Yeah, Yeah! And "Games Makers", a bit clumsy and pretentious perhaps? At this point it was difficult to maintain unbounded enthusiasm but as we got nearer to the off things picked up.



Uniforms. Off we went to UDAC (Uniform Distribution and Accreditation Centre) to get badged and clothed. This again brought home the scale of the enterprise as it was run on strictly military lines, Shoes, Games Makers for the use of, that sort of thing. At long last after watching Olympics, World Cups, Euros and other major sporting events we got to have an accreditation the size of a small country to hang around our necks. In years to come they could be useful for removing wallpaper or similar – but the experience did start to move from the surreal to the real.

Venue Specific Training. This was the best training session of the lot. In addition to Marathons and Road Cycling we had now been roped in for Race walking and this was on the Mall, a designated venue with tickets, security et al we had to understand the process of access etc. The day Gill and I attended was sweltering and the initial part of the training was in a large marquee type structure. The inside temperature was sky high and with all the hot bodies inside the humidity was 1 percent below actual rain. Amongst others who addressed us was the Brigade Major in command of Horse Guards Parade and adjacent MOD and Military Properties. The poor unfortunate man was decked out in full No 1 uniform except for his bearskin. He showed a distinct lack of sympathy with our overheating issues by advising us that he was speaking to us whilst wearing "the entire output of a small Welsh sheep farm". Following a sweaty hour



in the tent we were given a conducted tour of the Mall and the adjacent areas including athletes holding and warm up areas and the media centre. Again the scale and complexity of the undertaking hit home. And this was only for a fraction of the Games. This kind of activity was taking place in multiple venues all over London and outlying sites. It could never be ready in time!!



But it was and do you know what the best thing was? – we were part of it. A very small part but a part nevertheless. For the Road Cycling we were scattered from Putney to deepest, darkest Surrey. But we did our bit. For the Marathons and the Race Walking we were a self-contained team doing something we understood, well on the Race Walking we learnt as we went along. But we were there, we had



the best seats in the house, we were on the Field of Play, we were in our uniforms, we handed drinks to Olympians, we picked up their litter, we cheered them on – all equally of course and we got cheered by the crowd. And they were right; the Games wouldn't have succeeded without us Games Makers. "Games Maker" not clumsy and pretentious but spot on.

Now what? Well there are the Paralympics to come and I for one am very excited about being part of that as well. But will we ever feel the same buzz, get swept along in something that has enthused and galvanised the whole country, something that has won over the doubters, something that even the French have admitted was not too bad, something that has given us memories that will last forever. Perhaps not but who knows maybe we have been part of something that will "Inspire a Generation", keep the flame burning for longer and if it does that will make it all worth while.

Garry Young

Footnote;

The Sydney Games (up to now the best ever) had 46,967 volunteers selected from 75,000 applicants. They had a 4% drop out rate.

The drop out rate at London 2012 was less than 1%.

Go on Rio, beat that.



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**

HELL DOWN SOUTH

**Saturday 10 November or
Sunday 11 November**
Longmoor Camp, nr Liss, Hampshire



Sick of the same old road running events?

Why not try this hugely popular, devilishly challenging trail run: 10 -12 miles of off-road running with tough, twisting trails, obstacles and LOTS of mud - including the famed **Hills of Hell** and the **Bog of Doom**!

Entry fee: £25

Fundraising target: £200

Join the Sense Team and help raise money to support deafblind children and adults in the UK.



www.sense.org.uk/hellrunner



For more info, contact Metro's member Jackie Bowles on:

Jackie.Bowles@sense.org.uk
020 7014 9353

This is the kind of bonkers event some Metro's may want to do and it would be great to get a team together! Drop me an e-mail on the above address or have a chat at a Saturday session if you would like to take part!

Registered charity: 289868



**To paraphrase Sir Steve Redgrave
if anyone sees me thinking of doing this again.....**

With so many scams on the internet, when a message from 'London Athletics' was received via the Metros e-mail account over the weekend offering athletic Olympic tickets, it seemed too good to be true, especially with the very short deadline to respond– Monday and the fact that England Athletics have previously only communicated with Al Scoffham, our Honorary Secretary.

On checking with England Athletics on Monday morning that it was genuine, we had until lunch-time the same day to say if Metros were interested in receiving tickets and, if yes, how many. That deadline was extended until early morning the next day, Tuesday.

With such a tight deadline, it was decided to communicate with Metros members via the Metros Google Group E-mail List. Replies were received and our application submitted within the timescale.

London Athletics then said they hadn't received the amount of tickets they'd been expecting and the prices were different to that quoted. Shortly after we were informed that Metros had been allocated just six tickets – many less than we'd requested. We were later told which morning sessions these tickets were for and the cost – £20, £40 or £65 each ticket.

With so few tickets, it was decided that only members of Metros were eligible. Following more e-mails to the Metros who had initially requested tickets to establish who wanted what (now we knew what dates and prices were on offer), a ballot was held after the session on Saturday 28 July. Many Metros members were disappointed but the following were successful:

Friday 3 August – Nigel and Judy Rackham
Monday 6 August – John Gordon and Pat Jackson
Thursday 9 August – Jackie and Jason Bowles

This maybe a one off but, you might like to consider joining the Metros Google Mail list in case this sort of thing arises again. Either contact Penny Hudson via the Metrolines e-mail address metrolines1@gmail.com or log into the website at the address <http://groups.google.com/group/metrosrc> and request membership.

The logistics involved for London Athletics in sorting and communicating ticket allocations to London clubs in such a short space of time was horrendous and very time consuming. So too was sorting out the Metros applications!

The guy in charge of this at London Athletics added a note at end of one of his e-mails: "to paraphrase Sir Steve Redgrave if anyone sees me thinking of doing this again....."

Having dealt with the Metros allocation I know how he felt. The icing on the cake for me was that my name came up in the ballot (last). So, I would do it all again if the opportunity for something similar arose.

Pat Jackson

Our season starts with fun and frolicks at the W.I.

Calendar Girls

by Tim Firth

Based on the Miramax motion picture by
Juliette Towhidi and Tim Firth



Compass Theatre, Glebe Avenue, Ickenham

Argosy Players tell the incredible true story of the extraordinary ladies of the Women's Institute who find themselves revealing more than they ever planned in their fight against cancer.

CALENDAR GIRLS is based on an uplifting true story that is both hilarious and poignant.

3rd- 6th October 7.45pm and Sat 6th October 2.30pm

Tickets £12 /£11 Concs Wed/ Thurs/ Sat Matinee

Call Argosy on 0845 838 9058 or the Compass Theatre 01895 673200

www.argosyplayers.org.uk

www.compasstheatre.co.uk

Our production is followed by RDS performing the same show, with a different cast and different production the following week!

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 ...

Simon Abery for a PB in the Wot No Watch on 20th July

ALL Metros who volunteered during the Olympics!



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



Results

Regents Park 10k - 5th August 2012

1. 33.15
21. Ron Taylor 38:23
67. Mitesh Patel 41:58
655 finishers

Waddesdon Manor Summer Evening 5K Road Race 18-07-12

Despite the earlier torrential rain this race was run in almost perfect conditions (for everyone except me - I prefer cold). Fantastic organisation as usual and some brilliant views across Buckinghamshire.

243 finishers

1st Man - 16min 8 seconds

1st Woman - 18min 34 seconds

Metros: Ben Sellar-Moore (Senior men) 19 min 21 seconds

Metros: Adam Leary (V45) 24 min 12 seconds

Metros: John Gorton - stuck in traffic!

Last runner - 36min 31 seconds

Adam Leary

YOUNG RUNNERS AWARDS

The Young Runners Awards are presented annually at the Metros Quiz and Awards Presentation Evening which this year will be held on Friday 16th November. There are two awards for Metros runners who are under 18 years – one for boys, one for girls.

All Metros members are encouraged to let me have any nominations for the Young Runners Awards by Friday 2 November for consideration at the Metros committee meeting on Wednesday 7 November.

The criteria to be considered are participation, achievement, effort, determination and sportsmanship.

Pat Jackson – 020 8868 5683



Wot No Watch – 21st July 2012

	Predicted	Actual	Diff.
Tom Alder	5.15	5.18	+3s
Simon Abery	6.30	6.23	-7s
Adam Leary	6.35	6.31	-4s
Guy Bostock	6.50	6.39	-11s
Matthew Daniel	6.55	6.40	-15s
Raj Varshani	8.00	6.59	-61s
Caroline Day Lewis	7.15	7.00	-15s
Andrew Collier	6.50	7.08	+18s
Jackie Cope	7.55	7.23	-22s
Julia Allen	7.30	7.44	+14s
Peter Stapleton	7.40	7.59	+19s
Devi Grewal	8.00	8.04	+4s
Errol Clarke	8.00	8.04	+4s
Lucy Allen	7.40	8.04	+24s
Seble Alemu	8.15	8.11	-4s
Marilyn Pickford	8.40	8.15	-25s
Irene Paull	7.59	8.17	+18s
Carole Wells	8.39	8.25	-14s
Janice Newman	8.39	8.25	-14s
Steve Alder	8.00	8.26	+26s
Olivia Gill	8.45	8.31	-14s
Penny Rawlins	8.30	8.42	+12s
Sandra Young	8.30	8.43	+13s
Julie Smith	8.05	9.01	+56s
Karen Leary	9.10	9.02	-8s
Yvonne Greenwood	10.00	9.41	-19s
Jenny Scammells	10.30	9.51	-39s
Maria Bostock	10.30	9.54	-36s
Gladys de Groot	9.35	9.56	-21s
Raquel Russel Ponte	9.25	9.57	+22s
Anne Leigh	10.35	11.06	+31s
Carlow Day Lewis	12.00	12.47	+47s
Barbara Robson	14.00	14.10	+10s
Henry Pickford	13.30	14.10	+40s

The trophy was won by Tom Alder who was within 3 seconds of his predicted time. However 4 other runners were within 4 seconds.

VETS TRACK & FIELD LEAGUE

Battersea – 16th July 2012

Name	Event	Time		Name	Event	Time
Terry	800m	2.57.0		Gladys	200m	44.6
Burke	3000m	12.18.7		De Groot	Long Jump	2.25m
	Hammer	9.63m			Javelin	8.68m
	Javelin	18.01m			Hammer	9.36m
Mark	200m	29.9		Ann	200m	41.7
Mulvenna	800m	3.03.0		Marsden	800m*	4.04.0
	Long Jump	2.68m			3000m	16.11.5
	Javelin	16.53m				
				Marilyn	200m	40.7
Kevin	200m	27.2		Pickford	Long Jump*	2.72m
Smart	3000m	11.39.0			Javelin*	11.92m
	Long Jump	4.47m			Hammer	7.67m
	Javelin	22.76m				

*1st in W60 age group

Final Club Positions after 4 fixtures

Men:

1	Herne Hill Harriers.	127
2	Hillingdon	108
3.	Serpentine	95
4.	Metros	37
5	St Mary's	26
6	Ealing Southall Middx	14

Women

1	Serpentine	120
2	Herne Hill Harriers	90
3.	Hillingdon	80
4.	Ealing Southall Middx	53
5	Metros	40
6	St Mary's	12

This is the final event in the Vets Track & Field series for this season. Runners over 35 years are eligible to compete in this friendly league and, hopefully, more will join us next year.

Further information from Pat Jackson

SUMMER LEAGUE

Regent's Park, 22 July 2012 hosted by Mornington Chasers

MEN 10K		Time	Cat	Points	Bonus Pts	Total
9	Richard Francis	36.56	4	292	15	307
39	Mitesh Patel	41.55	1	263	0	263
40	Kevin Smart	41.55	4	262	15	277
45	Steve Paull	42.39	5	257	20	277
60	Fabio Sulmataj	46.23	1	242	0	242
62	Terry Burke	46.37	6	240	25	265
73	Gordon Valentine	48.17	5	229	20	249
81	Al Scoffham	50.09	5	221	20	241
91	Bob Manning	52.02	8	211	35	246

LADIES 10K		Time	Cat	Points	Bonus Pts	Total
33	Jane Hudson	51.24	4	269	15	284
35	Gertrud Porter	51.38	6	267	25	292
38	Jackie Cope	52.35	5	264	20	284
50	Marion Rogan	53.50	6	252	25	277
59	Carole Wells	57.49	4	243	15	258
70	Irene Paull	59.56	4	232	15	247
88	Raquel Russel Ponte	69.46	7	214	30	244
91	Gladys de Groot	77.34	6	211	25	236

TENDERFOOT Boys		Time	Cat	Points	Bonus Pts	Total
1	James Francis	5.44	Y1	100		100
4	Christopher Hudson	6.28	Y9	97	16	113
12	Reece Knowles	10.07	Y5	89	8	97

TENDERFOOT Girls		Time	Cat	Points	Bonus Pts	Total
1	Eleanor Murray	6.29	Y3	100	4	104

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

A Team		Ladies Team	
James Francis	0m 52.47s	Eleanor Murray	1m 04.88s
Richard Francis	1m 02.08s	Jane Hudson	1m 17.10s
Mitesh Patel	0m 57.55s	Jackie Cope	1m 22.50s
Steve Paull	1m 01.59s	Marion Rogan	<u>1m 26.69s</u>
Fabio Sulmataj	0m 57.61s		5m 11.17s
Kevin Smart	<u>0m 53.56s</u>	7 th from 7 teams	
	5m 44.86s		
5 th from 7 teams			

BI Team	
Gordon Valentine	1m 07.16s
Bob Manning	1m 08.86s
Christopher Hudson	1m 12.03s
Gladys de Groot	1m 37.87s
Terry Burke	1m 07.77s
Raquel Russel-Ponte	<u>1m 06.14s</u>
	7m 59.83s
4 th from 6 teams	

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

CLUB POSITIONS at Regent's Park

	Men	Women	T/foot	Relays	Totals
1 Metros	1,389	1,395	414	1,340	4,538
2 ESM	1,431	1,455	107	1,478	4,471
3 Serpentine	1,472	1,473	538	938	4,421
4 DPR	1,281	1,455	530	1,105	4,371
5 Mornington Chasers.	1,477	1,507	316	1,018	4,318
6 Ealing Eagles	1,352	1,365	110	1,056	3,883
7 QPH	1,366	1,400	0	1,052	3,818
8 Sudbury Court	247	224	0	0	471
9 Hayes & Harlington	243	0	0	0	243

CUMULATIVE - After 4 fixtures

1 Mornington Chasers	5,896	5,992	1,889	3,946	17,723
2 DPR	5,375	5,845	2,154	4,281	17,655
3 Metros	5,642	5,639	1,975	4,192	17,448
4 ESM	5,812	5,988	843	4,309	16,952
5 Ealing Eagles	5,546	5,555	1,378	3,278	15,757
6 Serpentine	5,833	4,905	1,530	2,303	14,571
7 QPH	4,737	5,063	104	2,035	11,939
8 Sudbury Court	3,015	1,222	0	146	4,383
9 Hayes & Harlington	2,447	0	0	0	2,447

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

Pat Jackson, Metros Summer League Co-ordinator

MBE AWARDS (Metros Best Efforts)

These are awarded to Metros members for participation in track and field events.

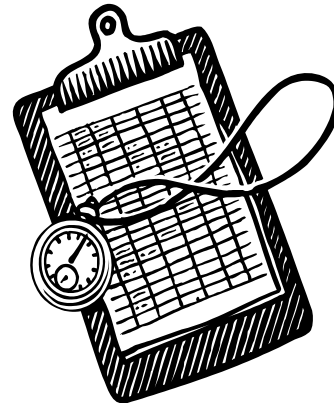
Would you please let me have any track and field event results which have not already appeared in Metrolines by Friday 26 October. Thank you.

Pat Jackson – 020 8868 5683



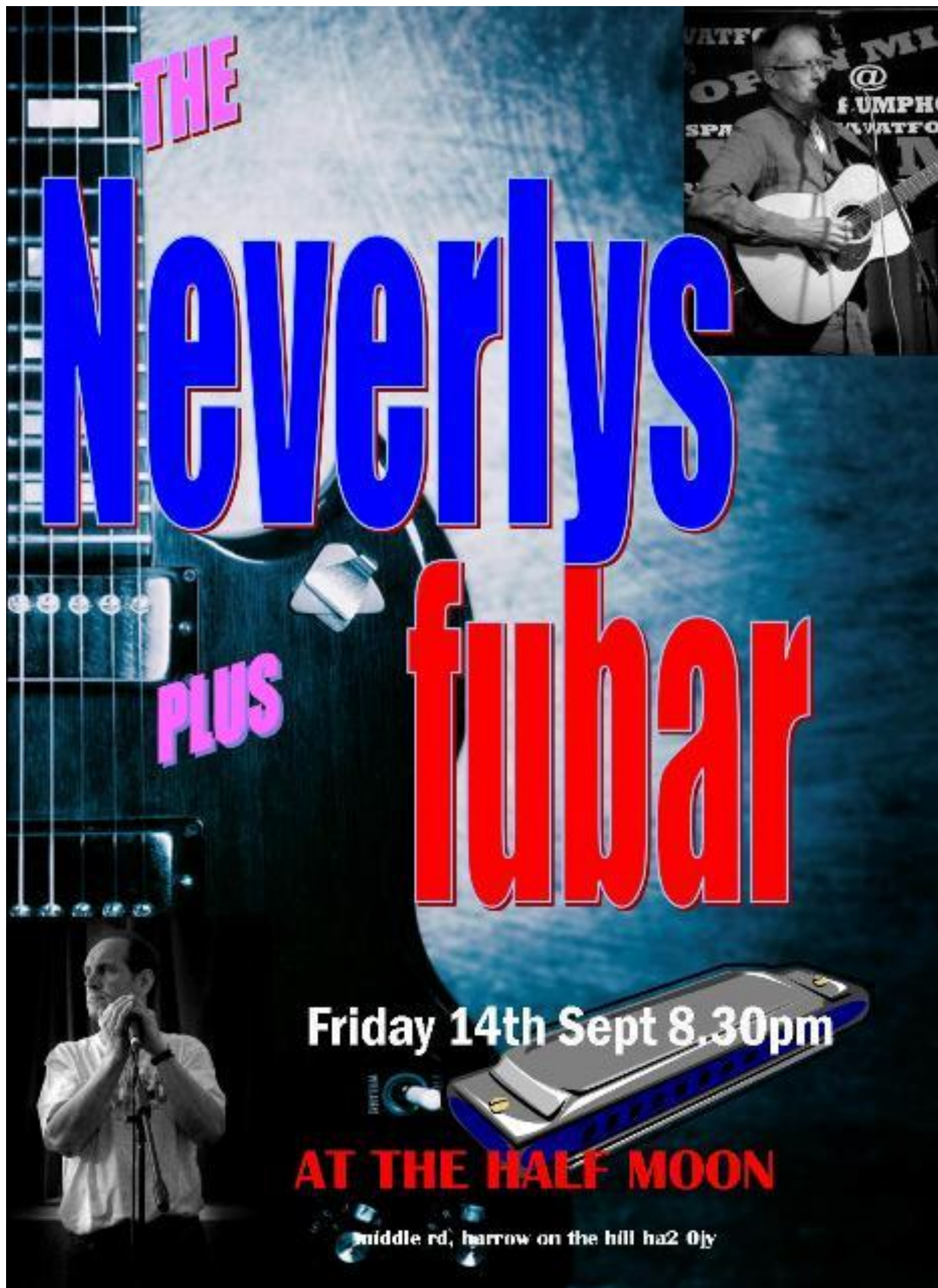
Measured Mile - 4th August 2012

Nigel Rackham	5.22
Peter Rackham	5.45
John Gorton	6.17
Simon Aberly	6.27
Adam Leary	6.38
Paul Gardner	6.52
Jane Hudson	6.55
Thomas Barry	6.56
Glynn Watkins	7.01
Caroline Day Lewis	7.18
Seble Alema	7.24
Mike Ransome	7.33
Judy Rackham	7.36
Ceri Jacobs	7.57
Karen Collier	8.08
Julie Smith	8.56
Steve Alder	9.14
Karen Leary	9.17
Janice Newman + Deborah Norman	9.43
Hema Thakir	10.04
Steph White	10.04
Gladys De Groot	10.06
Penny Hudson	10.12
Anne Leigh	10.42



Thanks to Dave Brown for coming to the rescue and timing on his wonderful timepiece and to Barbara for collecting the stopwatch in time for the second mile. Congratulations for some very impressive fast times so I now have to get on with the spreadsheet to calculate the most improved Measured Miler over the last year. All to be revealed on quiz night in November! Next mile will be in November to start the contest again so keep up the training.

Angela



Runners' Recipes

Caribbean Shake

Banana 1, roughly chopped

Orange juice 2 tbsp

Pineapple juice 2 tbsp

Milk 300 ml (1/2 pint)

Vanilla dairy ice cream 2 scoops

1. Put banana in a blender with orange and pineapple juices. Add milk and whizz to blend.
2. Put a scoop of ice cream in two glasses and top up with fruit milk. Serve immediately and with straws if you like.

Serves 2

Time 5 minutes

Calories 199 per glass

Fat 7g, (4.2g saturated)



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

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 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).

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.

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

Contact Penny Hudson if you would like to join Metros group email.

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