

etrolines

April 2014

Issue No. 307



Gade Valley 17



Six Nations Saturday

Metros Diary

2014

MAR

Sun 23	Hillingdon Half	9.00 am
Sun 23	Gade Valley 20 mile training run	9.30 am
Sat 29	5K Run, Roxbourne Park	9.15 am
Sun 30	Bournemouth Bay Half, 10K, 5K, 1K family run	9.30 am
Sun 30	Coombe Gibbet 16+ miles XC	2.00 pm

APR

Wed 2	Committee Meeting	8.00 pm
Sat 5	10K Challenge, Roxbourne Park	8.50 am
Sat 12	5 mile walk, Roxbourne Park	9.00 am
Sun 13	London Marathon	9.45 am
Fri 18	Maidenhead Easter 10, Trophy Race	9.30 am
Sat 19	Wot No Watch, Roxbourne Park	9.20 & 9.40 am

MAY

Sat 3	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Mon 5	Milton Keynes Marathon	10.00 am
Sun 11	Marlow 5, Trophy Race	9.30 am
Mon 12	Vets T&F, Battersea Athletics Track	6.30 pm
Fri 16	METROS AGM, Lowlands Tennis Club	8.00 pm
Sat 17	5K run, Roxbourne Park	9.15 am
Sun 18	Run Wembley (Sudbury Court 10K), Trophy Race	11.00 am

JUN

Sun 1	Summer League, Dulwich	TBA
Sat 7	5 Mile Handicap, Roxbourne Park	8.50 am
Mon 9	Vets T&F, Hillingdon Athletics Stadium	6.30 pm
Sun 15	Summer League, METROS, N. Harrow Rec.	TBA
Sat 21	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Mon 23	Vets T&F, Battersea Athletics Track	6.30 pm
Fri 27.6-Tues 1.7	Metros Marathon Week	Various

JUL

Sat 5	10K Challenge, Roxbourne Park	8.50 am
Sun 6	Summer League, Perivale	TBA
Sat 12	5 mile walk, Roxbourne Park	9.00 am
Mon 14	Vets T&F, Perivale Athletics Track	6.30 pm
Sat 19	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 20	Summer League, Regent's Park	TBA

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

Please Note: If you wish to run the 10K challenge or 5 mile handicap and are likely to take over an hour please make sure you are ready to set off at 8.50am. If you wish to leave earlier you may self time the run.

Note from the Editors!

It's that time of year when we all seem to get marathon fever, whether we're running or not. We've repeated our VLM spectators' guides from 2009, and there are details of the charities that some of our runners are fundraising for. Marathon Week makes its return in June – details inside. It seems a good time was had by all at the barn dance, and there are a few pictures dotted around this edition.

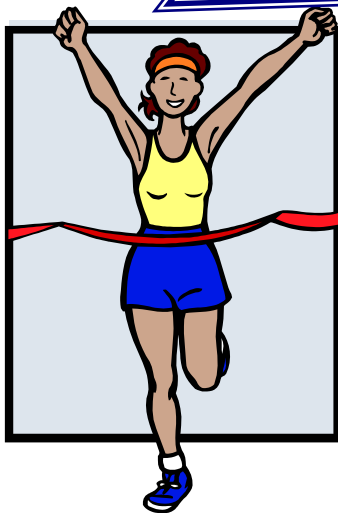
Jane and Penny Hudson



Welcome

Stephen Holland, Ruislip Manor

Elected at the March meeting



Trophy Races



Finchley 20	Sunday 9 th March at 9.00 a.m.
Maidenhead Easter 10	Good Friday 18 th March at 9.30 a.m.
Marlow 5	Sun 11 th May at 9.30 am
Sudbury Court 10K (Run Wembley)	Sunday 18 th May at 11.00 a.m.
Burnham Beeches Half Marathon	Sunday 17 th August at 9.30 a.m.
Maidenhead Half Marathon	Sunday 7 th September at 9.30.a.m.
Moor Park 10K	Sunday 28 th September at 3.00 p.m.
Cabbage Patch 10 (Stragglers)	Sunday 19 th October at 10.00 a.m.
Ricky Road Run	TBA

Note to qualify for the competition you must:

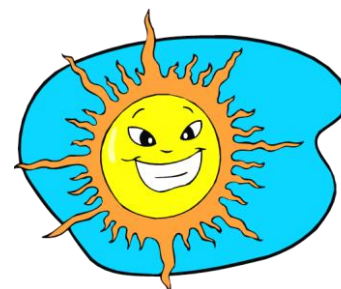
Be a paid-up member of the club;

Enter the Metros club name on the entry form and be qualified to do so;

Wear club kit.

Graham Haddon LRRC Co-ordinator (grahamhaddon@aol.com)

Summer League



PROVISIONAL DATES ARE:

Dates: Sunday 1 June

Sunday 15 June

Sunday 6 July

Sunday 20 July

Sunday 17 August

Dulwich Park, 10km

Hosted by Dulwich Park Runners

N. Harrow Recreation Ground, 10km

HOSTED BY Metros

Perivale, 5 miles

Hosted by Ealing, Southall & Middx

Regent's Park, 10km

Hosted by Mornington Chasers

Battersea Park, 5 miles

Hosted by Serpentine

For further information please contact Pat Jackson tel: 0208 868 5683

Veteran's Summer Track and Field Meetings



Over 35 ? Interested in having a go at a track or field event?

Why not pop along and join Metros Veterans Track and Field team?
....or take part as a guest?

It doesn't matter if the last time you ran on a track or threw a javelin was at school!
You are welcome to come and have a go!

There are four meetings at 6.30pm on Monday evenings during the summer.
Come along to all or just one.

Dates are as follows.....

12th May	Battersea Athletics Track (Battersea Park)
9th June	Hillingdon Athletics Stadium (Uxbridge)
23rd June	Battersea Athletics Track (Battersea Park)
14th July	Perivale Athletics Track (Perivale)

Any Metros member (who is over 35) is welcome.

If you would like any more information email me at wendymulv@hotmail.com or chat to me or any of the team.

Wendy Mulvenna



Achievements

Well done to ...

Christopher Hudson, Chris Shearwood, Sonny Peart, Tracey Tyrell, Hershil Patel and Michael Morris for PBs in the Wot No Watch on Saturday 15th March.

Stephanie White for a PB at Berkhamsted 5 mile Fun Run

Jane Hudson and Mike Ransome for PBs at Finchley 20.

Nigel Rackham - 1st V50 at Finchley 20.

Sonny Peart, Tracey Tyrell for their first 20 Mile races.

Emma Rackham, Hershil Patel for PBs at Reading Half Marathon

Tracey Tyrrell for a PB at Bath Half Marathon

Chris Shearwood for 3rd V50 at Roding Valley Half Marathon



**Important
DATE!**

METROS AGM

This year's AGM will be held on
Friday 16th May - 8.00 pm at
Lowlands Tennis Club.

Situation Vacant Club Secretary

I have been club Secretary since 2008 and I feel it is time to stand down.

In view of this I will be resigning after the AGM this year.

If you are interested in taking on this role please advise me or Mike Ransome.

I am quite happy to go over all aspects of the job requirements with any interested parties before the AGM, or after if necessary.

Best regards
Al Scoffham



Spring Marathons

I would like to say how grateful I am to Metros; I really am SO glad that I joined. I find running such hard work, I'm far from a natural runner (unfortunately) and its certainly much harder to try and improve on your own. I only really started running regularly just before Christmas, I know that without the support of Metros I would have really struggled and very much doubt that I would have got anywhere near to where I am now with my Marathon training. Mike Ransome helped me conquer my first 10k in just over an hour shortly after I joined; I did another one about 3-4 weeks later in Hyde Park in 56 mins, which I was really pleased with as knew I had improved in a short space of time thanks to my Metro runs. Since joining I have also taken on the Gade Valley 12 mile training run, the Watford Half Marathon and the Harrow-on-the-Hill 10k, as well as running 15 miles early one Sunday morning with some fellow marathon trainers and other keen Metro members.

I have surprised myself with what I can actually do! Running with such a lovely group of people has made my training much more enjoyable than I thought it could be. I really like all the Metro sessions I attend, especially Thursday nights with Jane where I find the competitiveness in me comes out when I try and take on some of the others in some fast paced runs. So just to say thank you again Metros I hope to cross that finish line in London on April 13th in honour of you all and know that I gave it my best.

Also just to say good luck to all other 2014 Metro marathon runners.

As was mentioned in the previous newsletter I am running for Break-Through Breast Cancer, in memory of my lovely Mum. My fund raising page is: www.virginmoneygiving.com/EmmaListonMarathon2014

A massive Thank You to those who have already sponsored me.

Mike Ransome is running for Guide Dogs: <http://uk.virginmoneygiving.com/MichaelWRansome>

Hershil Patel is running for Children in Crisis www.virginmoneygiving.com/Hershil

Tracey Tyrrell is running for Crohn's and Colitis UK <http://www.justgiving.com/Tracey-Tyrrell2>

Sonny Peart is running for Myeloma UK <http://www.justgiving.com/sonny-peart>

Hannah Ritterband is running for Variety www.justgiving.com/hannahritterband

England Athletics Affiliation

England Athletics affiliation fee is due from 1st April. The fee is currently £10. The benefits of affiliation are listed on the England Athletics website <http://www.englandathletics.org/england-athletics/more-information-for-athletes>.

An extra benefit to Metros members is that you will be able to enter the draw for any London Marathon places allocated to the club.

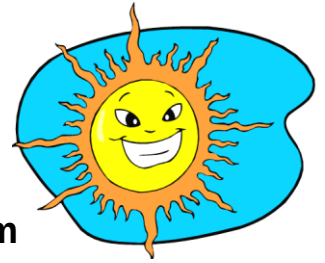
If you are renewing your affiliation you do not need to fill in a form but should pay the fee either cash or cheque (payable to Metros) to the club secretary (currently Al Scoffham). You may also pay by direct payment - details from Irene Paull.

If you are affiliating for the first time you will need to complete a form available on Saturday mornings or on request from the club secretary.



Al Scoffham - winner of Tracey's raffle
(Female winner Anne Ambrose)

YOUR CLUB NEEDS YOU!!



SUMMER LEAGUE: *Metros'* HOST FIXTURE
Sunday 15 June
Headstone Manor Recreation Ground, 9.30 am

This year the Metros' Summer League host fixture is on **Sunday 15 June** and this year Pat Jackson has handed over the role of Race Director to me (Donna Warren). Obviously I have a lot to live up to so PLEASE HELP!!!!

Metros have a reputation for being excellent hosts, with great organisation, superb post-race refreshments and many encouraging marshals on the 10km Road Run and the Tenderfoot run within the park.

For us to maintain this reputation PLEASE:

- **Come to run**
- **Bring refreshments eg sandwiches and cakes**
- **Bring family and friends (or yourself if not running) to help**

We need most help during the 10km run ie from 9.15 am to 10.30 am. However, if your time is limited, help with any part of the morning would be appreciated.

For those who've not been to a Summer League fixture before, these events are open to all ages and abilities. Entry (free to Metros members) is on the day and there is no need to pre-enter.

All individual runners are graded in age bands – children under 14 are graded per year and adults over 40 are graded in 5-year age bands. All participants score points for their club. There is an additional Metros trophy for the best overall adult Metros runner in the Summer League.

The time-table for the morning is:

- 9.30 am 10km road race for all abilities
- 10.45 am 1.5 km 'Tenderfoot' race for children & beginners, within the park
- 11.15 am Fun Run (approx. 400m) within the park.
- 11.25 am Relays (approx. 400m) within the park.

I would really encourage those of you who have not taken part in any of the leagues before to come along, as it's close to home and a great opportunity to represent the club and meet other Metros who may not attend the same training sessions as yourself.

**OFFERS OF HELP IN ADVANCE OF THE DAY MAKE
ORGANISATION MUCH EASIER, SO PLEASE GET IN TOUCH**

Donna Warren tel: 07976 976801 email: dwarren@cokecce.com



Metros Marathon Week 2014

Metros Marathon Week is returning in 2014. We're looking for as many new and returning competitors as possible to join us. The idea is to run the full 26.2 mile (42.195 km) marathon distance over five consecutive days, over varying distances and terrains.

Day 1: Friday 27 th June, evening:	10km up/down/around Harrow Hill
Day 2: Saturday 28 th June, morning:	4.195(ish)km Ruislip Lido Beach
Day 3: Sunday 29 th June, morning:	10km cross country Ruislip Woods
Day 4: Monday 30 th June, evening:	5km cinder track, Kings College Road
Day 5: Tuesday 1 st July, evening:	13km road run from Lowlands Tennis Club

Following the Tuesday event we'll have liquid refreshments and prize giving at Lowlands Tennis Club.

If you can't do all the events – don't worry, you can still enter for those events that you can get to. We do, however, need a minimum of 20 entrants. Only entrants who compete in all five events will be eligible for prizes. Metros members only.

If you have any more questions or would like an application form, please contact Peter or Mandy Beuselinck at metrosmarathonweek@yahoo.co.uk or by phone on 07872 544898.



Harrow Hill Race - 2014

This year Harrow Hill Race made a substantial profit and we are considering making a donation to charity/s.

If you have any suggestions for a suitable charity please contact Mike Ransome (or other committee member). Suggestions will be reviewed at the next committee meeting.

Metros Committee

Round Norfolk Relay



Round Norfolk Relay will take place this year on the weekend of 20/21st September. Metros are looking to enter a team - we had a great time last year. There are 19 relay stages - various distances and terrain and the aim is to get round the perimeter of Norfolk in the shortest time. Please contact Jane Scoffham if you are interested in joining the team. Email: janeyoung2@btopenworld.com

Details at: <http://www.roundnorfolkrelay.com/>



The alternative / idiot's London Marathon spectators guide. (abridged from 2009 Metrolines)

How many times is it feasible for you to see your runner during the event? The answer, including the start and finish, and in an ideal world, is eleven, but that depends on how fit you are, public transport and queues at stations, both of which you will have no control over, and luck. You have to have the luck of actually seeing them among the hundreds of runners, plus of course how quick he or she is and, equally important, how good you are at judging where he or she will be going round. It's very easy to miss your runner because of a bad train connection and you will have to judge based on previous sightings when they will be at a certain point. You have to be flexible, especially in the later stages. Assume you've missed them and move on if you have to.

Almost forgot- tell your runner where you aim to see them; it is easier to see a static supporter at the side of the road than a moving runner (unless he or she is wearing a costume). Tell them what side of the street as well. A banner helps too, but they can be awkward to carry and tiring to hold.

Let's assume you are at the start (1), the gun has gone, and your runner has shuffled off into the distance. The first thing to do is to walk across Greenwich Park or the streets alongside, avoiding Greenwich itself and the Cutty Sark. Try to find the back streets around Greenwich to move up the course and pass the bottlenecks.

The walk is about a mile but your runner has more than six to do to get there so there should be no rush. As you go marvel at how many runners have missed the start and are still arriving. How could they?

At about 8 and a half miles, the race turns sharp right, you don't. When your runner has passed you (2) to do the Surrey Docks loop, you go straight on (Lower Road) to see them again at their 11+ mile point at the roundabout ahead (3).

When your runner has passed through here the fun starts. Move up the course a couple of hundred yards to the Jubilee line station at Bermondsey. Take an Eastbound (usually Stratford) train from here to Canary Wharf. It will be crowded when you get to Canary Wharf as well, but if the journey from Bermondsey hasn't taken too long the task is to find your runner. There are two exits at Canary Wharf so getting on at the back of the train will save time. Your aim is to find your runner at about the 15 mile point which is in West Ferry Road. Signs to Cabot Square and West India Avenue will lead you there.

Once your runner has passed (4) go back to the main part of Canary Wharf and find the Metros drink station at 30k (18.6 miles). It's only a few yards from the other exit of the tube station. The Metros boys and girls here have done their job for the day by this time, so join them in the clapping and cheering until your runner

passes (5). If you've had big trouble with public transport once you get to this point your fellow Metros will know if your runner has passed here.

You've walked a few miles yourself to get to this point, but it's been stamina work. From now on it's a speed session. The next definite vantage point is at 20 miles so you have to get a move on to get there in time. Turn left with the runners into South Colonnade. About 150 yards along is a wide set of steps down to a sort of cafe area. Go down and turn sharp right and under the road into the underground shopping area. Carry on ahead for about 100 yards then go left and back upstairs to the street (North Colonnade).

If you've done this part really quickly you may have time to view your runner only about four minutes since the last time (6). Walk along with the runners and while they go straight on, take the next left turn (Upper Bank Street again) dash across the bridge, turn left at the lights then up the stairs and along the plastic tube looking structure and over the road (Aspen Way). After passing Poplar DLR, go down stairs then along a 100 yard path to see the runners again (7). Again to save time, walk along with the race (Poplar High Street/Ming Street) until your runner passes (8). It's only just over a race mile since you last saw them so the wait won't be long. Around here it gets a bit problematic and hard to describe but your destination is West Ferry DLR which is straight ahead. The race goes onto a path for about 100 metres and you may not be able to get through this way.

What you must do though is keep left of the runners because when it opens up just ahead you have to cross the major road (the one you crossed over in the plastic tube a few minutes before) and go forward with the race for 100 or so yards where you turn left (Limehouse Causeway) and get on the DLR (platform 2) back towards the centre of London.

Now you are in the hands of the Docklands Light Railway-good luck. The task is to get back to somewhere near the Tower but trains on this railway dawdle-and I mean dawdle. Whether the train you catch goes to Bank (West Ferry to Bank journey time 9 minutes) or Tower Gateway (about the same), when you get off there are almost certainly going to be the worst queues of the day, especially at Tower Gateway.

It might be possible to see your runner again here if you are very lucky (9), but it might be better still to head for the Tower Hill tube for a train to Embankment. A Bank train is better crowdwise, but there is walking to be done to get out of the station and to get back to the race from there. Bank has several exits, the one needed is an exit for Queen Victoria Street (exit 8 or 9). Once you find this street head for Mansion House tube and one of the side streets nearby will lead you to the race. Once your runner has passed (10a) go quickly back to the tube at Mansion House and get a train Westbound to Embankment.

The whole section from West Ferry to Embankment is only about 4.5 miles of the race and is thus time critical for you to see them. Unless you are really lucky with the trains you may miss your star along here (10b). How long will he/she take to cover this distance at this time in the run? That is why I said earlier it might be better to head straight to Embankment when leaving the DLR.

At Embankment tube walk along Victoria Embankment (road) towards Big Ben before settling down to wait (11). Once your viewing duties are done here take Horseguards Avenue (the first road after Embankment to lead up to the river) and then across Whitehall past the guards in their busbys to the reunion area at Horseguards Parade.

There is a surname initial- tree reunion system, but it can be better to use one of the rarer letters of the alphabet to meet at, or A or Z. As long as you can bank on your exhausted runner to remember this. The wait here is interminable and mobile phone use is so huge in the vicinity at this time that they may not work. Eventually your tired runner will appear though, and you will have to fight your way through the crowds to the tube for the journey home. Westminster is the nearest station, but if you go there expect to queue to get in. Remember runners don't pay if they have their race number.

At the end, if you've followed all this, you will probably be nearly as tired as your runner. Good luck. Enjoy the day.

Steve Paull

OR

The more leisurely version

If just reading the above has exhausted you, this is the route for you. It assumes your runner will be aiming for a finish time between 5 and 5.5 hours, and you should see them four times.

Arrive at Canary Wharf station at about 10 am, taking the exit to Upper Bank Street. Head for the mall in the park and get yourself a coffee, maybe a pastry too. You may also want to make use of the facilities while it is not too busy. Amble along to the Metros' water station and have a chat with fellow Metros manning the station. You should have time to see the first of the wheelchair racers and elite female runners come through, before heading back to the station and taking the train to Canada Water, following the masses to a viewpoint at the sharp bend on Surrey Quays Road just before 9 miles. If your runner is on schedule they should reach here between 11.30 and 12.00. There is a good view back along the route at this point and you should have plenty of time to a) take in some of the amazing outfits, and b) wriggle your way to the front of the spectating throng – it ebbs and flows as people spot their runners and move on. Once you have seen your runner, given them an encouraging hug, jelly baby, etc, meander your way back past Canada Water station (at this point it will probably be temporarily closed because of sheer numbers of passengers) along Surrey Quays

Road, until you reach the junction of Lower Road and Jamaica Road. This will take you about 15 minutes; your runner will take slightly longer. Give them another encouraging wave, then walk along to Bermondsey Station and travel back to Canary Wharf. You should have between an hour and 90 minutes before your runner appears, so time for a lunch break, more coffee, and a rest. Again you can avail yourself of the facilities in the shopping mall – a little busier this time – and chat with anyone still at the Metros' water station. (At this point if you want extra work you could head for somewhere between 16 and 17 miles for an additional view.) Once you have seen your runner, who by this time will be bitterly regretting their decision to enter, and given them more heartfelt encouragement, you have a leisurely journey from Canary Wharf to Waterloo, a stroll through Jubilee Gardens and over Westminster Bridge to your next viewpoint back along Victoria Embankment near a pedestrian crossing opposite Horseguards Avenue. You may have a long wait here, so spend the time applauding and encouraging the runners who have made it this far. Once your loved one has staggered past, making no pretence at being any kind of runner, you can then stroll across Whitehall to Horseguards Parade and wait at your pre-arranged meeting point. There is no need to arrange to meet at letter Q, X or Z as by this time the parade ground will be virtually empty. All that remains is to tell your runner how brilliant they were, admire their medal, buy them a coffee (or an ice cream), walk very, very slowly to the nearest station, and head home.

Big Sis



Results and Reports

Berkhamsted 5 Mile Fun Run - Sunday 2nd March 2014

1		27:13	
335	Steph White	52:46	PB
377	Anne Ambrose	57:18	
395	Sonya Grist	60:26	
418	finishers - last	85:34	

Berkhamsted Half Marathon - Sunday 2nd March 2014

1		1:12:18	
122	Chris Shearwood	1:32:02	
177	Steve Paull	1:35:09	
251	Jonathan Evan-Hughes	1:38:43	
466	Peter Reynolds	1:48:14	
499	Sonny Peart	1:49:12	
515	Mike Morris	1:49:38	
609	Jane Hudson	1:53:39	
971	Derek Bamforth	2:13:43	
1022	Raquel Russell-Ponte	2:20:07	1st FV70
1053	Veronica Georgescu	2:25:30	
1089	Angela Murphy	2:35:31	
1106	finishers - last	3:07:11	

Reading Half Marathon - Sunday 2nd March 2014

1		1:04:44	
105	Nigel Rackham	1:14:47	
2742	Mitesh Patel	1:41:47	
2782	Hershil Patel	1:41:56	PB
8257	Caprice Beggs	2:02:22	
9191	Judy Rackham	2:06:16	
11893	Emma Rackham	2:21:28	PB
14261	finishers - last	3:51:07	

Three Views of Harrow Hill

As seen by the Organisers, by Peter Beuselinck

This year was the second year that Mandy and I organised the Harrow Hill race. Like most things repeated, having done it the year before made this year more straightforward for us. There is a lot to organise. This year we changed the course to 10k from the previous 6 mile course. To do this Mandy arranged for Hugh Jones, a notable course measurer, and also the first British man to win the London Marathon in 1982, to come and work out a new route and to accurately measure it on his calibrated bike. This was done one sunny morning back in September. So you have Mandy and Hugh to thank for sending the runners up Football Lane twice. Once we had the new course, it was certified by UKA, and we used this certified course to apply for our race licence from UKA.

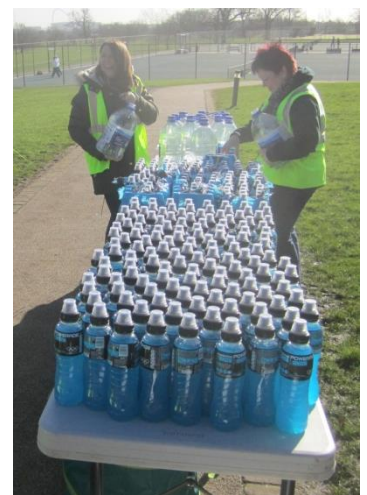


Getting online entries open through Running Diary, Runners World, and Run Britain was next on the to do list. As was starting to advertise the race. Many thanks to Kevin Smart for quickly organising our Metros web page, and also for emailing previous entrants to the race. Also to all those who handed out leaflets at races. This year as well as using the Metros Facebook page, we also set up a @harrowhillrace Twitter account. Some of our tweets were retweeted to hundreds of followers. When we start the advertising for the 2015 race, we will be able to build on the followers we already have.



We knew race entries would be in the safe hands of Irene Paull, so we could work on getting all the other jobs either done or allocated to volunteers. This was made much easier by having a large number of volunteers coming forward early. Mandy and I got on with arrangements with Harrow School, Harrow and Brent Councils, and with St John Ambulance. All of whom were easy to work with and very supportive. This year there was a lot of concern over the road works along Watford Road, but Brent Council were good to their word. Everything was cleared up by the Friday before the race, much to our relief.

The day before the race was spent doing final arrangements, as well as shopping for and stuffing 250 goodie bags. The final course inspection was done early on Sunday morning while I put up our new km signs, aided by our nephew Ben. By 9:30 most of the volunteers were already on site setting up the start and finish lines, the race HQ, the refreshments, and the water stations.



With other running clubs helping to advertise the race, as well as Hillingdon and Hatch End Triathlete's clubs, and with the new 10k course, we were able to fill the race by the Friday before. On the day we had a starting line-up of over 200 runners, including over 30 Metros. Mandy gave the runners a briefing, and then they were off. Only once the race was started, with the runners safely up Football Lane for the second time, could we start to relax a bit and enjoy the day.

The general feedback was very positive, and greatly helped by having such wonderful weather. Thanks to all those who took part, volunteered, or even spectated. Remember to get your race entries in early next year.

As seen by a Volunteer, by Teresa Young

It is Saturday February 15th, the day before Harrow Hill race and I am sitting in the Blackheath & Bromley Harriers clubhouse in south London surrounded by photos of club members including the sprinter Adam Gemili. Why am I here? Because I am completing a UKA training course on organising Endurance events (mainly road races and cross country events, though track events for 1500m and upwards are also mentioned). There is a lot of discussion about Risk Assessments and Health & Safety, especially around the start and finish areas.



As part of my training, before I can get a club level licence, I have to assist at 4 UKA events and have my log book signed off. So the following day I find myself on the playing fields of Harrow school helping to set up the finish area and funnel. The course had been re-measured this year to make it exactly 10K and so for the first time we finish the race on the road not on a grassy verge or gravel side track. So there is no soft ground to plant our stakes into to support the tape for the funnel. A bit improvisation is called for with stakes rammed into cones plus the use of a parked car. Having checked we could set everything up it then had to be partly disassembled before the start of the race as the finish was about 200m beyond the start. It was then quickly reassembled once the last runners had passed and before the first runners appeared half an hour later.

Next task was to set up the water station, goody bag table and luggage tent. Fortunately we decided there was no need to grapple with the marquee as the weather was so promising compared to the incessant rain we had been experiencing; so the pop-up tent was an easy solution for the luggage store. As I trudged back and forth from the boot of Peter's car to the water station, carrying umpteen bottles and searching for the plastic cups, I did ask Peter whether he had caused panic buying in Sainsbury's as large parts of

the country were still flooded, with residents unable to drink their tap water or flush their toilets.

I also helped marshal the first ascent of football lane before acting as part of the recording team for the runner numbers with Jane Scoffham, whilst Bob Manning recorded the times with his daughter Emma. We are all watched over by Bryan Smith, a UKA official working as the race adjudicator, who is there to make sure that we comply with the regulations and run the race in a safe and fair way.

In an ideal world the timekeeper would have one entry for each runner, and the recorders would likewise have one entry per runner. As an example, the 33rd recorded time would correspond with the 33rd recorded number. The two sheets of paper would match exactly for all runners, and Penny Hudson and Irene Paull would have a simple job to type the results into a software package called Racemaster and work out the prizes. Thanks to Oliver for running the results from the finish to the race HQ. But sometimes things go wrong; runners come in with no number. Have they lost their number en route, or are they perhaps a 'gate crasher' who thought they could enter on the day and when they discovered the race was full decided to run anyway? In



which case they are not entitled to a time or a place. And what about guided runners? Do they count as two entries or one? What about those gallant runners who after they have completed the course have sufficient energy to run back and support their friends and so cross the finish line twice? All of this can lead to significant delays as the two sheets do not match.



And once the race is over what happens then? Well everything needs clearing away and returning to the Metros shed for storage ready for the next event.

As seen by a Runner, by Ruth Tidder

Does anyone else do this? The week before the race, you check the weather, plan your exercise schedule so that you're not too tired on race day, and even plan your social life around it? Well this week was no different, the weather forecast was windy and rainy all week but Sunday was looking good. Had the run been on the Saturday morning, it would have been a very different



story.

Anyway, during the week I was delighted to see that the race was full and around 60 Metros would be attending either running or marshalling. What fantastic support! Mandy and Peter, the race organisers, must have been delighted. But I do know they worked very hard to get to this point.

So race day arrives and what a beautiful morning. We were running late as usual but it was great to have Simon (hubby), Natalie (daughter), and Bobby (dog) for support. I have run many races but still get butterflies which I think is a good thing as I can never achieve the same speed when I run by myself. When we arrived, Julia and Caroline were there so we decided to jog up and down the hill a while in the hope of making the first part of the race a little more bearable. It was time to line up. Caroline and I started together quite a bit nearer the front than we're used to so we had a very fast start for us. Me slightly panicking, how was I going to keep this pace up?

The idea of running up the steep hill twice was daunting but do you know what, it was much better than before as we only really ran half the hill the first time, so when we had to run up a second time and carry on to the top, somehow it was not so bad. However, with our faster than normal start and two nasty hills, I was becoming quite breathless and out of my depth. Not long after, Caroline started to edge away and I couldn't keep up. I'd like to know what she had for breakfast as going by my watch, I was doing a decent pace too. Sadly I never caught up with her again. I really enjoyed the race though, in particular I knew most of the marshals and received so much encouragement on my way round. My family popped up now and again with Simon's comment being "Caroline is about 100m ahead, run faster!" Easier said than done! I was looking closely at my watch aiming for 55 minutes and you know that feeling you get when you're ahead of time, it really gave me the encouragement to stay strong towards the end and I came through at 52.30. I was so pleased!

So all in all, it was a great run, so well organised, even down to the weather! So how surprised was I when Raquel knocked on my door later that day to say that I was the first lady through in my age category. Lucky for me that there were no faster runners in my age group that day, but I was delighted to receive a Runner's World voucher. Thank you Metros!!



Bath Half Marathon - Sunday 2nd March 2014

1	1:03:13
1766 Tracey Tyrrell	2:42:20 PB
11209 finishers - last	4:04:58

Silverstone Half Marathon - Sunday 2nd March 2014

1	1:05:08
1924 Gertrud Porter	1:50:22 1st VF 65
6778 finishers - last	4:07:37

Finchley 20 - Sunday 9th March 2014

1	1:47:02
10 Nigel Rackham	1:58:10 1st V50
84 Kevin Watson	2:15:58
199 Steve Paull	2:35:10
256 Hershil Patel	2:47:11
308 Tracey Tyrrell	2:55:31
328 Sonny Peart	2:57:36
347 Jane Hudson	2:59:39 PB
352 Gertrud Porter	3:00:34
455 Michael Ransome	3:27:31 PB
501 Raquel Russell-Ponte	4:02:29
502 Angela Murphy	4:03:01
506 finishers - last	4:23:20



Masters of the mud

Saturday 1st March , Wormwood Scrubs, sunny and cool

It is a few years now since I used to be the Championship Cross Country Co-ordinator, so it was with a feeling of nostalgia that I packed my running bag, collected my trusty all weathers clip board and headed off to the Scrubs for the Middlesex Masters Cross Country Championships.

It was a fairly pleasant afternoon with the sun out and not raining by way of a change. A fairly easy journey from West Ruislip to East Acton and about 15 minutes walk. I collected the numbers and went in search of the rest of the team ie Nigel and Donna.

I met up with Bob Manning, Richard and Bronwyn Francis first of all and we decided to set up camp together in an area of grass which didn't look too much like the Somme. Richard was actually running for Harrow in this race, Bob was officiating. Nigel and Donna duly turned up and we got ourselves ready and started to warm up.

After a short jog around it became apparent this was not going to be easy. The whole of the Scrubs was one gigantic bog. It reminded me of conditions at Parliament Hill back in 1999 which was a legendary desperate encounter. We all lined up for the start and I was surprised just how small the field was, only about 100 runners. Quite sad really for a County Championship race when you consider us Masters are quite a force in the running world. It was a slightly uphill start and not too muddy but as we turned by the prison SQUELCH!!

This was the case for most of the course except for one firm bit on the far side of the field. We battled our way round two laps of this to complete the 8000 metres approx. I had worked out by the second lap that it was easier to pick the wettest track and go through the middle of it than try and skirt around the sides. Got soaked but easier on the quads.

I think we all found it an interesting run, even though it was tough. The Marshalls were very encouraging and even Bob didn't say 'it's now Sunday' as I ran past his marshalling point. (The banter goes back many years)

Afterwards I had a chat with Brian Fowler who organises the North London XC Championship Race. He said it was great to see some Metros again and we are missed by the other clubs

Bare this in mind come the Autumn you Metros. The standard is high but there is a great feeling of camaraderie between all clubs

Results

Winners time 27 mins 47 secs. M40

Nigel Rackham 30 mins 00 secs 3rd M50 12th overall

Richard Francis. 31 mins 55 secs 8th M50 23rd. "

Al Scoffham. 42 mins 30 secs 22nd M50 72nd "

Donna Warren 42 mins 49 secs 9th W35 21st. "

Last finisher 61 mins 23 secs 2nd M70 92nd "

Well done to Bob for marshalling

Al Scoffham

Acting Team Manager

Roding Valley Half Marathon - Sunday 9th March 2014

1 1:13:33

55 Christopher Shearwood 1:32:39

657 finishers - last 3:40:07

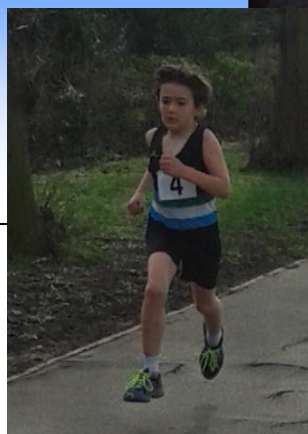


Harrow Mini Marathon - Saturday 8th March 2014

Under 11 Boys

1 6:10

3 Christopher Hudson 6.48



5 Mile Handicap - Saturday 1st March 2014

Date	01/03/2014	Actual 5 mile time	Correct handicap	Adjusted Time	Position	Points	Next handicap
Hannah	Ritterband	0:47:43		0:47:43	1	45	12
Angela	Murphy	0:47:33	2	0:49:33	2	44	12
Dave	Brown	0:47:46	3	0:50:46	3	43	12
Barbara	Redding	0:52:40		0:52:40	4	42	7
Veronica	Georgescu	0:51:25	5	0:56:25	5	41	8
Kirit	Ranpura	0:41:47	15	0:56:47	6	40	18
Debbie	Moynihan	0:59:20	-2	0:57:20	7	39	0
Sonny	Peart	0:36:23	21	0:57:23	8	38	23
Pauline	Bishop	0:45:38	12	0:57:38	9	37	14
Steve	Alder	0:46:42	11	0:57:42	10	36	13
Roberta	de Martin-Pinter	0:48:15	10	0:58:15	11	35	11
Caroline	Attack	0:49:20	9	0:58:20	12	34	10
Mike	Morris	0:38:36	20	0:58:36	13	33	21
Kath	Donaldson	0:52:40	6	0:58:40	14	32	7
Hershil	Patel	0:37:44	21	0:58:44	15	31	22
Nagendra	Bisht	0:46:46	12	0:58:46	16	30	13
Carole	Wells	0:46:47	12	0:58:47	17	29	13
Malvika	Bisht	0:55:55	3	0:58:55	18	28	4
Kevin	Smart	0:34:28	25	0:59:28	19	27	25
Sarah	Westwood	0:51:32	8	0:59:32	20	26	8
Mike	Ransome	0:45:34	14	0:59:34	21	25	14
Caroline	Day-Lewis	0:39:35	20	0:59:35	22	24	20
Hema	Thakur	0:57:35	2	0:59:35	23	23	2
Andrew	Collier	0:44:45	15	0:59:45	24	22	15
Karen	Leary	0:55:55	4	0:59:55	25	21	4
Adam	Leary	0:41:00	19	1:00:00	26	10	19
Elish	Fernandez	1:04:11	-4	1:00:11	27	9	-4
Gladys	deGroot	1:04:11	-4	1:00:11	28	8	-4
Ruth	Tidder	0:40:11	20	1:00:11	29	7	19
Julia	Allen	0:46:25	14	1:00:25	30	6	13
Simon	Abery	0:39:45	21	1:00:45	31	5	20
Julie	Smith	0:57:15	4	1:01:15	32	4	2
Raquel	Russel-Ponte	0:50:37	11	1:01:37	33	3	9
Steve	Paull	0:39:40	25	1:04:40	34	2	20
Tracey	Tyrell	0:47:43	18	1:05:43	35	1	12

A cold, foggy morning meant most people started early. 2 newcomers to this year's event, Hannah and Barbara, and 35 runners overall. A few people were allegedly taking it easy (next day half marathons).

Thanks to Penny Hudson for timekeeping and keeping me company.

Irene Paull

NOTES OF METROS COMMITTEE MEETING

Wednesday 5 March 2014, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Mandy Beuselinck, Pat Jackson, Steve Paull, Mike Ransome,
Penny Rawlins, Barbara Robson, Al Scoffham, Sandra Young

APOLOGIES: Peter Beuselinck, Penny Hudson, Irene Paull, Marilyn Pickford,
Carole Wells, Sarah Westwood

CHAIR: Mike Ransome

NOTE RECORDER: Pat Jackson

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

MATTERS ARISING FROM THE PREVIOUS MEETING – 5 February

England Athletics Registration of Competing Members – Al will inform members via Metrolines that it is no longer necessary to complete renewal forms every year.

ACTION: Al Scoffham

In future the criteria regarding the ballot for the Metros London Marathon places will include the fact that members must be competing members of EA.

ACTION: Al Scoffham

Al and Irene are looking into merging England Athletics membership and Metros subscriptions lists.

ACTION: Al Scoffham/Irene Paull

London Marathon – Metros Water Station 2014 –Volunteers to Garry please.

ACTION: ALL METROS

Metros Marathon Week – Penny has asked in Metrolines for volunteers to organise the event. Mandy and Peter have spoken with Garry and Gill and agreed to co-ordinate the event probably the last week in June. **ACTION:** Mandy/Peter Beuselinck

Incentives for On-time Membership Payment – a proposal may be submitted at the AGM and Irene will formulate possible wording and e-mail to the committee.

ACTION: Irene Paull

Metros Barn Dance – Agreed a very successful evening. Penny Hudson had advertised the event via Metrolines, Googlemail and Facebook. Thanks to Penny Hudson, Steve Paull, Mike Ransome, Carole Wells for selling tickets; Teresa Young, Kath Donaldson, Jane Scoffham, Judy Rackham and others who prepared the buffet and Mandy Beuselinck, Penny Hudson, Penny Rawlins, Barbara Robson, Carole Wells, and Sandra Young, the Barn Dance Committee.

Maidenhead 10 –The two complimentary places for the Maidenhead 10 received by Metros were awarded to Jane Hudson and Steve Paull.

ITEM CLOSED

Metros 10Km – Penny Hudson had, via Metrolines, requested slower runners to start at 8.50 am or before and, if possible, self time.

Irene will also give a verbal reminder in the Scout Hall two, then one week prior to the next event.

ACTION: Irene Paull

Metros Business Cards – Sarah was thanked for obtaining 250 excellent cards. Some were distributed to the committee and the remainder will be available at the Scout Hall on Saturdays.

ACTION: Mike Ransome

Metros Thames Valley League Host Fixture –Marilyn and Henry are researching possible new venues.

ACTION: Marilyn & Henry Pickford

Christmas Messages – Penny has added to Metrolines a thank you letter from the Lynda Jackson Macmillan Centre in response to the Christmas message donations.

ITEM CLOSED

Saturday Morning Session – Al and Jane Scoffham have volunteered to set up the Scout Hall if Dave Young is unable to attend at short notice. Barbara will organise a key for them.

ACTION: Barbara Robson

Officials & Coaches Training –Teresa Young has completed the endurance course and will attend the level 2 timing course. Mitesh Patel has completed the Running Fitness course and will take some Saturday morning sessions.

Summer League – Pat attended a meeting of Club representatives. Provisional dates were agreed and advertised in Metrolines. Donna Warren will be race-director of the Metros host event on 15 June.

Pat confirmed that at present the upper age groups for the Metros Summer League awards are higher than 55.

Metros AGM –Friday 16 May was agreed. Pat will book Lowlands Tennis Club.

ACTION: Pat Jackson

Al has said he wishes to step down as Honorary Secretary at the AGM and he will advertise the post in Metrolines.

ACTION: Al Scoffham

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

Hon. Vice Chairman – Penny Hudson had not sent any items.

Hon. Secretary – Al had received details regarding voting for a representative on the Independent Board Members of England Athletics. It was agreed to vote for Tim Soutar of Blackheath Harriers.

ACTION: Al Scoffham

Jeanne Coker had concerns regarding the age categories in the results of the Harrow Hill Race. Mandy, Peter and Irene will discuss with Jeanne.

ACTION: Mandy/Peter Beuselinck, Irene Paull

The Association of Running Clubs (ARC) had again asked if Metros would join their organisation instead of remaining with England Athletics. It was agreed to stay with EA.

England Athletics - a meeting on 31 March will discuss budgets and spending – Peter Beuselinck has volunteered to attend.

ACTION: Peter Beuselinck

Hon. Treasurer – Mike distributed a report.

Hon. Membership Secretary – The application from Stephen Holland, Ruislip Manor was confirmed.

REPORTS OF CO-ORDINATORS

Harrow Hill Race – Mandy, Peter and Irene were thanked for organizing the excellent race. Entries for the new 10K route were sold out prior to the day and a substantial profit was made which will be transferred to the Metros Account.

ACTION: Mandy/Peter Beuselinck

It was previously agreed that Irene would purchase a Metros laptop which will hold information on the Hill Race and membership.

ACTION: Irene Paull

It was agreed that consideration be given to making a donation to charity/s. Penny will be asked to put a note in Metrolines requesting suggestions for suitable charities to be reviewed by the committee.

ACTION: Penny Hudson

Middlesex – Peter had attended a regular meeting plus the AGM.

First Aid in the Work Place Course – the certificate for this qualification lasts three years. Margaret Smith is holding a course which Metros are invited to attend. Depending on the number involved, Metros members could have half the fee paid from the Metros training budget, the other half paid by the attendee prior to the course.

Round Norfolk Relay – Al stated that the event maybe in doubt this year as many of the previous organisers are unavailable.

Club Photo – Steve suggested a Metros club photo be taken with as many members as possible. Penny Rawlins will check a photographer contact.

ACTION: Penny Rawlins

The meeting finished at 9.27 pm

Date of Next Committee Meeting –Wednesday 2 April at the Methodist Church, Cannon Lane, Pinner, 8.00 pm.

Future Meeting: AGM – Friday 16 May at 8.00 pm.

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

Runner's Recipes

Sweet Potato & Pepper Omelette

1 large sweet potato, peeled, cut in half lengthways, then into ¼ inch slices

1 tbsp vegetable oil

1 red pepper, deseeded & cut into thin slices

2 cloves garlic, peeled & crushed

6 eggs, beaten

Salt & pepper

2 tbsp freshly chopped parsley

2 tbsp freshly chopped coriander



Place the sweet potato in a saucepan, cover with water, bring to the boil and cook for about 5 minutes until just tender. Drain well.

Heat the oil in a medium frying pan and gently fry the pepper and garlic for about 5 minutes until softened. Add the potato slices and cook for a further minute, stirring.

Pack the vegetables evenly over the base of the frying pan and pour in the eggs and plenty of seasoning. Cook the omelette over a gentle heat, pushing the cooked egg from the edge of the pan to the centre, until the egg is set all over – this should take about ten minutes.

Preheat the grill to hot, place the omelette under the grill, protecting the frying pan handle if necessary, and cook for 2 to 3 minutes to brown the top lightly.

Serve hot or cold, straight from the pan, cut into wedges and sprinkled with the chopped herbs. Accompany with a crisp green salad.

From Good Food, Fast (Dairy Cookbook)

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 January) and we are open to all members.

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

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.

Margaret Smith

Facebook Page

If you're a Facebook user then look out for the Metros Running Club Page. We've set this up to allow Metros to keep in touch and to interact with other running based organisations. Getting access is simple - key in Metros Running Club in the Search bar, click to link down to the Page that is returned by the search, and "like" the page. And don't be afraid to contribute anything relevant to the Page.

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

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

Group email address: metrosrc@googlegroups.com

Advertising

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

Full page £5

Half page £3

Quarter page £2

Coaching/Leadership/Officials' Courses

If you would like to be considered for sponsored training please contact a member of the committee to discuss or call Peter Beuselinck on 07872 544898. See www.englandathletics.org for courses.

Metros Website

www.metros.org.uk

Contributions to:

kevinsmart14@yahoo.com

If you have information 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 £18, £15; vest £12.

Hats, fleece jackets and hoodies can also be ordered.

Metros vests - small sizes only - 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 other Metros kit).

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.

A "dog tag" for personal information can be obtained from Pat Jackson for £1.00

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/Steve Paull
THURSDAY	19.30	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