

etrolines

August 2013

Issue No. 299



17 adventurous walkers undertook Henry's Chiltern walk on the hottest day of the year. They covered a scenic 10 miles taking in back gardens and pubs. Picture taken at Coombe Hill while still fairly fresh.

Metros Diary

2013

AUG

Sat 3	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 4	Sturminster Newton Half Marathon	10.30 am
Sat 17	5K Run, Roxbourne Park	9.15 am
Sun 18	Summer League, Battersea Park	9.30 am
Sun 18	Burnham Beeches Half Marathon	9.30 am

SEP

Wed 4	Committee Meeting	8.00 pm
Sat 7	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 8	Maidenhead Half, TROPHY RACE	9.30 am
Sat 14 & Sun 15	Round Norfolk Relay	
Sat 21	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 22	Ann Marsden Memorial Woods Run, Ruislip details to follow	
Sun 29	Moor Park 10K, TROPHY RACE	3.00 pm

OCT

Sat 5	10K Challenge, Roxbourne Park	8.50 am
Sun 6	Bournemouth Marathon	10.00 am
Sat 12	5 mile walk, Roxbourne Park	9.00 am
Sat 19	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 20	Cabbage Patch 10, TROPHY RACE	10.00 am
Sun 27	Ricky Road Run, TROPHY RACE	10.30 am

NOV

Sat 2	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sat 17	5K run, Roxbourne Park	9.15 am

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

Note from the Editors!

If you're running in this heat, hope you're surviving. See pictures from this year's Midsummer Madness if you're feeling nostalgic for those cool, wet, summer days that we're used to.

If you still need to register with England Athletics, or renew your registration there are forms available on a Saturday morning or attached to the email version of Metrolines.

We are also enclosing/attaching an updated list of Metros committee and coordinators.

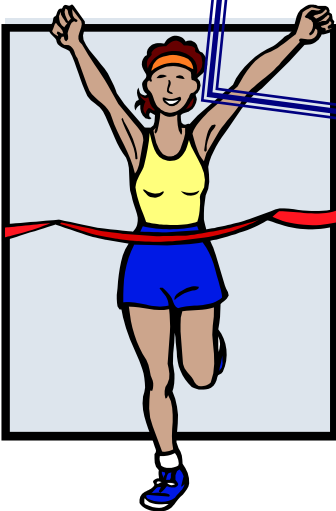
Jane and Penny Hudson



Welcome

David Crawford, Vancouver, Canada
Daxa Patel, North Harrow

Elected at the July meeting



Trophy Races



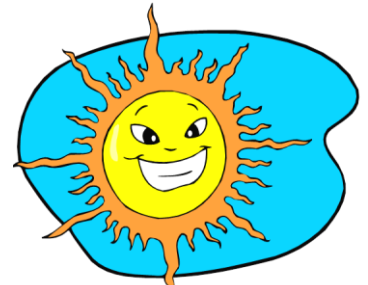
The following Road Races are the remaining events that will contribute towards the LRRC Trophy Race competition;

Maidenhead Half Marathon	Sunday 8th September at 9.30 am
http://www.purplepatchrunning.com/races/pharmalink-maidenhead-half-marathon	
Moor Park 10K	Sunday 29 th September at 3.00 pm
http://www.moorpark10k.org.uk/	
Cabbage Patch 10 (Stragglers)	Sunday 20 th October at 10 am
http://www.cabbagepatch10.com/	
Ricky Road Run	Sunday 27th October at 10.30 am
http://www.rickyroadrun.co.uk/	

Any queries please contact
Graham Haddon LRRC Co-ordinator (grahamhaddon@aol.com)

Summer League

Sunday 18 August , 9.30 am Battersea Park, 5 miles
Hosted by Serpentine



See our website for more details or contact Pat Jackson 020 8868 5683

Achievements

Well done to ...

Linda Dunne for improving her 5K time from 35:17 last year to 29:57 this year. (Look forward to seeing next year's time!)

Mitesh Patel for a PB at the Metros Summer League
10K



SUMMER LEAGUE - METROS HOST FIXTURE - 10 June 2013

Seeing the heavy showers the day before, reminded me of our event last year when it poured during the last relay and, after running for cover, most people quickly left. We were also left with very wet gazebos and bibs which, kind members took home to dry.

The forecast leading up to Sunday was rather bad but, fortunately it was dry and mild for our event and only rained a bit as we were putting the last items back into the Metros shed.

My thanks to everyone who helped in any way prior, during or after the fixture. It was good to have many offers of help prior to the day as it really helped with the planning. Some individuals were given particular jobs, all were very efficient and we had excellent reports on our friendly marshals. Others joined in with helping to clear up.

We had been warned by Dulwich that the number of runners had increased this year. They had 142 last year and 225 this year. We had 164 last year, 220 this year. With this in mind we had asked for extra food to be donated.



Our refreshment tables looked fantastic and our refreshment team, led by Barbara Robson did a great job in keeping the food flowing throughout the event with enough for relay runners to tuck in after the relays. Thank you to all who donated food.

Apart from being available as First Aider, the main jobs are buying and bringing the water, marking the course, setting up the gazebos, finish funnel and water station, registering Metros runners, marshalling the 10K and Tenderfoot, back-up for the last runner, timing and recording Metros runners in the 10K and Tenderfoot, distributing raffle tickets to finishers and certificates to children, organising our relay teams and recording our relay times and club finishing positions, clearing up and taking the rubbish away, removing the course markings and taking gear back to our shed.

The list of individuals who had specific jobs is very long and, if I tried to name everyone, I'd probably forget someone. This is a thank you to everyone who

helped in any way. Many who didn't have specific jobs, helped by just getting on with what needed to be done but a special mention to Bob Manning who took on several roles.



Of course there wouldn't have been any point in holding the fixture without Metros runners so thank all Metros who supported the event by running.

The dry weather was good but, with so many helpers, the whole fixture ran smoothly and we've had a good response from the clubs who participated.



THANK YOU
Pat Jackson
Metros Summer League
Co-ordinator



Well, there I was, in my Ealing and Southall running vest, having said hello, and exchanged a few pleasantries with some Metros friends, and being guided by Phil York, also from Ealing and Southall. We set off for our 10K Summer League event, and a very few minutes into our race, someone passed me, saying "Oh! Are you running for Ealing and Southall today?" "Yes, of course, I answered. I just wanted to let you know, that although I am exceedingly grateful, to Mike, Deborah, Kerry J, Gladys, Carol, Judy and Kerry B for the extra training I get when they guide me on a Saturday morning, I am first claim for Ealing and Southall. Oh"! Sarah, I tried, but I just couldn't catch you, but one of these days, I just might
Thanks to all those who organised the day, and made it so enjoyable, and of course for the wonderful picnic.

Janice Newman

Metros JOB VACANCY

Position- Co-ordinator/s for the Metros host fixture of the **Summer League**.

Qualifications – None.

Description – Organise and race direct one annual fixture.

Date – Usually June but can be negotiated to suit new co-ordinator/s.

Salary – Same scale as other Metros Co-ordinator posts ie none.

Training - I am happy to help anyone who volunteers, individual or group to organise the event next year, dealing with the necessary administration prior to the day and on the day

Help available – (apart from me) - fantastic support from Metros members who make this role much easier.

Since this league was formed in 1986 (formally called the London League) I have helped by doing the necessary administration for our host fixture prior to the day. I've continued to organise and then be Race Director on the day for many years and I feel it's time to hand over to others. However, I will remain as Metros co-ordinator for the Summer League but just no longer organise or race direct our host fixture.

Anyone who would like more information before committing themselves, please contact me. Although June next year sounds a long way off, the dates for the new season are formulated late this year, so volunteers are needed before then please.

Thank you in anticipation.

Pat Jackson

Midsummer Madness



I'd just like to say a huge thanks to all who sponsored me for my attempt at Edinburgh Marathon in May. While slightly disappointed with the finish time, I was very pleased that my efforts were rewarded by raising £518 in donations from very generous family and friends.

I was in Glasgow on 16th July for a Commonwealth Games Time volunteer interview. I took the opportunity to hand a cheque towards ward funds to the delighted staff in ward 48 of the Glasgow Royal Infirmary as a "thank you" for looking after my sister so well.

Mandy Beuselinck



Lunch at Whiteleaf Cross

Results

Wot No Watch - Saturday 15th June

Name	Pred time	Actual time	Diff
Jane Hudson	6.50	6.50	0
Penny Hudson	8.45	8.46	1
Steve Alder	8.30	8.28	-2
Yvonne Greenwood	9.00	8.58	-2
Tracy Tyrell	7.05	7.09	4
Mike Ransome	7.12	7.17	5
Sandra Young	8.47	8.39	-8
Anne Leigh	10.23	10.31	8
Caroline Day-Lewis	7.00	6.52	-8
Steph White	9.00	8.50	-10
Kirit Ranpura	7.15	7.05	-10
Sarah Westwood	8.25	8.15	-10
Roberta De Martin	8.10	7.59	-11
Judy Rackham	8.37	8.26	-11
Christopher Hudson	6.45	6.33	-12
Colin Jackson	9.00	9.13	13
Anne Ambrose	9.15	9.29	14
Dharmini Chikhliwala	8.30	8.14	-16
Kath Donaldson	9.10	8.54	-16
Penny Rawlins	8.47	8.31	-16
Bob Manning	8.00	7.43	-17
Simon Aberly	6.45	6.28	-17
Sonny Peart	6.54	6.35	-19
Gareth Hughes	9.10	9.33	23
Karen Collier	8.30	8.05	-25
Hema Thakur	9.30	9.55	25
Catherine Corcoran	9.30	9.05	-25
Hershil Patel	7.00	6.29	-31
Errol Clarke	8.12	8.44	32
Emma Rackham	9.10	8.35	-35
Andrew Collier	8.00	7.24	-36

Donna Warren	7.39	6.59	-40
Steve Paull	6.59	6.17	-42
Guy Bostock	7.07	6.24	-43
Nigel Rackham	7.00	6.11	-49
Matthew Rackham	7.00	6.10	-50
Barbara Robson	13.51	12.55	-56
Linda Gaitskill	11.02	10.05	-57
Angela Murphy	11.02	10.05	-57
Jonathan Gilbey	8.45	9.48	63
Dagmar Jackson	13.49	11.18	-151
Hilarie Lemon	.	8.50	

Race for Life - Watford 5K - 16th June 2013

Linda Dunne 29:57

British 10K - 14th July 2013

Linda Dunne 01:03:13
 Sonya Grist 01:25:05
 Gillian Saunders 01:41:00

By the way, if anyone else did this run please send us your result for Metrolines – the website is not very user friendly!

VETS TRACK & FIELD LEAGUE

Results for Battersea 24th June 2013

Name	Event	Time		Name	Event	Time
Mark	100m	16.00		Kath	400m	1.57.70
Mulvenna	400m	93.5		Donaldson	Triple Jump	4.54m
	Discus	17.90m				
Sonny	400m	73.7		Gladys	100m	20.2
Peart	Javelin	35.15m		De Groot	2000walk	15.46.70
					Triple Jump	5.43m
Kevin	100m	13.2			Javelin	8.85m
Smart	400m	60.9				
	Javelin	22.84m				
	Discus	21.93m				

Well done to everyone who took part.

Further information from

Pat Jackson - 020 8868 5683

Wendy Mulvenna – 020 8863 4838 Vets T&F League Co-ordinators

SUMMER LEAGUE Dulwich, 2 June 2013

MEN 10km		Time	Cat	Points	Bonus Pts	Total
6	Richard Francis	36.51	4	295	15	310
11	Ron Taylor	38.07	1	290	0	290
41	Mitesh Patel	41.47	1	261	0	261
50	Steve Paull	43.30	5	252	20	272
51	Ian Birch	43.36	5	251	20	271
53	Fatmir Sulmataj	43.45	1	249	0	249
77	Jonny Jackson	47.34	1	225	0	225
102	Gordon Valentine	54.58	5	200	20	220

LADIES 10km		Time	Cat	Points	Bonus Pts	Total
43	Jane Hudson	51.17	4	258	15	273
53	Tracey Tyrrell	52.39	1	248	0	248
65	Caprice Beggs	55.26	1	236	0	236
76	Annie Birch	57.32	5	225	20	245
102	Penny Hudson	1.04.31	4	199	15	214
107	Irene Paull	1.07.52	5	194	20	214

TENDERFOOT Boys

6	Christopher Hudson	Y8	95	14	109
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TENDERFOOT Girls - None

RELAYS – 285m (All relay results are before any weighting for age)

A Team		Ladies Team	
Richard Francis	0m 46.53s	Annie Birch	1m 09.90s
Gordon Valentine	0m 48.47s	Caprice Beggs	0m 59.76s
Dave Oldacre	0m 40.59s	Jane Hudson	1m 01.55s
Christopher Hudson	0m 48.65s	Tracey Tyrrell	<u>0m 46.07s</u>
Steve Paull	0m 51.72s		3m 57.28s
Ian Birch	<u>0m 57.01s</u>	7 th from 7 teams	
	4m 52.97s		
	7 th from 7 teams		

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

CLUB POSITIONS

	Men	Women	Tenderft	Relays	Total
1 Dulwich	1,281	1,422	625	1,129	4,457
2 Mornington Chasers	1,455	1,478	607	900	4,440
3 Ealing S & Middx	1,454	1,361	218	1,188	4,221
4 Ealing Eagles	1,420	1,419	519	710	4,068
5 Serpentine	1,490	1,481	0	825	3,796
Queen's Park					
6 Harriers	1,404	1,332	0	867	3,603
7 Metros	1,404	1,216	109	759	3,488
8 Sudbury Court	951	220	0	0	1,171
9 Hayes & Harlington	264	220	93	0	577

Pat Jackson

SUMMER LEAGUE

Metros Host Event, Headstone Manor Recreation Ground, 16 June 2013

MEN 10km		Time	Cat	Points	Bonus Pts	Total
1	Nigel Rackham	35.36	4	300	15	315
4	Jonathan Collier	36.21	1	297	0	297
5	Richard Francis	36.27	4	296	15	311
34	Mitesh Patel	41.30	1	267	0	267
39	Fatmir Sulmataj	42.10		262	0	262
42	Kevin Smart	42.27	4	259	15	274
50	Steve Paull	43.11	5	251	20	271
61	Jonny Jackson	44.59	1	240	0	240
74	Hershil Patel	46.56	1	227	0	227
76	Simon Abery	47.20	3	225	10	235
90	Matthew Rackham	49.04	1	211	0	211
95	Graham Hart	51.01	5	207	20	227
96	Gordon Valentine	51.19	5	206	20	226
97	Peter Jose	51.28	7	205	30	235
102	Al Scoffham	52.23	5	200	20	220
103	Terry Burke	52.38	6	199	25	224
105	Glyn Watkins	52.47	5	197	20	217
112	Andrew Collier	54.23	3	190	10	200
115	Sonny Peart	54.55	3	187	10	197

LADIES 10km

27	Harriet Copland	48.58	3	274	10	284
30	Jane Hudson	49.28	4	271	15	286
33	Gertrud Porter	51.08	6	268	25	293
34	Tracey Tyrrell	51.33	1	267	0	267
36	Caroline Day-Lewis	51.51	3	265	10	275
37	Ruth Tidder	51.51	2	264	5	269
49	Judy Rackham	55.06	4	253	15	268
53	Ann Lavers	56.03	3	249	10	259
62	Sarah Westwood	58.28	5	240	20	260
69	Roberta deMartin					
	Pinter	1.00.29	1	233	0	233
72	Kath Donaldson	1.03.51	6	231	25	256
73	Penny Rawlins	1.03.55	2	230	5	235
76	Penny Hudson	1.05.59	4	277	15	242
80	Anne Ambrose	1.07.30	5	223	20	243
85	Hema Thakur	1.12.24	2	218	5	223
85	Linda Gaitskell	1.16.55	5	217	20	237
87	Angela Murphy	1.16.55	6	216	25	241

TENDERFOOT Boys

2	Devon Day-Lewis	6.03	Y4	99	6	105
6	Christopher Hudson	6.23	Y8	95	14	109
10	Aaron Rawlins	7.42	Y8	91	14	105
11	Carlow Day-Lewis	8.15	Y9	90	16	106

TENDERFOOT Girls

3	Natalie Tidder	7.24	Y7	98	12	110
7	Kirsty Young	7.57	Y8	94	14	108

METROS GUESTS 10km		Time
94	Frigyes Lesmik	50.29
47	Mary Swindles	54.59
70	Laura Tyrrell	1.02.00

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

A Team		Ladies Team	
Jonathan Collier	1m 00.37s	Ann Lavers	1m 22.79s
Mitesh Patel	1m 07.26s	Tracey Tyrrell	1m 21.07s
Matthew Rackham	1m 12.32s	Caroline Day-Lewis	1m 25.86s
Fatmir Sulmataj	1m 09.62s	Roberta de Martin	
Richard Francis	1m 15.68s	Pinter	<u>1m 43.87s</u>
Kevin Smart	<u>1m 04.54s</u>		5m 53.59s
	6m 49.79s		
4 th from 8 teams		5 th from 7 teams	
B1 Team		B2 Team	
Jane Hudson	1m 30.70s	Hershil Patel	1m 13.64s
Christopher Hudson	1m 22.52s	Andrew Collier	1m 21.01s
Terry Burke	1m 23.90s	Ruth Tidder	1m 28.12s
Steve Paull	1m 22.18s	Aaron Rawlins	1m 46.07s
Harriet Copland	1m 22.38s	Kirsty Young	1m 58.59s
Gordon Valentine	<u>1m 29.17s</u>	Anne Ambrose	<u>2m 02.99s</u>
	8m 30.85s		9m 50.42s
4th from 6 teams		3 rd from 3 scoring teams	

With thanks to Dave Brown for organising and timing Metros relay teams and Bob Manning for organising the relays.

CLUB

POSITIONS	HARROW	Men	Women	Tendft	Relays	Total
1	Mornington Chasers	1,477	1,531	515	1,537	5,060
2	Metros	1,464	1,407	537	1,253	4,661
3	ESM	1,406	1,427	207	1,288	4,328
4	Ealing Eagles	1,373	1,469	322	1,051	4,215
5	Serpentine	1,450	1,377	326	900	4,053
6	DPR	1,220	1,458	0	1,175	3,853
7	QPH	1,406	1,350	0	870	3,626
8	Sudbury Court	1,170	501	0	427	2,098
9	Hayes & Harlington	736	243	0	0	979

CLUB POSITIONS CUMULATIVE (after 2 fixtures)

		Men	Women	Tendft	Relays	Total
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

Pat Jackson – Metros Summer League Co-ordinator

SUMMER LEAGUE

Perivale Park, 7 July 2013 hosted by Ealing, Southall & Middlesex

MEN 5 miles		Time	Cat	Points	Bonus Pts	Total
8	Richard Francis	29.22	4	294	15	309
20	Ron Taylor	31.05	1	282	0	282
38	Mitesh Patel	34.05	1	264	0	264
43	Kevin Smart	34.48	4	259	15	274
48	Ian Birch	35.06	5	254	20	274
61	Steve Paull	37.22	5	241	20	261
82	Peter Jose	40.08	7	220	30	250
89	Glyn Watkins	41.27	5	213	20	233
95	Bob Manning	43.53	8	207	35	242
114	Terry Burke	54.54	6	186	25	213

LADIES 5 miles						
5	Sasha Birkin	35.56	2	296	5	301
23	Jane Hudson	40.02	4	278	15	293
33	Gertrud Porter	41.52	6	268	25	293
45	Tracey Tyrrell	44.55	1	256	0	256
53	Julia Buckley	46.30	1	248	0	248
62	Annie Birch	48.52	5	239	20	259
74	Penny Hudson	53.48	4	227	15	242
79	Irene Paull	58.03	5	222	20	242
82	Gladys de Groot	1.05.18	6	219	25	244
84	Jeanne Coker	1.14.22	9	217	40	257

TENDERFOOT Boys

3	Christopher Hudson	Y8	98	14	112
6	Sam Dadomo	Y5	95	8	103

TENDERFOOT Girls None

RELAYS – 200m (All relay results are before any weighting for age)

A Team		Ladies Team	
Kevin Smart	0m 27.85s	Sasha Birkin	0m 35.59s
Richard Francis	0m 35.48s	Tracey Tyrrell	0m 35.91s
Ron Taylor	0m 28.72s	Jane Hudson	0m 41.63s
Ian Birch	0m 37.61s	Julia Buckley	<u>0m 43.27s</u>
Christopher Hudson	0m 36.19s		2m 36.40s
Mitesh Patel	<u>0m 30.48s</u>	5 th from 6 teams	
	3m 16.33s		
4 th from 7 teams			

BI Team	
Steve Paull	0m 38.25s
Terry Burke	0m 44.96s
Peter Jose	0m 41.88s
Annie Birch	0m 52.53s
Sam Dadomo	0m 37.77s
Gertrud Porter	0m 48.92s
	<u>4m 24.31s</u>
6 th from 6 teams	

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

CLUB POSITIONS at Ealing (Provisional)

		Men	Women	T'ft	Relays	Total
1	Ealing Eagles	1,425	1,432	637	1,090	4,584
2	ESM	1,487	1,485	419	1,022	4,413
3	Serpentine	1,452	1,456	538	822	4,268
4	Metros	1,403	1,402	215	979	3,999
5	Mornington Chasers	1,373	1,510	215	807	3,905
6	DPR	1,228	1,432	21	893	3,764
7	Hayes & Harlington	1,252	221	0	0	1,473
8	Sudbury Court	1,194	272	0	0	1,466
9	QPH	1,369	0	0	0	1,369

CUMULATIVE After 3 fixtures (provisional)

1	Mornington Chasers	4,305	4,519	1,337	2,244	13,405
2	ESM	4,347	4,273	834	3,448	12,902
3	Ealing Eagles	4,218	4,320	1,478	2,866	12,882
4	Metros	4,271	4,025	862	2,991	12,149
5	Serpentine	4,392	4,314	864	2,547	12,117
6	DPR	3,729	4,316	836	3,197	12,078
7	QPH	4,179	2,682	0	1,737	8,598
8	Sudbury Court	3,315	993	0	427	4,735
9	Hayes & Harlington	2,252	684	93	0	3,029

Final Fixture: Sunday 18th August at 9.30 am, Battersea Park – hosted by Serpentine

Pat Jackson, Metros Summer League Co-ordinator

SUMMER LEAGUE 2012

LEAGUE AWARDS TO Metros RUNNERS

The following received awards in their age group – best three scores for the main race to count, best in the Tenderfoot regardless of number of events run:

Main Race

MEN 50-54	1 st Richard Francis
MEN 55-59	2 nd Steve Paull
MEN 60-64	3 rd Terry Burke
MEN 65-69	1 st Peter Jose
MEN 70-74	1 st Bob Manning
MEN 74-79	1 st Chris Roome

LADIES 50-54	3 rd Jane Hudson
LADIES 60-64	2 nd Marion Rogan
	3 rd Gladys de Groot

Tenderfoot

BOYS 15 YEARS	1 st James Francis
BOYS 11 YEARS	2 nd Reece Knowles
BOYS 8 YEARS	1 st Christopher Hudson
GIRLS 13 YEARS	1 st Eleanor Murray
GIRLS 8 YEARS	2 ND Natalie Tidder

Runners' Recipes

No one wants to face a stove before or after a hot run. Thankfully, it's possible to get all the nutrients you need without raising the temperature in your kitchen a single degree. From chilled soups to ready-to-blend frozen smoothie cups, the options for cool, runner-friendly foods are nearly endless. As a bonus, no-cook dishes are often full of water-rich ingredients—good news for sweaty runners. Here's one:

Gazpacho Chicken Salad

Chock-full of vegetables, gazpacho (the chilled Spanish soup) contains a wide range of vitamins, minerals, and antioxidants that runners need to recover. But it can be time-consuming to make. Create a gazpacho-inspired salad instead. It's a great way to stay hydrated, thanks to the water-rich produce, says Scritchfield. Adding chicken ups the protein content and provides niacin. This B vitamin converts carbs from food into energy for muscles. Tossing the salad with an olive-oil dressing adds oleocanthal—a natural anti-inflammatory found in olive oil that behaves like ibuprofen.

Cool Down: Slice 1 cucumber into long strips with a peeler; squeeze out excess water. Toss with 4 cups shredded chicken, 2 chopped peaches, 2 cups halved cherry tomatoes, 1 sliced yellow bell pepper, ½ cup diced red onion, 2 cups cubed day-old baguette, and 1 cup feta. Chill mixture. Serve on a bed of greens. Drizzle with dressing made with 1/3 cup extra-virgin olive oil, 2/3 cup fresh basil, 2 tablespoons red-wine vinegar, and 1/4 teaspoon each salt and pepper. Serves 6.



Taken from Runners World website

NOTES OF METROS COMMITTEE MEETING

Wednesday 3 July 2013, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Mandy & Peter Beuselinck, Penny Hudson, Pat Jackson, Steve Paull,
Mike Ransome, Penny Rawlins, Barbara Robson, Carole Wells,
Sandra Young

APOLOGIES: Marilyn Pickford, Irene Paull, Al Scoffham, 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 June

Metros Car Stickers - Pat will prepare the art work and liaise with Jane Scoffham.

ACTION: Pat Jackson

Metros Shed – Peter confirmed that an inventory of Metros equipment in the shed had been completed. Penny has prepared a list and will distribute it to the committee and co-ordinators who will be asked if they are holding any Metros equipment and check if any further items are needed and inform Peter.

ACTION: Penny Hudson

A facility will be organised to enable anyone temporarily removing an item from the shed to leave a note stating who has borrowed what. .

ACTION: Pat Jackson

It was agreed that a megaphone be purchased. Mandy will liaise with Steve Alder.

ACTION: Mandy Beuselinck

Fees for Metros Runners – Penny has stated in Metrolines that in future the fees for League events will be funded by Metros so entry will be free for Metros members. **ITEM CLOSED**

Barn Dance – Possible dates and venues were discussed and will be investigated further by the Barn Dance Committee – Penny Hudson, Marilyn Pickford, Penny Rawlins, Barbara Robson, Sandra Young.

ACTION: Barn D Com.

Metros First Aid Bag– Barbara and Angela Murphy have checked the items needed in the Metros first aid bag and confirmed all is in order.

ITEM CLOSED

Events in Memory of Ann Marsden – A run in Ruislip Woods around September has been agreed and suitable dates are being checked.

ACTION: Barbara Robson

It was agreed to ask the Council about planting a tree.

ACTION: Pat Jackson

EA Registration of Competing Members – it is necessary to complete one of two forms each year – one for new Competing Members, the other to renew registration.

It was agreed that Al should arrange for the forms to appear on the web site.

ACTION: Al Scoffham

Penny will add a further request for forms in Metrolines.

ACTION: Penny Hudson

Forms will be prominently displayed in the Scout Hall.

ACTION: Pat Jackson

First Aid Training – Irene had established that we have just four current members trained on a one day course but not all are active members. At present only a course run by the Red Cross is acceptable by EA for open events. It was agreed that, when the information is obtained, a list of suitable courses be advertised in Metrolines. **ACTION:** Al Scoffham

Coaching Budget – applications from Sonny Peart and Hema Thakur for funding to attend a coaching course were approved. Mike will contact them. **ACTION:** Mike Ransome

It was agreed to maintain the £500 annual training budget as previously agreed.

Peter stated that Metros need qualified officials and it was agreed that a list of suitable courses be advertised in Metrolines. **ACTION:** Al Scoffham

Mandy will also discuss the situation with Jeanne Coker. **ACTION:** Mandy Beuselinck

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

Hon. Vice Chairman – Penny Hudson had nothing to report.

Hon. Secretary – Al was away and had not sent any items.

Hon. Treasurer – Mike gave a verbal report.

Hon. Membership Secretary – Two applications were confirmed: David Crawford, Vancouver, Canada; Daxa Patel, North Harrow.

Advertising - Following the discussion on membership at the last meeting, it was agreed that training locally wearing Metros kit was an excellent, free advertisement. Membership in the 20-35 year age group is low and it was decided to target this age group.

Mike will put a notice in the newsagents by Eastcote station to attract commuters.

Steve will put a notice in Pinner, with logo from Penny.

ACTION: Mike Ransome

ACTION: Steve Paull

REPORTS OF CO-ORDINATORS

Tuesday Session – Steve confirmed the numbers had picked up.

Hill Race – Mandy would like to investigate increasing the current 6 mile course to 10Km and asked for permission to have the course measured. Vote was 8 to 1 in favour and Mandy will arrange measurement of the course. **ACTION:** Mandy Beuselinck

Facebook – Pat confirmed the present arrangements for the results of the Summer League. When the recent Metros host event results are confirmed Pat will send to Kevin for the Metros web site and Mandy for Facebook. **ACTION:** Pat Jackson

Metros Results – Mandy suggested that all Metros results appear on the web site. However, it was suggested that these should be listed in an area viewed only by Metros members. Mandy will discuss with Kevin if it would be possible to set this up. **ACTION:** Mandy Beuselinck

Summer League Metros Host Fixture – Pat thanked all who had helped and stated that using the Google members e-mail list and the chart on Saturday sessions had made organization much easier this year. However, having organized and been Race Director of the event for many years, Pat had decided that someone should take this over next year. Pat will put a note in Metrolines asking for volunteer/s and stated she would help whoever took on the role next year. **ACTION:** Pat Jackson

Metros Annual Fun Run – the Brian Jackson Fun Run – The fact that at present only a first aid course run by the Red Cross is acceptable by EA for open events may mean that it might be necessary to change the advertising from 'open to all' and invite only specific clubs and individuals to participate. **ACTION:** Pat Jackson

OTHER ITEMS

Prudential Ride London – Surrey 100, 4 August – Garry Young has been asked to provide volunteers but is on holiday and Mandy has agreed to take on this role. Volunteers to Mandy asap please. **ACTION: ALL MEMBERS**

Metrolines Tribute to Ann Marsden – Penny Hudson was thanked for producing the excellent tribute issued with the July Metrolines.

Meeting closed at 9.58 pm

Date of Next Committee Meeting –Wednesday 4 September (no meeting in August) at the Methodist Church, Cannon Lane, Pinner, 8.00 pm.

Future Meetings: 2 October, 6 November 4 December.

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

Very cheap Massages!

As some of you know I am studying for a Diploma in Sports and Remedial Massage at the London School of Sports Massage - it is a BTEC Level 5 course and is a year long. I'm halfway through so have 6 months experience under my belt. I very much need more practice and need people to practise on. If you would like a massage - half an hour or an hour - please contact me. I'm free most evenings and weekends if booked in advance! I ask for a £10 donation for an hour and £5 for half an hour but please don't let that stop you coming for one if that's a problem.

Harriet Copland
07533798401
hcopland@aol.com



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 Course

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

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.

Other kit also available.

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).

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	19.00	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