

etrolines

August 2014

Issue No. 311



Marathon Week Winners

Metros Diary

AUG

Sat 2	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sat 9	Food Bank Donation	
Sat 16	5K run, Roxbourne Park	9.15 am
Sun 17	Summer League, Battersea Park, 10K	9.00 am
Sun 17	Burnham Beeches Half Marathon	9.30 am

SEP

Wed 3	Committee Meeting	8.00 pm
Sat 6	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 7	Maidenhead Half Marathon, Trophy Race	9.30 am
Sat 13	35th Annual Fun Run, The Brian Jackson Fun Run, Roxbourne Park	8.45 am
Sat 13	Food Bank Donation	
Sat 20	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 28	Moor Park 10K, Trophy Race	3.00 pm

OCT

Wed 1	Committee Meeting	8.00 pm
Sat 4	10K Challenge, Roxbourne Park	8.50 am
Sat 11	5 Mile Walk, Roxbourne Park	9.00 am
Sat 11	Food Bank Donation	
Sat 18	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 19	Cabbage Patch 10, Trophy Race	10.00 am
Sat 25	Beachy Head Marathon (+ 10K)	9.00 am
Sun 26	Ricky Road Run, Trophy Race	10.30 am

NOV

Sat 1	Measured Mile, Roxbourne Park (1st of the year)	9.20 & 9.40 am
Sun 2	Marlow Half Marathon	9.30 am
Wed 5	Committee Meeting	
Sat 8	Food Bank Donation	
Sat 15	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.

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!

Despite the oppressive heat of the last few days, it's good to see so many Metros out and about, whether running, helping at events or simply being there.

Well done to everyone who took part in Marathon Week, and to Mandy and Peter for a great event. Results later in this edition, or if you're reading this in colour, in a separate insert. Please enjoy also an interesting article about the early history of Metros.

As usual – a plea for your achievements, whatever they are – as both your editors are out of action, we're not always up to date with who's done what, so please keep telling us! (metrolines1@gmail.com)

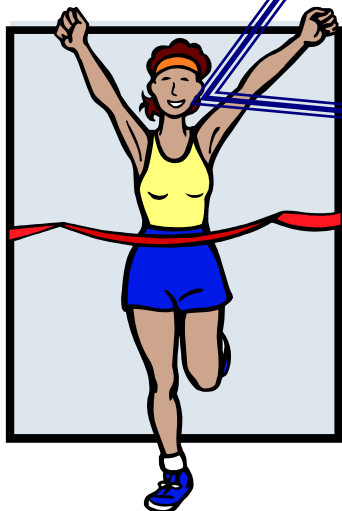
Jane and Penny Hudson



Welcome

Rebecca Walker, Northwood

Elected at the July meeting



Trophy Races



Maidenhead Half Marathon
Moor Park 10K
Cabbage Patch 10 (Stragglers)
Ricky Road Run

Sunday 7th September at 9.30 am
Sunday 28th September at 3.00 pm
Sunday 19th October at 10.00 am
Sunday 26th October, 10.30 am

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.

Please Note: Burnham Beeches half marathon will not be a Trophy Race this year due to a clash with the Summer League

Summer League

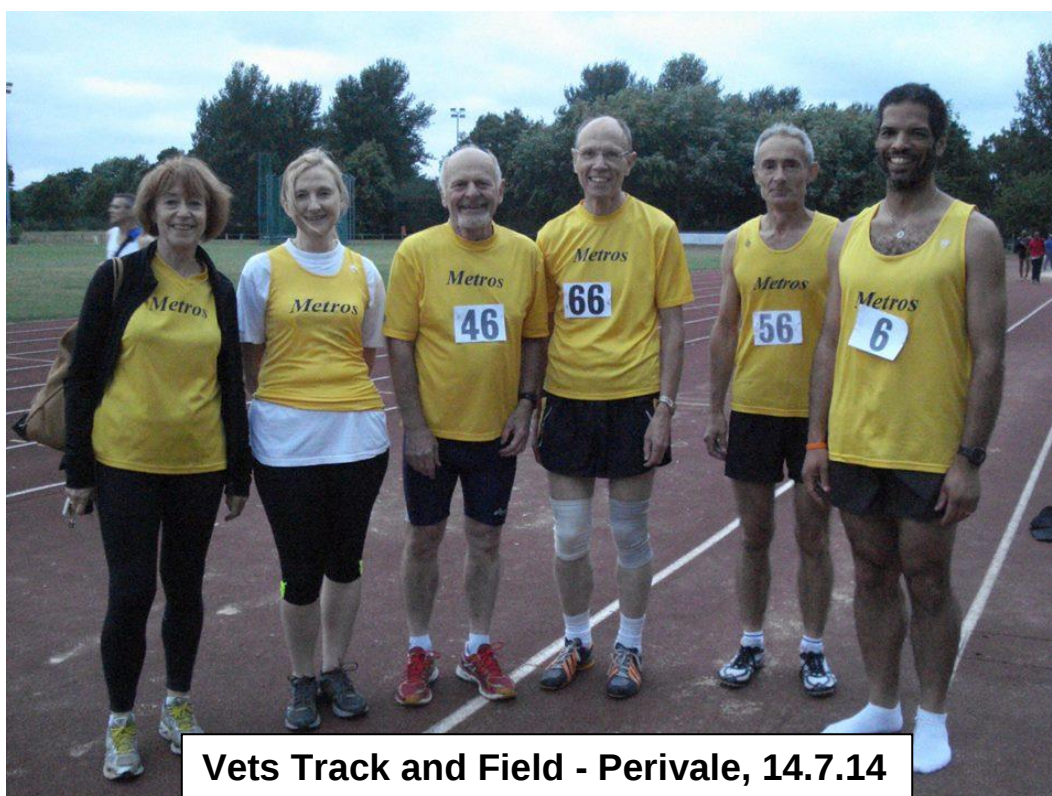
Sunday 17 August

Battersea Park, 10K

Hosted by Serpentine

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

Summer League Website - summerleague.meteor.com



Vets Track and Field - Perivale, 14.7.14

THE RETURN OF THE CROSS COUNTRY MANAGER

I decided to drop this co-ordinator post a few years back due to a total lack of interest. However, looking at the recent results and times of our membership perhaps it is time to re- kindle interest in the Championship Cross Country events I will explain for those of you not familiar with these events.

Firstly, these are 'one off' races unlike the Thames Valley League which is based on a league system

They are always held on Saturday afternoons from about November to March and vary in distance and location. The races we historically participated in are

The North London

The North of The Thames(junior and senior)

The London

The Middlesex

The Middlesex Masters

The Southern

The National

The first 6 of these vary between 4.5 -7 miles for the men and usually a mile or so shorter for the women and are usually local ie Ruislip Lido, Horsenden Hill, Kingsbury to name a few. The only exception is the London which is always at Parliament Hill Fields

The Southern is about 9.2 miles for the men and about 6 for the women and is also usually at Parliament Hill Fields unless they host the National there in which case the rules state the Southern must be at a different venue.

The National is 7.5 miles for the men and about 5-6 for the women. The venue changes every year, usually South, North, Midlands. I have run this at South Shields, Leeds, Newark, Havant, Birmingham and Luton. * As you see , it moves around.

Next year(end of February) The National will be at Parliament Hill, therefore the Southern will be at another venue. My spies tell me this will be Brighton.

So you ever improving Metros, are you up for a challenge ?

I will advise nearer the time of the finer details but if you want to know more, ask me on a Saturday morning.

If you are looking to build up your running strength, you cannot do better than the famous Parliament Hill, it is the nearest to resistance training in treacle!

Al Scoffham

* Obviously I had no desire to go to Luton, but needs must when the Devil drives

Congratulations



Christopher and Gillian Shearwood



Emma Rackham on her Graduation



Marcella Chambers for completing
London to Brighton Bike Ride in 7
hours and 5 minutes in aid of
British Heart Foundation

justgiving.com/Marcella-Chambers

Thanks to everyone who donated to the food bank on 12th July. This is the letter we received in thanks. Hope you will all support again on the 9th August.

*"Emergency food for
local people
in crisis"*

Charity Number 1154292



Harrow Foodbank Centre
Unit F2
Phoenix Business Centre
Rosslyn Crescent
Harrow
HA1 2SP

Date 15/7/14.....

Dear Metros Running Club

Thank you for your support of the Harrow Foodbank.

Your kind donation of28..... kg is very much appreciated and will go a long way to meet the needs of our clients. Please thank everyone involved for their contribution.

Through generous gifts like yours we are delighted to be able to help local people in crisis.

Thank you again for your support.

A handwritten signature in black ink, appearing to read "W. Bell", with a long horizontal flourish extending to the right.

Harrow Food Bank

METROS AND THE 'FUN RUN'

There comes a time in most runners' lives when they have to give up running! This can be a cruel shock to the mental and physical systems. Suddenly there is no injection of endorphins three, five or more times a week; no adrenaline rush from standing on the start line; no feeling of tired satisfaction from completing an event, be it 100m on the track or from completing a full Ironman Triathlon.

So what to do? Well in my own case I found that moderate cycling and swimming helped a lot. So now I cycle down to Metros après training in the Scout Hall and scrounge a cup of tea or possibly even a slice of cake. With luck there might be an 'old timer' or two to chat to or reminisce. There's always a hug from Barbara!

Recently, whilst talking to our Chairman Mike Ransome, the subject of recording the formation of Metros, how it came about and why the name 'Metros' cropped up, so I undertook to write this article whilst I can still remember. Firstly, allow me to introduce myself: I am 'Pat Jackson's Husband'.

Back in the 1970's only eccentrics ran on the streets. Then along came the American 'Jogging' boom engendered by a certain Jim Fixx. By 1976 I had started jogging for health reasons. Then, in 1978, one of the country's greatest track distance runners, Brendan Foster, announced a 'Fun Run' for Joe and Josephine Joggers in Gateshead. How I envied them! Then, in the following year, the Sunday Times copied the idea and announced a National Fun Run to be held in Hyde Park - amazing, unheard of and wonderful.

I entered and ran the 4km (2.5 mile) course in a somewhat pedestrian time but, more importantly, I became enthused with the idea of competitive running. The following year we went to the National Fun Run as a family plus the late, great, Tim Peachey. Pat and Ben (our oldest son aged 8) were entered in the appropriate age groups, likewise Tim Peachy and me. Our younger son, Jonny, was too young to run at 7 years of age. In the event Ben ran 2Km well in the 8-11 year old age group and achieved a time of under 8 minutes. This was the portent of great things to come.

The following year Jonny was old enough to run and also some of the boys joint friends in the 8th Pinner Cubs so I undertook to train them as a team. We met one evening in the week and also on Saturday mornings. (The cubs were based at the Methodist Church in Cannon Lane – now the venue for Metros Committee meetings).

The team event was to have groups of up to ten runners and the team finishing position, regardless of age group, of the best six taken to determine the team score. When the results were published the 8th Pinner Cubs were declared 'Best group or organization' from the hundreds of teams entered.

The following year training started in earnest in the spring. We started getting quite a few Mums and Dads coming along as well, so we entered a team called '8th Pinner Cubs Mums and Dads'. In the event the Mums and Dads did quite well but couldn't match the boys who again won the 'Best group or organisation' award'.

By now the National Fun Run was attracting up to 30,000 entrants from all over the country. About this time a new type of running/jogging club was formed - the London Road Runners Club or LRRC. The inaugural event was a 10km race in Battersea Park. So eagerly the late Tim Peachey, the late Joe Harvey, Paul Glaysher and I entered, not really knowing if us 'joggers' would be able to run so far! In the event we all finished. Years later it transpired that Terry Burke and Graham Haddon had also run in the inaugural event. The organisers were looking for volunteers to be on the committee of LRRC so I duly volunteered.

Back to the 8th Pinner Cubs and parents. As the news of the prowess of the boys spread more adults asked if they could join in the Saturday morning training until we had quite a large group of adults as well as the youngsters. At this point the 'gang of four' (the late Alistair Anderson, Jane Anderson, Ken Evans and Brian Feakes) offered to spread the load of the Saturday morning training and to extend it throughout the year (not just for the National Fun Run) and I gladly accepted their offer.

After a year of entering events as members of LRRC, it was obvious to me that LRRC for the whole of London was just not manageable so, at the first AGM, I suggested that LRRC regionalized according to the London regions of the A-Z maps ie North, North West, North East; Central, Central West, Central East; South; East etc. This was carried unanimously and volunteers asked to organise each region.

Naturally our region became LRRC (North West). Before long most of the Mums and Dads, families and friends of the 8th Pinner Cubs became members of the LRRC North West Club.

Meanwhile many of the Cubs had become Scouts so, obviously, the next step was to enter a team as 8th Pinner Scouts for the next National Fun Run. Guess what? They won 'Best group or organisation' that year as well!

Meanwhile the number of teams of adults and other children has risen to eleven teams being entered for the event held at the end of September in Hyde Park. Barbara Reading, whose son Daniel was one of the key runners for the Cubs and Scouts, volunteered to take over the administration of entering the teams. I believe Barbara entered up to seventeen teams of ten by the end of the event. Most of whom by now were members of LRRC (North West).

During all these years we held a trial run in Roxbourne Park as close as we could to the National event, usually a week before. I organized the event for the first

eleven years but, when Dave Young volunteered to take over, I was relieved. I have no claim to being an administrator, only an innovator! The event has recently been organized by Pat.

However, problems had arisen with the AAA over the regionalization of LRRC. The Central Region was now known as Serpentine Running Club, the North Region as Trent Park Trotters, and the South East as Dulwich Runners. The founders of LRRC decided to fold the parent club and set free the regions.

What to call LRRC (North West)? A reasonable list was drawn up but one name was decided to be outstanding. Anyone who knew the 20th Century history of the Metropolitan Railway knew that the area had been marketed as 'Metroland'. "Come and live in Ruislip where the air is like wine" was one of the advertising slogans. So, when a vote was taken, the clear winner was 'Metros'.

One of the early members (John Trigg) produced the 'Running Man' logo for the 'M' of Metros. The only link with those very early days is the Metros Fun Run held in the autumn, usually September. Occasionally, from one of the 'old timers', you may see a faded vest with LRRC (N.West) still just about legible.

The 8th Pinner Cubs/Scouts are no more but clubs formed from LRRC, ie Metros, Serpentine, Dulwich, Stragglers etc continue to flourish.

Long live Metros.

Brian Jackson



THE 35th ANNUAL Metros FUN RUN THE BRIAN JACKSON FUN RUN

Saturday 13th September Roxbourne Park from 8.45 am

PLEASE NOTE THAT THIS EVENT IS INSTEAD OF THE NORMAL Metros SATURDAY SESSION

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, Mens 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:	There is no charge



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+.

Metros PLUS INVITED GUESTS OF ALL AGES AND ABILITIES ARE WELCOME.

**If you'd like to know more, or can offer to help,
please contact Pat Jackson on 020 8868 5683
patjacksonhome@hotmail.com**

Achievements

Well done to ...

Sonny Peart for a PB at Metros Summer League 10K.

Everyone who competed in Metros Marathon Week – a great achievement, especially Caroline who raised £1500 for www.justgiving.com/Caroline-Day-Lewis

Simon Abery – 5K and 8 mile PB in Marathon Week

Caprice Beggs for completing the very challenging Comrades Ultra Marathon within the time limit



NEW

Tuesday Night

Run / Walk Group

Can't keep up on a Monday? Wednesday too daunting?

Well why not join our new run/walk group on a Tuesday night. We run 3 miles slowly with plenty of walk breaks staying together as a group. Suitable for beginners, coming back from injury / illness, or just a social run. (Our routes either start or finish along the existing Tuesday night routes.)

Meeting point: Lowlands Tennis Club, Lowlands Road, Eastcote
Time: 8.00 pm

There is the added bonus of being able to use the tennis club's changing rooms and bar.

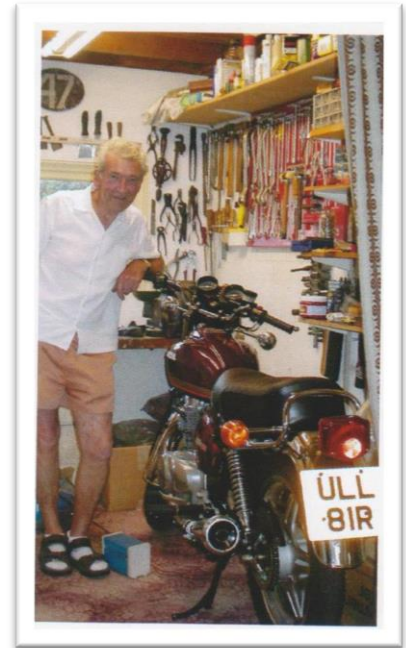
If you are interested email me and I will add you to my group or just turn up on Tuesday just before 8 pm.

Penny Hudson - pm.hudson@ntlworld.com

JOHN SMITH R.I.P.

John and wife Pam joined Metros in July 1988 and John has died at the age of 88, (Pam died in 2012). For many years they regularly attended Saturday morning sessions and social events. John was a real gentleman and appreciative of anything anyone did for him. He had a wonderful, dry sense of humour, and they were a very popular couple.

They participated in our shorter distance events, including the Nine Styles Walks organized by Anne and Bernard Leigh where post-race refreshments included John's favourite tippie – whiskey. Pam would nag him about how much 'tasting' he did. For many years they participated in the annual Harefield Fun Run. I vividly remember their participation in the Metros Duathlon (running with and shooting an air rifle) held at Kodak many years ago. (I can't imagine it being possible to run round a field carrying an air rifle these days).



Many years ago when the Pavilion toilets in Headstone Manor Recreation Ground were in a very good condition (yes really) they became 'toilet attendants' at our Summer League fixture and sat in the sunshine outside the pavilion to ensure no vandals caused any damage. They were treated like celebrities by the runners.

John was a Bevan Boy in the war and became a keen motor cyclist and rebuilt a motor bike from scratch. He was workshop foreman at Honda, a motor cycle instructor and also raced motor bikes. John also loved whiskey and some Metros will remember many social events involving whiskey.

His funeral was on 6 June at Breakspear Crematorium. It was fitting that, at the end of the service, the music was "The Chain" by Fleetwood Mac – most commonly recognized at the theme tune for the opening of the TV coverage of Formula 1.

At the request of the family, a donation has been made on behalf of Metros to Harefield Hospital.

Our condolences go to his family – Julie, Paul, Graham and Jamie.

Pat Jackson

Results and Reports

IRONMAN AUSTRIA - 29.6.2014

Jonny Jackson	Swim	1.11.15
	Cycle	6.39.40
	Run	4.39.10

Overall time including transitions 12.43.47

Coniston Marathon - 6th July 2014

1		3:07:08
90	Christopher Shearwood	4:37:16
281	finishers - last	6:43:18



Metros Marathon Week



Chris Shearwood with Champagne on his wedding day!



More Marathon Week Results

Name	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
Carole Wells	70:17		69:05		80:42
Julia Allen		31:44	68:02	28:20	79:03
Adam Leary		26:27		24:15	
Hershil Patel		26:00			
Jonathan Berman			79:09	25:20	
Steve Alder			67:52	27:54	
Kath Donaldson			79:07		
Steve Paull	50:37	22:14	60:56		
Michael Hull				24:50	
Caprice Beggs				27:19	76:26
Richard Hayward				26:32	
Geraldine Gill	76:14	34:14	79:08	30:06	
Sarah Westwood					86:47
Angela Barcroft					81:18



SUMMER LEAGUE

Headstone Manor Recreation Ground, 15 June 2014 – 10K

MEN 10km	Time	Category
1 Nigel Rackham	34.22	V50
3 Jonathan Collier	35.26	MU20
9 Ron Taylor	36.16	SM
31 Fabio Sulmataj	40.42	SM
42 Kevin Smart	41.58	V55
46 Brett Rafferty	42.18	SM
56 Mitesh Patel	42.36	SM
63 Steve Paull	43.08	V60
66 Anthony Bellis	43.22	SM
80 Michael Morris	45.15	V45
84 Sonny Peart	45.55	V45
99 Peter Reynolds	47.12	V55
103 Simon Abery	47.53	V45
105 Hershil Patel	48.02	SM
107 Shirome Bhandari	48.08	V35
119 Gordon Valentine	49.21	V60
132 Peter Miller	50.43	V65
151 Spencer Milbery	52.09	V35
154 Andrew Collier	52.37	V45
157 Graham Hart	53.01	V60
166 Glyn Watkins	53.56	V60
180 John Gorton	56.04	V60
181 Jonny Jackson	56.05	V40
185 Derek Bamforth	57.13	V55
199 Steve Alder	59.00	V50

LADIES 10km		
38 Sasha Birkin	41.48	FV40
108 Caroline Day-Lewis	48.13	FV45
110 Tracey Tyrrell	48.20	SL
162 Ruth Tidder	53.43	FV40
168 Pauline Bishop	54.12	FV60
178 Judy Rackham	55.50	FV50
188 Marion Rogan	57.23	FV65
200 Carole Wells	59.11	FV50
202 Emma Rackham	60.01	SL
213 Anne Ambrose	62.24	FV55
217 Roberta de Martin Pinter	63.14	SL
223 Angela Murphy	64.32	FV60
229 Raquel Russel Ponte	70.26	FV70

TENDERFOOT Boys

3	Christopher Hudson	05.51	M10
5	Sam Dadomo	06.11	M12
16	Steven Morris	07.26	M12
20	Aaron Rawlins	07.41	M09

TENDERFOOT Girls

6	Eleanor Murray	06.20	F15
10	Natalie Tidder	06.42	F10
15	Kirsty Young	07.24	F09

RELAYS – 365m (All relay results are before any weighting for age)**Ladies Team**

Sasha Birkin	0m 59.49s
Eleanor Murray	1m 03.15s
Ruth Tidder	1m 06.00s
Tracey Tyrrell	<u>1m 00.44s</u>
	4m 09.08s
3 rd from 7 teams	

A Team

Jonathan Collier	0m 47.28s
Mitesh Patel	0m 50.38s
Brett Rafferty	0m 51.08s
Fabio Sulmataj	0m 56.62s
Sonny Peart	0m 53.08s
Kevin Smart	<u>0m 48.78</u>
	5m 03.22s
1 st from 7 teams	

B1 Team

Steve Paull	1m 06.39s
Shirome Bhandari	0m 58.39s
Sam Dadomo	1m 02.21s
Christopher Hudson	1m 02.75s
Andrew Collier	1m 04.15s
Nigel Rackham	<u>0m 55.28s</u>
	6m 09.17s
2 nd from 5 teams	

B2 Team

Hershil Patel	1m 15.09s
Gordon Valentine	1m 04.68s
Anthony Bellis	1m 00.76s
Steve Alder	1m 11.97s
Simon Aberly	0m 59.56s
Mike Morris	<u>0m 57.16s</u>
	6m 29.22s
1 st from 2 teams	

With thanks to Dave Brown for organising and timing the Metros runners and Emma Rackham for helping to record the club finishing order.

The Summer League results are being produced using a new system, hence the results look different to previous years.

Pat Jackson

CLUB FINISHING POSITIONS AT DULWICH

Ealing Eagles Running Club	4132
Mornington Chasers	4055
Serpentine Running Club	3855
Dulwich Park Runners	3380
Queens Park Harriers	3292
Ealing Southall & Middlesex AC	3282
Metros	2767
Sudbury Court	1505
Hayes & Harlington Road Runners	807

A Few parkrun Results

Osterley

14/6/14

15	Sonny Peart	23:31
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Northala Fields

21/6/14

26	Steve Paull	21:20
37	Sonny Peart	22:15
83	Guy Bostock	25:33
94	Mark Mulvenna	27:00

28/6/14

9	Sonny Peart	22:12
23	Guy Bostock	24:45



Wot No Watch - June 2014

Name	Pred_time	Actual_time	Difference	
Nigel Rackham	5.15	5.09	-6	
Christopher Hudson	6.05	6.13	8	
Ceri Jacob	8.00	7.56	-4	
Errol Clarke	8.10	8.06	-4	
Oliver Cole	9.45	8.13	-92	
Al Scoffham	8.30	8.20	-10	
Karen Collier	8.30	8.27	-3	
Mark Lemon	8.45	8.38	-7	
Dharmini Chikhliwala	8.30	8.45	15	
Caroline Attack	8.00	8.46	-14	
Steph White	9.00	8.47	-13	
Aaron Rawlins	9.00	8.53	-7	
Sophie Swindles	10.00	8.54	-66	
Kirsty Young	9.00	9.00	0	Winner
Richard Hayward	9.52	9.02	-50	
Julie Smith	10.55	9.04	-111	
Penny Rawlins	9.32	9.12	-20	
Catherine Corcoran	11.00	9.39	-81	
Mary Swindles	10.45	10.00	-45	
Debbie Moynihan	10.00	10.03	3	
Janice Newman	9.29	10.04	35	
Debra Norman	9.29	10.04	35	
Rangah Niranchanan	12.00	10.26	-94	
Jarina Khatun	11.00	10.33	-27	
Gladys de Groot	10.00	10.59	59	
Penny Hudson	11.00	11.03	3	

Congratulations to Kirsty for finishing in precisely the time she predicted. Also well done to all those who were only a few seconds out.

Christopher Hudson also had a brilliant run to finish the mile in 6:13 on a very warm morning. Hopefully he'll be under 6 minutes next time.

Finally, many thanks to Jane Scoffham for her invaluable help at the finish, as well as for leading the training and the preceding yoga session.

Teresa

**Vets Track and Field League
Battersea - 12th May 2014**

Name	Event	Time / Distance		Name	Event	Time / Distance
Chris	100M	14.8		Elish	1500M	8.57.00
Michael	Shot Putt	7.05M		Fernandez	Walk	17.16.00
	Discus	20.80M				
				Marion	400M	99.2
Mark	100M	16.1		Rogan	1500M	8.03.00
Mulvenna	400M	81.8				
	Long Jump	1.91M		Gladys	2K Walk	16.08.00
	Discus	16.43M		De Groot	Long Jump	2.39M
Mike	100M	15.0		Mandy	100M	21.4
Ransome	400M	79.9		Beuselinck	400M	97.3
	2K Walk	14.19.00			Shot Putt	4.68M
	High Jump	1.10M			Discus	9.71M
	Long Jump	3.13M				
				Marilyn	100M	18.3
Matt	100M	14.2		Pickford	Long Jump	2.63M
Rogan	400M	64.8			Shot Putt	5.15M
	1500M	5.20.00			Discus	10.61M
	Shot Putt	5.18M				
	Long Jump	3.32M				

Vets Track and Field League Hillingdon 9th June 2014

Name	Event	Time / Distance		Name	Event	Time / Distance
Chris	200M	30.8		Karen	200M	38.3
Michael	Shot Putt	8.27M		Collier	Long Jump	2.64M
					Shot Putt	4.87M
				Marion	200M	41.2
Kevin	200M	26.8		Rogan	800M	3.53.2
Smart	3K	11.33.3				
	Long Jump	3.87M		Gladys	Shot Putt	4.89M
				De Groot	Long Jump	2.37M
					Hammer	13.52M
Sonny	3K	12.27.7				
Peart	Shot Putt	7.52M		Marilyn	100M	38.3
	Hammer	16.52M		Pickford	Long Jump	2.74M
					Triple Jump	5.45M
					Shot Putt	4.91M
Matt	200M	14.2			Hammer	4.80M
Rogan	3K	10.57.00				
	Long Jump	3.66M				
	Triple Jump	7.98M				
	4 x100M Relay	58.5			4 x 100M Relay	73.8



Vets Track and Field League Battersea - 23rd June 2014

Name	Event	Time / Distance		Name	Event	Time / Distance
Mark	100M	15.2		Marilyn	100M	18.4
Mulvenna				Pickford	Triple Jump	5.42M
					Discus	11.25M
Kevin	100M	13.4			Javelin	12.32M
Smart	400M	62.8				
	Javelin	27.12M				
	Discus	20.65				
Sonny	100M	14.4				
Peart	400M	65.4				
	High Jump	1.25M				
	Javelin	30.53M				
Mike	100M	14.3				
Ransome	400M	73.5				
	High Jump	1.05M				
	Triple Jump	6.95M				
	Discus	15.21M				
Matt	400M	68.5				
Rogan	1500M	05.07.00				
Nigel	1500M	04.38.00				
Rackham						
	4 x 400M Relay	4.30.00				

10K Challenge - 5th July 2014

		10k time	Age Grading	
Nigel	Rackham	40:18	77.42%	Gold
Pauline	Bishop	55:37	72.52%	Gold
Mike	Morris	46:06	65.02%	Silver
Caroline	Day-Lewis	51:18	64.68%	Silver
Simon	Abery	48:14	63.14%	Silver
Judy	Rackham	57:17	62.29%	Silver
Kath	Donaldson	69:51	62.25%	Silver
Ruth	Tidder	52:20	61.66%	Bronze
Marion	Rogan	57:08	61.10%	Bronze
Sarah	Westwood	64:21	60.92%	Bronze
Anne	Ambrose	61:52	60.80%	Bronze
Brett	Rafferty	44:28	60.39%	Bronze
Mike	Ransome	57:21	60.32%	Bronze
Sonny	Peart	49:34	60.00%	Bronze
Carole	Wells	60:26	58.30%	Bronze
Bob	Manning	66:11	57.70%	Bronze
Julia	Allen	60:50	54.55%	
Katie	Donaldson	57:05	53.14%	
Emma	Rackham	60:00	50.56%	
Steve	Alder	61:47	50.50%	
Hershil	Patel	54:01	49.38%	

Thanks to Irene who organised the timekeeping while I was at Ruislip Lido.

Teresa

Runner's Recipes

Sweet Potato & Black Bean Tacos

Ingredients

- 2 cloves garlic, minced
- 1 red onion, diced
- 1 pound sweet potatoes, cubed
- 1 (15-ounce) can black beans, rinsed and drained
- 1 tablespoon cooking oil
- 1 tablespoon paprika
- 1 teaspoon cumin
- pinch of cayenne
- 2 pinches of salt
- 8 small corn tortillas
- 1 lime, sliced into wedges
- 1 avocado, sliced
- Optional toppings: fresh salsa, cilantro, hot sauce and plain Greek yogurt



Directions

Heat a skillet over medium-high heat. Add in cooking oil and then garlic, red onion, and a dash of salt to heated oil. Sauté until softened, ~3 minutes.

Next add sweet potatoes to the pan with a generous pinch of salt and spices (paprika, cumin, cayenne). Add 2 tablespoons of water to the pan, cover with a lid, and lower heat to a simmer. Cook for ~5 to 8 minutes, until sweet potatoes are softened.

Add beans to the pan and toss everything together until beans are heated through. Season to taste with more salt or spices.

Warm tortillas according to package instructions and fill with a few spoonfuls of sweet potato and bean mixture. Top with sliced avocado, fresh salsa or other desired toppings and a squeeze of lime juice.

Nutrition Information

Serves: 4 | **Serving Size:** 2 tacos with avocado (no additional toppings)

Per serving: Calories: 439; Total Fat: 11g; Saturated Fat: 1g; Monounsaturated Fat: 6g; Cholesterol: 0 mg; Sodium: 685mg; Carbohydrate: 75g; Dietary Fiber: 17g; Sugar: 7g; Protein: 14g

Nutrition Bonus: Potassium: 1043mg; Vitamin C: 79%; Iron: 19%; Calcium: 11%

NOTES OF METROS COMMITTEE MEETING

Wednesday 2 July 2014, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Mandy Beuselinck, Pat Jackson, Irene and Steve Paull, Marilyn Pickford, Nigel Rackham, Mike Ransome, Barbara Robson, Tracey Tyrrell, Carole Wells, Sarah Westwood, Sandra Young.

APOLOGIES: Peter Beuselinck, Penny Hudson, Penny Rawlins.

CHAIR: Mike Ransome

NOTE RECORDER: Pat Jackson

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

MATTERS ARISING FROM THE PREVIOUS MEETING – 4 June

Metros Marathon Week – Mandy confirmed that 25 had completed all the events with many others participating in some events. Bob Manning and Teresa Young were thanked as timekeepers. Mandy and Peter were thanked for organizing. They would like ideas suggesting alternative events and will ask members via Metrolines. **ACTION:** Mandy/Peter Beuselinck

Metros Thames Valley League Host Fixture – The increased number of runners has meant our present course is no longer viable. Marilyn and Henry are researching possible new venues and confirmed that Prospect Park, used by BA is not suitable. Marilyn will investigate other locations in Hillingdon including the fields around the Uxbridge Track. Nigel will discuss with Watford Harriers about Cassiobury Woods. Any other ideas for possible venues are requested from all members. **ACTION:** Marilyn & Henry Pickford **and ALL MEMBERS**

Metros Laptop - Irene will purchase this later in the year. **ACTION:** Irene Paull

Club Photo – Saturday 12 July at the Scout Hall. Penny Rawlins has booked a photographer and Penny Hudson has advertised in Metrolines. Barbara will advertise on Saturday mornings. **ACTION:** Barbara Robson

Committee Photo – Penny has received a photograph of each committee member which will be displayed in the Scout Hall and published in Metrolines. The list of training sessions will be checked with that on the web site and will also be displayed in the Scout Hall. **ACTION:** Penny Hudson

Ride London – Mandy was thanked for agreeing to co-ordinate the drinks station again this year. Fifteen have volunteered. **ACTION:** Mandy Beuselinck

River Thames Relay, 7 September – This 26.2 relay event from Windsor Great Park to Kingston being hosted by the Stragglers and Staines Strollers. Mandy will organise any Metros teams of five and will advertise in Metrolines. **ACTION:** Mandy Beuselinck

Bank Mandate – the form to add Nigel Rackham to the cheque book signatories has been completed and is being processed. **ACTION:** Nigel Rackham

New Metros Tuesday Session – This is being coordinated by Penny Hudson and is proving successful. Penny will advertise in Metrolines.

ACTION: Penny Hudson

Summer League – Pat thanked Donna Warren for taking over as organiser and Race Director for the Metros host fixture. She also thanked Peter Beuselinck who organised the marshals and kilometre marker boards and all who helped, ran and provided refreshments. Irene was thanked for organising the water melon. Irene will record Metros results for the Perivale and Regent's Park fixture.

ACTION: Irene Paull

Metros Gazebo - Many of the plastic parts of the large gazebo are broken and it was agreed that a new, more robust, easy to erect gazebo, should be purchased. Barbara will ask Dave and Teresa Young to purchase one similar to theirs.

ACTION: Barbara Robson

Metros Timer Co-ordinators – It was agreed that all co-ordinators who time Metros events should be provided with a waterproof clip-board and stopwatch as required.

ACTION: Pat Jackson

Donation for John Smith RIP – this has been sent.

ITEM CLOSED

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

Hon. Vice Chairman – Sarah had nothing to report.

Hon. Secretary – Peter had sent a report that he had had updated the Middlesex AA list of the Metros Committee and Regular Runs. He also confirmed there will be no Middlesex meetings until September.

At present the Metros competing members subscriptions to EA and Metros membership are two separate payments at different times. Peter - Hon. Secretary, Nigel – Hon. Treasurer and Irene, Hon. Membership Secretary will discuss to see if the administration can be simplified into one payment.

ACTION: Peter Beuselinck, Nigel Rackham, Irene Paull

Hon. Treasurer – Nigel distributed a report. It was agreed that the reports to the committee would, in future, be issued quarterly as large items of expenditure will be agreed at meetings.

ACTION: Nigel Rackham

Hon. Membership Secretary – Irene confirmed one application – Rebecca Walker, Northwood which was approved. Now 256 members.

There was a discussion on the need for runners to officially join Metros after attending a few sessions. Applications are reviewed at Metros Committee meetings and approved only by the Metros Committee. An applicant would not be confirmed if their attitude and behaviour was felt to be unacceptable.

REPORTS OF CO-ORDINATORS

Metros Kit – Pat confirmed that Dave Brown will hold the kit whilst she is away.

ACTION: Dave Brown

OTHER ITEMS

Co-ordinator Saturday, Roxbourne Park – Dave Young has been co-ordinator for many years and wishes to relinquish the role. An advertisement for a new co-ordinator in Metrolines has not produced any volunteers. It is suggested that, rather than one co-ordinator, the responsibilities be split into several taking responsibility for the different areas and an overall co-ordinator to

ensure each area is covered. Pat will put an article in Metrolines and Barbara will talk to attendees on Saturdays. Volunteers to Peter Beuselinck please.

ACTION: Pat Jackson/Barbara Robson

Saturday Donations Box – Barbara and Dave Young feel that it is unnecessary to have a donations box. A similar donations box at the Tennis Club on Tuesday evenings was discarded many years ago. Following a discussion a vote was 7 to keep, 2 to remove, 2 abstentions. Therefore, the box will remain.

Dogs at Metros Training Sessions – following a discussion it was agreed that it is unacceptable to have dogs other than guide dogs at Metros training sessions/runs. Mike will inform any dog owners involved.

ACTION: Mike Ransome

Previously Amanda Young walked one of the guide dogs as part of the Duke of Edinburgh Award Scheme. It was agreed that Barbara would ask the Scout Master if there are others who would like to do this, if the two guide dog owners agreed.

ACTION: Barbara Robson

Meeting finished at 9.15pm

Date of Next Committee Meetings – 8.00 pm at the Methodist Church, Cannon Lane, Pinner:
No meeting in August, next meetings:

3 September, 1 October, 5 November,
3 December (to be confirmed)

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

Training Opportunity

Interested in acquiring skills in leadership in running fitness? Metros will finance the cost of attending a course should you wish to take part; the deal is half paid up front and the balance after practical application of newly-acquired skills at six Saturday morning sessions. Sonny has done so recently and is now taking sessions regularly. It would be good to see an increase in the contingent at the club able to do likewise.

One local to Harrow is shown below but others are available on the England Athletics website.

Leadership in Running Fitness

- **Course Dates:** 09.Nov.2014
- **Location:** Hillingdon Leisure Centre, Gatting Way, Uxbridge, Middlesex, London
- **Cost:** £150
- **Course Code:** LC0055
- **Booking Deadline:** 29.Oct.2014

England Athletics affiliated club member cost: £130

A one day Leadership Training course which qualifies and insures leaders to deliver safe and fun running sessions, suitable for Running Club Leaders and other Group Leaders.

Please note: The minimum age for this course is 18.

Registration is at 8:45am for a 9am start'

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	19.00	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