



December 2013

Issue No. 303

Merry Christmas

Beachy Head Marathon - In memory of Ann Marsden



Metros Diary

2013

DEC

Sun 1	Perivale 5, Perivale Park Athletics Track	10.00 am
Sun 1	TVXC - Bracknell	11.00 am
Wed 4	Committee Meeting	8.00 pm
Sat 7	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 8	TVXC - Handy Cross	11.00 am
Sun 8	Christmas 10K, Christchurch, Dorset	11.00 am
Sat 21	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sat 21	Christmas drinks at Judy & Nigel's	7.30 pm
Sun 22	TVXC Reading - new venue Crowthorne Woods	11.00 am

2014

JAN

Wed 1	Serpentine New Year 10K, Hyde Park	11.00 am
Sat 4	10K Challenge, Roxbourne Park	8.50 am
Sun 5	Cliveden Cross Country	10.00 am
Sat 11	5 mile walk, Roxbourne Park	9.00 am
Sun 12	TVXC - Tadley	11.00 am
Sat 18	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 19	Fred Hughes 10, St Albans	10 am
Sun 26	TVXC - Metros, Mad Bess Woods	11.00 am

FEB

Sat 1	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sat 1	Middx County AA, Masters Cross Country Championships, Mad Bess Woods, Ruislip	2.30 pm
Sun 2	TVXC - Thames Valley Tri	11.00 am
Sun 2	Watford Half Marathon & Junior Races	10.30 am
Wed 5	Committee Meeting	
Sat 15	5K Race, Roxbourne Park	9.15 am
Sun 16	Harrow Hill Race - METROS event	10.30 am

MAR

Sat 1	5 mile handicap, Roxbourne Park	8.50 am
Sat 1	Metros Barn Dance, Ruislip	7.00 pm
Sun 2	Berkhamsted Half Marathon & 5 Mile Fun Run	
Wed 5	Committee Meeting	
Sun 9	Finchley 20, Trophy Race	9.00 am
Sat 15	Wot No Watch, Roxbourne Park	9.20 & 9.40 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!



We wish you all the best for Christmas and the New Year. May all your running dreams come true in 2014. Meanwhile, enjoy this bumper edition with festive messages from your club mates dotted throughout.

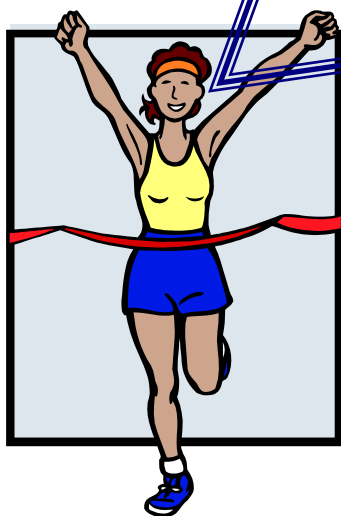
Jane and Penny Hudson



Welcome

Richard Whiteley, Ruislip
Jonathan Pang. Harrow
Krishna Tailor. Ruislip

Elected at the November
meeting



Keep on running, you'll get there in the end
Keep on running, it's better with a friend
Keep on running, even better with a Club.
Metros is the one - then it's off to the pub.

We hope you all have a happy Christmas!

From Kath and David.



Cross Country

Dates for the Thames Valley Cross Country League



1st December 2013 - Bracknell (provisional)
8th December 2013 - Handy Cross
22nd December 2013 - Reading (new venue)
12th January 2014 - Tadley
26th January 2014 - Metros
2nd February 2014 - Thames Valley Tri (provisional)

<http://www.tvxc.org.uk/>

The Thames Valley Cross Country League is based around 8 races held from October to February each year. The winners and runners-up attend the national finals in April.

Events are held on Sundays with an 11:00 AM start time - each course is usually a mixture of woodland trails and parkland and is normally about 5 miles in length.

Race entry this year will be free. Post race refreshments are provided.

MEMBERSHIP SUBSCRIPTIONS OVERDUE

Membership subscriptions for the year commencing 1st September 2013 are now **overdue**.

If you have not yet renewed your membership please contact:

Irene Paull,
Honorary Membership Secretary
Telephone: 020 8422 6636 Email metros.secretary@yahoo.co.uk

It would be helpful if you would let us know if you do not intend to renew your membership.

Thanks to everyone for making Steve's 100 so special, have a great new year.

Steve and Irene



MIDDLESEX COUNTY ATHLETIC ASSOCIATION

MASTERS CROSS COUNTRY CHAMPIONSHIPS

Date: Saturday, 1 February 2014

Venue: Mad Bess Woods, Ruislip

Distance: 8000m, approx

Time: 2.30pm

Closing Date: Thursday, 21 January 2014

Entry Fee: £4.00 per individual

Numbers: from Hillingdon AC clubhouse, Bury Street, Ruislip, Middx, HA4 7TJ.

Entries to: Malcolm French, 35 Merton Road, Harrow, Middx
(Tel: 020 8422 3900 – Email: MalcolmFrench@aol.com).

Please remember, date of birth, age on 1 February 2014 and Middlesex qualification
(B = Birth R = Residence C = Competed for County last year).

Awards: Women 35-44, 45-54, 55-64, 65+. Men 40-49, 50-59, 60-69, 70+

Teams, 3 to score. Women 35+. Men 40+, 50+.

If you are interested in entering the above championships please contact Al Scoffham.

Abbots Langley Tough 10

Breakspeare School pupils, staff and parents would like to say a big thank you to the members of Metros running club who ran in the Breakspeare School team. As the school is one of the local charities that benefits from the proceeds of the Tough 10 it was fantastic to have such good representation in the race. Breakspeare school delivers outstanding education for children with severe learning difficulties, complex needs and autistic spectrum disorders.

Best wishes,

Caroline



Metros QUIZ AND AWARDS PRESENTATION EVENING

The venue was again Lowlands Tennis Club on Friday 23rd November and Metros members and families made up nine teams for the excellent Quiz again organised and presented by Garry and Gill Young.

Dave Brown, compere for the evening, listed the format and started the presentation of awards with the MBE's – **M**etros **B**est **E**fforts for the Track & Field League which were presented by Metros T&F League co-ordinator Pat Jackson. (See awards in Metrolines).

Pat also presented the **Harrold Godden Track Shields** (donated by Mike Godden) to Gladys de Groot and Kevin Smart. These are awarded to Metros who recorded the best aggregate performances over 100m, 200m, 400m, 800m, 1500m and 3000m at track meetings before 1st October. Aggregates are calculated using IAAF multi-event tables. Dave confirmed that the committee had decided that in future field events will be included in the calculations.



Dave also confirmed that, apart from the Metros Annual Fun Run - the Brian Jackson Fun Run, recipients of awards, which are kept for just one year, will also have a permanent award.

Al Scoffham, co-ordinator of the **Thames Valley XC League**, presented the Metros awards for the 2012-2013 season to:

- 1st Metros Super Vet Men – Gordon Valentine, 2nd Glyn Watkins, 3rd Al Scoffham
- 1st Metros Mega Vet Men – Terry Burke
- 1st Metros Vet Women – Donna Warren

Dave listed the Metros who will receive **overall Summer League** awards for this season at the first event next year, which is usually Dulwich. The first three in each age group receive awards which are based on the best three scores:

Tenderfoot - Sam Dadomo, Christopher Hudson and Carlow Day-Lewis

In category 6, women 60+ Gertrud Porter was 2nd and Gladys de Groot was 3rd.

In the 50 to 54 age group Richard Francis was 1st with Nigel Rackham 2nd

Steve Paull was 3rd in the 55 to 59 age group

Peter Jose was 1st in the 65-69 age group and

Bob Manning was 1st in the 70 – 74 age group

The **Metros Summer League** awards are based on three out of five fixtures and extra points are awarded if all events are completed. Pat Jackson, Metros League Co-ordinator presented the awards. Pat reminded members that she had requested a volunteer/s organise the Metros host fixture in future.

- 1st Metros Senior Men (Joint) –Mitesh Patel and Ron Taylor
- 3rd Jonny Jackson, 4th Fabio Sulmataj
- 1st Metros Vet Men – Sonny Peart
- 1st Metros Super Vet Men –Richard Francis, 2nd Steve Paull,

3rd Gordon Valentine, 4th Nigel Rackham
 1st Metros Megavet Men – Peter Jose, 2nd Terry Burke
 1st Metros Ultra Vet Men – Bob Manning
 1st Metros Senior Women – Tracey Tyrrell
 1st Metros Super Vet Women – Jane Hudson, 2nd Penny Hudson, 3rd Judy Rackham
 1st Metros Mega Vet Women – Irene Paull
 1st Metros Tenderfoot Boy U/11 – Christopher Hudson

Pat confirmed that the overall **Metros Summer League Award**, in memory of Bill Gardner, had been won by Richard Francis. This is awarded for the best age related performance using the World Association of Veteran Athletes tables, the same as used to calculate the Metros 10km Challenge. Pat thanked Teresa Young for doing the calculations.



Moving on to the Saturday morning events, the Metros **5 mile Handicap Award** goes to the person with the highest overall points and Irene Paull, Metros co-ordinator, confirmed that Sonny Peart had won. See full results in Metrolines.

Angela Murphy, co-ordinator, for the Measured Mile, stated that there were 94 participants this year and 10 contenders who improved their times over consecutive miles. In third place Errol Clarke with an improvement of 32 seconds, in second place Simon Aberly 35 seconds and The **Keith Adsley Award** trophy for the runner who has improved their time the most was awarded to

David Young with an improvement of 90 seconds. Angela congratulated all participants. See full results in Metrolines.

Teresa Young, co-ordinator for the 5 mile walk, had calculated that the **Daisy Dora Benn Walk Shield** (donated by Pat & Peter Maffia) was awarded to Bob Manning. Certificates will be presented to Barbara Robson who achieved 78.6% in the age related tables and to Bob Manning, Dave Brown and Hilarie Lemon, for completing the five mile walk in under one hour. See full results in Metrolines.



The **10km Challenge** awards are given to those who completed the challenge for the first time this year or improved their performance on last year. These awards are again calculated using the tables published by the World Association of Veteran Athletes and runners whose best times of the year convert to percentages of 55% and over for Bronze, 62% and over the Silver and 70% and over for Gold are eligible. 57 runners completed the event during the year, 19 of whom were eligible for an award - 5 Gold, 9 Silver and 5 Bronze. Teresa Young, co-ordinator, presented the awards. See full results in Metrolines.

Following a break Garry and Gill then started the Quiz with intervals between some of the seven rounds. The following final presentations were then made before the results of the quiz were announced.



Barbara Robson presented the **Young Runner's Awards**, the recipients chosen by the Committee. The criteria for these awards are participation, achievement, effort, determination and sportsmanship. Barbara confirmed that the Committee had decided to award the Boys Young Runner's

Award jointly to Christopher Hudson and Aaron Rawlins and the Girls Young Runner's Award to Kirsty Young.

Graham Haddon, co-ordinator for the **LRRC Trophies** (London Road Runners Club) stated that there was a close finish in the women's trophy which was decided on the last event. Ruth Tidder was first with Jane Hudson just one point behind. He presented the men's trophy to Steve Paull together with an award for completing all the trophy events which included the Finchley 20. See full results in Metrolines.



The **Beginner Runner's Award** was donated by Catherine Corcoran and is presented to a member who had started running and improved in the year approximately between the Presentation Evenings. The recipient is chosen by the Committee and Mike Ransome announced that this year they had decided to give the award to Roberta de Martin Pinter whose improvement over the year had been outstanding. She had joined Metros to train for the Race for Life and had recently completed the Maidenhead and Ealing half marathons.

There are two **Aaron Breen Awards** for services to family running and Pat Jackson, present holder, stated that Aaron had visited us again this year and, on seeing the award was full with new names added on the back, left money for new awards so the previous awards had been attached to a new backing.

Pat stated that there were many eligible for the **Female Aaron Breen Award** but had decided to pass it on to Mandy Beuselinck who took over organising and race directing the Harrow Hill Race at incredibly short notice two years ago. She organised an excellent race and has since taken the event to a new level of excellence with husband's Peter's help.

Graham Haddon, the present holder of the **Male Aaron Breen Award**, had chosen to present the award to Terry Burke. Graham gave a very entertaining speech recalling that he had run with Aaron Breen when he joined us many years ago.

Graham stated that Terry was an inspiration for consistency having participated for many years in the Vets, Chiltern, Today's Runner and Summer Leagues. Although moving to Salisbury he remained a member of Metros and his support was undiminished. Graham recounted several instances where Terry had run barefoot, particularly in the National where he got a mention in

dispatches; swam in the freezing River Thames; raced two events on a Sunday morning, travelling by motor-bike between; completed the Grizzly, Tough Guy, South Downs 80 mile run. Injured this year, he'd already entered Steve's track marathon so walked the full distance. He is also our ambassador when competing with other clubs and a loyal, devoted member of Metros.



Steve Paull, the present holder of the **Male Runner's Award**, stated that he hated making speeches and felt that the person he'd chosen to receive the award would feel the same next year! He had decided to present the award to Kevin Smart who had made his presence felt within Metros more this year. Steve confirmed that he supported a non-league club and his team were as good as non-league too (Hartlepool). Steve also stated that Kevin had dogs yet didn't seem to like them!

Jane Hudson holder of the **Female Runner's Award**, listed many who were worthy of the award and their achievements. However, she had chosen Mandy Beuselinck to be the next recipient. She stated that Mandy had run three marathons on road, track and coastal path; participated in Gertrud's Monopoly run round London, the Round Norfolk Relay and competed in triathlons. She was a games maker for the commonwealth games, organised the Metros water station at the London Cycle Ride and is a fantastic race director for the Harrow Hill Race.

The final awards presented, Garry announced the results of the Quiz:

1 st	I Know Nothing	144 points
2 nd	Just Us 6	138 points
3 rd	TT + 2	137 points
4 th	(H)ale and Hearty	135 points
5 th	Well Catered	131 points
6 th	Kind of Blue	125 points
7 th	Runners R Us	120 points
8 th	Strictly Come Running	114 points
9 th	The Samosas	110 points

Our thanks goes to Garry and Gill for again organising the excellent quiz. Garry announced that they will be moving and this was to be the last quiz organised by them. Garry hoped there would be volunteers to organise a future quiz. (Jane and Al Scoffham and Steve Paull have volunteered).

Thanks to Dave Brown for expertly compering the proceedings and also for checking the calculations for the league awards. Thanks also to the co-ordinators of the Saturday events for their calculations for the various awards. Full results of the MBEs, LRRC Trophies, 5 Mile Handicap and Measured Mile events will be listed in Metrolines

Finally, thank you to the Metros members and families who came to enjoy another very successful social evening.

Pat Jackson



*Enjoy running those Xmas pounds off. Have a good one.
Malcolm and Lindsay Jackson*



*Wishing you all the best and PBs for 2014.
Best wishes.
Anne Ambrose*



*Happy Christmas Everyone
and good health for New Year.
Pauline*

Running, jogging or walking, just do it and may it be a great 2014 for you.

Barbara and Frank

*Happy Christmas and good health
and happiness for the New Year.
Elish & Victoria Fernandes*

*Happy Christmas x
Annie & Ian Birch*



*Happy Christmas to everyone, especially to all you new grandparents!
Margaret*



Enjoy Christmas, have a wonderful New Year and run well in 2014 (especially in Norfolk)

Jane & Al



Metros M.B.E. Awards 2013

(Metros Best Efforts)

MEN 35-39 MATTHEW ROGAN

200m	29.7	10 June
800m	2.33.5	10 June
3000m	10.56.3	15 July
TJ	8.07m	10 June
SP	5.82m	10 June

WOMEN 50 - 59 ANNE AMBROSE

400m	108.8	13 May
1500m	8.18.1	13 May
3000m	18.24.1	15 July

MEN 40 – 49 SONNY PEART

400m	73.7m	24 June
JT	35.15m	24 June
HT	19.41m	15 July

WOMEN 60-64 GLADYS DE GROOT

100m	20.2	24 June
200m	45.4	10 June
2000m Walk	15.46.70	24 June
LJ	2.40m	15 July
TJ	5.43m	24 June
HT	14.44m	15 July

MEN 50-59 KEVIN SMART

100m	13.2	13 May
200m	27.0	10 June
400m	60.9	24 June
1500m	5.41.1	13 May
3000m	11.44.1	10 June
LJ	4.36m	13 May
DT	21.98m	13 May
JT	25.09m	15 July

WOMEN 65+ KATH DONALDSON

400m	1.57.70	24 June
800m	4.21.4	10 June
LJ	1.94m	10 June
TJ	4.54m	24 June

MEN 50-59 PAUL GARDNER

800m	3.19.0	15 July
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WOMEN 75+ JEANNE COKER

200m	53.0	10 June
JT	8.86m	15 July

MEN 50-59 MARK MULVENNA

SP	6.87m	13 May
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Merry Christmas

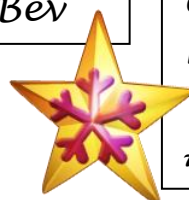
Kev and Bev

*Happy Christmas
and happy
running in 2014*

Angela & Brian

*Eat loads and
then go to a
Metros session
and burn it off!*

Donna



10K Challenge Best Results for 2013

Gold Award

Nigel Rackham	35.54	86.20%
Hilarie Lemon	52.04	74.20%
Steve Paull	44.42	74.00%
Kevin Smart	43.05	73.60%
Ian Birch	44.56	73.00%
Neal Smith	40.43	73.00%
John Gorton	45.42	72.40%
Sasha Birkin	44.12	71.90%
Raquel Russel Ponte	64.53	71.50%

Silver Award

Peter Jose	49.34	71.09%
Tom Alder	40.29	68.58%
Judy Rackham	53.41	67.30%
Sarah Westwood	57.38	67.10%
Angela Murphy	61.41	66.36%
Marilyn Pickford	62.00	66.02%
Bob Manning	56.21	65.90%
Annie Birch	58.29	65.20%
Kath Donaldson	66.41	64.21%
Al Scoffham	50.43	63.60%
Pauline Bishop	62.48	63.32%
Gordon Valentine	52.29	63.06%
Guy Bostcok	48.30	62.79%
Donna Warren	50.39	62.70%
Michael Morris	47.31	62.59%
Ruth Tidder	51.12	62.50%
Simon Abery	48.32	62.24%
Caroline Day Lewis	52.56	62.06%

Bronze Award

Mike Ransome	54.11	61.61%
Adam Leary	50.47	59.96%
Carole Wells	58.33	59.40%
Raj Varshani	49.30	58.70%
Andrew Collier	51.17	58.44%
Julia Allen	56.14	58.40%
Kirit Ranpura	53.57	58.30%
Sonny Peart	51.53	56.88%
Tracey Tyrrell	54.11	56.10%
Anne Ambrose	66.41	55.66%
Veronica Georgescu	72.43	55.47%
Dee Vadukul	54.56	55.24%

Other

Steph White	68.36	54.80%
Irene Paull	66.59	54.60%
Penny Hudson	67.23	52.28%
Jeanne Coker	95.03	52.28%
Paul Gardner	61.16	52.20%
Steve Alder	59.19	52.17%
Geraldine Gill	65.13	50.88%
Olivia Gill	62.44	50.66%
Andrew Shirras	58.37	49.20%
Nagendra Bisht	60.53	48.10%
Sandra Young	71.20	45.23%
Julie Smith	76.13	45.09%
Penny Rawlins	71.23	44.50%
Karen Leary	76.07	44.08%
Hema Thaker	75.46	42.59%
Emma Rackham	79.25	38.20%
Peter Rackham	79.25	33.94%



Gladelig jul ag godt nytår

Gertrud and Bob

Measured Mile 2012-2013 Results

	Nov	Feb	May	Aug	Improvement over 3 consecutive miles
Dave Young		8.19	6.56	6.40	1 min 39 secs
Simon Abery	6.31	6.49	6.33	6.14	35 secs
Errol Clarke		8.34	8.26	8.02	32 secs
Penny Hudson	8.59	8.53	8.28	9.29	31 secs
Sandra Young	9.09	8.49	8.43		26 secs
Andrew Collier	7.15	7.14	6.53	6.54	22 secs
Caroline Day Lewis		7.10	7.00	6.48	22 secs
Steve Paull		6.25	6.18	6.06	19 secs
Sasha Birkin	6.24	6.21	6.10		14 secs

There were 94 participants this year and 10 contenders who improved their times over 3 consecutive miles. In third place Errol Clarke with an improvement of 32 seconds, in second place Simon Abery 35 seconds and The **Keith Adsley Award** trophy for the runner who has improved their time the most was awarded to David Young with an improvement of 99 seconds.

Angela

Next year's Measured Mile competition has already started but you still have February, May and August to try and improve your times.

The rest of this year's competitors are listed below in alphabetical

	Nov	Feb	May	Aug
Abbas Khan		9.46		
Abbas Shah		8.47		
Adam Leary		6.58	6.32	
Al Scoffham			6.55	
Andy Fox	6.25	6.12		
Ann Marsden		8.42		
Anne Ambrose	9.41		8.56	
Anne Leigh	10.48	11.04	10.33	10.55
Annie Birch		8.38		
Barbara Robson	13.50		14.13	13.11
Bernard Leigh			14.13	
Bob Manning	7.43			
Carlow Day Lewis			9.31	



Happy Christmas and all the best for running in 2014.

Sasha and Sam

Happy Christmas to all Metros and their families and a healthy New Year.

Ruth



Carole Wells	8.40			
Catherine Corcoran			9.50	
Ceri Jacob	8.13		7.55	
Christopher Hudson		7.07	6.46	
Christopher Shearwood				5.40
Claudia Gonzalez				7.52
Colin Jackson		9.10		
Daniel Collier				6.46
Dave Brown				10.24
Debbie Moynihan	10.09		10.14	9.44
Deborah Norman	9.36		9.12	
Devi Grewal			8.36	7.54
Dharmini Chikhliwala		8.57	8.25	8.25
Donna Warren	7.03			
Elish Fernandez	9.51	10.07		9.45
Emma Rackham	8.54		9.02	8.17
Gagan Khuller		10.13	8.15	
Gillian Saunders				13.39
Gladys de Groot	10.24	10.13	10.21	10.24
Guy Bostock	7.23			6.17
Harjit Connolly		10.20		
Hema Thakur	10.21	10.18	10.51	9.39
Hershil Patel		6.51	6.29	
Hilarie Lemon		7.33		
Irene Paull			8.36	
Jabir Khammal	7.23			
Jane Hudson		7.12	6.51	6.55
Janice Newman	8.40			8.09
Jeanne Coker	13.18		11.50	
Jordan Clarke				5.53
Joy Ohio-Ezomo		12.43		
Judy Rackham	7.54	7.39	7.47	7.52
Julia Allen	7.45			
Julie Owasu		9.41		
Julie Smith	8.57	8.48	10.53	9.19
Karen Collier		8.27	8.17	8.19
Karen Leary		9.05		8.35
Kath Donaldson	9.16			9.10
Kirit Ranpura			7.11	7.02
Linda Gaitskell				10.08
Malcolm Jackson			7.36	
Malvika Bisht				8.54



*Merry Christmas –
may all you injuries
be little ones.*

Garry and Gill



*Best wishes for a very
Merry Christmas and
a happy, healthy
injury free New Year.*

*Pat, Brian, Jonny &
Beth*

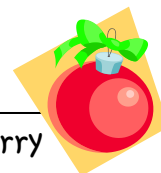


*Best wishes for a
fantastic Christmas
and successfull
running in 2014.*

Sarah



Marcella Chambers	10.16			
Margaret Smith				13.24
Marion Rogan		8.25		
Mark Mulvenna	7.08			7.42
Mark Rakobowchuk				5.09
Mervyn Stuckey		7.08		
Mike Ransome	7.27		6.50	8.09
Nagendra Bisht		7.32		8.01
Nigel Rackham	5.18	5.25		5.03
Paul Gardner	7.38			
Penny Rawlins	9.11	9.16	8.55	
Petra Otto				8.15
Raj Varshani	6.43			
Raquel Russel Ponte	9.22	9.51		
Roberta de Martin Pinter		8.29		
Ruth Tidder	7.09			
Sam Dadomo	6.59		6.45	
Sarah Westwood	8.25		8.27	
Sonny Peart		7.22	6.46	
Sonya Grist	9.48	10.05		
Steph White	8.46	8.51	9.17	9.01
Steve Alder		8.31		7.44
Tom Alder		5.27		
Tracey Tyrell		8.15		
Veronica Georgescu			9.36	
Vicky Spinks	8.00			
Wendy Mulvenna	10.49			12.17
Yasmin Ransome	13.50			
Yvonne Greenwood		8.55		



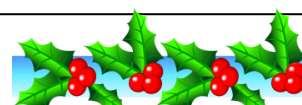
Have a very Merry
Christmas and Happy
Running in the New Year.

Chris and Gill



Merry Christmas to
all Metros and a
happy, healthy 2014.

Marilyn and Henry



Merry Christmas - Happy
New Year to all.

Graham and Rosemary

Merry Christmas
and faster times for
2014 to all.

John Gorton



Wishing everyone a
very Happy Christmas
and a successful and
injury free New Year
xx

Judy, Nigel, Emma,
Peter and Matthew



5 Mile Walk 2012-2013

Trophy

Bob Manning

Certificates

Bob Manning	55:38	5.10.13
Hilarie Lemon	55:45	5.10.13
Dave Brown	56:04	5.10.13
Barbara Robson	70:00	12.10.13

LRRC Trophy Competition Results 2013

Name	Finchley 20	Maidenhead 10	Marlow 5	Sudbury 10K	Maidenhead Half	Moor Park	Cabbage Patch	Ricky Road Run	Total
Ruth Tidder		50	49	50	49	47	48		293
Jane Hudson		48	50		50	48	47	49	292
Anne Ambrose	47	43	43		42		38	47	260
Angela Murphy		45		45	46	44	44		224
Judy Rackham				49	48	46	45		188
Sasha Birkin	50					50	50		150
Donna Warren	49					49	49		147
Marion Rogan	48	49	46						143
Sarah Westwood		46	47				41		134
Irene Paull			44	47	43				134
Penny Hudson		44	41	46					131
Julia Allen		47	48						95
Raquel Russell-Ponte						42	43		85
Emma Rackham					41	43			84
Kathleen Donaldson			42			41			83
Gertrud Porter								50	50
Geraldine Gill				48					48
Kathryn Chellew								48	48
Tracey Tyrrell					47				47
Linda Dunne							46		47
Linda Gaitskell				45					45
Laura Tyrell					45				45
Carole Wells						45			45
Karen Leary			45						45
Roberta De Martin Pinter					44				44
Sandra Young							42		43
Penny Rawlins							40		41
Sonya Grist						40			40
Julie Smith							39		40
Sue Davie						39			39

LRRC Trophy Competition Results 2013

Name	Finchley 20	Maidenhead 10	Marlow 5	Sudbury 10K	Maidenhead Half	Moor Park	Cabbage Patch	Ricky Road Run	Total
Steve Paull	50	50	49	48	47	45	48	50	387
Thomas Alder			43	44	49	49	49		234
Peter Jose	49			42	45			48	184
Nigel Rackham					50	50	50		150
Kevin Smart				49		48		49	146
Simon Abery			48	45				45	138
Sonny Peart				41			46	44	131
Steve Alder				38		37	45		120
John Gorton	48	49							97
Mitesh Patel				50		47			97
Alistair Scoffham		47	46						93
Peter Reynolds				46				47	93
Peter Rackham						44	47		91
Glyn Watkins		46						43	89
Michael Morris						42		46	88
Michael Ransome	47					38			85
Paul Gardner				40				42	82
Derek Bamforth				39				41	80
Matt Rogan			50						50
Andrew Fox		48							48
Jan Bek				47					47
Adam Leary			47						47
Jonathan Evan-hughes					46				46
Anthony Bellis					48	46			46
Kirit Ranpura			45						45
Andrew Shirras					44				44
Stephen Alder			44						44
Matthew Rackham						43			43
Graham Hart				43					43
Gordon Valentine						41			41
Glyn Watkins						40			40
Hershil Patel						39			39
Dave Brown						36			36

Achievements

Well done to ...

Pritesh Patel for a PB at Worksop Half Marathon

Mike Morris and Kathy Chellew for their first 10 mile races

Steve Paull for 1st V60 at Ricky Road Run 10M

Nigel Rackham for winning the Newcastle Marathon

Sonny Peart for a PB at Cabbage Patch 10 and then a new one at Ricky Road Run

Peter Jose - 1st V60 in the Grand Union Half marathon

Marion Rogan - 1st FV60 at Abbots Langley Tough 10

Christopher Hudson - 5K PB in November



Wishing all Metros a great Christmas and Happy New Year.

Mandy and Peter



- Happy Eating!!
- Enjoy burning it off in the New Year.

Roberta, Laura and Tracey

Wishing everyone a Merry Christmas and New Year full of PBs

Teresa and Dave

Happy Christmas to all at Metros especially my Monday comrades who remember I am at the back!

Gladys



Wishing everyone a Happy New Year, injury free.

Love Carole and Gordon

Results and Reports

Beachy Head 2013

It was the saddest of days, it was the brightest and breeziest of days as we did the Beachy Head cross country marathon with sunshine and sea breezes but without Ann Marsden who had always been there from the time us old hands recall this event as the Seven Sisters marathon. With her name on our T shirts (see front cover, Ed) and her memories in our hearts we set off expecting showers and squalls but the rain was blown away and the wind eventually got behind us as we battled over the Seven Sisters in blinding sunshine. Ann always claimed to count eight sisters to climb and even, I remember she argued her case one year with the coastguard but to no avail. Many runners asked about her, having read her name on my shirt, and it was cheering to tell her story to kind strangers who were touched by the tale of a lovely lady who had done the distance so many times. So we conquered the hills, sped through the fields, climbed the two sets of steps (sorry Mandy we didn't warn you about this treat in advance!), emerged on the coast and slogged up and down the Sisters. I consumed the usual compulsory quantities of Mars bars, bananas and biscuits supplied at the water stations and the currant buns at the lunch stop were just as delicious as ever. Fish and chips soothed the spirits in the evening as we recounted our battles with the wind and our moments of glory at the finish. I have Ann to thank for encouraging me several years ago to try the Seven Sisters and I have been inexplicably addicted ever since. Next year there will be a Beachy Head half marathon, 10k and full marathon on the same day so if the sea breezes at Eastbourne and the amazing the scenery of the South Downs and the Seven Sisters appeals remember to book a place when booking opens in the spring. This off-road challenge is an unforgettable experience, and yes it is for walkers, runners and the walk-up-the-hills-jog-downers like me!

Angela

Results

	Personal time	Finish time
65 Ben Sellar Moore	3:50:57.80	3:51:15.25
890 Mandy Beuselinck	5:25:34.45	5:27:35.80
1465 Angela Murphy	7:46:23.25	7:48:54.90
1516 Anne Leigh	8.25:02.60	8:25:02.60
Al Scoffham DNF		

Clarendon Marathon 6 October 2013

The race consists of a Full Marathon (which I ran), Half Marathon and four-part relay. The Marathon and relay starting from Wyver College, Salisbury. The undulating route mainly follows the ancient Clarendon Way, more than 90% being off road, following country tracks and paths. It is tough and challenging but possibly one of the most scenic races you'll ever enter.

After passing through the Clarendon Estate it goes through the villages of Pitton, Winterslow and Broughton (the midway point where the Half Marathon joins the course) then to Houghton, across the River Test to Kings Somborne, up to Farley Mount, down through the woods and on to the finish at Kings' School, Winchester.

I first ran this race in the year 2000, posting a time of 3 hours 22; in 2005 I did it in 3 hours 6, at that time a full marathon pb for me. I had not run it since 2007 having decided to have a stab at the Berlin Marathon but couldn't get into Berlin this year so returned to the Clarendon.

Normally run at the end of September/beginning of October, the wet weather has usually arrived and I have run it in pouring rain before now, little fun on a terrain consisting mostly of clay and chalk – very slippery. Oh, there are tree roots, rocks and ruts too.

This year's race came after some heavy rain in southern England on the Thursday but it had been dry since. Gill and I made a weekend of it, going down to Salisbury on Saturday afternoon and checking into our B&B before going out to explore this fine old city in the warm late afternoon sun. We ate in an Italian in the market square and even managed a mini-pub crawl too before returning to the B&B to turn in.

Sunday dawned with lower-lying land shrouded in mist but above was clear blue sky and the sun quickly burned off the mist. There was quite a crowd at the start - apart from 300-odd full marathoners there were the first legs of the relay teams.

The terrain was for the most part dry which made a real difference. The only roads that you encounter are through the villages but you soon return to track and trail, roots and rocks. With little or no breeze and 18 degrees Celsius in the shade it got pretty warm in the sun. The views were as terrific as I remembered them.

Gill popped up to encourage me on at Winterslow - it amazes us that in rural races like this there is so little support from family members. There were spectators in the villages, but invariably locals. After Houghton, where Gill popped up again, we descended into King's Somborne. I was sure I heard a chap call out that I was one of the full marathon front-runners.

By now it had clouded over somewhat and rain threatened but the finish was reached in sunshine. I was 20th (1st V50) with a chip time of 03:32:48 and a gun time of 03:33:04.

A nice afternoon was then spent unwinding in Winchester before heading home. I'll probably do this one next year.

Chris Shearwood

Newcastle City Marathon course record smashed by Nigel Rackham

The Newcastle City Marathon, an epic five circuits of Town Moor, saw the course record smashed by Middlesex raider Nigel Rackham.

The 51-year-old certainly was in a hurry to catch the train home as he defied the blustery conditions to win in 2hrs 36min 20secs.

In the early stages, Rackham ran side-by-side with 2010 winner Conrad Franks (Gateshead) but around the 17-mile mark gradually pulled away to win by over six minutes.

“It wasn’t as though I picked up the pace at that stage it was just a case of Conrad slowing slightly,” said Rackham, before heading off for Central Station.

“The first half of the race – reached in 1.16:51 – was much quicker than the second half and I think, because of the strong headwind in places, it slowed the pace considerably.

“Having said that, despite the wind, I felt the conditions were ideal to run in.

“Anything below 2hr 40min is a bonus as I have not done a lot of mileage recently so I have to be pleased, not only with my time, but with my victory also.”

Franks, second despite being rapidly closed down by Barnsley’s Derek Thompson, ran four minutes quicker than his winning time of three years ago so was just as pleased to finish runner-up in 2.42:40.

Franks was full of praise for his conqueror saying: “We had a good tussle until around the mid-way point on the fourth lap but when he started to pull away I could not respond.

“Nigel ran really well. He was really strong and deserved to win and while I had to settle for second place I’m quite pleased to run four minutes faster than I did when I won here in 2010.

Thompson got within 39 seconds of Franks at the finish after being around two minutes adrift entering the final circuit.

from www.chroniclelive.co.uk



Newcastle Town Moor Marathon - 27th October 2013

1	Nigel Rackham	2:36:20
116 finishers - last		5:30:37

Abbots Langley Tough 10

1	32:02	
Gary Warren	37:46	
Donna Warren	47:23	
Simon Aberly	48:37	
Ruth Tidder	52:54	
Caroline Day-Lewis	53:10	
Marion Rogan	59:11	1st FV60



THE ROUND NORFOLK RELAY 2013 FROM A TEAM MANAGERS EYES

The Dawn was breaking over a cold misty North Norfolk countryside as Irene took the baton from Matthew at Downham Market. The Metros support team scrambled into action, ready to be on hand at Stowbridge for the final handover.

'It feels like we have a flat tyre' says Jane. 'No' says I, it is just a dodgy road surface. It was a flat tyre. OH ***** deletive expletive !!!!

Luckily we had Sonny on hand to ably assist whilst I scratched my head thinking changing a tyre on my old Fiesta was easier than a VW Golf

Just one of the episodes in Metros participation of the Round Norfolk Relay this year. We did have a few minor hitches, but considering we were in grave danger at one point of not even having a team, we did OK.

LYNN SPORT 5am SATURDAY 14th SEPTEMBER 2013 .DRIZZLY RAIN AND SERIOUSLY DARK

We had been given a start time of 6.00am by the organisers which reflected our overall predicted finishing time. The theory is good but it means the early leg runners have to stay in Kings Lynn the night before or get up about 2.00am in order to drive up there. As it was our alarm went off at 4.30 and we yawned our way to the car knowing the next time we would get any proper sleep would be Sunday evening.

Gary and Donna turned up and Gary was ready and eager to get the 'show on the road'. Off he went with a few other runners on the early shift into darkest Norfolk, At this point we realised we could be infringing one of the safety rules. We had no cycle escort.

Luckily the first 4 legs are predominately off road and have large sections where bikes cannot follow, so we got away with it. A lesson for the future ,it was never mandatory to have a cyclist in previous years

Dawn broke before we arrived at a dull and windy Hunstanton. Mandy and Peter were ready and waiting. Gary came storming in and handed over to Mandy. Gary and Donna went off for breakfast and Jane and I headed off to Burnham Overy Staithe for the start of Jane's leg.

We had a bit of time so Jane relaxed in the car and I went birdwatching, The tide was out revealing the brackish mudflats. I watched a lone Redshank probing the mud for crustaceans and was almost envious of its uncomplicated life style!

It wasn't long before Mandy came in having negotiated perhaps the most complicated stage in the race and handed over to Jane. I went on to Wells. Next the Sea armed with the stop watches for Jane's hand over to Donna.

Jane came in after having done battle with the sand dunes (and won) and off went Donna on her Journey to Cley,

Sometime soon after this the cavalry arrived in the shape of Andy, Sonny and Mark armed with a BIKE! We were now compliant and blood pressure levels returned to something approaching normal.

Well for a little while at least. We could see Donna approaching on the horizon and she

was gaining on Mitesh. The problem with this was Mitesh was due to take over the baton and he was stuck in a line of cars on a very narrow road. Jane seized the initiative and flew down the road at the speed of a swooping Peregrine Falcon armed with a number and safety pins. It was close but we made it. A difficult leg this one with a lot of shingle and only a couple of points we could support from.

The next changeover point was Cromer and Mitesh came in strongly to hand over to Sonny. It was all back in the cars to get to Mundesley, preferably before Sonny. It was me next and the heavy traffic as we tried to leave Cromer, did not assist the cause. We got there in plenty of time however and I had a lot of time to get ready and warm up. Sonny came in looking good and handed me the baton. I started off OK with Peter B as my cycle escort but I think the early morning start and other factors started to take their toll. I had a simple route to navigate with only three points requiring deviation from a straight road. I still managed to make 3.6 miles and 2.4 miles = 7 miles. I finished the 9.25 miles very slowly even with the valuable encouragement from Andy who had taken over bike duties. I handed over to Mark at Lessingham and he shot off at speed. Good to have a fast runner again after my dubious attempts.

Needless to say, it didn't take Mark long to cover the 7.52 miles to Horsey Mill where Pritesh was ready and waiting to receive the baton. Jane and I followed Pritesh in the car as the first stages of dusk were approaching and it was time to invoke the orange flashing lights.

The next change over point was Great Yarmouth and Pritesh was making good time as the light faded. Just before Yarmouth, our superb support team of Andy, Sonny and Mark took over the lighting as Jane and I had to declare an interim time. We had another hitch.....two in fact.

We didn't really expect Pritesh to come storming in like Usain Bolt, but he did and a frantic exchange of numbers with Richard was the result.

I feel as team manager I should hold my hands up for not getting the numbers sorted in advance but that's another story

The next problem was our interim time did not match the official time keepers record. This was duly sorted out and we rushed out of Great Yarmouth (best thing to do in my opinion!) in order to catch Richard and the lighting guys

He had gone a hell of a long way before we caught them. I was glad it was 20 miles or we could have missed the next change.

We got there however, and greeted Chris, Steve and Irene in a field near a sort of sports club at some very dark place on the A143.

Richard put a splendid 20.06 mile effort in to hand over to Chris who ran into the darkness with Mitesh and Pritesh taking on the lighting duties.

Jane and I drove on to Scole and met the Rackhams. Nigel was due to go next with me lighting. I was on the road in position when Chris came in so all Jane had to do was press the stop watch and leg it up to me and dive in the car so we could light Nigel. Only about 300 yards to keep pace with Nigel...doddle ha ha!

I was now getting tired and lighting for 2 hours ish does require a certain amount of concentration as Andy well knows. Doesn't he Merv and Rod ? !!!!!!!!!

It was also getting a bit foggy in patches and Jane kept reminding me to drive a bit closer. Nigel produced another class performance over 19.67 miles and handed over to our 100 marathon club man who only needed to do a mere 13.25 miles. Hardly worth the effort eh Steve!

I don't think we had ever been first club to arrive at RAF Feltwell before, although some of the old guard may dispute this. They hadn't even set up the portable lights. Jane and I arrived to meet Andy, Sonny and Mark who had taken some well earned rest. Steve came in from the fog and handed over to Judy.

Judy ran off into the fog to a Sugar Factory 7.27 miles away, which as I remember two years ago, stank something ghastly! This year it didn't which was good news for all of us. My memory of Judy's leg was seeing a pair of headlights a long way off and two officials saying 'no, not a runner coming in'. I said yes, it's ours and I was smug when I was correct (it does happen occasionally!) Judy handed over to Matthew who embarked on a fairly dangerous 10.59 mile run to Downham Market. I say dangerous because it involves some fairly major roads. Luckily at around 4.30 ish on a Sunday morning the traffic is not M25 standard.

Downham Market was misty cold and dark (hardly surprising at about 5.30am on a September morning). We all gathered in a sort of car park which looked like it was going to get very crowded with runner's support cars in about an hours time. Matthew came in strong to hand over to Irene. We all sprung into action again to support Irene. 'I think we have a flat tyre says Jane' 'No says I ,it's just dodgy road surface'.....It was a flat.....

Oh *****!!!!!! The rest is history! Thank you Sonny, it would have taken me ages! As Sonny and I drove on to catch up Irene (Jane had leaped in with Andy to be at Stowbridge in case we didn't make it in time) the Dawn was breaking over the Norfolk agricultural land. It was a beautiful sky which has always been my memory of the RNR at first light on the Sunday. A deep red with lots of shepherds wagging their fingers.(get it ?)We gave Irene a noisy lot of support as we drove past and then on to Stowbridge. Jane was happy to see her car still working as we pulled up into a small parking area to wait for Irene.

Irene arrived to hand the baton to Peter to complete the journey. He was accompanied on bike by the tireless Sonny on the final quest.

LYNN SPORT 8.00 ISH SUNDAY MORNING, SUNNY, COOL, AUTUMNAL

A very tired Metros team eagerly awaited Peter to complete the 11.73 miles to the finish. I did this leg 2 years ago and found it to be a nice run. Hope you did too Peter. In he came and broke the tape 26 hours 10 minutes after Gary started this epic journey the day before. It felt like a lifetime!

CONCLUSION

I was officially team manager but I must point out that the real brains behind the Metros team is Jane. Many years of experience with the RNR and the driving force behind a project which we were told was was 'flogging a dead horse' a few years ago. We are

very much up for 2014..... Are you with us?

We had 10 out of 17 new runners this year. A first in our RNR history. They did good! We all did good! A big thank you to all.

It is a team effort and running is only part of the story. Being part of the Metros RNR team includes cycling, lighting and support.

We came 26th out of 54 teams. In the words of Len Goodman from Strictly..... WELL DONE! So well done to Gary, Mandy, Jane, Donna, Mitesh, Sonny, Mark, Pritesh, Richard, Chris, Nigel, Steve, Judy, Matthew, Irene and Peter and of course not forgetting Andy and Peter for their massive support. Never underestimate the back up team. We need them.

Not quite the end of the story, Jane and I, after sorting the puncture drove up to Keswick (Cumbria not Norfolk) with frequent driver changes. Not sure how we made it, but we did and ended up in the George Hotel bar about 6.30pm, having parked the car for the last time. 38 hours without sleep except for the odd doze now and again.

We got back to our holiday cottage (only 100 yards from the George) after 2 pints of Jennings ale. GO TO BED! said Jane

I went... she followed.....SLEEP..... Yes really!

Al Scoffham

Brooks Serpentine Last Friday of the Month 5K - Hyde Park

Gertrud Porter

27.09.2013	24:53	81.8%
25.10.2103	24:57	81.4%

Frilobet 10K,Copenhagen - 22nd September 2103

Gertrud Porter 52:08

Great Scottish Run - 6th October 2013 Half Marathon

1	Haile Gebrselassie	1:01:09
2800	Mandy Beuselinck	1:49:39
8909	finishers - last	3:56:40



Workop Half Marathon - 27th October 2103

1		1:09:01
122	Pritesh Patel	1:27:42 PB
1680 finishers		

Cabbage Patch 10 - 20th October 2013

1		0:48:45	
21	Nigel Rackham	0:54:27	1st V50
194	Tom Alder	1:07:53	
257	Steve Paull	1:10:29	
296	Sasha Birkin	1:11:41	
521	Peter Rackham	1:17:38	
543	Donna Warren	1:18:22	
752	Tracey Tyrell	1:23:23	
830	Ruth Tidder	1:25:01	
847	Jane Hudson	1:25:23	
971	Sonny Peart	1:28:30	
1121	Linda Dunne	1:32:28	
1122	Judy Rackham	1:32:30	
1296	Steve Alder	1:38:32	
1442	Angela Murphy	1:44:18	
1466	Raquel Russell Ponte	1:46:10	
1494	Sandra Young	1:48:49	
1500	Sarah Westwood	1:48:49	
1506	Penny Rawlins	1:49:45	
1564	Julie Smith	1:55:50	
1583	Anne Ambrose	1:59:50	
1601	finishers - last	2:27:24	



Marlow Half Marathon - 3rd November 2013

1		1:12:03
90	Chris Shearwood	1:33:05
822 finishers - last		3:25:44



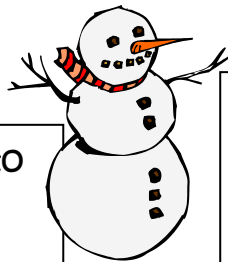
Measured Mile 2 November 2013

Nigel Rackham	5.14	Errol Clarke	8.36
Mark Rakobowchak	5.28	Jane Scoffham	8.38
Mithesh Patel	5.34	Dharmini Chikhliwala	8.39
Chris Sherwood	5.39	Julie Smith	8.41
Charlie Halls	5.55	Raquel Russell-Ponte	8.50
Kevin Smart	5.56	James Collier	8.54
Sasha Birkin	6.08	Sarah Westwood	8.55
Steve Paull	6.15	Caroline Attack	9.07
Hershil Patel	6.27	Malvika Bisht	9.15
Sonny Peart	6.29	Janice Newman + Kerry	9.16
Simon Aberly	6.59	Penny Rawlins	9.19
Andrew Collier	7.06	Deborah Norman	9.22
Alan Young	7.10	Irene Paull	9.22
Jane Hudson	7.13	Steph White	9.23
Andy Fox	7.31	Anne Ambrose	9.42
Mary Swindles	7.36	Kath Donaldson	9.44
Steve Alder	7.38	Eilish Fernandes	9.51
Dave Young	7.50	Veronica Georgescu	9.54
Naghendra Bisht	7.53	Linda Gaitskell + Steve Alder	9.56
Ceri Jacob	8.00	Hema Thakur	10.00
Malcolm Jackson	8.08	Sonya Grist	10.02
Pauline	8.16	Sophie Richards	10.06
Carole Wells	8.19	Jarina Khatun	10.29
Judy Rackham	8.26	Rosemary Harrington	10.32
Marilyn Pickford	8.28	Gladys De Groot	10.49
Karen Collier	8.33	Barbara Robson	13.07
Dave Brown	8.35		



A very happy Christmas to
all my running buddies.

Julia Allen



All the best season's
greetings and thank you
for waiting for me at all
the runs.

Sonya Grist



The obstacle mile!

Possibly a slightly shorter Measured Mile today with a tree blocking the pathway at the corner nearest the park entrance to remind us of the storm that raged last weekend. However as the runners had to divert on to the rather muddy grass it was probably no advantage to have to cut the corner a little. This is the first Measured Mile in the 2013 -2014 competition so now you have to work on improving your times for the next Mile in February to be in the running for the trophy. Well done to all who took part today, especially to the newcomers to Metros doing their first Mile. Hope to see you all for the next one.

Thanks to Henry for help with the lolly sticks (I promise to have a full set for the next Mile!) and to Dave Brown and Kath for noting numbers and times.

Angela

Ricky Road Run - 27th October 2013

1		0:58:17
51	Steve Paull	1:10:43 1st V60
57	Kevin Smart	1:11:41
121	Peter Jose	1:18:23
164	Peter Reynolds	1:22:30
182	Michael Morris	1:23:53
193	Simon Aberly	1:24:44
200	Gertrud Porter	1:25:10
233	Jane Hudson	1:27:21
252	Sonny Peart	1:28:46
276	Glyn Watkins	1:31:29
398	Paul Gardner	1:43:07
421	Derek Bamforth	1:47:38
427	Kathryn Chellew	1:50:43
449	Anne Ambrose	1:59:34
461	finishers - last	2:22:50



Wot No Watch - 19th October 2013

Name	Pred_time	Actual_time	Diff	
Nigel Rackham	5:10	5:15	5	
Tom Alder	6:00	5:21	-39	
Mitesh Patel		5:33		
Chris Shearwood	5:45	5:36	-9	
Steve Paull	6:10	6:12	2	
Sonny Peart	6:23	6:28	5	
Michael Morris	6:25	6:30	5	
Simon Abery	6:35	6:34	-1	(0.98s)
Hershil Patel	6:31	6:47	16	
James Harrington	7:05	6:48	-17	
Tracey Tyrrell	7:40	6:51	-49	
Adam Kinsley	7:45	6:51	-54	
Donna Warren	7:00	6:58	-2	
Jane Hudson	7:0	7:01	1	(0.75s)
Adam Leary	6:55	7:18	23	
Nagendra Bisht	7:15	7:19	4	
Al Scoffham	7:30	7:29	-1	(1.16s)
Dave Young	7:20	7:38	18	
Paul Gardner	7:45	7:41	-4	
Judy Rackham	7:44	7:43	-1	(1.30s)
Mike Ransome	7:55	7:50	-5	
Errol Clarke	8:00	7:50	-10	
Ceri Jacob	8:05	8:02	-3	
Karen Collier	8:20	8:07	-13	
Malcolm Jackson	8:00	8:08	8	
James Collier	9:00	8:17	-43	
Dave Brown	9:00	8:21	-39	
Gagan Khullar	8:20	8:27	7	
Malvika Bisht	8:40	8:27	-13	
Caroline Attack	9:00	8:30	-30	
Marilyn Pickford	8:50	8:32	-18	
Penny Rawlins	8:41	8:39	-2	
Sandra Young	8:45	8:47	2	
Geraldine Gill	9:02	8:49	-13	
Karen Leary	8:52	8:51	-1	(1.01s)
Steph White	9:15	8:55	-20	

Sarah Westwood		8:56		
Deborah Norman	9:30	9:00	-30	
Hilarie Lemon	9:30	9:00	-30	
Kath Donaldson	9:15	9:10	-5	
Raquel Russel Ponte		9:18		
Elish Fernandez	10:00	9:30	-30	
Linda Gaitskill	10:30	10:03	-27	
Steve Alder	10:30	10:03	-27	
Debbie Moynihan		10:08		
Gladys de Groot	10:0	10:14	14	
Jarina Khatun	10:0	10:14	14	
Rosemary Harrington	11:00	12:26	86	
Barbara Robson	13:02	13:14	12	

Well done to the 49 runners who took part in the October Wot not Watch. One of the closest races for several years with five runners all within 1 second and another four only 2 seconds out. The eventual winner was Jane Hudson. Twenty nine of the 45 runners who gave me a time beforehand ran faster than predicted suggesting good warm up sessions from Sonny and Dave.

Teresa Young

Grand Union Half Marathon - 10th November 2013

1		1:18:59	
192	Peter Jose	1:43:51	1st V60
353	Sonny Peart	1:53:06	
876	finishers - last	3:52:40	

Clowne Half Marathon - 24th November 2013

1		1:11:51
132	Pritesh Patel	1:37:24
614	finishers	



Munich Marathon, Half Marathon & 10k - Sunday 13 October

The monsoon like rain which woke us at 6.45am cleared for the start of the Marathon at 10.00am and 10k at 10.45 by which time the temperatures varied between 10C in the shade and a warm 23c in the sun, with a clear blue sky.

The start is in the Olympic Park but it is the finish which is stunning, entering the Olympic Stadium and running 3/4 of the track to finish in the home straight. For all finishers there was Alcohol free beer from a local Brewery, fresh pretzels, bananas, local apples and yoghurt drinks.

It was good to see a few English runners - who apparently appreciated seeing the grandchildren waving the English and Union Jack flags we had given them.

If you fancy a run on 12 October 2014, why not consider a weekend in Munich which is a lovely city to visit.

10k Result - ladies and men are split

1st Man	31.14	
1st Lady	35.37	
496 Lady	58.42	Marilyn Pickford (3rd in age group 60-65)
1279	ladies finished	
1572	men finished	

This was my first competitive road race for many years and my thanks to Marion for being my training partner.

Thanks

Marilyn



Thames Valley XC League Datchett – 10th November 2013

Men

Position	Name	Time	Score
86	Jonny Jackson	0:39:34	78
103	Kevin Smart	0:40:11	93
294	Glyn Watkins	0:48:23	221
310	Al Scoffham	0:49:30	230
322	Gordon Valentine	0:50:15	236
343	Andrew Collier	0:52:16	243
383	Dave Brown	0:57:09	259

Ladies

Position	Name	Time	Score
327	Jackie Bowles	0:50:44	77
376	Carole Wells	0:56:04	108
400	Angela Murphy	0:59:20	124
414	Jane Scoffham	1:00:43	133
417	Raquel Russell	1:01:25	136

Ponte

Team Results

(1st 6 men score – min 2 vets,
1st 3 ladies score – min 1 vet)

Men: 15/15

Ladies: 14/15

Team: 15/15

For full results - <http://www.tvxc.org.uk/>

Half Ducker - 3rd November 2013

Distance 10.4 Miles

Run from Albert Memorial Kensington Gardens up Harrow Road to Bill
Yard at Harrow School

Neal Smith 1.12.12

Gertrud Porter 1.23.38

Julia Buckley 1.36.12

5K Run - 16th November 2013

Name	Age Graded %	Time	Name	Age Graded %	Time
Kevin Smart	71.99	21.10	Marion Rogan	69.40	29.12
Steve Paull	72.79	22.02	Jane Scoffham	63.95	29.30
Ruth Tidder	69.25	22.33	Ceri Jacob	55.78	29.42
Peter Jose	74.68	22.40	Karen Collier	51.12	29.44
Charlie Halls	58.69	23.01	Raquel Russel-Ponte	74.72	29.48
Sonny Peart	61.50	23.03	Tamsin Mounter	49.03	30.11
Christopher Hudson	69.55	23.31	Janice Newman	61.22	30.49
Simon Aberly	61.86	23.39	Carole Wells	55.02	30.50
Michael Morris	61.94	23.40	Gordon Valentine	49.83	30.50
Raj Varshani	58.41	23.54	Claire Lacoste	47.63	31.04
Tracey Tyrrell	61.93	23.57	Judy Rackham	56.45	31.14
Caroline Day-Lewis	66.57	24.05	Sarah Westwood	60.86	31.26
Jane Hudson	71.68	24.36	Penny Rawlins	49.26	31.42
Hershil Patel	51.99	24.50	Caroline Attack	47.08	31.45
Andrew Collier	55.68	26.04	Gagan Khullar	41.96	32.17
Kirit Ranpura	57.90	26.06	Kath Donaldson	64.67	32.19
Al Scoffham	58.75	26.36	Anne Ambrose	56.28	32.36
Mike Ransome	60.47	27.29	Steph White	54.05	34.25
Julia Allen	58.30	27.30	Sonia Grist	63.61	35.35
Dave Brown	59.12	28.22	Hema Thakur	44.28	35.52
Errol Clarke	51.95	28.23	Deena McKinney	42.14	38.26
Pauline Bishop	67.48	29.10	Elish Fernandes	48.90	38.34
Malcolm Jackson	55.44	29.11	Gladys De-Groot	51.10	39.05

It was good to see so many new and “old” names running in the last 5k of 2013.

We would like to thank all who have supported the runs this year and hope that you had fun!

A special mention to James Hudson for stepping in at short notice to help at the finish, Kirsty and Aaron for handing out the lollies and Teresa for help with the results.

Henry and Marilyn

Runner's Recipes

Cranberry Oatcakes with Orange Infused Maple Syrup

A perfect breakfast treat to power you through your workout, these ultra-light little oaty hotcakes are guaranteed to put a spring into any runner's step or push any cyclist up that extra steep climb.

Although decadent in taste, these oatcakes are packed with goodness – cranberries are a fabulous superfood, packed with an amazing array of vitamins and antioxidants and the basic oatcake mixture is a great source of protein and slow-release carbohydrate – a delicious and healthy start to set you up for the day!

- Zest of one large orange
- 4 tbsp maple syrup (use agave syrup for a low G.I. alternative)
- 175g wholemeal self-raising flour
- 80g unrefined porridge oats
- 1 tbsp soft brown sugar
- 200ml milk
- 2 eggs, lightly beaten
- Pinch of salt
- 80g pack of dried cranberries
- ½ tsp baking powder
- ½ tsp bicarbonate of soda
- 1-2 tbsp warm water



- Mix together the flour, porridge oats, sugar and salt in a bowl and make a well for the eggs. Add the eggs and gently beat with a hand held blender, gradually adding the milk until you have a smooth batter.
- Stir in the cranberries and leave the mixture overnight in the fridge.
- Add the orange zest to the maple syrup and warm very gently in a small saucepan. Leave overnight to infuse.
- In the morning, take the pancake batter out of the fridge and add a little warm water to loosen the batter to a dropping consistency. Stir in the baking powder and the bicarbonate of soda.
- Heat a non-stick frying pan and melt a knob of butter in it. Cook 3 or 4 oatcakes at a time over a gentle heat, using a scant tablespoon of batter for each cake – you don't want them too thick as they will rise anyway during the cooking process.
- Cook for a minute or two until small bubbles appear on top, flip them over and cook for a minute on the other side.
- Meanwhile, gently warm the maple syrup.
- Serve immediately on warmed plates with the warm maple syrup drizzled over

N.B. as an extra Christmas treat, make hot **chocolate** cranberry oatcakes by swapping 1 tablespoon flour for 1 tbsp cocoa powder in step one.

From Kate Percy - www.gofastergood.com

Metros Committee Meeting

Cannon lane Methodist Hall, Wednesday 6th November 2013

Present: Mike Ransome, Al Scoffham, Barbara Robson ,Penny Hudson, Sarah Westwood, Carole Wells, Mandy Beuselinck, Steve Paull, Peter Beuselinck

Non committee: Dave Brown

Apologies: Marilyn Pickford, Sandra Young, Penny Rawlins, Irene Paull, Pat Jackson

Chair: Mike Ransome

Note taker: Al Scoffham

Matters arising from last meeting 2nd October

METROS CAR STICKERS

500 of these arrived on 22nd October £172.80 paid These will be free to new and existing members.

Item closed

BARN DANCE

Penny displayed the designed tickets. On sale to Metros members and family only

Item closed

EVENTS IN MEMORY OF ANN MARSDEN

£55 has been collected in favour of Weston Hospice Care. We have received a letter from them by way of thanks. Penny to publish in Metrolines

Action Penny Hudson

ENGLAND ATHLETICS REGISTRATION OF COMPETING MEMBERS

The discussion arose if a renewal form needs to be completed every year. Al to liaise with other clubs to see what they do. It was also suggested that the England Athletics membership payments could coincide with Metros subscriptions to avoid duplication of work

Al to discuss with Irene on the feasibility of this

Action Al Scoffham

COACHING BUDGET

It would seem we are lacking in level 2&3 coaches and we only have Bob Manning as a timekeeper. It was asked if the committee members would be willing to undertake these role and it was felt more knowledge was needed.

Peter is involved with doing research on this.

It was agreed to assist Tracey Tyrell with the costs of a course providing she takes Saturday morning sessions

Action Peter Beuselinck

ADVERTISING

The Pinner Bridge advert has now been removed

Steve has printed off a new advert and contacted Harrow Council with a regard to advertising on notice boards. They charge £12.50 for two weeks advertisements on selected notice boards throughout the Borough

Action Steve Paull

METROS TWITTER ACCOUNT

Confirmed that a Harrow Hill Race account has been set up

An address is needed for a Metros Twitter account

Action Mandy Beuselinck

METROS RESULTS

Peter has spoken to Kevin

Item closed

SUMMER LEAGUE METROS HOST FIXTURE

Pat would like to step down as race director for the Metros host event of the Summer League. Pat has placed an advertisement in Metrolines and stated that she is willing to help an individual/individuals to organize the event next year.

Action Pat Jackson

METROS MIDDLESEX COUNTY REPRESENTATIVE

Peter attended the last meeting of the Middlesex AA and is happy to continue to be the Metros contact. Peter will pass on the minutes

Action Peter Beuselinck

THAMES VALLEY LEAGUE:METROS HOST FIXTURE

This has now been finalised for Sunday 26th January 2014

QUIZ AND AWARDS PRESENTATION EVENING

Pat is away in Australia but all is in hand

Item closed

REPORTS OF OFFICERS

Hon. Chairman: Nothing to report

Hon. Vice Chairman: Nothing to report

Hon Secretary:

Al mentioned we have received the usual invitation to take part in the National Cross Country event in February 2014 in Nottingham

The XC post is vacant but Al will send an advertisement to Penny for the Metrolines

With regard to our London marathon place it was unanimous that being registered with England Athletics becomes part of the draw criteria for the 2015 London Marathon. This is due to our allocation being dependent upon the number of registered numbers. **Actions: Al Scoffham**

Hon Treasurer: Mike distributed his usual report. Two large expenditures for car stickers and awards were mentioned.

Hon. Membership Secretary:

New joiners: Richard Whiteley, Ruislip

Jonathan Pang. Harrow

Krishna Tailor. Ruislip

We have 244 members.

We have 45 adults and 10 children yet to renew

Non renewers to be advertised to committee. Steve to e-mail

Action: Steve Paull

REPORTS OF CO-ORDINATORS

Steve Paull: Tennis club will be open Christmas Eve for run and more importantly a drink afterwards

Al Scoffham and Dave Brown jointly: For the first time ever, the club pays for members to run for us in the Thames Valley League. Al to give the host club a personal cheque for the total and claim back

Action: Al Scoffham

Dave Brown: Dave happy to remain as co-ordinator for Wednesday nights hill training but not necessarily to lead

ANY OTHER BUSINESS

The Harold Godden 'Track Shields'

Proposed

This now becomes the Harold Godden Track and Field events shields

Awards, one for males and one for females. Awarded to the Metros members who record the best aggregate performance over 100m, 200m, 400m, 1500m & 3000m, long jump, high jump, hammer throw, discus, shot putt and javelin.

This will be for track and field meetings before 1st October each year. Aggregates are calculated using IAAF multi-event tables. All performances are eligible, regardless of the colours worn

Dave Brown confirmed Mike Godden has given his approval to this proposal and it was carried unanimously

Harrow Hill Race:

Mandy provided an update:

UK Licence obtained

Date: 16th February 2014

Open for entries in Running diary

Kevin updating website

Chip timing: Too expensive

Ann Marsden Trophy:

Sarah asked if a decision had been made. It looks as if we are leaning towards the 5K race in Roxbourne Park

MEETING CLOSED 9.21pm

NEXT MEETING 4th December 2013



BARN DANCE

Saturday 1st March 2014

7pm - 11.30pm

TICKETS NOW AVAILABLE

Contact: Penny Hudson, Mike Ransome, Carole Wells or Steve Paull

Adults: £15, 11-17: £7.50, Under 11: Free

New venue: Emerald Rooms, GAA Sports & Social Club
West End Road, Ruislip HA4 6QX



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	19.30	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