



 **etrolines**

December 2014

Issue No. 315

Dublin Marathon



Well done Pauline and Mike!

Merry Christmas

Metros Diary

NOV

Sun 23	TVXC Sandhurst	11.00 am
Fri 28	Award Presentation & Quiz Night	6:45 pm
Sun 30	TVXC Handy Cross	11.00 am

DEC

Wed 3	Committee Meeting	8.00 pm
Sat 6	5 Mile Handicap, Roxbourne Park (1st of the year)	8.50 am
Sun 7	Perivale 5, Perivale Park Athletics Track	10.00 am
	Under 15 2km fun run	11.15 am
Sat 13	Food Bank Donation	
Sun 14	TVXC Metros Home Fixture	11.00 am
Sat 20	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sat 20	Judy and Nigel's Christmas Drinks	7.00 pm
Sun 21	TVXC Reading	11.00 am

2015

JAN

Sat 3	10K Challenge, Roxbourne Park	8.50 am
Sat 10	5 mile walk, Roxbourne Park	9.00 am
Sat 10	Food Bank Donation	
Sun 11	TVXC Tadley	11.00 am
Sat 17	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 18	TVXC Bracknell Forest Runners	11.00 am
Sun 18	Fred Hughes 10	10.00 am
Sun 25	Gade Valley Marathon Training run (12 miles)	9.30 am

FEB

Sun 1	TVXC Thames Valley Triathletes	11.00 am
Sun 1	Watford Half Marathon and junior runs	10.30 am
Wed 4	Committee Meeting	8.00 pm
Sat 7	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sat 14	Food Bank Donation	
Sun 15	Harrow Hill Race, Harrow on the Hill	10.30 am
Sat 21	5K run, Roxbourne Park	9.15 am
Sun 22	Gade Valley Marathon Training run (17 miles)	9.30 am

Committee meetings are open to all but only the committee can vote. See minutes for venue of next meeting.

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!

Merry Christmas and Happy New Year! May all your running wishes for 2015 come true. Festive greetings from your fellow Metros are dotted around this issue, as well as all the usual items.

Jane and Penny Hudson

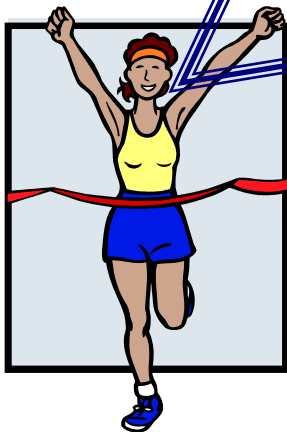
Festive greetings and best wishes to all from Mandy, Peter, and Boris :)



Welcome

Arnold Glickman, Pinner
Brian McGrory, Harrow
Sophie Swindles, Harrow

Elected at the November meeting



*Best wishes for the festive season to all Metros and their families.
Brian and Pat*

Best wishes to all Metros and families for Christmas and throughout 2015:
*May PBs continue a-plenty
And injuries reduced to none
Supporting in running together
And 'being there' just so much fun!*
Mike & Yasmin



Wishing Metros a very Happy Christmas and good luck in 2015.
Much love, Pauline B

Apologies that Pauline's Moor Park result was omitted last month: 57:52
Eds ☺

Cross Country



<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.

Dates as follows:

23 Nov Sandhurst	30 Nov Handy Cross
14 Dec METROS -	Hillingdon House Farm
21 Dec Reading	11 January Tadley
18 Jan Bracknell	01 Feb Thames Valley Triathletes

Thames Valley Cross Country
Metros Host Fixture
Sunday 14 December 2014
Hillingdon House Farm
Race start time 11.00 am

Please can you help with Marshalling, Start/Finish, and Refreshments.

We are using the Athletics Stadium as our base.

The car park at the Sports Centre charges and is always very busy but there is lots of local parking available.

This is a new course so help with marshalling is very important.

We also need help with Lots and Lots of food for the very hungry runners.

Please contact Jane or Al 01895 270 245 or Marilyn or Henry 01895 233 778

Achievements

Well done to ...

Pauline Bishop for her first marathon in Dublin in a great time of 4:39:58

Mike Morris for a PB at Dublin Marathon

Sasha Birkin for a PB, breaking 20 minutes for the first time, at Northala parkrun.

Brett Rafferty for a PB at Northala parkrun



Happy Christmas and a successful 2015 to all Metros. Love from Sarah



Merry Christmas everyone. Love Anne & Bernard

Felices Fiestas Navidenas, with best wishes for a great new year. Love Raquel xx ☺

Wishing you all a very Happy Christmas and godt nyttar. Gertrud and Bob



Christmas Greetings from the Oxfordshire countryside. Garry & Gill

Wishing all our Metros friends a Happy & Healthy Christmas & New Year. Rogan family



Merry Christmas to all Metros and your families, thank you for making Metros such a great club to be a member of year after year. Best wishes from Dave Brown

QUIZ & AWARDS PRESENTATION EVENING

Date: Friday 28th November 2014

Time: 6.45 pm for a prompt start at 7.00 pm

Venue: Lowlands Tennis Club, Lowlands Road, Eastcote

The awards presented will include the following:

Metros Thames Valley League 2013-2014

Metros Summer League 2014

The Bill Gardner Summer League Award

Track & Field MBEs & Track Shields

Metros 5 Mile Handicap

Metros 5 Mile Walk Shield and Certificates

10K Challenge Awards

Ann Marsden 5K Award

Keith Adsley Award

LRRC Trophies

The Young Runner's Award

Beginner Runner's Award

The Aaron Breen Awards for Services to Family Running

The Runners' Awards



Quiz

The rounds of the quiz will be between the presentation of the various awards.

It is suggested that teams should consist of no more than ten.

A Bar is available (you can bring your own nibbles)

*****Once again the evening is open to Metros members and their immediate families only. This is due to increased numbers*****



Further information from **Pat Jackson 020 8868 5683**

Be happy, be healthy and
keep running in 2015.
Love Barbara & Frank



Happy Christmas and
happy running in 2015!
Love Tracey x

*It's Bah Humbug from him
& happy healthy running
from me. Irene & Steve*

*Wishing all our friends and fellow
runners a Merry Christmas and an
injury free 2015. Teresa & Dave*

METROS FIRST AID COURSE

A little knowledge of basic first aid can be very useful and the Metros Committee has asked Margaret Smith to run courses for Metros members, which will be paid from Metros club funds.

Saturday 17th January - Basic First Aid

This is a three hour course on basic first aid.

Saturday 31st January - First Aid for Sport Injuries

This is a three hour course.

Saturday 7th February - First Aid for Sport Injuries

Again a three hour course but different to the previous First Aid for Sport Injuries course.

Regardless of the course, participants receive a certificate, which is valid for three years, and first aid manual, for which there is a small charge.

Places are limited and, if you would like to attend any course, would you please inform Peter Beuselinck, Metros Honorary Secretary on p_beuselinck@yahoo.co.uk or 07872544898.

AS SOON AS POSSIBLE AND BY SATURDAY 20th DECEMBER.



Merry Christmas
everyone!
Becky Walker

Merry Christmas & a
Happy New Year.
Carole & Gordon





Congratulations to

Anthony and Louise Bellis

*On the birth of their baby
boy, James Robert, on the
24th October 2014*

*Wishing everyone a very
Happy Christmas & a
successful & injury free
New Year. Judy &
Nigel ☺*

*Wishing you all a very
Merry Christmas &
Happy New Year. Hema
& Julie S*



*Merry Christmas and
thanks to everyone who
has guided me. Linda G*



Hope you all have a
lovely Christmas and a
happy new year! Emma



*Merry
Christmas &
Happy New
Year to
everyone.
Anne (A)*

*Happy Christmas &
Chanukah & Happy
New Year. Arnold
Glickman*

With all good
wishes and a happy
festive season.
Penny, Sandra,
Aaron & Kirsty



*Merry Christmas and a happy
New Year. Elish & Victoria*

Merry Christmas!
Andy Cooper

Metros KIT TO ORDER

With Autumn here and Winter fast approaching, I'm collecting orders for the Metros kit which needs to be specifically ordered, we do not keep a stock. To set up the embroidery several garments need to be ordered together so, if you would like to place an order, please contact me as soon as possible. Thank you.

KNITTED HAT- £5 - one size – blue or yellow

HOODIE – £14 - various sizes – blue or yellow

FLEECE – £15 or £17 - Ladies and Unisex – blue or yellow

REVERSIBLE SHOWERPROOF – £33 - blue showerproof/
yellow fleece

Pat Jackson – 020 8868 5683
patjacksonhome@hotmail.com



Jane modelling a Metros hoody

A Christmas Haiku:
Training in winter,
For a spring marathon or
Christmas Day parkun?
Cheers, Sonny



Merry Christmas Metros.
Really enjoyed running
with you all. Best wishes for
2015. Mike Morris

To all the Metros – Have a
safe and merry Christmas and
Happy New Year.
God bless, Richard Hayward

A very merry Christmas to you all.
Nancy Morris



To everyone at Metros
Merry Christmas and
Happy New Year.
Best wishes,
Brian McGrory

*Come on Metros, out you go
In winter weather - sleet and snow.
You'll feel much better when you're back
Munching on a mince pie snack.
Happy Christmas and new year to all
Metros
From Kath and David Donaldson*



Results and Reports

Ricky Road Run - 26th October 2014

1 st		0:56:21
5	Gary Warren	1:00:23 (St Albans Striders)
48	Fatmir Sulmataj	1:10:51
79	Mitesh Patel	1:14:54
95	Russell Hewlett	1:16:05
102	John Norris	1:16:52
117	Donna Warren	1:18:08
144	Sonny Peart	1:20:45
159	Hershil Patel	1:21:51
212	Peter Reynolds	1:26:32
228	Bernadette Conway	1:27:41
270	Ruth Tidder	1:30:19
301	Jane Hudson	1:33:24
310	Nicola Rochford	1:34:55
322	Glyn Watkins	1:36:03
348	Raquel Russel Ponte	1:38:28
352	Paul Gardner	1:39:16
374	Derek Bamforth	1:42:07
387	Caprice Beggs	1:45:06
422	Arnold Glickman	2:07:36
428	Last	2:25:32



Wishing everyone a very merry festive season Love Dave & Caprice

Happy Christmas to all at Metros, Love Trish and Russell

*An amazingly happy festive season to all my friends & fellow runners
So many thanks for always being there for me
God's blessings to y'all
Sonya*



Happy Christmas to all at Metros. All the best for 2015. Steve, Lorna, Olympia and Thomas.

My marathon journey, by Mike Morris

As we finished our Guinness and made our way from the hotel to the start line for the Dublin Marathon we all wondered if this was the most sensible form of carb loading. We'd know soon enough! Metros International was well represented in Dublin this year with four of us running; me, Pauline, Steve and Mandy. The support crew for the weekend included John, Irene, Peter, Tracey, friends and family. In my case I had the additional support of my brother Joe, a veteran of the Dublin marathon. Special thanks to my sister in law, Theresa for ensuring I had the correct diet before the race, lovely cooking. My pacer for the race was Ciaran who helped keep me on track for my target time.



The support that runners receive makes a valuable contribution to enjoyable long distance racing. As I lined up to run my first Dublin marathon this year, my home town, I reflected on the amazing support that I have received on my marathon journey. Let me describe this to you.

During the summer of 2013 I was chatting to a friend of mine about my plans to focus more on running. Up until then I had been doing some running as part of a regular programme of fitness. Although I was really enjoying my regular activities which included swimming, spinning and circuit training, I decided that I wanted to focus on running but until that conversation with my friend Ian, I had not even heard of Metros, even though I had lived in Harrow for many years. He told me that his wife knew the club and on numerous occasions he himself had seen a group running near the Duck in The Pond! I contacted Jane and agreed to turn up to her Thursday session, meeting at Old Redding. I was immediately taken with how friendly everybody was and I quickly realised that this would be a fun way of running more regularly. My primary objective was achieved.

The people I met that Thursday evening have become good friends over the past year but that was just the beginning. As I joined other sessions I got to know more people and quickly realised that the Metros family is something quite special. Having started with the Thursday group I added Saturdays and then Mike Ransome's Monday night session. In the months that followed I added the occasional Tuesday night session and Sunday Daisy's. More recently I have been trying the Wednesday hills! Now that I am well into my second year as a Metros member I am running about five times per week and am really enjoying the friendship and fun that goes with being a member of this wonderful running club.

My second objective in joining a running group was to enter some races. Within a few weeks of joining Jane's Thursday group I tried Henry's Saturday Roxbourne Park 5K. I got around in 23:54 which seemed okay to me. A couple of weeks later I joined the Brian Jackson challenge and completed the 4:4:2 K combo in 18:40, 19:51 and 9:11. Simon took the trophy in my age category. The 'Wot no Watch' followed a few weeks later, 6:30 for my mile. The following week brought my first official race, the Moor Park 10K. I was a Metro by that stage and although accepted by the committee I am ashamed to say I had not got around to buying a Metros shirt, yes that is me, the guy in the blue shirt in the team photo! Thanks to warnings from fellow Metros about the dreaded hill, I paced myself and crossed the finish line in 49:39. I was hooked! The following month I progressed to 10 mile racing, the Ricky Road Run. At the start Simon and Sonny asked me what time I expected. I honestly had no idea how I'd be over that distance. The answer was 83:33. It continued thus, regular running with the club, regular racing at weekends. Second objective achieved.

My first race of 2014 was the Fred Hughes in St Albans. There was a great Metros turnout and another chance for me to try a 10 mile race. My running mate for the day was Hershil and having climbed the first hill we knew we were on target pace at miles 1 and 2. We ran together at target pace for most of the race but I was caught unawares by my pal's sprint finish. Well done Hersh. There were many PBs achieved by Metros that day including my own 79:23. I was ready to enter my first half marathon!

Around that time my brother Joe responded to a long standing invitation to visit me from Dublin in February, a great opportunity, I thought, to have a night out with my brothers and cousin. Proud of having organised what was bound to be a good night out, I realised that this was the night before the Watford Half! Oops! Well, carb loading is important is it not? Several beers and a curry is possibly not ideal

prep for a first half marathon. It was not too bad as it turned out. The next morning I crossed the finish line in 1:47.

From there I took every opportunity to run, joining in many of the regular weekly Metros sessions and entering races. As the London Marathon approached, although I did not have a place I joined in many of the long training runs including the Gade Valley 17 and Jane's 'pre-marathon 20'. Several of us had a great day out at the marathon, ensuring Mo and the other elites got their drinks and gels and of course watching our Metros pals run past. As they passed and I marvelled at their achievements I wondered if I could last the 26.2 mile distance. I decided then that I would check. Was there a race available? There was. I duly signed up for the Milton Keynes marathon and so, three weeks after watching that thrilling London race, I crossed the line in 3:58, my first marathon. That was a great day, marvellous support from Metros friends and my family. Irene and Penny did an amazing job navigating around Milton Keynes to support the Metros runners. My running mate Anthony and I saw them six times. As I sprinted around the MK Dons stadium to finish the marathon I was cheered on by family and friends, a wonderful experience. Funny how the legs quickly seize up once you cross the line. It is difficult to walk normally the next day too!

My good friend Pauline started to talk about running a marathon to support a cause very close to her and I said that if she decided to run the Dublin Marathon I would join her for training and the race. Braving her way through injury and emotions Pauline trained hard and I enjoyed sharing those runs with her. The Dublin Marathon idea gathered momentum over the summer resulting in several Metros going there in October to run and support.



My preparation for Dublin was more structured than MK. I followed a standard training programme including a larger number of long runs, which I enjoyed with my Metros friends. Those long runs were hard, especially as the mileage required grew towards and beyond 20 miles. Special thanks are due to Bob, Henry, Nigel, Sonny and Steve for giving me valuable guidance on marathon pacing.

And so we turned up that October Bank Holiday Monday in Dublin, ready to see what this course would throw at us. Okay, maybe the pre-race Guinness story was stretching the truth. The course was challenging but it did not beat the Metros. Many runners struggled in the final 10K. The route does not have many steep hills but has some long energy sapping drags. The weather was a bit warmer than ideal and the sun shone as we ran through the 'wall' zone. The support was fantastic. It was great to see our supporters; Irene, Peter, Tracey and friends,

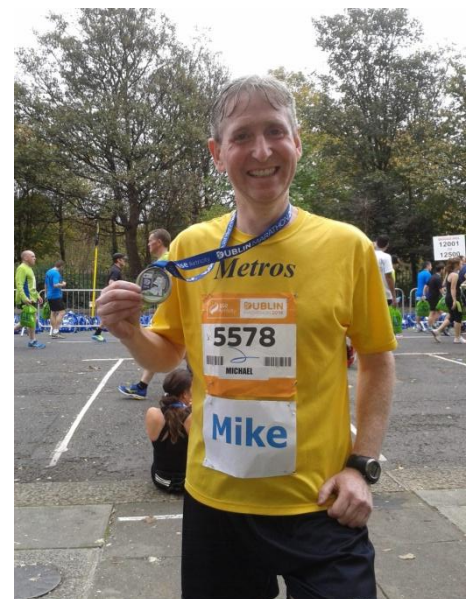


John and my family at numerous points along the course. Pauline and Lourda completed their first marathons, absolutely superb, so proud of them. As the three of us stood in Merrion Square, enjoying the post-race experience I smiled as I remembered our long run together in the rain a few weeks before.

Steve battled through injury to complete yet another marathon, what an amazing guy. Mandy cruised through to the finish with a super time. As for me, I had a blast, enjoyed the company of my running mate Ciaran on the way and finished on target, crossing the line in 3:46, a top quartile place overall, a 12 minute PB!

So that is it, my marathon journey. My plan that summer 2013 evening when I turned up at Jane's session was to run more including some races. Since then I have completed many races of several distances including five half marathons and two marathons. This is way beyond what I expected.

I continue to be inspired by the running community, especially my Metros friends. I admire the dedication of all Metros members whether they are committee members, runners, injured runners, ex-runners, beginners, walkers, time keepers, course setters, race organisers, session leaders, tea makers or bakers. I shall continue to run but I also really want to do everything I can to help others enjoy running. The more I train and the more I race, the more I will learn. I can probably improve but most important of all, I will have fun. Thank you all for the amazing support you have given me. I would love to name every one of you who have played a part in my marathon journey but it would be a really long list. That is what makes Metros so special. We all support each other. Thank you so much!



Some photos from Dublin.

Great story about the photos of me finishing the race. A friend of my brother is a good photographer. He does not know me but spotted me in my brother's Facebook post the morning of the race. He used my number to track me and picked me out on the finishing straight. He took these pictures which I think really capture the final moments of a marathon.

The one of me waving was taken by my brother at mile 22. Clearly happy to see some familiar faces after "the wall".

It was great to see Pauline at the finish.



**Dublin Marathon
Monday 27th October 2014**

1	2:14:47
3074 Michael Morris	3:46:25
5835 Amanda Beuselinck	4:09:45
8758 Pauline Bishop	4:39:58
9903 Steve Paull	4:56:07
12292 finishers	

Gertrud Porter

Long Ducker Sunday 16th November (20 miles. Harrow School Bill yard to Albert Memorial, Kensington Gardens - and back to Harrow School)

First attempt lasted 20mins. After a quarter of a mile I ran in to a bollard and was winded and hurt my knees badly. Ambulance arrived and sent me back to the school. Felt better so decided to have a second attempt but of course the clock was ticking away. Second attempt: 2hrs58mins + first attempts 20mins

Leicester marathon 26.10.14

1. 2:35:15
 191 Pritesh Patel 3:50:27
 586 finishers

Marlow Half Marathon 02.11.14

1st 1:17:20
 73rd Chris Shearwood 1:35:30
 90th Nathan Powell 1:37:20
 648th 3:06:01



TVXC - Datchet 09.11.14

122	Kevin Smart	00:40:38
232	Brett Rafferty	00:46:04
291	Gordon Valentine	00:48:21
292	Jonny Jackson	00:48:22
351	Jackie Bowles	00:51:26
368	Ruth Tidder	00:52:41
372	Glyn Watkins	00:53:07
391	Ron Taylor	00:54:09
397	Andrew Collier	00:54:33
425	Al Scoffham	00:56:57
443	Raquel Russel Ponte	00:58:14
476	Terry Burke	01:04:49
478	Angela Murphy	01:05:37

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



10K Challenge - October 2014



Name		Age Grade %	Time
Nigel Rackham	M	85.63%	36:26
Sasha Birkin	F	73.31%	43:39
Andy Fox	M	69.18%	44:44
Caroline Day-Lewis	F	68.82%	48:13
Dave Young	M	66.72%	50:2
Bob Manning	M	65.96%	58:48
Steve Paull	M	64.98%	51:50
Sonny Peart	M	64.30%	46:15
Gordon Valentine	M	63.51%	52:34
Judy Rackham	F	62.88%	58:14
Dave Brown	M	61.73%	57:05
Simon Aberly	M	60.60%	50:15
Veronica Georgescu	F	60.06%	67:09
Ruth Tidder	F	59.01%	54:41
Raj Varshani	M	56.57%	51:46
Julie Allen	F	56.48%	58:45
Andrew Collier	M	53.99%	56:24
Titziana Spotti	F	52.91%	70:09
Mark Mulvenna	M	52.58%	59:20
Geraldine Gill	F	51.93%	64:36
Nagendra Bisht	M	49.60%	59:02
Julie Smith	F	49.58%	70:09
Dharmini Chikhliwala	F	46.27%	70:21
Karen Collier	F	44.67%	70:11



All my thanks for
such a kind
welcome into the
club this year,
Merry Christmas
Metros! Brett

To all Metros.
Enjoy Christmas,
and good running in
2015. Paul Gardner

Have a happy
Christmas and don't
stop running in 2015.
John & Bernie Norris



Happy Christmas –
enjoy running your
allotment. Gerry

*Wishing everyone a wonderful
Christmas. Wendy & Mark*

Measured Mile - 1st November 2014

Brett Rafferty	5.25	Raquel Russel Ponte	8.41
Cavan Day-Lewis	5.45	Sandra Young	8.46
Sonny Peart	5.59	Janice Newman + Ceri Jacob	8.54
Mike Morris	6.14	Oliver Cole	8.54
Hershil Patel	6.21	Julie Smith	9.02
Simon Abery	6.22	Aaron Rawlins	9.07
Donna Warren	6.28	Jarred Rawlins	9.09
Caroline Day-Lewis	6.31	Veronica Georgescu	9.18
Steve Paull	6.48	Barbara Reading	9.24
Ruth Tidder	6.53	Karen Leary	9.25
Adam Leary	7.03	Catherine Corcoran	9.41
Dave Young	7.05	Kath Donaldson	9.42
Mike Ransome	7.09	Jarina Khatun	9.45
Andrew Collier	7.10	Titziana Spotti	9.49
Jane Hudson	7.42	Sonya Grist	9.53
Paul Gardner	7.43	Valentina Rybushkrina	9.54
Julia Allen	7.47	Teresa Young	10.02
Caroline Attack	7.49	Arnold Glickman	10.10
Emma Rackham	7.50	Steph White	10.12
Anne Nola	8.01	Nancy Morris	10.54
Kirsty Young	8.03	Jackie Godfrey	11.07
Juliette Nola	8.10	Hannah Smith	11.26
Errol Clarke	8.30	Barbara Robson	12.42
Steve Alder	8.36	Jeanne Coker	13.41
Gagan Khullar	8.40		

A damp start for the run today but the rain kept off for the miles and conditions were good for some fast times. This was the first in the series for the Measured Mile 2014 - 2015 competition so some Metros will have to train hard to beat today's performance. Well done for making a good start. Welcome to several Metros who took part in the Measured Mile for the first time today, good to see new faces and have more competition.

Thank you to Bob Manning who as ever was stunning with the stopwatch and to Irene who gave out and collected lolly sticks, I especially appreciated getting them back in order! Hope to see you all again in February for even faster times to keep in the competition.
Angela

NOTES OF METROS COMMITTEE MEETING

Wednesday 5 November 2014, Nigel & Judy Rackham's house at 8.00 pm
(Building work at the Methodist Church Hall necessitated a change of venue)

PRESENT: Mandy Beuselinck, Penny Hudson, Pat Jackson, Steve Paull,
Barbara Robson, Mike Ransome, Nigel Rackham, Tracey Tyrrell,
Carole Wells, Sarah Westwood.

APOLOGIES: Peter Beuselinck, Irene Paull, Marilyn Pickford, Penny Rawlins,
Sandra Young

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 – 1 October

Alternative Annual Event Between Metros Marathon Week – Mandy confirmed that a viable alternative event in the years Metros Marathon Week does not take place has not yet been found. She will check the Thames River Relay as a possibility but it's likely that there will not be an event in the year between the Metros Marathon Week.

ACTION: Mandy Beuselinck

Metros Thames Valley League Host Fixture – The Metros host event date has been changed and will now be held on Sunday 14 December in Hillingdon Farm Fields. Peter has booked St John's Ambulance for first aid.

The Bracknell date has been changed again to 18 January.

Club Photo – Penny Rawlins is awaiting the photos from the photographer.

ACTION: Penny Rawlins

Metros Gazebo – Pat confirmed that the gazebo is not available to order at present. We do not need it for the Thames Valley League but a gazebo could be needed at the Harrow Hill Run in February. Mandy will check if another building at Harrow School could be used instead.

ACTION: Mandy Beuselinck

Metros Timer Co-ordinators – Pat confirmed that waterproof clipboards and stopwatches have been distributed to Metros co-ordinators who time events.

ITEM CLOSED

Saturday Morning – Irene Paull, co-ordinator, is continuing to organise a rota of members to help, take training sessions and serve refreshments.

Irene had asked that a list of Metros First Aiders be available and it was agreed that more 'qualified' first aiders are needed. Margaret Smith has been asked to organise a course for

Metros members, probably in January. Angela Murphy is co-ordinating this and, following discussions with Margaret, will report back to the committee on this and other items including co-ordinators reporting incidents requiring first aid.

ACTION: Angela Murphy

Dogs at Metros training sessions: the draft policy drawn up by Peter and Carole has been approved and will be advertised in Metrolines.

ACTION: Penny Hudson

Signed Copy of the Constitution – Peter has arranged this. **ITEM CLOSED**

Metros Web site - Kevin Smart was thanked for adding the Constitution, Metros Policy on Dogs and advertising the Harrow Hill Race on the Metros Web Site.

Quiz and Awards Presentation Evening –Steve, Jane and Al Scoffham are compiling the quiz. Peter has arranged hire of the Tennis Club Hall.

Physios – Penny Hudson has listed local physios recommended by Metros members in Metrolines. Other recommendations will be added when received.

Christmas Messages - Penny is requesting messages and money at training sessions and will advertise the fact that the charity chosen this year will be Leukaemia. It was agreed that the total received will be rounded up with Metros funds.

ACTION: Penny Hudson/Nigel Rackham

REPORTS OF OFFICERS

Hon. Chairman – Mike stated that Penny Rawlins and Sandra Young had asked whether the club wished to put on another Metros Barn Dance. This was enthusiastically agreed. Penny and Sandra to be asked to head up organising team.

ACTION: Mike Ransome

Hon. Vice Chairman – Sarah asked if training co-ordinators had mobile phones available during training sessions. It was agreed useful if someone in the group had a mobile phone in case of emergency. Recommendations from Angela Murphy re first aid kits in ‘bum’ bags will be sought following discussions with Margaret.

ACTION: Angela Murphy

Hon. Secretary – Peter had sent a report confirming that he had completed the online entry for a club place in the 2015 London Marathon. He will liaise with Garry Young, who would be aware of the water station places, and organise the club draw. He believed there were no outstanding issues or payments with EA Membership for 2014.

Hon. Treasurer – The Metros financial report to the committee is due in December and will now show membership subs as income in advance. Nigel stated that the change of signatories to the Metros Bank Mandate was progressing. He suggested that the donations in the Scout Hall on Saturday for refreshments be given to charity. This was agreed and it was decided that the donations will go to the food bank at regular intervals and rounded up with Metros funds.

ACTION: Nigel Rackham

Hon. Membership Secretary: Irene had sent the following applications which were confirmed: Arnold Clickman, Pinner; Brian McGrory, Harrow and Sophie Swindles, Harrow. One member had paid twice and, as agreed, been refunded. Irene had confirmed that 58 members' subscriptions were overdue. It was suggested that she give a list to committee members to spread the load of reminders.

ACTION: Irene Paull

REPORTS OF CO-ORDINATORS

'Twin' Running Club – Tracey suggested a link with another club probably in Europe. It was agreed to be a good idea and Tracey will investigate.

ACTION: Tracey Tyrrell

Young Runner's Awards and Beginner Runner Award – decisions on recipients were agreed. It was decided that recipients of the Young Runner's Awards would not be eligible to receive the award in consecutive years giving opportunity to others.

ITEM CLOSED

Harrow Hill Race Sunday 15 February 2015 – Mandy stated that entries would soon be open. A provisional licence has been obtained and an adjudicator sought. Peter has organised St John's first aid cover. It was agreed that, to save postage, membership packs would not be sent but given on the day. It was also agreed that part of the proceeds – probably 50% - would go to a local charity. Mandy will investigate and decide on a suitable charity

ACTION: Mandy Beuselinck

The meeting finished at 9.37 pm

Date of Next Committee Meeting – As the building work in the Methodist Church, Cannon Lane, Pinner will not be completed by the **next meeting on 3 December** it will be held chez Mandy and Peter Beuselinck, 11 Tewkesbury Avenue, Pinner, HA5 5LQ.

Further Committee Meetings: No meeting in January
Wednesday 4 February
Wednesday 4 March
Wednesday 1 April

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

Merry Christmas and all the best for a healthy, happy and injury free new year full of perfectly paced PBs!

Sasha & family, xx



**A merry Christmas and a happy running New Year to all Metros
Angela & Brian Murphy**



Runner's Recipes

POTATO AND BRUSSELS SPROUT CRUSH

Preparation time: 5 minutes

Cooking time: 15 minutes

Serves: 4

WHAT YOU'LL NEED:

650g potatoes, chopped into quarters

6 rashers back bacon, finely diced

250g Brussels sprouts, shredded

Oil for frying

Ground black pepper



WHAT TO DO:

1. Place the potatoes in a large pan of water and bring to the boil then simmer for 8-10 minutes or until tender.
2. Fry the bacon in a frying pan with a dash of oil till crisp then remove with a slotted spoon and set aside. Then tip the shredded sprouts into the same pan and stir until wilted and tender.
3. Once the potatoes are done, drain them and roughly crush them with a potato masher or a fork. Tip in the bacon and potato into the frying pan with the sprouts, over a low heat season with black pepper and stir to combine making sure you incorporate any meaty bits from the bottom of the pan.

Recipe and image from <http://www.loveyourgreens.co.uk/>



Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the first Wednesday of most months (but usually not May, August or 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.

Club's Policy on Dogs

In the interests of safety, excepting guide dogs, dogs are not allowed to participate at Metros sessions. At the request of the manager of the scout hut, excepting guide dogs, dogs are not permitted in the scout hut.

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 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 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
Run / Walk Group		Penny Hudson	pm.hudson@ntlworld.com
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	Irene Paull	020 8422 6636
SUNDAY	09.30	Anne Leigh	01753 888 839

Not every week – please phone Anne to confirm

Other unofficial runs may also be going on, ask around.

See website for more details: www.metros.org.uk

Please Note: All runners are responsible for themselves.