



Raquel Russel Ponte - Cliveden

Metros Diary

2014

FEB

Sat 1	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 2	TVXC - Thames Valley Tri	11.00 am
Sun 2	Watford Half Marathon & Junior Races	10.30 am
Wed 5	Committee Meeting	8.00 pm
Sat 15	5K Run, Roxbourne Park	9.15 am
Sun 16	Harrow Hill Race - METROS event	10.30 am
Sun 23	Gade Valley 17 mile training run	9.30 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	10.00 am
Wed 5	Committee Meeting	8.00 pm
Sun 9	Finchley 20, Trophy Race	9.00 am
Sat 15	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 16	Cranleigh 15/21 mile	9.00 am
Sun 23	Hillingdon Half	9.00 am
Sun 23	Gade Valley 20 mile training run	9.30 am
Sun 30	Bournemouth Bay Half, 10K, 5K, 1K family run	9.30 am

APR

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

May

Sat 3	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 4	North Dorset Village Marathon	8.30 am
Mon 5	Milton Keynes Marathon	10.00 am
Sun 11	Marlow 5, Trophy Race	9.30 am
Sat 17	5K run, Roxbourne Park	9.15 am
Sun 18	Sudbury Court 10K, Trophy Race	11.00 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!

It's Spring Marathon time again! We know there are many of you out there running marathons this spring and it would be lovely to from you: Is it your first marathon? What is your motivation? Are you running for a charity? Just a few lines for next month's Metrolines would be great. And if you know of any races you think Metros would enjoy please pass on details (the editors have just returned from a very pleasant day out at Fred Hughes 10 with a dozen other Metros ☺)

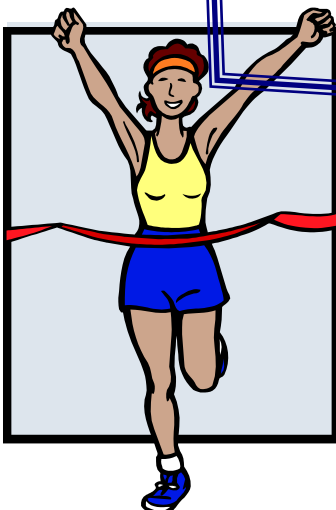
Jane and Penny Hudson



Welcome

Charlie Halls, North Harrow
Emma Liston, Pinner
Michael Murray, Pinner
Rangah Niranchanan, Harrow
Niranchanan Suntheralingam, Harrow
Brett Rafferty, Pinner
Sophie Richards, Pinner

Elected at the January meeting



Cross Country



Dates for the Thames Valley Cross Country League

26th January 2014 - Metros - Mad Bess Woods - Cancelled

2nd February 2014 - Thames Valley Triathletes - a new fixture

<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.

METROS HOME FIXTURE

26 January 2014

PLEASE NOTE THAT OUR HOST FIXTURE WILL NOW NOT TAKE PLACE DUE TO THE CONDITIONS IN THE WOODS

MIDDLESEX MASTERS

1 February 2014

The Middlesex Masters at Mad Bess Woods has also been cancelled.

New date is 1st March at Wormwood Scrubs.

Please confirm interest.

Thanks

Regards

Al Scoffham

almetros@yahoo.co.uk

**Maidenhead Easter 10
Good Friday 18th March 2014**

Metros have received 2 free places for the Maidenhead Easter 10 - one male, one female. We will be balloting the places on 15th February. If you are interested in a place please contact **Al Scoffham** as soon as possible. You must be a fully paid up 1st claim member of Metros.

email: almetros@yahoo.co.uk
tel: 01895270245

Ann Marsden

Kath has received a letter from Ann's sister Maggie, letting us know that she and her family have made plans to put a plaque on a picnic bench at a nature reserve local to them in Somerset. This was something Maggie had discussed with Ann last year - the plan at that time was to remember their parents. As Maggie said in her letter, she never dreamed what was in store. The plaque reads, "In memory of Walter, Jessie and Ann Marsden, 2013. Not famous, just special."

On 30th December Ann would have been 70 and Maggie and her family scattered her ashes at a local hill where both their parents' ashes are. Ann's house in Northwood has at last been sold which is a great relief to Maggie and her family. Some of you will know that Maggie and Allan have moved in to Ann's bungalow, and Julie (Ann's niece) and her family have moved to Maggie's house. They all feel quite settled already.

Maggie finished by saying they would like to fund-raise for the hospice where Ann was at the end of her life. There is a sponsored walk on the Mendips on June 1st and Metros are invited to join them.

<http://www.westonhospicecaregroup.org.uk/events/mercury-mendip-challenge-2013/>

I'm still a dreamer.

It's a long shot but could we do it?

I must start by saying I don't exactly know how this would work out-if at all. As a non-competitive relay there doesn't have to be any rules apart from getting (the baton?) from the start to the finish.

It doesn't even have to be just Metros- anybody who's interested could do a leg- or several legs, even on the same day. Logistics could be a nightmare, but the whole thing could be great fun. No running at night either. Taking the Round Norfolk to the next level.

What am I talking about?

A running relay from **John O'Groats to Lands End**. (Or the other way).

I asked for and received a book on this last Christmas and another this. I have read numerous articles (usually by cyclists I will admit) on the topic recently. Hayes and Harlington did it as a relay in a week (I don't know which year, but I intend to find out).

Years ago there was a long-haired runner we used to see at races who we referred to as Jesus. I'm sure he ran in the Harrow Marathon. His name is John Turner, runs for Blackheath, and he co-wrote the book I received this year. Two of them ran the whole distance in 29 days at 30 miles a day, divided into three or four segments each day.

So could we do it? As a starting team position- go in summer, run only in daylight hours. Legs of, say, 90 minutes. Whatever distance you can do in the time. A basic core of runners with others visiting and doing a leg or two until they have to return to Pinner.

Or not. A set team run every day and guests run with them. Back-up team camper van(s) which could be slept in or, more likely, B and Bs. The distance is about 900 miles, so perhaps seven days to complete, wrapped around two weekends for getting to the start/back from the finish, and contingencies.

All options are open. We could ask other clubs if they have anybody interested. We might be able to get sponsorship. We should get a charity involved.

Anybody interested? Your comments please.

Steve Paull

Achievements

Well done to ...

Glyn Watkins for running in 2 parkruns on New Year's Day

Sonny Peart for a 10K PB on New Year's Day

Emma Rackham for a 5K PB at Poole parkrun

Raquel Russell Ponte for being winner of F70 at Cliveden



BARN DANCE

Saturday 1st March 2014
7pm - 11.30pm

Now Christmas and New Year are over it's time to buy your tickets for the Barn Dance. Don't miss out! Tickets are available on Saturday mornings or at other run sessions. Or by contacting one of the following:

Mike Ransome 07802 839498

Carole Wells 020 8933 7427

Steve Paull 020 8422 6636

Penny Hudson 07905 557101, pm.hudson@ntlworld.com

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

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





The Harrow Hill 10k road race, Sunday 16th February 2014, 10.30 am

[Download Entry Form](#)

[Enter online:](#)

Entries on the day!

- £10.00 attached/ £12.00 unattached
- £15.00 on the day (subject to race limit)
- Fully marshalled road route/Parking & Toilets available
- Under UK Athletics rules
- Prizes for first 3 seniors (M/F) 1st Veteran man 40, 50, and 60. 1st Veteran women 35, 45, 55. (Max. one prize per person).
- Unique 'King' & 'Queen of the Hill' award
- Medals to all finishers

For more information please see our website www.metros.org.uk or contact Mandy Beuselinck on 07545 827106 or by email harrowhillrace@hotmail.com

Please contact Peter Beuselinck on 07545 827106 if you can help in any way:

Before the event - hand out flyers, help out with spot prizes or items for the goody bags

On the day - marshal, start, finish, refreshments etc

Steak, oysters and other cures for festive indulgence

Sent in by Mike Ransome

Charles Wallace On health

Like most people, I really enjoy the bonhomie of the holiday period, but I am likely to abandon my normal discipline to overindulge in drink and food. The result is often one or more painful hangovers and accusations that the cleaners have shrunk the waistband in my trousers. So what is the best way to deal with holiday excess?

My favourite hangover cure has always been a 15-minute stint in a sauna, but it turns out this is exactly not what the doctor ordered. According to Kalervo Kilaanmaa, a research professor at the Department of Alcohol, Drugs and Addiction in Helsinki: "Hangovers can increase the risk of cardiac problems such as atrial fibrillation, arrhythmias and cerebral infarction and taking a sauna can further enhance those risks."

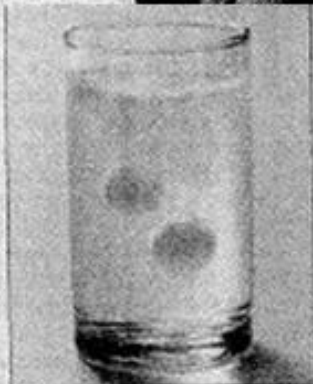
The culprit in hangovers is acetaldehyde, which is formed in the liver when it processes alcohol with the enzyme dehydrogenase, according to James Schaefer, a research professor at Union College in Schenectady, New York, who has studied the effects of alcohol for 30 years.

Another contributing factor is so-called congeners that are added to alcohol to give it a unique taste, such as the juniper berries added to ethanol to make gin.

According to Prof Schaefer, there are two ways to deal with the hangover problem: before or after drinking. Before drinking commences, he recommends eating a large meal with high protein content, such as steak or an omelette, because this slows transit time through the gut and will thus slow the processing of alcohol.

When drinking starts, Prof Schaefer suggests avoiding carbonated drinks such as champagne because they increase pressure on the pyloric valve between the stomach and the intestine, speeding the passage of alcohol into the blood.

After the room starts spinning, Prof Schaefer maintains that traditional hangover remedies such as the hair of the dog that bit you – another drink – are really useless. Alcohol is basically a diuretic, so drinking plenty of water before



Relief: ibuprofen is best for heavy drinkers Dreamstime

bed and upon waking can ease that discomfort. He also recommends an over the counter pain relief, but cautions against aspirin, which is known to irritate the stomach, so that might make matters worse.

Acetaminophen (known as paracetamol in the UK and some parts of Europe) can damage the liver, meanwhile, so it is not recommended for long-term heavy drinkers. Ibuprofen is your best bet here.

One fact not widely known about alcoholic beverages is they can greatly increase the level of the female hormone oestrogen in the body, even for men. Over time, that can cause people to add weight to their hips, thighs and, yes, breasts. Other than curtailing drinking, the best way to control this is by eating foods that contain zinc, such as oysters. A 10mg zinc-copper supplement also may be helpful.

As for the post-holiday pot belly there is good news from scientists at the University of Bath in the UK. They had a group of 26 men overeat by 50 per cent for seven days. Half the group was physically inactive during the study period, while the other half did 45 minutes of running on a treadmill and ate an extra 700 calories to offset the energy they used while running.

According to James Betts and his colleagues at Bath, the idle group had a dramatic increase in insulin, the hormone that tells your body to store fat, and increased expression of genes in adipose tissue; in other words, switching on the beer gut.

The active group, on the other hand, suffered none of these indignities, even though their energy surplus from overeating was the same. The scientists concluded that the vigorous exercise had done more than just cancel out the extra 700 calories taken on.

I'm renewing my gym membership.

fitexecutive
@ft.com

Trophy Races

The following Road Races will comprise this year's events that will contribute towards the Trophy Race competition:

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

Please note that both the Maidenhead Half and Burnham Half are included in this year's competition. Should however they clash with a Metros organised event they may be withdrawn. Advanced notice will be given.

Note to qualify for the competition you must;

Be a paid-up member of the club.

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

Wear club kit.

Points for the competition are awarded from the official results generally as posted on each organising clubs website. It is therefore essential that each competitor check the accuracy of position and their club entry as a Metro from the official results. Any discrepancies must be taken up by the individual runner with the club concerned. Copies of all communication with those clubs should be sent to the LRRRC Coordinator and in the event of the organising club's error, amendment to the award of Trophy competition points can be made. This however must be prior to the finalisation of the competition. If you enter as a Metro and are not shown in the results as such, get in touch with the LRRRC Coordinator.

The scoring system will stay the same as last year, in that the leading Metro will now score 50 points, the second Metro will score 49 points and so on. An extra point will be added for helping an assisted Metro runner to compensate for the loss of a point demanded by the Rules by the competitor finishing behind that runner.

Separate competitions for Men and Women will continue.

An update on points scored will be published when possible in the Metrolines.

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

Gone

The notice that the Hillingdon Half Marathon is to return brought thoughts of local races long gone.

Us really old geezers (and ageless gals) remember the running boom of the mid-80s when there used to be several road races in this area- not just the departed Harrow Marathon and Half.

Who can remember a half marathon starting outside Wembley Stadium and finishing inside, in front of the royal box? It's my half PB (by two seconds from a week earlier), but it didn't last for that many years.

The Hillingdon Half route seemed to change every year but I always did ok. Glad it's back.

The road opposite Headstone Lane used to be the start and finish of a race called the Old Millhillians 8 (later lengthened to 10). I believe the sports ground at the end of the lane (past the garden centre) belonged at the time to a public school in Mill Hill. It's now got one of those super-long Asian names. I got my photo in the Harrow Observer at this one. I bought a copy of it (black and white) from their offices. I still have it.



There's races I can't remember too. My race log lists the Brent Mini Marathon which was 10.8 miles. This was 1984. I cannot recall anything about it, other than that it might have started outside the old Brent Town Hall. Evidently I was 110th.

Over Stanmore way there was a half marathon from the Orthopaedic Hospital. I seem to recall slogging up Stanmore Hill (or was it Dennis Lane?) twice in this race. Next door, a 10 mile race was held from the school in Spur Road, Edgware. The one that's now an Academy.

Slightly further afield, Copthall Stadium used to be the venue for the Brady-Maccabi 10. Again I remember nothing more than the stadium finish.

Every once in a while a race called the Hindu Half Marathon happened, based at Kingsbury High School. The route went along the Kenton Road to Harrow, past the hospital and all the way down the main roads to Alperton. Like most (all) of these races, I can't believe they would be allowed now, not along those routes anyway.

Anybody remember Bejam? Their Fun Run (3.5 miles) happened twice, starting in Honeypot Lane, Canons Park. It was such a small event, I thought I might win. Wrong. A Harrow Marathon winner turned up. I was second one year, third the next.

Later, in 1995, there was a Harrow Town Centre 5k. I think it only happened the once. Why?

Sadly all gone now. Does the Hatch End 5 still go ahead? And how has Sudbury Court 10k managed to keep going? At least the Hill race has made a comeback. Hopefully Hillingdon will survive.

Father Time

London Marathon Water Station

Once again we will be taking care of the elite runners at the 30K point. We need 12 volunteers and we will allocate the places on a first come first served basis.

To date we have 2 so another 10 are required.

If you are interested or would like further details of what is involved please contact Garry Young on 07976 654 893 or g.d.young@btinternet.com

Metros received 3 places for last year's water station.

The places were awarded to Mike Ransome, Mandy Beuselinck and Al Scoffham.

Results and Reports

Round the Lakes 10K, Poole - Boxing Day 2013

1		31:27
245	Judy Rackham	56:28
282	Emma Rackham	61:07
316	Runners - last	1:50:11



Cliveden - 5th January 2014

1		0:36:37	
61	Jonny Jackson	0:46:39	
283	Alastair Scoffham	0:58:36	
319	Harriet Copland	1:00:44	
326	Gertrud Porter	1:01:14	
337	Glyn Watkins	1:01:45	
345	Gordon Valentine	1:02:25	
415	Carole Wells	1:07:13	
450	Marion Rogan	1:10:00	
456	Raquel Russel Ponte	1:10:29	1st FV70
474	Marilyn Pickford	1:12:03	
491	Angela Murphy	1:17:15	
495	Hilary Baker	1:19:19	
496	Jane Scoffham	1:19:06	
501	Sonya Grist	1:23:11	
507	finishers - last	1:32:29	



Wot No Watch - 21st December 2013

Name	Pred_time	Actual_time	Diff
Sarah Westwood	8.48	8.47	-1
Elish Fernandez	9.40	9.38	-2
Kirsty Young	9.00	9.02	2
Ruth Tidder	7.00	6.57	-3
James Harrington	6.45	6.48	3
Dave Brown	8.30	8.27	-3
Ceri Jacob	8.10	8.13	3
Kath Donaldson	9.15	9.18	3
Jordan Spence	8.00	8.04	4
Irene Paull	9.16	9.12	-4
Raquel Russel Ponte	8.50	8.55	5
Karen Collier	8.20	8.15	-5
Jane Hudson	8.00	7.54	-6
Raj Varshani	6.45	6.39	-6
Michael Morris	6.30	6.37	7
Janice Newman	8.13	8.22	9
Mike Ransome	8.13	8.22	9
Penny Rawlins	9.15	9.24	9
Roberta de Martin Pinter	8.24	8.15	-9
Steve Paull	6.20	6.10	-10
Tom Alder	7.00	6.50	-10
Carole Wells	8.30	8.19	-11
Rosemary Harrington	10.30	10.41	11
Linda Gaitskill	10.00	9.49	-11
Steve Alder	10.00	9.49	-11
Angela Murphy	9.00	9.13	13
Deborah Norman	9.30	9.15	-15
Chris Sherwood	5.38	5.55	17
Sasha Birkin	6.25	6.08	-17
Christopher Hudson	6.22	6.41	19
Errol Clarke	8.20	8.40	20
Sonya Grist	10.02	9.42	-20
Kirit Ranpura	7.15	7.37	22
Debbie Moynihan	10.00	9.38	-22
Barbara Robson	13.02	13.25	23
Andy Fox	7.30	7.03	-27
Caroline Day Lewis	7.30	7.02	-28
Judy Rackham	8.55	8.25	-30
Eleanor Murray	8.00	7.30	-30
Jeanne Coker	12.0	12.33	33
Emma Rackham	9.00	8.25	-35

Caroline Attack	9.00	8.13	-47
Jordan Clarke	6.30	5.40	-50
Colin Jackson	8.00	8.53	53
Tracy Tyrell	8.05	6.52	-73
Claire Lacoste	10.0	8.10	-110
Aaron Rawlins	10.0	8.05	-115
Mitesh Patel	.	5.47	

Thames Valley Cross Country League Reading - 22nd December 2013

Men

Position	Name	Time	Score
10	Jonathan Collier	0:30:33	10
26	Ron Taylor	0:35:44	26
70	Jonny Jackson	0:34:39	65
268	Glyn Watkins	0:44:17	196
283	Gordon Valentine	0:45:03	200
292	Andrew Collier	0:45:42	204
338	Dave Brown	0:49:54	224

Ladies

Position	Name	Time	Score
344	Carole Wells	0:50:47	117
356	Raquel Russel		
	Ponte	0:52:16	125
376	Angela Murphy	0:57:12	141

Team Results

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

Men: 15/15

Ladies: 15/15

Team: 15/15

Overall position after 4 fixtures 14 / 15

See www.tvxc.org.uk for full results



Ten Years After (well 45 actually)

Another rambling story of mine starts in 1968, when I was 15. It was my second visit to the Marquee Club in Wardour Street. The first was to see the Aynsley Dunbar Retaliation, but this was to see Ten Years After. I hadn't heard much of either of these two groups (it was several years later they got to be called bands) but my schoolmates who "knew about these things" said they were really good. I suppose I went along just to be part of the crowd. It was a long while later that I worked out that simple pop songs were what I liked, not endless drum and guitar solos over a blues beat. I still have two LPs (not albums) by Ten Years After. They featured, on guitar, Alvin Lee, also known as the "fastest guitar in the West". Later I was to realise that just the ability to play fast didn't mean the music was any good but, to get back to the point, the bass player of Ten Years After was Leo Lyons.

Fast forward to January the first 2014 and my first ever ParkRun in Gladstone Park, Dollis Hill. I am hoping to recognise a fellow runner. Somebody I haven't seen for 45 years. His name is Leo Lyons.

Strange things, Park Runs. All 5k. Almost all on Saturday mornings and almost all start at nine. Mine started at 10.30 on January the first (Wednesday), but this was the exception.

It was windy, it was raining a bit and about 60 hardy souls lined up for the event. Some had done an earlier ParkRun that day, one that had started at the usual time. They had then dashed over for this one, so I can safely say ParkRun anoraks are developing as these runs spread over the country. Every borough should have one, say the organisers. Typically, the glorious borough of Harrow is dragging its feet here.

Now you might be saying "what makes you think that this Leo Lyons runs and that he'd be there"? Well, the system is that everybody registers on the internet and prints off their personal barcode and this is married up at the finish with the chip given there to provide the results and these are available on-line. Leo Lyons has run in "my" ParkRun several times in the last six months. He's in the results, he's the right age. They may not be the same person, but it's not a common name.

But there's no happy ending. I looked for him both at the start and finish and I didn't see him. I had checked the internet and LP covers to get to know the face but no, and nothing in the results when they were published later the same day.

And, of course, there's a twist to the tale. There, two places ahead of me in the results, is the name Kieran Lyons. Could he be a relation of Leo's?

Steve Paull

A Few parkrun Results

Poole

14.12.2013

Sue Davie 34:37

Alun Davie 34:38

21.12.2013

Alun Davie 32:32

Sue Davie 36:13

25.12.2013

Sue Davie 37:25

Alun Davie 37:26

28.12.2013

Judy Rackham 27:38

Alun Davie 27:39

Emma Rackham 28:12 PB

Sue Davie 35:50

Gladstone Park

1.1.2014

Steve Paull 22:09

Graham Hart 27:08

Jane Hudson 27:32

Derek Bamforth 30:06

Irene Paull 35:36

Christine Bamforth 36:39

Mike Billington 40:31 Tail Runner

Ray Tucker 40:31 " "

Black Park

14.12.2013

Glyn Watkins 26:23

28.12.2013

Sasha Birkin 21:04

Glyn Watkins 27:10

1.1.2014

Glyn Watkins 27:22 *

Cambridge

14.12.2013

Emma Rackham 29:14

Upton Court

1.1.2014

Glyn Watkins 29:08 *

Marlow Half Marathon

Gill & I whizzed over to the Thames Valley end of the Chiltern Hills for this tough, undulating race that I've been doing since 2002, when the Harrow Marathon folded (first Sunday in November). The HQ nowadays is at the Sir William Borlaze Grammar School where you use their gym but sadly not showers afterwards.

Sometimes it's been raining, sometimes it's actually raining, and you think that the Thames has diverted northwards - the country lanes have only natural drainage and deep, standing water is often a feature. Google "Marlow Half Marathon 2012" and scroll forward to 8 mins 20 to see what I mean.

This year, however, it was a lovely sunny day and not too cold either. We just had to contend with relentless hills - those going down just as bad as those going up. You climb out of Marlow for a couple of miles and get to the highest point of the route (1050ft) within five miles. There is then a long descent (400ft) down to the Hambleden Valley where, if the slope is damp, those beech leaves on the road can be lethal if you're going full tilt.

The worst hill is at around nine miles and there's then another "dip" but once you're at the summit, it's downhill all the way back into Marlow. They have electronic results now but there were some gremlins and mine was not visible. No matter - they sent me a text soon after with my gun time and in due course the website confirmed my chip time as 1:33:05. I've done it more quickly in my time (1:28:03 in 2005) but it is a challenging race.

Afterwards, Gill and I returned to the pretty little village of Hambleden and had a lovely pub lunch at the Stag & Huntsman, before spending the rest of the afternoon touring the Chiltern countryside.

Chris Shearwood

Thames Valley XC League Tadley - 12th January 2014

Men

Position	Name	Time	Score
9	Nigel Rackham	31:36	8
53	Ron Taylor	35:21	51
75	Jonny Jackson	36:37	70
271	Al Scoffham	45:35	208
277	Andrew Collier	46:06	211
288	Gordon Valentine	46:39	217
314	Glyn Watkins	48:58	228
330	Dave Brown	51:44	236

Ladies

Position	Name	Time	Score
346	Carole Wells	54:34	101
360	Angela Murphy	56:49	112
361	Raquel Russel		
	Ponte	56:49	113
364	Jane Scoffham	57:57	114

Team Results

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

Men: 13/15

Ladies: 14/15

Team: 14/15

After 5 fixtures Metros are 14/15

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



10K Challenge - 4th January 2014

Runner	Gender	%	Time	
Nigel Rackham	M	79.28	39:02	Gold
Raquel Russel Ponte	F	78.83	58:50	Gold
Peter Jose	M	75.91	46:25	Gold
Steve Paull	M	72.41	46:06	Gold
Ian Birch	M	70.04	47:15	Gold
Chris Shearwood	M	68.29	45:19	Silver
Pauline Bishop	F	65.68	61:24	Silver
Annie Birch	F	62.85	60:40	Silver
Kath Donaldson	F	60.30	72:06	Bronze
Caroline Day Lewis	F	60.29	54:29	Bronze
Sonny Peart	M	60.11	49:05	Bronze
Ruth Tidder	F	59.40	53:52	Bronze
Andy Fox	M	57.82	53:05	Bronze
Judy Rackham	F	57.76	62:35	Bronze
Angela Murphy	F	55.91	74:17	Bronze
Mike Ransome	M	55.34	60:51	Bronze
Andrew Collier	M	55.02	54:54	Bronze
Irene Paull	F	53.26	69:41	
Hershil Patel	M	52.57	51:07	
Linda Gaitskill	F	50.63	74:17	
Mitesh Patel	M	50.58	53:05	
Claire Lacoste	F	49.25	61:35	
Emma Liston	F	48.91	62:03	

What a wet, cold miserable day for the first 10K Challenge in 2014. So well done to the 23 runners who completed the course, some for the first time (Emma Liston).

Teresa

Leadership / Coaching / Officials' courses

The committee is looking to encourage members interested in volunteering to take the Saturday morning training sessions. If you are interested please contact Dave Young. We are also supportive of members who would like to improve their session leadership skills by sponsoring attendance at the Leadership In Running Fitness courses run by England Athletics. These courses take 1 day, with no formal assessment to worry over at the end. They are designed to help deliver safe and fun training sessions, including specifics for warm ups, warm downs, and stretching.

It may be that there are members interested in taking their coaching skills further through attendance of more advanced courses such as Coach In Running Fitness. Depending upon your aims, this may also be something that the club is willing to sponsor.

The committee is also keen to encourage any members who would like to train as Officials (level 2). Again, these courses are delivered by England Athletics, and full details can be found on www.englandathletics.org

We can't guarantee that all requests can be accommodated, as we have a limited training budget. However, if you would like to be considered for sponsored training please contact any member of the committee to discuss, or call Peter Beuselinck on 07872 544898

Invitation

Barbara's really big birthday is in February. Please join her for Birthday Cake on February 8th after the Saturday session and cheer her into her next decade.

Runner's Recipes

Tostada y porotos en salsa de tomate



Ingredients: Tin Of Baked beans, Loaf of bread, Carton of spread (optional)

- Buy tin of baked beans, bread and spread (or butter if preferred).
- If bread is not sliced, slice it, but thin enough to go in the toaster.
- Choose required number of slices.
- Put slices in toaster and switch on.
- Select length of time to toast.
- Open beans, being careful not to cut fingers.
- Open spread, being careful not to break a fingernail.
- Put beans in saucepan and heat on a medium heat until hot.
- When toast is brown use knife to put spread on it and then drizzle the beans on top.
- Alternatively do not bother with the spread and just add the beans.
- Add salt and pepper according to taste.

Eat.

(Thanks SP! A great recovery food. Ed)

NOTES OF METROS COMMITTEE MEETING

Wednesday 8 January 2014, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Peter Beuselinck, Penny Hudson, Pat Jackson, Irene and Steve Paull, Marilyn Pickford, Mike Ransome, Penny Rawlins, Barbara Robson, Al Scoffham, Carole Wells, Sarah Westwood, Sandra Young.

APOLOGIES: Mandy Beuselinck

CHAIR: Mike Ransome

NOTE RECORDER: Pat Jackson

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

MATTERS ARISING FROM THE PREVIOUS MEETING – 4 December

In Memory of Ann Marsden – Penny has published in Metrolines the thank you letter received from Weston Hospice Care following donations of £55 from the run in Ruislip Woods.

ITEM CLOSED

England Athletics Registration of Competing Members – Al has checked and established that other clubs do not request renewal forms every year. It was decided that Metros would no longer request these if an initial form has been completed and signed. All will inform members via Metrolines **ACTION:** Al Scoffham Al and Irene will merge England Athletics membership and Metros subscriptions lists to avoid duplication of work. **ACTION:** Al Scoffham/Irene Paull

Officials & Coaches Training – Following a note in Metrolines encouraging Metros members to attend courses, Peter reported that Teresa Young would like to attend the timing and endurance courses. Metros will pay the fees from the training budget.

Metros Advertising – Steve will check that the ad he put in Sainsburys, Pinner is still there. Mike will renew the ad by Eastcote station, hopefully to attract commuters.

London Marathon – Metros Water Station Entries – Three places were awarded to Metros - Mandy Beuselinck, Mike Ransome and Al Scoffham were awarded the places.

London Marathon – Metros Water Station 2014 – Garry Young has confirmed that he is willing to run the Metros water station this year. Volunteers to Garry please.

ACTION: ALL METROS

Metros Marathon Week – Garry and Gill Young will not organise the event this year. Penny will put a note in Metrolines asking for volunteers to organise.

ACTION: Penny Hudson

Membership Not Renewed – Steve e-mailed the committee a list of those who had not yet renewed and several on the list were contacted.

Harrow Hill Race - Peter reported that St John Ambulance are available for first aid and Runners World will provide sponsorship, Pat will collect the vouchers. Kevin will e-mail those who have entered previously. **ACTION:** Pat Jackson/Kevin Smart

Ann Marsden – Barbara had bought ‘thinking of you’ card for Metros to sign and sent it to Ann’s family who scattered her ashes on 30 December. **ITEM CLOSED**

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

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

Hon. Secretary – Al confirmed that Metros £25 annual membership fee to Middlesex County AA is now due. **ACTION:** Mike Ransome

Al will arrange for Peter Beuselinck to have copies of correspondence from Middlesex CAA as he is attending the meetings. **ACTION:** Al Scoffham

Hon. Treasurer – Mike gave a verbal report.

Hon. Membership Secretary – The following applications were confirmed:

Charlie Halls, North Harrow; Emma Liston, Pinner; Michael Murray, Pinner; Rangah Niranchanan, Harrow; Brett Rafferty, Pinner; Sophie Richards, Pinner
Niranchanan Suntheralingam, Harrow

Irene distributed a detailed report on various aspects of the Honorary Membership Secretary’s role:

Current membership is approximately 210, approximately half men and women.

Many are now paying by direct transfer, no new standing orders have been set up.

Previous members have been removed from the Metrolines circulation list and Google group and these lists will be regularly updated.

A vote unanimously agreed that the cut-off point for renewals will be the end of January this year, after which it will be assumed that membership has ceased.

It was agreed that it is no longer necessary for anyone re-joining at a later date to complete a new application form if the information on their original form is still correct.

It was agreed that no discounts would apply on re-joining (ie half a year rate).

It was further agreed that Irene would confirm the renewal at the committee meeting but not add to the list of new members in Metrolines.

The data base will list (a) active members (b) inactive over 70’s (c) renewals (d) former members including reasons for leaving. This data is copied onto spread sheets and also available to Penny Hudson if needed.

Irene was thanked for efficiently dealing with Metros membership.

Incentives for On Time Membership Payment - the possibility of providing an incentive to pay membership fees on time was discussed. This could be achieved by increasing the fee with an opportunity to be entitled to a discount if paid promptly. This will be discussed in more detail and, if agreed, a resolution put to the AGM in May. **ACTION:** Mike Ransome

Ann Marsden Award - Ann's family wish to purchase an award in her memory. It had previously been agreed that it will be for the Metros 5K event in Roxbourne Park for the most improved lady over 18 years. (Improvement over the first event run in the current series ie not 3rd to 4th if 1st or 2nd has previously been run).

Events are held November, February, May and August. (November 2013 will be counted for the award this year).

3 out of 4 events need to be completed but discretion may be used if no lady does three events.

Teresa Young has agreed to continue to do the calculations.

Discretion re injury etc will be used by Marilyn and Henry Pickford 5K co-ordinators and Teresa.

REPORTS OF CO-ORDINATORS

Harrow Hill Race- Peter confirmed that a good number of entrants has already been received. There are some road works on the course and he will discuss this with Harrow Council. Medals and numbers are on order and the programme will be finalised soon. An Adjudicator has been contacted and Mandy will be Referee as well as Race Director. Several members have been allocated specific tasks and volunteers to marshal etc are needed.

ACTION: ALL METROS

Jane Hudson will seek spot prizes.

ACTION: Jane Hudson

Metros Barn Dance – Penny Hudson, Mike Ransome, Steve Paull and Carole Wells are selling tickets. A reminder will be sent via the Google Mail list and Facebook. The Barn Dance Committee will organise food etc and Penny Rawlins will confirm the booking with the Caller.

ACTION: Mandy Beuselinck, Penny Rawlins, Penny Hudson, Carole Wells

OTHER ITEMS

Maidenhead 10 – On behalf of Metros, Irene has received two complimentary places for the Maidenhead 10, one female, one male. It was agreed that a ballot will be held. As time is short, Al will announce this on Saturday and Penny will inform members on the Google mail group. Anyone interested to contact Al.

ACTION: Al Scoffham, Penny Hudson

LRRC Trophies – Pat will contact Graham regarding a list of events for this year.

ACTION: Pat Jackson

Metros 10Km – Slower runners are requested to start before 9.00 am and, if possible, self time.

ACTION: ALL METROS

Metros Business Cards – Mike suggested business type cards to advertise Metros. Sarah volunteered to look into this.

ACTION: Sarah Westwood

Metros Thames Valley League Host Fixture – Marilyn stated that, if the present very wet weather continued, the Woods authorities may not allow the event to take place. A warning may be placed on the TVL web site nearer the time.

ACTION: Marilyn Pickford/Jane Scoffham

Raffle for Sponsorship – Mike stated that Tracey Tyrrell had a charity place in the London Marathon and had asked if she could raffle a hamper of running items to raise sponsorship. It was agreed she could. Mike will inform Tracey.

ACTION: Mike Ransome

Christmas Messages – £170.50 was collected in donations and it was agreed to send a cheque for £200 to the Lynda Jackson Macmillan Centre in memory of Ann Marsden.

ACTION: Pat Jackson/Mike Ransome

Saturday Morning Session – Dave Young has co-ordinated the Saturday morning session in Roxbourne Park for many years. He would like others to be trained to take over from him if he is unable to attend at short notice. Irene and Al will discuss this with Dave.

ACTION: Irene Paull/Al Scoffham

Peter Maffia RIP – Pat reported that Pat Maffia had informed her that, in early December, Peter had gone for his usual run and not returned. He had died of a heart attack whilst running – as Pat said “doing what he loved the most”. Pat and Peter were members for many years before moving to Norfolk and donated our Track Shields.

The meeting finished at 9.40 pm

Date of Next Committee Meeting –Wednesday 5 February at the Methodist Church, Cannon Lane, Pinner, 8.00 pm.

Future Meetings: 5 March, 2 April.

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

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

See information on page 21.

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