



Well done to the 26 runners who ran in the new
10K Challenge

Metros Diary

FEB

Wed 1	Committee Meeting	8.00 pm
Sat 4	5K Race, Roxbourne Park	9.15 am
Sun 5	Thames Valley Cross Country, TVT	11.00 am
Sat 5	Watford Half Marathon	10.30 am
Sat 11	Measured Mile, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sun 12	Harrow Hill Race	10.30 am
Sat 18	parkrun	9.00 am
Sun 19	Hillingdon Half Marathon & 10K	9.00 am
Sun 26	Gade Valley training run (17 miles)	9.30 am

MAR

Wed 1	Committee Meeting	8.00 pm
Sat 4	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 5	Berkhampsted Half and 5 mile Fun Run	10.00 am
Sat 11	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sun 12	Finchley 20, Ruislip	9.00 am
Sat 12	North London Half Marathon	8.30 am
Sat 18	parkrun	9.00 am
Sun 26	Gade Valley training run (20 miles)	9.30 am

APR

Sat 1	10K Challenge, Roxbourne Park	8.50 am
Sun 2	Bournemouth Bay Runs, Half Marathon, 10K, 5K, and 1K	
Wed 5	Committee Meeting	8.00 pm
Sat 8	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sun 9	Brighton Marathon, 10K, Mini mile	
Fri 14	Maidenhead Easter 10	9.30 am
Sat 15	parkrun	9.00 am

For more details of Saturday morning activities please see full timetable on our website – www.metros.org.uk

Note from the Editor!

On behalf of all Metros members, I would like thank Jane and Penny for their hard work and dedication in editing Metrolines for the last six years and making it the information source that it is and that we all look forward to each month, either popping up on the e-mail, or collecting the printed copy.

It is going to be a hard act to follow but I hope you enjoy my first editorial attempt. I would be grateful for any comments.

Congratulations to the 26 runners who completed the new 10K challenge under the new age graded awards system – see page 15.

There are places available for the Harrow Hill Race on 12th February, please sign up or if you cannot run, consider marshalling or helping out at this Metros Event.

Please keep your articles, results and achievements coming in so they can be shared with fellow Metros.

Anne Ambrose



Welcome

Ketul Patel, Harrow

Rebecca Nottingham, Eastcote

Metrolines

All contributions welcome – please send to: Anne Ambrose

Email: metrolines1@gmail.com

Articles should consist of no more than 3 to 4 sides of A4 font Arial 14. When submitting articles, please ensure that all information is correct and that times, dates and places are clearly shown.

Contributions by: 15th of each month please.

If you would like to receive Metrolines by email, please send your details to Anne Ambrose at the email address above.

If you would like to advertise in Metrolines the rates are as follows:

Full page £5; Half page £3; Quarter page £2

Cross Country



Thames Valley Cross Country League

The Thames Valley Cross Country League is based around 8 races held from October to February each year.

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.

The remaining date for the 2016/2017 fixtures is 5th February.

February

5 Thames Valley Triathletes

The Harrow Hill 10k Road Race will be taking place on Sunday 12th February 2017 at 10:30am.



- £14.00 attached/ £16.00 unattached
- £18.00 on the day (subject to race limit)
- Fully marshalled road race
- Free parking,
- Toilets and showers available
- Chip timing
- Under UKA rules
- First three men, plus first Senior, M40, M50, M60. First three women, plus first Senior, W35, W45, W55. One prize per person. Additionally – King and Queen of the Hill Awards.

Places still available for this enjoyable, local 10K race. Further details and entry on the web site: <https://metros.org.uk/harrow-hill-race/>



Achievements

Well done to ...

Sasha Birkin- for coming 1st at Canons Park Parkrun on 24th Dec and 7th Jan and Black Park Park Run on 14th Jan

Spencer Millbery – for PBs at Portsmouth coastal marathon, Pednor 10 mile and Northala Park Run on 25th Dec

Steven Milner – for coming first at Harrow Park Run on 7th Jan

Nancy Morris - for a mile PB in 'Wot no Watch' on 14th Jan

Nigel Rackham – 1st in the inaugural 10K challenge and first person to receive a black award

Nicola Rochford – on her first Championship race at Middlesex Cross Country Championships, 7th January



Trophy Races

The races eligible for the Metros London Road Runners Club (LRRC) Trophy for 2017 are as follows:-

12 th March	Finchley 20
14 th April	Maidenhead 10
7 th May	Marlow 5
14 th May	Run Wembley (formerly Sudbury Court 10K)
13 th August	Burnham Beeches Half Marathon
1 st October	Moor Park 10K
15 th October	Cabbage Patch 10
October (TBC)	Ricky Road Run 10

The date for Ricky Road Run is to be confirmed but is usually the 3rd or 4th Sunday in October.

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 club's website. If you enter as a Metro and are not shown in the results as such, get in touch with the LRRC Coordinator.

The scoring system will stay the same as last year, in that the leading Metro will 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.

Steve Paull

LRRC Coordinator



It's Time to Spread the Word about Couch to 5K!

Now that information about the Couch to 5K is on the Metros website, I am hoping you will all want to advertise this excellent course for beginner runners. You may know a relative, friend or colleague who would like to start running but wants support, encouragement and some structure to their training. Anyone over the age of 18 can apply and there are 20 places. There has been a good response to my request for volunteers, so thank you again.

The course is the NHS version of Couch to 5K and consists of 9 weeks of training three times a week. On Saturdays it will be in Roxbourne Park, on Tuesdays it will start at Lowlands Tennis Club and on Thursdays it will start by the running track in Kings College Road, Ruislip. One volunteer will lead the session while others run alongside the beginners to offer support and encouragement.

The cost is £25 for the 27 training sessions. If a session is missed, the participants are asked to make it up in their own time.

All the information is on the website – metros.org.uk . Take a look!

Kath Donaldson



Metros KIT SALE

BUY NOW

Vests £9

Short Sleeve T-shirts £13

Long Sleeve T-shirts £15



One of the best ways of advertising Metros is to be seen wearing Metros kit. Most members have kit they wear in races but, to encourage members to wear existing kit on training runs etc., your committee has decided to sell our existing stock of kit at reduced prices.

Like many bargains, there is more to this. In our recent Members Survey, many members said they would like updated kit - we've had the same kit for many years. We now have some new design vests in different breathable material on order which it is hoped Metros members will like and want to buy.

Again, there is more to this. I keep a stock of Metros kit which I sell on Saturday mornings or by other arrangement. This is cumbersome and involves a large cost to Metros funds in holding stock.

We hope we've found a supplier who will keep a future supply on behalf of Metros and any member will be able to contact the supplier direct to obtain their vest or short or long sleeve T-shirt.

If you've not seen the new design of vest, it's mainly a similar yellow colour but trimmed with blue and will be similar to the picture below. If members approve the new vests at present on order and the supplier system works well, a similar design of short and long sleeved T-shirts will also be available in the future. However, we will not be introducing the T-shirts until we've reduced our existing stock. The new kit is likely to be more expensive than the current stock, so a further incentive for you to snap up these bargains.

Therefore, members please help Metros by buying our present stock at these reduced prices and wearing Metros kit more often to advertise our club.

Pat Jackson



0208 868 5683 patjacksonhome@hotmail.com



I'm of the age where I can't remember what I've written about before. Somewhere in the house are past copies of Metrolines, but I don't know where. The lady of the house will have stored them away somewhere "safe", whatever that means. In fact it will mean a place so far away they will never be found again until we leave or the place gets cleared on our passing. She won't bin them though. She has a little bit of heart to know that I have a connection to my running club and the male gene that needs to collect and store things.

Why I wanted to hunt down my old scribblings is because I wanted to see if I've written about cross-country races before. The Metros season is in full swing now and I wanted to see my old results as well as find out whether I've ever written on the topic. Hopefully I am not repeating myself.

I did quite a few XC races back in time, but I was never very good- worse than on the roads. I think the reason I was so poor was because I was not fearless enough. I think the current phrase the youth use is woos (is that how it's spelt?). Tiptoeing around puddles, instead of ploughing straight through, that sort of thing. At some races the leaders had to break the ice as we negotiated streams. I can vividly remember one Bedfordshire field that was so saturated that it was like running through muddy water. Every course seemed to have a small road section too, which made things worse as the spikes worn had to be the longest variety to get any sort of grip. These road bits reduced you to an ungainly waddle and hurt your calves. The whole thing was like an off road version of "It's a knockout". To me it was not a real test of ability, not a race at all.

But maybe I'm getting a bit nostalgic for this nonsense now and I think I'll poke my head in at our cross-country race in a few weeks. Uxbridge not too far and I might be able to blag a sticky bun in the hall when proceedings end. My main memory of these races is that they all seemed so distant- such a

long way to go for such as short race. The nature of the beast is that you got filthy, but there were seldom satisfactory cleaning facilities afterwards.

I can also recall "running" around some fields on the outskirts of Cambridge in what was majestically called "The South of England" cross country race. How did I get talked into hauling myself out there just for a six mile slog? I think that may have been my last ever XC venture. The straw that broke the camel's back perhaps. I think I was asked if I wanted to do the (admittedly longer) National a few weeks later. This was to take place somewhere near Stoke.

No thanks. My spikes had retired.

Roxeth



Mike Morris - 50th Birthday Celebration

Friday 24th March 2017 8pm-12pm
Grim's Dyke Golf Club
Oxhey Lane
HA5 4AL

Mike and Nancy would love their Metros friends to join them for a party.

Please come along!

It would help us greatly if you could confirm your attendance as soon as possible.

This will really help us plan the event.

RSVP please by Friday 10th February
nancy.morris100@btinternet.com

Big Black Mountains Challenge

Sat 13th May 2017

<http://www.longtownmrt.org.uk/bbmc.html>

https://en.wikipedia.org/wiki/Black_Mountains,_Wales



Dear Members,

I have been participating in the big Black Mountains Challenge for the last 10 years or so. It is a very well organised event and spectacular scenery (weather permitting!).

The event consists of a choice of three testing walks/runs of 50km, 32km and 16km between them taking in 15 summits over 660m around the breath-taking scenery of the Black Mountains. The event starts and finishes at LLanthyony Priory located in the Honddu Valley in the Vale of Ewyas. You will also walk along Offa's Dyke.

There are checkpoints manned by the Longtown Mountain Rescue throughout so you cannot get lost en route. Also if you decide to exit the event there are vehicle collection points throughout. Its dog friendly too.

For friends and family who do not wish to participate it makes a great weekend away with Ross on Wye, Hay on Wye, Hereford, Abergavenny and the Big Pit close by.

In the past I have stayed in a Travel lodge in Hereford or Abergavenny. Its approx. 30 mins drive in. For those who would like to camp you can do so at the event.

If anyone else is interested in either running or walking (I've always walked the 50km route, not at a fast pace and it has taken me around 12 hours with plenty of stops) this event please do hesitate in contacting me.

Also those who know Steve Alder he participated in 2014.

You will need to put in some training especially for the longer route but if you are coming off half/marathon training you should be fine.

Also you will need good walking gear, boots/waterproofs its Wales!

This event is very popular and places sell out quickly so if you are interested I would recommend you register a.s.a.p. Registration is within the link.

nathancpowell@yahoo.co.uk

07775 540 680

Results and Reports

Reading Road Runners TVXC Sunday 18th Dec 2016

Position	Name	Time
1		00:27:39
104	Brett Rafferty	00:34:30
136	John Norris	00:36:01
148	Ian Birch	00:36:30
241	Mike Morris	00:40:56
287	Jim Buckland	00:43:04
292	Glynn Watkins	00:43:15
300	Tian Hollingshead	00:43:44
364	Bernie Conway	00:46:53
383	Kyle Hollingshead	00:48:42
387	Gordon Valentine	00:49:14
407	Ruth Tidder	00:50:11
420	Al Scoffham	00:51:28
426	Annie Birch	00:52:12
460	Dave Brown	01:00:20
471	Finishers	01:08:57

Portsmouth Coastal Marathon - 18th Dec 2016

1		02:31:14
503	Spencer Millbery	04:15:24
1014	Finishers – last	06:48:01

Pednor 10 Mile 31st Dec 2016

1		0:56:36
114	Spencer Millbery	1:27:30
179	Finishers – last	1:50:58

Serpentine New Year's Day 10K

1		30:11
229	Jim Buckland	48:50
530	Finishers – last	1:26:13

Middlesex Cross Country Championships 2017

Hillingdon House Farm, 7th January

Women's Race

8000 metres

1	Winner
4	Lucy Ashe (Harrow)
51	Donna Warren (Ealing Eagles)
89	Nicola Rochford
90	Finishers

Tadworth 10 - Sunday 8th January 2017

1	00:56:30
115 John Norris	01:16:36
337 Bernie Conway	01:35:10
488 finishers	03:04:57

Inaugural 10K Challenge – January 8th 2017

	Time	Age Grading	Award
Nigel Rackham	36:33	86.78%	Black
Pauline Bishop	54:55	76.78%	Indigo
Steve Paull	45:19	75.65%	Indigo
Marion Rogan	59:12	73.45%	Blue
Dave Young	47:36	71.38%	Blue
Hilary Lemon	57:33	71.13%	Blue
Barbara Reading	63:58	70.19%	Blue
Caroline Day-Lewis	48:55	69.37%	Green
Andy Fox	45:34	69.03%	Green
Mike Morris	46:15	65.84%	Green
Simon Aberly	48:36	64.20%	Yellow
Ceri Jacob	56:54	61.92%	Yellow
Brett Rafferty	43:36	61.88%	Yellow
Jane Hudson	61:15	61.41%	Yellow
Irene Paull	63:57	60.44%	Yellow
Carol Lloyd	66:20	59.95%	Orange
Mick Camp	48:18	59.71%	Orange
Ruth Tidder	55:48	58.87%	Orange
Julia Allen	59:07	58.13%	Orange
Anne Nola	56:03	58.07%	Orange
Tiziana Spotti	68:37	55.57%	Orange
Anne Ambrose	72:52	53.80%	Red
Andrew Collier	58:37	52.80%	Red
Emma Rackham	57:44	52.54%	Red
Geraldine Gill	69:10	49.69%	Pink
Kevin Eckersley	69:24	48.53%	Pink

Apologies for not being able to give out the medals on the day..... Who knew that stop watches have a mode that records in 100th of a minute and not in minutes, seconds and 100ths of a second! So 3.33 is not 3 mins 33 seconds but 3 mins 20 seconds and 3.75 is 3 mins 45 secs. Can anyone tell me a sport that quotes records in this format? Unfortunately, I started the first six runners on a stop watch set to record in this mode. I realised my mistake before the second group of runners started 4 minutes later but then got confused at the finish as to which watch was for which runners. By the time I had sorted it out and converted all the strange times to the usual minutes and seconds, then looked up the appropriate age grading it was too late to give out the medals.

Anyway, congratulations to the 26 runners who completed the course, on an overcast Saturday morning. The next event will be on April Fool's Day – when hopefully I won't be so foolish again.

Teresa Young

5K Dark Run - 17 December 2016

I think I saw this run advertised on Facebook, hosted by Hillingdon Athletic Club - two laps around Ruislip Lido at 6pm on a Saturday evening. You could enter on the night, or online which is what I did a few hours earlier that afternoon. Requirements were to bring a fully charged torch and to dress brightly since there was no lighting other than reflective markers along the route. Afterwards, there would be festive food and drink including vegetarian option plus games back at Hillingdon AC clubhouse; all for £5.

Sunset on that date was at 3:53 pm so it was dark as I cycled up to the clubhouse on Bury Street. Inside, it was a hive of activity and crowded with other runners but fortunately the chap issuing numbers was not too busy. My online entry had not been processed so my name, age and club details were taken again; my £5 entry fee went into the pint pot and I was (verbally) given number 38 which I was to remember and give at the finish. To put around my neck I was also given one of those glow-in-the-dark plastic things apparently so popular with the “rave” community. We were to convene at the first main entrance to the Lido, by the recently renovated boat sheds.

I cycled around to the Lido and found no-one there. Over the water by the cafe I could see lights and signs of activity but correctly guessed that this concerned the weekly Santa Special run by Ruislip Lido Railway at this time of year for the young (and young at heart). As I was peering myopically at this festive scene, out of the gloom came Mike Morris and Mandy and Peter Beuselinck and their four-legged friend. Mike hadn't entered the run yet and, as time was ticking away to the start, I directed him to the clubhouse and he was back about ten minutes later. I locked my bike up behind the boathouse with my outer togs.

By this time the throng from the clubhouse had arrived and we all assembled on the slope adjacent to the road for the run briefing. There was a one-lap option for the less fit and it was to be an anti-clockwise route. We all wore head lights and one chap had a jacket entirely made of reflective material which lit up like a Christmas tree in our head lights, almost blindingly.

We set off and I stuck with the leaders initially. We ran around to the beach and past the bemused Santa Special folk. By now we were spreading out so that the route was now only illuminated by my own head light as the front runners pulled away. Lots of Metros had done Northala Parkrun that morning (as had I) and might recall how foggy it was. The fog had cleared somewhat during the day but by now it was misty again especially by the water. I wiped my glasses but it wasn't them reducing my visibility, it was the spooky mist. I had to really concentrate and angle my torch at the path to ensure that I did not stray from it, whilst hurtling along at near enough Parkrun pace.

Those who have run around Ruislip Lido will know that the path, whilst fairly newly surfaced, nonetheless undulates and twists. We passed a large glowing snowman on the train side of the fence but otherwise, all was dark and pretty quiet too. There was a chap behind me but we hardly spoke.

Over the little bridge and past “Haste Hill” station towards the Water's Edge PH which we skirted around on the water's edge before reaching the start point for the second lap. I was

lying in 6th position and there I stayed, lapping a couple of older chaps on my second circuit.

20:52 later it was all over for me. I gave my number to the chap collecting numbers and waited for Mike to come through, which he did in 23:52. I had been chatting to Steve Plummer, a fellow V50 who regularly beats me at Northala, and he kindly took a picture of Mike and me which he posted on Facebook. We saw Mandy and Peter come through in 30:42 and then went our separate ways. By the time I had unlocked my bike, everyone had finished and were on their way back to the Hillingdon clubhouse. None of us Metros stayed for snacks because we all had Nigel and Judy's function to attend later.

The Hillingdon AC website states that they raised £283.00 in entry fees for Michael Sobell Hospice. 46 of us did two laps and 8 did one lap. Whilst chilly and damp, it was rain-free and was a good, fun, low-key event, nice and local for me. If they run it again next year, I'd like to give it another go.

Chris Shearwood



5K Dark Run

1		17:49
6	Chris Shearwood	20:42
14	Mike Morris	23:46
42	Mandy Beuselink	30:42
43	Peter Beuselink	30:42
46	Finishers – last	32:46

Wot no Watch – 14th January 2017

Name	Actual	Predicted	Difference
Titiziana Spotti	09:30	09:30	0.22
Sarah Westwood	10:26	10:27	0.23
Tian Hollingshead	06:11	06:12	1
Titiziana Spotti	09:31	09:30	1
Mike Morris	06:12	06:15	3
Marion Rogan	08:28	08:25	3
Anne Nola	07:35	07:40	5
Dave Young	07:14	07:20	6
Debbie Moynihan	10:24	10:30	6
Penny Hudson	09:26	09:32	6
Andy Fox	06:13	06:19	6
Caroline Day-Lewis	06:44	06:38	6
Arnold Glickman	09:22	09:15	7
Ceri Jacob	07:53	08:00	7
Kath Donaldson	09:17	09:10	7
Janice Newman/Denise	09:12	09:05	7
Janice Newman/Denise	09:03	08:55	8
Kath Donaldson	09:02	09:10	8
Adam Leary	07:00	06:52	8
Anne Ambrose	09:59	09:50	9
Arnold Glickman	09:26	09:15	11
Wendy Mulvena	10:57	10:45	12
Juliette Nola	07:57	07:45	12
Andrew Collier	07:47	08:00	13
Mike Ransome	07:29	07:45	16
Gladys de Groot	10:57	10:40	17
Nancy Morris	08:52	09:10	18
Kyie Hollingshead	06:48	06:30	18
Errol Clarke	08:42	08:20	22
Meera Tanna	10:17	09:55	22
Amanda Hardy	09:06	09:30	24
Karen Leary	09:00	08:33	27
Raquel Russel-Ponte	09:22	09:50	28
Charina	10:29	10:00	29
Evie Wallis	08:21	07:50	31
Kevin Eckersley	09:04	09:55	51
Jo Collier	09:35	10:30	55
Julie Smith	09:50	08:47	63
Lucy Leigh	10:49	12:00	71
Jonathan Pang	07:59	10:00	121

Cliveden 10k XC - Sunday 8th January 2017

1		00:35:55
203	Adam Leary	00:53:49
380	Glyn Watkins	01:02:14
541	Kath Donaldson	01:14:49
580	finishers – last	01:33:32

Bracknell Forest TVXC – 22nd January

1	First	00:34:03
24	Ron Taylor	00:37:13
150	John Norris	00:45:35
177	Jonny Jackson	00:47:44
238	Mike Morris	00:50:55
269	Tian Hollingshead	00:53:10
284	Leah Buckland	00:54:03
286	Jim Buckland	00:54:06
321	Bernie Conway	00:57:09
333	Gordon Valentine	00:58:20
350	Kyle Hollingshead	00:59:29
400	Marion Rogan	01:06:38
419	Raquel Russell-Ponte	01:10:39
429	Kath Donaldson	01:15:09
447	Finishers- last	01:37:03

Parkrun results

17.12.16

Black Park

Glyn WATKINS 00:28:48

Harrow

Kevin SMART 00:21:48

Sonny PEART 00:25:47

Barry NOLAN 00:29:37

Arnold GLICKMAN 00:34:42

William MCKENNA 00:37:20

Poole

Alyson ANGELIDES 00:39:52

Canons Park

Jonathan EVAN-
HUGHES 00:25:25

Errol CLARKE 00:28:37

Sakina SIDIK 00:30:25

Northala Fields

Jasmeer PATTI 00:17:50

Brett RAFFERTY 00:18:25

Chris SHEARWOOD 00:19:20

John NORRIS 00:19:41

Mike MORRIS 00:20:43

Brian MCGRORY 00:20:57

Steve PAULL 00:21:07

Andy FOX 00:21:14

Dave YOUNG 00:23:10

Jim BUCKLAND 00:23:42

Matteo NOLA 00:23:53

Sam MILLBERY 00:25:21

Juliette NOLA 00:26:17

Bernie CONWAY 00:26:31

Ruth TIDDER 00:26:42

Claire MILLBERY 00:27:43

Judy RACKHAM 00:27:51

Julia ALLEN 00:28:48

Irene PAULL 00:29:05

Kath DONALDSON 00:30:14

Nancy MORRIS 00:31:24

Julie SMITH 00:32:37

Anne AMBROSE 00:33:25

Wendy MULVENNA 00:46:11

Penny HUDSON 00:46:15

Gill SHEARWOOD 00:46:20

South Oxhey

Gordon VALENTINE 00:30:06

Gladys DE GROOT 00:41:35

Cassiobury

Sasha BIRKIN 00:20:29

Penrose

John GORTON 00:23:51

Salisbury

Terry BURKE 00:46:13

24.12.16

Black Park

Glyn WATKINS 00:30:11

Harrow

Lucy ASHE 00:18:31

Brett RAFFERTY 00:18:46

Jim BUCKLAND 00:23:42

Brian MCGRORY 00:23:43

Sonny PEART 00:24:21

Leah BUCKLAND 00:25:28

Hershil PATEL 00:26:06

Ketul PATEL 00:27:28

Judy RACKHAM 00:28:47

Emma RACKHAM 00:29:29

Barry NOLAN 00:29:30

Veronica GEORGESCU 00:30:40

Moors Valley

Sue DAVIE 00:47:14

Bradford

Dave YOUNG 00:24:45

Teresa YOUNG 00:33:56

Wycombe Rye

Anne LEIGH 00:45:49

Burgess

Anne AMBROSE 00:32:33

(1st VW 60-64)

Canons Park

Sasha BIRKIN **(1st)** 00:20:44

Spencer MILLBERY 00:24:12

Jonathan EVAN-
HUGHES 00:24:51

Sam MILLBERY 00:27:01

Simon DADOMO 00:27:07

Joe MILLBERY 00:28:43

Claire MILLBERY 00:29:24

Sakina SIDIK 00:30:00

Carole LLOYD 00:32:26

Jasmeer Patti 00:33:08

Deborah LEWIS 00:39:49

Wendy MULVENNA 00:44:43

Gill SHEARWOOD 00:47:01

Longrun Meadow

Tian HOLLINGSHEAD 00:24:14

Kyie HOLLINGSHEAD 00:28:04

Dave BROWN 00:36:21

Northala Fields

Andy FOX 00:21:41

South Oxhey

Gordon VALENTINE 00:28:49

Oranmore

John NORRIS 00:21:35

Bernie CONWAY 00:26:36

31.12.16

Harrow

Kevin SMART	00:22:07
Jim BUCKLAND	00:26:14
Veronica GEORGESCU	00:31:13

Wycombe Rye

Anne LEIGH	00:45:26
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Canons Park

Nigel RACKHAM	00:17:47
Chris SHEARWOOD	00:20:02
Brian MCGRORY	00:21:18
Jonathan EVAN - HUGHES	00:24:55
Hershil PATEL	00:25:50
Emma RACKHAM	00:29:25
Judy RACKHAM	00:30:12
Sakina SIDIK	00:30:15
Gill SHEARWOOD	00:47:50
Wendy MULVENNA (tail runner)	00:53:04

Longrun Meadow

Tian HOLLINGSHEAD	00:25:05
Kyie HOLLINGSHEAD	00:29:58

7.1.17

Black Park

Brian PEVERALL	00:28:55
Glyn WATKINS	00:29:59
Anne LEIGH	00:46:54

Harrow

Stephen MILNER (1 st)	00:18:40
William MCKENNA	00:19:08
Jim BUCKLAND	00:24:14

Poole

Sue DAVIE	00:42:47
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Gladstone

Errol CLARKE (tail runner)	00:51:16
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Burnage

Chris SHEARWOOD	00:20:15
Gill SHEARWOOD	00:50:15

Northala Fields

Trish HEWLETT	00:35:26
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Tring

Adam LEARY	00:25:42
Karen LEARY	00:36:06

South Oxhey

Gordon VALENTINE	00:30:04
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Cassiobury

Sam DADOMO	00:24:17
Max DADOMO	00:26:19
Sasha BIRKIN	00:26:28

Simon DADOMO	00:26:59
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Ketul PATEL	00:27:24
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Penrose

John Gorton	00:24:24
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Somerset West (SA)

Caprice Beggs	00:27:02
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Canons Park

Sasha BIRKIN (1 st)	00:20:19
Tian HOLLINGSHEAD	00:23:50
Simon DADOMO	00:25:50
Claire MILLBERY	00:28:32
Ketul PATEL	00:28:35
Kyie HOLLINGSHEAD	00:28:47
Barry NOLAN	00:28:58
Dave BROWN	00:37:17
Wendy MULVENNA	00:38:54
Sakina SIDIK (tail runner)	00:52:51

Northala Fields

John NORRIS	00:20:33
Bernie CONWAY	00:26:28
Trish HEWLETT	00:35:08

7.1.17

Salisbury

Terry BURKE 00:50:51

Aldenham

Jonathan EVAN-
HUGHES 00:25:33

14.1.17

Black Park

Sasha BIRKIN (1st) 00:20:17

Simon DADOMO 00:26:51

Glyn WATKINS 00:29:49

Harrow

Pauline BISHOP 00:26:08

Kim HASSARD 00:30:43

Emma RACKHAM 00:30:44

Veronica GEORGESCU 00:31:36

Canons Park

Jas PATTI 00:19:33

Jonathan EVAN-
HUGHES 00:24:56

Zaheer SIDIK 00:29:51

Sakina SIDIK 00:30:22

South Oxhey

Gordon VALENTINE 00:29:06

Penrose

John GORTON 00:25:03

Salisbury

Terry BURKE 00:32:19



Bonus Parkruns Christmas Day and New Year's Day

25.12.16

Northala Fields

Chris SHEARWOOD	00:19:40
Steve PAULL	00:21:10
Brian MCGRORY	00:22:40
Spencer MILLBERY	00:23:22
Jim BUCKLAND	00:23:47

Leah BUCKLAND	00:24:02
Hershil PATEL	00:25:06
Ketul PATEL	00:26:19
Gordon VALENTINE	00:26:29
Annie BIRCH	00:28:40
Emma RACKHAM	00:29:22
Derek BAMFORTH	00:30:07
Carole WELLS	00:32:06
Trish HEWLETT	00:36:02

Janice NEWMAN	00:42:34
Gill SHEARWOOD	00:46:20

Cassiobury

Ariff SIDIK	00:30:34
Sakina SIDIK	00:31:12

Poole

Sue DAVIE	00:45:54
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1.1.17

South Oxhey (9am)

Sasha BIRKIN	00:22:31
Steve PAULL	00:23:15
Mike MORRIS	00:24:06
Brian MCGRORY	00:25:01
Jonathan EVAN-HUGHES	00:25:27
Gordon VALENTINE	00:27:40
Bernie CONWAY	00:29:48
Errol CLARKE	00:30:18
Sarah BELCHIER	00:33:44
Emma RACKHAM	00:33:45
Mitesh PATEL	00:33:45
Hershil PATEL	00:33:46
Carole WELLS	00:35:16

Cassiobury (10:30am)

Sasha BIRKIN	00:20:33
Mitesh PATEL	00:22:22
Jonathan EVAN-HUGHES	00:23:37
Hershil PATEL	00:24:58
Bernie CONWAY	00:27:46
Derek BAMFORTH	00:29:43
Ariff SIDIK	00:30:40
Sakina SIDIK	00:31:18



NOTES OF METROS COMMITTEE MEETING

Wednesday 4 January 2017 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT Peter Beuselinck, Penny Hudson, Pat Jackson, Mitesh Patel,
COMMITTEE: Irene & Steve Paull, Marilyn Pickford, Emma Rackham, Nigel Rackham,
Mike Ransome, Carole Wells, Sarah Westwood.
NON COMMITTEE: Spencer Millbery
APOLOGIES: Paula Kanesanathan, Barbara Robson
CHAIR: Sarah Westwood
NOTE RECORDER: Pat Jackson

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

Harrow Hill Race – It was agreed that The Harrow MS Therapy group would be the race charity beneficiary again this year. It is on the route of the run and it was suggested that it be mentioned in race publicity. The race entry limit was reached early last year and entries are already coming in, therefore, it's hoped that advertising leaflets will not be needed.

MATTERS ARISING FROM THE PREVIOUS MEETING – 7 December 2016

Couch to 5K – Kath Donaldson had produced excellent notes on the programme. Irene will organise an entry form on a link page from the Metros web site and entry will include membership of Metros for one year. It had been established that other clubs had received grants to run the course and Mitesh will pursue the possibility of Metros receiving a grant. He will first check with Kath that she has not made any grant application.

ACTION: Mitesh Patel

Metros New Kit – It was not possible to order a sample vest so Peter has ordered eleven male vests in our chosen design which should be received by the end of January. Peter was thanked for organising this.

Nigel and Sarah had received samples of various new logo designs from members. It was agreed that Penny and Emma would produce updated designs following suggestions from the committee.

ACTION: Penny Hudson/Emma Rackham

With new vests on order and, in the future, possible changes to the current short and long sleeve T-shirts, it was agreed that existing kit be offered to members at lower prices. Vests reduced to £9, short sleeve T-shirts £13 and long sleeve T-shirts £15. Pat will advertise the price changes.

ACTION: Pat Jackson

Metros Best Efforts Awards (MBE's) – the awards system relating to MBE's is under review and a suggestion made that an MBE be awarded when an all-time record is broken. Pat will check records to see if a suitable formula can be agreed. **ACTION:** Pat Jackson

REPORTS OF OFFICERS

Hon. Chairman – Sarah had nothing to report

Hon Vice Chairman – Carole had nothing to report.

Hon. Secretary – Peter suggested the Metros AGM be a similar date to last year and it was agreed that he will ask the Tennis Club if Friday 12 May would be available. When the date is confirmed, Peter will ask if there are any changes of co-ordinators.

ACTION: Peter Beuselinck

It was agreed that Committee members should inform Sarah whether or not they wish to continue on the committee.

ACTION: Committee

Hon. Treasurer – Mitesh was thanked for producing accounts and several points were discussed. The cheque for £150 to St Luke's for Christmas messages had been banked. Mitesh agreed to produce a year forecast next month.

New signatories on the separate Metros Harrow Hill account is being processed.

ACTION: Mitesh Patel

Hon. Membership Secretary: Two new members were confirmed: Ketul Patel, Harrow and Rebecca Nottingham, Eastcote

Irene confirmed there are 197 adult members at full rate. She anticipates many present standing orders will be out of date and she will state in Metrolines the new process for renewing memberships.

ACTION: Irene Paull

REPORTS OF CO-ORDINATORS

None.

OTHER ITEMS

It was agreed that the Committee would check the Metros Survey to see if any items not already covered need to be raised.

ACTION: Committee

Meeting finished at 9.07 pm.

Date of Next Committee Meeting Wednesday 1 February

Future Meetings: Wednesday 1 March, 5 April

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

Runner's Recipes

Beetroot and Horseradish Soup

Some studies have found that nitrate supplementation improves sports performance and endurance. Nitrates have a beneficial effect on blood pressure and cardiovascular health. Beetroot is a rich source of nitrate and this delicious soup is a great way to supplement nitrate levels.



Serves 4

Ingredients

- 2 tbsp olive oil
- 1 large onion, chopped
- 1 large potato, chopped
- Bunch of beetroot (4 medium or 6 small beetroots), peeled and chopped
- 1 litre (1¾ pt) vegetable stock
- Salt and freshly ground black pepper
- 1 tbsp horseradish sauce – or spoonful of grated fresh horseradish mixed with Greek Yoghurt

Method

In a saucepan, heat the olive oil, then add the chopped onion. Cook on a low heat until the onions are translucent. Stir in the chopped potato and beetroot.

Pour the stock over, bring to the boil then simmer for 20 mins or until the vegetables are all tender.

Blend the mixture until smooth add a pinch of salt and black pepper to taste.

Stir in the horseradish.

Serve in bowls and add a swirl of sour cream.

Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the first Wednesday of most months and we are open to all members.

Coaching/Leadership/Officials'/First Aid Courses

If you would like to be considered for sponsored training please contact a member of the committee to discuss or call Peter Beuselinck on 07872 544898. See www.englandathletics.org for courses.

Metros Website and social media

www.metros.org.uk

Contributions to:

emma.rackham@hotmail.co.uk

We also have a Facebook page and Twitter account – please like or follow us.

If you would like to join Metros' group email please contact Penny at pm.hudson@ntlworld.com Group email address: metrosrc@googlegroups.com

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 Kit

Metros breathable vests and long and short sleeved T-shirts are available from Pat Jackson – tel. 020 8868 5683. Price: T-shirt £20, £17; vest £12. Hats, fleece jackets and hoodies can also be ordered.

Metros REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: Mw49ran@gmail.com	
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

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.