



January 2014

Issue No. 304



Metros Diary

2014

JAN

Wed 1	Serpentine New Year 10K, Hyde Park	11.00 am
Sat 4	10K Challenge, Roxbourne Park	8.50 am
Sun 5	Cliveden Cross Country	10.00 am
Wed 8	Committee Meeting	8.00 pm
Sat 11	5 mile walk, Roxbourne Park	9.00 am
Sun 12	TVXC - Tadley	11.00 am
Sat 18	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 19	TVXC - Bracknell Forest Runners	11.00 am
Sun 19	Fred Hughes 10, St Albans	10 am
Sun 26	TVXC - Metros, Mad Bess Woods	11.00 am

FEB

Sat 1	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sat 1	Middx County AA, Masters Cross Country Championships, Mad Bess Woods, Ruislip	2.30 pm
Sun 2	TVXC - Thames Valley Tri	11.00 am
Sun 2	Watford Half Marathon & Junior Races	10.30 am
Wed 5	Committee Meeting	8.00 pm
Sat 8	Barbara's Birthday Cake, Scout Hut, Roxbourne Pk	10.00 am
Sat 15	5K Run, Roxbourne Park	9.15 am
Sun 16	Harrow Hill Race - METROS event	10.30 am
Sun 23	Gade Valley training run – 17 miles	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 23	Gade Valley training run – 20 miles	9.30 am
Sun 23	Hillingdon Half Marathon	9.00 am
Sun 30	Bournemouth Bay Half, 10K, 5K, 1K family run	TBA

APR

Sat 5	10K Challenge, Roxbourne Park	8.50 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

Committee meetings are at Methodist Church Hall, Cannon Lane. They are open to all but only the committee can vote.

Note from the Editors!

Happy New Year one and all. If your new year resolutions include getting fitter, then join any of the Metros runs for company and encouragement. The cross country season is in full swing for those of you who like to get muddy, and for anyone in training for a spring marathon, there are plenty of races to help you along the way.

As always, a plea for your photos, race results, articles about your running (or unrelated), and recipes – always welcome and we know there are some excellent bakers out there.

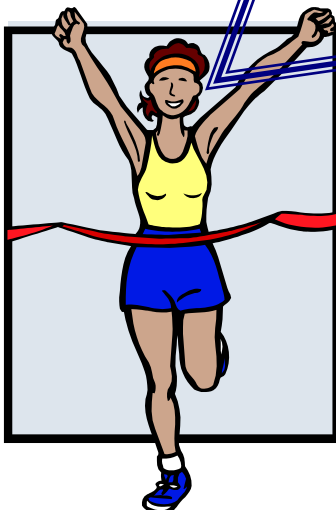
Jane and Penny Hudson



Welcome

Tamsin Mounter, Harrow
Afifah Shoaib, Harrow

Elected at the December
meeting



Cross Country



Dates for the Thames Valley Cross Country League

12th January 2014 - Tadley - a new course this year without the ditches

19th January 2014 - Brackness Forest Runners - Lightwater Country Park

26th January 2014 - Metros - Mad Bess Woods

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

Start 11.00 am

Mad Bess Cottage, Breakspear Road North UB9 6LZ

There is no parking at the Start/Finish

There are car parks in Mad Bess Woods, Bayhurst Woods and at Ruislip Lido.

This year there will also be parking available at Breakspear Crematorium

We will need lots of help to host this fixture, so please volunteer.

Offers of help to marshal contact Marilyn Pickford 01895 233 778

Offers of help at the Finish and Refreshments contact Jane Scoffham 01895 270 245

Each host club provides Refreshments after the race.

So lots of sandwiches and goodies are needed.

If you cannot be there on the day, they will be gratefully received on Saturday morning.

Thank you

Jane

MIDDLESEX COUNTY ATHLETIC ASSOCIATION

MASTERS CROSS COUNTRY CHAMPIONSHIPS

Date: Saturday, 1 February 2014 **Venue:** Mad Bess Woods, Ruislip

Distance: 8000m, approx **Time:** 2.30pm

Closing Date: Thursday, 21 January 2014

Entry Fee: £4.00 per individual

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

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

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

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

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

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

On being a race referee

Notes on duties:

Read the risk assessment

Run/walk the course

Have an understanding of other people's duties!

Have a copy of the entry form in advance

Have a copy of the athlete's letter in advance

Be around on the day

Inspect the finish setup on the day

Have a copy of the route map with marshal points

Observe the start

Respond to/resolve queries/complaints on the day

Withhold medals/prizes if complaints about placings cannot be resolved

Attend a UKA level 2 endurance course!

Jeanne Coker

Achievements

Well done to ...

Jane Hudson - a PB at Christchurch 10K.

Kirsty Young and **Aaron Rawlins** for running the Wot No Watch for the first time, and **Jordan Clarke** for a PB



BARN DANCE

Saturday 1st March 2014
7pm - 11.30pm

TICKETS NOW AVAILABLE

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

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

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





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



Weston Hospicecare

specialised hospice care for local people

Jackson-Barstow House
28 Thornbury Road, Uphill
Weston-super-Mare, BS23 4YQ

T: 01934 423900 F: 01934 423901
E: info@westonhospicecare.org.uk
W: www.westonhospicecare.org.uk

M Ransome
Metros Running Club
42 Boundary Road
Eastcote
HA5 1PN

25/10/2013

Dear Mr Ransome

On behalf of Weston Hospicecare, I write to thank you for the generous donation of £55 raised from a Cross Country run by members in memory of Ann Marsden. I would like to thank you for supporting the Hospice and offer members our most sincere condolences at such a difficult time.

As a charity, we receive minimal public funding and are very much reliant on, and grateful for, the generosity of the general public. I do hope you gain some comfort from the knowledge that your kind contribution will go towards continuing the work of Weston Hospicecare, which supports local people and their families.

Once again, thank you very much for thinking of the Hospice at this time.

Yours sincerely,

Diana Sorrell
Director of Fundraising

XX World Masters Track and Field Championships

in Porto Alegre Brazil 15th – 27th October

by Jeanne Coker

I had to get out the map to find that Porto Alegre is the capital of the most Southerly state in Brazil (which has 27 states). Now this is a long way to go so holiday had to be added to the athletic competition. I booked myself a holiday in the Pantanal – a wetland area the size of Belgium and Holland put together. It was the “dry” season but is full of rivers and lakes and a superb variety of birds. But back to Porto Alegre and the athletics.

86 countries were represented. Less than when the championships are held in the Northern Hemisphere but nice to see significant numbers from countries like Uruguay, Chile, Paraguay and Bolivia. These countries are a long way from anywhere – except Brazil! It is the first time I have competed against a Chilean.



There were buses to everywhere and free to nationals over 60 and non-nationals over 65. There is a turnstile on the bus through which you have to pass and pay the conductor. Seats in front of the turnstile are free for the exempt – 60/65, disabled, pregnant, those carrying children andthe obese!

The hotel I stayed in prides itself on its name – Eko Residence. It has a green roof, solar panels and collects rainwater to flush the toilets. It has separate bins for waste food and recyclables in each guest room. It also claims to have a city view – windows, windows and more windows from all the high rises!

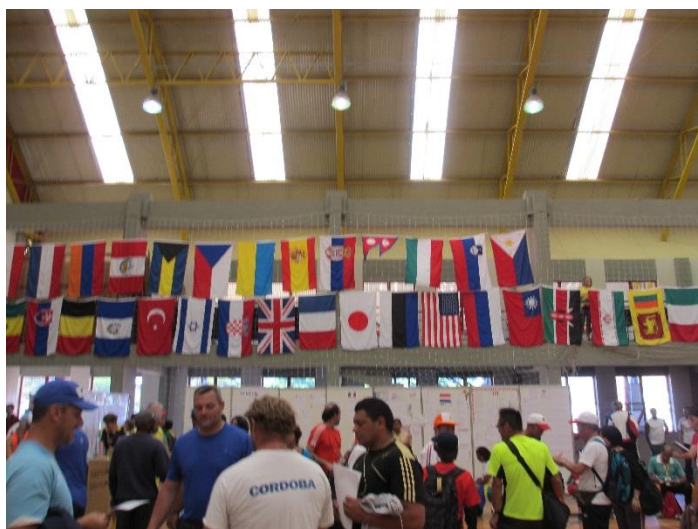
Luckily I was competing at the main stadium so I found a convenient bus route and claimed my free travel. Now my Portuguese is very limited (very) but I did wonder what you would find at the end of the route going to COHAB!

Thanks to the people who found the hotel for me. It was 5 minutes from the largest park in the city with some lovely shade trees where I was able to do all my training.

And what of the athletics. The Brazilians didn't have enough funds to house and feed and transport large numbers of officials (hence my change of role from official to competitor) so used local students which worked well most of the time except for 5k and 10k which

were more nightmarish than usual. At the main stadium things ran well to time except on a couple of occasions – the very first morning when there was no electricity and the morning after some fantastic overnight storms.

An electronic gun was used (an Australian told me they now use it all the time at home) but it was difficult to distinguish the recall so the chief marksman also blew a whistle. One afternoon a storm was developing and the 400m race set off on the first clap of thunder! They did take the athletes off the track until the storm had passed. They now have a rule in the



USA that the track is cleared for half an hour at the first flash of lightening (and additional half hours for every subsequent flash) – let's hope we don't follow their idea!

You declared your intention to compete on the day before the competition and were given a duplicate copy to take with you to the call room in case you had been left off the start list. This worked well on sprints and middle distance but not at 5k and 10k where adding you to the start list was not quite so simple as you also needed a chip (the electronic type).

For those of you who are interested I competed as a W75 in 100m (23.71 – 67.7%), 200m (49.96 – 67.2%), 400m (1:59.87 – 69.0%).

So what are my lasting impressions of Brazil? Brazilians are friendly, laid back and extrovert. I bought myself some floral pink shorts so I could mix in with the crowd. You are not going to be robbed on every street corner; we walked back, quite safely, from the final party at 3.00 a.m. You have cake (and sometimes crème brûlée) for breakfast. There are huge cakes in every corner shop. There is football on TV every evening.

My relaxation before returning home was a few days in a pousada (guest house) with a veranda + hammock overlooking the white sand beach and the warm South Atlantic – and I did go training on the beach soon after dawn every day.

London Marathon Place Draw

This year we received one London Marathon place.

The draw took place on Saturday 30th November and was awarded to Kate Heracleous.

We would like to draw your attention to a new clause which will come into effect for the 2015 London Marathon draw.

To enter the draw you must be Registered with England Athletics. This was a committee decision as the number of places we as a club receive is now based upon the number of registered members.

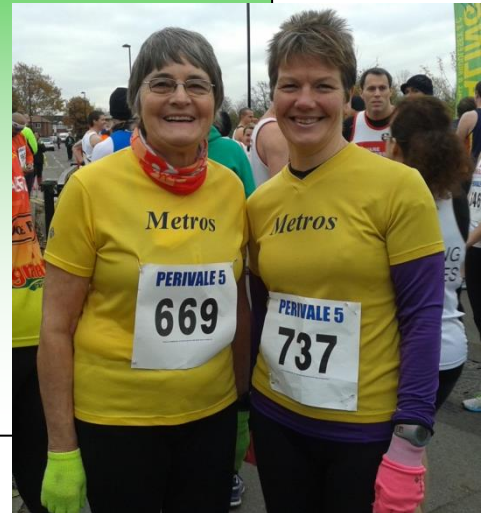
Thursday Night Run - 19th December 2013



Results and Reports

Perivale 5 - 1st December 2013

1 st		25:29	
68	Steve Paul	32:52	80.70%
135	Peter Reynolds	36:28	70.28%
169	Peter Jose	38:37	72.50%
198	Jane Hudson	39:59	72.12%
239	Glyn Watkins	41:44	63.01%
335	Kath Donaldson	53:09	64.27%



Christchurch Christmas 10K

1		31:37	
225	Jane Hudson	49:16	PB
419	Alun Davie	58:58	
492	Sue Davie	1:11:33	
519	finishers - last	1:48:42	



Results from Christopher Hudson

Middx/Herts Road Relays	15.9.13	U11 boys	8th	6:02
NW London YA League	28.9.13	U11 boys	18th	7:38
Harrow Schools XC	16.10.13	U10boys	3rd / 81	6:57
Chiltern League Watford	19.10.13	U11 boys	21st	8:00
Chiltern League Oxford	9.11.13	U11 boys	33rd	9:08
Chiltern League Milton Keynes	7.12.13	U11 boys	41st	6:39



Correction From 16th November 5K Run

Name	Time	Age Grade
Natalie Tidder	33:33	52.31%
Ruth Tidder	33:33	46.54%

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.

Thames Valley Cross Country League

Sandhurst - 24 November 2013

8	Nigel Rackham	30.40
56	Ron Taylor	34.43
124	Jonny Jackson	37.34
149	Kevin Smart	38.37
288	Tracey Tyrell	45.11
303	Al Scoffham	46.10
314	Sigrum Jonsdottir	46.48 (guest)
316	Andrew Collier	46.56
335	Phoebe Wells	48.56 (guest)
358	Dave Brown	51.49
362	Carole Wells	52.08
377	Raquel Russell-Ponte	53.45
384	Jane Scoffham	54.32
402	Angela Murphy	58.22
409	Sonia Grist	



Handy Cross - 8 December 2013

6	Nigel Rackham	34.30
17	Ron Taylor	36.36
105	Kevin Smart	42.35
118	Jonny Jackson	43.15
218	Hershil Patel	49.58
234	Tracey Tyrrell	51.05
272	Al Scoffham	54.15
281	Gordon Valentine	54.58
300	Andrew Collier	57.03
308	Carole Wells	58.54
314	Raquel Russell-Ponte	60.45
335	Dave Brown	64.20
337	Jane Scoffham	64.38
343	Angela Murphy	66.54



NOTES OF METROS COMMITTEE MEETING

Wednesday 4 December 2013, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Peter Beuselinck, Penny Hudson, Pat Jackson, Steve Paull, Mike Ransome, Barbara Robson, Carole Wells, Sarah Westwood

APOLOGIES: Mandy Beuselinck, Irene Paull, Marilyn Pickford, Penny Rawlins, Al Scoffham, Sandra Young

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 – 6 November

Events in Memory of Ann Marsden – A thank you letter has been received from Weston Hospice Care following donations of £55 from the run in Ruislip Woods. Penny will publish in Metrolines.

ACTION: Penny Hudson

England Athletics Registration of Competing Members – Al will check whether other clubs request renewal forms every year. Al will discuss with Irene if the England Athletics membership payments could coincide with Metros subscriptions to avoid duplication of work.

ACTION: Al Scoffham

Officials & Coaches Training – Peter had attended a committee meeting of Middlesex AA and the need for more officials and coaches was discussed. England Athletics organise one day officials courses for £30 (plus officiating at four fixtures), coaching courses up to level 1 or 2 cost £250. Details are available on the EA web site. Peter will put a note in Metrolines encouraging Metros members to attend such courses.

ACTION: Peter Beuselinck

Metros Advertising – Steve has put a notice in Sainsburys, Pinner and will add others to supermarket notice boards, the bridge and the newsagents by the bus stop in Pinner. Mike will renew the ad by Eastcote station, hopefully to attract commuters.

ACTION: Steve Paull/Mike Ransome

Metros Twitter Account – Mandy has set up a Metros twitter account.

ACTION: Item Closed

Summer League Metros Host Fixture – Pat confirmed that Donna Warren has volunteered to take over organising and race directing. Pat will help next year.

London Marathon – Metros entry – The draw was held on 30 November in the Scout Hall – Kate Heracleous was awarded the one EA place given to Metros.

Pat will check if Garry has received places for the Metros Water Station and if he is willing to run the Metros water station next year. **ACTION:** Pat Jackson

Pat will also check if Garry and Gill will organise Metros Marathon Week next year. **ACTION:** Pat Jackson

Thames Valley League – Metros Runners Fees – Al has paid a Metros cheque to the host club on the day.

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

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

Hon. Secretary – Al had sent two items:

A member has a London Marathon place and is willing to pass it on. It was decided that this should be a private matter between individuals.

The Middlesex AA have their annual dinner at the Cumberland Hotel on 1st February, £25. Anyone interested please contact Al.

Hon. Treasurer – Mike distributed a report and was thanked for maintaining the Metros accounts.

Hon. Membership Secretary – The following applications were confirmed: Tamsin Mounter, Harrow; Afifah Shoaib, Harrow.

We have an almost equal number of male and female members. Steve will e-mail the committee a list of those who have not yet renewed.

ACTION: Steve Paull

REPORTS OF CO-ORDINATORS

Harrow Hill Race - Peter reported that the organisation was progressing. An advertisement is in the January issue of Runners World and Kevin will e-mail those who have entered previously. Peter will check on availability of St Johns for first aid and sponsorship. **ACTION:** Peter Beuselinck

Vets T&F League – On behalf of Wendy Mulvenna (co-ordinator) Pat attended a recent meeting. Dates and venues for the meetings next year and walk judges were discussed, together with the timing of certain events and age groups.

OTHER ITEMS

Ann Marsden – Ann's family wish to purchase an award in her memory. It was decided that it will be for the Metros 5K event in Roxbourne Park and Pat will agree details with Marilyn and Henry Pickford, 5K co-ordinators.

ACTION: Pat Jackson

There was a vote on whether the award should be for women only – 4 for, 3 against.

Ann's family will scatter her ashes on 30 December which would have been her 70th birthday. Barbara will buy a card for Metros to sign.

ACTION: Barbara Robson

The meeting finished at 9.11 pm

Date of Next Committee Meeting –Wednesday 8 January at the Methodist Church, Cannon Lane, Pinner, 8.00 pm.

Future Meetings: 5 February, 5 March, 2 April.

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

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

Runner's Recipes

Mincemeat & Marzipan Teabread

(You may have seen this before, but it's such a nice recipe for using up leftovers we thought we'd give it to you again!)

Ingredients

- 220g/8 oz self-raising flour
- 100g/4 oz cold butter, cut into pieces
- 85g/3 oz light muscovado sugar
- 85g/3 oz marzipan, cut in to 1/2 cubes
- 2 eggs
- 300g/10 oz mincemeat
- 2 tablespoons sliced almonds
- icing sugar, for dusting

Directions

1. Preheat the oven to 180c / gas 4 / fan 160c.
2. Butter a 2lb loaf tin and line the base with greaseproof paper.
3. Tip the flour into a bowl, add the cold butter and rub until the mixture forms fine crumbs. Stir in the sugar and marzipan cubes.
4. In another bowl, lightly whisk the eggs, and then stir in the mincemeat. Stir this into the flour mixture until evenly combined.
5. Spoon in to the prepared loaf tin, smooth and sprinkle the flaked almonds over the top.
6. Bake for 1 hour until the tea bread is risen and golden brown, or a skewer inserted comes out clean.
7. Lightly dust the tea bread with icing sugar while it is still hot.
8. Allow to cool in the tin for 10 minutes then tip on to a wire rack to cool completely.



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 17.

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