

etrolines

July 2013

Issue No. 298



Some of last year's Summer League winners

Metros Diary

2013

JUN

Sat 22	Midsummer Madness, Roxbourne Park	9.00 am
Mon 24	Vets Track & Field, Battersea	6.30 pm
Fri 28	Judy & Nigel's Metros BBQ	7.00 pm

JUL

Wed 3	Committee Meeting	8.00 pm
Sat 6	10K Challenge, Roxbourne Park	8.50 am
Sun 7	Summer League, Perivale	11.00 am
Sat 13	5 mile walk, Roxbourne Park	9.00 am
Sun 14	Metros Social Walk in the Chilterns (see page 6)	
Sun 14	Bushey 10K + children's races	11.00 am
Mon 15	Vets Track & Field, Battersea	6.30 pm
Sat 20	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sat 20	Steve Paull's SVP Track Marathon, Harrow School	8.30/9.00 am
Sun 21	Summer League, Regents Park	9.00 am
Sun 21	Wycombe Half & 10K	9.30 am

AUG

Sat 3	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 4	Sturminster Newton Half Marathon	10.30 am
Sat 17	5K Run, Roxbourne Park	9.15 am
Sun 18	Summer League, Battersea Park	9.30 am
Sun 18	Burnham Beeches Half Marathon	9.30 am

SEP

Sat 7	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 8	Maidenhead Half, TROPHY RACE	9.30 am
Sat 14 & Sun 15	Round Norfolk Relay	
Sat 21	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 29	Moor Park 10K, TROPHY RACE	3.00 pm
Sun 29	Ealing Half Marathon	9.15 am

OCT

Sat 5	10K Challenge, Roxbourne Park	8.50 am
Sun 6	Bournemouth Marathon	10.00 am
Sat 12	5 mile walk, Roxbourne Park	9.00 am
Sat 19	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 20	Cabbage Patch 10, TROPHY RACE	10.00 am
Sun 27	Ricky Road Run, TROPHY RACE	10.30 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!

Writing this after Metros' home Summer League fixture - it was good to see so many of you there, and hope everyone enjoyed themselves. Thank you to everyone involved in the organisation before, during and after. At least this year no thunderstorm to contend with! There are plenty of activities coming up during the summer (?) - look forward to seeing you at some of them. As usual keep those results and photos coming in.

We have a special tribute to Ann Marsden with this issue: hope it brings back some happy memories.

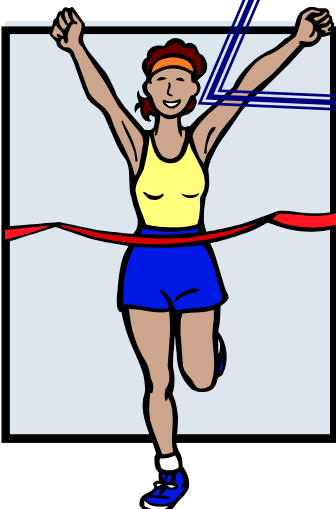
Jane and Penny Hudson



Welcome

Sonia Patel. North Harrow
Savita Patel. Stanmore
Reena Patel. Pinner
Caprice Beggs. Southall
David Oldacre. Southall

Elected at the June meeting



Trophy Races



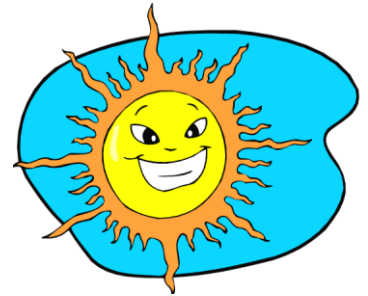
The following Road Races are the remaining events that will contribute towards the LRRC Trophy Race competition;

Maidenhead Half Marathon	Sunday 8th September at 9.30 am
http://www.purplepatchrunning.com/races/pharmalink-maidenhead-half-marathon	
Moor Park 10K	Sunday 29 th September at 3.00 pm
http://www.moorpark10k.org.uk/	
Cabbage Patch 10 (Stragglers)	Sunday 20 th October at 10 am
http://www.cabbagepatch10.com/	
Ricky Road Run	Sunday 27th October at 10.30 am
http://www.rickyroadrun.co.uk/	

Any queries please contact
Graham Haddon LRRC Co-ordinator (grahamhaddon@aol.com)

Summer League

Sunday 7 July , 11.00 am Perivale, 5 miles
Hosted by Ealing, Southall & Middx
Sunday 21 July , 9.00 am Regent's Park, 10km
Hosted by Mornington Chasers
Sunday 18 August , 9.30 am Battersea Park, 5 miles
Hosted by Serpentine



VETERANS TRACK & FIELD LEAGUE

The following are dates and venues for the remainder of the season:

Monday	24 June	Battersea
Monday	15 July	Battersea

****Please note corrected venues.****

Do consider coming along, the evenings can be fun.

If you would like to join us or would like further information, please contact:

Pat Jackson 020 8868 5683 or Wendy Mulvenna 020 8863 4838

Your committee saw the departure of its chairman, Jane Scoffham, at the end of the 2013 AGM. After offering to step into the breach when the previous chairman resigned, and there being no willing volunteers from among the existing committee, Jane has led our meetings, and undertaken much behind the scenes work, in the five years that followed. In that time our constitution has seen a substantial redrafting, the membership has grown by around 20%, committee members have come and gone, and many tricky issues have arisen, and been resolved, under her leadership. We are very grateful for the contribution Jane has made to the continuing health of, and enjoyment to be found at, Metros and look forward to her remaining involved in many other ways, not least in our return to participation in the Round Norfolk Relay. *Thanks, Jane.*

Track and Field Training

Improve your fitness and core strength together with coaching on running, throwing and jumping events.

Hillingdon Council in co-operation with Hillingdon Athletic Club have arranged Wednesday night training sessions at Uxbridge Running Track, Gating Way, Uxbridge UB8 1ES.

Cost is **£2.00 per week** pay and train - so no need to book, just turn up on the night.

Wednesday nights:

Running 26 June, 17 July, 7, 28 August.

Throwing 3, 24 July, 14 August

Jumping 10, 31 July, 21 August

Time 6.30 to 8.00 pm (3, 10 July 7.30 to 9.00 pm)

See link below for more details:

<http://www.hillingdon.gov.uk/article/25199/Athletics>

I did these last year and thoroughly enjoyed the sessions. You can continue with track/running if you don't want to do the field events.

Marilyn Pickford

Racing News

By Les Terpigot and Wally Carson



The SVP marathon in July throws up the first ever chance for Metros runners to race each other over the "classic" distance, with the twist of being able to watch each other's progress during the gruelling 105 lap event and plan strategies accordingly.

As bookmakers, it is fascinating to surmise who might come out on top. Each of the candidates has a strong case for it to be them.

Here at the Racing Post we'll try to help you make that choice from our runners and riders with some pointers you may have missed.

Let's have a look at the runners and riders-

Gerry Barker Oldest but lightly raced and the fastest sprint finisher. If he's there at 26 miles beware. 20-1

Mandy Beuselinck This filly made majestic progress through the lower grades but it was halted by a poor run Edinburgh in May. Just a one off blip? 10-1

Terry Burke Oldest of the three distance veterans on show. Very steady. Could be a contender if the handicapper hasn't given him too much weight. Trains away from the main group. 12-1

Andy Fox Always a fast starter but can he last the distance. Injury prone too. 8-1

John Gorton Has beaten Steve P in every marathon they've contested. Has he been enjoying too much of the good life in recent months? 10-1

Mitesh Patel The youngest Metro runner at the starting gate. Blew up after an impressive start in the Watford Half earlier this year. Could be the surprise package. Seldom seen in public, has he been doing secret training? 5-2

Steve Paull This is the 100th marathon for this veteran. Easily the most experienced, but has he run the distance too many times and is over the hill? 8-1

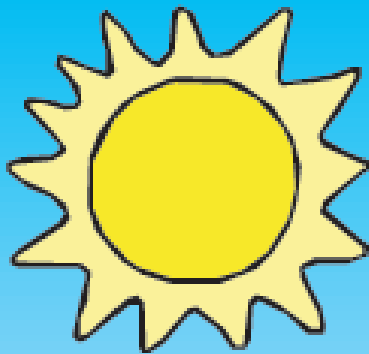
Gertrud Porter The word steady is perfect for Gertrud and this might be enough if the race turns in a battle of egos for those who start too fast. 10-1

Nathan Powell Fastest in the field in recent times. Rumoured to be heavily involved in outside interests which may have destroyed his focus. Evens

Al Scoffham Fastest of the three veterans and fastest of the competitors over the distance, but no marathon for many years may rule him out of contention. He is, however, another with the potential to sneak under the radar. 12-1

Programme includes:

**Rutter, Chilcott, Parry, Jersey Boys,
Les Misérables, Jazz & Pop songs**



Summer Concert

Featuring Soloists:

Quintabile Brass Ensemble

Saturday 29th June 2013

7.30pm

(doors open 6.45pm)

**Pinner Methodist Church
Love Lane, Pinner HA5 3EE**



/HarrowHarmony



@HarrowHarmony

www.harrowharmony.co.uk

**Tickets £10.00 including buffet
(Under 18s £5.00)**

For Details or Tickets Contact: **020 8861 4017**
boxoffice@harrowharmony.co.uk

Harrow Harmony: Charity Number 1128233



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Achievements

Well done to ...

Natalie Tidder for completing the 5K run for the first time.

Tracey Tyrell and Penny Hudson for PBs at the Dulwich Summer League 10K.

Penny Hudson for doing her best half marathon time for 25 years at St Albans half.

Sonny Peart and Christopher Hudson for PBs in the June Wot No Watch



Metros Summer Walk - Sunday 14 July

This is a lovely circular walk from Wendover, taking in some of the finest views in the Chilterns.

It will be an “all day” walk of approximately 10-12 miles, with several stops for liquid refreshment along the route. We intend to have a pub meal either during the day or at the finish in Wendover.

Meeting point, start time and details of trains for those who prefer not to drive will be given nearer the day.

Unfortunately, due the distance and timing we feel that this walk will not be suitable for children.

If you are interested or want to know more about the route then please contact Henry

Tel: 01895 233778

email: pickfords_uk@hotmail.co.uk

Round Norfolk Relay September 14/15th September 2013

It is approaching fast!

We will soon be announcing the squad

All enquiries to Jane or Al Scoffham 01895 270245



Hatch End Triathlon - Mandy Beuselinck, Andy Fox



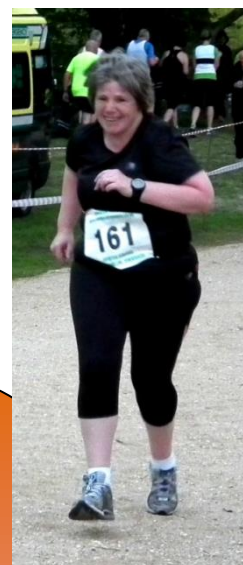
Dulwich Summer League - Sunday 2nd June



Results

Purbeck10K - Friday 17th May 2013

Sue Davie 73:16



Sudbury Court 10K - 19th May 2013

1		35:03
13	Mitesh Patel	43:10
14	Kevin Smart	43:21
18	Steve Paull	45:12
24	Jan Bek	46:56
26	Peter Reynolds	47:39
30	Simon Abery	49:06
34	Tom Alder	51:11
37	Graham Hart	51:14
50	Ruth Tidder	55:13
54	Peter Jose	57:04
55	Sonny Peart	57:15
57	Judy Rackham	57:39
58	Paul Gardner	57:40
60	Derek Bamforth	59:37
64	Steve Alder	63:09
66	Geraldine Gill	64:11
68	Irene Paull	69:56
69	Penny Hudson	73:54
71	Linda Gaitskell	76:15
72	Angela Murphy	76:15
73	finishers - last	81:32

North Dorset Village Marathon - 5th May 2013

1		2:53:52
276	Terry Burke	4:55:37
294	finishers - last	7:10:06

5 Mile Handicap - 1st June 2013

Date	01/06/2013	Actual 5 mile time	Time inc. handicap	Position	Points	Next Handicap
Mark	Rakobowchuk	0:32:26	0:32:26	1	54	27
Bob	Manning	0:40:28	0:40:28	2	53	19
Roberta	de Martin-Pinter	0:49:59	0:49:59	3	52	10
Emma	Rackham	0:50:58	0:50:58	4	51	9
Tracey	Tyrell	0:50:59	0:50:59	5	50	9
Marilyn	Pickford	0:55:19	0:55:19	6	49	4
Karen	Leary	0:55:20	0:55:20	7	48	4
Guy	Bostock	0:39:52	0:55:52	8	47	20
Anne	Ambrose	0:52:03	0:57:03	9	46	7
Kath	Donaldson	0:52:03	0:57:03	10	45	7
Penny	Rawlins	0:52:14	0:57:14	11	44	7
Sarah	Westwood	0:45:18	0:57:18	12	43	14
Steve	Paull	0:36:20	0:57:20	13	42	23
Geraldine	Gill	0:49:24	0:57:24	14	41	10
Simon	Abery	0:38:02	0:58:02	15	40	21
Caroline	Day-Lewis	0:40:20	0:58:20	16	39	19
Debbie	Moynihan	0:56:33	0:58:33	17	38	3
Veronica	Georgescu	0:58:41	0:58:41	18	37	1
Andrew	Collier	0:42:13	0:59:13	19	36	17
Sonny	Peart	0:43:15	0:59:15	20	35	16
Steve	Alder	0:48:16	0:59:16	21	34	11
Olivia	Gill	0:49:21	0:59:21	22	33	10
Adam	Leary	0:40:39	0:59:39	23	32	19
Mike	Ransome	0:44:46	0:59:46	24	31	15
Nigel	Rackham	0:30:11	1:00:11	25	20	29
Ruth	Tidder	0:42:11	1:00:11	26	19	17
Kevin	Smart	0:34:13	1:00:13	27	18	25
Gagan	Khullar	1:00:38	1:00:38	28	17	-1
Carole	Wells	0:46:43	1:00:43	29	16	13
Sandra	Young	0:52:46	1:00:46	30	15	7
Julie	Smith	0:54:47	1:00:47	31	14	5
Julia	Allen	0:47:57	1:00:57	32	13	12
Judy	Rackham	0:44:25	1:01:25	33	12	15
Hema	Thakur	0:58:40	1:01:40	34	11	1
Gladys	De Groot	1:03:31	1:02:31	35	10	-4

Catherine	Corcoran	0:57:32	1:02:32	36	9	2
Raj	Varshani	0:45:38	1:02:38	37	8	14
Stephanie	White	0:54:16	1:03:16	38	7	5
Elish	Fernandez	1:03:31	1:03:31	39	6	-4
Tom	Alder	0:36:36	1:03:36	40	5	23
Angela	Murphy	0:59:02	1:04:02	41	4	0
Linda	Gaitskill	0:59:02	1:04:02	42	4	0
Raquel	Russel-Ponte	0:58:31	1:06:31	43	2	1
Marion	Rogan	0:56:32	1:09:32	44	1	3

A great turn out on 1st June, with more than 40 runners taking part. There are now at least 5 runners who could snatch the trophy, so keep training,

Next 5 mile handicap is on 7th September.

Irene Paull

5K Results - May 2013

Name	Time	%	
Hilarie Lemon	25.01	75.41	Gold
Ian Birch	20.59	75.11	Gold
Marion Rogan	27.19	74.19	Gold
Steve Paull	21.40	73.38	Gold
Sasha Birkin	21.17	72.27	Gold
Peter Jose	24.25	69.33	Silver
Bob Manning	26.06	69.28	Silver
Kath Donaldson	30.39	68.18	Silver
Andy Fox	21.49	67.06	Silver
Annie Birch	28.04	66.27	Silver
Caroline Day-Lewis	24.43	64.86	Silver
Anne Leigh	36.27	64.24	Silver
Judy Rackham	27.13	63.99	Silver
Mark Rakobowchuk	20.34	63.74	Silver
Simon Aberly	22.47	63.70	Silver
Sam Dadomo	24.23	62.72	Silver
Steve Poole	25.26	62.51	Silver
Guy Bostock	23.34	62.08	Silver
Adam Leary	23.50	61.38	Bronze
Gordon Valentine	25.53	60.89	Bronze

Malcolm Jackson	26.54	60.15	Bronze
Julia Allen	26.40	60.12	Bronze
Teresa Young	29.34	59.63	Bronze
Kirit Ranpura	25.18	59.24	Bronze
Ceri Jacob	28.17	58.57	Bronze
Tracy Tyrell	25.58	57.12	Bronze
Anne Ambrose	31.45	57.00	Bronze
Irene Paull	32.43	55.32	Bronze
Hershil Patel	23.46	54.28	
Steph White	33.53	54.15	
Debbie Moynihan	34.56	54.00	
Geraldine Gill	30.03	53.91	
Paul Gardner	28.37	53.69	
Karen Leary	30.19	53.43	
Angela Murphy	37.40	53.00	
Natalie Tidder	33.17	52.72	
Devi Grewal	30.36	52.39	
Colin Jackson	31.44	52.37	
Steve Alder	28.16	52.17	
Karen Collier	29.16	51.93	
Errol Clarke	28.26	51.86	
Olivia Gill	29.49	51.31	
Julie Smith	32.52	51.01	
Gareth Hughes	35.38	50.74	
Penny Rawlins	30.35	50.68	
Roberta De Martin	29.52	49.88	
Linda Gaitskill	37.40	49.38	
Penny Hudson	35.03	49.02	
Emma Rackham	31.24	47.13	
Ruth Tidder	33.54	46.06	
Hema Thakur	35.37	44.17	
Ian Bockock	37.59	43.36	
Gagan Khullar	33.56	39.92	

Thanks to Aaron, Kirsty and Rowan for giving out the lolly sticks at the end of the 5K.

Marilyn and Henry

Edinburgh Marathon - 26th May 2013

1		2:15:32
2252	Steve Paull	3:52:57
4344	Mandy Beuselinck	4:21:00



Bupa London 10,000 - 27th May 2013

1		29:13
7787	Anne Ambrose	65:27

Stortford 10 - 2nd June 2013

1		57:26
175	Sonny Peart	1:39:36

St Alban's Half Marathon - 9th June 2013

1		1:16:03
94	Nathan Powell	1:31:27
104	Christopher Shearwood	1:31:47
214	Steve Paull	1:35:41
596	Jonny Jackson	1:44:47
1175	Jane Hudson	1:54:22
1675	Dee Vadukal	2:02:42
2022	Andrew Shirras	2:12:11
2358	Penny Hudson	2:26:58
2363	Irene Paull	2:27:15
2468	Kirit Ranpura	2:39:29
2557	finishers - last	3:31:32

VETS TRACK & FIELD LEAGUE

Uxbridge 10th June 2013

Name	Event	Time		Name	Event	Time
Terry	800m	3.09.3		Jeanne	200m	53.0
Burke	3000m	13.17.3		Coker		
	Shot	6.35m				
Mark	Shot	6.44m		Kath	800m	4.21.4
Mulvenna				Donaldson	Long Jump	1.94m
Matt	200m	29.7				
Rogan	800m	2.33.5		Gladys	200m	45.4
	3000m	11.26.3		De Groot	Triple Jump	4.97m
	Triple Jump	8.07m			Long Jump	2.36m
	Shot	5.82m			Shot	4.50m
					Hammer	9.95m
Kevin	200m	27.0				
Smart	3000m	11.44.1				
	Long Jump	4.30m				

4 x 100m Relay – 63.3 - Mark Mulvenna, Matt Rogan, Terry Burke, Kevin Smart.

Men - 4th out of 6 teams

Women – 5th out of 5 teams

Next fixtures: Monday 24 June – Battersea

15 July – Battersea

Runners over 35 years are eligible to compete in this friendly league.

Please contact me or Wendy prior to the fixtures if you would like to participate.

Thank you.

Further information from

Pat Jackson - 020 8868 5683

Wendy Mulvenna – 020 8863 4838

Vets T&F League Co-ordinators

Runners' Recipes

Mushroom risotto (good for carb loading)

- 50g dried porcini mushrooms
- 1 vegetable stock cube
- 2 tbsp olive oil
- 1 onion , finely chopped
- 2 garlic cloves , finely chopped
- 250g pack chestnut mushrooms , sliced and washed
- 300g risotto rice , such as arborio, Riso Gallo 3 grain rice
- 1 x 175ml glass white wine
- 25g butter
- handful parsley leaves, chopped
- 50g parmesan or grana padano, freshly grated



- Put the dried mushrooms into a large bowl and pour over 1 litre boiling water. Soak for 20 mins, then drain into a bowl, discarding the last few tbsp of liquid left in the bowl. Crumble the stock cube into the mushroom liquid, then squeeze the mushrooms gently to remove any liquid. Chop the mushrooms.
- Heat the oil in a shallow saucepan or deep frying pan over a medium flame. Add the onions and garlic, then fry for about 5 mins until soft. Stir in the fresh and dried mushrooms, season with salt and pepper and continue to cook for 8 mins until the fresh mushrooms have softened.
- Tip the rice into the pan and cook for 1 min. Pour over the wine and let it bubble to nothing so the alcohol evaporates. Keep the pan over a medium heat and pour in a quarter of the mushroom stock. Simmer the rice, stirring often, until the rice has absorbed all the liquid. Add about the same amount of stock again and continue to simmer and stir - it should start to become creamy, plump and tender. By the time the final quarter of stock is added, the rice should be almost cooked.
- Continue stirring until the rice is cooked. If the rice is still undercooked, add a splash of water. Take the pan off the heat, add the butter and scatter over half the cheese and the parsley. Cover and leave for a few mins so that the rice can take up any excess liquid as it cools a bit. Give the risotto a final stir, spoon into bowls and scatter with the remaining cheese and parsley.

TRY: Fry pieces of chicken with the onion and garlic, or, stir through chunks of roasted pumpkin or butternut squash towards the end of cooking.

445 kcalories, protein 15g, carbohydrate 63g, fat 17 g, saturated fat 7.7g, fibre 4g, sugar 3g, salt 1.45 g
Recipe from Good Food magazine, **October 2006**.

Notes of Metros Committee Meeting

Wednesday 5th June 2013, Methodist Church Hall, Cannon Lane 8.00pm

Present: Mike Ransome, Al Scoffham, Penny Hudson, Peter Beuselinck, Steve Paull, Marilyn Pickford, Penny Rawlins, Sarah Westwood, Sandra Young

Apologies: Pat Jackson, Barbara Robson, Mandy Beuselinck, Carole Wells, Irene Paull

Chair: Mike Ransome

Note Recorder: Al Scoffham

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 either Mike or Al.

Mike opened the meeting as incoming Chair and welcomed the new committee members on board.

Matters arising from the previous meeting on 1st May 2013

Metros Car Stickers - Jane has not had the opportunity as yet to prepare the art work and Pat is on holiday.
ACTION: Jane Scoffham, Pat Jackson

Harrow Hill Race - Mandy was not present at the meeting but the balance is looking very healthy at the moment. It was decided we should do an inventory of all our equipment with a view to using funds to upgrade or replace. Peter Beuselinck volunteered to undertake this with offers of assistance from Penny and Marilyn
ACTION: Peter Beuselinck

Round Norfolk Relay - Still on for the weekend of 14/15th September 2013. Reminders will be made in the next two months.
ITEM CLOSED

Fees for Metros Runners - Note to be made by Penny in Metrolines
ACTION: Penny Hudson

Barn Dance - Discussion taken place as to finding a larger venue and looking for a late winter date. Penny Hudson will check race dates to avoid any potential clashes. Dave Young will be contacted regarding the organisation but as he is busy organising a 60th birthday party to end all parties it is unlikely he will be able to assist. It was also suggested we form a sub-committee to organise this popular event. Penny Rawlins will contact Dave Young as he may have details of larger alternative venues.
ACTION: Penny Rawlins

Metros First Aid - Ongoing: Marilyn to talk to Angela Murphy
ACTION: Marilyn Pickford

Mile Event in London - Barbara Robson has added this to the race book
ITEM CLOSED

Draft copies of audited accounts - Audited and delivered
ITEM CLOSED

Event for Ann Marsden

Discussion taken place for a race in memory of Ann. Ideas ranged from

Measured mile named after Ann

Woods run on a Sunday Morning

Moor Park Run

Early September seemed a favourable date. Marilyn to check date and Penny to put an article in lines

ACTION: Marilyn Pickford, Penny Hudson and all committee

Reports of Officers

Hon. Chair-Nothing to report

Hon. Vice Chair- Nothing to report

Secretary -Al reminded everyone that the England Athletics registration period ends on 30th June. We have only about 12 registered so far

ACTION: Al Scoffham

Treasurer -No report this month as final accounts just submitted but our balance is looking healthy. We are paying £100 per quarter for hire of the scout hut

Membership Secretary

Irene not present but Steve Paull reported.

We have 241 members, 120 female and 121 male members of which 34 are under 17

5 new applications all approved

Sonia Patel, North Harrow

Savita Patel, Stanmore

Reena Patel, Pinner

Caprice Beggs, Southall

David Oldacre, Southall

Discussion regarding attracting new members. It was felt we need to control this as we have a good number already. The following actions arose

Penny Rawlins to look at advertising in magazines, Steve Paull to look at putting a poster on Pinner Bridge, Sandra Young to send a copy of the constitution to all committee electronically and Al Scoffham to ask Kevin Smart to put the England Athletics forms on our website

ACTIONS: Penny Rawlins, Steve Paull, Sandra Young, Al Scoffham

Reports of Co-coordinators

Marilyn Pickford: Organising a Chiltern Walk Sunday 14th July

Penny Hudson: To prepare a list of co-coordinators phone/e-mail addresses

Circulated a publication in memory of Ann to go in the next Metrolines

Steve Paull: the Tuesday night run is dying a death. Looking for ideas to increase interest

Any Other Business

Running Leadership Courses

Hema Thakur has applied for a Metros Funded course, She is aware that half the cost is paid after completion and in full after taking 6 Saturday morning sessions

The committee felt each application should be an agenda item considering the cost of the course and the content

ACTION: All Committee

Summer League:

Decision was made to spend £25 on water melons and bananas for our home fixture.

Meeting ended 9.35pm

Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the first Wednesday of most months (but usually not May, August or January) and we are open to all members.

First Aid

If you hold a valid First Aid Certificate please could you let me know so that we have a list for run co-ordinators, in case of an incident.

If you are interested in taking a First Aid course, we may be able to arrange it. Thank you.

Jane Scoffham - tel. 01895 270245

First Aid Course

Contact me on
0208 866 1170,
mcstraining@hotmail.co.uk,
or see me at the scout hut
after the Saturday running
session for further details.

Margaret Smith

Facebook Page

If you're a Facebook user then look out for the Metros Running Club Page. We've set this up to allow Metros to keep in touch and to interact with other running based organisations. Getting access is simple - key in Metros Running Club in the Search bar, click to link down to the Page that is returned by the search, and "like" the page. And don't be afraid to contribute anything relevant to the Page.

Metrolines

Contributions to: Penny and Jane Hudson

Email: metrolines1@gmail.com

Contributions by: 15th of each month please.

If you would like to receive Metrolines by email, please send your details to Jane or Penny Hudson at the email address above.

When submitting articles, please ensure that all information is correct and that times, dates and places are clearly shown.

Photocopying: Pat Jackson

Contact Penny Hudson if you would like to join Metros group email.

Group email address: metrosrc@googlegroups.com

Advertising

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

Full page £5

Half page £3

Quarter page £2

Coaching/Leadership Course

The committee has allocated a running training budget, so if you are interested please find a course that you would like to do and then contact

Jane Scoffham - tel. 01895 270245

Metros Website

www.metros.org.uk

Contributions to: ks@d4b.co.uk

If you have information and/or photographs relating to club events that you feel should be on the website please send details to Kevin at the above email address.

Metros Kit

Metros breathable vests and long and short sleeved T-shirts are available from Pat Jackson – tel. 020 8868 5683. Price: T-shirt £15, £18; vest £12.

Other kit also available.

Metros vests can also be purchased at Runner's World, 139 Field End Road, Eastcote, HA5 1QH. Tel. 020 8868 6997. (Runner's World does not have any Metros T-shirts).

Safety Information

Whenever you attend a training session, please inform the session coordinator / leader if you have any injury or other medical condition.

Also, if you participate in one of Metros Saturday morning races or challenges, please give your name to the person(s) organising the event and report back to them if you drop out. This applies particularly to events where the course is mainly on the streets and is to enable us to check whether anyone has lost their way or suffered an injury or accident.

A "dog tag" for personal information can be obtained from Pat Jackson for £1.00

***Metros* REGULAR RUNS**

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: mondaymetros@yahoo.co.uk	
TUESDAY	20.00	Steve Paull	020 8422 6636
WEDNESDAY	19.15	Dave Brown	020 8933 1821/Steve Paull
THURSDAY	19.00	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