



**Winning Relay Team - Metros Summer League
Well done boys!**

Metros Diary

2014

JUN

Mon 23 **Vets T&F, Battersea Athletics Track** **6.30 pm**

Fri 27.6-Tues 1.7 **Metros Marathon Week** **Various**

JUL

Wed 2 **Committee Meeting**

Sat 5 **10K Challenge, Roxbourne Park** **8.50 am**

Sat 5 **Judy & Nigel's BBQ** **7.00 pm**

Sun 6 **Summer League, Perivale, 5 miles** **10.00 am**

Sun 6 **Bushey 10K + Junior Races** **10.00 am**

Sat 12 **CLUB PHOTO, Roxbourne Park** **9.00 am**

Sat 12 **Food Bank Donation - see inside for details**

Sat 12 **5 mile walk, Roxbourne Park** **9.00 am**

Mon 14 **Vets T&F, Perivale Athletics Track** **6.30 pm**

Sat 19 **Wot No Watch, Roxbourne Park** **9.20 & 9.40 am**

Sun 20 **Summer League, Regent's Park, 10K** **9.00 am**

Sun 20 **Wycombe Half & 10K** **9.30 am**

AUG

Sat 2 **Measured Mile, Roxbourne Park** **9.20 & 9.40 am**

Sat 9 **Food Bank Donation**

Sat 16 **5K run, Roxbourne Park** **9.15 am**

Sun 17 **Summer League, Battersea Park, 10K** **9.00 am**

Sun 17 **Burnham Beeches Half Marathon** **9.30 am**

SEP

Sat 3 **Committee Meeting**

Sat 6 **5 Mile Handicap, Roxbourne Park** **8.50 am**

Sun 7 **Maidenhead Half Marathon, Trophy Race** **9.30 am**

Sat 13 **35th Annual Fun Run, The Brian Jackson Fun Run, Roxbourne Park** **8.45 am**

Sat 13 **Food Bank Donation**

Sat 20 **Wot No Watch, Roxbourne Park** **9.20 & 9.40 am**

Sun 28 **Moor Park 10K, Trophy Race** **3.00 pm**

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

Please Note: If you wish to run the 10K challenge or 5 mile handicap and are likely to take over an hour please make sure you are ready to set off at 8.50am. If you wish to leave earlier you may self time the run.

Note from the Editors!

It has occasionally felt like summer over the last few days – and what a great turn out at our home summer league fixture. Well done to everyone who took part and helped, Nigel for winning the main event, and the men's relay team....well!

However much we say it's the taking part that counts, it's good to have winners from time to time. A special mention to Sonny at this difficult time – his account of Edinburgh Marathon makes for poignant reading. Whatever the weather and running or otherwise, enjoy all the Metros events coming up.

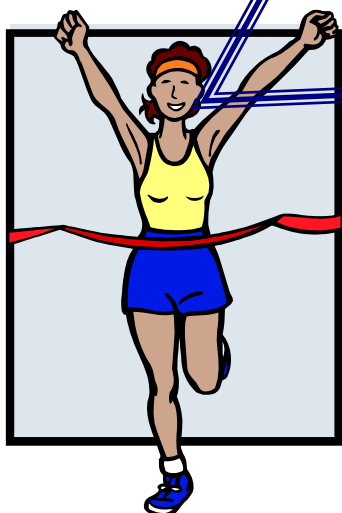
Jane and Penny Hudson



Welcome

Paul Donahoe Ruislip
Michael Trevalleon, Ealing
Spencer Millbery, Stanmore
Jon-Paul, Daniel and Angelina Hardy
Hiren Shah, Harrow
Louise, Steve, Finn and Kane O'Reilly,
Holmer Green

Elected at the June meeting



Trophy Races



Maidenhead Half Marathon
Moor Park 10K
Cabbage Patch 10 (Stragglers)
Ricky Road Run

Sunday 7th September at 9.30 am
Sunday 28th September at 3.00 pm
Sunday 19th October at 10.00 am
Sunday 26th October, 10.30 am

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.

Please Note: Burnham Beeches half marathon will not be a Trophy Race this year due to a clash with the Summer League

Summer League

Sunday 6 July, 10.00 am

Perivale, 5 miles

Hosted by Ealing, Southall & Middx

Sunday 20 July,

Regent's Park, 10km

Hosted by Mornington Chasers

Sunday 17 August

Battersea Park, 10K

Hosted by Serpentine

For further information please contact Pat Jackson tel: 0208 868 5683



Summer League Website - summerleague.meteor.com

Vets Track and Field

Well done to everyone who took part in The Vets meet at Hillingdon Stadium!

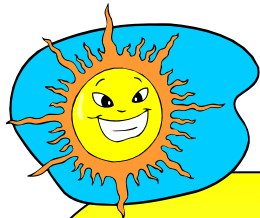
It was great to have enough people for Both a men and women's relay team!

Next meet is at Battersea on 23rd June , then Perivale on 14th July.

If you would like to come and have a go please email Wendy

Wendymulv@hotmail.com





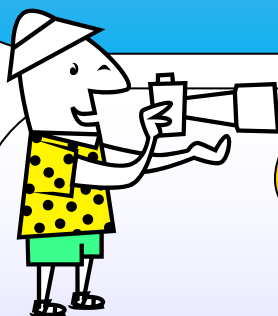
MIDSUMMER MADNESS IN THE PARK

On 21st June, Metros Saturday morning session in Roxbourne Park will be the annual Midsummer Madness - team games involving a little bit of running, a certain amount of water and a lot of fun.

All are invited to attend but children will be especially welcome. As usual, fancy dress is encouraged.

The games start at 9:00 and will be followed by refreshments and prizes in the scout hall at 10:00.

Pease Note: If the forecast for the 21st is not good we will delay until the following week, the 28th.



Club Photo

On Saturday 12th July the committee have organised a photographer to attend the session at 9.00am to take a club photo. We would like to have as many Metros as possible in the photo (in club kit) so please try to attend. The photo will be used for our website and Metros facebook page, however, nobody will be named.

Harrow Food Bank

Food banks rely on donations from local organisations and individuals. The committee think that it would be great if Metros could get involved with collecting food to donate to the Harrow food bank.

So once a month, on the 2nd Saturday, we will be asking you to bring a donation from the food bank's shopping list. Think what a difference we could make just by everyone bringing in one item.

You can see from the list that you do not have to spend a lot of money but it is important that items have a long sell by date.

Thank you.

**FIRST COLLECTION DATE:
SATURDAY 12TH JULY**

[Harrow Food Bank](#)

Milk
(UHT or powdered)
Sugar (500g)
Long life fruit juice
Tins of Soup
Pasta sauces
Sponge pudding (tin)
Tinned Tomatoes
Breakfast cereals
Tinned Rice pudding
Tea Bags
Jar of instant coffee
Instant mash potato
500gms Rice
500gms Pasta
Tinned meat/fish
Tinned fruit
Jar of Jam
Packets of biscuits
Snacks



Prudential RideLondon Surrey 100 Water Station 2014



Prudential Ride London takes place on Sunday 10th August 2014 and Metros have once again been asked to provide support at the feeder station at Wimbledon Common. This is 90 miles into the 100 mile route and last year we provided much needed nutrition and support for the flagging cyclists while having great fun and enjoying some superb cycling action when the elites passed by.

This year Metros have two riders who have secured guaranteed places through our club's involvement with last year's event.

If you'd like to be part of this year's 15 strong team, please drop an email to Mandy Beuselinck at a_beuselinck@yahoo.co.uk stating your t-shirt size (S, M, L, XL).

You'll need to be available for the whole day meeting at 0815h at Wimbledon until around 1700h. Lunch will be provided.

The 15 volunteers will be selected on a strictly first come basis.

Closing date for applications is Friday 4th July. More information on the event can be found on:

http://www.prudentialridelondon.co.uk/The_Events/Prudential_RideLondon-Surrey_100.htm

VACANCY WITHIN METROS

After 22 years as co-ordinator of the Metros Saturday morning session in Roxbourne Park, Dave Young has decided it's time to retire from this role.

If this popular session is to continue, we need a volunteer or a group of volunteers to take over from Dave.

Job description: Opening scout hut, making sure the rotas for Session Leaders and Teas are filled, making sure scout hut is left clean and tidy, locking up.

So if you think it's time for a new challenge (that doesn't involve running)...

Please contact Metros Honorary Secretary Peter Beuselinck - p.beuselinck@yahoo.co.uk, tel: 07872544898

Achievements

Well done to ...

Sonny Peart for PB at Run Wembley 10K (on a blisteringly hot day)

Sonny Peart for a PB at Edinburgh marathon

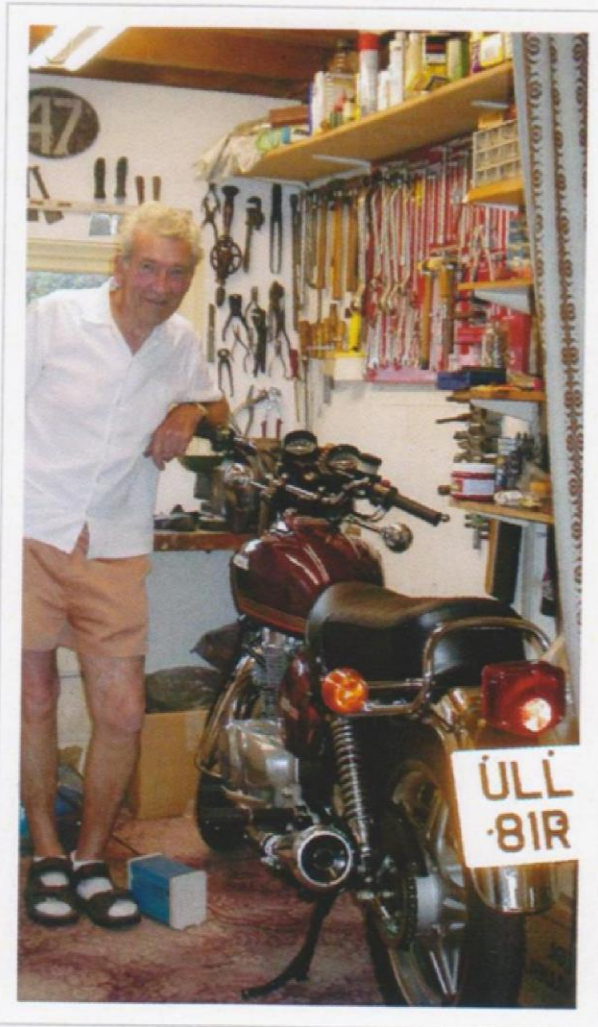
Anne Ambrose & Sasha Birkin for PBs at Bupa London 10,000

Mike Morris for a 5K PB

Mike Morris for a 5 mile PB on 7th June

Sasha Birkin for a 5 mile PB at Ickenham 5





In Loving Memory
of
John Frederick Smith

30th April 1926 - 17th May 2014

TRIBUTE TO A 'RUNNER' FOR D-DAY +70 YEARS

This is a story of a runner – my hero – my Uncle Charlie Byatt who landed at Sword Beach on the morning of D-Day.

Charlie was a Londoner who had never been far from his Islington home. So, not surprisingly, he wasn't looking forward to being 'called up' (conscripted). Charlie had heard a rumour that, if you volunteered for the Royal Navy, you might not be called up for a further year due to the shortage of ships. There was always the possibility that the war might be over by then!

On the day of his call up interview he was asked "why do you want to go in the Navy Byatt?", Charlie replied "I like the idea of going to sea and seeing a different country". "That's good" replied the interview clerk "we have just the position for you, there's your rail warrant for Stranraer and there's your ticket for Stranraer to Belfast sea journey, you're going into the Royal Ulster Rifles". (An Irish Regiment recruited mostly from the Belfast area).

On his first day the Sergeant Major, known as Mad Mick McGinty, addressed them by saying "I know who you are, you're the sweepings of the gutters of Belfast". Charlie naively put his hand up and said "excuse me I'm from London". From that moment on he was a marked man and the butt of much Irish humour.

After the basic training came the 'job allocation'. By now Charlie was known as 'a bit of a runner' so, unusually for the Army, he was given the job of Company Runner. This is a job of extreme danger as the runner had to carry messages between the front line and the HQ Company. Life expectancy was very short.

The 2nd Battalion Royal Ulster Rifles (R.U.R) landed on Sword Beach at a place called Ouistreham on the morning of D-Day. Within 24 hours the senior officers of the Headquarters staff had been wiped out and their replacements were soon mostly badly injured but Charlie, due to his speed as a runner and good fortune, survived unscathed.

After a few days the R.U.R. had advanced a few kilometres inland on the road to Caen. They had captured two S.S. Officers complete with long leather great-coats. Charlie was detailed to take them back to Headquarters, by himself, for interrogation. He later said he kept his finger on the trigger of his rifle, taking up the first pressure, all the way back to HQ in case they turned on him.

Runners usually lasted but a few weeks due to their constant exposure to fire. Charlie saw out the whole Normandy Campaign without a scratch. The worse pain he felt was when he went to the Regimental Dentist who put in a 'temporary' filling. In fact that filling lasted well into his seventies.

Charlie was with the R.U.R. right through to VE Day. As part of the Army of Occupation, the Army organized an inter-regimental sports day in Berlin. One day, whilst practising, a professional runner in civilian life said he would give Charlie a race over 220 yards (200 metres). As he was a professional, he gave Charlie ten yards start. At the end of the race Charlie was fifteen yards ahead of the professional, he didn't see him again.

On sports day Charlie acquitted himself well and we proudly have his trophies to this day. We shall never forget our Uncle Charlie.

Brian Jackson

Dave Young's 60th



The Oscar Wilde connection.

It was Oscar Wilde who said that life imitates art. That is assuming that Wikipedia is correct.

Now, you may remember, around about the time of the London Olympics, I wrote something about collecting my uniform, which later became fictional nonsense about Mike Bilington and, despite looking, never being able to find him.

Then, in February (Metrolines 305), I wrote a piece about my first Park Run in Gladstone Park and trying to find the bass player of 60s/70s rock/blues band Ten Years After, who had run there before, but on the day was absent.

Now, in the results of RunWembley (the old Sudbury Court 10k), in the 5k event, in 7th place, is Leo Lyons- the name of the man from Ten Years After. He must have been a short distance away from me at the race briefing, in fact while looking around for similar olduns like me, I pointed out to Irene somebody who might be an over 60 10k rival, but was later happy when I saw from his number that he was in the shorter race. That could have been Leo Lyons.

But I didn't know, and I have missed the elusive man again. The hunt for Leo Lyons continues.

Steve Paull

Results and Reports

Edinburgh Marathon – 25th May 2014

1	2:15:33
2553 Sonny Peart	3:51:38 PB
8623 finishers - last	7:26:34

Edinburgh Marathon 2014

I hadn't been to Edinburgh for a number of years, and I had forgotten two facts about the city: half the voices one hears are English, and almost all the people one meets are genuinely friendly, providing a welcome antidote to the 'Faragist' bonhomie of Starbucks baristas the world over. From the taxi driver who tried to get me close to the marathon start before nipping off to watch his girlfriend in the half marathon, to the EMF2014-finisher-t-shirt-clad folk dotting the city the day after the race, everyone conspired to make me and other runners feel welcome.

If one spends too much time in London, it is possible to forget that other European capitals are villages in comparison. How else to explain bumping into the colleague with whom I share a Harrow College office in the Titian exhibition at the Scottish National Gallery while killing time before my train back to Kings Cross the day after the race?

Ah yes, the race. My memories of it, unlike Titian's paintings, are impressionistic. Too much adrenalin beforehand and too many endorphins during the race left me unable to view it objectively. I'd arrived in Edinburgh on Saturday afternoon, and met up with some runners from The Running Bug, an online running community, to while away the evening. Sunday dawned damp and chill. Porridge and toast were followed by a halting journey to the start line, dodging thousands of half marathon runners on the way.

The rain ceased just before the start, so I could discard my bin bag (the only time I've tried to be that unfashionably prepared) to reveal my lurid orange Myeloma UK vest. I was in the fourth pen of the 'fast' start. Probably ideal, as it discouraged any early over-exuberance. I maintained a steady 8mins plus pace as we headed out of the city. I was consciously keeping myself reined in, heeding all the 'everyone always starts too fast' advice I had absorbed in the preceding weeks. By the time I reached the Musselburgh promenade, I was feeling comfortable, and



unperturbed by the sea breeze. I went through 10k in 52 minutes, running well within myself. I was able to laugh inwardly when running past a house from which blared '500 miles' by the Proclaimers. No doubt they do that every year.

I went through half way in 1h 51m, still feeling strong (before this year's Watford HM, that would have been a 13.1 mile pb for me). The middle section of the race is an out and back rural road. There was sparse support, and the sun had appeared from somewhere. By the time I reached 20 miles, it was uncomfortably warm, and I wondered if strolling past the early water stations had been wise. I was still on target for a sub-3h45m time, but each mile marker now seemed more elusive. My patented strategy of breaking the distance down into 1m, 10m, 10k, 5m, 5k and 1m, had worked admirably up to that point. I'd taken gels at 13, 15 and 18 miles, but the one I took from a boy scout at 21 miles was my undoing. I'd never had a banana-flavoured High 5 before, and I don't plan to consume one again anytime soon. As soon as I swallowed it, I regretted it. Nausea, rather than energy, was the result, and it took me about ten minutes to recover. By then, I was readjusting my target to 3h50m, though part of my brain was already calculating whether I could still break 4hrs if I had to stop and walk.

Happily, it didn't come to that. At 23 miles, I was slowing noticeably, but was strangely encouraged by the young woman ahead of me, who stopped to throw up (another banana High 5 victim?), and then ran past me again. At 24 miles, the heavens opened. A wag in the crowd shouted 'Go on Sonny. We get the irony.' It took me 30 seconds to process the joke, and another minute to realise that meant I was running on empty. I summoned up positive thoughts – months of training and improving race times, support of friends and family, money donated to my chosen charity, and the fact that the pain in my legs was nought compared to the pain my mother had been enduring in hospital for months past – and continued to put one foot in front of the other, just running.

The crowds increased as the finish line approached. The rain died away, and the last mile felt like running through an ever-narrowing funnel of cheering people. I saw the finish gantry, and heard my name over the PA. I knew I had broken four hours, and had run from start to finish. A real achievement, that could never be taken away.

As soon as I crossed the line and stopped running, fatigue hit like a hammer. I could barely stand. Even breathing was tricky; a new experience for me. If the ground had been dry and I hadn't been drenched, I would have lain down there and then for an hour. As it was too cold to lie or stand still, I kept on moving. Isn't that what runners do? I donned my finishers t-shirt. I ate a Mars bar and downed a bottle of water with an electrolyte tablet. I smiled for photos. I actually gave it serious consideration when the rep from Myeloma UK suggested running again next year. That's what runners do. We run. And then we run some more.

If this 'memoir' suggests I did anything other than enjoy the whole experience, it's a false impression. I enjoyed my race, my time in Edinburgh, and my months of training, supported by dozens of Metros each Sunday, Monday and Saturday. You helped me improve my running beyond measure, and you helped me raise more than £1500 for Myeloma UK. If you wish, you can still donate at

www.justgiving.com/sonny-peart.

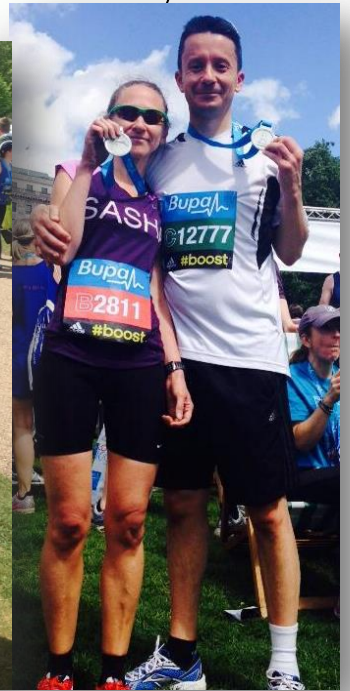
Comrades Marathon - 1st June 2014

56.1 miles / 90 km

1 5:28:34
 11213 Caprice Beggs 11:45:47
 11983 finishers (in 12 hour cut off time)

Bupa London 10,000 – 25th May 2014

983 Sasha Birkin 42:59 PB
 4731 Sam Dadomo 55:14
 7059 Anne Ambrose 60:30 PB



St Albans Half Marathon - Sunday 8th June 2014

1
 893 Simon Aberly 1:56:32
 1606 John Norris 2:10:05
 1697 Kirit Ranpura 2:12:45
 2025 Bernadette Conway 2:23:45
 2274 Richard Hayward 2:31:20
 2535 finishers - last 3:38:26

5k Race - 17 May 2014

Position	Name	Time	%	Award
1	Nigel Rackham	17.34	84.64	Gold
2	Chris Shearwood	20.25	72.83	Gold
3	Sasha Birkin	21.18	72.77	Gold
4	Ian Birch	21.24	74.30	Gold
5	John Norris	21.35	60.74	Bronze
6	Dave Oldacre	21.44	60.05	Bronze
7	Andy Fox	21.49	67.60	Silver
8	Sonny Peart	21.53	64.79	Silver
9	Steve Paull	22.03	72.74	Gold
10	Mike Morris	22.20	64.48	Silver
11	Simon Abery	22.22	65.41	Silver
12	Christopher Hudson	22.55	68.89	Silver
13	Tracy Tyrrell	23.19	63.76	Silver
14	Caroline Day-Lewis	23.28	69.74	Silver
15	Eleanor Murphy	23.46	65.22	Silver
16	Sam Dadomo	23.48	62.48	Silver
17	Kirit Ranpura	23.49	63.45	Silver
18	Dave Young	22.51	69.59	Silver
19	Mark Mulvenna	26.26	56.25	Bronze
20	Elaine Shanks	26.39	55.60	Bronze
21	Al Scoffham	26.20	59.86	Bronze
22	Mike Ransome	27.24	60.66	Bronze
23	Caprice Beggs	27.30	54.36	
24	Anna Orchard	27.38	53.56	
25	Julia Allen	28.00	57.86	Bronze
26	Errol Clarke	28.04	52.98	
27	Judy Rackham	28.07	62.71	Silver
28	Emma Liston	28.25	52.14	
29	Caroline Attack	28.39	52.36	
30	Mary Swindles	29.01	66.86	Silver
31	Hilary Baker	29.45	53.89	
32	Angela Murphy	30.36	66.23	Silver
33	Geraldine Gill	30.41	53.34	
34	Emma Rackham	31.39	46.76	
35	Steph White	31.54	58.31	Bronze
36	Karen Collier	32.25	47.20	
37	Dee Chikhliwala	32.29	47.72	
38	Malcolm Jackson	32.39	50.00	
39	Jordan Spence	32.49	NA	
40	Janice Newman/Carole Wells	33.37	65.15	Silver

Position	Name	Age	Time		
41	Gordon Valentine	59	33.37	47.28	
42	Kath Donaldson	67	33.44	62.90	Bronze
43	Dave Brown	66	33.45	50.16	
44	Roberta De Martin	35	33.45	44.30	
45	Catherine Corcoran	46	34.54	45.94	
46	Gladys De Groot	63	37.58	52.59	
47	Charlene McKenzie	34	41.52	35.59	
48	Barbara Reading	67	41.54	50.64	

A really good turnout for the race – 55 Metros were at Saturday training, and 49 ran the 5k.

Our thanks to Jane and Teresa for their help with the results.

Next race Saturday 16 August.

Henry & Marilyn

Ickenham 5 - Sunday 8th June 2014

1		24:44
8	Ron Taylor	29:25
43	Sasha Birkin	34:43
55	Peter Reynolds	36:58
100	Graham Hart	41:47
111	Glyn Watkins	43:22
113	Derek Bamforth	44:01
173	finishers - last	73:56



Run Wembley 10K - Sunday 18th May 2014 (Formerly Sudbury Court 10K)

1		37:05
9	Christopher Shearwood	42:30
11	Mitesh Patel	43:36
16	Fatmir Sulmataj	44:32
19	Steve Paull	45:32
20	Anthony Bellis	46:09
23	Sonny Peart	46:45
26	Peter Reynolds	48:39
29	Michael Morris	49:28
37	Tracey Tyrrell	50:54
45	Jane Hudson	53:38
49	Ruth Tidder	54:47
50	Graham Hart	54:51
55	Gertrud Porter	55:24
68	Linda Dunne	59:26
80	Derek Bamforth	64:47
82	Anne Ambrose	65:39
95	Emma Rackham	74:34
104	finishers - last	99:24

5K

14	Katie Donaldson
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SUMMER LEAGUE

Dulwich, 1st June 2014 - 5 miles

Bonus Points

SM & SL	0
V35 & FV35	1
V40 & FV40	5
V50 & FV50	10
V55 & FV55	20
V60 & FV60	25
V65 & FV65	30
V70 & FV70	35
V75 & FV75	35
V80 & FV80	45

MEN 5 miles

	Time	Cat
43 Fabio Sulmataj	32.51	SM
59 Mitesh Patel	33.59	SM
83 Sonny Peart	36.45	V45
111 Michael Morris	38.29	V45
199 Dave Brown	48.42	V65

LADIES 5 miles

103 Donna Warren	37.58	FV40
109 Tracey Tyrrell	38.16	SL
157 Jane Hudson	42.20	FV50
200 Emma Rackham	48.49	SL
206 Roberta de Martin Pinter	50.58	SL

TENDERFOOT Boys

4 Christopher Hudson	6.45	M10
9 Jordan Spence	7.33	17
(Non Scoring)		

TENDERFOOT Girls

1 Eleanor Murray	7.07	15
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RELAYS – 340m (All relay results are before any weighting for age)

A Team

Sonny Peart	0m 58.85s
Mitesh Patel	0m 56.50s
Jordan Spence	1m 04.45s
Michael Morris	1m 05.32s
Christopher Hudson	1m 03.12s
Dave Brown	<u>1m 17.24s</u>
	6m 25.48s

6th from 8 teams

Ladies Team

Eleanor Murray	1m 10.00s
Donna Warren	1m 10.91s
Jane Hudson	1m 36.60s
Tracey Tyrrell	<u>1m 05.45s</u>
	5m 02.96s

4th from 7 teams

With thanks to Dave Brown for organising and timing the Metros runners and Emma Rackham for helping to record the club finishing order.
The Summer League results are being produced using a new system, hence the results look different to previous years.

Pat Jackson

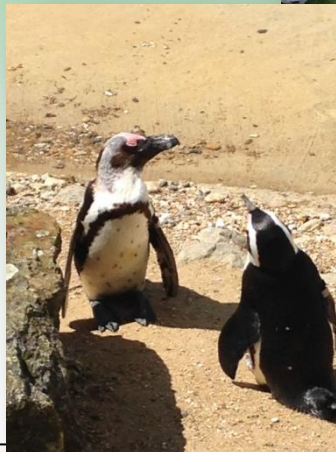


Whipsnade Stampede 10K 10K, three lap race around Whipsnade Zoo

609 runners
1st 36m 29s
130th Adam Leary 51m 58s
516th Karen Leary 71m 11s
609th 128m 57s

A really nice race in the Zoo, a bit hot at 24C but great if you like to run with rhinos alongside you, (they weren't really trying).

Adam & Karen



A Few parkrun Results

Poole

19:04:2014

Nigel Rackham	17:21
Judy Rackham	27:52
Emma Rackham	28:10 PB

Sue Davie

03:05:2012	35:46
10:05:2014	43:02
17:05:2014	35:38

07:06:2014

Alun Davie	33:52
Sue Davie	37:44

14:06:2014

Sue Davie	36:07
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Gladstone Park

19:04:2014

Graham Hart	26:44
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Cambridge

Emma Rackham

10:05:2014	30:06
24:05:2014	29:13
07:06:2014	29:32

Black Park

19:04:2014

Glyn Watkins	27:36
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03:05:2014

Glyn Watkins	27:10
Anne Leigh	40:48

10:05:2014

Glyn Watkins	27:46
Anne Leigh	41:13

17:05:2014

Glyn Watkins	27:31
Jason Bowles	28:52

24:05:2014

Jackie Bowles	26:14
Jason Bowles	27:25
Glyn Watkins	27:35

31:05:2014

Sasha Birkin	20:44
Jackie Bowles	26:33
Jason Bowles	26:39
Glyn Watkins	27:35

07:06:2014

Glyn Watkins	28:12
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14:06:2014

Glyn Watkins	27:05
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SUMMER LEAGUE 2013

LEAGUE AWARDS TO Metros RUNNERS

The following received awards in their age group – best three scores for the main race to count, best in the Tenderfoot regardless of number of events run:

Main Race

MEN 50-54	1 st Richard Francis
	2 nd Nigel Rackham
MEN 55-59	3 rd Steve Paull
MEN 65-69	1 st Peter Jose
MEN 70-74	1 st Bob Manning

LADIES 60-64	2 nd Gertrud Porter
	3 rd Gladys de Groot
LADIES 65+	3 rd Jeanne Coker

Tenderfoot

BOYS 11 YEARS	2 nd Sam Dadomo
BOYS 8 YEARS	1 st Christopher Hudson
BOYS 7 YEARS	3 rd Carlow Day-Lewis

Photos from Metros Summer League Fixture
Sunday 15th June 2014
(Results coming soon)



Runner's Recipes

Blueberry, coconut & lime ice cream

Ingredients

- 2 limes
- 140g golden caster sugar
- 125g punnet blueberries
- 200ml carton coconut cream
- 284ml carton double cream
- extra blueberries, to serve



Method

1. Finely grate the zest from one of the limes and squeeze the juice from both. Put in a small pan with the sugar and heat gently, stirring to dissolve the sugar. Add the blueberries and simmer for 2 minutes, just until the skins start to split.
2. Pour the blueberry mixture into a bowl and stir in the coconut cream. Leave to cool. Whip the cream in a large bowl until it just holds its shape, then gradually stir in the blueberry mixture. Put the bowl in the freezer for about 1 hour, until the mixture is set about 3cm in from the edges.
3. Remove from the freezer and mix it all together using a whisk. When it's fairly smooth, return to the freezer for a further hour, then repeat the whisking one more time. Transfer the ice cream to a rigid container, cover and freeze until firm, or for up to a month. Before serving, move to the fridge for 30 minutes to soften it. Serve with extra blueberries scattered over.

Recipe from Good Food magazine, [May 2003](#)

NOTES OF METROS COMMITTEE MEETING

Wednesday 4 June 2014, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Mandy and Peter Beuselinck, Penny Hudson, Pat Jackson, Irene and Steve Paull, Marilyn Pickford, Nigel Rackham, Mike Ransome, Carole Wells.

APOLOGIES: Penny Rawlins, Barbara Robson, Tracey Tyrrell, Sarah Westwood, Sandra Young

CHAIR: Mike Ransome

NOTE RECORDER: Pat Jackson

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

Mike welcomed Nigel Rackham, new Honorary Treasurer; Peter Beuselinck, new Honorary Secretary; Sarah Westwood, new Honorary Vice Chairman; Tracey Tyrrell, new committee member and thanked Al Scoffham for his work as Honorary Secretary for many years.

MATTERS ARISING FROM THE PREVIOUS MEETING – 7 May

Metros Marathon Week – Peter confirmed that approximately 40 had entered. Regarding prizes, Mike had given Mandy and Peter invoices for the previous event which should be returned to Nigel. Bob Manning and Teresa Young will be timekeepers. Peter stated Midsummer Madness would clash with the Lido beach run if it was moved from 21 June and he will discuss with Dave Young.

ACTION: Mandy/Peter Beuselinck

Metros Thames Valley League Host Fixture –Marilyn and Henry are researching possible new venues including Prospect Park, used by BA and Cassiobury Park. Any other ideas for possible venues are requested.

ACTION: Marilyn & Henry Pickford

Metros Laptop - Irene will purchase this later in the year.

ACTION: Irene Paull

Club Photo – Saturday 12 July at the Scout Hall agreed. Penny Rawlins has agreed the date with a photographer, Penny Hudson will advertise in Metrolines.

ACTION: Penny Rawlins/Penny Hudson

Committee Photo – It was previously agreed to have a photograph of each committee member displayed in the Scout Hall and published in Metrolines. Penny had received most photos. The list of training sessions will be checked with that on the web site and will be displayed on the Scout Hall notice board.

ACTION: All Committee/Penny Hudson

Ride London –Mandy will co-ordinate the drinks station again this year and will advertise for volunteers.

ACTION: Mandy Beuselinck

Clash of Fixtures - The Serpentine Summer League fixture on 17 August is confirmed and, as it will clash with the Burnham Beeches Half Marathon, the Burnham run is removed from the list of Trophy Races.

ITEM CLOSED

Cotswold Outdoor Centre – Peter has arranged a discount for Metros members on production of a Metros membership card.

ACTION: Peter Beuselinck

River Thames Relay, 7 September – This 26.2 relay event from Windsor Great Park to Kingston is being organised by the Stragglers and Staines Strollers. Mandy will organise any Metros teams of 5 and will advertise further. **ACTION:** Mandy Beuselinck

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

Hon. Vice Chairman – Sarah had not sent a report.

Hon. Secretary – Peter confirmed that he had had a handover session with Al. Al will continue registering competing members with England Athletics this session and then hand over to Peter.

Hon. Treasurer – Nigel confirmed that he and Mike were in the process of handing over. Nigel will process the Bank mandate for him to be added to the list of the Metros account signatories. Pat Jackson, Mike Ransome, Barbara Robson and Jane Scoffham have agreed to remain signatories. **ACTION:** Nigel Rackham

Hon. Membership Secretary – The following applications were confirmed:
Paul Donahoe Ruislip; Michael Trevalleon, Ealing; Spencer Millbery, Stanmore;
Jon-Paul, Daniel and Angelina Hardy, Pinner; Hiren Shah, Harrow;
Louise, Steve, Finn and Kane O'Reilly, Holmer Green
Irene confirmed there are 254 members.
Irene confirmed that the e-mail account for the Metros Honorary Membership Secretary and Honorary Secretary has been combined.
Irene also confirmed that Standing Orders and England Athletics affiliation fees need to have a reference which will identify who has made the payment. New forms will be available. **ACTION:** Irene Paull

REPORTS OF CO-ORDINATORS

Tuesday Session – Penny is organising a session for slower runners/walkers at the Lowlands Tennis Club to take place at the same time as the usual run. **ACTION:** Penny Hudson

Summer League – Pat confirmed that Dulwich had hosted the first event this year and a new electronic system for the results is being used. For our host event Peter has organised kilometre marker boards. Many of the plastic parts of the large Metros gazebo are broken and it was agreed that a new, more robust, easy to erect gazebo, should be purchased. Dave and Teresa Young will lend theirs for the Summer League. Pat confirmed that the Metros waterproof clipboards do not appear to be in the shed. Irene suggested water melon be purchased again this year and will discuss with Donna Warren, Metros host fixture co-ordinator. **ACTION:** Irene Paull

Vets T&F – the second fixture this season will be at Uxbridge on Monday 9 June.

OTHER ITEMS

John Smith R.I.P. – Pat reported the sad news that John Smith had recently died. Metros will send the usual donation to the chosen charity. **ACTION:** Nigel Rackham

The meeting finished at 8.50 pm

Date of Next Committee Meetings – 8.00 pm at the Methodist Church, Cannon Lane, Pinner:
2 July, 6 August (to be confirmed), 3 September, 1 October, 5 November,
3 December (to be confirmed)
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/Officials' Courses

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

Metros Website

www.metros.org.uk

Contributions to:

kevinsmart14@yahoo.com

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

Metros Kit

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

Hats, fleece jackets and hoodies can also be ordered.

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

Safety Information

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

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

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

Metros 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