

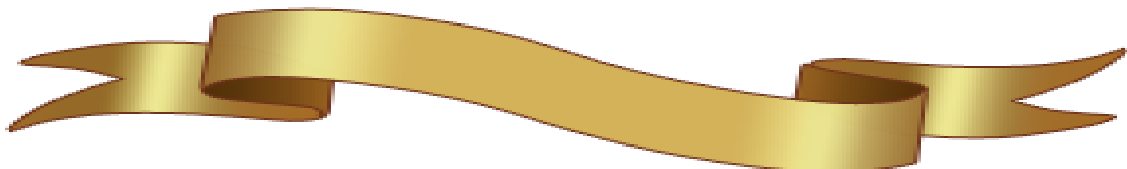
Congratulations



Krupa and Hershil

Their new baby girl, Aanya, was born on Tuesday 29th April at 10:55 and weighed 7lbs.

Well done!



Metros Diary

2014

JUN

Sun 1	Summer League, Dulwich, 5 miles	9.30 am
Wed 4	Committee Meeting	8.00 pm
Sat 7	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 8	St Albans Half Marathon	9.30 am
Mon 9	Vets T&F, Hillingdon Athletics Stadium	6.30 pm
Sun 15	Summer League, METROS, N. Harrow Rec. 10K	9.30 am
*Sat 21	Midsummer Madness, Roxbourne Park	9.00 am
*Sat 28	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
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	11.00 am
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 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 6	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 7	Maidenhead Half Marathon, Trophy Race	9.30 am
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.

* Midsummer madness may be moved to the 28th if the weather on the 21st is not suitable. Wot No Watch is now on the 28th but may move back to the 21st if Midsummer madness moves.

Note from the Editors!

Your editors are softies when it comes to new babies and small children, hence the cover photo! We're always happy to promote the achievements of our younger members and what greater achievement than being born?? Congrats again to Krupa, Hershil and Aanya. The story of Hershil's London marathon can be read later in this edition.

Another quick reminder about England Athletics membership: it's only £10 a year, and you save money on races. You also get the chance to enter the ballot for any club London Marathon places if you've been rejected in the public ballot.

Well done to everyone who endured the heat at 'Run Wembley' today – results and photos next month. As usual a plea for your results, photos, articles, recipes... And happy running ☺

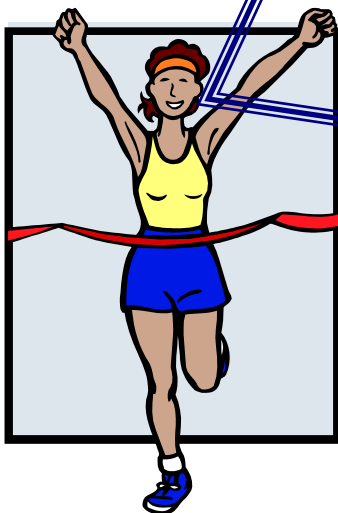
Jane and Penny Hudson



Welcome

Alison Booker, Harrow
Bernie Conway, Northwood
Mark Lemon, Pinner
John Norris, Northwood
Anna Orchard, Harrow

Elected at the May 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

Dates: Sunday 1 June, 9.30 am

Sunday 15 June, 9.30 am

Sunday 6 July, 11.00 am

Sunday 20 July,

Sunday 17 August

Dulwich Park, 5 miles

Hosted by Dulwich Park Runners

N. Harrow Recreation Ground, 10km

HOSTED BY Metros

Perivale, 5 miles

Hosted by Ealing, Southall & Middx

Regent's Park, 10km

Hosted by Mornington Chasers

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

9th June

23rd June

14th July

Hillingdon Athletics Stadium (Uxbridge)

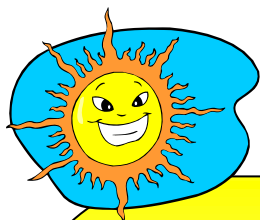
Battersea Athletics Track (Battersea Park)

Perivale Athletics Track (Perivale)



Any Metros member (who is over 35) is welcome.

If you would like any more information email me, Wendy Mulvenna, at wendymulv@hotmail.com or chat to me or any of the team.



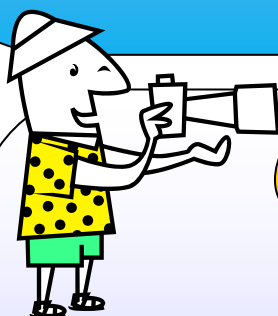
MIDSUMMER MADNESS IN THE PARK

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.

Why Comrades?

Caprice Beggs

I have been asked numerous times “Why are you doing the Comrades?”. So, sitting here putting it in writing I begin to wonder and ask myself “WHY AM I doing the Comrades?”...

I suppose there has never been a specific reason nor cause and now I have unknowingly found myself entered into The Comrades Marathon 2014. The Comrades is the world's oldest and largest ultramarathon run over a distance of approximately 90 km | 56.1 miles between the capital of the Kwazulu-Natal Province of South Africa, Pietermaritzburg, and the coastal city of Durban – this has a strict 12 hour time limit (there are a few Metros who have the medals which I would like to add to my collection).

As a South African you grow up watching the race unfold on television. We would sit down as a family (with a box of tissues as it is extremely emotional at the end) watching the 12 hours of coverage. You get involved with the runners and watching them all try and help each other reach the finish line in 11 hours 59 minutes and 59 seconds. You experience the pain and feel exhausted for them! Bruce Fordyce was (still is) my hero. He is best known for having won the Comrades Marathon a record nine times in the 80s, of which eight wins were consecutive. He also won the London to Brighton Marathon three years in a row. He is the current world record holder over 50 miles and the former world record holder over 100 km. It was always exciting watching the leaders fight it out in the front and wondering if he was going to win again?

.... Then life happened... university, work etc. My friend and I when we started working said we wanted to run The Comrades one day when we were 35 years old (PS I think it is every South African's dream to run Comrades one day). However after a while life took over and the dream faded into a distance. I was never an athletic person at school and always opted for either academic or cultural activities to occupy my time. I also attempted running a few times when working and living in South Africa; but hardly made it round the block! Then I hung up my trainers, took up smoking and set off for the UK.

At the age of 28; I had a “realisation” that the life style I was living was not very good. We lived in a house where our room was on the third floor. When I walked up the stairs I could hardly breathe – I wondered if this was me at 28; there was only trouble ahead. So I went to the NHS and started the “Stop Smoking” course. To help me get my mind off things and not put on weight (although I had put on more than enough) my other half Dave suggested we go for walks around the block. Those walks turned into walk a few lamp posts run one... and eventually a 3km race. From there I graduated to 5km... I then got dragged into triathlons and in 2012 I surprised myself and completed a half ironman. I had done Reading Half Marathon in April 2012 in 02:22:03 and my time for the half marathon at the end of the Challenge Barcelona Half in May 2012 was 02:27:59! The thought then

popped into my head – I may not be fast; however I don't lose speed whether I swim or cycle before a run or just do a run by itself. This then led me to think that The Comrades was back on the cards.

I have spent the end of 2012 and beginning of 2013 contemplating whether or not I had it in me to do such a thing and then decided to dedicate a year to just running and give it a go. What do I have to lose? Even if I do not make the 12 hour cut off; I've had the guts to at least try. For the last few months the Metros have been helping me along the way to reach my goal. It has been great to have people to train with, chat to and also meet and see at races and Gade Valley training runs. Every run is a run closer to 1st June 2014! Where I get to test what I am made of? So if you ask me "Why are you doing the Comrades?" the answer is "Because I can" ☺ (oh and PS I turned 35 this year....)

Some interesting facts / stats about the Comrades Marathon thanks to "Talk Ultra"

- 18,000 entrants for 2014
- 46 refreshment tables on course
- 1,350 litres of coke and crème soda
- 1million1hundered thousand sachets of water
- 448 pockets of oranges
- 1 ton chocolates
- 2 tons of baby potatoes
- 400kg biscuits
- 400,000 plastic bottles
- 2,500l bins
- 750 tubs deep heat
- 16 Netcare 911 Ambulances equipped with satellite tracking
- 4 Netcare 911 motorbike quads with paramedics
- 1 dedicated helicopter
- 1 standby helicopter
- 8 medical stations en route staffed by professional nurses and paramedics
- Stations where blood sugar levels can be tested
- 8 physio stations en route with qualified phyio's and 3rd year physio students
- Medi care tent at the finish with 40 doctors & 20 nurses
- St Johns Ambulance tent at the finish to attend to minor discomforts, strappings and massages
- Physio tent at the finish and
- Public first aid tent

Tuesdays at the tennis club

As it's summer time, and spring marathons are more or less out of the way, numbers at our Tuesday session have dropped.

This is a pity as this session can be the springboard to you running faster and further.

On Tuesdays we rotate through a set of summer (and winter when the time comes) routes. Each route has three different distance options, so everyone can finish more or less at the same time.

The shortest distance is around 5-6 miles and the longest distance around 9-10. Although we don't deliberately stop and regroup, this often happens and people can expect to have someone of a similar pace to run with. There is no compulsion to run the set routes.

If this all seems a bit too organised, why not just set up a Tuesday run from the tennis club with your running mates?

To inspire you to give this session a go, Peter Jose has mapped the routes and Irene has scanned them so they can be printed easily. We're opening a Tuesday Metros email address to let people know in advance where we're running each week so people can get in touch with others of a similar pace.

If that's not enough to tempt you out, you're also very welcome to stop on at the tennis club bar after the run. Prices are very reasonable - and there are showers and changing areas too (so no excuse there).

All the routes start at the tennis club- Lowlands Road, Eastcote at the junction with The Link.

We meet in the bar area from 7.40ish ready for a prompt departure at 8.

Please email me if you'd like more information or to be included on the Tuesday email list.

Steve

steve.paull@virgin.net

Metros Tuesday Run



Achievements

Well done to ...

Linda Dunne for a PB at Harrow Hill 10K, knocking nearly 5 minutes off her last best time.

Kirsty Young and **Aaron Rawlins** for competing in their first triathlon.

Mary Swindles for coming 1st in her age group at Hatch End triathlon.

Mike Morris and **Anne Ambrose** for 10 mile PBs at Maidenhead

Nigel Rackham for winning the Watford 10K and to **Sasha Birkin, Tracey Tyrrell and Judy Rackham** for winning the Ladies team prize.

Richard Hayward and **John Norris** for 10K PBs at Dorney Lake

Mike Morris and **Anthony Bellis** for running their first marathons in Milton Keynes.

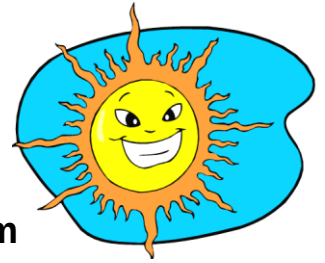
Jane Hudson for a PB at Milton Keynes marathon.

Veronica Georgescu for a PB at Milton Keynes marathon, knocking an hour off her Paris time and for running 2 marathons in a month!

Tom Alder, Donna Warren, Tracey Tyrrell, Ruth Tidder, Richard Hayward, Steve Alder, Anne Ambrose and **Steph White** for PBs at Marlow 5 and to **Julie Smith** for her first race.

Chris Shearwood and **Simon Aberly** for PBs in the measured mile

YOUR CLUB NEEDS YOU!!



SUMMER LEAGUE: *Metros'* HOST FIXTURE
Sunday 15 June
Headstone Manor Recreation Ground, 9.30 am

This year the Metros' Summer League host fixture is on **Sunday 15 June** and this year Pat Jackson has handed over the role of Race Director to me (Donna Warren). Obviously I have a lot to live up to so PLEASE HELP!!!!

Metros have a reputation for being excellent hosts, with great organisation, superb post-race refreshments and many encouraging marshals on the 10km Road Run and the Tenderfoot run within the park.

For us to maintain this reputation PLEASE:

- **Come to run**
- **Bring refreshments eg sandwiches and cakes**
- **Bring family and friends (or yourself if not running) to help**

We need most help during the 10km run ie from 9.15 am to 10.30 am. However, if your time is limited, help with any part of the morning would be appreciated.

For those who've not been to a Summer League fixture before, these events are open to all ages and abilities. Entry (free to Metros members) is on the day and there is no need to pre-enter.

All individual runners are graded in age bands – children under 14 are graded per year and adults over 40 are graded in 5-year age bands. All participants score points for their club. There is an additional Metros trophy for the best overall adult Metros runner in the Summer League.

The time-table for the morning is:

- 9.30 am 10km road race for all abilities
- 10.45 am 1.5 km 'Tenderfoot' race for children & beginners, within the park
- 11.15 am Fun Run (approx. 400m) within the park.
- 11.25 am Relays (approx. 400m) within the park.

I would really encourage those of you who have not taken part in any of the leagues before to come along, as it's close to home and a great opportunity to represent the club and meet other Metros who may not attend the same training sessions as yourself.

**OFFERS OF HELP IN ADVANCE OF THE DAY MAKE
ORGANISATION MUCH EASIER, SO PLEASE GET IN TOUCH**

Donna Warren tel: 07976 976801 email: dwarren@cokecce.com

Metros Marathon Week 2014

Metros Marathon Week is returning in 2014. We're looking for as many new and returning competitors as possible to join us. The idea is to run the full 26.2 mile (42.195 km) marathon distance over five consecutive days, over varying distances and terrains.

Day 1: Friday 27 th June, evening:	10km up/down/around Harrow Hill
Day 2: Saturday 28 th June, morning:	4.195(ish)km Ruislip Lido Beach
Day 3: Sunday 29 th June, morning:	10km cross country Ruislip Woods
Day 4: Monday 30 th June, evening:	5km cinder track, Kings College Road
Day 5: Tuesday 1 st July, evening:	13km road run from Lowlands Tennis Club

Following the Tuesday event we'll have liquid refreshments and prize giving at Lowlands Tennis Club.

If you can't do all the events – don't worry, you can still enter for those events that you can get to. We do, however, need a minimum of 20 entrants. Only entrants who compete in all five events will be eligible for prizes. Metros members only.

If you have any more questions or would like an application form, please contact Peter or Mandy Beuselinck at metrosmarathonweek@yahoo.co.uk or by phone on 07872 544898.



The River Relay – 26.2 Miles



Each year, Stragglers organize a 26.2 mile, 5 stage relay along the River Thames.

The relay starts in Virginia Water and finishes near Kingston. Each of the 5 runners will run between 4.9 and 6.51 miles.

Metros would like to enter one or more teams – would you like to take part?

Entry fees will be covered by the club.

The date is the 7th September 2014 - Note, the date is the same date as the Maidenhead half trophy race – please don't double book!

Please let Mandy Beuselinck know as soon as possible if you would like to take part in one of our Metros teams in this year's relay.

Email address: a_beuselinck@yahoo.co.uk

Further info can be found on the Stragglers website:

<http://www.stragglers.org/index.php/races/club-races/river-relay>

Did we really do that?

The Relay

Date: 11 June 1997

Venue: Woodside Stadium, Garston

Time: 10.00- 10.30 pm ish, delayed due to the heavy rain and frogs on the track

Distance: 4 x 1 mile

Shaftesbury Barnet Ladies, wanted to try for a 4x1 mile record, as did the BMC Junior Squad, but for a record, three teams are needed, so Metros Ladies were invited to run to make up the number.

There was a full evenings programme and the 4 x1 mile was the last event. Unfortunately Shaftesbury Vet Ladies were short a vet and had to run a senior to make up their team, thereby changing their status.

Metros Vet Ladies were there to make up the numbers. The other two team said it helped us being slower as it gave them targets to chase. Well we finished, BMC Junior Squad and Shaftesbury Seniors had their records.

BMC Junior Squad set a World record 20.16.2

Shaftesbury Barnet set a British club record 22.51.0

A few days later we found out we had set a British record as well in a time of 26:10.9

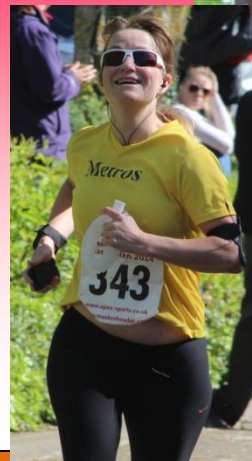
Jane Young (5.55.1) Mary Swindles (6.37.2) Michelle Cotter (6.56.9) Petra Otto (6.41.7)



Results and Reports

Maidenhead Easter 10 - 18th April 2014

1		0:49:01
209	Steve Paull	1:12:05
335	Mike Morris	1:17:14 PB
417	Donna Warren	1:21:28
482	Jane Hudson	1:23:56
606	Ruth Tidder	1:28:59
705	Julia Allen	1:34:29
803	Anne Ambrose	1:42:11 PB
867	finishers - last	2:14:11



Compton 40 - 19th April 2014

1		5:03:37
106	Caprice Beggs	8:59:39
119	finishers - last	10:03:05

London Easter 10K - 21st April 2014

1		0:35:13
22	Christopher Shearwood	0:40:40 2nd V50
69	John Norris	0:45:31
309	Richard Hayward	1:01:11
336	Katie Donaldson	1:01:10
460	finishers - last	1:45:15



Beaconsfield 5 mile trail run on April 21st 2014

I thought I'd write a few lines about this run because I really enjoyed it.

The race took place in the grounds of the private Hall Barn Estate. Although this meant there was no scope for supporters to line the route, it did mean the whole route was off-road and so fume-free. I would even say it was peaceful except for one persistent supporter – a cockerel who did his best to cheer us out at the start and back at the finish. I understand these grounds are used for the filming of Midsomer Murders. The weather was just right. The sun shone but the temperatures were not uncomfortable.



Finally, there were so many interesting things one passed by. For example, an obelisk, a temple and a statue were en route, and clumps of bluebells were at their best. The route was varied and included green spaces and wooded areas. Perhaps the tractor ruts could be flattened for next year as they weren't good for the ankles.

The run was well organised by Burnham Joggers with supportive marshals and clear way-markers.

I would recommend this race and will look out for it next year.

Kath Donaldson

Beaconsfield 5 - 21st April 2014

1		0:27:14
175	Gordon Valentine	0:42:02
216	Adam Leary	0:44:12
238	Harriet Copland	0:45:25
242	Gertrud Porter	0:45:36
263	Glyn Watkins	0:46:27
293	Carole Wells	0:48:26
366	Ann Lavers	0:54:01
371	Sarah Westwood	0:54:53
383	Kath Donaldson	0:56:28
399	Karen Leary	0:58:36
417	Anne Leigh	1:10:14



My Marathon Experience

By Hershil Patel

April 2011

The entire journey has been one of the best experiences of my life. It all started in 2010 when I saw two really good friends complete the London marathon and distinctly recall thinking "I would love to do that!" At the time the only marathon I wanted to do was London. So without thinking, because if I thought about it I would sit on that thought forever, I told everyone I knew I was going to do the London marathon 2011, now I had made the verbal commitment I had no other choice but to do it. I had missed the ballots and there was no way I was going to get in the "good for age", so I spent the weekend picking the charity I wanted to run for. I have been blessed not to have been part of any of the sad stories I hear about that others have suffered, but have also understood the value of education and so I picked Children in Crisis, a charity that builds schools in developing and under privileged areas so that they may have the basic knowledge to lead a meaningful life. I did not realise how important it was to pick a charity that you are passionate about until I ran, as when I got to 20 miles I questioned myself as to why in hell would I put myself through this pain and suffering. I was very naive about running from shoes to diet and although I knew of Metros I trained all on my own without any support as I thought you had to be good to join...a ridiculous assumption to make... On the 17th April 2011 I made my way, alone, to the start with the aim of completing the marathon in sub 4hours. The day was amazing....unforgettable, I completed MY FIRST MARATHON in 4h20m40s.

April 2014

I then gave up running for a year or so... Then one day I felt like getting fit again but did not want to join a pricey, boring gym so I looked up Metros and that was when I sent Jane an email in early 2013 about the Thursday sessions, it was from my very first session my love for Metros began. Just after a bunch of Metros returned from the 2013 London marathon I started to feel fit again and thought, I want to do a marathon so I had a chat with Tracey and we both said we would do it but we took our time in signing up hoping that one of would sign up to a charity first. That was when I started to see Metros more often than my wife! I had the aim of completing the race in less than 4 hours, so I signed up to as many races as I could between then and the marathon, Fred Hughes 10, Watford Half, the Gade Valleys, Harrow on the Hill and Reading Half. All of these went very well and I changed my aim from 4 hour to 3h45m. Just having the Metros behind you makes a world of difference. The best part of the training for me has been the healthy competition between Sonny and me.

Hello sonny.
Not sure if you have or will be getting any pace bands but picked you up some 3h45m one for Edinburgh.
#sportsmanship

Cheers mate. Didn't they have any 3h30m ones? #gamesmanship

London Marathon Expo

I had arranged to meet Tracey, Emma and Hannah at the Expo. I left the office, which is on the south side of Tower Bridge, the mayor had started preparing for Sunday, the barriers were going up, and as I walked across Tower Bridge to the station I saw, what I think were elite runners running part of the route. The Expo was a lot of fun and was made even better when I bumped in to Nigel and Judy on the way in and Mandy and Peter on the way out.

The day before the race

The day before the race I was excited and nervous, but managed a nice and easy mile run and neatly packed my bag, double and triple checking I had packed it properly. If I had crabbed up at home I would have probably ended up burning all my energy pacing up and down the flat, thankfully Emma L had organised a dinner at Carluccio's in Pinner and Emma, Tracey, Paula, Hannah, Emma R, me and our family and friends had a relaxed dinner, a perfect forum to carb up and reassure one another.



Race Day

I woke up nervous and excited, had the usual breakfast, showered and put my race day kit on. At 7.10am my wife dropped me to Harrow on the Hill station where I met the rest of the Metros marathon gang. We got on the 7.19 train and made our way to London Bridge where we split up to our respective starts. I can't remember much of the Journey as I was lost in the excitement, but I do remember one thing, Steve Paull said "when you see me at 20 or so miles you should be on track for your time". Heading down with a bunch of great people was the perfect start to a great day.

At 9.50am, Mandy, Tracey, Mike R, Hannah, Emma and I made our way to our respective pens. At 10.00am... BANG... it started but I'm not moving... it took about 5 minutes to get to the start line and for the months of training to be put to the test. I felt the start was slow, but as I checking my pace I realised that I was running at my planned pace of between 8m and 8m30s/ miles, so it was all going to plan, if I'd run any faster I probably would have burned myself out by half way. I had memorised where everyone would be and the first people I spotted was Tom, as he was towering over the crowd along with Steve A, Adam and Karen. Then a mile later I spotted the 30km elite water station. Getting ready, I raised my left hand and high fived Mike M and a few other Metro members and grabbed a hand full of jelly babies that Emma R had kindly laid out and Donna shouted "we Love you Hersh". Sorry if the runner behind did not get any jelly babies! This was a big check point for me as I was thinking, That's just 10km left, which is practically two 5km, I can run 5km EASY!



I was cruising for the first 21 miles and was 3 minutes ahead of my plan. I was so confident about getting 3h45m. Then I saw a tall man in a yellow vest...it was Steve P!!!, I was 15 or so metres behind him and sped up to tap him on the shoulder...but then cramp set in and I had to stop to stretch it out. I thought lost him and that was it! **Race over!** After stretching it out I managed to find him, gave him a wave and cracked on, but the cramp was still there and every half a mile I had to stop to stretch out the cramp and lost 8 minutes in the last 5 miles, I've never felt so frustrated, why now?, why today?, why when I was so close to the end?... I managed to find my brother at 24 miles and that gave me the energy to finish the race in 3h50m25s. I was gutted I missed my mum, Krupa (my wife) and our 37 week bump also cheering not just myself but all the Metros they saw run through. Although I did not get 3h45m I could not be a happier man.

Now baby is now allowed to arrive!

I would just like to **thank everyone at Metros** for all your support you are all amazing and could not have done it without my running family.

Dorney Lake 10K - 19th April 2014

John Norris	42:49 PB
Richard Hayward	53:56 PB



Measured Mile - 3rd May 2014

Tom Alder	5.05	Judy Rackham	7.51
Chris Shearwood	5.30	Marion Rogan	8.06
Kevin Smart	5.43	Errol Clarke	8.07
Peter Rackham	5.44	Hilarie Lemon	8.08
Sonny Peart	5.45	Rebecca Jacob	8.09
Mitesh Patel	5.46	Karen Collier	8.16
Sasha Birkin	5.57	Anne Ambrose	8.19
Hershil Patel	6.09	Dharmini Chikhliwala	8.26
Steve Paull	6.10	Sarah Westwood	8.30
Simon Aberly	6.11	Paula Thakur	8.34
Andy Fox	6.17	Hilary Baker	8.37
Michael Morris	6.24	Aaron Rawlins	8.42
Tracey Tyrell	6.27	Mark Lemon	8.48
Michael Hull	6.37	Karen Leary	8.58
Donna Warren	6.39	Deborah Norman	9.02
Dave Young	6.48	Lily Berman	9.04
Adam Leary	6.56	Elish Fernandez	9.13
Sam Dadamo	7.00	Kirsty Young	9.16
Caroline Day Lewis	7.01	Sandra Young	9.20
Ruth Tidder	7.02	Julie Smith	9.21
Jonathon Berman	7.10	Penny Rawlins	9.32
Mark Mulvenna	7.32	Hema Thakur	9.46
Pauline Bishop	7.34	Debbie Moynihan	9.54
Steve Alder	7.36	Catherine Corcoran	9.57
Caroline Attack	7.38	Raquel Russel Ponte	9.59
Julia Allen	7.41	Jarima Khatun	10.11
Mike Ransome	7.46	Gladys De Groot	10.27
Emma Rackham	7.47	Barbara Reading	
		Charlene McKenzie	



Especially good conditions produced some very fast times for the Measured Mile today. Well done to Chris Shearwood and Simon Abery for their PBs and to all you amazing Metros who can run a mile in under six minutes. There may be more PBs amongst the rest of you, remember you must let me know if you achieve a PB so that we can congratulate you.

Don't be shy!

As well as PBs there were many improved times so competition for the trophy is going to be fierce!

See you all in August for the next Measured Mile.

Many thanks to all the helpers today, Wendy, Linda, Jane, for issuing lolly sticks, noting numbers and times and to Teresa for producing a stopwatch when mine decided to lose its memory!

Angela

Watford 10K - 5th May 2014

1	Nigel Rackham	0:35:31
47	Kevin Smart	0:43:21
69	Mitesh Patel	0:44:21
74	Sasha Birkin	0:44:51
116	Peter Rackham	0:47:09
217	Tracey Tyrrell	0:50:39
	Gordon Valentine	0:52:26
468	Simon Dadomo	0:56:18
573	Judy Rackham	0:59:14
743	Carole Wells	1:03:05
822	Emma Rackham	1:05:53
1077	finishers - last	1:32:07





Milton Keynes Marathon - 5th May 2014

1 st	02:43:20	
Mike Morris	03:58:04	
Anthony Bellis	03:59:03	
Jane Hudson	04:06:49	PB
Steve Paull	04:11:59	
Veronica Georgescu	05:16:53	PB
2107 finishers - last	06:55:03	



Milton Keynes Half Marathon - 5th May 2014

1 st	01:08:45	
Tom Alder	01:28:43	
Chris Shearwood	01:31:36	(3 rd V50)
John Norris	01:38:21	
Bernadette Conway	02:08:27	
Richard Hayward	02:13:11	PB
Steve Alder	02:17:26	PB
1609 finishers	03:46:49	



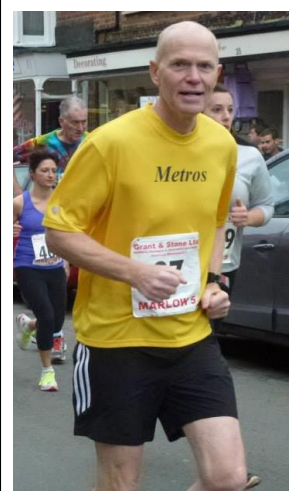
Hatch End Triathlon - 11th May 2014

	Swim	Cycle	Run	Overall
<u>Adults</u>	400m	17km	3k	
1	05:38	30:56	10:35	0:48:19
59 Andy Fox	09:11	34:46	13:18	0:59:43
148 Mary Swindles	10:20	44:28	18:11	1:15:46
164 Mandy Beuselinck	12:49	47:13	15:08	1:19:46
200 finishers - last				2:01:51
<u>Tristar 1</u> (9-10 year olds)	165m	2km	1.2km	
1	03:51	06:31	05:05	0:16:44
57 Aaron Rawlins	07:41	11:44	06:52	0:29:02
61 Kirsty Young	06:57	13:54	07:09	0:30:50



Marlow 5 - Sunday 11th May 2014

1		25:28
19	Tom Alder	29:47 PB
115	Steve Paull	34:29
128	John Norris	34:44
213	Donna Warren	37:24 PB
273	Simon Aberly	37:42
272	Tracey Tyrrell	38:16 PB
310	Gordon Valentine	39:03
342	Ruth Tidder	39:32 PB
349	Andrew Collier	39:38
391	Jane Hudson	40:35
465	Kirit Ranpura	42:08
535	Bernie Conway	42:56
569	Richard Hayward	43:22 PB
608	Glyn Watkins	44:12
614	Julia Allen	44:42
666	Judy Rackham	45:08
693	Steve Alder	45:42 PB
767	Carole Wells	47:36
808	Anne Ambrose	48:20 PB
822	Sarah Westwood	48:48
900	Julie Smith	50:20
912	Steph White	50:34 PB
944	Kath Donaldson	52:01
1064	Raquel Russel Ponte	58:11
1131	finishers - last	1:26:36



Supporters

Runner's Recipes

vanilla cake pops

You will need:

- 125g softened butter
- 125g caster sugar
- 2 medium eggs
- 2tsp vanilla extract
- 125g self raising flour
- 2 tbsp milk

- cake pop mould
- cake pop sticks

To decorate:

- 250g Candy Melts or chocolate
- writing icing
- sprinkles etc



How to make them:

1. Preheat the oven to 180°C.
2. Beat together the butter and sugar in a bowl until the mixture is light and fluffy.
3. Add one egg at a time and beat after each addition until fully incorporated, add the vanilla extract and mix to combine. Sift the flour into the mixture and add the milk and beat until the mixture is smooth.
4. Spoon the mixture into the bottom half of a cake pop mould; fill to the top and then gently place the top half of the mould over the top.
5. Place in the oven for around 15 minutes before checking on the cake pops. Place back in the oven if they're not yet cooked.
6. When they are ready, remove the top of the mould and leave your cake pops to cool slightly.

To decorate:

1. Melt the chocolate or Candy Melts in the microwave.
2. Dip the end of a cake pop stick into the chocolate/Candy Melts and insert into a cake pops. Repeat for each one then allow to set in the fridge for 5 minutes.
3. Coat the cake pops with the chocolate/Candy Melts and then decorate with sprinkles or writing icing. This is harder than it sounds - consider getting a stand or using polystyrene so your cake pops remain upright!
4. Enjoy 😊

This recipe makes approx. 30 cake pops.

NOTES OF METROS COMMITTEE MEETING

Wednesday 7 May 2014, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Mandy and Peter Beuselinck, Penny Hudson, Pat Jackson, Irene and Steve Paull, Mike Ransome, Penny Rawlins, Al Scoffham, Carole Wells, Sarah Westwood.

Non Committee: Tracey Tyrrell

APOLOGIES: Marilyn Pickford, Barbara Robson, 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 – 2 April

Metros Marathon Week – Mandy confirmed that approximately 30 had entered. Mike will inform Mandy and Peter the previous budget for prizes. **ACTION:** Mike Ransome

Metros 10K – Irene had given a verbal reminder that slower runners start at 8.50 am or before and, if possible, self time. **ITEM CLOSED**

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

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 will discuss further with a photographer, Penny will advertise in Metrolines.

ACTION: Penny Rawlins/Penny Hudson

Committee Photo – Following agreement to have a photograph of the committee after the AGM, it was agreed that each committee member will submit a digital photograph to Penny which will be displayed in the Scout Hall and appear in a copy of Metrolines.

ACTION: All Committee/Penny Hudson

Ride London – Mandy confirmed that one further entry to the event had been received, making a total of two. Nathan Powell and Nigel Rackham will use the entries for this 100 mile cycle on 10 August. Mandy will co-ordinate the drinks station again this year and will advertise for volunteers

ACTION: Mandy Beuselinck

Metros London Marathon Places – Al confirmed the existing rules and it was agreed that no change was felt to be necessary. **ITEM CLOSED**

REPORTS OF OFFICERS

Hon. Chairman – Mike had received a query on the AGM with regard to selection of officers and circumstances in which a vote may take place. Al explained what is set out in the Constitution.

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

Hon. Secretary – Al had nothing to report.

Hon. Treasurer – Mike distributed a report of the year for the AGM.

Hon. Membership Secretary – The following applications were confirmed:

Alison Booker, Harrow; Bernie Conway, Northwood; John Norris, Northwood; Anna Orchard, Harrow.

Irene confirmed there are 243 members.

Competing Members – Al is collecting £10 subscriptions for England Athletics Competing Membership. Payment is due between 1 April and 30 June.

REPORTS OF CO-ORDINATORS

Summer League – Pat confirmed that Dulwich is hosting an event this year on 1 June starting at 9.30 am on a new 5 mile course.

The Serpentine fixture on 17 August is also confirmed. It will be the same 10k route as last year. As Burnham Beeches Half Marathon is on the same day it will no longer be a Trophy Race and this will be stated in Metrolines.

ACTION: Penny Hudson

OTHER ITEMS

LRRC Trophies - Teresa Young will do the calculations this year on behalf of Graham Haddon. Steve will compile the list of races if necessary.

Cotswold Outdoor Centre – Peter will contact the Watford branch to attempt arrange a discount for Metros members.

ACTION: Peter Beuselinck

Road Traffic Management Course – Mandy confirmed that she, Peter and Donna Warren had attended this course and found it very educational. They are now qualified to direct traffic. Apparently anyone who stops or directs traffic needs to have completed this course.

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 offered to organise any Metros teams of 5 and will put an advertisement in Metrolines.

ACTION: Mandy Beuselinck

Vets T&F – the first fixture this season will be at Battersea on Monday 12 May.

The meeting finished at 8.52 pm

Future Meeting: **AGM** – Friday 16 May at 8.00 pm at Lowlands Tennis Club, Lowlands Road, Eastcote.

Date of Next Committee Meeting – at the Methodist Church, Cannon Lane, Pinner, to be confirmed after the AGM.

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