

etrolines

May 2014

Issue No. 308



Paris Marathon 6th April 2014

Metros Diary

2014

MAY

Sat 3	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Mon 5	Milton Keynes Marathon	10.00 am
Mon 5	Watford 10K, Cassiobury Park	10.30 am
Wed 7	Committee Meeting	8.00 pm
Sun 11	Marlow 5, Trophy Race	9.30 am
Mon 12	Vets T&F, Battersea Athletics Track	6.30 pm
Fri 16	METROS AGM, Lowlands Tennis Club	8.00 pm
Sat 17	5K run, Roxbourne Park	9.15 am
Sun 18	Run Wembley (Sudbury Court 10K), Trophy Race	11.00 am

JUN

Sun 1	Summer League, Dulwich	TBA
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.	9.30 am
Sat 21	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

Sat 5	10K Challenge, Roxbourne Park	8.50 am
Sat 5	Judy & Nigel's BBQ	7.00 pm
Sun 6	Summer League, Perivale	TBA
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	TBA

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	TBA
*Sun 17	Burnham Beeches Half Marathon, Trophy race	9.30 am

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.

*If Battersea Summer League fixture is confirmed then Burnham Beeches will no longer be a Trophy race.

Note from the Editors!

Well done to all those who completed marathons at London, Manchester, Paris and Rotterdam, particularly the first-timers - all that training paid off! Now you can turn your attention to the shorter distances of summer league, and try Metros own version of the marathon - over 5 days instead of 5 hours. Or try the variety of track and field. See inside for details. Enjoy running in the current bright spring weather.

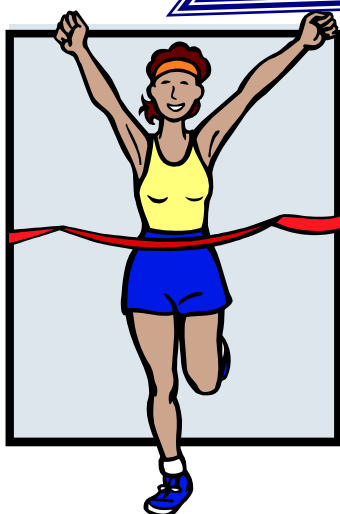
Jane and Penny Hudson



Welcome

Shirome Bhandari, Pinner
Victoria Fernandes, Northolt Park
Richard Hayward, Harrow
Paula Kanesanathan, North Harrow

Elected at the April meeting



Clarifications and Corrections

Apologies to Tracey Tyrrell for adding an hour to her fabulous Bath time – it was of course 01:42:20 *Eds*

Trophy Races



Marlow 5	Sun 11 th May at 9.30 am
Sudbury Court 10K (Run Wembley)	Sunday 18 th May at 11.00 am
Burnham Beeches Half Marathon	Sunday 17 th August at 9.30 am
Maidenhead Half Marathon	Sunday 7 th September at 9.30 am
Moor Park 10K	Sunday 28 th September at 3.00 pm
Cabbage Patch 10 (Stragglers)	Sunday 19 th October at 10.00 am
Ricky Road Run	Sunday 26 th October at 10.30 am

Note to qualify for the competition you must:

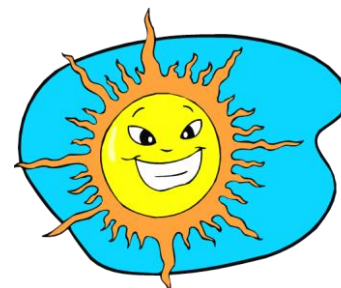
Be a paid-up member of the club;

Enter the Metros club name on the entry form and be qualified to do so;

Wear club kit.

Graham Haddon LRRC Co-ordinator (grahamhaddon@aol.com)

Summer League



PROVISIONAL DATES ARE:

Dates: Sunday 1 June	Dulwich Park, 10km Hosted by Dulwich Park Runners
Sunday 15 June	N. Harrow Recreation Ground, 10km HOSTED BY Metros
Sunday 6 July	Perivale, 5 miles Hosted by Ealing, Southall & Middx
Sunday 20 July	Regent's Park, 10km Hosted by Mornington Chasers
Sunday 17 August	Battersea Park, 5 miles Hosted by Serpentine

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

Please note: Metros Summer League fixture date is confirmed.

Veteran's Summer Track and Field Meetings



Over 35 ? Interested in having a go at a track or field event?

Why not pop along and join Metros Veterans Track and Field team?
....or take part as a guest?

It doesn't matter if the last time you ran on a track or threw a javelin was at school!
You are welcome to come and have a go!

There are four meetings at 6.30pm on Monday evenings during the summer.
Come along to all or just one.

Dates are as follows.....

12th May	Battersea Athletics Track (Battersea Park)
9th June	Hillingdon Athletics Stadium (Uxbridge)
23rd June	Battersea Athletics Track (Battersea Park)
14th July	Perivale Athletics Track (Perivale)

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

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

Wendy Mulvenna

Thursday Night Run

The Thursday night run will be returning to its summer venue meeting at the car park at Old Redding, on Thursday 24th April 2014. The time will return to 7pm.

Look forward to some tree hugging! ☺



Achievements

Well done to ...

Christopher Hudson & Chris Shearwood for PBs in the March 5K.



Stephanie White, Simon Abery and Mike Morris for PBs in the April 10K Challenge



Pauline Bishop for her first half marathon at Hillingdon - and what a great time!

Mike Morris, Simon Abery and Sonny Peart for PBs at Hillingdon

Nagendra Bisht for a PB at Heidelberg half marathon



Nigel Rackham for 2nd placed 50-54 at VLM

Kevin Watson, Mike Ransome and Hershil Patel for PBs at VLM

Tracey Tyrrell, Emma Liston, Hannah Ritterband, Paula Kanesanathan, Veronica Georgescu for their first marathons at London and Paris

Mandy Beuselinck for doing 2 marathons in 2 weeks



Max Dadomo for a PB at Black Park parkrun



METROS AGM

This year's AGM will be held on
Friday 16th May - 8.00 pm at
Lowlands Tennis Club.

Metros A.G.M.

Friday 16 May 2014
at
Lowlands Tennis Club
Lowlands Road, Eastcote

If you have any items for the agenda
or would like to stand for the committee
Please complete the nomination form
which are available on
Saturday mornings or Tuesday evenings

The completed nomination form
and/or
items for the agenda
need to be given to
Al Scoffham by 2 May 2014

If any co-ordinators are standing down
please let Al know who is taking over from you,
or if someone needs to be found.
If you are interested in becoming a co-ordinator
please contact Al on 01895 270 245

England Athletics affiliation fee is due from 1st April. The fee is currently £10. The benefits of affiliation are listed on the England Athletics website <http://www.englandathletics.org/england-athletics/more-information-for-athletes>.

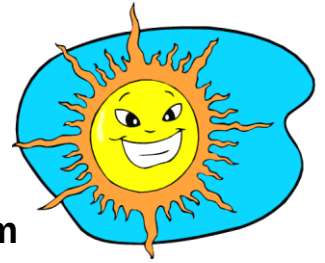
An extra benefit to Metros members is that you will be able to enter the draw for any London Marathon places allocated to the club.

If you are renewing your affiliation you do not need to fill in a form but should pay the fee either cash or cheque (payable to Metros) to the club secretary (currently Al Scoffham). You may also pay by direct payment - details from Irene Paull.

If you are affiliating for the first time you will need to complete a form available on Saturday mornings or on request from the club secretary.



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



Dave's MegaVet Party

Although remaining Young, I shall enter a new decade in May.

**Such an age milestone needs commemorating with a gathering of friends
and ample supplies of food and drink.**

There will therefore be a party at my home

53 Central Avenue, Pinner

on Saturday, 24th May

starting at 3pm and continuing well into the following morning

**All Metros are invited but please let me know if you intend to come by e-mail
to dave@young53.plus.com or call 020 8866 3225.**

Please no presents, but contributions to the bar would be gratefully appreciated.

**P.S. I'm also planning several social walks in May. Details are available at the Saturday
morning training sessions in Roxbourne Park or call / e-mail me if interested.**

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.



Results and Reports

Hillingdon Half Marathon - 23rd March 2014

1		1:10:42	
32	Nigel Rackham	1:22:33	
57	Matt Rogan	1:26:55	
68	Chris Shearwood	1:28:43	
86	Kevin Smart	1:31:04	
139	Fatmir Sulmataj	1:37:19	
151	Mitesh Patel	1:39:45	
161	Sonny Peart	1:41:01	PB
184	Michael Morris	1:42:35	PB
	Donna Warren	1:46:36	
241	Simon Abery	1:47:56	PB
260	Jane Hudson	1:49:37	2nd W55
362	Claire Elam	1:57:12	
400	Mandy Beuselinck	2:00:48	
401	Harriet Copland	2:00:47	
428	Pauline Bishop	2:03:19	
472	Linda Dunne	2:09:13	
477	Marion Rogan	2:09:13	
513	Raquel Russel Ponte	2:19:51	
530	Angela Murphy	2:25:22	
559	finishers		



5k Race - 29th March 2014

Kevin Smart	M	73.50%	20.44	Gold
Christopher Hudson	M	73.19%	22.21	Gold
Peter Jose	M	72.45%	23.35	Gold
Raquel Russel-Ponte	F	70.66%	32.02	Gold
Pauline Bishop	F	70.42%	27.57	Gold
Janice Newman	F	69.71%	31.25	Silver
Caroline Day-Lewis	F	65.63%	24.41	Silver
Tom Alder	M	68.16%	19.20	Silver
Michael Morris	M	64.24%	22.25	Silver
Steve Paull	M	63.94%	25.05	Silver
Andrew Fox	M	63.75%	23.08	Silver
Kath Donaldson	F	62.77%	33.48	Silver
Ruth Tidder	F	62.30%	25.04	Silver
Judy Rackham	F	61.94%	28.28	Bronze
Sonny Peart	M	61.64%	23.00	Bronze
Mike Ransome	M	61.37%	27.05	Bronze
Simon Abery	M	61.13%	23.56	Bronze
Sarah Westwood	F	61.06%	31.20	Bronze
Kirit Ranpura	M	58.31%	25.55	Bronze
Dave Brown	M	58.31%	29.02	Bronze
Anne Leigh	F	58.04%	41.02	Bronze
Steph White	F	57.97%	32.05	Bronze
Bob Manning	M	57.61%	31.51	Bronze
Julia Allen	F	57.51%	28.10	Bronze
Anne Ambrose	F	57.02%	32.11	Bronze
Hershil Patel	M	56.42%	22.53	Bronze
Carole Wells	F	54.67%	31.26	
Jonathan Berman	M	54.49%	27.44	
Ceri Jacob	F	54.29%	30.53	
Steve Alder	M	53.36%	27.52	
Nagendra Bisht	M	52.22%	27.09	
Errol Clarke	M	51.78%	28.29	
Gordon Valentine	M	50.61%	31.25	
Julia Smith	F	50.60%	33.08	
Richard Hayward	M	49.37%	26.26	
Karen Collier	F	49.22%	31.05	
Gladys De-Groot	F	48.76%	40.57	
Irene Paull	F	48.57%	37.16	
Sandra Young	F	45.51%	34.54	
Hema Thakur	F	44.95%	35.20	
Fiona Denney	F	41.32%	37.14	

A lovely dry spring day for the rescheduled 5k, which was postponed from February due to the water logged ground.

Our thanks to all who helped on the day:

Fiona Hudson, for taking names and lolly sticks

Mike Billington and Peter Jose for taking down the tapes from the course – very much appreciated.

And Kirsty and Aaron for handing out the lollies.

Next race: Saturday 17 May

Henry & Marilyn

BHF Regents Park 10K Run - 15th March 2014

John Norris	44:12
Richard Hayward	55:51



Bournemouth Bay Run Half - 30th March 2014

1	1:10:59
437 Jane Hudson	1:49:55
1328 finishers	



Kingston Half Marathon - 6th April 2014

1	1:11:21
170 Sonny Peart	1:49:35
378 finishers - last	2:51:48

10K Challenge 5th April 2014

Nigel Rackham	36:42	84.33%
Kevin Smart	42:40	74.34%
Steve Paull	45:17	73.72%
Ian Birch	45:02	73.49%
Marion Rogan	58:38	71.92%
Sasha Birkin	45:20	70.07%
Donna Warren	48:30	65.98%
Annie Birch	58:39	65.90%
Kath Donaldson	66:03	65.83%
Andy Fox	47:03	65.24%
Caroline Day-Lewis	51:45	64.12%
Michael Morris	46:49	64.02%
Simon Aberly	47:38	63.93%
Ruth Tidder	51:45	62.35%
Judy Rackham	58:18	62.01%
Steph White	63:03	60.48%
Dave Brown	58:23	60.35%
Raj Varshani	48:20	60.12%
Mitesh Patel	44:44	60.03%
Mike Ransome	56:30	59.61%
Anne Ambrose	63:30	59.44%
Kirit Ranpura	54:03	58.20%
Carole Wells	60:46	57.98%
Julie Allen	57:45	57.46%
Adam Leary	55:20	55.48%
Julie Smith	66:00	52.07%
Steve Alder	59:46	51.78%
Emma Rackham	61:51	49.04%
Claire Lacoste	63:55	47.46%
Andrew Shirras	62:07	46.43%

A Few parkrun Results

Poole

05:04:2014

Sue Davie 37:55

29:03:2014

Sue Davie 34:54

Alun Davie 34:57

22:03:2014

Alun Davie 28:19

Sue Davie 44:44

08:03:2014

Sue Davie 43:06

01:03:2014

Alun Davie 27:42

Sue Davie 34:08

Gladstone Park

12:04:2014

Graham Hart 25:57

22:03:2014 26:43

Black Park

12:04:2014

Sasha Birkin 21:02

Simon Dadomo 26:41

Glyn Watkins 27:02

Max Dadomo 28:43 PB

Sam Dadomo 28:43

Catherine Pletts 30:10

05:04:2014

Jackie Bowles 24:56

Glyn Watkins 27:06

Jason Bowles 27:07

Catherine Pletts 31:23

29:03:2014

Glyn Watkins 27:55

22:03:2014

Glyn Watkins 27:46

08:03:2014

Glyn Watkins 27:00

01:03:2014

Glyn Watkins 27:17



Heidelberg Half Marathon 6th April 2014

Nagendra Bisht 02:24:53 PB

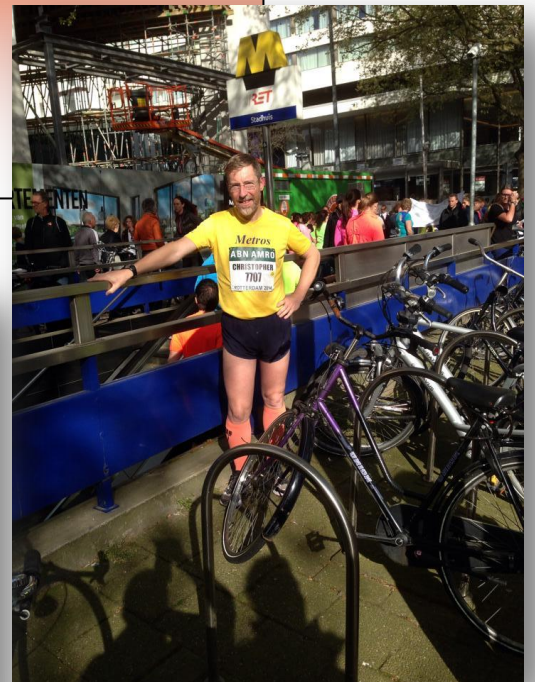


Paris Marathon - 6th April 2014

Mandy Beuselinck	04:07:17
Raquel Russell Ponte	05:26:54
Angela Murphy	05:53:31
Veronica Georgescu	06:13:03

Rotterdam Marathon 13th April 2014

1691 Chris Shearwood 03:26:23
10658 finishers



Manchester Marathon - 6th April 2014

1	2:16:59
4485 Caprice Beggs	4:34:14
5910 finishers	



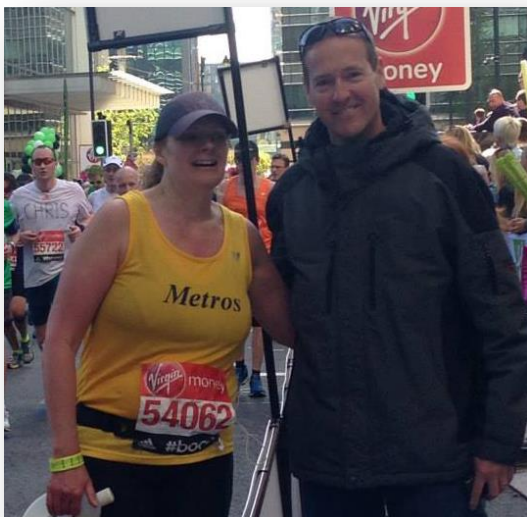
Copenhagen Half Marathon – 29th March 2014

Katie Donaldson 02:13:59

London Marathon - 13th April 2014



1		02:04:29	
98	Nigel Rackham	02:35:33	2nd V50
935	Kevin Watson	02:55:44	PB
4029	Nathan Powell	03:23:58	
9088	Hershil Patel	03:50:25	PB
10634	Steve Paull	03:56:11	
13378	Gertrud Porter	04:07:16	
13905	Tracey Tyrrell	04:09:24	
16689	Amanda Beuselinck	04:20:50	
23941	Hannah Ritterband	04:52:06	
24313	Emma Liston	04:53:54	
24462	Paula Kanesanathan	04:54:31	
24690	Michael Ransome	04:55:25	PB
29649	Jonathan Pang	05:25:00	



NOTES OF METROS COMMITTEE MEETING

Wednesday 2 April 2014, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Mandy and Peter Beuselinck, Pat Jackson, Steve Paull, Marilyn Pickford, Mike Ransome, Barbara Robson, Carole Wells, Sarah Westwood,

APOLOGIES: Penny Hudson, Irene Paull, Penny Rawlins, Al Scoffham, Sandra Young

CHAIR: Mike Ransome

NOTE RECORDER: Pat Jackson

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

MATTERS ARISING FROM THE PREVIOUS MEETING – 5 March

England Athletics Registration of Competing Members – Al has stated in Metrolines that it is no longer necessary to complete renewal forms every year.

ITEM CLOSED

Al has also stated in Metrolines that members must be competing members of EA to be included in the ballot for the Metros London Marathon places.

ITEM CLOSED

Irene had confirmed that she and Al had agreed that the England Athletics membership and Metros subscriptions lists would not be amalgamated. The registration number and status of members will be on the main database. The Hon Secretary will continue with EA registration. A new Honorary Secretary e-mail account will be set up.

ITEM CLOSED

London Marathon – Metros Water Station 2014 – Garry now has enough volunteers.

ITEM CLOSED

Metros Marathon Week – Mandy and Peter have prepared an entry form and advertised the event in Metrolines. 15 have already entered. Mike will check the previous budget.

ACTION: Mike Ransome

Incentives for On-time Membership Payment – Irene had suggested that no action is taken this year but be reviewed next year. This was agreed.

Metros 10Km –A request has appeared in Metrolines that slower runners start at 8.50 am or before and, if possible, self time. A verbal reminder will be given in the Scout Hall.

ACTION: Irene Paull

Metros Business Cards – Sarah was thanked for obtaining 250 excellent cards to advertise Metros. These are available from Mike Ransome in the Scout Hall.

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

Saturday Morning Session – Barbara has organised a key for Al and Jane Scoffham who have volunteered to set up the Scout Hall if Dave Young is unable to attend at short notice.

ITEM CLOSED

Metros AGM – Pat has booked Friday 16 May at Lowlands Tennis Club.

Al has said he wishes to step down as Honorary Secretary at the AGM and has advertised the post in Metrolines. Peter has expressed interest in the position.

The committee members present confirmed they are willing to stand again and new members will be encouraged to join.

Voting for a representative on the Independent Board Members of England Athletics.

Peter confirmed that Tim Soutar of Blackheath Harriers had been voted in.

England Athletics – Peter attended a meeting on 31 March which highlighted the differences between EA and UKA. Various questions were raised regarding budgets and spending and facilities for disabled athletes. The lack of officials was a concern. It was apparent that clubs are unhappy with the on-line system for registering members. A rolling membership is being considered.

Harrow Hill Race - Mandy confirmed she had discussed the recording of age categories in the results with Jeanne Coker and it will be reviewed next year.

Much of the surplus was transferred from the Hill Race to the Metros Account.

It was agreed that next year consideration will be given to linking the race with a charity/s. Penny has put a note in Metrolines requesting suggestions for suitable charities to be reviewed by the committee.

An extra Metros donation may be added to the charity/s chosen for the Christmas messages

Metros Laptop - Irene will purchase this later in the year. **ACTION:** Irene Paull

Club Photo – Penny Rawlins and Sandra have contacts with photographers and will research further. **ACTION:** Penny Rawlins/Sandra Young

Committee Photo – It was agreed to have a photograph of the committee after the AGM.

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

Hon. Vice Chairman – Penny Hudson had not sent any items.

Hon. Secretary – Al had not sent any new items.

Hon. Treasurer – Mike distributed a report. Nigel Rackham had expressed interest in the role of Honorary Treasurer.

Hon. Membership Secretary – The following applications were confirmed:

Shirome Bhandari, Pinner; Victoria Fernandes, Northolt Park; Richard Hayward, Harrow; Paula Kanesanathan, North Harrow. There are 236 members, 119 women, 117 men.

REPORTS OF CO-ORDINATORS

Summer League – Pat confirmed that Dulwich may be unable to host an event this year if work in the park goes ahead. This could mean that the presentation of awards for last year would take place at the Metros fixture. Donna Warren will Race Direct and Peter has offered to help with marshals. EA may require further documentation for our host event – Jeanne Coker, Mandy and Peter have offered to help with this.

ANY OTHER BUSINESS

Ride London – Mandy coordinated Metros involvement with the event last year and confirmed that Metros have received a guaranteed entry to the event this year. Mandy has offered the place to those who helped last year. **ACTION:** Mandy Beuselinck

Metros London Marathon Places – A question was raised regarding the rules for qualification for the ballot. Al will be asked to confirm the rules prior to a further discussion. **ACTION:** Al Scoffham

The meeting finished at 9.23pm

Date of Next Committee Meeting –Wednesday 7 May at the Methodist Church, Cannon Lane, Pinner, 8.00 pm.

Future Meeting: AGM – Friday 16 May at 8.00 pm.

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



Derek Bamforth (right) with Tom Daley (left) at the London Mini Marathon

Runner's Recipes

In anticipation of Dave's 60th birthday celebrations we thought this would be of interest! For health benefits of other alcoholic drinks see The Drinking Runner's Handbook by Jonathan Thompson - <http://www.runnersworld.co.uk/nutrition/the-drinking-runners-handbook/10848.html>



Bitter (Pint)

ABV 4%

Alcohol units 3

Calories 182

Protein 1.7g

Carbs 13g

Running plus Bitter is sweet stuff for your bones. As one of the best sources of silica and boron, a pint a day is an effective way to keep your running chassis strong and osteoporosis at bay.

Health bonus Vitamin B6 helps strengthen your nervous system and tackle stress. Plus, scientists at the National Public Health Institute in Helsinki found a pint a day can slash your

risk of kidney stones by a colossal 40 per cent. That pint also packs in 34 per cent of your RDA of folic acid, which helps convert food into energy and is important for proper brain function.

Imbiber beware Bitter contains high levels of purine, which increases uric acid in your joints, and can lead to gout.

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