

etrolines

November 2013

Issue No. 302



Round Norfolk Relay - 14th & 15th September 2013

Peter Rackham running along the bank of the Great Ouse river towards Wiggshall St Peter, on the 17th and final stage of the Round Norfolk Relay, at 7am.

Metros Diary

2013

OCT

Sat 26 Beachy Head Marathon, Eastbourne 9.00 am
 Sun 27 Ricky Road Run, TROPHY RACE 10.30 am

NOV

Sat 2 Measured Mile, Roxbourne Park 9.20 & 9.40 am
 Wed 6 Committee Meeting 8.00 pm
 Sun 10 TVXC Datchet 11.00 am
 Sat 16 5K run, Roxbourne Park 9.15 am
 Sun 24 TVXC Sandhurst 11.00 am

DEC

Sun 1 Perivale 5, Perivale Park Athletics Track 10.00 am
 Wed 4 Committee Meeting 8.00 pm
 Sat 7 5 Mile Handicap, Roxbourne Park 8.50 am
 Sun 8 TVXC Handy Cross 11.00 am
 Sun 8 Christmas 10K, Christchurch, Dorset 11.00 am
 Sat 21 Wot No Watch, Roxbourne Park 9.20 & 9.40 am
 Sat 21 Christmas drinks at Judy & Nigel's 7.30 pm

2014

JAN

Wed 1 Serpentine New Year's Day 10K Hyde Park 11.00 am
 Sat 4 10K Challenge, Roxbourne Park 8.50 am
 Sat 11 5 mile walk, Roxbourne Park 9.00 am
 Sat 18 Wot No Watch, Roxbourne Park 9.20 & 9.40 am
 Sun 19 Fred Hughes 10, St Albans 10 am

FEB

Sat 1 Measured Mile, Roxbourne Park 9.20 & 9.40 am
 Sun 2 Watford Half Marathon & Junior Races 10.30 am
 Wed 5 Committee Meeting
 Sat 15 5K Race, Roxbourne Park 9.15 am
 Sun 16 Harrow Hill Race tbc

MAR

Sat 1 5 mile handicap, Roxbourne Park 8.50 am
 Sat 1 Metros Barn Dance, Ruislip 7.00 pm
 Sun 2 Berkhamsted Half Marathon & 5 Mile Fun Run
 Wed 5 Committee Meeting

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

Note from the Editors!

Reading through this month's edition, it seems many of you are enjoying a running purple patch. Long may it continue, and if you're working through injury or other issues we wish you well in your recovery. We also look forward to tasting chocolate courgette cake on a Saturday morning soon!

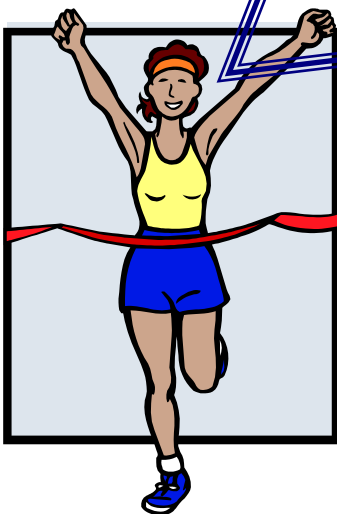
Jane and Penny Hudson



Welcome

Jacqui Godfrey, Eastcote
Claire Lacoste, Harrow
Laura Tyrrell, Hayes

Elected at the October meeting



If anyone fancies taking part in the **Thunder Run** - a 24 hour off road relay - on 26 and 27th July next year please contact Pritesh Patel and he is keen to do it but doesn't want to do it on his own!

www.tr24.co.uk
pritesh.patel1@hotmail.co.uk

Trophy Races



The following Road Race is the last event that will contribute towards this year's LRRC Trophy Race competition;

Ricky Road Run

Sunday 27th October at 10.30 am

<http://www.rickyroadrun.co.uk/>

Any queries please contact

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

Cross Country

Confirmed dates for the Thames Valley Cross Country League

10 November 2013 - Datchet

24 November 2013 - Sandhurst

8 December 2013 - Handy Cross

12 January 2014 - Tadley



Dates to be declared - Bracknell, Metros, Reading, TVT (as a substitution for Finch)

<http://www.tvxc.org.uk/>

The Thames Valley Cross Country League is based around 8 races held from October to February each year. The winners and runners-up attend the national finals in April.

Events are held on Sundays with an 11:00 AM start time - each course is usually a mixture of woodland trails and parkland and is normally about 5 miles in length.

Race entry this year will be free. Post race refreshments are provided.

BEWARE - HORSE FLIES ROXBOURNE PARK

There have been several reports recently and in fact over the past few years of bad reactions when being bitten in Roxbourne Park. It is advisable to use insect repellent or cover up. (Or both as they can bite through clothes.)

<http://www.nhs.uk/Conditions/Bites-insect/Pages/Treatment.aspx>

MEMBERSHIP SUBSCRIPTIONS

Membership subscriptions for the year commencing 1st September 2013 are now **overdue**.

If you have not yet renewed your membership please contact:

Irene Paull,
Honorary Membership Secretary
Telephone: 020 8422 6636 Email metros.secretary@yahoo.co.uk

It would be helpful if you would let us know if you do not intend to renew your membership.



Hope you all saw Anne and Kath on Songs of Praise on 29th September.



Memorial Run for Ann Marsden

I should like to say a big thank you to everyone who played a part in the planning and execution of the run in memory of Ann. It was lovely to see faces from the past as well as recent members. We were all able to reminisce and share memories as we ran or walked the three mile course, and at the end were greeted with welcome tea and coffee. Home-made cakes, and even chocolates were also in abundance and impossible to refuse. The weather was perfect for running and several people managed two laps. So thanks again everyone for a successful event, providing an opportunity to think about what Ann meant to us personally, and to our Metros running club.

Kath Donaldson

Apologies to Dave and Sharon Brown - these pictures should have been with their tribute last month.

Ann with Brendan at Metros Summer League





 etros
**QUIZ & AWARDS
PRESENTATION EVENING**



FRIDAY 22nd November 2013

**Lowlands Tennis Club, Lowlands Road, Eastcote
6.45 pm for a prompt start at 7.00 pm**

**It's been decided that this year again only Metros
members and their immediate families are invited.
This is due to increased numbers.**

A Bar is available and the rounds of the quiz will be between the
presentation of the various awards.

It is suggested that teams should consist of no more than ten.

The awards presented will include the following:

Metros Thames Valley League 2012-2013
Metros Summer League 2013
The Bill Gardner Summer League Award
Track & Field MBE's & Track Shields
Metros 5 Mile Handicap
Metros 5 Mile Walk Shield and Certificates
10K Challenge Awards
Keith Adsley Award
LRRRC Trophies
The Young Runner's Award
Beginner Runner's Award
The Aaron Breen Awards for Services to Family Running
The Runners' Awards

Further information from **Pat Jackson 020 8868 5683**

Measured Mile

The Measured Mile on Saturday mornings in Roxbourne park is a competition which is not always fully understood by the participants, not surprising as the rules are rather complex. This results most years in there being very few contestants in the running (pardon the pun!) for the trophy in spite of many Measured Miles completed. Although my task in deciding the winner each year is usually super easy it might be more interesting in future if more Metros are in full knowledge of the conditions. So here they are -

- Participants who wish to be considered for the trophy must be paid up Metros members.
- There are 4 Measured Miles organised in the competition.
- The first Measured Mile in the competition is run in November.
- The 3 other Miles are run in February, May and August.
- You have to run at least 3 out of 4 miles to be considered for the trophy.
- You have to be the runner with the most improved times over 3 miles to win.
- The improvement has to be over 3 consecutive miles with a faster time for each mile.
- You can run all 4 miles and I will look for consecutive improvement over the first 3 or the last 3 miles.
- You can run any 3 miles and be considered for the trophy if you improve your times.
- There are 2 opportunities to run the Measured Mile on each of the Saturdays when it is organised and if you run both your fastest mile time will be recorded.

So now you know the rules you must plan your strategy and keep your diary free for the Measured Miles, dates will be published in Metrolines. Remember this is a competition open to all runners at all levels as the trophy goes not to the fastest runner but to the one who has improved their times the most. Looking forward to some fierce competition for the trophy next year, and yes it is a good idea not to make the November Mile your PB!

Angela

Achievements

We wish to apologise to someone who should have been celebrated in the August Metrolines for his outstanding achievement of 100 marathons by his 60th birthday and becoming the first Metro to be accepted into the illustrious 100 marathon club.

Well done **STEVE PAULL!**

Well done to ...

Sonny Peart for a 10K PB in September

Guy Bostock, Michael Morris, Sonny Peart and Raj Varshani for PBs in the October 10K Challenge

Chris Shearwood for being 1st V50 at the Clarendon Marathon

Christopher Hudson for coming 5th in the Moor Park Under 10s in a time of 4:59, and **Max Dadomo** for a great time of 6:02.

The Ladies Team for 1st place in Moor Park 10K - well done **Sasha Birkin, Donna Warren, Jane Hudson and Ruth Tidder**

Nigel Rackham for winning Moor Park 10K

Pritesh Patel for a PB in Leicester Marathon knocking nearly half an hour of his previous PB





BARN DANCE

is booked for **Saturday 1st March 2014**. Due to the popularity of the last Barn Dance we will be selling tickets to Metros and family only to begin with.

The price will remain at £15 for adults, £7.50 for 11-17 year olds and FREE for under 11s. Buffet included. **Tickets will be available soon!**

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



Very cheap Massages!

As some of you know I am studying for a Diploma in Sports and Remedial Massage at the London School of Sports Massage - it is a BTEC Level 5 course and is a year long. I'm halfway through so have 6 months experience under my belt. I very much need more practice and need people to practise on. If you would like a massage - half an hour or an hour - please contact me. I'm free most evenings and weekends if booked in advance! I ask for a £10 donation for an hour and £5 for half an hour but please don't let that stop you coming for one if that's a problem.

Harriet Copland
07533798401
hcopland@aol.com





Christmas Messages

made with sparklee.com

Why not use Metrolines to wish your fellow Metros a Merry Christmas thereby saving yourself lots of money on cards. The money you save can be used as a donation to charity (to be decided by your committee).

We will be collecting messages (and money - minimum £1) in the coming month at the Saturday morning sessions and the Awards night on 22nd November (or anywhere else you see us!) The deadline for December's issue will be slightly later than normal - 25th November - to give you a chance to think of something witty for your message.

Penny and Jane Hudson

Below is a thank you note received for helping at the Prudential Ride London. A cheque for £150 was also received as a donation for our club.

Hi Mandy,

Thank you for your teams hard
work at Prudential RideLondon.

With Compliments

Enclosed is a donation Cheque for
the Club.

Many Thanks.
Claire



London & Surrey Cycling Partnership LLP

London Office: 115 Southwark Street
London, SE1 0JF
Tel: 020 7902 0212

Surrey Office: Rathbone House
4a Heath Road
Weybridge
Surrey, KT13 8TB
Tel: 0870 112 8650



Club Places Draw

Depending upon receipt of our club places (or place) I will be holding a draw for those of you who were unsuccessful in obtaining a place in the 2014 Virgin London Marathon.

The draw date will be announced in the December Metrolines

Please get your rejection slips to me as soon as possible. I will accept verbal applications depending upon circumstances

The criteria to be included in the draw is as follows

- You have had your 2014 London Marathon entry rejected
- You have been a member of Metros for at least 1 year *
- Your Metros subscription is up to date
- You are a first claim member of Metros
- You did not receive a club place in 2013 *

* Suspended if there are not enough members wanting places

All those successful in securing a club place **must wear Metros colours** on the day regardless of any Charity you may be representing.

If you helped at the Water Station this year and would like to apply for a Water Station place, please apply to Garry Young direct.
(g.c.young@btinternet.com)

Any problems or questions I can be contacted on 01895 270245 or 07811 353 020

Al Scoffham
Honorary Secretary

Results and Race Reports

Wot No Watch - 21st September 2013

Name	Pred_time	Actual_time	Diff
Mitesh Patel	5:50	5:43	-7
Kevin Smart	5:50	5:51	1
Nigel Rackham	5:55	5:55	0 **
Peter Rackham	5:55	5:57	2
Sasha Birkin	6:30	6:03	-27
Steve Paull	6:10	6:06	-4
Christopher Hudson	6:25	6:20	-5
Donna Warren	6:50	6:21	-29
Sonny Peart	6:25	6:26	1
Michael Morris	7:00	6:30	-30
Adam Leary	7:05	6:51	-14
Jane Hudson	7:00	6:54	-6
Nagendra Bisht	7:10	7:07	-3
Sam Dadomo	6:30	7:15	45
Aarnav Panda	7:10	7:20	10
Dave Young	7:00	7:20	20
Kirit Ranpura	7:15	7:24	9
Paul Gardener	8:00	7:30	-30
Mike Ransome	7:45	7:35	-10
Mark Mulvenna	7:00	8:10	70
Ceri Jacob	8:30	8:15	-15
Karen Collier	8:20	8:16	-4
Gagan Khullar	8:30	8:20	-10
Errol Clarke	8:00	8:24	24
Janice Newman	8:10	8:26	16
Julia Allen	8:10	8:26	16
Mary Swindles	9:00	8:31	-29
Angela Murphy	8:30	8:39	9
Caroline Attack	10:00	8:43	-77
Irene Paull	9:15	8:46	-29
Penny Rawlins	8:45	8:48	3
Karen Leary	8:20	8:49	29
Colin Jackson	8:00	8:53	53
Julie Smith	9:50	8:58	-52
Carole Wells	8:30	9:04	34
Sandra Young	8:45	9:08	23
Anne Ambrose	9:30	9:16	-14
Hilarie Lemon	11:20	9:19	-121
Deborah Norman	9:30	9:35	5

Raquel Russel-Ponte	9:50	9:35	-15
Debbie Moynihan	9:30	9:51	21
Hema Thakur	9:50	9:58	8
Veronica Georgescu	10:0	10:18	18
Gladys de Groot	10:00	10:38	38
Anne Leigh	10:55	11:06	11
Barbara Robson	12:59	12:25	-34
Henry Pickford	13:50	13:59	54
Yasmin Ransome		13:59	
Tasnim Ransome		13:59	

Forty nine runners completed the Wot no Watch on 21st Sept. Thank you to Wendy and Irene for help with the stopwatch. The trick to predicting your time is to ask someone else to do it for you! Nigel, unable to decide on a time said, "I'll run with Peter, whatever he says I will have the same time." Needless to say, Nigel ran 5:55 as chosen by Peter, and Peter was two seconds slower. But it was a close race with Sonny Peart and Kevin Smart both just one second out. In the first race Penny Rawlins was closest, just 3 seconds out.

No event in November as there is a Measured Mile on the first Saturday.

Teresa Young

Swallowfield 10K - 22nd September 2013

1	32:55	
157 Sonny Peart	52:17	PB
307 finishers - last	1:50:40	

Ickenham 5 - Sunday 15th September 2013

1	24:44	
43 Sasha Birkin	34:43	3rd FV35
55 Peter Reynolds	36:58	
100 Graham Hart	41:57	
113 Derek Bamforth	44:01	
173 finishers - last	73:56	

Round Norfolk Relay - 14th & 15th September 2013

Hope you enjoy the following stories from the Round Norfolk Relay.

My Round Norfolk Relay, stage by stage

Stage 1: 6am – Asleep, in Harrow.

Stage 2: 8.10am – On way to Pinner, to meet Andy and Mark.

Stage 3: 10.25am – In a car, somewhere north of Ely, seeking the shortest route to Wells by the Sea.



Stage 4: 11.30am – Catching sight of Donna by chance, then sending Mark off to ride behind her for all of 500m.

Stage 5: 1.13pm – Standing by a windswept beach, wondering if Mitesh will arrive in time to take the baton from Donna. He does. Just.

Stage 6: 2.43pm – Running my 7.9 miles a minute quicker than my predicted time.

Stage 7: 3.55pm – Quietly re-hydrating while driving to drop Mark off for his stage run.



Stage 8: 5.15pm – Standing around in a village with no pub or shop, or anything at all, really. Glad I had my own supply of Powerade and Mars bars.



Stage 9: 6.05pm – Riding a bike behind Pritesh in the last of the daylight. Pointing out major landmarks where necessary, to help him avoid wrong turns.

Stage 10: 7.35pm – Listening to Richard's post-handover expletives, then watching in awe from the comfort of the 'safety car' as he passes several teams over 20 miles in 2hr 15mins.

Stage 11: 9.45pm – Finally getting dinner. A cheeseburger and cup of tea, in a field somewhere in Norfolk.

Stage 12: 11.25pm – Asleep in a car outside an RAF base, hoping I'm not mistaken for a terrorist.

Stage 13: 1.25am – Still asleep, possibly drooling on Andy's upholstery, while my limbs quietly seize up.

Stage 14: 3.01am – Driving behind Judy as she runs through a series of dark, silent Norfolk villages.

Stage 15: 4.06am – Thanking a BP garage attendant for opening early so Andy and I can get Costa coffee. Those machines are surprisingly good. Or perhaps our expectations were low.

Stage 16: 5.41am – Changing a wheel on Al and Jane's car. Unpacking the boot took longer than getting the wheel on and off.

Stage 17: 6.41am – Cycling behind Peter along several miles of the Great Ouse, past ruined churches, unconcerned deer and perplexed dog-walkers, before free-wheeling with frozen feet into King's Lynn to see Peter applauded across the line by several tired and proud Metros. Collecting a commemorative plate, and wishing it was a t-shirt. Being asked if I would do it again, and finding myself unable to say 'no'.

Sonny Peart



Thirteen

Dateline: 15 September 2013, 01.28am.

Location: Thetford, Norfolk, England.

J had given me the mission to run as swiftly as possible between our outposts at Thetford and RAF Feltwell. Mine not to reason why, although I had just got back from a well earned rest following the Billington debacle (see earlier Metrolines) and expected a "lighter" first mission back. The run was to be at night, along dark roads, with only the headlights from the transporter following, driven by Sergeant Harry Shiels, to show the way.

Spies were everywhere. Nobody was to be trusted. I could not talk much to anybody for fear of giving the plan away, but the good sergeant, being fair-skinned like the locals, has the ability to mingle with all and sundry unsuspected.

Word from the sergeant of the local gossip was along the lines of "I've had a look at him, I don't think I'll have any trouble catching up". This was serious.

Captain Rackham was to hand me a baton when he got in from our earlier safe outpost in Scole and I was to move it on "down the line" eventually to the ultimate safety of King's Lynn.

Signal reached us the admirable Captain was making excellent time and would be first in and soon upon us- and so he was, powering up the gradient to the allotted changeover point.

Time being of the essence, we only exchanged a token sentence before I set off into the unknown. Plenty of time for mess talk later.

The first minutes were fine, although Shiels was later to report I had run past an unfettered horse on the other side of the road! I hadn't seen it. Soon we were out of town in the forest, where ahead was very dark and extra cold.

In this world of my own I became aware of every sound and soon became running scared. Was I to be picked off from the side or was the unsavoury character Shiels had overheard, fast approaching? I daren't look back, even to get reassurance from Shiels. I just clung on to the baton and the secrets I assumed it contained, and pressed on. Every so often a vehicle would pass the other way, but I was unable to see the occupants. It was to be head down and try to stay upright in this backwater where the poor road surface was highlighted by Shiels in his vehicle.

I had to run along this road for 5 miles and look for a turning signed "Grime's Graves(!)", but where was it?. I seemed to be going constantly uphill and it was an age before the sign and turn appeared ahead in the gloom. Yes, fog was coming down now to make things worse.

On and on I trudged, still not looking back, listening for the slightest sound of footsteps approaching. Once, where the fog had momentarily lifted, I looked to the sky, but almost



ran into the gutter in so doing. The camber on this never-ending road was bad enough, I would not be doing that again. Shiels was later to tell me of more wildlife spotted - rabbits and muntjac deer. I saw nothing.

Three times in the murk of the far distance I saw the lights of a vehicle, but every time as I drew closer they would disappear. Was I imagining things? Had my food and drink back in Thetford been drugged in some way?

After what seemed like a lifetime I approached a village. My spirits lifted slightly with the prospect of some life but there was none. The place was a silent and deserted ghost town as I ran through.

Only as I was leaving this village did I spot a stationary car belonging to the local militia. I left Shiels to deal with them and pressed on.

And there, in the distance, were the lights of the RAF base that was my destination. I was very probably going to make it.

I tried hard not to relax, but busied myself while running on, drying the sweat off the baton that had seemed to be my lifeblood for the last 100 minutes.

I placed it into the outstretched hand of the next runner and gave my best wishes to the recipient.

"I really do not want to do this" she said, emphatically.

I could not work out whether she was serious, but a woman! I was using women couriers now!

Ewan Fleming (Not my real name for security purposes).



Mark passes to Pritesh - Horsey, start of stage 9



Oh oh, can't afford to be a man down.....we need you on the bike later.....



Mark in Lessingham - start of stage 8

From Chris Shearwood

This was an e-mail I sent a northern (Hull City) running pal of mine earlier on with these pix taken by Pritesh:-

"View from my drivers' perspective. Didn't seem as dark as that - there was moonlight - and ahead you can see the vehicle behind the 1st runner I overtook. Note fetching orange sox bought @ Rotterdam Marathon Expo - you've seen me in them, haven't you? Left calf was playing up but I was able to up my pace in the final stages to keep ahead of the folk I'd overtaken, who weren't a lot slower than me.



I'd initially estimated myself @ 8 mins per mile pace but amended to 7.5; I actually did better than that. V disorientating running in virtual darkness - Al, one of the organisers said you always seem to be running uphill. I was above the average age and speed. Not bad for a 50-something but probably not as good as certain 51-year olds I know..."

Hull pal's birthday today - same school year as me; friends since High School and never knew each other were both runners 'til our mid-20's. About the same pace too - both wondering if we'll ever go sub-90 mins again:/

Early race photos show you had rain in north Norfolk - glad there was none of that at night. Cold enough to take Jane's advice to wear gloves and glad I did.

As Pritesh says, a great bonding exercise, great camaraderie. Well & truly up for it next year.

Would like to see more photos of night-time hand-overs - the arc lamps picked out all the hi-vis clothing very well and there was a real buzz around as runners came in - think we saw the first runners at stage 11 before Richard sped in. Hardly time to say "hi" before I was away, passing Mitesh & Pritesh in their waiting car with a "we're off chaps". Some poor girl was asking the officials whether it was OK to follow her runner with just a bike - not according to the rules, it wasn't...

I don't remember nearly getting run over but I do remember Mitesh & Pritesh telling me about it afterwards and I certainly heard Pritesh throwing up behind me!

Steve, Irene and I had come along my stretch of the route (in reverse) earlier that evening, so some of it was familiar. I was unable to see my watch to gauge how fast I was going, except at the two major roundabouts I crossed which had street lamps. Should've taken up Pritesh's offer to wear his watch (or work out how the light function works on mine:p

Normally, the sight of a pub that I couldn't go into would depress the hell out of me but the well-lit Horseshoes PH (which appeared to have just closed anyway), about half a mile down a hill from the hand-over point, was welcome sight indeed. The folk whom I'd left at Bungay some 1 hr 47 earlier were waiting for me at the handover, along with the family of Nigel to whom I handed the baton and he, too, sped off.



Bungay at least had the benefit of Maltings Meadow Sports Club as hand-over HQ - there was a hog-roast in full swing while we were waiting for Richard - but Scole was just a field with plenty of cow-pats. As busy as Bungay that night but by day, according to Google Streetview, just a deserted field with a five-bar gate.

I'd forgotten that Mitesh & Pritesh had to follow Nigel for a while until Jane and Al caught up to take over lighting duties from them - they had the orange lamp that Steve and Irene needed later on and I needed their lift back to Ruislip! They duly returned and we got back to Middx around 2-ish, I think.

Quite difficult to estimate my pace for Jane beforehand - I thought 1 hr 50 perhaps nearer the mark so 1 hr 47 was not not too bad. Seemed to take ages to catch up the two runners in front of me, the only two I saw for my entire stretch (although the leg timings indicate that there were other runners quite close behind me). So 7 mins 21 it is then...

Well done everyone and special thanks to Mitesh & Pritesh and especially Steve & Irene.

Chris

A fantastic all round team effort. Especial thanks to Al and Jane (hope they enjoy their well earned holiday - even if it did start with a 200 mile drive..) and also to all those who helped with following/lighting - notably Andy and Sonny for hanging in there through the night.

It was my first experience of lighting - the initial excitement of doing a 'Cagney & Lacey' and putting the flashing light on the roof (so you could put your foot to the floor and see other traffic scatter?) soon wore off. There were one or two nervous moments as 18 wheelers bore down on us on the A10 at 60mph but fortunately they seemed to spot us in the mist (and Judy was asleep so did not detect the sharp intakes of breath/expletives). Most ironic road sign was the "tired? - take a break" exhortation which we passed at around 4.30am. If you want to know how Peter managed to use the bathroom (yes he did get out of the car) and rejoin us while lighting Matthew you will have to ask him....

Anyhow as the brain was capable of little else yesterday afternoon we downloaded the times from the official team stopwatch. There are some discrepancies from the official RNR results - most are just a second or two but one of 6 minutes occurred between Matthew and Irene and we are pretty sure the stopwatch was right. There was also an error on the original teamsheet so we actually beat our estimated time by some 15 minutes.

Happy memories

Nigel Rackham

Well done to everyone who took part - I am reluctant to admit that I did really quite enjoy it!

Judy Rackham



In the beginning Mitesh nearly ran over Chris going too quick!

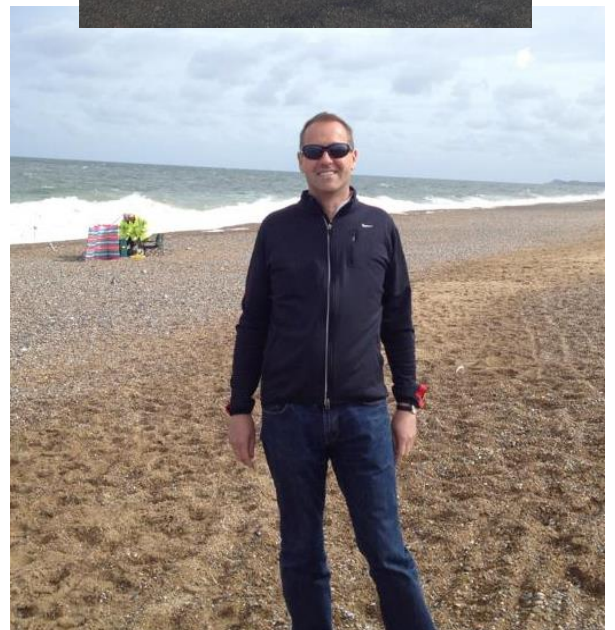
Similar to Matthew's story: whilst Mitesh was lighting Chris I told Mitesh I was gonna throw up. He asked whether he should stop the car. I opened the car door and threw up outside the car whilst it was still moving. I think some of the sick landed in the car.

I note that Richard Francis's time was 3 minutes 22 seconds over his estimated time. When I got very close to hand over stage I spotted Richard taking his tracksuit off. I attempted to pass the baton to him and he told me to finish. I approached the finish line and an official asked where the next 20 runner was. I stopped and pointed and said he was getting changed. Another official started shouting tell me to cross the line. I crossed the line and Richard soon arrived and I handed him the baton and off he went. Another official noticed that Richard didn't have a number so I ran after him. We spent about 2 minutes getting the number off me and putting it on him. So that explains the 3 minutes 22 secs.

Amazing experience. it's a good bonding exercise. thanks to Al and Jane for organising and to all the support. I look forward to doing it next year!

Donna's handover to Mitesh was funny but as I wasn't there I should perhaps leave it to Mitesh to tell...

Pritesh Patel



Mitesh's story could start with "how many Metros does it take to pin a number 20 onto a running vest?". And finish with "four".

My extra 7 minutes? Down to a combo of running 3/4 mile further than the stage distance and two episodes of getting lost. The first one resulted in me climbing off the beach across gorse covered sand dunes (legs are shredded two days later) the second one wandering around trying to get a mobile phone signal to ask Peter where I was meant to be....!

Great fun, hopefully I'll be able to do it all again next time - without the getting lost bits.

Mandy Beuselinck



Peter Rackham crosses the finish line 26 hours and 9 minutes after Gary set out on Stage 1

Bushey Junior Races - Sunday 14th July

Age Category Years 3-6 (age 7-11)

1		5:45
6	Christopher Hudson	6:21 (age 9)
131	finishers - last	32:50

Apologies to Christopher for not putting this result into an earlier Metrolines.

Ealing Half Marathon - 29th September 2013

1		1:04:33
288	Steve Paull	1:32:56
1261	Gertrud Porter	1:48:48
1585	Raj Varshani	1:53:12
1777	Tracey Tyrrell	1:54:40
3532	Roberta De Martin Pinter	2:24:45
3586	Laura Tyrrell	2:26:52
3687	Irene Paull	2:31:07
3784	Caprice Beggs	2:37:37
3987	finishers - last	4:02:26



Moor Park Junior Races - 29th September 2013

Under 12 Boys - 2.6K

1		9:35
16	Sam Dadomo	11:19
51	finishers	

Under 10 Boys - 1.3K

1		4:45
5	Christopher Hudson	4:59
45	Max Dadomo	6:02
169	finishers	



Royal Parks Half Marathon - 6th October 2013

1		1:09:07
6145	Jackie Bowles	1:58:00
14848	finishers	

5 Mile Walk - October 2013

Bob Manning	55:38
Hilarie Lemon	55:45
Dave Brown	56:04
Barbara Robson	70.00

Moor Park 10K - 29th September 2013

1	Nigel Rackham	34:40
11	Tom Alder	38:13
30	Kevin Smart	42:25
37	Mitesh Patel	42:59
39	Anthony Bellis	43:18
49	Sasha Birkin	44:07
71	Steve Paull	45:28
85	Peter Rackham	45:51
93	Matthew Rackham	46:06
114	Donna Warren	47:08
167	Michael Morris	49:39
215	Jane Hudson	51:56
216	Ruth Tidder	51:57
223	Gordon Valentine	52:13
252	Mary Swindles	53:07
285	Glyn Watkins	54:14
290	Judy Rackham	54:32
303	Hershil Patel	54:55
338	Janice Newman	56:02
359	Michael Ransome	56:49
431	Carole Wells	59:25
447	Steve Alder	59:52
482	Pauline Bishop	1:01:32
522	Angela Murphy	1:04:24
552	David Brown	1:06:24
555	Emma Rackham	1:06:25
574	Raquel Russell Ponte	1:07:47
584	Kath Donaldson	1:09:09
628	Veronica Georgescu	1:14:36
650	Sonya Grist	1:18:29
654	Sue Davie	1:19:19
682	finishers - last	1:44:12



From Athletics Weekly



STEWARTS LAW MOOR PARK 10km Rickmansworth, Hertfordshire

METROS Nigel Rackman became one of the few over-50 runners to win a road race outright when he came home 43 seconds clear in 34:40.

Overall: 1 N Rackham (Metros, M50) 34:40; 2 M Woodman (Staff) 35:23; 3 B Crainer 35:46

Women: 1 J Gray (Wat) 41:48; 2 H Mussen (Serp, W35) 42:29

W50: C Findlay (D Lloyd) 44:54. **W55:** C Jones (ESM) 45:42

Robin Hood Marathon, Nottingham - 29th September 2013

1	2:27:08
396 Pritesh Patel	4:02:05
918 finishers	

Nottingham Marathon

I think the reason I did terribly was cos after about 2 miles I overtook a guy from my running club called Mark and decided to stay with him at a pace slower than I wanted to run at. I do not like running at a pace that is not natural to me and after 15 or so miles started walking. Mark did 3.44. Anyway I'm glad I did **** because my legs felt fine afterwards and I decided to sign up to the Leicester marathon afterwards.

Leicester Marathon 13.10.13

Decided to go for it and had nothing to lose. These are my mile marker recollections - 6 miles 44 minutes, 10 miles 1:13, 13 miles 1:36, 22 miles 2:52. I thought I'd get under 3:30.

On the route there is a level crossing and 3 runners and I got delayed at it waiting for a train to go by! A woman was not pleased and said the same thing happened to her last year.

Chips were in a plastic covering attached behind our number. I was chatting to a woman before the race who said the Rome marathon used the same system and in wet and windy conditions they fall out. I had just started and a runner told his friend his chip had come out! In the beginning I kept checking that my chip was still there but decided not to worry about it.

Both marathons the general support is rubbish compared to London. Water stations are only every 3 miles.

Leicester Marathon - 13th October 2013

1.	2:38:30
113. Pritesh Patel	3:31:28
516 finishers	

10K Challenge - 5th October 2013

	Time	% Age Grade	Award	
Nigel Rackham	35:54	86.20%	Gold	
Steve Paull	43:46	76.28%	Gold	
Kevin Smart	43:05	73.62%	Gold	
Sasha Birkin	44:12	71.87%	Gold	
Raquel Russel Ponte	64:53	71.49%	Gold	
Judy Rackham	53:41	67.34%	Silver	
Marilyn Pickford	62:00	66.02%	Silver	
Tom Alder	41:34	65.98%	Silver	
Kath Donaldson	66:41	64.21%	Silver	
Angela Murphy	64:23	63.58%	Silver	
Gordon Valentine	52:29	63.06%	Silver	
Guy Bostock	48:30	62.79%	Silver	PB
Michael Morris	47:31	62.59%	Silver	PB
Carole Wells	58:33	59.41%	Bronze	
Mike Ransome	57:48	59.31%	Bronze	
Raj Varshani	49:30	58.70%	Bronze	PB
Kirit Ranpura	53:57	58.30%	Bronze	
Sonny Peart	51:53	56.88%	Bronze	PB
Anne Ambrose	66:41	55.66%	Bronze	
Veronica Georgescu	72:43	55.47%	Bronze	
Tracey Tyrrell	56:52	53.46%		
Steve Alder	59:19	52.17%		
Andrew Shirras	58:37	49.20%		
Nagendra Bisht	60:53	48.10%		

Bournemouth Marathon - 6th October 2013

1 2:16:41
 Jane Hudson 4:21:29
 Sue Davie 6:29:41
 3001 finishers

Clarendon Marathon - 6th October 2013

1 2:53:15
 20 Chris Shearwood 3:32:48 1st V50
 304 finishers

Runners' Recipes

Grated courgette gives this cake a lovely moist texture - a great way to use up a glut from your garden

Chocolate courgette cake

By Celia Brooks Brown

Ingredients

- 350g self-raising flour
- 50g cocoa powder
- 1 tsp mixed spice
- 175ml extra-virgin olive oil
- 375g golden caster sugar
- 3 eggs
- 2 tsp vanilla extract
- 500ml grated courgettes (measure by volume in a measuring jug, but it's about 2 medium courgettes; if using 1 overgrown one, peel first and take out seeds)
- 140g toasted hazelnuts, roughly chopped



Method

1. Heat the oven to 180C/160C fan/gas 4. In a large bowl, combine the flour, cocoa powder, mixed spice and 1 tsp salt. In another bowl, combine the olive oil, sugar, eggs, vanilla essence and grated courgette. Mix the dry and wet mixture until just combined, then fold in the toasted hazelnuts. Line a 24cm cake tin with greaseproof paper, then pour in your mixture. Bake for about 40-50 mins, or until a knife inserted into the middle comes out clean. Cool in the tin for 10 mins, then turn out onto a wire rack and leave to cool.
2. To make the icing, place the chocolate in a bowl and bring cream to the boil in a saucepan. Pour the hot cream over the chocolate and stir until completely smooth and melted. Leave the icing to cool slightly and thicken, then spread it over the cake so it's covered and the icing starts to drip down the sides. Serve with a cup of tea or enjoy as a pud with a spoonful of something creamy.

Recipe from Good Food magazine, July 2010

NOTES OF METROS COMMITTEE MEETING

Wednesday 2 October 2013, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Mandy & Peter Beuselinck, Penny Hudson, Pat Jackson, Steve Paull,
Mike Ransome, Penny Rawlins, Barbara Robson, Carole Wells,
Sandra Young

APOLOGIES: Irene Paull, Marilyn Pickford, Al Scoffham, Sarah Westwood

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 – 4 September

Metros Car Stickers – Pat will confirm details and order.

ACTION: Pat Jackson

Metros Shed – Pat has placed a notice in the shed asking anyone temporarily removing an item to leave a note stating who has borrowed what.

ITEM CLOSED

Megaphone - Mandy and Peter have purchased a megaphone.

ITEM CLOSED

Barn Dance – Penny Hudson, Penny Rawlins, Barbara Robson and Sandra Young confirmed 1st March at the Emerald Rooms (near the Polish War Memorial). The band is booked and deposits paid. A limit of 130 tickets will be issued open firstly to Metros members and families. Penny Hudson will design tickets.

ACTION: Penny Hudson

Events in Memory of Ann Marsden – The run/walk in Ruislip Woods on 22 September went well. Marilyn and Henry Pickford marked the route, Barbara, Jenny Imeson and Maurice Bissell removed the markers. Teresa and David Young and Barbara served the refreshments. It was agreed this had been a fitting tribute to Ann. Donations were collected for Weston Hospicecare and will be kept open for a couple of weeks for more donations.

ACTION: Pat Jackson

England Athletics Registration of Competing Members – it is necessary to complete one of two forms each year – one for new Competing Members, the other to renew registration. Al will arrange for the forms to appear on the web site.

ACTION: Al Scoffham

Penny has added a further request for forms in Metrolines and forms are prominently displayed in the Scout Hall.

First Aid Training – At present only a course run by the Red Cross is acceptable by England Athletics for open events and more Metros members need to be encouraged to attend these courses. Those interested should check the EA web site for dates.

Coaching Budget – Mike confirmed that Hema Thakur is looking to attend a local coaching course. Al will advertise in Metrolines suitable courses notified by EA.

Following a discussion with Jeanne Coker, Peter confirmed that Metros needs more qualified coaches, timekeepers, etc. Peter will compile a list of present Metros officials and request in Metrolines that more Metros become qualified.

ACTION: Peter Beuselinck

Advertising –Mike has put a notice in the newsagents by Eastcote station to attract commuters. The notice Steve put in Pinner has been removed and Steve will arrange a replacement.

ACTION: Steve Paull

Mandy will organize a Metros Twitter account.

ACTION: Mandy Beuselinck

Hill Race –Hugh Jones has measured and certified the course as a 10K. It was agreed to run it as a 10K next year on Sunday 16 February.

Metros Results – It was agreed that results of Metros internal competitions would continue to be listed in Metrolines but not on the web site. Peter will inform Kevin that it's not necessary to set up a separate viewing area on the web site for Metros members. **ACTION:** Peter Beuselinck

Summer League Metros Host Fixture – Pat has put a note in Metrolines requesting volunteer/s to organize this fixture in future. She confirmed that she will help whoever takes on the role next year.

ACTION: ALL MEMBERS

Metros Middlesex County Representative – Following Jeanne Coker's resignation as Metros co-ordinator, Peter will attend a meeting.

ACTION: Peter Beuselinck

Thames Valley League – Metros Host Fixture – A suitable date in January is now being sought. Mandy will inform Jane Scoffham, TVL co-ordinator of the Hill Run date.

ACTION: Mandy Beuselinck

Quiz and Awards Presentation Evening – Pat confirmed Friday 22 November in Lowlands Tennis Club and will arrange the awards.

ACTION: Pat Jackson

The committee decided on recipients of awards which are chosen by the committee.

Metros Magazines –Angela Murphy confirmed that only running magazines had been on offer for a donation and, having discussed the scheme with Metros members, decided to discontinue the scheme for the time being. Donations already received, plus a donation from Metros, has been sent to the Lynda Jackson Macmillan Centre.

ITEM CLOSED

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

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

Hon. Secretary – Al not present.

Hon. Treasurer – Mike distributed a report.

Hon. Membership Secretary – The following applications were confirmed:

Jacqui Godfrey, Eastcote; Claire Lacoste, Harrow; Laura Tyrrell, Hayes

REPORTS OF CO-ORDINATORS

Summer League – Pat will shortly attend a meeting of club representatives.

OTHER ITEMS

Metros Committee Members Photos –a new list and photos are needed.

The meeting finished at 9.50 pm

Date of Next Committee Meeting –Wednesday 6 November at the Methodist Church, Cannon Lane, Pinner, 8.00 pm.

Future Meetings: 4 December.

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 Course

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

Jane Scoffham - tel. 01895 270245

Metros Website

www.metros.org.uk

Contributions to: ks@d4b.co.uk

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

Metros Kit

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

Other kit also available.

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

Safety Information

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

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

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

Metros REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: mondaymetros@yahoo.co.uk	
TUESDAY	20.00	Steve Paull	020 8422 6636
WEDNESDAY	19.15	Dave Brown	020 8933 1821/Steve Paull
THURSDAY	19.30	Jane Hudson	07522 754675
		Email: thursdaymetros@yahoo.co.uk	
SATURDAY	09.00	Dave Young	020 8866 3225
SUNDAY	09.30	Anne Leigh	01753 888 839

Not every week – please phone Anne to confirm

There are often other runs going on particularly on Sunday so ask around if you are interested in joining a group.

See website for more details: www.metros.org.uk