

etrolines

October 2013

Issue No. 301



Maidenhead Half - 8th September 2013

Metros Diary

2013

SEP

Sun 22	Ann Marsden Memorial Woods Run, Ruislip	9.30 am
Sun 29	Moor Park 10K, TROPHY RACE	3.00 pm
Sun 29	Ealing Half Marathon	9.15 am

OCT

Wed 2	Committee Meeting	8.00 pm
Sat 5	10K Challenge, Roxbourne Park	8.50 am
Sun 6	Bournemouth Marathon	10.00 am
Sat 12	5 mile walk, Roxbourne Park	9.00 am
Sun 13	Ridgeway Run, Tring Park Cricket Club	10 am
Sat 19	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 20	Cabbage Patch 10, TROPHY RACE	10.00 am
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 (provisional date)	
Sat 16	5K run, Roxbourne Park	9.15 am
Sun 24	TVXC Sandhurst (provisional date)	

DEC

Sun 1	Perivale 5, Perivale Park Athletics Track	TBA
Wed 4	Committee Meeting	8.00 pm
Sat 7	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 8	TVXC Handy Cross (provisional date)	
Sun 8	Christmas 10K, Christchurch, Dorset	11.00 am
Sat 21	Wot No Watch, Roxbourne Park	9.20 & 9.40 am

2014

JAN

Sat 4	10K Challenge, Roxbourne Park	8.50 am
Sat 18	Wot No Watch, Roxbourne Park	9.20 & 9.40 am

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

Note from the Editors!

This week has seen definite signs of autumn - a distinct chill during those night time runs. Talking of which, well done to our team in the Round Norfolk Relay on 14th and 15th September. There will be stories, pictures and results in next month's Metrolines, although many of you should have seen some already on the Metros Facebook page or via the group email (details of how to sign up on the back pages of this issue).

Enjoy your running, but wrap up warm, and be bright!

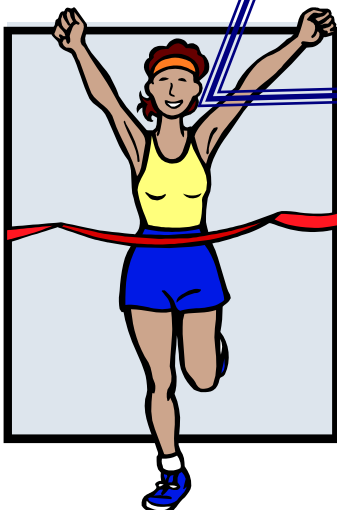
Jane and Penny Hudson



Welcome

Caroline Arokiam, Isleworth
Caroline Attack, Harrow
Anthony Bellis, Ruislip
Michael Morris, Harrow Weald
Gary Warren, Redbourn.

Elected at the September meeting



Trophy Races



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

Moor Park 10K	Sunday 29 th September at 3.00 pm
http://www.moorpark10k.org.uk/	
Cabbage Patch 10 (Stragglers)	Sunday 20 th October at 10 am
http://www.cabbagepatch10.com/	
Ricky Road Run	Sunday 27 th October at 10.30 am
http://www.rickyroadrun.co.uk/	

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

MEMBERSHIP SUBSCRIPTIONS

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

This year membership fees are £15 for individual adult members and £1 for individual under 18 membership. There is a reduced rate of £5 for students in full time education who are between 18 – 21 years.

It is possible to arrange to pay your membership fee by standing order or set up an internet payment. If you would like to do this please see me for bank details.

If there are any alterations to the details on file regarding your membership, i.e. change in 1st claim status, 2nd claim membership of other clubs, address, phone number or e-mail address, please let me know.

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



 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
LRRC 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**

Achievements

Well done to ...

Christopher Hudson, Steph White and Simon Abery
for a 5K PB in August.

Nigel Rackham - 1st V50 at Maidenhead Half.

Steve Paull - 1st V60 at Maidenhead Half.

Jane Hudson, Steve Alder , Anthony Bellis and Tom Alder for PBs at Maidenhead Half.

Emma Rackham, Laura Tyrell and Roberta De Martin Pinter
for completing their first half marathons.

Tom Alder for a 5 Mile PB in September



If you have not yet registered with England Athletics or renewed your registration, there are forms available in the scout hut on a Saturday morning. Alternatively please contact Al Scoffham - almetros@yahoo.co.uk.

The fee is currently £10 . Most races offer a £2 discount for affiliated members.

We will all be thinking of Ann Marsden this weekend at the woods run and next weekend at the Moor Park 10K. Here is another memory that just missed the deadline for Ann's tribute.

Remembering Ann

We all have our own memories of Ann and the many good things she did. Our own particular memory among other things is the special way she had with our foster children at Metros events. Whenever we needed some help Ann was always the first to help encouraging the children and taking them round the course when they were taking part. She had a lovely way of getting children to join in even when they were feeling too shy or not sure what to do.

This is just one thing she will be missed for by us all, such a sad loss.

Dave & Sharon Brown



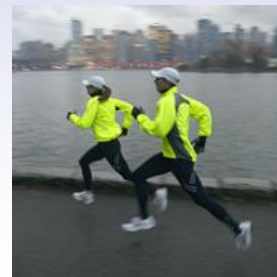
Thursday Metros Sessions

Many of you will already have this information, but for those who haven't and may be interested please see below:

Update - from Thursday 19th September the session will start at the new time of 7.30 pm, for the autumn/winter sessions **ONLY**. Meet outside number 2 Mountside, adjacent to the Duck in the Pond pub, Kenton Lane. Nearest postcode HA3 6AA. Be there in time for a prompt start.

A varied speed play session – not a continuous run. All abilities welcome. Venue may change so runners are requested to confirm with Jane. Organiser: Jane Hudson, email: thursdaymetros@yahoo.co.uk

Remember to wear Hi-Viz!



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



**THE 34th ANNUAL Metros FUN RUN -
THE BRIAN JACKSON FUN RUN
Saturday 31st August, Roxbourne Park**

A busy Metros September diary and holidays made a change of usual date preferable. The weather was good, the grass was dry and no rain. The dry course produced several new records from Steve Paull, Gertrud Porter and Mary Swindles.

With a choice of events many took advantage to run 2K, 4K, 6K, 8K or 10K and walk 2K. Plaques, to keep for one year, are awarded to winners of the BJ Challenge 10K in various age groups. Although all are welcome to participate, there are awards to keep for one year for those over 60 in the 2K run, 2K walk and the Duathlon – the combined times for the run and walk. Children 8-10 and 11-14 win medals and small children receive a certificate and a sweet treat on finishing the short race for 7 and under.

Sixty six participated in one or more of the events and twenty nine completed the full BJ 10K Challenge. Friends from British Airways and Thorney RC also joined us for this, the longest established Metros event.

As always no Metros event would take place, or be successful, without help. I'd like to thank all those who arrived early to help prepare the Scout Hall for the post-race refreshments and set up the course. Thanks to all who registered the participants, marshalled, recorded finishing times and numbers, helped process results, clear up the course and serve tea and coffee at the presentation at the Scout Hall after.

There were so many who helped in some way that I'd also like to thank but particular thanks to Steve Alder, Penny Hudson, Bob and Emma Manning, Wendy and Ellen Mulvenna, Petra Otto, Steve Paull, Henry Pickford, Emma Rackham, Mike Ransome, Penny Rawlins, Barbara Robson, Dave and Teresa Young, Sandra Young.

It was fun to see Kirsty Young, Aaron, Jarred and Lia Rawlins doing several extra races seeing who could get to the results table first with each of the sheets recording the times and numbers.

Steve Alder has perfected an excellent computer program and, with his lap top, was able to produce the results very quickly. This will ease the amount of paper work in future years.

On a light note – Brian and I were preparing the course a few days before – sweeping the curve of large twigs etc near the start/finish and clipping overhanging trees and shrubs. A lady asked Brian what I was doing and he replied that I was doing community service. Fortunately she didn't ask what for - I won't repeat what he was going to say!

Again without those who came to run and walk there would be no event so thank you and here's to next year, the 35th event.

Pat Jackson

Results and Race Reports

Kimbolton Castle half marathon Sunday 18th August 2013

At the starting line our dog Hamish went in to a complete fit when he realised that I was going to run away from him. He howled, cried and barked his heart out and I began to think he was trying to tell me not to run because something bad would happen. Yes, I did consider not running.

This half marathon contained all the elements I so dislike. Hills - 11miles of them, blazing sun, head wind and long, long never ending country roads and to top it all I got stung by a wasp. Of the 43 half marathons I have now run this came near the top of the worst ones.

The run up to the finishing line was made a bit special when over the tannoy I heard the announcer say ' here comes Gertrud Porter, brand new grandmother to a beautiful little baby girl' (I think Bob must have whispered that in his ear). At the finishing line I was handed a bottle of vinegar to pour over my now very swollen and painful wasp sting.

Finishing time 1:53:56

Gertrud Porter

'The Beast', Corfe Castle, Dorset - 13 miles XC - 1st September 2013

Jonny Jackson 97th 01.48.36

1st - 01.21.54
last 425 - 03.39.21



How Much?

How much should a race cost to enter? Should the cost relate to the distance? What should we get for our entrance money?

Irene and I have recently been on holiday to Canada and (surprise, surprise) I managed to find a race for us to do while we were out there.

It was only a 5k on a mid-week evening in a Montreal suburb. Although the entry fee was a whopping \$35 (£25ish) each to enter, we were always going to do it if it wasn't full.

Now I suppose we were not entitled to get anything extra for our money. But here in the UK we've got used to it. In Canada we didn't, just bottled water and corn-on-the-cob (No thanks, it sticks in between the teeth)! No T-shirt, no medal, no goodie bag, nothing. In truth, the top three in every age group did get medals, but people who thought they might have won had to go up to a desk and ask.

There was no race sponsor, but the police were there and some roads were closed. The race did use the foyer and changing rooms of the local leisure centre, but with an uptake of nearly 700 runners, plus quite a few more in the shorter one and two k races, that's a lot of money coming in.

It was getting dark as we waited for a bus at a quiet and slightly scary road junction for the trip back to town (all single storey offices and small factories, where everybody has gone home and there's just cars trucks and no pedestrians). As we waited I couldn't help but think it was all a little unsatisfactory.

Eb S. C. Rooge

Last Friday of the Month 5k - Hyde Park August 23rd

Gertrud Porter 25.16 (80.2%)

RESULTS of the 34th METROS ANNUAL FUN RUN

THE BRIAN JACKSON FUN RUN

Saturday 31 August 2013 in Roxbourne Park

The fun run consists of the following five events:

(1) Ladies' **4K** run, (2) Men's **4K** run, (3) **2K** run; (4) **500 m** for under 7 years and (5) **2K** walk.

- | | |
|-------------------------------------|---|
| THE BJ CHALLENGE AWARDS | – for three races (1), (2) and (3) - a total of 10K |
| THE BJ 2K CHALLENGE AWARDS | – for race (3) the fastest man and woman |
| THE BUS PASS JOG AWARDS | – incorporated in race (3) for the over 60's |
| THE BUS PASS WALK AWARDS | – incorporated in race (5) for the over 60's |
| THE BUS PASS DUATHLON AWARDS | – incorporated in races (3) and (5) for the over 60's |

****R = New Record**

RACE (1) – 4K

GIRLS 11-14

Malvika Bisht 25m 00s

Record (1988) :

Alexis Coleman 16m 6s

SENIOR LADIES 15-34

1	Tracey Tyrrell	19m 33s
2	Roberta de Martin Pinter	23m 20s
3	Karen Collier	23m 44s
4	Laura Tyrrell	23m 25s
5	Emma Rackham	23m 37s
6.	Ellen Mulvenna	28m 58s

Record (1995) :

Kate Lockhart 15m 27s

VETERAN LADIES 35-44

1	Sasha Birkin	17m 06s
2	Ruth Tidder	20m 21s
3	Dharmini Chikhliwala	24m 49s
4	Hema Thakur	27m 41s

Record (1997) :

Jane Young 16m 3s

SUPERVET LADIES 45 - 49

1	Jane Hudson	18m 53s
2	Judy Rackham	21m 41s
3	Ceri Jacob	24m 44s
4	Sandra Young	25m 44s
5	Julie Smith	25m 46s
6	Gillian Saunders	34m 25s

Record (1997) :

Petra Otto 18m 17s

MEGAVET LADIES 55+

1	Mary Swindles	20m 00s
2	Gertrud Porter	20m 13s
3	Petra Otto	22m 10s
4	Angela Murphy	24m 31s
5	Janice Newman	24m 44s
6	Jasia Zimmermann	24m 48s
7	Irene Paull	25m 03s
8	Jane Scoffham	25m 24s
9	Steph White	25m 42s
10	Anne Ambrose	26m 02s
11	Debbie Moynihan	26m 48s
12	Veronica Georgescu	26m 52s
13	Barbara Reading	27m 20s

Record (2012) :

Jackie Cope 19m 52s

RACE (2) – 4K (Time in Mens' Race)

BOYS 11-14

Sam Dadomo 19m 27s

Record (1983) :

Nigel Flint 13m 35s

SENIOR MEN 15-39

1 Mitesh Patel 16m 23s

2 Anthony Bellis 16m 33s

3 Gagan Khullar 24m 24s

Record (1996) :

Richard Godden 12m 43s

VETERAN MEN 40-49

1 Simon Aberly 18m 39s

2 Guy Bostok 19m 38s

3 Michael Morris 19m 51s

4 Nagendra Bisht 21m 07s

5 Andrew Collier 22m 49s

Record (2009) (in Ladies' race) :

Nigel Rackham 13m 17s

SUPERVET MEN 50 - 59

1 Nigel Rackham 14m 19s

2 Christopher Shearwood 16m 01s

3 Kevin Smart 16m 31s

4 Graham Hart 20m 55s

5 Al Scoffham 20m 58s

6 Errol Clarke 22m 10s

7 Paul Gardner 22m 26s

Record (2012) :

Nigel Rackham 13m 55s

MEGAVET MEN 60+

1 Steve Paull 17m 00s

2 Peter Jose 18m 25s

3 Rod Briggs 18m 56s

4 Denis Foxley 19m 15s

6 Mike Ransome 22m 10s

7 Mervyn Stuckey 19m 45s

8 Mike Billington 28m 06s

Record (1988) :

Roy Jeffreys 16m 02s

RACE (3) – 2K - Incorporating the BJ 2K Challenge and the Bus Pass Jog and Bus Pass Duathlon

GIRLS 8-10

1 Kirsty Young 11m 00s

Record (1987) :

Hazel Donaldson 8m 05s

BOYS 8-10

1 Christopher Hudson 8m 14s

2 Max Dadomo 10m 04s

3 Aaron Rawlins (Age 8) 11m 08s

Record (1981) :

Ben Jackson 7m 25s

Apart from those listed above, those O/60 and those completing the BJ Challenge (10K), the following also finished:

Roberta de Martin Pinter 10m 46s

Karen Collier 10m 57s

Laura Tyrrell 11m 02s

Nagendra Bisht 11m 07s

Emma Rackham 11m 55s

Dharmini Chikhliwala 11m 56s

Jasia Zimmermann 12m 23s

Ellen Mulvenna 12m 44s

Steph White 12m 51s

Caroline Attack 13m 32s

Debbie Moynihan 13m 49s

THE 2K CHALLENGE

Record for 8-10 Girls (1987):

Hazel Donaldson 8m 05s

Record for 8-10 Boys (1981):

Ben Jackson 7m 25s

Fastest male: Nigel Rackham 6m 48s

Fastest female: Sasha Birkin 8m 16s

Records (O/10 years):

Male Nigel Rackham (2009) 6m 29s

Female Val Swingler (2004) 7m 57s

RACE (4) 500m for UNDER 8s

Max Dadomo

Jarred Rawlins

Lia Rawlins

THE B J CHALLENGE (10K)

This event is all three races (the Ladies' 4K, the Men's 4K and the 2K), making a total distance of 10K. Plaques, to be held for one year, are awarded to the winners of each age category.

SENIOR LADIES 15-34

1 Tracey Tyrrell 48m 49s

Record (1999) :

Jacqui Reid 46m 31s

VETERAN LADIES 34-44

Sasha Birkin 42m 38s

Ruth Tidder 51m 09s

Record (2003) :

Val Swinger 41m 20s

SUPERVET LADIES 45-54

1 Jane Hudson 48m 03s

2 Judy Rackham 54m 59s

Record (1997) :

Petra Otto 46m 04s

MEGAVET LADIES 55-59

1 Gertrud Porter **49m 47s

2 Mary Swindles 50m 26s

3 Angela Murphy 61m 15s

4 Irene Paull 64m 14s

5 Jane Scoffham 65m 50s

6 Anne Ambrose 67m 33s

7 Veronica Georgescu 68m 29s

**Record (2013) :

Gertrud Porter 49m 47s

(Previously Jackie Cope 2012 51m 24s)

BOYS 11-14

No runners

Record (2010) :

James Francis 42m 14s

SENIOR MEN 15-39

1 Mitesh Patel 40m 03s

2 Anthony Bellis 40m 41s

Record (2000) :

Stuart Taylor 36m 25s

VETERAN MEN 40-49

1 Simon Aberly 46m 20s

2 Guy Bostok 47m 39s

3 Michael Morris 47m 42s

4 Andrew Collier 54m 46s

Record (2009):

Nigel Rackham 33m 18s

SUPERVET MEN 50-59

1 Nigel Rackham 35m 50s

2 Christopher Shearwood 39m 23s

3 Kevin Smart 41m 05s

4 Al Scoffham 51m 23s

5 Graham Hart 52m 29s

6 Paul Gardner 54m 43s

Record (2012) :

Nigel Rackham 34m 50s

MEGAVET MEN 60+

1 Steve Paull **42m 01s

2 Peter Jose 45m 31s

3 Rod Briggs 46m 42s

4 Denis Foxley 47m 16s

5 Mike Ransome 53m 53s

**Record (2013) :

Steve Paull 42m 01s

(Previously Terry Burke 2011 43m 14s)

THE BUS PASS CHALLENGE (2K) Run Award for those O/60

1st Male O/60 Steve Paull **8m 03s

1st Lady O/60 Gertrud Porter **9m 35s

Apart from those listed above and those completing the BJ Challenge, the following O/60 also finished:

Petra Otto 10m 42s

Barbara Reading 13m 03s

**Record (2013) :

Steve Paull 8m 03s

(Previously Terry Burke 2011 8m 19s)

**Record (2013):

Gertrud Porter **9m 35s

(Previously Marion Rogan 2010 10m 30s)

RACE (5) – 2K WALK also the BUS PASS CHALLENGE

1st Lady O/60 **Mary Swindles 13m 29s

1st Man O/60 Mike Ransome 13m 55s

Other finishers:

Petra Otto O/60	14m 09s
Mick Reading O/60	14m 19s
Gertrud Porter O/60	14m 20s
Barbara Robson O/60	16m 23s
Barbara Reading O/60	16m 36s
Paul Gardner	17m 00s
Jennifer Imeson O/60	17m 03s
Jasia Zimmermann	17m 06s
Henry Pickford O/60	19m 56s
Al Scoffham	19m 56s
Graham Haddon O/60	19m 56s

Record (2010) :
Dave Brown 13m 03s

** Record (2013):
Mary Swindles 13m 29s

(Previously Petra Otto 2012 13m 38s)

BUS PASS DUATHLON 2K RUN AND 2K WALK (COMBINED TIMES)

1st Lady O/60 Mary Swindles
 **23m 19s

1st Man O/60 Mike Ransome 24m 00s

Other finishers:

Gertrud Porter O/60	23m 55s
Petra Otto O/60	26m 04s
Paul Gardner	27m 34s
Jasia Zimmerman	29m 29s
Barbara Reading O/60	29m 39s
Al Scoffham	30m 06s

Record (2009):
Dave Brown 23m 21s

**Record (2013):
Mary Swindles 23m 19s

(Previously Petra Otto 2012 24m 20s)



THE BJ CHALLENGE (10K) FULL RESULTS

	RACE 1 LADIES' 4K	RACE 2 MENS' 4K	RACE 3 2K	TOTAL
SENIOR LADIES				
Tracey Tyrrell	19m 33s	19m 54s	9m 22s	48m 49s
VETERAN LADIES				
Sasha Birkin	17m 06s	17m 21s	8m 11s	42m 38s
Ruth Tidder	20m 21s	20m 50s	9m 58s	51m 09s
SUPERVET LADIES				
Jane Hudson	18m 53s	19m 57s	9m 13s	48m 03s
Judy Rackham	21m 41s	22m 13s	11m 05s	54m 59s
MEGAVET LADIES				
Gertrud Porter	20m 13s	19m 59s	9m 35s	**49m 47s
Mary Swindles	20m 00s	20m 36s	9m 50s	50m 26s
Angela Murphy	24m 31s	24m 53s	11m 51s	61m 15s
Irene Paull	25m 03s	26m 29s	12m 42s	64m 14s
Jane Scoffham	25m 24s	27m 29s	12m 57s	65m 50s
Anne Ambrose	26m 02s	27m 53s	13m 38s	67m 33s
Veronica Georgescu	26m 52s	28m 02s	13m 35s	68m 29s
BOYS 11-14				
No runners				
SENIOR MEN				
Mitesh Patel	16m 09s	16m 23s	7m 31s	40m 03s
Anthony Bellis	16m 21s	16m 33s	7m 47s	40m 41s
VETERAN MEN				
Simon Abery	18m 56s	18m 39s	8m 45s	46m 20s
Guy Bostock	19m 01s	19m 38s	9m 00s	47m 39s
Michael Morris	18m 40s	19m 51s	9m 11s	47m 42s
Andrew Collier	20m 56s	22m 49s	11m 01s	54m 46s
SUPERVET MEN				
Nigel Rackham	14m 43s	14m 19s	6m 48s	35m 50s
Christopher Shearwood	15m 52s	16m 01s	7m 30s	39m 23s
Kevin Smart	16m 40s	16m 31s	7m 54s	41m 05s
Al Scoffham	20m 15s	20m 58s	10m 10s	51m 23s
Graham Hart	20m 38s	20m 55s	10m 56s	52m 29s
Paul Gardner	21m 23s	22m 26s	10m 34s	54m 43s
MEGAVET MEN				
Steve Paull	16m 58s	17m 00s	8m 03s	**42m 01s
Peter Jose	18m 23s	18m 25s	8m 43s	45m 31s
Rod Briggs	18m 27s	18m 56s	9m 19s	46m 42s
Denis Foxley	18m 45s	19m 15s	9m 16s	47m 16s
Mike Ransome	21m 38s	22m 10s	10m 05s	53m 53s

** New Record

Pat Jackson

5K Challenge - Saturday 17th August 2013

	Time	% Age Grade
Nigel Rackham	18.49	79.02%
Peter Jose	22.5	76.92%
Chris Shearwood	20.05	73.43%
Jane Hudson	24.38	71.58%
Kevin Smart	21.18	71.55%
Ian Birch	22.23	71.04%
Steve Paull	22.38	70.86%
Tom Alder	19.51	67.21%
Christopher Hudson	24.32	66.68%
Simon Abery	22.40	65.95%
Bob Manning	27.44	65.20%
Caroline Day-Lewis	24.59	64.84%
Sonya Grist	34.32	64.48%
Kath Donaldson	32.28	64.37%
Judy Rackham	27.07	64.23%
Annie Birch	29.39	62.73%
Ruth Tidder	25.03	62.34%
Al Scoffham	25.17	61.81%
Raquel Russell-Ponte	36.03	61.77%
Guy Bostock	23.47	61.52%
Steve Poole	26.31	59.96%
Mike Morris	23.54	59.79%
Julia Allen	26.59	59.42%
Steph White	31.07	58.97%
Mike Ransome	27.59	58.86%
Adam Leary	24.55	58.72%
Veronica Georgescu	34.39	56.81%
John Stratford	29.51	55.68%
Anne Ambrose	32.39	55.44%
Sonny Peart	25.58	54.60%
Andrew Collier	27.2	53.75%
Gladys De Groot	37.49	52.80%
Colin Jackson	32.05	51.81%
Raj Varshani	26.47	51.73%
Mary Swindles	37.02	51.67%
Paul Gardner	29.59	51.25%
Linda Gaitskill	36.24	51.10%

Errol Clarke	29.04	50.74%
Fay Hanson	29.26	50.34%
Dave Brown	33.29	50.09%
Karen Leary	33.11	49.32%
Penny Rawlins	31.42	49.26%
Julie Smith	34.22	48.79%
Irene Paull	37.21	48.46%
Oliver Cole	37.02	48.05%
Dagmar Jackson	40.43	47.65%
Emma Rackham	31.07	47.56%
Sandra Young	33.59	46.74%
Hema Thakur	36.06	44.00%
Steve Alder	36.24	40.85%
Caroline Attack	37.21	40.03%

Another excellent turn out for the run which we hope you all enjoyed.

Thanks to all those who helped:

Teresa for the timing, Kirsty and Aaron for handing out the lollies,
Nigel, Ian and Angela for taking down the tapes.

The fourth and final race of 2013 will be on Saturday November 16th.

Henry and Marilyn

Hackney Marshes half marathon Sunday 8th September 2013

Left Harrow Hill station at 8.30am and was on the starting line at 9.20am. The problem was that the race didn't start until 11am. However that didn't matter in the least because we were entertained with music, Zumba dancing, coffee, cakes and lots and lots of friendly people. We didn't even have to join a toilet queue because there were plenty of toilets.

After a lot of Zumba warm up the runners were taken to the start. We were given instructions and off we went. The course was beautiful (not quite what you would read in Charles Dickens Great Expectations). It ran through woods, meadows, along the river and footpaths. We ran round the course 6 times and our names and numbers were checked every time we completed a lap.

Great half marathon. All in all one of the nicest half marathons I have ever run.

Time 1:49:51

Gertrud Porter

Bournemouth Marathon - sponsorship request

Many of you very generously sponsored me in my first marathon at Brighton in April 2012. I'm now undertaking my third marathon - the inaugural Bournemouth Marathon on 06/10/2013. I'm raising money for Parkinson's UK again and I'd really appreciate your support.

Donating to my JustGiving page is easy - just follow this link and click Donate:

<http://www.justgiving.com/owner-email/pleasesponsor/Jane-Hudson2>

JustGiving sends your donation straight to Parkinson's UK so it's a quick and safe way to donate.

Thank you,

Jane

5 Mile Handicap - 7th September 2013

"Well done to everyone who took part in the last 5 mile handicap for this season.

Particularly well done to everyone who then ran the Maidenhead half next day, and especially to Tom who managed to get a PB on both days.

The overall winner of the 5 mile handicap will be declared at the quiz night and presentation evening"

Irene Paull

Date	07/09/2013	5 mile time	Time inc. handicap	Position	Points	Next Handicap
Chris	Shearwood	0:35:03	0:35:03	1	40	24
Peter	Rackham	0:37:30	0:37:30	2	39	22
Mitesh	Patel	0:38:23	0:38:23	3	38	21
Hershil	Patel	0:40:41	0:40:41	4	37	19
Daniel	Collier	0:45:52	0:45:52	5	36	14
Karen	Collier	0:51:11	0:51:11	6	35	8
Dharmini	Chikhliwala	0:52:54	0:52:54	7	34	7
Tom	Alder	0:31:57	0:54:57	8	33	28
Veronica	Georgescu	0:54:18	0:55:18	9	32	5
Jane	Scoffham	0:50:23	0:56:23	10	31	9
Dave	Brown	0:56:28	0:56:28	11	30	3
Donna	Warren	0:39:02	0:57:02	12	29	20
Judy	Rackham	0:42:21	0:57:21	13	28	17
Caroline	Attack	0:57:24	0:57:24	14	27	2
Julia	Allen	0:45:30	0:57:30	15	26	14
Nigel	Rackham	0:28:47	0:57:47	16	25	31
Stephanie	White	0:52:59	0:57:59	17	24	7
Sonny	Peart	0:42:11	0:58:11	18	23	17
Guy	Bostock	0:38:23	0:58:23	19	22	21
Hema	Thakur	0:57:24	0:58:24	20	21	2
Steve	Paull	0:36:10	0:59:10	21	20	23
Mike	Ransome	0:44:27	0:59:27	22	19	15
Carole	Wells	0:47:09	1:00:09	23	8	12
Julie	Smith	0:55:23	1:00:23	24	7	4
Simon	Abery	0:39:27	1:00:27	25	6	20
Andrew	Collier	0:44:00	1:01:00	26	5	16
Al	Scoffham	0:43:00	1:01:00	27	4	17
Kirit	Ranpura	0:44:11	1:01:11	28	3	15
Jane	Hudson	0:53:00	1:02:00	29	2	7
Sarah	Westwood	0:49:30	1:03:30	30	1	10

Maidenhead Half Marathon - 8th September 2013

1		1:11:50	
4	Nigel Rackham	1:13:40	1st V50
76	Tom Alder	1:24:41	
236	Anthony Bellis	1:32:22	
248	Steve Paull	1:33:04	1st V60
	Christopher Shearwood	1:35:00	(Watch time)
477	Jonathan Evan-Hughes	1:40:41	
509	Peter Jose	1:42:08	
741	Jane Hudson	1:48:33	
1078	Ruth Tidder	1:57:33	
1158	Judy Rackham	1:59:36	
1251	Tracey Tyrrell	2:03:25	
1433	Andrew Shirras	2:14:39	
1508	Angela Murphy	2:19:24	
1532	Laura Tyrrell	2:20:42	
1573	Roberta De Martin Pinter	2:25:00	
1626	Irene Paull	2:32:28	
1649	Anne Ambrose	2:37:45	
1668	Emma Rackham	2:42:47	
1687	finishers – last finisher	3:09:48	



SUMMER LEAGUE

Battersea Park, 18 August 2013 Hosted by Serpentine RC

MEN 10km		Time	Cat	Points	Bonus Pts	Total
1	Nigel Rackham	34.10	4	297	15	312
9	Richard Francis	36.06	4	292	15	307
12	Ron Taylor	36.34	1	289	0	289
58	Mitesh Patel	42.08	1	244	0	244
60	Jonny Jackson	42.36	1	242	0	242
66	Steve Paull	43.24	5	236	20	256
87	Jordan Clarke	45.20	1	215	0	215
90	Fab Sulmataj	45.42	1	212	0	212
100	Matthew Rackham	46.40	1	202	0	202
103	Peter Jose	47.20	7	199	30	229
130	Gordon Valentine	51.49	5	172	20	192
131	Glyn Watkins	52.11	5	171	20	191
137	Peter Rackham	54.19	1	165	0	165
142	Sonny Peart	56.32	2	160	5	165
145	Bob Manning	57.16	8	157	35	192
149	Terry Burke	59.36	6	153	25	178
150	Steve Alder	59.46	4	152	15	167

LADIES 10km		Time	Cat	Points	Bonus Pts	Total
35	Harriet Copland	48.39	3	267	10	277
38	Jane Hudson	49.44	4	264	15	279
41	Tracey Tyrrell	50.01	1	261	0	261
56	Jackie Bowles	52.10	3	246	10	256
63	Judy Rackham	53.44	4	239	15	254
89	Carole Wells	59.34	4	213	15	228
92	Laura Tyrrell	1.01.22	1	210	0	210
98	Emma Rackham	1.04.29	1	204	0	204
102	Irene Paull	1.06.30	5	200	20	220
106	Anne Ambrose	1.07.56	5	196	20	216
111	Gladys de Groot	1.19.51	6	191	25	216

TENDERFOOT Boys

4	Christopher Hudson	Y8	97	14	111
---	--------------------	----	----	----	-----

TENDERFOOT Girls

None

RELAYS – 400m (All relay results are before any weighting for age)

A Team		Ladies Team	
Fab Sulmataj	1m 05.51s	Jackie Bowles	1m 25.50s
Mitesh Patel	1m 02.08s	Tracey Tyrrell	1m 18.00s
Jordan Clarke	1m 05.50s	Jane Hudson	1m 28.77s
Jonny Jackson	1m 09.41s	Harriet Copland	<u>1m 21.91s</u>
Peter Rackham	1m 07.01s	6th from 6 teams	<u>5m 34.18s</u>
Matthew Rackham	<u>1m 09.66s</u>		
5th from 7 teams	<u>6m 39.50s</u>		

B1 Team		B2 Team	
Gordon Valentine	1m 21.84s	Terry Burke	1m 28.46s
Christopher Hudson	1m 19.77s	Judy Rackham	1m 50.08s
Glyn Watkins	1m 22.92s	Peter Jose	1m 29.78s
Sonny Peart	1m 15.67s	Emma Rackham	1m 46.95s
Nigel Rackham	1m 08.01s	Laura Tyrrell	1m 33.09s
Steve Paull	<u>1m 17.43s</u>	Steve Alder	<u>1m 30.02s</u>
3rd from 6 teams	<u>7m 45.64s</u>	4th from 5 scoring teams	<u>9m 38.38s</u>

Thanks to Dave Brown for organising, timekeeping and recording the relays and Irene Paull for recording the Metros relay finishing positions.

This completes the Summer League series for this year. Thank you to all who have helped in any way, particularly at our host fixture and thank you to those who ran and came to support the events.

A reminder that a volunteer/s is/are needed to organise our Metros host fixture next year.

Pat Jackson

CLUB POSITIONS at BATTERSEA

1	Ealing Eagles	1,368	1,413	631	1,183	4,595
2	Serpentine	1,464	1,475	424	1,200	4,563
3	Mornington Chasers	1,473	1,509	305	1,189	4,476
4	Ealing SM	1,361	1,332	310	984	3,987
5	Dulwich Park	1,154	1,364	501	921	3,940
6	Metros	1,408	1,327	111	941	3,787
7	QPH	1,326	468	193	245	2,232
8	Hayes & Harlington	794	0	0	0	794
9	Sudbury Court	622	0	89	0	711

CLUB POSITIONS CUMULATIVE (after 5 fixtures)

	Men	Women	T'foot	Relays	Total
1 Mornington Chasers	7,207	7,536	2,049	5,625	22,417
2 Ealing Eagles	7,013	7,183	2,516	5,095	21,807
3 Ealing SM	7,199	7,082	1,581	5,897	21,759
4 Serpentine	7,322	7,226	1,615	4,501	20,664
5 Dulwich Park	6,141	7,071	1,937	5,199	20,348
6 Metros	7,040	6,645	1,084	4,796	19,565
7 QPH	6,928	4,494	193	2,572	14,187
8 Sudbury Court	4,902	993	89	427	6,411
9 Hayes & Harlington	4,043	921	93	0	5,057

Pat Jackson – Metros Summer League Co-ordinator



SUMMER LEAGUE – METROS CUMULATIVE RESULTS

Please note these are the overall finishing positions in each age group.

Overall league awards are based on best points scores for three fixtures.

Runners need to have completed at least two fixtures, with awards to the first three in each age group.

Metros awards are based on runners completing at least three fixtures, extra points are awarded for completing all fixtures. The number of awards in each age group is based on the number of runners in that age group.

Name Men	Age Category	Dulwich	Harrow	Ealing	Regent's Park	Battersea Park	Total
8 Ron Taylor	1	290	0	282	294	289	873
14 Mitesh Patel	1	261	267	264	260	244	792
22 Jonny Jackson	1	225	240	0	242	242	724
23 Fab Sulataj	1	249	262	0	0	212	723
65 Matthew Rackham	1	0	211	0	0	202	413
70 Jonathan Collier	1	0	297	0	0	0	297
110 Hershil Patel	1	0	227	0	0	0	227
115 Jordan Clarke	1	0	0	0	0	215	215
129 Peter Rackham	1	0	0	0	0	165	165
11 Sonny Peart	3	0	197	0	212	165	574
18 Simon Abery	3	0	235	0	0	0	235
20 Andrew Collier	3	0	200	0	0	0	200
1 Richard Francis	4	310	311	309	0	307	930
2 Nigel Rackham	4	0	315	0	288	312	915
8 Kevin Smart	4	0	274	274	268	0	816
27 Steve Alder	4	0	0	0	0	167	167
3 Steve Paull	5	272	271	261	248	256	804
8 Gordon Valentine	5	220	226	0	230	192	676
12 Glyn Watkins	5	0	217	233	0	191	641
14 Ian Birch	5	271	0	274	0	0	545
25 Graham Hart	5	0	227	0	0	0	227
26 Al Scoffham	5	0	220	0	0	0	220
27 Paul Gardner	5	0	0	0	217	0	217
11 Terry Burke	6	0	224	213	0	178	615
1 Peter Jose	7	0	235	250	251	229	736
1 Bob Manning	8	0	0	242	236	192	670
Ladies							
45 Tracey Tyrrell	1	248	267	256	258	261	784
92 Julia Buckley	1	0	0	248	0	0	248
104 Caprice Beggs	1	236	0	0	0	0	236
107 Roberta de Martin	Pinter1	0	233	0	0	0	233

Name	Age	Dulwich	Harrow	Ealing	Regent's	Battersea	Total
Ladies cont.	Category				Park	Park	
121 Laura Tyrrell	1	0	0	0	0	210	210
126 Emma Rackham	1	0	0	0	0	204	204
20 Sasha Birkin	2	0	0	301	0	0	301
25 Ruth Tidder	2	0	269	0	0	0	269
30 Penny Rawlins	2	0	235	0	0	0	235
34 Hema Thakur	2	0	223	0	0	0	223
11 Harriet Copland	3	0	284	0	0	281	565
17 Caroline Day-Lewis	3	0	275	0	0	0	275
21 Ann Lavers	3	0	259	0	0	0	259
22 Jackie Bowles	3	0	0	0	0	256	256
4 Jane Hudson	4	273	286	293	278	279	858
6 Judy Rackham	4	0	268	0	264	254	786
7 Penny Hudson	4	214	242	242	238	0	722
24 Carole Wells	4	0	0	0	0	228	228
6 Irene Paull	5	214	0	242	241	220	703
9 Sarah Westwood	5	0	260	0	252	0	512
10 Annie Birch	5	245	0	259	0	0	504
12 Anne Ambrose	5	0	243	0	0	216	459
16 Linda Gaitskell	5	0	237	0	0	0	237
2 Gertrud Porter	6	0	293	293	0	0	586
3 Gladys de Groot	6	0	0	244	0	216	460
4 Kath Donaldson	6	0	256	0	0	0	256
5 Angela Murphy	6	0	241	0	0	0	241
1 Jeanne Coker	9	0	0	257	0	0	257

Tenderfoot Boys

5 Devon Day-Lewis	Y4	0	105	0	0	0	105
2 Sam Dadomo	Y5	0	0	103	0	0	103
1 Christopher Hudson	Y8	109	109	112	111	111	334
4 Aaron Rawlins	Y8	0	105	0	0	0	105
3 Carlow Day-Lewis	Y9	0	106	0	0	0	106

Tenderfoot Girls

4 Natalie Tidder	Y7	0	110	0	0	0	110
5 Kirsty Young	Y8	0	108	0	0	0	108

Pat Jackson

Runners' Recipes

Dorset Apple Tray Bake

Ingredients

- 450g cooking apples (such as Bramley)
- juice of ½ lemon
- 225g butter, softened
- 280g golden caster sugar
- 4 eggs
- 2 tsp vanilla extract
- 350g self-raising flour
- 2 tsp baking powder
- demerara sugar, to sprinkle

Method

1. Heat oven to 180C/fan 160C/gas 4. Butter and line a rectangular baking tin (approx 27cm x 20cm) with parchment paper. Peel, core and thinly slice the apples then squeeze the lemon juice over. Set to one side.
2. Place the butter, caster sugar, eggs, vanilla, flour and baking powder into a large bowl and mix well until smooth. Spread half the mixture into the prepared tin. Arrange half the apples over the top of the mixture, then repeat the layers. Sprinkle over the demerara sugar. 3 Bake for 45-50 mins until golden and springy to the touch. Leave to cool for 10 mins, then turn out of tin and remove paper. Cut into bars or squares.



NOTES OF METROS COMMITTEE MEETING

Wednesday 4 September 2013, Methodist Church Hall, Cannon Lane, 8.00 pm

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

APOLOGIES: Irene Paull, Al Scoffham.

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 – 3 July

Metros Car Stickers - Jane Scoffham has prepared the artwork and Pat will order 500.

ACTION: Pat Jackson

Metros Shed – Penny H. has distributed the shed inventory to the committee and co-ordinators. Teresa Young has confirmed she holds the Metros stop watches and a weather proof clip board.

ITEM CLOSED

Pat will place a notice in the shed asking anyone temporarily removing an item to leave a note stating who has borrowed what.

ACTION: Pat Jackson

It was agreed that a megaphone be purchased. Mandy will liaise with Steve Alder.

ACTION: Mandy Beuselinck

Barn Dance – Possible dates, venues and costs were discussed and will be investigated further by the Barn Dance Committee – Penny Hudson, Marilyn Pickford, Penny Rawlins, Barbara Robson, Sandra Young.

ACTION: Barn D Com.

Events in Memory of Ann Marsden – A run in Ruislip Woods on 22 September has been advertised. Marilyn and Henry Pickford will mark the route, Barbara will remove after. Start at 9.30 am, self timed, runners/walkers doing as many laps as preferred and donations to Weston Hospice care. Nibbles and flasks of hot water are requested.

ACTION: Marilyn Pickford/Barbara Robson

Tree in Roxbourne Park – Pat confirmed the price of planting a tree. Barbara will consult Ann's close friends and report to the committee.

ACTION: Barbara Robson

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.

It was agreed that Al should arrange for the forms to appear on the web site.

ACTION: Al Scoffham

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

ACTION: Penny Hudson

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. When Al receives information on suitable courses, he will advertise in Metrolines.

ACTION: Al Scoffham

Coaching Budget – Mike will check on the application from Hema Thakur for funding to attend a coaching course.

ACTION: Mike Ransome

When Al receives information from England Athletics on suitable courses to become qualified officials, he will advertise in Metrolines.

ACTION: Al Scoffham

Mandy will also discuss the situation with Jeanne Coker.

ACTION: Mandy Beuselinck

Advertising – It was agreed at the June meeting that training locally wearing Metros kit was an excellent, free advertisement. Mike will put a notice in the newsagents by Eastcote station to attract commuters, Steve has put a notice in Pinner.

ACTION: Mike Ransome

Hill Race – Mandy is organising for Hugh Jones to measure the course as a 10K. It's likely it will be held around half term next February and, when the date is confirmed, will be advertised.

ACTION:Mandy Beuselinck

Facebook – Pat has sent the results of the Metros Summer League event to Kevin for the Metros web site and Mandy for Facebook.

ITEM CLOSED

Metros Results – Mandy suggested that all Metros results appear on the web site. However, it was suggested that these should be listed in an area viewed only by Metros members. Mandy will discuss with Kevin if it would be possible to set this up.

ACTION: Mandy Beuselinck

Summer League Metros Host Fixture – Pat has put a note in Metrolines asking for volunteer/s to organize this fixture in future but at present no-one has volunteered. She confirmed that she will help whoever takes on the role next year.

ACTION: ALL MEMBERS

Metros Annual Fun Run – The Brian Jackson Fun Run – Pat thanked all who had run or walked, spectated or helped in any way especially with registration and result recording. Special thanks to Steve Alder who has devised an excellent computer program and calculated the results on the day, accurately and very quickly.

Prudential Ride London – Surrey 100, 4 August – Mandy was thanked for taking on the role of organizing a drinks station. Mandy thanked the Metros volunteers and confirmed that the organisers have sent a cheque for £150 to Metros.

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

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

Hon. Secretary – Al was away but had sent a note stating that England Athletics have raised their club subscription from £50 to £75. He also stated that Jeanne Coker has confirmed that she is no longer our Middlesex County Representative. The post will be advertised in Metrolines and Peter will discuss with Jeanne.

ACTION: Penny Hudson/Peter Beuselinck

Hon. Treasurer – Mike distributed a report.

Hon. Membership Secretary – The following applications were confirmed: Caroline Arokiam, Isleworth; Caroline Attack, Harrow; Michael Morris, Harrow Weald; Anthony Bellis, Ruislip; Gary Warren, Redbourn.

REPORTS OF CO-ORDINATORS

Thames Valley League – Metros Host Fixture – Following a discussion with Jane on suitable dates, Marilyn will check if 3 November is convenient for the woods authorities.

ACTION: Marilyn Pickford

Quiz and Awards Presentation Evening – Pat is unable to confirm a date at present.

ACTION: Pat Jackson

There was a discussion regarding updating two awards and the awards chosen by the committee will be decided at the October meeting. **ACTION:** October Meeting

Metros Magazines – presently are available at the Scout Hall for a donation. Angela Murphy feels there has been little interest in this scheme lately and suggested that the present magazines be disposed of and the donations of £8.12 be donated to the Lynda Jackson Centre. It was suggested that certain running magazines continue but be recycled after three months. Angela will discuss this with members on Saturday.

ACTION: Angela Murphy

Passive Membership – a guest at the Fun Run asked to have a ‘passive membership’ at a cheaper rate for those who don’t live locally but wished to join in with Metros activities from time to time. Following a discussion it was agreed not to offer a reduced membership fee.

The meeting finished at 9.27 pm

Date of Next Committee Meeting –Wednesday 2 October at the Methodist Church, Cannon Lane, Pinner, 8.00 pm.

Future Meetings: 6 November, 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