

etrolines

September 2013

Issue No. 300



Metros Diary

2013

SEP

Wed 4	Committee Meeting	8.00 pm
Sat 7	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 8	Maidenhead Half, TROPHY RACE	9.30 am
Sat 14 & Sun 15	Round Norfolk Relay	
Sun 15	Ickenham 5, Swakeleys Park (New Race)	10.00 am
Sat 21	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 22	Ann Marsden Memorial Woods Run, Ruislip see page 5 for details	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 17	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

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

Note from the Editors!

As this is the 300th edition of Metrolines we are celebrating with a few reminiscences and photographs from times gone by. It's an opportunity for some of you to remember old faces and stories, and for others to see how the club has evolved over the years.

Another plea from the editors for you not to hide your lights under bushels: if you have an achievement to tell us about, whether it's a PB, a new race or distance you've achieved or anything at all really, don't be shy, let us know. We love to celebrate our fellow Metros!

Jane and Penny Hudson

MEMBERSHIP SUBSCRIPTIONS

Membership subscriptions for the year commencing 1st September 2013 are due.

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. If you would like to do this please see me for a form.

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

Trophy Races



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

Maidenhead Half Marathon	Sunday 8th September at 9.30 am
http://www.purplepatchrunning.com/races/pharmalink-maidenhead-half-marathon	
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 27th October at 10.30 am
http://www.rickyroadrun.co.uk/	

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

YOUNG RUNNERS AWARDS

Would you please let me or Al Scoffham (Honorary Secretary) have any nominations for the Young Runners Awards by Monday 30 September for consideration at the Metros Committee Meeting on Wednesday 2 October.

One male, one female award will be presented to runners who are under 18 years at the Presentation Evening (usually November). The criteria to be considered is participation, achievement, effort, determination and sportsmanship.

Pat Jackson 0208 868 5683

Al Scoffham 01895 270245



Ruislip Woods Run

in memory of Ann Marsden

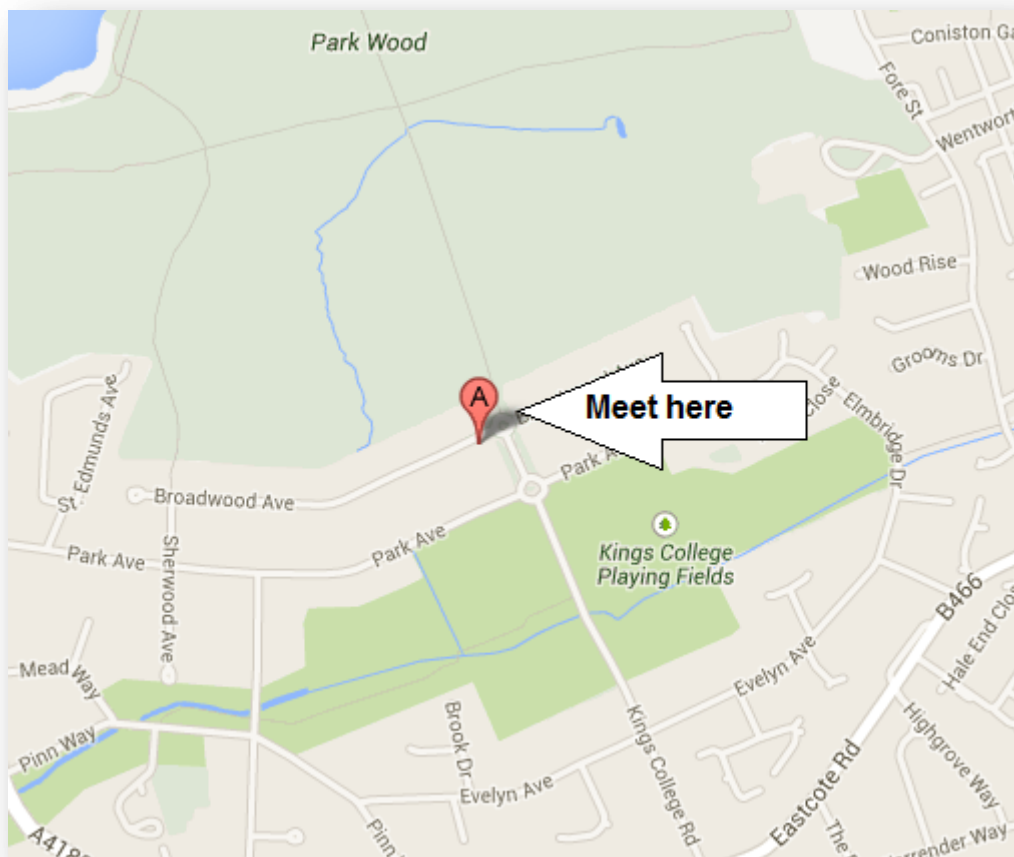
Come for a run in the Woods in memory of Ann
Sunday 22nd September 2013
Kings College Entrance to Ruislip Woods
Start 9.30 a.m.



There will be a course (about 2½ miles) and it is up to you how many laps you do and whether you run or walk. It is not a race but a run to remember Ann and enjoy the woods.

Please bring nibbles, drinks and flasks of hot water
for after the run
(We will supply tea and coffee)

We will be having a collection if you wish to contribute. Proceeds will go to Weston Hospice Care.



THE 34th ANNUAL Metros FUN RUN THE BRIAN JACKSON FUN RUN

Saturday 31st August Roxbourne Park from 8.45 am

**PLEASE NOTE THAT THIS EVENT IS INSTEAD OF THE NORMAL
Metros SATURDAY SESSION**

This is the longest established Metros event and the club evolved from this event. It was originally designed as a warm-up for the National Fun Run, but it soon became an event in its own right. It is named in honour of Brian Jackson, the founder of the event and, for many years, the organiser.

Although this is a fun run, the course has been reasonably accurately measured and times will be recorded. The event will follow the same format as previous years and, as usual, it will incorporate the BJ Challenge, which is to run all three main races – Ladies 4km, Mens 4km, plus 2km - a total distance of 10km. For those who prefer to walk there is the 2km Bus Pass Challenge walk, open to all ages.

The Distances	7 years & under = 500m. Under 11 = 2km. Over 11 = 4km
The Surface	Parkland (almost all grass)
The Place	Roxbourne Park, Cannon Lane South, Pinner.
The time:	8.45 am Registration. Age as on race day.
The Programme:	(*denotes BJ Challenge events)
*9.15 am 4km	Ladies age groups 15-34, 35-44, 45-54, 55+ Girls, Boys 11-14.
*9.45 am 4km	Men age groups: 15-39, 40-49, 50+, 60+
*10.15 am 2km	Girls, Boys 8-10 plus over 10s who wish to run 2km as well as, or instead of, the 4km, and incorporates the Duathlon.
Followed by:	
500m	7 and under
2km	Bus Pass Challenge Walk
Refreshments:	In the Scout Hall after the above events.
Presentations:	In the Scout Hall as soon as possible after the events
Fee:	There is no charge



Medals will be awarded to the first three boys and girls aged 8-10 and 11-14 years.

Plaques, to be held for one year, will be awarded to the leading men and women in various age groups in the BJ Challenge (aggregate time over all three main races).

There are also plaques, again to be held for a year for:

- 1 The fastest man and woman of any age over the 2k course
- 2 The fastest man and woman runner (both 60+) over the 2km course.
- 3 The fastest 60+ man and woman walker over the 2km course (in the Bus Pass Challenge Walk).
- 4 The Duathlon award for the combined fastest 60+ man and woman runner in the 2km race and walker in the 2km Bus Pass Challenge Walk.

The Duathlon (like the Bus Pass Challenge Walk) is open to all but the awards are for the 60+.

Metros PLUS INVITED GUESTS OF ALL AGES AND ABILITIES ARE WELCOME.

**If you'd like to know more, or can offer to help,
please contact Pat Jackson on 020 8868 5683
patjacksonhome@hotmail.com**

Achievements

Well done to ...

Guy Bostock for a PB in the July 10K Challenge

Steve Alder for his first Half Marathon

Chris Shearwood - 2nd V50 at Wycombe Half Marathon

Sasha Birkin for a PB at the National Anniversary Games.

Christopher Hudson, Guy Bostock and Simon Abery for PBs in the July Wot No Watch

Emma Rackham - 5K PB at Poole Parkrun.

Simon Abery and Emma Rackham for PBs in the August measured mile.

Jane Hudson for a half marathon PB at Sturminster Newton

Anyone mad enough to compete in Steve's Marathon!



M.B.E.s (Metros Best Efforts)

If any adult Member of Metros has competed in any Track and Field event other than the Vets T&F League, please let me know by 30 September.



A reminder that to qualify for an M.B.E., participants must enter events as Metros, wear official Metros kit and compete in at least two officiated meetings during the season in that manner.

However, all track and field performances are eligible for the Metros Track Shield.

Ealing Eagles Invite You to our Marathon Training Run

With the summer league season coming to an end, thoughts turn toward autumn marathons. Those longer training runs can be lonely affairs if you're short of a running buddy at this distance. But fear not...

Ealing Eagles are holding a 20-mile training run on the morning of Sunday 15 September – and we'd like to extend an invitation to all our summer league friends to come along. It's a great chance to share this important mileage; and share training notes and knowledge.

We're offering:

- FREE attendance;
- Marshals at key points;
- First-aiders;
- 4 water stops en-route;
- Finishing line refreshments (yes, there'll be cakes!);
- A non-competitive and friendly atmosphere;
- Did we mention the free drink and cakes?

The run commences at 8:30am; the route is from Kew Bridge to Hampton Court, crossing the Thames at Kingston Bridge. This is 10 miles; you then turn around and head back. Click here to explore: <http://gmap-pedometer.com/?r=6028633>

Registration and post-run refreshments will be in Kew Cricket club house.

In keeping with the non-competitive flavour of this run we will not be issuing runners with numbers, but will have a visible means of identification (ribbons for you to display on your shirt) to distinguish us.

Places are open to anyone at your club, but runners **MUST** register with us beforehand by emailing: eagles20@ealingeagles.com and providing your name, club affiliation, emergency contact number, and expected finishing time.

You will be asked to sign a medical disclaimer form when registering, so please arrive in good time. Registration takes place at Kew Cricket Club which is on Kew Green.

To get to Kew Green, the nearest rail station is Kew Bridge (exit and cross the bridge); bus routes 65 (Ealing Broadway to Kingston) and 391 (Fulham to Kingston) stop right by the Green. The nearest tube is Gunnersbury (District Line) from which you can take the 391 bus to Kew Green.

We look forward to having you join us – let's all get those miles in together!

ALISTAIR ANDERSON 1942 - 2013

Alistair Anderson was one of the founder members of LRRC NW which evolved into the Metros Running Club we know today.

For those new to the club, in 1979 Brian Jackson started a summer training session on Saturday mornings in Roxbourne Park for the annual Sunday Times National Fun Run held in Hyde Park in late September. The training initially was just for the 8th Pinner Cubs but soon families and friends joined in with the training sessions and entered the National Fun Run.

In 1980 the jogging boom was taking off and, with quite a large group of all ages and abilities joining in with the summer training, it was suggested the group carry on running after the National Fun Run event. Alistair, his wife Jane and others joined a rota of trainers with Brian.



Alistair was part of the meetings held in various houses to decide how this new group should be organized. Initially all were members of the London Road Runners Club (LRRC) a new club concept based on the jogging club in New York which was open to joggers and runners of all abilities not just elite runners as was the existing athletic clubs.

We became an offshoot of LRRC – LRRC North West (LRRC NW) but the athletics bodies did not want clubs to sub divide so we changed the name to Metros and Alistair was closely involved in setting this up. He led the Tuesday night run for many years from the Whittington Pub (now the Pinner Arms). He also led a run for beginners from their house in Pinner on Thursdays.

Alistair and Jane moved from this area, returning some years later. Although he developed heart problems, these were solved and he continued to cycle and play golf. Unfortunately he was very recently diagnosed with cancer and passed away suddenly. Our condolences go to wife Jane and daughters Emma and Louisa and families at this sad time.

His funeral was private, family only, no flowers but donations to: The British Heart Foundation, Epilepsy Action; Royal Free Hospital and Hillingdon Hospital through Grimstead Funeral Directors Eastcote, 164 Field End Road, Eastcote, HA5 1RH

Pat Jackson

TIM PEACHEY 1948 – 2013



Not many of the current members of Metros ever knew Tim Peachey. However, those who did will remember him with a quiet chuckle at his eccentricities and his friendly demeanor.

Metros has grown into a thriving club from two separate roots: the National Fun Run and the ill-fated London Road Runners Club (LRRRC) Tim was one of six known latter day Metros to enter the inaugural LRRRC 10km in Battersea Park on 8 March 1981.

However, Tim had already run in the second National Fun Run in Hyde Park in September 1979. So Tim had the claim of being an original member of Metros.

For some years Tim competed in Cross Country (XC) and road events and, of course, the Metros Annual Fun Run. Here are just some of the eccentricities perpetuated by Tim:

At the Middlesex XC Championships, held at Ruislip Common on a freezing cold, foggy day, Tim surprised everyone by wearing long knitted woollen arm warmers. Furthermore it transpired that Tim had knitted them himself the night before!

Another time at the Wedding Day 7km race in Bushey Park, Hampton, Tim appeared on the start line with a full size Union Flag mounted on a 6ft x 2 inch wooden standard! This was the only time in 30 years the author managed to beat Tim in a race. Even so Tim's finish time was respectable.

As a keen shooting enthusiast and respectable shot with both rifle and pistol, Tim had always wanted to participate in a Nordic Biathlon (XC skiing and rifle

shooting). However, finding this difficult to achieve, Tim organized the next best thing for Metros – shooting and running carrying a rifle.

Starting in 1991 this was held for several years at the Kodak Sports Ground and outdoor rifle range (in conjunction with officials from the Kodak Rifle and Pistol Shooting Club). Competitors fired five shots, ran half a mile carrying the rifle, then with no rest, fired five more shots. There were two further runs alternating with five shots finishing with five shots.

A few current Metros may well remember participating.

This event was in a more innocent age because when Tim informed the Police of the event (in case the neighbouring households should be alarmed by lightly clad men and women running around carrying rifles) the Police simply weren't interested!

Tim last competed in a Metros event in 2008 in the Metros Annual Fun Run – The Brian Jackson Fun Run.

One more example of Tim's attitude to life was when he was eating dinner in a restaurant in the USA. He was wearing a 'Union Flag' T-shirt when a woman came up to him and admired his T-shirt and asked where she could buy one like it. Tim stood up, took his Union Flag T-shirt off and gave it to the woman, then sat down and finished his meal.

That was Tim Peachey, a Metros original.

Brian Jackson

METROLINES

Happy Birthday!

My wife swears that I have kept every copy since I joined the club. The editions must have been numbered in the early 100's in those days.

My first recollection is Mary Swindles, the then editor, arriving on a Saturday morning with a large cardboard box to distribute the latest edition. In those days obtaining a copy was essential otherwise you didn't know what was happening in the club. This was era before mobile phones and emails were commonplace. When you collected your copy you helped to deliver copies to those members living close to you.

At around this time Jane (now Scoffham) asked whether I would stand as Membership Secretary (again another of Mary's roles?). Suddenly I found myself elected. Deafening sighs of relief were heard all around. What had I let myself in for, I wonder? As a fairly new member in the club the role had its distinct advantages. Firstly, you got to know who was who although you could not always put a name to a face. Turning up at a race and seeing an unidentified person in a Metros vest always raised the question who were they? More so, had they paid their subs?

With the role came the club computer and the tractor drive printer! Remember MS DOS & Database 4? My current phone probably now has more computer power. Eventually it gave up the ghost and I donated my old Elonex PC but converting the database to work on Windows was a nightmare. The other task was to develop a better distribution system so I began plotting where all the members lived on an A-Z and to find local a "volunteer" to deliver Metrolines within defined areas. Those on the outer reaches of Universe got their copy posted. Well, only if they remembered to send me a supply of stamped self-addressed envelopes.

When I stepped down Ann Marsden took up the role. At that time she had little or no experience of computers but with a new Dell and the usual support from members within the club with the necessary skills she readily adapted and fulfilled the position

As I got to know more members I was drawn into other roles within the club. Initially this started as marshalling at events such as the Harrow (Kodak) Marathon, Summer League, the Hill Race and ultimately the Long Short Relay. I got to learn a lot about putting on race events thanks to long periods of recovery from running injuries which seem to constantly interrupt my running career. When Tony Lockhart relinquished the roles of Race Director of the Hill Race and the Long Short Relay again I volunteered as I felt the club could not allow these great events to disappear from the race calendar.

Somewhere along the way I became Club Secretary just when the structure of English Athletics was undergoing significant upheaval. Trying to understand the long standing politics and divisions was a steep learning curve but hopefully the restructuring led to the creation of an Organisation that provided an excellent base for those athletes who represented us so well and successfully at the 2012 Olympic Games and hopefully in the future.

The trouble with being a Club Secretary is that you are the target for every bit of junk mail and also every running event under the sun. It used to be just local events but this soon extended to Europe and Cyprus. Fortunately some of them had translations. One email that I did respond to was a request for volunteers for the first ITU World Triathlon in Hyde Park. This was 6-7 years ago. Working on these events over the years virtually guaranteed me place as a Volunteer at the Olympics for both Triathlons and also the Road Cycling Events.

So that first volunteering role has led me into all sorts of roles which I would not have otherwise experienced. It has given me a different dimension to my life and a sense of achievement and success not found in my working environment.

And it all started with distributing Metrolines.

Ian Boccock

* * *



Barbara Robson, Anne Leigh, Ann Marsden, Renee Betts, Pat Jackson - 2012

Metros Days of Glory

The date was Sunday 6th October 1996 in the annual Summer League fixture at Perivale

The 5 mile main race was over and it was the turn of the relays which at Perivale took place on Ealing Athletics club home track, which was a proper league running track.

As is usual the A teams went first. Prior to the start Messrs Dave Frampton, Richard Godden and Richard Brown got into a huddle and launched a plot to beat Ealing and record a time of under 6 minutes for the six laps of the track by our team of six Metro runners. Trouble was that although these three were fast track runners the remaining three runners were not.

Steve Roome, Dave Calton and Errol Clarke were informed of the plot and told to get to near as 60 seconds for the lap as possible. Dave and the two Richards would then have to compensate by making up the likely deficit by running sub 60 seconds.

Steve Roome went first and from a standing start recorded a P.B. of 61.87. A superb effort. Steve handed over to Big Dave Calton ex Para. Who on the second leg recorded a time of 62.48. He in turn handed over to Errol Clarke who ran 60.96 again a great time.

Now was the turn of our track runners they had the lead, winning was certain but could they claw back the deficit of 5.28 seconds to get in under the six minute barrier. Dave Frampton was fourth leg and went round in 57.27 making up some of the deficit. Richard Godden was fifth leg running in a time of 55.62. The deficit was now wiped out and Richard Brown was able to cruise round in 56.21.

Metros had won in a total time of 5 minutes 54.38 seconds which was well under the six minute Barrier. Ealing which is a track running club were well beaten on their own track. All team members contributed to the victory and the time. The pressure however was on the first three Metros knowing that for every second over the 60 seconds the time would have to be made up by our track runners.

*By my reckoning we broke the four minute mile pace by our team effort in the near total length of one and half miles. Running a total length of 2,400 metres (6x400) which is just short by 15 metres of one and half miles, we had over 5 seconds in hand to cover that distance. That means that if we had run on a 440 yard track the six minute barrier would have gone.

A great overall team effort and one which I will never forget. Although only a few of us were in on the plot, the team was well supported by all of the other Metros cheering from the side.

Dave Brown was our time keeper who recorded the splits.

Graham Haddon

* Maths students welcome to check



Metros Marathon Week (some time ago!)



The Birches joined Metro in 1988.

The first person Ian spoke to was Bob Manning. What enthusiasm, he was so welcoming and encouraging.

Although I took family membership Annie did not do any sport and never had. She came to social functions and I remember her helping to marshal the 1988 Harrowing marathon. That was my first of only 3 marathons. I am not as stupid as I look.

Annie attended events and saw the Metro ladies run, they inspired her to have a go. I can recall her first run from home, about 200 yards. The die had been cast, she was off.

Thomas, was about 7 and had periods of good health when he wanted to run and did tenderfoot races, the whole family participated.

Annie started running on Monday evening, with Mary Swindells. Mary was the most encouraging person and gave Annie the confidence to try running with the Metro ladies. I have written 4 lists of them but there are too many and I would hate to offend anyone by omitting them. 25 years later and they still have not finished gossiping. Annie soon realised that speed was not her strong point but stubbornness was. So she tried ultra running, when only nutters did it.

A typical weekend would be 15miles on Saturday, a marathon on Sunday and 6miles before work at 6am on Monday. Her hoovering suffered badly and her cooking. The things Thomas and I put up with.

Annie was a good ultra runner winning a AAA bronze medal for 100k. I do not know if any other Metro has won an open medal at AAA championships wearing a Metros vest.

Annie threw herself into running as Thomas' health deteriorated.

Make no mistake..running kept Annie sane and helped her cope with the lad's problems and the Metros ladies supported Annie totally. That allowed Annie to help Thomas and those ladies had a direct link to Thomas surviving long enough to have a heart and lung transplant. I think without the Metros the chain would have been weaker and the lad might not have lasted until organs were available.

As he recovered in Gt Ormond St. the ladies would come up and run the street of London either in the early mornings or late evenings. What friends.

Thomas was 13 when he had the transplant and was expected to live 2 to 4 years.

He lived over 16 more years, his mother's genes just do not know when to stop.

After his funeral Annie and I spoke of one thing. The Metro turn out. We were so moved. It meant a lot to us. Thank you.

Meanwhile Annie has moved into long distance cycling, which she excels at and still cannot Hoover.

I was told by Bob Manning to do a triathlon and have now done about 200.

So the Metros have had a major effect on our family and my hoovering skills.

Ian Birch

DID YOU KNOW.....?

How it came about that our running club was called Metros?

Metros derives from Metro-land (or Metroland) a name given to the suburban areas that were built to the north west of London in the early part of the 20th century that were served by the Metropolitan Railway (the Met) popularised by the poet John Betjeman.

Metros members voted on various names and Metros was the winner.

Who produced the Metros running figure logo?

John Trigg – a club member working in IT in the Research Department at Kodak Ltd.

Again Metros members voted this the clear winner.

Who suggested the administrative set up for Metros?

Barry Imeson suggested the present system of co-ordinators to be responsible for the day to day club activities.

This was agreed by the original Metros members and has worked well.

METROLINES EDITORS – THANK YOU

The first publication Metrolines was in January 1987 and was basically devised to inform members about running events. Over the years it has evolved and become the slick magazine being produced today, which is also now distributed electronically. It's an enjoyable, informative, eagerly awaited publication.

Following various newsletters distributed by Brian Jackson in the very early days of the club, Barry Imeson produced the first edition of Metrolines in January 1987 and produced many editions with the help of various members. Since then there have been several editors plus teams of helpers to produce, copy and distribute the editions.

Apart from Barry, previous editors have been Jane Scoffham (twice), Tony Lockhart, Ceri Jacob, Cynthia Coombe and yours truly.

Thank you Jane and Penny for keeping the tradition of Metrolines and developing it to produce such excellent editions. Here's to the next 300 issues.

Pat Jackson

Identity Crisis

In the 1980's before the name Metros was adopted we ran as part of the London Road Runners Club. We started using the name Metros so we could identify ourselves as the group of LRRC runners based around the Pinner area and this led to an issue with the Amateur Athletics Association who did not recognise clubs within clubs. This meant for Official competitions such as County Championship races Metros were not Metros but still London Road Runners.

This picture shows a group of us before the start of the Middlesex Cross Country County Championship at Ruislip Woods in December 1986 suitably attired for the race.

Gordon Swindles, Harry Taylor, Alastair Anderson (who sadly passed away very recently) & Graham Haddon wearing L.R.R.C. vests. Alan McBride & Dave Brown using their numbers to cover up Metros on their vests so just the L.R.R.C. emblem can be seen.

Jane Anderson even has LRRC on her hat.

Is it just me or does anyone else think Graham hasn't changed a bit in 27 years. Has he always looked 70+?

The issue was eventually resolved when Metros became an independent club shortly afterwards.

Dave Brown



Memories of Metros – The Sunday Times Fun Run.

Some of my most memorable times spent with Metros were at the annual Sunday Times Fun Run. Every September, the Sunday Times organised a national event in Hyde Park which involved running races for all age categories, from children to older vets.

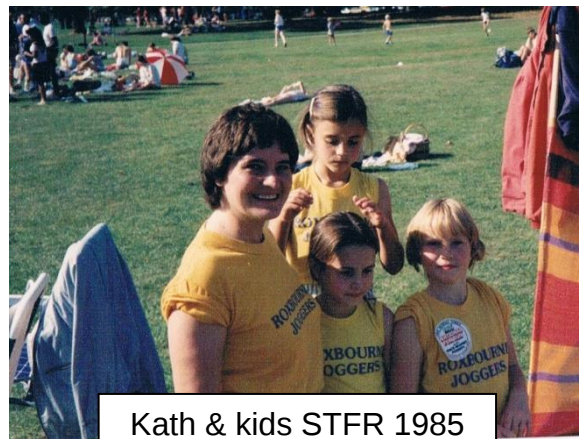
My first record of our family taking part in the STFR was in 1983 before Metros existed and the photos for the 1985 event showed us in

Roxbourne Joggers' tea shirts. This was the name given to the group of runners who met in Roxbourne Park every Saturday morning. By the following year Metros was in existence and we sported our Metros gear.

As preparation for the STFR, families would meet in Roxbourne Park a week or so prior to the main event and run the distance of 4km, or 2k for under 11s. This Metros annual fun run still exists as the Brian Jackson Fun Run.

Why did I enjoy it so much, and why so many happy memories? It was a family day out and at that time there were quite a few Metros families, and members of all ages entered the race. I remember there was excitement and tension as we found our way to the start line at the appropriate time, and then found our way back to the Metros group

afterwards. Children needed escorting and it got quite complicated, even frantic at times. Everyone took a picnic and settled down once their race was over to shared food and drink. Each year we tried to improve on our previous year's time, and praise or commiserations were handed out. Certificates for Gold, Silver or Bronze times were awarded at the following Metros Quiz Evening.



Kath & kids STFR 1985



Sonya & her charges 1986

Seeing children of all ages in their Metros tea shirts gave a real sense of belonging to a club and I felt quite nostalgic when I looked out these photos.

Kath Donaldson



Sunday Times Fun Run 1986

More pictures from Kath



Metros Inauguration 1988



The Herrings - 1987



Dave and John -
Hillingdon Half 1986



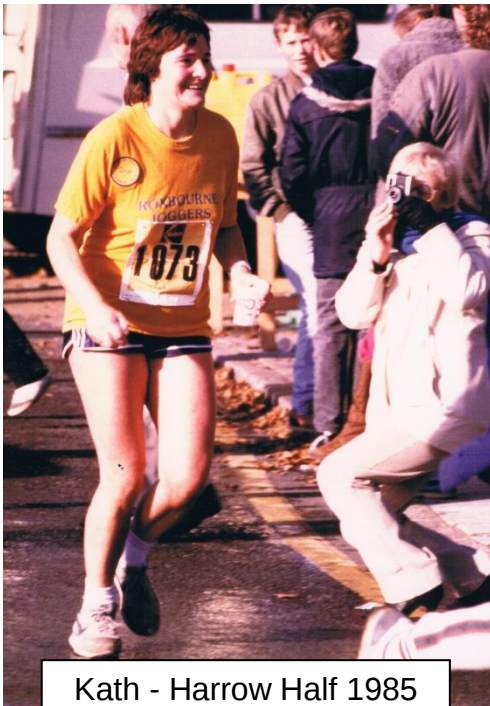
1987



Louise, Hazel, Caroline,
Ruth, Nicki - Harrow Half



Sunday Times Fun Run
1988



Kath - Harrow Half 1985



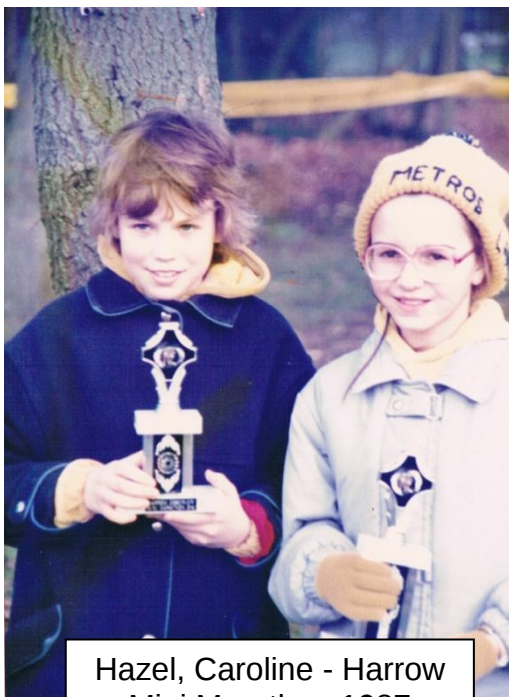
Harrow Mini Marathon 1986



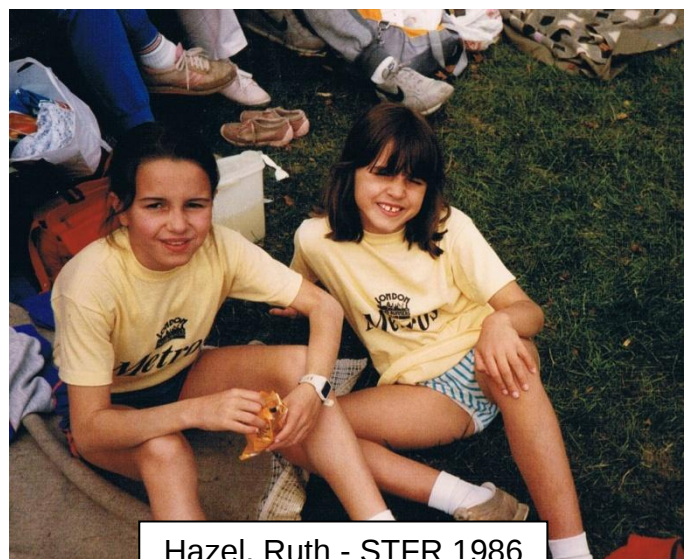
Sue, Elizabeth, Marilyn - Nabisco 1986



Gill and Philip



Hazel, Caroline - Harrow Mini Marathon 1987



Hazel, Ruth - STFR 1986

TILBURY TUTE FUN RUN

CERTIFICATE

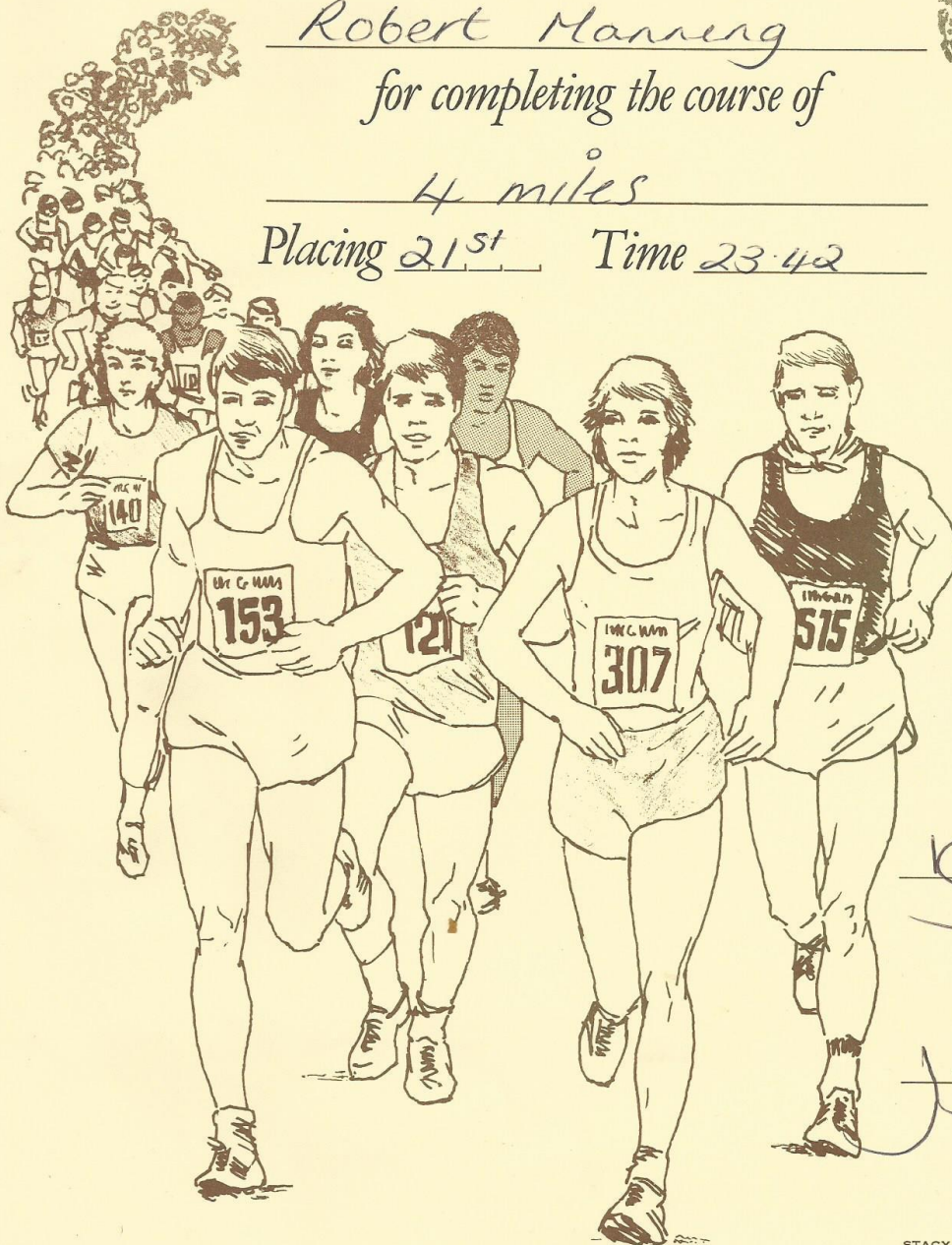
Awarded to

Robert Manning

for completing the course of

4 miles

Placing 21st *Time* 23.42



STACY LTD

REF 216

Bob Manning - 1st Over 50 (aged 52)

Metros Junior Ladies

Over 20 years ago Metros had a very strong girls team as seen here winning the prestigious Farrington & Jewkes Trophy having competed against several strong athletics clubs.

Ron Jewkes presenting the Farrington & Jewkes Junior Ladies track & field trophy to Metros in 1990 (Perivale Track).

right to left Lucy Godden, Louise Rogan, Lyn Bennett, Ron Jewkes, Sally Godden, Alison Swindles, Caroline Brown & Caroline Head.



Results

Wycombe Half Marathon - 21st July 2013

1st man 1h 8m 56s

1st lady 1h 27m 38s

33rd Chris Shearwood 1h 30m 23s (2nd V50)

673rd Steve (Ted) Alder 2h 28m 17s - first half marathon and a really good sprint for the line

Last runner No. 743, in 3h 38m 44s

Adam Leary



Waddesdon Manor 5K - 17th July 2013

7.30pm start but still 26C and sunny

1st man 15m 56s

1st lady 19m 42s

23rd Ben Sellar-Moore 18m 54s - a great run especially considering the temperature

146th Adam Leary 25m 34s

Last runner No.261 in 41m 34s

Adam Leary

I recommend the Waddesdon 5k, great way to spend an evening and nearby for most Metros, also the Bewl 15, lovely course, great support and tea, beer and cakes for afters...

Ben Sellar-Moore

National Lottery Anniversary Run, July 21st 2013

1		25:40
475	Nathan Powell	33:49
829	Sasha Birkin	35:28
9780	Anne Ambrose	57:03

Last Friday of the Month 5k - Hyde Park July 26th

84 Steve Paull 20.39 3rd V60

Winner 16.24 208 finishers.

5 Mile Walk - 13th July 2013

Dave Brown 64:04 on another hot and sunny Saturday morning.

Sturminster Newton Half Marathon - 4th August 2013

1		1:13:55
186	Jane Hudson	1:52:52
344	Penny Hudson	2:51:16
345	Sue Davie	2:51:16



This was an opportunity for Penny and me to visit Sue & Alun Davie and take part in a new (to us) run. It's small but well organised (including cake stall, beer tent, and very cheerful marshals) and I would recommend it to anyone who is in Dorset for their summer holidays and doesn't mind a slightly undulating course. 😊

10K Challenge - 6th July 2013

	Time	% Age Grade	Award
Nigel Rackham	36:33	84.67%	Gold
Kevin Smart	43:58	72.14%	Gold
Steve Paull	45:53	72.13%	Gold
Peter Jose	49:34	71.09%	Gold
Sasha Birkin	44:29	70.89%	Gold
Judy Rackham	56:22	63.31%	Silver
Simon Aberly	48:32	62.24%	Silver
Caroline Day Lewis	52:56	62.06%	Silver
Guy Bostock	49:49	61.13%	Bronze
Gordon Valentine	55:20	59.81%	Bronze
Ruth Tidder	55:23	57.78%	Bronze
Carole Wells	60:33	57.45%	Bronze
Kirit Ranpura	54:32	57.21%	Bronze
Mike Ransome	59:15	56.84%	Bronze
Adam Leary	54:20	56.05%	Bronze
Anne Ambrose	68:20	54.32%	
Irene Paull	71:29	51.92%	
Bob Manning	72:34	51.86%	
Geraldine Gill	65:13	50.88%	
Olivia Gill	63:55	49.10%	
Andrew Shirras	59:09	48.76%	
Raj Varshani	59:09	48.76%	
Sandra Young	71:20	45.23%	
Julie Smith	76:13	45.09%	
Penny Rawlins	71:23	44.50%	
Karen Leary	76:07	44.08%	
Hema Thakur	75:46	42.59%	
Emma Rackham	79:25	38.20%	
Peter Rackham	79:25	33.94%	
Mark Rakobowchuk	42:46		

Poole Parkrun

27th July 2013

Emma Rackham

29:59

Sue Davie

34:16

10th August 2013

Sue Davie

35:21

Whilst Steve's SVP marathon was in progress on the Harrow School running track the Saturday morning Metros were facing a lesser challenge in Roxbourne park. Although they were probably too focused on their laps around the track the marathoners were in our thoughts when we noted the lower temperature and soft breeze which made running one mile possible and 26 miles we hoped not impossible. In spite of the usual Wot No Watch numbers being somewhat depleted two Metros ran their predicted times exactly and Karen and Roberta are deservedly sharing the trophy. Well done to all 29 participants and special thanks to Steve Alder who generously volunteered to wield the stopwatch and work out the winners.

Angela (standing in for Teresa who was Harrow trackside).

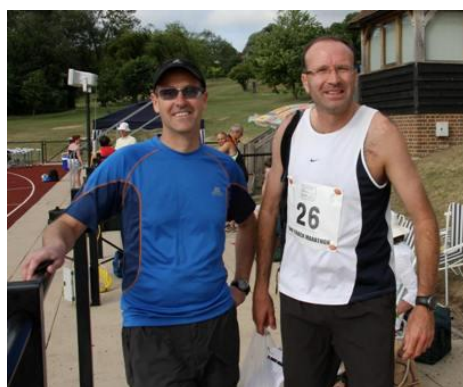
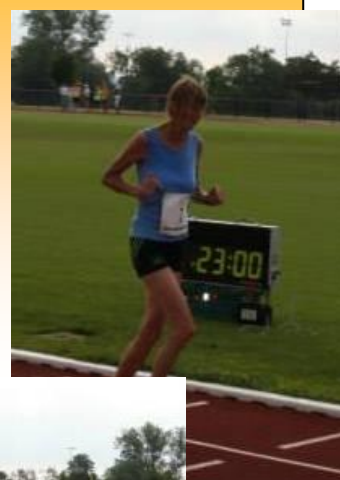
Wot No Watch - Saturday 20th July 2013

Name	predicted time	actual time	difference
Chris Shearwood	6.30	5.44	-46
Peter Rackham	6.00	6.02	2
Matthew Rackham	6.30	6.07	-23
Jordan Clarke	7.00	6.19	-41
Christopher Hudson	6.30	6.24	-6
Simon Aberly	6.30	6.26	-4
Andrew Collier	7.00	7.04	4
Kirit Ranpura	7.15	7.06	-9
Sonny Peart	8.00	7.47	-13
Roberta de Martin-Pinter	7.55	7.55	0
Thomas Collier	8.00	8.01	1
Errol Clarke	8.20	8.11	-9
Janice Newman + Mike	8.22 +1/2!!	8.11	-10
Tom Alder	8.00	8.11	11
Marion Rogan	8.20	8.15	-5
Emma Rackham	8.55	8.17	-38
Karen Collier	8.20	8.20	0
Malcolm Jackson	8.15	8.23	8

Dharmini Chikhnwala	8.20	8.27	7
James Collier	8.00	8.54	54
Hilarie Lemon		9.12	
Stephanie White	9.30	9.13	-17
Julie Smith	9.20	9.22	2
Hema Thakur	9.30	9.35	5
Debbie Moynihan	10.00	9.41	-19
Linda Gaitskell + Tracey	11.50	10.01	-1.49
Veronica Georgescu	9.30	10.15	45
Elish Fernandez	9.40	10.21	41
Gladys De Groot	9.55	10.22	27

SVP Track Marathon - Saturday 20th July 2013

1	Nigel Rackham	2:40:48	
3	Nathan Powell	3:20:17	
11	Gertrud Porter	3:58:39	1st Lady
13	Steve Paull	4:01:23	
19	Mandy Beuselinck	4:52:27	
25	Terry Burke	6:07:02	(Walking)



SVP

Where to start on what turned out to be a very special day?

A huge THANK YOU SO MUCH to everybody that helped in any way, large or small. In time honoured fashion I'm not going to name names, but I couldn't name you all anyway because I was either running or, later, in a tired out dream because of the running.



I didn't/couldn't run a fast time for this, my 100th marathon, but it didn't seem to matter. As we ran round and round the athletics track our lap counters and the other helpers seem to be enjoying themselves despite the potential boredom of what they were doing and watching. Additionally, it's amazing how much fun children can have handing out cups of water and sponges to runners and collecting them afterwards.

As I peered across from the inside lane I tried to make out who was present. As I say, I still can't be sure.

Yes, there were problems. That the music wasn't playing at first was my main disappointment, but Irene got it sorted (a shame it wasn't louder, going down the back straight it wafted in and out). Evidently the man that came to sort it out was "dishy". I'll take the ladies' word on that, I never saw him.



The weather was kind to us, the seriously oppressive temperatures of days immediately before had lessened to it being just "warm", so there were no dehydration/heatstroke casualties and no trips to the nearby hospital. The issue of where the Morris Dancers were going to perform and their music's volume never transpired. I only saw them on my last few laps and never heard their music at all. (They were something to do

with the adjacent tennis tournament).

I wish I could have finished without having to walk, but it was not to be. Thanks to those that cajoled me onwards and the "motley crew" that ran the last couple of

laps with me. That was not pre-planned. As Donna and I trotted round a few laps earlier we suddenly had the idea. It was that spur-of-the-moment.



Amazingly, "My Way" playing over the speakers as I finished wasn't planned either. It was just where the iPod playlist had got to at that moment! It was a

wonderfully silly way to end the silliest of events. Irene and I had pulled it off and people had seemed to enjoy themselves.

The chairman of the 100 Marathon Club presented me with my medal and club kit as I now am a full member and not a "wannabe".



Thank you again Metros and friends for your help at the SVP (Steve's Vanity Project) Marathon. Some people asked if we were going to do it all again next year, even to make it a regular Metros event. My answer is- I don't think so. Races with so few runners and no sponsorship just cost too much to put on.

The evening event continued in the same vein. Extra extension leads were needed, cutlery was in short supply, the beer could have been cooler (but three of the four polypins were emptied). That sort of thing. All feedback seemed positive though.

I hope those who were there enjoyed themselves. Number restrictions on the hall meant we could not invite everybody.

Steve Paull



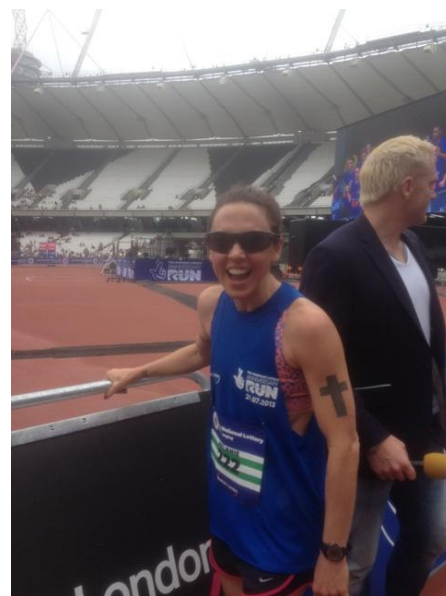
National Lottery Anniversary Run, July 21st 2013

This 5 mile race promised runners the chance to 'tread in the footsteps of legends' and be the first 'back to the stadium' since it was used for the Olympics. Having last been in the stadium for 'Super Saturday' when Mo, Jess and Greg Rutherford all won gold, I was keen to return and experience the stadium atmosphere for myself.

The whole event was well organised given the field of 12,000 runners who were all allowed to bring 2 spectators to the stadium (I managed to get hold of two extra passes which avoided a family fight). We were sent blue T-shirts to wear which were a bit like tents in size.

Chris Hoy fired the starting gun and we were off... Unfortunately though, the first half a mile was a bit congested as the route was narrow. At one point everyone had to walk and I had to grit my teeth & remind myself that the purpose of the event was to experience the Olympic track rather than get a PB. Although the course involved running past key landmarks in the Olympic park, for much of the route it felt more like running through a building site.

At around mile 3, there was a slight incline and I managed to overtake a heavily tattooed young lady who I soon realised was Mel C (Sporty Spice!) Then at around mile 4 I ran alongside Victoria Pendleton for about 0.25 miles. She was receiving lots of encouragement from other runners and seemed to be wasting a lot of her energy having to thank them!



Before we entered the stadium, we had to run through a tunnel to the side of it. The Chariots of Fire music coupled with Steve Cram's commentary from Mo's 10,000m helped to keep us all going. Finally we entered the stadium and I could hear the crowd all cheering...I could smell gold...OK, maybe slight exaggeration but when I saw the 100m mark, I was aware that we were racing on the same track as Usain Bolt (just a tad slower!) As I finished, Paula Radcliffe was apparently running around the track in the other direction high fiving runners but I missed this completely!

All in all, a great experience that I will remember for a long time. And I managed to get a PB after all.

Sasha Birkin

VETS TRACK & FIELD LEAGUE

Battersea 15th July 2013

Name	Event	Time		Name	Event	Time
Paul	200m	39.2		Kevin	Long Jump	4.18m
Gardner	800m	3.19.0		Smart	Javelin	25.09m
	3000m	15.14.3				
Mark	800m	3.23.1				
Mulvenna	Long Jump	2.37m				
				Anne	3000m	18.24.1
Sonny	Hammer	19.41m		Ambrose		
Peart	Javelin	33.09m				
				Jeanne	200m	55.3
Nigel	800m	2.24.1		Coker	Javelin	8.86m
Rackham	3000m	*9.44.3				
				Gladys	200m	46.4
Matt	3000m	10.56.3		De Groot	Long Jump	2.40m
Rogan					Hammer	14.44m

*1st in M50 age group

4 x 100m Mens Relay – 60.4 – 3rd out of 4 teams
Nigel Rackham, Mark Mulvenna, Matt Rogan, Kevin Smart.

This completes the fixtures for this season.
Hope to see you at the Vets Track & Field next year.

Wendy Mulvenna – 020 8863 4838
Vets T&F League Co-ordinator



Veteran's Track and Field League 2013



I would like to pay tribute to all of those who took part in the Veteran's Track and Field Event this year.

It was great to see the achievements and enthusiasm of seasoned competitors (Gladys, Kevin, Mark, Jeanne, Terry and Nigel) and so many new faces (Anne, Kath, Sonny, Matt and Paul), who came to give it a try and are hopefully hooked. Some regular competitors were unable to take part, who we look forward to seeing back next season.

We had a couple of events with a small, yet determined group of athletes and a final event with a Strong team of 6 men and 3 women.....so good to see Nigel back from injury!

This event comprises of 4 meets on Monday evenings, in the Summer, at Battersea and Hillingdon athletic stadiums.

If you are over 35 and fancy having a go.....maybe throw a javelin, do a long jump, sprint 100 metres or run 3000 Metres..(just to name a few)...and gain some points for Metros... do come along next year and you will be sure to get coaching and encouragement at this friendly, supportive event.

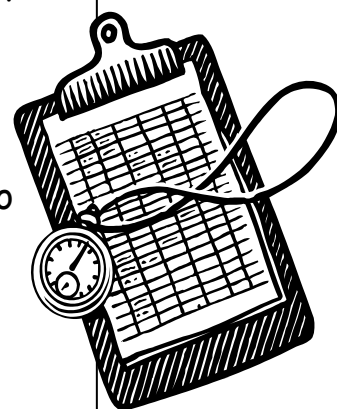
Finally I would like to say a special THANKYOU to Pat Jackson for running this event over the years with so much effort and enthusiasm.

Wendy Mulvenna

Measured Mile - 3rd August 2013

Nigel Rackham	5.03	Emma Rackham	8.17
Mark Rakobowchuk	5.09	Karen Collier	8.19
Chris Sherwood	5.40	Dharmini Chikhliwala	8.25
Jordan Clarke	5.53	Karen Leary	8.35
Steve Paull	6.06	Malvika Bisht	8.54
Simon Abery	6.14	Anne Ambrose	8.54
Guy Bostock	6.17	Steph White	9.01
Dave Young	6.40	Kath Donaldson	9.10
Daniel Collier	6.46	Julie Smith	9.19
Caroline Day Lewis	6.48	Penny Hudson	9.29
Andrew Collier	6.54	Hema Thakur	9.39
Jane Hudson	6.55	Debbie Moynihan	9.44
Kirit Ranpura	7.02	Elish Fernandez	9.45
Mark Mulvenna	7.42	Linda Gaitskell + Steve Alder	10.08
Steve Alder	7.44	Dave Brown	10.24
Claudia Gonzalez	7.52	Gladys De Groot	10.24
Judy Rackham	7.52	Anne Leigh	10.55
Devi Grewal	7.54	Mark Mulvenna	12.17
Nagendra Bisht	8.01	Wendy Mulvenna	12.17
Errol Clarke	8.02	Barbara Robson	13.11
Janice Newman + Mike Ransome	8.09	Margaret Smith	13.24
Petra Otto	8.15	Gillian Saunders	13.39

Well done to all Measured Milers for completing the August Mile. Some very impressive times and efforts to improve on previous performances. Congratulations to two junior generation runners making their début, Daniel and Jordan, who flew round the course at great speed! Look forward to more appearances from these two stars. I can now start to calculate the winner of the trophy as the 4 miles for the competition this year have now been completed and a new contest starts with the next Measured Mile in November. Many thanks to Irene for handing out the lolly sticks, Bob for wielding the stopwatch and Teresa for showing true dedication assisting from her wheelchair. Angela



SUMMER LEAGUE

Regent's Park, 21 July 2013 hosted by Mornington Chasers

MEN 10K		Time	Cat	Points	Bonus Pts	Total
7	Ron Taylor	37.41	1	294	0	294
28	Nigel Rackham	40.05	4	273	15	288
39	Mitesh Patel	41.59	1	260	0	260
48	Kevin Smart	43.03	4	253	15	268
59	Jonny Jackson	44.21	1	242	0	242
73	Steve Paull	47.03	5	228	20	248
80	Peter Jose	48.22	7	221	30	251
91	Gordon Valentine	53.09	5	210	20	230
99	Sonny Peart	56.30	3	202	10	212
100	Bob Manning	57.22*	8	201	35	236
(Bob started late and self timed at 55m 04s)						
104	Paul Gardner	58.04	5	197	20	217

LADIES 10K						
38	Jane Hudson	50.27	4	263	15	278
43	Tracey Tyrrell	52.46	1	258	0	258
52	Judy Rackham	55.42	4	249	15	264
69	Sarah Westwood	60.18	5	232	20	252
78	Penny Hudson .	67.41	4	223	15	238
80	Irene Paull	71.02	5	221	20	241

TENDERFOOT Boys

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

TENDERFOOT Girls

None

RELAYS – Approx. 325m (All relay results are before any weighting for age)

A Team		Ladies Team	
Kevin Smart	0m 41.00s	Tracey Tyrrell	0m 52.00s
Mitesh Patel	0m 43.04s	Judy Rackham	1m 21.00s
Christopher Hudson	0m 55.00s	Sarah Westwood	1m 18.00s
Peter Jose	0m 57.08s	Jane Hudson	<u>1m 05.00s</u>
Sonny Peart	0m 51.05s		4m 36.00s
Gordon Valentine	<u>1m 01.03s</u>	7 th from 7 teams	
	5m 10.00s		
7 th from 7 teams			

With thanks to Nigel Rackham for timing the relays, Jane Hudson for recording, Kevin Smart, Jane Hudson et al for organising the running order for the relays.

SUMMER LEAGUE 2013

Metros Cumulative Scores after 4 fixtures

Men	Cat.	Dulwich	Harrow	Ealing	Regents		Total
					Pk		
7 Ron Taylor	1	290	0	282	294		866
12 Mitesh Patel	1	261	267	264	260		792
17 Jonny Jackson	1	225	240	0	242		707
33 Fab Sulataj	1	249	262	0	0		511
53 Jonathan Collier	1	0	297	0	0		297
108 Hershil Patel	1	0	227	0	0		227
116 Matthew Rackham	1	0	211	0	0		211
12 Sonny Peart	3	0	197	0	212		409
17 Simon Abery	3	0	235	0	0		235
19 Andrew Collier	3	0	200	0	0		200
1 Richard Francis	4	310	311	309	0		930
5 Kevin Smart	4	0	274	274	268		816
8 Nigel Rackham	4	0	315	0	288		603
3 Steve Paull	5	272	271	261	248		804
7 Gordon Valentine	5	220	226	0	230		676
12 Ian Birch	5	271	0	274	0		545
17 Glyn Watkins	5	0	217	233	0		450
23 Graham Hart	5	0	227	0	0		227
24 Al Scoffham	5	0	220	0	0		220
25 Paul Gardner	5	0	0	0	217		217
11 Terry Burke	6	0	224	213	0		437
1 Peter Jose	7	0	235	250	251		736
2 Bob Manning	8	0	0	242	236		478
Women							
9 Tracey Tyrrell	1	248	267	256	258		781
81 Julia Buckley	1	0	0	248	0		248
91 Caprice Beggs	1	236	0	0	0		236
94 Roberta de Martin							
Pinter	1	0	233	0	0		233
23 Ruth Tidder	2	0	269	0	0		269
18 Sasha Birkin	2	0	0	301	0		301
29 Penny Rawlins	2	0	235	0	0		235
32 Hema Thakur	2	0	223	0	0		223
14 Harriet Copland	3	0	284	0	0		284
15 Caroline Day-Lewis	3	0	275	0	0		275
18 Ann Lavers	3	0	259	0	0		259

3	Jane Hudson	4	273	286	293	278	857
5	Penny Hudson	4	214	242	242	238	722
10	Judy Rackham	4	0	268	0	264	532
4	Irene Paull	5	214	0	242	241	697
7	Sarah Westwood	5	0	260	0	252	512
8	Annie Birch	5	245	0	259	0	504
13	Anne Ambrose	5	0	243	0	0	243
14	Linda Gaitskell	5	0	237	0	0	237
1	Gertrud Porter	6	0	293	293	0	586
3	Kath Donaldson	6	0	256	0	0	256
4	Gladys De Groot	6	0	0	244	0	244
5	Angela Murphy	6	0	241	0	0	241
1	Jeanne Coker	9	0	0	257	0	257

Metros Cumulative Scores after 4 fixtures (Cont)

Tenderfoot Boys

4	Devon Day-Lewis	Y4	0	105	0	0	105
2	Sam Dadomo	Y5	0	0	103	0	103
1	Christopher Hudson	Y8	109	109	112	111	332
4	Aaron Rawlins	Y8	0	105	0	0	105
2	Carlow Day-Lewis	Y9	0	106	0	0	106

Tenderfoot Girls

3	Natalie Tidder	Y7	0	110	0	0	110
3	Kirsty Young	Y8	0	108	0	0	108

Pat Jackson - Metros Summer League Coordinator

Sens Shuffle 5k Ottawa, Canada August 10th

13th Steve Paull 20.20
74 runners

Le 5k Endurance Dollard des Armeaux, Montreal, Canada August 14th

227th Steve Paull 20.52 (4th V60)
634th Irene Paull 32.16
676 runners

Runners' Recipes

Chickpea stew with tomatoes and green chilli

Ingredients

2 tbsp olive oil
1 red onion, finely sliced
3 garlic cloves, finely sliced
2 teaspoons freshly grated ginger
1 or 2 green chillies, to taste, seeded and finely chopped
1 tsp sea salt
2 X 400g/14oz tins of chickpeas, drained
80ml/2¾fl oz water
1 tsp cumin
1 tsp turmeric, optional
freshly ground black pepper
500g/17½oz cherry tomatoes
100g/3½oz baby English spinach leaves

To serve

plain yoghurt
pitta bread
olive oil
salt and freshly ground black pepper
paprika



Preparation method

1. Heat a large deep frying pan over a medium to high heat.
2. Add the oil, onion, garlic, ginger, chillies and salt and cook for five minutes (or until the onions are soft) being careful to stir regularly.
3. Add the chickpeas, 80ml/2¾fl oz water, cumin, turmeric and pepper and cook for five minutes or until the water evaporates.
4. Add the tomatoes and cook for another two minutes to soften.
5. Remove from the heat and check for seasoning.
6. Stir through the spinach and top with yoghurt.
7. To make the pitta crisps, break up pieces of pitta bread and drizzle with olive oil, salt, pepper and paprika.
8. Bake in a moderate oven for 10-12 minutes or until crisp.
9. Serve with the stew on a warmed plate.

less than 30 mins preparation time

10 to 30 mins cooking time

Serves 4 (or 8 as a side dish)

By Bill Granger

From BBC Saturday Kitchen

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	19.00	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