



April 2015

Issue No. 319



Metros winning team at Friends of Harrow
School quiz in February

Metros Diary

MAR

Sat 21	5K Race, Roxbourne Park	9.15 am
Sun 22	Reading Half Marathon	
Sun 22	Gade Valley Marathon Training Run 20 miles	9.30 am

APR

Wed 1	Committee Meeting	8.00 pm
Fri 3	Maidenhead Easter 10 - Trophy Race	9.30 am
Sat 4	10K Challenge, Roxbourne Park	8.50 am
Sat 11	5M walk, Roxbourne Park	9.00 am
Sat 11	Food Bank Donation, Roxbourne Park	
Sun 12	Hillingdon Half Marathon	9.00 am
Sun 12	Bournemouth Bay Half, 10K, 5K + 1K family run	9.30 am
Sat 18	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 26	Virgin London Marathon	

MAY

Sat 2	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Fri 8	Metros AGM, Lowlands Tennis Club	8.00 pm
Sat 9	Food Bank Donation, Roxbourne Park	
Sun 10	Marlow 5 - Trophy Race	9.30 am
Mon 11	Vets Track & Field, Battersea	6.30 pm
Sat 16	5K Race, Roxbourne Park	9.15 am
Sun 17	Run Wembley 10K (formerly Sudbury Ct) - Trophy Race (also 5K) 1K children's race	11.00 am 10.30 am
Sun 31	Summer League, Dulwich	9.30 am

JUNE

Wed 3	Committee Meeting	8.00 pm
Sat 6	5 mile handicap, Roxbourne Park	8.50 am
Mon 8	Vets Track & Field, Hillingdon	6.30 pm
Sat 13	Food Bank Donation, Roxbourne Park	
Sun 14	Summer League, METROS, North Harrow Rec.	9.30 am
Sat 20	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.

Please Note: If you wish to run the 10K challenge or 5 mile handicap and are likely to take over an hour please make sure you are ready to set off at 8.50am. If you wish to leave earlier you may self time the run.

Note from the Editors!

There have been some very impressive performances from Metros lately which is good to see. Keep it up everyone – look forward to seeing you competing in track & field, Summer League and trophy races. For those of us sidelined by injury it also gives us a focus for our rehabilitation. Many of the good results have come in parkruns, and we have a contribution on pages 8 and 9 discussing the phenomenon. Our front cover photo shows it's official – running is good for the brain (especially as a Metros team came second too)! As usual, enjoy your running, and keep the results, photos, articles coming in – we love to read and share them.

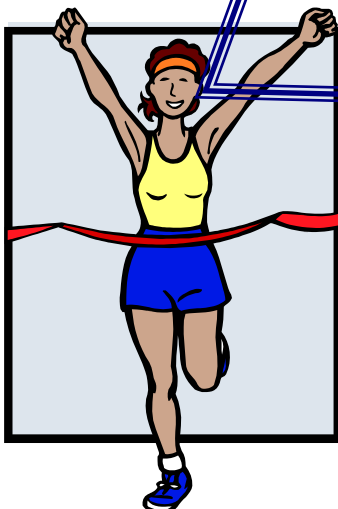
Jane and Penny Hudson



Welcome

Cavan Day-Lewis, Pinner
Anthony Manning, Harrow
Ian and Jean McPherson, Stanmore
Dharmishta and Ishika Parmar, North Harrow
Sujata and Anjali Patel, Harrow

Elected at the March meeting





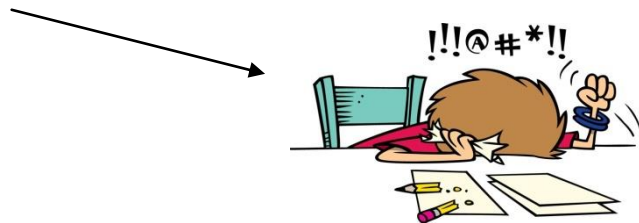
METROS AGM

This year's AGM will be held on Friday 8th May - 8.00 pm at Lowlands Tennis Club.

Please pass any items for discussion to Peter Beuselinck before the end of April.

Job Vacancy

- Wanted:** 5 Mile Handicap coordinator
Hours: 4 Saturdays mornings per year
(typically 1st Saturday in March, June, September and December)
Salary: No pay but lots of appreciation from your fellow runners
(and the current coordinator)



Skills required: Mental arithmetic, ability to stand around in the cold for an hour

Benefits: You are not required to run 5 miles!

If you would like to see what's involved, then let me know.

Irene Paull
metros.secretary@yahoo.co.uk



London Road Runners Club

Trophy Races

The following Road Races will comprise this year's events that will contribute towards the Trophy Race competition:

Finchley 20	Sunday 8 th March at 9.00 am
Maidenhead Easter 10	Good Friday 3rd April at 9.30 am
Marlow 5	Sun 10 th May at 9.30 am
Run Wembley (Formerly Sudbury Court 10K)	Sunday 17 th May at 11.00 am
Burnham Beeches Half Marathon	Sunday 23rd August at 9.30 am
Maidenhead Half Marathon	Sunday 6 th September at 9.30 am
Moor Park 10K	Sunday 27 th September at 3.00 pm
Ricky Road Run 9	TBA

Please Note: Cabbage Patch 10 has been cancelled due to the Rugby World Cup.

Any other changes will be advised as early as possible

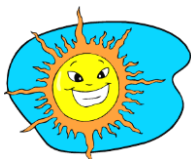
Vets Track & Field

Hope you are all keen to take part in the Track and field this year!

Here are the dates for your diaries.

Wendy Mulvenna

11 May Battersea (Serpentine hosting)
8 June Hillingdon (Hillingdon hosting)
22 June Battersea (HHH hosting)
13 July Perivale (ESM hosting)



Summer League

The following are **PROVISIONAL** dates for the Summer League:

31 May - Dulwich, 5 miles, hosted by Dulwich Park Runner
14 June - North Harrow, 10K, HOSTED BY Metros
5 July - Perivale, 5 miles, hosted by Ealing Eagles
19 July - Regent's Park, 10K, hosted by Mornington Chasers
16 August - Battersea Park, 10K, hosted by Serpentine

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

Achievements

Well done to ...

Sasha Birkin - PB at Brighton Half Marathon

Emma Rackham for parkrun PBs on 7th and 14th March.

Brain McGrory for yet another parkrun PB finally breaking 24 minutes

Nancy Morris for her 1st race - Berkhamsted 5 coming in under an hour and then beating that time in the Metros 5 mile handicap on 7th March

Mary Swindles for a parkrun PB and over 60 course record at Northala Fields on 7th March

Kath Donaldson 1st VW65 at Cassiobury parkrun on 14th March

Pauline Bishop 1st F60 at Kinvara 10K and
Veronica Georgescu for 1st F60 in the Kinvara Half Marathon on 7th March

Nigel Rackham - 1st V50 at Finchley 20

Mike Morris for a PB in the North London Half Marathon

Christopher Hudson - 4th at the North London half marathon final mile (in spite of obstruction from adults trying to say it wasn't a race!!)



Wot No Watch

Dear Metros runners and particularly those that take part in the “Wot No Watch”.

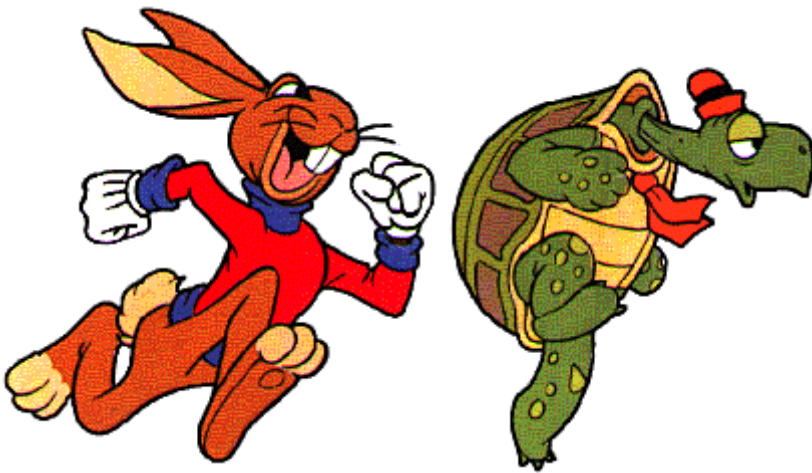
The original idea of this event, when I suggested it, goodness knows how many years ago, was for runners to run to a set pace, not necessarily your best, just a pace you think you can maintain, hence why you suggest a time that you will run to the organisers.

It was never the idea that you run as fast as you can every time. It might be that you want an easy run, or you are trying to gauge what a certain pace feels like.

It is more difficult to run at a pace that is not your best as you will be running slower than you know you can and you will also be tempted to “race” the people you know that you usually beat. It is a lesson in self control, which might help you in mass participation events, in that you run at your pace and not that of the runner next to you.

So next time you do the “Wot No Watch” try setting a time that is slower than your best!

Mary Swindles





Old Roxeth – an occasional series of musings on running matters

Parkrun. 5k at 9 o'clock on a Saturday morning. Can be on any surface. Just register on-line, print off a bar-code and off you go. Simple. Coming to a park near you. The new phenomenon.

And it is.

Around here, Gladstone was first and over a year old, Northala is still in its first year of existence, but all of a sudden recently there's South Oxhey up and running (excuse the pun), there's Cassiobury started in February and, if the rumours are true, there's even going to be one starting in Harrow in April.

Leaving behind my thoughts that nothing ever gets done in the borough of Harrow, what do us Metros feel about parkrun? Is it a five minute wonder that will quickly go away? Is it a serious threat to our beloved Saturday morning session? If Harrow does happen, should we embrace it in some form or other as the future of local running?

My well informed spies around our committee room have reliably told me that the very topic was discussed at the last meeting.

I have run a few parkruns, always locally and never without feeling guilty at missing Roxbourne Park. I have the feeling from my schooldays that I'll get a detention for my behaviour. Often I have dashed back for tea at the scout hut in the hope that people have thought they had somehow missed seeing me earlier. I felt equally guilty at leaving parkrun so swiftly, with the minimum of socialising with other runners and organisers after the run.

Will they soon be full up with seasoned athletes from the ACs just wanting a quick burst, resulting in the discouragement of the enthusiastic beginner? With the number of people running in them be spread so thinly mean they can't all survive? Has a parkrun ever ceased operations? What happens when the initial volunteers get fed-up with having to turn out every weekend. After you have done few runs you are expected to put in a shift as a helper. Will that happen? Us runners can be a selfish lot.

They've done well in creating a 'trainspotter attitude' with rewards for 50 and 100

of these runs, but this has evolved into a desire to compete in the most places or number of first time runs, something that has scared the organisers of new events when twice the expected numbers turn up for the first one.

What of the future? Our area seems now to be full up, however the event map on the parkrun web-site indicates this is wrong. What is the goal of the parkrun management team, even more saturation of all areas? The web-site thanks the sponsors, but what happens if they pull out?

So many questions.

Old Roxeth

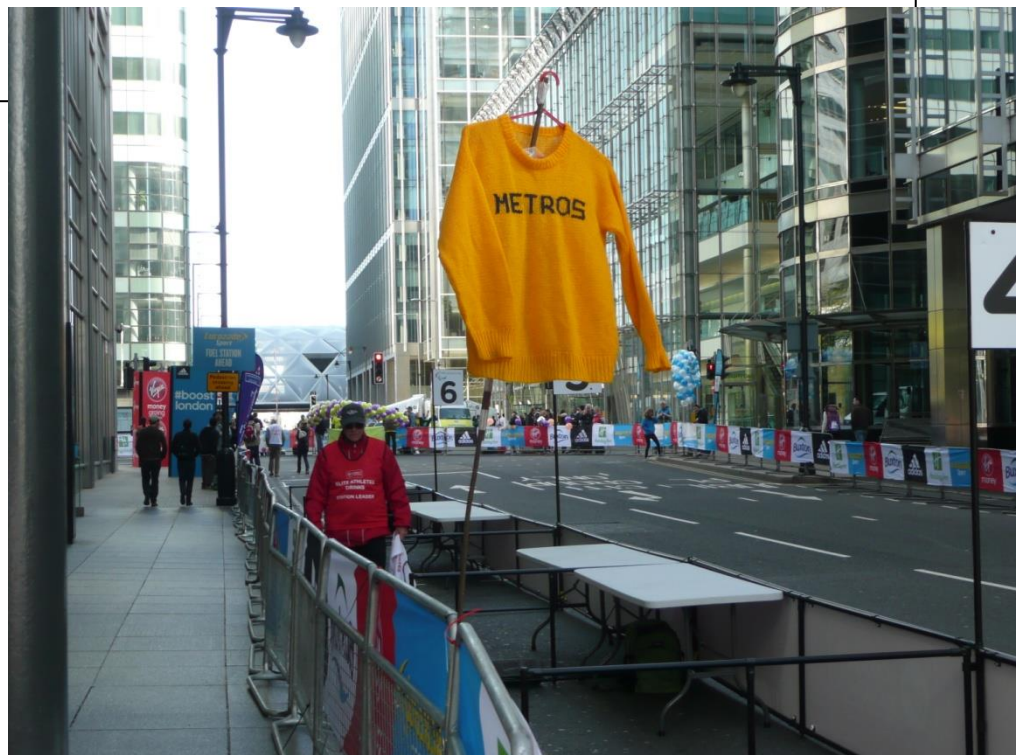
Virgin London Marathon - 26th April 2015

If you are running in the London Marathon on 26th April then

Firstly - have a great run

Secondly - don't forget to look out for Metros at about 18 miles. It's easier for you to spot us than for us to see you. Look out for the Metros jumper on the left side of the road (picture below).

Thirdly - Enjoy!!



'It's that time of year again when streets and paths are pounded, lbs are shed, muscles stretched, and ambition challenged.

Yes, the draw of the London Marathon has worked its magic, again, and I'll be stepping out on Sunday, 26 April, in the hope that I can raise a goodly sum for the work of:-

The Salvation Army

in the support they seek to give for the homeless.

If this is a cause you are happy to give to, and to do so by also encouraging me to complete the training (up to 20 miles so far), and get round in under 4 hours 50 minutes – yes, that slow! – I'd be most grateful if you could add something – ideally of the monetary kind - to my VMG page, as below.

All contributions will be very much appreciated. Paper form also available in clubhouse, on most Saturdays, or at Monday run.

Thank you

Mike(I)

www.virginmoneygiving.com/MichaelWRansome



Other Metros seeking sponsorship for VLM are:

Mike Morris <https://www.justgiving.com/mikemorris100/>

Linda Dunne <http://www.virginmoneygiving.com/LindaFrancesDunne>

If anyone else out there wants a mention, please get in touch. Eds

This letter was received by Barbara Robson in response to Metros donation of £300 collected for Christmas messages.

Department of Oncology



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20 February 2015

Dear Barbara and Frank:

I hope that you, Susan and the family are well.

I would like to thank you very much for your great generosity in sending us a donation of £300, which was raised by your running club 'Metros'. This will be used towards funding the important work we do in the Department of Oncology to improve radiotherapy and treatment outcome.

Generous donations such as yours will enable the ground-breaking discoveries we are making in our research laboratories to be quickly translated to the clinic to benefit our patients.

Yours sincerely,

A handwritten signature in green ink that reads "Gillies McKenna".

W. Gillies McKenna

On being a Marshal at the National Cross Country Championships

The night before check and re check the weather forecast. Next, get out the appropriate clothing then recheck this before going to bed. It is going to be a long day so wise to put your feet up for half an hour or so during the evening. Oh – and don't forget to check Tfl. The wonderful London Overground to Gospel Oak may have engineering works.

Have breakfast, but don't drink too much as it is going to be a long day without access to "facilities". Arrive at 1000 for your briefing and collect a sheaf of course maps – one for each race – and put them in time order. Last cup of coffee and a packed lunch to put in your bag. At 1030 go to your marshal point. You will be bombarded with questions – which way do the U13 girls go? Where can I go from here to see the U17 men again?, etc. Keep an eye on the time so you can keep the path clear when the race arrives. There are always difficult members of the public. "I always walk my dog here on Saturday at 11.17". "But I want to cross the path NOW with my pushchair" – well you and your baby may be trampled to death by 500 runners!! And so the day unfolds and the mud gets muddier. If things get out of hand you can always enlist the help of spectators who are supporting their club or cheering on their loved ones.

It is a lovely day (although the runners find the mud hard going) and there is a glorious view across London (I am at the top of the first hill). And finally it is all over. One last job for the marshals. Remove the stakes and tape from your marshal point to the next. Stakes are piled by the path and tape is put into a bin bag. It is all filthily muddy and I have to keep walking through ankle deep mud to get to the path. One final effort to walk to the station. It is now 1700 and I've been on my feet for seven hours, mostly in mud. Some kind soul offers me a seat on the train and I sit there dreaming of a hot bath and a tot of whisky.

These championships come to the South of England once every three years and, in recent times, have always been held at Parliament Hill Fields. Why not volunteer to be marshal in 2018?

Jeanne Coker

Results and Reports

Old Deer Park Half Marathon - 22nd February 2015

1		1:07:54
162	Andrew Cooper	1:34:22
559	Rebecca Walker	1:53:42
1016	runners - last	3:13:50



Brighton Half Marathon - 22nd February 2015

1		1:05:48
371	Sasha Birkin	1:29:22 PB
904	Russell Hewlett	1:37:41
6670	Patricia Hewlett	2:24:35
7676	finishers - last	3:55:50

Capital Runners Richmond Park 10K Series Race 2 22nd February 2015

1		0:37:34
173	Glyn Watkins	0:59:05
195	Richard Hayward	1:03:47
234	runners - last	1:43:14



Milton Keynes Half Marathon Sunday 8th March 2015

1		1:14:18
279	Anthony Bellis	1:38:45
1926	runners - last	3:35:19

Berkhamsted Half Marathon - 1st March 2015

1		1:11:10
34	Kevin Watson	1:27:10
133	Christopher Shearwood	1:36:15
176	Jonathan Evan-Hughes	1:38:31
354	Donna Warren	1:46:39
617	Simon Abery	1:55:32
1010	runners - last	2:59:19

Berkhamsted 5 Mile - 1st March 2015

1		0:27:45
619	Stephanie White	0:57:28
629	Catherine Corcoran	0:57:52
638	Penny Hudson	0:59:16
644	Nancy Morris	0:59:47
710	runners - last	2:45:50



Kinvara 10K - Saturday 7th March 2015

1		0:31:17	
461	Pauline Bishop	0:59:57	1st F60
838	runners - last	2:37:49	

Kinvara Half Marathon

1		1:08:07	
708	Veronica Georgescu	2:22:15	1st F60
760	runners - last	3:11:01	

5 Mile Handicap - 7th March 2015

Date	07/03/2015	Actual 5 mile time	Correct handicap	Time inc. handicap	Points	Next handicap
Mitesh	Patel	0:36:47	00:00	0:36:47	42	23
Kath	Donaldson	0:51:59	-00:01	0:50:59	41	8
Nancy	Morris	0:58:09	-00:07	0:51:09	40	1
Lauren	Smith	0:52:20	00:00	0:52:20	39	7
Geraldine	Gill	0:53:10	00:00	0:53:10	38	6
Bob	Manning	0:52:20	00:03	0:55:20	37	7
Catherine	Corcoran	0:56:32	00:00	0:56:32	36	3
Julie	Smith	0:52:20	00:05	0:57:20	35	7
Richard	Hayward	0:57:22	00:00	0:57:22	34	2
Dave	Young	0:38:00	00:20	0:58:00	33	22
Steve	Paull	0:38:04	00:20	0:58:04	32	21
Simon	Abery	0:38:54	00:20	0:58:54	31	21
Caroline	Day-Lewis	0:39:19	00:20	0:59:19	30	20
Barbara	Reading	0:50:24	00:09	0:59:24	29	9
Tiziana	Spotti	0:56:00	00:04	1:00:00	18	4
Anne	Nuala	0:46:05	00:14	1:00:05	17	13
Eilish	Fernandez	1:04:07	-00:04	1:00:07	16	-5
Gladys	deGroot	1:04:07	-00:04	1:00:07	15	-5
Hema	Thakur	0:57:20	00:03	1:00:20	14	2
Ruth	Tidder	0:41:34	00:19	1:00:34	13	18
Sonny	Peart	0:36:39	00:24	1:00:39	12	23
Adam	Leary	0:42:18	00:19	1:01:18	11	17
Julia	Allen	0:48:36	00:13	1:01:36	10	11
Anne	Ambrose	0:51:48	00:10	1:01:48	9	8
Karen	Leary	0:55:49	00:06	1:01:49	8	4
Mike	Ransome	0:46:05	00:16	1:02:05	7	13
Andrew	Collier	0:47:11	00:15	1:02:11	6	12
Errol	Clarke	0:49:39	00:13	1:02:39	5	10
Chris	Shearwood	0:36:48	00:26	1:02:48	4	23
Debbie	Moynihan	1:02:58	00:00	1:02:58	3	-3
Angela	Murphy	0:52:34	00:12	1:04:34	2	7
Hilarie	Lemon	0:51:35	00:15	1:06:35	1	8

Good to see everyone who braved the cold wind this morning. 32 runners today and some new (and returning) faces. Well done to Nancy on her PB

Commiserations to Teresa for the injury that meant she had to pull out, but also many thanks for the time keeping help which was much appreciated.

The next 5 mile handicap will be in June.

I'm looking for someone to take over from me on 5 mile handicap as it can clash with being Saturday coordinator. If you would like to see what's involved, let me know.

Irene Paull

Finchley 20 - Sunday 8th March 2015

1 st		1:48:38
10	Nigel Rackham	1:59:11 1 st V50
31	Gary Warren	2:07:16
145	Sasha Birkin	2:28:41
222	Steve Paull	2:40:09
227	Michael Morris	2:41:00
263	Sonny Peart	2:47:29
350	Tracey Tyrrell	3:03:10
356	Spender Millbery	3:03:33
386	Claire Elam	3:10:16
395	Rebecca Walker	3:12:45
407	Linda Dunne	3:15:16
441	Michael Ransome	3:27:15
485	finishers	



North London Half Marathon - 15th March 2015

1		1:05:35
228	Fatmir Sulmataj	1:31:13
285	Christopher Shearwood	1:32:48
333	Sasha Birkin	1:34:08 2 nd F40
422	Mitesh Patel	1:36:16
469	Michael Morris	1:37:08 PB
974	Tracey Tyrrell	1:43:46
1494	Sonny Peart	1:49:30
2176	Gertrud Porter	1:56:08 2 nd F60+
4713	finishers - last	3:44:55



parkrun Results

Northala

7/2	Russ Hewlett	21.22
	Sonny Peart	21.42
	Claire Elam	24.05
14/2	Mary Swindles	25.44
21/2	Steve Paull	22.12
	Claire Elam	23.33
7/3	Claire Elam	24.10
	Mary Swindles	25.33 PB
(60+ course record)		
14/3	Russ Hewlett	21.32
	Claire Elam	23.36

South Oxhey

7/2	Mike Morris	23.14
	Nancy Morris	39.05
14/2	Steve Paull	24.46
	Gerry Barker	30.13
21/2	Jackie Bowles	27.07
	Jason Bowles	27.14
28/2	Gordon Valentine	26.55
	Jackie Bowles	27.04
	Jason Bowles	27.08
7/3	Gordon Valentine	26.54
14/3	Mike Morris	22.48
	Steve Paull	23.21

Rother Valley

28/2	Andrew Collier	27.34
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Cambridge

7/3	Emma Rackham	25.37 PB
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Cassiobury

14/3	Emma Rackham	24.24 PB
	Simon Dadomo	24.54
	Kath Donaldson	30.15 1st VW65
	Penny Hudson	32.16

Poole

21/2	Alun Davie	27.53
	Sue Davie	38.43
	Penny Hudson	38.44
28/2	Sue Davie	39.26
	Alun Davie	39.26
7/3	Alun Davie	26.15 PB

Brockenhurst

21/2	Caprice Beggs	27.31
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Black Park

7/2	Glyn Watkins	29.44
14/2	Catherine Pletts	32.04
21/2	Catherine Pletts	30.41
28/2	Glyn Watkins	28.46
	Catherine Pletts	30.31
7/3	Jason Bowles	25.15
	Jackie Bowles	27.17
	Glyn Watkins	28.47
14/3	Jackie Bowles	24.27
	Jason Bowles	24.42
	Glyn Watkins	28.28

Gladstone

7/2	Brian McGrory	24.58
14/2	Brian McGrory	25.03
21/2	Brian McGrory	24:11 PB
28/2	Brian McGrory	24.12
7/3	Brian McGrory	24.19
14/3	Brian McGrory	23.18 PB



NOTES OF METROS COMMITTEE MEETING

Wednesday 4 March 2015 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Peter Beuselinck, Penny Hudson, Pat Jackson, Steve Paull, Marilyn Pickford, Barbara Robson, Mike Ransome, Nigel Rackham, Penny Rawlins, Tracey Tyrrell, Carole Wells, Sarah Westwood, Sandra Young.

APOLOGIES: Mandy Beuselinck.

CHAIR: Mike Ransome

NOTE RECORDER: Pat Jackson

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

MATTERS ARISING FROM THE PREVIOUS MEETING – 4 February 2015

Alternative Annual Event Between Metros Marathon Week – Mandy will check the Thames River Relay as a possibility, however, there may not be an event in the years when the biennial Metros Marathon Week does not take place.

ACTION: Mandy Beuselinck

First Aiders –Following discussions with Margaret, Pat will ask Angela Murphy to report back to the committee on items including co-ordinators reporting incidents requiring first aid, mobile phones being available during training sessions and first aid kits in ‘bum’ bags.

ACTION: Pat Jackson/Angela Murphy

Barn Dance - Penny Rawlins and Sandra Young have found a lack of availability with suitable venues. They would like to use the large Headstone Barn which is still being renovated but probably available around March 2016. The committee agreed they should investigate possible dates.

ACTION: Penny Rawlins/Sandra Young

‘Twin’ Running Club – As yet no volunteer has offered to investigate a possible link with Metros and another club in Ireland and/or the Harrow ‘twin’ town, Douai in France. A possible trip to the Bournemouth area instead was suggested and Nigel will contact Sue Davie regarding a suitable event.

ACTION: Nigel Rackham

5 Mile Handicap – Irene confirmed that, having taken on the role of Saturday morning co-ordinator, she can no longer co-ordinate the 5 Mile Handicap. She will advertise in Metrolines for a new co-ordinator. **ACTION:** Irene Paull

Thames Valley League - Metros Host Fixture –Jane Scoffham had been reimbursed for the hire of the venue and Marilyn confirmed the price charged was correct.

ITEM CLOSED

Competing Members Affiliation Fees – Peter has advertised in Metrolines for competing members to pay affiliation fees.

Metros Lap Top – Nigel will reimburse Irene when he receives the invoice.

ACTION: Irene Paull/Nigel Rackham

Metros Kit – when Nigel receives the invoice for the set up charge for the Metros running man log embroidery, he will reimburse Linda Dunne.

ACTION: Linda Dunne/ Nigel Rackham

Following several recent requests for childrens' T-shirts, Pat will order the 'small' size when next ordering and suggest adjusting the smallest size vests.

ACTION: Pat Jackson

Harrow Hill Run – Mandy and Peter were thanked for organising the excellent event. Peter reported that the race sold out prior to the day. 20% of runners who entered did not run and accepting 10% more entries next year will be considered. Two runners had minor falls. Thanks to everyone who helped with the event in any way including those who donated cakes to sell. Peter confirmed a healthy profit and £1,000 will be donated to the Harrow MS Therapy Centre. Runners collecting numbers on the day helped reduce costs. Mandy will report on Facebook, Twitter etc.

ACTION: Mandy Beuselinck

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

Hon Vice Chairman – Sarah had nothing to report.

Hon. Secretary – Peter stated that the Association of Running Clubs (ARC) had again requested Metros join. It was agreed that we remain with England Athletics.

Hon. Treasurer – Nigel had nothing to report.

Hon. Membership Secretary: Irene had sent a list of applications for membership and the following were confirmed:

Cavan Day-Lewis, Pinner; Anthony Manning, Harrow; Ian and Jean McPherson, Stanmore; Dharmishta and Ishika Parmar, North Harrow; Sujata and Anjali Patel, Harrow

REPORTS OF CO-ORDINATORS

Tuesday Jog/Walk – Penny Hudson confirmed that the number of participants had increased.

LRRC Trophies – Steve confirmed that the Cabbage Patch 10 will not take place this year as it clashes with the Rugby World Cup. Steve will look into finding another event. The Burnham Joggers Half Marathon is confirmed as 23 August.

ACTION: Steve Paull

Summer League – Pat attended a recent meeting where provisional dates were listed. Serpentine's fixture is now 9 August as Battersea Park was already booked for 16 August. The charge for adults will be £2 per adult - £1 to host club and an additional £1 to a kitty to be distributed to clubs relative to the fee they are charged to hire the race venue. The cumulative results for last year will soon be finalised for the presentations at Dulwich. A representative from Ealing Eagles will compile the overall results this season. It was agreed that club kit should be worn during the races and in the relays. Donna Warren is organising the Metros host fixture again this year on Sunday 14 June.

The meeting finished at 9.20 pm

Date of Next Committee Meeting - Wednesday 1 April

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

Runner's Recipes

Easy banana cake

Ingredients

Serves: 10

- 125g butter
- 150g caster sugar
- 1 teaspoon vanilla extract
- 1 egg, beaten
- 2 very ripe bananas, mashed
- 190g self raising flour
- 60ml milk



Method

Prep:10min › Cook:35min › Ready in:45min

1. Grease and line a 2lb loaf tin. Melt butter, sugar and vanilla in a saucepan over a medium heat.
2. Remove from heat and add the mashed bananas, mix well.
3. Add the egg, mix well.
4. Stir in the flour and the milk.
5. Pour into the prepared tin, sprinkle with a tablespoon of Demerara sugar to give a crunch topping if liked.
6. Bake at 170 C / Fan 150 C / Gas 3 for 35 minutes, or until a skewer comes out clean. Leave to cool and enjoy!

A most delicious cake baked by Sue Davie and tested by Jane & Penny Hudson.

Recipe from allrecipes.co.uk

Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the first Wednesday of most months (but usually not May, August or January) and we are open to all members.

First Aid

If you hold a valid First Aid Certificate please could you let me know so that we have a list for run co-ordinators, in case of an incident. If you are interested in taking a First Aid course, we may be able to arrange it. Thank you.

Jane Scoffham - tel. 01895 270245

First Aid Course

Contact me on
0208 866 1170,
mcstraining@hotmail.co.uk,
or see me at the scout hut
after the Saturday running
session for further details.

Margaret Smith

Facebook Page

If you're a Facebook user then look out for the Metros Running Club Page. We've set this up to allow Metros to keep in touch and to interact with other running based organisations. Getting access is simple - key in Metros Running Club in the Search bar, click to link down to the Page that is returned by the search, and "like" the page. And don't be afraid to contribute anything relevant to the Page.

Metrolines

Contributions to: Penny and Jane Hudson

Email: metrolines1@gmail.com

Contributions by: 15th of each month please.

If you would like to receive Metrolines by email, please send your details to Jane or Penny Hudson at the email address above.

When submitting articles, please ensure that all information is correct and that times, dates and places are clearly shown.

Photocopying: Pat Jackson

Contact Penny Hudson if you would like to join Metros group email.

Group email address: metrosrc@googlegroups.com

Advertising

If you would like to advertise in Metrolines the rates are as follows:

Full page £5

Half page £3

Quarter page £2

Coaching/Leadership/Officials' Courses

If you would like to be considered for sponsored training please contact a member of the committee to discuss or call Peter Beuselinck on 07872 544898. See www.englandathletics.org for courses.

Club's Policy on Dogs

In the interests of safety, excepting guide dogs, dogs are not allowed to participate at Metros sessions. At the request of the manager of the scout hut, excepting guide dogs, dogs are not permitted in the scout hut.

Metros Kit

Metros breathable vests and long and short sleeved T-shirts are available from Pat Jackson – tel. 020 8868 5683.

Price: T-shirt £18, £15; vest £12. Hats, fleece jackets and hoodies can also be ordered.

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

Safety Information

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

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

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

Metros Website

www.metros.org.uk

Contributions to:

kevinsmart14@yahoo.com

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

Metros 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
		Penny Hudson	pm.hudson@ntlworld.com
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	Irene Paull	020 8422 6636
SUNDAY	09.30	Anne Leigh	01753 888 839

Not every week – please phone Anne to confirm

Other unofficial runs may also be going on, ask around.

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

Please Note: All runners are responsible for themselves.