



April 2016

Issue No. 331



Thanks to everyone who organized the
Barn Dance
A fun night was had by all!



Metros Diary

MAR

Fri 25	Maidenhead Easter 10 - Trophy Race	9.30 am
Sat 26	5K, Roxbourne Park	9.15 am
Mon 28	Hillingdon Half Marathon	9.00 am
Mon 28	Beaconsfield 5	10.00 am

APR

Sat 2	10K Challenge, Roxbourne Park	8.50 am
Sun 3	Bournemouth Bay Half, 10K, 5K, 1K (8.50am)	10.00 / 9.15 am
Wed 6	Committee Meeting	8.00 pm
Sat 9	5 mile walk, Roxbourne Park	8.50 am*
Sat 9	Food Bank Donation, Roxbourne Park	
Sat 16	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 17	Thames Towpath 10	
Sun 24	London Marathon	

MAY

Wed 4	Committee Meeting	8.00 pm
Sat 7	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 8	Marlow 5 - Trophy Race	9.30 am
Mon 9	Vets Track & Field, Battersea	6.00 pm
Fri 13	Metros AGM, Lowlands Tennis Club	8.00 pm
Sat 14	5K Run, Roxbourne Park	9.15 am
Sat 14	Food Bank Donation, Roxbourne Park	
Sun 15	Run Wembley 10K - Trophy Race	11.00 am

JUN

Wed 1	Committee Meeting	8.00 pm
Sat 4	5 Mile Handicap, Roxbourne Park	8.50 am
Mon 6	Vets Track & Field, Hillingdon	6.00 pm
Sat 11	Food Bank Donation, Roxbourne Park	
Fri 17 to Sat 18	24hr Track Relay	7.00pm to 7.00pm
Sat 18	Wot Not Watch, Roxbourne Park	9.20 & 9.40 am
Mon 20	Vets Track & Field, Battersea	6.00 pm
Fri 24 to Tue 28	Metros Marathon Week	Various

JUL

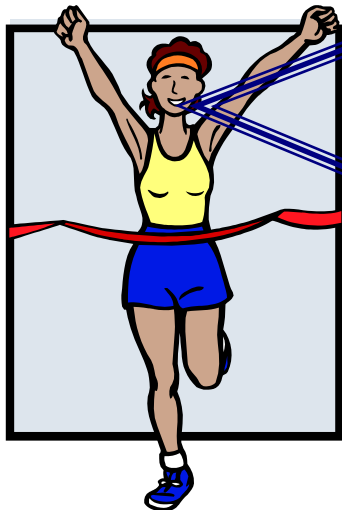
Sat 2	10K Challenge, Roxbourne Park	8.50 am
Wed 6	Committee Meeting	8.00 pm
Sat 9	5 mile walk. Roxbourne Park	8.50 am*
Sat 9	Food Bank Donation, Roxbourne Park	
Sat 16	Wot No Watch, Roxbourne Park	9.20 & 9.40 am

5 mile walk can be self timed.

Note from the Editors!

Spring marathon training is well under way and it's good to see many of you doing well. Good luck, enjoy the rest of the training and especially the taper! Please do send us any race results, particularly if the result sites are not especially 'user friendly'. For some different challenges later in the year, see further on in this edition.

Jane and Penny Hudson



Welcome

Robbie Hull, Pinner
Alistair John, Harrow
Riana Thakur, Pinner

Elected at the March meeting

Metrolines

All contributions welcome – please send to: Penny and Jane Hudson

Email: metrolines1@gmail.com

Articles should consist of no more than 3 to 4 sides of A4 font Arial 14. When submitting articles, please ensure that all information is correct and that times, dates and places are clearly shown.

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.

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

Full page £5; Half page £3; Quarter page £2

Metros Membership annual renewal is OVERDUE

Metros membership renewals are due by **1st March 2016**

- Adult membership is **£15**
- Student membership is **£5**
- Junior (under 18) membership is **£1**
- Individual England Athletics membership remains optional (though we encourage all competing members to take out affiliation) and this year the cost is **£13 (See note below)**

For those of you who already have a direct transfer set up, you can continue to pay by this method though I will need you to let me know when you make a payment so I can check it off my list.

You can continue to pay by cash or cheque if you prefer. To do this please bring your payment to a Metros session during the first week of March, or get the payment to me at 165 Whitmore Road, Harrow HA1 4AG

As our accounts close at the end of March, I'd really like to achieve a "PB" this time and collect all our dues by then. Thanks in advance for your help and support with this

Irene Paull
Membership secretary
metros.secretary@yahoo.co.uk

Important information about athlete registration

When offered a discounted entry price for being affiliated to English Athletics, it means that you are a paid up affiliate yourself. It is not referring to you being a paid up member of an affiliated club such as Metros.

Please bear this in mind when entering races, and only take the discount if you are a paid-up EA affiliate.

Peter Beuselinck

Trophy Races



The races eligible for the Metros LRRC trophy for 2016 are as follows-

25 March	Maidenhead 10
8 May	Marlow 5
15 May	Run Wembley 10k (formerly Sudbury Court 10k)
14 August	Burnham Beeches Half Marathon
16 October	Cabbage Patch 10

Plus Moor Park 10k and Ricky Run 10 which still have to confirm their dates, historically September and October.

In the event of any of these races not going ahead then the Maidenhead Half Marathon on September 4th will be the reserve event.

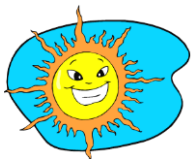
Steve Paull

Vets Track and Field

Hoping you are all fit and keen to take part in the vets track and field this summer! Here are the dates for your diaries.....please note the last meet (Perivale) is on a Wednesday evening.

Monday May 9th Battersea
Monday June 6th Hillingdon
Monday June 20th Battersea
Wednesday July 13th Perivale

Wendy Mulvenna



Summer League

12th June - Harrow 10k 9.30 am

10th July - Dulwich Park 5 mile 9.30 am

24th July - Regents Park (Mornington Chasers) 10K - time to be confirmed

14th August - Gunnersbury Park (Ealing Eagles) - time and distance to be confirmed

An era of memories, miles and beers

It had become very misty as we followed the path up onto the cliffs. So misty in fact that Chris nearly left the path to cross a stile which was a short cut into the English Channel. Good job he didn't as the catch was a 100 foot sheer drop into it. This however, was a secondary concern. Our main problem was whether the Anchor at Seatown 100 foot below us (on a more gentle descent) would be open upon our arrival following the SW Coastal Footpath down.

Both Chris and Graham took the doom and gloom view as it looked dark and very shut indeed. My theory was we were looking at the side of the pub and the front would be bathed in bright lights and flashing neon signs saying ' Metros welcome '. I was wrong, no flashing lights or signs, nothing but an old wooden door and an old fashion latch. Upon experimentation with the said latch the door opened and we were looking into a fine classic country pub with four hand pumps in full view.

The Lady behind the bar asked us ' what was our pleasure'. We did refrain from saying a 2 hour 30 minute marathon time and other comments and settled for three pints Each.

Just one episode in the 100s of miles we have all walked together in various parts of England and Wales. By 'we' I mean Graham Haddon, Chris Roome, Peter Rose, Henry Pickford and Bob Manning, Geoff Brooks and myself. A few others have joined us for the many day walks as well.

Graham used to be the chief organiser for the long distance walks sorting out hotels, B&Bs and Youth Hostels. Because of this he was always known as The Skipper or 'Skip' for short.

We tended to move away from Youth Hostels after the Coast to Coast and The Pembrokeshire Coastal Footpath hikes as Chris and I preferred the comfort of guest houses and not sleeping in beds which broke in the middle of the night, as Chris experienced in Osmotherly. He spent several hours sleeping in a V shape!

This particular incident took place on the Coast to Coast just before we left the Yorkshire Dales and headed onto the North Yorkshire Moors. The team Metros consisted of Chris, Bob, Graham and myself. We headed into horizontal rain for 8 hours and I think we would have jacked it in if we hadn't pre booked the whole route. By about 3.30 that afternoon the clouds finally broke and the rain stopped. Bob had forged ahead and found the farm house we were staying at that night. Graham, Chris and I limped in about 90 minutes later, saturated and exhausted. Just for the record, it was mid summers day! After having cleaned up and experienced a bath in black water (yes really!! Something to do with the peat in the soil, so I was told) we made our way to the nearest pub for our evening meal and possibly a beer.

Another cozy rural pub discovered by Brian Shouler on a previous Coast to Coast expedition.

He was good at that!

Now comes the fun part. Our Landlady was a lovely woman called Eileen who really looked after us. Her husband was a grumpy old sod fresh off the cast of a John Smiths advert.

Upon our return at the farm house we found that the given key failed to work due to Mr flat cap securing the lock from the inside.

The solution was simple, Bob, Chris and I hid behind a stone wall whilst Graham hammered on the door. The barrel of a 12 bore didn't so much sneak out but was thrust

out with gusto. Upon recognition of his customers we were treated with 'ain't yer got key?????' We decided our lives would be lengthened if we didn't argue but acted as stupid Southerners.

The next morning Eileen prepared a fantastic breakfast platter which would have sent the cholesterol police around with a blue flashing light. It was fantastic!!!

We were a little off the path but Eileen said if we were ready by 9.00 sharp Compo would give us a lift back onto the Coast to Coast Path.

We made it just in time and piled into his 4 X 4. Three in the back, one in the front (sorry Chris, but you need to move fast in these situations) There were 3 gates between the farm and the main (well, sort of) road. Eileen sprinted to each gate, to open it so that 'his nibs' didn't have to stop. If the poor lady had slipped there would be no way he would have avoided running her over.

Chris attempted to make conversation whilst Bob came out with random 'aye' in the back.

He dropped us off with the comment 'I hope y lads know I've gone outta me way for ya'.

We did, but the only tip he got was 'don't jump off a moving bus'. Graham taught us well!

In 1997 Graham, Chris and I walked the Pembrokeshire Coastal Footpath. I feel I need to mention a certain stay over in West Angle Bay.

You wouldn't normally go there but it was a convenient stopping point en route. There was a massive derelict hotel there so some people must have thought it was swinging in previous years!

The place had an unusual atmosphere which we couldn't place at first. We spent the evening in the Point House which was the most Nautical Themed pub I have ever seen but without the usual tacky fishing nets and floats on the ceiling.

We boarded in a local B&B which again had a strange atmosphere we could not put our fingers on.

Our walk back to our 'digs' from the point house involved passing the harbour which was shrouded in mist. The tops of the masts of the boats were just visible. You can imagine the scene. Hammer Horror Film Directors would have paid serious money for this set. The Creature From the Black Lagoon, The Mummy, The Werewolf or Luton Town FC. Any of these horrific beings could have crawled out of this mist.

Chris and I shared a twin room upstairs whilst Graham was put in the front parlour downstairs. The next morning Graham was subdued and not himself. He was convinced he had seen a spectre from the other side in his room. Chris and I guffawed with great gusto and decided all he had seen was a mirror. Graham got quite shirty with us for our lack of belief.

However, we did sense an atmosphere at the place which was weird! Perhaps, who really knows ?????????

I take you now to the beautiful North Devon Coast and our good friend the South West Coastal Footpath. None of us have completed this in its entirety and poor Graham never will. I doubt if Chris and I will either but the fantastic memories will always live with us. Not the official start which is Minehead, but we started a two week stint at Westwood Ho! I may well be wrong here but I am informed Westwood Ho! is the only place in the UK with an exclamation mark after the name.

En route by train we had to change from the main line at Exeter onto the Tarka Line which I would recommend to anyone for views of the best rural England has to offer.

We had about 90 minutes between trains so to kill time we recited poetry and Shakespeare Classics between us. No of course we didn't, we went to the pub. Nearly fooled you there didn't I !!!!

Start of the holiday, whose round? We go in alphabetical order says Graham, my name's Zacharia. OK Al it's down to you, Damn and blast !! Mind you, mine host did think Zebedee was more appropriate for Graham.

And so to Dartmoor. This time it was Graham, Chris, Peter Rose and me.

In this holiday we walked 14 miles to the pub and back. This was because the village was 1 mile from our digs and we were there for 7 days. Do the maths.

On the first evening we strolled down a high banked country lane and came face to face with an enormous great bull standing in the middle of the road.

He was not moving and we could not figure the best way to a) panic b) run

As Graham, Chris and I went into deliberation Peter just passed this colossus of beef without a care. We followed with much care.

We came to a farm and Chris and I bravely sent Graham to report the presence of the Bovine escapologist. He was greeted with 3 large leaping, barking dogs. After negotiating the canine threat Graham delivered his report to the farmer who laughed and said 'so the old bugger has got out again ' or words to that effect.

I must not forget our really enjoyable weeks in the area described by the first man of the English Lake District as a 'little bit of heaven on earth' (Alfred Wainwright as if you didn't know).

The visit which sticks in my mind the most was in 2008 when there were 6 of us.

Graham, Chris, Peter Rose, Henry Pickford, Geoff Brooks (honorary Metro) and me.

During this holiday I took a brief holiday within a holiday to meet Jane in Holmfirth as my favourite band were doing a rare, one night gig there. (For the record the legendary Blue Oyster Cult) Sorry I digress,

We divided the teams into 2 of 3. Peter, Geoff and myself were the A team. Graham, Chris and Henry were the B team. Not sure if this was graded for walking or drinking. Geoff used to have a ring tone on his mobile of a cock crowing. We were walking past a farm and heard 'cock a doodle do, cock a doodle do'. Geoff extracted his mobile and said hello. The fine Rooster from the farm just gave him a look of disdain.

Not in the Lakes but

Henry! How could I leave out your great comment when we came across the smallest church in England.... 'that's not the smallest church ... I have seen much bigger ones' !!!!! Sorry.

There have been many magical moments during our walking holidays but I will always remember the South West Coastal Footpath with great fondness. It was mainly Graham, Chris and me but Henry and Peter covered many miles with us.

I will return one day to complete a bit more when Jane and I get rid of this irritating thing called work.

I know you will be there in spirit to join us Graham, I will never forget all those great times, miles and let's underestimate Beers!!!

Rest well my friend,
Al Scoffham

Tucked away on one of the back pages of Metrolines 330 is a little piece about the publication.

Our chancellor Nigel Lawson, no, Osborne, no, sorry Rackham wants us to move ever closer towards taking the publication on-line. He has a point when each 44 page edition costs the club £1 in copying fees. Work out the mathematics, it takes up quite a percentage of the annual subscription.

No big deal to some of you, probably the younger more thrusting tyros in the club, on-line is natural and normal and good, but it's earth-shattering stuff to those of us of more advancing years. Certainly not every one of us has an e-mail address, I know for certain that "Roxeth" hasn't as I type his words for publication each month. There are others, but his ramblings might be what has to go in a streamlined "Lines", ditto the recipes. Chris Shearwood might have the brakes put on his epics as well.

Metros are facing what the country has faced over the last few years-spending cuts, and Metrolines in its current state is not immune from them. Difficult decisions might have to be made. Forget the EU in/out referendum, this is important.

I trained as a print journalist back in the last century. My heart is in the paper version of anything. A friend of mine has written and published a book, but it was only to be available on-line/Kindle. I apologised but said I would not read it, as I could not cope with that as a book reading medium.

I was also sad to hear of "The Independent" going digital, but the world moves on. We may have to up subscriptions (still very cheap compared to other clubs), we may have to charge for Metrolines. It hurts but that might be the future.

(By the way, my friend's book is now out in a paper version. To give it a plug it's called "Fat kid stuck in a flume". I now have a copy).

Steve Paull



I write quite a lot about the lady in charge of Roxeth Towers, for she is quite a formidable woman.
Yet she can be quite wise.

Some years ago, I entered my first marathon and as race date grew closer I expressed to her my fears about the distance, the unknown etc etc. The frau paused, and I knew her well enough by then to know that an explosion was about to happen. When it did it hit like a.....well let's just say some force!!

All these years later I can't recall her actual words, but I will here use a quote I found in a paper recently-

"Out of the corner of my eye I saw a war-zone reporter cross himself and people adopt the 'crash' position. In Valhalla, warriors reached for helmets, dark organ chords shook the air, mice dived down drains and ravens scattered in the skies".

Lovely quote that, and so appropriate.

Why I write all this is because I heard one of our Metro youngsters was seriously worried about the event and was wondering why she had ever bothered to enter the London Marathon in the first place. I recalled my own worries and my wife's reply from way back.

My great pronouncement about the marathon is that it is not to be feared, only respected. Let's just reduce the marathon down to small chunks for those apprehensive of the event.

- You will be in a brightly-coloured crowd of thousands of runners, you don't have to worry about being noticed.
- There will be many times more spectators than runners, all willing you to succeed, because they want to be you, but for all sorts of reasons can't be.
- It's not impossible, think of all the Metros and probably your other friends who have made it.
- It's only 4/5/6 hours of your life (that's one of Steve's favourites, he'd be upset if I didn't include it).
- Any Metro will be more trained for the distance than quite a few in the field.
- Only one person can come last and he/she will probably be wearing something really ridiculous and take all day. You won't.

There is plenty of help, experience and knowledge in our club. There's an answer to every question or concern.

It doesn't matter if you walk some of the route (although, naturally, the least the better). Only a short piece from me this month as my typist is off on a break. I'll speak to you all soon if I'm not made redundant in the new spending cuts!!

And to slightly reprise what I wrote a year ago- if you are running the London Marathon, at least you won't have to listen to Brendon Foster!!

O.R.

Achievements

Well done to ...

Sasha Birkin for a PB at Brighton Half Marathon on 21st February

Christopher Hudson for a parkrun PB on 27th February

Tian Hollingshead for a parkrun PB on 12th March

John Norris for a PB at Bath Half Marathon on 20th March

Lucy Ashe - 1st Lady at Finchley 20 and **Sasha Birkin** 1st W35

Hershil Patel for a PB at Finchley 20

Sonny Peart for taking on the important job of pacemaker at Hampton Court Half Marathon

Chris Shearwood for 1st V50 at his 3 NZ parkruns

Linda Dunne for a PB at Silverstone Half





24 Hour Charity Track Relay

7pm Friday 17th - 7pm Saturday 18th June



See '24hour Charity Trackathon Team Relay' Facebook page

To enter a team email - atkinsukretailers@hotmail.com



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Relay exchanges every 30 minutes. £5 for each 30 minute slot

Participants may do as many 30 minute slots as they wish....Camp overnight ☺

The team that completes the most laps is the winner (prizes for running clubs and businesses)

All abilities welcome – runners, joggers, walkers, clubs & businesses

Minimum age 10, all children under the age of 14 must be accompanied by an adult whilst at the venue

Family Fun Sports Day 11am – 6pm on Saturday – see over for details

Supported by:

Grant & Stone



Wycombe District Athletics Complex, Westhorpe Farm Lane, Little Marlow, Bucks SL7 3RQ

If you are interested in taking part please contact Mandy Beuselinck
a_beuselinck@yahoo.co.uk



RideLondon Club Place



If you entered the RideLondon ballot you should know by now whether you were successful.

The club will be allocated a guaranteed place for our help at the water station last year so if you were unsuccessful in the ballot but would like to go into the club draw, please send proof of your commiserations letter by email to a_beuselinck@yahoo.co.uk and as soon as we get official notification of the place, a club draw will take place.

Priority will go to those who volunteered at the water station in 2015.

The event takes place on 31st July and is 100 miles long.

A number of Metros got lucky in the main ballot so you shouldn't be short of training partners.



Metros Marathon Week is taking place this year from Friday 24th June to Tuesday 28th June, with events as follows:

Fri 24th June	7.15pm or 7.45pm	10km up/down/around Harrow Hill
Sat 25th June	8.45am or 9.15am	4.195(ish)km beach run at Ruislip Lido
Sun 26th June	9.30am	10km run in Ruislip Woods
Mon 27th June	7.15pm or 7.45pm	5km at Kings College Road cinder track
Tues 28th June	7.15pm or 7.45pm	13km road run from Lowlands Tennis Club

There is no charge for entering this event but all entrants must be paid up members of Metros Running Club and must be 18 years or over. If you wish to

enter, please complete the entry form below and return to Peter and Mandy Beuselinck either in person at a Metros session, dropping it off at our home: 11 Tewkesbury Avenue, Pinner, Middx, HA5 5LQ or as an email attachment to the event email address metrosmarathonweek@yahoo.co.uk. That's the email address for any queries or you can call us on 07872 544898 or 07545 827106.

There will be a prize for the overall winner, male and female. There will also be a prize for the daily winner, male and female. Only entrants who complete all five events are eligible for a prize. All prizes will be awarded on Tuesday 28th June at Lowlands Tennis Court after the road run.

Print Name: _____

Contact Mobile Number for the event: _____

Email: _____

Please indicate at which time you would prefer to start on the following days:

Friday	7.15pm	7.45pm	Saturday	8.45am	9.15am
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Monday	7.15pm	7.45pm	Tuesday	7.15pm	7.45pm
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I understand that I enter Metros Marathon Week at my own risk and that neither the organisers nor Metros Running Club can be held responsible for any loss or injury howsoever caused.

Signed: _____ Date: _____

Results and Reports

Finchley 20 Sunday 13th March 2016

1		1:48:57
31	Kevin Watson	2:09:05
76	Lucy Ashe	2:16:55 1st Lady
103	Nathan Powell	2:21:31
108	Sasha Birkin	2:22:56 1st W35
189	Hershil Patel	2:40:17 (PB)
289	Chris Kemp	2:57:45
290	Barry Nolan	2:57:45
339	Sonny Peart	3:07:26
412	Emma Rackham	3:38:48
422	Angela Murphy	3:59:43
428	Raquel Russel Ponte	4:18:57



Wokingham Half Sunday 21st February 2016

1 st		1:03:46
190	Kevin Watson	1:22:31
599	Christopher Shearwood	1:36:18
761	Anthony Bellis	1:40:05

Gibraltar Half Marathon 21st February 2016

1		1.13.54
15	Steve Paull	1.39.59
36	Irene Paull	2.15.32 3rd masters lady

40 starters. 36 finishers.

Bath Half Marathon - Sunday 13th March

1		1:01:44
	Nigel Rackham	1:13:41
	John Norris	1:34:43 PB
	Bernadette Conway	2:00:32

Gibraltar Half Marathon

Sheltered from the strong wind, at a little desk by the stadium wall, Irene and I each handed over £2, just £2, to enter the Gibraltar Half Marathon. Our name was taken, our race category ascertained and we were given a number. These had started at 900 and were descending in sequence. Just a number, no sponsor, no race name on it. Just the number.

It was to be laps of the track then three four mile loops of the flat part of the place. Not up the rock, so no apes to steal your belongings or food. I get the feeling that the Gibraltar people are used to being interrupted by various events in their streets and this little race was just another minor inconvenience.

There were no mile or kilometre markers, so we had no idea what pace we were running at. It felt hard to both of us but the numbers at the end said it was not. Could the wind have made such a difference, or did we do one too many laps in the stadium at the start- the paperwork said three laps in one place and four in another. Irene and I don't possess Garmin watches so we have no more evidence.

Irene was destined to be the 36th and last finisher (there were four DNFs), but she always had somebody in sight and for a time was ahead of the penultimate runner. Me, after about 3.5 miles, I never saw another person ahead until mile 11, when I spotted somebody, obviously slowing.

We hung around for the presentations; with Irene actually the last home and so small a field it wasn't long to wait. We both knew there would be no award for us. Gibraltar is a small place; we had walked back to the hotel, showered, checked out, walked to the airport (across the runway!!) gone through all the palaver of separating liquids, shoes and belts off and scanners and within two and a half hours of Irene finishing our plane was pushing back for departure.

Of course, when the web-site published the results some days later, there was Irene the third placed female master. An error had been made on the day. Somewhere on Gibraltar as I write is Irene's little trophy (the person it was awarded to had not stayed for the presentations), one that she'll never receive, as we didn't even have to give an address.



Heartbreaker Marathon - Sunday 28th February 2016

1	1:20:32
115 Sonny Peart	4:19:02
187 finishers - last	5:28:07

Brighton Half Marathon - Sunday 28th February 2016

1	1:04:53
247 Sasha Birkin	1:26:42 PB
746 Russ Hewlett	1:35:46
7470 Anne Ambrose	2:32:56

Hello Metros,

Just wanted to say thank you to everyone who came along to my cake sale this morning. We had a great turnout and made over £500 for Epilepsy Action

Emma x

<https://www.justgiving.com/Emma-Rackham1/>



The **5 mile handicap** was held on 5th March 2016. It was the second out of four of the series for the year.

The results are as follows

05/03/16	Actual 5 mile time	handicap	Time inc. handicap	Points this event
Evie Wallas	46.33	0	46.33	47
Juliette Nola	46.35	0	46.35	46
Kyie Hollingshead	45.45	7	52.45	39
Nicola Rochford	54.04	0	54.04	36
Judy Rackham	48.09	8	56.09	33
Pauline Bishop	42.29	14	56.29	32
Andrew Collier	44.55	12	56.55	30
Dave Brown	50.15	7	57.15	29
Hershil Patel	37.18	20	57.18	28
Julia Allen	47.32	10	57.32	27
Geraldine Gill	52.26	6	58.26	25
Teresa Young	52.28	6	58.28	24
Tian Hollingshead	40.45	18	58.45	23
Simon Aberly	39.16	20	59.16	21
Nancy Morris	57.43	2	59.43	20
Emma Rackham	43.58	16	59.58	18
Mike Morris	37.18	23	60.18	17
Caroline Day-Lewis	39.40	21	60.40	16
Anne Nuala	45.50	15	60.50	15
Elish Fernandes	66.09	-5	61.09	13
Mitesh Patel	35.23	26	61.23	12
Irene Paull	50.53	11	61.53	10
Hema Thakur	61.00	1	62.00	9
Tiziana Spotti	54.04	8	62.04	8
Gladys de Groot	66.11	-4	62.11	7
Nigel Rackham	31.26	31	62.26	6
Steve Paull	39.28	23	62.28	5
Sonny Peart	41.32	21	62.32	4
Julie Smith	55.46	7	62.46	3
Chris Shearwood	39.18	24	63.18	1
Paul Gardner	51.16	13	64.16	0
Angela Murphy	60.00	8	68.00	0

The next event will be on Saturday 4th June.

parkrun heaven (or hell)

On 27 February, Annie and I did the most southerly parkrun in England.

It is the Penrose parkrun, near Porthleven, on the coast in Cornwall.

As well as being the most southerly it may also be the hilliest and it definitely must be the most scenic.

The route goes out on to the coast path and alongside Looe Bar, giving stunning views of both the Atlantic coast and inland Cornwall.

This run is still in its first year and due to mud they have had to have an alternative version of the route.

It is currently an out and back, covering the same first 3k. Did you know there are rules to parkruns? Apparently if a course has to be modified, the temporary route must be longer than the original, this is in order to stop course records being broken. So the Penrose route is currently 5.6k, so it will not produce any personal bests. Hence if you look at the times and think I could beat those think again.

Also if you are in the area I would walk the route beforehand as it is too easy to miss the beauty of the area when running head down, alternatively run slowly and look.

The photos are all taken on the route.

Ian Birch



20.2.16**Harrow**

Brian MCGRORY	00:20:56
John NORRIS	00:20:57
Anthony BELLIS	00:22:04
James BUCKLAND	00:23:32
Pauline BISHOP	00:25:04
Bernie CONWAY	00:26:17
Graham John HART	00:26:45
Richard HAYWARD	0:29:33

Poole

Judy RACKHAM	00:29:14
Sue DAVIE	00:38:58

Longrun Meadow

Sebastian HOLLINGSHEAD	00:25:44
Kyle HOLLINGSHEAD	00:33:23

Northala Fields

Mitesh PATEL	00:19:35
Andrew FOX	00:21:28
Russ HEWLETT	00:25:08
Emma RACKHAM	00:27:48
Julia ALLEN	00:28:38
Patricia HEWLETT	00:33:51
Raquel RUSSEL PONTE	00:35:07

South Oxhey

Sasha BIRKIN (1 st)	00:22:35
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Cassiobury

Simon DADOMO	00:26:27
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27.2.16**Black Park**

Glyn WATKINS	00:29:00
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Harrow

Matthew RACKHAM	00:19:45
Christopher HUDSON	00:20:32
Brian MCGRORY	00:20:43
Anthony BELLIS	00:21:28
Michael MORRIS	00:22:14
Tracey TYRRELL	00:23:13
Barry NOLAN	00:24:02
Emma RACKHAM	00:27:21
Kathleen DONALDSON	00:31:06

Northala Fields

Andrew FOX	00:21:20
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South Oxhey

Gordon VALENTINE	00:31:32
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Cassiobury

Peter REYNOLDS	00:22:44
Max DADOMO	00:25:52
Simon DADOMO	00:26:05

Penrose

Ian BIRCH	00:25:36
Annie BIRCH	00:37:04

Salisbury

Terry BURKE	00:30:08
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5.3.16**Black Park**

Glyn WATKINS 00:30:02

Harrow

Graham John HART 00:26:23

Nonsuch

Claire Elizabeth ELAM 00:24:48

Northala Fields

Andrew FOX 00:20:54

Cassiobury

Sasha BIRKIN (1st) 00:19:35

Salisbury

Terry BURKE 00:28:47

12.3.16**Black Park**

Glyn WATKINS 00:28:42

Wendy MULVENNA 00:40:21

Harrow

Lucy ASHE (1st) 00:18:15

Michael MORRIS 00:21:24

Sonny PEART 00:25:15

Barry NOLAN 00:26:05

Andrew COLLIER 00:27:24

Kevin WATSON 00:27:46

Poole

Sue DAVIE 00:37:50

Northala Fields

Brett RAFFERTY 00:20:00

Christopher 00:20:12

SHEARWOOD

Brian MCGRORY 00:20:36

Anthony BELLIS 00:20:53

Sebastian 00:22:20

HOLLINGSHEAD

South Oxhey

Gordon VALENTINE 00:30:22

Cassiobury

Simon DADOMO 00:24:41

Salisbury

Terry BURKE 00:28:05

It's 10 years since I wrote this poem about one of our social cycle rides.
We started at Ruislip Woods, up to Harefield, down to Rickmansworth,
Chorleywood, back to Harefield, along the canal and finished in Ickenham,
approximately 20 miles.

It was well supported and good fun except for various sore bits at the end of the day.

If my knee improves sufficiently, I hope to replicate this ride in the summer.

Henry

METROS BIKE RIDE 2006

Check those tyres,
Check that chain, you don't want it to come off again.
Check those gears
Check that pump, but most of all, pad out your rump.

For it's Metros bike ride time again.

Twenty souls met at Park Woods for a 10.15 start
Strong in leg and strong in heart
Over the Lido and up the sand track, keep on peddling and don't look back
To Harefield and pastures green, on lanes and paths so rarely seen

Through Bishops Wood with cries of
"Don't stop in front, I'll fall in the mud"
And so DB did, but not too much blood.

First stop the Rose and Crown, it didn't let them down
The beer was good, as was the tea
And Oh, Marilyn and Lesley's homemade cakes - what a speciality.
Come on Mal,
It's time to go, blow your whistle, let them know
You're their leader, you know the way, most of it anyway

Down to Ricky and around the Aquadrome
Through hidden fields and hidden roads
Stay together up the hill
don't lag!
For lunch is waiting at the Stag.

With all the riders, walkers and supporters too
It was like those halcyon days of the Metros that we once know
It felt like the club again from the past, if only it could ever last.

Thirty-six in all and all well fed
Lots of beer, faces turning red
Time marched on
Let's make a show
Marilyn's blown her whistle
It must be time to go.

Shire Lane has been there for a thousand years
But is has never seen the likes of twenty Metros on their bikes
Squeals of fun and squeals of pain
Whose idea was it to come down here again?

No punctures yet,
what a shock
Last year we had the lot.

Onto Horn Hill and the Dumb Bell
Keep on peddling, you're looking well.
MP, LB and JG smelt the food, let's take a look.
Returned broken hearted, no more pud!
Had one drink and made their way
There will always be another pudding day.

Along the canal and around the Marina
The sky has gone black, the weather drearier
Across the golf course it starts to pour
We can make it
It's only two miles more

Stay together, gather forces
The last pub is in sight
It's the Coach and Horses!

Shame it's all over for another year

Never mind, let's have another beer.

Henry Pickford

Runner's Recipes

Watercress Soup

Calories: 114 Preparation: 15 mins Cooking: 35 mins Serves: 3-5

Ingredients

1 onion, peeled and roughly chopped

25g butter

250g potatoes, peeled and diced

600ml chicken stock



2 x 85g bags of watercress, roughly chopped

50ml cream, a little milk if needed

Salt and black pepper

Method

Take a large pan, cook the onion in the butter until soft but not browned. Add the potatoes and stock and cook until the potatoes are soft (approx 15-20 minutes). When potatoes are almost cooked, add the watercress (try to allow for no longer than 5 minutes cooking time for the watercress). Liquidise and add the cream. Use a little extra milk if the soup seems too thick. Season with salt and black pepper and serve hot.

Fat: 8.3g Saturated Fat: 4.9g Carbohydrate: 14g Protein: 4.2g Fibre: 1.8g Salt: 0.95g

(For the walkers & cyclists among you, you can obtain your watercress at the cress beds on the River Chess at Sarratt)

NOTES OF METROS COMMITTEE MEETING

Wednesday 2 March 2016 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Peter Beuselinck, Penny Hudson, Pat Jackson, Irene & Steve Paull, Marilyn Pickford, Mike Ransome, Nigel Rackham, Barbara Robson, Carole Wells, Sarah Westwood.

APOLOGIES: Mandy Beuselinck, Emma Rackham

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).

It was agreed to discuss the Barn Dance and Harrow Hill Race before matters arising.

Metros Barn Dance – Nigel has arranged final payment to Nower Hill school to hire the hall. 108 full price tickets have been sold so far and Mike and Carole were thanked for their efforts in selling tickets. It was agreed that a further few could be sold on the day. Based on the latest numbers attending, which fell slightly short of that required to break even, it seemed likely that the event would incur a small loss of around £140, though sales were continuing. It had previously been agreed that any loss would be subsidized with club funds. Participants bring their own drink and glasses but some wine and bottled water will be available for a donation. The hall is only available from 6.00pm so help is needed to set up. Mike will use the group email to request volunteers.

ACTION: Mike Ransome

Harrow Hill Race – Peter reported that there was a surplus, enhanced by entries on the day. £750 will be donated to the MS Centre. The full accounts of the Harrow Hill Race will be available at the AGM. It was suggested that any future surplus should not be relied on when calculating the Metros budget. The remaining number clips will be used as prizes for Metros Marathon Week or sold to members. Mandy and Peter were thanked for organizing another excellent race and they sent best wishes to Spencer Millbery, race organizer next year.

MATTERS ARISING FROM THE PREVIOUS MEETING – 3 February 2016

Metros Annual Fun Run – The Brian Jackson Fun Run - Working Party – The working party, set up by Steve Alder and Kath Donaldson, with Dave Brown, Pat Jackson, Mike Ransome and Teresa Young had met and agreed that the event should continue in the current format: 2 x 4K, 2K, U/7 run and 2K walk. They suggested changing the age categories to five year age bands. However, the committee decided to have age graded results with awards to keep to the first age graded man and woman in the 4K and 2K and 10K distances - one award only to any runner. First boy and girl in the 2K, medals to the first three boys and girls in the 8-10 and 11-14 age groups. Results would not be calculated on the day but available soon after and in Metrolines and web site. It was further agreed that present holders of awards keep the awards.

Thames Valley Cross Country –following comments the committee had received during and following the event, a discussion meeting had been held with Mike and Sarah and Metros host fixture co-ordinators - Jane and Al Scoffham, who were receptive to the comments. Jane stated that several marshals had not arrived and it was agreed that Peter should send Jane the instructions to marshals he has devised for the Harrow Hill Race.

ACTION: Peter Beuselinck

Metros Web Site –Kevin Smart has maintained the web site for many years but it was agreed that it needed updating and that payment should be made for the amount of work involved. Peter and Emma have viewed other running sites and, with Irene and Kevin, compiled a list of requirements and approached two web site companies. Technical details will be checked with Kevin before a choice is made and Kevin will remain as a technical advisor. The new site will be compatible with mobile phones etc and allow input from several individuals. It's suggested to have three sections - general information, members only section and Harrow Hill Race information. It will include membership and generally make club administration more manageable.

ACTION: Peter Beuselinck, Irene Paull, Emma Rackham, Kevin Smart

Summer League – Pat and Irene had attended a recent meeting of club representatives. The confirmed dates for fixtures are 12 June – Metros, 10 July – Dulwich, 24 July Regent's Park and 14 August – Ealing Eagles at Gunnersbury Park (new venue). A representative from both Serpentine and Ealing Eagles are compiling the results from last year and the awards will now be presented at the Metros fixture.

Metros Committee – Peter had asked the present committee members to confirm whether or not they would be continuing. Tracey Tyrrell, Sandra Young and Penny Rawlins had resigned during the year, Mandy Beuselinck will not continue. Peter, Penny Hudson, Pat, Irene & Steve, Mike, Emma, Nigel, Barbara, Carole and Sarah will continue. Peter will remain Hon Secretary, Irene - Hon Membership Secretary, Nigel – Hon Treasurer. Mike will not stand again as Hon Chairman. Sarah has been nominated as Hon Chairman, Carole as Vice Chairman for election at the AGM. Mike was thanked for his input as Chairman. Younger members will be encouraged to join the committee.

ACTION: ALL MEMBERS

Meeting with Gareth Thomas MP – who wanted to discuss the possibility of holding a Harrow Half Marathon. Peter, Mike and Steve recently met him in Westminster. Gareth had already had discussions with Harrow AC and the Police. Steve confirmed that they gave him details relating to the previous Harrow Charity Marathon and Half Marathon and stated that Metros would support and run but were not in a position to organise. Gareth came to the Harrow Hill Race as a spectator.

Metros Finances – The current expenditure was further discussed together with various options regarding subscriptions. It was agreed that committee members should pass their suggestions to Nigel who would provide proposals for review at the next committee meeting.

ACTION: ALL COMMITTEE/Nigel Rackham

Metrolines – Jane and Penny Hudson are reviewing the internet distribution list for Metrolines. **ACTION:** Penny & Jane Hudson

Metros Survey – At the last meeting Jane and Penny had produced a suggested survey to members to help decide future content of Metrolines. A further meeting with Penny, Jane, Kath and Peter was held where ideas for the survey were suggested. Peter then drafted a survey covering many more aspects of club activities etc. Committee members are requested to suggest additions and amendments. The mechanics regarding distribution, possibly using Survey Monkey software, will be decided when the survey is approved. **ACTION: ALL COMMITTEE**

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

Hon Vice Chairman – Sarah had nothing to report.

Hon. Secretary – Peter confirmed that any proposals for the AGM were needed by 30 April. The item on committee membership was reported earlier in the notes. EA had informed Metros, along with other running clubs, that on race entry forms etc ‘affiliation’ relates to England Athletics (£13 annual fee) not an affiliated club. Peter will remind members via the group email. **ACTION:** Peter Beuselinck

Hon. Treasurer – Metros Finances reported earlier in the notes.

Hon. Membership Secretary: Three new members were confirmed: Robbie Hull, Pinner; Alistair John, Harrow; Riana Thakur, Pinner. Irene confirmed that Peter Hoon has rejoined and Garry and Gill Young are not renewing their membership.

OTHER ITEMS

Sport Relief, 19 March – Penny suggested that donations in aid of Sport Relief be requested from participants at the Wot no Watch Mile on 19 March. This was agreed. **ACTION:** Penny Hudson/Irene Paull

Meeting finished at 9.40 pm.

Date of Next Committee Meeting	Wednesday 6 April
Future Committee Meetings	Wednesday 4 May

AGM Friday 13 May at 8.00 pm, Lowlands Tennis Club.

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 and we are open to all members.

Coaching/Leadership/Officials'/First Aid Courses

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

Metros Website and social media

www.metros.org.uk

Contributions to:

kevinsmart14@yahoo.com

We also have a Facebook page and Twitter account – please like or follow us.

If you would like to join Metros' group email please contact Penny at metrolines1@gmail.com

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 Kit

Metros breathable vests and long and short sleeved T-shirts are available from Pat Jackson – tel. 020 8868 5683.
Price: T-shirt £20, £17; vest £12.

Hats, fleece jackets and hoodies can also be ordered.

Metros REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: Mw49ran@gmail.com	
TUESDAY	20.00	Steve Paull	020 8422 6636
Run / Walk Group		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

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.