



January 2015

Issue No. 316



Thames Valley Cross Country - Metros

HAPPY NEW YEAR

Metros Diary

DEC

Sat 20	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sat 20	Judy and Nigel's Christmas Drinks	7.00 pm
Sun 21	TVXC Reading	11.00 am

2015

JAN

Sat 3	10K Challenge, Roxbourne Park	8.50 am
Sun 4	Cliveden Cross Country	10.00 am
Sat 10	5 mile walk, Roxbourne Park	9.00 am
Sat 10	Food Bank Donation, Roxbourne Park	
Sun 11	TVXC Tadley	11.00 am
Sat 17	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 18	TVXC Bracknell Forest Runners	11.00 am
Sun 18	Fred Hughes 10, St Albans	10.00 am
Sun 25	Gade Valley Marathon Training Run 12 miles	9.30 am

FEB

Sun 1	TVXC Thames Valley Triathletes	
Sun 1	Watford Half Marathon and Junior Challenge	10.30 am
Wed 4	Committee Meeting	8.00 pm
Sat 7	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sat 14	Food Bank Donation, Roxbourne Park	
Sun 15	Harrow Hill Race, Harrow on the Hill	10.30 am
Sat 21	5K Run, Roxbourne Park	9.15 am
Sun 22	Gade Valley Marathon Training Run 17 miles	9.30 am

MAR

Sun 1	Berkhamsted Half Marathon & 5 Mile Fun Run	10.00 am
Wed 4	Committee Meeting	8.00 pm
Sat 7	5 Mile Handicap, Roxbourne Park	8.50 am
Sun 8	Finchley 20, Ruislip - Trophy Race	9.00 am
Sat 14	Food Bank Donation, Roxbourne Park	
Sat 21	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 22	Gade Valley Marathon Training Run 20 miles	9.30 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!

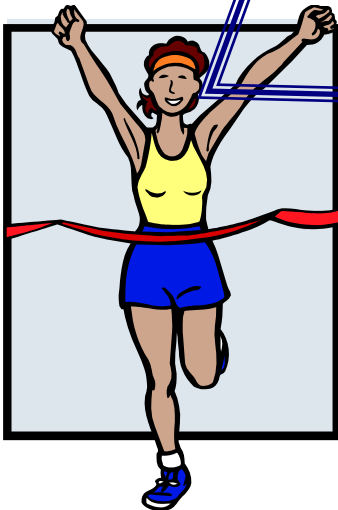
Happy New Year to you all! May 2015 bring everything you would like it to. Good luck to everyone embarking on spring marathon training – we will be with you in spirit ☺ and sometimes in body. Please look out for the club photo later in this issue.

Jane and Penny Hudson



Lisa and Megan Bantleman, Pinner
Anna Nsengada, Pinner

Elected at the December meeting



Thursday Sessions

Please note there will be no session on Thursday 25th December and 1st January. We will resume on Thursday 8th January (with drinks ☺)

Jane

Cross Country



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

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

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

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

Dates as follows:

21 Dec Reading

11 January Tadley

18 Jan Bracknell

01 Feb Thames Valley Triathletes

I wish to thank everyone at Metros for sponsoring me at the Dublin City Marathon. You may be interested to know that nearly £3,000 was raised between the UK and Ireland in aid of my chosen charity Console.

I am also very grateful to the members at Metros for your support and kindness which you have shown over the last 6 months in what has been a very difficult time for me.

In particular, my thanks are due to Mike Morris for his motivational skills and his invaluable help in getting me ready for Marathon day, as well as the Monday, Wednesday, Thursday and Daisy's runners.

Nor must I forget the day of the Marathon itself 27th October 2014 the following were great company and provided invaluable support - Mike, Steve, Irene, Tracey, Mandy and Peter - and gave me memories which will stay with me for the rest of my life.

God Bless you all. Pauline Bishop

Achievements

Well done to ...

Eleanor Murray - 6th girl at Hillingdon Schools Cross Country & will now run for Hillingdon Schools in the Middlesex Schools Cross Country.



Emma Rackham for a 5 mile PB on 6th December followed by another at Perivale 5 on 7th December!



Max Dadomo for a parkrun PB on 6th December.

Sasha Birkin for a PB at Perivale 5.



Nancy Morris for her first 5 mile race at our 5 mile handicap.

Gertrud Porter - 1st LV65 at Hatfield 5 and Bedford Half Marathon

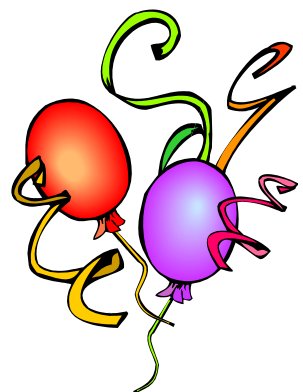


Brian McGrory and **Brett Rafferty** for parkrun PBs

A very Happy New Year to all my Metro Club Members, and especially to Mike Ransome, Ceri Jacobs, Deborah Norman, Sonya Grist, Judy Rackham, Gladys de Groot, Carole Wells and Gordon Valentine. Thanks to you all for great guiding, and happy running to you all.

Best Wishes,

Janice Newman.



Metros QUIZ AND AWARDS PRESENTATION EVENING

The venue was again Lowlands Tennis Club on Friday 28th November and Metros members and families made up eight teams for the excellent Quiz this year organised and presented by Jane and Al Scoffham and Steve Paull.

Dave Brown, compere for the evening, listed the format and started the presentation of awards with the MBE's – **Metros Best Efforts** for the Track & Field League. Sarah Westwood presented the awards on behalf of Wendy Mulvenna, T&F co-ordinator. (See awards in Metrolines).

Sarah also presented the **Harrold Godden Track Shields** (donated by Mike Godden in memory of his father) to Marilyn Pickford and Kevin Smart. These are awarded to Metros who recorded the best aggregate performances over 100m, 200m, 400m, 800m, 1500m, 3000m, Long Jump, High Jump, Hammer Throw, Discus, Shot Put and Javelin at track meetings before 1st October. Aggregates are calculated using IAAF multi-event tables.

Al Scoffham, co-ordinator of the **Thames Valley XC League**, presented the Metros awards for the 2013-2014 season to:

- 1st W45-54 – Carole Wells
- 1st W55-64 – Angela Murphy, 2nd Jane Scoffham
- 1st W65+ – Raquel Russel Ponte
- 1st M21-39 – Ron Taylor
- 1st M40-49 – Jonny Jackson, 2nd Andrew Collier
- 1st M50-59 – Gordon Valentine, 2nd Kevin Smart, 3rd Al Scoffham
- 1st M60-69 – Dave Brown

The **Metros Summer League** awards are based on three out of five fixtures and extra points are awarded if all events are completed. Pat Jackson, Metros League Co-ordinator presented the awards. Donna Warren was thanked for taking over as Race Director for our host event. Irene Paull was also thanked for the input of Metros results.

- 1st Tenderfoot Girl – Eleanor Murray, 2nd Natalie Tidder
- 1st W21-34 – Tracey Tyrrell, 2nd Emma Rackham
- 1st W34-44 - Donna Warren, 2nd Ruth Tidder
- 1st 65+ - Raquel Russel Ponte
- 1st Tenderfoot Boy – Christopher Hudson
- 1st Tenderfoot Junior – Jordan Spence
- 1st M21-39 - Fabio Sulmataj
- 1st M40-49 - Sonny Peart, 2nd Michael Morris
- 1st M50-59 - Kevin Smart, 2nd Gordon Valentine
- 1st M60-69 - Dave Brown

Pat confirmed that the overall **Metros Summer League Award**, in memory of Bill Gardner, had been won by Gary Warren. A minimum of three events are needed to qualify and this is awarded for the best age related performance using the

World Masters Athletics tables – The ‘Howard Grubb’ tables. Teresa Young was thanked for doing the calculations.

Sarah Westwood presented the **Young Runner’s Awards**, the recipients chosen by the Committee. The criteria for these awards are participation, achievement, effort, determination and sportsmanship.



Sarah confirmed that the Committee had decided to award the Boys Young Runner’s Award jointly to Christopher Hudson and Jordon Spence and the Girls Young Runner’s Award jointly to Eleanor Murray and Natalie Tidder.



Moving on to the Saturday morning events, the Metros **5 mile Handicap Award** goes to the person with the highest overall points and Irene Paull, Metros co-ordinator, confirmed that Michael Morris had won. See full results in Metrolines.

Angela Murphy, co-ordinator, for the Measured Mile, stated that there were 116 participants this year and 14 contenders who improved their times over consecutive miles. The **Keith Adsley Award** trophy for the runner who has improved their time the most was awarded to Caroline Attack with an improvement of 1 min 29 secs. See full results in Metrolines.

Teresa Young, co-ordinator for the 5 mile walk, had calculated that the **Daisy Dora Benn Walk Shield** (donated by Pat & Peter Maffia) was awarded jointly to Hilarie Lemon and Mary Swindles. Dave Brown, Hilarie Lemon, and Mary Swindles were awarded certificates for completing the five mile walk in under one hour. See full results in Metrolines.

The **10km Challenge** awards are given to those who completed the challenge for the first time this year or improved their performance on last year. These awards are again calculated using the tables published by the World Masters Athletes and runners whose best times of the year convert to percentages of 55% and over for Bronze, 62% and over the Silver and 70% and over for Gold are eligible. 55 runners completed the event during the year, 7 of whom were eligible and receive an award - 3 Gold, 2 Silver and 2 Bronze. Teresa Young, co-ordinator, presented the awards. See full results in Metrolines.

The **Ann Marsden 5K Award** is a new award donated by her family in memory of Ann. The award is for the most improved lady over 18 years in the four 5K runs held in Roxbourne Park. Teresa Young had done the calculations and Marilyn Pickford, co-ordinator presented the award to Raquel Russel Ponte whose age-related result in November last year was 74.72% in 29 mins 48 secs.

Following a break Jane started the Quiz with intervals between some of the ten rounds. The following final presentations were then made before the results of the quiz were announced.



Jane Hudson had calculated the results for the **LRRC Trophies** as Graham Haddon, co-ordinator had been ill. Dave Brown related how the Trophies had been donated by the London Road Runners Club when Metros, which was originally part of LRRC called LRRC NW and Graham presented the trophies to Jane Hudson and Steve Paull. See full results in Metrolines.

The **Beginner Runner's Award** was donated by Catherine Corcoran and is presented to a member who had started running and improved in the year approximately between the Presentation Evenings. The recipient is chosen by the Committee and Mike Ransome announced that this year it had been decided to give the award to Michael Morris whose improvement over the year had been outstanding. Before joining Metros Mike was running a little but had not entered any running event. Since joining he had been a regular attendee at many Metros training sessions and Metros events. Running distances had been increased from 5K to marathon and finishing times hugely decreased. He had given much encouragement and supported others, led training runs and also encouraged his wife to join Metros.



There are two **Aaron Breen Awards** for services to family running and Mandy Beuselinck, present holder, stated that she had decided to pass the **Female Aaron Breen Award** on to Irene Paull. Irene is Honorary Membership Secretary, co-ordinates the 5 Mile Handicap, had recently become co-ordinator for the Saturday session, helped with Metros results in the Summer League fixtures, co-ordinated the entries and results for the Harrow Hill Race and readily volunteers whenever there's a need. An excellent supporter of others, particularly husband Steve over 100 marathons. Mandy wished her well in her training for the London Marathon 2015.

Terry Burke, the present holder of the **Male Aaron Breen Award**, explained who Aaron Breen is and that he and Graham Haddon had run with him when he was here on assignment from Colorado.

Terry had chosen to present the award to Mike Ransome who is Honorary Chairman and, for many years until this year, Honorary Treasurer. When it looked like the Monday night session would end, Mike and Teresa took over as co-ordinators. Mike regularly attends the Vets Track and Field League, an excellent sprinter, walker, thrower and jumper. A real gentleman, always concerned for the well being of other members.

Kevin Smart, the present holder of the **Male Runner's Award**, had decided to present the award to Sonny Peart. Kevin stated that this year Sonny had run a marathon, half marathon, 10K, 5K all with improved times. He had participated in the Vets T&F League in 200m, 400m 1500m, 3000m and his javelin throws were probably some of the best in Metros. However, Kevin stated that his performances were not restricted to running: he is also involved with the Hill Players Dramatic Group.



Mandy Beuselinck holder of the **Female Runner's Award**, had chosen Sasha Birkin to be the next recipient. Having been injured earlier in the year, Sasha had since constantly set new PBs in one mile, 5K, five mile and 10,000m distances and helped Metros teams achieve excellent results in the Moor Park 10K and the Summer League relays. She had won the BJ Challenge in her age group and Metros Marathon Week, not just the week but every single day. Her age grading is gold which reflects an excellent performance during the year.

All recipients of awards to be kept for one year presented this evening received a permanent memento of that award.

The final awards presented, Irene Paull, who had recorded the results of the Quiz during the evening, announced the results:

1 st	Last Minute.com	142 points
2 nd	Tenacity	127 points
3 rd	Hamstrung	119 points
4 th	Life is Like a Box of Chocolates	116 points
5 th	No Idea	111 points
6 th	Norfolk and Hope	109 points
=7 th	Paddy Last	94 points
=7 th	All Stars	94 points

Our thanks go to Jane, Al and Steve for organising the excellent quiz.

Thanks to Dave Brown for expertly compering the proceedings and also for checking the calculations for the league awards, MBEs and Track Shields. Thanks to Teresa Young, Jane Hudson, Angela Murphy and Irene Paull for calculating the various Metros event award winners. Full results of the MBEs, 10K Challenge, 5 Mile Walk, LRRRC Trophies, 5 Mile Handicap and Measured Mile events will be listed in Metrolines

Finally, thank you to the Metros members and families who came to enjoy another very successful social evening.

Pat Jackson

Metros M.B.E.Awards 2014

Metros Best Efforts

W60-64 ELISH FERNANDES			M60 – 64 CHRIS MICHAEL		
800m	4.18.5	14 July	DT	20.80m	12 May
1500m	8.57.3	12 May	SP	8.27m	9 June
W60-64 GLADYS DE GROOT			M40 – 49 SONNY PEART		
HT	15.79m	14 July	100m	14.4	23 June
			200m	29.6	14 July
W60-64 MARILYN PICKFORD			400m	65.4	23 June
			3000m	12.27.7	9 June
100m	18.3	12 May	HJ	1.25m	23 June
200m	38.3	9 June	HT	16.52m	9 June
LJ	2.74m	9 June	JT	30.53m	23 June
TJ	5.45m	9 June	SP	7.52m	9 June
DT	11.25m	23 June	M60 – 64 MIKE RANSOME		
JT	12.32m	23 June			
SP	5.15m	12 May	100m	14.3	23 June
W65+ MARION ROGAN			200m	30.4	14 July
			400m	73.5	23 June
200m	41.2	9 June	800m	3.08.06	14 July
400m	99.2	12 May	2000m walk	14.19.00	12 May
800m	3.53.2	9 June	HJ	1.10m	12 May
1500m	8.03.00	12 May	LJ	3.23m	14 July
			TJ	6.95m	23 June
			DT	15.21m	23 June
M30-39 MATTHEW ROGAN			M50-59 KEVIN SMART		
100m	14.2	12 May	100m	13.4	23 June
400m	64.8	12 May	200m	26.8	9 June
1500m	5.07.00	23 June	400m	62.8	23 June
3000m	10.57.00	9 June	3000m	11.33.3	9 June
LJ	3.66m	9 June	LJ	3.92m	14 July
TJ	7.98m	9 June	JT	27.12m	23 June
SP	5.18m	12 May			

10k results 2013 -2014

Runner	%	Time		
Nigel Rackham	85.63%	36:26	Gold	October
Raquel Russel Ponte	78.83%	58:50	Gold	January
Peter Jose	75.91%	46:25	Gold	January
Kevin Smart	74.34%	42:40	Gold	April
Marion Rogan	73.80%	57:08	Gold	July
Steve Paull	73.72%	45:17	Gold	April
Ian Birch	73.49%	45:02	Gold	April
Sasha Birkin	73.31%	43:39	Gold	October
Pauline Bishop	72.52%	55:37	Gold	July
Andy Fox	69.18%	44:44	Silver	October
Caroline Day-Lewis	68.82%	48:13	Silver	October
Chris Shearwood	68.29%	45:19	Silver	January
Dave Young	66.72%	50:02	Silver	October
Donna Warren	65.98%	48:30	Silver	April
Bob Manning	65.96%	58:48	Silver	October
Annie Birch	65.90%	58:39	Silver	April
Kath Donaldson	65.83%	66:03	Silver	April
Mike Morris	65.02%	46:06	Silver	July
Sonny Peart	64.30%	46:15	Silver	October
Simon Aberly	63.93%	47:38	Silver	April
Gordon Valentine	63.51%	52:34	Silver	October
Judy Rackham	62.88%	58:14	Silver	October
Ruth Tidder	62.35%	51:45	Silver	April
Dave Brown	61.73%	57:05	Bronze	October
Sarah Westwood	60.92%	64:21	Bronze	July
Anne Ambrose	60.80%	61:52	Bronze	July
Steph White	60.48%	63:03	Bronze	April
Brett Rafferty	60.39%	44:28	Bronze	July
Mike Ransome	60.32%	57:21	Bronze	July
Raj Varshani	60.12%	48:20	Bronze	April
Veronica Georgescu	60.06%	67:09	Bronze	October
Mitesh Patel	60.03%	44:44	Bronze	April
Carole Wells	58.30%	60:26	Bronze	July
Kirit Ranpura	58.20%	54:03	Bronze	April
Julie Allen	57.46%	57:45	Bronze	April
Angela Murphy	55.91%	74:17	Bronze	January
Adam Leary	55.48%	55:20	Bronze	April
Andrew Collier	55.02%	54:54	Bronze	January
Irene Paull	53.26%	69:41		January
Katie Donaldson	53.14%	57:05		July

Titiana Spotti	52.91%	9		October
Mark Mulvenna	52.58%	59:20		October
Hershil Patel	52.57%	51:07		January
Geraldine Gill	51.93%	64:36		October
Steve Alder	51.78%	59:46		April
Linda Gaitskill	50.63%	74:17		January
Emma Rackham	50.56%	60:00		July
Nagendra Bisht	49.60%	59:02		October
Julie Smith	49.58%	70:09		October
Emma Liston	48.91%	62:03		January
Andrew Shirras	46.43%	62:07		April
Dharmini Chikhliwala	46.27%	70:21		October
Karen Collier	44.67%	70:11		October

55 runners completed the event during the year, some more than once. The table gives the best time achieved and the month. In all 9 runners achieved Gold, 14 Silver and 15 Bronze.

Teresa Young

Measured Mile 2013 - 2014 Results

	Nov	Feb	May	Aug	Improvement over 3 consecutive miles
Caroline Attack	9.07	8.01	7.38	7.35	1 min 29 secs
Anne Ambrose	9.42	9.03	8.19		1 min 23 secs
Andy Fox	7.31	6.41	6.17	6.10	1 min 14 secs
Jarina Khatun	10.29		10.11	9.35	54 secs
Simon Abery	6.59	6.48	6.11	6.20	48 secs
Sonny Peart	6.29	6.05	5.45		44 secs
Pauline Bishop	8.16	7.58	7.34		42 secs
Steph White	9.23	8.49		8.41	42 secs
Elish Fernandes	9.51	9.30	9.13		38 secs
Caroline Day Lewis		7.11	7.01	6.36	35 secs
Judy Rackham	8.26	8.25	7.51	8.12	35 secs
Janice Newman	9.16	8.51		8.44	32 secs
Adam Leary		7.01	6.56	6.32	29 secs
Gladys De Groot	10.49	10.40	10.27		22 secs
Deborah Norman	9.22	9.04	9.02		20 secs
Karen Collier	8.33	8.17	8.16	8.24	17 secs
Dharmini Chikhliwala	8.39	8.34	8.26	8.32	13 secs

First of all a big thank you to the many generous helpers (far too many to name) who over the last year have stop watched, handed out and collected in lolly sticks (Henry and Marilyn gave the credit for instigating this excellent system) and noted times. Without an unfailing amount of support the Measured Mile could not happen and I am always grateful for the non runners who say yes to my request for help.

The Measured Mile is increasingly popular with 116 participants this year and 17 contenders for the trophy, that is Metros who have improved steadily over 3 consecutive miles . The competition has produced impressive results with Andy Fox in third place with an improvement of 1 minute 14 seconds, Anne Ambrose is second with 1 minute 23 seconds and the clear winner is a lady who has an overall improvement of a stunning 1 minute and 29 seconds. Caroline Attack wins the Keith Adsley trophy this year.

This year's competition is already under way but there are still three Measured Miles to be run so keep up the training for the next Mile in February.

Angela

Below are the rest of this year's competitors in alphabetical order.

	Nov	Feb	May	Aug
Aaron Rawlins			8.42	8.14
Al Scoffham				7.40
Alan Young	7.10			
Alison Swindles				7.37
Andrew Collier	7.06	7.13		
Anne Leigh				11.41
Barbara Robson	13.07			
Carole Wells	8.19			
Catherine Corcoran			9.57	
Ceri Jacob	8.00			
Charlie Halls	5.55	9.54		
Chris Clark				7.04
Chris Shearwood	5.39	5.44	5.30	5.33

Claire Lacoste		8.39		
Dave Brown	8.35	8.31		
Dave Young	7.50	7.52	6.48	
Debbie Moynihan			9.54	
Donna Warren			6.39	
Elish Fernandes		9.30		9.15
Eleanor Murray		7.15		
Emma Liston		8.13		
Emma Rackham		8.05	7.47	8.00
Errol Clarke	8.36	8.08	8.07	8.05
Hema Thakur	10.00		9.46	9.46
Hershil Patel	6.27	6.34	6.09	
Hilarie Lemon			8.08	
Hilary Baker			8.37	
Irene Paull	9.22	9.16		9.38
Irshad Alama		6.01		
James Collier	8.54			
James Harrington		6.46		
Jane Hudson	7.13	6.56		
Jane Scoffham	8.38			
Jeanne Coker		12.11		
John Gorton		6.59		
Jonathan Berman			7.10	
Jordan Spence		8.03		
Julia Allen		7.47	7.41	
Julie Smith	8.41	9.25	9.21	
Karen Leary		8.50	8.58	9.32
Kath Donaldson	9.44			
Kevin Smart	5.56		5.43	5.46
Kirit Ranpura		7.21		
Kirsty Young			9.16	8.31
Lily Berman			9.04	
Linda Gaitskell	9.56			10.46
Lucy Ash				5.40
Malcolm Jackson	8.08			
Malvika Bisht	9.15			8.35
Marilyn Pickford	8.28			

Marion Rogan		8.31	8.06	
Mark Lemon			8.48	
Mark Mulvenna			7.32	8.18
Mark Rakobowchak	5.28			
Mary Swindles	7.36	8.14		9.53
Michael Hull		6.40	6.37	
Michael Morris		7.26	6.24	
Michael Trevallion				7.59
Mike Ransome		7.19	7.46	7.08
Mitesh Patel	5.34		5.46	
Nagendra Bisht	7.53			7.15
Natalie Tidder				7.11
Nigel Rackham	5.14	5.16		
Niranchanan Laneham				9.24
Oliver Cole				8.20
Paul Gardner				7.44
Paula Thakur			8.37	
Penny Rawlins	9.19		9.32	9.14
Peter Rackham		6.00		5.44
Rangah Niranchanan				9.24
Raquel Russel Ponte	8.50	9.00	9.59	
Rebecca Jacob		8.55	8.09	
Roberta de Martin Pinter				7.41
Rosemary Harrington	10.32	10.25		
Ruth Tidder		7.04	7.02	7.04
Sam Dadomo			7.00	
Sandra Young			9.20	9.02
Sarah Westwood	8.55		8.30	8.40
Sasha Birkin	6.08		5.57	
Sonya Grist	10.02			
Sophie Richards	10.06	9.54		
Steve Alder	7.38		7.36	7.56
Steve Paull	6.15		6.10	
Titziana Spotti				10.20
Tom Alder			5.05	
Tracey Tyrrell			6.27	6.10
Veronica Georgescu	9.54			9.57

LRRC Trophy Competition 2014 Ladies	Finchley 20	Maidenhead 10	Marlow 5	Sudbury Court 10K	Maidenhead 1/2	Moor Park 10K	Cabbage Patch 10	Ricky Road Run	Total
Jane Hudson	49	49	47	49		42	46	47	329
Donna Warren		50	50		50	49	49	50	298
Ruth Tidder		48	48	48		44	45	48	281
Raquel Russel Ponte	47		37		46	39	44	44	257
Tracey Tyrrell	50		49	50	49	48			246
Emma Rackham				44	42	38	43		167
Gertrud Porter	48			47		47			142
Bernie Conway			46			45	49		140
Anne Ambrose		46	42	45					133
Sasha Birkin						50	50		100
Harriet Copland					47		47		94
Julia Allen		47	45						92
Caprice Beggs					45			43	88
Linda Dunne				46		40			86
Judy Rackham			44			41			85
Angela Murphy	46					35			81
Geraldine Gill						37	42		79
Caroline Day Lewis					48				48
Mandy Beuselinck									48
Becky Walker						46			46
Sheena Darby								46	46
Nicola Rochford								45	45
Laura Tyrrell					44				44
Carole Wells			43						43
Roberta De Martin Pinter					43				43
Pauline Bishop						43			43
Sarah Westwood			41						41
Julie Smith			40						40
Steph White			39						39
Kath Donaldson			38						38
Hilary Baker						36			36
Linda Gaitskell						35			35
Sue Davie						34			34
Sonya Grist						33			33

LRRC Trophy Competition 2014 Men		Finchley 20	Maidenhead 10	Marlow 5	Sudbury Court 10K	Maidenhead 1/2	Moor Park 10K	Cabbage Patch 10	Ricky Road Run	Total
Steve Paull		48	50	49	47	42	42	48		326
Sonny Peart		46			45	44		49	46	230
Nigel Rackham		50				50	50			150
Fatmir Sulmataj					48		49		50	147
Mitesh Patel					49		45		49	143
Antony Bellis					46	49	47			142
Brett Rafferty						47	43	50		140
Simon Aberly				47		45		47		139
John Norris				48			44		47	139
Mike Morris			49		43	46				138
Hershil Patel		47					41		45	133
Glyn Watkins				42			38		43	123
Michael Ransome		45				41	35			121
Chris Shearwood					50	48				98
Peter Reynolds					44				44	88
Spencer Millbery						43	40			83
Gordon Valentine				46			36			82
Derek Bamforth					41				41	82
Paul Gardner							33		42	75
Tom Alder				50						50
Kevin Watson		49								49
Kevin Smart							48			48
Russell Hewlett									48	48
Andrew Cooper							46			46
Andrew Collier				45						45
Kirit Ranpura				44						44
Richard Hayward				43						43
Graham Hart					42					42
Steve Alder				41						41
Dave Young							39			39
Simon Dadomo							37			37
David Brown							34			34
Peter Rackham							32			32

5 Mile Walk 2014

January

Mary Swindles	55:00	5
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April

Dave Brown	57:58	5	67.24%
Hilarie Lemon	57:58	5	

July

Hilarie Lemon	54:13	5	
Mary Swindles	54:13	5	77.14%

Mary Swindles & Hilarie Lemon each have 10 points.
Joint winners



Perivale - 2km U15 race

Results and Reports

Hi guys,

Another set of results:

Sun 16th Nov 2014 - 22nd Herberts Hole Challenge

Celebrating the 100th Anniversary of the National Cross Country and International Cross Country Races that started in Lownes Park in March 1914 on a similar course.

10 and a bit K.

The usual tough course but almost perfect running conditions at 10C and dry (but with 2K of glue-like mud)

1st male: 36 mins 24 secs

1st female: 45 mins 04 secs

72nd Russell Hewlett V40: 50 mins 28 secs

157th Adam Leary V50: 58 mins 28 secs

236th Caprice Beggs V35: 70 mins 56 secs

250th Patricia Hewlett V45: 83 mins 12 secs

Last runner 90 mins 07 secs

Adam & Karen



Bedford Half Marathon Sunday 7th December 2014

Weather conditions: Cold, very windy and lots of rain and it started as we were all freezing to death at the starting line.

Course: Beautiful course but very hilly

Nathan Powell 1:32:31

John Norris 1:53:53 (John had terribly bad stomach ache hence for him not a good time)

Gertrud Porter 1:54:48 1st FV65

Bernadette Conway 2:00:59

Perivale 5 - 7th December 2014

1		26:15
58	Brett Rafferty	32:21
71	Sasha Birkin	33:23 (PB)
88	Fatmir Sulmataj	34:47
132	Steve Paull	37:15
141	Peter Reynolds	38:00
214	Jane Hudson	42:58
228	Emma Rackham	43:45 (PB)
247	Derek Bamforth	45:43
249	Petra Otto (Thorney Running Club)	45:49
300	Kath Donaldson	55:53
304	Catherine Corcoran	57:26
305	Penny Hudson	57:26
313	Arnold Glickman	62:47
316	finishers	

U15 2km race

1		7:09 (age 13)
2	Christopher Hudson	7:37 (age 10)
31	runners	



TVXC - Sandhurst 23rd November 2014

86	00:37:18	MET Brett Rafferty	MS 81	-
270	00:45:18	MET Tracey Tyrrell	FS	- 49
302	00:47:12	MET Gordon Valentine	MV 242	-
339	00:49:42	MET Jackie Bowles	FV	- 79
349	00:50:29	MET Glynn Watkins	MS 265	-
377	00:52:36	MET Andrew Collier	MV 278	-
393	00:55:05	MET Dave Brown	MV 284	-
402	00:56:29	MET Ron Taylor	MV 285	-
419	00:59:04	MET Terry Burke	MV 291	-
420	00:59:17	MET Carole Wells	FV	- 129
428	01:08:31	MET Angela Murphy	FV	- 135

TVXC - Handy Cross 30th November 2014

5	00:34:58	MET Nigel Rackham	MV 5	-
15	00:36:32	MET Ron Taylor	MV 15	-
103	00:41:52	MET Brett Rafferty	MS 92	-
254	00:51:08	MET Gordon Valentine	MV 192	-
281	00:53:36	MET Glynn Watkins	MS 211	-
301	00:56:00	MET Ruth Tidder	FV -	74
308	00:56:47	MET Jackie Bowles	FV -	78
324	00:58:26	MET Dave Brown	MV 233	-
325	00:58:31	MET Al Scoffham	MV 234	-
330	00:59:34	MET Emma Rackham	FS -	85
333	01:00:12	MET Raquel Russell-Ponte	FV -	88
353	01:03:42	MET Carole Wells	FV -	106
365	01:09:21	MET Judy Rackham	FV -	112
366	01:11:11	MET Angela Murphy	FV -	113

Hatfield 5 Mile Race. Sunday 30th November 2014

1 25.57
168 Gertrud Porter 42.12 1st LV65
319 finishers

Valencia Marathon 16th November 2014

Gerry Barker 4:51:18
8th in age category
10,846 out of 11,348 finishers

TVXC - Metros 14th December 2014 (provisional results)

46	00:43:16	MET	Nathan Powell	MV	44	-
72	00:45:02	MET	Brett Rafferty	MS	67	-
79	00:45:48	MET	Kevin Smart	MV	74	-
129	00:50:35	MET	Donna Warren	FS	-	18
153	00:52:25	MET	Tracey Tyrrell	FS	-	29
155	00:52:43	MET	Hershil Patel	MS	126	-
170	00:53:48	MET	Jason Bowles	MV	136	-
182	00:55:28	MET	Gordon Valentine	MV	143	-
202	00:58:47	MET	Glynn Watkins	MS	157	-
216	01:00:06	MET	Mark Mulvenna	MV	163	-
220	01:00:39	MET	Dave Brown	MV	167	-
232	01:02:10	MET	Andrew Collier	MV	171	-
247	01:07:23	MET	Raquel Russell-Ponte	FV	-	74
251	01:07:51	MET	Terry Burke	MV	174	-
263	01:15:27	MET	Angela Murphy	FV	-	85



5 Mile Handicap - 6th December 2014

Date	06/12/2014	Actual 5 mile time	Handicap	Time inc. handicap	Position	Points	Next handicap
Ian	Birch	0:38:40	00:00	0:38:40	1	51	21
Cavan	Day-Lewis	0:39:18	00:00	0:39:18	2	50	20
Eleanor	Murray	0:41:17	00:00	0:41:17	3	49	18
Gordon	Valentine	0:41:17	00:00	0:41:17	4	48	18
Emma	Rackham	0:43:48	00:00	0:43:48	5	47	16
Anne	Nuala	0:45:23	00:00	0:45:23	6	46	14
Sandra	Young	0:47:33	00:00	0:47:33	7	45	12
Annie	Birch	0:48:45	00:00	0:48:45	8	44	11
Dave	Brown	0:47:25	00:02	0:49:25	9	43	12
Hilarie	Lemon	0:44:58	00:05	0:49:58	10	42	15
Teresa	Young	0:55:47	00:00	0:55:47	11	41	4
Caroline	Attack	0:45:57	00:10	0:55:57	12	40	14
Raquel	Russel-Ponte	0:47:15	00:09	0:56:15	13	39	12
Steve	Paull	0:39:19	00:17	0:56:19	14	38	20
Ruth	Tidder	0:40:39	00:16	0:56:39	15	37	19
Mike	Ransome	0:43:48	00:13	0:56:48	16	36	16
Julie	Smith	0:54:49	00:02	0:56:49	17	35	5
Karen	Leary	0:53:10	00:04	0:57:10	18	34	6
Brett	Rafferty	0:33:15	00:24	0:57:15	19	33	26
Caroline	Day-Lewis	0:39:37	00:18	0:57:37	20	32	20
Arnold	Glickman	0:57:57	00:00	0:57:57	21	31	2
Hema	Thakur	0:56:46	00:02	0:58:46	22	30	3
Tiziana	Spotti	0:55:51	00:03	0:58:51	23	29	4
Julia	Allen	0:46:36	00:13	0:59:36	24	28	13
Adam	Leary	0:40:44	00:19	0:59:44	25	27	19
Nigel	Rackham	0:28:54	00:31	0:59:54	26	26	31
Andy	Fox	0:37:04	00:23	1:00:04	27	25	23
Debbie	Moynihan	1:00:09	00:00	1:00:09	28	24	0
Simon	Abery	0:40:10	00:20	1:00:10	29	23	20
Mike	Morris	0:37:27	00:23	1:00:27	30	22	23
Dave	Young	0:40:30	00:20	1:00:30	31	21	20
Carole	Wells	0:47:53	00:13	1:00:53	32	20	13
Kevin	Smart	0:35:01	00:26	1:01:01	33	19	26
Gladys	deGroot	1:05:11	-4	1:01:11	34	18	-4

Nagendra	Bisht	0:51:13	00:12	1:03:13	35	17	12
Sarah	Westwood	0:55:38	00:08	1:03:38	36	16	8
Anne	Ambrose	0:54:22	00:10	1:04:22	37	15	10
Olivia	de Groot	1:05:11	00:00	1:05:11	38	14	-6
Stephanie	White	1:06:37	-1	1:05:37	39	13	-1
Judy	Rackham	0:51:33	00:15	1:06:33	40	12	15
Nancy	Morris	1:06:37	00:00	1:06:37	41	11	-7

The first race of this year's 5 mile handicap got off to a chilly, slippery start.

Well done to all 41 finishers who followed the instruction to come back in one piece.

Also great to see 9 new and returning runners making the most of their zero handicap on this first race.

Scoring is based on actual time + handicap time. There are as many points available as there are finishers on the day.

Anyone finishing in under an hour (actual + handicap) gets an extra 10 points.

As a one off to reflect the conditions, runners whose time takes them over the hour have been given the extra 10 points

Look forward to seeing you all in March

Irene

London Marathon Places

This year our London Marathon water station places went to Anne Ambrose, Irene Paull, and Mike Morris. The club place went to Linda Dunne.

Good luck with your training.



NOTES OF METROS COMMITTEE MEETING

Wednesday 3 December 2014, Mandy & Peter Beuselinck's house at 8.00 pm
(Building work at the Methodist Church Hall necessitated a change of venue)

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

APOLOGIES: Mandy Beuselinck, Marilyn Pickford

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 – 5 November

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

Club Photo – Penny Rawlins had received the photos from the photographer and had sent some to the Committee. Penny was thanked for organising this. Mandy will put the one considered best on the Metros Web site and Facebook for members to download. Penny will add to Metrolines. Pat will put one on the Scout Hall Notice Board.

ACTION: Mandy Beuselinck/Penny Hudson/Pat Jackson

Metros Gazebo – It's not necessary to purchase a 6 x 3m gazebo before the Harrow Hill Race as Peter confirmed that we could use another building at Harrow School for runners' kit. Penny Hudson had seen gazebos with club names on and Nigel will investigate.

ACTION: Nigel Rackham

First Aiders – Margaret Smith has suggested dates for a basic course (3 hours) and a sports injury course (2 x 3 hours) and Peter is collecting names of applicants. Following discussions with Margaret, Angela Murphy will 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: Angela Murphy

Dogs at Metros training sessions: the draft policy drawn up by Peter and Carole has been publicised in Metrolines.

ITEM CLOSED

Christmas Messages – Penny and Jane Hudson had added the messages to the December Metrolines. It was agreed that the total donations received will be rounded up with Metros funds and Barbara will send the letter with the Metros cheque to the Leukaemia charity.

ACTION: Penny Hudson/Nigel Rackham/Barbara Robson

Barn Dance – Penny Rawlins and Sandra are checking available dates for suitable venues. When agreed, they will book a band and organise a catering team. Steve will check the Ruislip Manor Sports & Social Club venue.

ACTION: Penny Rawlins/Sandra Young/Steve Paull

Saturday Refreshment Donations - As agreed, Nigel will give the donations to the food bank at regular intervals and round up with Metros funds.

ACTION: Nigel Rackham

Membership Renewals - Irene confirmed that around 200 memberships had been renewed. She had sent the committee a list of those whose membership subscriptions were overdue. It was agreed that the list of remaining overdue subscriptions be sent to the committee.

ACTION: Irene Paull

‘Twin’ Running Club – Tracey is investigating a possible link with another club in Ireland and the Harrow ‘twin’ town, Douai in France.

ACTION: Tracey Tyrrell

Harrow Hill Race Charity –The Harrow MS Therapy Centre had been chosen as the charity to receive part of the profits.

REPORTS OF OFFICERS

Hon. Chairman – Mike asked if the present categories of Metros membership entitled to a reduced subscription should be increased. Following a discussion, it was decided not to extend the present categories in view of the anticipated difficulty in implementation.

Hon Vice Chairman – Sarah had nothing to report.

Hon. Secretary – Peter confirmed that the draw for the 2015 London Marathon Water Station places (organised by Garry Young) and the Metros club place had taken place. Anne Ambrose, Mike Morris and Irene Paull had been awarded the Water Station places and Linda Dunne had been awarded the club place

Hon. Treasurer – Nigel will produce the quarterly Metros financial report to the committee at the next committee meeting.

ACTION: Nigel Rackham

He confirmed that the Metros bank account mandate is now resolved. The rent for the Scout Hall on Saturday mornings has been increased from £400 to £500 per annum.

Hon. Membership Secretary: Irene confirmed 249 members which include 26 who have not yet renewed their subscriptions. The following applications were confirmed: Lisa and Megan Bantleman, Pinner; Margo and Galloway Manning, Harrow and Anna Nsengada, Pinner.

REPORTS OF CO-ORDINATORS

Harrow Hill Run – Peter confirmed that all arrangements are in hand and an e-mail will soon be sent to previous entrants. Kevin has put excellent race details on the Metros web site. 27 entries have already been received.

Saturday Morning – Irene is arranging for the rota regarding keys to be held for three to four weeks rather than change every week. **ACTION:** Irene Paull

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 – it was agreed that, with the vast increase in runners, the normal donation of refreshments will not be enough. Nigel will discuss with Jane Scoffham, TVL co-ordinator. **ACTION:** Nigel Rackham

Quiz and Awards presentation Evening - Jane and Al Scoffham and Steve Paull were thanked for organizing an excellent quiz. Following a discussion on the finishing time, it was agreed that eight rounds instead of ten would be preferable and this would be suggested to the organizing team. Pat was thanked for organizing the awards.

Metros Kit – Pat confirmed that an order had been placed for blue fleeces, hoodies and hats.

The meeting finished at 9.53 pm

Date of Next Committee Meeting – No meeting in January

Wednesday 4 February

Wednesday 4 March

Wednesday 1 April

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



Happy New Year to all in Metros and a big thank you for my London Marathon place and for the support I have already received.

Linda Dunne

xxxxxxx

I am running in the Virgin London Marathon 26th April 2015,
I am raising money for Michael Sobell Hospice in memory of a dear friend,
and Cancer Research.

I would really appreciate any donations however small, please visit my page if
you would like to make a donation.

<http://uk.virginmoneygiving.com/LindaFrancesDunne>

Runner's Recipes

A rich shortbread lightly spiced with cinnamon with a contrasting tang from the dried cranberries.



Time 25 minutes
Calories per cookie 134 Kcal
Fat per cookie 10g
of which saturated 6.2g
Makes 15 cookies
Suitable for vegetarians

Plain flour 250g (9oz)
Ground cinnamon 1 tsp
Salt a pinch
Unsalted butter 175g (6oz)
Light soft brown sugar 75g (3oz)
Dried cranberries 150g (5oz)

- 1 Preheat the oven to 180°C/Gas 4 and grease a baking sheet.
- 2 To make the dough, sift the flour, cinnamon and salt into a bowl. Add the butter, cut into pieces, and rub it into the flour until the mixture resembles fine breadcrumbs. Add the sugar to the bowl and continue to work the mixture until it starts to bind together. Add the dried cranberries and work the mixture to form a dough.
- 3 Roll the dough into a sausage shape about 7cm (2¾in) diameter and cut into slices about 1cm (½in) thick and place them on the baking sheets.
- 4 Bake the cookies in the centre of the oven for 15–20 minutes, until they are starting to turn light golden in colour. Remove from the oven and leave them to cool on the tray for a few minutes, then transfer to a wire rack to cool. Serve the biscuits warm or cold.

If you are unable to find any dried cranberries, use raisins or sultanas in their place.

Recipe taken from [Good Food](#) , [Fast: Dairy Cookbook](#)

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.

Metros Running Club

