



March 2015

Issue No. 318



**Nigel Rackham – British Record Holder
20 miles – V50**

Metros Diary

FEB

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 **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 runs

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**

Wed 6 Committee Meeting 8.00 pm

Sat 9 **Food Bank Donation, Roxbourne Park**

Sun 10 **Marlow 5 - Trophy Race** **9.30 am**

Sat 16 **5K Race, Roxbourne Park** **9.15 pm**

Sun 17 **Run Wembley 10K (formerly Sudbury Ct) -
Trophy Race (also 5K)
1K children's race**
**11.00 am
10.30 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.

***The 5K Race has moved from February to March and the March Wot no Watch has been cancelled.**

Note from the Editors!

This issue is being compiled in darkest Dorset (actually the sun is shining as I write this but not for much longer I suspect...) – hope some of you are managing a well deserved late winter break. It was good to see so many of you in various capacities at Harrow Hill race – congratulations to Mandy and the team on another great event, and well done all of those who slogged up Football Lane twice. Photos and results in this issue, as well as news of a Metros British record holder☺. There have been occasional hints of spring in the air recently, and like the first cuckoo, details of the 2015 Vets' track and field events and the Summer League dates are also now out. As usual, enjoy your running, and if you aren't able to run at present, it's always good to support those who are.

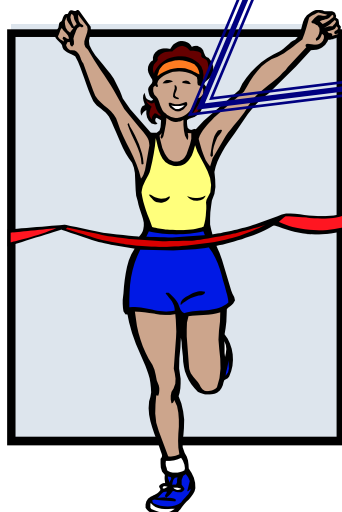
Jane and Penny Hudson



Welcome to Metros

Sajid Khurshid, West Harrow
Claire, Joe and Sam Millbery, Stanmore
Rob Pickford, Rickmansworth

Elected at the February meeting



Cover photo courtesy of Barry Cornelius at
<http://www.oxonraces.com/photos/>

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 a.m.
Maidenhead Easter 10	Good Friday 3rd April at 9.30 a.m.
Marlow 5	Sun 10 th May at 9.30 am
Sudbury Court 10K	Sunday 17 th May at 11.00 a.m.
Burnham Beeches Half Marathon	TBA
Maidenhead Half Marathon	Sunday 6 th September at 9.30.a.m.
Moor Park 10K	Sunday 27 th September at 3.00 p.m.
Cabbage Patch 10 (stragglers)	Sunday 1st November at 10.00 a.m.
Ricky Road Run 9	TBA

Any changes will be advised as early as possible.

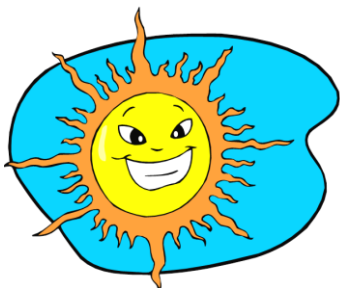
Vets Track and Field

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 Runners
- 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 Aug - Battersea Park, 10K hosted by Serpentine



England Athletics Affiliation

England Athletics affiliation renewals will be due in March for the new EA year starting from 1st April. We believe the cost of renewal will be £12 per person. If you want to renew affiliation, or take up affiliation for the first time, please contact club secretary, Peter Beuselinck at Metros.secretary@yahoo.co.uk. Payments can be made directly to Metros RC, as per the same bank account details given for club membership payments. Payments made online should be clearly referenced as "EA - name" (supplying your name). Alternatively you can pass a cheque made payable to "Metros RC" to Peter.

Affiliation to EA provides benefits to club runners. Most notably it entitles runners to discounts on race entries to races run under UKA licence. Only runners who are members of affiliated clubs such as Metros can attain EA affiliation status themselves.

As the number of club places at the London Marathon is awarded based on the number of EA affiliated members we have, the club draw for this place is only open to our affiliated members.

If you would like further information on EA affiliation, or at any point want to check your existing EA status, Peter will be happy to help.

Achievements

Well done to ...

Nigel Rackham for breaking the British record for 20 miles in the V50 category, a record that had stood since 1992.

Christopher Hudson for winning his age group at the Watford Junior Challenge.

Nigel Rackham for winning his age group at Watford Half Marathon

Fatmir Sulmataj and **Linda Dunne** for PBs at Watford Half Marathon

Brian McGrory – Runner of the Month at Gladstone parkrun for 2 PBs in January (knocking 58 seconds off his time), he has also managed 13 PBs since May last year and has improved from just over 30 minutes to a very impressive 24.15

Emma Rackham and **Sandra Young** for PBs at Harrow Hill Race

Emma Rackham for a fabulous PB in the measured mile.

Clare Elam for a parkrun PB at Northala parkrun in February



London Marathon Special Drinks Station

It's that time again, that time when we can watch people suffering from close up but feeling little or no pain ourselves.

We need twelve volunteers to operate the Special Drinks Station at the 30K point on the course. This is in the heart of Canary Wharf, is easy to get to and has shops, cafes and loos nearby. If you are interested please let me know as soon as possible as it is on a first come, first served basis.

Contact me by one of the following;

Email; g.d.young@ [btinternet.com](mailto:g.d.young@btinternet.com)

Phone; 01491 613 671

Mobile; 07976 654 893

Garry Young

Oh, and by the way we do have three places for the 2016 Marathon as a further incentive.



Results and Reports

Measured Mile - 7th February 2015

Cavan Day-Lewis	5.54	Errol Clarke	8.48
Kevin Smart	5.56	Karen Collier	9.00
Andy Fox	6.16	Kath Donaldson	9.11
Steve Paull	6.26	Deborah Norman	9.15
Simon Aberly	6.40	Gagan Khullar	9.19
Caroline Day-Lewis	6.48	Karen Leary	9.20
Danny Collier	6.54	Sarah Westwood	9.24
Dave Young	7.00	Steph White	9.25
Nagendra Bisht	7.02	Julie Smith	9.36
Adam Leary	7.04	Titiana Spotti	9.37
Eleanor Murray	7.06	Linda Gaitskell &	9.39
Emma Rackham	7.08	Bob Manning	
Ruth Tidder	7.09	Arnold Glickman	9.45
Andrew Collier	7.15	Penny Hudson	9.49
Jordan Spence	7.19	Hema Thakur	9.50
Mike Ransome	7.19	Veronica Georgescu	9.51
Caroline Attack	7.21	Joe Millberry	10.05
Julia Allen	7.52	Jarina Khatun	10.07
Juliette Nola	7.54	Debbie Moynihan	10.09
Anne Nola	7.56	Tian Hollingshead	10.18
Dave Brown	7.56	Claire Millberry	10.23
Natalie Tidder	7.59	Sam Milberry	10.33
Megan Bantleman	8.00	Sukriti Bisht	11.06
Anjali Patel	8.21	Ana Ada	11.19
Malvika Bisht	8.24	Sujata Patel	11.59
Richard Hayward	8.35	Ishika Parmar	12.00
Barbara Reading	8.37	Dharmishta Parmar	12.02
Janice Newman &	8.39	Anne Leigh	12.14
Ceri Jacob		Barbara Robson	12.43

A crisp cold morning saw 56 Metros turn up for the Measured Mile today. A special welcome to some new faces doing their first mile, good to see more people taking part and we hope to see you at the next one in May. 13 Metros improved their time today on the November Mile and as a result they are in competition for the trophy but everyone who took part today can still compete because improvement has to be over 3 consecutive miles and there are 2 more to do in this year's contest. As usual there were several helpers so my grateful thanks go to Sonya for generously handing out lolly sticks, Teresa for superb stopwatching and Irene for splendid support in both carrying over discarded tops and jackets to the finish and helping to transfer the times to the names. Keep up the training, see you all again in May for the next Measured Mile.
Angela



parkrun Results

If you would like to see your results in Metrolines, please do send them on to us (metrolines1@gmail.com).

Spencer Millbery New Year's Day:
Bushy parkrun @ 9:00 - 24:46
Run 2.5 miles to
Kingston parkrun @ 10:00 - 26:00
Run 2.5 miles back to Bushy
I did it with these ultra runners/ocr's
who I had been chatting with
on Twitter



Brian McGrory Gladstone:
24/01/15 24:35
31/01/15 24:15



Watford Junior Challenge 1st February 2015

Under 14s, 12s and 10s

1st 08.55
4th Christopher Hudson 09.36 1st U12B - PB for course
111 finishers (last 20:54)

Evie Light won the girls race in a time of 5.40, ahead of Holly Cameron (5.51).

In the Under-10's 2.5k event, York House's Thomas Hobbs won in a time of 9.42 which was well clear of nearest challenger Scott Gildersleve (10.44).

Charlotte House's Sabrina Jansen topped the girls race in 11.02, ahead of Scarlett Gammell (11.17).

Christopher Hudson won the Under-12's 2.5k race after finishing in 9.36. James Dunne was the runner-up in a time of 10.35.

Royal Masonic's Freya Witheat won the girls event in 10.53, ahead of Leavesden Green's Charlotte Masters (11.00).

In the Under-14 competition, Watford Grammar School for Boys' Oliver Griffiths stormed to victory in a time of 8.55. Queens' Adithya Nandakumar was runner-up after recording 9.23.

Royal Masonic's Grace Ingles won the girls race in 9.12 ahead of Caitlin Johal (10.29).

Alexandra Sapte won the over-14's race in a time of 10.33.



Watford Half Marathon 1st February 2015

			Chip time	
1			01:06:52	
15	Nigel	Rackham	01:16:15	1st V50
66	Gary	Warren	01:22:14	
216	Fatmir	Sulmataj	01:31:24	
219	Nathan	Powell	01:31:25	
289	Kevin	Smart	01:34:46	
334	Richard	Simon	01:36:21	
420	Chris	Shearwood	01:38:32	
479	Steve	Paull	01:39:48	
570	Russell	Hewlett	01:41:19	
559	Michael	Morris	01:42:02	
701	John	Norris	01:43:38	
764	Donna	Warren	01:47:18	
825	Sonny	Peart	01:48:42	
975	Spencer	Millbery	01:52:26	
1092	Gertrud	Porter	01:55:35	
1223	Raj	Varshani	01:58:02	
1301	Linda	Dunne	01:59:58	
1341	Mark	Mulvenna	02:00:10	
1376	Bernie	Conway	02:03:54	
1576	Janet	Hogg	02:10:37	
1577	Mandy	Beuselinck	02:10:37	
1564	Michael	Ransome	02:11:02	
1678	Caprice	Beggs	02:18:09	
1691	Gerry	Barker	02:20:08	
1765	Anne	Ambrose	02:29:21	
1780	Trish	Hewlett	02:33:28	
1822	finishers		03:10:50	



Harrow Hill Race 15th February 2015

1		0:36:51
3	Gary Warren	0:38:01
11	Fatmir Sulmataj	0:41:43
25	Kevin Smart	0:44:44
34	Stephen Paull	0:46:05
35	John Norris	0:46:14
36	Russell Hewlett	0:46:53
38	Anthony Bellis	0:47:18
40	Dave Young	0:47:31
49	Shirome Bhandari	0:48:33
56	Tracey Tyrrell	0:49:17
60	Caroline Day-Lewis	0:50:07
62	Donna Warren	0:50:36
74	Spencer Millbery	0:52:19
78	John Gorton	0:52:42
81	Gordon Valentine	0:53:10
88	Emma Rackham	0:53:45
99	Adam Leary	0:54:41
102	Ruth Tidder	0:55:27
114	Bernie Conway	0:56:33
115	Mark Mulvenna	0:56:42
130	Gerry Barker	0:59:05
139	Caprice Beggs	1:00:03
140	Nagendra Bisht	1:00:07
147	Sandra Young	1:01:53
148	Janice Newman	1:02:08
150	Carole Wells	1:02:12
156	Paul Gardner	1:02:54
168	Richard Hayward	1:06:41
174	Geraldine Gill	1:08:36
176	Veronica Georgescu	1:09:13
179	Kathleen Donaldson	1:11:15
182	Arnold Glickman	1:13:53
190	Penny Hudson	1:16:47
193	Linda Gaitskell	1:22:44
194	Angela Murphy	1:22:44
196	Graham Hart	1:33:11
	(guiding Louise Simpson)	
198	Marion Rogan	1:33:11
	(sweeper)	



Just a quick note to say a huge thank you to everyone at the club who was involved with the Harrow Hill race. I really appreciate the way so many people contribute to making it a success.

I'm so sorry if I miss anyone out below, but there are so many!

Irene for taking the entries and recovering from a software crash the day before the race and Jane H who helped Mrs Unflappable on the day;
Peter for co-ordinating the marshals and of course all family and friends and Metros who once again marshalled;
Bob, Teresa, Emma, Jane S with the timing;
Mark for arranging the race clock from our friends at Sudbury Court;
Dave and Teresa for setting up and putting away and dealing well with lack of finish funnel and a dodgy race map;
The number distribution team;
Our two results runners Aaron and Kirstie;
Al and Henry on the water station;
Our fantastic goody bag distributors;
Raquel and Nathalie in the baggage pavilion;
Frances and Barbara on the refreshment stall;
All the amazing people who baked and donated the gorgeous cakes and Jane S for making the soup;
Donna for keeping us in PowerAde;
Jane H and Gertrud for arranging the spot prizes;
Kevin for keeping the website up to date;
Pat for collecting the prizes from RW;
The Metros who braved the hills and ran on the day.....

The list goes on!

Thank you all.

I'd appreciate any feedback you might have on the race - observations of what went well, where we might improve things - all welcome. Also, if you ran and get the time to go on to Runners World and leave feedback on the event there I'd be grateful as it helps other runners who may be considering running the race in future years.

Mandy Beuselinck

More pictures from Harrow Hill race.



Craven Cottage 10K 7th February 2015

1	35:44
183 Richard Hayward	1:02:43
202 finishers	

Bramley 20 miles 15th February 2015

1	1:51:26
10 Nigel Rackham	1:55:09
743 finishers	

10K Challenge 3rd January 2015

Nigel Rackham	36:14	86.11%	Gold
Pauline Bishop	53:55	75.92%	Gold
Kevin Smart	43:32	73.47%	Gold
Dave Young	48:04	69.45%	Silver
Barbara Reading	64:09	67.78%	Silver
Donna Warren	48:06	67.08%	Silver
Caroline Day-Lewis	50:22	65.88%	Silver
Mike Morris	46:18	64.74%	Silver
Andy Fox	48:29	63.83%	Silver
Brett Rafferty	42:40	62.99%	Silver
Kath Donaldson	70:54	62.32%	Silver
Simon Aberly	50:05	61.29%	Bronze
Mike Ransome	56:14	60.42%	Bronze
Cavan Day-Lewis	47:31	58.43%	Bronze
Julia Allen	57:34	58.28%	Bronze
John Norris	47:24	57.87%	Bronze
Emma Rackham	55:04	55.08%	Bronze
Andrew Collier	57:38	52.84%	
Tiziana Spotti	71:09	52.17%	
Caroline Attack	59:09	52.16%	
Spencer Milberry	53:59	51.48%	
Veronica Georgescu	78:57	51.09%	
Geraldine Gill	68:30	48.98%	
Julie Smith	73:39	47.23%	
Hema Thakur	73:43	44.56%	
Nagendra Bisht	68:34	42.71%	
Claire Lacoste	68:34		
Mahira	70:54		
Raquel Russell Ponte	68:11		

Well done to all those who completed the 10K on a cold and wet start to the New Year.

Teresa

Runner's Recipes

Judy's

Almond Topped Apricot Cake

There was some discussion on Saturday as to whether the almond cake I provided was shop bought or not. This is the evidence that it was homemade!

Ingredients - serves 12

Cake:

125g butter, softened
175g caster sugar
3 eggs
175g self raising flour
75g ground almonds
125g dried apricots, chopped

Topping:

50g butter
1 tsp golden syrup
50g Demerara sugar
50g flaked almonds



Method

Preheat oven to 180°C.

Grease and base line a 20cm diameter circular tin, preferably spring clipped.

Cream caster sugar and butter together.

Gradually add the eggs, beating in with 1 tbsp flour.

Fold in the remaining flour, the ground almonds and the apricots.

Spoon into the prepared tin and level the top.

Bake for 45 - 50 minutes.

Towards the end of cooking time, put the butter, Demerara sugar and syrup in a bowl.

Heat gently in the microwave until the sugar dissolves.

Stir in the almonds.

Spoon over the hot cake after it has had its 40-45 minutes baking time.

Return to oven for a further 10-15 minutes to brown.

Serve hot as a pudding, or allow to cool and serve as cake.

NOTES OF METROS COMMITTEE MEETING

Wednesday 4 February 2015 at the Methodist Church at 8.00 pm

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

APOLOGIES: Mandy Beuselinck, Penny Rawlins, Tracey Tyrrell, Sandra Young.

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 – 3 December 2014

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 – Mandy has added one to the Metros Web site and Facebook for members to download. Pat has displayed a copy on the Scout Hall Notice Board.

ITEM CLOSED

Metros Gazebo – Nigel was thanked for organising the purchase of a 6 x 3m gazebo which will be tested at the Harrow Hill Race.

ITEM CLOSED

First Aiders – Margaret Smith has held a basic course and a sports injury course for Metros members.

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

Christmas Messages – the total of donations received for the messages in the December Metrolines was £300. Barbara personally presented the cheque to the Leukaemia Charity based at the Churchill Hospital, Oxford where her daughter Susan is being treated. Barbara thanked Metros members for their generosity.

ITEM CLOSED

Barn Dance – Penny Rawlins and Sandra Young are checking available dates for suitable venues including the Harrow Museum. When agreed, they will book a band and organise a catering team.

ACTION: Penny Rawlins/Sandra Young

Saturday Refreshment Donations - Nigel will give the donations to the food bank when a reasonable amount is collected.

'Twin' Running Club – Tracey is at present unable to investigate a possible link with Metros and another club in Ireland and the Harrow 'twin' town, Douai in France. Volunteer/s are needed if Metros are to pursue this. **ACTION ALL MEMBERS**

Saturday Morning – Irene confirmed that the three to four week rota regarding keys to be held for the Scout Hall is working well. She intends to organise a shared calendar.

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 – Nigel confirmed that, with the purchase of extra food, there was more than enough available. It was agreed that the event at the new course had gone well and Jane Scoffham, co-ordinator was thanked for organizing. Marilyn confirmed that a few adjustments to the course could be made in future. Marilyn will check with Jane the cost of hiring the facilities. **ACTION:** Marilyn Pickford

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

Hon Vice Chairman – Sarah had nothing to report.

Hon. Secretary – Peter stated that the insurance provided by Metros club affiliation to England Athletics was excellent. He also confirmed that competing members fees to England Athletics are due at the end of March - £12 this year. Last year Metros had 45 competing members, if there were 50 competing members Metros would get two, not one club place in the London Marathon. Peter will request payment in Metrolines.

ACTION: Peter Beuselinck

Hon. Treasurer – Nigel was thanked for producing and distributing the club accounts for nine months ended 31 December.

Hon. Membership Secretary: Irene listed those who had not renewed and 231 members confirmed. It was emphasised that all new member applications are approved only by agreement of the Metros Committee.

The following applications were confirmed:

Sajid Khurshid, West Harrow; Claire, Joe and Sam Millbery, Stanmore and Rob Pickford, Rickmansworth.

Irene had needed to urgently purchase a new laptop to be used for Metros membership and the Harrow Hill Race entries. The Race Master package can be used on this lap top. Nigel will reimburse Irene. **ACTION:** Nigel Rackham

REPORTS OF CO-ORDINATORS

Metros Kit – Pat confirmed that Linda Dunne is hoping to embroider garments in the future and it was agreed that Metros would pay her a set up charge for the Metros running man logo.

ACTION: Nigel Rackham

There have been several requests recently for childrens' T-shirts and Pat is investigating.

ACTION: Pat Jackson

Harrow Hill Run – Peter confirmed that the event is now full, two weeks earlier than last year. Peter particularly thanked Mandy Beuselinck for her tireless organisation, Irene Paull for handling the entries and Kevin Smart for very professional web site and e-mail advertising. Just recently the Safety Advisory Committee of Brent Council had raised matters which have since been agreed. Race numbers will be issued on the day and programmes have been sent via e-mail to reduce costs. As agreed, the Harrow MS Therapy Centre charity will receive a percentage of the profits. Peter and Mandy were thanked for their excellent organisation.

Peter will advertise for more marshals.

ACTION: Peter Beuselinck

Pat will organise prize vouchers and bags for finishers' goodies from Runner's World.

ACTION: Pat Jackson

The meeting finished at 9.18 pm

Date of Next Committee Meeting – Wednesday 4 March
Wednesday 1 April

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

Committee Meetings

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

First Aid

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

Jane Scoffham - tel. 01895 270245

First Aid Course

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

Margaret Smith

Facebook Page

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

Metrolines

Contributions to: Penny and Jane Hudson

Email: metrolines1@gmail.com

Contributions by: 15th of each month please.

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

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

Photocopying: Pat Jackson

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

Group email address: metrosrc@googlegroups.com

Advertising

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

Full page £5

Half page £3

Quarter page £2

Coaching/Leadership/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.