



November 2015

Issue No. 326



**Harrow parkrun
Mob match - Metros vs Sudbury Court
Saturday 19th September 2015**

Metros Diary

OCT

Sun 25 **Ricky Road Run 10 miles** **10.30 am**

NOV

Wed 4 **Committee Meeting** **8.00 pm**

Fri 6 **Quiz and Awards Night, Lowlands Tennis Club** **6.45 pm**

Sat 7 **Measured Mile, Roxbourne Park** **9.20 & 9.40 am**

Sat 14 **Food Bank Donation, Roxbourne Park**

Sun 15 **TVXC Datchet Dashers** **11.00 am**

Sat 21 **5K Race, Roxbourne Park** **9.15 am**

Sun 22 **TVXC Sandhurst Joggers** **11.00 am**

Sun 29 **TVXC Handy Cross** **11.00 am**

DEC

Wed 2 **Committee Meeting** **8.00 pm**

Sat 5 **5 mile handicap, Roxbourne Park** **8.50 am**

Sun 6 **Bedford Half Marathon** **10.00 am**

Sat 12 **Food Bank Donation, Roxbourne Park**

Sun 13 **TVXC Metros** **11.00 am**

Sat 19 **Wot No Watch, Roxbourne Park** **9.20 & 9.40 am**

Sat 19 **Christmas Drinks at the Rackhams'** **7.00 pm**

Sun 20 **TVXC Reading Road Runners, provisional date** **11.00 am**

JAN

Fri 1 **Serpentine New Year's Day 10K** **11.00 am**

Sat 2 **10K Challenge, 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 **TVXC Bracknell Forest Runners** **11.00 am**

Sun 24 **TVXC Tadley Runners** **11.00 am**

Sun 24 **Fred Hughes 10** **10.00 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!

Enjoy reading this issue – as you will see there are plenty of results to browse through. Please continue to email us with your results and achievements – we love to hear from you especially if you have been somewhere ‘different’, had a PB or done something you’re proud of ☺.

We take the parkrun results from the consolidated club report on the website, so if you are not registered as a Metro and would like your result published, please email us with the details. Keep enjoying your running on these autumn days, and we look forward to seeing you at the quiz and awards night – good luck if you are entering the club ballots for London Marathon – see later in this issue for details.

Jane and Penny Hudson

Christmas Messages

This year we will be collecting Christmas messages and donations at the quiz night and running sessions for December publication.

The idea is that you put a message in Metrolines and make a donation to charity (to be chosen by the committee) instead of giving lots of cards to all your Metros friends.

So if you would like to participate please see Penny or Jane Hudson.



It's Back!



BARN DANCE

with **Live** Irish Ceili Band

Save the date - **Saturday 5th March 2016**

Tickets on sale soon (look out for them at the Quiz night)
Prices held at £15 per adult, £7.50 for 11-17 year olds
and under 11s free.
Friends and family welcome!



Cross Country



The Thames Valley Cross Country League is based around 8 races held from October to February each year.

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.

Dates for the 2015/2016 season are shown below - put them in your diaries now.

15th November 2015 - Datchet Dashers

22nd November 2015 - Sandhurst Joggers

29th November 2015 - Handy Cross

13th December 2015 - Metros

20th December 2015 - Reading Road Runners

17th January 2016 - Bracknell Forest Runners

24th January 2016 - Tadley Runners

7th February 2016 - Thames Valley Triathletes

These dates may be subject to change.

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



Date for your Diary

Harrow Hill Race 10K
Sunday 14th February 2016





London Marathon 2016 - Club Places Draw



Each year the club receives guaranteed entries for the London Marathon. The places are allocated to clubs affiliated to English Athletics who apply and are successful in their application. For the 2016 London Marathon we have been allocated one club place. The club typically also receives three places to thank us for manning the water station at Canary Wharf. These places have yet to be confirmed for 2016, and we hope to have confirmation by the end of the month. The allocation of places to members is done by draws, and this year we plan to hold the draws at the club quiz night on 6th November.

To enter the draw for the club place you must have proof of a rejected entry for the 2016 marathon. The club place draw is open to all paid up members of Metros who have also been members for at least one year. Metros must be your first claim club. You must already be a paid up member affiliated to English Athletics. Members who received a place in 2015 through the club draw will not be eligible to enter the draw for 2016.

The draw for the water station places is only open to those who assisted with the water station in 2015. If there are more places than draw entrants, the extra places will be put into the club draw.

All entrants to the Marathon must be 18 years or over by the day of the race. If successful in either draw you will be expected to run in Metros kit on the day. We ask that members currently nursing any long-term injuries do not enter the draw.

Please send your applications for both draws to me at p_beuselinck@yahoo.co.uk by 1st November. If eligible, you can enter both draws.

I will be managing the marathon water station for next year, taking over from Garry Young. After the draws I will be requesting 12 volunteers to help with the station next year. Please look out for subsequent email requests in November.

Regards,
Peter Beuselinck
Metros RC Secretary
07872 544898



Achievements

Well done to ...

(corrections from last month)

Donna Warren for a 5K PB and being 1st Lady at Northala parkrun

Sasha Birkin for being 1st lady at Aldenham parkrun (twice!)

And this month ...

Brian McGrory another parkrun PB at Northala on 26th September

Janice Newman for having the highest age graded percentage at Northala parkrun on 3rd October with 82% and a parkrun PB

Donna Warren, Brett Rafferty and Sasha Birkin for PBs at South Bucks 10K.

Sasha Birkin for being 1st lady at South Bucks 10K

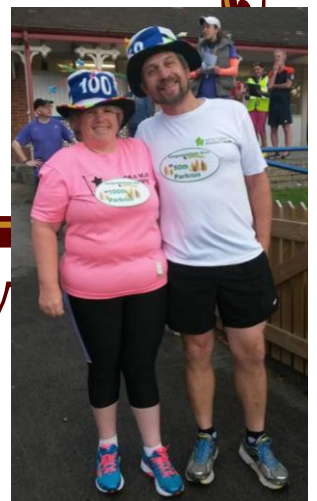
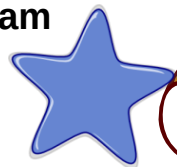
Lucy Ashe, Donna Warren, Hilarie Lemon and Nigel Rackham for breaking records at the Brian Jackson Fun Run.

Karen Perry and Shari St Hill for their 1st Half Marathon

Mike Morris for a PB in the Wot No Watch mile, in an amazing 6:03. And well done to **Mason Murray** for his first mile in 8.55

Richard Hayward for a PB at Northala parkrun on 17th October

Sue Davie for running her 100th parkrun along with husband **Alun Davie** running his 50th.



Achievements

Moor Park 10K

Well done to ...

Nigel Rackham for winning and 1st V50

Nigel Rackham, Brett Rafferty, Mitesh Patel and Matthew Rackham - 1st Men's team

Sasha Birkin, Donna Warren, Linda Dunne and Emma Rackham - 1st Ladies' team

Steve Paull - 1st V60

Sasha Birkin - 2nd lady and 2nd FV35

Donna Warren - 2nd FV45

Janice Newman - 2nd FV55

Emma Rackham and Linda Dunne for their 1st running prizes



A typical day out for the Rackham family!



Drugs in sport, how can you tell who is legit?

I was reading the Mo Farah/Alberto Salazar stuff the other day and once again I started thinking. The other month it was stated that Kenyans had been caught doping, which makes it seem like long distance athletes get up to it as well as sprinters for I had, up to that point, thought it was only sprinters that did this sort of thing. It seems I am wrong.

I have rarely been in a gym, never for exercise and certainly not for weightlifting, so I have no idea whether doing that and eating steak can give you the sort of upper body that so many of the sprinters seem to have. They do seem unnatural. I do remember from my working days a bloke who did weights and spent most of his spare time in a gym. He said that steroids were easily available where he went (he denied taking them, he certainly ate a lot).

So if it is not a "level playing field" at the top level of athletics, what is it like at our level? What is to stop a mid-pack runner with an ego taking whatever it is they take to achieve the satisfaction of a few personal bests, maybe to achieve age-group victories, even if they couldn't ever challenge the more highly-trained and more talented runners.

To the cynics amongst us, and taking this line to its extreme, nobody could ever make any improvement without being accused of cheating, and we all know that is ridiculous.

And what fails a drug test? I couldn't tell you. You hear stories of cold remedies failing a test, asthma medication also. I have in my medicine cabinet a tube of Ibuprofen Gel for rubbing on my creaky old joints before my trot round the park. Does this fail a test? Would the fact that I'd taken it show up in my pee?

Anybody out there know?

Lastly, how is it possible to miss three drug tests? We all can say fairly accurately where in the world we'll be at a certain time. Footballers have a reputation for being a bit thick and may have an excuse, but that is not the case with athletes. Most seem intelligent enough and more when that microphone is put under their noses after a poor performance at a games. Perhaps they're non-taking, or not the right drugs anyway!!!

Creatine anyone?

Old Roxeth

Metros JOB VACANCY

Position: Race Director for the Metros host fixture of the Summer League.

Qualifications: None.

Job Description: Organise and race direct on the day.

Salary: Same scale as other Metros Co-ordinator posts ie none.

Some Jobs Involved: Liaising with Harrow Council, Traffic and Works Departments. Organising volunteers to set up and dismantle the three courses, marshal, time runners, serve refreshments. These jobs are divided amongst many individuals but there needs to be one person to take overall charge.

Training: I am happy to help anyone who volunteers, individual or group organise the event next year, dealing with the necessary administration prior to the day and helping on the day.

Help Available: Apart from me and Donna Warren – fantastic support from Metros members who make this role much easier.

Reason for vacancy: Donna Warren, who was our excellent Race Director last year, is unable to continue in that role.

Since this league was formed in 1986 (formally called the London league) I have helped by doing the necessary administration for our host fixture prior to the day and, in recent years been Race Director.

Donna Warren, who took over the role of Race Director so efficiently last year, is unable to continue in that role but will also help with a hand over.

Although June next year sounds a long way off, the dates for the new season are being formulated now, so volunteers are needed soon please. Anyone who would like more information before committing themselves, please contact me.

Thank you in anticipation.

Pat Jackson
020 8868 5683



Some of this year's team.

Kathryn Herring Award

presented to

Claire Millbery

October 2015



This award is in memory of Kathryn Herring who, with her husband and two daughters, was a member of Metros some years ago. Husband Adrian and two young daughters ran with Metros. Kath came along to Saturday mornings in Roxbourne Park and joined in with the training but didn't participate in many other running events.

Sadly she died and Adrian asked for the award to be presented to someone similar and for it to be presented separate from the awards night, reflecting the fact that Kath did not take her running too seriously, although she always enjoyed it. Hence the award is presented at the Metros Annual Fun Run – the Brian Jackson Fun Run.

Pat Jackson

METROS WINTER KIT

Winter is approaching and I'm collecting orders for Metros winter kit – fleece jackets, hoodies, hats. To set up the embroidery, a minimum number of garments in navy blue or yellow needs to be ordered. If you would like to order this kit please contact me in the Scout Hall on Saturday mornings or e-mail or ring me:

Pat Jackson – patjacksonhome@hotmail.com 020 8868 5683

....another job vacancy!!

Harrow Hill Race - Could You Be The Next Race Director?

Peter and I intend to stand down from organising HHR in the coming few years.

Thinking ahead, it is only sensible that we start to line someone up to replace us in a way that allows us to guide them through what is required and have us on hand to refer back to so we can ensure continuity of this popular event. With this in mind, we are looking for someone to shadow us starting immediately in the organisation for 2016 with a view to them taking over in 2017 with us still available to advise.

So what's involved?

- setting a date to hold the race;
- securing the race licence with UK Athletics;
- setting a price for entry and advertising;
- liaising with Harrow and Brent Council - the Safety Advisory Group and the traffic and works department;
- ordering medals, sorting out goodies and refreshments for the day;
- organising volunteers and marshals for the day;
- arranging for sunshine and cool but not rainy conditions on the day of the race.
- taking entries, sorting out prizes, publishing results;

Remember - not all of this needs to be done by one person - delegation is key but we do need a Race Director to take overall charge.

If you are looking for an insight into race organisation and are happy to roll up your sleeves and get involved, I can guarantee that this role will give you a huge amount of experience and satisfaction. With the phased handover you won't be left exposed at any time and we will be on hand to offer as little or as much guidance as you need. There's also the small matter of this looking very good on your CV.

We're ramping up the organisation for the 2016 event now. Please get in touch if you are at all interested and would like to discuss.

Mandy and Peter Beuselinck
a_beuselinck@yahoo.co.uk

07545 827106



QUIZ & AWARDS PRESENTATION EVENING

Date: Friday 6th November 2015

Time: 6.45 pm for a prompt start at 7.00 pm

Venue: Lowlands Tennis Club, Lowlands Road, Eastcote

The awards presented will include the following:

Metros Thames Valley League 2014-2015

Metros Summer League 2015

The Bill Gardner Summer League Award

Track & Field MBEs & Track Shields

Metros 5 Mile Handicap

Metros 5 Mile Walk Shield and Certificates

10K Challenge Awards

Ann Marsden 5K Award

Keith Adsley Award

LRRC Trophies

The Young Runner's Award

Beginner Runner's Award

The Aaron Breen Awards for Services to Family Running

The Runners' Awards



Quiz

The rounds of the quiz will be between the presentation of the various awards.

It is suggested that teams should consist of no more than ten.

A Bar is available (you can bring your own nibbles)

*****Once again the evening is open to Metros members and their immediate families only. This is due to increased numbers*****



Further information from **Pat Jackson 020 8868 5683**

THE 36th ANNUAL Metros FUN RUN - THE BRIAN JACKSON FUN RUN Saturday 3rd October, Roxbourne Park



Five records were broken at the 36th consecutive annual fun run by Lucy Ashe, Hilarie Lemon, Nigel Rackham and Donna Warren. Hopefully others achieved their own PBs.

79 runners and walkers completed at least one of the runs or walk this year – 62 in the first 4Km run and 27 in the BJ Challenge (all three races - 4Km, 4Km, 2Km - to complete 10Km).

The Bus Pass Challenge events – 2Km run, 2Km walk and Duathlon (combined 2Km run and 2Km walk times) were also well supported with awards for those over 60 years. Hilarie Lemon took all three awards for women, Dave Young the 2K run, Dave Brown the walk and duathlon.

The date was later than usual and the course a little different with a path near the model railway. The grass had been cut so the area has not been given over to a 'wild' area yet as threatened last year.

Steve Alder has produced an excellent computer program to record all the results which also does the calculations for the BJ Challenge quickly and correctly. See the full results in this issue.

As always no Metros event would take place, or be successful, without help. There were so many who helped in some way. I'd like to thank those who arrived early to help prepare the Scout Hall for the post-race presentation, set up the course, registered the participants, marshalled, recorded finishing times and numbers, helped process results, clear up the course, serve tea and coffee and provide cakes etc at the presentation at the Scout Hall after.

A working party has been set up to review this event and, hopefully, it will be even better next year.

Again without those who came to run and walk and help there would be no event so thank you and here's to next year, the 37th event.

Pat Jackson

Results and Reports

Berlin Marathon - 28th September 2015

1	2:04:00
7879 Christopher Shearwood	3:33:57
27919 finishers - last	7:07:26

For obvious reasons, I didn't take any photos of my own race but, the afternoon before, Gill and I just happened to be sitting outside a cafe on Unter den Linden and we caught the inline skating marathon - dare I say it, providing more exciting pix than the runners did. **Chris**



Richmond Half Marathon - 6th September 2015

1	1:07:59
712 Caroline Day-Lewis	1:47:21
2801 finishers - last	3:29:04



Bournemouth Supersonic 10K - 2nd October 2015

1	0:34:52
1388 Sue Davie	1:21:35
1443 finishers - last	3:50:00

September 26th Spooky Sprint 10K at Waddesdon Manor

This was a night run lit with headtorches around a very undulating double (5K) route, lots of skeletons, witches etc (plus bizarrely, the Cheeky Girls!).

1st place	39.08
9th Adam Leary	47.51
40th Karen Leary	67.02
final runner	85.24



South Bucks 10K - 4th October 2015

1		0:33:19
15	Brett Rafferty	0:38:46 PB
20	Sasha Birkin	0:39:29 1st Lady PB
55	Donna Warren	0:44:01 PB
152	Jason Bowles	0:57:28
155	Glyn Watkins	0:57:47
210 runners - last		1:27:13



Moor Park 10K - 27th September 2015

1	Nigel Rackham	0:35:44
12	Brett Rafferty	0:40:01
17	Mitesh Patel	0:40:55
22	Sasha Birkin	0:41:34
26	Matthew Rackham	0:41:51
41	Anthony Bellis	0:43:32
44	Steve Paull	0:43:47
53	John Norris	0:44:54
62	Donna Warren	0:45:32
78	Peter Rackham	0:46:50
85	Brian McGrory	0:47:48
109	David Young	0:49:08
150	Sonny Peart	0:51:46
160	John Gorton	0:52:25
162	Linda Dunne	0:52:34
251	Janice Newman	0:57:39
267	Bernadette Conway	0:58:18
274	Pauline Bishop	0:58:31
281	Glyn Watkins	0:58:42
290	Marion Rogan	0:59:01
315	Michael Ransome	1:00:24
343	Gordon Valentine	1:02:02
373	Carole Wells	1:04:15
374	Judy Rackham	1:04:18
377	Veronica Georgescu	1:04:32
395	Marilyn Pickford	1:05:43
442	Geraldine Gill	1:11:36
444	Linda Gaitskell	1:11:51
445	Stephen Alder	1:11:51
448	Penny Hudson	1:12:44
484	Sonya Grist	1:23:00



from My Northwood News

Moor Park Junior Races

Under 15 Boys & Girls

1	Laurance Edwards	0:13:42
16	Sam Sadomo	0:17:38
58 finishers		

Under 12 Boys

1		0:09:46
9	Christopher Hudson	0:10:22
70 finishers		

Under 10 Boys

1		0:05:01
6	Max Dadomo	0:05:12
171 finishers		

Under 7 Boys & Girls

1		0:04:07
198	Finn O'Reilly	0:09:05
198 finishers		



Decathlon Reading O2O 10K 4th October 2015

1		0:34:34
22	Anthony Bellis	0:41:50
415 finishers		

Abbots Langley Tough 10K 4th October 2015

1		0:31:59
51	Simon Aberly	0:47:43
179 finishers		

Run With the Girls 10K 4th October 2015

1		0:33:46
347	Alyson Angelides	1:16:41
359 finishers		



Ley Hill Challenge 10K 4th October 2015

1		0:40:12
39	Sonny Peart	0:52:40
92 finishers		

Royal Parks Half 11th October 2015

1		1:09:37
9364	Mike Ransome	2:10:59
13270	Anne Ambrose	2:36:32
14228	Karen Perry	2:55:27
14442	Shari St Hill	3:06:03
14746 finishers		



parkrun Results - Mob Match Saturday 19.9.15
Metros vs Sudbury Court

Metros

Nigel Rackham	17.01	88.83%
Brett Rafferty	19.04	67.83%
Mitesh Patel	19.04	67.83%
Sasha Birkin	20.15	77.7%
Anthony Bellis	20.32	63.56%
Brian McGrory	20.40	73.15%
Steve Paull	21.16	76.72%
Jonathan Evan-		
Hughes	22.19	66.09%
Sonny Peart	22.20	64.48%
Dave Young	22.33	71.77%
Barry Nolan	23.27	61.41%
Simon Abery	23.52	61.8%
Jackie Bowles	25.59	62.99%
Max Dadomo	26.04	65.28%
Jason Bowles	26.41	52.72%
Simon Dadomo	25.45	52.21%
Emma Rackham	27.01	54.78%
Tian Hollingshead	27.20	51.89%
Jane Hudson	27.41	65.38%
Andrew Collier	27.53	52.9%
Glyn Watkins	28.13	57.35%
Pauline Bishop	28.39	60.79%
Errol Clarke	29.13	50.48%
Julia Allen	29.15	55.95%
Kath Donaldson	30.19	71.08%
Irene Paull	30.24	61.18%
Kyie Hollingshead	30.42	49.84%
Anne Ambrose	30.55	60.16%
Veronica		
Georgescu	30.59	65.41%
Judy Rackham	31.28	56.78%
Arnold Glickman	32.25	53.21%
Joanna Collier	32.46	50.56%
Teresa Young	33.05	55.47%
Nancy Morris	33.29	47.44%
Stephanie White	33.48	55.82%
Penny Hudson	33.52	52.07%

Sudbury Court

Colin Goulding	20.14	65.98%
Tony Watson	20.49	75.74%
Sean Breen	23.13	63.53%
Victor Tsui	24.32	53.74%
Mark Mulvenna	24.57	60.59%
Martin Garrett	25.11	64.26%
Peter Higgins	26.08	50.45%
Rita Scollan	27.57	53.31%
Kay Bennett	29.52	50.22%
Lise Flanagan	31.43	41.45%
Amy Watson	32.16	47.42%

Average Age Graded %

Metros	61.19%
Sudbury Court	56.97%

parkrun Results

Northala Fields

10.10.15	
Brett Rafferty	18.42
26.9.15	
Brian McGrory	20.21
Patricia Hewlett	34.07

Black Park

10.10.15	
Gordon Valentine	27.41
Glyn Watkins	28.31
3.10.15	
Glyn Watkins	30.56
Linda Gaitskell	34.55
26.9.15	
Glyn Watkins	28.36

Cassiobury

10.10.15	
Sasha Birkin (1st)	19.02
3.10.15	
Peter Reynolds	22.02

Harrow

10.10.15	
Brian McGrory	20.53
Nathan Powell	20.53
Sukriti Bisht	33.58
Nagendra Bisht	34.00
Malvika Bisht	34.17
Seema Bisht	41.06
3.10.15	
John Norris	22.00
Sonny Peart	23.14
Christopher Kemp	23.15
Barry Nolan	23.51
Julia Allen	29.27
26.9.15	
Steve Paull	21.33
Sonny Peart	22.51
Graham Hart	25.36

Poole

Sue Davie	
10.10.15	42.18
26.9.15	44.21
19.9.15	38:09

South Oxhey

Gordon Valentine	
3.10.15	28.05
26.9.15	29.52
19.9.15	29:49

Pomphrey Hill

10.10.15	
Rebecca Walker	23.10

Riverside

3.10.15	
Nathan Powell	19.03

Gladstone

3.10.15	
Brian McGrory	20.52
Graham Hart	25.56

Bromley

Jackie Bowles	25.23
Jason Bowles	28.14

Banstead Woods

10.10.15	
Catherine Corcoran	35.23

Omitted from the Perivale Summer League results

Summer League - Perivale 5 July 2015 - 5 miles

223 Irene Paull 54m 47s

228 Nancy Morris 57m 40s



Error correction for August's Measured Mile results:

Sorry to say Kai Hollingshead should have read Kai Patel, apologies to both boys for confusing the surname.

Angela

RESULTS of the 36th METROS ANNUAL FUN RUN THE BRIAN JACKSON FUN RUN

Saturday 3 October 2014 in Roxbourne Park

The fun run consists of the following five events:

(1) Ladies' 4K run, (2) Men's 4K run, (3) 2K run; (4) 500 m for under 7 years and (5) 2K walk.

THE BJ CHALLENGE AWARDS – for three races (1), (2) and (3) - a total of 10K

THE BJ 2K CHALLENGE AWARDS – for race (3) the fastest man and woman

THE BUS PASS JOG AWARDS – incorporated in race (3) for the over 60's

THE BUS PASS WALK AWARDS – incorporated in race (5) for the over 60's

THE BUS PASS DUATHLON AWARDS – incorporated in races (3) and (5) for the over 60's

The men's 4K times are recorded in the 2nd 4K but if the 1st 4K was run, that time may have been faster

****R = New Record**

RACE (1) – 4K

GIRLS 11-14

1	Juliette Nola	21m 35s
2	Evie Wallis	22m 24s
3	Katie Leahy	23m 23s
4	Anjali Patel	25m 32s

Record (1988) :

Alexis Coleman 16m 06s

W15-34

1	Lucy Ashe	15m 47s
2	Eleanor Murray	20m 06s
3	Rangah Niranchanan	23m 50s

Record (1995) :

Kate Lockhart 15m 27s

W35-44

1	Sasha Birkin	16m 46s
2	Anne Nola	21m 58s
3	Louise O'Reilly	23m 21s
4	Claire Millbery	23m 36s
5	Karen Collier	23m 54s
6	Alison Teale	24m 02s
7	Jarina Khatun	28m 02s
8	Dharmishta Parmar	28m 40s

Record (1997) :

Jane Young 16m 03s

W45-54

1	Donna Warren	**17m 44s
2	Caroline Day-Lewis	18m 03s
3	Nicola Rochford	22m 55s
4	Karen Leary	23m 26s
5	Debra Norman	26m 18s
6	Amanda Hardy	26m 33s
7	Sue Patel	28m 03s
8	Hema Thakur	28m 06s
9	Penny Hudson	28m 14s

****Record (2015)**

Donna Warren ** 17m 44s

(Previously Petra Otto 1997 18m 17s)

W55+

1	Jane Hudson	21m 45s
2	Hilarie Lemon	21m 53s
3	Ceri Jacob	22m 35s
4	Jasia Zimmermann	23m 02s
5	Marion Rogan	23m 21s
6	Marilyn Pickford	23m 34s
7	Barbara Reading	23m 35s
8	Judy Rackham	24m 14s
9	Kath Donaldson	24m 37s
10	Irene Paull	24m 54s
11	Raquel Russel Ponte	26m 47s
12	Anne Ambrose	27m 12s
13	Debbie Moynihan	28m 05s
14	Jeanne Coker	41m 07s

Record (2012) :

Jackie Cope 19m 52s

RACE (1) – 4K**BOYS 11-14**

1	Christopher Hudson	17m 00s
2	George Leahy	18m 42s
3	Tian Hollingshead	19m 32s
4	Kyie Hollingshead	22m 51s
5	Joseph Leahy	23m 59s

Record (1983) :

Nigel Flint	13m 35s
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RACE (2) – 4K**M15-39**

1	Brett Rafferty	18m 26s
2	Mitesh Patel	18m 26s
3	Richard Hayward	23m 58s
4	Jordan Spence	28m 03s

Record (1996) :

Richard Godden	12m 43s
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M40-49

1	Patrick Leahy	15m 33s
2	Michael Morris	17m 43s
3	Indy Agnihotri	22m 32s
4	Nagendra Bisht	23m 19s

Record (2009) (in Ladies' race) :

Nigel Rackham	13m 17s
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M50 - 59

1	Nigel Rackham	**13m 50s
2	Adam Leary	18m 08s
3	Mark Mulvenna	20m 48s
4	Al Scoffham	21m 14s
5	Tim Oakley	23m 16s
6	Errol Clarke	23m 36s
7	Yoshiji Sekida	27m 44s

**Record (2015)

Nigel Rackham	13m 50s
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Previously (2014) Nigel Rackham 13m 52s)

M60+

1	David Young	16m 45s
2	Steve Paull	16m 53s
3	Mike Ransome	23m 00s
4	Dave Brown	24m 34s
5	Bob Manning	26m 30s

Record (1988) :

Roy Jeffreys	16m 2s
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RACE (3) – 2K - Incorporating the BJ 2K Challenge and the Bus Pass Jog and Bus Pass Duathlon**GIRLS 8-10**

1	Juliette Nola	9m 59s
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Record (1987) :

Hazel Donaldson	8m 05s
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BOYS 8-10

1	George Leahy	9m 06s
2	Joe Millbery	9m 46s
3	Sam Millbery	10m 51s
4	Mason Murray	11m 50s

Record (1981) :

Ben Jackson	7m 25s
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Apart from those listed above, those O/60 and those completing the BJ Challenge (10K), the following also finished:

Sasha Birkin	8m 00s
John Norris	8m 01s
Juliette Nola	9m 59s
Errol Clarke	11m 21s
Alison Teale	11m 19s
Karen Collier	11m 31s
Nicola Rochford	11m 59s
Dharmini Chikhliwala	12m 18s
Dharmishta Parmar	13m 26s
Sue Patel	13m 27s
Mark Lemon	13m 27s
Hema Thakur	13m 46s
Jarina Khatun	13m 57s

THE 2K CHALLENGE

Record for 8-10 Girls (1987):

Hazel Donaldson	8m 05s
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Record for 8-10 Boys (1981):

Ben Jackson	7m 25s
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Fastest man: Nigel Rackham 6m 54s

Fastest woman**Lucy Ashe 7m 25s

Records

Man Nigel Rackham (2009) 6m 29s

Woman **Lucy Ashe (2015) 7m 25s

Previous Record (2004) Val Swingler 7m 27s

RACE (4) 500m for UNDER 8s

Joseph Leahy
Max Murray
Fin O'Reilly
Kane O'Reilly

THE B J CHALLENGE (10K)

This event is all three races (the Ladies' 4K, the Men's 4K and the 2K), making a total distance of 10K. Plaques, to be held for one year, are awarded to the winners of each age category.

W15-34

Lucy Ashe **38m 48s
**Record Lucy Ashe 38m 48s (2015)
(Previous record: (1999) Jacqui Reid 46m31s)

W34-44

1 Anne Nola 54m 04s
Record (2003) :
Val Swingler 41m 20s

W45-54

1 Donna Warren **44m 04s
2 Caroline Day-Lewis 44m 53s
3 Karen Leary 59m 42s
4 Judy Rackham 57m 04s
5 Penny Hudson 72m 10s
**Record (2015) Donna Warren 44m 04s
(Previous Record (1997) Petra Otto 46m04s)

W55-59

1 Jane Hudson 54m 51s
2 Marion Rogan 57m 17s
3 Barbara Reading 60m 17s
4 Judy Rackham 61m 38s
5 Irene Paull 63m 02s
6 Raquel Russel Ponte 66m 24s
Record (2013) :
Gertrud Porter 49m 47s

BOYS 11-14

1 Christopher Hudson 43m 34s
Record (2010) :
James Francis 42m 14s

M15-39

1 Brett Rafferty 41m 58s
2 Mitesh Patel 44m 09s
3 Richard Hayward 56m 19s
Record (2000) :
Stuart Taylor 36m 25s

M40-49

1 Michael Morris 43m 32s
2 Patrick Leahy 48m 39s

Record (2009):
Nigel Rackham 33m 18s

M50-59

1 Nigel Rackham 34m 52s
2 Adam Leary 44m 46s
3 Mark Mulvenna 50m 52s

Record (2014): Nigel Rackham 34m 32s

M60+

1 David Young 42m 20s
2 Steve Paull 42m 46s
3 Mike Ransome 57m 17s
4 Dave Brown 60m 28s
5 Bob Manning 65m 00s

Record (2013) :
Steve Paull 42m 01s

THE BUS PASS CHALLENGE (2K) Run Award for those O/60

1st M60+ David Young 8m 09s
1st W60+ Hilarie Lemon 10m 24s

Apart from those listed above and those completing the BJ Challenge, the following O/60 also finished:

Marion Rogan 11m 15s
Marilyn Pickford 11m 42s
Angela Murphy 12m 07s
Elish Fernandes 12m 48s

Record (2013) :
Steve Paull 8m 03s

Record (2013):
Gertrud Porter 9m 35s

RACE (5) – 2K WALK also the BUS PASS CHALLENGE

1st M60+ Dave Brown 13m 32s
 1st W60+ Hilarie Lemon **13m 13s

Other finishers:

Christopher Hudson	14m	51s
Caroline Day-Lewis	15m	04s
Claire Millbery	16m	02s
Barbara Robson(0/60)	17m	15s
Barbara Reading 0/60	17m	30s
Hema Thakur	18m	09s
Jarina Khatun	18m	14s
Mark Lemon	18m	30s
Lucy Ashe	18m	30s
Sam Millbery	18m	42s
Ann Hudson (0/60)	19m	26s
Henry Pickford (0/60)	19m	52s
Martin Rogan (0/60)	19m	52s
David Young (0/60)	19m	54s
Al Scoffham	19m	56s

Record (2010) : Dave Brown 13m 03s

**Record (2015) Hilarie Lemon 13m 03s

Previously Mary Swindles (2013) 13m 29s

BUS PASS DUATHLON 2K RUN AND 2K WALK (COMBINED TIMES)

1st M60+ Dave Brown 24m 52s
 1st W60+ Hilarie Lemon 23m 21s

Other finishers:

Barbara Reading (0/60)	29m	35s
Christopher Hudson	23m	37s
Caroline Day Lewis	23m	45s
Lucy Ashe	25m	55s
David Young	28m	03s
Sam Millbery	29m	33s
Mark Lemon	31m	57s
Hema Thakur	32m	06s

Record (2009):

Dave Brown 23m 21s

Record (2013):

Mary Swindles 23m 19s

OTHER INDIVIDUAL RESULTS NOT RECORDED ELSEWHERE

Mark Lemon (1 st 4K) M50-59	20m	28s
Indy Agnihotri (1 st 4K) M40-49	22m	43s
Kai Patel (1 st 4K) M15-39	23m	11s
Kevin Eckersley (1 st 4K) M50-59	24m	25s
Angela Murphy (2 nd 4K) W55+	25m	29s
Jeanne Coker (2 nd 4K) W55+	42m	15s



THE BJ CHALLENGE (10K) FULL RESULTS

	RACE 1	RACE 2	RACE 3	
	LADIES' 4K	MEN'S 4K	2K	TOTAL
W15-34				
Lucy Ashe	15m 47s	15m 36s	**7m 25s	**38m 48s
W35-44				
Anne Nola	21m 58s	21m 33s	10m 33s	54m 04s
W45-54				
Donna Warren	17m 44s	17m 48s	8m 32s	**44m 04s
Caroline Day-Lewis	18m 03s	18m 09s	8m 41s	44m 53s
Karen Leary	23m 26s	24m 22s	11m 54s	59m 42s
Penny Hudson	28m 14s	29m 03s	14m 53s	72m 10s
W55+				
Jane Hudson	21m 45s	22m 08s	10m 58s	54m 51s
Marion Rogan	23m 21s	22m 41s	11m 15s	57m 17s
Barbara Reading	23m 35s	24m 37s	12m 05s	60m 17s
Judy Rackham	24m 14s	24m 59s	12m 25s	61m 38s
Irene Paull	24m 54s	25m 28s	12m 40s	63m 02s
Raquel Russel Ponte	26m 47s	26m 31s	13m 06s	66m 24s
BOYS 11-14				
Christopher Hudson	17m 00s	18m 04s	8m 30s	43m 34s
M15-39				
Brett Rafferty	16m 20s	18m 26s	7m 12s	41m 58s
Mitesh Patel	18m 29s	18m 26s	7m 14s	44m 09s
Richard Hayward	21m 41s	23m 58s	10m 40s	56m 19s
M40-49				
Michael Morris	17m 24s	17m 43s	8m 25s	43m 32s
Patrick Leahy	24m 00s	15m 33s	9m 06s	48m 39s
M50-59				
Nigel Rackham	14m 08s	13m 50s	6m 54s	34m 52s
Adam Leary	17m 49s	18m 08s	8m 49s	44m 46s
Mark Mulvenna	20m 14s	20m 48s	9m 50s	50m 52s
M60+				
David Young	17m 26s	16m 45s	8m 09s	42m 20s
Steve Paull	17m 32s	16m 53s	8m 21s	42m 46s
Mike Ransome	22m 56s	23m 00s	11m 21s	57m 17s
Dave Brown	23m 58s	24m 34s	11m 56s	60m 28s
Bob Manning	25m 29s	26m 30s	13m 01s	65m 00s

**** Record (2015):**

Lucy Ashe 7m 25s
(Previously Val Swingler 2004 7m 57s)

Steve Alder / Pat Jackson

****Record (2015):**

Lucy Ashe 38m 48s
(Previously Jacqui Reid 1999 46m 31s)
Donna Warren 44m 04s
(Previously Petra Otto 1997 46m 04s)

Runner's Recipes

Thai coconut pumpkin soup

This is a spicy Thai variety of pumpkin soup. You can make it mild or spicy by using different types of chillies. A quick and easy supper that's perfect for autumn!

Ingredients

Serves: 4

- 1 tablespoon vegetable oil
- 15g butter
- 1 clove garlic, chopped
- 4 shallots, chopped
- 2 small fresh red chillies, chopped
- 1 tablespoon chopped lemongrass
- 500ml chicken stock
- 350ml coconut milk
- 475g peeled and diced pumpkin
- 1 bunch fresh basil leaves



Preparation method

Prep: **10 mins** | Cook: **15 mins**

In a medium saucepan, heat oil and butter over low heat. Cook garlic, shallots, chillies and lemon grass until fragrant (be careful not to burn the garlic). Stir in chicken stock, coconut milk and pumpkin; bring to the boil. Cook until pumpkin softens.

In a blender, blend the soup in batches to a smooth or slightly chunky consistency, whatever you prefer. Serve garnished with basil leaves.

Shortcut

Use pre-made pumpkin puree instead of raw pumpkin in this recipe and your soup will be ready in even less time!

From

<http://allrecipes.co.uk/>

NOTES OF METROS COMMITTEE MEETING

Wednesday 7 October 2015 at the Methodist Church, Cannon Lane at 8.00 pm

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

APOLOGIES: Mandy Beuselinck, Penny Rawlins, Sandra Young.

NON COMMITTEE: Kath Donaldson and Steve Alder for the first item only.
Dave Brown attended the whole meeting.

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).

Metros Annual Fun Run – The Brian Jackson Fun Run Working Party – Kath Donaldson and Steve Alder asked for the committee's approval to set up a working party for suggestions on this event. This was agreed.

ACTION: Kath Donaldson/Steve Alder

MATTERS ARISING FROM THE PREVIOUS MEETING – 2 September 2015

Thames Valley Cross Country – Jane had previously reported that changes to the overall scoring system were being discussed by participating clubs. It had been agreed that Jane and Al should vote on behalf of Metros.

ACTION: Jane and Al Scoffham

First Aid – Irene will finalise the guidelines prepared by Angela Murphy and Margaret Smith and Mike Ransome will then distribute to co-ordinators. Irene will also arrange publication in Metrolines, ask Kevin to add to the Metros Web Site and also to remove reference to the Sunday run.

ACTION: Irene Paull

To facilitate the reporting of any incidents to the Chairman, Mike will liaise with Sarah regarding establishing a Metros Chairman e-mail address.

ACTION: Mike Ransome/Sarah Westwood

It was confirmed that runners feeling unwell during sessions also need to be reported. Metrolines First Aid advertisement – Penny has named the Metros Secretary as the contact for those holding a valid first aid certificate.

ITEM CLOSED

Barn Dance - Penny Rawlins had confirmed that the large Headstone Barn had been booked for Saturday 5 March 2016. Nigel has approved the contract for the band and a deposit has been paid. When received, Nigel will check the contract for the venue. Nigel will check if he has the previous cost analysis and liaise with Mike Ransome (previous Hon. Treasurer) if necessary.

ACTION: Nigel Rackham

Penny Rawlins will ask if the corkage charge could be waived.

Ticket pricing and numbers allowed at the venue will need to be agreed very soon, preferably in time for tickets to be sold at the Metros Quiz and Awards Presentation Evening on Friday 6 November.

ACTION: Penny Rawlins/Sandra Young/Nigel Rackham
Penny Hudson has designed the tickets and will seek approval. When this and the price have been approved, the event will then be advertised in Metrolines.

ACTION: Penny Hudson

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

ACTION: Irene Paull/Nigel Rackham

London Marathon

Elite Runners Drinks Station - Peter Beuselinck will take over from Garry Young as the Metros co-ordinator next year but Garry will organise the Drinks Station ballot for this year's race. Peter will contact Garry regarding a date for the ballot and, when known, it will be advertised in Metrolines.

ACTION: Peter Beuselinck/Penny Hudson

Metros Marathon Places – Peter has sent the official request for the club places. It's not yet known how many club or water station places Metros will be awarded.

ACTION: Peter Beuselinck/Garry Young

Harrow Hill Race – Mandy has been approached by the Food Bank for Metros to sponsor them next year. Mandy will ask via Metrolines for suggestions on local charities before making a decision.

Mandy has stated that she will step down as Race Director after next year and will advertise in Metrolines for a new Race Director.

ACTION: Mandy Beuselinck/Penny Hudson

Thames Relay - Mandy organised three Metros teams in the Thames River Relay on 6 September and thanked Metros for paying the entry fees. Results are recorded in Oct Metrolines including Metros winning a spot prize of a £50 charity donation which they chose to donate to the Lynda Jackson Macmillan Centre. Mandy was thanked for organising the teams entry.

ITEM CLOSED

Round Norfolk Relay – Nearer the time, Mandy will check with Jane and Al Scoffham whether or not it would be viable for Metros to enter a team next year.

ACTION: Mandy Beuselinck

Metros Web Site – relating to the comparison of the Metros web site with the success of the Metros Facebook page it was agreed that Pat would discuss with Kevin Smart

ACTION: Pat Jackson

Summer League – Pat has advertised in Metrolines for a new race director next year. Pat was asked to compile a list of 'jobs' which could be delegated.

ACTION: Pat Jackson

Irene and Pat had attended a recent wash up and planning meeting of the Summer League and had stressed the need for correct results this year.

Metros Annual Fun Run – The Brian Jackson Fun Run – Pat confirmed that the 36th run had taken place. More runners participated than in many years and at least three records had been broken. Pat commented that more runners had resulted in less help being available from non-runners.

Metros Quiz and Awards Presentation Evening – Jane and Al Scoffham and Steve Paull have agreed to organise the quiz again on Friday 6 November.

ACTION: Jane & Al Scoffham/Steve Paull

Recipients of some awards were agreed by the committee. It was agreed that, in future, run co-ordinators will be consulted.

REPORTS OF OFFICERS

Hon. Chairman – Mike had nothing to report.

Hon Vice Chairman – Sarah had nothing to report.

Hon. Secretary – Peter had reported on items earlier in the meeting.

Hon. Treasurer – Nigel was thanked for distributing an end of quarter report.

Hon. Membership Secretary: Irene confirmed there were no new applications for membership this month. Many members had not cancelled their Standing Orders which will be processed next March.

REPORTS OF CO-ORDINATORS

Already discussed earlier with actions from the last meeting.

OTHER ITEMS – None.

The meeting finished at 10.00 pm

Date of Next Committee Meeting Wednesday 4 November

Future Meetings: Wednesday 2 December

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.

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.

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

First Aid

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

Peter Beuselinck 07872 544898

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 £20, £17; 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
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.