



January 2018
Issue No. 352



Harrow Hill 10K Race

11th February 2018



Sign up now @

https://www.activetrainingworld.co.uk/events/2018/02/11/harrow_hill_10k

Metros Diary

January

Sat 6	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 13	Wot No Watch, Roxbourne Park	9.20 & 9.40am
	Foodbank donation	
Sat 20	parkrun (Northala Fields)	9.00 am
Sun 21	TVLXC – Tadley	11.00 am
Sun 21	Fred Hughes – 10	10.00 am
Sun 28	Gade Valley – 12 miles training run	9.00 & 9.30 am

February

Sat 3	5 K Run, Roxbourne Park	9.20 am
Sun 4	TVLXC – Bracknell	11.00 am
Wed 7	Committee Meeting	8.00 pm
Sat 10	Measured mile, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sun 11	Harrow Hill Race	10.30am
Sat 17	parkrun (Black Park)	9.00 am
Sun 25	Gade Valley – 17 miles training run	9.00 & 9.30 am

March

Sat 3	5 Mile Handicap	9.00 am
Sat 10	Wot No Watch, Roxbourne Park	9.20 & 9.40am
	Foodbank donation	
Sat 17	parkrun (South Oxhey)	9.00 am
Sun 18	Finchley 20	9.00 am
Sun 25	Gade Valley – 20 miles training run	9.00 & 9.30 am
Fri 30	Maidenhead Easter 10	9.30 am

For more details of Saturday morning activities please see full timetable on our website – <https://metros.org.uk/saturday-training-sessions/>

Note from the Editor!

Happy New Year! Wishing all Metros a great running year whatever your ambitions and goals are for 2018. Some may be aiming to return from injury, while others are training towards a new distance goal or PB. Personally, I am training towards a marathon PB as I was very lucky to get a place in the London Marathon in the club ballot. I'm looking forward to training with other Metros marathoners in the next few weeks.

Whatever your goals and achievements, please share them with other Metros in Metrolines – all contributions are gratefully received.

Anne Ambrose

Metrolines

All contributions welcome – please send to: Anne Ambrose

Email: metrolines1@gmail.com

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

Contributions by: 15th of each month please.

If you would like to receive Metrolines by email, please send your details to Anne Ambrose at the email address above. If you would like to advertise in Metrolines the rates are as follows: Full page £5; Half page £3; Quarter page £2



Welcome New Members

**Peter Havlin
Tejas Hirani
Shefali Rao
Meera Nandakumar
Louise Duggan**

Thank you to everyone who donated to the Metrolines Christmas Message collection. £205 was donated to St Luke's Hospice in memory of Jacqui Poole. See message below from St Luke's

Thanks again for donating

£205.00

"Thank you very much for your donation in memory of Jacqui Poole to St Luke's Hospice (Harrow And Brent) Ltd.

It really means a lot that you've chosen to remember Jacqui in this way."



Thank you for your generous donation. Your donation will go directly towards providing care for our patients and their families. Each year we need to raise over £3.5 million in order to continue to provide free care to the people of Harrow and Brent, and without the generous support of our community this would not be possible.

Your donation will now be transferred safely to **St Luke's Hospice (Kenton Grange)** so they can continue their amazing work.



Achievements

Well done to ...

Sasha Birkin – for being the 2nd female and first in her age group at Perivale 5 – 3rd December.

James Kerrane, John Norris and Nick Russell – for PBs at Bedford half marathon – 3rd December

Nancy Morris – for a PB at Perivale 5 – 3rd December

Emma Rackham – for reaching 100 parkruns at Rickmansworth – 1st January

Nigel Rackham - for coming first in his age group at Bedford half marathon

Catherine Saunders, Noa Perelmutter, Diane O'Reilly, Mike Reid, Linda Grimes, Gill Fox & Jennifer Smith – for completing their first 5-mile race at Perivale 5.

Parkrun

Every third Saturday of each month, Metros head to a nominated parkrun as an alternative to the usual Saturday morning session at Roxbourne Park.

Here is a provisional list for 2018!

We will post reminders each month to confirm where we are going.

Please note this is entirely optional! You are always welcome to run at Roxbourne Park or any other parkrun 😊

January - Northala Fields

February - Black Park

March - South Oxhey

April - Gladstone

May - Aldenham

June - Osterley

July - Gunnersbury

August - Oak Hill

September - Harrow

October - Canons Park

November - Cassiobury

December - Rickmansworth

Consolidated club results can be found at:

<http://www.parkrun.com/results/consolidatedclub/?clubNum=2850>

This shows all the stats for each runner, if people are interested in number of runs etc.

Please continue to send any PBs, wins, or 1st in age group results to metrolines1@gmail.com for inclusion in the achievements page.



THAMES VALLEY CROSS COUNTRY LEAGUE

Events take place every two-three weeks at 11.00 am on Sundays between October and March. The courses are roughly five to six miles. There are usually eight fixtures, with men and women of all abilities running together over mostly cross country, some footpaths and a little road.

Co-ordinators: Al and Jane Scoffham

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

Cross Country Fixtures – Remaining fixtures for 2017/18 season

2018

JANUARY

21 Tadley

FEBRUARY

4 Bracknell



Winter Solstice Run 21st December 2017

On the shortest day of the year a group of hardy Metros got up very early and ran to the top of Harrow Hill to see the sunrise at 8:04 am.

We are now on the countdown to summer!



Calling all Metros, if you haven't already signed up then please do so. Places are filling up fast.

If you are not running, we also need volunteers to marshal, organise baggage and do refreshments. If you can help contact Spencer Millbery.

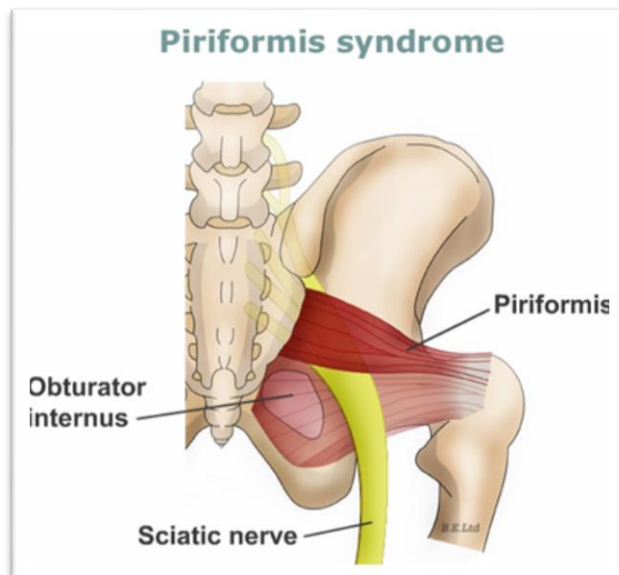
Contact: spencem875@gmail.com

Andrew Howell – The Body Factory

A hot topic- The “piri” piriformis syndrome

Apologies for the title pun but the piriformis syndrome is actually a hot topic. Some doubt whether it exists. In my personal opinion, it does. If you look at the diagram below and note where the piriformis muscle sits in the pelvis it would seem illogical for this muscle not to generate pain under some circumstances given the critical role it has in stabilizing the pelvic and hip structures.

If you experience pain in the buttocks that radiates along the rear thigh, you may be suffering from the piriformis syndrome. Often it is not as simple as labelling someone with the diagnosis alone, it may be part of a more complex muscle problem. The piriformis muscle is a small external rotator of the hip and is used to stabilize the hip through the gait cycle. In most people, the sciatic nerve passes through or is closely opposed to the muscle. When the muscle is over used or tight through postural or mechanical load, the degree of muscle spasm will impinge on the sciatic nerve producing symptoms that are often indistinguishable from “sciatica”.



Some would argue that as there is no diagnostic test, piriformis syndrome can only be diagnosed through a process of elimination. The symptoms of piriformis syndrome mimic sciatic nerve pain. If you have buttock and hamstring pain and it has been confirmed through scanning that you have no disc protrusion, then you could well have pain generated by the piriformis muscle. The therapist can try and diagnose appropriately or refer for further investigation.

Main symptoms

1. Deep aching in the buttock
2. Sharp shooting pain down the back of the hamstring
3. Pins and needles into calf, foot and toes
4. In serious cases weakness in calf and foot

What to do with these symptoms

The discussed symptoms need investigation. A sports physiotherapist will have the skills to advise what steps need to be taken. If you do have any symptoms down the leg or pins and needles I would advise imaging, preferably MRI. If the pain is local in the hip a physiotherapist needs to differentiate between whether this is muscular tightness or a structural problem with the hip. Excluding other injuries such as hamstring tendinopathies is important. This elusive syndrome can become problematic and diagnoses are often batted around. Once you have a diagnosis you can then treat accordingly and effectively.

If diagnosed as piriformis syndrome?

Three steps to treat-

1. Trigger pointing the piriformis muscle. If you go back to the ITB article on how to trigger point your glutes. The location of the piriformis is deep and you need to be on your side. Again, it must hurt and be actually uncomfortable (see picture). You must desensitise the muscle first before you can stretch it. Hold until you get a reduction in the intensity of pain.



2. Stretching your piriformis muscle 60 seconds. No specific protocol. Aim for 10 times per day.



3. Biomechanical training. The cause of the dysfunction needs to be actively considered. The symptoms alone can be treated but the pain will reappear unless the underlying cause is determined. The physio you see should take you through a programme of strengthening the muscles that are weak.

In summary physiotherapy and diagnosing injury can be complex and multifaceted. This particular muscle problem can be misdiagnosed as symptoms can be quite similar to lumbar disk or even hip pathology. That isn't surprising when you see where the muscle is situated. If the symptoms above are present I would always advise that they should be properly assessed. It is a common trend that most of the injuries discussed so far stem from biomechanical imbalance. Always treat soonest and deal with the biomechanical issues. Be proactive in treatment and management. Do not take a wait and see approach. Be in touch if you need assistance or even to discuss any concerns.

Thanks for reading and keep running. I hope you all have a healthy New Year.

Andy

Roxeth

I wasn't going to run on Christmas Day, even though I have done so for many years. This is usually to get away from the family dramas taking place in the kitchen. A lot of men go to the pub, I go out for a run.

This year I felt tired and was going to stay at home and sit in front of some godawful tv, despite the favourable weather. Just suffer the squabbles, and stay as calm as possible.

That was until my grandson asked me to go running with him. I don't know if he was prompted to, but he's quite taken to the sport over the time I have been writing and I suppose there was no other willing adult available to keep him company (he's still fairly young). My running addiction runs deep and I changed my mind- a few minutes later we were on our way.

He was in a hurry to get out, but I insisted on at least the minimum of stretching first. I need that more as I get older to creak the old limbs into action. We both donned our new running kit from Santa to show to anybody that was out and about- and there were a few, mostly dogwalkers, also sporting what seemed to be new clothes.

On this occasion we talked more than we have ever done. The little lad is not so little anymore. He's growing up and growing in confidence. I wanted to ask him if he had a girlfriend but I decided not to. Teasing can wait and with delicate subjects like that, for the moment, it was for him to tell me, not me to ask. I imagine sometime in the future his parents will ask me to ask him, but not yet.

When we got back he did his usual and dashed off to the computer without even drinking something. I shall have to lecture him about keeping hydrated. After a time, he summoned me to show me all the mails and photos and stuff of Metros running Christmas Day parkruns. When I first started running on the 25th there were very few people out and rarely a runner. Times have changed. Well done all for running on Christmas Day and well-done Metros.

Roxeth



Trophy Races

I don't quite know how I got to be in charge of Championship Races, but here I am.

The races eligible for the Metros London Road Runners Club (LRRC) Trophy for 2017 are as follows: -

18th March	Finchley 20
30 th March	Maidenhead 10
7th May	Marlow 5
13th May	Run Wembley (formerly Sudbury Court 10K)
12th August	Burnham Beeches Half Marathon
October (TBC)	Moor Park 10K
October (TBC)	Cabbage Patch 10
October (TBC)	Ricky Road Run 10

To qualify for the competition, you must:

- Be a paid-up member of the club.
- Enter the Metros club name on the entry form and be qualified to do so.
- Wear club kit.

Points for the competition are awarded from the official results generally as posted on each organising club's website. If you enter as a Metro and are not shown in the results as such, get in touch with the LRRC Coordinator.

Bowing to the requests/demands of various members, I have been persuaded to amend the scoring system to encourage more participation from the membership.

Three of the events have a shorter race option and I propose to award points from 30 downwards in the shorter races. The scoring down from 50 for the main event remains the same, and if any race has more than 20 Metros in the main event then the lower scoring will start from the next number divisible by 10.

At the moment, this is a one year trial only. Let's see if it works. The first race is the Finchley 20 on March 18th which has a 10 mile option

Separate competitions for Men and Women will continue.

Steve Paull

LRRC Coordinator

Results and Reports

5-Mile Handicap 2016-17 Overall Results

Pos	Name	Points	Pos	Name	Points
1	Nancy Morris	77	27	Kath Donaldson	31
2	Steve Paull	68	28	Sonny Peart	30
3	Dave Young	63	29	Mike Morris	29
4	Simon Abery	63	30	Julia Allen	28
5	Juliette Nola	61	31	Mark Lemon	28
6	Mike Ransome	60	32	Adam Leary	26
7	Kevin Eckersley	56	33	Emma Rackham	25
8	Anne Nola	51	34	Carole Lloyd	21
9	Anne Ambrose	49	35	Jonathan Pang	21
10	Al Scoffham	47	36	Jo Collier	19
11	Stephen Alder	46	37	Veronica Georgescu	19
12	Julie Smith	45	38	Gladys de Groot	18
13	Barbara Redding	44	39	Ku Samra	18
14	Titziana Spotti	43	40	Nigel Rackham	14
15	Mick Camp	41	41	Andrew Collier	11
16	Theresa Young	41	42	Geraldine Gill	11
17	Ceri Jacobs	40	43	Irene Paull	9
18	Andy Fox	39	44	Pauline Bishop	8
19	Karen Leary	38	45	Evie Wallis	5
20	Matthew Nola	38		Elizabeth Fernandes	0
21	Jonathan Scott	37		Angela Murphy	0
22	Kyie Hollingshead	37		Kevin Smart	0
23	Caroline Day-Lewis	34		Raquel Russel Ponte	0
24	Tian Hollingshead	33		Ruth Tidder	0
25	Judy Rackham	32			
26	Jane Scoffham	31			

Thames Valley Cross Country League

Hillingdon – 8th October 2017

Pos	Time	Name	Male Score		Female Score
6	00:39:18	Ron Taylor	MV	6	-
50	00:44:56	James Kerrane	MS	49	-
64	00:46:42	Kevin Smart	MV	59	-
65	00:46:43	John Norris	MS	60	-
90	00:49:13	Tian Hollingshead	MS	79	-
100	00:49:39	Mike Morris	MV	84	-
103	00:49:42	Jag Matharv	MV	85	-
110	00:50:00	Luca Ghai Matharv	MS	90	-
138	00:51:56	Tony Watson	MV	107	-
139	00:52:11	Kyle Hollingshead	MS	108	-
200	00:57:57	Jim Buckland	MV	140	-
214	00:59:27	Mark Mulvenna	MV	146	-
246	01:04:37	Terry Burke	MV	160	-
261	01:07:13	Hitesh Patel	MV	168	-
270	01:09:33	Jasia Zimmermann	FV	-	93
283	01:12:22	Carole Lloyd	FV	-	99
285	01:14:04	Raquel Russell-Ponte	FV	-	101
290	01:15:53	Carole Wells	FV	-	105
295	01:27:33	Kath Donaldson	FV	-	108

Bedford Half Sunday 3rd December

1 st		1:08:00	
14	Nigel Rackham	1:19:17	1 st MV55
63	James Kerrane	1:27:09	PB
75	Nathan Powell	1:28:03	
136	John Norris	1:32:44	PB
388	Nick Russell	1:46:20	PB
601	Pauline Bishop	1:57:26	2 nd FV65
808	Kim Hassard	2:11:57	
872	Ariff Sidik	2:19:33	
948	Sakina Sidik	2:50:29	
949	Penny Hudson	2:50:29	
954	finishers – last	3:10:23	

South Bucks 10K, 1st October

1	First	0:33:39
70	Peter Reynolds	0:46:29
143	Glyn Watkins	0:57:55
173	Derek Bamforth	1:02:23
220	Finishers – last	1:41:48

Hertfordshire Half Marathon – 19th November 2017

1	01:08:44
1079 Spencer Millbery	02:01:46
2069 Finishers	03:14:13

Portsmouth Coastal Waterside – The Harbour 50K 17 December 2017

1		03:21:28
239	Spencer Millbery	05:27:38
338	Finishers	08:18:42



Centurion Autumn 100 – 21 October 2017

1		14:34:01
130	Spencer Millbery	26:16:19
178	Finishers	27:49:26



Spencer's preparation
for a 100-mile race

Watford 10K – 26 November 2017 Claire Millbery 01:00:12

Perivale 5 Sunday 3rd December 2017

1 st		25:22
39	Sasha Birkin	31:48 2 nd female 1 st W45 PB
82	Andrew Fox	34:24
90	Steve Paull	34:47
97	David Young	35:13
99	Mitesh Patel	35:24
127	Peter Reynolds	36:50
161	James Buckland	38:34
173	Brian McGrory	39:29
223	Jane Hudson	43:14
265	Janice Newman (ESM)	45:54
288	Teresa Young	48:12
297	Catherine Saunders	48:56
306	Derek Bamforth	49:34
307	Barry Nolan	49:42
308	Christopher Shearwood	49:44
309	Noa Perelmutter	49:50
312	Linda Grimes	50:05
319	Nicola Rochford	50:29
324	Philippa Brown	50:46
325	Michael Reid	50:58
327	Nancy Morris	51:03 PB
353	Diane O'Reilly	56:27
357	Gillian Fox	59:33
358	Jennifer Smith	60:17
361	finishers – last	70:16



5 Mile Handicap – 2nd December 2017				
	Actual 5-mile time	Time inc. handicap	points this event	next handicap
Liz Wordsworth	45.5	45.5	39	14
Raquel Russel Ponte	52.06	49.06	34	7
Barbara Redding	47.03	53.03	29	12
Shefali Rao	53.49	53.49	28	6
Ruth Tidder	42.16	54.16	26	17
Andy Collier	49.5	55.5	24	10
Anne Ambrose	55.57	55.57	22	3
Mike Ransome	43.57	56.57	20	15
Tian Hollingshead	38.37	57.37	19	21
Julie Smith	56.16	58.16	17	3
Ceri Jacobs	44.26	58.26	16	15
Teresa Young	49.27	58.27	15	10
Adam Leary	39.57	58.57	13	19
Pauline Bishop	42.14	59.14	12	17
Dave Young	37.2	59.2	11	22
Steve Paull	37.3	59.3	10	22
Titziana Spotti	51.52	59.52	8	7
Angela Murphy	57.04	60.04	7	2
Andy Fox	35.16	60.16	6	24
Karen Leary	51.52	60.52	4	7
Mark Lemon	53.49	61.49	3	6
Julia Allen	50.53	61.53	1	8
Simon Abery	40.31	62.31	0	19
Marion Rogan	51.22	63.22	-2	8

Wot no Watch – Saturday 9th December

	Predicted	Actual	Difference
Tiziana Spotti	9:14	9:12	2
Steve Paull	7:20	7:16	4
Marion Rogan	9:00	8:53	7
Andrew Collier	7:58	7:50	8
Jennifer Smith	9:25	9:34	9
Dave Young	7:00	6:50	10
Sarah Westwood	10:32	10:22	10
Simon Aberly	6:45	6:34	11
Mike Ransome	7:33	7:17	16
Noa Perelmutter	9:00	8:41	19
Steph White	10:30	10:07	23
Errol Clarke	8:30	8:07	23
Catherine Saunders	8:40	8:10	30
Judy Rackham	8:41	8:08	33
Raquel Russel Ponte	10:15	9:42	33
Eilish Fernandez	11:00	10:24	36
Steve Alder	8:25	9:05	40
Gladys de Groot	11:00	11:44	44
Carole Wells	9:45	8:58	47
Marcus Wheedon	7:00	6:08	52
Angela Murphy		9:58	
Barbara Reading		8:37	
Anne Ambrose		9:50	

9am and only about 10 Metros running in the park on a cold Saturday morning – so a decision was made to just have one session and one running of Wot no Watch, but as 9:30am approached more runners began to appear. (I can recall the days when star jumps were the ‘penalty’ for being late on a Saturday morning!) So eventually a respectable 23 completed the course for the last time in 2017. Congratulations to Tiziani for the most accurate prediction.

Teresa Young

NOTES OF METROS COMMITTEE MEETING

Wednesday 29 November 2017 at the Methodist Church, Cannon Lane at 8.00 pm

PRESENT: Anne Ambrose, Peter Beuselinck, Pat Jackson, Paula Kanesanathan,

COMMITTEE: Mitesh Patel, Irene Paull, Marilyn Pickford, Emma Rackham,

Nigel Rackham, Barbara Robson, Carole Wells, Sarah Westwood.

NON-COMMITTEE: Dave Brown

APOLOGIES Mike Ransome, Steve Paull.

CHAIR: Sarah Westwood

NOTE RECORDER: Pat Jackson

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

ACTIONS FROM THE PREVIOUS MEETING AND NEW AGENDA ITEMS

Metros Constitution - Peter confirmed the Associate Membership text had been added to the Constitution. It's been signed and added to the Metros web site.

Metros New Kit – Peter confirmed the design is now agreed, more vests are on order and due before Christmas. Pat, Peter and Barbara were thanked for organizing the new style vests.

Metros Previous Kit – it was agreed that the remaining vests be reduced to £5.00.

Pat has had requests for skull caps plus hoodies, fleeces and knitted hats and will order soon. The present font on the skull caps will be changed to Verdana and a blue instead of black band requested.

ACTION: Pat Jackson

Thames Valley XC –Uxbridge Hire – Mitesh. has been unable to obtain a discount for Metros use of the facilities at the Hillingdon Track this year. He will ask for a discount when booking for next year.

ACTION: Mitesh Patel 2018

Harrow Hill Race –Spencer Millbery is organizing the event on Sunday 11 February 2018.

Summer League – Irene had suggested that participating clubs each pays into the Summer League for their runners at the end of the season rather than to each host club after each event. Host clubs will be reimbursed from the Summer League account for the number of runners at their host event at the end of the season. This was agreed by club representatives.

London Marathon Places – Peter confirmed that England Athletics had increased the number of Affiliated members clubs needed to have to receive marathon places. He confirmed that Anne Ambrose had received the club place in the ballot. Peter has now received three places from the water station which will go to Kim Hassard, Paula Kanesanathan and Emma Rackham. Catherine Corcoran, Sue Davie, Spencer Millbery and Judy Rackham had held their places over from last year.

Quiz and Awards Presentation Evening – Friday 24 November – It was agreed it was an excellent evening. Jane and Al were thanked for organizing the quiz, Steve the music round, Irene for helping with results, Dave Brown for compering the awards and Pat Jackson for coordinating the awards.

It was agreed that proceedings still finished rather late. It was decided to source a microphone to enable a slicker presentation of the quiz. Peter will ask the tennis club if they have one we could use.

ACTION: Peter Beuselinck

Metros Host Thames Valley XC Event – Jane and Al Scoffham were thanked for organizing the event again this year. They have stepped down from organizing future events and new coordinators are requested. Early notification of the Metros host fixture date next year is needed. Sarah will ask Jane and Al to provide a job description and check whether they still wish to continue as Metros TVL representatives.

ACTION: Sarah Westwood

Couch to 5K – Kath Donaldson had received a request from an applicant for the next course that her children also participate with her. It was agreed the course should be offered to adults only. Sarah will inform Kath.

ACTION: Sarah Westwood

There was a discussion on responsibility for children as defined by England Athletics and Metros policy. Peter will inform EA of the interpretation within Metros.

ACTION: Peter Beuselinck

Metros Marathon Week – Emma stated that this event is held every two years and it was agreed to hold it next year, date to be agreed. Irene confirmed that she had received information regarding organizing the event from Many Beuselinck, previous co-ordinator.

ACTION: Emma Rackham/Irene Paul

Track Session at Harrow School – for some time this has been held on a Thursday as an unofficial Metros session. Recently Dave Brown was approached by Harrow School for clarification. Following negotiations with Harrow School, it is hoped that soon Metros will be able to use the track on an official basis. It is anticipated that Metros funds will cover the cost of hire but this depends on the fee. Peter has provided Dave and Harrow School with the UKA insurance certificate. Dave was thanked for his negotiation and asked to report back to the committee.

ACTION: Dave Brown

Barn Dance – Emma stated that Sarah Belchier had suggested Metros hold another barn dance. Emma suggested it be organized by a team. Mitesh will research costs of previous events.

ACTION: Mitesh Patel

Bottled Water – Teresa was thanked for obtaining surplus bottles of water from the Moor Park 10K which was used at our host Thames Valley League fixture.

Meeting finished at 9.22 pm.

Date of Next Committee Meeting **Wednesday 7 February – no meeting in January**

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

Runners' Recipes

RAINY DAY ONION SOUP

With its rich broth, sweet onions, and just the right amount of gooey cheese, this soup will warm you to your core after a cold, rainy run. It also offers the carbs and protein you need to recover. Makes 4 servings.



Ingredients

3 Tbsp. extra-virgin olive oil
2 large onions, halved and sliced
Leaves from 2 sprigs thyme
1 bay leaf
60ml dry sherry
750ml reduced-sodium beef broth (e.g. Kallo or vegetable broth)
¼ tsp. salt
¼ tsp. ground black pepper
4 slices (½") whole-wheat baguette
250g shredded Swiss cheese

Instructions

In a large pan, heat the oil over medium-high heat. Add the onions, thyme, and bay leaf. Cook for 15 minutes, stirring occasionally, until caramelised and very soft.

Add the sherry and scrape up the browned bits from the bottom of the pan. When evaporated, add the broth and bring to a boil. Reduce heat to low and simmer for 5 minutes. Add the salt and pepper.

Position an oven rack 4" from the heat and preheat the grill to high. Place the bread slices on a baking sheet and top each with 2 Tbsp. cheese. Grill for 2 ½ minutes or until the bread is toasted and the cheese is golden.

Place 2 Tbsp. cheese in the bottom of four small bowls. Discard the bay leaf from the soup. Ladle the soup into the bowls. Top each with one cheese toast

Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the first Wednesday of most months and we are open to all members.

Coaching/Leadership/Officials'/First Aid Courses

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

Metros Website and social media

www.metros.org.uk

Contributions to:

emma.rackham@hotmail.co.uk

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

If you would like to join Metros' group email, please contact Penny at pm.hudson@ntlworld.com Group email address: metrosrc@googlegroups.com

Safety Information

Whenever you attend a training session, please inform the session coordinator / leader if you have any injury or other medical condition. Also, if you participate in one of Metros Saturday morning races or challenges, please give your name to the person(s) organising the event and report back to them if you drop out. This applies particularly to events where the course is mainly on the streets and is to enable us to check whether anyone has lost their way or suffered an injury or accident. A "dog tag" for personal information can be obtained from Pat Jackson for £1.00

Metros Kit

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

Price: T-shirt **£15, £13**; vest **£5**.

Hats, fleece jackets and hoodies can also be ordered.

Metros REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: Mw49ran@gmail.com	
TUESDAY	20.00	Steve Paull	020 8422 6636
Run / Walk Group		Penny Hudson	pm.hudson@ntlworld.com
WEDNESDAY	19.15	Dave Brown	020 8933 1821/Steve Paull
THURSDAY	19.00	Jane Hudson	07522 754675
		Email: thursdaymetros@yahoo.co.uk	
SATURDAY	09.00	Irene Paull	020 8422 6636

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

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

Please Note: All runners are responsible for themselves.