



March 2019
Issue No. 364



Harrow Hill Race 2019

Metros Diary

March

Sat 2	5 Mile Handicap	9.00 am
Sun 3	Mornington Chasers – Regent's Park 10K	9.00 am
Sat 9	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40 am
Sun 10	Hillingdon 20 miles	9.00 am
Sat 16	parkrun – Black Park	9.00 am
Sun 24	Gade Valley – 20-mile training run	9.00 am
Thurs 28	Trail Night Run	7.00 pm

April

Weds 3	Committee Meeting	8.00pm
Sat 6	Metros 10K Challenge, Roxbourne PK	8.50 am
Sun 7	Combe Gibbet to Overton 16	2.00 pm
Sat 13	Wot No Watch, Roxbourne Park Foodbank donation	9.20 & 9.40 am
Fri 19	Maidenhead Easter 10	9.30 am
Sat 20	parkrun – South Oxhey	9.00 am
Thurs 25	Trail Night Run	7.00 pm
Sun 28	London Marathon	10.00 am

May

Sat 4	5 K Run, Roxbourne Park	9.20 am
Weds 8	Committee Meeting	8.00pm
Sat 11	Measured mile, Roxbourne Park Foodbank donation	9.20 & 9.40 am
Sun 12	Run Wembley 10K & 5K	TBC
Mon 13	Vets Track and Field- Battersea	6.30pm
Fri 17	Metros AGM – Lowlands	8.00pm
Sat 18	parkrun - Rickmansworth	9.00 am
Mon 27	Vitality 10K	10.00 am
Thurs 30	Trail Night Run	7.00 pm (TBC)

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!

The Harrow Hill Race on 17th February was another successful Metros' event and we were very lucky with the spring like weather. Despite the hills, some Metros recorded PBs! Some even fell over and got up and finished.

There were also some notable achievements in other events in February. Keep sending me your results and reports to share with other Metros.

Please note that membership renewals were due 1st March. If you have not yet renewed your membership, please do so as soon as possible to continue being part of the Metros running community.

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 advertise in Metrolines the rates are as follows: Full page £5; Half page £3; Quarter page £2



Achievements

Well done ...

Andy Dempster – for completing his first half marathon at Hillingdon, 24th February

Jane Hudson – for coming first in her age group at Hillingdon Half Marathon

Peter Jose - for coming first in his age group at Queen Elizabeth Olympic Park half marathon, 10th February and Hillingdon Half, 24th February

Steve Paull – for coming first in his age group at Queen Elizabeth Olympic Park half marathon

Nicky Payne – for a PB at Hillingdon Half Marathon

Nancy Morris – for a 10K PB (despite falling over!) at Harrow Hill Race

Nick Russell – for a 10K PB at Harrow Hill Race

Ariff Sidik – for a half marathon PB at Hampton Court, 17th February

Sakina Sidik – for completing her 100th parkrun at Canons Park, 16th February and a half marathon PB at Hampton Court, 17th February

Zaheer Sidik – for completing his first 10K at Hillingdon, 24th February

Paul Spendloff- for a PB at Hillingdon Half Marathon

Marcus Weedon – for a 10K PB at Harrow Hill Race, 17th February

Membership renewals - due on 1st March 2019

You current membership expired on 28th February 2019.

- Like last year, renewals will be done on-line, and you can do this straightaway
- Metros Membership rates are staying the same: Adult £25, Student £5, Under 18 £1.
- England Athletics are also the same, £15, so adult membership including EA is still £40.

Why do we renew online?

- Our website is integrated to Webcollect who hold our membership records and record what subscriptions people have. All new members now join online and maintain and manage their own information.
- This keeps our club processes up to date and your data more secure. It also means we are able to comply with the data protection regulations.

Your role

- If you are an individual adult member, you are responsible for maintaining your own data and renewing every year.
- If you belong to a family group, then the person who is assigned as the administrator for your group is responsible for renewing everyone in the group and checking the data is up to date.
- **From this membership year, we need all members over 70 who currently don't pay a subscription (or donation) to formally renew their membership. Without this, we can't keep your data records. Members who currently don't have internet access will be contacted for permission to assign them to a family group of a Metros member they know well.**

If you have not yet renewed, please do the following as soon as possible:

- Go to the Metros website www.metros.org.uk
- Sign in (your user id is your email address)
- In the members section select membership renewal to take you to Webcollect
 - o You may have to take some actions on your browser to allow Webcollect to work
- In Webcollect, set up a password – please make sure this is a strong password, treat this like any other site where you hold personal information
- Webcollect is then like online shopping – you select the subscription you want and “place an order” then select a payment method.
 - o You'll find a range of payment options: bank transfer, one-time direct debit payment (go cardless), cash, cheque

- If you first registered with Metros for couch to 5K 2018, you will not be able to renew that subscription – please use the option to “select a different subscription” and select whichever adult subscription you prefer.
- If you want to add or remove EA membership from your subscription, use the “select a different subscription” option to select the membership you want.

Your subscriptions will only be live once I’ve confirmed that you’ve paid; depending on the payment method, this can take several days. In the meantime, the “mymetros” section on WebCollect will show you that you’ve orders placed that are still waiting to be confirmed.

Any issues, please email me at metros.secretary@yahoo.co.uk

Your help in having all this done and dusted by the end of March is hugely appreciated.

Irene Paull



Youngest Metro – Hugo Norris with his mum



TROPHY RACES

Dear Metros runners,

The races eligible for the Metros London Road Runners Club (LRRC) Trophy for **2019** are as follows: -

03/03/2019	Mornington Chasers 10K
10/03/2019	Hillingdon 20Miles
19/04/2019	Maidenhead 10Miles
12/05/2019	Run Wembley 10K
27/05/2019	Vitality 10K
11/08/2019	Burnham Beeches 10KM/HM
01/09/2019	Maidenhead HM
29/09/2019*	Moor Park 10KM
27/10/2019*	Ricky Road Run 10Miles
03/11/2019	Marlow 7Miles/HM

* Dates TBC

To further encourage participation:

There are 10 events available to enter with only your best 8 event scores counted to your total at the end of the year.

Runners entering Burnham Beeches and Marlow have the option of a shorter 10KM distance (technically 11K at Marlow). So, there are 6 x 10KM and 2 x 10 Miles events available for those who prefer shorter distances.

Any runners completing all 10 events will get a Trophy.

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.

The scoring will be as follows

	Maximum Score
10 Km	50
10 miles	60
Half Marathon	70
20 miles	80

The first Metro to finish will be awarded the maximum number of points, the second Metro will be awarded the (maximum – 1) points, the third (maximum-2) points, etc. There will be separate male and female awards.

Vincent Cheung – LRRC Coordinator

Parkrun

The third Saturday of the month is the Metros designated parkrun day – although there is always a session at Roxbourne Park for those that would prefer. It would be nice if we could all try to attend the same event on the parkrun week and here is a suggested list of venues:

March 16 th	Black Park
April 20 th	South Oxhey
May 18 th	Rickmansworth
June 22nd graduation	Harrow - NB: Changed to 4 th Saturday of month for C25K

Consolidated club results can be found at:

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

This shows the parkrun stats for each runner.

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

Date for your diary

Metros AGM

Friday 17th May 2019

Lowlands Hall, Eastcote, 8:00pm

VETERAN (MASTERS) TRACK AND FIELD LEAGUE

Three Monday evenings and one Wednesday evening between May and July and open to all over 35 years of age. Events are 100, 200, 400, 800, 1500, & 3000 metres, 2000m walk, high jump, long jump, triple jump, discus, javelin, hammer, shot.

Monday 13th May Battersea

Monday 10th June Hillingdon

Monday 24th June Battersea

Wednesday 10th July Perivale

Contact: Wendy Mulvenna (wendymulv@hotmail.com)



SUMMER LEAGUE 2019

For those unfamiliar with this League – it's a series of five events held during the summer months starting and finishing in parks, open to all ages and abilities with refreshments after – all for FREE.

Entry (free to Metros members) is on the day and there is no need to pre-enter. At each fixture there are four events:

- i. The morning starts with an Open Race of 5 miles or 10km for those 16 years and over, suitable for all abilities.
- ii. A Tenderfoot Run of 1.5 – 2km, suitable for children 7 - 16 years, runners returning from injury and runners who prefer to run a shorter distance.
- iii. A Fun Run of approximately 400m for children under 7 years.
- iv. A series of relays of 300-400m, again suitable for all ages and abilities.

Provisional and Confirmed Dates are:

Sunday	2 June –	5 miles	Dulwich Park Hosted by Dulwich Park Runners
Sunday	16 June –	5 miles	Headstone Manor Recreation Ground HOSTED BY Metros
Sunday	30 June –	5 miles	Hosted by Ealing Eagles & ESM, venue to be confirmed
Sunday	21 July	10km	Regent's Park CONFIRMED Hosted by Mornington Chasers
Sunday	4 August –	10km	Battersea Park CONFIRMED Hosted by Serpentine

Scoring is age related: children up to 16 - every year; adults over 40 are graded in five-year age bands.

There are league awards for the top three scoring individuals in each age category in the Tenderfoot and in the Open – the best three out of five races count. Children in the Fun Run receive certificates on the day.

Irene Paull calculates the league scores for clubs and individuals

Metros also give awards for top Metros runners in each age category: the number of Metros awards depends on how many Metros runners there are in each age group.

Apart from Metros, other participating clubs are Dulwich Park Runners, Ealing Eagles, Ealing Southall & Middlesex, Hayes & Harlington, Mornington Chasers, Queens Park Harriers, Serpentine, Sudbury Court Running Club.

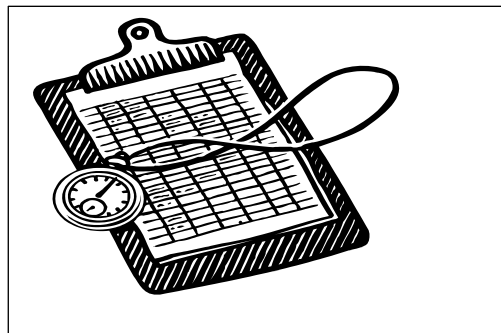
For further information please see the Summer League web site – www.thesummerleague.uk or contact me patjacksonhome@hotmail.com
tel: 0208 868 5683, Irene Paull or Emma Rackham our host Race Director

Pat Jackson

Results and Reports

Measured Mile 9th February 2019

Adam Leary	6.30
Amanda Hardy	9.01
Andrew Collier	7.39
Andrew Matthews	11.05
Arnold Glickman	13.29
Ceri Jacobs	7.52
Dave Young	6.54
Eilish Fernandez	10.19
Gladys De Groot	12.00
Janice Newman + Judy	9.28
Jo Collier	10.01
Kane O'Reilly + Nanny	12.15
Karen Leary	8.32
Kevin Eckersley	9.35
Kirit Ranpura	7.33
Linda Gaitskell + Steve	11.54
Liz Wordsworth	7.44
Marilyn Pickford	9.05
Mike Ransome	7.4
Mitel Matthews	6.14
Mitesh Patel	6.11
Raquel Russell Ponte	12.06
Sarah Westwood	10.17
Simon Aberly	7.09
Sonny Peart	7.18
Sonya Grist	15.44
Steve Paull	7.45
Teresa Young	9.09



It was just a damp day for the Measured Mile with the previous week's ice a distant memory. Not so many Metros turned up so there must be some who are saving their efforts for the next mile in May. In spite of a few backsliders recording slower times than in the mile last November, there are several improvers for the February mile - well done to Amanda, Dave, Gladys, Mike, Sarah and Simon who are now in contention for the trophy. But there is still time to catch up and improve on the next two miles in May and August. Hope to see you then, keep up the training.

Thanks to my helpers - Irene for noting numbers and times, Mark for giving out lolly sticks on the first mile and Kane not only giving out lolly sticks but also putting them back in order. Not forgetting Finn who supervised and inspected proceedings from a great vantage point in the tree.

Angela

Harrow Hill 10K Sunday 17th February 2019

		Gun	Chip	Category	
1		00:34:35	00:34:32	Senior	
19	Marcus Weedon	00:40:25	00:40:21	M40	PB
30	Tejas Hirani	00:42:45	00:42:41	Senior	
44	Christopher Shearwood	00:44:32	00:44:29	M50	
49	Mitesh Patel	00:45:36	00:45:30	Senior	
50	Michael Morris	00:45:43	00:45:39	M50	
52	Andrew Fox	00:45:55	00:45:51	M50	
53	Russ Hewlett	00:46:05	00:45:58	M40	
54	Jag Matharu	00:46:17	00:46:13	M40	
55	Kevin Smart	00:46:27	00:46:21	M50	
62	Nick Russell	00:47:33	00:47:26	M40	
64	Kevin Concannon	00:47:42	00:47:36	M60	
65	Vincent Cheung	00:47:49	00:47:44	M40	
77	Steve Paull	00:49:50	00:49:44	M60	
80	Simon Abery	00:49:56	00:49:49	M50	
81	David Young	00:50:01	00:49:56	M60	
86	Caroline Day-Lewis	00:50:51	00:50:47	W45	
89	Adam Leary	00:51:08	00:51:02	M50	
92	Adnane Felloussi	00:51:32	00:51:06	M40	
132	Ruth Tidder	00:56:46	00:56:37	W45	
141	Rhonda Tapley	00:57:43	00:57:27	W45	
146	Paul McGrath	00:58:25	00:58:18	M40	
147	Anne Nola	00:58:26	00:58:18	W45	
149	Linda Foddering	00:58:34	00:58:29	W55	
157	Jane Hudson	00:59:56	00:59:45	W55	
168	Louise Leadbeater	01:02:09	01:01:47	W55	
175	Robyn Walliser	01:04:04	01:03:56	W35	
176	Nancy Morris	01:04:04	01:03:55	W45	PB
179	Una Cunningham	01:04:36	01:04:15	W35	
188	Greg Davis	01:05:58	01:05:48	M60	
192	Della Walsh	01:06:36	01:06:14	W35	
193	Susan Holland	01:06:36	01:06:15	W35	
205	Veronica Georgescu	01:07:55	01:07:45	W55	
212	Michael Reid	01:09:33	01:09:11	M50	
216	Marion Rogan	01:10:49	01:10:38	W55	
217	Karen Leary	01:10:50	01:10:40	W45	
220	Diane O'Reilly	01:13:09	01:12:47	W45	
223	Amanda Kennelly	01:13:37	01:13:29	W55	
224	Tiziana Spotti	01:13:56	01:13:26	W55	
235	finishers - last	01:37:05	01:36:40	W35	

Hampton Court Half Sunday 17th February 2019				
		Gun	Chip	
1st		01:08:49	01:08:46	
2116	Ariff Sidik	02:17:36	02:03:20	PB
2525	Sakina Sidik	02:36:59	02:22:24	
2768 finishers - last		03:27:01	03:12:32	

Bramley 20/10 mile Sunday 17th February 2019		
20 mile		
1		01:52:59
519	Sonny Peart	03:15:13
633 finishers - last		04:27:33
10 mile		
1		00:49:43
572	Emma Rackham	01:41:20
577	Judy Rackham	01:42:18
743 finishers - last		02:29:31

Queen Elizabeth Olympic Park Half Marathon, 10 February 2019

1		1.11.44	
670	Steve Paull	1.42.22	1 st VM65
2470	Peter Jose	1.58.32	1 st VM70
3733	Irene Paull	2.31.14	

Total number of finishers 4048

Baldock Beast Half Marathon, 24th February

1		1:12:02
297	Bernie Conway	2:13:27
372	Finishers	3:13:53

Bournemouth 10 mile, 24th February

1		0:55:01
304	Brian McGrory	1:23:46
638	Finishers	2:25:15

Winslow 10K, Sunday 24th Feb

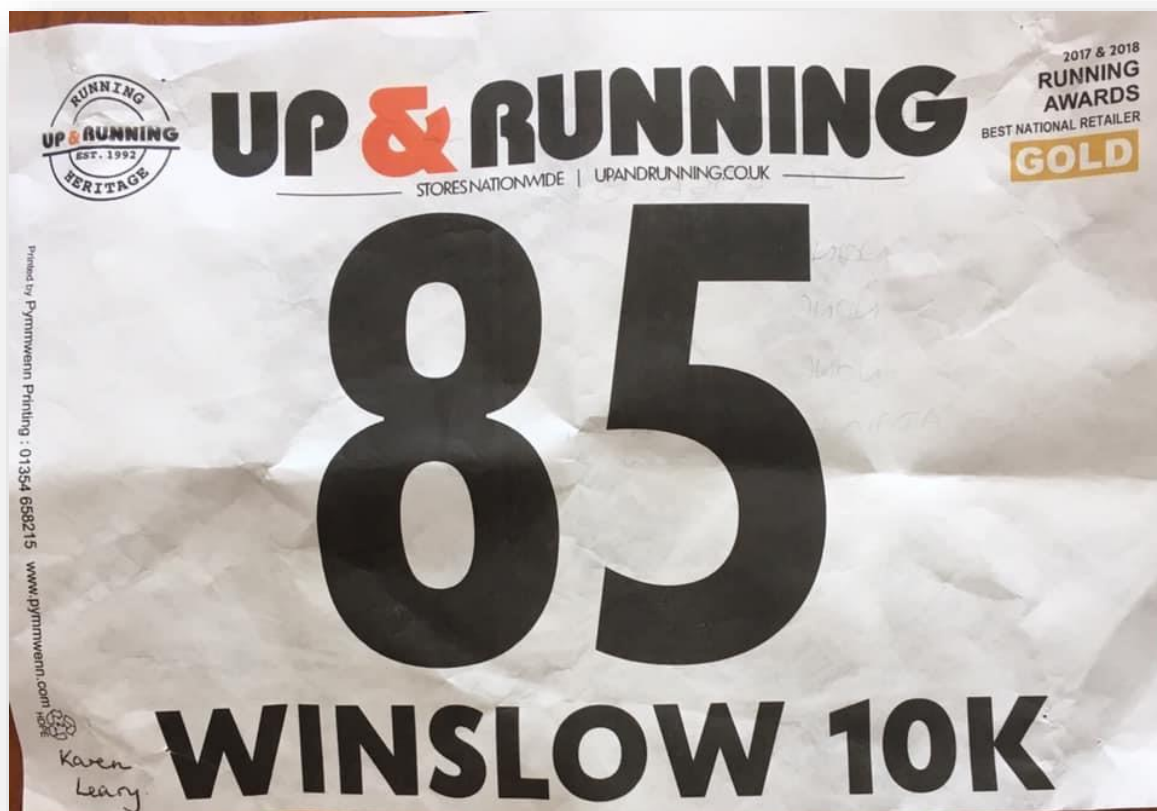
1st		33m 35s
95th	Adam Leary	47m 52s (23rd MV50)
275th	Karen Leary	64m 43s (30th FV45)
314th		76m 52s

A lovely undulating run along quiet Buckinghamshire lanes with a big long hill at 9K.

A ridiculous difference of +15°C at the end of the race compared to last year's freezing run.

After disappointing times for both of us, the previous week, at the Harrow Hill Race (in perfect conditions!), our times at Winslow are edging us back towards the right direction.

Adam & Karen Leary



Hillingdon Half and 10K Sunday 24th February 2019

Half Marathon

Pos	Name	Time	Net Time	
1		01:12:15	01:12:13	
43	Marcus Weedon	01:29:06	01:29:03	
45	Sasha Birkin	01:29:18	01:29:14	
56	Christopher Shearwood	01:30:30	01:30:26	
57	Paul Spendloff	01:30:45	01:30:35	PB
97	Michael Morris	01:37:30	01:37:21	
98	Nicola Payne (Harrow AC)	01:37:31	01:37:19	PB
128	Vincent Cheung	01:41:35	01:41:21	
242	Steve Paull	01:52:20	01:52:09	
314	Peter Jose	01:59:45	01:59:08	1 st M70
319	Jane Hudson	02:00:44	01:59:58	1 st W60
321	Ruth Tidder	02:00:47	02:00:01	
374	Andrew Dempster	02:08:37	02:07:51	1 st Half
449	Viorica Georgescu	02:25:05	02:24:28	
460	Irene Paull	02:30:47	02:29:29	
472	Amanda Kennelly	02:41:48	02:40:29	
474	Tiziana Spotti	02:41:57	02:40:39	
482	finishers - last	03:03:05	03:02:10	

10K

Pos	Name	Time	Net Time	
1		00:31:31	00:31:29	
30	Mitesh Patel	00:44:57	00:44:45	
45	James Buckland	00:47:47	00:47:32	
57	Peter Reynolds	00:49:55	00:49:38	
126	Zaheer Sidik	00:56:33	00:56:15	1 st 10K
134	Glyn Watkins	00:57:44	00:57:23	
172	Emma Rackham	01:03:25	01:03:07	
188	Derek Bamforth	01:05:59	01:05:38	
192	Barry Nolan	01:06:17	01:06:00	
257	Penny Hudson	01:24:53	01:24:37	
260	finishers – last	02:15:51	02:15:49	



Metros at Hillingdon Half and 10 K



Congratulations Zaheer on completing his first 10K



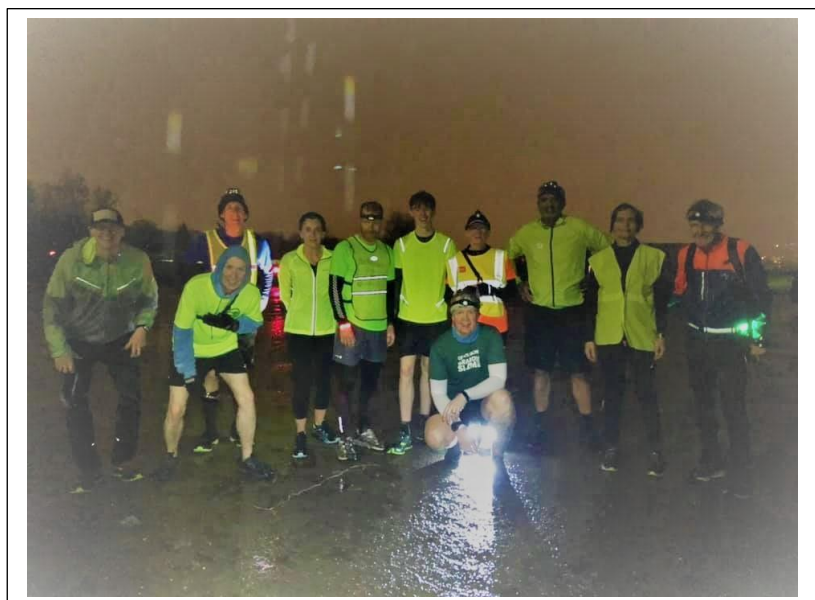
Congratulations to Jane on coming first in her age group at Hillingdon Half

Brian tackles a tough beach section at the Bournemouth 10





Metros helping Sakina to celebrate her 100th parkrun



Metros monthly
Thursday night time
trail run

NOTES OF METROS COMMITTEE MEETING

Wednesday 6 February 2019 at the Methodist Church, Cannon Lane, 8.00 pm

PRESENT: Anne Ambrose, Peter Beuselinck, Pat Jackson,
COMMITTEE: Paula Kanesanathan, Irene Paull, Steve Paull, Mitesh Patel,
Marilyn Pickford, Emma Rackham, Barbara Robson, Carole Wells,
Sarah Westwood.
NON-COMMITTEE: Bernie Conway, Baby Hugo Norris, John Norris,
Nathan Powell. (Part meeting)
APOLOGIES Mike Ransome, Nigel Rackham
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 PREVIOUS MEETING

Off Road Night Runs – the first run was advertised in Metrolines and on Facebook and was successfully held on 31 January. Sarah had contacted Linda Dunne re first aid and will follow up prior to the next run.

ACTION: Sarah Westwood

England Athletics Volunteers – Sarah had noted information from an EA monthly newsletter on volunteering and child safety. This will be reviewed at a future meeting.

ACTION: Sarah Westwood

NEW ITEMS

Feedback from Bushy Park Run Use of AED – Bernie Conway and John Norris related the incident where they were walking at the back of the run when a runner collapsed in front of them with a cardiac arrest. With no-one else around, Bernie immediately started compressions. They summoned help and a defibrillator was brought and successfully used. Bernie and John have had encouraging feedback for their prompt action which most definitely saved the runner's life.

Metros Defibrillator (AED) – Mitesh confirmed that enough money had been raised and a Zoll AED Plus defibrillator has been purchased. There will be some ongoing costs and it was agreed that Metros would pay for the maintenance. Nathan stressed that it should be taken to all league races and as many Metros training sessions as possible. The logistics involved will be arranged.

ACTION: Nathan Powell/ Mitesh Patel

It was agreed that as many Metros as possible should have training on how to use the AED and Margaret Smith has agreed to hold specific cardiac training sessions. These will be offered initially to session leaders and race organisers and then members. It was agreed that members would not be charged.

ACTION: Mitesh Patel

Metros Defibrillator (AED) (Cont) - Andrzej Warhaftig had contacted Sarah offering Metros a space on an AED training course the next evening. Emma Rackham will take the place. She will contact Andrzej herself.

ACTION: Emma Rackham

Emma stated that Kevin Concannon, had indicated that the Harrow Half Marathon may sponsor AED training.

ACTION: Emma Rackham

It was also suggested that Harrow Council be contacted regarding sponsorship for AED training.

ACTION: Mitesh Patel

Peter will contact the Tennis Club suggesting they purchase a defibrillator.

ACTION: Peter Beuselinck

Membership – Irene confirmed 339 members, made up of 266 adults, 46 juniors and 27 over 70's which included 185 female members and 153 male members. 104 joined in 2018 (versus 63 in 2019). Of 63 who joined in 2017, 37 renewed membership. Those over 70 years who have been a member of Metros for a minimum of five years prior to reaching 70, have free membership. It's necessary for these over 70's to confirm annually that they wish to remain members or be assigned to a member who will confirm membership on their behalf.

Irene suggested a change of the pro-rata membership date charge reducing it to £10 for November/December. This was agreed, and approval will be sought to change the wording of the Constitution at the AGM.

ACTION: Irene Paull/Peter Beuselinck

Update on Couch to 5K – Irene confirmed that the new course will start on Tuesday 23 April and arrangements were in hand.

Harrow Hill Race Update – Paula confirmed that arrangements were on course, but entries were down. Ealing Eagles had not included it in their trophy series this year and they will be encouraged to include it next year. The event is already financially secure, but a further advertisement will be listed in Active Training World. Hopefully there will be more entries on the day.

Metros Marshall Bibs – Paula had ordered these, but they had been delivered to Spencer Millbery by mistake, however, Spencer is currently away.

ACTION: Paula Kanesanathan

Headstone Manor Recreation Ground (HMRG) – Paula confirmed that the application for works in the park would be reviewed in February and, if approved, the work will need to be completed by the end of March, the end of the financial year. The Friends of HMRG have requested a Metros representative to join their committee. Paula will consider.

ACTION: Paula Kanesanathan

LRRC Trophy Races – following our previous meeting, Vincent Cheung had updated the race programme and suggested a new scoring system. This was approved by the committee and Vincent will advertise the new scoring system.

ACTION: Vincent Cheung

Metros Kit Update – A new supplier had been agreed with reduced prices and, hopefully an improved fit. It was further agreed that the design of the previous yellow and royal blue kit would be replicated with navy for the blue trim instead of royal blue with the same colour yellow. The vote was 9 for, 1 against, 1 abstention.

Pat will confirm the cost, the pantone colours and obtain material samples. It was agreed that the first order will include samples which will be available for members to help ascertain which size to order. Details will be advertised, and members will be asked to indicate, without obligation, if they intend to buy the new kit.

Web Collect will be set up for members to purchase the kit.

ACTION: Pat Jackson

AGM Friday 17 May – Peter confirmed that nominations for the committee need to be proposed and seconded by the end of April. Nominations for new committee members will be encouraged. Peter reminded the committee that a new Chairman and Vice Chairman will be needed.

ANY OTHER BUSINESS

Following the fundraising for the Metros defibrillator, Mitesh stated that, if Metros were a registered charity, any further fund-raising donations would be increased via Gift Aid. Similarly, if registered as a Community Sports Amateur Club. It was felt that Metros could not adhere to their strict rules. It was suggested that other clubs be asked if they have pursued this. There was a discussion on whether or not the Harrow Hill Race could be listed as a charity. Mitesh will look into this and check if any sponsorship is available via Harrow Council.

ACTION: Mitesh Patel

Meeting finished at 9.50 pm.

Date of Next Committee Meeting: Wednesday 3 April 2019

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

Runners' Recipes

NUTELLA PANCAKES



Tuesday 5th March is Pancake Day. This irresistible pancake pudding is easy to make and is a yummy refuel after your Tuesday run! If you do not have Frangelico hazelnut liqueur – simply replace with rum.

From: Nigella Express

Ingredients

8 shop-bought crepes
1 x 400g jar Nutella
75g soft butter
80ml Frangelico liqueur, plus 2 x 15ml tablespoons
35g chopped hazelnuts (from a packet)
250ml double cream

Serves 6-8

Instructions

1. Preheat the oven to 200°C/ gas mark 6
2. Put each crepe in front of you and spread some Nutella over one half, then fold the unspread side over the spread side. Now add a dollop of Nutella over one quarter and fold again, so what you have is a fat squidgy fan. Place on a buttered swiss-roll tin or similar. Proceed with the remaining crepes, overlapping them in the tin as you go.
3. Put the butter in a small pan with 80ml Frangelico, and heat gently to melt.
4. Pour over the crepes in their tin and sprinkle most of the chopped hazelnuts on top. Bake in the hot oven for 10 minutes.
5. Meanwhile, whisk the cream with the remaining 2 tablespoons of Frangelico until you have an aerated soft floppiness, and put into a bowl, sprinkling with the last of the crushed hazelnuts. This luscious cream is a must alongside the sweet, buttery, heavenly crepes.

Metros Website and social media

www.metros.org.uk

Contributions to: Irene Paull at
metros.secretary@yahoo.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 Hudson 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 that may affect your running.

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

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 07508 350764. See www.englandathletics.org for courses.

***Metros* REGULAR RUNS**

MONDAY	19.00	Ariff Sidik, Marcus Weedon, Linda Dunne 07827 66823	
	20.00	Teresa Young Mike Ransome Email: Mw49ran@gmail.com	020 8866 3225 07802 839 498
TUESDAY	20.00	Steve Paull Penny Hudson	020 8422 6636 pm.hudson@ntlworld.com
Run / Walk Group			
WEDNESDAY	19.15	Nathan Powell Kevin Smart	07510 122288 07810 835352
THURSDAY	19.00	Jane Hudson Email: thursdaymetros@yahoo.co.uk	07522 754675
THURSDAY TRACK SESSION		Dave Brown 07939 567561 (please contact beforehand)	
SATURDAY	09.00	Ceri Jacob	07771 636 647
		Debra Norman	0208 866 6909

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.