



February 2020  
Issue No. 375



# *Metros Diary*

## February

|        |                                                    |                |
|--------|----------------------------------------------------|----------------|
| Sat 1  | 5 K Run, Roxbourne Park                            | 9.20 am        |
| Sat 8  | Measured mile, Roxbourne Park<br>Foodbank donation | 9.20 & 9.40 am |
| Sun 16 | Harrow Hill Race                                   | 10.30 am       |
| Sun 23 | Hillingdon HM/10K                                  | 9.00/9.35 am   |
| Sun 23 | Gade Valley 17-mile training run                   | 9.00 am        |
| Fri 28 | Quiz Night - Lowlands                              | 7.15 pm        |

## Mar

|        |                                                   |                |
|--------|---------------------------------------------------|----------------|
| Weds 4 | Committee Meeting                                 | 8.00pm         |
| Sat 7  | Metros 5 Mile Handicap, Roxbourne PK              | 9.00 am        |
| Sun 8  | Hillingdon 20                                     | 9.00 am        |
| Sat 14 | Wot No Watch, Roxbourne Park<br>Foodbank donation | 9.20 & 9.40 am |
| Sat 21 | Cassiobury parkrun                                | 9.00 am        |
| Sun 22 | Gade Valley 20- mile training run                 | 9.00 am        |

## April

|         |                                                   |                |
|---------|---------------------------------------------------|----------------|
| Sat 4   | Metros 10K Challenge, Roxbourne PK                | 8.50 am        |
| Fri 10  | Maidenhead Easter 10                              | 9.30 am        |
| Sat 11  | Wot No Watch, Roxbourne Park<br>Foodbank donation | 9.20 & 9.40 am |
| Weds 15 | Committee Meeting                                 | 8.00pm         |
| Sat 18  | Canons Park parkrun                               | 9.00 am        |
| Sun 26  | London Marathon                                   | 10.00 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!*

It's that time of year again, time to renew your membership for Metros and England Athletics— see details from Irene Paull on page 5. Please complete your renewal by the end of March.

The annual Harrow Hill 10K Race organised by Metros, takes place on Sunday 16<sup>th</sup>. If you are not running, please volunteer to help or come along on the day to support fellow club members.

Hope to see you there.

Anne Ambrose

## **Metrolines Contributions**

**All contributions welcome – please send to Anne Ambrose**

**Email: [metrolines1@gmail.com](mailto:metrolines1@gmail.com)**

**Articles should consist of no more than 3 to 4 sides of A4 font Arial 14.**

**Please provide in Word format.**

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

***Contributions by: 15<sup>th</sup> 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**

**Thank you, Metros,**

**The Christmas Message collection, with additional club funds, raised £300 and was donated to the Marie Curie Hospice in Liverpool in memory of Hillarie Lemon.**

**<https://www.mariecurie.org.uk/help/hospice-care/liverpool>**



# ***Achievements***

**Well done ...**

**Terry Burke** – for coming 1<sup>st</sup> in his age group at Seaton parkrun on 11<sup>th</sup> January

**Andy and Gill Fox & Dave and Teresa Young** - for coming first in their respective age groups at Queenstown parkrun NZ on 24<sup>th</sup> January.



**Welcome New Members**

**Jennifer O'Sullivan  
Will Bailey  
Kay Ann Sutherland  
Mark Smith  
Al Dipierro  
Emma Ponnaganti**

## Membership renewals are due on 1st March 2020

Current membership expires on 28th February 2020.

- Like last year, renewals will be done on-line, and you can do this straightaway, all payments from 1st January are part of the new membership year.
- Metros Membership rates are staying the same: Adult £25, Student £5, Under 18 £1.
- England Athletics has however increased to £16, so adult membership including EA is £41.
- 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, the person(s) assigned as the administrator for your group is(are) responsible for renewing everyone in the group and checking the data is up to date.
- Members aged over 70 who don't pay a subscription (or a donation) still have to renew their membership. Without this, we can't keep your data records. Members who currently don't have internet access are all assigned to a family group of a Metros member they know well, who will check that you want to remain a member.

Please do the following on or before 1st March

- Go to the Metros website [www.metros.org.uk](http://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

You may have to take some actions on your browser to allow Webcollect to work e.g. allow cookies or clear history

- Make sure you are using 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.
- 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 2019, 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](mailto:metros.secretary@yahoo.co.uk)

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

*Irene Paull*

## **The Harrow Hill 10K - Sunday 16<sup>th</sup> February 2020.**



Entries are open via the Metros webpage or via this link

[https://www.activetrainingworld.co.uk/events/2020/02/16/Harrow\\_Hill\\_10K\\_Road\\_Race](https://www.activetrainingworld.co.uk/events/2020/02/16/Harrow_Hill_10K_Road_Race)



Save the date:  
Friday 28<sup>th</sup> February

**Metros Quiz Night**

Lowlands Tennis Club

**Sold Out**



# Metros 5k Competition



**When & Where:** A mix of parkruns and 5k runs at Roxbourne Park over a year. All events start at 9am. The remaining events for the 2019/2020 season are as follows:

| Date              | Event                      |
|-------------------|----------------------------|
| 01 February 2020  | Metros 5k @ Roxbourne Park |
| 21 March 2020     | Cassiobury parkrun         |
| 18 April 2020     | Canons Park parkrun        |
| 02 May 2020       | Metros 5k @ Roxbourne Park |
| 20 June 2020      | Harrow parkrun             |
| 18 July 2020      | Rickmansworth parkrun      |
| 01 August 2020    | Metros 5k @ Roxbourne Park |
| 19 September 2020 | Gladstone parkrun          |
| 17 October 2020   | Northala Fields parkrun    |

**Eligibility:** Must be a member of Metros and registered with parkrun. Participants are strongly encouraged to wear official Metros kit at all events

**Scoring:** Scores will be calculated on an age-graded basis as follows: the runner with the highest age grading in an event is awarded 50 points, 2<sup>nd</sup> highest 49 points, etc. Final positions will be determined by highest cumulative score over the year with only your top 10 results counting

**Prizes:** A trophy will be awarded to the top male and female overall. There'll also be an award for anyone who participates in all 12 events. Participating means running, walking or volunteering so please come along even if you're unable to run

**Other info:** Any changes to the calendar due to unforeseen circumstances will be communicated as early as possible. The scoring system is a trial for 1 year and will be reviewed at the end of the year

**Contact:** Mitesh Patel: 07863559043 or [mpatel5@hotmail.co.uk](mailto:mpatel5@hotmail.co.uk)  
Emma Rackham: 07754860961 or [emma.rackham@hotmail.co.uk](mailto:emma.rackham@hotmail.co.uk)  
Nathan Powell: [nathancpowell@yahoo.co.uk](mailto:nathancpowell@yahoo.co.uk)

The third Saturday of the month is usually the Metros designated parkrun day. Parkrun events have now been incorporated into the new Metros 5K Competition.

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 1<sup>st</sup> in age group results to [metrolines1@gmail.com](mailto:metrolines1@gmail.com) for inclusion in the achievements page.



## Trophy Races 2020

The races eligible for the Metros London Road Runners Club (LRRC) Trophy for 2020 are as follows: -

|            |                                   |
|------------|-----------------------------------|
| 23/02/2020 | Hillingdon 10K/HM                 |
| 08/03/2020 | Hillingdon 20Miles                |
| 10/04/2020 | Maidenhead 10Miles                |
| 10/05/2020 | Marlow 5Miles                     |
| 25/05/2020 | Vitality 10K                      |
| 06/09/2020 | Maidenhead HM                     |
| 20/09/2020 | Moor Park 10K                     |
| 18/10/2020 | Cabbage Patch 10 Miles            |
| 25/10/2020 | Ricky Road Run 10Miles (Date TBC) |
| 01/11/2020 | Marlow 7Miles/HM                  |

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

For Hillingdon and Marlow half marathons, there is also an alternative optional distance of 10KM and 7 miles respectively. So, there are 1 x 5 Miles, 4 x 10KM and 3 x 10 Miles events available for those that prefer shorter distances.

Any runners completing all 10 events will receive an award.

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 organizing 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.

Vincent Cheung (LRRC Coordinator)

## SUMMER LEAGUE 2020

Dates for your diary:

31 May - Dulwich Park  
14 June - Headstone Park  
28 June – Perivale  
19 July – Regent's Park  
9 Aug – Battersea Park



### Veterans' Track and Field - Are you over 35?

Metros enters teams in the Southern Counties Veterans' AC League, which comprises four fixtures on Monday and Wednesday nights during the spring and early summer.

The league is split into various divisions (Metros are in the mid-London division) and men's and women's teams compete against each other over most of the track and field event programme (excluding hurdles but including race walk).

There are separate events for different age groups (men 35–49, 50–59 and over 60, and women 35–49, 50–59 and over 60). Aggregate points earned from each fixture determine the league position. Leading teams from each division go on to meet in the league final at the end of the season (usually early September).

Dates for your diary:

|                    |            |                   |
|--------------------|------------|-------------------|
| Monday May 11th    | Battersea  | Hosts: Serpentine |
| Monday June 8th    | Hillingdon | Hosts: Hillingdon |
| Monday June 22nd   | Battersea  | Hosts: Herne Hill |
| Wednesday July 8th | Perivale   | Hosts: ESM        |

*Wendy Mulvenna*



## Metros Olympics – Save the Date – Friday 24<sup>th</sup> July 2020



To celebrate the Olympics, Metros are holding our very own Olympics event! It will be a mix of track and field events including sprints, middle distances up to 3000m, a walking race, field events and relays!

When: Friday 24 July 2020 6.00pm – 9.00pm

Where: Harrow School track

Cost: Free and open to all Metros including children

This will be a fun and friendly event and we'll also be holding events like the egg and spoon and 3 legged races! You can take part in as many or as few events as you like and we'd love to see you all there whether you're taking part, spectating or volunteering. No previous experience of athletics is necessary as we'll have a qualified athletics coach on hand to help during the day.

The date has been chosen to coincide with the first day of the Tokyo 2020 Olympics, however you won't miss any of the opening ceremony or coverage of the Olympics as they're 9 hours ahead of London time.

More details to follow soon but please save the date for now!

## Junior Track Session



Dear Members,

We are thinking of introducing a junior Metros track session, weekly on Thursdays between 5:30 pm to 6:15 pm at Harrow School track, Garlands Lane, Harrow on the Hill, Harrow HA1 3GF. The sessions will commence early April and like all Metros sessions it will be free.

The session will be a mix of running various distances and times but most importantly it will be fun for all.

Do you have a child or children over 5 years of age who would like to run, or are already keen runners?

Are you a run coach who would like to help us with structuring and taking the training?

Are you free between 5:30 pm to 6:15 pm on Thursdays to help us so we can build a volunteer rota to support the coach and runners?

If any of these answers are yes, please email me ([sakinasidik@hotmail.co.uk](mailto:sakinasidik@hotmail.co.uk)) or Nathan Powell ([nathancpowell@yahoo.co.uk](mailto:nathancpowell@yahoo.co.uk))

Sakina Sidik

# Results and Reports

## Metros 10K Challenge – 4<sup>th</sup> January

|                    | Time | Time | Age    |
|--------------------|------|------|--------|
| NAME               | Mins | Sec  | Grade  |
| Nigel Rackham      | 37   | 20   | 85.51% |
| Marcus Wheedon     | 38   | 56   | 74.65% |
| Mike Morris        | 46   | 45   | 65.36% |
| Simon Aberly       | 48   | 59   | 64.02% |
| Adam Leary         | 49   | 24   | 63.48% |
| Sonny Peart        | 49   | 41   | 60.98% |
| Mitesh Patel       | 50   | 9    | 53.59% |
| Tom Mann           | 50   | 35   | 64.14% |
| Caroline Day-Lewis | 51   | 57   | 67.58% |
| Martin Eden        | 52   | 39   | 64.06% |
| Steve Paull        | 52   | 42   | 65.87% |
| Ruth Tidder        | 53   | 45   | 63.02% |
| Jane Hudson        | 54   | 3    | 71.95% |
| Anne Nola          | 55   | 4    | 60.80% |
| Will Bailey        | 57   | 34   | 63.29% |
| Robyn Walliser     | 58   | 55   | 53.71% |
| Mike Ransome       | 58   | 55   | 59.50% |
| Catherine Saunders | 62   | 34   | 50.58% |
| Mike Reid          | 62   | 34   | 51.95% |
| Karen Leary        | 64   | 34   | 55.73% |
| Judy Rackham       | 64   | 34   | 60.23% |
| Kevin Eckersley    | 69   | 46   | 48.81% |
| Anne Ambrose       | 69   | 50   | 58.03% |
| Barbara Reading    | 70   | 59   | 65.34% |
| Tiziana Spotti     | 71   | 21   | 55.25% |
| Steph White        | 73   | 26   | 55.97% |
| Sakina Sidik       | 79   | 57   | 39.06% |
| Eilish Fernandes   | 89   | 10   | 46.76% |
| Gladys de Groot    | 89   | 10   | 49.63% |

|        |
|--------|
| Gold   |
| Black  |
| Violet |
| Indigo |
| Blue   |
| Green  |
| Yellow |
| Orange |
| Red    |
| Pink   |
| White  |

Despite the chilly morning, 30 runners took part in our quarterly 10K, including a few for the first time. Thanks to everyone who heeded the request to start promptly - much appreciated.

If you've not taken part in this competition before, success is measured on age grade bands. These are calculated based on the best performance tables by athletes at this distance. Our first band is white for achieving 40% of best age grade performance, there's a new band every 5% through to gold for performances of 90%+, so everyone has a target to aim at.

Those who have moved up a band will receive their medals when Teresa returns in March.

*Irene Paull*

## Wot No Watch Saturday 11 January 2020

| <u>Name (alphabetical order)</u> | <u>predicted time</u> | <u>actual time</u> |
|----------------------------------|-----------------------|--------------------|
|                                  |                       |                    |
| Adam Leary                       | 6.29                  | 6.34               |
| Andrew Collier                   | 7.58                  | 8.00               |
| Andrew Matthews                  | 8.50                  | 8.40               |
| Anne Ambrose                     | 9.40                  | 9.46               |
| Caroline Day Lewis               | 6.50                  | 6.53               |
| Eilish Fernanadez                | 10.45                 | 9.49               |
| Gladys De Groot                  | 11.45                 | 11.59              |
| Henry Pickford                   | 9.52                  | 9.54               |
| Irene Paull                      | 9.45                  | 9.25               |
| Janice Newman + Judy Rackham     | 9.40                  | 9.37               |
| Jo Collier                       | 9.55                  | 9.46               |
| John Stratford                   | 10.00                 | 10.31              |
| Julia Allen                      | 8.3                   | 8.48               |
| Karen Leary                      | 8.32                  | 8.58               |
| Kevin Eckersley                  | 10.00                 | 9.21               |
| Kirit Ranpura                    | 7.30                  | 7.25               |
| <b>Linda Grimes</b>              | <b>8.45</b>           | <b>8.45</b>        |
| Mahua Chatterjee                 | 11.00                 | 10.11              |
| Marilyn Pickford                 | 9.20                  | 9.35               |
| Marion Rogan                     | 9.30                  | 9.36               |
| Mark Lemon                       | 8.48                  | 9.09               |
| Mike Morris                      | 6.10                  | 6.12               |
| Mitel Matthews                   | 6.25                  | 6.23               |
| Nancy Morris                     | 9.00                  | 8.54               |
| Natalie Gerverun                 | 10.30                 | 10.46              |
| Pip Brown                        | 8.55                  | 8.18               |

| <b><u>Name (alphabetical order)</u></b> | <b><u>predicted time</u></b> | <b><u>actual time</u></b> |
|-----------------------------------------|------------------------------|---------------------------|
| Robyn Walliser                          | 7.45                         | 7.52                      |
| Ruth Tidder                             | 7.30                         | 7.23                      |
| Shefali Rao                             |                              | 10.24                     |
| Simon Abery                             | 6.18                         | 6.25                      |
| Sonny Peart                             | 8.00                         | 7.41                      |
| Steph White                             | 11.00                        | 9.47                      |
| Steve Alder                             | 8.45                         | 8.39                      |
| Steve Paull                             | 7.00                         | 6.50                      |
| Susan Marahan                           | 9.00                         | 9.12                      |
| Titziana Spotti                         | 9.45                         | 9.37                      |

Well done to the many Metros who came near their predicted times in the Wot no Watch today and congratulations to Linda Grimes for being correct to the very second in her prediction. Thanks to Mahua for delivering the trophy. Mike did a great job recording numbers, many thanks.

Angela - standing in for Teresa.

### **Bracknell Forest TVXC 5<sup>th</sup> January**

| <b>Position</b> | <b>Name</b>       | <b>Time</b> | <b>Male Score</b> | <b>Female Score</b> |
|-----------------|-------------------|-------------|-------------------|---------------------|
| 1               |                   | 00:34:56    | 1                 | -                   |
| 42              | Terry Mackin      | 00:40:59    | 38                | -                   |
| 122             | Tian Hollingshead | 00:46:26    | 101               | -                   |
| 129             | Kyle Hollingshead | 00:46:51    | 106               | -                   |
| 130             | Russell Hewlett   | 00:46:53    | 107               | -                   |
| 142             | Jag Matharu       | 00:47:20    | 117               | -                   |
| 152             | James Kerrane     | 00:47:45    | 126               | -                   |
| 183             | Kevin Concannon   | 00:49:30    | 151               | -                   |
| 219             | Nick Russell      | 00:50:45    | 176               | -                   |
| 275             | Mitesh Patel      | 00:53:02    | 213               | -                   |
| 313             | Vincent Cheung    | 00:55:37    | 235               | -                   |
| 355             | Martin Eden       | 00:57:36    | 261               | -                   |
| 416             | Glynn Watkins     | 01:01:24    | 290               | -                   |
| 449             | Bernie Conway     | 01:04:11    | -                 | 136                 |
| 561             | Dave Brown        | 01:26:54    | 336               | -                   |
| 568             | Finishers         | 01:46:51    | 338               | -                   |

## **Cliveden Cross Country 10K – 12<sup>th</sup> January**

|     |              |         |
|-----|--------------|---------|
| 1   |              | 0:36:39 |
| 433 | Glyn Watkins | 1:08:04 |
| 593 | Finishers    | 1:55:06 |

## **Slough New Year 10K**

|     |                                            |         |
|-----|--------------------------------------------|---------|
| 1   |                                            | 0:35:47 |
| 214 | Linda Gaitskell<br>(guided by Steve Alder) | 1:16:07 |
| 231 | Finishers                                  | 1:28:52 |



Andy and Gill Fox & Dave & Teresa Young – at Queenstown parkrun

# NOTES OF METROS COMMITTEE MEETING

Wednesday 15 January 2020 at the Methodist Church, Cannon Lane, 8.00 pm

**PRESENT:** Peter Beuselinck, Pat Jackson, Paula Kanesanathan, Mitesh Patel,  
**COMMITTEE:** Marilyn Pickford, Irene Paull, Steve Paull, Emma Rackham,  
Nigel Rackham, Barbara Robson, Ariff Sidik, Marcus Weedon,  
Carole Wells, Sarah Westwood.

**NON-COMMITTEE:** Al and Jane Scoffham (first item only)  
Sakina Sidik (from 8.40 pm)

**1.APOLOGIES** Anne Ambrose, Mike Ransome

**CHAIR:** Nigel Rackham  
**NOTE RECORDER:** Pat Jackson

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

## **2. METROS QUIZ – Friday 28 February**

This had previously been linked with the presentation of awards. Jane and Al were thanked for organizing the quiz and attending the meeting. Due to limited space at Lowlands Tennis Club, it was agreed that, initially, attendance would be open to Metros members and families only - this would be reviewed if numbers permitted. Attendance would need to be booked in advance via Emma Rackham. Teams would consist of eight adults, children under 12 could be additional team members. When requested, Emma would place people in teams. Jane and Al will confirm the start time and Emma will arrange publicity.

**ACTION:** Emma Rackham

## **3. ACTIONS FROM LAST MEETING – 6 November 2019**

**Update on Awards Presentation Evening** – It was agreed that the event had gone well, and the Pizza break was very popular.

The Christmas Message collection, with additional club funds, raised £300 and was donated to the Marie Curie Hospice in Liverpool in memory of Hillarie Lemon. Anne will report this in Metrolines.

**ACTION:** Anne Ambrose

**Metros Shed** – Richard Francis was thanked for removing the foliage from above the shed. Metros volunteers who removed the foliage were also thanked.

**Metros Pacers** – Mitesh will re-advertise details in Metrolines.

**ACTION:** Mitesh Patel

**The Gym Group Publicity** – Marcus had produced a flyer which was inserted in Metrolines.

**Hall of Fame** – Additions will be discussed in the future. **ACTION:** Marcus Weedon

**Metros London Marathon Places** – Peter confirmed that Metros places had been allocated. Ariff proposed a longer gap between ballot applications. It was agreed that, having won a Metros place one year, two years would need to elapse before entering the ballot again. (At present a one-year gap).

#### **4. CLUB EVENTS**

**Summer League Club Representatives Meeting** – Pat confirmed provisional fixture dates had been advertised. Club and runners fees remain the same; a minimum of two events need to be completed to qualify for a league award; batons will be used for scoring teams in the relays; Tenderfoot and Fun Run certificates will no longer be issued. Due to increased numbers no other club will be invited to join at present.

**Metros Thames Valley and Summer League Awards** – Jeanne Coker had recommended that, for Metros awards, the age groups for men and women become the same. This was agreed and age groups will be confirmed prior to, and start with, the Summer League.  
**ACTION:** Pat Jackson

**Southern T&F League.** – it was agreed not to enter this league at present. Anyone wishing to do more track and field events than our present Track & Field League could enter an Open Graded Meeting.

**Harrow Hill Race - 16 February 2020** – Paula stated that more volunteers were needed, plus more entries.  
**ACTION:** ALL MEMBERS

**Metros 5K Competition** – Mitesh stated that the first two fixtures were very successful with good participation.

**Couch to 5K** – Irene stated that, if it was decided to hold another course in the Spring, she would not be available as Leader. Ariff will discuss leadership with Irene. Possible changes regarding the location base and distance were discussed.  
**ACTION:** Irene Paull/Ariff Sidik.

**Metros Olympics Night** – Mitesh had advertised the event which would include events for adults and children.  
**ACTION:** Mitesh Patel

**Junior Track Session** – Sakina outlined a proposed Metros early evening track session at Harrow School aimed at 5-12-year olds. Metros who are parents (or nominated adults) would need to accompany each child (although not participate). The committee supported the idea and Sakina was thanked for her suggestion. Sakina will investigate track availability and will liaise with Margaret Smith regarding safeguarding with a view to confirming arrangements. Mitesh stated that, having a 'junior' activity could help in obtaining sponsorship for Metros.

**ACTION:** Sakina Sidik

**Vets T&F MBE Awards** – The dates for the Vets T&F league are now published. Pat will continue to maintain the MBE records but, in future, participants who break any age record (records can be found on the Metros website).in this league or any Open Graded Meeting should inform her as soon as possible after the event. Pat will request this in Metrolines.  
**ACTION:** Pat Jackson

## 5. OTHER EVENTS

**Junior parkrun** – Emma confirmed this is proposed to be held in Pinner Village Gardens. **A meeting will be held on Monday 17 February in Pinner Village Hall at 7.00 pm** and all are welcome. Emma will advertise the meeting.

**ACTION:** Emma Rackham

**Advertising at parkrun** – Mitesh displayed a leaflet advertising a running club which was left on his car at a parkrun. It is understood that parkrun do not want general club advertising and it was agreed we would not leaflet Metros club details on cars at parkrun. We could, however, promote particular Metros events such as the Hill Race.

## 6. ADMIN

**Metros Accounts** – Mitesh had distributed a report of accounts up to 31 December 2019 and listed several points to note.

**Renewals and Membership Cards** – Irene reported 368 members – a record - 203 female and 165 males. England Athletic memberships has increased from £15 to £16. Annual Metros and EA membership together is now £41.

Irene stated the distribution of membership cards was a problem with no regular central club location. She will research solutions, possibly digital or have a collection point. The discounts available through Metros membership would be advertised in Metrolines.

**ACTION:** Irene Paull

**Metros Kit** – Pat confirmed the second order had been distributed.

## 7. AOB

**LRRC Trophy Races** – A member had suggested adding a marathon distance. It was agreed not to add this at present. We will, however, consider promoting Metros attendance at a suitable marathon festival event which includes shorter distances.

**ACTION: ALL TO CONSIDER**

**Track & Field Coaching** – a member had asked whether coaching prior to the Vets T&F League could be arranged. It was agreed that Mitesh will follow up this suggestion.

**ACTION:** Mitesh Patel

## 5. ANY OTHER BUSINESS

**Summer League - Metros Host Fixture** – Paula stated that construction work in Headstone Manor Recreation Ground might affect our host fixture. We will liaise with Harrow Council.

**ACTION:** Emma Rackham

## 6. ITEMS FOR FUTURE MEETING

**Harrow Half Free Places** – Metros will be given six places.

**Meeting closed** at 9.10 pm

**Date of Next Committee Meeting:** 4 March 2020

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

# THE GYM

THE UK'S BEST VALUE 24/7 GYM

The Gym Group offer a fully flexible gym offering at an affordable rate so that you can max out on your fitness and not your overdraft!

Our gyms offer 24hour access, a range of inclusive exercise classes and have equipment catering for every need! Check out a gym near you:

## *North Harrow*

Units 1,2 & 3  
354-366 Pinner Road North Harrow  
Middlesex  
Middlesex  
HA2 6DZ

## *Harrow-on-the-Hill*

Bradstowe House  
Junction Road  
Harrow  
Greater London  
HA1 1NL

## *Wealdstone*

35-43 High Street  
Wealdstone  
Harrow  
HA3 5DE

[www.thegymgroup.com](http://www.thegymgroup.com)



### **Metros Website and social media**

[www.metros.org.uk](http://www.metros.org.uk)

Contributions to Irene Paull at  
[metros.secretary@yahoo.co.uk](mailto: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 Irene Paull at

[metros.secretary@yahoo.co.uk](mailto:metros.secretary@yahoo.co.uk)

Group email address:  
[metrosrc@googlegroups.com](mailto: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](http://www.englandathletics.org) for courses.

### ***Metros* REGULAR RUNS**

|                               |              |                                                                                                  |                                                                                     |
|-------------------------------|--------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>MONDAY</b>                 | <b>19.00</b> | Ariff Sidik, Marcus Weedon, Linda Dunne<br>07827 66823                                           |                                                                                     |
|                               | <b>20.00</b> | Teresa Young<br>Mike Ransome<br>Email: <a href="mailto:Mw49ran@gmail.com">Mw49ran@gmail.com</a>  | 020 8866 3225<br>07802 839 498                                                      |
| <b>TUESDAY</b>                | <b>20.00</b> | Steve Paull<br>Penny Hudson                                                                      | 020 8422 6636<br><a href="mailto:pm.hudson@ntlworld.com">pm.hudson@ntlworld.com</a> |
| Run / Walk Group              |              |                                                                                                  |                                                                                     |
| <b>WEDNESDAY</b>              | <b>19.15</b> | Nathan Powell<br>Kevin Smart                                                                     | 07510 122288<br>07810 835352                                                        |
| <b>THURSDAY</b>               | <b>19.00</b> | Jane Hudson<br>Email: <a href="mailto:thursdaymetros@yahoo.co.uk">thursdaymetros@yahoo.co.uk</a> | 07522 754675                                                                        |
| <b>THURSDAY TRACK SESSION</b> |              | Dave Brown 07939 567561 (please contact beforehand)                                              |                                                                                     |
| <b>SATURDAY</b>               | <b>09.00</b> | 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](http://www.metros.org.uk)**

**Please Note: All runners are responsible for themselves.**