



February 2021
Issue No. 385



Note from the Editor!

2021 has not had the best start, but at least January is over, the days are getting longer, and we are nearer to Spring, when everything is predicted to get better. As we can only exercise with one person outside our household at the moment, Metros events are currently taking place as virtual events. Thank you to Adam and Karen Leary for once again keeping us all going with their weekly Saturday session emails. If you would like to meet Metros virtually, and give your brain a workout, there's the Metros Chess League. If you've seen The Queen's Gambit (no I haven't!), Arnold Glickman is looking for the Metros answer to Beth Harmon– see page 7. Also, there's the virtual core sessions on Monday and Thursday evenings – see google mail invitations. It's the time of year when we would usually be renewing our Metros membership. However, due to the current situation, the committee has decided that all memberships will be automatically renewed to February 2022 without any fee. See information from Irene on the next page.

Take care and stay safe.

Anne Ambrose

Metrolines Contributions

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.

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: 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

Thank you, Metros for your generosity,

The Christmas Message collection raised £445 and was donated to the Lynda Jackson Macmillan Centre.

<https://www.ljmc.org/>

Membership Renewals

Membership fees are the main source of income for the club. We usually raise around £5,000 to £6,000 depending on the number of adult members. Last year we lost over 70 members, mainly those who hadn't renewed by the time of lockdown. In a normal year we usually lose around 20-30 members and gain slightly more. This year, during the few weeks we were back we gained around 10 members.

With little happening last year, we were able to cut many of our costs. There were no leagues to fund, no trophies and no presentation evening. We also were able to reduce the costs we pay towards the premises we use (scout hut, track, tennis club). As a result, we ended up with a surplus of £3,000 to put towards this year.

The committee has therefore decided that all memberships would automatically be renewed this year, and no member should be asked to pay the £25 membership. We do have a financial reserve should this decision result in a shortfall for this year. Having said that, we understand that some members may prefer to donate some or all of their membership fee to club funds. Any surplus from this year will go towards our next charity project, most likely a second AED.

Admin bit:

- I will update the end date of each membership to February 2022 (this will all be done by the end of this month); you only need to log on to Webcollect if you need to change any of your personal details.
- England Athletics have not yet decided what they're doing about membership fees for this year. We will tell you what is happening about this as soon as we know, hopefully by early March.
- If you do want to donate, please use bank transfer, our club account is:-
METROS RUNNING CLUB
30-96-66 (TSB)
00316220

Irene Paull
Membership Secretary

Wot no Watch – Roxbourne Park
13th December 2020

Name	Predicted Time	Actual time	Difference
Chris Shearwood	5:35	5:36	1
Adam Leary	6:29	6:32	3
Amanda Hardy	8:47	8:44	3
Kyie Hollingshead	5:55	5:52	3
Simon Abery	6:40	6:37	3
Steve Paull	7:15	7:12	3
Tian Hollingshead	5:55	5:52	3
Dave Young	7:22	7:26	4
Andrew Fox	6:47	6:38	9
Steph White	10:30	10:21	9
Anne Ambrose	9:56	9:46	10
Marilyn Pickford	8:50	9:01	11
Eilish Fernandez	11:00	10:49	11
Caroline Day-Lewis	6:50	7:03	13
Gill Fox	10:15	10:01	14
Karen Leary	8:45	9:00	15
Kirit Ranpura	8:00	8:18	18
Ruth Tidder	8:00	8:18	18
Jo Collier	9:45	9:26	19
Gladys de Groot	11:30	11:55	25
Janice Newman	10:17	9:50	27
Mike Ransome	10:17	9:50	27
Andrew Collier	8:20	7:51	29
Judy Rackham	9:39	8:58	41
Mike Ransome	9:30	8:49	41
Sarah Westwood	11:39	10:30	69
Dave Brown	13:15	12:01	74
Arnold Glickman	12:00	16:18	258

Congratulations to Chris Shearwood for winning the Wot no Watch trophy this month. His predicted time was 5:35 and but for two cyclists, a photographer (AKA as Dave Brown) and two dogs on the finish line he might have been spot on rather than 5:36.

Teresa Young



Chase The Moon 10K, Queen Elizabeth Olympic Park,
9th Dec 2020

1		00:32:10	
123	Steve Paull	00:47:53	2 nd V65
278	Finishers	01:27:19	



Metros 10K Virtual Challenge –January 2021

NAME	MINS	SECS	AGE GRADING
Chris Shearwood	39	54	80.72%
Steve Paull	47	35	73.67%
Caroline Day-Lewis	50	24	70.52%
Tony Watson	48	0	70.27%
Paul Spendloff	40	16	69.91%
Andrzej Warhaftig	52	19	69.91%
Emma Ponnaganti	48	18	67.83%
Jane Hudson	59	18	67.39%
Lynne Jones	60	5	66.52%
Adam Leary	48	27	65.30%
Martin Eden	54	52	62.06%
Zahra Bassiri	50	3	61.74%
Judy Rackham	64	31	61.10%
Shyam Patel	46	59	58.99%
Carole Lloyd	72	50	57.25%
Teresa Young	70	15	56.89%
Tim Oakley	58	33	56.54%
Rohan Mascarenhas	55	50	54.73%
Mike Ransome	67	0	54.59%
Una Cunningham	62	42	52.25%
Mike Reid	63	11	51.91%
Caroline O'Dwyer	70	0	51.40%
Pip Brown	63	21	49.96%
Chris Parkinson-Best	63	33	49.14%
Mike Morris	63	19	48.67%
Emma Rackham	62	45	48.35%
Zaheer Sidik	56	35	48.20%
Steve Alder	67	0	48.07%
Sakina Sidik	66	44	47.09%

Congratulations to Chris Shearwood for the fastest time, best age-graded performance and moving up a coloured ribbon. Emma Ponnaganti also moved up to a green ribbon. Six newcomers to the event, Paul Spendloff, Tony Watson, Zaheer Sidik, Chris Parkinson-Best, Caroline O'Dwyer and Rohan Mascarenhas get ribbons this month and now have a target to aim for on the next running of the event if they want to move up. Good to see some returning runners with Carole Lloyd (April 2018) and Emma Rackham (Jan 2017). Commiserations to the runners just a few seconds short of the next level (less the half a percent away) - Andrzej Warhaftig and Paul Spendloff, both on 69.91%, Rohan Mascarenhas on 54.73%, Mike Ransome on 54.59% and Pippa Brown on 49.96%
The next event will be April – virtual or real....who knows????

Teresa Young

Metros Chess League

Metros membership offers us the opportunity to become physically stronger and healthier while providing many mental health benefits. I also very much appreciate the warmth, encouragement, support and friendship it offers. Well now I am offering yet another benefit to Metros members. In these dark



times, we are spending much more time at home, in part because we are in the bleak mid-winter but more significantly because we are advised, nay instructed, to stay at home as much as we possibly can in order to reduce the spread of the COVID virus.

The opportunity I offer you now is to exercise the little grey cells which perhaps are getting a little lazy from spending too much time at home. At the start of the new year, I asked Metros members if they would like to play some online chess with me and am happy to report that we now have a select group who are playing games with each other. I have also partnered with Lea Ryan and together we are managing the league.

All is quite informal and easy going. We would welcome new members at any time. If you are interested in joining us, whatever your chess standard, you would be most welcome. Please get in touch with Lea and/or me. Lea's email address is lea.ryan@talktalk.net while mine is aglickman2@msn.com. We use a variety of online programs and even play using two physical boards where we describe to each other the moves we have made.

I am embarrassed to admit that, despite the encouragement of The Queen's Gambit Netflix series, Lea is the only lady who is playing in our group so far. How about a few more ladies joining us?

I even make an offer to those who have never played before. I am happy to give coaching lessons to anyone interested in learning the game. The rules are very simple and can be quickly learned. Chess sets, a board and pieces, can be bought from about £10.

I look forward to an avalanche of responses.
In the meantime, keep well and keep safe.

Arnold Glickman

Regards

Arnold
07720 353596

December Virtual 5K Challenge

Metros Men Virtual 5k Challenge Results December 2020		
Name	Time	Age Grading %
Chris Shearwood	18 mins 53 secs	83.19
Andrzej Warhaftig	22 mins 40 secs	77.99
Kevin Concannon	21 mins 56 secs	74.65
Paul Spendloff	18 mins 46 secs	74.10
Steve Paull	23 mins 15 secs	72.88
John Norris	20 mins 33 secs	67.18
Simon Abery	24 mins 00 secs	64.41
Jeff Suffield	22 mins 49 secs	63.21
Martin Eden	26 mins 21 secs	62.66
Tim Oakley	25 mins 48 secs	62.40
Shyam Patel	22 mins 19 secs	61.00
Spencer Millbery	23 mins 11 secs	60.41
Rohan Mascarenhas	25 mins 43 secs	58.25
Sonny Peart	25 mins 57 secs	57.73
Mike Ransome	30 mins 57 secs	57.12
Steve Alder	28 mins 49 secs	54.51
Glyn Watkins	31 mins 50 secs	53.23
Andrew Collier	30 mins 31 secs	50.25
Tom Man	29 mins 33 secs	48.45
Mike Reid	33 mins 17 secs	47.98
Average age grade		62.29

Metros Virtual 5k Challenge - Women's Results December 2020		
Name	Time	Age Grading %
Annabelle Suffield	21 mins 09 secs	77.94
Caroline Day-Lewis	24 mins 54 secs	68.60
Jasia Zimmerman	28 mins 02 secs	67.78
Jane Hudson	28 mins 14 secs	67.30
Emma Ponnaganti	23 mins 40 secs	66.99
Lynne Jones	28 mins 32 secs	66.59
Ann Suffield	23 mins 42 secs (PB)	66.30
Zahra Bassiri	22 mins 49 secs	65.83
Annie Birch	30 mins 33 secs	64.62
Linda Georgiades	28 mins 48 secs	62.10
Liz Abrahams	28 mins 15 secs	61.85
Judy Rackham	30 mins 27 secs	61.63
Teresa Young	31 mins 27 secs	60.41
Irene Paull	32 mins 53 secs	57.78
Sarah Westwood	36 mins 01 secs	56.27
Carole Lloyd	35 mins 27 secs	55.69
Ruth Tidder	29 mins 46 secs	55.51
Monica Shortt	31 mins 12 secs	54.75
Paula Kanesanathan	27 mins 35 secs	54.46
Julia Allen	33 mins 31 secs	51.54
Steph White	38 mins 45 secs	50.95
Pip Brown	32 mins 30 secs	47.25
Emma Rackham	31 mins 48 secs	46.45
Caroline O'Dwyer	39 mins 02 secs	43.27
Una Cunningham	42 mins 06 secs	37.66
Average Age Grade		58.78

January Virtual 5K Challenge

Metros Men Virtual 5k Challenge Results January 2021		
Name	Time	Age Grading %
Chris Shearwood	18 mins 56 secs	82.97
Paul Spendloff	18 mins 07 secs	76.75
Richard Brown	19 mins 43 secs	74.26
Andrzej Warhaftig	24 mins 28 secs	72.26
Tony Watson	22 mins 39 secs	72.28
Steve Paull	24 mins 04 secs	70.41
Kevin Concannon	23 mins 52 secs	68.60
Marcus Weedon	21 mins 18 secs	67.71
Martin Eden	26 mins 05 secs	63.30
Jeff Suffield	23 mins 14 secs	62.08
Rohan Mascarenhas	26 mins 00 secs	57.62
Kirit Ranpura	28 mins 16 mins	56.49
Tim Oakley	29 mins 02 secs	55.45
Glyn Watkins	32 mins 01 secs	52.93
Steve Alder	30 mins 11 secs	52.04
Jonny Jackson	28 mins 41 secs	50.28
Chris Parkinson-Best	31 mins 20 secs	43.75
Average age grade		63.48

Metros Virtual 5k Challenge - Women's Results January 2021		
Name	Time	Age Grading %
Annabelle Suffield	21 mins 34 secs	76.43
Jasia Zimmerman	27 mins 20 secs	69.51
Caroline Day-Lewis	24 mins 35 secs	69.48
Emma Ponnaganti	23 mins 11 secs PB	68.39
Jane Hudson	28 mins 11 secs	68.28
Ann Suffield	24 mins 05 secs	65.83
Lynne Jones	29 mins 49 secs	63.72
Annie Birch	31 mins 12 secs	63.27
Zahra Bassiri	23 mins 39 secs	63.51
Judy Rackham	30 mins 54 secs	60.73
Ruth Tidder	27 mins 22 secs	60.38
Teresa Young	33 mins 03 secs	57.49
Carole Lloyd	36 mins 00 secs	54.84
Steph White	36 mins 00 secs	54.84
Paula Kanesanathan	28 mins 21 secs	52.98
Monica Shortt	32 mins 33 secs	52.48
Sakina Sidik	29 mins 04 secs	52.49
Carole Valentine	35 mins 03 secs	52.25
Emma Rackham	29 mins 43 secs	49.70
Diane O'Reilly	33 mins 28 secs	48.84
Julia Allen	36mins 27 secs	47.39
Caroline O'Dwyer	38 mins 03 secs	45.40
Irene Paull	42 mins 57 secs	44.24
Una Cunningham	37mins 55 secs	41.81
Average Age Grade		57.44

The next Virtual 5K Challenge is scheduled for the week 22 - 28 February. I'll send out a reminder e-mail nearer the time. In the meantime, stay fit, stay safe, stay upright.

Cheers, *Chris Shearwood*

Veterans' Track and Field Programme 2021

For all over 35-year-old Metros, who are interested in competing in Track and Field, these are the dates and Venues, for the 2021 season, to put in your diaries.....let's hope!

May 10th Battersea
June 7th Hillingdon
June 21st Battersea
July 7th Perivale

Wendy Mulvenna



New Committee Members

Following the resignations of Mitesh Patel and Peter Beuselinck from the committee (see notes of the December 2020 meeting), there were calls for expressions of interest for the Treasurer and Secretary roles, and where we had more than one candidate for the role the candidates have agreed between them who should step forward, so we now have one confirmed candidate for each - namely Steve Alder for Honorary Secretary and Teresa Young for Honorary Treasurer.

Steve and Teresa have been co-opted onto the committee and will take up their roles with immediate effect. Their positions will be confirmed at the next AGM.



NOTES OF METROS VIRTUAL COMMITTEE MEETING

Wednesday 16 December 2020 via a Zoom conference call at 7.00 pm

PRESENT Anne Ambrose, Peter Beuselinck, Pat Jackson, Paula Kanesanathan
COMMITTEE: Mitesh Patel, Marilyn Pickford, Emma Rackham, Nigel Rackham, Mike Ransome, Barbara Robson, Ariff Sidik, Marcus Weedon

NON-COMMITTEE: Tim Oakley

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).

Mitesh and Sinthuja were congratulated on the birth of their son Remiro on 10 November weighing in at 7.3 pounds.

Jeanne Coker thanked Metros for the flowers she received after returning home from hospital recently.

1. APOLOGIES: Irene Paull, Steve Paull

2. ACTIONS FROM LAST MEETING – 16 October

Metros Membership – Irene was not present, so this item is deferred to next meeting.

ACTION: Irene Paull

Metros AED – availability resolved via email.

Metrolines Charity Collection for this Year – Anne confirmed that £375 from members Christmas messages, plus £70 of refund from England Athletics (£445 in total) was collected for The Lynda Jackson Macmillan Centre. Anne thanked members and Anne was thanked for organising the collection.

Metros Instagram Account – Paula confirmed this has been set up with help from Linda Georgiades.

Hall of Fame – Marcus is researching.

ACTION: Marcus Weedon

SPOND Bookings – Irene had confirmed that this was working well but there was still an issue with people having booked but not cancelling if unable to attend thus denying others a place.

Update on Sessions and Timings of Monday/Tuesday Sessions – several members had confirmed difficulty in attending the earlier time of these sessions. Unfortunately, none had offered to become leader, but Sonny and Mike are aiming to occasionally host a Monday session at 8.00 pm. These will be announced, and Irene will arrange for bookings to be taken on SPOND. **ACTION:** Irene Paull, Sonny Peart, Mike Morris

3. CLUB EVENTS

Covid-19 Restrictions and Tier 3 – Tim described the rules for the various tiers. Although groups of 12 are permitted, Metros have agreed to have groups of 10.

Harrow Hill Race 2021 – Paula reported that the event would not be held in February and Irene will check the availability of Harrow School for a date in June.

ACTION: Irene Paull

Additional Metros Sessions – Nathan Powell and Marcus have started new Metros sessions meeting at the Ruislip Track on Fridays at 7.00 am and at 12.00 noon. Marcus confirmed participant numbers had increased and volunteer leaders had been agreed.

5K Session at Harrow School Track – Following the successful 5K track run in October, the next event was planned for the coming Saturday. Tim confirmed the event adhered to the current general restrictions but EA guidance for organised track races prohibits 5K races. It was agreed that Peter would seek guidance from the EA regarding our club 5K track events.

With Covid-19 infections increasing, the area moving into Tier 3 and the proximity to Christmas, following a majority vote, it was regrettably decided to cancel this Saturday's event with apologies for the short notice. We will revisit the suitability of the event in the New Year. Nigel will inform Nathan and Metros members.

ACTION: Nigel Rackham and Peter Beuselinck

New Club 5K Track Trophy Race – Unfortunately, due to technical issues, Nathan was unable to join the virtual meeting to discuss so this item will be discussed at a future meeting.

Keeping Virtual Elements of Existing Club Events – These had proved popular and facilitated greater participation. It was suggested they may continue when Covid-19 restrictions are lifted. This will be reviewed at a future meeting after consultation with event coordinators.

3. ADMIN

Budget for 2020/21 – Mitesh had distributed accounts at a recent meeting. He announced that, due to his new role as father, he wished to step down as Metros Treasurer at the end of February 2021 or sooner if possible. The position will be advertised in Metrolines and on Metros social media.

ACTION: Anne Ambrose, Emma Rackham

4. AOB

Peter confirmed that he and Mandy would be moving to France and he will be stepping down from the Metros Committee and relinquishing his post of Metros Honorary Secretary. The position will also be advertised in Metrolines and Metros social media.

ACTION: Anne Ambrose, Emma Rackham

Meeting closed at 7.53 pm.

NEXT MEETING – Paula to check availability for the first or second week in January.

NOTES OF METROS VIRTUAL COMMITTEE MEETING

Wednesday 13 January 2021 via a Zoom conference call at 6.45 pm

PRESENT Anne Ambrose, Peter Beuselinck, Pat Jackson,
COMMITTEE: Paula Kanesanathan, Irene Paull, Steve Paull,
Mitesh Patel, Marilyn Pickford, Emma Rackham,
Nigel Rackham, Mike Ransome, Ariff Sidik,
Marcus Weedon

NON-COMMITTEE: Steve Alder, Arnold Glickman, Nathan Powell

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. APOLOGIES: Barbara Robson unable to link in

2. ACTIONS FROM LAST MEETING – 16 December

Hall of Fame – Marcus is continuing with research. **ACTION:** Marcus Weedon

Update of sessions and timings of Monday/Tuesday Sessions – Later sessions on Monday had just started then stopped due to COVID-19 restrictions.

5. COMMITTEE POSITIONS

Secretary and Treasurer – Peter Beuselinck and Mitesh Patel wished to step down in these positions. Peter confirmed that replacements can be accepted between AGMs. Nigel had advertised via Metros googlemail but, to reach more members, it was agreed Nigel and Irene would also advertise on Web Collect.

ACTION: Nigel Rackham/Irene Paull

Nigel will discuss details of the positions with volunteers.

ACTION: Nigel Rackham

Metros Bank Account Address and Signatories – Will be resolved when positions are confirmed.

6. CLUB EVENTS

COVID Restrictions – Now in lockdown.

5K Track Session at Harrow School – Since the last meeting, Peter confirmed with England Athletics that their restrictions were for a licensed 5K race. The proposed 5K at Harrow School was acceptable provided it adhered to current COVID restrictions.

New Club 5K Track Event – Nathan had suggested this and provided full details. It was agreed to go ahead when COVID restrictions allowed.

There was a discussion regarding the timing and frequency of the Track 5K to fit in with other Metros 5K events. Emma, Mitesh and Nathan will discuss and give recommendations to the committee.

ACTION: Emma Rackham/Mitesh Patel/Nathan Powell

Online Strength and Mobility session – Following the success of the online Monday Core Session during lockdown, Nathan suggested this continue when normal activities return. Ariff, and the core session team agreed to do this and were thanked for organising these sessions.

ACTION: Ariff Sidik

Harrow Hill Race 2021 – Paula reported that a provisional date of 6 June was suggested but could not be confirmed at present.

ACTION: Paula Kanesanathan/Marcus Weedon

Summer League 2021 – Irene confirmed that no event dates for this year had yet been discussed.

7. ADMIN

Metros Membership and Renewals - As Covid restrictions have prevented normal activities for club members and our expenditure was also lower, it was agreed that existing members would not be asked to pay annual membership fees on renewal due in March this year. However, any member who still wishes to make a contribution for membership may do so. New members will be accepted with the appropriate fee. England Athletics have not yet asked for EA membership fees but members who wish to retain or take up EA membership will have to pay the appropriate subscription. Irene will inform members.

ACTION: Irene Paull

8. AOB

Metros Chess – Arnold had suggested this activity and confirmed it is now going well. He will add an article in Metrolines.

ACTION: Arnold Glickman

Other Virtual Social Events – Nigel asked for suggestions.

ACTION: ALL MEMBERS

Night of Olympics – this was postponed along with the actual Olympics. It was agreed to be added to the list of items to be discussed in the future.

Meeting closed at 7.40 pm.

NEXT MEETING – To be confirmed