



February 2022
Issue No. 395



The Harrow Hill Race 2022
13th February 2022

Metros Diary

February

Sat 5	Metros 5K Challenge, Roxbourne PK	9.00 am
Sat 12	Measured Mile, Roxbourne Park	9.00 am
Sun 13	Harrow Hill Race	10.30 am

March

Sat 5	5 Mile Handicap	9.00 am
Sun 6	Berkhamsted HM/5M	10.00 am
Sat 12	Wot No Watch, Roxbourne Park	9.00 am
Sat 19	parkrun – Sunny Hill	9.00 am

April

Sat 2	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 9	Metros Track 5K	tbc
Fri 15	Maidenhead Easter 10	9.30 am
Sun 24	Ibstone Circle 10K	10.00 am

Book your place on all Metros sessions and events on the SPOND App. Please contact Irene (metros.secretary@yahoo.co.uk) if you want to amend your preferences on SPOND.

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 7. Please complete your renewal by the end of March.

Well done to everyone who entered the photo competition and especially to the two winners, Marcus Wheedon and Shefali Rao – see page 11.

If you fancy trying a new hobby for 2022, or you can already knit, crochet or sew, please help Lynne Jones in creating a Metros Post-box topper. I'm hoping that some of the men will be able to channel their inner Kaffe Fassett! It's fun and a way of raising money for charity.

The LRRC Trophy is back and there is an exciting programme of races – see page 8 and enter as many events as possible.

The annual Harrow Hill 10K Race organised by Metros, takes place on Sunday 13thth. 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

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

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 Irene Paull at metros.secretary@yahoo.co.uk

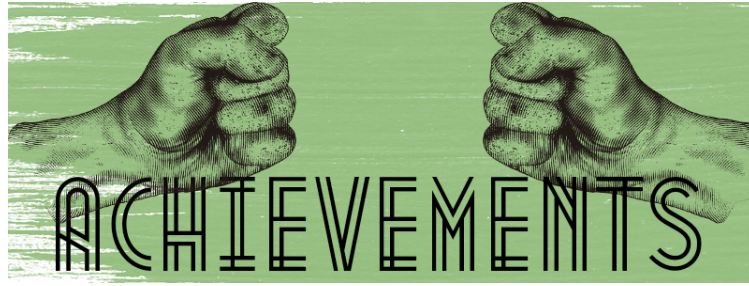
Group email address: metrosrc@googlegroups.com

Thank You

To all the Metros who contributed generously to the Metrolines Christmas charity collection. £300 was raised through the Metrolines Christmas messages, and with other donations and a contribution from the club, £400 was donated to Harrow Foodbank.

[Harrow Foodbank | Helping Local People in Crisis](#)





Well done to.....

Mike Reid and Chris Sherwood – for 5-mile PBs at Perivale 5 on 5th December
Mike also achieved a 5K PB at Northala parkrun on 18th December

Sasha Birkin – 1st WV45 at Perivale 5

Vincent Cheung – for completing his 250th parkrun at Harrow on 4th December

John Norris – for PB at Rickmansworth parkrun on 11th December, and on the next day, a 10K PB and 1st V40 position at Dorney Lake

Tim Oakley – for a PB at Northala parkrun on 18th December

Jennifer Smith and Helen Simons for completing their 50th parkruns at Rickmansworth on 1st January

Lynne Jones – for completing her 50th parkrun at Canons Park on 1st January

Ruth Tidder - for a PB at the track 5K on 29th January

Chris Parkinson- Best – for completing the LEJOG



IT'S TIME TO RENEW

Metros membership expires at the end of February 2022.

Please arrange to renew no later than 1st March, see the end of this article for how to do this.

Membership costs £25, no increase on 2020 rates.

Juniors are £1, and students £5, over 70s with over 5 years past paid Metros membership are free.

Your membership fees pay for:

- premises: scout hut, tennis club, track
- league entries: Summer League and cross country entries are not charged to individuals
- courses: part or full costs of courses such as first aid and running leadership
- affiliation to England Athletics which also insures us as a club
- systems: website, membership system (Webcollect)
- equipment: for example we've just bought new marshal bibs and lanyards
- prizes: given out at our annual award evening each November
- a contingency fund: this allowed us to waive membership fees last year

A separate item, in addition to your membership, is athlete affiliation to England Athletics. Many running clubs automatically add this into membership, we prefer to give you a choice. As well as supporting the work of England Athletics, the benefits of EA membership are that you can claim a discount on race entries, the "affiliated rate", usually £2 per race entry. Your race times are recorded in the Power of 10 database so you can see how you compare to all other affiliated athletes in your age group across a range of distances. As an affiliated club, we get a race entry to the London marathon which we offer in a ballot to all our EA members who have a failed entry to that year's London marathon. EA affiliation costs £16 this year.

To renew your membership, please log on to the Metros website, and select renew membership (or use this link <https://metros.org.uk/members/renew-membership/>). This will take you to Webcollect. Due to the changes made last year, you may find you have to select a different membership type to the one you had before. Simply add the membership type you want to the basket. If you want EA membership as well, you'll find that on the second tab, just add that to the basket too. When you review your basket, you will be asked to check your membership details – if anything has changed, address, contact details etc, please correct them. This is your data and it's up to you to make sure it's accurate.

If you have any difficulties with renewals, please email me on metros.secretary@yahoo.co.uk

Thanks in advance
Irene Paull

Trophy Races 2022

The races eligible for the Metros London Road Runners Club (LRRC) Trophy for **2022** are as follows: -

Date	Event	Entry Fees	Website
06 th March	Berkhamsted Rotary HM/5M	£29/10	home marathon (berkorun.com)
15 th April (Good Friday)	Maidenhead Easter 10	£24	Maidenhead Easter 10 2022 – Maidenhead Athletic Club (maidenheadac.org)
24 th April	Ibstone Circle 10K	£16	https://www.ibstonecircle.co.uk/
8 th May	Marlow 5M	£25	Marlow 5 – Handy Cross Runners
26 th June	Hitchin Hard HM/10K	£21/16	Entry page for Hitchin Half, 10K, 5K (h3m.co.uk)
4 th Sept	Hillingdon 20	£28	Hillingdon 20 Hillingdon Athletics Club (hillingdonac.co.uk)
18 th Sept	Moor Park 10K	£20	Moor Park 10K - moorpark (activetrainingworld.com)
16 th October (tbc)	Cabbage Patch 10M	£25	Welcome to the Cabbage Patch 10
23 rd October (tbc)	Ricky Road Run 10M	£16	Ricky Road Run – Annual 10-mile charity run in Rickmansworth and Chorleywood
6 th November (tbc)	Marlow 7mile/ HM	£22/32	Marlow Striders Half Marathon

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

The scoring will be as follows

	Maximum Score
5 miles	30
10 K	40
10 miles	50
Half Marathon	60
20 miles	70



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.

Runners entering Berkhamsted, Hitchin and Marlow have the option of a shorter distance. So, there are 5-mile, 10K and 7- mile events available for those who prefer shorter distances.

Backup races

The following races may be included if any of the above are cancelled due to bad weather or Covid restrictions.

Date	Event	Entry Fees	Website
	1st half of year issues		
17 th July	Hell Fire HM/10K	£20/16	Hell-Fire Half and 10K – Handy Cross Runners
	2nd half of year issues		
4 th Sept	Maidenhead HM (same date as Hillingdon20)	£36	https://www.theraceorganiser.com/e/maidenhead-half-marathon-2973
25 th Sept	Leighton 10M (if Ricky Road run is cancelled)	£20	Leighton 10 (leightonbuzzardac.co.uk)

Any runners completing all 10 events will get a Trophy.

Points for the competition are awarded from the official results 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.

Vincent Cheung – LRRC Coordinator

Metros 5K Competition

When & Where: A mix of parkruns and 5K runs at Roxbourne Park and Harrow School track

Remaining fixtures for 21/22:

05 February	Metros 5K @ Roxbourne Park
19 March	Sunny Hill parkrun
09 April	Track 5K @ Harrow School
07 May	Metros 5K @ Roxbourne Park
18 June	Harrow parkrun
July – date tbc	Track 5K @ Harrow School
06 August	Metros 5K @ Roxbourne Park

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, 2nd highest 49 points, etc. Final positions will be determined by highest cumulative score over the year with only your top 10 results counting.

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

Any changes to the calendar will be communicated as early as possible

Emma Rackham



Metros Photographic Competition

December's Photo Competition was a big hit with our members. The competition was simple, when out on a run or walk take a snap of your surroundings. Something that will motivate us to get out during these short cold and grey days or nights.

It was fantastic to see how many entries we had, and the photography was to a very high standard. That and it's amazing how good the cameras are on our mobile devices. Thank you all for taking part and sending in your entries. Like every competition, there needs to be a winner and this time we have two. The judges just could not decide between them. Our winners were:

- Marcus Wheedon, who snapped his winner in Poland.



- Shefali Rao who snapped her winning shot closer to home in Ruislip Woods.



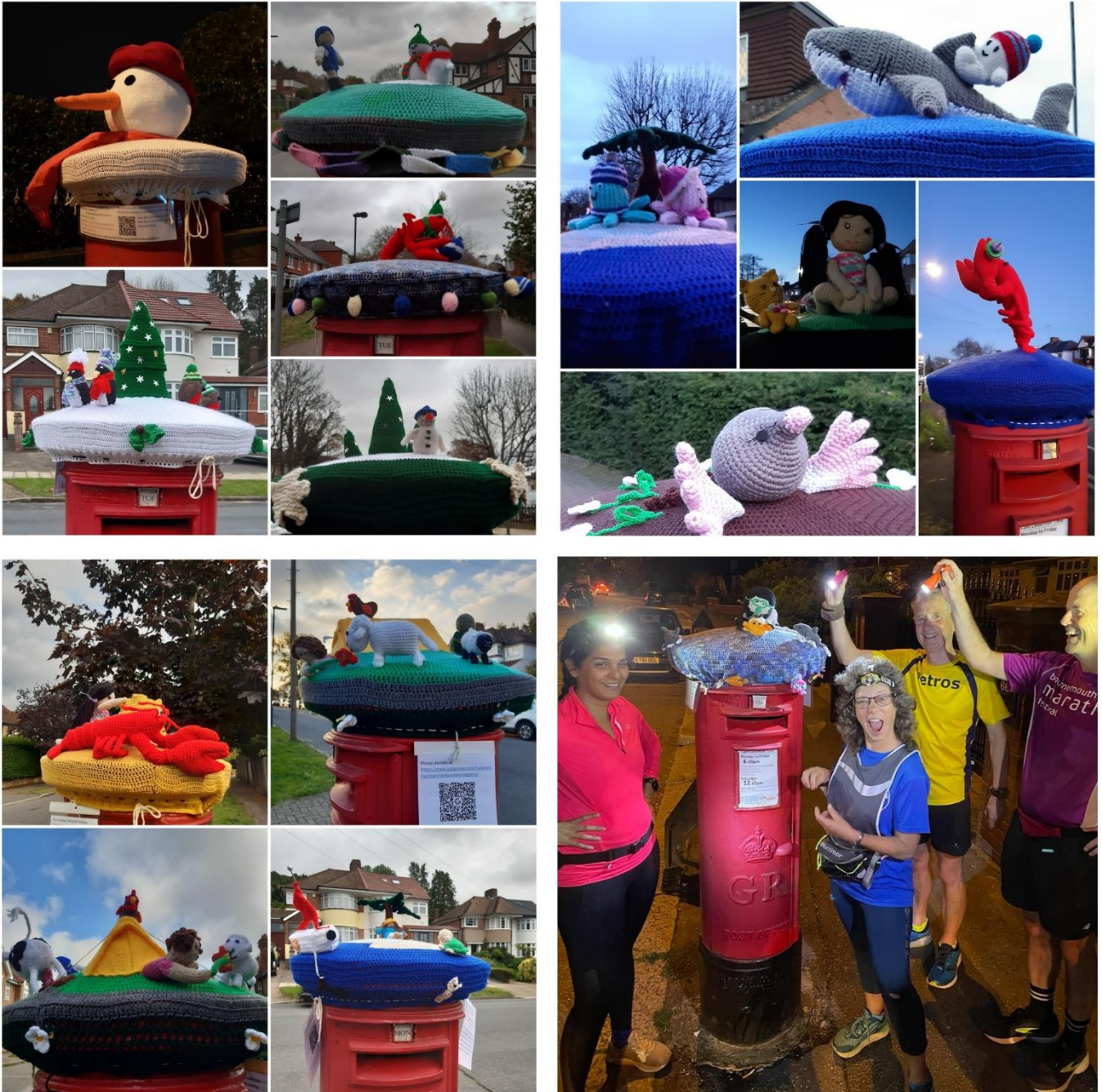
Well done and congratulations to you both. (Hoodies should be with you soon)

We plan on holding another competition later in the year, maybe with a fresh twist! We would also like to extend our thanks to Linda Dunne, Linda Georgiades and Roshni Patel for judging the competition.

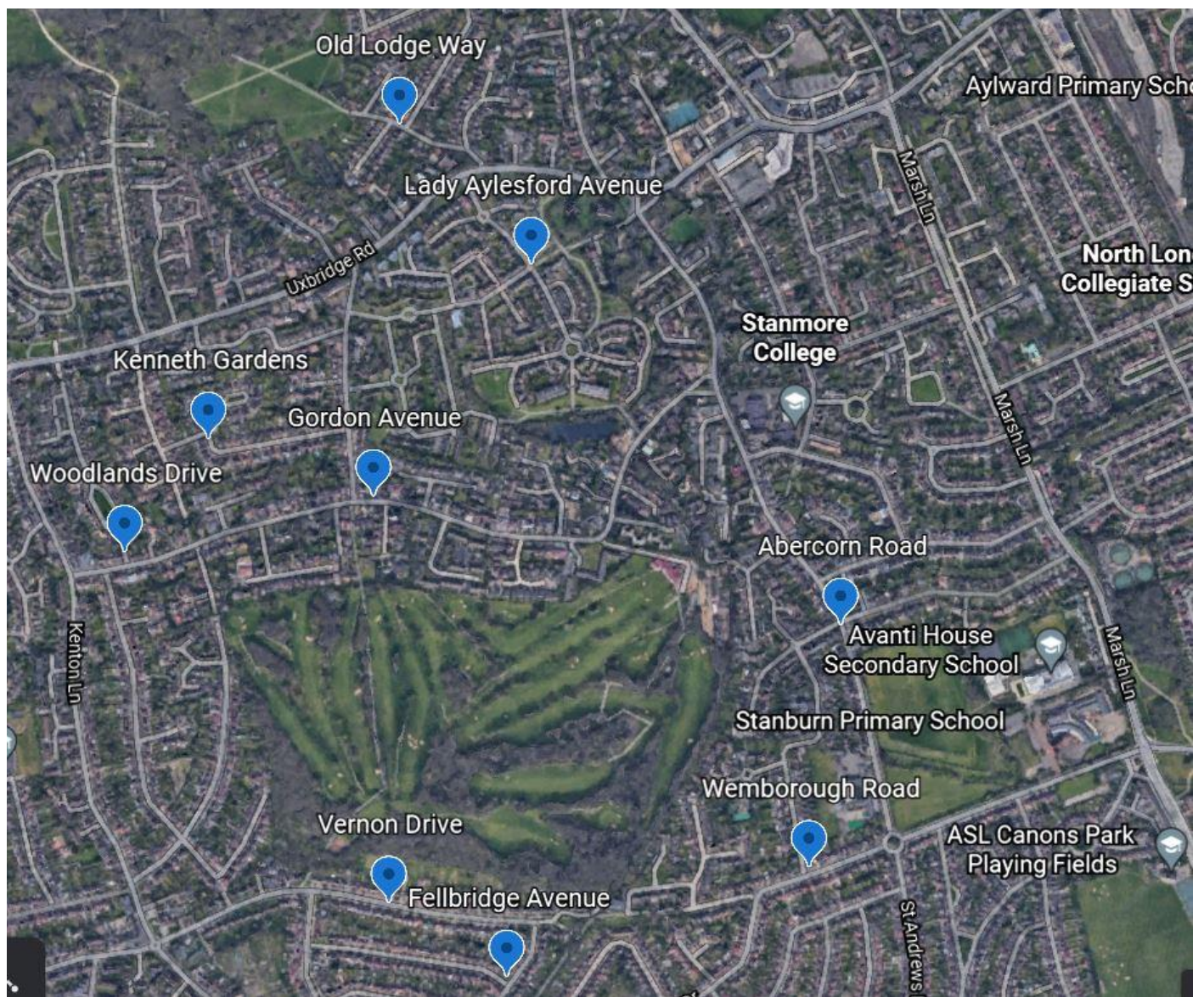
Ariff Sidik

Metros Post-box Topper

Last Easter, inspired by photos I had seen on Strava, I went on a long run to check out the amazing post-box toppers in Ruislip and Eastcote. I decided that Stanmore needed brightening up and started to crochet and knit my own. With some help from other local crafters (including Lynda Eden) there are now 9 post-box toppers, which are changed periodically and have been visited on many Thursday evening mixed runs.



If you would like to see the toppers, the locations are marked on the map



I am now keen to create at least one Metros themed topper.

If you can knit, crochet, or sew, it would be great if you could get involved. I will be at the 5k at Roxbourne Park on 5th Feb and will bring some patterns and ideas with me. If you would like to help, please let me know via spond, in person or via email dmljones8@gmail.com

The toppers have a label inviting people to donate to charity, since the beginning of December over £900 has been raised for Crisis

<https://www.justgiving.com/fundraising/stanmorexmastoppers>

Lynne Jones



Perivale 5 – 5th December 2021

Pos.		Gun Time	Chip Time	
1		00:24:44	00:24:44	
34	Christopher SHEARWOOD	00:30:38	00:30:36	PB
46	Sasha BIRKIN	00:31:56	00:31:54	1st W45
123	Mitesh PATEL	00:38:58	00:38:50	
126	Steve PAULL	00:39:09	00:39:03	
130	Vincent CHEUNG	00:39:21	00:39:14	
206	Rohan MASCARENHAS	00:45:29	00:45:10	
222	Mike REID	00:47:19	00:47:05	PB
249	Philippa BROWN	00:49:35	00:49:20	
256	Derek BAMFORTH	00:50:09	00:49:46	
309	Carole LLOYD	00:56:50	00:56:35	
321	Irene PAULL	00:59:43	00:59:16	
324	Finishers	01:06:25	01:06:13	

Fred Hughes 10 miles – 23rd January 2022

1		00:50:12
153	Clive Heidrich	01:11:06
647	Lorraine O'Donovan	01:38:04
824	Finishers	02:19:12

Dorney Lake Half Marathon - 12th December 2021

Pos.	Name	Gun Time	Chip Time
1		1:12:21	1:12:23
24	Chris Shearwood	1:29:47	1:29:44
65	Steve Paull	1:43:08	1:43:01
154		2:42:13	2:43:13

10K

Pos.	Name	Gun Time	Chip Time	
1		33:58	33:57	
13	John Norris	39:33	39:29	PB
150		1:24:52	1:21:29	



MIDDLESEX COUNTY AMATEUR ATHLETICS XC CHAMPIONSHIPS

8 Jan 2022, Horsenden Hill, Greenford
Senior Men - 12,600m

1st 43:54
113 65:22 Jonny Jackson
146 104:08 last runner

Wot no Watch – Saturday 11th December 2021 – Roxbourne Park

	Predicted	Actual	Difference
Janice Newman	9:49	9:49	0
Robyn Walliser	9:49	9:49	0
Simon Aberly	6:48	6:50	2
Mike Ransome	8:49	8:46	3
Kye Hollingshead	5:40	5:45	5
Adam Leary	6:47	6:41	6
Caroline Day Lewis	7:25	7:17	8
Janice Newman	10:09	10:01	8
Robyn Walliser	10:09	10:01	8
Linda Georgiades	7:30	7:22	8
Dave Young	7:20	7:06	14
Malcom Jackson	10:00	9:42	18
Mike Ransome	8:50	8:31	19
Bill Harrington	9:00	8:41	19
Karen Leary	9:40	9:21	19
Anne Ambrose	9:50	10:14	24
Sarah Westwood	10:55	11:27	32
Amanda Hardy	8:50	8:16	34
Dave Brown	13:57	13:21	36
Malcom Jackson	10:20	9:41	39
Angela Murphy	14:00	12:39	81

Well done to Janice Newman (guided by Robyn Walliser) for winning the Wot no Watch trophy for the first time. I am sure that most of the runners whose predictions were way out will be pleased that they ran faster than predicted!

Thank you to Barbara Reading for helping with the time keeping.

Teresa Young



10K Challenge - Saturday 8 January 2022

Name	Time for 10K	Age Grading
Linda Georgiades	52min 24	73.23%
Andy Fox	48 min 4	67.01%
Dave Young	53min 59	65.34%*
Adam Leary	49 min 17	64.78%
Marion Rogan	73 min 56	62.73%
Caroline Day Lewis	57 min 49	62.24%
Simon Aberly	51 min 31	61.97%
Bill Harrington	54min 38	60.04%*
Harish Gohil	52min 21	59.91%
Kyie Hollingshead	46 min 7	57.97%
Julia Allen	64 min 24	56.58%*
Mike Ransome	65 min 32	56.54%*
Andrew Collier	57 min 49	54.72%
Will Bailey	60 min	53.21%
Mike Reid	64 min 26	51.38%
Karen Leary	73 min 56	49.91%
Philippa Brown	65 min 32	48.66%
Malcolm Jackson	74 min	48.32%

Well done to everyone who took part in the first 10K Challenge of 2022 on a wet and windy Saturday morning. Thank you to Angela Murphy who stood in for me and did the timekeeping as I was stuck at home (in the warm!) self-isolating, but fortunately symptom free with COVID.

Congratulations to Dave Young, Julia Allen, and Mike Ransome who all improved and moved up a colour on the rainbow and to Bill Harrington who did so for the first time and is now due a Yellow Ribbon. Harish Gohil managed exactly the same time as in October, and on 59.91% only needs to run a few seconds faster to earn a yellow ribbon for the first time.

The next event is in April. *Teresa Young*

Thames Valley Cross Country League Results

Reading Roadrunners – 12th December 2021

Position	Name	Time	Male Score	Female Score
1		00:29:05	1	-
63	James Kerrane	00:35:48	59	-
83	Nathan Powell	00:36:57	76	-
92	Kyle Hollingshead	00:37:26	84	-
132	Geetu Mirpuri	00:39:34	-	19
146	Nicky Smith	00:40:21	125	-
170	Nick Russell	00:41:27	141	-
233	Tom Morris	00:44:17	179	-
253	Ian McPherson	00:45:16	191	-
283	Andrzej Warhaftig	00:47:06	205	-
290	Glynn Watkins	00:47:32	210	-
312	Tarana Agarwal	00:49:52	-	89
326	Terry Burke	00:51:41	225	-
351	Andrew Collier	00:55:05	234	-
384	Carole Lloyd	01:05:36	-	132
387		01:06:54	-	135



Bracknell Forest – 16th January

Position	Name	Time	Male Score	Female Score
1		00:36:16	1	-
91	James Kerrane	00:44:37	84	-
104	John Norris	00:45:20	93	-
114	Jonny Jackson	00:45:54	100	-
123	Nathan Powell	00:46:37	108	-
128	Kyie Hollingshead	00:46:55	110	-
143	Geetu Mirpuri	00:47:41	-	20
156	Nicky Smith	00:48:46	132	-
160	Nick Russell	00:49:00	136	-
288	Shezam Hirjee	00:56:18	-	-
304	Vincent Cheung	00:57:00	222	-
327	Andrzej Warhaftig	00:58:30	232	-
412	Andrew Collier	01:04:41	266	-
420	Glyn Watkins	01:05:41	271	-
502		01:33:05	299	-



Handy Cross – 30th January

Position	Name	Time	Male Score	Female Score
1		00:33:15	1	-
93	James Kerrane	00:41:00	86	-
96	Jonny Jackson	00:41:19	89	-
108	Nathan Powell	00:41:41	98	-
147	Alex Leggett	00:44:03	124	-
148	Geetu Mirpuri	00:44:06	-	23
155	Nick Russell	00:44:18	129	-
202	Kevin Smart	00:46:28	162	-
245	Shezam Hirjee	00:49:21	-	-
258	Martin Eden	00:50:11	193	-
282	Ian McPherson	00:51:56	206	-
292	Andrzej Warhaftig	00:52:39	210	-
317	Jennifer O'Sullivan	00:54:17	-	83
319	Vincent Cheung	00:54:48	222	-
347	Andrew Collier	00:58:37	234	-
353	Roshni Patel	00:59:16	-	98
409	Carole Lloyd	01:13:47	-	137
416		01:22:57	-	144

Thanks to Al Scoffham for coordinating the Metros cross country team this 2021/22 season. Without Al, it would not have been possible. He put great effort into encouraging so many members to participate, plus recruiting first timers (they all bought new trail shoes so they will be back next season).

So well organised and you even managed to get us very favourable running conditions.

Here's the team photo taken before the race from last cross country of the season, Handy Cross West Wycombe. If you like hills, this is the race for you.



Al even had the opportunity to indulge in his other hobby of bird watching and counted 50 plus Red Kites and 1 Buzzard whilst waiting for James our first finisher!

After the last race, Al was presented with a few bottled beers as a thank you but said he had given up drinking alcohol the night before!

Pat Jackson and Dave Brown and his dogs, also thank you so much for your encouragement and support at all the cross-country events. It's great seeing you popping up all over the course, especially at the top of the hills when we really need the extra boost from your encouragement.

Thanks, and cheers for a great cross-country season

Nathan Powell

TRACK 5K – Harrow School. Saturday 29th January 2022

Paul Spendloff	18.30
James Kerrane	19.22
John Norris	19.26
Peter Butler	20.07
Nicky Smith	20.09
Alex Leggett	20.29
Jeff Suffield	20.54
Ed O'Connor	21.16
Malcolm Smith	21.34
Nick Russell	21.46
Geetu Mirpuri	21.50
Emma Ponnaganti	22.14
Andy Fox	22.30
Zahra Bassiri	22.36
Simon Aberly	23.37
Ravi Raja	22.45
Marcus Weedon	23.00
Steve Paull	23.20
Rocco Keene	23.28
Linda Georgiades	23.43
Jenny O'Sullivan	24.43
Tarana Agarwal	24.51
Brian McGrory	24.53
Alok Agarwal	24.55
Harish Gohil	25.15
Ruth Tidder	25.18
Rohan Mascarenhas	25.22
Tim Oakley	25.25
Bijan Keene	25.41
Bruno Croford	26.02
Lynne Jones	27.04
Mike Reid	28.09
Pip Brown	29.33
Mike Ransome	29.49
Judy Rackham	30.35
Tanya Keene	30.55
Janice Newman	31.18
Phil York	31.18
Joanna Collier	31.19
Teresa Young	31.24
Anne Ambrose	34.16
Irene Paull	34.44







Chinese Vegetable Stir Fry

Celebrate the lunar New Year with this delicious and nutritious vegetable stir fry dish

Ingredients

- 1 onion, sliced
- 150g mushrooms, sliced
- 1 red pepper, finely sliced
- 1 green pepper, finely sliced
- 1 teaspoon garlic, chopped
- 1 teaspoon ginger, chopped
- 100g mangetout
- ½ Chinese leaf, shredded (Pak Choi can also work)
- 2 tbsp soy sauce
- 120g noodles

Method

1. Heat a wok with a little oil.
2. Add the onion, mushrooms and peppers and fry for 2 minutes.
3. Add the ginger and garlic, fry for a further 1 minute.
4. Add the mangetout, Chinese leaf, and soy sauce, continue to cook for 2 minutes.
5. Serve with rice or noodles, garnish with chilli flakes and soy sauce.

Metros Annual General Meeting 2021

Minutes of the meeting held on Friday 12th November 2021 at 8:00pm at Lowlands Tennis Club, Lowlands Road, Eastcote

Steve Alder opened the meeting at 08:01pm. Due to the extraordinary circumstances in the past 18 months, members were asked and agreed to formally waive any procedural irregularities concerning the governance of the club which have been caused by the pandemic. It was simply not possible to do everything our constitution contemplated such as holding AGMs.

1. Appointment of Note Recorder

Emma Rackham was appointed.

2. Attendance and apologies for Absence

The AGM is also being streamed via Zoom.

Apologies were received from Paula Kanesanathan, Linda Georgiades, Steph White, and Gill Fox.

Attendance was recorded via SPOND.

3. Approval of the Minutes of last AGM – 17th May 2019

The AGM accepted the minutes as correct and approved them.

4. Matters Arising from the 2019 Minutes

No matters were outstanding.

5. Chairman's Update

Nigel Rackham updated the AGM with highlights from the last 28 months.

We live in interesting times. COVID has been a threat to our existence but also an opportunity. We had to take the tough decision to suspend all activities during the initial lockdown. Thereafter we reacted promptly, following EA and government guidance, and guided by Tim Oakley we put COVID secure running activities back on as soon as we could - many thanks to Tim. Meantime we are indebted to those who provided online activities, especially Marcus Weedon and the Sidik family who introduced online strength and conditioning classes, Adam and Karen Leary who provided virtual Saturday sessions and Emma Rackham who kept our spirits up with online quiz and social evenings, which even attracted Metros members from their hospital beds. We must also thank Emma and Chris Shearwood for coordinating virtual 5ks. Marcus and others also coordinated some virtual relays and other virtual runs.

2021 has seen the return on an abbreviated summer league and we are now into the cross-country season, having hosted a very successful home fixture in Hillingdon thanks to Marcus and his very able marshals and assistants. Thanks also must go to Pat Jackson and the team of volunteers who put on the 42nd annual Brian Jackson fun run.

We now have a full programme of running events during the week and have tried some new innovations such as morning and daytime sessions on a Friday. The 5k competition has been reorganised into a rota of track,

parkrun and Roxbourne park fixtures and the first of each of these has been very well supported. Other ad hoc track 5k events have also proved popular - thanks to Nathan Powell and his team.

Parkruns have restarted and the road race organisers are making up for lost time with the usual round of events - so we aim to have a full season of trophy races in 2022.

I won't say too much about some of the fantastic performances of Metros - we have the awards later to do that, and of course Metrolines keeps us all up to date. We must not forget that for most Metros, running is not about PBs but is about participation, keeping fit (both physically and mentally) and encouraging each other... not forgetting the opportunities to socialise, and Judy and I were delighted to be able to host a scaled down summer BBQ and we look forward to Christmas drinks (Covid permitting).

I must take this opportunity to remind everyone that Metros would not happen without all the many volunteers who organise and run sessions week in and week out. There is not time to name them all. I am also indebted to our hardworking committee who have had a tough job in the last couple of years. I need to thank those who have stepped down after many years' contribution including Sarah Westwood, Carole Wells, Peter Beuselinck and Mitesh Patel. I am also pleased that we filled the important roles of treasurer and secretary - many thanks to Teresa Young and Steve Alder.

As we will hear from Teresa, we are in good shape financially and have managed to purchase another AED so we can cover every session now with this important safety device.

Membership Update:

At the time of the last AGM in May 2019, we had a total membership of 319 which included 245 adults under 70, 25 over 70s members, and 49 juniors. Today we have 337 total members - 259 adults, 35 over 70s and 43 juniors.

In 2021, we rolled over the membership of everyone who renewed in 2020. Although we lost a lot of members who failed to renew in 2020, the increase in membership in the latter part of 2019, together with the 49 people who have joined since the pandemic began, means our adult membership is slightly up on May 2019.

To manage sessions once lockdown was lifted, we introduced Spond, and we now have over 223 members registered on this system, most using the app. This includes 201 adults, 18 over 70s and 4 juniors. There are 34 adults who have not registered on Spond who have not been at any sessions in the last year and a half and who are unlikely to renew. This is not a major concern and represents the level of turnover we would normally expect to see.

Use of Spond has removed the need to issue physical membership cards to those using the app.

Thanks to Irene for providing the statistics.

It has been an interesting period, but we have not just survived, we have thrived.

6. Receive Audited Accounts and Treasurer's Report

Teresa Young presented the accounts for 2021/22 and highlighted the following points:

Due to the pandemic, we have saved a significant amount of money on events that did not take place, for example the Round Norfolk Relay and facility hire.

This year we have not charged subscription fees.
We have bought a second AED from additional donations.

Surplus cash is earning a small amount of interest but due to the lack of membership fees this year this amount will go down.

7. Election of Auditor for 2021/22

Mike Ransome was re-elected and thanked for volunteering to be auditor although would be happy to pass over the reins if anyone else is interested in the role.

8. Nominations and Election of Honorary Officers

Existing honorary officers were approved with no changes.

9. Nominations and Election of Committee Members

All existing committee members have been nominated and seconded. This was approved.

Mike Morris was nominated as a new committee member by Mike Ransome and seconded by Judy Rackham and was welcomed onto the committee.

10. Co-ordinators: It will be assumed that co-ordinators will re-volunteer unless there is notification of change or another volunteer. Elections will be held if required.

There has been some turnover since the last AGM. Volunteers were thanked.

11. Any Other Business

The following points were made in response to questions from the floor:

Marathon week is planned to be held in Summer 2022.

AEDs - these are generally left at the start/finish points of sessions, and it was confirmed that the club would pay if, in an emergency, a car window has to be broken. Some people now carry AEDs in backpacks. It was considered sensible to advertise the location of public AEDs and this will be considered at the next committee meeting.

Thursday's mixed session has been less popular recently. We have made some time changes for training sessions - we can't please everyone and seek to respond to the majority. We are flexible and will make adjustments depending on demand.

Metros kit - Pat is placing another order soon. Members are encouraged to wear Metros kit to training sessions. Mike Ransome has many Metros business cards if any members or session leaders want to share them with members of the public. Nigel said that the AGM is not an appropriate forum for discussing other kit ideas in detail, but this would be considered by the committee again.

The meeting was closed at 8:33pm by Steve. All present were thanked for attending.

Following the committee meeting, Pat and Nigel presented the awards to those who were present.

NOTES OF METROS VIRTUAL COMMITTEE MEETING

Wednesday 26 January 2022 via a Zoom conference call at 8.00 pm

PRESENT Steve Alder, Anne Ambrose, Pat Jackson, Mike Morris,
COMMITTEE: Irene Paull, Steve Paull, Marilyn Pickford, Nigel Rackham,
Barbara Robson, Mike Ransome, Paula Ryan,
NON-COMMITTEE: Lynne Jones (part), Mumbi Keinamma (part)

CHAIR: Nigel Rackham

NOTE RECORDER: Pat Jackson

1.APOLOGIES: Emma Rackham, Ariff Sidik, Teresa Young, Kyie Hollingshead

2.ACTIONS FROM LAST MEETING – 2 December

- a. **Committee email distribution list** - Emma has added Mike Morris and Kyie Hollingshead.
- b. **Hall of Fame** – Marcus will follow up in the Spring.
ACTION: Marcus Weedon
- c. **EA Requirements** – Steve has been unable to contact the EA as their office is not operating normally due to Covid restrictions. He will update when he has contacted them.
ACTION: Steve Alder
- d. **Post Box Toppers** – Lynne Jones suggested Metros produce a knitted topper which will raise money for the charity Crisis. This was agreed and Lynne will discuss with Metros members and send to Paula for committee approval some suggested text to appear on the topper. Anne will advertise in Metrolines.
ACTION: Lynne Jones/Anne Ambrose
- e. **Photo competition** – Ariff had confirmed that the winners had been notified, their prizes were on order and Anne will add photos to Metrolines.
ACTION: Anne Ambrose
- f. **Hi Viz Mesh Bibs** – Pat had obtained quotes for Metros runners' hi viz mesh bibs and it was agreed to order 30. **ACTION:** Pat Jackson
- g. **AED** – Barbara and Marilyn had researched locations of AEDs locally with limited success. It was suggested that Session Leaders check public AED availability on their routes. In an emergency, information on the nearest AED is available when ringing 999.

- h. First Aid** – The course scheduled for 29 January has been cancelled due to Covid restrictions. A future course is booked for 5 March. Nigel will contact Angela regarding the number of requests for training.

ACTION: Nigel Rackham

i. Metrolines

- i. Printing for 2022** – Anne will arrange for some copies to be printed.

ACTION: Anne Ambrose

- ii. Update on the 2021 Charity Collection** – Anne confirmed that £400 had been donated to the Food Bank which included a donation from Metros funds.

- iii. Trophy race list** – Anne will circulate the list to the Committee before publication.

ACTION: Anne Ambrose

3. CLUB EVENTS

- a. Harrow Hill Race 2022** – A late change of route has incurred further cost to remeasure the course. Entries are down and Metros members, Summer League clubs and previous runners will be contacted and encouraged to enter.

ACTION: Paula Ryan

Additional prize sponsorship has been obtained.

- b. Summer League** – A meeting of club representatives will be held early February. Proposed dates: 22 May – Perivale, 19 June - Metros, 3 July - Dulwich, 17 or 31 July - Regents Park, 21 August - Battersea.

- c. Couch to 5K** - A course after Easter has been suggested. Irene will advertise to gauge Metros interest. Paula will send Irene the link to the Ruislip Running Club who also organize these courses and it's understood could be over subscribed.

ACTION: Irene Paull/Paula Ryan

- d. Marathon Week** - 20-24 May proposed with the Summer League Perivale fixture on 22nd instead of the Woods run.

ACTION: Irene Paull

4. OTHER EVENTS

- a. Notice of Middlesex AA Annual General Meeting** – 28 February, 6.30 pm. Martin Garrett of Sudbury Hill is attending, and Nigel will ask Martin to inform him of any item relevant to Metros.

ACTION: Nigel Rackham

5. ADMIN

- a. **Membership Renewals** – following a gap of 2 years, Irene will inform members the £25 fee is due by end of February and that membership of England Athletics is separate and has increased to £16. She will also separately encourage EA membership.

Anyone not renewing by end of March will be removed from Spond.

ACTION: Irene Paull

- b. **Members' Feedback** - Ariff had confirmed he'd not received any feedback.
- c. **Youth Feedback** – Kyie Hollingshead had not confirmed any youth feedback.
- d. **Scout Hut** – Reinstating refreshments on a Saturday morning adhering to Covid restrictions will be reviewed at the end of February.

ACTION: Marilyn Pickford

A statement of terms on the ongoing lease have not yet been received from the Scout authorities.

6. AOB

- a. **#runandtalk Mental Health Programme** – it was agreed that Metros would participate in this scheme. Ariff, Emma, Marcus, Paula, and Steve Alder have volunteered as Mental Health Champions.

- b. **Club Snoods** – Marcus will investigate cost.

ACTION: Marcus Weedon

- c. **Replacement Bench in Roxbourne Park** – Caroline Day-Lewis had suggested Metros replace this bench. Paula will discuss further with Caroline and consult the Friends of Roxbourne Park.

ACTION: Paula Ryan

7. ITEMS FOR FUTURE MEETING

- a. Six Harrow Half Free Places
- b. Calendar for 2023

NEXT MEETING – date in March to be arranged

The meeting closed at 9.05

***Metros* REGULAR RUNS**

MONDAY	19.00	Ariff Sidik, Marcus Weedon, Linda Dunne 07827 66823	
	19.15	Teresa Young 020 8866 3225 Mike Ransome 07802 839 498 Email: Mw49ran@gmail.com	
TUESDAY	19.00	Steve Paull 020 8422 6636	
Run / Walk Group		Penny Hudson pm.hudson@ntlworld.com	
WEDNESDAY	19.15	Nathan Powell 07510 122288 Kevin Smart 07810 835352	
THURSDAY	19.00	Mike Morris 07906 151525 mike.morris100.mm@gmail.com	
THURSDAY TRACK SESSION		Dave Brown 07939 567561	
FRIDAY STRENGTH SESSION 07.00		Marcus Weedon marcusweedon@hotmail.com	
SATURDAY	09.00	Marilyn Pickford 0208 707 1028 Adam Leary 07721456685	

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

Please Note: All runners are responsible for themselves.

Book your place for all Metros sessions on the SPOND App. Please contact Irene (metros.secretary@yahoo.co.uk) if you want to amend your preferences on SPOND or are having issues booking with the App.