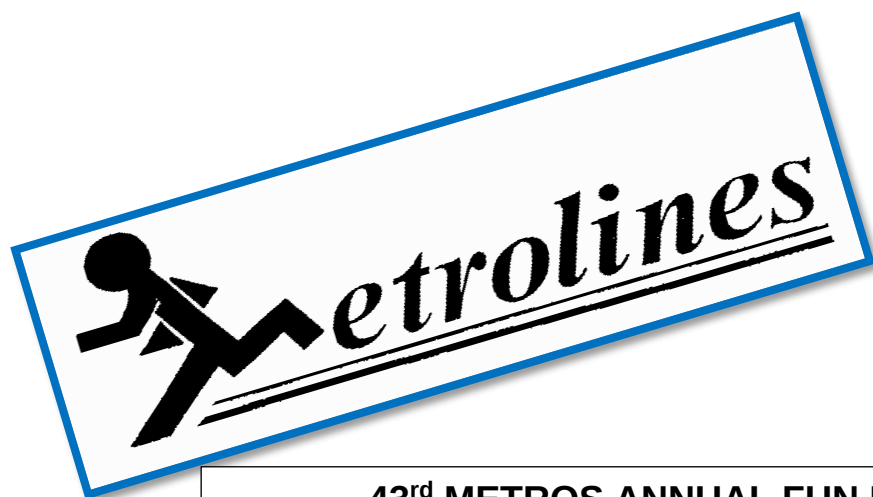




October 2022
Issue No. 402

**43rd METROS ANNUAL FUN RUN –
THE BRIAN JACKSON FUN RUN**



Metros Diary

October

Sat 1	Metros 10K Challenge, Roxbourne Park	8.50 am
Sun 2	London Marathon	9.30 am
Sat 8	Wot No Watch, Roxbourne Park	9.00am
Sun 9	TVXC – Metros event – Hillingdon	11.00 am
Sat 15	parkrun- Gladstone parkrun	9.00 am
Sun 16	Cabbage Patch 10M	9.00 am
Fri 28	LFOTM – Eastcote House	11.50 am
Sun 30	TVXC – Reading	11.00 am

November

Sat 5	Metros 5K Challenge, Roxbourne Park	9.00 am
Sun 6	Marlow HM & 7M	9.30 am
Sat 12	Measured Mile, Roxbourne Park	9.00 am
Sun 13	TVXC – Datchet	11.00 am
Sat 19	Track 5K – Harrow School	tbc
Fri 25	LFOTM – Woodcock Park	11.50 am

December

Fri 2	Pizza and Prizes	7.30pm
Sat 3	5 Mile Handicap, Roxbourne Park	9.00 am
Sat 10	Wot No Watch, Roxbourne Park	9.00am
Sun 11	TVXC – Marlow	11.00 am
Sat 17	parkrun – Northala	9.00 am
Fri 30	LFOTM – Hillingdon Court Park	11:50 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!

Firstly, huge congratulations to our Chairman, Nigel Rackham for breaking two national records in his new V60 age group; for 20 miles and the marathon distance.

We also have a member who has competed at world championship level – see Andrzej Wahrhaftig's report of the World Duathlon Championships

We are all inspired by their achievements, and we will have the opportunity to celebrate all the Metros achievements at the awards evening on 2nd December. A date for your diary!

The death of the Queen this month has impacted on our lives and many sporting events had to be cancelled or postponed and some found novel ways to record the events - such as on Strava! See page 6

October sees the start of the cross-country season and please come and support our event on 9th October.

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.



Well done to.....

Nigel Rackham – 1st V60-69 at Hillingdon 20 on 4th September setting a new GB record. Also, 1st M60 at the Berlin Marathon setting a new marathon record for M60s

Nick Jones – for completing his first half marathon at Ealing on 25th September

Russell Morris & Chris Shearwood- for 10K PBs at Battersea Summer League, 22nd August

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

New Members - Welcome to.....

Russell	Morris
Jitesh	Balakrishnan
Clive	Lucas
Kun	Dang
Stephen	Warburton
Shezan	Hirjee
Issy	Jones
Marc	Sindole
Ashish	Maheshwari
Tanasheh	Abrahams
Bethany	D'Cruz
Martin	Hopson
Darragh	Daunt
Stuart	Abraham
James	Toddington
Emmy	Griffin
Pratik	Sawal
Cristina	Brook



Queen Elizabeth

1926 - 2022

Sport has a wonderful way of
bringing together people and
nations.

The walk to see the Queen lying in state

Started at 11.03pm getting out of Bermondsey station.
After seeing the Queen it was 11.23am



Distance
7.75 mi

Elevation Gain
33 ft

Moving Time
3:24:42



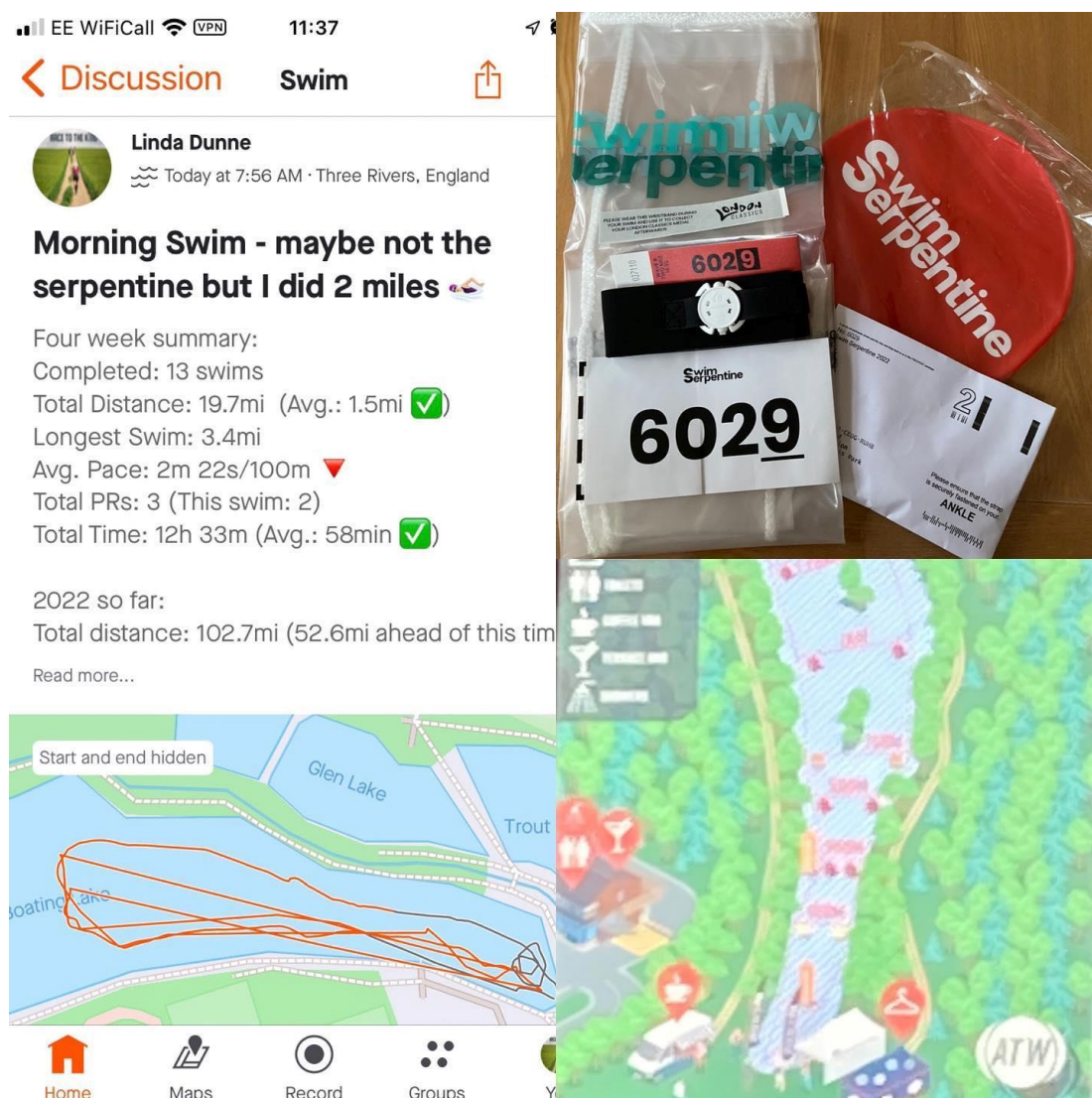
The London Classics – *Et Ego Londinium Vici*

To complete the London Classics challenge competitors are required to run the London Marathon, cycle 100 miles in the RideLondon-Essex 100 and swim two miles at Swim Serpentine. Those completing this iconic trio of events receive a specially designed and much-coveted **London Classics medal** engraved with the Latin words: *Et ego Londinium vici* ('I too have conquered London') and will be listed in the London Classics Hall of Fame.

Linda Dunne having completed the London Marathon and RideLondon was due to swim 2 miles in the Serpentine on 17th September, but due to the national mourning period Swim Serpentine was sadly cancelled.

To put her training to good use, Linda went to the Merchant Taylor Lake instead and swam 3K plus 200 metres, in her new swim hat.

Roll on next year when hopefully Linda can do the real thing and claim her London Classics medal.





Black To The Trails – Sonny Peart is race director for the first trail race event organised and hosted by Black Trail Runners, the community and campaigning charity working to increase the participation, inclusion and representation of Black people in trail running. The event was due to take place on 11th September. At a time of national mourning, it was felt inappropriate to celebrate and share the joy of trail running in the way that had been planned and therefore the event has been postponed. We look forward to hearing about the rescheduled event.



One minute silence at Great North Run

BARRY IMESON
1937-2022

We have received sad news that Barry Imeson has recently passed away. Barry was a founder member of our club joining in 1988 when we were part of London Road Runners Club (LRRC) before we became a separate club named Metros.

He was instrumental in setting up the administration of Metros with committee and co-ordinators and instigated the newsletter which later evolved into Metrolines. His later publications included Loose Scree a magazine for older climbers.

Barry ran the London Marathon, London League (later renamed Summer League) and various Metros events. He was an active running member on the committee until he moved from the area and lived in Northumberland for many years.

Our condolences to his family which includes children Sarah, Declan, David, Zoe and Rebecca plus 7 grandchildren.
Pat Jackson

Last Friday of the Month (LFOTM)

Metros that are around on Friday lunchtimes meet on the last Friday of each month, for an approx. 5K run or walk. All levels of runner/walker are welcome. A different location is chosen each month and for this month we will be meeting at Eastcote House Gardens and, running a route that takes in a bit of the Celandine Way.

The October LFOTM (28th) falls during the autumn half-term holidays. To encourage our younger members Nathan is organising 1K and 2K run/walk and buggy push routes around the grounds of Eastcote house on the tarmac/gravel path. An adult member from Metros will have to always accompany the younger runner.

There are no roads to cross, and the course will not cross the car park entrance/exit, so safe.

The run would start the same time as the 5K (noon) for encouragement and for keeping an additional pair of eyes on the younger members.

There is a nice Cafe and walled gardens for everyone to have a bit of social time afterwards.



Prizes & Pizza



Friday 2nd December 2022

Lowlands Tennis Club, Lowlands Road, Eastcote HA5 1TU

7.30 pm Prompt

Lowlands Tennis Club has a bar available for drinks at very reasonable prices. Please arrive in time to purchase any drinks before 7.30 pm. The **club will be funding takeaway pizza** during the course of the evening.

We hope members and their families will be able to join us to celebrate the achievements of Metros members during the 21/22 running season.

RSVP – on Spond or by email (teresa@young53.plus.com)

By Monday 28th November 2022

Please give details of number of people attending and any dietary preferences or allergies. (e.g., Vegetarian, pizza without cheese, tomato or nut allergy.)

The presentation of awards will include the following:

Metros Thames Valley League 2021-2022 Metros Summer League 2022 The Summer League Award Track & Field MBEs & Track Shields Measured Mile 5K Award 5 Mile Handicap LRRC Trophies	Young Runners Award Beginner Runner Award Plus Running achievement awards Services to running, awards
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METROS AWARDS CO-ORDINATOR VACANCY

Having organised the Metros awards for many years, I now feel it's time that someone else took over this role next year.

Our annual awards presentation is in November/December.

**This year it will be held on Friday 2nd December at
Lowlands Tennis Club at 7.30 am
PIZZA AND PRIZES**

There are three aspects to the role:

1. Arranging for the update of the name on awards which are kept by recipients for one year. These awards are chosen by the committee or the present holder.
2. Co-ordinating the collection of the above awards ready to be updated and presented to the new recipient.
3. Organising the purchase of awards for participants in Metros competitions, such as the Thames Valley Cross-Country League, Summer League, and MBEs. These awards are based on calculations by co-ordinators of the various competitions and are kept by the recipients.

It would be useful if a new co-ordinator for next year could be involved in preparation for this year's awards evening on 2nd December (PIZZA AND PRIZES). Please contact me for any further information regarding the role.

Pat Jackson
patjacksonhome@hotmail.com
07963 551 816



METROS YOUNG RUNNERS' AWARDS

The Metros Young Runners Awards are presented annually at the Awards Presentation Evening which, this year, will be held on **Friday 2nd December**. There are two awards for Metros runners who are under 18 years –one for boys, one for girls. The recipients of these awards are decided by the Committee on 19 October.

Would you please let Steve Alder (Honorary Secretary) have any **nominations** for the Metros Young Runners Awards

by Monday 17 October

The criteria to be considered are participation, achievement, effort, determination and sportsmanship.

A reminder that those who received the awards last year are not eligible to be considered this year - Tarana Agarwal and Zaheer Sidik.

Pat Jackson

Please contact Steve Alder: s.alder@virginmedia.com 07894905456

Metros Fundraising

Emma Ponnaganti

By the time you read this edition of Metrolines, Emma will have completed the London Marathon. She took the opportunity of the marathon to raise funds for her daughter's school. Friends of Warrender (the parent's association) run lots of great fundraising events, and Emma feels it's really important to support the school community. There's still time to donate.

<https://www.justgiving.com/fundraising/warrender-marathon>

Mike Ransome

Mike is running the Royal Parks Half Marathon on 9th October and will be fundraising for Parkinson's UK.

[Michael Ransime is fundraising for Parkinson's UK \(justgiving.com\)](#)

Marshals Wanted

Thames Valley Cross Country

Sunday 9 October (10am to midday)

Hillingdon Sports and Leisure Complex

Gatting Way

Uxbridge

The Metros TVXC is the first in the season and we need lots of marshals for the course to make a brilliant start for the many runners we expect to take part. If you can volunteer to marshal please either sign up on Spond (you have to scroll down to find the section) or just email me on -

a.murphy91@yahoo.co.uk

or let me or Carole Wells or Sarah Westwood know when you see us. We need your mobile and your email address please to contact you with the details. Many thanks in advance for the amazing support you always give.

Angela

Thames Valley Cross Country League - 2022/23 Season

The Thames Valley Cross Country League is based around 8 races held from October to February each year.

Events are held on Sundays with an 11:00 AM start time - each course is usually a mixture of woodland trails and parkland and is normally about 5 miles in length.

Originally sponsored by Today's Runner magazine, the original idea was that racing in the league should encourage friendly competition and ensure that everyone is able to participate in and enjoy the events. Although no longer sponsored by the magazine, the original spirit of the league is still stands.

Men and women teams compete in the same race with the first 6 men and first 4 women from each club scoring points. All abilities take part and even non-scorers can affect the result by getting ahead of scorers from other clubs, as the points are calculated based on overall race position of the scoring runner. To promote club spirit, club colours must be worn by any runner to score, and there must be a given number of veterans in the team. See the [rules page](#) for full details.

[**Metros 9th October 2022**](#)

[**Reading Roadrunners 30th October 2022**](#)

[**Datchet Dashers 13th November 2022**](#)

[**Sandhurst Joggers 27th November 2022**](#)

[**Marlow Striders 11th December 2022**](#)

[**Bracknell Forest Runners 15th January 2023**](#)

[**Handy Cross Runners 22nd January 2023**](#)

[**Thames Valley Triathletes 5th February 2023**](#)



Trophy Races 2022



Remaining Trophy Races for **2022**:

Date	Event	Entry Fees	Website
16 th October	Cabbage Patch 10M	£26.50	Welcome to the Cabbage Patch 10
6 th November	Marlow 7mile/ HM	£22/30	Marlow Striders Half Marathon

Points are awarded 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. 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, contact the LRRC Coordinator.

Vincent Cheung – LRRC Coordinator

Metros 5K Competition –2022/23

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

Remaining fixtures for 2022/23

Date	Event
15 October 2022	Gladstone parkrun
05 November 2022	<u>Metros 5K @ Roxbourne Park</u>
19 November 2022	<u>Track 5K</u>
17 December 2022	Northala Fields parkrun
28 January 2023	<u>Track 5K</u>
04 February 2023	<u>Metros 5K @ Roxbourne Park</u>
18 March 2023	Rickmansworth parkrun
08 April 2023	Track 5k
06 May 2023	<u>Metros 5K @ Roxbourne Park</u>
17 June 2023	Harrow parkrun
22 July 2023	Track 5K
05 August 2023	<u>Metros 5K @ Roxbourne Park</u>

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 13 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

Nathan Powell, Mitesh Patel

Duathlon World Championships 2022 - Andrzej Wahrhaftig



This year's events took place in Transylvania – Targu Mures, Romania, in June. I had qualified at two different distances, standard, which is a 10 km run, 40 km bike then a final 5 km run; and at sprint, which is 5 km run, then 20 km on the bike and a final 2.5 km run. Qualification takes place in various events around the UK in 5-year age groups (as with running), and you have to finish in the top 3, and be within 115% of the winner's time. Whilst I have previously qualified to do both events, normally they are on successive days, but on this occasion there was a rest day in between, so for the first time, I did both.

The standard event took place at the Transylvania Motor circuit, with the starts staggered from 7.30 in the morning, and mine at 8am. The first run was 4 laps of 2.5km, with one longish slope on each lap – which as usual, you hardly notice the

first time, harder work the second, and by the last you think you are on the foothills of Mount Everest. What was pleasing was that of the four Brits in the race I managed the fastest 10k time – though 2 of them then sailed happily past me on the bike.

The bike was 5 laps of the motor racing circuit, with 2 dead turns on it. This worked well for the better cyclists, as it gave them 10 occasions when they could brake late, then accelerate hard out of the turn. Obviously, no help for me as I cautiously slowed down for each, then took time (and effort) getting back up to speed. Coming in off the first run there was a Polish athlete in front of me, and after I had a good transition, going out on the bike I could see that he was only 150/200 metres ahead of me. It then took me 4 of the bike laps to catch him, though I was slowed down by one of the motor-cycle marshals blowing a whistle at me as they thought I was drafting off him (against the rules in standard distance races) so I had to back off until I could work up the energy and speed to get past him. Then I managed to get a small lead going into the second transition and stayed ahead of him on the second run.



The second run was hard, hard, work with the heat and the humidity, and on the same course as before, but now 2 x2.5 km laps, each with what had now (in my mind) taken on a climb, no longer a slope, reminiscent of a fell race. Each lap had two drinks stations on them, and I made full use of each one. I was low on energy, which has not happened to me before, so indicating a need to rethink the nutrition in the future. At the end I was 5th, and happy with that, especially as I was (by far) the oldest in my age group. The result gives me automatic qualification for next year's world championships – as you must be top 10 in the world, and top 3 from your country. Results (with year of birth) here:

Pos ^	First Name	Last Name	YOB	Country	Num	Time
1	Mogens Busk	Sørensen	1951	DEN	375	02:18:05
2	Steven	Rue	1952	GBR	378	02:32:33
3	Normanno	Di Gennaro	1950	ITA	380	02:36:32
4	Rodger	Mccarroll	1950	GBR	376	02:37:01
5	Andrzej	Warhaftig	1949	GBR	379	02:42:17
6	Andrzej	Szczepanik	1952	POL	382	02:45:15
7	John	Nevin	1950	GBR	377	02:45:41
8	Pieter	Henning	1952	RSA	374	02:49:01
9	Ionel	Aleonte	1951	ROU	373	03:57:13



After the standard it was resting for the rest of the day, and the following day, ready for a mid-day start on the Sunday for the sprint race (5km run, 20km bike, 2.5km run). This would take place in the town centre on short laps, which means that you get excellent support from the crowds.

The night before the event we were informed by Facebook (so some athletes never saw it) that the run course had changed, as the local organising committee had suddenly discovered that it was a significant religious holiday and an orthodox church in the very centre of the town would have large numbers attending.

The run course would now be 6 laps, and a total distance of 5.6km. Given that few triathletes/duathletes have the ability to count that far,

it meant that at just under 5km you went past transition on the 5th lap, and over 20 athletes went in and collected their bikes – which I would have done except that I was running in a group of other athletes in my age group.

Then onto the bike for another 5 laps of about 3.5km round the town centre – a very hilly course, with tight turns, 2 dead turns, and one frightening downhill bit

over cobbles.

This was a “draft legal” race on road bikes (no tri bars) where you can ride in groups, and shelter in the peloton.

However, the course meant that the groups never managed to form, and certainly would not have been safe. We weren’t told that the bike course was short, and after the issues with the run when I came in I was worried I hadn’t gone far enough. Two of my friends missed out on gold medals by doing an extra lap.

Then on to the final run, which was slightly over the normal 2.5km, and worried all the way round that I may have been short on the bike. Again, another 5th place, and this time the 2nd Brit. Two others had also done the standard event a couple of days earlier – the winner Di Gennaro (Italian, weighing in at 6 stone soaking wet), and

Name: Normanno Di Gennaro	Nat: ITA 
Bib: 425	1st Run: 25:39
1st Transition: 1:04	Bike: 38:38
2nd Transition: 1:12	2nd Run: 11:51
Finish Time: 1:18:22	Cat. Rank: 1
Gender Rank: 117	
Name: Peter Ward	Nat: GBR 
Bib: 423	1st Run: 26:49
1st Transition: 1:11	Bike: 39:25
2nd Transition: 0:57	2nd Run: 12:27
Finish Time: 1:20:48	Cat. Rank: 2
Gender Rank: 129	
Name: Hjalmar Schiøtz	Nat: NOR 
Bib: 426	1st Run: 28:45
1st Transition: 0:51	Bike: 39:23
2nd Transition: 0:43	2nd Run: 12:15
Finish Time: 1:21:55	Cat. Rank: 3
Gender Rank: 135	
Name: Mike Neag	Nat: USA 
Bib: 421	1st Run: 29:40
1st Transition: 1:47	Bike: 36:15
2nd Transition: 1:42	2nd Run: 13:18
Finish Time: 1:22:41	Cat. Rank: 4
Gender Rank: 137	
Name: Andrzej Warhaftig	Nat: GBR 
Bib: 424	1st Run: 30:09
1st Transition: 1:22	Bike: 43:26
2nd Transition: 1:31	2nd Run: 13:32
Finish Time: 1:29:58	Cat. Rank: 5
Gender Rank: 150	
Name: Stephen Linden	Nat: GBR 
Bib: 422	1st Run: 34:38
1st Transition: 1:20	Bike: 42:50
2nd Transition: 1:31	2nd Run: 15:38
Finish Time: 1:35:55	Cat. Rank: 6
Gender Rank: 158	

Hjalmar Schiotz (Norway) who came third, but had dropped out after the bike in the standard after the embarrassment of being overtaken by me.

After the event, some 30+ athletes were disqualified for not completing the course. At the awards ceremony we were then stunned to find that a fair number of those had been reinstated and awarded medals. Those that had done a lap short in the first run (over 20) had their time adjusted for the extra lap. This did not allow for the fact that they could have slowed down, or for the fact that they went onto the bike less tired than those that had done the correct distance.

Because of the number of GB athletes that “missed” out on medals, the British Triathlon Federation has made a formal appeal/protest, but over 2 months later we have still not had a result to that.

The final photo is from the official tri website, and makes it look as though I am taking the event seriously.



As ever, it was a wonderful experience in Romania, with two other club members from Hillingdon Triathletes, plus many others that I have got to know from UK qualifying races and international ones.

The final pictures are from the superb closing ceremony. One of the stages for the medal winners – so I am not in there, one of the local dancing, and the para-athletes, who add so much to these events.



Metros 5K Roxbourne Park - 6th August 2022

RESULTS BY TIME		
	Time	Age %
Mike Morris	21:37	71.09%
Richard Wilkinson	21:40	60.83%
Mitesh Patel	22:12	60.14%
Kevin Smart	23:17	70.74%
Simon Aberly	23:43	65.90%
Andy Fox	24:13	65.66%
Adam Leary	24:39	63.95%
Harish Gohil	25:10	61.06%
Caroline Day-Lewis	26:03	68.59%
Ceri Jacob	26:43	69.62%
Tim Oakley	26:45	61.57%
Linda Georgiades	26:50	70.31%
Bill Harrington	27:02	59.33%
Will Bailey	27:38	56.56%
Lynn Jones	27:55	71.52%
Ruth Tidder	27:56	61.52%
Kun Dang	28:10	47.75%
Jonathan Pang	28:45	49.70%
Jasia Zimmerman	28:53	69.13%
Rahul Pareek	28:58	46.77%
Amanda Hardy	30:37	56.89%
Debra Norman	31:50	60.10%
Annie Birch	33:15	63.81%
Mike Ransome	33:15	54.38%
Anne Ambrose	35:18	58.31%
Steph White	36:39	57.03%
Janice Newman	37:46	66.59%
Liz Wordsworth	37:46	48.59%
Carole Valentine	39:52	47.99%
Suzanne Harvey	40:52	48.86%
Gill Fox	41:08	45.22%
Karen Leary	41:08	44.61%
Una Cunningham	41:18	39.23%
Gladys de Groot	46:22	49.64%
Eilish Fernandes	46:22	46.48%
Barbara Robson	53:00	66.48%

*

*

*

*

*

* self-timed

5K COMPETITION RESULTS

Lynn Jones	27:55	71.52%
Linda Georgiades	26:50	70.31%
Ceri Jacob	26:43	69.62%
Jasia Zimmerman	28:53	69.13%
Caroline Day-Lewis	26:03	68.59%
Janice Newman	37:46	66.59%
Barbara Robson	53:00	66.48%
Annie Birch	33:15	63.81%
Ruth Tidder	27:56	61.52%
Debra Norman	31:50	60.10%
Anne Ambrose	35:18	58.31%
Steph White	36:39	57.03%
Amanda Hardy	30:37	56.89%
Gladys de Groot	46:22	49.64%
Suzanne Harvey	40:52	48.86%
Liz Wordsworth	37:46	48.59%
Carole Valentine	39:52	47.99%
Eilish Fernandes	46:22	46.48%
Gill Fox	41:08	45.22%
Karen Leary	41:08	44.61%
Una Cunningham	41:18	39.23%

Female Average 57.64%

Mike Morris	21:37	71.09%
Kevin Smart	23:17	70.74%
Simon Aberly	23:43	65.90%
Andy Fox	24:13	65.66%
Adam Leary	24:39	63.95%
Tim Oakley	26:45	61.57%
Harish Gohil	25:10	61.06%
Richard Wilkinson	21:40	60.83%
Mitesh Patel	22:12	60.14%
Bill Harrington	27:02	59.33%
Will Bailey	27:38	56.56%
Mike Ransome	33:15	54.38%
Jonathan Pang	28:45	49.70%
Kun Dang	28:10	47.75%
Rahul Pareek	28:58	46.77%

Male Average 59.69%

Many thanks to the volunteers:

Pat Jackson, Nathan Powell,
Marilyn Pickford, Angela Murphy,
Marion Rogan, Ian Birch, Linda
Grimes, Nancy Morris, Una
Cunningham

Irene & Steve Paull

Vitality Big Half – 4th September

1	Mo Farah	1:01:59
12	Eilish McColgan	1:07:35
1672	Nilesh Tailor	1:35:22
2226	Issy Jones Harrow AC	1:39:22
2720	Ashish Maheshwari	1:42:28
3769	Malcolm Smith	1:48:21
4583	Tony Watson Sudbury Court	1:52:43
5641	Yvonne Walker Sudbury Court	1:57:45
10259	Angela Tomusange	2:28:22
12292	Anne Ambrose	3:25:38

Big Half Relay - Last Legs- Steve Paull



Ray, Derek, Peter and I train together on Thursdays and go to the pub together on Sundays. We have done for years.

These names, which you may not know, are all, or were, Metros (Ray second claim). Apart from me, they race rarely and go to mainstream Metros sessions even less.

Ray is ten years older than the rest of us. He was once a qualified athletics coach, and not that long ago raced age-group duathlons where he was good enough to represent the UK. He had recently however said his racing days were over and contented himself with parkruns where he recently completed one in 36 minutes or so. And by the way, he has leukaemia.

Out of the blue a month or two ago, Ray suddenly mentioned the relay at the Big Half and would we like to make up a team.

Once the surprise was over we said yes, why not? Peter came up with our appropriate team name- Last Legs-and I set about getting matching kit with a logo for us all. Then we sorted out who was doing what leg. I got the last one as it was longer (only one kilometre). The average age of our team is over 70.

Fast forward to race day. Ray has had a cold, Peter a sniffle and a dodgy knee. Derek and I are fine. Irene is team manager. The logistics of the day, awkward as they are, are settled. Baggage is only taken from the start to the finish so mine goes on the bus at the start. Derek on leg two, gets the DLR to Canary Wharf with leg one Ray's bag, Pete take's Derek's to his handover and I take Pete's to mine. Geddit?

So off Ray toddles and everything is fine. Not quite!

Ray's cold and his cancer medication don't go well with a run and after two miles he is done in. Not tired but his body is not doing what he wants of it. Somehow he makes the handover in 58 minutes and somehow he gets to the agreed reunion area in Greenwich Park at the finish.

Derek might have had an idea of how bad Ray was by what he saw and the time at changeover, but Pete and I knew nothing of this. Us latter three ran our legs to form and we all met at the reunion area. It was when we set off for the pub (right next to the station) we discovered how bad Ray was. He hadn't improved at all with time passing and our only other supporter, Derek's wife Christine, held him up as he was in serious danger of falling backwards. Hospitalisation for him was on our minds. Derek was despatched to buy food and chocolate while we carried on with our very slow shuffle to the pub. Ray is vegetarian, with a serious allergy to garlic and onions -have you ever had to read the ingredients on the packaging of a Tesco cheese sandwich?

We must have been spotted en route, because as soon as we had found a chair for Ray in the pub a medic appeared and took over, using conversation to assess how he was. Food and tea perked him up somewhat and he was soon talking about challenging a ladies team next year. He wants leg one again because "it owes him something".

The drama was over now. Ray had even improved enough to be able to drive when we got back over to north London. A few days later the hospital diagnosed what had happened and we have to be more careful in future. He's now allowed to run again.

This might not be the last of the Last Legs.

Hillingdon 20 – 4th September



Pos.		Gun Time	Chip Time	
1		01:56:41	01:56:40	
4	Nigel RACKHAM	02:03:45	02:03:42	1st V60-69 & UK Record
26	Sasha BIRKIN	02:25:47	02:25:40	2nd FV 50-59
32	Christopher SHEARWOOD	02:27:33	02:27:26	3rd V50-59
52	John NORRIS	02:36:32	02:36:25	
67	Emma PONNAGANTI	02:40:56	02:40:47	3rd FV 40-49
76	Michael MORRIS	02:45:57	02:45:47	
105	Jonathan EVAN-HUGHES	02:57:41	02:57:24	
144	Linda GEORGIADES	03:12:15	03:12:05	
212	Shefali RAO	04:01:53	04:01:43	
214		04:15:51	04:15:32	



5-Mile Handicap – 10th September

		Time	event hcp	Time+hcp	Pts	nxt hcp
1	Ashish Maheshwari	37.59	0	37.59	23	22
2	Martin Hopson	40.55	0	40.55	21	19
3	Paul Hor	48.17	0	48.17	15	12
4	Tim Oakley	45.54	12	57.54	6	14
5	Emma Ponnaganti	38.23	21	59.23	6	22
6	Malcolm Jackson	56.28	3	59.28	7	4
7	Mike Morris	37.29	22	59.29	8	23
8	Mitesh Patel	37.48	22	59.48	9	23
9	Mike Ransome	56.28	4	60.28	9	4
10	Caroline Day-Lewis	44.42	16	60.42	10	16
11	Jasia Zimmerman	49.47	11	60.47	11	11
12	Linda Georgiades	42.53	18	60.53	11	17
13	Anne Ambrose	60.16	1	61.16	12	0
14	Steve Paull	43.08	19	62.08	12	17
15	Irene Paull	63.41	2	65.41	10	-3
16	Kyie Hollingshead	39.38	29	68.38	8	21
17	Barbara Robson	87	0	87	-10	-27



Canons Park parkrun results - 17 September 2022

Female runners

PARKRUNNER	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Janice NEWMAN	Metros	VW75-79	33:56	75.49%	50
Liz ABRAHAMS	Sudbury Court	VW55-59	24:39	74.44%	49
Emma PONNAGANTI	Metros	VW45-49	22:16	72.75%	48
Caroline DAY-LEWIS	Metros	VW55-59	25:11	70.95%	47
Issy JONES	Metros	SW30-34	21:02	70.68%	46
Tricia EDWARDS	Sudbury Court	VW70-74	32:37	69.39%	45
Sasha BIRKIN	Metros	VW50-54	24:40	67.97%	44
Ann SUFFIELD	Metros	VW45-49	25:12	64.29%	43
Sarah ARMSTRONG	Metros	VW60-64	31:51	62.69%	42
Angela MURPHY	Metros	VW70-74	36:58	62.26%	41
Lorraine O'DONOVAN	Metros	VW60-64	31:45	60.26%	40
Jennifer O'SULLIVAN	Metros	VW45-49	27:17	59.99%	39
Tracey NOBBS	Sudbury Court	VW55-59	30:15	59.83%	38
Judy RACKHAM	Metros	VW60-64	33:57	57.98%	37
Monica SHORTT	Metros	VW55-59	31:46	56.24%	36
Joanna COLLIER	Metros	VW55-59	32:23	55.89%	35
Mumbi Keinamma	Metros	VW55-59	33:29	55.65%	34
Harriet KELLY	Metros	JW10	31:45	53.75%	33
Una CUNNINGHAM TAYLOR	Metros	VW45-49	30:15	53.55%	32
Hsiang-Ju LIN	Sudbury Court	VW35-39	29:04	52.29%	31
Penny HUDSON	Metros	VW60-64	37:52	51.23%	30
Sue WESTON	Metros	VW55-59	37:55	49.76%	29
Ryan THOMPSON	Sudbury Court	VW40-44	31:47	48.14%	28
Siobhan WILBY	Sudbury Court	VW40-44	33:18	47.25%	27
Nancy MORRIS	Metros	VW50-54	37:05	46.34%	26
Helen SIMONS	Metros	VW60-64	42:01	46.17%	25
Sakina SIDIK	Metros	VW40-44	34:14	45.28%	24
Sue NICHOLLS	Metros	VW55-59	41:12	44.54%	23
Meena MISTRY	Metros	VW50-54	38:45	43.78%	22
Wendy MULVENNA	Metros	VW60-64	44:40	43.43%	21
Linda GEORGIADES	Metros	VW55-59	49:25	38.18%	20
Ellen MULVENNA	Sudbury Court	SW25-29	44:41	33.12%	19
Bernie CONWAY	Metros	VW40-44	49:21	31.17%	18

Female volunteers

Alisha Sidik	34
Bev Thomas	34
Irene Paull	34
Jane Hudson	34
Monica Shortt	34

Male runners

PARKRUNNER	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Nigel RACKHAM	Metros	VM60-64	18:12	88.10%	50
Christopher SHEARWOOD	Metros	VM55-59	19:22	82.10%	49
Nick JONES	Metros	VM60-64	21:36	76.23%	48
Tony WATSON	Sudbury Court	VM65-69	22:59	72.95%	47
Steve PAULL	Metros	VM65-69	23:55	72.89%	46
Michael MORRIS	Metros	VM55-59	22:06	69.53%	45
Clive HEIDRICH	Metros	VM50-54	21:42	67.97%	44
Richard WILKINSON	Metros	VM35-39	19:24	67.96%	43
Gavin IMRIE	Sudbury Court	VM45-49	22:42	63.44%	42
Robert BEVAN	Metros	VM55-59	24:53	63.36%	41
Jeff SUFFIELD	Metros	VM45-49	23:01	63.07%	40
Nick RUSSELL	Metros	VM50-54	23:36	62.50%	39
Tim OAKLEY	Metros	VM60-64	26:28	62.22%	38
Tanasheh ABRAHAMS	Metros	SM25-29	20:56	61.62%	37
Brian MCGRORY	Metros	VM60-64	26:06	61.43%	36
Vincent CHEUNG	Metros	VM45-49	23:54	60.25%	35
Rohan MASCARENHAS	Metros	VM50-54	25:06	60.23%	34
Ian MCPHERSON	Metros	VM55-59	25:49	60.04%	33
Zaheer SIDIK	Metros	SM18-19	22:48	58.48%	32
Andrew Paul COLLIER	Metros	VM55-59	26:44	58.48%	31
Marc SINDOLE	Metros	SM25-29	22:13	58.06%	30
Andrew BORLEY	Metros	VM55-59	26:48	57.34%	29
Roy EASTWOOD	Metros	VM60-64	30:22	53.73%	28
David MERRIGAN	Metros	VM55-59	29:39	51.83%	27
Kyie HOLLINGSHEAD	Metros	SM18-19	25:45	51.78%	26
James KERR	Sudbury Court	SM30-34	25:41	50.62%	25
Sonny PEART	Metros	VM50-54	30:06	50.61%	24
Ashish MAHESHWARI	Metros	VM40-44	33:25	41.80%	23
Ariff SIDIK	Metros	VM40-44	34:21	40.66%	22
Nathan POWELL	Metros	VM50-54	49:30	30.77%	21
John NORRIS	Metros	VM40-44	49:25	28.26%	20

Male volunteers

John Ayton	35
Barry Nolan	35
Mark Mulvenna	35
Mike Reid	35

It was a great turnout for the first event of the 5k competition with over 65 runners and another 10 volunteers or so!

Please remember to add your club into your parkrun profile and accept the Spond invitations to make it easier to collate the results.

A reminder that the next event is Gladstone parkrun on 15 October – hope to see you there!

Nathan & Mitesh



Ultra X England 50Km – 18th September

1		5:07:39
206	Sonny Peart	9:52:41
247	Finishers	11:45:17



The London Spitfire 10K- 27th August

Pos.		Gun Time	Chip Time
1		0:35:28	0:35:28
51	Simon Aberly	0:49:37	0:49:32
70	Tony Watson Sudbury Court	0:52:01	0:51:45
258	Finishers	2:07:11	2:06:19

Great North Run – 11th September

Pos	Name	Finish Time
1	<i>Jacob Kiplimo</i>	00:59:33
1 st woman	<i>Hellen Obiri</i>	01:07:05
13828	Yvonne Walker Sudbury Court	02:06:04
18238	Jennifer O'Sullivan	02:14:37
25886	Philippa Brown	02:30:42
31213	Lorraine O'Donovan	02:44:44
31217	David Merrigan	02:44:45
31223	Monica Shortt	02:44:45

Standalone 10K – 25th September

1		0:32:29
199	Simon Abery	0:48:32
820	Finishers	1:26:34

This race, in Letchworth, is highly recommended by Simon.

A very well organised road race with free parking at the site. The goats, spotted pigs, ponies, a shire horse, sheep and a concrete cow for relaxation therapy afterwards were a real bonus.



Simon makes friends with Posey the pony.

RESULTS OF THE 43rd METROS ANNUAL FUN RUN – THE BRIAN JACKSON FUN RUN

24th September 2022

Runners' results in the 10K, 4K (best result if two run) and 2K were based on age grading. Each adult runner's time for each distance was converted to an age graded percentage by using the tables published by the World Association of Veteran Athletes (WAVA) – the Howard Grubb' tables.

The following will receive awards for being first in their age group in the three races – only one award per runner:

10K – 1 st Woman – Annabelle Suffield	1 st Man – Marcus Weedon
4K - 1 st Woman – Barbara Reading	1 st Man – Jonny Jackson
2K – 1 st Woman – Caroline Day Lewis	1 st Man – Dave Young

4K - 10-14 – 1st Girl – Annabelle Suffield 10-14 – 1st Boy – Finn O'Reilly

At 14 Annabelle is in the 10-14 age group and was first in the 4K. However, she was also first in the 10K so her award will state she is 1st female overall in the 10K and 1st female in the 4K in the 10-14 age group.

10K								
	1st 4K		2nd 4K		2K		TOTAL	
Annabelle Suffield	16:02	75.4%	17:02	71.0%	07:33	75.4%	00:40:37	79.3%
Barbara Reading	27:37	70.6%	27:15	71.5%	12:58	71.7%	01:07:50	73.3%
Lynne Jones	23:42	67.1%	24:14	65.6%	11:56	63.6%	00:59:52	68.4%
Linda Georgiades	23:00	65.2%	22:53	65.5%	10:56	65.5%	00:56:49	68.0%
Julia Robinson	22:04	53.8%	22:22	53.1%	10:48	52.2%	00:55:45	56.2%
Marcus Weedon	15:56	71.0%	17:34	64.4%	07:42	69.5%	00:41:12	73.9%
David Young	21:19	62.5%	21:00	63.5%	10:10	62.1%	00:52:29	68.4%
Jonny Jackson	17:23	64.5%	18:20	61.2%	09:15	57.4%	00:44:58	67.2%
Martin Hopson	18:52	62.9%	20:20	58.4%	09:29	59.3%	00:48:41	65.7%
Jeff Suffield	18:02	62.2%	19:31	57.5%	09:28	56.1%	00:47:01	64.3%
Mitesh Patel	18:18	56.4%	17:43	58.2%	08:27	57.8%	00:44:28	62.5%
Paul Hor	23:24	56.4%	23:47	55.5%	11:48	53.0%	00:58:59	60.3%
Terry Burke	30:08	46.4%	31:00	45.1%	15:05	43.9%	01:16:13	49.4%

Cont ...

1st 4K**By finish time**

1	Marcus Weedon	15:56	
2	Annabelle Suffield	16:02	
3	Jonny Jackson	17:23	
4	Jeff Suffield	18:02	
5	Mitesh Patel	18:18	
6	Martin Hopson	18:52	
7	Simon Aberly	20:25	*
8	Jamail Townsend	21:19	**
9	David Young	21:19	
10	Julia Robinson	22:04	
11	Finn O'Reilly	22:18	*
12	Linda Georgiades	23:00	
13	Jasia Zimmerman	23:04	*
14	Paul Hor	23:24	
15	Lynne Jones	23:42	
16	Amanda Hardy	24:29	*
17	Robyn Walliser	25:11	*
18	Pip Brown	25:57	*
19	Mike Ransome	26:28	*
20	Barbara Reading	27:37	
21	Terry Burke	30:08	
22	Anne Leigh	38:51	*

By Gender/Age Grade

Annabelle Suffield	78.42%
Jasia Zimmerman	70.29%
Barbara Reading	70.25%
Lynne Jones	67.40%
Linda Georgiades	65.62%
Anne Leigh	57.66%
Amanda Hardy	57.62%
Julia Robinson	55.47%
Robyn Walliser	50.46%
Pip Brown	48.50%

Marcus Weedon	73.46%
Jonny Jackson	66.79%
Martin Hopson	65.16%
David Young	64.73%
Jeff Suffield	64.39%
Simon Aberly	61.24%
Paul Hor	58.41%
Mitesh Patel	58.37%
Mike Ransome	54.66%
Finn O'Reilly	53.35%
Terry Burke	48.01%

* Not in 10K challenge,

**Guest

Cont.....

2nd 4K

13	Annabelle Suffield	17:02
2	Marcus Weedon	17:34
3	Mitesh Patel	17:43
4	Jonny Jackson	18:20
5	Jeff Suffield	19:31
6	Martin Hopson	20:20
7	Jamail Townsend	20:46
8	David Young	21:00
9	Julia Robinson	22:22
10	Linda Georgiades	22:53
11	Paul Hor	23:47
12	Lynne Jones	24:14
13	Barbara Reading	27:15
14	Nancy Morris	29:10
15	Terry Burke	31:00

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Annabelle Suffield	73.82%
Barbara Reading	71.19%
Linda Georgiades	65.96%
Lynne Jones	65.91%
Julia Robinson	54.72%
Nancy Morris	47.13%

Marcus Weedon	66.63%
David Young	65.71%
Jonny Jackson	63.33%
Martin Hopson	60.46%
Mitesh Patel	60.29%
Jeff Suffield	59.49%
Paul Hor	57.47%
Terry Burke	46.66%

* Not in 10K challenge,

**Guest



2K

1	Annabelle Suffield	07:33
2	Marcus Weedon	07:42
3	Mitesh Patel	08:27
4	Jonny Jackson	09:15
5	Jamail Townsend	09:25
6	Jeff Suffield	09:28
7	Simon Abery	09:29
8	Martin Hopson	09:29
9	Finn O'Reilly	10:08
10	David Young	10:10
11	Caroline Day-Lewis	10:12
12	Julia Robinson	10:48
13	Linda Georgiades	10:56
14	Paul Hor	11:48
15	Lynne Jones	11:56
16	Robyn Walliser	12:03
17	Barbara Reading	12:58
18	Mike Ransome	13:07
19	Anne Ambrose	14:40
20	Terry Burke	15:05
21	Suzanne Harvey	15:57

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Annabelle Suffield	75.35%
Barbara Reading	71.69%
Caroline Day-Lewis	66.36%
Linda Georgiades	65.47%
Lynne Jones	63.64%
Anne Ambrose	53.41%
Julia Robinson	52.22%
Robyn Walliser	49.45%
Suzanne Harvey	48.35%

Marcus Weedon	69.52%
David Young	62.08%
Simon Abery	60.30%
Martin Hopson	59.29%
Mitesh Patel	57.81%
Jonny Jackson	57.41%
Jeff Suffield	56.10%
Finn O'Reilly	53.69%
Paul Hor	52.98%
Mike Ransome	50.44%
Terry Burke	43.86%

**** Guest**

1K Walk

Simon Abery	9:11
David Young	9:18
Suzanne Harvey	9:24
Lynne Jones	9:25
Barbara Robson, Angela Murphy	9:43
Barbara & Mick Reading	10:00
Nancy Morris, Steph White, Anne Ambrose	10:14
Terry Burke, Linda Georgiades	10:26
Jonny Jackson	12:39
Paul Hor	12:49
Martin Hopson	13:31
Jamail Townsend	13:34

This year produced an interesting competition between Marcus Weedon and Annabelle Suffield for first place in the three runs. Age grading adds interest to the results and congratulations to those who win awards.

Terry Burke yet again travelled up from Devon leaving at 5.00 am and returned home straight after the event. He deserves an award for that! He was injured so walked all the events!

Those interested in the history of the event please see the Metros Web Site. Originally the first 4K was for women only, then a 4K for men only and a 2K for children only. Over the years some men wanted to run early so they joined the women's 4K, likewise some women wanted to arrive later so ran in the men's race. Some adults wanted to run 2K only. Some felt it was not worth coming to the park to run just 4K so it was decided participants could run all races to make 10K or have a choice to run 10K, 8K, 6K, 4K or 2K.

As always, these events need the help of people to set up, register participants, record results, marshal and help clear up. Jonny Jackson, Mike Ransome and Dave Young arrived early to help set up; Irene Paull and Angela Murphy registered participants; Nick Jones, Jonathan Pang, and Nathan Powell marshalled the whole event with added help from Anne Ambrose. Irene and Steve Paull recorded the finishers and, Irene and Teresa Young produced the results. Linda Georgiades took club photos at the start of races, then joined in. Everyone helped clear up.

Special thanks to Teresa Young who, realising the fence the Council had erected around the model railway would change the course distance, liaised with the railway personnel so two gates in the fence were opened to allow the run to be on the usual course.

Thank you to all who came to help, spectate and who ran or walked in any of the events. Here's to next year – the 44th.

Pat Jackson



Ealing Half Marathon – 25th September

Pos.		Gun Time	Chip Time
1		1:08:35	1:08:35
14 (1 st Woman)		1:18:23	1:18:20
305	Issy Jones Harrow AC	1:38:11	1:38:08
306	Nick Jones	1:39:11	1:38:08
1480	Pauline Bishop	2:10:37	2:08:09
1590	Liz Abrahams Sudbury Court	2:13:14	2:06:57
1777	Monica Shortt	2:20:40	2:18:12
2314	Shama Meghjee-Caine Hillingdon AC	3:24:47	3:22:18



Leighton 10 - 25th September

		Gun Time	Chip Time
1		0:58:47	0:58:46
25	Chris Shearwood	1:07:56	1:07:53 2 nd MV50
71	Steve Paull	1:20:54	1:20:47
86	Vincent Cheung	1:24:21	1:24:17
97	Linda Georgiades	1:27:42	1:27:37
156	Finishers	1:59:07	1:58:50



Moor Park 10K – 25th September

1			00:34:31	00:34:27
2	1st Woman		00:38:07	00:38:03
16	Nicky Smith		00:42:19	00:42:11
48	Tony Watson	Sudbury Court	00:47:23	00:46:58
55	Joe Turner		00:48:01	00:47:41
58	Marc Sindole	Sarries TC	00:48:58	00:48:42
76	Clive Lucas		00:50:48	00:50:21
85	Steve Paull		00:51:26	00:51:11
87	Pauline Turner		00:51:40	00:51:19
100	Rohan Mascarenhas		00:52:49	00:52:35
105	Caroline Day-Lewis		00:53:02	00:52:46
181	Jasia Zimmermann		00:59:45	00:59:27
215	Bernie Conway		01:04:35	01:04:02
219	Glyn Watkins		01:05:19	01:04:53
229	Una Cunningham		01:06:54	01:06:26
230	Mike Reid		01:06:54	01:06:26
258	Angela Murphy		01:14:55	01:14:16
264	Anne Ambrose		01:17:16	01:16:39
269	Finishers		01:20:19	01:19:34



Berlin Marathon – 25th September

1	<i>Eliud Kipchoge</i>	2:01:09
1 st woman	<i>Tigist Assefa</i>	2:15:37
518	Nigel Rackham	2:41:23
16321	Shyam Patel	4:24:52
23290	Finishers	7:49:09

WR
CR
1st M60 & GB Record



NOTES OF METROS COMMITTEE MEETING

Wednesday 14 September 2022 at 8:00pm

Venue – Nigel & Judy Rackham's house

Attendees (Committee members): Steve Alder, Anne Ambrose, Pat Jackson, Mike Morris, Irene Paull, Steve Paull, Nigel Rackham, Mike Ransome, Barbara Robson, Ariff Sidik, Marcus Weedon

Attendees (Non-Committee members): Nathan Powell

Apologies: Paula Ryan, Marilyn Pickford, Teresa Young

Chair: Nigel Rackham

Note Recorder: Pat Jackson

1. Actions from Last Meeting

Snoods – will be advertised in the Autumn – particularly at our TVXC fixture.

1st Aid Kits – Angela Murphy has updated these. **ITEM CLOSED**

AED Backpack – done. **ITEM CLOSED**

Thames River Relay – Nigel described a 5-person team relay of 5 or 6 miles per leg. Marcus agreed to research for next year. **ACTION: Marcus Weedon**

Welfare Officers – No action as yet. **ITEM CLOSED**

London Marathon Ballot – Completed. **ITEM CLOSED**
Anne confirmed the Metros water station will be well manned.

2. Club Events

a. **Track Mile** – To be held on 5 May 2023 **ACTION: Nathan Powell**

b. **Summer Sports Day** – To be held on Friday 14 July 2023 with an ongoing trophy for the winning team. Sarries will again be invited. **ACTION: Nathan Powell**

c. **SPOND Events advertising** – Although events can be listed in advance, Irene recommended invites are sent nearer the time i.e., 5 days in advance for a weekly invite and 2 weeks in advance for a monthly invite.

- d. Trophy Race** – As the Moor Park 10K date has been changed, it now clashes with the Leighton Buzzard 10. Vincent suggested a choice of 10K or 10 miles, with highest points to count. This was agreed. **ITEM CLOSED**
- e. Metros Sports Day** – This will become an annual event. Nathan will book the track for next year. **ACTION: Nathan Powell**
- f. HHR 2022 – Donation and accounts** – Will be completed shortly. **ACTION: Irene Paull**
- HHR 2023** – Race uncertain due to building works at Harrow School. Marcus will discuss with School authorities. **ACTION: Marcus Weedon**
- g. RNR** – Metros have withdrawn this year. 2023 entry will be considered next year. **ITEM CLOSED**
- h. Metros Annual Fun Run** – Pat stated Harrow Council gave prompt approval this year. The Moor Park 10K is now being held the next day.
- i. Metros Awards** – Friday 2 December 2022 is agreed for Pizzas and Prizes. Steve will book the Tennis Club. **ACTION: Steve Alder**
- Pat will advertise the event **ACTION: Pat Jackson**
 - After this year's awards presentation, Pat will step down as Co-ordinator and will advertise for a new Metros Awards Co-ordinator **ACTION: Pat Jackson**
 - It was agreed that a new male and female award for 'Volunteer of the Year' replace the current Aaron Breen Awards. **ACTION: Irene Paull**
 - Marcus requested the Male Runner's Award tankard be professionally cleaned. **ACTION: Pat Jackson**
 - Nathan had requested that the members of the AEDs WhatsApp group be thanked at the awards presentation. **ACTION: Pat Jackson**
- j. Social Quiz Night** – Emma is now unable to co-ordinate this event. A group of co-ordinators is suggested. Steve will check Tennis Club availability for a Friday in February. **ACTION: Steve Alder, Judy and Nigel Rackham, Ariff Sidik**
- k. October's LFOTM (Last Friday of the Month) 5K and Additional Events** – Nathan suggested 5K be held in Eastcote House Gardens and the Celandine Way. It was agreed that, as it's half-term, a 1K and 2K run/walk and buggy push around the grounds be included. **ACTION: Nathan Powell**

3. Other Events

- a. **Hall of Fame** – Ongoing

4. Admin

- a. **Maintenance of AEDs** – Nathan confirmed that periodic checks are needed to ensure AEDs are in good working order. Nathan will discuss with the present AED WhatsApp group. **ACTION: Nathan Powell**
- b. **Thanks to AED co-ordinators** – (See last point on 2i. above).
- c. **Purchase of a large digital race clock** – This was agreed, and Teresa Young will research cost. **ACTION: Teresa Young**
- d. **Sarries membership** – Suggested by Nathan. It was agreed that Sarries would pay the junior fee but need a full adult member to accompany them at any session. Nathan will inform Sarries. **ACTION: Nathan Powell**
- e. **Metros cloth sew-on badges** – As a minimum of 100 was needed, it was agreed the demand did not warrant the cost. **ITEM CLOSED**
- f. **Any members' feedback** – Ariff had received none.
- g. **Any youth feedback** – none received. A new co-ordinator will be sought. **ACTION: Nathan Powell**

5. Items for Future Meeting

- a. **Calendar for 2023** – It was decided not to pursue this for this year but hold a photographic competition from 1 to 31 December 2022 instead. **ACTION: Ariff Sidik**
- b. **Backpack for AED** – Action completed. **ITEM CLOSED**
- c. **Roxbourne Park bench** – Paula / Teresa. No action at present.

6. Any Other Business

TVXC – Marcus confirmed more marshals are needed

Ariff asked for members to bring labelled kettles. **ACTION: All members**

Meeting finished at 9:29pm

Next Meeting: Wednesday 19 October 2022

List of abbreviations: TVXC (Thames Valley Cross-Country)
AED (Automated External Defibrillator)
HHR (Harrow Hill Race)
RNR (Round Norfolk Relay)
LFOTM (Last Friday of the Month)

Next Metrolines



London Marathon - Metros results

Mental Health Help and Support Services



Telephone: 116 123 (24 hours a day, free to call)

Email: jo@samaritans.org

Website: www.samaritans.org

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.



Telephone: 0300 123 3393 (9am-5pm Monday to Friday)

Email: info@mind.org.uk

Website: www.mind.org.uk/help/advice_lines

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy. Mind also has a network of nearly 200 local Mind associations providing local services.



Telephone: 0300 5000 927 (10am-2pm Monday to Friday)

Email: info@rethink.org

Website: www.rethink.org/about-us/our-mental-health-advice

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs Rethink services and groups across England and Northern Ireland.



Telephone: 0845 767 8000 (6pm-11pm)

Website: www.sane.org.uk/what_we_do/support/helpline

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.



Telephone: 0800 1111

Email: www.childline.org.uk/Talk/Pages/Email.aspx

Website: www.childline.org.uk

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.



Improving mental health through peer support

Website: <https://sidebyside.mind.org.uk>

Side by Side is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, and this is a safe place to listen, share and be heard. The 'Being active' theme helps community members easily share and find content about being active, to motivate, inspire and support each other. To sign up you need an email address, username and to input your date of birth.

***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
Mw49ran@gmail.com

TUESDAY **19.30** Steve Paull 020 8422 6636
Run / Walk Group Irene Paull/Nancy Morris

WEDNESDAY **19.15** Kevin Smart 07810 835352
Gerry Barker (Hills 2) 07958 323369

THURSDAY **19.00** Mike Morris 07906 151525
mike.morris100.mm@googlemail.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.

For any feedback for the club in general or on run sessions, or if you have any ideas for future sessions or events. Please email metrosfeedback@gmail.com. All feedback received will be kept strictly confidential.