



February 2023
Issue No. 405



Metros Photo Competition - Winning entry
Congratulations to Sasha Birkin

Metros Diary

February

Sat 4	Metros 5K Challenge, Roxbourne Park	9.00 am.
Sun 5	TVXC – Thames Valley	11.00 am.
Sat 11	Measured Mile, Roxbourne Park	9.00 am.
Sun 12	Harrow Hill Race	10.30 am.
Fri 24	LFOTM – Harrow Rec	11.50 am.
Fri 24	Metros Quiz Night ???	7.00 pm

March

Sat 4	Mile Handicap, Roxbourne Park	9.00 am.
Sun 5	Berkhamsted Rotary 5M/HM	10.00/ 10.30 am.
Sat 11	Wot No Watch, Roxbourne Park	9.00am
Sat 18	parkrun – Rickmansworth	9.00 am.
Sun 26	Hillingdon 20	9.00 am.
Fri 31	LFOTM – tbc	11:50 am

April

Sat 1	Metros 10K Challenge, Roxbourne Park	8.50 am.
Fri 7	Maidenhead Easter 10	9.30am
Sat 8	Track 5K – Harrow School	tbc
Sun 23	London Marathon	10.00
Fri 28	LFOTM - tbc	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!

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.

Included in Metros membership is the very enjoyable Marathon week event – which is returning in June this year – see page 9.

England Athletics membership allows you to claim a discount on most race entries. If you were looking for a new challenge for 2023, then Vincent has put together an exciting provisional programme of Trophy races – see page 11.

There has been a change in the scoring for the 5-mile handicap, and if the scoring has been a mystery to you (it has been to me!), Gordon provides an explanation on page 20.

The annual Harrow Hill 10K Race organised by Metros, takes place on Sunday 12th. If you are not running, please volunteer to help or come along on the day to support fellow club members.

Time to get your thinking caps on, the Metros quiz night returns on Friday 24th February.

Hope to see you there.

Anne Ambrose

Metrolines Contributions

All contributions welcome – please send your results, articles and photos 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.

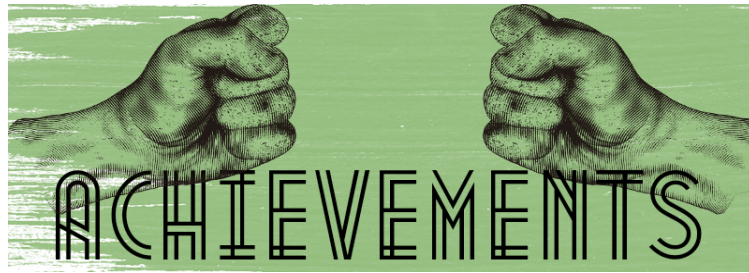
Contributions by 15th of each month please.

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 a contribution from the club, £400 was donated to Harrow Foodbank.

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





Well done to.....

Sasha Birkin – 1st in her age group at Perivale 5 – 4th December

Terry Burke - first in his age group M70-74, at Seaton parkrun on 14th January.

Nigel Rackham – for coming 1st in his age group at Fred Hughes 10 on 22nd January.

Email your achievements to metrolines1@gmail.com

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

Harrow Hill Race – 12th February

Enter Now: <https://www.atwevents.co.uk/e/harrow-hill-10k-8885>



A poster for the Harrow Hill 10k Race. The background is a light beige textured surface. At the top left, there are several vertical bars in yellow, blue, orange, and pink. The text '10K' is written in large, bold, purple letters. To the right of '10K', the date 'Sunday 12th Feb 2023' is written in purple. Below '10K', there is a purple circle containing the text 'STARTS 10.30 AM' in white. In the center, there are four stylized runners in green, orange, blue, and red. Below the runners, a purple banner contains the text 'Harrow Hill 10k' in yellow and 'Head to Garlands Lane, Harrow. HA1 3GF' in white. Below the banner, there is a QR code and a yellow circular logo with a sailboat and the text '2023 Harrow Hill 10k'. At the bottom left, there is a yellow arrow pointing right, followed by the text 'Scan this code' and 'Chip timed by eventchiptiming.com Supporting the Harrow FoodBank'. At the bottom right, there are several vertical bars in red, blue, orange, and yellow. The text 'Made with PosterMyWall.com' is at the bottom left.

10K

Sunday 12th Feb 2023

STARTS 10.30 AM

Harrow Hill 10k
Head to Garlands Lane, Harrow. HA1 3GF

Sign up to the Metros Running Club organised 10k :-
www.activetrainingworld.co.uk/events/2023/02/12/Harrow_Hill_Road_Race

or
Scan this code

Chip timed by eventchiptiming.com
Supporting the Harrow FoodBank

2023
Harrow Hill 10k

Made with PosterMyWall.com

IT'S TIME TO RENEW

Metros membership expires at the end of February 2023 (unless you've joined since mid-December).

Please arrange to renew no later than 1st March, see below for how to do this.

Membership costs £25, no increase on 2020 rates.

Juniors are £1, and students £5, over 70s (with 5 years past paid membership) are free. We also have associate membership. Originally set up for members who had moved away, or stopped running, but who wanted to continue to support Metros, we're now extending this to any non-running parents or guardians of supported adults e.g., Sarries members. Membership for the supported adult is free if part of a family group with a full or associate metros member.

Your membership fees pay for:

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

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, you can also 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 £17 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. 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. If you're part of a family group, you can renew everyone at the same time. When you review your basket, you will be asked to check your membership details – if anything has changed or is incorrect, 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 difficulty with this, email me on metros.secretary@yahoo.co.uk

Thanks in advance
Irene Paull



Metros Social Quiz Night

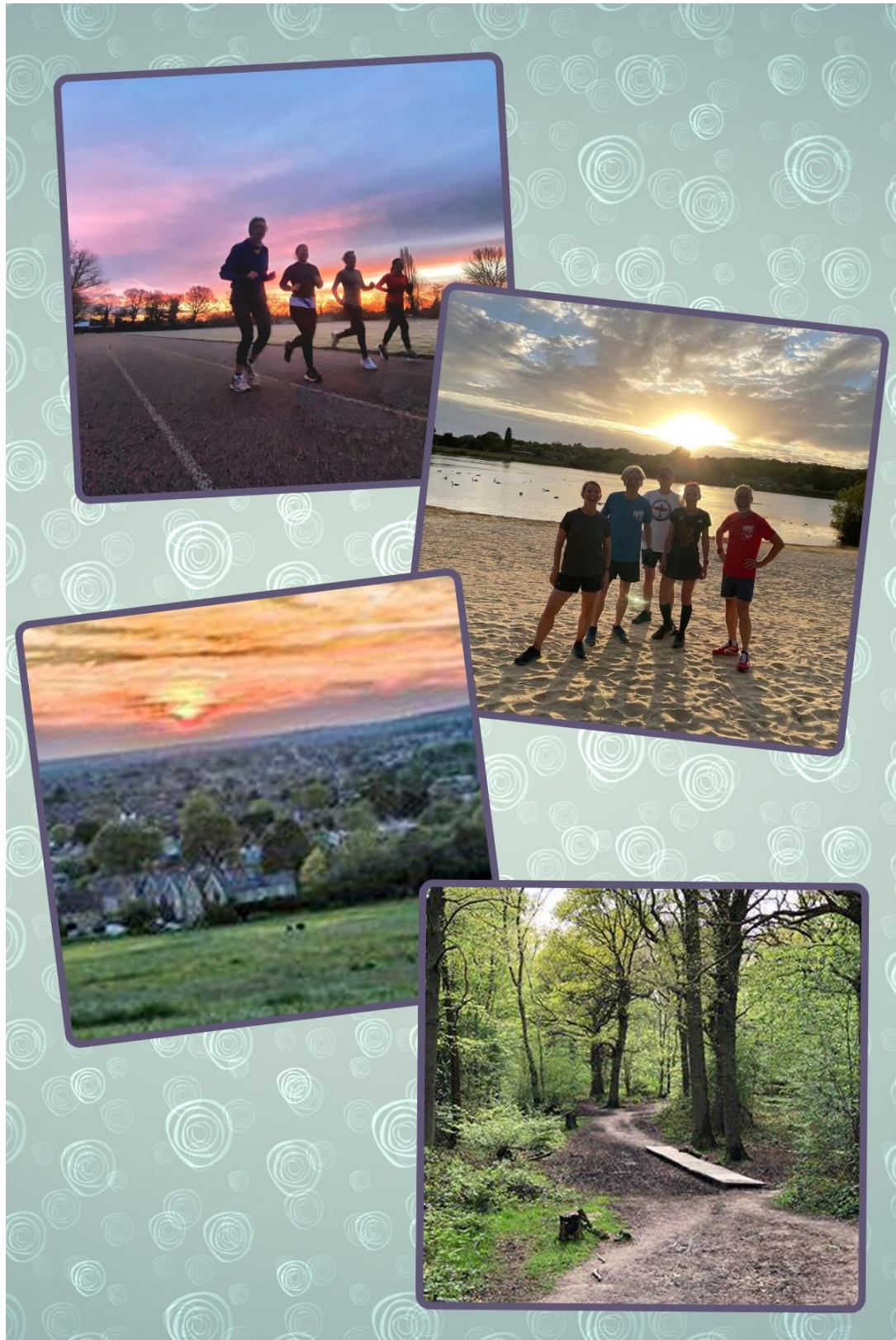
Friday February 24th

Lowlands Tennis Club

7.00pm for 7.30 pm

Quizmasters: Ariff, Nigel and Steve P

Just a short note to let you know that **METROS MARATHON WEEK IS BACK!!**



Some of you who are new to the club may not be aware of this internal club event. It is five runs on five consecutive days on five different surfaces totalling the marathon distance.

It is run every two years but Covid stopped the last one from happening.

The usual sequence of events is-

Friday evening:	Hills	(Harrow Hill) 10K
Saturday morning:	Sand	(Ruislip Lido) 3K
Sunday morning:	Cross Country	(Ruislip Woods) 10K
Monday evening:	Track	(King's College) 5K
Tuesday evening:	Road	(Eastcote tennis club) 14K

A report on the last holding of the event (2018) can be found in Metrolines 358 which should be on the web-site if you don't have the paper version.

It tires you out. It's fun. Ask Sasha about her navigation skills!!

All abilities take part. There's a great community feel to the challenge, especially as the event progresses.

Prizes and other awards, some rather eccentric, presented in the tennis club at the behest of the organisers, after the last finisher makes it home.

There are often two start times, based on estimated finishing times or, in the case of sand, the space available. The recording team can often negotiate other start times for people who cannot make the main starts.

And this year Marathon Week is between June 2nd and June 6th.

Put the dates in your diary or other device now.

Trophy Races 2023



The races eligible for the Metros London Road Runners Club (LRRRC) Trophy for **2023** are as follows: -

Date	Event	Entry Fees	Website
5 th March	Berkhamsted Rotary HM/5M	£33/12	home marathon (berkorun.com)
26 th March	Hillingdon 20	£29	Hillingdon 20 Hillingdon Athletics Club (hillingtonac.co.uk)
7 th April (Good Friday)	Maidenhead Easter 10 miles	£25	Maidenhead Easter 10 2023 – Maidenhead Athletic Club (maidenheadac.org)
14 th May	Marlow 5M	£23	Marlow 5 – Handy Cross Runners
17 ^h June	Osterley 10K (Backup if Vitality 10K does not go ahead)	£20	Osterley Park 10k – Osterley Park 10k, winner of best 10k in London
June 2023 (tbc)	Vitality 10K	£40 (possible parkrun discount)	How to enter - Vitality London 10,000 (vitalitylondon10000.co.uk)
17 th Sept	Spitfire 10K	£20.50	Spitfire 10K, London 2023 - RAF Museum
24 th Sept	Moor Park 10K	£14	Moor Park 10K & Junior Fun Runs 2023 - Eventrac
15 th October (tbc)	Cabbage Patch 10M	£25	Welcome to the Cabbage Patch 10
22 nd October (tbc)	Ricky Road Run 10M	£16	Ricky Road Run – Annual 10-mile charity run in Rickmansworth and Chorleywood

5 th November (tbc)	Marlow 7mile/ HM	£22/32	Marlow Striders Half Marathon
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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 and Marlow (Nov) have the option of a shorter distance. So, there are 5-mile, 10K and 7- mile events available for those who prefer shorter distances.

Some of the events have not yet been confirmed and any changes to qualifying races will be notified as soon as possible. In particular, the date of the Vitality 10K has not been confirmed by the organisers; we will confirm the date by all media sources (Spond , website, email etc.) as soon as we receive a final date. If the event is cancelled or it clashes with other events e.g., Summer League, it will be replaced by the Osterley 10K.

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

Measured Mile – Results for 2021-2022

Measured Mile 2021 - 2022	Nov-21	Feb-22	May-22	Aug-22	Improved Seconds
Adam Leary	6.37		6.49	6.51	
Al Scoffham	10.21				
Amanda Hardy	8.20	8.33			
Andrew Collier	7.25	7.22			
Andrew Jones + Nigel Rackham	7.55	8.08			
Anne Ambrose	10.10		10.01		
Anne Leigh	13.33				
Bill Harrington	8.09	7.33	7.56	7.51	
Caroline Day Lewis			7.25		
Chris Shearwood (virtual)	6.01				
Dave Young	7.15		7.37	7.43	
Elish Fernandez		11.06	10.57		
Gladys de Groot	12.17	12.50		12.53	
Gordon Valentine	8.34	8.53			
Henry Pickford			18.53	11.41	
Janice Newman + Mike Ransome	9.53	10.15		9.39	
Jenny O'Sullivan		7.07			
Jo Collier	9.34	9.32			
John Camprubi		9.39			
Jonathon Pang	14.10	8.02	13.31	8.02	
Judy Rackham	9.09				
Karen Leary	9.28		9.20	9.43	
Kirit Ranpura		9.13			
Kun Dong				7.49	
Linda Georgiades		7.17	7.31		
Malcolm Jackson		9.12	9.34	9.31	
Marcus Weedon	5.22				
Marilyn Pickford			9.31	9.33	
Marion Rogan	9.29		9.02		
Mike Morris		6.34			
Mike Ransome	8.36	8.35	8.58		
Pat Jackson			18.53		
Raquel Russell Ponte			10.39		
Ruth Tidder	7.28				
Sarah Westwood	10.55		11.1		

Sarah Westwood				11.17	
Simon Abery	6.55	6.54	6.25	6.34	30
Steph White	9.51		9.57	11.43	
Suzanne Harvey				11.49	
Teresa Young	9.18	9.21	9.33	9.55	

There were 40 participants this year overall and we saw some extreme weather conditions, like the high temperature for the August mile which resulted in slower times for many.

10 runners completed 3 or more consecutive miles but there was only 1 contender who showed improvement over all 3 miles - Simon Abery, who improved by 30 seconds.



Simon receiving his trophy from Teresa.

2022 Awards – Update

A few award winners were unable to make the Pizza and Prizes evening and received their prizes afterwards. Janice Newman and Dave Young received their awards at the following Saturday session.



Well done Janice on winning the Metros 5K Competition

Dave won the men's 2K race at the BJ Fun Run – well done!



Wot No Watch!

Saturday Dec 10th, 2022, Roxbourne Park

	Predicted	Actual	Difference
Mike Ransome	8:43	8:41	2
Malcom Jackson	9:47	9:49	2
Caroline Day-Lewis	8:00	7:56	4
Dave Young	7:30	7:26	4
Jo Collier	9:40	9:49	9
Julia Allen	9:00	9:15	15
Ruth Tidder	9:00	9:15	15
Bill Harrington	8:30	8:14	16
Janice Newman	9:59	10:15	16
Eilish Fernandez	11:30	11:13	17
Simon Abery	6:35	6:53	18
Adam Leary	6:58	7:18	20
Andrew Collier	8:30	8:05	25
Raquel Russel-Ponte	10:15	10:41	26
Janice Newman	9:47	10:25	38
Anne Ambrose	12:00	11:17	43
Angela Murphy	9:30	10:28	58
Gladys de Groot	12:20	13:19	59
Mike Ransome	8:43	10:11	88
Jonathan Pang	10:00	8:10	110
Steph White	12:30	10:22	128
Pat Jackson	15:15	17:39	159

Well done to Mike Ransome and Malcom Jackson who were each only two seconds off their predicted time. Several runners seemed to think that because it was bitterly cold (even though it was sunny but frosty) they would run a slow time. Hopefully they were then pleased by their faster time.

Thank you to Barbara Reading for joining me on the finish line and, with icy fingers, recording the finish order!

Teresa Young



Well done Malcolm and Mike

Wot no watch!

January 14th, 2023 – Roxbourne Park

Name	Predicted Time	Actual time	Mod Diff
Pat Jackson	17:00	16:57.90	2.10
Andrew Fox	7:45	7:47.11	2.11
Judy Rackham	9:49	9:54	5
Mike Ransome	9:01	8:56	5
Malcom Jackson	9:50	9:45	5
Mike Ransome	8:53	9:01	8
Caroline Day Lewis	7:50	7:39	11
Eilish Fernandez	11:0	11:11	11
Judy Rackham	9:49	9:38	11
Dave Young	7:30	7:43	13
Adam Leary	6:59	7:14	15
Janice Newman	10:4	10:20	16
Andy Dempster	9:35	9:55	20
Ceri Jacob	8:00	8:22	22
Simon Aberly	6:20	6:44	24
Deborah Norman	9:00	9:25	25
Bill Harrington	8:30	8:57	27
Janice Newman	9:50	10:18	28
Will Bailey	8:15	8:53	38
Angela Murphy	9:45	10:30	45
Gladys de Groot	12:5	13:22	77

Another damp and very windy Saturday morning in Roxbourne Park. Perhaps the wind explained why many runners underestimated their times?

Closely fought competition for the trophy this month, with Pat Jackson and Andrew Fox tied on two seconds.

5 Mile Handicap

December 2022 results

Thanks everyone for taking part in the first run of four for the 2023 event.

		Time	event hcp	Time+hcp	nxt hcp
1	Stuart Abraham	46.38	0	46.38	14
2	Andrew Collier	42.44	11	53.44	18
3	Barbara Reading	54.35	3	57.35	6
4	Marion Rogan	54.35	3	57.35	6
5	Sonny Peart	42.36	15	57.36	18
6	Penny Hudson	59.05	-1	58.05	1
7	Mike Ransome	54.38	4	58.38	6
8	Malcolm Jackson	55.10	4	59.1	5
9	Jonathan Pang	48.36	11	59.36	12
10	Jo Collier	54.38	5	59.38	6
11	Teresa Young	56.33	4	60.33	4
12	Simon Aberly	40.26	21	61.26	20
13	Tim Oakley	47.35	14	61.35	13
14	Adam Leary	42.24	20	62.24	18
15	Dave Young	42.27	20	62.27	18
16	Judy Rackman	53.35	9	62.35	7
17	Ruth Tidder	45.49	17	62.49	15
18	Linda Georgiadis	46.38	17	63.38	14
19	Bill Harrington	49.38	15	64.38	11
20	Nancy Morris	59.05	7	66.05	1
21	Raquel De Porte	59.14	7	66.14	1
22	Jasia Zimmerman	55.38	11	66.38	5

The remaining events will be on the first Saturday of March, June and September.

2022 5-Mile Handicap Event

45 members took part with an average turnout of 25 runners per event.

Congratulations to Harish Gohill was the overall winner of the 2022 event.

Further to Harish's achievement I would like to give Anne Ambrose, Caroline Day-Lewis and Mike Ransome a special mention for having taken part in all four events for 2022.

I would also like to acknowledge Barbara Robson who took part in the event in September. Barbara fast walked the event in 87 minutes and as one of the senior members of the club she is an example to us all.

Any queries to Gordonval@me.com

Gordon

Five Mile Handicap- Change in scoring

A change is being made to the scoring for the 5-mile handicap.

Just to recap on the handicap, on how the scoring points are calculated.

The handicap is calculated by the last event time being taken away from one hour. i.e. if the runner takes 41 minutes and 35 seconds the formulae is $60 - 41 = 19$ and the handicap is 19.

The points awarded are based on the handicap time. There are two ways of getting points (i) if the runner completes the event and the runners time plus handicap is under 60 minutes, the runner gets one point for each minute under. (ii) The winner of a particular event is the person with the fastest run + handicap time. The result for this event puts all the runners in order of their run + handicap times. The point scoring is linked to how many runners took part in the event. If there are, say 28 runners, the fastest gets 28 points, the second 27 and in continuum to the last runner receiving one point.

If a new runner joins the competition they do not have a handicap. Historically the new runner runs with a 0 handicap. If the runner can achieve a fast time, they then scored a disproportionate number of points in comparison with an equal effort of a person with a realistic handicap. i.e. a 30-minute runner (thus 30 handicap) would put in an extraordinary effort to run in 28 minutes but that runner would only get 2 points under (i) above, but a newbie running 40 minutes would get 20 points. Plus, the newbie would more than likely come first and score the highest under (ii) above. This give an unfair advantage, which is against the interests of the competition.

Under the new rules, a new runner is assigned a handicap in their first race which is calculated on the average handicap of all the runners taking part in that run.

10K Challenge – Saturday 7th January 2023

Roxbourne Park

	Minutes	Seconds	Age Grading
Linda Georgiades	55	9	70.51%
Barbara Reading	70	16	69.35%
Caroline Day-Lewis	52	45	69.07%
Emma Ponnaganti	48	59	68.35%
Dave Young	54	21	65.13%
Mike Morris	50	34	62.02%
Simon Abery	52	33	61.29%
Kevin Smart	58	5	58.07%
Judy Rackham	70	19	57.63%
Andrew Collier	56	28	56.53%
Bill Harrington	63	4	52.49%
Penny Hudson	76	24	52.31%
Una Cunningham	64	21	52.03%
Mike Ransome	74	30	50.42%
Malcom Jackson	75	46	47.71%
Stuart Abraham	65	9	46.90%
Nancy Morris	76	24	45.95%
Mitesh Patel	59	21	45.83%



Well done to everyone who ran on a cold, wet and windy Saturday morning in January. Not ideal conditions for a PB.

Congratulations to Stuart Abraham for running the event for the first time and earning a red ribbon. A time of 61:08 would move him into the orange ribbon category. Welcome back to Penny Hudson who last ran the event in January 2018 and maintains her red ribbon with an almost identical age grading (previously 52.78%). And congratulations to Andrew Collier who has been on a red ribbon since 2017 but on this occasion moved to an orange ribbon.

The next event will be April Fools Day – Saturday 1st April.

Teresa Young

Perivale 5 – 4th December 2022

Pos.		Gun Time	Net Time	
1		00:25:18	00:25:16	
34	Sasha Birkin	00:31:45	00:31:40	1 st W45
40	Christopher Shearwood	00:32:13	00:32:07	
96	Vincent Cheung	00:37:23	00:37:16	
103	Steve Paull	00:37:38	00:37:30	
123	Peter Reynolds	00:40:23	00:40:17	
236	Finishers	01:12:03	01:11:45	

Serpentine New Year's Day 10K



Pos.		Gun Time	Net Time
1		0:30:05	0:30:05
84	Richard Wilkinson	0:39:55	0:39:50
340	Jennifer O'Sullivan	0:56:11	0:55:53
405	Jitesh Balakrishnan	1:01:02	1:00:15
434	Monica Shortt	1:03:58	1:03:40
511	Finishers	1:48:46	1:47:42

Fred Hughes 10 – 22nd January 2023

Pos.		Gun Time	Net Time	
1		00:49:40	00:49:38	
41	Nigel Rackham	00:59:36	00:59:30	1 st M60 - 69
413	Tony Watson	01:21:11	01:19:29	
745	Jennifer O'Sullivan	01:37:49	01:32:31	
871	Sakina Sidik	01:47:59	01:43:42	
890	Monica Shortt	01:50:50	01:45:31	



Farnborough Half Marathon – 22nd January

Pos		Gun Time	Net Time
1		1:05:23	1:05:23
270	Chris Shearwood	1:29:30	1:28:53
341	Nick Jones	1:33:08	1:32:55
378	Issy Jones Harrow AC	1:34:53	1:34:42
518	John Norris	1:41:30	1:35:49
1699	Finishers	3:22:20	3:20:46

Thames Valley Cross Country League Results

Marlow- 11th December 2022

Position	Name	Time	Male Score	Female Score
1		00:33:47	1	-
102	Izzy Jones	00:43:09	-	17
118	Nick Jones	00:44:11	98	-
145	Nick Russell	00:46:03	120	-
148	Kevin Smart	00:46:14	121	-
186	Clive Lucas	00:48:25	147	-
209	Tony Rhodes	00:50:45	162	-
231	Andrzej Warhaftig	00:53:17	172	-
237	Andrew Collier	00:53:35	174	-
256	Linda Georgiades	00:54:51	-	70
266	Vincent Cheung	00:56:33	186	-
299	Ruth Tidder	01:02:37	-	94
341	Finishers	01:42:09	-	128



Bracknell– 15th January

Position	Name	Time	Male Score	Female Score
1		00:36:34	1	-
121	Izzy Jones	00:47:36	-	14
132	Nick Jones	00:48:54	114	-
144	Gary Hymns	00:49:22	122	-
159	Nicky Smith	00:49:58	133	-
228	Nick Russell	00:54:19	182	-
253	Clive Lucas	00:55:49	195	-
269	Robert Bevan	00:56:36	206	-
289	Ian McPherson	00:58:18	220	-
309	Linda Georgiades	00:59:57	-	77
313	Andrew Collier	01:00:18	229	-
345	Jennifer O'Sullivan	01:02:47	-	98
363	Ruth Tidder	01:06:09	-	110
415	Terry Burke	01:15:20	263	-
431	Finishers	01:51:37	266	-

Handy Cross – 22nd January

Position	Name	Time	Male Score	Female Score
1		00:32:57	1	-
87	Gary Hymns	00:42:50	76	-
94	Jonny Jackson	00:43:39	80	-
135	Nick Russell	00:46:45	111	-
137	Kevin Smart	00:46:52	112	-
165	Clive Lucas	00:49:10	133	-
200	Ian McPherson	00:51:53	153	-
219	Andrzej Warhaftig	00:53:35	162	-
239	Tim Oakley	00:56:33	174	-
240	Linda Georgiades	00:56:37	-	60
242	Ruth Tidder	00:56:39	-	62
254	Jasia Zimmermann	00:59:00	-	70
263	Martin Eden	01:00:49	180	-
319	Terry Burke	01:37:41	197	-



The Handy Cross event was the last fixture of the season and Nick Russell gave Al Scoffham a well-deserved 'thank you' for co-ordinating the Thames Valley Cross Country League again this season.

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
04 February 2023	Metros 5K @ Roxbourne Park
18 March 2023	Rickmansworth parkrun
08 April 2023	Track 5K
06 May 2023	Metros 5K @ Roxbourne Park
17 June 2023	Harrow parkrun
22 July 2023	Track 5K
05 August 2023	Metros 5K @ Roxbourne Park

Eligibility: Must be a member of Metros or Sudbury Court and registered with parkrun. Participants are strongly encouraged to wear their official club 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 **9** events counting (see below).

Volunteers: Volunteers will receive the average points for an event for their gender, e.g., if 11 women participated in an event the scoring would go from 50 to 40 points. Any female volunteers would receive 45 points.

Trophies will be awarded to the top male and female overall. There will also be an award for anyone who participates in all events (13 in the 2022/23 competition). 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

Northala parkrun results - 17 December 2022

Female runners

NAME	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Sasha Birkin	Metros	VW50-54	20:19	83.51%	50
Caroline Day-Lewis	Metros	VW55-59	24:41	72.38%	49
Jasia Zimmerman	Metros	VW60-64	30:26	66.59%	48
Lorraine O'Donovan	Metros	VW60-64	29:11	65.56%	47
Julia Allen	Metros	VW55-59	31:23	57.67%	46
Philippa Brown	Metros	VW40-44	31:34	49.84%	45
Penny Hudson	Metros	VW60-64	40:05	49.11%	44
Monica Shortt	Metros	VW55-59	37:21	47.84%	43
Tanya Keene	Metros	VW50-54	37:22	45.41%	42
Annie Birch	Metros	VW65-69	54:20	39.05%	41
Irene Paull	Metros	VW65-69	54:21	37.87%	40

Volunteers:

Annie Birch	45
Gillian Shearwood	45
Irene Paull	45

Male runners

NAME	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Christopher Shearwood	Metros	VM60-64	19:45	81.18%	50
Clive Lucas	Metros	VM60-64	22:09	75.02%	49
Steve Paull	Metros	VM65-69	23:25	74.45%	48
Tony Watson	Sudbury Court	VM65-69	22:56	73.11%	47
Kevin Smart	Metros	VM60-64	23:06	71.28%	46
Robert Bevan	Metros	VM55-59	23:24	67.38%	45
Alok Agarwal	Metros	VM50-54	23:26	64.51%	44
Vincent Cheung	Metros	VM45-49	23:20	61.71%	43
Mitesh Patel	Metros	VM35-39	22:17	59.91%	42
Tim Oakley	Metros	VM60-64	28:23	58.02%	41
Nathan Powell	Metros	VM50-54	37:22	40.77%	40

Volunteers:

Christopher Shearwood	45
Ian Birch	45

Due to uncertainty over whether the results for Northala would count towards the overall scores, we'd like to clarify that they will. However, the scoring will change so only your top 9 events out of 13 will count towards your overall score, not top 10, so those who didn't take part don't miss out. If you spot anything amiss in the results, please let us know.

Nathan & Mitesh

2022/23 5K Competition Standings - Women

Only shows runners who have taken part in 2 or more events

Overall position	Name	Club	Northala Fields parkrun	Overall points
			17/12/22	
1	Sasha Birkin	Metros	50	244
2	Caroline Day-Lewis	Metros	49	239
3	Penny Hudson	Metros	44	194
4	Emma Ponnaganti	Metros	-	192
5	Judy Rackham	Metros	-	167
6	Irene Paull	Metros	45	161
7	Philippa Brown	Metros	45	154
8	Janice Newman	Metros	-	145
9	Liz Abrahams	Sudbury Court	-	137
10	Ruth Tidder	Metros	-	121
11	Jasia Zimmerman	Metros	48	95
12	Tricia Edwards	Sudbury Court	-	91
13	Lorraine O'Donovan	Metros	47	87
14	Julia Allen	Metros	46	87
15	Teresa Young	Metros	-	87
16	Anne Ambrose	Metros	-	86
17	Sarah Armstrong	Metros	-	85
18	Angela Murphy	Metros	-	85
19	Monica Shortt	Metros	43	79
20	Tracey Nobbs	Sudbury Court	-	78
21	Joanna Collier	Metros	-	75
22	Bev Thomas	Sudbury Court	-	74
23	Hsiang-Ju Lin	Sudbury Court	-	72
24	Diane O'Reilly	Metros	-	72
25	Ryan Thompson	Sudbury Court	-	64
26	Linda Georgiades	Metros	-	62
27	Helen Simons	Metros	-	59

2022/23 5K Competition Standings - Men

Overall position	Name	Club	Northala Fields parkrun	Overall points
			<i>17/12/22</i>	
1	Robert Bevan	Metros	45	220
2	Nick Jones	Metros	-	189
3	Steve Paull	Metros	48	183
4	Tim Oakley	Metros	41	164
5	Nigel Rackham	Metros	-	150
6	Christopher Shearwood	Metros	50	148
7	Mike Reid	Metros	-	145
8	Tony Watson	Sudbury Court	47	139
9	Richard Wilkinson	Metros	-	130
10	Mitesh Patel	Metros	42	126
11	Vincent Cheung	Metros	43	118
12	Nathan Powell	Metros	40	104
13	Clive Lucas	Metros	49	98
14	Simon Abery	Metros	-	93
15	Michael Morris	Metros	-	93
16	Alok Agarwal	Metros	44	85
17	Nick Russell	Metros	-	82
18	Gavin Imrie	Sudbury Court	-	81
19	Andrew Collier	Metros	-	80
20	Mike Ransome	Metros	-	78
21	Brian McGrory	Metros	-	74
22	Jonathan Pang	Metros	-	71

NOTES OF METROS COMMITTEE MEETING

Wednesday 14 December 2022 at 8:00pm

Venue – Nigel & Judy Rackham's house

Attendees (Committee members): Steve Alder, Pat Jackson, Mike Morris, Irene Paull, Steve Paull, Marilyn Pickford, Nigel Rackham, Barbara Robson, Ariff Sidik, Marcus Weedon, Teresa Young

Youth Co-ordinator: Tarana Agarwal

Non-Committee: Alok Agarwal

1. Apologies

(Committee members): Anne Ambrose, Mike Ransome, Paula Ryan

Chair: Nigel Rackham

Note Recorder: Pat Jackson

Nigel welcomed Tarana as Metros Youth Co-ordinator.

Actions from Last Meeting

- a. **Maintenance of AED** – Nigel has asked Nathan Powell to issue instructions to distributors. **ITEM CLOSED**
- b. **Purchase of digital race clock** – Teresa has purchased a very portable clock and will purchase a waterproof cover. As well as our home events, further use is encouraged - requests to Nathan Powell. **ITEM CLOSED**
- c. **Sarries membership** – Irene has instigated a 'Supported Adult Membership' category to cover this. The Constitution may need to be updated – review prior to AGM. **ACTION: APRIL** - Irene Paull
- d. **Youth Co-ordinator** – Tarana Agarwal has agreed to take on this role. **ITEM CLOSED**
- e. **Aaron Breen Awards Replacement** – Purchased by Irene and presented at the Pizza and Prizes evening. **ITEM CLOSED**
- f. **LRRC Trophies Competition** – Vincent Cheung (Co-ordinator) will advertise the points position during the season. **ITEM CLOSED**
- g. **Summer League** – Pat Jackson will advertise Metros points during the season. **ITEM CLOSED**
- h. **TVXC Equipment** – Marcus has this in hand. **ITEM CLOSED**

2. Club Events

- a. **5K Competition** – points to be advertised during the season. Nigel has informed Co-ordinators Mitesh Patel and Nathan Powell. **ITEM CLOSED**

- b. **Pizza and Prizes** – Pat was thanked for organising the awards and Teresa for organising the pizza. Ariff has volunteered to organise the awards next year.

ITEM CLOSED

- c. **Harrow Hill Run 12 February 2023** – Irene confirmed few entries so far and advertising will be increased.

ACTION: Irene Paull/Marcus Weedon

- d. **Track Mile** – Date confirmed as 5 May 2023.

- e. **Marathon Week – 2-6 June 2023.** Irene has added details in Spond and will add to Metrolines.

ACTION: Irene Paull

- f. **Social Quiz Night – 24 February 2023.** Planning in progress.

ACTION: Steve Paull, Judy and Nigel Rackham and Ariff Sidik.

3. Other Events

- a. **Assistant Coach Course:** Steve Alder confirmed an Assistant Coach Course is planned at Perivale and Metros have been asked if any member would be interested. Steve will request further details.

ACTION: Steve Alder

- b. **Hall of Fame** – Marcus is researching an additional member.

ACTION: Marcus Weedon

- c. **Liddiard Cross Country Trophy 5 November** – Teresa confirmed the team entry invoice had been paid.

ITEM CLOSED

- d. **Metrolines Christmas charity collection** – It was confirmed that the collection raised £350 so far. Previously the figure raised had been rounded up.

ACTION: Teresa Young

4. Admin

- a. **Website Editor** – Irene has resigned this position and Marcus has agreed to become editor.

ITEM CLOSED

5. AOB

- a. **Active Training World** – Ariff has negotiated a 10% reduction for Metros members in ATW organised events. This will be advertised in Metrolines.

ACTION: Ariff Sidik/Anne Ambrose

It was noted that newer members may not be aware of the **discount** offered by **Runners World** and this will also be advertised in Metrolines.

ACTION: Anne Ambrose

- b. **Summer League** – ~A suitable date for our host event will be agreed and Irene will readvertise for a Race Director. **ACTION:** Irene Paull

Children participating in the Tenderfoot need to be Metros members. The feasibility of encouraging children at the Pinner junior parkrun to become members will be reviewed. **ACTION:** Steve Alder/Judy Rackham

6. Items for Future Meeting

- a. **Photographic Competition for 2023** – now in progress.
- b. **Calendar for 2024** - Ariff will request photos to be submitted during the year for a possible calendar for 2024. **ACTION:** Ariff Sidik
- c. **Park Bench** – still awaiting a reply from Harrow Council. **ACTION:** Paula Ryan
- d. **Thames River (Stragglers) Relay** – no confirmed date yet.

Meeting closed at 9.04 pm with thanks to Nigel and Judy for their hospitality.

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.