



April 2023
Issue No. 407



Metros Diary

April

Sat 1	Metros 10K Challenge, Roxbourne Park	8.50 am.
Fri 7	Maidenhead Easter 10	9.30 am.
Sat 8	Track 5K – Harrow School	tbc
Sat 8	Easter Wot no Watch, Roxbourne Park	9.00 am.
Sun 23	London Marathon	9.40 am.
Fri 28	LFOTM - tbc	11.50 am.

May

Sat 13	Metros 5K Challenge, Roxbourne Park	9.00 am.
Sun 14	Marlow 5	9.00 am.
Sat 20	Measured Mile, Roxbourne Park	9.00 am.
Fri 26	LFOTM – tbc	11.50 am.
Sat 27	Wot No Watch, Roxbourne Park	9.00 am.

June

Fri 2 – Tues 6	Metros Marathon Week	
Sat 10	5-Mile Handicap, Roxbourne Park	9.00 am.
Sat 17	parkrun – Harrow	9.00 am.
Sun 18	Summer League - Harrow	9.30 am.
Fri 30	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!

Some Metros have been very busy this month travelling far and wide to compete in events with some impressive results.

Even though recent weather conditions may indicate otherwise, Spring and Summer are on their way and there is a packed programme of club events close to home. Please refer to the revised diary of events and make sure you sign up on Spond.

Have a great bank holiday weekend.

Anne Ambrose

Metrolines Contributions

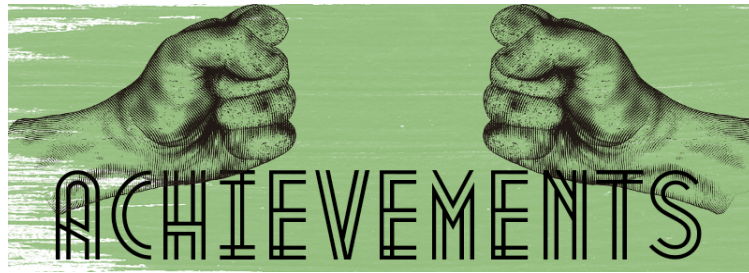
All contributions welcome – please send your results, articles and photos to Anne Ambrose

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.



Well done to.....

The **Sidik family** for their Milestone parkruns at Canons parkrun on 18th March

Ariff 50

Zaheer 100

Alisha 150

Sakina 200



Matt Rogan – for coming first at Running Tribe – Go Your Distance – Marathon, 25th March.

Simon Abery and Mike Reid – for completing their first 20-mile event at Hillingdon 20 on 26th March.

Rohan Mascarenhas – for completing his 100th parkrun at Canons Park on 25th March.

Russell Morris – for a 10K PB at Cardiff Bay on 26th March.

Email your achievements to metrolines1@gmail.com

Thank you

Many thanks for all the beautiful cards, kind messages, words of sympathy and encouragement that I have received from Metros since my husband Brian passed away at the end of February. It has been a great comfort to know so many people have been thinking of me and I have been consoled during a very difficult time with so much love and support. I am very privileged to belong to such a wonderful community.

Angela

New Members Welcome to

Kinda	Youssef Allamaa
Arti	Shah
Jonathan	Grant
Saima	Shah
Raj	Patel
Ed	Darnell
Robert	Allis
Keval	Shah
Ben	Wealthy
Marie	Callanan

Discount for Metros at Active Training World Events

As a club, we have exclusive access to a 10% discount when entering ATW events.

The code is **Metros_10** and is exclusive to Metros members only.

METROS LIGHTWEIGHT JACKET



I am now taking orders for the lightweight breathable jacket (pictured above). It's made by Scimitar who make our kit and is in Metros colours in all male and female sizes at £55. It has a hood and key pocket and is wind and water resistant.

The manufacturers state: "The material is Quick-Dry fabric. Sensitive wicking fibres transport moisture away from the skin, helping to maintain and regulate body temperature whatever the situation."

They will not be kept in stock and a minimum order of 10 is needed. Delivery cost will be covered by club funds for this first order.

A sample jacket is available and, **if you would like further information or place an order, please contact me by Saturday 22nd April.** Thank you.

Pat Jackson
07963551816

HELP PLEASE!

This is a genuine appeal for some help. I'm afraid I'm struggling to keep up and hoping people will step in and help. The main need is for help with events in the next three months.

MARATHON WEEK 2nd – 6th June

This is a 5-day event from Friday June 2nd to Tuesday June 6th. It usually has two organisers, and I've been one of them for the last 3 events. This time, we'd like to make it more of a team effort. The roles I'm looking for other people to do are:

- Timekeeper and results calculator (needed on all 5 days)
- Lap events co-ordinator (Saturday morning and Monday evening)
- Woods run coordinator (Sunday morning)
- Social co-ordinator (Sunday morning picnic and Tuesday evening prize giving)

Apart from the Friday evening where Steve is doing a rework of the route, we plan to use the same routes and venues as last time though we are checking to see if Harrow school track is available on the Monday evening – we've previously used Kings College.

If you are able to do one of these roles – please email me at metros.secretary@yahoo.co.uk as soon as possible and I'll organise a get together so we can sort out plans and tasks.

SUMMER LEAGUE HOME FIXTURE Sunday 18th June, Headstone Manor

We've previously had a single run director for this event. Experience with the Hill Race has shown that it's better to have a team. We have one person possibly interested in being Run Director and we'd ideally like a second, so you can work as a team. Pat Jackson and I are prepared to run the event this year as long as we have people to shadow/work with us who can take this on fully from next year. If you've been a parkrun Run Director then you have all the skills needed to do this – please email me if you're interested or would like more info about this. If you want to help but can't commit any time beyond the event itself, both of these events will also need lots of marshals and other helpers. We'll send out requests on SPOND nearer the time.

Last thing, if you've not already renewed your membership, can you please do that now, the sooner I'm finished with renewals, the more time I'll have to make these events a success.

Thank you – Irene Paull

Date for your diary:

METROS SPORTS DAY AND PICNIC JULY 14TH - 5.30PM

AT THE HARROW SCHOOL TRACK
2 TEAMS TAKE ON THE 100M, 400M, 1
MILE, LONG JUMP AND SHOT PUTT
GET THE DATE IN YOUR DIARY

Trophy Races 2023



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

Date	Event	Entry Fees	Website
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 th June	Osterley 10k* (Backup race)	£20	Osterley Park 10k – Osterley Park 10k, winner of best 10k in London
24 th Sept	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

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 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. * We will confirm shortly whether Osterley 10K and/or the rearranged Vitality 10K will be included as trophy races.

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

Berkhamstead HM and 5-mile – 5th March

Half Marathon

1		01:09:18
72	Chris Shearwood	01:27:38
73	Nathan Gee	01:27:53
350	Steve Paull	01:47:04
416	Simon Abery	01 :51:11
672	Elizabeth Abrahams	02:08:09
832	Penny Hudson	02:53:20
834	finishers	

5 Miles

1		00:29:21
420	Stephanie White	01:01:05
449	finishers	



Hillingdon 20 – 26th March

Pos	Name	Time	Net Time
1		01:42:26	01:42:21
40	Richard WILKINSON	02:14:14	02:14:09
49	Sasha BIRKIN	02:19:20	02:19:15
54	Paul SPENDLOFF	02:23:03	02:22:59
70	Emma PONNAGANTI	02:35:49	02:35:44
78	Clive HEIDRICH	02:43:24	02:43:14
135	Simon ABERY	03:06:33	03:06:26
189	Michael REID	03:57:34	03:57:17
197	Finishers	04:24:56	04:24:40

2nd FV 45-54





Summer League – Provisional Dates for your diary

18 June	Metros, Headstone Manor
2 July	ESM/EE, Perivale
17 July	Dulwich
30 July	Mornington Chasers, Regent's Park
13 Aug	Serpentine, Battersea

Metros Website and social media

www.metros.org.uk

Contributions to Marcus Weedon at marcusweedon@hotmail.com

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

Running While Fasting – Sakina Sidik



The Holy Month of Ramadhan is when Muslims all around the world fast from sunrise to sunset. This year it started on the 23rd of March and will finish on either 22nd or 23rd of April. As Islam follows the lunar calendar, the month of Ramadhan falls approximately 10 days earlier each year in the Gregorian calendar.

Having started running in 2015, I would run 11 months of the year and then hang up my running shoes for the month of Ramadhan, then one year I read a blog about a Muslim runner and her experiences running in the month of Ramadan. It inspired me to try and see what I can do.

The first few years I would not dare to go beyond 5k, however I slowly increased and over the last 2 years I have run a half marathon during the month of Ramadhan, so many Metros came and supported me on the day which I really appreciated.

Recovery does take a bit longer if you are fasting, so you have to listen to your body and also your nutrition plays a big part of it. So, a samosa or two is fine but make sure you eat the healthy, nutrient-dense food as well.

The question I normally get asked is do you lose weight in the month of Ramadhan? The answer is H*** NO!!! The Month of Ramadhan is like pre-Christmas where you eat the food you normally don't eat but really enjoy. Usually for Iftar (breaking the fast) at sunset we will have a normal meal that we would eat during a normal week and a starter like Samosa, fried casava etc.

This year, Ariff and I are training for the London marathon, which we got spaces for through Black Trail Runners. Having done our 20 miles the last weekend before the month of Ramadhan. We are keeping up with the long runs and back to back training. Eid (the celebration after the month of Ramadhan) is on or a day before London marathon.

I know times are challenging but if you could spare some change for our charity that would be much appreciated.

<https://mysadaqa.com/campaign/988b9136-5866-4b49-9dd0-548331d3fe0d>

London Marathon Party – 23rd April

Steve and I are (again) hosting a party on the evening of the London Marathon, Sunday 23rd April from 6pm at our house (address on Spond).

This is open to any Metros who are:-

- Taking part in the marathon that day (plus immediate support team)
- Volunteering at the marathon (including at our water station)
- Who've run a marathon since last year's party
- Who've run an ultra (or have one planned this Spring)

The original idea behind these parties was to save marathon runners the effort of sorting out a post marathon meal, as well as continuing the celebrations, so there will be hot food (and drink).

To help us organise the catering, please respond to the Spond invite as early as possible.



There will be the obligatory medal photo so please bring your marathon and ultra medals earned since last year.

Irene and Steve Paull



Saturday Sessions at Roxbourne Park – Revision to sessions in May & June Adam Leary

Due to the Coronation in May and Metros Marathon Week in June, some amendments have been made to Saturday sessions:

Sat May 6th-normal Park sessions (Coronation weekend)

Sat May 13th - Roxbourne Park 5k

Sat May 20th - Measured Mile

Sat May 27th - Wot No Watch (Bank Holiday weekend)

Sat June 3rd - no park session - people to be encouraged to run or volunteer at the Marathon Week, Ruislip Lido Beach run.

Sat June 10th – 5-mile handicap

Sat June 17th-normal Park sessions (also designated parkrun at Harrow)

Sat June 24th-normal Park sessions

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
08 April 2023	Track 5K
13 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.

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.

* Note date change

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

Nathan Powell, Mitesh Patel

Fred Hughes 10 – 22nd January 2023 – Additional Result

Pos.		Gun Time	Net Time
391	Steve Paull	01:20:01	01:18:17

Harrow Hill Race – 12th February 2023 – Additional Result

Pos.		Gun Time	Net Time
79	Simon Abery	50:05	50:00

5-Mile Handicap – 4th March

	5-mile race time	Race hcp	Event + Hcp Time	nxt hcp	pts
Jasia Zimmerman	48.25	5	53.25	12	26
Bill Harrington	45.30	11	56.30	15	22
Caroline Day-Lewis	41.15	16	57.15	19	20
Linda Georgiades	43.33	14	57.33	17	19
Adam Leary	40.29	18	58.29	20	17
Jonathan Pang	46.36	12	58.36	14	16
Judy Rackham	52.20	7	59.20	8	14
Dave Young	41.41	18	59.41	19	13
Barbara Reading	53.57	6	59.57	6	11
Harish Gohil	41.11	19	60.11	19	10
Kevin Smart	38.23	22	60.23	22	9
Sonny Peart	42.29	18	60.29	18	8
Simon Abery	40.47	20	60.47	20	7
Malcolm Jackson	56.49	5	61.49	4	5
Mike Ransome	56.24	6	62.24	4	3
Nigel Rackham	32.28	30	62.28	28	2
Mike Morris	39.56	23	62.56	20	0
Anne Ambrose	65.22	0	65.22	-5	-3
Gladys de Groot	78.50	-11	67.50	-19	-7

Chester Ultra 50-mile race, 4-5th March 2023

1		06:46:39
165	Jonathan Evan-Hughes	10:58:07

Tokyo Marathon – 5th March

First and second place decided by photo finish.

1	Desmo Gelmisa (Eth)	02:05:22
2	Mohamed Esa (Eth)	02:05:22
1 st W	Rosemary Wanjiru (Ken)	02:16:28
12346	Vincent Cheung	03:58:32
13356	Mitesh Patel	04:03:08



Harmonie Mutuelle Semi de Paris – 5th March

1		00:59:38
8410	Clive Heidrich	01:39:10
40872	Lorraine O'Donovan	02:23:24
41311	Monica Shortt	02:24:56

Milton Keynes Festival of running - 20 miles

12 March 2023

367 Steve Paull 3:07:13

Winner's time 1:53:34, 592 finishers.

Warsaw Half Marathon – 25th March

1		01:00:55
1480	Barry Nolan	02:16:50



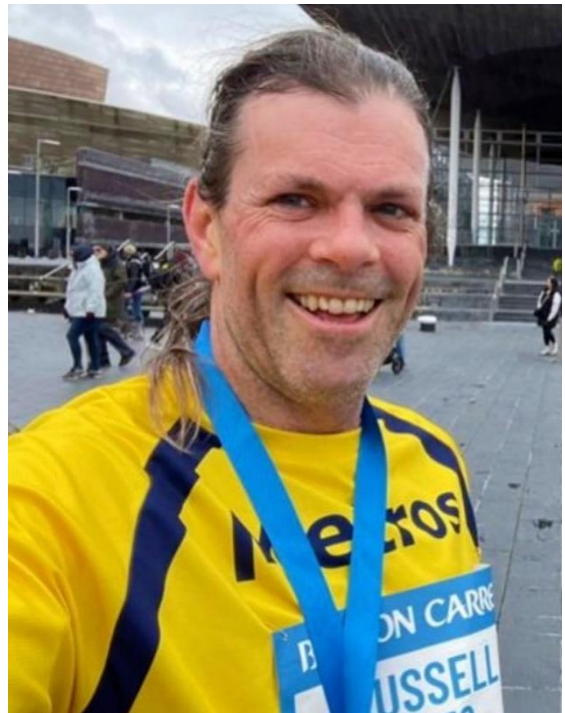
Running Tribe – Go Your Distance – Marathon, 25th March.

1st Matt Rogan 04:23:58



Cardiff Bay 10K – 26th March

1		00:29:02
382	Russell Morris	00:43:08 PB
3769	Finishers	01:48:57



Hampton Court Palace Half Marathon – 26th March



1		01:10:52
552	Marcus Weedon	01:40:29
4043	Finishers	04:05:16

Wot no Watch.

Roxbourne Park – Saturday 11th March

Name	Estimated	Actual	Diff
Angela Murphy	10:0	9:59.68	0.32
Marilyn Pickford	9:47	9:47.41	0.41
Mike Ransome	8:56	8:56.61	0.61
Ceri Jacob	7:56	7:54	2
Jonathan Pang	8:00	8:02	2
Janice Newman	10:10	10:12	2
Malcom Jackson	9:37	9:34	3
Caroline Day Lewis	8:10	8:04	6
Pat Jackson	17:00	17:07	7
Jo Collier	9:42	9:49	7
Dave Young	7:40	7:31	9
Judy Rackham	9:53	10:04	11
Janice Newman	9:53	10:04	11
Will Bailey	8:45	8:31	14
Deborah Norman	9:15	9:31	16
Simon Abery	6:25	6:43	18
Adam Leary	6:45	7:04	19
Raquel Russel-Ponte	11:50	11:30	20
Linda Georgiades	8:30	8:10	20
Anne Ambrose	10:00	10:26	26
Andrew Fox	7:45	7:16	29
Sarah Westwood	11:05	10:32	33
Sarah Westwood	11:05	10:30	35
Gladys de Groot	12:10	13:06	56
Linda Dunne	10:00	8:50	70
Dave Brown	14:00	15:48	108

Another close finish this month with three runners all within one second and a further three within two seconds. Congratulations to Angela, Marilyn and Mike on a good run on a morning much warmer and sunnier than the weather forecast had suggested the night before. Congratulations too to Linda Dunne, whose comeback run after several months of injury was much faster than expected. And if Pat Jackson had not had to stop and hand over the scout hut keys on one lap might she have retained the trophy she won last month?

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

The next event will be on Easter Saturday – 8th April.

Teresa Young



Congratulations Mike, Marilyn and Angela – pictured with Teresa

Honesty is the best policy – Chris Shearwood



Chris Shearwood has released his e-mail correspondence with the organisers of Berkhamsted Half Marathon, to clear up the mystery about his awards for being the first man over 60 and the first man under 60!

13 March 18:05

Hi there!

This is primarily to acknowledge receipt of the prize for 1st Man over 60 years. I'm sorry that I wasn't around to receive it in person -I was on the corner of Brownlow Road waiting for my club mates to come in. Another club mate was hovering by the awards stage hoping to get a prize: he didn't but heard my name and looked after my prize until he saw me a little while later.

I also have to acknowledge receipt in today's post of the prize for "1st Man *under* 60 years". I wasn't sure whether this meant that no-one between 50 and 60 ran faster than I did but another look at the results shows that someone in that category ran 1 hour 20, approx. 7 mins faster than me. So, I just wanted to check that I am indeed due another prize. I must say, I haven't come across that particular category before...

Other than that, I'd just like to say the organisation of last Sunday's race was up to your usual high standards which is why my club (Metros RC) and myself in particular keep coming back year after year (I first ran the event in 2011 and my time this year was my fastest since then). Keep up the good work and I look forward to seeing your team in 2024!

Kind regards,

Christopher Shearwood

20:42

Hi Christopher and glad you continue to enjoy the Berkhamsted Half Marathon - and long may it continue.

Having taken advice, it would appear that the printing on the envelope was not quite accurate - as aged 60, you have indeed won the men's over

60's but I regret that the other title has eluded you this year!!

It was my first year as Chairman of the event and there are a few bits that we need to tighten up on. However, we look forward to welcoming you back next year when it will be held on Sunday 3rd March when the weather will be gloriously warm???

Regards Paul Franc

21:10

Hi Paul

Thanks for the speedy response. I doubt that I'll ever feel warm waiting for the Berko Half to start (I've felt warmer at the Watford Half which is the first Sunday in February) but dry weather is always to be welcomed!

Perhaps I didn't explain my apparent good luck properly - here's a photo of what I've got. The top envelope was the one my mate picked up on the day; the bottom one just came in today's post. Surely only one prize for me? (Both contain £40).

Cheers,

Chris

21:35

I think I will have to come back to you!

14 March 14:57

Well, after intense scrutiny and a full- s c a l e investigation, it would appear there has been a malfunction in the awards ceremony!!! Basically, we 'made a mess of it!' So, in the circumstances, and as you have the cash (!) we suggest that you keep it on the proviso that you continue to run the Berko Half Marathon for the next 5 years - or so! Thank you for your honesty and next year, we shall be having at least two people sense check all the results before pressing the 'go' button.

Regards Paul

20:53

Hi Paul

That's a deal, then! & I'm sure I can persuade my fellow Metros to keep coming too...

Cheers,

Chris

Runners' Recipes

Chewy Gluten Free Oat and Raisin Cookies



It's a year since we re-started tea, coffee and a chat on Saturdays at the Scout Hut, and Andy and Linda have been providing us with these delicious cookies at most Saturday sessions. Who would have thought they were gluten free! Even if you don't have a gluten intolerance, you can make these yummy treats at home.

Ingredients

- ☐ 125g unsalted butter (melted)
- ☐ 100g golden caster sugar
- ☐ 125g soft dark brown sugar
- ☐ 1 large egg
- ☐ 200g plain gluten free flour
- ☐ 1/2 tsp bicarbonate of soda
- ☐ 1/4 tsp xanthan gum
- ☐ 150g Nairn's Gluten Free Scottish Porridge Oats
- ☐ 100g raisins
- ☐ 1 heaped tsp ground cinnamon

Method

1. Preheat the oven to 180°C and line two baking sheets with baking paper. Set aside. In a large mixing bowl add the melted butter and sugars and stir to mix together.
2. Add the egg and mix well. Sift in the flour, bicarb, xanthan gum and cinnamon and mix together using a wooden spoon. It should form a thick, sticky dough.
3. Add the oats and raisins and mix together until fully combined and the raisins are evenly distributed. Break-off golf-ball sized pieces and roll into a ball. Place on the baking sheet and flatten. Repeat until all the mixture is used. Leave approx. 2-3cm between each cookie.
4. Bake for 12 minutes until golden. Remove from the oven and cool on a rack before eating. Will keep for approx. a week in a sealed container.

Recipe from Coeliac UK: [Chewy Gluten Free Oat and Raisin Cookies - Coeliac UK](#)

NOTES OF METROS COMMITTEE MEETING

Wednesday 29 March 2023 at 8:00pm
Venue – Nigel & Judy Rackham's house

Attendees (Committee members): Tarana Agarwal, Steve Alder, Anne Ambrose, Pat Jackson, Irene Paull, Steve Paull, Marilyn Pickford, Nigel Rackham, Barbara Robson.

Via 'Phone Link: Marcus Weedon (Committee)
Nathan Powell (Non-Committee – part meeting)

1.Apologies

Mike Morris, Mike Ransome, Paula Ryan, Ariff Sidik, Teresa Young

Chair: Nigel Rackham

Note Recorder: Pat Jackson

2.Actions from Last Meeting

- a. **Sarries Membership** – A new membership category: 'Supported Adult' has been agreed.
ITEM CLOSED

- b. **Active Training World Discounted Events for the Club** – Ariff provided details which were published in Metrolines.
ITEM CLOSED

- c. **Runners World Discount** – This will be advertised in Metrolines using the details Irene sends to new members.

ACTION: Irene Paull/Anne Ambrose

- d. **Sportshoes and Cotswold Outdoor Shop Discount** – ongoing.
ACTION: Irene Paull

- e. **Assistant Club Coach Course at Perivale** – Steve has not received further details.
England Athletics (EA) have introduced a training course relating to track, but this doesn't seem appropriate to Metros.

- f. **Social Quiz Night** – agreed successful and quiz masters thanked.
ITEM CLOSED

- g. **Availability of AED at Sessions Required** – Nigel has informed session co-ordinators.
ITEM CLOSED

3. Club Events

- a. **Harrow Hill Race and New Race Director** – Agreed successful. Irene confirmed a profit of £2076 which will be divided between The Food Bank, Harrow Community Kitchen and the MS Therapy Group. Jasia Zimmerman will audit the accounts and Teresa Young will arrange payments. Money will be left in the HHR account to kick start another event.

Harrow School have confirmed they will restrict parking and any future event will depend on finding other suitable parking locations.

New Race Directors may be sought later in the year.

- b. **Marathon Week 2-6 June 2023** – Irene has arranged different team leaders for each event.

ACTION: Irene Paull

- c. **Summer League** – Irene and Pat will race direct this year and advertise for race directors to shadow them to take over next year.

ACTION: Irene Paull

EA now stipulate that any event with more than 150 people will need a licence and must have professional first aid in attendance.

Battersea and Regent's Park are already required to have professional first aid and other venues will need to provide this, and higher runners fees will be inevitable.

Tenderfoot Promotion - 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

- d. **Once a Month Sunday Run** – Nathan proposed this and had produced a risk assessment. It was agreed that Nathan coordinate this session in the appropriate Metros session format.

ACTION: Nathan Powell

- e. **Wembley Stadium 1k, 3k and 5krun/walk/buggy push and social evening** – suggested by Nathan who was asked to research the feasibility of this event for next year.

ACTION: Nathan Powell

4. Other Events

- a. **London Marathon Metros Drinks Station** – Anne confirmed this is organised for this year. **ITEM CLOSED**

- b. **Ride London – 28 May** – Jennifer O'Sullivan had requested the guaranteed entry and, as the only request received, a ballot was unnecessary. Anne confirmed that the offer for a team of volunteers to distribute medals had been declined. **ITEM CLOSED**

- c. **Hall of Fame** – Ongoing. **ACTION:** Marcus Weedon

5. Admin

- a. **Accounts** – Teresa had circulated the accounts prior to the meeting which were taken as read.

- b. **Membership** – Irene confirmed numbers of those who have renewed, likely to renew, not renewed and unlikely to renew. Those who do not renew soon will be removed from Spond. She felt the Couch to 5K series had brought more children into Metros and the >70 category is increasing! Members renewing EA memberships are down. There will be a delay from Metros sending EA membership fees and payment being registered by EA.

- c. **EA Requirements** – Steve confirmed EA no longer require Club Officers to be DBS checked. EA has made changes to qualification as Welfare Officers. Steve and Ariff will aim to qualify - plus anyone else who would like to become a Metros Welfare Officer.

ACTION: Steve Alder

- d. **Metros Lightweight Jackets** – Having ascertained some members opinions on three jackets, it was agreed to take orders for the jacket made by Scimitar, who supply our vests and T-shirts. A minimum of ten orders, which can be in any size, is required and the cost is £55 including VAT. Postage on the first order will be covered from Club funds. The jackets will not be held in stock. Pat will advertise and take orders. **ACTION:** Pat Jackson

- e. **AED Pads for Children** – The larger Metros AED has pads for children which have expired. The small AED does not have pads for children. It was decided not to replace the pads specifically for children but instructions regarding using the AED on children will be available with both AEDs.

ACTION: Teresa Young

6. AOB

- a. **Committee Nominations/Renominations for Metros AGM** – to be held in May, date to be confirmed. Proposers and seconders for committee nominations should be sent to Steve Alder, Metros Hon. Secretary. New committee members will be encouraged. Anne will advertise in Metrolines. **ACTION:**

Anne Ambrose

Nigel has indicated that, having been Chairman for several years, he thinks someone else should take on the role.

Paula Ryan, Vice Chairman, is standing down.

ACTION: ALL METROS MEMBERS

- b. **Donation on behalf of Chris Roome** – It was agreed that a donation from Metros be given to the Peace Hospice Care, the charity chosen by his family.

ACTION: Teresa Young

- c. **LRRC TROPHIES** – Anne stated that the Vitality 10K is on the same date as the Moor Park Runs. Anne will discuss with Vincent Cheung, co-ordinator.

ACTION: Anne Ambrose

7. Items for Future Meeting

- a. **Calendar for 2024**
b. **Roxbourne Park Bench** - still awaiting a reply from Harrow Council.
c. **Thames River (Stragglers) Relay** – no confirmed date yet.

Meeting closed at 9.07 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@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.

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.