



Congratulations Nigel – new records!

Metros Diary

March

Sat 4	5-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	9.00 am.
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	9.30 am.
Sat 8	Track 5K – Harrow School	tbc
Sun 23	London Marathon	10.00 am.
Fri 28	LFOTM - tbc	11.50 am.

May

Sat 6 *	Metros 5K Challenge, Roxbourne Park	9.00 am.
Sat 13	Measured Mile, Roxbourne Park	9.00 am.
Sun 14	Marlow 5	9.00 am.
Fri 26	LFOTM – tbc	11.50 am.

* This event may be rescheduled due to the coronation

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!

Thank you to everyone who helped to make the Harrow Hill Race a successful event, organisers, volunteers and runners. Even the weather was perfect for running this year!

While we were involved in the HHR, our chairman, Nigel, was breaking more V60 records for 20-miles at Bramley 20 – congratulations!

Sadly, we have heard of the recent death of one of our long-standing members, and previous holder of many Metros V60 records, Chris Roome. Condolences to his family. A few Metros share their recollections of Chris in this edition of Metrolines.

Anne Ambrose

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.

Metrolines Contributions

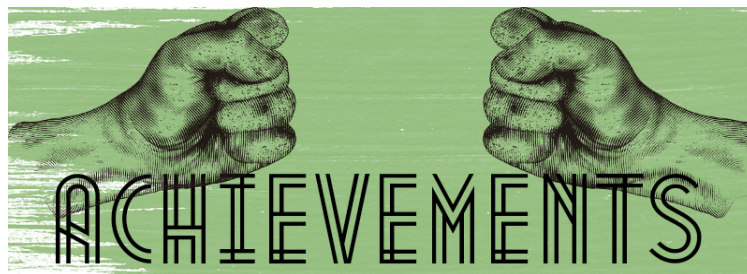
All contributions welcome – please send your results, articles and photos to Anne Ambrose

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.....

Nigel Rackham – For a new V60 course record at Bramley 20 on 12th February and for a new GB V60 record for 20miles. Nigel also came first in his age group at Watford Half Marathon (04/02/23) and Hampton Court Half Marathon (26/02/23)

Spencer Millbery – for completing the 100-mile Arc of Attrition in under 30 hours.

Emma Ponnaganti – for a PB at Watford Half Marathon

Chris Shearwood – for coming 1st at Canons parkrun on 4th February and first in his age group at Harrow Hill Race

Rhonda Tapley – for a PB at Watford half marathon and for coming first in her age group at the Harrow Hill Race

Pauline Bishop- for coming first in her age group at Harrow Hill Race

Steve Paull – for coming first in his age group at Dorney Lake Half Marathon, 11th February

Kevin Nally- for completing his first half marathon at Carsington Water on 25th February.

Mark Mulvenna – for his 250th parkrun at Canon's Park on 4th February

Bernie Conway- for her 250th parkrun at Rickmansworth on 18th February

Tim Oakley – for a PB at Northala parkrun on 11th February

Email your achievements to metrolines1@gmail.com

CHRIS ROOME 1935-2023



We have had sad news that one of our early Metros members, Chris Roome, has recently passed away. His running achievements and leisure activities are documented by Al Scoffham and Dave Young within this issue of Metrolines.

As well as running in Metros colours, at one-time Chris was part of the team, with Tony Lockhart and Barbara Robson, producing Metrolines and later was always keen to receive a paper copy.

He started running cross-country when in the RAF for his National Service but didn't continue running when he left. He helped train the Cubs and then Scouts football teams when son Steve was in those organisations.

When Steve was no longer playing football with the Scouts, Chris took up running again to keep fit and did many events including two marathons before he joined Metros.

He was still running short distances locally until nearly four years ago when he had a fall which badly injured his leg.

He packed much into his 87 years and will be sadly missed by his family and all who knew him. Chris and wife Sylvia would have celebrated 60 years of marriage this year on 16th March.

Our condolences to Sylvia, son Steve and granddaughter Billie.

Pat Jackson



Chris Roome – Remembered by Al Scoffham

I first got to know Chris in the summer of 1991. It was on a Tuesday night training run from the old tennis club in West End Lane.

There was a group of 5 or 6 of us running up Ducks Hill Road in Ruislip. We were doing fairly well averaging about 6.30-minute miles. I noticed this chap I hadn't seen before, and I thought 'he must be in his 50's or more'. The rest of us were mid to late 30s or early 40s. It was the usual Tuesday 8/9 mile run and we all finished together after about an hour, (what distant memories!) After the run, back in the Tennis Club, we got talking along with Terry Burke. It turned out we had all entered the Watford 10K the following Sunday, and Chris kindly offered to give us a lift there. This started a friendship of many years. Terry, Chris and I often used to go together to the cross-country races and a number of road races. We also used to train together on the club nights and the long Sunday morning runs. It soon became apparent that although Chris was 21 years my senior, he was a much better runner than I was. Chris used to get Athletics weekly, which he passed around after reading, usually to Bob Manning, Dave Brown and myself. I will always remember the races we did which were published in the AW. Over 50's winner C Roome Metros. Later it was always over 60's winner C Roome Metros. Chris of course carried no extra weight (unlike me) and had the build of a distance runner which he used to good effect.

In early 1992, Chris expressed an interest in running 'The Blue Riband' event of running the 'The London to Brighton' road race. This immediately got the interest of Dave Young, Bob Manning, Martin Cross, Terry Burke and me. So, the Spring and Summer of 1992 was spent almost entirely on the road averaging 70-80 miles a week, sometimes more. We didn't always train together as the logistics were too complicated, although one Saturday afternoon Dave, Bob, Terry, Chris and I decided to run 3 laps of the Harrow Half Marathon. Martin was busy doing something else.

Unfortunately, it was the warmest day of that summer and the fact we had all been to the Great British Beer Festival the night before did not help. To cut a long story short, the casualty rate was high and only Chris and Dave completed the 39 miles (well 40 if other bits are taken into consideration).

On the actual event, Chris and I ran the whole 55 miles together, finishing in 8 hours 29 minutes 16 seconds. It would be fair to say Chris kept me going for the last 5 miles after the infamous Ditchling Beacon which we marched up. We had pre-arranged that to conserve energy, we would not run up it, but walking was out too.

Another thing Chris used to be famous for, was the chewy bars which came in many flavours. He used to work for Quaker Oats and got huge supplies either free of charge or at a very reduced rate. On the Thursday night training runs, these were

liberally distributed and were very popular. Another by-product of Quaker's was Gatorade. In fact, Chris ran one of his London Marathons in a Gatorade kit. I also liked this sports drink and Chris used to supply me with 12-bottle packs which cost me next to nothing as I remember. The first was apple flavour which was bright green in colour. I did receive a few comments at the end of races as to why I was drinking Castrol GTX. We then switched to raspberry flavour which was bright blue (don't ask).

I couldn't possibly mention all the times Chris and I raced and trained together, it would be like trying to rewrite War and Peace. I must not however, forget the good company from people like Terry Burke, Bob Manning, Dave Young, Graham Haddon, Peter Hoon and Steve Roome to name but a few. I will, however, mention our Sunday morning training runs in Windsor Great Park. It was usually Chris, Graham and I. Chris and I used to do a 12-mile circuit and Graham used to branch off to do a shorter more cross country route. One Sunday for some reason I did the shorter route with Graham. When we finished, I ran back to the car to get my camera to get a picture of Chris coming in. As he was coming down the long drive towards Windsor Castle this car got in my way of the picture. I was saying to myself 'get out of the way car' followed by saying 'sorry Ma'am' as her Majesty cruised past. Our running together subsided a bit back in 1995 when I broke my leg like a buffoon. It took me the best part of a year to get back. We still kept in contact mainly due to our joint love of Real Ale and devotion to the cause of The Campaign for Real Ale (CAMRA). Chris always maintained that real ale had the right ingredients to enhance running. Not like this fizzy, tasteless dead beer served under top pressure.

In 1996 when my leg had sufficiently recovered we decided along with Graham Haddon and Bob Manning to walk The Coast to Coast Walk, a long-distance footpath between the west and east coasts of Northern England, nominally 190-mile (306 km) long. Devised by Alfred Wainwright, it passes through three contrasting national parks: the Lake District National Park, the Yorkshire Dales National Park, and the North York Moors National Park. It took us 12 days to cover the 190 odd miles, there were far too many events to go into detail.

In 1997 we progressed to the Pembrokeshire Coastal Footpath. This time it was only Chris, Graham and me. We all enjoyed this but felt it was not as iconic as the Coast to Coast. We did have one incident where Graham was convinced he saw a ghost in the B&B at West Angle Bay. He actually got a bit shirty with us when we said 'that's the mirror Graham'.

From 1998 we decided to go for the big one. The South-West Coastal Footpath some 600 miles long. I don't think any of us completed it in its entirety, but Chris and Graham came pretty close. We were joined on parts of this by Henry Pickford, Peter Rose and Geoff Brooks and his daughter Sarah. Only some of you will know Geoff. He was a school friend of Graham's and I consider him to be an Honorary Metros

for the amount of marshalling he has done for us over the years. He is now our leader on the Wednesday walks.

Between 2003 and 2006 Chris and I also went on 3 of the organised 'Great Train Journey' holidays. These included Venice, Rome, Florence, Vienna, Prague, Budapest and Innsbruck. These were interesting but both Chris and I felt we needed more of an activity holiday, so up until about 2009 it had to be walking the Lake District Fells. Again, we were ably assisted by Henry Pickford, Geoff Brooks and Peter Rose. I think I can safely say this was always our favourite sort of holiday and we all loved the place.

I will always miss Chris, as I miss Graham. I find it hard to believe that this time has come after we met 32 years ago.

So, rest in peace my good friend until we meet again to run the great marathon in the sky. No doubt you will finish ahead of me yet again!

Al Scoffham

Chris Roome

(Recollections by Terry Burke)

I would like to remember Chris as a good friend and running partner for 33 years. His passing was a shock after a bad fall at home.

He was a good family man and will be great missed by his wife Sylvia, son Steve and the rest of his family.

Chris and myself joined Metros the same month October 1990 and I count myself lucky that we ran on Tuesday evenings and did XC running on Sundays and summer league.

We both enjoyed football and cricket and real ale, we were CAMRA members.

He was always ready to give advice on running and never refused to help me on any problems that I had in my life. Chris and Sylvia enjoyed jazz music and went to Jazz festivals and performances in London and Middlesex. I can see him now up in heaven as a member of God's Marathon team. He was an excellent Marathon runner winning many prizes in his age groups

He has left me with many memories of running events we did together and all the social walks we did in and around London and Middlesex

He will never be forgotten,

So rest in peace Chris (cuckoo).

Terry Burke

Chris Roome's achievements as a Metro (Recollections by Dave Young)

Like many Metros, I was deeply saddened to learn that Chris had died on 12th February. We first met soon after he joined Metros in 1990 and remained good friends ever since. I greatly admired Chris not only as a runner but also as a very kind and considerate person who was wonderful company over a few pints of real ale. Over the years, we shared many runs, laughs and drinks together. I particularly recall his tendency to have a pint of London Pride on the evening before a marathon (obviously a good carbo-loading tactic) and a few more pints afterwards.

Having seen Chris a couple of times earlier this year his deteriorating health was very apparent, but his passing nevertheless came as a massive shock, and I'll miss him enormously.

Over the past few years, poor health prevented Chris attending many Metros events, so younger and recent members of Metros may never have met him or been aware of what an outstanding runner Chris had been. Teresa and I have therefore delved through our old Metrolines and other documents and list below some of the many achievements of this modest, but extraordinarily talented runner and longstanding Metro.

Club records

In November 2016 Chris was recorded as holding the following Metros V60 records:

- 10k in 37:36 at Harrow in April 1997
- 10 miles in 59:53 at Hayling Island in November 1997
- Half Marathon in 1:20:37 at Harrow in November 1995
- Marathon in 2:55:48 at Harrow in November 1997.

Nigel has recently bettered some, if not all, of these times but it is still remarkable that Chris held all those distance records for so many years.

Age-graded performances

Chris thought that his running peaked when he was 62 and, in November 2011, asked Teresa to find out what his age grade scores would be for some of his best runs when aged 62. From the charts at that time (2011), the results were:

- 5 miles in 29:42 scored 90.9%
- 10 miles in 59:53 scored 93.56%
- Marathon in 2:55:48 scored 88.89%

Ultra-running

Chris ran his first ultra in 1992 when aged 57. He covered the undulating 55 miles from London to Brighton in 8:29:16 and finished first in the V55 category. In doing so, Chris helped Metros finish 3rd team, ahead of several long-established and renowned athletics clubs.

Cross country

Chris was a member of the Metros cross country team celebrated in a magnificent illustrated booklet Brian Jackson produced to commemorate the 1991-92 season. It is notable that Chris regularly beat the times of many runners 20 or more years younger than himself.

Other achievements

- Running the marathon in a time of 2:55:48 at Harrow in November 1997 made him Middlesex County Marathon Champion for the year – an amazing feat for someone aged 62 at the time; the oldest county champion since records began. (The following week a young lady offered to give up her seat for him on public transport, which Chris – being a true gentleman – politely declined)
- Chris was first over-65 man in the London Marathon in April 2002. His official time was 3:14:06 and he was almost 67 on race day.
- He was given a Metros Lifetime Achievement Award at the Metros presentation evening in November 2011.

Social life

The following article from the February 2016 Metrolines was written by Chris as a tribute to Graham Haddon, who had died in November 2015. Although mostly about that other wonderful Metros legend, it highlights the strong friendships Chris made among Metros and his love of walking and real ale.

SOME RECOLLECTIONS OF MY GOOD FRIEND, THE LATE GRAHAM HADDON (article by Chris Roome in Feb 2016 Metrolines)

Firstly, I did not know Graham in his early days at the club as I joined in November 1990 and Graham had been a founding member from about 1980-81. Therefore, I missed his heyday of running when, I understand, he was of quite a high standard, particularly over the country. This can be illustrated by his 1hr 48 minutes over the tough Combe Gibbet event in early Spring, an approximate distance of 16 miles cross country and his 3hrs 41 mins for the Seven Sisters marathon (now Beachy Head). Both these set when well in his forties as a vet! The later time stood as a club record for a number of years until Gordon Swindles, one of our very top runners, beat it as a vet much later on with around 3hrs 5 mins.

He was also no slouch on the road with times around 62-63 minutes for 10 miles, 3hrs 6 mins for the marathon and just over 80 mins for the half marathon. I wish I had been in the club to race with him in those days.

Graham's competitive running came mostly to an end by the end of the 1980s when he contracted ME which stopped him competing at a high level and reduced him to very slow almost jogging pace over the next few years. However, he was now able to concentrate more on long distance walking and a number of fellow Metros, including myself, joined him on a number of these outings.

We also had a love of Real Ale, and the common interest kept us walking and drinking for many years before his final year or so.

After my retirement in 1996, Graham, as a superb leader and map reader, organised five walking holidays in this country all over two weeks and around 200 miles in length. The first in 1996 was the famous Wainwright walk 'Coast to Coast' from St Bees Head in the West to Robin Hood Bay in the East via the Lake District and over the Pennines and Yorkshire National Park. The other walkers were Bob Manning (who drove us up there and back) and Al Scoffham. Graham, with help from Al with the map reading, got us all there safely.

Next up in 1997 was the Pembrokeshire Coast walk in Wales which starts near Cardigan Bay and finishes just to the south side of Tenby. This time the walkers were Graham (skipper), Al Scoffham and me - another superb walk and holiday.

The next three fortnightly holidays in 1998, 1999 and 2000 were on the Southwest Coastal path from Minehead in Somerset to Poole in Dorset – 620 miles in all. This was split into approximately 200 mile legs and the walkers were the same three for 1998 and 1999 but Al Scoffham could not make 2000 and it was just Graham and I who did this leg. 1998 was Minehead to St Ives in Cornwall, 1999 was St Ives to Plymouth in Devon and the last was Plymouth to Weymouth. Graham and I had to come home early on the Thursday for appointments so were unable to complete the walk at Poole. However, we went back in 2005 and had a week's holiday to complete the section from Weymouth to Poole, although we did it in reverse.

Graham organised and sorted out all the details of these walks and I will always be grateful to him for that as my poor eyesight doesn't allow me to read maps. We had many holidays in the Lake District between 2000 and 2010 mostly organised by Graham and Henry Pickford.

We are all going to miss him badly particularly when out walking or enjoying a fine pint of real ale. A great guy wonderfully even tempered, and he bore all his health problems with fortitude and good humour. R.I.P. old pal.

Have you renewed your membership ?

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

Please arrange to renew as soon as possible, 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

couch to 5k

TRAINERS



yeah, I'm thinking of doing the couch to 5k programme? Can I have a look at your couches?

Contributed by Marion Rogan

SUDBURY COURT RUNNING CLUB

QUIZ NIGHT

DETAILS as follows:-

WHEN Friday 10th March 2023

WHERE Wembley Cricket Club
BAR - open all evening!

TIME Bar opens - 7.00pm
Quiz starts - 7.30pm

PLEASE COME ALONG WITH FAMILY & FRIENDS!

**Good prizes for you clever ones, excellent company
guaranteed for us mere mortals!**

Tea/Coffee available. PLEASE BRING OWN NIBBLES

*** COST £5 adults - £2.50 under 16 ***

Trophy Races 2023



The races eligible for the Metros London Road Runners Club (LRRC) 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

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

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
18 March 2023	Rickmansworth parkrun
08 April 2023	Track 5K
06 May 2023 (tbc)	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.

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

Nathan Powell, Mitesh Patel

Harrow track results - 28 January 2023

Female runners

NAME	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Sasha Birkin	Metros	50-54	19:13	88.29%	50
Emma Ponnaganti	Metros	45-49	21:52	74.85%	49
Zahra Bassiri	Metros	40-44	21:56	69.76%	48
Ruth Tidder	Metros	50-54	24:54	69.01%	47
Tricia Edwards	Sudbury Court	70-74	33:27	67.66%	46
Jennifer O'Sullivan	Metros	45-49	24:57	65.60%	45
Tarana Agarwal	Metros	0-18	24:20	62.88%	44
Claire Cook	Sudbury Court	55-59	28:50	62.77%	43
Judy Rackham	Metros	60-64	30:55	61.89%	42
Teresa Young	Metros	60-64	32:52	61.66%	41
Joanna Collier	Metros	55-59	31:19	57.80%	40
Irene Paull	Metros	65-69	35:47	57.52%	39
Penny Hudson	Metros	60-64	35:06	56.08%	38
Anna Gorecki	Sudbury Court	30-34	26:39	55.78%	37
Philippa Brown	Metros	40-44	28:49	54.60%	36
Farzina Kapadia	Metros	35-39	28:24	52.64%	35

Volunteers:

Emma Ponnaganti	42.5
Judy Rackham	42.5
Linda Georgiades	42.5
Liz Abrahams	42.5
Ruth Tidder	42.5
Sasha Birkin	42.5
Teresa Young	42.5
Jane Hudson	42.5

Male runners

NAME	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Christopher Shearwood	Metros	60-64	19:16	83.25%	50
Tony Watson	Metros	65-69	21:57	76.41%	49
Steve Paull	Metros	65-69	23:00	75.77%	48
Malcolm Smith	Metros	60-64	21:51	74.06%	47
Russell Morris	Metros	50-54	20:43	72.35%	46
Robert Bevan	Metros	55-59	22:58	68.63%	45
Simon Aberly	Metros	55-59	23:04	68.33%	44
Daniel Smith	Sudbury Court	30-34	19:07	68.01%	43
Marcus Weedon	Metros	45-49	21:45	67.27%	42
Nick Russell	Metros	50-54	22:25	66.33%	41
Vincent Cheung	Metros	45-49	21:48	66.06%	40
Tim Oakley	Metros	60-64	25:03	65.75%	39
Andrew Collier	Metros	55-59	24:36	63.53%	38
Alex Leggett	Metros	35-39	21:32	62.92%	37
Harish Gohil	Metros	55-59	24:39	62.87%	36
Alok Agarwal	Metros	50-54	24:16	62.80%	35
Brian McGrory	Metros	60-64	25:58	62.32%	34
Rohan Mascarenhas	Metros	50-54	24:29	62.24%	33
Mike Ransome	Metros	70-74	29:39	61.88%	32
Mike Reid	Metros	60-64	26:41	61.18%	31
Stuart Abraham	Metros	50-54	24:42	60.69%	30
Mitesh Patel	Metros	35-39	22:25	59.56%	29
Malcolm Salmons	Metros	60-64	28:07	59.12%	28
Ravi Raja	Metros	25-29	22:22	57.73%	27
Keval Shah	Metros	40-44	24:56	55.99%	26
Jonathan Grant	Metros	30-34	25:38	50.91%	25
Jonathan Pang	Metros	45-49	28:39	50.26%	24
Niroshan Neminathan	Metros	30-34	35:30	36.93%	23

Volunteers:

Harish Gohil	36.5
Keval Shah	36.5
Marcus Weedon	36.5
Nathan Powell	36.5
Robert Bevan	36.5

Roxbourne Park results - 4 February 2023

Female runners

NAME	AGE GROUP	TIME	AGE GRADE	POINTS
Sasha Birkin	FV 50-54	20:28	82.90%	50
Emma Ponnaganti	FV 45-49	22:40	72.21%	49
Caroline Day-Lewis	FV 55-59	24:52	71.85%	48
Linda Georgiades	FV 60-64	26:47	71.44%	47
Angela Murphy	FV 70-74	32:48	71.39%	46
Jasia Zimmerman	FV 60-64	28:59	69.93%	45
Ceri Jacob	FV 55-59	27:07	68.59%	44
Ruth Tidder	FV 50-54	25:28	67.47%	43
Judy Rackham	FV 60-64	32:16	61.88%	42
Teresa Young	FV 60-64	33:59	59.64%	41
Debra Norman	FV 60-64	33:43	57.54%	40
Sarah Westwood	FV 65-69	38:28	56.93%	39
Anne Ambrose	FV 65-69	38:35	54.17%	38
Farzina Kapadia	SF	29:10	51.26%	37
Philippa Brown	FV 40-44	31:02	50.70%	36
Carol Valentine	FV 60-64	38:28	50.43%	35
Penny Hudson	FV 60-64	39:08	50.30%	34
Sonya Grist	FV 80-84	63:00	42.30%	33
Una Cunningham Taylor	FV 45-49	39:09	41.81%	32

Volunteers:

Nancy Morris	Recording	41
Barbara Reading	Marshal	41
Pat Jackson	Marshal	41
Steph White	Marshal	41
Marilyn Pickford	Marshal	41
Jane Hudson	Marshal	41
Karen Leary	Marshal	41
Una Cunningham Taylor	Tail Runner	41
Irene Paull	Time Keeping	41
Linda Dunne	Refreshments	41

Male runners

NAME	AGE GROUP	TIME	AGE GRADE	POINTS
Nigel Rackham	MV 60-64	19:22	82.82%	50
Dave Young	MV 65-69	25:23	67.95%	49
Simon Abery	MV 55-59	24:36	64.08%	48
Adam Leary	MV 55-59	25:16	62.38%	47
Harish Gohil	MV 55-59	24:57	62.11%	46
Tim Oakley	MV 60-64	26:45	61.57%	45
Rohan Mascarenhas	MV 50-54	25:00	60.96%	44
Andrew Collier	MV 55-59	25:43	60.77%	43
Mike Reid	MV 60-64	27:36	59.15%	42
Mike Ransome	MV 70-74	32:09	57.07%	41
Bill Harrington	MV 60-64	28:43	56.35%	40
Mitesh Patel	SM	25:25	52.53%	39
Malcolm Jackson	MV 70-74	34:22	51.29%	38
Jonathan Pang	MV 45-49	28:39	50.26%	37
Dave Brown	MV 70-74	51:37	36.10%	36

Volunteers:

Clive Lucas	43
Nathan Powell	43
Michael Morris	43
Gordon Valentine	43
Steve Paull	43
Andrew Dempster	43

Look forward to seeing you all at Rickmansworth parkrun on Saturday 18th March

Please ensure your Parkrun ID is updated to show you are a member of Metros or Sudbury Court Running Club, we only search for participants of the 5K trophy by club name not individually

If your Parkrun ID has a different club registered please send a spond message to Mitesh and Nathan with the club name

Please ensure if you are participating in the 5K trophy race you accept the event invitation in Spond

If you are volunteering please send a Spond message to Mitesh and Nathan

2022/23 5K Competition Standings - Women

Only shows runners who have taken part in 3 or more events

Over all posi tion	Name	Club	Canons Park parkrun	Gladston e parkrun	Roxbourn e Park	Track	Northal a Fields parkrun	Track	Roxbou rne Park	Overall points
			17/09/22	15/10/22	05/11/22	19/11/22	17/12/22	28/01/23	04/02/23	
1	Sasha Birkin	Metros	44	50	50	50	50	50	50	344
2	Emma Ponnaganti	Metros	48	49	48	47	-	49	49	290
3	Caroline Day-Lewis	Metros	47	48	49	46	49	-	48	287
4	Penny Hudson	Metros	30	37	38	45	44	38	34	266
5	Judy Rackham	Metros	37	42	43	45	-	43	42	251
6	Irene Paull	Metros	34	40	42	-	45	39	41	241
7	Philippa Brown	Metros	-	35	35	39	45	36	36	226
8	Ruth Tidder	Metros	-	39	37	45	-	47	43	211
9	Liz Abrahams	Sudbury	49	40	-	48	-	43	-	179
10	Teresa Young	Metros	-	-	42	45	-	43	41	170
11	Linda Georgiades	Metros	20	-	42	-	-	43	47	151
12	Janice Newman	Metros	50	-	46	49	-	-	-	145
13	Jasia Zimmerman	Metros	-	-	47	-	48	-	45	140
14	Tricia Edwards	Sudbury	45	46	-	-	-	46	-	137
15	Angela Murphy	Metros	41	-	44	-	-	-	46	131
16	Anne Ambrose	Metros	-	-	42	45	-	-	38	124
17	Jane Hudson	Metros	34	-	-	-	-	43	41	118
18	Joanna Collier	Metros	35	-	-	40	-	40	-	115

2022/23 5K Competition Standings - Men

Overall position	Name	Club	Canons Park parkrun	Gladstone parkrun	Roxbourne Park	Track	Northala Fields parkrun	Track	Roxbourne Park	Overall points
			17/09/22	15/10/22	05/11/22	19/11/22	17/12/22	28/01/23	04/02/23	
1	Steve Paull	Metros	46	46	43	-	48	48	43	274
2	Robert Bevan	Metros	41	41	47	46	45	45	-	265
3	Tim Oakley	Metros	38	-	43	42	41	39	45	248
4	Mike Reid	Metros	35	36	39	35	-	31	42	218
5	Nigel Rackham	Metros	50	50	50	-	-	-	50	200
6	Christopher Shearwood	Metros	49	49	-	-	50	50	-	198
7	Mitesh Patel	Metros	-	43	-	42	42	29	39	194
8	Nick Jones	Metros	48	48	43	50	-	-	-	189
9	Tony Watson	Sudbury Crt	47	45	-	-	47	49	-	188
10	Simon Abery	Metros	-	-	48	45	-	44	48	185
11	Nathan Powell	Metros	21	-	43	-	40	37	43	184
12	Andrew Collier	Metros	-	-	42	38	-	38	43	161
13	Vincent Cheung	Metros	35	-	-	40	43	40	-	158
14	Mike Ransome	Metros	-	-	41	37	-	32	41	151
15	Clive Lucas	Metros	-	-	-	49	49	-	43	141
16	Michael Morris	Metros	45	-	-	48	-	-	43	136
17	Jonathan Pang	Metros	-	-	38	33	-	24	37	132
18	Richard Wilkinson	Metros	43	43	-	44	-	-	-	130
19	Harish Gohil	Metros	-	-	-	42	-	37	46	124
20	Nick Russell	Metros	39	-	-	43	-	41	-	123
21	Alok Agarwal	Metros	-	-	-	41	44	35	-	120
22	Rohan Mascarenhas	Metros	34	-	-	-	-	33	44	111
23	Brian McGrory	Metros	36	38	-	-	-	34	-	108



Arc of Attrition

On Thursday 26th January, Spencer Millbery travelled to Cornwall to take part in one of the hardest races in the UK, the Arc of Attrition 100-mile race along the south-west coast path from a place called Coverack to Porthtowan. The race started on Friday 27th January at 12 noon, meaning that almost 14 hours of the race was in the dark. Spencer has done this race before, back in January 2020 just before we all went into lockdown and completed it back then in an amazing time of 34 hours 9 minutes and 56 seconds. The cut-off for the race is 36 hours and you get a silver buckle for this achievement. If you complete the race in under 30 hours you receive a gold buckle and under 24 hours it's a black buckle. Spencer has as always followed a strict training schedule going out early mornings running for hours over a variety of terrain to make sure he was prepared for the race. All the training paid off as he completed this year's race in an amazing 29 hours 44minutes, 4 hours quicker than the last time. He was, as you can imagine, over the moon with this result and is now taking a well-earned couple of weeks off until his next adventure. Watch this space.....





Spencer Millbery

ooo

January 27, 2023 at 12:00 PM · Cornwall AONB, England

Arc 100 - Gold buckle - Sub 30hrs

Mission accomplished, can put this race to bed 🙏

Distance

103.00 mi

Elev Gain

16,650 ft

Time

29h 44m

Achievements

131



Spencer completed the January Running Endurance Challenge!

300 km



Fred Hughes 10 – 22nd January 2023 – **corrected.**

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 Sudbury Crt	01:21:11	01:19:29	
745	Jennifer O'Sullivan	01:37:49	01:32:31	
886	Angela Tomusange	01:50:09	01:44:44	
890	Monica Shortt	01:50:50	01:45:31	
963	Judy Rackham	02:02:11	01:56:10	
988	Sakina Sidik	02:08:37	02:02:36	
989	Emma Rackham	02:08:38	02:02:36	

Watford Half Marathon – 5th February

Pos		Gun Time	Net Time	
1		01:08:29	01:08:27	
34	Nigel Rackham	01:21:00	01:20:56	1 st V60 - 69
56	Mark Smith Harrow AC	01:23:41	01:23:27	
108	Nathan Gee	01:28:46	01:28:33	
114	Christopher Shearwood	01:29:06	01:28:54	
159	John Norris	01:33:12	01:32:56	
210	Ed O'Connor Harrow AC	01:35:44	01:35:24	
230	Emma Ponnaganti	01:37:57	01:37:29	PB
428	Clive Lucas	01:46:32	01:45:36	
433	Vincent Cheung	01:46:39	01:45:59	
499	Nick Russell	01:49:05	01:48:22	
525	Malcolm Smith	01:49:50	01:48:55	
604	Simon Abery	01:54:13	01:52:55	
640	Rhonda Tapley	01:55:25	01:53:48	PB
812	Mitesh Patel	02:03:23	02:01:45	
817	Jeff Rollason	02:03:41	02:02:46	
914	Elizabeth Abrahams Sudbury Court	02:09:14	02:06:38	
991	Shefali Rao	02:15:09	02:13:04	
1180	Tiziana Spotti	03:01:39	02:58:52	
1187	Finishers	03:24:45	03:22:50	

Measured Mile - 11 February 2023

	Time
Adam Leary	6.53
Bill Harrington	7.59
Carole Valentine	11.08
Dave Brown	15.12
Dave Young	7.19
Gladys De Groot	12.38
Judy Rackham	9.05
Linda Georgiades	7.42
Malcolm Jackson	9.19
Marilyn Pickford	9.36
Mike Ransome	9.01
Ruth Tidder	7.33
Sarah Westwood	11.08
Teresa Young	9.43
Caroline Day Lewis	7.31
Elish Fernandez	11.16

A small select group of Metros ran the February Measured Mile in near perfect conditions, cool but not cold, dry with no wind but unfortunately the sun did not come out to cheer us. With the Harrow Hill race the next day many Metros were busy preparing or resting up for a big day. Congratulations to Bill, Marilyn and Teresa for improving on their times from the November Mile. More training ahead for everyone before the next Mile in May when we should be blessed with some sunshine.

Angela

Thanks to Marcus for taking the warm- up session and transporting jackets and jumpers from the start and cheering the finishers.

Harrow Hill Race – 12th February 2023

Pos	Name	Time	Net Time	Comments
1	<i>Niall GILCHRIST</i> <i>Ealing Eagles</i>	00:35:37	00:35:35	
14	<i>Lucy ASHE</i> <i>Harrow AC</i>	00:39:05	00:39:03	
15	Richard WILKINSON	00:39:26	00:39:22	
27	Christopher SHEARWOOD	00:41:51	00:41:48	1st V60-69
31	Nathan GEE	00:42:42	00:42:37	
34	John NORRIS	00:43:17	00:43:13	
44	Tanasheh ABRAHAMS	00:44:42	00:44:38	
45	Nicky SMITH	00:44:52	00:44:47	
48	Emma PONNAGANTI	00:45:14	00:45:08	
50	Russell MORRIS	00:45:42	00:45:38	
59	Alex LEGGETT	00:46:59	00:46:53	
63	Malcolm SMITH	00:48:09	00:48:02	
69	Clive LUCAS	00:49:15	00:48:49	
72	Jonny JACKSON	00:49:38	00:49:34	
80	Michael MORRIS	00:50:12	00:50:08	
89	Robert BEVAN	00:51:14	00:51:07	
90	Marc SINDOLE	00:51:25	00:51:22	
92	Tony WATSON Sudbury Court	00:51:36	00:51:11	
94	Rhonda TAPLEY	00:51:58	00:51:51	1st FV 50-59
102	Caroline DAY-LEWIS	00:52:55	00:52:45	
109	Harish GOHIL	00:54:15	00:53:55	
114	Peter REYNOLDS	00:54:40	00:54:26	
115	Stuart ABRAHAM	00:54:43	00:54:27	
120	Rohan MASCARENHAS	00:55:01	00:54:42	
123	Brian MCGRORY	00:55:25	00:55:17	
126	Ruth TIDDER	00:55:37	00:55:15	
131	Keval SHAH	00:55:55	00:55:34	
134	Jennifer O'SULLIVAN	00:56:20	00:56:01	
137	Ed DARNELL	00:56:44	00:56:39	
138	Elizabeth ABRAHAMS Sudbury Court	00:57:34	00:57:04	
151	Michael REID	00:59:54	00:59:37	
152	Pauline BISHOP	00:59:54	00:59:40	1st FV 70-79
163	Jitesh BALAKRISHNAN	01:01:07	01:01:00	

170	Jasia ZIMMERMANN	01:02:11	01:01:49	
179	Jacqueline REID	01:03:24	01:03:21	
187	Rahul PAREEK	01:05:50	01:05:27	
189	Monica SHORTT	01:06:04	01:05:51	
190	Philippa BROWN	01:06:10	01:05:55	
192	Roshni PATEL	01:06:19	01:06:04	
194	Derek BAMFORTH	01:06:39	01:06:24	
197	David MERRIGAN	01:07:29	01:07:04	
206	Marion ROGAN	01:10:39	01:10:13	
210	Michael RANSOME	01:12:11	01:11:42	
212	Marie CALLANAN	01:13:41	01:13:15	
219	Tiziana SPOTTI	01:18:46	01:18:13	
220	Kevin NALLY	01:20:08	01:19:52	
222	Anne AMBROSE	01:22:30	01:22:04	
224	Una CUNNINGHAM	01:24:38	01:24:04	Tail Runner



The HHR refreshments were organised by Hema Thakur, assisted by son Jai and friend Bijal. Metros are now able to take cashless payments, so no excuse for runners not contributing towards their tea and cakes - £343 was raised!





Thanks to all the volunteers

Dorney Lake Half Marathon - February 11th 2023

71st Steve Paull 1.45.38 1st V60

193 finishers

Bramley 20/10 - 12th Feb

20 Mile		
1		01:43:04
12	Nigel Rackham	02:02:14*
219	Mitesh Patel	02:53:33
252	Vincent Cheung	03:00:51
373	Finishers	04:32:02

* New V60 course record, new V60 British record for 20 miles

10-Mile		
1		00:53:45
394	Judy Rackham	02:01:22
396	Emma Rackham	02:01:44
413	Finishers	02:37:35





Carsington Water Half Marathon – 25th February

1		01:25:11
136	Kevin Nally	02:54:36

Galway Women's Mini Marathon – 10k - 6th February

1		0:28:28
175	Pauline Bishop	0:58:19
401	Finishers	1:59:52

Hampton Court Half Marathon- 26th February

1		1:09:55
26	Nigel Rackham	1:18:17 (1st V60)
1348	Emma Rackham	2:51:14
1368	Finishers	3:33:02

Wokingham Half Marathon – 26th February

		Gun Time	Chip Time
1		01:05:10	01:05:10
446	Chris Shearwood	01:28:00	01:27:30
456	Sasha Birkin	01:28:20	01:27:50
604	John Norris	01:32:23	01:31:41
2500	Finishers	03:40:15	03:37:11

New Delhi Half Marathon – 26th February

1		01:05:57
66	Paul Spendloff	01:29:40



Quiz Night – 24th February



Thank-you to everyone who helped to organise the Quiz Night and congratulations to the winning team.

NOTES OF METROS COMMITTEE MEETING

Wednesday 8 February 2023 at 8:00pm

Venue – Nigel & Judy Rackham's house

Attendees (Committee members): Steve Alder, Anne Ambrose, Pat Jackson, Irene Paull, Steve Paull, Marilyn Pickford, Nigel Rackham, Barbara Robson, Paula Ryan, Teresa Young

1.Apologies

Tarana Agarwal, Mike Morris, Mike Ransome, Ariff Sidik, Marcus Weedon

Chair: Nigel Rackham

Note Recorder: Pat Jackson

2.Actions from Last Meeting

- a. **Sarries Membership** – Irene confirmed the membership part of the Constitution will be amended at the AGM.

ACTION: Irene Paull/Steve Alder

- b. **Active Training World Discounted Events for the Club** – Ariff will provide details which will be published. **ACTION:** Ariff Sidik

- c. **Runners World Discount** – Newer members may not be aware of the discount offered by **Runners World**. This will be advertised in Metrolines using the details Irene sends to new members.

ACTION: Irene Paull/Anne Ambrose

- d. **Assistant Club Coach Course at Perivale** – Steve will obtain further details from Ealing Eagles. **ACTION:** Steve Alder

- e. **Metrolines Christmas Collection Charity** – Teresa confirmed that £350 had been collected and the donation increased to £400 from club funds.

ITEM CLOSED

- f. **Photographic Competition for December 2022** – Sasha Birkin had won and chosen a Metros hoodie as a prize. **ITEM CLOSED**

3. Club Events

- a. **Harrow Hill Race** – entries increasing but still low. A different first aid company is booked. A post-race review will be held, particularly relating to costs.

COMMITTEE

- b. **Marathon Week 2-6 June** – Irene will arrange different team leaders for each event.

ACTION: Irene Paull

- c. **Social Quiz Night – Friday 24 February.** Lowlands Tennis Club booked, and questions being prepared.

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

- d. **Summer League – 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

- e. **5K Track** – Another track session had been suggested for late May. It was agreed it would be too close to Marathon Week. The 5K in Marathon Week would be an alternative as a one-off event for those who did not want to do other Marathon Week events.

ITEM CLOSED

- f. **Availability of AED at Sessions** – Reasonable efforts will be made to have an AED at each session, but it was agreed that when an AED is not available at a session the leader should inform the participants. Nigel will inform run co-ordinators.

ACTION: Nigel Rackham

4. Other Events

- a. **London Marathon Drinks Station** – The usual Metros water station (13 volunteers needed) no longer qualifies for a marathon place the following year. A second team of volunteers (20 needed) would gain a marathon place the following year. It was agreed not to pursue a second group this year but application for a second group will be considered next year.

ACTION: Anne Ambrose

Ride London – 28 May – Metros have been asked to provide a team of 15 to distribute medals. Anne confirmed this is the Bank Holiday weekend and it was agreed to decline this offer.

Metros have **one guaranteed entry** and Anne will arrange a ballot.

ACTION: Anne Ambrose

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

ACTION: Marcus Weedon

5. Admin

- a. **Metros Lightweight Jackets** - Nathan Powell suggested Metros have lightweight jackets and researched various companies and obtained samples. It was agreed that the Quiz evening would be a good opportunity to gauge members interest with a possible survey on Spond. **ACTION:**

COMMITTEE

- b. **Club TSB Payment Machine** – Teresa has obtained this, and it will be used for late entries and refreshment donations at the Harrow Hill Race.

ITEM CLOSED

6. AOB

- a. **Sports Shoes and Cotswold Discount** – Irene will discuss with Runners World regarding a possible conflict of interest before accepting further discounts offered..

ACTION: Irene Paull

- b. **Monthly Sunday Run** – Unless a member offers to co-ordinate, it was agreed to continue with the Sunday runs already arranged by members. These are informal, arranged by individuals around ability and distance required. Formal sessions need rigorous risk assessment etc.

- c. **Harrow Hill Race Clock** – There will be a clock at the finish as usual and the suggestion that the Metros clock be at the water station will be pursued next year.

FUTURE MEETING

- d. **England Athletics Requirements** –EA require a minimum of two fully trained welfare officers. Steve has almost completed the Welfare Officer training, Ariff has more to complete. Metros Club is nearly fully compliant. Committee Officers – Chairman, Treasurer, Secretary and Membership Secretary need to be DBS checked and Steve will check with EA how to go about this.

ACTION: Steve Alder

7.Items for Future Meeting

- a. **Calendar for 2024** - Ariff will request photos to be submitted during the year for a possible calendar for 2024. **ACTION: Ariff Sidik**

- b. **Roxbourne Park Bench** - still awaiting a reply from Harrow Council.

ACTION: Paula Ryan

c. **Thames River (Stragglers) Relay** – no confirmed date yet.

Meeting closed at 9.44 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.