



July 2023
Issue No. 410



Metros Diary

July

Sat 1	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 1	Metros Barbeque	6.30 pm
Sun 2	Summer League – Perivale	9:30 am
Sat 8	Wot No Watch, Roxbourne Park	9.00am
Sun 9	Summer League – Dulwich	9:30 am
Weds 12	Vets Track & Field – Perivale	6.30 pm
Fri 14	Metros Sports Day & Picnic	5.30 pm
Sat 22	Track 5K – Harrow School	tbc
Fri 28	LFOTM – Bentley Priory	11.50 am
Sun 30	Summer League – Regent's Park	9:30 am

August

Sat 5	Metros 5K Challenge, Roxbourne Park	9.00 am
Sat 12	Measured Mile, Roxbourne Park	9.00 am
Sun 13	Summer League – Battersea	9:45 am
Fri 25	LFOTM – tbc	11.50 am

September

Fri 1	1 Hour Challenge, Harrow School	6.20 pm
Sat 2	5-Mile Handicap, Roxbourne Park	9.00 am
Sat 9	Wot No Watch, Roxbourne Park	9.00 am
Sat 16	parkrun – tbc	9.00 am
Sun 17	Spitfire 10K	10.00 am
Sun 24	Moor Park 10K	3.00 pm
Fri 29	LFOTM – tbc	11.50 am
Sat 30	Annual Fun Run, Roxbourne Park	8.45 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!

Thank you to Irene Paull and her teams for organising the very successful and enjoyable Metros Marathon Week. See her report on page 18.

Another highlight in June was the Metros Summer League fixture, with a great new route, also organised by Irene.

There's a lot to look forward to in July and don't forget the sports day and picnic on 14th July – see spond.

Metrolines will be taking a summer break and the edition will be out in September.

If you're going away have a great holiday.

Anne Ambrose

Metrolines Contributions

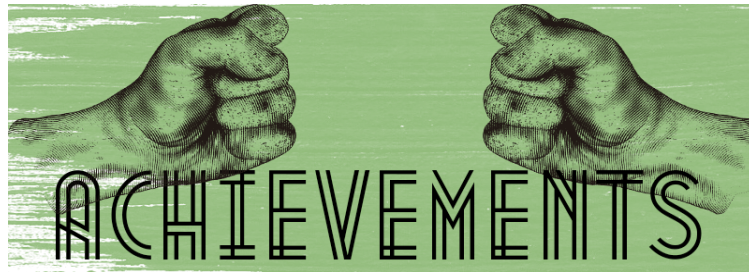
All contributions welcome – please send your results, articles and photos to Anne Ambrose

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. For the next edition, please provide your contributions by 15th August.



Well done to.....



Barry Nolan – on completing 250 parkruns and for being awarded an MBE (Member of the Order of the British Empire, not to be confused with Metros Best Efforts) for services to education, in the recent King's Birthday Honours.

Amanda Kennelly - 1st in the 60+ female category at the Samaritans 10k at Bracknell, 24th June.

Email your achievements to
metrolines1@gmail.com



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



Metros at Vets Track & Field



Attention, runners!

It's time to elevate your performance and conquer your goals like never before. Introducing my personal training and nutrition coaching program, designed exclusively for dedicated runners like you.

You all know me by now I have been a proud member of Metros running club since 2017. I'm now a qualified Personal Trainer and Nutrition Coach as well as Weight Loss Specialist and offering my services to my wonderful running club.

Zahra Bassiri

Tel: 07722052514

Discount on Shoes and Kit



Our local running shop, Runners World in Eastcote, can help you find the right running shoes and will offer a 10% discount to Metros members – show the Spond app on your phone to prove you are a member.

THE 44th ANNUAL Metros FUN RUN - THE BRIAN JACKSON FUN RUN

Saturday 30th September 2023, Roxbourne Park from 8.45 am

**PLEASE NOTE THAT THIS EVENT IS INSTEAD OF ANY
Metros SATURDAY SESSION – TOILETS WILL BE AVAILABLE IN THE PAVILION**

This is the 44th Annual Metros Fun Run and all Metros members, families and invited guests are welcome to join in this year, running, walking, helping and spectating. This is the longest established Metros event and led to the formation of the club we now call Metros. It is named in honour of Brian Jackson, founder of the event and, for many years, the organiser.

The event will follow the usual format as previous years - two runs of 4km and one run of 2km followed by a 1km walk. Anyone can run 2km, 4km, 6km, 8m or 10km, whatever distance they choose, although we recommend that girls and boys 8-10 run the 2km and younger children do the 200m (approx.). For those who don't want to run, there's a 1km walk. Although we will send an invitation via Spond to ease registration on the day, there is no need to pre enter and decisions regarding distance to be run can be made on the morning. There is no charge.

Although this is a fun run, the course has been reasonably accurately measured and times will be recorded in all events except the approximate 200m for children 7 years and under where just finishing positions are recorded.

The event timetable will be five races - two x 4km, one x 2km, (total 10km), one x 200m (approx.) and one x 1km walk.

The Distances 7 years & under = 200m. Under 11 = 2km. Over 11 = 4km

The Surface Parkland (almost all grass)

The Place Roxbourne Park, Cannon Lane South, Pinner.

The time: 8.45 am Registration. Age as on race day.

The Programme:

9.15 am 4km Male and Female over 11 years.

9.45 am 4km Male and Female over 11 years.

10.15 am 2km Girls, Boys 8-10 plus over 10s who wish to run 2km

These three races total 10km.

Followed by:

200m (approx.) 7 and under (supervisory accompaniment is permitted!)

1km Walk – all ages.

Results: Will not be calculated on the day but available soon after and published in Metrolines and on the Metros Web Site

Again, this year the adult awards will be based on age grading. Awards to keep for the first age graded man and woman in the 10km, 4km and 2km and first boy and girl 8-10 years in the 2km and first boy and girl 11-14 years in the 4K. One award only to any runner.

There are also medals to keep for the second and third boy and girl in the 8-10 age bands in the 2km and 11-14-year age bands in the 4K.

**If you'd like to know more, or can offer to help, please contact
Pat Jackson, patjacksonhome@hotmail.com 07963551816 0208 868 5683**

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
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	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	Marlow 7mile/ HM	£22/32	Marlow Striders Half Marathon

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.

To qualify for the competition, you must:

- Be a paid-up member of the club.
- Enter the Metros club name on the entry form and be qualified to do so.
- Wear club kit

Only your best 8 event scores count towards your total at the end of the year.

Some of the events have not yet been confirmed and any changes to qualifying races will be notified as soon as possible.

Any runners completing all 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 LRRRC Coordinator.

Vincent Cheung – LRRRC Coordinator

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.

Trophy Races - Leaderboards

	Total	Berkhamsted Rotary HM/5M	Hillingdon 20 Miles	Maidenhead 10 Miles	Marlow 5 Miles
Simon Abery	202	57	68	48	29
Nathan Gee	139	59		50	30
Steve Paull	105	58		47	
Michael Reid	95		67		28
Richard Wilkinson	70		70		
Clive Heidrich	69		69		
Chris Shearwood	60	60			
Vincent Cheung	49			49	

	Total	Berkhamsted Rotary HM/5M	Hillingdon 20 Miles	Maidenhead 10 Miles	Marlow 5 Miles
Penny Hudson	77			49	28
Anne Ambrose	74			48	26
Sasha Birkin	70		70		
Emma Ponnaganti	69		69		
Stephanie White	57	30			27
Ruth Tidder	50			50	
Jane Hudson	30				30
Philippa Brown	29				29

Summer League – Dates for your diary



2 July	ESM/EE, Perivale	(5M) 9:30am
9 July	Dulwich	(5M) 9:30 am
30 July	Mornington Chasers, Regent's Park	(10K) 9:30am
13 Aug	Serpentine, Battersea	(10K) 9:45am

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

Nathan Powell, Mitesh Patel

2022/23 5K Competition Standings - Women

Only shows runners who have taken part in 5 or more events

Overall position	Name	Club	Canons Park parkrun	Gladstone parkrun	Roxbourne Park	Track	Northala Fields parkrun	Track	Roxbourne Park	Rickmansworth 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	18/03/23	08/04/23	06/05/23	
1	Sasha Birkin	Metros	44	50	50	50	50	50	50	50	-	-	394
2	Emma Ponnaganti	Metros	48	49	48	47	-	49	49	48	-	48	386
3	Caroline Day-Lewis	Metros	47	48	49	46	49	-	48	46	-	50	383
4	Penny Hudson	Metros	30	37	38	45	44	38	34	31	47	39	352
5	Philippa Brown	Metros	-	35	35	39	45	36	36	30	43	34	333
6	Judy Rackham	Metros	37	42	43	45	-	43	42	36	-	44	331
7	Irene Paull	Metros	34	40	42	-	45	39	41	36	-	42	319
8	Ruth Tidder	Metros	-	39	37	45	-	47	43	-	47	45	303
9	Linda Georgiades	Metros	20	-	42	-	-	43	47	45	49	47	292
10	Janice Newman	Metros	50	-	46	49	-	-	-	49	50	46	290
11	Jane Hudson	Metros	34	-	-	-	-	43	41	37	47	42	243
12	Joanna Collier	Metros	35	-	-	40	-	40	-	33	45	38	231
13	Liz Abrahams	Sudbury Court	49	40	-	48	-	43	-	47	-	-	226
14	Angela Murphy	Metros	41	-	44	-	-	-	46	44	-	49	224
15	Anne Ambrose	Metros	-	-	42	45	-	-	38	-	47	42	213
16	Teresa Young	Metros	-	-	42	45	-	43	41	-	-	42	212
17	Claire Cook	Sudbury Court	-	38	-	-	-	43	-	38	46	41	206

2022/23 5K Competition Standings - Men

Only shows runners who have taken part in 5 or more events

Overall position	Name	Club	Canons Park parkrun	Gladstone parkrun	Roxbourne Park	Track	Northala Fields parkrun	Track	Roxbourne Park	Rickmansworth 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	18/03/23	08/04/23	06/05/23	
1	Steve Paull	Metros	46	46	43	-	48	48	43	47	48	42	411
2	Robert Bevan	Metros	41	41	47	46	45	45	-	41	45	45	396
3	Tim Oakley	Metros	38	-	43	42	41	39	45	36	42	38	364
4	Tony Watson	Sudbury Court	47	45	-	-	47	49	-	38	47	48	321
5	Mitesh Patel	Metros	-	43	-	42	42	29	39	39	43	40	316
6	Nigel Rackham	Metros	50	50	50	-	-	-	50	49	-	50	299
7	Mike Reid	Metros	35	36	39	35	-	31	42	33	32	-	283
8	Simon Abery	Metros	-	-	48	45	-	44	48	43	-	44	272
9	Michael Morris	Metros	45	-	-	48	-	-	43	40	46	43	265
10	Christopher Shearwood	Metros	49	49	-	-	50	50	-	50	-	-	248
11	Andrew Collier	Metros	-	-	42	38	-	38	43	-	34	42	237
12	Nathan Powell	Metros	21	-	43	-	40	37	43	-	41	-	224
13	Mike Ransome	Metros	-	-	41	37	-	32	41	-	33	36	220
14	Harish Gohil	Metros	-	-	-	42	-	37	46	-	41	41	206
15	Vincent Cheung	Metros	35	-	-	40	43	40	-	-	38	-	196
16	Clive Lucas	Metros	-	-	-	49	49	-	43	-	50	-	191
17	Nick Jones	Metros	48	48	43	50	-	-	-	-	-	-	189
18	Rohan Mascarenhas	Metros	34	-	-	-	-	33	44	37	-	39	187
19	Brian Mcgrory	Metros	36	38	-	-	-	34	-	34	41	-	183
20	Jonathan Pang	Metros	-	-	38	33	-	24	37	-	-	35	167

Five Mile Handicap – 10th June

	Jun-23	5m race time	race hcp	Event Hcp Time	nxt hcp	pts
1	Marian Rogan	55.31	3	58.31	5	27
2	Mike Morris	38.59	20	58.59	21	25
3	Simon Abery	39.27	20	59.27	21	24
4	Anne Ambrose	65.00	-5	60.00	-5	22
5	Nigel Rackham	31.07	30	61.07	29	20
6	Stephanie White	62.11	-1	61.11	-2	19
7	Barbara Reading	55.31	6	61.31	5	18
8	Harish Gohil	42.46	19	61.46	18	17
9	Tiziana Spotti	60.57	1	61.57	-1	15
10	Judy Rackham	53.58	8	61.58	6	14
11	Malcolm Jackson	58.14	4	62.14	2	13
12	Mike Ransome	58.14	4	62.14	2	12
13	Caroline Day-Lewis	43.23	19	62.23	17	10
14	Bill Harrington	47.26	15	62.26	13	9
15	Jonathan Pang	48.55	14	62.55	11	7
16	Linda Georgiades	46.05	17	63.05	14	6
17	Gladys De Groot	82.39	-19	63.39	-22	5
18	Marcus Weedon	35.47	29	64.47	25	3
19	Dave Young	45.50	19	64.50	15	2
20	Adam Leary	45.00	20	65.00	15	0
21	Teresa Young	63.47	4	67.47	-3	-3
22	Irene Paull	66.48	2	68.48	-6	-5
23	Nancy Morris	62.14	7	69.14	-2	-7
24	Elish Fernandes	82.39	-12	70.39	-22	-9
Guest	Raj Tailor	61.20				

Summer League – Headstone Manor – 18th June



Overall Pos.	Name	Time	Gender Pos	Cat	Cat Pos	WAVA	Points
12	Richard Wilkinson	00:30:37	12	SM	8	69.62%	289
25	Mark Smith	00:32:12	25	SM	17	66.20%	276
30	Sasha Birkin	00:32:28	1	F50	1	83.98%	315
35	John Norris	00:33:07	34	M40	7	67.19%	272
44	Christopher Shearwood	00:34:08	43	M60	3	76.76%	283
51	Mitesh Patel	00:35:16	49	SM	24	60.44%	252
53	Russell Morris	00:35:27	51	M50	3	67.89%	265
54	Marcus Weedon	00:35:31	52	M50	4	67.76%	264
56	Richard Brown	00:35:45	54	M50	6	67.32%	262
70	Zahra Bassiri	00:36:55	9	F40	1	67.45%	297
77	Michael Morris	00:37:44	65	M55	2	66.48%	256
80	Abdul Ali	00:37:47	66	M45	9	61.18%	245
82	Vincent Cheung	00:37:57	67	M45	10	60.91%	244
84	Emma Ponnaganti	00:38:10	16	F45	1	67.73%	295
85	Clive Lucas	00:38:16	69	M65	2	71.65%	262

Overall Pos.	Name	Time	Gender Pos	Cat	Cat Pos	WAVA	Points
96	Kevin Smart	00:38:47	76	M60	5	67.55%	250
107	Nathan Powell	00:39:29	81	M55	4	63.53%	240
134	Rohan Mascarenhas	00:42:19	98	M50	10	56.87%	218
135	Caroline Day-Lewis	00:42:21	37	F55	1	68.32%	284
144	Rhonda Tapley	00:43:38	44	F50	10	62.49%	272
149	Jeff Rollason	00:44:04	103	M65	7	62.22%	228
178	Jonathan Pang	00:47:42	115	M45	20	48.46%	196
183	Ruth Tidder	00:48:07	67	F50	14	56.67%	249
185	Louise O'Reilly	00:48:20	68	F45	9	53.48%	243
187	Mike Reid	00:48:39	118	M60	10	53.85%	208
195	Jasia Zimmerman	00:49:28	74	F60	6	62.30%	252
199	Zaheer Sidik	00:50:33	123	MU20	1	42.17%	178
200	Ariff Sidik	00:50:34	124	M40	25	44.00%	182
202	Jane Hudson	00:51:10	77	F60	7	60.23%	249
203	Martin Eden	00:51:21	125	M65	10	53.39%	206
210	Marion Rogan	00:52:32	83	F70	1	67.48%	253
213	Andrew Collier	00:53:16	128	M55	10	47.09%	193
218	Judy Rackham	00:55:39	88	F60	8	55.38%	238
219	Sakina Sidik	00:56:37	89	F40	13	43.98%	217
220	Robyn Walliser	00:56:40	90	F45	13	45.62%	221
222	Monica Shortt	00:57:33	92	F55	9	50.28%	229
226	Tiziana Spotti	00:59:30	96	F65	6	55.41%	235
229	Amanda Kennelly	00:59:50	99	F60	10	51.50%	227
231	Anne Ambrose	01:01:24	100	F65	8	53.69%	231
232	Steph White	01:02:18	101	F65	9	52.92%	230
233	Nancy Morris	01:02:20	102	F50	18	43.74%	214

Metros Marathon Week 2023

Report by Irene Paul

After such a long time - the last marathon week was 2019 - I'd forgotten a lot of what was involved in organising this event. We had to make some changes - a new hill route - but thankfully we could keep the other events as they were. Spond should have made things simpler but with messages and requests also arriving by email, and in parts of Spond I'd not monitored before, plus WhatsApp, texts etc, I was soon in a bit of a flap trying to keep track of who was going to be where, when. Many people prefer to make decisions late - both runners and volunteers - which is quite understandable. As an organiser, I'm thankful I don't bite my nails - I'd have been well on the way to my knuckles, but it all worked out fine, we had all the marshals we needed for the first new event - the hills. Teresa took on timing and also created a really simple spreadsheet to calculate the results - we were on our way.

Friday : Hills

Steve and I had bickered our way through the creation of this route. After several weeks we had something that was in the spirit of the original (tough), but that let us have base camp at the White Horse. Apparently the route is tough, the most complained about hill is Waldron, and you can get lost running down Byron Hill.



Dave starting Waldron Hill

Dave Brown was determined to complete marathon week as he's been in every one so far. This may be Dave's last marathon week as he's leaving soon for the coast.

Although it looks like we sent Mike and Pip as minders for him, he was fine.



Simon interpreting the advice to stay hydrated

Part of the fun for me of marathon week is the camaraderie that builds among everyone taking part, nearly 70 metros were involved that evening: 25 marshals and helpers, 40 runners, plus spectators and a bear. 39 finished.



Steve realises Caroline has beaten him by 5 minutes



Kevin coping with Waldron Hill

Saturday : Sand

Hills followed by Sand 12 hours later is challenging. Getting the equipment to the start is almost as much of a challenge – the car park attendant with the key slept in! The angry geese guarding their goslings moved on and we were off.



The racing line (firm sand)...

The Beach event is the one where the distance can vary depending on the latest measurements of all the other routes. This year it was 4.07k – 11 and a half laps.

The second group set off cheered on by those who had already finished and by the counters. 42 finished.

While the first group were running, I got a mild telling off for not getting an event licence from Hillingdon council, but we were fine to carry on as we promised to be away before the beach got busy.

“What evil sadist thought this up?” said one of our newer runners; Jane Scoffham (spectating) simply smiled.



Penny hits the "why am I doing this?" moment

Any Metro can take part in any event on marathon week. If you do all 5 events, you're part of the overall competition. Often people have personal commitments that mean they can't run at the set time so, as long as they do the same route and within 5 consecutive days, we accept a self- timed result. Several runners were doing the Vets League on Monday evening so decided to do their track session after the beach. Having had to do the track run myself after the Sunday woods run (at least a decade ago), I should have been sympathetic, instead I sat in the shade enjoying a cup of tea and bacon and egg roll, very pleasant.

Sunday : Woods

The weather was lovely on the Sunday morning. Our start and finish is in the Rec beside Northwood Football Club. Pete Reynolds organised access for us to the football club loos and drafted his wife in to marshal. She was very surprised – and chuffed - when everyone said hello to her when they ran past. Kim was sat at the first corner to make sure everyone ran the full distance. Just before her spot, the local cricket club were out practicing at the nets. They were really good about stopping to let everyone past at the start and then halting practice as runners began to return, applauding everyone as they ran past.



Dave Brown ready to set off ahead of the mass start

The woods is the one event where we often lose people, though usually not for too long. We'd got marshals at most of the difficult bits – and arrows – but there's no point in hanging tape everywhere as people tend to see it as litter and remove it. We had 9 marshals out, Kim, Gladys, Nancy, Pete, Derek, Angela, Steve, Gill, Andy, Mike Reid and Kath D.

My advice to those who were worried about getting lost was to run with someone else then outspurt them when the finish is in sight – after getting lost on his second lap, Jonathon decided to do exactly that.



The route worked well, Penny had a slow-motion tumble but was fine, some people were surprised by the hills (we didn't say the woods were easy). And it was great to see so many runners stay to cheer everyone in.

42 people finished the run.
Raquel got lost.





Monday : Track



Irene, Teresa, Mike Reid and Nancy all feeling under-dressed

After a glorious day on Sunday, the temperature on Monday evening was a bit of a shock. We'd been able to book Harrow School track (thanks to Nathan for organising that) so we didn't have kids, bikes and dogs to contend with as we usually do at Kings College.

39 people completed the track session.



Tuesday : Road

By Tuesday evening, I was tired, not as tired as I would have been running the event, but definitely in a “what will be, will be” zen state. I knew many runners would also be tired and possibly confused so tried to get as many marshals out as possible.

We had a staggered start so that most people would return at similar times so there wouldn't be too long for anyone to wait for the awards presentation. Dave Brown set off early, though as he always knows the route beforehand, I wasn't worried about marshals not yet being in place. The 4 official starts were reduced to 3 and the final event was underway.



It was only after all the runners had left that I realised a key spot at the five-ways roundabout on Rayners Lane wasn't covered. The race briefing had covered where runners are most likely to go wrong: turning left too early along the 5mile handicap route and heading down past the shops on Rayners Lane (again the 5-mile handicap route) rather than continuing along Imperial Drive. We'd covered off the possibility of people turning down the Towers by stationing a marshal there. And at the tennis club, we know if someone approaches from the wrong direction, they've missed a bit of the course. It appears no one went wrong at the roundabout, Tony did go adrift but got back on course, we're still not sure where he went wrong. Raquel got lost.



Awards

52 Metros took part in marathon week and 31 runners (15 women, 16 men) completed all 5 events. The full results follow this article.

The overall award for Women went to **Sasha Birkin** in a total time of **3:06:29** and (in his first marathon week), the award for men went to **Richard Wilkinson** in a total time of **2:54:22**.

As well as overall winners, we have day winners. A runner can only win one day prize.

Friday:	Sasha Birkin	Richard Wilkinson
Saturday:	Emma Ponnaganti	Kevin Smart
Sunday:	Caroline Day-Lewis	Mike Morris
Monday:	Linda Georgiades	Vincent Cheung
Tuesday:	Ruth Tidder	Simon Abery

Commiserations to Robert Bevan who came 5th overall but missed out on a day prize.

There is one other coveted prize : the wooden spatula. This is awarded to the penultimate runners. The original logic was that it's too easy to come last (apart that is from completing a marathon distance on 5 surfaces in 5 days).

The proud recipients of the wooden spatulas were Penny Hudson and Ariff Sidik.



Honourable mentions also went to

- **Raquel Russel-Ponte**: our oldest competitor was presented with a multi-tool key ring (absolutely nothing to do with her ability to create holes in every route)
- **Dave Brown**: our oldest male competitor and the only competitor to complete every marathon week to date, Dave was presented with a Metros Mug
- **Adam Leary**: the “if at first you don’t succeed” award. Adam started 5 events and finished two. An unusually sensible approach from a Metro coping with an injury.
- **Jonathan Pang**: after getting lost on the second lap of the woods, Jonathan won our compass award for stopping and following other runners.
- **The Bear**: most enthusiastic spectator award

And thanks

Marathon Week would not be the success it is without huge support from lots of Metros.
Huge thanks go to:

Al Scoffham, Alisha Sidik, Andrzej Warhaftig, Andy Fox, Angela Murphy, Barry Nolan, Clive Lucas, Dave Young, Derek Bamforth, Gertrud Porter, Gill Fox, Jane Hudson, Jasia Zimmerman, Kath Donaldson, Kim Reynolds, Linda Dunne, Linda Grimes, Mark Mulvenna, Martin Rogan, Mike Reid, Nancy Morris, Nathan Powell, Nigel Rackham, Pauline Bishop, Pete Reynolds, Peter Jose, Pip Brown, Sarah Armstrong, Steph White, Steve Paull, Teresa Young and Wendy Mulvenna and to everyone who spectated and supported the runners.

I'd like to give an additional mention to three people: **Teresa** - who made all the challenges of timing and scoring disappear, **Nancy** - who not only volunteered every day, also walked the hills and woods with me while I moaned and fuffed, and last but not least **Steve** who volunteered on each of the marshalled events but still managed to complete marathon week in the 5 days "things you have to do to get to run".

I was very touched when Sasha presented Teresa with an orchid, and myself with the most amazing Hydrangea and some pink Prosecco (someone knows me well). A lovely end to the evening.



Marathon Week will be back in 2025.

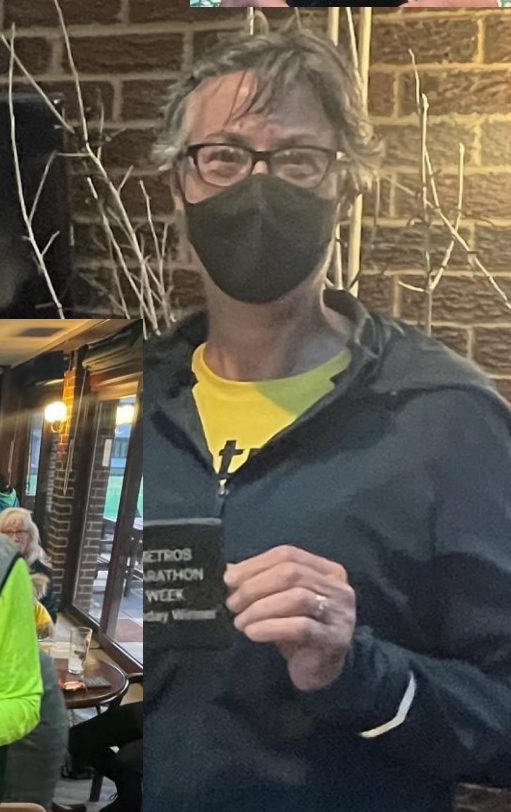
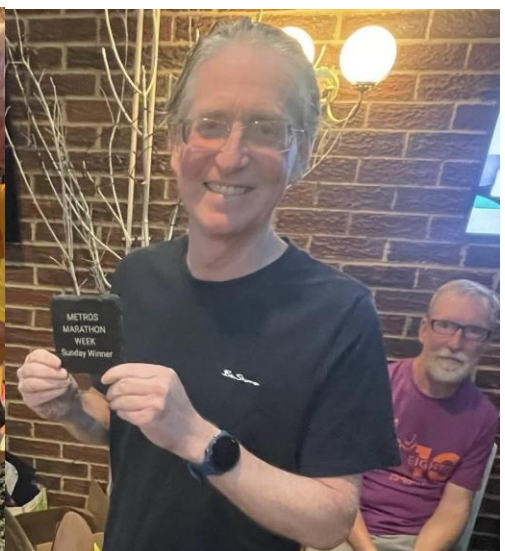
Marathon Week Winners

Sasha Birkin 3:06:29

Richard Wilkinson 2:54:22



And our day winners: Emma P*, Caroline, Ruth, Linda G, Kevin, Mike M, Vincent, Simon



* Sorry no photo of Emma P

Name	Friday	Day1 Rank	Saturday	Day2 Rank	Sunday	Day3 Rank	Monday	Day 4 Rank	Tuesday	Day 5 Rank	Total	Final Rank	Age Grading
Sasha Birkin	00:44:14	1	00:19:48	1	00:47:08	1	00:19:41	1	00:55:38	1	3:06:29	1	87.3%
Emma Ponnaganti	00:51:02	2	00:22:33	2	00:52:14	2	00:23:28	2	01:04:35	2	3:33:52	2	73.2%
Caroline Day-Lewis	00:54:21	3	00:23:26	3	00:56:12	3	00:25:48	3	01:08:38	3	3:48:25	3	76.3%
Ruth Tidder	00:58:34	4	00:24:18	4	01:03:31	4	00:25:57	5	01:17:27	4	4:09:47	4	66.9%
Linda Georgiades	01:02:58	5	00:26:27	5	01:04:47	5	00:25:54	4	01:17:27	4	4:17:33	5	71.7%
Shefali Rao	01:07:27	8	00:27:30	7	01:07:51	6	00:29:09	7	01:24:47	6	4:36:44	6	52.6%
Lorraine O'Donovan	01:10:08	9	00:27:09	9	01:09:19	7	00:30:02	10	01:24:47	6	4:41:25	7	66.6%
Una Cunningham	01:06:36	7	00:29:04	8	01:09:19	7	00:29:37	8	01:27:29	8	4:42:05	8	54.8%
Claire Millbery	01:06:24	6	00:26:28	6	01:10:16	9	00:28:58	6	01:31:35	10	4:43:41	9	55.2%
Monica Shortt	01:10:08	9	00:27:46	10	01:11:20	10	00:29:57	9	01:27:29	8	4:46:40	10	60.8%
Judy Rackham	01:10:36	11	00:30:07	11	01:18:19	11	00:30:53	11	01:33:14	11	5:03:09	11	63.7%
Marion Rogan	01:12:35	12	00:31:24	12	01:31:53	13	00:31:25	12	01:35:15	12	5:22:32	12	72.3%
Sakina Sidik	01:26:46	14	00:30:04	13	01:35:45	14	00:31:29	13	01:46:04	13	5:50:08	13	42.1%
Penny Hudson	01:26:46	14	00:36:29	14	01:35:45	14	00:34:28	14	01:46:04	13	5:59:32	14	52.9%
Raquel Russell-Ponte	01:26:38	13	00:38:09	15	01:26:00	12	00:42:12	15	01:51:04	15	6:04:03	15	77.1%
Jennifer O'Sullivan	00:58:34		00:24:46		00:59:40		00:27:23		00:00:00		2:50:23		
Carole Lloyd	01:20:21		00:00:00		00:00:00		00:00:00		01:37:42		2:58:03		
Jane Hudson	01:08:52		00:00:00		01:09:59		00:00:00		01:23:48		3:42:39		
Linda Dunne	00:00:00		00:00:00		00:00:00		00:29:06		01:31:35		2:00:41		
Veronica Georgescu	00:00:00		00:00:00		01:11:45		00:41:25		00:00:00		1:53:10		
Anne Ambrose	01:24:55		00:00:00		00:00:00		00:00:00		00:00:00		1:24:55		
Janice Newman	00:00:00		00:00:00		00:00:00		00:32:02		00:00:00		0:32:02		
Pauline Bishop	00:00:00		00:00:00		00:00:00		00:00:00		01:18:46		1:18:46		
Yvonne Walker	00:00:00		00:00:00		01:06:03		00:00:00		00:00:00		1:06:03		

Richard Wilkinson	00:41:37	1	00:18:04	1	00:43:23	1	00:18:44	1	00:52:34	1	2:54:22	1	71.6%
Mike Morris	00:51:35	4	00:21:17	3	00:50:50	2	00:21:54	2	01:00:46	2	3:26:22	2	70.7%
Kevin Smart	00:50:55	2	00:21:15	2	00:51:43	3	00:23:01	5	01:03:20	3	3:30:14	3	75.8%
Simon Abery	00:52:04	5	00:21:23	5	00:52:52	4	00:23:13	7	01:04:05	4	3:33:37	4	70.2%
Robert Bevan	00:51:25	3	00:21:45	4	00:54:46	5	00:22:51	4	01:05:45	6	3:36:32	5	70.0%
Vincent Cheung	00:54:38	6	00:24:03	7	01:01:30	11	00:22:30	3	01:05:17	5	3:47:58	6	59.5%
Sonny Peart	00:56:12	10	00:22:49	8	00:58:28	9	00:23:09	6	01:11:56	10	3:52:34	7	62.7%
Steve Paull	00:59:24	11	00:23:21	11	00:56:49	6	00:24:43	9	01:08:30	7	3:52:47	8	72.1%
Ian McPherson	00:55:53	9	00:24:07	9	00:56:49	6	00:25:21	10	01:10:56	9	3:53:06	9	63.2%
Harish Gohil	00:55:46	8	00:24:17	10	00:58:19	8	00:28:22	12	01:08:43	8	3:55:27	10	62.5%
Tony Watson	00:54:51	7	00:22:45	6	00:59:34	10	00:23:22	8	01:24:47	14	4:05:19	11	66.3%
Andrew Collier	01:04:05	12	00:25:58	12	01:11:50	15	00:27:28	11	01:17:27	11	4:26:48	12	55.7%
Martin Eden	01:06:23	13	00:27:27	14	01:06:55	12	00:29:05	15	01:21:52	12	4:31:42	13	60.5%
Jonathan Pang	01:06:33	14	00:26:19	13	01:09:17	13	00:28:47	13	01:23:09	13	4:34:05	14	49.5%
Ariff Sidik	01:10:06	15	00:32:05	15	01:10:16	14	00:28:49	14	01:30:06	15	4:51:22	15	45.4%
Dave Brown	02:05:14	16	00:48:48	16	02:22:37	16	00:50:12	16	02:30:56	16	8:37:47	16	35.0%
Keval Shah	01:07:38		00:28:19		01:08:00		00:29:24		00:00:00		3:13:21		
Adam Leary	00:00:00		00:23:14		00:00:00		00:24:32		01:09:47		1:57:33		
Chris Shearwood	00:00:00		00:00:00		00:49:27		00:21:08		01:00:46		2:11:21		
Rohan Mascarenhas	00:56:09		00:00:00		00:57:42		00:00:00		01:29:01		3:22:52		
Glyn Watkins	01:06:05		00:00:00		00:00:00		00:00:00		01:18:53		2:24:58		
Dave Young	00:00:00		00:00:00		00:57:19		00:00:00		00:00:00		0:57:19		
Ed Darnell	00:00:00		00:00:00		00:00:00		00:00:00		01:15:22		1:15:22		
John Norris	00:00:00		00:00:00		00:00:00		00:19:53		00:00:00		0:19:53		
John Walerych	00:00:00		00:00:00		01:23:07		00:00:00		00:00:00		1:23:07		
Mike Ransome	01:20:21		00:00:00		00:00:00		00:00:00		00:00:00		1:20:21		

Peter Reynolds	00:00:00		00:00:00		00:57:09		00:00:00		00:00:00		0:57:09	
Tony Rhodes	00:00:00		00:00:00		00:58:08		00:00:00		00:00:00		0:58:08	

WINNERS

Overall Sasha Birkin
 Richard Wilkinson

Friday Sasha Birkin
 Richard Wilkinson

Saturday Emma Ponnaganti
 Kevin Smart

Sunday Caroline Day-Lewis
 Mike Morris

Monday Linda Georgiades
 Vincent Cheung

Tuesday Ruth Tidder
 Simon Abery

Wooden Spatula Penny Hudson
 Ariff Sidik



Barbara's Chocolate Cake

Barbara Robson's chocolate cake is often a post-run treat at Saturday Metros, here's the recipe.

Ingredients

4 oz. (100g) caster sugar
5 oz. (140g) soft margarine
3 eggs
5 oz. (140g) self raising flour
3 oz. (140g) drinking chocolate,
3 tablespoons (45ml) boiling water.

Method

Mix all the ingredients together you'll need an electric mixer. Mix until the mixture is a soft and creamy consistency.

Line the base of 8" cake tin with baking parchment, grease tin.

Pour the mixture into the tin

Cook for 35 mins at Gas Mark 4.

Leave cake in tin for 5 mins. then turn out on to a wire tray.

Filling and Topping

5 oz. (140g) butter
5 oz. (140g) icing sugar
2 desert s of cocoa powder

Mix all the ingredients together until fully incorporated. Can be used as topping and/or a filling if desired and the cake is cut into two layers.

NOTES OF METROS COMMITTEE MEETING

Wednesday 28 June 2023 at 8:00pm

Venue – Nigel & Judy Rackham's house

Attendees (Committee members): Tarana Agarwal, Steve Alder, Andy Fox, Pat Jackson, Irene Paull, Steve Paull, Nigel Rackham, Mike Ransome Marcus Weedon, Teresa Young
Via 'Phone Link: Nathan Powell (Non-Committee – part meeting)

1.Apologies

Anne Ambrose, Marilyn Pickford, Ariff Sidik

Chair: Nigel Rackham

Note Recorder: Pat Jackson

Nigel welcomed Andy Fox to the committee and thanked Mike Morris, Barbara Robson and Paula Ryan, who had left the committee, for their input.

2.Actions from Last Meeting

- a. **Runners World Discount** should be displayed in each issue of Metrolines.

ACTION: Anne Ambrose

- b. **Sportshoes and Cotswold Outdoor Shop Discount** - ongoing.

ACTION: Irene Paull

- c. **Assistant Coach Course at Perivale** – still no further details.

ITEM CLOSED

3. Club Events

- a. **HHR (Harrow Hill Race) and New Run Director** – A third Run Director is needed to replace Paula Ryan.

ACTION: ALL MEMBERS

- b. **Marathon Week 2023** – last held 5 years ago. Irene was thanked for organising the successful programme and Teresa for recording and compiling the results. 52 participated and 31 did all events, almost equal men and women entrants.

ITEM CLOSED

- c. **Summer League** – Irene gave a detailed report on our challenging host fixture. Irene was thanked for the report and as Race Director. Individual items will be discussed at future meetings.

ACTION: Irene Paull/Pat Jackson

Metros Shed – collecting race equipment highlighted various matters which need to be discussed with the Scouts.

ACTION: Pat Jackson/ Marilyn Pickford

- d. **Wembley Stadium 1k, 3k and 5k run/walk/buggy push and social evening** – suggested by Nathan Powell and will be discussed at a future meeting.
ACTION: ITEM FOR FUTURE MEETING
- e. **1 Hour Track Challenge** – reviewed later in the meeting.
- f. **TVXC 2023** – Following parking problems last year, approval to hold the race means a 4.00 pm race start. The other clubs involved have agreed to the later start time and the time and venue will be reviewed for next year.
ACTION: Marcus Weedon
- g. **Summer Sports Day** – Marcus confirmed arrangements are in hand.
ACTION: Marcus Weedon
- h. **Monday Night Walk (Second Monday)** – suggested by Sakina and approved. Irene will add to Spond.

ACTION: Sakina Sidik/Irene Paull

4. Other Events

- a. **Hall of Fame** – on hold at present.
ACTION: ITEM FOR FUTURE MEETING
- b. **Stragglers Riverside Relay – Sunday 3rd September** – Teams of five. Marcus will advertise and team fees will be agreed when Metros participation is known.
ACTION: Marcus Weedon

5. Admin

- a. **Accounts** – Teresa confirmed the accounts are healthy and was thanked for preparing the accounts for the AGM.
- b. **Membership** – Irene confirmed some members have still not renewed
 - . Session Coordinators will be given a list of those involved who will soon be removed from Spond.
ACTION: Irene Paull
- c. **EA Requirements** – Steve confirmed more Metros Welfare Officers are needed.
ACTION: Steve Alder
- d. **New Lightweight Jackets** – these have been ordered, delivered and distributed. A request for further orders will be made later in the year. Nathan and Pat were thanked for their input. **ITEM CLOSED**
- e. **AED Children's Pads** – Teresa confirmed she had added instructions with each AED concerning using adult pads on children.
ITEM CLOSED

6. AOB

- a. **Ravenscroft Health Free Physio Sponsorship** – as Metros host very few events, it was agreed not to pursue this. **ITEM CLOSED**
- b. **Minutes of AGM** – An auditor for this year needs to be confirmed.
ACTION: Steve Alder
Nathan joined the meeting via conference call.
- c. **One Hour Track Challenge – Friday 1st September** – following a suggestion by Nathan, it was agreed that individuals or teams of four, run or walk on Harrow School track to ascertain the distance covered in an hour.
ACTION: Nathan Powell
- d. **5K Mid-Month Friday Run Merry Hill** – A further run suggested by Nathan was agreed. Nathan and Gerry Barker will organise.
ACTION: Nathan Powell/Gerry Barker
Nigel thanked Nathan for his suggestions.
- e. **5K Series** – Nathan will book Harrow School Track on the 1st Saturday in the month in February, May, August and November.
ACTION: Nathan Powell
- f. **Lightweight Folding Cart** – agreed useful for transporting Metros equipment. Andy Fox and Teresa Young will investigate.
ACTION: Andy Fox/Teresa Young

7. Items for Future Meeting

- a. **Calendar for 2024**
- b. **Roxbourne Park Bench** – Teresa will again contact Harrow Council.
ACTION: Teresa Young

Meeting closed at 9.30 pm with thanks to Nigel and Judy for their hospitality.
Following a request that meetings occasionally be held other than on Wednesday: **Date of Next Meeting THURSDAY 7TH SEPTEMBER**

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.