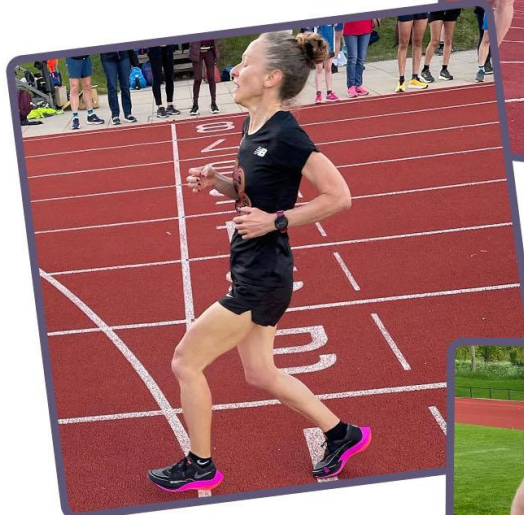




June 2023
Issue No. 409



Roger Bannister Mile – 5th May.

Metros Diary

June

Fri 2 – Tues 6 Metros Marathon Week

Mon 5	Vets Track & Field – Hillingdon	6.30 pm
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
Mon 19	Vets Track & Field – Battersea	6.30 pm
Weds 21	Summer Solstice Run	8.05 pm
Fri 30	LFOTM – tbc	11.50 am

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
Fri 28	LFOTM – tbc	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	Wot No Watch, Roxbourne Park	9.00 am
Sun 13	Summer League – Battersea	9:45 am
Fri 25	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!

June sees the long-awaited return of Metros Marathon Week – good luck to everyone taking part.

If you fancy a new challenge and want to push yourself to the limits, see Mitesh's article on the HYROX challenge.

It's warming up and Summer is finally here, and the Summer League starts on 18th June with the Metros event at Headstone Manor – please come along even if you are not running and I'm sure Irene could do with a few more volunteers to help.

Hope to see you there.

Anne Ambrose

Metrolines Contributions

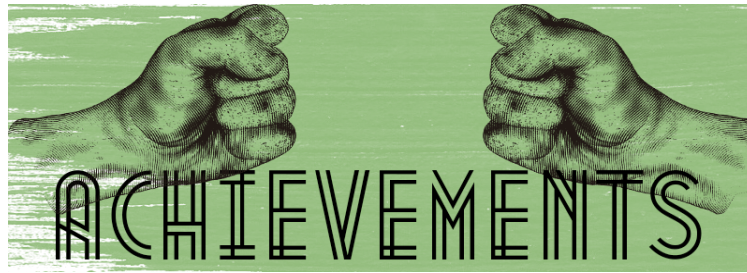
All contributions welcome – please send your results, articles and photos to Anne Ambrose

Email: metrolines1@gmail.com

Articles should consist of no more than 3 to 4 sides of A4 font Arial 14. Please provide in Word format.

When submitting articles, please ensure that all information is correct, and that times, dates and places are clearly shown.

Contributions by 15th of each month please.



Well done to.....

Simon Abery – for completing his first marathon at Milton Keynes on 1st May

Sasha Birkin – for breaking the VW50-54 Age Category Record at Victoria Dock parkrun on 20th May in a time of 18:31 with an age grading of 89.22%

Terry and Diane Burke - for coming first in their age groups at Talkin Tarn parkrun (Cumbria) on Saturday 20th May. Also, Terry did his 250th parkrun on Saturday 6th May at Seaton Park run

Rohan Mascarenhas- for completing his 50th parkrun volunteering milestone at Canons Park on 29th April.

Russel Morris – for completing his 100th parkrun at Harrow on 27th May.

Wendy Mulvenna – for completing her 200th parkrun at Canons Park on 6th May

Kevin Nally – for completing his first triathlon at Hatch End – Harrow Triathlon on 21st May.

Tim Oakley – a PB at Northala parkrun on 25th April

Jennifer O’Sullivan – for completing her 100th parkrun at Canons Park on 6th May

Matthew Rackham - 5k PB (at Rock Creek Trail parkrun) - 18:17

Matt Rogan – for completing his first ultra marathon at Goring Gap 50k, 14th May

Email your achievements to metrolines1@gmail.com

Thank – you Barbara

Barbara Robson has decided to step down from the Metros Committee, after 30 years. In recognition of her hard work and long service, Steve Alder presented Barbara with a bouquet at the recent AGM.



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
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 LRRC Coordinator.

Vincent Cheung – LRRC 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 Race Results



Marlow 5 – 14th May

Pos		Gun Time	Net Time
48	Nathan Gee	00:31:12	00:31:08
229	Simon Abery	00:39:49	00:39:32
416	Michael Reid	00:45:29	00:44:51
551	Una Cunningham	00:50:00	00:49:00
577	Jane Hudson	00:51:06	00:49:51
618	Philippa Brown	00:52:54	00:51:55
620	Sarah Armstrong	00:52:58	00:51:05
705	Penny Hudson	00:57:35	00:56:10
720	Stephanie White	00:59:18	00:58:01
728	Anne Ambrose	00:59:50	00:58:26
778	Finishers	01:15:42	01:14:28



Summer League – Dates for your diary

18 June	Metros, Headstone Manor	(5M) 9:30am
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



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

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

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

Last Friday of the Month – Merry Hill



On the last Friday of each month a group of Metros meet at lunchtime for an approx. 5k run or walk (depending on ability/fitness) in different locations every month. The May run at Merry Hill, organised by Gerry Barker has become a favourite route and it is hoped to the repeat this soon – not necessarily on a Friday lunchtime.

If you would like to do this trail run yourself, in a beautiful location, while the weather is still sunny and dry, here are a few details.

Run Notes

Start at Carpenders Avenue- straight across Merry Hill Fields to meet Merry Hill Road. Turn left down Merry Hill Road. Keep to the right-hand side when there is no pavement – for safety as the road is narrow. At the lowest point where the road curves, there is a footpath on the left. Take the middle path uphill. At the top you will meet the Oxhey Green Allotments. Do not go through the gates but turn left looking at a long run across the fields, leading to a 5-bar gate. You will meet Merry Hill Greenway (bridle path). A twisty left then a right will bring you to a 5-way junction. Take the south path – and check with map. Next another 5-way junction, go straight on. A short way further you will meet the first footpath from Carpenders Avenue, turn right and head back to the start.

Route Map



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
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

Metros 5K Roxbourne Park 13th May 2023

NAME	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Caroline Day-Lewis	Metros	FV 55-59	24:18	74.49%	50
Angela Murphy	Metros	FV 70-74	32:00	73.18%	49
Emma Ponnaganti	Metros	FV 45-49	22:43	72.05%	48
Linda Georgiades	Metros	FV 60-64	27:11	70.39%	47
Janice Newman	Metros	FV 75-79	36:56	69.36%	46
Ruth Tidder	Metros	FV 50-54	26:24	65.97%	45
Judy Rackham	Metros	FV 60-64	30:49	64.79%	44
Raquel Russel-Ponte	Metros	FV 80-84	41:08	64.79%	43
Jennifer O'Sullivan	Metros	FV 45-49	26:29	61.80%	42
Claire Cook	S'Court	FV 55-59	29:46	60.81%	41
Sarah Westwood	Metros	FV 65-69	37:39	58.17%	40
Penny Hudson	Metros	FV 60-64	37:25	52.61%	39
Jo Collier	Metros	FV 55-59	34:46	52.06%	38
Carol Valentine	Metros	FV 60-64	37:39	51.53%	37
Gladys de Groot	Metros	FV 70-74	47:38	49.16%	36
Diane O'Reilly	Metros	FV 50-54	36:43	46.21%	35
Pip Brown	Metros	FV 40-44	36:43	42.85%	34

Volunteers:

		Avg Points
Anne Ambrose	Recording	42
Nancy Morris	Marshal	42
Steph White	Marshal	42
Marilyn Pickford	Marshal	42
Teresa Young	Marshal	42
Barbara Reading	Marshal	42
Jane Hudson	Marshal	42
Barbara Robson	Marshal	42
Ceri Jacob	VI Guide	42
Irene Paull	Time Keeping	42
Linda Dunne	Refreshments	42

NAME	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Nigel Rackham	Metros	MV 60-64	19:16	83.25%	50
Dave Young	Metros	MV 65-69	24:35	70.16%	49
Tony Watson	Metros	MV 65-69	24:13	69.91%	48
Adrian Cook	S'Court	MV 60-64	23:26	69.05%	47
Kevin Smart	Metros	MV 60-64	23:58	68.72%	46
Robert Bevan	Metros	MV 55-59	23:49	66.76%	45
Simon Aberly	Metros	MV 55-59	23:40	66.60%	44
Mike Morris	Metros	MV 55-59	23:32	65.85%	43
Steve Paull	Metros	MV 65-69	27:38	63.07%	42
Harish Gohil	Metros	MV 55-59	24:42	62.74%	41
Mitesh Patel	Metros	SM	21:31	62.05%	40
Rohan Mascarenhas	Metros	MV 50-54	24:55	61.16%	39
Tim Oakley	Metros	MV 60-64	28:09	59.05%	38
Bill Harrington	Metros	MV 60-64	28:13	57.35%	37
Mike Ransome	Metros	MV 70-74	33:27	54.85%	36
Jonathan Pang	Metros	MV 45-49	28:25	50.68%	35
Dave Brown	Metros	MV 75-79	52:51	35.85%	34

Volunteers:

Andrew Collier	Marshal	Avg Points
Steve Paull	Lolly Sticks	42
Andrew Dempster	Refreshments	42



London Marathon 23rd April - Update

Additional Result:

Place (Overall)	Name	Half	Finish
14466	Jeff Suffield	01:49:51	03:50:06



Jonathan Collier a former junior Metro (and son of Andrew and Jo) pictured crossing Tower Bridge on his way to a 2.23.52 Marathon debut. He came 28th overall – a significant achievement.

Earlier this year he ran a 64.37m half marathon in Barcelona and has a place on the Elite start for the Great North Run in Sir Mo Farah’s last race.



Following her recent London Marathon performance, Raquel Russel Ponte is now ranked 12th in her age group (FV80+) in the Abbott World Marathon Majors rankings. She joins fellow Metros Nigel Rackham and Sasha Birkin in the world rankings, (they are ranked 17th and 18th respectively in their age groups).

Raquel is still celebrating!

Ride London – 28th May



Congratulations to Jennifer O'Sullivan, who completed the Ride London 100-mile cycle ride in 08:29:45. She was greeted at the finish by Linda Dunne and Monica Shortt who volunteered at the event to distribute medals to finishers.

Milton Keynes Marathon – Monday 1st May

382 John Norris 3.47.59
806 Simon Abery 4.28.42
1388 finishers



Watford Bluebell 10K – 1st May

Overall Pos		Gun Time	Net Time	% Age grade	Pace min/km
1		00:37:25	00:37:24	70.96	3:44
14	Tanasheh ABRAHAMS	00:47:33	00:47:25	55.51	4:45
57	Marc SINDOLE	00:54:00	00:53:51	48.88	5:24
60	Rohan MASCARENHAS	00:54:38	00:54:16	56.27	5:27
78	Elizabeth ABRAHAMS Sudbury Court	00:56:57	00:56:31	64.99	5:41
115	Michael REID	01:02:22	01:02:01	53	6:14
147	Lorraine O'DONOVAN	01:09:04	01:08:43	55.66	6:54
148	Monica SHORTT	01:09:04	01:08:44	51.67	6:54
157	Kerrie LAWRENCE	01:10:48	01:10:26	45.64	7:04
201	Finishers	01:54:54	01:54:14	37.3	11:29

Chiltern Ridge Ultra Trail 50km – 11th May

1		04:14:58
178	Sarah Belchier	08:33:20
183	Sakina Sidik	09:31:02



Hereford 10K – 14th May

Pos		Gun Time	Net Time
1		33:09	33:08
65	Chris Shearwood	53:17	53:16 2 nd V60
265	Finishers	1:41:15	1:41:04

Goring Gap 50km Ultra Marathon – 14th May

1		03:53:42
18	Matt Rogan	04:57:29
374	Finishers	10:05:31

Saxon 100mile Ultra Marathon- 20/21st May

1		17:44:29
31	Louise O'Reilly	26:07:49
Last		31:18:49

Measured Mile - 20 May 2023

Name	Time mm.ss
Marcus Weedon	5.30
Nigel Rackham	5.44
Simon Abery	6.23
Kaushik Suresh	7.15
Dave Young	7.17
Bill Harrington	7.53
Paul Hor	7.53
Linda Georgiades	8.26
Robyn Walliser	8.48
Judy Rackham	8.53
Marilyn Pickford	9.14
Anne Ambrose	9.59
Teresa Young	10.08
Janice Newman + Gordon Valentine	10.19
Elish Fernandez	10.41
Steph White	10.48
Raquel Russel Ponte	11.18
Carole Valentine	12.24
Barbara Pacinella	12.24
Gladys De Groot	12.51
Henry Pickford	13.05

It was a very sunny morning for the Measured Mile today in Roxbourne park. There was just one group of 21 runners who took part in the third out of the four miles in this competition. Welcome to Kaushik and Barbara who ran the mile for the first time today, we hope it was a good experience and look forward to seeing you for the next Measured Mile in August when you will, now you know the course and you have some time to train, no doubt improve on today's times. Improvers to congratulate on the last mile in February are Carole, Gladys, Judy and Elish, well done. See you all in August for the next Measured Mile.



Wheathampstead 10K – 21st May

Pos.		Gun Time	Net Time
1		00:35:33	00:35:31
326	Pauline BISHOP	01:06:28	01:05:56
331	Monica SHORTT	01:06:46	01:06:14
416	Finishers	01:44:16	01:43:18



Marsworth 10K Fun Run - Sun 21st May 2023

A surprisingly warm day for a lovely run through fields and along the (bumpy) Aylesbury & Wendover Arms of the Grand Union canal. More ups and downs than I remembered, and a short steep climb (that I did remember) to the finish.

Nice wooden or cookie-based medals and lots of tea and cake at the end.

Adam Leary

Pos.		Time
1st M		39.11
1st F		43.34
50th	Adam Leary	52.05
91st	Dave Young	58.26
121st	Andy Fox	61.18
184th	Teresa Young	84.47
	Final Runner	93.03

Well done Teresa



Hackney Half Marathon – 21st May

Pos		Chip Time
1		1:07:56
16021	Ariff Sidik	2:15:48
19795	Finishers	

Windsor Trail Half Marathon – 21st May

1		01:28:04
31	Clive Lucas	01:49:07 1 st 60+
38	Clive Heidrich	01:51:29
164	Rohan Mascarenhas	02:08:20
292	Lorraine O'Donovan	02:33:03
347	Finishers	04:31:24

Hatch End - Harrow Triathlon, 21st May

400m pool swim, 17km road cycle, 3km off-road run

Pos.		Overall Time
1		00:49:06
22	Jon Jackson	01:04:24
78	Jennifer O'Sullivan	01:19:51
80	Linda Frances Dunne	01:20:00
138	Kevin Nally	01:52:44
141	Finishers	02:03:23

Well done Kevin.

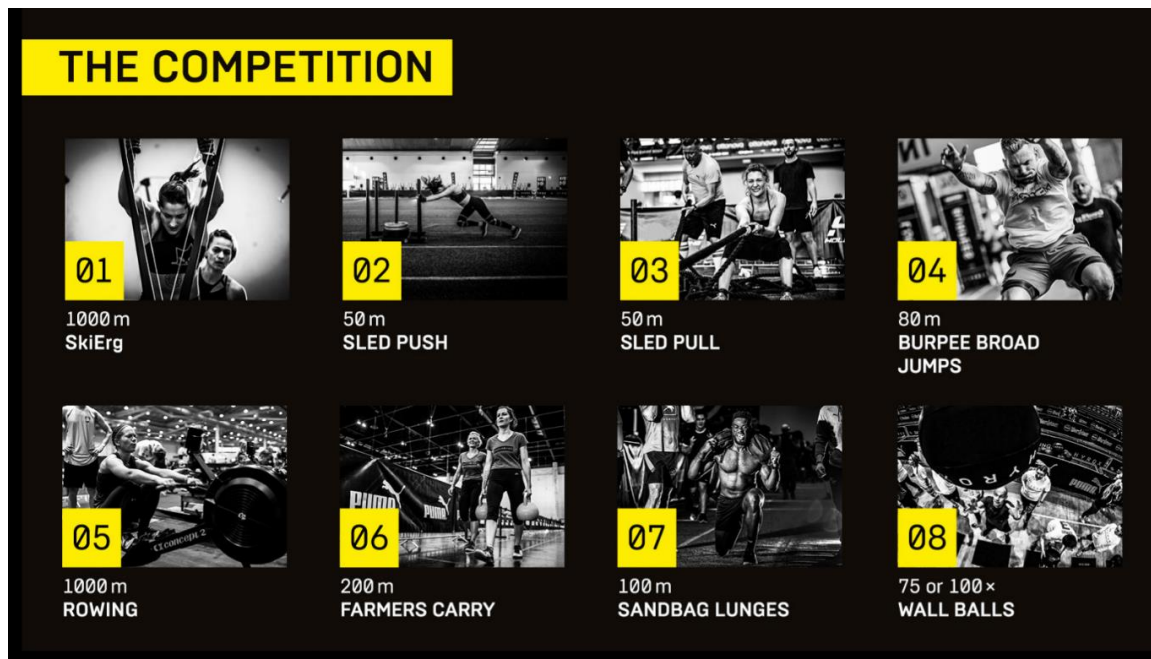


HYROX

Olympia London, 1 May 2023 by Mitesh Patel

What is HYROX?

Billing itself as the 'World Series of Fitness', HYROX events all follow the same formula: 8 x 1km of running, interspersed with eight different exercise stations, designed to test every facet of fitness.



Training

After running the Tokyo marathon in early March, I cut back on running and incorporated more strength work into my training. I felt confident with the running part of the race, but I was worried about some of the exercises, in particular the sled push (152kg) and sled pull (102kg). It's recommended you go above these weights in training so it feels easier on race day, but I physically couldn't push any heavier. I set myself a target of getting under the average time for the event which was around 90 - 95 minutes.

The world record holder for the event says: "Pacing is the most important thing in the race. You should treat the beginning part – which is very challenging with the harder movements at the front – almost like a warm-up." So even if you're really

strong at certain exercises, you should just aim to go at around 80% of your maximum throughout the race. This is much easier said than done as I was about to find out!

Race Day

Small groups of around 30 competitors set off every 15 minutes and as my wave was at 6pm, the event was already in full swing. Loud music blared from all directions which helped create a feverish atmosphere. All the running takes place on the perimeter of the track and the exercises take place in the middle of the track. A fair number of competitors take part topless, and in my heat the topless guys were pacing up and down the start pen waiting for the race to begin. Some of them inadvertently crossed the start line and were told they had to get their timing chips reset and they'd miss the start, which the rest of us found very amusing!

Sled Push & Pull

I tried to follow the advice about going at 80% and conserved some energy during the first kilometre, ski erg and second run. However, my plan to pace myself went completely out the window after the sled push. You have to push a 152kg sled up and down a 12.5m track 4 times and I was dying after one length. I had to rest 30 – 60 seconds after each length and by the end of it, my lungs were on fire and my legs felt like jelly. The next run was pretty slow and then came the sled pull.

In training, I had found this exercise easier than the push, but I really struggled. My technique was to try and reel the sled in using upper body strength, but the sled only inched along painfully slowly. Other competitors were grabbing the rope, sinking down low and then taking a few steps back which seemed easier, and I tried to copy them, but I kept tripping up on the rope. By the time I finished the sled pull, I was one of the last in my heat which was depressing.

Although I considered myself an okay runner, I hadn't done a lot of "compromised running" which means running between or after tiring exercises, or as I like to put it, running with post-traumatic sled disorder. My run was turning into a jog and what I thought was my biggest strength clearly wasn't anymore. What was particularly disheartening was as there was a new wave every 15 minutes, all the fresh competitors were streaming past me. On the plus side, I had got the hardest two exercises out of the way.



Burpees & Lunges

The next exercise was 80 metres of burpees with a broad jump. This is a variation of the normal burpee that replaces the upwards jump at the end with a forward jump. Some people try to cover as much distance as possible with the forward jump, but the explosive movement is energy sapping, so I just aimed for medium sized jumps. This was one of the few events I overtook people on which was morale boosting, but by the end my heart rate was soaring again, and I allowed myself a quick drink break.

Run, 1000m row, run, and 200m farmers carry with 24kg kettlebells in each hand followed. My tactic was to do the farmers carry as quickly as possible before my forearms realized what was happening to them and this worked to some extent as I managed to complete it in a fast walk with a quick rest halfway through.

Another run and then 100m of lunges with a 20kg sandbag on your shoulders was up next. In training I had maintained a quick rhythm when doing lunges, but on the day I had to pause after each one and it was a bit stop start. My quads were burning and one of the rules for this event is that you're not allowed to put the sandbag down which was mentally tough.

Judges & Wall Balls

The event takes itself quite seriously, there are judges at each exercise, and I received a few warnings for incorrect technique/form! In the sled push, my head was touching the sled and the judge said I couldn't use my head! In the burpee broad jumps, I was warned for placing my hands too far in front of my feet when

coming down for the burpees (thereby making up distance unfairly). If you get 2 warnings for an exercise, you receive a time penalty, but luckily this didn't happen to me.

Finally, there are some strict rules for the last exercise, wall balls. A wall ball involves (you guessed it) a wall and a ball which is essentially a big, squishy, 6kg medicine ball. You have to squat with the ball, stand up and then throw it at a target on a wall 3 meters high, 100 times! At the bottom of the squat, your bum must be lower than knee height, and if it isn't, you get a "no rep" which means it doesn't count. You also receive a no rep if your ball doesn't hit the target.

My plan was to break it down into 10 sets of 10 with a brief 10 seconds rest between sets but I ended up taking about 30 seconds rest after each set. After 3 sets, I thought I had done 30 but the judge said 4 of them didn't count which was annoying! Because of no reps, I ended up doing around 110 – 120 reps. It's a vicious circle as the more reps you do, the more tired you get and the more likely you are to get a no rep. No reps haunted my friends and I after the race ha-ha!



After thoughts

I finished in 1:27 which I was very pleased with. To give you some context, the elite athletes finish in around an hour and the slowest in around three.

How hard was it? The sled push and pull destroyed me and from then on I was just trying to cling on. I'd give 4 of the exercises at least a 9 out of 10 in terms of difficulty so it's definitely a challenging event. It's different to a race where you hope to keep a steady rhythm, my heart rate was all over the place, and I couldn't keep it under control.

Did I enjoy it? I thought the first 15 minutes were ok, but the sled exercises killed me and after this my legs were gone, and I just wanted it to finish as soon as possible. I guess the sense of achievement afterwards made it worthwhile, although my legs would argue otherwise!

Would I do it again? My lack of strength let me down in the sled exercises so I know I could shave a few minutes off them if I trained more. My wall balls were also a disaster class in how not to do them, so overall I feel like I have unfinished business with HYROX. Even though I cut down on running while training for it, I think the strength work has made me a better runner so it's definitely something I want to take on again in the future.

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.