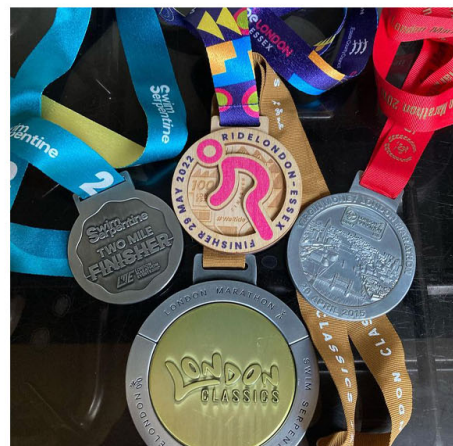
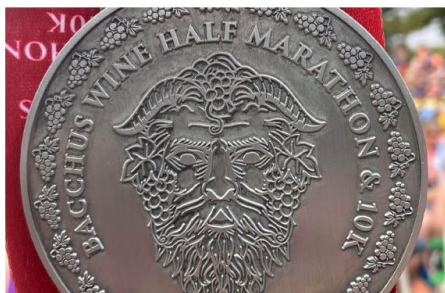




Metros Diary

October

Sat 7	Metros 10K Challenge, Roxbourne PK	8.50 am
Sun 8	TVXC – Metros Event – Hillingdon	4.00 pm
Thu 12	Committee Meeting	8.00 pm
Sat 14	Wot No Watch, Roxbourne Park	9.00am
Sun 15	Cabbage Patch 10	9.00 am
Sat 21	parkrun – Harrow	9.00 am
Sun 22	TVXC Bracknell Forest	11.00 am
Fri 27	LFOTM- Centenary Park, Stanmore	11.50 am

November

Sat 4	Metros 5K Challenge, Roxbourne Park	9.00 am
Sat 4	Liddiard Trophy XC	1.00 pm
Sun 5	Marlow HM & 7 Miles	9.30 am
Sat 11	Measured Mile, Roxbourne Park	9.00 am
Sun 12	TVXC – Datchet	11.00 am
Fri 17	Pizza & Prizes	7.00 pm
Fri 24	LFOTM – tbc	11.50 am
Sun 26	TVXC – Sandhurst	11.00 am

December

Sat 2	5-Mile Handicap, Roxbourne Park	9.00 am
Sat 9	Wot No Watch, Roxbourne Park	9.00 am
Sun 10	TVXC – Marlow	11.00 am
Sat 16	parkrun – Northala Fields	9.00 am
Fri 22	Winter Solstice Run	6.50 am
Fri 29	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!

September was quite a medal haul for Metros, with some fantastic results including another 1st M60 for our chairman, Nigel, at the Berlin marathon.

We are all inspired, and we will have the opportunity to celebrate all the Metros achievements at the awards evening on 17th November. A date for your diary!

October sees the start of the cross-country season and please come and support our event on 8th October, some volunteers are still needed.

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.....

Richard Brown – for reaching his 100th parkrun milestone at Harrow on 2nd September

Terry Burke – for coming first in his age group at Seaton parkrun, Devon on 2nd September

Vincent Cheung – for completing his 500th parkrun at Wycome Rye parkrun on 2nd September

Una Cunningham Taylor – for a half marathon PB at the Vitality Big Half on 3rd September

Linda Dunne – for completing the Serpentine 2-mile swim and the London Classics challenge,

Lynne Jones – for a half marathon PB at the Great North Run, on 10th September

Rohan Mascarenhas – for a 10K PB at the Vitality 10K on 24th September

Irene Paull – for coming first in her age group at the Spitfire 10K on 17th September and the Bedford Autodrome 10K – 24th September

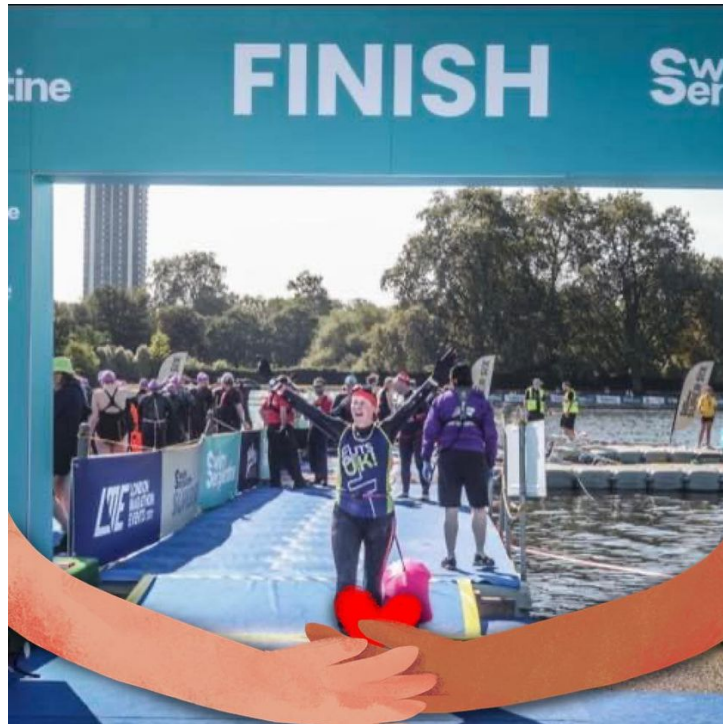
Nigel Rackham - for coming first in his age group in the Berlin Half Marathon

Mike Reid – for a half marathon PB at the Great North Run

Zaheer Sidik – for completing his first half marathon at the Vitality Big Half on 3rd September.

Email your achievements to metrolines1@gmail.com

The London Classics – *Et Ego Londinium Vici*



Congratulations to Linda Dunne for completing the London Classics challenge with a 2-mile swim in the Serpentine on 16th September in a time of 1:58:35.

To complete the London Classics challenge, competitors are required to run the London Marathon, cycle 100 miles in the Ride London-Essex 100 and swim two miles at Swim Serpentine. Those completing this iconic trio of events receive a specially designed and much-coveted **London Classics medal** engraved with the Latin words: *Et ego Londinium vici* ('I too have conquered London') and will be listed in the London Classics Hall of Fame.

Linda Dunne having completed the London Marathon and RideLondon was due to swim 2 miles in the Serpentine last year on 17th September, but due to the national mourning period Swim Serpentine was sadly cancelled. The event was nearly cancelled this year due to blue-green algae in the Serpentine. Fortunately, the level of algae reduced enough for the event to take place and for Linda to gain her Classics medal.

**Thames Valley Cross Country
Sunday 8 October (15.00 to 17.30)
Hillingdon Sports and Leisure Complex
Gatting Way
Uxbridge**



The Metros TVXC is the first in the season and we need lots of marshals for the course to make a brilliant start for the many runners we expect to take part. If you can volunteer to marshal please either sign up on Spond (you have to scroll down to find the section) or just email me on -

a.murphy91@yahoo.co.uk

or let me or Carole Wells or Sarah Westwood know when you see us. We need your mobile and your email address please to contact you with the details. Many thanks in advance for the amazing support you always give.

Angela Murphy

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.

Metros Fundraising

Mike Ransome will be participating in the The Royal Parks Half Marathon, taking place on Sunday, 8th October.



Mike says that the distance may seem unduly short but, he suspects it will seem as hard as a full marathon which has been taken on more easily in the distant past. Training has been limited and he may have to take long walks on the day. Mike will be running in aid of the Alzheimer's Society.

If you would like to support Mike and this worthy cause, here's a link to his justgiving page:

[Michael Ransome is fundraising for Alzheimer's Society \(justgiving.com\)](https://www.justgiving.com/michael-ransome)

Any kind donations much appreciated.

Thank you

METROS YOUNG RUNNERS' AWARDS

The Metros Young Runners' Awards are presented annually at the Awards Presentation Evening – Pizza and Prizes - which, this year, will be held on

Friday 17th November

There are two awards for Metros runners who are under 18 years, one for boys, one for girls. The recipients of these awards will be decided by the Committee on Thursday 12 October.

Would you please let Steve Alder (Metros Honorary Secretary) have any **nominations** for the Metros Young Runners' Awards

by Monday 9th October

The criteria to be considered are participation, achievement, effort, determination and sportsmanship.

A reminder that those who received the awards last year are not eligible to be considered this year – Nisha and Tara Ponnaganti and Rocco Keene.

Please contact Steve Alder: s.alder@virginmedia.com 07894905456

Regards

Ariff Sidik

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

Liddiard cross country, Saturday 4th November 1pm – Fryent Country Park Kingsbury



[Liddiard Trophy | QPH \(queensparkharriers.org.uk\)](http://queensparkharriers.org.uk)

Back in the dim and distant past i.e., mid 90s, Metros used to put respectable sized teams in the North of Thames Cross Country Event.

I'm not totally sure if the North of Thames and the Liddiard are one and the same thing, but the details are pretty much the same.

The Liddiard is hosted by Queen's Park Harriers at Fryent Country Park in Kingsbury on 4th November (Saturday). Start time 1.00 pm.

I'll shortly receive all the details from Bill O'Connor of QPH. Some of the longer serving Metros will know this gentleman, who is famous for running in every London Marathon.

So, this is a heads up to see if we can generate some interest. It was a bit of a rush job last year and we only had 4 runners.

Fryent Park was my first ever cross country and the first time I ran in spikes. A very interesting course, challenging in parts but fair. In the past some runners have been put off by events such as this as they feel the standard is too high. Yes, the sharp end of the race is higher than Thames Valley, but all abilities are catered for, and the organisers love to see us.

So, if you fancy a go or would like more information, contact me or Nathan Powell (who gives valuable assistance).

Just one thing, this is not like Thames Valley where you just turn up; we have to officially enter the teams beforehand.

For further information contact Al Scoffham

Tel: 07437 457104

Almetros@yahoo.co.uk

**Winter Solstice Run – Friday 22nd December
Meet at John Lyon School, Middle Road**



A run, run/walk or walk (all abilities welcome) over Harrow on the Hill to celebrate the winter solstice and hopefully see a sunrise at 8.05am over London from the top of harrow on the hill. Distance 3miles to 7-miles depending on the group.

<https://www.metoffice.gov.uk/weather/learn-about/weather/seasons/winter/winter-solstice-facts>

Meet at 6.50am outside John Lyon School, Middle Road.
Please bring along lights and bright clothing and check Spond for any updates e.g., adverse weather conditions

Anyone unable to attend the run/walk please feel free to join us at the top of Harrow on Hill near Football Lane for 8am or for breakfast afterwards (venue to be confirmed nearer the time).

Nathan Powell

Garmin Features Group



Would you like to know more about the functions of your Garmin running watch or after reading the Garmin manual or watching online videos you still cannot master the features you would like to use?

Or would you like to know more about about Garmin training features?

Are you someone who is a whizz with Garmin watches and can share your knowledge?

Or are you looking to buy a Garmin running watch and unsure which model to choose.

We are going to launch a WhatsApp group for anyone who wishes to share their Garmin tips (for example if you are using the Garmin wrist heart rate monitor for optimal accuracy you should allow a finger's width between the watch and wrist to reduce perspiration affecting the optical heart rate sensor), ask a question, upload a Garmin demonstration etc or perhaps offer to meet a member at a club session to set up the function and demonstrate it.

If you would like to join the WhatsApp group please reply to me with your name and mobile number to add you to the group. For now, this group will only be for Garmin, but another group could be set up for Apple watches if there is demand.

Ariff Sidik
abus.stg@gmail.com

Spencer Ran TDS (On Les Traces de Ducs de Savoie) – Claire Millbery

On Monday 28th August Spencer joined the start line of the UTMB (Ultra Trail du Mont Blanc) race TDS. This is a 145km mountain race with 9100m of elevation starting in Courmayeur in Italy and finishing in the Beautiful town of Chamonix in France.

The race starts at 11.50pm in the evening and on the morning of the race the organisers put out an email stating the cold weather kit must be taken and a diversion had been put in place due to the conditions, meaning there was an extra 5 miles added to the route!!!!

We got to Courmayeur with plenty of time before the start sat and drank coffee and cookies in a cafe then headed to the start line, only to be told there was a delay as a lot of runners were having trouble getting through the Mont Blanc tunnel. Finally, Spencer set off at 12.45.

We met Spencer at lots of crew points along the way it was great to see him sometimes looking worse than others, but we fed and watered him gave him encouragement to keep going and he did, all the way to the finish line.

Yet another amazing achievement for him. I think the hardest race he has done mentally and physically, but his strength in mind, body and determination got him through.

Well done Spencer



1 Hour Track Challenge Friday 1st September 2023

Thank you to everyone who volunteered counting laps and participated in Metros inaugural 1 hour track challenge at Harrow School Track.

We welcomed our friends from Sarries Track Club who thoroughly enjoyed themselves and ran an incredible team total of 97 laps 38.8km

The rules were simple see how many full laps you can complete running and or walking in 1 hour.

Amazing performances by all and great preparation for anyone with Autumn races.

Consensus afterwards to organise this event annually so it will be added to the Metros event calendar.

Laps and distances completed on the night:

name	number of full laps in 60 mins	distance completed km
metros		
nigel	38	15.2
ashish	31	12.4
simon	29	11.6
ed	28	11.2
tim	27	10.8
jenny	26	10.4
caroline	26	10.4
monica	24	9.6
judy	22	8.8
janice/sakina/rohan	17	6.8
sarries		
marc	26	10.4
gary	23	9.2
keerthy	15	6
vikram	11	4.4
vikrant	11	4.4
shylaja	11	4.4
sarries total	97	38.8

Trophy Races 2023



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

Date	Event	Entry Fees	Website
15 th October	Cabbage Patch 10M	£25	Welcome to the Cabbage Patch 10
22nd 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

Ricky Road Run does not appear to be going ahead this year therefore only 8 events are included in this year's trophy and scores from all these events count towards your total at the end of the year.

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 Races

Leader Boards – after 6 events

Men

	Total	Berkhamsted Rotary HM/5M	Hillingdon 20 Miles	Maidenhead 10 Miles	Marlow 5 Miles	Spitfire 10K	Moor Park 10K
Simon Abery	276	57	67	48	29	40	35
Nathan Gee	179	59		50	30		40
Michael Reid	126		66		28		32
Steve Paull	105	58		47			
Chris Shearwood	99	60					39
Vincent Cheung	87			49		38	
Richard Wilkinson	70		70				
Paul Spendloff	69		69				
Clive Heidrich	68		68				
Peter Reynolds	39					39	
Nicky Smith	38						38
Barry Nolan	37					37	
Clive Lucas	37						37
Kevin Smart	36						36
Keval Shah	34						34
Jeff Rollason	33						33
Brian McGrory	31						31
Gerry Barker	30						30

Women

	Total	Berkhamsted Rotary HM/5M	Hillingdon 20 Miles	Maidenhead 10 Miles	Marlow 5 Miles	Spitfire 10K	Moor Park 10K
Penny Hudson	174	60		49	26	39	
Sasha Birkin	110		70				40
Emma Ponnaganti	108		69				39
Anne Ambrose	104			48	24		32
Stephanie White	89	30			25		34
Una Cunningham	68				30		38
Ruth Tidder	50			50			
Irene Paull	40					40	
Pauline Bishop	37						37
Linda Georgiades	36						36
Angela Murphy	35						35
Amanda Kennelly	33						33
Jane Hudson	29				29		
Philippa Brown	28				28		
Sarah Armstrong	27				27		

Spitfire 10K – 17th September

Pos.	Name	Chip Time
1		00:36:47
50	Simon Abery	00:51:02
67	Peter Reynolds	00:53:36
68	Tony Watson (Sudbury Court)	00:53:48
69	Vincent Cheung	00:53:58
77	Andrew Borley	00:55:09
126	Barry Nolan	01:03:14
137	David Merrigan	01:04:11
193	Irene Paull (1 st FV65)	01:22:16
199	Meena Mistry	01:28:03
200	Kevin Nally	01:28:01
211	Penny Hudson	01:42:58
215	Finishers	02:21:15



Moor Park 10K



<u>Pos</u>	<u>Name</u>	<u>Time</u>	<u>Net Time</u>
1		00:37:15	00:37:12
6	Sasha Birkin	00:40:30	00:40:25
11	Nathan Gee	00:41:25	00:41:20
14	Christopher Shearwood	00:42:37	00:42:31
33	Emma Ponnaganti	00:45:15	00:45:07
38	Nicky Smith	00:45:42	00:45:34
57	Clive Lucas	00:48:02	00:47:41
71	Kevin Smart	00:49:14	00:49:05
92	Simon Aberly	00:51:20	00:50:49
106	Keval Shah	00:53:02	00:52:40
121	Jeff Rollason	00:54:18	00:53:57
139	Quentyn Taylor	00:55:42	00:55:09
157	Una Cunningham	00:57:43	00:57:11
160	Michael Reid	00:57:52	00:57:20
164	Brian McGrory	00:58:16	00:57:45
191	Pauline Bishop	00:59:54	00:59:22
195	Linda Georgiades	01:00:11	00:59:41

<u>Pos</u>	<u>Name</u>	<u>Time</u>	<u>Net Time</u>
240	Bruno Croford (Harrow AC)	01:04:30	01:04:10
243	Caroline Anne Gilbertson	01:04:50	01:04:19
269	Glyn Watkins	01:09:15	01:08:41
276	Angela Murphy	01:09:59	01:09:21
279	Philippa Brown	01:10:09	01:09:33
280	Gerry Barker	01:10:09	01:09:34
303	Stephanie White	01:14:20	01:13:43
305	Amanda Kennelly	01:15:04	01:14:34
321	Anne Ambrose	01:20:21	01:19:43
322	Raquel Russel Ponte	01:28:21	01:27:46
332	Finishers		02:25:04

10K Early Start/Walk			
1			1:06:00
37	Penny Hudson		1:32:28
116	Finishers		2:02:50

Metros 5K Competition – 2023/24

When & Where: A mix of parkruns, 5k runs at Roxbourne Park and Harrow School track. The remaining fixtures for the 2023/24 season are as follows:

Date	Event
21 October 2023	Harrow parkrun*
4 November 2023	Roxbourne park
16 December 2023	Northala parkrun
27 January 2024	Harrow School track
3 February 2024	Roxbourne park
16 March 2024	Rickmansworth parkrun
13 April 2024	Harrow School track
4 May 2024	Roxbourne park
15 June 2024	Gladstone parkrun*
21 July 2024	Harrow School track
3 August 2024	Roxbourne park

Eligibility: Must be a member of Metros or Sudbury Court and registered with parkrun. Participants are strongly encouraged to wear the 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 the highest cumulative score over the year with only your top **10** 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: Trophies will be awarded to the top 3 men and women overall. There will also be an award for anyone who participates in all 12 events. Participating includes running, walking, or volunteering so please come along, even if you're unable to run.

* Note changes to original schedule

South Oxhey parkrun will be considered as an alternative venue in the event of adverse weather at another location. South Oxhey is all on grass and hilly so trail shoes or cross country spikes may be more appropriate.

<https://www.parkrun.org.uk/southoxhey/course/>

Any updates will be communicated via Spond as early as possible.

Nathan Powell, Mitesh Patel

5-Mile Handicap – 2nd September

		5m race time	race hcp	Event Hcp Time	nxt hcp	pts
20	Adam Leary	42.14	15	57.14	18	23
19	Marcus Weedon	33.57	25	58.57	26	20
18	Bill Harrington	46.56	13	59.56	13	18
17	Judy Rackham	54.20	6	60.20	6	17
16	Michael Ransome	58.26	2	60.26	2	16
15	Kevin Smart	39.26	22	61.26	21	14
14	William Bailey	46.31	15	61.31	14	13
13	Nigel Rackham	32.34	29	61.34	28	12
12	Mitesh Patel	38.58	23	61.58	21	10
11	Ceri Jacob	47.40	15	62.40	13	9
10	Simon Abery	42.32	21	63.32	18	7
9	Caroline Day-Lewis	46.35	17	63.35	14	6
8	Julia Allen	53.42	10	63.42	7	5
7	David Young	49.46	15	64.46	11	3
6	Teresa Young	68.11	-3	65.11	-8	1
5	Paul Hor	44.15	22	66.15	16	-1
4	Andrew Collier	49.36	18	67.36	11	-3
3	Raquel Russel Ponte	69.07	1	70.07	-9	-7
2	Tiziana Spotti	63.12	15	78.12	-3	-16
1	Angela Murphy	63.47	15	78.47	-3	-17

Also ran as guests:

Chad Cole

Oscar Cole

Wot no Watch, 9.9.2023

	Estimated time	Actual time	Difference in secs
Anne Ambrose	10.15	10.18	3
Sarah Westwood	10.54	10.50	6
Sarah Westwood	10.50	10.44	6
Raquel Russel Ponte	12.00	12.07	7
Bill Harrington	7.56	8.06	10
Judy Rackham	9.56	9.46	10
Andrew Collier	8.00	7.47	13
Paul Hor	7.50	7.36	14
Caroline Day Lewis	7.50	7.32	18
Ruth Tidder	7.15	7.34	19
Mark Lemon	10.00	10.22	22
Malcolm Jackson	9.15	9.37	22
Carole Valentine	11.15	10.50	25
Janice Newman + Judy	9.56	10.21	25
Mike Ransome	8.59	9.27	28
Suzanne Harvey	12.00	12.28	28
Sonny Peart	7.00	6.31	29
Carole Valentine	11.15	10.44	31
Mike Ransome	9.05	9.44	39
Chris Horsburgh	12.00	11.18	42
Gladys de Groot	12.55	13.49	54
Margaret Smith	15.07	16.52	105
Dave Brown	15.08	16.59	111



Well done to everyone who ran in very warm temperatures for this WNW. Many runners can be forgiven for running slightly slower than usual given the heat, but some faster times were achieved as well. Congratulations to Anne who has the trophy for running just 3 seconds slower than her predicted time. Angela (standing in for Teresa) Sarah and Mike ran WNW twice so their names appear in the list with both their results.

Big Half – 3rd September

Place (Overall)	Name	Finish	
1	<i>Jack Rowe</i>	01:01:08	
17(1st W)	<i>Calli Thackery</i>	01:09:15	
524	Richard Wilkinson	01:22:49	
960	Nathan Gee	01:27:44	
3760	M Abdul Ali	01:45:26	
4687	Harish Gohil	01:49:27	
7244	Sonny Peart	01:59:14	
7261	Jennifer O'Sullivan	01:59:16	
9963	Zaheerabbas Sidik	02:11:19	1 st HM
10042	Angela Tomusange	02:11:42	
11116	Una Cunningham	02:17:28	PB
11414	Ariff Sidik	02:19:17	
1702	Pauline Bishop	02:21:14	
13223	Monica Shortt	02:33:22	
13422	Barry Nolan	02:35:21	
14198	Sakina Sidik	02:45:00	
14919	Amanda Kennelly	02:58:36	
15033	Nathan Powell	03:01:30	
15347	Emma Rackham	03:14:57	
15439	Anne Ambrose	03:21:42	

Stragglers River Relay – 3rd September



The Mighty Metros

The River Relay is a baton relay run over five stages from Boveney, (starting at the Chapel of St Mary Magdalene) to Kingston-upon-Thames, finishing at the Hawker Centre.

The event is for mixed teams consisting of 5 people of at least one woman, the others can be a woman, a Veteran (35 and over) but not more than 3 Senior Men.

The five stages range from 4.4 to 6.5 miles over friendly terrain -a total of approximately 26.7 miles just over a full marathon!

Metros entered one team and chose the name – The Mighty Metros!

The team finished 37th out of 52 teams. It's hoped to enter more Metros teams next year.

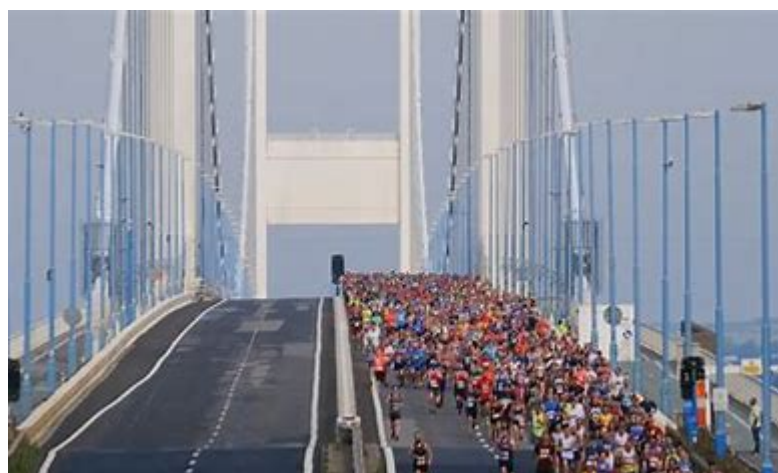
Results for Mighty Metros

Stage 1 Boveny to Ham Lane, 5.6 miles		Pos after stage
Chris Shearwood	37.52 (min:sec)	11
Stage 2 Ham Lane to Staines 4.4 miles		
Judy Rackham	48:31	39
Stage 3 Staines to Manor Park, Shepperton 6.5 miles		
Nigel Rackham	42:15	23
Stage 4 Manor Park, Shepperton to Hurst Park 4.9 miles		
Jasia Zimmerman	48:12	32
Stage 4 Hurst Park to Hawker Centre 5.2 miles		
Tim Oakley	51:25	37

Full results can be found here: [River Relay 2023 Final Results.xlsx \(stragglers.org\)](#)

Severn Bridge 10K – 27th August

1		00:33:49
416	Barry Nolan	01:04:49
668	Finishers	1:42:01



Bacchus Wine 10K – Denbies Vineyard 10th September

240	Carole Lloyd	01:34:20
688	Gillian Shearwood	02:42:00



Great North Run – 10th September

1	Tamirat Tola (ETH)	00:59:58
1 st W	Peres Jepchirchir (KEN)	01:06:45
33	Jonathan Collier*	01:10:29
1994	Ed O'Connor (Harrow AC)	01:38:45
13338	Robert Bevan	02:06:27
14490	Deborah (Lynne) Jones	02:08:28 PB
17916	Andrew Borley	02:14:16
18846	Michael Reid	02:15:50 PB
35322	David Merrigan	02:49:38

* Former Junior Metro

Vitality London 10K – 24th September – provisional results



Overall Pos.		Net Time
1	Jack Rowe	00:28:13
44 (1 st W)	Sonia Samuels	00:38:01
804	Marcus Weedon	00:41:39
1070	Russell Morris	00:43:09
1515	Ashish Maheswari	00:45:05
2480	Harish Gohil	00:48:28
2537	Keval Shah	00:48:37
2833	Zahra Bassiri	00:49:26
2865	Tony Watson Sudbury Court	00:49:31
3815	Andrew Borley	00:52:04
4138	Jennifer O'Sullivan	00:52:54
4265	Amy Merrigan	00:53:11
4359	Laure Champeix- Aslan Harrow AC	00:53:27
4515	Rohan Mascarhenas	00:53:55 PB
6491	Ariff Sidik	00:58:48
7248	Barry Nolan	01:00:41
7887	David Merrighan	01:02:38
8358	Monica Shortt	01:04:12
9035	Tanya Keene	01:06:33
9520	Sakina Sidik	01:08:29
11225	Meena Mistry	01:19:32
11238	Shama Meghjee-Caine	01:19:47
11273	Lorraine O'Donovan	01:20:16
11445	Kevin Nally	01:22:32
11454	Alisha Sidik	01:22:40
12012	Emma Rackham	01:46:33

Berlin Marathon - 24th September



1	<i>Eluid Kipchoge (KEN)</i>	2:03:42
1 st W	<i>Tigist Assefa (ETH)</i>	2:11:53 WR
1175	Nigel Rackham	2:46:40 1st M60
9757	Edward O'Connor (Harrow AC)	3:36:44
25195	Ali Abdul	5:06:01

Ealing Half Marathon – 24th September

1		1:10:32
1216	Vincent Cheung	1:55:27
2218	Stuart Abraham	2:14:50
2334	Bruno Croford (Harrow AC)	2:17:53
2544	Jitesh Balakrishnan	2:40:20

Bedford Autodrome 10K – 24th September

1		32:40
100	Irene Paull	78:25 1st FV65
103	Finishers	88:40

NOTES OF METROS COMMITTEE MEETING

Thursday 7 September 2023 at 8:00pm

Venue – Nigel & Judy Rackham's house

Attendees (Committee members): Anne Ambrose, Andy Fox,
Pat Jackson, Irene Paull, Steve Paull, Marilyn Pickford, Nigel Rackham, Mike Ransome,
Ariff Sidik, Teresa Young
Via 'Phone Link: Nathan Powell (Non-Committee – part meeting)

1.Apologies

Tarana Agarwal, Steve Alder, Marcus Weedon

Chair: Nigel Rackham

Note Recorder: Pat Jackson

2.Actions from Last Meeting

- a. **Runners World discount** will be displayed in each issue of Metrolines.

ITEM CLOSED

- b. **Sportshoes and Cotswold Outdoor shop discount** - ongoing.

ACTION: Irene Paull

- c. **Assistant Coach Course at Perivale** – Steve Alder advertised in Metrolines, and two members have booked. Teresa will confirm previous club payment for the course.

ACTION: Teresa Young

- d. **Harrow School Track for 5K** – Nathan confirmed that this had been booked for 27 January, 13 April and 21 July and he would request an invoice.

ACTION: Nathan Powell

- e. **Metros Shed Update** – Marilyn confirmed Scouts will organise a gardener remove the foliage around the shed.

Storage of Metros Gazebo – Friends of Headstone Manor Recreation Ground have been asked if they could provide secure, easy access storage.

ACTION: Pat Jackson

- f. **Minutes of AGM** – Teresa will confirm an auditor for this year.

ACTION: Teresa Young

3. Club Events

- a. **Harrow Hill Race (HHR)** – Paula Ryan has provided details of the role, but no third co-ordinator has volunteered. However, key roles have been assigned. Allocated car parking will be limited, and Irene will check if the University of Westminster car park could be available.

ACTION: Irene Paull

- b. **Summer League** – Irene confirmed that runners entry fees will be less than anticipated due to some clubs paying less in first aid cover. A meeting of club representatives will be held in October.

ACTION: Irene Paull

- c. **Wembley Stadium 1k, 3k and 5k run/walk/buggy push and social evening** – at present Nathan has been unable to establish contact to consider this.

ACTION: Nathan Powell

- d. **TVXC 2023** – Sunday 8 October at 4.00 pm. Angela Murphy had confirmed a lack of volunteers to marshal, and we may need to ask other clubs to help. Participating clubs will need to be informed of the ULEZ charge at Uxbridge.

ACTION: Marcus Weedon

- e. **Summer Sports Day** – A successful event. It was agreed to hold again next year when, hopefully, the weather would be better. Next year race numbers may be allocated in advance and better result recording in wet weather investigated.

ITEM CLOSED

- f. **LRRRC Trophy Races** – Rules regarding the need to wear club kit were not fully advertised on Spond or Metrolines and some members were not aware and were not awarded points. It was agreed that such points would be awarded for this season only and rules clearly stated in future. Nigel will inform Vincent Cheung.

ACTION: Nigel Rackham/Vincent Cheung

- g. **5K Trophies** – agreed same as last year – ongoing trophy for first male and female only with memento to keep. Nigel will inform Nathan and Mitesh.

ACTION: Nigel Rackham

Metros points should be advertised after each event in this and other Metros competitions.

Metros Summer League Awards – Irene suggested changing the present system. Irene and Pat will discuss.

ACTION: Irene Paull/Pat Jackson

- h. **Trophy Purchases for this Season** – Ariff, Pat, Irene and Andy will review Metros trophies which date from 1985 and sustainability of mementoes awarded to recipients of trophies kept for one year.

ACTION: Ariff Sidik, Pat Jackson, Irene Paull, Andy Fox.

- i. **Pizza and Prizes Awards Evening** – 17 or 24 November suggested. Teresa/Steve Alder will check Tennis club availability.

ACTION: Teresa Young/Steve Alder

- j. **1 Hour Challenge** – Nathan confirmed a successful event which will be repeated next year.

ITEM CLOSED

4. Other Events

- a. **Hall of Fame** – Marcus had confirmed no update and this item will be raised when there is an update.

ITEM CLOSED

- g. **Stragglers Riverside Relay**, 3rd September – Metros entered one team and it is hoped more Metros teams will enter next year.

ITEM CLOSED

5. Admin

- a. **Accounts** – Teresa confirmed the accounts are healthy and will email a copy to the committee.

ACTION: Teresa Young

- b. **Membership** – Irene confirmed 296 paid up members of which 261 are adults. Similar numbers to last year.

6. AOB

- a. **Lightweight Folding Cart** – Andy had researched, and it was agreed he should purchase a suitable cart.

ACTION: Andy Fox/Teresa Young

- b. **Previous Kit** – Metros has unused items of kit from previous suppliers. It was agreed to offer these at the Awards Pizza and Prizes evening.

ACTION: Pat Jackson

- c. **AlterG Treadmill** – Following the article in Metrolines, Pat will follow up a possible members group visit and sponsorship for Metros.

ACTION: Pat Jackson

- d. **AED** – Easier access at Metros sessions is being reviewed together with fuller details on Spond of locations at Metros sessions.

ACTION: Nathan Powell/Irene Paull

A comfortable rucksack to use when running with the heavy AED will be purchased.

ACTION: Nathan Powell/Marcus Weedon

- e. **Garmin Master Classes** – A WhatsApp Group will be set up for those with these watches to gain further knowledge of the functions.

ACTION: Nathan Powell

- f. **Metros Lightweight Jackets** – Pat will advertise with a view to a further order.

ACTION: Pat Jackson

- g. **70th Anniversary of the Roger Bannister Mile Record** – Nathan suggested a 1-mile track event be held on 3 or 10 May depending on track availability.

ACTION: Nathan Powell

7.Items for Future Meeting – This section will be removed in future.

- a. **Calendar for 2024-** It was agreed not to pursue this further at this time.

ITEM CLOSED

- b. **Roxbourne Park Bench** – Teresa will again contact Harrow Council.

ACTION: Teresa Young

Date of next Meeting: Thursday 12 October.

Meeting closed at 9.25 pm with thanks to Nigel and Judy for their hospitality.

Mental Health Help and Support Services



Telephone: 116 123 (24 hours a day, free to call)

Email: jo@samaritans.org

Website: www.samaritans.org

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.



Telephone: 0300 123 3393 (9am-5pm Monday to Friday)

Email: info@mind.org.uk

Website: www.mind.org.uk/help/advice_lines

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy. Mind also has a network of nearly 200 local Mind associations providing local services.



Telephone: 0300 5000 927 (10am-2pm Monday to Friday)

Email: info@rethink.org

Website: www.rethink.org/about-us/our-mental-health-advice

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs Rethink services and groups across England and Northern Ireland.



Telephone: 0845 767 8000 (6pm-11pm)

Website: www.sane.org.uk/what_we_do/support/helpline

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.



Telephone: 0800 1111

Email: www.childline.org.uk/Talk/Pages/Email.aspx

Website: www.childline.org.uk

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.



Improving mental health through peer support

Website: <https://sidebyside.mind.org.uk>

Side by Side is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, and this is a safe place to listen, share and be heard. The 'Being active' theme helps community members easily share and find content about being active, to motivate, inspire and support each other. To sign up you need an email address, username and to input your date of birth.

***Metros* REGULAR RUNS**

MONDAY **19.00** Ariff Sidik, Marcus Weedon, Linda Dunne
07827 66823

19.15 Teresa Young 020 8866 3225
Mike Ransome 07802 839 498
Mw49ran@gmail.com

TUESDAY **19.30** Steve Paull 020 8422 6636
Run / Walk Group Irene Paull/Nancy Morris

WEDNESDAY **19.15** Kevin Smart 07810 835352
Gerry Barker (Hills 2) 07958 323369

THURSDAY **19.00** Mike Morris 07906 151525
mike.morris100.mm@gmail.com

THURSDAY TRACK SESSION Nathan Powell

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.