

etrolines

December 2023/
Jan 2024
Issue No. 414



Awards Evening – 17th November

Metros Diary

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 22	Christmas Drinks- at the Rackhams'	6.30pm
Fri 29	LFOTM – Hillingdon Court Park	11.50 am

January

Sat 6	Metros 10K Challenge, Roxbourne PK	8.50 am
Sun 7	TVXC – Reading	11.00 am
Sat 13	Wot No Watch, Roxbourne Park	9.00am
Sun 21	TVXC – Handy Cross	11.00 am
Sun 21	Fred Hughes 10M	9.00 am
Sat 27	5K - Harrow School Track	tbc
Fri 26	LFOTM- Wembley Stadium	11.50 am

February

Sat 3	Metros 5K Challenge, Roxbourne Park	9.00 am
Sun 4	TVXC – Thames Valley	11.00 am
Sat 10	Measured Mile, Roxbourne Park	9.00 am
Fri 23	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!

The Prizes and Pizza evening was a fabulous social event and celebration of another year of running. Thanks to everyone who organised the evening. Congratulations to all the prize winners. The star of the evening, after her stellar year of running, was Sasha Birkin. Where is she going to put all those awards? See the report – starting on page 7.

Raquel Russel Ponte has also inspired us with her running this year and she has written a report of her recent experience at the Beachy Head Marathon – see page 36.

Many thanks to everyone who generously contributed to the charity collection for the Lynda Jackson Macmillan Centre. At the time of writing, we had collected £430. If you have not made a donation yet, you can still do so at the following link: [Anne Ambrose is fundraising for Lynda Jackson Macmillan Centre \(justgiving.com\)](https://www.justgiving.com/Anne-Ambrose/Lynda-Jackson-Macmillan-Centre)
The final total collected will be reported in the next Metrolines.

As 2023 comes to a close, I would like to thank everyone who has contributed to Metrolines during the year by providing results, reports and photos. Looking forward to another year of running in 2024!

Best wishes to all Metros for Christmas and the New Year

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. Take account of any copyright considerations for any articles published elsewhere.

Contributions for the next edition by January 15th please.



Well done to.....

Sasha Birkin – 1st woman at Marlow half marathon, 5th November

Chloe Bullock – on a 5K PB at Rickmansworth parkrun on 19th November

Lorraine O'Donovan – for reaching her milestone 200th parkrun at Canons Park on 4th November

Jennifer O'Sullivan – for a marathon PB in Florence on 26th November

Monica Shortt – for completing her first marathon in Florence on 26th November

Chris Shearwood – running his 250th parkrun at Mensola, Italy on 25th November

Email your achievements to metrolines1@gmail.com

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 Website and social media

www.metros.org.uk

Contributions to Marcus Weedon at marcusweedon@hotmail.com

We also have a Facebook page and Instagram and X (Twitter) accounts – 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

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.

New Members

Welcome to the following new Metros:

Harsha Aswani
Tim Churchill
Millie Singleton
Fabio Pellichero
Sharon Donovan
Emma Donovan
James Donovan
Olson Oxenham
Justin Archer
Elliot Archer
Zachary Archer
Barbara Pacinella
Oscar Cole
Rick Patel
Russell Kustic



Congratulations to:

Paula Ryan and her husband Martin on the birth of their son Daniel on 25th October at 3:17pm, weighing in at 8lbs. All are doing well. We are looking forward to Daniel's application to join Metros.

Metros PRIZES AND PIZZA

Friday 17th November 2023 at Lowlands Tennis Club at 7.00 pm

Nigel Rackham, Metros Honorary Chairman, welcomed everyone and the awards presentation began with the **Thames Valley XC League Awards**. Unfortunately, Al Scoffham, co-ordinator of the TVXC league, was unable to be present and Marcus Weedon presented the Metros awards for the 2022-23 season.

Award winners are:

- 1st F21-39 Izzy Jones
- 1st F40-49 Jennifer O'Sullivan
- 1st F50-59 Ruth Tidder
- 1st M40-49 Vincent Cheung
- 1st M50-59 Nick Russell
- 1st M60-69 Kevin Smart, 2nd Tony Rhodes

Irene Paull, co-ordinator of the **Summer League** then presented the following awards:

- 1st Under 7 girl Sophia Bassiri
- 1st Under 9 girl Nisha Ponnaganti, 2nd Under 9 girl Tara Ponnaganti
- 1st Under 11 girl Layla Bassiri
- 1st Under 13 girl Chloe Bullock

- 1st W40-49 Zahra Bassiri, 2nd Sakina Sidik, 3rd Emma Ponnaganti
- 1st W50-59 Sasha Birkin, 2nd Caroline Day Lewis, 3rd Ruth Tidder
- 1st W60-69 Jane Hudson, 2nd Jasia Zimmerman, 3rd Stephanie White

- 1st Under 11 Boy Kane O'Reilly
- 1st Under 13 Boy Finn O'Reilly

- 1st M17-20 Zaheer Sidik
- 1st M21-39 Richard Wilkinson, 2nd Tanasheh Abrahams
- 1st M40-49 Vincent Cheung, 2nd Abdul Ali, 3rd Ariff Sidik
- 1st M50-59 Marcus Weedon, 2nd Russell Morris, 3rd Mike Morris
- 1st M60-69 Chris Shearwood, 2nd Kevin Smart, 3rd Tim Oakley

The criteria for The Bill Gardner Award - for the Summer League (in memory of Bill Gardner) is a minimum of three events are needed to qualify and this is awarded for the best age-related performance using the World Masters Athletics tables – The 'Howard Grubb' tables. Teresa Young had again done the calculations and presented the award again to Chris Shearwood.

The **Young Runners' Awards** are chosen by the committee from nominations from members. The criteria is participation, achievement and sportsmanship.

Nigel announced that the girl's award was to **Chloe Bullock** and presented the boys award jointly to brothers **Finn and Kane O'Reilly**. (See Metrolines for details of why these young Metros were chosen).

Emma Ponnaganti, present holder of the **Women's Runner Award** had chosen to present it to **Sasha Birkin**. (See Metrolines for information regarding her choice).

Teresa had ordered delicious pizzas which then arrived and there was a break for drinks and the distribution of the pizzas provided from Metros funds.

Pat had bought several items of unused kit for sale and took orders for lightweight jackets, fleeces, hoodies and knitted hats.

Pat also displayed trophies which Metros teams had won in the past.

Following the pizza break the **MBEs – Metros Best Efforts** were presented. Unfortunately, Wendy Mulvenna, Vets Track & Field league co-ordinator, was unable to be present and Dave Brown presented the awards which are now awarded only when a previous Metros age group record is broken. The records broken this year are:

Jasia Zimmerman	W60-64	400m					
Marcus Weedon	M50-59	High Jump	Triple Jump				
Sasha Birkin	W50-59	100m	200m	400m	800m	1500m	3000m

Dave had done the calculations for the two **Harold Godden** Track & Field Shields (donated by Mike Godden in memory of his father). These are awarded to Metros who recorded the best aggregate performances over 100m, 200m, 400m, 800m, 1500m, 3000m, Long Jump, High Jump, Hammer Throw, Discus, Shot Put and Javelin at track meetings before 1st October. Aggregates are calculated using IAAF multi-event tables. Dave presented the shields to

Sasha Birkin and Marcus Weedon.

Pat Jackson then presented the awards for the **44th Metros Annual Fun Run – The Brian Jackson Fun Run:**

1 st Woman in the 10K	– Lynne Jones
1 st Woman in the 4K	– Barbara Reading
1 st Woman in the 2K	– Elish Fernandes
1 st Man in the 2K	– Simon Abery
1 st Man in the 4K	– Kevin Smart
1 st Man in the 10K	– Nigel Rackham

5K Competition. As neither Mitesh Patel nor Nathan Powell - co-ordinators, were able to attend, Irene Paull presented the awards to **Sasha Birkin and Tony Watson**. Janice Newman and Caroline Day Lewis were 2nd and 3rd women, Steve Paull and Robert Bevan were 2nd and 3rd men. Penny Hudson received an award for completing all the events.

Irene Paul, co-ordinator of the **5K in Roxbourne Park**, now also part of the 5K Competition, stated that the **Ann Marsden Award** for the most improved woman runner over 18 was **Angela Murphy**.

As Angela Murphy, co-ordinator for the **Keith Adsley Measured Mile**, was unable to attend, Teresa Young presented the new award to **Marilyn Pickford**. (See full results in Metrolines).

Gordon Valentine, co-ordinator of the **5 Mile Handicap** confirmed that **Bill Harrington** had won the award. Full results will be published in Metrolines.

The **LRRC Trophies** were presented to Metros when the London Road Runners Club was split into different clubs. **Vincent Cheung**, co-ordinator, presented the trophies to **Sasha Birkin** and **Simon Aberly**. Simon also has an award for completing all events.

The women's **Aaron Breen Award** for Services to Metros, is chosen by the present recipient on checking with three other previous holders. Marilyn Pickford, present holder, confirmed that she had decided to present the award to **Anne Ambrose**. (See separate note in Metrolines).

The men's **Aaron Breen Award** for Services to Metros is also chosen by the present recipient on checking with three other previous holders. Brian McGrory present holder had decided to give the award to **Gerry Barker**. (See separate note in Metrolines).

The 'Beginner' Runner Award was donated by Catherine Corcoran. The recipient is chosen by the committee and is someone who has started running on joining Metros or shown improvement roughly between awards presentations. Nigel announced **Sarah Armstrong** was the new recipient. (See separate note in Metrolines).

Last year the Men's **Runner Award** was awarded to Spencer Millbery. Spencer had suggested previous recipients choose the new holder. Marcus Weedon, Chris Shearwood and Nathan Powell agreed that **Vincent Cheung** should be awarded the award this year. (See separate note in Metrolines).

Award winners who keep the award for one year only also receive a memento of that award to keep permanently. As Sasha had received four ongoing awards, a special memento had been arranged for her.

Our thanks to Angela Murphy, Irene Paull, Gordon Valentine and Teresa Young for calculating the various Metros Saturday event award winners. Full results of the LRRC

Trophies, 5K Challenge, 5K Competition, 5 Mile Handicap and Measured Mile events will be listed in Metrolines.

Nigel Rackham, having hosted the evening, thanked all Metros co-ordinators and the AED group who arrange for the AED's to be available at training sessions.

Last year, having co-ordinated the award presentations since 1985, I decided to stand down. Ariff Sidik kindly agreed to take on the role and we arranged to be joint co-ordinators this year. Andy Fox has also had some input regarding the choice of awards.

Finally, thank you to the Metros members and families who came to enjoy another very successful social evening with pizza and prizes.

Pat Jackson



Sasha and Pat

Metros Female Young Runner's Award (2023)

This text was supplied by Dave brown and read by Nigel:

"This year's recipient of the Metros Female Young Runner's Award is an especially talented and enthusiastic young lady who has already achieved a great deal in her running career and will continue to do so.

A valuable member of Metros she also shares her talents with two other clubs nearer her home.

She runs for Metros in the Summer League events, this being the 2nd year she has done so with her brother where they travel from Berkshire to take part.

In the tenderfoot races she is always first in her category and has been the first home overall.

The ladies relay races are very competitive and she always more than holds her own running against senior runners which is very exciting to watch

She is a particularly good Saturday morning Parkrunner having been first female at Black Park & Maidenhead 5k runs. She has a brilliant PB of 21mins 43 secs which she will no doubt continually improve on.

On Sunday mornings when not competing in other events she runs up to 10k in training which no doubt has helped her in being selected to represent Berkshire in tough intercounty cross-country events.

At school her ability and enthusiasm for sport continues where she has represented her school not just in athletics, where she is the school's fastest runner, but also Netball, Hockey & swimming.

She has received the 'Sports Performer of the year' in recognition of her outstanding performance in athletics and netball.

She is also a keen volunteer at Parkruns where she has volunteered on 10 occasions, her favourite job being bar-code scanning at the finish.

Outside of sport she still has time to enjoy reading, theatre trips and baking cakes. Maybe eating the cakes gives her the energy to run so fast. But not too many we hope.

Always fun to have around, Nigel confirmed that the committee this year are delighted to give a thoroughly deserved Metros Female Young Runners award to **Chloe Bullock**."

PS: The following day Chloe ran the Rickmansworth Parkrun in a PB time of 20 min 50 secs, beating her previous PB by nearly 1 minute! She was paced by Sasha.

BOYS YOUNG RUNNER AWARD

Nigel read the following text supplied by Marion Rogan:

“Encouraged by Mum Louise who joined Metros when she was 11 years old, Finn and Kane O'Reilly were Metros members in 2015 when they took part in their first Metros Annual Fun Run – the Brian Jackson Fun Run. Kane was 3 years old, Finn 5.

They later both helped at Summer League events graduating from the water station and food tent, to taking part in the children's run and now gradually moving up to creditable finish positions in the Tenderfoot. They have both taken part in the adult relays which they really enjoy.

The two Sports evenings have provided a great time to try and beat each other in everything from shot putt to 100 metres.

They are looking forward to being old enough to run in the Thames Valley Cross Country events.

Sadly, they live too far away to join in on Saturday morning events, but they will always help out with marshalling etc if they can.

Apart from the running, they enjoy the fact that Metros members are so friendly towards them and treat them as equals regardless of age.”

Nigel then confirmed the committee's choice for the Boys Young Runner's Award this year goes jointly to Finn and Kane O'Reilly.

THE BEGINNER RUNNER AWARD

The Beginner Runner Award was donated by Catherine Corcoran and the new recipient is chosen annually by the committee.

Marcus Weedon had prepared the speech and presented the award on behalf of the Committee.

“The member the committee has chosen this year is not technically someone completely new to running.

However, having Joined Metros in 2022, when running just once or twice a week, now attends the Monday core or Monday session, Wednesday Hills and Last Friday of the Month. Has also run some Summer League events and the Marlow 5.

Mileage has increased with 8 PBs out of 27 Parkruns this year, the last PB under 30 minutes with an age grading of 70%. This confirms considerable improvement this year.

On behalf of the committee, I'm delighted to present the Metros Beginner Runner Award to Sarah Armstrong.”

Aaron Breen Awards for Services to Metros

Female award – presented by Marilyn Pickford

I felt very emotional on receiving this award last year, and the spanking new trophy has had pride of place on display at home.

Last year, Irene caught the sentiment behind the award so well, and it has been difficult to decide between several contenders who to pass it on to.

My choice is a member who annually rounds up the volunteers for the London Marathon Elite Water Station, the Ride London event and for many years has been a Member of the Committee.

However, it's Metrolines that is at the heart of keeping our club in touch, up on what's going on, gone on, achievements and news.

She has been our excellent editor of Metrolines for almost 7 years – no mean achievement in itself.

The Aaron Breen award for Service this year goes to Anne Ambrose.

Male award – presented by Brian McGrory

Gerry has been a Metro for many years. He regularly attends up to 3 evening sessions a week. He takes part in races.

He has set up a new official Metros run on a Friday Lunchtime at Merry Hill Nature Reserve.

He regularly will drive 8-10 miles to handover the Club AED to where it is needed for the next group run.

All this at the venerable age of 83.



Gerry and Brian

Female Runner of the Year 2023

For many of us in this room, both men and women, we know the struggles of running as you get older. Some of us are embracing it – a couple of women come to mind – Janice, who would never have a problem getting a guide if they were always awarded the same age grading as her! And special mention must go to Raquel who not only smashed a good for age time at London earlier this year but managed to show up at Steve and Irene's that evening wearing high heels – something none of the men in the room have managed to do (to my knowledge!). But the recipient of runner of the year this year seems to just be getting better and better as she gets older, she's like a fine wine! Choosing a winner for the award was very difficult – but if the criterion for the award is someone who has had a brilliant year of running, she totally fits the bill. If she has faced any of the barriers I have spoken about, then she has managed to hurdle over all of them and risen even higher. Many of us will have set PBs when in our 30s, 40s maybe, but she has set PB after PB this year and is now in her 50s. When I start listing her achievements this year it will become very clear who I'm talking about.

In February, she began her brilliant run of form by running a pretty fast half-marathon and then followed it up in March by breaking her age grading record at Rickmansworth Parkrun achieving 88.83% (remember that number, I'll come back to it again). The PB run started in April with a superb run at the London Marathon – finishing in 3:01:41, she broke her PB by 1 min. In May she broke her age grade record at Parkrun again by running 19:01 at Victoria Docks – an age grading of 89:22%. She also found time to win Metros Marathon week in May! June saw her achieve a PB in 5 miles at the Summer League fixture in Perivale. In the same month her parkrun age grade record was gone again with a Parkrun PB at Victoria Dock – her time 18:47 and an age grade of 90.33%. Vets track league was also going on around this time and during the league she broke her 3,000m PB and her 1,500m PB.....

On her way to winning her age category at the Summer League she broke her 10k PB at Battersea in August. At Ricky Parkrun in September, she celebrated her 300th Parkrun by running 18:54 and again breaking her age grade record, we're now up to 91%. But we're not finished, more recently she broke her 10-mile PB at Cabbage Patch in October – a brilliant 1:04:51. Just a couple of weeks ago she was first woman home at the Marlow half marathon. To recap – PBs broken at 1,500, 3,000, 5k, 5-mile, 10 k, 10-mile and Marathon and she has come close at half-marathon as well, finishing the year with a Parkrun age grading of 91%. All in all, a stunning year for Sasha Birkin, our female runner of the year!



Sasha with her very proud parents – and some of her awards

Male Runner of the Year – 2023

Spencer, Millbery, last year's recipient, felt he couldn't present the award: he hadn't been able to choose anyone, as he felt he isn't in the loop with any runners and the sessions and races they do. So, it was decided that three of the most recent recipients choose this year's runner and Marcus, Nathan and Chris had been putting their heads together.

As well as Metrolines, there are two other good ways of keeping tabs on a runner's progress, the first being Run Britain Rankings. This lists every official event, including those you don't even pay for like parkrun and Summer League, plus best times for every race distance in each year, from 5k to marathon. This year, our runner ticked all 8 boxes... and he's also the 3rd fastest runner in his age group in his own postcode!

The second good way of checking a runner's stats is Strava which logs total mileage and lets us record training runs and Metros' own events in addition to official races. Marcus and Chris found both resources very useful in getting a good picture of this runner's achievements and they'll be useful in helping him choose next year's winner: no need to feel out of the loop! They're well worth signing up to if any Metros aren't already on them.

This runner is one of Metros' leading parkrunners, having participated from the early days. He's done over 340 runs including an elusive "Z" so, if he hasn't already completed the Alphabet Challenge, he can't be far off! He also takes part in the Metros' 5k Competition and regularly does the Serpentine "Last Friday of the Month" and the Standard Chartered Great City 5k Races.

He does most Metros' events such as the Trophy Races, which he has co-ordinated for the past few years and, in this year's Marathon Week, he was a Day Winner at the track session and 6th overall. He also does Metros' inter-club competitions and races like Thames Valley Cross Country, Summer League and the Harrow Hill Race plus lots of other 10k races, e.g., Vitality, Osterley, Regent's Park and various Run Through events.

His Half Marathon travels are impressive and include the north of Scotland and Arctic Circle. He's also run several Marathons, most recently in the Far East, which means he's completed half of the 6 "World Majors". He's running the Hong Kong Marathon in January.

Several other contenders were considered but this runner is way ahead on races and club events, so it gave great pleasure to present the award to Vincent Cheung.



Marcus, Vincent & Chris

We finished with some words from Gary Collins, the coach at Sarries Track Club held at Bannister's, a disABILITY running club (with the emphasis on *ABILITY*) for those aged 16+ who are allocated a 'buddy runner' who runs alongside to help, support and motivate them.

Gary said "It's an absolute pleasure to acknowledge Vince, without whom (and the other Metros and Sudbury Court Buddies), Sarries Track Club does not work. Vince's attendance is key to supporting the athletes, helping them to learn, grow and develop their understanding of athletics.

"Vince has probably buddied everyone; his versatility and willingness to engage in every session I'm sure has improved him as a runner and as a potential coach but, most importantly, the athletes like and trust him which is what they need.

"Sarries Track Club would like to thank Vince, Metros and Sudbury Court for their continued support, and we look forward to competing with Metros and Sudbury Court at their Annual Sports Day, which of course we will win, because we've got Vince!"

Tony Watson



Angela Murphy



Kane & Finn O'Reilly



Sarah Armstrong

Measured Mile 2022/23 Results

Measured Mile 2022 - 2023	November	February	May	August	Improvement in seconds
Adam Leary	6.43	6.53		6.54	
Al Scoffham	13.36				
Amanda Hardy	8.3				
Andrew Collier	7.1				
Andrew Dempster	9.25				
Anne Ambrose			9.59		
Barbara Pacinella			12.24		
Bill Harrington	8.11	7.59	7.53	7.56	18
Carole Valentine	10.58	11.08	12.24		
Caroline Day Lewis	7.07	7.31			
Ceri Jacob			8.08		
Dave Brown	14.46	15.12		15.2	
Dave Young	7.02	7.19	7.17	7.35	
Elish Fernandez	10.35	11.16	10.41		
Gladys de Groot	12.39	12.38	12.51	12.53	
Henry Pickford			13.05		
Irene Paull	10.30			12.33	
Jane Scoffham	13.35				
Janice Newman + Gordon Valentine			10.19		
Janice Newman + Judy Rackham	9.51				
Jo Collier	9.32				
John Train			6.18		
Judy Rackham		9.05	8.53	9.12	
Karen Leary			10.53		
Kaushik Suresh			7.15		
Konstantinos Psaradakis (Pakis)				12.12	
Linda Georgiades		7.42	8.26		
Malcolm Jackson	9.17	9.19			

Measured Mile 2022 - 2023	November	February	May	August	Improvement in seconds
Marcus Weedon			5.30		
Marilyn Pickford	9.56	9.36	9.14	9.16	42
Marion Rogan	9.42				
Mike Ransome	8.5	9.01		9.07	
Nigel Rackham			5.54		
Paul Hor	8.07		7.53		
Raquel Russel Ponte	11.5		11.18		
Robin Walliser			8.48		
Ruth Tidder		7.33			
Sarah Westwood	10.58	11.08		10.48	
Simon Aberly	6.36		6.23	6.34	
Sonny Peart	7.18				
Steph White			10.48		
Steve Paull			7.53		
Suzanne Harvey				12.11	
Teresa Young	9.49	9.43	10.08		

Well done to all who participated in this year's Measured Mile competition, 47 in total.

First of all, many thanks and much appreciation to the many helpers who over the year have noted times and numbers, collected up jackets and cheered on the runners. Mostly recruited at short notice and given scant recognition, the competition could not happen without your support.

Congratulations to Marcus Weedon who ran the fastest mile in 5 minutes 30 seconds, an amazing achievement, but sorry no prize!

9 runners ran 3 or 4 miles in the competition.

Only 2 runners qualified for consideration for the trophy by improving their times over 3 consecutive miles, Bill Harrington improved by 18 seconds and has second place.

Congratulations to Marilyn Pickford who improved her time by 42 seconds, she wins the Keith Adsley trophy, well done.

This year's competition is already under way with November's mile already run, but there are 3 more miles to come in February, May and August so see you all for the next one.

Angela

LRRC Trophy 2023 - Results

Men

	Total	Berkhamsted Rotary HM/5M	Hillingdon 20 Miles	Maidenhead 10Miles	Marlow 5Miles	Spitfire 10K	Moor park 10K	Cabbage Patch 10	Marlow 7M/HM
Simon Abery	363	57	67	48	29	40	35	47	40
Steve Paull	209	58		47				46	58
Vincent Cheung	194			49		38		48	59
Michael Reid	182		66		28		31		57
Nathan Gee	179	59		50	30		40		
Chris Shearwood	159	60					39		60
Paul Spendloff	119		69					50	
Richard Wilkinson	70		70						
Clive Heidrich	68		68						
Russell Morris	49							49	
Stuart Abraham	45							45	
Peter Reynolds	39					39			
Nicky Smith	38						38		
Clive Lucas	37						37		
Barry Nolan	37					37			
Kevin Smart	36						36		
Keval Shah	34						34		
Jeff Rollason	33						33		
Quentyn Taylor	32						32		
Brian McGrory	30						30		
Glyn Watkins	29						29		
Gerry Barker	28						28		

Simon Abery also won an award for completing all the events.

Women

	Total	Berkhamsted Rotary HM/5M	Hillingdon 20 Miles	Maidenhead 10Miles	Marlow 5Miles	Spitfire 10K	Moor Park 10K	Cabbage Patch 10	Marlow 7M/HM
Penny Hudson	238	60		49	26	39	28		36
Sasha Birkin	220		70				40	50	60
Emma Ponnaganti	157		69				39	49	
Stephanie White	126	30			25		32		39
Una Cunningham	126				30		38		58
Anne Ambrose	102			48	24		30		
Angela Murphy	81						34	47	
Irene Paull	75					40			35
Jane Hudson	69				29				40
Philippa Brown	61				28		33		
Issy Jones	59								59
Ruth Tidder	50			50					
Caroline Day-Lewis	48							48	
Nancy Morris	38								38
Pauline Bishop	37						37		
Carole Lloyd	37								37
Linda Georgiades	36						36		
Caroline Anne Gilbertson	35						35		
Amanda Kennelly	31						31		
Raquel Russel Ponte	29						29		
Sarah Armstrong	27				27				

The 5-mile handicap 2023

Thanks to every one of you who took part this year. There were 42 Metros members took who part and we averaged 20 runners for each of the four events. Well done to Adam Leary, Bill Harrington, Dave Young, Judy Rackham and Simon Aberly for running in all four events. The results are thus:

1st Bill Harrington

2nd Judy Rackham

3rd Barbara Reading and Adam Leary

Look forward to seeing as many as possible on the first Saturday of December, March, June and September for the 2024 season.

Gordon Valentine

MAN RUNS 'FOOTBALL DRIBBLE' MARATHON



A man has completed a marathon football dribble lasting 26.2 miles between Weymouth and Dorchester in Dorset. Andy Mutter said he managed to keep the ball at his feet the whole time – he wasn't allowed to use his hands. "It became tougher as the legs tired, I hadn't played for five years, so I was a bit rusty" he said.

The 'i' newspaper 15.11.23

Contributed by Pat Jackson

3 women who took up running for the first time in their 30s – and went on to run marathons around the world

[Your 30s are the best time to get into running – here's why \(stylist.co.uk\)](https://www.stylist.co.uk/your-30s-are-the-best-time-to-get-into-running-here-s-why)

Sakina Sidik is one of the three women featured in this article and talks about how she took up running and is now inspiring women at her mosque to run.

Running Post Covid

[Why You Shouldn't Run With COVID, According to Doctors \(runnersworld.com\)](https://runnersworld.com/why-you-shouldn-t-run-with-covid-according-to-doctors)

Research from the USA suggests that, to reduce the severity of symptoms, you should not run while suffering from Covid.

Contributed by Nathan Powell

Defibrillator Training

Saturday 18 November 2023

Margaret Smith our First Aid Trainer led this excellent session explaining how to resuscitate a casualty and how to proceed when an AED is available. We started with a revision of CPR and continued with sending for the AED at the same time as calling for an ambulance. Everything was explained clearly and demonstrated. Margaret patiently answered the group's many questions with invaluable information. We all practised on Resusci Annie (the dummy) with training AEDs before investigating the Metros defibrillators. It was very reassuring to discover that the AED gives step by step instructions as soon as it is switched on and that it is not possible to do any harm to the casualty as the shock is not administered if a heartbeat is detected. Many thanks to Margaret for generously giving up her Saturday morning to deliver this session and also for bringing her training equipment.



From left to right - Margaret Smith Sarah Westwood, Hema Thakur, Angie Bird, Carole Valentine, Nathan Powell.

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
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 man and woman 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.

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

Metros 5K Roxbourne Park 4th November 2023

NAME	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Janice Newman	Metros	FV 75-79	36:32	71.49%	50
Caroline Day-Lewis	Metros	FV 55-59	25:56	69.79%	49
Emma Ponnaganti	Metros	FV 45-49	23:49	68.72%	48
Jasia Zimmerman	Metros	FV 65-69	30:17	67.97%	47
Linda Georgiades	Metros	FV 60-64	30:10	63.43%	46
Ruth Tidder	Metros	FV 50-54	27:59	62.24%	45
Judy Rackham	Metros	FV 60-64	33:48	59.96%	44
Julia Allen	Metros	FV 55-59	32:24	55.86%	43
Debra Norman	Metros	FV 60-64	36:16	54.27%	42
Ceri Jacob	Metros	FV 55-59	36:32	51.64%	41
Emma Norman	Guest	SF	36:16	40.90%	40
Gladys de Groot	Metros	FV 70-74	58:09	40.27%	39
Jo Collier	Metros	FV 55-59	58:09	31.56%	38

Volunteers:

		Avg Points
Anne Ambrose	Recording	44
Irene Paull	Time Keeping	44
Cath Corcoran	Lolly Sticks	44
Jane Hudson	Marshal	44
Penny Hudson	Marshal	44
Pat Jackson	Marshal	44
Angela Murphy	Marshal	44
Marilyn Pickford	Marshal	44
Barbara Reading	Marshal	44
Steph White	Marshal	44
Ceri Jacob	VI Guide	44
Linda Dunne	Refreshments	44

NAME	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Marcus Weedon	Metros	MV 50-54	20:45	71.07%	50
Dave Young	Metros	MV 65-69	25:41	67.86%	49
Peter Reynolds	Metros	MV 65-69	25:47	65.66%	48
James Kerrane	Metros	MV 40-44	21:58	64.05%	47
Adam Leary	Metros	MV 55-59	25:23	62.64%	46
Simon Aberly	Metros	MV 55-59	25:28	61.89%	45
Andy Fox	Metros	MV 60-64	26:03	61.57%	44
Paul Hor	Metros	MV 65-69	28:06	61.38%	43
Tim Oakley	Metros	MV 60-64	28:32	58.25%	42
Harish Gohil	Metros	MV 55-59	27:24	57.04%	41
Rohan Mascarenhas	Metros	MV 50-54	26:53	56.69%	40
Andrew Collier	Metros	MV 55-59	27:58	56.36%	39
Will Bailey	Metros	MV 55-59	29:14	53.92%	38
Bill Harrington	Metros	MV 60-64	30:19	53.85%	37
Malcolm Jackson	Metros	MV 70-74	33:56	52.58%	36
Dave Brown	Metros	MV 75-79	54:05	35.04%	35
Terry Burke *	Metros	MV 70-74	34:24	53.34%	36.5

Volunteers:		Avg Points
Robert Bevan	Marshal	43
	Tail	
Stephen Paull	Runner	43
Andrew Dempster	Refreshments	43
Nigel Rackham	Marshal	43

* Terry was unable to travel due to storm Ciaran, we've included his times from his alternate run through Seaton Wetlands which lived up to its name with puddles 9 inches deep on the route.

2023/24 5K Competition Standings - Men

Overall position	Name	Club	Canons Park parkrun	Harrow parkrun	Roxbourne Park	Overall points
			16/09/23	21/10/23	04/11/23	
1	Marcus Weedon	Metros	48	48	50	146
2	Nigel Rackham	Metros	50	50	43	143
3	James Kerrane	Metros	44	42	47	133
4	Robert Bevan	Metros	43	36	43	122
5	Simon Abery	Metros	42	35	45	122
6	Steve Paull	Metros	34	40	43	117
7	Harish Gohil	Metros	40	32	41	113
8	Rohan Mascarenhas	Metros	36	31	40	107
9	Russell Morris	Metros	49	47		96
10	Dave Young	Metros		41	49	90
11	David Brown	Metros	23	26	35	84
12	Nick Russell	Metros	41	37		78
13	Rocco Keene	Metros	36	30		66
14	Malcolm Jackson	Metros	29	-	36	65
15	Brian McGrory	Metros	30	34		64
16	Malcolm Smith	Metros		49		49
17	Peter Reynolds	Metros			48	48
18	John Norris	Metros	47	-		47
19	Kevin Smart	Metros	46	-		46
20	Richard Wilkinson	Metros		46		46
21	Adam Leary	Metros			46	46
22	Tony Watson	SC	45	-		45
23	Jeff Suffield	Metros		45		45
24	Sonny Peart	Metros		44		44
25	Andy Fox	Metros			44	44
26	Michael Morris	Metros		43		43
27	Paul Hor	Metros			43	43
28	Andy Dempster	Metros			43	43
29	Tim Oakley	Metros			42	42
30	Mitesh Patel	Metros	39	-		39
31	Alok Agarwal	Metros		39		39
32	Andrew Collier	Metros			39	39
33	Gavin Imrie	SC	38	-		38
34	Darragh Daunt	Metros		38		38
35	Stuart Abraham	Metros		38		38
36	Will Bailey	Metros			38	38
37	Nathan Powell	Metros	37	-		37
38	Bill Harrington	Metros			37	37
39	Terry Burke	Metros			37	37
40	Andrew Borley	Metros	36	-		36
41	Mark Mulvenna	SC	36	-		36
42	Barry Nolan	Metros	36	-		36
43	Quentyn Taylor	Metros	35	-		35
44	Keval Shah	Metros		33		33

Overall position	Name	Club	Canons Park parkrun	Harrow parkrun	Roxbourne Park	Overall points
45	Vincent Cheung	Metros	32	-		32
46	Louis Smyth	SC	31	-		31
47	Andrzej Warhaftig	Metros		29		29
48	Quinton Stowell	Metros	28	-		28
49	Bijan Keene	Metros		28		28
50	Ariff Sidik	Metros	27	-		27
51	David Merrigan	Metros	25	-		25
52	Mike Reid	Metros	24	-		24
53	Tanasheh Abrahams	Metros	22	-		22

2023/24 5K Competition Standings - Women

Overall position	Name	Club	Canons Park parkrun	Harrow parkrun	Roxbourne Park	Overall points
			16/09/23	21/10/23	04/11/23	
1	Janice Newman	Metros	49	49	50	148
2	Caroline Day-Lewis	Metros	48	46	49	143
3	Angela Murphy	Metros	46	47	44	137
4	Jane Hudson	Metros	45	42	44	131
5	Judy Rackham	Metros	39	42	44	125
6	Irene Paull	Metros	37	42	44	123
7	Penny Hudson	Metros	37	42	44	123
8	Stephanie White	Metros	36	41	44	121
9	Sasha Birkin	Metros	50	50		100
10	Emma Ponnaganti	Metros	47	-	48	95
11	Linda Georgiades	Metros	44	-	46	90
12	Zahra Bassiri	Metros	43	45		88
13	Lorraine O'Donovan	Metros	42	44		86
14	Ruth Tidder	Metros		38	45	83
15	Tanya Keene	Metros	35	40		75
16	Sakina Sidik	Metros	29	35		64
17	Lynne Jones	Metros		48		48
18	Jasia Zimmerman	Metros			47	47
19	Ceri Jacob	Metros			44	44
20	Anne Ambrose	Metros			44	44
21	Cath Corcoran	Metros			44	44
22	Pat Jackson	Metros			44	44
23	Marilyn Pickford	Metros			44	44
24	Barbara Reading	Metros			44	44
25	Linda Dunne	Metros			44	44
26	Ann Suffield	Metros		43		43
27	Julia Allen	Metros			43	43
28	Debra Norman	Metros			42	42
29	Raquel Russel Ponte	Metros	41	-		41
30	Yvette Bilton	Metros	40	-		40
31	Emma Norman	Guest			40	40
32	Paula Sheehan	Metros		39		39
33	Gladys de Groot	Metros			39	39
34	Claire Cook	SC	38	-		38
35	Jo Collier	Metros			38	38
36	Anna Gorecki	SC		37		37
37	Bev Thomas	Metros	37	-		37
38	Kath Donaldson	Metros	37	-		37
39	Meena Mistry	Metros	37	-		37
40	Sarah Armstrong	Metros	37	-		37
41	Wendy Mulvenna	Metros	37	-		37
42	Jenny O'Leary	Metros		36		36
43	Linda Grimes	Metros	34	-		34
44	Nancy Morris	Metros		34		34

Overall position	Name	Club	Canons Park parkrun	Harrow parkrun	Roxbourne Park	Overall points
45	Farzina Kapadia	Metros	33	-		33
46	Marie Callanan	Metros	32	-		32
47	Lise Flanagan	SC	31	-		31
48	Una Cunningham Taylor	Metros	30	-		30
49	Philippa Brown	Metros	28	-		28
50	Shama Meghjee-Caine	Metros	27	-		27
51	Bernie Conway	Metros	26	-		26
52	Bethany Rita D'Cruz	Metros	25	-		25



Thames Valley Cross Country League – Remaining fixtures for 23/24 season

- Marlow Striders, 10th December 2023
- Reading Roadrunners, 7th January 2024
- Handy Cross Runners, 21st January 2024
- Thames Valley Triathletes, 4th February 2024



TVXC Results

Datchet – 12th November

Position	Name	Time	Male Score	Female Score
1		00:34:42	1	-
65	Justin Archer	00:39:25	56	-
169	Nicky Smith	00:45:12	134	-
180	Kevin Smart	00:45:39	144	-
252	Nick Russell	00:48:32	191	-
285	Vincent Cheung	00:50:30	212	-
326	Tony Rhodes	00:52:12	232	-
380	Andrew Collier	00:55:26	261	-
385	Ian McPherson	00:55:37	265	-
394	Ruth Tidder	00:56:23	-	117
415	Tim Oakley	00:57:34	274	-
426	Pauline Bishop	00:59:25	-	138
427	Jasia Zimmermann	00:59:27	-	139
442	Bernie Conway	01:01:19	-	147
495	Finishers	01:24:58	-	

Sandhurst – 26th November

Position	Name	Time	Male Score	Female Score
1		00:33:21	-	-
41	Justin Archer	00:39:20	40	-
170	Nicky Smith	00:47:23	137	-
229	Nick Russell	00:51:03	174	-
247	Clive Lucas	00:51:50	185	-
292	Tony Rhodes	00:54:45	209	-
296	Ian McPherson	00:55:25	211	-
331	Vincent Cheung	00:58:34	226	-
356	Ruth Tidder	01:02:07	-	115
360	Pauline Bishop	01:02:36	-	117
365	Bernie Norris	01:03:23	-	120
388	Terry Burke	01:07:22	244	-
404	Finishers	01:35:46		-

Metros TVXC Competition – Points so far

AGE	MET	BFR	DD	SJ	MS	RRR
40-49						
Vincent Cheung	99	100	99	99		
Terry Mackin	100					
Nicky Smith			100	100		
50-59						
Justin Archer	100	100	100	100		
Mike Morris	98	99				
Ian McPherson		98	97	98		
Nick Russell	99		99	99		
Andrew Collier	97		98			
60-69						
Kevin Smart		100	100			
Clive Lucas		99		100		
Tony Rhodes	98	98	99	99		
Tony Watson	99					
Tim Oakley	97		98			
Robert Bevan	100					

AGE	MET	BFR	DD	SJ	MS	RRR
40-49						
Annika Davidson	100					
Louise O'Reilly	99					
Bernie Conway	98		100	100		
50-59						
Ruth Tidder		100	100	100		
60-69						
Linda Georgiades		100				
Lynn Jones	100					
Jasia Zimmerman	99		99			
Judy Rackham	98					
Pauline Bishop			100	100		

The ups and mainly downs of the Beachy Head Marathon – 21st Oct 2023

Raquel Russel Ponte

On 20th October I made my way back to Beachy Head for my third Beachy Head Marathon. My first was twenty years ago and was pretty painful. 7 solid hours of heavy rain, mud and falling over. My second was about ten years ago and a very different experience. It was hard work, of course, but a lovely sunny day which I thoroughly enjoyed. Unfortunately, my third trip to Beachy Head had a lot more in common with my first trip than my second trip.

My motivation for this marathon – having returned to running this year – was to complete the second of four marathons which I'm running in honour of my grandchildren. This wasn't really my initial plan, but when I gave my London marathon medal from this year to my eldest granddaughter, it soon became clear that they all wanted one!

I arrived in Beachy Head without a start number. Apparently it was sent in the post, but it never arrived. By the time I arrived, late on the evening before the race, it was too late to pick up the number. There were quite a lot of glum-looking people milling around. It had been raining heavily for days and, seemingly, lots of people had pulled out having inspected the course. Anyway, I took myself off to my hotel where I spent the rest of the evening trying to work out what best to wear to try to keep myself dry the next day. I ended up choosing my London marathon top and Boston marathon leggings, some new support socks (which I was hugely grateful for on the day) and gloves and a woolly hat. I also had some food and drinks in a rucksack. I drifted off to sleep a bit nervous about the day ahead.

In the morning I managed to track down my number shortly before the race started and I took my place among the other starters.





A piper played us to the start, which made me quite emotional, reminding me of my late teen years and early twenties in Scotland. I took what proved to be the only photo I would take that day, and off we went.

Almost immediately the tentative sunshine that had greeted our departure disappeared and it started raining, heavily. I settled into

a rhythm of jogging where I could and walking up the many, many hills that made up the course. There was water and mud everywhere, and lots of blue language from my fellow runners.

I wanted to stop and get food from my bag but, despite wearing gloves, I was too cold, and my fingers were frozen. I didn't eat a thing from my bag over the course of the next 8 hours. I ended up, instead, scavenging bits of food from the aid stations along the way, all of which were staffed by defiantly cheery and supportive men and women.

About 13 miles in I fell quite heavily on my right-hand side. It knocked the wind out me and I was unable to get up. Thankfully a couple of marshals were nearby and came over to help. Looking at my sorry state one of them said, "OK young lady, how old are you exactly?" "Over 80", I replied. "Right, I'm taking you straight to the ambulance", he said. "Oh no you're not", I replied, "I don't do ambulances!" Against his wishes I thanked him for his help and pushed on. It was a nasty fall, and my ribs were very tender, but I didn't want to stop.

Soon after that the rain, which was blown by a strong wind from the sea throughout, turned into heavy and sustained hail. The pellets were big and painful. I suddenly remembered I had a sun visor, which I put on, giving my face some protection from the hail. But ten minutes later a huge gust of wind blew it straight off my head and into the Channel. "Oh well", I thought, "just keep going".

And so, I did. Chatting to other runners and marshals occasionally, I plodded on. I didn't bother looking at my watch, there didn't seem much point as most of the course was completely unsafe for running on - or, certainly, at least, for an 80-year-old!

At 26 miles I was delighted to see Chris' (Parkinson-Best) smiling face. He was marshalling and doing a great job despite being as soaked to the skin as all the

runners. I gave him a big hug and felt elated at the prospect of being nearly finished. He warned me to be careful on the upcoming stretch, saying lots of people had fallen there. I nodded, smiled and shuffled off, eager to be finished.

Less than two minutes later I fell... on my left-side this time. It wasn't as bad as my first fall but by this stage I was pretty fed up and just keen to get to the finish.

Five minutes after that it was all over. What a relief! I finished in 8:32:20, placing me 1107th out of 1156 runners overall. As the sole female runner over 80 I won my category.



On the way back to the hotel two kindly – and concerned – elderly ladies stopped to offer me a lift. I probably looked like a drowned rat, and I was shuffling along holding my medal in front of because it would have got caked in mud had I put it around my neck! Much as I wanted to say yes, I had to say no as I would have destroyed the back of their car, but it was still nice to be asked.

Chris returned to the hotel nearly 2 hours after me, having completed his marshalling shift. Apparently the last runners had only just finished the course.

I would like to thank my children and grandchildren for all their support leading up the race, everyone at Metros for all your kind words and encouragement, and an especial thank you to Chris for taking me to and from the race. We had planned to mark the evening with a local Fish and Chips... but the weather was so bad, neither of us wanted to go out again, so we had a lovely dinner in the hotel restaurant instead. On Sunday morning we went to mass, where I offered many thanks for making it to the finish line, more or less in one piece.

I have 2 further – and probably final – marathons planned for 2024. My first will be London, which will be a walk in the park compared to Beachy Head! Then, hopefully, the Medoc Marathon in France in September 2024. It would be lovely to get a small team of Metros together for this race – which is meant to be a very relaxed affair... fancy dress, no time limit, and wine and champagne at the aid stations! Please let me know if you're interested in coming along!

Marlow Half, Marlow 7, and Frankenstein 5th November 2023

Half

Chip time

1 st		1:14:29 (course record)
35	Sasha Birkin	1:32:23 (1 st female)
57	Issy Jones	1:36:10 (Harrow AC, 3 rd female)
66	Chris Shearwood	1:37:50 (2 nd MV60)
422	Vincent Cheung	2:03:31
535	Steve Paull	2:14:34
595	Michael Reid	2:20:01
596	Una Cunningham	2:20:00
683	Finishers- last	3:02:46

7 Miles

1 st		0:38:45
95	Simon Abery	1:00:06
274	Jane Hudson	1:15:42
377	Stephanie White	1:29:19
378	Nancy Morris	1:29:23
384	Carole Lloyd	1:29:45
412	Penny Hudson	2:07:28
413	Irene Paull	2:07:49
415	finishers - last	2:12:22

Frankenstein

1 st		0:39:58
119	Quentyn Taylor	0:58:47
285	finishers - last	1:33:18



Measured Mile, 11.11.2023

Adam Leary	7.07
Amanda Hardy	8.35
Andrew Collier	7.26
Anne Ambrose	11.38
Barbara Pocinella	12.10
Barbara Robson	16.23
Bill Harrington	8.39
Carole Valentine	10.37
Caroline Day Lewis	9.18
Dave Brown	14.59
David Young	7.49
Janice Newman + Judy Rackham	10.28
Jo Collier	9.43
Marcus Weedon	5.30
Mia Ashley	9.48
Michael Ransome	9.30
Nigel Rackham	14.21
Paul Hor	7.30
Raquel Russel Ponte	12.31
Robin Walliser	8.56
Ruth Tidder	7.22
Sarah Westwood	10.36
Simon Abery	6.56
Suzanne Harvey	13.18

Well done to all the runners who braved a chilly but bright morning for the Measured Mile. This was the first in the series for next year's competition, so it was a good day to run at a steady pace allowing room for improvement in the next one in February. Welcome to Mia who ran her first Measured Mile today, we hope to see you again for the next one.

Special congratulations to Marcus who as always achieves amazingly fast times but today he not only matched his result from the MM last May exactly but also proved himself to be the fastest MM runner this year. Well done.

A reminder of the challenge ahead to win the trophy for the Measured Mile:

1. You must run 3 out of the 4 Measured Miles in November, February, May and August.
2. You must improve your time over 3 consecutive Measured Miles.

So, a slow start in November, a faster time in February and a faster time again for either May or August. A tough challenge and some advance planning needed to be in the park for the four important Measured Mile dates. Good luck and good running.

Angela

p.s. Thanks to my helper Barbara Reading who noted numbers and times most efficiently today.

Hatfield 5-Mile – 26th November

1		25:44
419	Rohan Mascarenhas	41:53
729	Finishers	75:55

Florence Marathon – 26th November

1	<i>El Otmani Said (ITA)</i>	2:12:39
627	Christopher Shearwood	3:15:09
3858	Jennifer O'Sullivan	4:35:53
4423	Monica Shortt	5:03:46



Hertfordshire Half Marathon – 5th November

1		1:16:15
200	Clive Lucas	1:41:19
343	Jonathan Evans- Hughes	1:46:57
1195	Ariff Sidik <i>Pacer</i>	2:24:14

Watford Joggers Autumn 10K

1		0:38:12
78	Tony Watson (Sudbury Court)	0:54:34
176	Bernie Conway	1:06:08
260	Finishers	1:41:39

Christmas Messages 2023

*Happy Christmas and
all the best for 2024
Jo and Andrew Collier*

Wishing everyone at
Metros all the best at
Christmas and for 2024!
Thank you for your
friendship and
encouragement again this
year – I feel very lucky to
be part of such a
supportive club!
Pip Brown



Merry Christmas Everyone
Sarah A xxx

Merry
Christmas &
Happy New
Year
Rob Bevan

Teresa and Dave wish all
Metros and their families
much merriment over the
festive season and all the
best for 2024

Merry Christmas to my
fellow Metros. Hope
2024 brings peace and
health to all.

Jane H 

Wishing all the Metros and their
families a very Merry Christmas



and a Happy and Healthy New Year.
All the Best for 2024!



With love from Ruth



To the tune of Jingle Bells

*Metro feet, Metro feet, run through
Harrow's streets,
In our club so merry, chasing goals,
running is so sweet.
Hey!
Metro feet, Metro feet, in the coming
year,
Injury-free, we unite,
Happy Christmas, give a cheer!*

With love from Caroline

*Merry Christmas 2023
to all Metros and their
families and good health
for 2024,
from
Terry and Diane Burke,
in sunny Devon!*



*Wishing all our
Metros friends and
their families a
wonderful Christmas
and a Healthy 2024.
Marilyn and Henry*

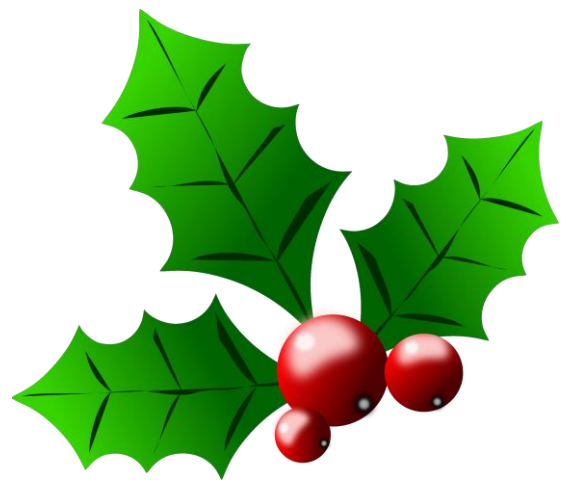
Wishing all Metros, a very
happy Christmas and a
healthy, and injury-free,
new year.

Judy & Nigel xx



*With best wishes to all Metros
and families for a lovely
Christmas and a very happy,
injury free New Year.
Brian and Pat Jackson*

Whether you run, jog or walk
Just pull out a cork
And wish Metros good cheer
At this time of the year.
With best wishes from
Kath and David Donaldson



*Merry Christmas
& Happy New Year
Andrew Shirras*

JANE AND ALASTAIR WISH ALL
METROS A MERRY CHRISTMAS
AND A HEALTHY AND INJURY
FREE 2024.

A donation was made to Marie Curie

Wishing all Metros a
very Merry Christmas
filled with friends,
family and food, with
plenty of running too!
From Paula, Martin
and Daniel

Merry Christmas All!
Love from
Nancy & Michael

**HAPPY NEW YEAR FROM ME
BAH HUMBUG FROM HIM.**

IRENE & STEVE

**Merry Christmas and Happy
New Year
Penny X**



Merry Christmas and
Happy New Year
From
Jasia and Tim

Wishing you all a very Happy
Christmas. Thank you all for
your great company this year
and we are already looking
forward to running even further
in 2024 !
Una and Quentyn



*Merry Christmas &
Happy New Year.
Happy Running
From the Foxes*

Merry Christmas
& Happy New Year
Rohan

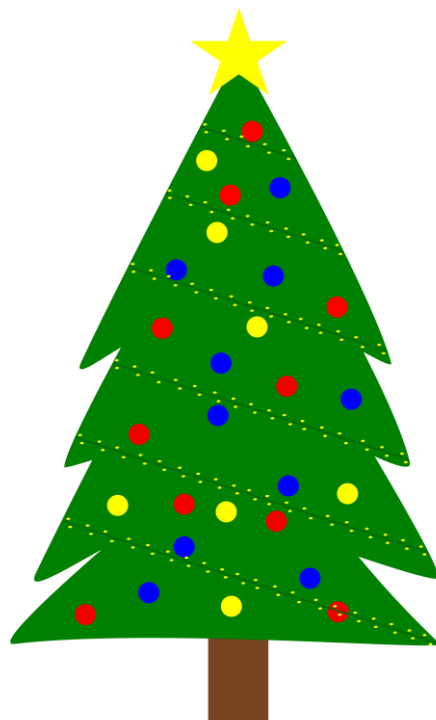


Happy to support the Lynda
Jackson MacMillan Centre,
they helped my husband
during his end-of-life care.
Best wishes for 2024
Linda Georgiades

Merry Christmas
& Happy New Year
Harish

HAPPY CHRISTMAS
FROM GERRY

*Wishing you all a
Happy Christmas
And
Health, Happiness,
and Peace for 2024
Anne A*



Merry Christmas to all
my Metros family
Love
Brian
xxx

Have an awesome Xmas
everyone.
Marcus & Aneta



Season's Greetings
Keval & Arti

Happy Christmas to all
Metros and
Best Wishes for 2024

Sarah W

*Wishing you all a Happy
Christmas and Best Wishes for
2024
Carole & Gordon*



Merry Christmas
& Happy New
Year
Andrew Borley

Wishing a very Merry Christmas to all Metros and families and a New Year of peace, prosperity and excellent injury free running.

Angela



To all our wonderful friends in Metros, wishing you a happy, healthy and peaceful Christmas and New Year

Love from Mick and Barbara Reading



Wishing all our Metros friends a Happy and Healthy Christmas and New Year
Rogan and O'Reilly Families



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.



SANE

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.