



February 2024
Issue No. 415



Harrow Hill Race – 18th February

Have you entered?

[Harrow Hill 10K](#) | [Metros Running Club](#) |

Metros Diary

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
Sun 18	Harrow Hill Race	10.30am
Fri 23	LFOTM – tbc	11.50 am
Sat 24	parkrun PB Saturday – Northala	9.00 am

March

Sat 2	5-Mile Handicap, Roxbourne Park	9.00 am
Sun 3	Berkhamsted HM & 5-mile*	10.00am
Sat 9	Wot No Watch, Roxbourne Park	9.00 am
Weds 13	Committee Meeting	8.00pm
Sat 16	parkrun – Rickmansworth parkrun	9.00 am
Sun 24	Hillingdon 20*	9.00am
Fri 29	Maidenhead Easter 10*	9.30 am

April

Sat 6	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 13	5K - Harrow School Track	tbc
Sat 20	Wot No Watch, Roxbourne Park	9.00am
Sun 21	London Marathon	tbc
Fri 26	LFOTM- tbc	11.50 am
Fri 26	AGM & Quiz Night ???	tbc

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.

* inclusion of these races in the LRRC trophy to be confirmed

Note from the Editor!

It's a new year and time to renew your membership for Metros and England Athletics— see details from Irene Paull on page 8. It's very easy to do through Webcollect and will only take a few minutes. Please complete your renewal by the end of March.

England Athletics membership allows you to claim a discount on most race entries. The number of Metros EA members also determines the number of club places we are allocated for the London Marathon, so please join. This year we were only allocated one place and Tanasheh Abrahams was successful in the club ballot.

Do you have any vintage or weird and wonderful race memorabilia? We would love to hear about it – see page 9.

The annual Harrow Hill 10K Race organised by Metros, takes place on Sunday 18th. If you are not running, please volunteer to help or come along on the day to support fellow club members. Please bring cake and finger food for after race refreshments.

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.



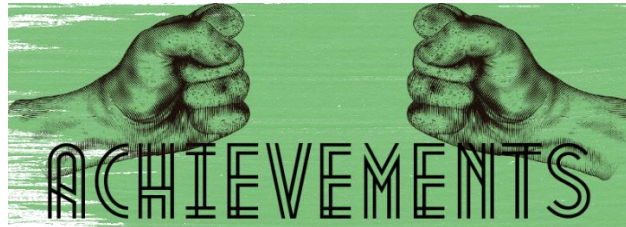
Congratulations to:

Metros members Linda Dunne and Andrew Dempster who got married, over the Christmas period at Gretna Green. Wishing them every happiness.

Congratulations to:

Tanasheh Abrahams, the lucky winner in the club ballot for a place in the 2024 London Marathon on 21st April. Wishing him all the best for his training and the big day!





Well done to.....

Andy Fox – for running his 200th parkrun at Northala on 16th December and **Ruth Tidder** who reached her 100th parkrun milestone at the same event.

Zahra Bassiri – for running her 100th parkrun milestone at Canons Park on 23rd December.

Vincent Cheung – for reaching his milestone 350th parkrun at Gunnersbury Park on 25th December.

Jasia Zimmermann – for running her 50th parkrun at Northala on 25th December.

Emma Rackham – for completing her 300th parkrun at Canons Park on 13th January.

Rohan Mascarenhas – for a 5-mile PB at Hatfield 5-miles on 26th November.

Russell Morris – for running at least 5K every day in 2023, which he is very chuffed about. His running streak is now over 375 days and it's addictive!

Spencer Millbery and Sonny Peart – for completing a 200-mile ultra marathon at the Winter Downs 200.

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.

Please note that the discount is only applicable to events organised by ATW. If the event is listed on ATW but not organised by them, the discount will not be applied.

New Members

Welcome to the following new Metros:

Nirav	Dodhia
Nick	Edgington
John	Murphy
Amol	Bhuptani
Jane	Connors
Paul	Worthington
George	Burns
Man Biu	Lam
Chik Ha	Kwok

Looking forward to meeting you at Metros regular runs

Thank You

To all the Metros who contributed generously to the Metrolines Christmas charity collection. £440 was raised through the Metrolines Christmas messages, and with a contribution from the club, £500 was donated to the Lynda Jackson Macmillan Centre.

[Welcome - Lynda Jackson Macmillan Centre](#)

The Centre sent the following message:

On behalf of the East and North Hertfordshire Hospitals' Charity and the Lynda Jackson Macmillan Centre, I wanted to thank you for setting up a JustGiving page for donations to support us! You smashed your target amount, which is absolutely fantastic!

IT'S TIME TO RENEW

Your **Metros Membership payment is due on 1st March** (unless you've joined since mid-December 2023).

Renewals are done via our membership system – Webcollect.

The link to Webcollect is via the members 'section of our website

<https://metros.org.uk/members/renew-membership/>

Simply add the membership type you want to the basket . Standard adult membership costs £25 (no increase since 2020)

If you also want EA membership, you'll find that on a separate tab from metros membership. Unfortunately, this has increased in cost again and will be £19 for the EA membership year which starts in April.

Renewals can be paid by bank transfer or a one-time direct debit (GoCardless).

Other membership types:

Juniors are £1, and students £5, over 70s (with 5 years past paid membership) are free. We also have associate membership, £12, for members who have moved away or stopped running, but who want to continue to support Metros and any non-running parents or guardians of supported adults. Membership for supported adults is free if part of a family group with a full or associate metros member.

Your membership fees pay for:

- premises hire: scout hut, tennis club, track
- league entries: Summer League and cross-country entries are not charged
- courses: part funded courses such as first aid and running leadership
- club affiliation to England Athletics which also insures us as club members
- systems: website, membership system (Webcollect)
- prizes: given out at our annual award evening each November

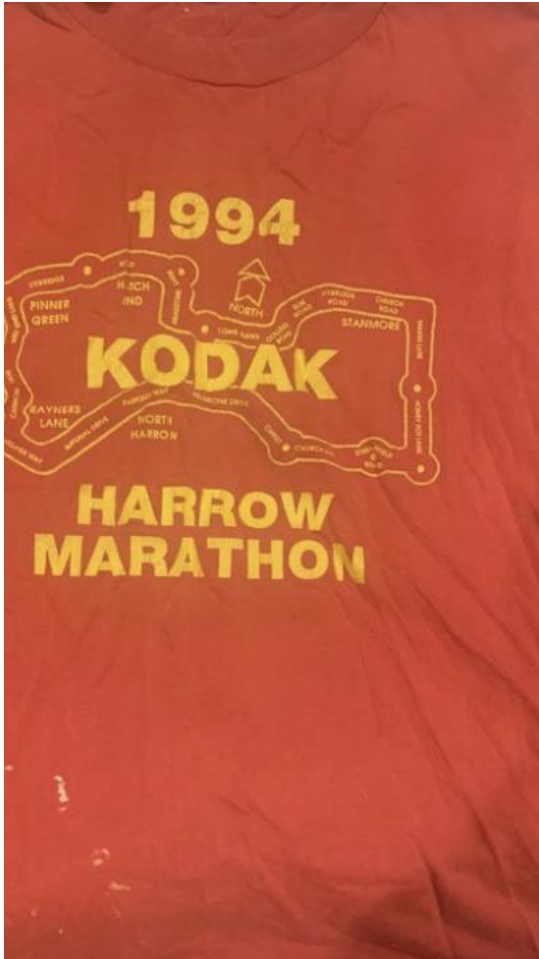
At around 50p per week, and with training sessions on almost every day, we hope you agree that membership is good value and that you'll want to renew.

As always, prompt renewals make my life so much easier, your help with this is much appreciated.

If you have any difficulty with renewals, email me on metros.secretary@yahoo.co.uk

Thank you
Irene Paull

Nostalgic Running Memorabilia – Nathan Powell



This idea came from a member sharing a photograph of what can best be described as a vintage Harrow Marathon T-shirt (quite a few members were probably not even born when this shirt was given away) and I shared it with another member, and they said they had one that was even older!

So, I thought it would be fun to have a nostalgic trip back down memory racing lane and ask members to share photographs of any vintage race tee shirts, prizes, memorabilia, race give aways etc (the wackier the better!). For example, there was a time when you attended the London Marathon Expo to collect your race number and you came away with your race day kit bag full of sponsors goodies (including beer and rice!)

Please can you send in your memories (photos would be good) via email to metrolines1@gmail.com and nathancpowell@yahoo.co.uk . Please include a few lines i.e. which race, distance and year it was (unless obvious) and if you can remember how you performed or something about the race that would be superb.

10K

Sunday 18th
Feb 2024

**STARTS
10.30
AM**



Harrow Hill 10k

Head to Garlands Lane, Harrow. HA1 3GF

Sign up to the Metros Running Club organised 10k :-

Scan this code

Chip timing - eventchiptiming.com



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
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

5K Competition Results

Northala parkrun results – 16th December 2023

Female runners

PARKRUNNER	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Sasha BIRKIN	Metros RC	VW50-54	19:23:00	88.65%	50
Janice NEWMAN	Metros RC	VW75-79	32:54:00	79.38%	49
Emma PONNAGANTI	Metros RC	VW45-49	22:20:00	73.28%	48
Linda GEORGIADES	Metros RC	VW60-64	26:43:00	72.61%	47
Ruth TIDDER	Metros RC	VW50-54	24:45:00	70.37%	46
Ann SUFFIELD	Metros RC	VW45-49	25:07:00	65.16%	45
Judy RACKHAM	Metros RC	VW60-64	32:37:00	62.14%	44
Una CUNNINGHAM TAYLOR	Metros RC	VW45-49	28:00:00	59.17%	43
Julia ALLEN	Metros RC	VW55-59	31:16:00	58.69%	42
Allegra KEENE	Metros RC	JW11-14	28:55:00	57.52%	41
Linda GRIMES	Metros RC	VW55-59	36:26:00	50.37%	40
Farzina KAPADIA	Metros RC	VW35-39	30:45:00	48.78%	39
Gillian FOX	Metros RC	VW55-59	41:19:00	45.66%	38
Bernie CONWAY	Metros RC	VW40-44	35:00:00	44.29%	37

Female volunteers

Irene Paull	43
Annie Birch	43
Pippa Brown	43
Caroline Day-Lewis	43



Male runners

PARKRUNNER	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Justin ARCHER	Metros RC	VM50-54	18:28:00	81.86%	50
Marcus WEEDON	Metros RC	VM50-54	19:17:00	76.49%	49
Nathan GEE	Metros RC	VM50-54	19:45:00	75.27%	48
Russell MORRIS	Metros RC	VM50-54	20:32:00	73.62%	47
John NORRIS	Metros RC	VM40-44	19:13:00	73.20%	46
Ed O CONNOR	Metros RC	VM45-49	20:06:00	72.80%	45
Jeff SUFFIELD	Metros RC	VM50-54	20:44:00	71.14%	44
Kevin SMART	Metros RC	VM60-64	23:39:00	70.26%	43
James KERRANE	Metros RC	VM40-44	20:50:00	67.52%	42
Quentyn TAYLOR	Metros RC	VM45-49	22:03:00	64.32%	41
Harish GOHIL	Metros RC	VM55-59	24:34:00	63.64%	40
Andrew FOX	Metros RC	VM60-64	25:40:00	62.47%	39
Rohan MASCARENHAS	Metros RC	VM50-54	24:52:00	61.26%	38
Keval SHAH	Metros RC	VM40-44	22:58:00	61.25%	37
Mike REID	Metros RC	VM60-64	28:01:00	58.77%	36
Steve PAULL	Metros RC	VM70-74	30:18:00	58.20%	35
Quinton STOWELL	Metros RC	VM55-59	28:12:00	54.49%	34
Brian MCGRORY	Metros RC	VM60-64	30:45:00	52.63%	33
Bijan KEENE	Metros RC	VM50-54	28:56:00	51.38%	32
Mitesh PATEL	Metros RC	VM35-39	28:02:00	47.98%	31
David BROWN	Metros RC	VM75-79	52:29:00	36.11%	30

Male volunteers

Ian Birch	40
Nathan Powell	40

2023/24 5K Competition Standings - Men

Overall position	Name	Club	Canons Park parkrun	Harrow parkrun	Roxbourne Park	Northala parkrun	Overall points
			16/09/23	21/10/23	04/11/23	16/12/23	
1	Marcus Weedon	Metros	48	48	50	49	195
2	James Kerrane	Metros	44	42	47	42	175
3	Harish Gohil	Metros	40	32	41	40	153
4	Steve Paull	Metros	34	40	43	35	152
5	Rohan Mascarenhas	Metros	36	31	40	38	145
6	Nigel Rackham	Metros	50	50	43		143
7	Russell Morris	Metros	49	47		47	143
8	Robert Bevan	Metros	43	36	43		122
9	Simon Abery	Metros	42	35	45		122
10	David Brown	Metros	23	26	35	30	114
11	Brian McGrory	Metros	30	34		33	97
12	John Norris	Metros	47	-		46	93
13	Dave Young	Metros		41	49		90
14	Jeff Suffield	Metros		45		44	89
15	Kevin Smart	Metros	46	-		43	89
16	Andy Fox	Metros			44	39	83
17	Nick Russell	Metros	41	37			78
18	Nathan Powell	Metros	37	-		40	77
19	Quentyn Taylor	Metros	35	-		41	76
20	Keval Shah	Metros		33		37	70
21	Mitesh Patel	Metros	39	-		31	70
22	Rocco Keene	Metros	36	30			66
23	Malcolm Jackson	Metros	29	-	36		65
24	Quinton Stowell	Metros	28	-		34	62
25	Bijan Keene	Metros		28		32	60
26	Mike Reid	Metros	24	-		36	60
27	Justin Archer	Metros				50	50
28	Malcolm Smith	Metros		49			49
29	Peter Reynolds	Metros			48		48
30	Nathan Gee	Metros				48	48
31	Adam Leary	Metros			46		46
32	Richard Wilkinson	Metros		46			46
33	Tony Watson	SC	45	-			45
34	Ed O'Connor	Metros				45	45
35	Sonny Peart	Metros		44			44
36	Andy Dempster	Metros			43		43
37	Michael Morris	Metros		43			43
38	Paul Hor	Metros			43		43
39	Tim Oakley	Metros			42		42
40	Ian Birch	Metros				40	40
41	Alok Agarwal	Metros		39			39
42	Andrew Collier	Metros			39		39
43	Darragh Daunt	Metros		38			38

44	Gavin Imrie	SC	38	-			38
45	Stuart Abraham	Metros		38			38
46	Will Bailey	Metros			38		38
47	Bill Harrington	Metros			37		37
48	Terry Burke	Metros			37		37
49	Andrew Borley	Metros	36	-			36
50	Barry Nolan	Metros	36	-			36
51	Mark Mulvenna	SC	36	-			36
52	Vincent Cheung	Metros	32	-			32
53	Louis Smyth	SC	31	-			31
54	Andrzej Warhaftig	Metros		29			29
55	Ariff Sidik	Metros	27	-			27
56	David Merrigan	Metros	25	-			25
57	Tanasheh Abrahams	Metros	22	-			22

2023/24 5K Competition Standings - Women

Overall position	Name	Club	Canons Park parkrun	Harrow parkrun	Roxbourne Park	Northala parkrun	Overall points
			16/09/23	21/10/23	04/11/23	16/12/23	
1	Janice Newman	Metros	49	49	50	49	197
2	Caroline Day-Lewis	Metros	48	46	49	43	186
3	Judy Rackham	Metros	39	42	44	44	169
4	Irene Paull	Metros	37	42	44	43	166
5	Sasha Birkin	Metros	50	50		50	150
6	Emma Ponnaganti	Metros	47	-	48	48	143
7	Angela Murphy	Metros	46	47	44		137
8	Linda Georgiades	Metros	44	-	46	47	137
9	Jane Hudson	Metros	45	42	44		131
10	Ruth Tidder	Metros		38	45	46	129
11	Penny Hudson	Metros	37	42	44		123
12	Stephanie White	Metros	36	41	44		121
13	Zahra Bassiri	Metros	43	45			88
14	Ann Suffield	Metros		43		45	88
15	Lorraine O'Donovan	Metros	42	44			86
16	Julia Allen	Metros			43	42	85
17	Tanya Keene	Metros	35	40			75
18	Linda Grimes	Metros	34	-		40	74
19	Una Cunningham Taylor	Metros	30	-		43	73
20	Farzina Kapadia	Metros	33	-		39	72
21	Philippa Brown	Metros	28	-		43	71
22	Sakina Sidik	Metros	29	35			64
23	Bernie Conway	Metros	26	-		37	63
24	Lynne Jones	Metros		48			48

25	Jasia Zimmerman	Metros			47		47
26	Ceri Jacob	Metros			44		44
27	Anne Ambrose	Metros			44		44
28	Cath Corcoran	Metros			44		44
29	Pat Jackson	Metros			44		44
30	Marilyn Pickford	Metros			44		44
31	Barbara Reading	Metros			44		44
32	Linda Dunne	Metros			44		44
33	Annie Birch	Metros				43	43
34	Debra Norman	Metros			42		42
35	Raquel Ponte	Metros	41	-			41
36	Allegra Keene	Metros				41	41
37	Yvette Bilton	Metros	40	-			40
38	Emma Norman	Guest			40		40
39	Paula Sheehan	Metros		39			39
40	Gladys de Groot	Metros			39		39
41	Claire Cook	SC	38	-			38
42	Jo Collier	Metros			38		38
43	Gill Fox	Metros				38	38
44	Anna Gorecki	SC		37			37
45	Bev Thomas	Metros	37	-			37
46	Kath Donaldson	Metros	37	-			37
47	Meena Mistry	Metros	37	-			37
48	Sarah Armstrong	Metros	37	-			37
49	Wendy Mulvenna	Metros	37	-			37
50	Jenny O'Leary	Metros		36			36
51	Nancy Morris	Metros		34			34
52	Marie Callanan	Metros	32	-			32
53	Lise Flanagan	SC	31	-			31
54	Shama Meghjee-Caine	Metros	27	-			27
55	Bethany Rita D'Cruz	Metros	25	-			25

2022/23 5K Competition Standings - Men

Only shows runners who have taken part in 6 or more events

Overall points only includes runners' top 9 scores

Overall position	Name	Club	Canons Park parkrun	Gladstone parkrun	Roxbourne Park	Track	Northala parkrun	28/01/23	Roxbourne Park	Ricky parkrun	Track	Roxbourne Park	17/06/23	Harrow parkrun	Track	Roxbourne Park	Overall points	
			17/09/22	15/10/22	05/11/22	19/11/22	17/12/22		04/02/23	18/03/23	08/04/23	06/05/23			22/07/23	05/08/23		
1	Tony Watson	SC	47	45	-	-	47	49	-	38	47	48	-	-	46	50	417	
2	Steve Paull	Metros	46	46	43	-	48	48	43	47	48	48	42	41	45	44	415	
3	Robert Bevan	Metros	41	41	47	46	45	45	-	41	45	45	43	43	43	44	403	
4	Nigel Rackham	Metros	50	50	50	-	-	-	50	49	-	-	50	50	42	-	391	
5	Mitesh Patel	Metros	-	43	-	42	42	29	39	39	43	40	42	42	42	44	375	
6	Tim Oakley	Metros	38	-	43	42	41	39	45	36	42	38	38	43	-	371	371	
7	Michael Morris	Metros	45	-	-	48	-	31	42	40	46	43	42	42	-	48	355	
8	Mike Reid	Metros	35	36	39	35	-	33	42	33	32	44	35	35	-	329	329	
9	Simon Abery	Metros	-	-	48	45	50	44	48	43	-	44	-	-	41	-	313	
10	Christopher Shearwood	Metros	49	49	-	-	-	50	-	50	-	-	-	49	-	-	297	
11	Mike Ransome	Metros	-	-	41	37	-	32	41	-	33	36	-	-	33	44	297	
12	Harish Gohil	Metros	-	-	-	42	-	37	46	-	41	41	39	39	42	-	286	
13	Vincent Cheung	Metros	35	-	-	40	43	40	-	-	38	-	40	40	39	-	275	
14	Nathan Powell	Metros	21	-	43	-	40	37	43	-	41	-	-	-	-	47	271	
15	Clive Lucas	Metros	-	-	-	49	49	-	43	-	50	-	-	-	50	-	241	
16	Andrew Collier	Metros	-	-	42	38	-	38	43	-	34	42	-	-	-	-	237	

2022/23 5K Competition Standings - Women

Only shows runners who have taken part in 6 or more events

Overall points only includes runners' top 9 scores

Overall position	Name	Club	Canons Park parkrun 17/09/22	Gladstone parkrun 15/10/22	Roxbourne Park 05/11/22	Track 19/11/22	Northala parkrun 17/12/22	Track 28/01/23	Roxbourne Park 04/02/23	Ricky parkrun 18/03/23	Track 08/04/23	Roxbourne Park 06/05/23	Harrow parkrun 17/06/23	Track 22/07/23	Roxbourne Park 05/08/23	Overall points
1	Sasha Birkin	Metros	44	50	50	50	50	50	-	50	50	-	50	50	-	450
2	Janice Newman	Metros	50	-	46	49	-	-	-	49	48	46	49	49	48	436
3	Caroline Day-Lewis	Metros	47	48	49	46	49	-	-	46	-	50	48	48	-	433
4	Emma Ponnaganti	Metros	48	49	48	47	-	49	-	48	-	-	45	46	-	432
5	Ruth Tidder	Metros	-	39	37	45	-	47	43	43	-	47	45	43	45	399
6	Judy Rackham	Metros	37	42	43	45	-	43	42	42	-	44	41	45	-	381
7	Penny Hudson	Metros	30	37	38	45	44	38	34	34	47	39	37	41	43	371
8	Irene Paul	Metros	34	40	42	-	45	39	41	36	-	42	40	-	45	369
9	Philippa Brown	Metros	-	35	35	39	45	36	36	30	43	34	33	40	-	343
10	Linda Georgiades	Metros	20	-	42	-	-	43	47	45	49	47	46	-	-	338
11	Angela Zimmerman	Metros	-	-	47	-	48	-	-	43	-	-	44	47	50	324
12	Angela Murphy	Metros	41	-	44	-	-	-	46	44	44	49	47	-	49	320
13	Jane Hudson	Metros	34	-	-	-	-	43	41	37	47	42	-	-	45	288
14	Joanna Collier	Metros	35	-	-	40	-	40	-	33	45	38	36	-	-	267
15	Teresa Young	Metros	-	-	42	45	-	43	41	-	-	42	-	-	46	258
16	Anne Ambrose	Metros	-	-	42	45	-	-	38	45	47	42	-	45	-	258

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

- Thames Valley Triathletes, 4th February 2024



TVXC Results

Marlow – 10th December

Position	Name	Time	Male Score	Female Score
1		00:39:06	1	-
42	Justin Archer	00:45:52	40	-
90	Ron Taylor	00:50:06	76	-
175	Nicky Smith	00:55:17	135	-
193	Kevin Smart	00:56:43	147	-
220	Nick Russell	00:58:39	165	-
250	Mike Morris	01:01:27	183	-
270	Ian McPherson	01:03:50	194	-
292	Ruth Tidder	01:06:15	-	82
294	Vincent Cheung	01:06:23	204	-
308	Andrew Collier	01:08:24	212	-
371	Finishers	01:49:23	-	128

Reading – 7th January

Position	Name	Time	Male Score	Female Score
1		00:30:31	1	-
70	Justin Archer	00:40:01	64	-
128	Ron Taylor	00:43:55	114	-
131	James Kerrane	00:44:06	117	-
159	Nicky Smith	00:46:18	136	-
194	Nick Russell	00:48:30	159	-
225	Tony Rhodes	00:50:20	180	-
279	Andrew Collier	00:55:46	211	-
285	Ruth Tidder	00:56:00	-	68
297	Tim Oakley	00:56:33	218	-
321	Bernie Conway	00:59:32	-	92
326	Jasia Zimmermann	01:00:12	-	95
336	Terry Burke	01:02:12	230	-
351	Pauline Bishop	01:05:40	-	107
376	Finishers	01:30:50	-	122

Handy Cross – 21st January

Position	Name	Time	Male Score	Female Score
1		00:33:02	-	-
55	Justin Archer	00:41:55	48	-
118	Nicky Smith	00:47:28	102	-
163	Kevin Smart	00:50:41	133	-
169	Nick Russell	00:51:33	137	-
182	Clive Lucas	00:52:24	145	-
191	Mike Morris	00:53:08	149	-
207	Robert Bevan	00:54:25	158	-
220	Ian McPherson	00:56:15	166	-
243	Martin Eden	00:59:23	178	-
244	Tim Oakley	00:59:39	179	-
254	Ruth Tidder	01:00:36	-	61
269	Bernie Conway	01:02:14	-	72
280	Terry Burke	01:04:51	193	-
303	Finishers	01:36:04	199	-

Metros Competition Points Women

Table 1

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

Men

Table 1

AGE	MET	BFR	DD	SJ	MS	RRR
21-39						
Ron Taylor					100	100
40-49						
Vincent Cheung	99	100	99	99	99	
Terry Mackin	100					
Nicky Smith			100	100	100	99
James Kerrane						100
50-59						
Justin Archer	100	100	100	100	100	100
Mike Morris	98	99			98	
Ian McPherson		98	97	98	97	98
Nick Russell	99		99	99	99	99
Andrew Collier	97		98		96	97
60-69						
Kevin Smart		100	100		100	
Clive Lucas		99		100		
Tony Rhodes	98	98	99	99		100
Tony Watson	99					
Tim Oakley	97		98			99
AGE	MET	BFR	DD	SJ	MS	RRR
Robert Bevan	100					
70						
Terry Burke				100		100

Perivale 5 – 3rd December 2023

Pos		Gun Time	Chip Time
1		00:26:07	00:26:04
51	Christopher SHEARWOOD	00:33:41	00:33:38
83	Tanasheh ABRAHAMS	00:36:53	00:36:53
98	Tony WATSON (Sudbury Crt)	00:38:31	00:38:24
106	Peter REYNOLDS	00:39:18	00:39:10
132	Liz ABRAHAMS (Sudbury Crt)	00:41:48	00:41:28
186	Steve PAULL	00:46:56	00:46:45
189	Stuart LAWRENCE	00:47:25	00:47:10
209	Derek BAMFORTH	00:49:00	00:48:47
241	Kerrie FREED	00:53:57	00:53:41
264	Finishers	01:08:01	01:07:42

Pednor 10, 31st December 2023

1		0:55:29
53	Chris Shearwood	1:12:14
156	Vincent Cheung	1:28:25

Hong Kong Marathon, 21st January 2024

1		02:12:50
	Vincent Cheung	05:29:13

10K Challenge – Saturday 6th January 2024

	Min	Sec	Age Grade %
Pauline Bishop	63	04	73.54%
Barbara Reading	71	08	69.68%
Marcus Wheedon	43	27	69.14%
Dave Young	54	07	66.08%
Lorriane O'Donovan	64	32	61.08%
Steph White	76	00	57.35%
Bill Harrington	60	45	55.01%
Anne Ambrose	79	08	54.26%
Jane Hudson	76	00	54.08%
Irene Paull	82	01	51.58%
Brian McGrory	64	24	51.41%
Gladys de Groot	102	16	46.09%
Andrew Shirras	76	35	45.84%
Eilish Fernandes	102	16	43.27%

Small turnout for this, the first 10K of 2024, on a dry Saturday morning – quite a rarity given the storms and rain during the preceding week. Andrew Shirras ran the event for the first time and welcome back to Eilish and Gladys who last ran the event in October 2020.

The next event will be on Saturday 6th April 2024.

Teresa Young

Centurion Running Winter Downs 200- 13th-17th December 2023

94 starters

1st 49h 15m 50s

21st Spencer Millbery 74h 20m 04s

48th Sonny Peart 88h 30m 05s

56 finishers 95h 47m 20s

Have you ever wondered what sort of preparation is needed to be able to take on a 200 -mile ultra?

Here's a link to a very interesting article Sonny Peart has written on how he tackled this feat of endurance:

[ASICS FrontRunner - How I Ran 200 Miles](#)



Wot no Watch

Saturday 10th December 2023 – Roxbourne Park

	Predicted	Actual	Difference
Janice Newman	9:56	10:03	7
Ruth Tidder	9:56	10:03	7
Andrew Collier	8:30	8:20	10
Malcom Jackson	9:10	9:21	11
Dave Young	7:45	7:32	13
Jo Collier	9:50	9:35	15
Judy Rackham	10:30	10:10	20
Adam Leary	6:51	7:13	22
Eilish Fernandez	11:00	10:31	29
Barbara Pacinella	11:05	11:34	29
Mike Ransome	9:15	9:48	33
Simon Aberly	6:50	7:28	38
Bill Harrington	8:10	8:53	43
Carol Valentine	10:50	11:34	44
Andrew Shirras	9:45	10:53	68
Gladys de Groot	12:15	13:45	90
Dave Brown	15:00	17:36	156
Henry Pickford	14:15	17:36	201

Well, I think that was the wettest Wot no Watch I have ever had to timekeep! Well done to the 18 runners and walkers who braved the heavy rain and waded through the deep puddle in front of the pavilion. (The alternative was a squelchy pad through the sodden grass on either side.) The winner was Janice Newman (ably led by Ruth Tidder) who was only 7 seconds slower than her prediction. Most runners were much slower than their predicted times as they battled the lashing rain. And a big thank you to Barbara Reading who managed to keep the large umbrella open and upright so that I could record the times on a soggy piece of paper.

Teresa Young



Wot no Watch
Roxbourne Park – Saturday 14th January 2024

	Predicted	Actual	Difference
Adam Leary	6:59	7:02	3
Ceri Jacob	8:00	8:04	4
Amanda Hardy	8:48	8:40	8
Pat Jackson	17:00	17:8	8
Deborah Norman	9:00	9:13	13
Sonny Peart	8:00	7:44	16
Dave Young	7:30	7:12	18
Malcom Jackson	10:13	9:54	19
Mike Ransome	10:13	9:54	19
Simon Abery	7:29	7:10	19
Marion Rogan	9:40	10:6	26
Anne Ambrose	10:12	10:41	29
Gladys de Groot	13:0	13:37	37
Marilyn Pickford	9:30	10:9	39
Emma Norman	9:00	8:16	44
Barbara Pacinella	12:30	11:19	71
Andrew Shirras	12:00	10:21	99

Fred Hughes – 10-mile, 22nd January

Pos		Gun Time	Chip Time
1		00:49:30	00:49:30
286	Tanasheh ABRAHAMS	01:18:09	01:17:21
378	Tony WATSON (Sudbury Crt)	01:22:15	01:21:05
428	Quentyn TAYLOR	01:24:57	01:22:30
493	Jonathan EVAN-HUGHES	01:27:57	01:25:40
508	Simon ABERY	01:28:51	01:27:00
610	Jennifer O'SULLIVAN	01:33:27	01:31:01
612	Andrew BORLEY	01:33:29	01:31:04
638	Rohan MASCARENHAS	01:34:57	01:32:30
684	Elizabeth ABRAHAMS (Sudbury Crt)	01:37:01	01:32:52
751	Yvonne WALKER (Sudbury Crt)	01:40:27	01:38:14
754	Una CUNNINGHAM	01:40:36	01:37:48
774	Pauline BISHOP	01:41:44	01:38:50
799	Michael REID	01:43:16	01:40:30
937	Lorraine O'DONOVAN	01:57:45	01:54:51
938	Monica SHORTT	01:57:46	01:54:51
966	Judy RACKHAM	02:05:27	02:01:53
1003	Finishers	02:29:41	02:24:58



NOTES OF METROS COMMITTEE MEETING

Wednesday 17 January 2024 at 8:00pm

Venue – Nigel & Judy Rackham's house

Attendees: Steve Alder, Pat Jackson, Irene Paull, Steve Paull, Marilyn Pickford, Nigel Rackham, Marcus Weedon, Teresa Young

1. Apologies

Tarana Agarwal, Anne Ambrose, Andy Fox, Mike Ransome, Ariff Sidik

Mike Ransome has resigned from the Committee. He was thanked for his commitment as a member of the committee for many years.

Chair: Nigel Rackham

Note Recorder: Pat Jackson

2. Actions from Last Meeting

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

ACTION: Irene Paull

- b. **Assistant Coach Course at Perivale – ITEM CLOSED**

- c. **Harrow School Track Bookings** – Teresa will discuss with Nathan Powell.

ACTION: Teresa Young

- d. **Metros Shed Update** – The foliage around the shed will be removed later this year.

ACTION: Pat Jackson/Marilyn Pickford

- e. **Storage of Metros Gazebo** - The Scouts in Roxbourne Park will be asked if it could be stored in their storage area.

ACTION: Marilyn Pickford/Pat Jackson **Review May**

- f. **Minutes of AGM** – Jasia Zimmerman will audit the accounts this year.

ACTION: Teresa Young

3. Club Events

- a. **Harrow Hill Race (HHR)** – Brent licence is confirmed. Obtaining a licence for Harrow and an adjudicator has been challenging. Teresa may be able to adjudicate. More entries and volunteers are needed. Cost of parking at the University of Westminster will be confirmed. Additional signatories on the HHR account will be arranged.

ACTION: Marcus Weedon/Irene Paull

- b. **Summer League** – Club payments for last year have been made. More signatories are needed on the Account. Provisional date for Metros hosting is 16 June. **ACTION:** Irene Paull/Pat Jackson

- c. **Wembley Stadium – Last Friday of the Month Run/walk/dog walk.**

To be held on Friday 26 January.

ACTION: ITEM CLOSED

- d. **Trophy/Medals/Awards** - this will be reviewed.

ACTION: Ariff Sidik/Pat Jackson/Nigel Rackham

4. Other Events

- a. **Bannister's Mile** – to be held on 10 or 17 May at Harrow School Track.
ACTION: Nathan Powell
- b. **Sports Day** – to be held on 12 or 19 July. **ACTION:** Nathan Powell
- c. **AGM and Quiz Evening** – it was suggested both be held on the same evening. Friday 26 April was agreed. Nigel and Judy have volunteered to organise the Quiz.

5. Admin

- a. **Accounts** – Teresa confirmed the accounts are healthy and membership subscriptions this year will remain the same as at present.
- b. **Membership** – Irene confirmed England Athletics have increased individual subscriptions this year from £17 to £19.

6. AOB

- a. **Lightweight Folding Cart** – Teresa confirmed the cart has been delivered.
ACTION: Item closed
- b. **Rucksack for AED** – Teresa will investigate a suggestion from Margaret Smith regarding companies who take old AEDs and replace with refurbished ones with a rucksack. **ACTION:** Teresa Young
- c. **AlterG Treadmill** – No progress made. **ITEM CLOSED**
- d. **AED Training** – Not all members who wanted to attend were available on the previous date and it was agreed that Angela should ask Margaret Smith to host a further session. **ACTION:** Angela Murphy
- e. **Charity Donation for Christmas Messages** - £440 was raised by members and a further £60 will be added from club funds bring the total to £500 for the Lynda Jackson Macmillan Centre.
ACTION: Anne Ambrose/Teresa Young
- f. **Metros Committee Email Group Mail list** – Irene will organise this.
ACTION: Irene Paull

Date of next Meeting: Wednesday 13 March - to be confirmed

Meeting closed at 9.15 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.