

METROLINES

September 2024
Issue No. 421



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CALENDAR DATES

September

Sat 7	5-Mile Handicap, Roxbourne Park	9.00am
Sat 14	Wot No Watch, Roxbourne Park	9.00am
Wed 18	Committee Meeting	8.00pm
Sat 21	Canons Park parkrun (5k comp)	9.00am
Sun 22	Moor Park 10K (trophy race)	3.00pm
Fri 27	LFOTM – location tbc	11.50am
Sat 28	Brian Jackson Fun Run, Roxbourne Park	8.45am
Sat 28	First Aid Course	11.00am
Sun 29	Leighton 10M (trophy race)	10.00am

October

Sat 5	Metros 10k, Roxbourne Park	8.50am
Sun 6	TVXC - Metros	4.00pm
Sat 12	Wot No Watch, Roxbourne Park	9.00am
Sun 20	Cabbage Patch 10M (trophy race)	9.00am
Sun 20	TVXC - Handy Cross Runners	11.00am
Sat 26	Harrow track (5k comp)	9.00am
Fri 25	LFOTM – location tbc	11.50am
Sun 27	Ricky Road Run (trophy race)	10.30am

November

Sun 3	Marlow HM / 7M (trophy race)	9.30am
Sat 9	Roxbourne Park 5k (5k comp)	9.00am
Sun 10	TVXC - Datchet Dashers	11.00am
Fri 22	Pizza and Prizes, Lowlands	7.00pm
Sun 24	TVXC - Sandhurst Joggers	11.00am
Fri 29	LFOTM – location tbc	11.50am

ACHIEVEMENTS



Malcolm Jackson - a 10k PB of 1:07:38 at the Saucony London 10k on Sunday 7th July.



Russell Morris - several 5k achievements this summer, including new overall PB, new age grading PB and first time as a first finisher at parkrun (See pg. 34)!



Bruno Croford - completed his 100th parkrun at Harrow on Saturday 10th August.



Abdul Muhid Ali - a 10k PB of 47:18 at the Battersea Summer League on Sunday 11th August.

TRAINING SESSION SPOTLIGHT:

MONDAY CORE

The core session was set up to offer Metros more than just running. As runners, we know the importance of strength and core work to aid and supplement our running. We meet each Monday at 7pm.

Most sessions work through body weight strength exercises, core and balance work.

Ariff uses his kettle bell instructor certification to lead sessions focused on functional strength. Watch the video below to get a flavour of a Monday core session.



Session Leaders:

Ariff
Lynne
Marcus
Linda D
Liz

Family Friendly

All exercises can be adapted according to the age and experience of members. We regularly have members aged 10 - 80+ join us!

Normal meet point: Duck in the Pond Pub, Kenton Lane



SUMMER SPORTS DAY: 12TH JULY, HARROW TRACK

The weather was much kinder than last year and was enjoyed by all, both competitors and volunteers. We were joined by members of Sudbury Court RC, Sarries, and Special Olympics St Albans. A huge thank you to Marcus Weedon and Nathan Powell for organising the whole event.

Click [here](#) to read a round-up of the event submitted to England Athletics.

I expect the Blue Team celebrations went on into the early hours of the morning, and why not, they certainly came pumped up and ready to defend their title of being our Sports Day Champions, Massive congrats to them and both sets of Captains, Jenny / Liz and Mike / Nancy - you are all absolute super stars, thanks so much for all the hard work you put in to our event!! Special thanks as well to Teresa, Irene and Nigel, they did such a brilliant job in ensuring all race times were accurate, also to Mitesh our Excel Wizard who punched in the race data all evening so we were able to get the evenings results out right at the end, and as well Sylvain, Andy, Dave, Marion and Pauline on Shot Putt, Wendy / Mark and Chris for keeping their Shot Putt / Long Jumps moving along nicely. Thanks also to our First Aid team Kevin and Monica, Barry Nolan the Funnel boss, Quentyn and Una for being the evenings photographers, Spencer the whistle blower / race starter and lane manager, Tom for leading out the relay teams, Gordon who must have run a marathon delivering the results to Mitesh at the beginning. Thanks also to Ariff our Welfare Officer on the evening and Sakina for her great meeting and greeting of all that turned up.



SUMMER SPORTS DAY: 12TH JULY, HARROW TRACK



BRIAN JACKSON FUN RUN

Saturday 28th September 2024, Roxbourne Park from 8.45 am

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

This is the 45th Annual Metros Fun Run and all Metros members, families and invited guests are welcome to join in this year, running, walking, helping and spectating. This is the longest established Metros event and led to the formation of the club we now call Metros. It is named in honour of Brian Jackson, founder of the event and, for many years, the organiser.

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

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

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

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

The Surface Parkland (almost all grass)

The Place Roxbourne Park, Cannon Lane South, Pinner.

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

The Programme:

9.15 am 4km Male and Female over 11 years.

9.45 am 4km Male and Female over 11 years.

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

These three races total 10km.

Followed by:

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

1km Walk – all ages.

Results: Will not be calculated on the day but available soon after and published in Metrolines and Spond.

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

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

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

SATURDAY SERIES: WOT NO WATCH

13th July 2024 - Wot No Watch

Name	Predicted Time	Actual Time	Discrepancy
Simon Abery	7.00	7.06	0.06
Sue Green	10.10	10.16	0.06
Mike Ransome	9.59	10.06	0.07
Malcolm Jackson	8.56	8.48	0.08
Nigel Rackham	6.15	6.05	0.10
Bill Harrington	9.45	10.07	0.22
Janice Newman/Judy Rackham	10.01	10.31	0.30
Gladys de Groot	12.45	14.22	1.37
Dave Brown	16.00	17.44	1.44

Congratulations to Simon Abery and Sue Green who tied for first place.

Gordon Valentine

SATURDAY SERIES: MEASURED MILE

10th August 2024 - Measured Mile

Name	Time	Name	Time
Adam Leary	7:09	Jo Collier	9:39
Al Scoffham	18:25	Marcus Weeden	5:29
Amanda Hardy	8:04	Marion Rogan	9:59
Andrew Collier	7:36	Mike Ransome	10:31
Barbara Reading	10:33	Penny Hudson	12:38
Bill Harrington	8:59	Raquel Russell Ponte	12:02
Dave Brown	19:09	Sarah Westwood	10:58
Dave Young	7:52	Simon Abury	6:40
Himanshu Chaturvedi	13:33	Suzanne Harvey	12:22
Jane Scoffham	18:25	Teresa Young	10:40

Well done to all Metros who ran the Measured Mile today in Roxbourne Park. Weather conditions were near perfect but maybe just a little too warm for some. This was the last Mile in the competition for this year and I now have to review all four Miles from November, February, May together with today's results to decide who has won the Keith Adsley trophy for improving their time over 3 consecutive Miles. The winner will be announced and presented with the trophy on prize night later in the year. Meanwhile Marcus deserves to be congratulated for impressing with a super fast time one second faster than the mile he ran in May and as usual he was the first to finish. Also a welcome to Himanshi who ran his first Measured Mile today, we hope to see you again for the next one in November. Sadly Dave Brown has run his last Measured Mile as he is moving to the south coast, he will be much missed for being a loyal supporter for this competition and an inspiration to all of us over many years. According to my records his fastest time was 7.20 in 2004 but I am sure that before I started recording Measured Mile times he ran even faster than this. Well done Dave.

Volunteers are needed to time and record the Measured Mile as I need to pass on the competition to new leaders. If you could take on one of the 4 Miles in the year please speak to me or contact Teresa who will be coordinating the arrangements. Full training and support will be provided and your contribution to the club will be greatly appreciated.

Angela

SATURDAY SERIES: 10K CHALLENGE

5th July 2024

Name	Minutes	Seconds	Age Grading	Colour Band
Nigel Rackham	42	25	78.8%	Purple
Marcus Weedon	41	12	73.5%	Blue
Kevin Smart	48	50	70.4%	Blue
Paul Hor	56	51	62.9%	Yellow
Bill Harrington	71	00	47.1%	Pink

Well done to the 5 runners who braved the rain to take part in the July 10K Challenge – in conditions more likely to be felt in April. Good to see the return of Nigel Rackham after several months absent from the event, with an impressive 78.8% and congratulations to Paul Hor who was an impressive 3 minutes faster than last time and earns a yellow ribbon. Thank you to Caroline Day-Lewis for standing in as timekeeper whilst I was still drying out from a wet and soggy night at the music festival Chilfest on Friday night.
Next event is 5th October 2024.

Teresa Young

SATURDAY SERIES: 5K COMPETITION

20th July 2024 - Harrow Track

RESULTS BY FINISH TIME		
Richard Wilkinson	17:45	75.22%
Malik Johnson	18:21	70.31%
Nigel Rackham	18:47	86.91%
Russell Morris	19:37	77.69%
Marcus Weedon	19:44	75.35%
Tanasheh Abrahams	20:49	62.03%
Patrick O'Brian	21:52	70.27%
Malcolm Smith	22:22	73.64%
Robert Bevan	22:35	71.02%
Nathan Powell	22:39	68.42%
Emma Ponnaganti	22:54	72.34%
Peter Reynolds	23:13	72.92%
Simon Abery	23:42	67.09%
Alok Agarwal	23:47	65.16%
Harish Gohil	23:50	65.58%
Vaibhav Jain	24:30	53.51%
Rohan Mascarenhas	25:09	61.10%
Linda Georgiades	31:54	51.63%
Martin Eden	27:53	61.86%
Steve Paull	29:59	58.78%
Malcolm Jackson	31:00	58.33%
Pip Brown	31:19	51.20%
Anne Ambrose	33:28	63.40%
Judy Rackham	34:36	58.57%
Teresa Young	34:58	59.77%

Volunteers:

Non running volunteers: Irene Paull

Other volunteers: Nathan Powell,
Anne Ambrose, Teresa Young, Harish Gohil,
Linda Georgiades, Nigel Rackham,
Alok Agarwal, Pat O'Brian,
Marcus Weedon (pacing)

SATURDAY SERIES: 5K COMPETITION

20th July 2024 - Harrow Track

			5K Points
Linda Georgiades	25:24	76.38%	50
Emma Ponnaganti	22:54	72.34%	49
Anne Ambrose	33:28	63.40%	48
Teresa Young	34:58	59.77%	47
Judy Rackham	34:36	58.57%	46
Pip Brown	31:19	51.20%	45
		Average	47.5

			5K Points
Nigel Rackham	18:47	86.91%	50
Russell Morris	19:37	77.69%	49
Marcus Weedon	19:44	75.35%	48
Richard Wilkinson	17:45	75.22%	47
Malcolm Smith	22:22	73.64%	46
Peter Reynolds	23:13	72.92%	45
Robert Bevan	22:35	71.02%	44
Malik Johnson	18:21	70.31%	43
Patrick O'Brian	21:52	70.27%	42
Nathan Powell	22:39	68.42%	41
Simon Aberly	23:42	67.09%	40
Harish Gohil	23:50	65.58%	39
Alok Agarwal	23:47	65.16%	38
Tanasheh Abrahams	20:49	62.03%	37
Martin Eden	27:53	61.86%	36
Rohan Mascarenhas	25:09	61.10%	35
Steve Paull	29:59	58.78%	34
Malcolm Jackson	31:00	58.33%	33
Vaibhav Jain	24:30	53.51%	32
		Average	41

SATURDAY SERIES: 5K COMPETITION

3rd August 2024 - Roxbourne Park

RESULTS BY FINISH TIME			
Nigel Rackham	19:32	83.57%	
Marcus Weedon	19:59	74.41%	
Russell Morris	20:35	74.04%	
Sasha Birkin	21:55	78.40%	
Mike Morris	23:31	66.46%	
Kevin Smart	24:02	69.79%	
Simon Abery	24:20	65.34%	
Peter Reynolds	24:30	69.74%	
Amol Bhuptani	25:19	51.20%	
Adam Leary	25:24	63.14%	
Harish Gohil	25:46	60.66%	
Rohan Mascarenhas	26:11	58.69%	
Dave Young	26:57	65.40%	
Linda Georgiades	28:54	67.13%	
Mitesh Patel	29:35	45.80%	
Ruth Tidder	29:55	58.94%	
Jasia Zimmerman	31:03	66.29%	
Kirit Ranpura	31:54	51.63%	
Malcolm Jackson	32:19	55.95%	
Andrew Collier	33:20	47.70%	
Bill Harrington	34:02	47.97%	
Anne Ambrose	35:04	60.50%	
Judy Rackham	35:20	57.36%	
Jonathan Pang	35:37	40.75%	
Sarah Westwood	37:14	60.79%	*
Teresa Young	37:27	55.81%	
Raquel Russel-Ponte	41:22	65.95%	
Janice Newman	44:01	59.33%	*
Carole Valentine	44:01	44.72%	*
Barbara Pacinelle	44:01	42.26%	*
Angela Murphy	49:04	48.54%	
Mike Ransome	49:04	37.98%	
Dave Brown	57:07	33.78%	*
*self-timed			

Volunteers:

Irene Paull, Steve Paull, Nancy Morris
Marshals: Jeanne Coker, Liz Wordsworth,
Steph White, Marilyn Pickford,
Caroline Day-Lewis, Robert Bevan
Guides: Carole Valentine, Angela Murphy
Refreshments: Linda & Andy Dempster

COMPETITION RESULTS

Cumulative results of the 5K competition
will appear in the December edition of
Metrolines after the winners have been
announced at the Pizza and Prizes event on
Friday 22nd November!

SATURDAY SERIES: 5K COMPETITION

3rd August 2024 - Roxbourne Park

			5K Points
Sasha Birkin	21:55	78.40%	50
Linda Georgiades	28:54	67.13%	49
Jasia Zimmerman	31:03	66.29%	48
Raquel Russel-Ponte	41:22	65.95%	47
Sarah Westwood	37:14	60.79%	46
Anne Ambrose	35:04	60.50%	45
Janice Newman	44:01	59.33%	44
Ruth Tidder	29:55	58.94%	43
Judy Rackham	35:20	57.36%	42
Teresa Young	37:27	55.81%	41
Angela Murphy	49:04	48.54%	40
Carole Valentine	44:01	44.72%	39
Barbara Pacinelle	44:01	42.26%	38
		Average	44

			5K Points
Nigel Rackham	19:32	83.57%	50
Marcus Weedon	19:59	74.41%	49
Russell Morris	20:35	74.04%	48
Kevin Smart	24:02	69.79%	47
Peter Reynolds	24:30	69.74%	46
Mike Morris	23:31	66.46%	45
Dave Young	26:57	65.40%	44
Simon Abery	24:20	65.34%	43
Adam Leary	25:24	63.14%	42
Harish Gohil	25:46	60.66%	41
Rohan Mascarenhas	26:11	58.69%	40
Malcolm Jackson	32:19	55.95%	39
Kirit Ranpura	31:54	51.63%	38
Amol Bhuptani	25:19	51.20%	37
Bill Harrington	34:02	47.97%	36
Andrew Collier	33:20	47.70%	35
Mitesh Patel	29:35	45.80%	34
Jonathan Pang	35:37	40.75%	33
Mike Ransome	49:04	37.98%	32
Dave Brown	57:07	33.78%	31
		Average	40.5

LFOTM SOCIAL RUN / WALK

Friday 26th July

Eighteen runners and walkers gathered at Merry Hill Nature Reserve for the latest *Last Friday Of The Month* event. The route was approximately 5km through the Nature Reserve. It was a lovely sunny sociable afternoon. Everyone was invited to coffee and/or lunch afterwards at Carpenters Park Garden Centre. Thanks to Gerry for leading.

Sarah Armstrong and Monica Shortt



What is the LFOTM?

A social run or walk at midday on the last Friday of each month.
Please check SPOND for details of the location which will be published nearer the time.

LRRC TROPHY RACES (1)



The races eligible for the Metros London Road Runners Club (LRRC) Trophy for 2024 are as follows: -

Date	Cost	Race	
22-Jan	£20	<u>Fred Hughes 10</u>	✓
24-Mar	£29	<u>Hillingdon 20</u>	✓
12-May	£23	<u>Marlow 5</u>	✓
2-Jun	£27/£22	<u>Hitchin HM/10K</u>	✓
18-Aug	£30/£22	<u>Burnham Beeches HM/10K</u>	✓
22-Sep	£18	<u>Moor Park 10K</u>	
29-Sep	£25	<u>Leighton 10</u>	
20-Oct	£25	<u>Cabbage Patch 10</u>	
27-Oct	£25	<u>Ricky Road Run</u>	
3-Nov	£22/£32	<u>Marlow 7/HM</u>	

Click [here](#) to view the requirements for participating in the league and information about scoring .

Results

Burnham Beeches 10k - 18th June

Position	Name	Gun Time	Chip Time
362nd	Glyn Watkins	1:14:00	1:13:25
410th	Anne Leigh	1:41:49	1:41:18

LRRC TROPHY RACES (2)

Burnham Beeches Half Marathon - 18th June

Position	Name	Gun Time	Chip Time
26th	Nathan Gee	1:30:04	1:30:01
37th	Christopher Shearwood	1:32:36	1:32:33
69th	Clive Heidrich	1:40:45	1:40:35
79th	Clive Lucas	1:42:55	1:43:24
98th	Nathan Powell	1:47:18	1:47:05
142nd	Quentyn Taylor	1:53:57	1:53:38
153rd	Robert Bevan	1:56:44	1:56:14
213th	Sam Webb	2:08:29	2:08:18
227th	Ruth Tidder	2:12:30	2:12:12
228th	Stuart Abraham	2:12:30	2:12:04
234th	Una Cunningham	2:13:53	2:13:35
254th	Lorraine O'Donovan	2:20:46	2:20:28
255th	Michael Reid	2:20:46	2:20:27
259th	Vincent Cheung	2:22:28	2:22:09
298th	Anne Ambrose	3:05:36	3:05:08



LRRC TROPHY RACES (3)

Leaderboards after 5 events

	Total	Fred Hughes 10	Hillingdon 20	Marlow 5	Hitchin HM	Burnham Beeches HM/10K
Nathan GEE	129		69			60
Michael REID	127	46		29		52
Chris SHEARWOOD	119				60	59
Tanasheh ABRAHAMS	118	50	68			
Vincent CHEUNG	110				59	51
Quentyn TAYLOR	105	49				56
Justin ARCHER	70		70			
Clive HEIDRICH	58					58
Nathan POWELL	57					57
Robert BEVAN	55					55
Sam WEBB	54					54
Stuart ABRAHAM	53					53
Simon ABERY	48	48				
Rohan MASCARENHAS	47	47				
Glyn WATKINS	40					40
Steve PAULL	30			30		

	Total	Fred Hughes 10 Miles	Hillingdon 20 Miles	Marlow 5	Hitchin HM	Burnham Beeches HM/10K
Ruth TIDDER	154		67	27		60
Una CUNNINGHAM	138	49		30		59
Jennifer O'SULLIVAN	118	50	68			
Lorraine O'DONOVAN	105	47				58
Anne AMBROSE	81			24		57
Sasha BIRKIN	70		70			
Emma PONNAGANTI	69		69			
Amanda KENNELLY	66		66			
Pauline BISHOP	48	48				
Monica SHORTT	46	46				
Judy RACKHAM	45	45				
Anne LEIGH	40					40
Jane HUDSON	29			29		
Sarah ARMSTRONG	28			28		
Phillipa BROWN	26			26		
Diane O'REILLY	25			25		

LEAGUES: SUMMER LEAGUE



Dulwich Park - Sunday 14th July

Position	Name	Time	Gender Position	Category	Category Position	WAVA	Points	Metros Points
26	Justin Archer	0:31:11	26	M50	2	77.18%	290	100
50	Marcus Weedon	0:33:29	50	M50	7	71.88%	266	99
51	John Norris	0:33:35	51	M40	12	66.25%	255	98
58	Christopher Shearwood	0:34:19	57	M60	3	76.35%	269	97
78	Richard Brown	0:36:41	68	M50	10	65.61%	248	96
86	Clive Heidrich	0:37:37	74	M50	11	63.98%	242	95
91	Clive Lucas	0:37:59	76	M65	1	72.18%	255	94
96	Zahra Bassiri	0:38:15	17	F40	2	65.10%	289	100
107	Michael Morris	0:39:07	86	M55	5	64.12%	235	93
125	Kevin Concannon	0:40:58	95	M65	4	66.92%	236	92
136	Simon Abery	0:41:37	101	M55	6	60.27%	220	91
142	Vincent Cheung	0:42:02	105	M45	23	55.00%	206	90
192	Andrzej Warhaftig	0:47:08	125	M70	4	61.10%	211	89
205	Martin Eden	0:48:36	130	M65	7	56.41%	201	88
214	Lorraine O'Donovan	0:49:57	80	F60	7	61.70%	246	99
216	Jane Hudson	0:50:07	82	F65	5	65.78%	249	98
225	Steve Paull	0:52:16	136	M70	6	55.10%	200	87
226	Ilayda Brown	0:52:40	90	FU17	1	47.09%	211	97
236	Marion Rogan	0:55:39	99	F75	1	68.88%	242	96
245	Steph White	0:58:53	107	F65	9	55.99%	224	95
246	Anne Ambrose	0:59:19	108	F65	10	55.58%	223	94
252	Penny Hudson	1:07:00	112	F60	11	46.00%	214	93

Full results and league rules can be found on the [Summer League website](#)

LEAGUES: SUMMER LEAGUE



Dulwich Park - Sunday 14th July

Tenderfoot

Position	Name	Time	Gender Position	Category	Category Position	Points	Metros Points
3	Cem Brown	00:05:52	3	M1	1	104	100
19	Layla Bassiri	00:09:56	8	F10	2	101	100
23	Sophia Bassiri	00:13:40	9	F7	2	106	99

Relays

Men's A	Women's A	B1	B2
Justin Archer	Zahra Bassiri	Richard Brown	Sophia Bassiri
Chris Shearwood	Marion Rogan	Kevin Concannon	Layla Bassiri
Marcus Weeden	Lorraine O'Donovan	Clive Heidrich	Martin Eden
John Norris	Penny Hudson	Mike Morris	Clive Lucas
5th of 7 teams	7th of 7 teams	1st of 7 teams	4th of 4 teams



Full results and league rules can be found on the [Summer League website](#)

LEAGUES: SUMMER LEAGUE

Regent's Park - Sunday 28th July



Position	Name	Time	Gender Position	Category	Category Position	Points	Metros Points
11	Richard Wilkinson	0:36:46	11	SM	5	290	100
53	Justin Archer	0:40:01	51	M50	4	265	99
70	Christopher Shearwood	0:42:06	67	M60	3	259	98
79	Russell Morris	0:42:56	75	M50	7	241	97
85	Tanasheh Abrahams	0:43:32	79	SM	36	222	96
94	Sasha Birkin	0:44:36	10	F50	2	306	100
103	Clive Heidrich	0:45:25	92	M50	10	224	95
122	Emma Ponnaganti	0:47:23	19	F45	4	292	99
127	Abdul Ali	0:47:55	108	M45	16	203	94
132	Kevin Smart	0:48:18	112	M65	2	219	93
148	James Kerrane	0:48:45	125	M45	19	186	92
155	Michael Morris	0:49:09	129	M55	7	192	91
176	Robert Bevan	0:51:45	142	M60	8	184	90
181	Peter Reynolds	0:51:53	145	M65	8	186	89
187	Simon Abery	0:52:19	148	M55	8	173	88
188	Harish Gohil	0:52:21	149	M55	9	172	87
201	Rhonda Tapley	0:53:46	45	F50	8	271	98
208	Nishil Shah	0:54:06	159	SM	55	142	86
235	Vincent Cheung	0:56:28	173	M45	28	138	85
237	Rohan Mascarenhas	0:57:05	175	M55	13	146	84
249	Ariff Sidik	0:58:55	179	M45	29	132	83
258	Ruth Tidder	1:00:09	79	F50	12	237	97
260	Tim Oakley	1:00:18	181	M65	11	150	82
268	Louise O'Reilly	1:01:38	86	F45	14	225	96
270	Andrzej Warhaftig	1:01:43	184	M70	4	152	81
278	Lorraine O'Donovan	1:03:16	93	F60	7	233	95
279	Jane Hudson	1:03:16	93	F65	5	238	94
284	Jasia Zimmerman	1:03:54	98	F65	6	233	93
302	Derek Bamforth	1:07:46	195	M65	13	136	80
304	Steve Paull	1:08:00	196	M70	5	140	79
306	Janice Newman	1:08:24	109	F75	1	232	92
310	Bethany D'Cruz	1:09:03	113	SF	30	188	91

Full results and league rules can be found on the [Summer League website](#)

LEAGUES: SUMMER LEAGUE

Regent's Park - Sunday 28th July



cont.

Position	Name	Time	Gender Position	Category	Category Position	Points	Metros Points
311	Marion Rogan	1:09:20	114	F75	2	227	90
314	Peter Swinson	1:11:05	199	M45	31	112	78
328	Anne Ambrose	1:16:49	125	F65	9	206	89
331	Steph White	1:17:48	128	F65	10	203	88
335	Angela Murphy	1:20:50	131	F70	2	205	87
336	Racquel Russell-Ponte	1:22:27	132	F80	1	214	86
340	Tiziana Spotti	1:24:30	135	F65	11	196	85
344	Penny Hudson	1:26:22	137	F60	13	189	84
345	Nancy Morris	1:26:23	138	F50	14	178	83

Tenderfoot

Position	Name	Time	Gender Position	Category	Category Position	Points	Metros Points
3	Chloe Bullock	0:05:43	1	F13	1	102	100
4	Max Bullock	0:05:47	3	M13	2	100	100
12	Zachary Archer	0:06:28	8	M10	3	101	99
16	Finn O'Reilly	0:06:47	10	M13	4	93	98
24	Tara Ponnaganti	0:07:40	9	F8	2	104	99
29	Kane O'Reilly	0:08:14	17	M10	6	92	97
34	Ibrahim Ali	0:08:40	20	M10	7	89	96
35	Nisha Ponnaganti	0:08:45	15	F9	3	96	98
40	Maryam Ali	0:09:16	17	F6	2	98	97

Full results and league rules can be found on the [Summer League website](#)

LEAGUES: SUMMER LEAGUE

Regent's Park - Sunday 28th July



Relays

Men's A	Women's A	B1	B2
Kevin Smart	Emma Ponnaganti	Max Bullock	Maryam Ali
Chris Shearwood	Rhonda Tapley	Zachary Archer	Ibrahim Ali
Russell Morris	Ruth Tidder	Mike Morris	Nisha Ponnaganti
Justin Archer	Chloe Bullock	Abdul Ali	Tara Ponnaganti
6th of 7 teams	5th of 7 teams	3rd of 7 teams	7th of 7 teams



Full results and league rules can be found on the [Summer League website](#)

LEAGUES: SUMMER LEAGUE

Battersea Park - Sunday 11th August



Position	Name	Time	Gender Position	Category	Category Position	Points	Metros Points
9	Richard Wilkinson	0:36:07	9	SM	4	292	100
31	Justin Archer	0:38:33	30	M50	3	286	99
60	Christopher Shearwood	0:41:14	57	M60	2	269	98
78	Tanasheh Abrahams	0:42:35	72	SM	37	229	97
79	Sasha Birkin	0:42:47	6	F50	2	310	100
81	Marcus Weedon	0:42:52	73	M50	9	243	96
115	Clive Heidrich	0:45:11	99	M50	12	217	95
129	Nathan Powell	0:46:38	107	M55	7	214	94
131	Clive Lucas	0:46:48	109	M65	3	222	93
137	Abdul Ali	0:47:18	114	M45	18	197	92
150	Michael Morris	0:48:31	124	M55	8	197	91
154	Rhonda Tapley	0:48:44	26	F50	6	290	99
164	Malcolm Smith	0:49:15	132	M60	6	194	90
171	Simon Abery	0:49:37	136	M55	9	185	89
172	Robert Bevan	0:49:51	137	M60	7	189	88
176	Peter Reynolds	0:50:07	140	M65	6	191	87
179	Nick Russell	0:50:23	142	M50	19	174	86
197	Sam Webb	0:52:37	151	SM	63	150	85
213	Vincent Cheung	0:54:15	158	M45	24	153	84
221	Mitesh Patel	0:54:41	163	SM	66	138	83
227	Rohan Mascarenhas	0:54:58	166	M55	13	155	82
232	Kevin Concannon	0:55:36	169	M65	8	162	81
253	Andrzej Warhaftig	0:58:26	177	M70	3	159	80
260	Tim Oakley	0:59:42	180	M65	9	151	79
265	Jeff Rollason	1:01:20	182	M70	4	154	78
268	Jane Hudson	1:01:56	84	F65	4	247	98
270	Lorraine O'Donovan	1:02:17	86	F60	4	240	97
272	Ruth Tidder	1:02:35	88	F50	13	228	96
280	Jasia Zimmerman	1:04:05	93	F65	6	238	95

Full results and league rules can be found on the [Summer League website](#)

LEAGUES: SUMMER LEAGUE

Battersea Park - Sunday 11th August



cont.

Position	Name	Time	Gender Position	Category	Category Position	Points	Metros Points
287	Martin Eden	1:06:22	188	M65	10	143	77
289	Janice Newman	1:06:58	99	F75	1	242	94
294	Steve Paull	1:07:35	192	M70	6	144	76
297	Peter Swinson	1:09:24	194	M45	28	117	75
305	Anne Ambrose	1:20:46	106	F65	8	225	93
306	Angela Murphy	1:19:53	107	F70	3	229	92
308	Tiziana Spotti	1:21:35	109	F65	9	222	91
309	Racquel Russell-Ponte	1:22:11	110	F80	1	236	90
311	Penny Hudson	1:27:58	111	F60	8	215	89
312	Nancy Morris	1:27:58	111	F50	14	205	88

Tenderfoot

Position	Name	Time	Gender Position	Category	Category Position	Points	Metros Points
2	Max Bullock	00:04:47	2	M13	1	101	100
3	Chloe Bullock	00:04:52	1	F13	1	102	100
15	Maryam Ali	00:07:15	9	F6	1	106	99
16	Ibrahim Ali	00:07:15	7	M10	2	102	99

Full results and league rules can be found on the [Summer League website](#)

LEAGUES: SUMMER LEAGUE

Battersea Park - Sunday 11th August



Relays

Men's A	Women's A	B1	B2
Sam Webb	Ruth Tidder	Max Bullock	Simon Abery
Tanasheh Abrahams	Lorraine O'Donovan	Chris Shearwood	Maryam Ali
Richard Wilkinson	Jasia Zimmerman	Marcus Weedon	Ibrahim Ali
Justin Archer	Rhonda Tapley	Chloe Bullock	Clive Lucas
7th of 7 teams	6th of 7 teams	1st of 8 teams	5th of 7 teams



Full results and league rules can be found on the [Summer League website](#)

LEAGUES: VETS TRACK & FIELD - PERIVALE

Name	Distance	Category	Time/Distance	position
Marcus Weedon	200m	M50	30.6	3
Kevin Smart	200m	M60	30.3	3
Marcus Weedon	800m	M50	2:30.2	4
Tom Morris	800m	M60	3:19.3	6
Tom Morris	3000m	M60	14:30.4	5
Mark Mulvena	Javelin	M35	12.45m	6
Marcus Weedon	Javelin	M50	28.66m	1
Kevin Smart	Javelin	M60	18.70m	4
Marcus Weedon	Hammer	M50	13.53m	4
Kevin Smart	Hammer	M60	16.62m *Metros Record	4
Marcus Weedon	High Jump	M50	1.30m	4
Kevin Smart	High Jump	M60	1.25m	4
Marcus Weedon	Long Jump	M50	3.41m	5
Kevin Smart	Long Jump	M60	3.36m	4
Jasia Zimmerman	200m	M60	43.0	3
Jasia Zimmerman	800m	M60	3:48.3	3
Jasia Zimmerman	Long Jump	M60	2.21m	4

LEAGUES: THAMES VALLEY CROSS COUNTRY

2024/2025 TVXC dates:

6th October	Metros
20th October	Handy Cross Runners
10th November	Datchet Dashers
24th November	Sandhurst Joggers
8th December TBC	Reading Roadrunners
19th January	Thames Valley Triathletes
2nd February	Marlow Striders



TVXC 2024/25

DATE - 6TH OCTOBER 2024 @ 4PM

LOCATION - HILLINGDON SPORTS COMPLEX - UB8 1ES

OUR OPENING HOME LEG OF THE TVXC SEASON NEEDS YOU!

**VOLUNTEERS TO HELP MARSHAL THE COURSE AND ASSIST WITH REFRESHMENTS
CAN NOW SIGN UP ON SPOND**

DON'T FANCY HELPING? - THEN SIGN UP ON SPOND TO RUN INSTEAD

**FOOD DONATIONS - WE ALWAYS PUT ON AN AMAZING SPREAD -
LET'S DO IT AGAIN BY BRINGING YOUR AMAZING CAKES AND SAVOURIES
TO THE COMPLEX ON THE DAY!**

RACE RESULTS



**Regents Park 10K,
25 August**
Richard Hayward
01:07:32

World Masters Athletics Championships 2024, Gothenberg

10km Race Walk

Biu: 16th place in M65 (1:06:44)

Billie: 6th place in W45 (1:01:48)

5000m Race Walk

Biu: 12th place in M65 (31:47.88)

Billie: 4th place in W45 (29:58.81)



London 10k, 14 July
Abdul Ali 00:47:39
Malcolm Jackson 01:07:38



**St Albans Summer 10K,
21 July**
Jonathan Evan-Hughes
00:44:47



**Bearbrook 10k,
4 August**
Adam Leary
00:51:35



**Stur Half,
4 August**
Chris Shearwood
1:33:54 3rd V60

Montane Lakeland 100, 26 July

Spencer Millbery
38:48:44



Galway 8k, 10 August

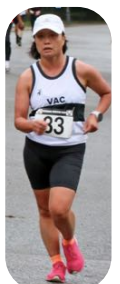
John Norris 0:32:28
Bernie Conway 0:43:54



VAC 5k Road Walk, Battersea Park, 16 July

Man Biu LAM [Biu]: 2nd place in M65 (31:45)

Chik Ha KWOK [Billie]: 1st place in W45 (30:15) and overall winner
of the women's race



PARKRUN TOURISM



PARKRUN TOURISM

Foro Italico parkrun, Sicily (Chris Shearwood, 20th July)

Un po' caldo ($> 30^{\circ}\text{C}$) but really friendly organisers with water guns...& an inflatable shark! 1 of 3 courses in Palermo (14 in Italy as a whole) and so many Brits, as is common overseas. About the only decent place to run in this part of town, it's a dusty, 3-lap course on the seafront and, they warned us, no shelter from the sun. I finished 2nd overall (led for 2 laps) but 1st by age grade, so happy with that.

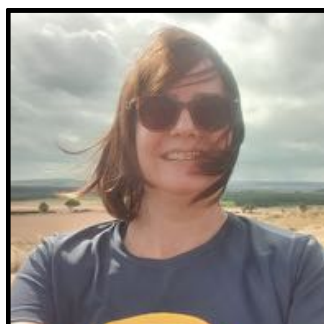
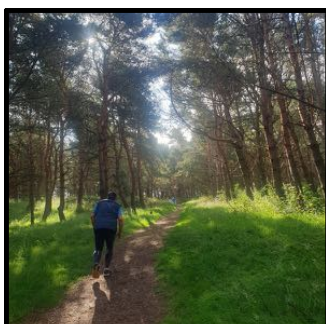
Afterwards, champers & home-made cake to celebrate ex-pat Brit Rosanna's 100th volunteer stint and great to chat to the team and those runners who hung around.

As the mercury continued rising, we went to cool down with una birra e uno spumante rosato at nearby A' Cala, a "stylish outdoor lounge" on the harbour, with its misting fans, before heading for the hills and the shrine of Santa Rosalia.



Whitekirk Hill parkrun, East Lothian (Diane O'Reilly, 10th August)

I visited Whitekirk Hill Park run in East Lothian, Scotland. 25 miles south of Edinburgh. Scenic 2 lap course, all trail and very undulating, a good reason to stop and take a photo, but there is a cafe and a spa right next to it!



PARKRUN TOURISM

Inis Meáin parkrun, Ireland (John Norris and Bernie Conway, 27th July)

Inis Meáin parkrun is a beautiful and picturesque undulating two lapper with amazing scenic sea views, located on a small island measuring 2km by 4km, an hour off the west coast of Ireland. You need to allow a full day, and although we were already staying in Ireland, we still needed to be up at 5.30am and didn't return back until very late. The ferry only departs at certain times plus we had a two hour drive either side. Basically you're there for the day unless you hire a private plane or helicopter.

All those on the ferry were clearly parkrun tourists as they were wearing running gear & discussing running. We got talking to many parkrunners but one pair from London had been up since 1am & sadly, when they landed at Dublin Airport, the airline had lost their suitcases containing their running gear so they had to walk parkrun (hint - wear trainers and a Metros top whenever travelling!).

The parkrun doesn't actually start until 11am allowing the locals to attend church on Saturday at 9.30am & then complete the parkrun. The priest says mass on a bigger nearby island on Sundays so there was a church/parkrun clash on Saturdays until the start time was altered. After crossing the finish line everyone waits clapping and cheering, then the dash is on to get to the only pub/restaurant on the island, possibly faster than parkrun pace as this bit is flat & now all are warmed up.

Tip: dress for all weathers; the Irish Sea can be very choppy & remember the return ferry is actually a 45 minute further walk to the new port which is not where you arrived!.

We have noticed in Ireland the further you need to travel to a parkrun or the more difficult it is to access, the more popular it is. This one is definitely worth a trip!



PARKRUN TOURISM

Russell's 5k stories, Summer 2024

7 July I did my first Austrian parkrun at Donaupark in Vienna. No PBs though – too hot – and I'd underestimated the time and distance to run from where we were staying to the start of parkrun!



13 July I got my first parkrun 1st place in Hellbrunn, Austria.

20 July I got a 5k PB at Harrow school track, part of the 5k trophy series – I was super-chuffed to go sub-20 for the first time!



27 July Harrow parkrun on the 5-year anniversary of me thinking "Oh, maybe I'll go for a run".

3 August 5k Trophy series at Roxbourne Park, with a big course PB for me – but I was even more pleased to see Nigel running so well again.



10 August I ran in Coole in Ireland with my good friend Fraser and reached a new Age-Grade PB of 74.86%. More importantly, I beat him. 😊

17 August Northala Fields for a 5th time to get my p-index to 5 (a long way from being anything to shout about). No PB, as there was a slight course change (isn't there always at Northala?) which I reckon added 70m to the route. Well that's my excuse and I'm sticking to it! Followed by barcode scanning where I met Minreet from Asian Women Run (the t-shirt continued "because we're awesome", which I loved).



24 August Cassiobury parkrun with Metros and the new occasional PB challenge – well it worked for me: 20:03 for an all-time parkrun PB. 😊

CAN YOU HELP? METROS INSTAGRAM

I feel it's a great time to hand over to another enthusiastic runner who would promote the Metros Running Club and support its values.

I answered the call for help from the committee to start the newly formed Metros Running Club page on Instagram and first posted on 11 October 2020, I remember having a zoom call with my family at Christmas asking them to follow us. This bought the total followers to 100; now we have 716 followers!

Here are a few points that might help the next person/persons.

- Focus on the Metros' motto - 'A local friendly club in the Borough of Harrow for all aspirations, all abilities'.
- Post weekday sessions and Saturday events at Roxbourne Park.
- Focus on club events - Summer League, trophy races and cross country.
- Demonstrate enthusiasm and inclusivity.
- Include a range of ages and abilities; only include children if permission has been given by parents/guardians.
- Ensure new members consent to their photo being shared on social media
- Ask for permission before using photos taken by others.
- Boomerangs, reels and videos work well in addition to still images.
- Avoid using selfies; we are a group club.
- Take action shots as well as groups of runners posing.
- Ensure professionalism and attention to detail - correct spelling, grammar and punctuation are important.
- Where possible, feature members wearing Metros kit.

Remember this is a public facing social media page so take care not to share any personal or sensitive information. Although many current members follow the page, we also have local running clubs, community groups and prospective members who follow us so bear this in mind when posting.

Here are a few of my favourite pictures from the past four years, you might notice a few of them were taken when I was lying on the ground, to get the action shots! I look forward to seeing a new way to promote this fantastic running club.

Linda Georgiades



FIRST AID COURSE

Whilst accidents and incidents are rare on Metros runs, it is always an advantage to know what to do should there be a casualty. Interested Metros are invited to apply for places – there are 12 available in the first instance - on a 4 hour First Aid course with part of the content geared towards sports injuries. The course will also include practice with the defibrillators. It will be held in the scout hut on Saturday 28 September 11am to 3pm. Margaret Smith is our fully qualified First Aid trainer.

There is a certificate issued on completion of the course which is valid for 3 years. The cost which includes a First Aid manual to keep is £20.00. This is part of the actual cost of the course, Metros funds contribute the remainder of the fee.

To reserve a place please e mail your name and contact number by Saturday 21st September to **a.murphy91@yahoo.co.uk** or give your name to me or to Marcus in person.

Thank you,

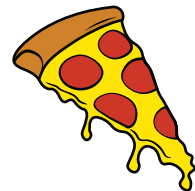
Angela

PIZZA AND PRIZES

Date: Friday 22nd November

Venue: Lowlands Tennis Club, Eastcote, HA5 1TU

Time: 7pm



Lowlands Tennis Club has a bar available for drinks at very reasonable prices. We hope you will be able to join us to celebrate the achievements of Metros members during the past year!

Kit



Vest: Front

Rear view



Tee-shirt: Front



Rear view

Official Club Kit
Please check the [Metros website](#) for details of pricing and sizing for official kit.



Standard yellow body, long sleeve T
(front and rear view)

Alternate blue body, long sleeve T
(front and rear view)

The following items may not be in stock however can be ordered for delivery: knitted hats, hoodies and fleeces (300gsm and 380gsm).

Please contact Pat Jackson to order kit.

NEW: Metros Training Tops

These running shirts/vests can be worn to training sessions/parkrun/gym and your solo runs. This [link](#) will send you straight to our web shop page, allowing you to order online, with delivery direct to you.

Please note these are not part of the official Metros kit and should not be worn for league races (Summer League, TVXC, Vets T&F) or trophy races.



MEMBER DISCOUNTS

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.



NOTES FROM THE CHAIR

MARCUS WEEDON



HEADPHONE USE

Metros members are a very friendly bunch of people, and we encourage you to run headphone-free during sessions. Running without headphones not only allows you to get to know your fellow Metros better, but can also help keep you and others safe. You will be aware of approaching vehicular traffic, will hear instructions from your leaders, and will be aware if anyone around you requires assistance. It is also good practice, as many races require competitors to run headphone free.

Thank you for your cooperation with this.

GOODBYE DAVE

As many of you will know, Metros member Dave Brown, and his wife Sharon, are moving away from the area. After Sports Day we headed off to The White Lion pub, where we had a magnificent turnout to celebrate Dave's longstanding service to Metros. Thanks to those who shared their impromptu fond memories and also for those that contributed to the collection, it was certainly an emotional send off.

We wish Sharon and Dave all the very best in their new home and the next chapter of their life. You will be missed and we are so grateful for your significant contributions to the club.



COMMITTEE MEETING NOTES

NOTES OF METROS COMMITTEE MEETING

Wednesday 17 July 2024 at 8:00pm

Venue – Nigel & Judy Rackham's house

Attendees: Tanasheh Abrahams, Marilyn Pickford, Pat Jackson, Rohan Mascarenhas, Jenny O'Sullivan, Irene Paull, Steve Paull, Nigel Rackham, Ariff Sidik, Marcus Weedon, Teresa Young

1. **Apologies:** Anne Ambrose, Andy Fox, Tarana Agarwal, Steve Alder

Chair: Marcus Weedon

Note Recorder: Pat Jackson

2. **Actions from Last Meeting**

a. **Metros Shed** – A hole in the floor was discovered during the recent clear up. Andy and Linda Dempster were thanked for laying a new wood floor and adding lighting. Andy will add also place additional covering over the new floor and organise plastic containers for the equipment. **ACTION:** Andy Dempster

b. **Trophies/medals/awards** – as fewer Metros were now participating in the Thames Valley Cross Country League (TVXC), it had previously been agreed to review the present award system. It was decided that, for next season, age graded awards, one each for male and female, be awarded. It was further agreed to use the Ann Marsden Award (previously for women in the 5K in Roxbourne Park) and The Brian Schuler Egg Cup (no longer used) donated by holder Teresa Young. **ACTION:** Andy Fox/Ariff Sidik

c. **5K Competition** – some participants participate only in one or two of the three disciplines. To encourage participation in all disciplines, it was agreed that, to be eligible for an award, the three disciplines need to be entered. Irene confirmed the next season would start on 21st September, 1st of 13 events. **ACTION:** Nigel Rackham/Nathan Powell/Irene Paull

d. **Create a More Diverse Club** – It had previously been agreed that people be encouraged to 'be a Metro for a month' and join in any Metros session at a charge of £2 with a view to becoming Metros members. Ariff and Tanasheh had drafted a plan. Irene would organise a group on Spond and suitable financial incentives regarding membership could be agreed. **ACTION:** Irene Paull

Posters and flyers are needed to advertise and Ariff will discuss with two members who might be able to help with this. **ACTION:** Ariff Sidik

It was suggested that Metros 'take over' the parkrun at Canons Park on 31 August with Metros runners, volunteers and supporters in Metros kit. **ACTION:** Ariff Sidik

COMMITTEE MEETING NOTES

e. **Couch to 5K** – Mike Reid has agreed to co-ordinate assisted by Una, Pip, Diane and Mahua. Irene will discuss suitable dates with Mike. **ACTION:** Irene Paull
5k – 10k Course is also suggested. **ACTION:** Marcus Weedon

f. **First Aid Training** – No dates confirmed as yet. Marcus will discuss with Angela Murphy.
ACTION: Marcus Weedon

g. **AEDs** – Teresa has purchased a new AED and ordered a suitable rucksack. Marilyn will keep hold of the heavy AED for the time being. Whoever has the AED at the first of the month should check it's in good working order. A means of logging this will be set up, Marcus will discuss with Nathan. **ACTION:** Marcus Weedon/Nathan Powell

h. **Level 1 T&F Judge** – Marcus was pleased to confirm that two members had enrolled on the course organised by Harrow AC. **ITEM CLOSED**

3. Club Events

a. **Sports Day Update** – very successful with excellent feedback from all concerned. Nathan and Team were thanked. The event held on a Saturday was suggested but Nathan confirmed the track could not be booked. At the request of England Athletics, Steve Paull is preparing a report on the event with photographs. **ACTION:** Steve Paull
Sponsorship was suggested to pay for better prizes. **ACTION:** Marcus Weedon
The 'farewell' gathering for Dave Brown after was enjoyed by all.

b. **TVXC** - Marcus confirmed the Metros host fixture this year will be on 6 October.

c. **Sports Day 2025** – to be held on 11 or 18 July.

d. **Metros Host Summer League** – Irene and team were thanked for a successful event. Irene thanked volunteers for volunteering early. Irene confirmed 302 runners but the limit was 200 - this may become a problem in future. It was agreed that notices informing other park users of the event will be displayed next year. A request for mile as well as kilometre markers had been received.

4. Other Events

a. **River Relay 1 September** - organised by Stragglers. Nigel suggested Metros again support this event. Marcus will advertise. **ACTION:** Marcus Weedon

b. **Liddiard Trophy XC 2 November** at Fryent Country Park, Kingsbury – Al Scoffham and Nathan Powell suggested Metros again enter teams. Jenny will obtain details from Al and advertise. **ACTION:** Jenny O'Sullivan

5. **Admin** - no reports.

COMMITTEE MEETING NOTES

6. AOB

a. **Metros Training Tops** – Ariff detailed a firm to provide Metros with training tops at £18 which could be ordered online and sent directly to members. Items would be raised as required with no outlay necessary. The tops would be blue to differentiate from our official yellow kit and, following concerns that it would be worn instead of official kit, it will be stressed that they are for training only and not to be worn in any events. The design was previously used on Steve Paull's birthday T-shirt. A link to the Metros web site will be added.

ACTION: Ariff Sidik

It was suggested better photographs of official kit should appear on the Web Site.

b. **Headphones at sessions** – Marcus will add an article in MetroLines stating the views and recommendations of the committee. A post will then be added in Spond. **ACTION:** Marcus Weedon

c. **Metros Co-ordinator Vacancies/Changes** –

MetroLines - Anne Ambrose is stepping down - Judy Rackham, assisted by Emma Rackham, will be the new co-ordinators.

First Aid - Angela Murphy is stepping down, no replacement as yet.

Measured Mile – Angela Murphy is stepping down, Teresa Young will be the new co-ordinator.

TVXC volunteers – Nigel Rackham will discuss the role with Angela.

TVXC director – no replacement as yet.

Social Media – Linda Georgiades is stepping down – no replacement as yet.

d. **Thursday Session 25 July** – Day before the Olympics start. Nathan suggested an Olympic style theme of events inviting families and Sudbury Court RC. **ACTION:** Nathan Powell/Marcus Weedon

e. **Megaphone** - It was agreed to purchase a new, lighter, more modern megaphone. **ACTION:** Marcus Weedon

f. **Tear Drop** - It was also agreed to purchase a new, larger, lighter tear drop. **ACTION:** Teresa Young

g. **Awards Presentation Evening** – Teresa will check Tennis Club availability for Friday evenings in November. **ACTION:** Teresa Young

Date of next Meeting: To be confirmed

Meeting closed at 9.50 pm with thanks to Nigel and Judy for their hospitality.

SOCIAL MEDIA

We have public facing Facebook and Instagram pages, in addition to two closed Facebook groups for members only. Please join us online and share your photos and race results with us!



WEBSITE



www.metros.org.uk

FUNDRAISING

Bruno Croford is running the Royal Parks half marathon and raising money for The Mariposa Trust: Saying Goodbye.

<https://www.justgiving.com/page/bruno-croford-1720167609834>



Sue Green is running the Royal Parks half marathon and raising money for Guide Dogs for the Blind.

<https://www.justgiving.com/page/sue-green-1708032941242>



Marcus Weedon is completing a 200 mile cycle challenge and raising money for National Axial Spondyloarthritis Society.

<https://shorturl.at/qFo2Y>



NEXT MONTH IN METROLINES...

We would love your contributions to Metrolines! Please email us with your race results, achievements, photos etc, by 25th September.
metrolines1@gmail.com

First Aid Course

Trophy Races
Moor Park 10k
Leighton 10M

Training Session Spotlight:
Monday run
Please share photos, routes etc.

5k Competition
New season starts on 21st September
at Canons Park parkrun!

Saturday Series
5 mile handicap
Wot No Watch

Brian Jackson Fun Run