



July 2024
Issue No. 420



Summer League - Perivale

Metros Diary

July

Sat 6	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 6	Metros BBQ	6.30pm
Wed 10	Vets Track & Field – Perivale	6.30pm
Fri 12	Summer Sports Day – Harrow School Track	6.00 pm
Sat 13	Wot No Watch, Roxbourne Park	9.00am
Sun 14	Summer League – Dulwich Park	9.30 am
Sat 20	5K - Harrow School Track	tbc
Fri 26	LFOTM- tbc	11.50 am
Sun 28	Summer League – Regent's Park	9.30 am

August

Sat 3	Metros 5K Challenge, Roxbourne PK	9.00 am
Sat 10	Measured Mile, Roxbourne Park	9.00 am
Sun 11	Summer League – Battersea Park	10.00 am
Sun 18	Burnham Beaches HM & 10K	9.00 am
Fri 30	LFOTM – tbc	11.50 am

September

Sat 7	5-Mile Handicap, Roxbourne Park	9.00 am
Sat 14	Wot No Watch, Roxbourne Park	9.00am
Sat 21	parkrun – Canons Park	9.00 am
Sun 22	Moor Park 10K	3.00pm
Fri 27	LFOTM – tbc	11.50
Sat 28	Fun Run – Roxbourne Park	8.45 am
Sun 29	Leighton 10M	10.00 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!

Thank you to everyone who helped organise a very successful Summer League fixture at Headstone Manor- coordinators, volunteers and runners. Wherever Metros come in the final standings, I think that we have retained our reputation for the best Summer League picnic!

There's more Summer League to look forward to over July and August and don't forget the Metros social events, the barbeque on 6th July and the Sports Day on Friday 12th.

It's time for change and there are three more vacancies for coordinators, for First Aid, TVXC course marshal lead and for the Measured Mile event – see page 6-8.

I have very much enjoyed editing Metrolines for more than 7 years, but it is now time to give someone else a chance to take it forward, and I am pleased to say that Judy Rackham will be taking over after the summer break.

Thank you to everyone who has contributed to Metrolines every month – it's been very much appreciated.

The next edition of Metrolines will be out in September.

If you're going away have a great holiday.

Anne Ambrose

Metrolines Contributions

All contributions welcome – please send your results, articles and photos to the Editor

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.



Well done to.....

Hugo Conway- Norris – for running his 100th Junior parkrun at Pinner Village Gardens on 23rd June



Rocco Keene – for running a 5k PB of 20:39 at Canons park on 29th June. He will soon be breaking the magic 20 min barrier!

Chik Ha KWOK – winner of the women's race at the Veterans AC 5k Road Walk Championships on 4 June 2024 at Battersea Park.

Mark Mulvenna – for completing his 300th Parkrun at Canons on 29th June and for providing some very nice pastries afterwards!

Monica Shortt – first in her age group at Victoria Park Half Marathon – 9th June

Quentyn Taylor – for running his 50th parkrun on 8th June at Canons Park

Email your achievements to metrolines1@gmail.com

Congratulations

Pat Jackson recently celebrated a big birthday at Roxbourne Park and was presented with some flowers and cards from Metros.



Raquel Russel Ponte won the overall FV80+ prize at the 2023 Summer League. The trophy was presented to her by Marcus at a Saturday session. She has also received her engraved medal for coming 3rd in her age group at this year's London Marathon.



Measured Mile



position vacant - rare opportunity - volunteer needed

The Measured Mile is a competition which is held four times a year in Roxbourne park on Saturday mornings. I am seeking a replacement for the timer and coordinator of this long established event as I am moving house soon. The role is to -

- Time and record the runners on the one mile route in the park 4 times a year November, January, May, August
- Send the results to the Metrolines coordinator for publication
- Calculate the winner of the Keith Adsley trophy for prize night in November

Stopwatch and training provided! The volunteer can assist at the August mile with me then take over for November.

Reward - endless gratitude from all Metros who take part and great satisfaction seeing the impressive efforts made by runners and walkers in this competition. No experience necessary.

Contact me if you are interested in this once in 10 years opportunity - yes that's how long I have been timing the MM.

Angela a.murphy91@yahoo.co.uk



**FANCY
DOING
MORE FOR
METROS!**

2 new roles have become
available and we would love
your help

- Cross Country Marshal Lead
- First Aid Co-ordinator

INTERESTED OR WANT TO FIND OUT MORE
MARCUSWEEDON@HOTMAIL.COM

Cross Country Marshal Lead

We require someone to take over from Angela. Angela has played a very important role for several year in organising our XC course marshals, sadly she is stepping down from the role, so we need someone new for this years event

Everything is organised in terms of where each marshal needs to be and you will provide a brilliant handover.

All the Marshal Lead will need to do is recruit the 30 marshals, organise who goes where and then breif them on the morning and send to marshal points.

TVXC will be on Sunday 6th October 3pm

First Aid Co-ordinator

Its all change, after several years of keep our running club members safe Angela is keen to pass on the Baton to someone new.

The role requires someone to organise our first aid kits (making sure they are full and up to date also), organise first aid training, AED training and as well keeping up to speed with any of our members accidents whilst out on our sessions or events.

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 member.



a

Metros Website and social media

www.metros.org.uk

Contributions to Russell Morris at a.russell.morris@gmail.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.

Summer Sports Day - Friday 12th July

Members, please sign up for the Summer Sports Day in Spond by Monday 8th July. We would rather you sign up even if you have to cancel later (please cancel in Spond) so we know baseline numbers we are working with for organising all the groups.

For any younger members attending, please would their parent or guardian include their names into their response on Spond (or send a Spond message to the host).

After 8th July we will operate a reserve list/turn up on the night but it would help us tremendously if you can sign up beforehand.

We acknowledge not everyone might be able to make the 5.45pm start time. If this is an issue in you attending please turn up when you can, and we will endeavour to fit you into as many of the events as possible.

It will be a great fun evening and celebrations afterwards.



THE 45th ANNUAL Metros FUN RUN - THE 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**

Updated - First Aid Record of Incident Form

The form below can be copied or photographed, or I can email it to you

a.murphy91@yahoo.co.uk

If in doubt as to whether a form is necessary or not, please ask.

Angela

First Aid Record of Incident

Date	
Place	
Time	
Name of casualty	
Nature of incident	
Injury	
Symptoms	
First Aid administered	
Name of First Aider	
Names of witnesses	

Send this form completed with details of the incident to metroschair@gmail.com and cc it to marcusweedon@hotmail.com

or hand paper copy in person to Marcus Weedon (Metros Chair)

Summer League

The remaining dates for the 2024 season are:

Dulwich Park	14 th July
Regent's Park	28 th July
Battersea Park	11 th August

To run you will need to wear Metros kit, please contact Pat Jackson patjacksonhome@hotmail.com to sort that out. Apart from needing kit, all the events are free to enter for Metros members.

SUMMER LEAGUE - Headstone Manor - 16th June

	Name	Time	Pos	Cat	Cat Pos	WAVA	League Points	Metros Points
21	Mark Smith	00:30:41	20	SM	11	69.47%	281	100
30	Justin Archer	00:31:11	28	M50	2	77.18%	288	99
51	John Norris	00:32:58	48	M40	13	67.49%	258	98
61	Russell Morris	00:34:09	56	M50	5	70.47%	260	97
64	Marcus Weedon	00:34:22	59	M50	6	70.03%	257	96
69	Tanasheh Abrahams	00:34:41	63	SM	25	61.46%	238	95
77	Jeff Suffield	00:35:21	67	M50	7	68.08%	249	94
84	Clive Heidrich	00:35:52	72	M50	8	67.10%	244	93
86	Nicky Smith	00:35:56	74	M45	13	64.33%	237	92
89	Richard Brown	00:36:25	76	M50	9	66.09%	240	91
92	Emma Ponnaganti	00:36:40	14	F45	4	70.50%	297	100
98	Zahra Bassiri	00:36:56	16	F40	5	67.42%	290	99
103	Clive Lucas	00:37:09	85	M65	4	73.80%	246	90
111	Robert Bevan	00:37:47	91	M60	4	69.34%	235	89
118	Nathan Powell	00:38:05	94	M55	6	65.86%	227	88
122	Rhonda Tapley	00:38:26	26	F50	4	70.95%	290	98
123	Mitesh Patel	00:38:26	96	SM	34	55.46%	205	87
125	Patrick O'Brien	00:38:26	96	M55	7	65.26%	225	86
131	Kevin Smart	00:38:46	103	M65	7	70.72%	228	85
135	Kevin Concannon	00:39:18	105	M65	9	69.76%	226	85
138	Nick Russell	00:39:29	106	M50	12	60.95%	210	83
141	Simon Abery	00:40:05	108	M55	8	62.58%	213	82
165	Harish Gohil	00:41:34	120	M55	10	60.34%	201	81

	Name	Time	Pos	Cat	Cat Pos	WAVA	League Points	Metros Points
177	Ann Suffield	00:42:17	49	F45	6	61.14%	262	97
186	Sam Webb	00:43:12	132	SM	38	49.34%	169	80
187	Dylan Webb	00:43:12	132	MU20	1	49.34%	169	79
190	Alok Agarwal	00:43:18	134	M55	11	57.93%	187	78
194	Ruth Tidder	00:43:23	58	F50	14	62.85%	258	96
196	Nishil Shah	00:43:26	137	SM	39	49.08%	164	77
199	Stuart Abraham	00:43:44	140	M50	15	55.03%	176	76
206	Tony Rhodes	00:44:03	144	M65	13	62.24%	187	75
219	Martin Eden	00:45:29	150	M65	15	60.28%	181	74
238	Jane Hudson	00:47:40	82	F65	3	69.16%	249	95
240	Bethany D'Cruz	00:48:08	84	SF	19	50.28%	217	94
248	Lorraine O'Donovan	00:48:33	89	F60	7	63.47%	237	93
252	Jasia Zimmerman	00:48:53	93	F65	4	67.44%	238	92
253	Sarah Armstrong	00:48:55	94	F65	5	67.39%	237	91
261	Steve Paull	00:49:43	162	M70	7	57.93%	174	72
264	Ariff Sidik	00:49:56	164	M45	29	46.30%	147	71
265	Louise O'Reilly	00:49:57	100	F45	13	51.75%	211	90
266	Zaheer Sidik	00:49:58	165	SM	45	42.66%	136	70
269	Sonny Peart	00:50:16	166	M55	14	49.90%	155	69
272	Charlie Kelly	00:50:36	105	F40	17	49.21%	201	68
275	Ilayda Brown	00:50:59	107	FU17	2	48.64%	194	89
279	Barry Nolan	00:52:04	170	M55	16	48.18%	151	67
291	Steph White	00:57:00	115	F65	6	57.84%	216	88
294	Anne Ambrose	00:58:13	117	F65	7	56.63%	214	87
295	Diane O'Reilly	00:58:17	118	F50	24	46.78%	198	86
300	Penny Hudson	01:05:27	122	F60	9	47.08%	204	85
301	Tiziana Spotti	01:10:22	123	F65	8	46.85%	208	84
302	Marion Rogan	01.10.28	124	F75	2	54.40%	217	83

TENDERFOOT

	Name	Time	Pos	Cat	Cat Pos	League Points	Metros Points
3	Cem Brown	00:05:29	3	M11	1	104	100
4	Max Bullock	00:05:35	4	M13	3	99	99
7	Zachary Archer	00:05:54	7	M10	1	102	98
17	Finn O'Reilly	00:07:05	13	M13	4	90	97
25	Kane O'Reilly	00:07:39	15	M10	4	94	96
26	Tara Ponnaganti	00:07:43	11	F8	2	102	100
31	Nisha Ponnaganti	00:08:17	14	F9	4	97	99
35	Layla Bassiri	00:09:07	16	F10	2	93	98
38	Sophia Bassiri	00:11:32	18	F7	2	97	97

Metros Summer League Relay Results 16th June 2024

Venue: Headstone Manor.

A Team 4x 400m

Sam Webb	1m 05.01s
Dylan Webb	1m 00.50s
Tanasheh Abrahams	1m 01.32s
Zaheer Sidik	<u>0m 59.60s</u>
1st from 6 teams	<u>4m 06.43s</u>

Ladies Team 4x400m

Emma Ponnaganti	1m 31.20s
Beth D'Cruz	1m 33.07s
Ruth Tidder	1m 32.83s
Zahra Bassiri	<u>1m 24.78s</u>
4th from 7 teams	<u>6m 01.88s</u>

B1 Team 4x400m

Justin Archer	1m 10.01s
Zachary Archer	1m 15.10s
John Norris	1m 13.20s
Cem Brown	<u>1m 11.31s</u>
1st from 8 teams	<u>4m 57.71s</u>

B2 Team 4x400m

Kevin Smart	1m 12.83s
Marcus Weedon	1m.09.80s
Nishil Shah	1m 27.88s
Max Bullock	<u>1m 12.51s</u>
1st from 5 teams	<u>5m 03.02s</u>

Non-Scoring Junior Girls Team 4x400m

Sophia Bassiri	2m 20s
Nisha Ponnaganti	1m 45s
Layla Bassiri	1m 51s
Tara Ponnaganti	<u>1m.39s</u>
	<u>7m 35s</u>

All the relay results are before any weightings for age etc. have been applied

Timing and results by Dave Brown



Summer League – Perivale – 30th June 2024

	Name	Time	Pos	Cat	Cat Pos	WAVA	Pts	Metros Pts
10	Richard Wilkinson	00:28:57	10	SM	4	73.63%	291	100
15	Malik Johnson	00:29:15	15	SM	7	72.88%	286	99
45	Justin Archer	00:31:40	43	M50	3	76.00%	273	98
52	John Norris	00:32:14	49	M40	16	69.03%	257	97
57	Marcus Weedon	00:32:37	54	M50	4	73.79%	262	96
62	Christopher Shearwood	00:33:01	59	M60	2	79.35%	267	95
69	Russell Morris	00:33:53	65	M50	5	71.03%	251	94
72	Sasha Birkin	00:34:11	6	F50	1	79.77%	310	100
79	Tanasheh Abrahams	00:34:33	71	SM	28	61.70%	230	93
87	Jeff Suffield	00:34:53	77	M50	6	68.99%	239	92
89	Clive Heidrich	00:35:01	79	M50	7	68.73%	237	91
107	Emma Ponnaganti	00:36:27	18	F45	3	70.92%	293	99
110	Clive Lucas	00:37:02	91	M65	2	74.03%	240	90
113	Zahra Bassiri	00:37:15	20	F40	6	66.85%	286	98
116	Robert Bevan	00:37:28	95	M60	4	69.93%	231	89
125	Michael Morris	00:37:40	104	M55	4	66.59%	217	88
126	Kevin Smart	00:37:42	105	M65	3	72.72%	226	87
130	Rhonda Tapley	00:37:53	23	F50	6	71.98%	293	97
136	Peter Reynolds	00:38:06	110	M65	5	71.96%	221	86
140	Abdul Ali	00:38:40	113	M45	21	59.78%	198	85
152	Nathan Powell	00:39:26	120	M55	6	63.61%	201	84
161	Sam Webb	00:40:23	128	SM	43	52.79%	173	83
165	Nick Russell	00:40:38	130	M50	15	59.23%	186	82
185	Nishil Shah	00:41:49	138	SM	46	50.98%	163	81
197	Jennifer O'Sullivan	00:42:14	55	F45	8	61.21%	256	96
202	Rohan Mascarenhas	00:42:45	145	M55	8	58.67%	176	80
244	Zaheer Sidik	00:45:43	164	SM	52	46.63%	137	79
247	Martin Eden	00:45:46	165	M65	11	59.91%	166	78
256	Ariff Sidik	00:46:34	170	M45	29	49.64%	141	77
258	Jeff Rollason	00:46:37	171	M70	3	61.78%	165	76
259	Jane Hudson	00:46:44	88	F65	5	70.54%	243	95
261	Lorraine O'Donovan	00:46:58	90	F60	8	65.61%	236	94
267	Louise O'Reilly	00:47:21	95	F45	15	54.59%	216	93
268	Steve Paull	00:47:51	173	M70	4	60.19%	163	75
278	Jonathan Pang	00:48:46	177	M45	30	47.40%	134	74
299	Derek Bamforth	00:51:46	186	M65	13	52.96%	145	73
303	Sakina Sidik	00:53:25	115	F40	23	46.61%	191	92
304	Mitesh Patel	00:54:24	189	SM	55	39.19%	112	72

309	Marion Rogan	00:55:37	119	F75	1	68.92%	222	91
317	Anne Ambrose	00:59:49	124	F65	7	55.11%	207	90
320	Steph White	01:04:16	125	F65	8	51.30%	206	89
321	Nancy Morris	01:04:19	126	F50	17	42.39%	190	88
325	Simon Abery	01:19:50	196	M55	13	31.42%	125	71

TENDERFOOT

	Name	Time	Pos	Cat	Cat Pos	League Pts	Metros Pts
12	Zachary Archer	00:06:04	10	M10	5	99	100
17	Finn O'Reilly	00:06:40	13	M13	1	90	99
27	Tara Ponnaganti	00:07:18	10	F8	1	103	100
30	Kane O'Reilly	00:07:46	19	M10	6	90	98
32	Nisha Ponnaganti	00:07:50	13	F9	3	98	99
37	Ibrahim Ali	00:08:27	22	M10	8	87	97
38	Maryam Ali	00:08:30	16	F6	1	99	98
40	Layla Bassiri	00:09:02	17	F10	4	92	97
45	Sophia Bassiri	00:11:21	21	F7	5	94	96

Pat Jackson

Metros Summer League Relay Results 30th June 2024

Venue: Perivale

A Team 4x 400m (approx.)

Zaheer Sidik	0m 58.08s
Richard Wilkinson	0m 58.72s
Tanasheh Abrahams	0m 56.18s
Malik Johnson	<u>0m 51.27s</u>
1st from 9 teams	<u>3m 44.25s</u>

Ladies Team 4x400m (approx.)

Emma Ponnaganti	1m 22.18s
Rhonda Tapley	1m 21.99s
Jenny O'Sullivan	1m 18.31s
Zahra Bassiri	<u>1m 20.49s</u>
4th from 7 teams	<u>5m 22.97s</u>

B1 Team 4x400m (approx.)

Sam Webb	1m 00.53s
John Norris	1m 01.85s
Justin Archer	1m 06.24s
Marcus Weedon	<u>1m 08.59s</u>
1st from 7 teams	<u>4m 17.21s</u>

B2 Team 4x400m (approx.)

Zachary Archer	1m 18.33s
Chris Sherwood	1m.10.18s
Clive Lucas	1m 16.66s
Kevin Smart	<u>1m 08.51s</u>
2nd from 5 teams	<u>4m 53.67s</u>

Non-Scoring Junior Girls Team 4x400m (approx.)

Sophia Bassiri	1m 23.35s
Nisha Ponnaganti	2m 04.09s
Layla Bassiri	1m 40.16s
Tara Ponnaganti	<u>1m.40.33s</u>
	<u>6m 47.93s</u>

All the relay results are before any weightings for age etc. have been applied

Teams organised and timed by Dave Brown, who also collated the results

Summer League – Leaderboard after two events

Pos	Club	Points
1	Ealing Eagles	9282.17
2	Queen's Park Harriers	9264.33
3	Metros	8774.67
4	ESMAC	8105.17
5	Mornington Chasers	7193.17
6	Dulwich Park Runners	6676.00
7	Serpentine	6615.00
8	Sudbury Court	5442.33
9	Hayes & Harlington	3900.00

Vets Track & Field



The remaining fixture for this year's Veterans' Track and Field is:

Wednesday 10th July ...Perivale Track 18.30pm

Trophy Races



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

Date	Cost	Race	Further Information
22/01/2024	£20	Fred Hughes	https://stalbandsstriders.com/racing/fred-hughes-10
24/03/2024	£29	Hillingdon 20	https://www.hillingdonac.co.uk/hillingdon-20
12/05/2024	£23	Marlow 5miles	https://handycrossrunners.co.uk/HXR/marlow-5/
02/06/2024	£27/22	Hitchin HM/10K	https://www.burnthare.com/hitchin-half-marathon
18/08/2024	£30/22	Burnham Beeches HM/10K	krono:sports - Burnham Beeches Half Marathon & 10K (kronosports.uk)
22/09/2024	£18	Moor Park 10K	http://www.moorpark10k.org.uk/
29/09/2024		Leighton 10 Miles	https://www.leightonbuzzardac.co.uk/leighton10/
20/10/2024	£25	Cabbage Patch 10 miles	https://www.cabbagepatch10.com/
	???	Ricky Road Run 10 Miles	https://rickyroadrun.co.uk/
03/11/2024	£22/32	Marlow 7/HM	http://www.marlowhalf.marlowstriders.co.uk/

There are 10 events available to enter (assuming Ricky Road Run goes ahead this year) with only your best 8 event scores counted to your total at the end of the year.

The scoring will be as follows:

Maximum Score

5 miles	30
10 K & 7miles	40
10 miles	50
Half Marathon	60
20 miles	70

The first Metro to finish will be awarded the maximum number of points, the second Metro will be awarded the (maximum – 1) points, the third (maximum-2) points, etc. There will be separate male and female awards.

Runners entering Hitchin, Burnham Beeches and Marlow have the option of a shorter distance. So, there are 5-mile, 10K and 7- mile events available for those who prefer shorter distances.

To qualify for the competition, you must:

- Be a paid-up member of the club
- Enter the Metros club name on the entry form and be qualified to do so
- Wear club kit

Any runners completing all events will get a Trophy.

Points for the competition are awarded from the official results as posted on each organising club's website. If you enter as a Metro and are not shown in the results as such, get in touch with the LRRC Coordinator.

Vincent Cheung – LRRC Coordinator

Results – Hitchin – 2nd June

Hard Half Marathon

Position	Name	Gun Time	Chip Time
1st		1:16:38	1:16:36
17th	Christopher Shearwood	1:33:08	1:33:06
193rd	Vincent Cheung	2:31:21	2:31:03
201st		2:57:57	2:57:30

Tough 10K

Position	Name	Gun Time	Chip Time
1st		37:48	37:47
72nd	Richard Hayward	1:13:44	1:13:34
73rd	Peter Swinson	1:13:47	1:13:37
76th		1:42:12	1:42:04

Leaderboards after 4 events

	Total	Fred Hughes 10 Miles	Hillingdon 20 Miles	Marlow 5	Hitchin HM
Tanasheh ABRAHAMS	118	50	68		
Michael REID	75	46		29	
Justin ARCHER	70		70		
Nathan GEE	69		69		
Chris SHEARWOOD	60				60
Vincent CHEUNG	59				59
Quentyn TAYLOR	49	49			
Simon ABERY	48	48			
Rohan MASCARENHAS	47	47			
Steve Paull	30			30	

	Total	Fred Hughes 10 Miles	Hillingdon 20 Miles	Marlow 5	Hitchin HM
Jennifer O'SULLIVAN	118	50	68		
Ruth TIDDER	94		67	27	
Una CUNNINGHAM	79	49		30	
Sasha BIRKIN	70		70		
Emma PONNAGANTI	69		69		
Amanda KENNELLY	66		66		
Pauline BISHOP	48	48			
Lorraine O'DONOVAN	47	47			
Monica SHORTT	46	46			
Judy RACKHAM	45	45			
Jane HUDSON	29			29	
Sarah ARMSTRONG	28			28	
Phillipa BROWN	26			26	
Diane O'REILLY	25			25	
Anne AMBROSE	24			24	

Metros 5K Competition – 2023/24

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

Date	Event
20 July 2024	Harrow School track
3 August 2024	Roxbourne park



Results -Gladstone parkrun – 15th June

Women

PARKRUNNER	Age Grade	Time	Points
Sasha BIRKIN	77.23%	22:15	50
Linda GEORGIADES	69.00%	28:07	49
Jasia ZIMMERMANN	67.38%	30:33	48
Jennifer O'SULLIVAN	62.32%	26:35	47
Sue BOUCHER*	61.63%	40:03	46
Judy RACKHAM	56.22%	36:03	45
Irene PAULL	51.27%	41:23	44
Claire Reid	40.83%	36:20	43
		Ave	47

Men

PARKRUNNER	Age Grade	Time	Points
Justin ARCHER	79.28%	19:04	50
Nigel RACKHAM	79.07%	20:28	49
Marcus WEEDON	74.02%	20:05	48
Russell MORRIS	72.48%	21:01	47
Tony WATSON*	71.93%	23:45	46
Peter REYNOLDS	68.98%	24:46	45
Robert BEVAN	68.67%	23:21	44
John NORRIS	67.95%	20:42	43
Martin EDEN	60.70%	28:25	42
Quentyn TAYLOR	59.06%	24:11	41
Steve PAULL	58.13%	30:20	40
Tim OAKLEY	57.58%	29:07	39
Rohan MASCARENHAS	56.53%	27:11	38
Malcolm JACKSON	55.27%	32:43	37
Peter HIGGINS*	52.07%	27:01	36
Mike REID	44.32%	37:09	35
		Ave	43

Volunteers

Martin Garrett*

Chris Shearwood

Clive Heidrich

Lorraine O'Donovan

* Sudbury Court Member

Current Standings- Top Ten after 10 events

Women

Overall posn	Name	Canons parkrun	Harrow parkrun	Roxbourne park	Northala parkrun	Harrow track	Roxbourne park	Ricky parkrun	Harrow Track	Roxbourne park	Gladstone parkrun	Overall points
		16/09/23	21/10/23	04/11/23	16/12/23	28/01/24	03/02/24	16/03/24	13/04/24	27/04/24	15/06/24	
1	Sasha Birkin	50	50	-	50	50	50	50	50	50	50	450
2	Irene Paull	37	42	44	43	45	41	42	45	42	44	425
3	Judy Rackham	39	42	44	44	43	39	36	44	38	45	414
4	Linda Georgiades	44	-	46	47	48	48	48	49	-	49	379
5	Emma Ponnaganti	47	-	48	48	49	49	49	-	48	-	338
6	Caroline Day-Lewis	48	46	49	43	-	41	-	45	42	-	314
7	Ruth Tidder	-	38	45	46	-	46	46	48	-	-	269
8	Jenny O'Sullivan	-	-	-	-	47	42	-	47	46	47	229
9	Angela Murphy	46	47	44	-	-	41	-	-	44	-	222
10	Jane Hudson	45	42	44	-	45	-	-	45	-	-	221

Men

Overall posn	Name	Canons parkrun	Harrow parkrun	Roxbourne Park	Northala parkrun	Harrow track	Roxbourne park	Ricky parkrun	Harrow track	Roxbourne Park	Gladstone parkrun	Overall points
		16/09/23	21/10/23	04/11/23	16/12/23	28/01/24	03/02/24	16/03/24	13/04/24	27/04/24	15/06/24	
1	Marcus Weedon	48	48	50	49	48	50	49	49	50	48	489
2	Russell Morris	49	47	-	47	45	49	47	48	49	47	428
3	Steve Paull	34	40	43	35	32	39	31	34	41	40	369
4	Nigel Rackham	50	50	43	-	36	39	-	42	35	49	344
5	Simon Abery	42	35	45	-	34	46	42	41	47	-	332
6	Harish Gohil	40	32	41	40	33	42	-	37	44	-	309
7	Rohan Mascarenhas	36	31	40	38	-	39	37	38	-	38	297
8	Robert Bevan	43	36	43	-	39	-	-	44	41	44	290
9	Brian McGrory	30	34	-	33	36	41	39	27	36	-	276
10	John Norris	47	-	-	46	41	-	46	45	-	43	268

Metros 5k Trophy Challenge 2024/25

What is the 5k challenge?

- A monthly 5k event
- A mixture of parkruns, track events at Harrow School, and our own 5k at Roxbourne Park
- You must complete one of each type to be included in the trophy calculations
- You must register Metros (or Sudbury Court) as your club in your parkrun profile
- There is one male and one female trophy; if more than 10 runners m/f meet the trophy conditions, there will also be a 2nd place, and more than 20, a 3rd place award
- There is also an award for anyone taking part in every event
- The trophy isn't just for runners – anyone who volunteers at an event gets a score equal to the average of those taking part – so no excuse not to come along and participate

When does it start?

- September 2024
- This year the trophy will run for 13 months through to September 2025

How does the scoring work?

- The first runner (by age grade), gets 50 points, the next 49 and so on
- There is a separate score for men and women; your best **10** scores count towards the trophy
- Volunteers get the average score (calculated separately for m/f)
- After each event, we publish cumulative scores in the next month's Spond event invite (PDF attachment)
- Results will also be in each month's Metrolines

What are the dates?

Event	Date	Type	Location	
1	21 st Sept 2024	Parkrun	Canons Park	
2	26 th Oct 2024	Track	Harrow School	
3	9 th Nov 2024	Metros	Roxbourne Park	NB not Nov 2nd
4	14 th Dec 2024	Parkrun	Northala Fields	
5	25 th Jan 2025	Track	Harrow School	
6	15 th Feb 2025	Metros	Roxbourne Park	
7	22 nd Mar 2025	Parkrun	Rickmansworh	
8	5 th Apr 2025	Track	Harrow School	Metros 10K to move to 12 th
9	17 th May 2025	Metros	Roxbourne Park	Moved to avoid bank hols
10	21 st June 2025	Parkrun	Gladstone Park	
11	26 th July 2025	Track	Harrow School	
12	9 th Aug 2025	Metros	Roxbourne Park	NB Not Aug 2nd
13	20 th Sept 2025	Parkrun	Cassiobury (Watford)	

If we know in advance that an event is cancelled, we'll select an alternate venue. For parkrun, this is likely to be South Oxhey, as a trail course it usually goes ahead. Worst case, we'll simply drop that month from the challenge.

General

It's not mandatory but it's great if everyone taking part can wear club kit. Not only does this help you recognise fellow Metros, but it creates a great impression of our club. Club kit can be ordered from Pat Jackson (patjacksonhome@hotmail.com).

All other information such as AED locations, will be in each month's Spond invite.

Nathan Powell & Nigel Rackham

5-Mile Handicap – 1st June

	5m race time	race hcp	Hcp time	nxt hcp
Peter Reynolds	42.15	8	50.15	18
Ruth Tidder	44.22	8	52.22	16
Barbara Pacinella	72.12	-19	53.12	-12
Elish Fernandes	72.12	-19	53.12	-12
Angela Murphy	66.48	-13	53.48	-6
Anne Ambrose	61.59	-5	56.59	-2
Barbara Reading	53.24	5	58.24	7
Mike Morris	38.16	21	59.16	22
Mike Ransome	66.48	-7	59.48	-6
Simon Abery	42.15	18	60.15	18
Adam Leary	41.24	19	60.24	19
Kevin Smart	39.07	22	61.07	21
Judy Rackham	57.32	4	61.32	3
Paul Hor	45.37	16	61.37	15
Jonathan Pang	49.00	14	63.00	11
Nigel Rackham	35.49	28	63.49	25
Marcus Weeden	38.47	28	66.47	22
Malcolm Jackson	66.48	6	72.48	-6
Caroline Day-Lewis	59.51	17	76.51	0
Bill Harrington	66.48	12	78.48	-6



Thank- you to Gordon for coming along to time the event on his 70th birthday!

Wot no Watch – 8th June

	Predicted time	Actual time	Difference
Simon Abery	6.50	6.58	0.08
Andrew Collier	7.50	7.44	-0.06
Amanda Hardy	8.45	8.38	-0.07
Malcolm Jackson	8.50	8.42	-0.08
Jo Collier	9.35	9.37	0.02
Anne Ambrose	9.59	10.01	0.02
Marion Rogan	10.00	10.06	0.06
Sue Green	11.00	10.11	-0.39
Barbara Pacinella	11.00	10.26	-0.34
Mike Ransome	10.17	10.44	0.27
Bill Harrington	9.30	10.46	1.16
Sarah Westwood	10.58	10.58	0.00
Raquel Russel Ponte	13.00	12.02	-0.58
Jane Scoffham	12.12	12.21	0.09
Gladys de Groot	12.55	13.59	1.04
Carole Valentine	11.10	13.59	2.49
Dave Brown	16.02	18.03	2.01
Al Scoffham	13.58	18.07	4.09

Sarah was a very deserving winner of the WNW trophy today as she not only matched her predicted time, but she was within 1 second of her predicted time for the second mile. Well done! Commiserations to Anne and Jo who came very close to winning with only 2 seconds off their predictions.

Angela (standing in for Teresa)



Hatch End Triathlon – 12th May – corrected results

Pos	Name	Time	Swim	T1	Cycle	T2	Run
15	Jonny Jackson	58:08	8:23	0:36	34:01	0:46	14:20
23	Nick Russell	1:00:44	8:57	0:55	34:49	0:44	15:16
30	Nicky Smith	1:02:30	8:14	1:32	35:38	1:13	15:49
77	Jennifer O'Sullivan	1:13:27	10:21	2:53	42:20	1:03	16:48
83	Malcolm Smith	01:14:31	11:06	3:29	42:29	1:20	16:05
111	Linda Frances Dempster	01:20:00	9:57	2:53	47:04	1:03	19:00
162	Lorraine O'Donovan	1:36:18	14:37	1:20	59:53	1:14	19:11
165	Linda Georgiades	1:40:09	18:20	1:15	1:01:57	1:02	17:32



St Albans Half Marathon – 9th June

<u>Pos</u>	<u>Name</u>	<u>Gun Time</u>	<u>Net Time</u>
1		01:13:09	01:13:08
80	Nathan GEE	01:28:35	01:28:27
173	John NORRIS	01:35:34	01:35:06
803	Simon ABERY	01:56:06	01:53:20
849	Clive LUCAS	01:57:11	01:54:42
850	Robert BEVAN	01:57:12	01:54:43



Race to the Kings – 50K Coastal Route- 15th June

<u>Pos</u>		<u>Time</u>
1		3:47:42
1 st Woman		4:55:44
471	Sakina Sidik	9:42:53
560	Finishers	12:20:21



Victoria Park Half Marathon – 9th June

Pos	Net Pos	Name	Gun Time	Chip Time	Cat Pos
1	1		01:09:29	01:09:28	
3	3	Richard Wilkinson	01:18:24	01:18:22	2nd V35
714	720	Monica Shortt	02:21:44	02:19:47	1st FV55



Well done Monica and wishing you a speedy recovery after your recent accident.

Veterans Athletic Club – 5k Road Walk Championships

Man Biu LAM [Biu] and Chik Ha KWOK [Billie]) participated in the Veterans AC 5k Road Walk Championships on 4 June 2024 at Battersea Park.

Biu: 3rd place in M65 (32:03)

Billie: 1st place in W45 (30:43) and overall winner of the women's race





Marc Sindole

16 b · 📷

👤 ⋮

I would like to thank everyone who sponsored me for my race for life



[Marc's Race for Life \(cancerresearchuk.org\)](https://cancerresearchuk.org) - there's still time to donate

St Albans Summer Solstice 10K – 20th June

<u>Pos</u>	<u>Name</u>	<u>Gun Time</u>	<u>Net Time</u>
1		00:34:42	00:34:40
100	Jonathan EVAN-HUGHES	00:46:09	00:45:54
455	Finishers	01:24:21	01:23:19

NOTES OF METROS COMMITTEE MEETING

Wednesday 15 May 2024 at 8:00pm

Venue – Nigel & Judy Rackham's house

Attendees: Anne Ambrose, Andy Fox, Marilyn Pickford, Pat Jackson, Rohan Mascarenhas, Irene Paull, Steve Paull, Nigel Rackham, Ariff Sidik, Marcus Weedon, Teresa Young

1. Apologies

Tanasheh Abrahams, Tarana Agarwal, Steve Alder, Jenny O'Sullivan

Chair: Marcus Weedon

Note Recorder: Pat Jackson

Nigel welcomed Marcus as new chairman and Marcus welcomed Rohan, Tanasheh and Jenny to the committee although Tanasheh and Jenny were unable to attend this meeting.

2. Actions from Last Meeting

a. Sportshoes and Cotswold Outdoor shop discount.

ITEM CLOSED

b. Storage of Metros Gazebo – Marilyn confirmed the heavy frame is now stored in the Scouts cupboard off the Scout Hall which makes it easier to move when needed. Linda Dempster is making a cover.

ITEM CLOSED

c. Metros Shed – Thanks to Marcus for organising the clear up, Andy as lead clearer and all volunteers – Marcus, Al, Nigel, Marilyn and Pat who emptied and discarded unwanted items. Andy has offered to repair a hole in the floor and rearrange the shelving units. An inventory will then be taken.

ACTION: Andy Dempster

3. Club Events

a. Trophy/medals/awards – Following a review with Andy, Ariff and Nigel, several points were raised regarding the number, type and distribution of awards. It was agreed that participation should be rewarded. Andy and Ariff were thanked for their input and will review further and report back to the committee.

ACTION: Andy Fox/Ariff Sidik

b. Summer League – Irene confirmed licences and first aid were booked. More marshals and water station helpers are needed. If present road works are not completed, the course may need to be changed.

ACTION: Irene Paull/All Members

4. Other Events

- a. **Create a more Diverse Club** – Ariff suggested a drive, particularly on social media, posters and parkrun, to gain more younger members by offering free open sessions on a regular basis starting with the track.

Insurance might be a problem, but this could be covered with incentives to join Metros. Ariff will draft a plan for July/August aiming for a September start.

ACTION: Ariff Sidik

Couch to 5K - Marcus will advertise for a co-ordinator for Couch to 5K courses. A course from 5K to 10K was also suggested.

ACTION: Marcus Weedon

- b. **Metros Anniversary Party** – More research is needed to establish a suitable date.

ACTION: All Committee

- c. **Committee Meeting Locations** – A change to West Harrow Cricket Club or Duck in the Pond pub had been suggested. Nigel confirmed their house was still available and it was agreed to continue with this location. Thanks to Nigel and Judy. **ITEM CLOSED**

5. Admin

- a. **Accounts Update** – Teresa confirmed the accounts were up to date and she would produce a budget. **ACTION:** Teresa Young

- b. **Club Membership** – Irene had produced a detailed report and will send the committee a list of those who have not yet renewed.

ACTION: Irene Paull

6. AOB

- a. **First Aid Training** – It was agreed to arrange another course. Marilyn will also ask Angela to ask Margaret Smith if another AED training session could be held. **ACTION:** Marilyn Pickford

- b. **Replacing old AEDs** – Teresa will buy another AED. It was agreed that the Scouts should be asked if they would like to have the older, heavy AED to be kept in the Scout Hall and available for use by Metros. **ACTION:** Marilyn Pickford

- c. **Signatories for the HH10K Accounts.** **ITEM CLOSED**

- d. **EA Rules** – There are new and updated policies and members will need to sign up to a code of conduct by April 2025.

ACTION: Steve Alder

- e. **Measuring Wheel** – Agreed to replace the broken wheel.

ACTION: Marcus Weedon/Irene Paull

- f. **Level 1 T&F Judge** – Tom Morris, Harrow AC had asked if any Metros would like to attend a course. No 'payback' is necessary other than it is hoped

participants would use the information. Marcus will advertise.

ACTION: Marcus Weedon

g. Committee WhatsApp Group – Marcus will set this up to replace email.

ACTION: Marcus Weedon

h. Metros IT – Russell Morris had agreed to replace Marcus as IT co-ordinator.

Date of next Meeting: Wednesday 17 July

Meeting closed at 9.40 pm with thanks to Nigel and Judy for their hospitality.

Summer Solstice

After a hill run on 20th June, a group of Metros waited at Church Fields for the sun to set on the longest day.



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 Core Group- Harrow Wield

19.15 Monday Run – 4-5 miles, meet Melbourne Ave Pinner

TUESDAY 19.30 Run & Walk/Run groups (number of grps depending on pace of those present) – meet Lowlands Tennis Club

WEDNESDAY 19.15 Hills Training (2 groups) – meet Middle Rd

THURSDAY 19.00 Mixed run approx. 4 miles– now at the summer meeting point, Chartley Avenue

THURSDAY TRACK SESSIONS 18.30 Various sessions – meet Harrow School Track

FRIDAY STRENGTH SESSION 07.00 - Meet at Kings College Athletics Track

SATURDAY 09.00 Sessions and events at Roxbourne Park –Coffee, tea and chat in the Scout Hut afterwards

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.