



June 2024  
Issue No. 419



**Metros on tour**

# *Metros Diary*

## June

|        |                                  |               |
|--------|----------------------------------|---------------|
| Sat 1  | 5-Mile Handicap, Roxbourne Park  | 9.00 am       |
| Sun 2  | Hitchin HM and 10K               | 9.00 am       |
| Mon 3  | Vets Track & Field – Hillingdon  | 6.30pm        |
| Sat 8  | Wot No Watch, Roxbourne Park     | 9.00 am       |
| Sat 15 | parkrun – Gladstone Park         | 9.00 am       |
| Sun 16 | Summer League – Headstone Manor  | 9.30 am       |
| Wed 19 | Vets Track & Field – Tooting Bec | 6.30pm        |
| Thu 20 | Summer Solstice Run and Walk     | 7.15 & 8.15pm |
| Fri 28 | LFOTM – Headstone Manor          | 11.50         |
| Sun 30 | Summer League – Perivale         | 9.30 am       |

## 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 18 | Burnham Beaches HM & 10K          | 9.00 am  |
| Fri 30 | LFOTM – tbc                       | 11.50 am |

Book your place on all Metros sessions and events on the SPOND App. Please contact Irene ([metros.secretary@yahoo.co.uk](mailto:metros.secretary@yahoo.co.uk)) if you want to amend your preferences on SPOND.

# *Note from the Editor!*

The club relies on volunteers to provide the sessions and services that members want, and the updated list of committee members and coordinators is provided on page 17. Please contact any of the committee members if you wish to discuss anything about Metros.

If you would like to get more involved with the running of the club, there are currently vacancies for a couple of coordinators (See pages 6 & 7) and volunteers are always needed to make sure events run smoothly.

As Marcus has taken over as chairperson, the First Aid Record of Incident Form has been updated to take account of this – see page 8. When there is an accident at a session and first aid is administered, the form must be completed and emailed to the Metros chair address and copied to Marcus. This is to have an official record in case of any follow up to an incident by either medical personnel or legal representatives and is in the interest of both the casualty and the first aider.

June is the start of Summer, and the Summer League starts on 16<sup>th</sup> June with the Metros event at Headstone Manor – please come along even if you are not running.

Hope to see you there.

Anne Ambrose

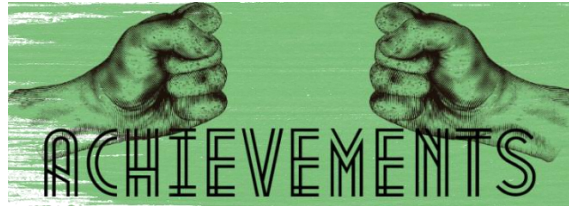
## **Metrolines Contributions**

**All contributions welcome – please send your results, articles and photos to Anne Ambrose**

**Email: [metrolines1@gmail.com](mailto: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.....**

**Abdul Ali** – for a marathon PB at London on 21<sup>st</sup> April

**Justin Archer** – for a marathon PB at Milton Keynes on 6<sup>th</sup> April

**Pauline Bishop** – 2<sup>nd</sup> in her age group at Edinburgh Half Marathon, 25<sup>th</sup> May

**Terry Burke** – for completing his 300th park run, Saturday 11th May 2024

**Claire Reid**- for completing her first 5-mile race at Marlow 5 on 12<sup>th</sup> May

**Chris Shearwood** – for coming first in his age group Hereford Half Marathon on 12<sup>th</sup> May

**Jasia Zimmermann** – for coming first in her age group at Zuiderpark parkrun on 4<sup>th</sup> May

*Email your achievements to [metrolines1@gmail.com](mailto: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 member.



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### Metros Website and social media

[www.metros.org.uk](http://www.metros.org.uk)

Contributions to Russell Morris at [a.russell.morris@gmail.com](mailto: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](mailto:metros.secretary@yahoo.co.uk)  
Group email address: [metrosrc@googlegroups.com](mailto: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.



**FANCY  
DOING  
MORE FOR  
METROS!**

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

- Couch to 5k Co-Ordinator
- Thames Valley Cross Country  
Metros Race Director

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

## Couch to 5k Co-Ordinator

Lead a group of new runners through the stages of Couch to 5k over 10 weeks.

Not only a great opportunity to get to know some new metros but as well help to inspire and motivate others to achieve their goals through your own running experience so far

The couch to 5k plan is all set up, so we require someone that will be able to commit their time over a 10 week period (meeting as a group once a week)

## Thames Valley Cross Country Race Director

Our XC is the first of the TVXC season, hosting to 300 eager runners who come to get their fix of running on grass, through mud, through trials and our notorious River.

We require someone new to take over from Marcus in 2025 - but be involved this year to do a handover.

This will require someone who is very good at planning, organising, communicating, being in more than one place at one time (Raceday), defo needs to be a great problem solver and as well someone who loves to put on a brilliant show with the help of our other Metros helpers.

When first aid has been administered to a person during a Metros training session or an event a First Aid Record of Incident Form must be completed and emailed to the metros chair address and copied to the current chairperson. This is to have an official record in the case of any follow up to an incident by either medical personnel or legal representatives and is in the interest of both the casualty and the first aider. The form below can be copied or photographed, or I can email it to you [a.murphy91@yahoo.co.uk](mailto: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    |  |

Send this form completed with details of the incident to [metroschair@gmail.com](mailto:metroschair@gmail.com) and cc it to [marcusweedon@hotmail.com](mailto:marcusweedon@hotmail.com)  
or hand paper copy in person to Marcus Weedon (Metros Chair)

## Summer League



The Summer League is a series of five events that take place in parks around London. These are genuinely open to all ages and abilities.

The format is a senior race of 5-miles or 10K, followed by a tenderfoot race of 1.5-2K for 6–14-year-olds then a fun run for under 6s. We then hold relays, at our fixture it's around the cricket pitch: women, men, and then mixed teams (think 70-year-olds and 7-year-olds competing in the same team). It's a lovely atmosphere helped by the refreshments laid on by the host club.

The five venues this year are Perivale (park beside the athletics track), Dulwich Park, Regent's Park, Battersea Park, and the fixture Metros host in Headstone Manor.

If you are new to Metros – or Summer League – please come along and either run or volunteer and be part of Metros at their absolute best. We usually have around 40 runners and the same number of volunteers, so you'll meet lots of club members if you come along.

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

The dates are:

|                 |                         |
|-----------------|-------------------------|
| Headstone Manor | 16 <sup>th</sup> June   |
| Perivale        | 30 <sup>th</sup> June   |
| Dulwich Park    | 14 <sup>th</sup> July   |
| Regent's Park   | 28 <sup>th</sup> July   |
| Battersea Park  | 11 <sup>th</sup> August |

## **Metros Summer League Home Fixture on Sunday 16<sup>th</sup> June** (details in Spond)

We have a full complement of volunteers, and we're looking forward to seeing lots of Metros runners take part in the 5-mile race.

As stated above, runners do need to wear club kit (new or old style), otherwise you will not score points. If you want to buy kit, please get in touch with Pat Jackson on 0208 868 5683. There are also quite a few members who have extra kit if you're not ready to buy your own, get in touch via Spond and we'll see what we can sort out.

There are also junior races. Tenderfoot for 6–14-year-olds and a fun run for under 6s.

If you don't plan to run, come along anyway and support. It's a great opportunity to meet lots of your fellow Metros.

Last thing: as hosts we provide a picnic, if everyone coming along brings something such as sandwiches, cakes, savoury snacks, think finger food- it all works. If bringing fruit, make sure it's clean, cut and ready to eat.

Thanks all for your help and support

Irene Paull



## Vets Track & Field



The remaining dates for this year's Veterans' Track and Field Meets are as follows:

Monday 3<sup>rd</sup> June... Hillingdon Track (Uxbridge) 18.30pm

Wednesday 19<sup>th</sup> June... Tooting Bec 18.30pm

Wednesday 10<sup>th</sup> July ...Perivale Track 18.30pm

## New Members

|            |         |
|------------|---------|
| Mohamed    | Hamid   |
| Charlie    | Kelly   |
| Neeta      | Mistry  |
| Kinjal     | Patel   |
| Ali Mohsin | Rajan   |
| Mohamed    | Rajan   |
| Claire     | Reid    |
| Saima      | Shah    |
| Peter      | Swinson |
| Dylan      | Webb    |
| Sam        | Webb    |



## Trophy Races



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

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

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 - Marlow 5 – 12<sup>th</sup> May

| <u>Pos</u> | <u>Net Pos</u> | Name            | <u>Time</u> | <u>Net Time</u> |
|------------|----------------|-----------------|-------------|-----------------|
| 1          | 1              |                 | 00:25:47    | 00:25:47        |
| 405        | 415            | Una Cunningham  | 00:45:27    | 00:44:50        |
| 536        | 555            | Jane Hudson     | 00:49:19    | 00:48:38        |
| 564        | 573            | Sarah Armstrong | 00:50:18    | 00:49:24        |
| 674        | 696            | Steve Paull     | 00:54:44    | 00:54:03        |
| 697        | 710            | Richard Hayward | 00:55:27    | 00:54:34        |
| 756        | 760            | Ruth Tidder     | 00:57:42    | 00:56:20        |
| 771        | 776            | Philipa Brown   | 00:58:46    | 00:57:37        |
| 773        | 777            | Diane O'Reilly  | 00:58:57    | 00:57:46        |
| 838        | 844            | Anne Ambrose    | 01:03:38    | 01:02:29        |
| 866        | 867            | Michael Reid    | 01:05:37    | 01:04:14        |
| 865        | 868            | Claire Reid     | 01:05:37    | 01:04:14        |



## 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               |
|---------------|---------------------|
| 15 June 2024  | Gladstone parkrun   |
| 20 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 9 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*

*\* Note the reduction in qualifying events from 10 to 9*

As we had to change the date of May's 5k in Roxbourne Park, any participant who believes they were disadvantaged by this (for example on holiday on 27<sup>th</sup> April but not on 3<sup>rd</sup> May) can either submit a time run on the Roxbourne course by 12<sup>th</sup> May and we'll give you the points you would have achieved, or you can have average points for the event.

## ***Bannister Mile Friday 10th May 2024***

A warm summer evening saw the return of the Bannister mile at Harrow school track. This event commemorated the 70th anniversary of the 4-minute mile being broken by Roger Bannister in 1954.

More than 50 runners from Metros, Sudbury Court and Sarries took part in the mile events. Eight runners managed the mile in under 6 minutes.

As a warmup, there were 400m mixed ability heats and the event closed with 8 teams competing in a 4x100M relay won by Tanasheh, Tim, and new members Dylan and Sam. Everyone seemed to have a great time.

Sarries athletes, coaches and parents would like to extend their gratitude in inviting Sarries to the event, all the athletes had a superb time, really enjoyed competing and mixing with others and running super-fast times. They say they let Tanasheh relay team win this time but will look to regain their title next time.

Many thanks to everyone who helped, guided and supported; without you Metros events would not be possible. Special thanks to Nathan Powell for organising the event.

For more fun at the track, come along to the Summer sports day on Friday 12th July 24 with a reserve date 19th July (in event of adverse weather) where we will be adding 100m, long jump and shot put, details in Spond.

# Metros

## Committee & Co-ordinator List

2024-25

### **COMMITTEE**

The committee can have up to 16 members, we would particularly welcome newer members who would like to get involved in the running of the club. The commitment is simply to attend – and contribute – at committee meetings and attend the annual general meeting in May.

### **COMMITTEE MEETINGS**

Committee meetings are open to all but only the committee can vote.

Meetings are usually held on the first Wednesday of the month at 8 pm, either monthly or bimonthly, at least six times per year (Dates and venues are published in Metrolines and on Spond).

## Metros Committee



Marcus Weedon  
Honorary Chair  
marcusweedon@hotmail.com



Steve Alder  
Honorary Secretary  
s.alder@virginmedia.com



Ariff Sidik  
Honorary Vice Chair  
Abus.stg@gmail.com



Teresa Young  
Honorary Treasurer  
Treasurer.metros@gmail.com



Irene Paull  
Honorary Membership Secretary  
Tel: 020 8422 6636  
metros.secretary@yahoo.co.uk



Andy Fox



Tarana Agarwal  
tarana262@gmail.com



Pat Jackson  
Tel: 020 8868 5683  
patjacksonhome@hotmail.co



Marilyn Pickford  
Tel: 0208 707 1028  
Pickhm2018@gmail.com



Nigel Rackham  
Nigel.d.rackham@pwc.com



Jennifer O'Sullivan  
Jjcos32@gmail.com



Anne Ambrose  
ambroseanneamb@aol.com



Steve Paull  
Tel: 07415 064133  
stephenfpaul@outlook.com



Tanasheh Abrahams  
Tanasheh10@hotmail.co.uk



Rohan Mascarenhas  
rohmasc@gmail.com

## METROS CO-ORDINATORS

|                                |                          |                                                                        |
|--------------------------------|--------------------------|------------------------------------------------------------------------|
| Monday run session             | Mike Ransome             | 07802 839498                                                           |
| Monday core session            | Ariff Sidik              | 07827 668623                                                           |
| Tuesday run session            | Steve Paull              | 07415 064133                                                           |
| Tuesday walk/jog session       | Irene Paull/Nancy Morris | 020 8422 6636                                                          |
| Wednesday hill session         | Nathan Powell            | 07510 122288                                                           |
| Wednesday hills (2)            | Gerry Barker             | 0758 323369                                                            |
| Thursday mixed running session | Mike Morris              | thursdaymetros@yahoo.co.uk                                             |
| Thursday track session         | Nathan Powell            |                                                                        |
| Friday strength track session  | Marcus Weedon            | <a href="mailto:marcusweedon@hotmail.com">marcusweedon@hotmail.com</a> |
| Saturday session               | Adam Leary               | 07721456685                                                            |
|                                | Marilyn Pickford         | 0208 707 1028                                                          |

## EVENTS CO-ORDINATORS

|                                   |                                                                    |
|-----------------------------------|--------------------------------------------------------------------|
| Awards & Presentation Evening     | Ariff Sidik / Andy Fox                                             |
| Brian Jackson Fun Run             | Pat Jackson                                                        |
| Child Protection Officer          | Vacancy                                                            |
| 5K Run                            | Irene & Steve Paull                                                |
| 5K Competition                    | Nigel Rackham/Nathan Powell                                        |
| 5M Handicap                       | Gordon Valentine 07500 118488                                      |
| 10K Challenge                     | Teresa Young 020 8866 3225                                         |
| Harrow Hill Race                  | Irene Paull/Marcus Weedon/ vacancy for 3 <sup>rd</sup> coordinator |
| Kit                               | Pat Jackson                                                        |
| London Marathon Events Volunteers | Anne Ambrose                                                       |
| Marathon Week                     | Irene Paull                                                        |
| Measured Mile                     | Angela Murphy 020 8866 6056                                        |
| Metrolines                        | <a href="mailto:metrolines1@gmail.com">metrolines1@gmail.com</a>   |
| Middlesex County AA               | Steve Alder                                                        |

|                                 |                                                                                    |                                                                            |
|---------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| Quiz Night                      | Nigel Rackham                                                                      |                                                                            |
| Refreshments (events)           | Hema Thakur (Harrow Hill Race and Summer League)                                   |                                                                            |
|                                 | Ariff Sidik (Thames Valley League)                                                 |                                                                            |
| Run & Talk Mentors              | Ariff Sidik                                                                        |                                                                            |
| SPOND Administrator             | Irene Paull                                                                        |                                                                            |
|                                 | <a href="mailto:metros.secretary@hotmail.co.uk">metros.secretary@hotmail.co.uk</a> |                                                                            |
| Summer League Representative    | Irene Paull                                                                        | & Pat Jackson                                                              |
| - Metros Fixture Race Director  | Irene Paull                                                                        |                                                                            |
| - Relay Teams                   | Marcus Weedon                                                                      |                                                                            |
| Thames Valley XC League         | Al Scoffham                                                                        | 01895 270 245                                                              |
| - Metros Fixture Race Director  | Marcus Weedon                                                                      |                                                                            |
| LRRC Trophy Races               | Vincent Cheung                                                                     | <a href="mailto:vcheung84@hotmail.com">vcheung84@hotmail.com</a>           |
| Vets League (Track & Field)     | Wendy Mulvenna                                                                     | 020 8863 4838                                                              |
| Web Site                        | <a href="http://www.metros.org.uk">www.metros.org.uk</a>                           |                                                                            |
| - contributions to              | Russell Morris                                                                     | <a href="mailto:a.russell.morris@gmail.com">a.russell.morris@gmail.com</a> |
| Webcollect (membership records) | Irene Paull                                                                        |                                                                            |
| Wot no Watch                    | Teresa Young                                                                       | 020 8866 3225                                                              |

There is no co-ordinator for the equipment held at the scout hall. Anyone wanting to borrow equipment should contact Pat Jackson

## Measured Mile – 11<sup>th</sup> May

|                              | Time<br>Min.secs |
|------------------------------|------------------|
|                              |                  |
| Adam Leary                   | 7.16             |
| Andrew Collier               | 7.24             |
| Anne Ambrose                 | 9.55             |
| Barbara Robson               | 16.20            |
| Bill Harrington              | 10.52            |
| Carole Valentine             | 10.58            |
| Dave Brown                   | 17.09            |
| Elish Fernandes              | 11.02            |
| Gladys de Groot              | 13.59            |
| Janice Newman + Judy Rackham | 10.33            |
| Jo Collier                   | 9.41             |
| Jonathon Pang                | 8.25             |
| Judy Rackham                 | 9.45             |
| Judy Rackham                 | 9.45             |
| Karen Leary                  | 10.55            |
| Linda Frances Dunne          | 8.27             |
| Marcus Weedon                | 5.30             |
| Michael Ransome              | 10.46            |
| Nigel Rackham                | 7.02             |
| Sarah Westwood               | 10.43            |
| Simon Aberly                 | 6.35             |
| Steph White                  | 9.57             |
| Sue Green                    | 10.10            |

A very sunny warm morning for the Measured Mile made it a pleasure to be in the park. Well done for some very good efforts today. However only 2 Metros improved on their times since the last MM in February, Simon and Anne, well done. See you all for the next one in August.

Angela

## Hereford Half Marathon 12<sup>th</sup> May

| Position        |                 | Gun Time | Chip Time |
|-----------------|-----------------|----------|-----------|
| 1st             |                 | 01:15:51 | 01:15:51  |
| 15th (1st VM60) | Chris Shearwood | 01:32:59 | 01:32:57  |
| 298th           |                 | 03:16:46 | 03:16:23  |

## Marsworth 10K Sunday 12th May 2024

Great course across bumpy fields and muddy canal paths on the hottest day of the year so far (way too hot for me), with the usual wooden or cookie medals and a vast amount of cake afterwards – Adam Leary

|                         |            |          |
|-------------------------|------------|----------|
| 1 <sup>st</sup>         |            | 36m 47s  |
| 7 <sup>th</sup> , 1st F |            | 44m 33s  |
| 51 <sup>st</sup>        | Adam Leary | 56m 39s  |
| 146 <sup>th</sup>       |            | 117m 51s |

## Milton Keynes Marathon - 6<sup>th</sup> April

|                        |               |          |
|------------------------|---------------|----------|
| 1                      |               | 02:37:17 |
| 90 (1 <sup>st</sup> F) |               | 03:03:00 |
| 95                     | Justin Archer | 03:04:08 |
| 508                    | Vishal Shah   | 03:47:42 |
| 546                    | John Norris   | 03:50:03 |
| 1731                   | Finishers     | 07:11:45 |



Justin ran his 1<sup>st</sup> Marathon last year 2023 with John at Milton Keynes (3.34); this year he improved his time down to 3.04 – John Norris

## Wizz Air Hackney Moves – Half Marathon – 19<sup>th</sup> May

| Pos   |                      | Chip Time |
|-------|----------------------|-----------|
| 1     |                      | 01:08:05  |
| 8451  | Keval Shah           | 01:56:41  |
| 8849  | Andrew Borley        | 01:57:38  |
| 9082  | Amy Merrigan         | 01:58:14  |
| 17976 | Ariff Sidik (pacer)  | 02:32:09  |
| 18451 | David Merrigan       | 02:36:34  |
| 18782 | Sakina Sidik (pacer) | 02:39:58  |



## Hatch End Triathlon – 12<sup>th</sup> May

| Pos | Name                | Time     | Swim     | T1       | Cycle    | T2       | Run      |
|-----|---------------------|----------|----------|----------|----------|----------|----------|
| 19  | Nicky Smith         | 01:02:27 | 00:07:33 | 00:02:17 | 00:36:19 | 00:01:31 | 00:14:44 |
| 56  | Malcolm Smith       | 01:14:44 | 00:09:38 | 00:03:18 | 00:46:10 | 00:00:56 | 00:14:40 |
| 78  | Jennifer O'Sullivan | 01:19:51 | 00:09:23 | 00:03:36 | 00:47:53 | 00:01:47 | 00:17:11 |
| 80  | Linda Frances Dunne | 01:20:00 | 00:08:35 | 00:03:49 | 00:48:02 | 00:01:05 | 00:18:27 |

## Edinburgh Half Marathon – 25<sup>th</sup> April

| Position (Overall) | Position (Category)    | Name           | Chip Time | Gun Time |
|--------------------|------------------------|----------------|-----------|----------|
| 6384               | 2 <sup>nd</sup><br>70F | Pauline Bishop | 02:10:40  | 02:27:10 |
| 7046               |                        | Monica Shortt  | 02:14:26  | 02:30:55 |

## UTMB – Canyons Endurance – 100-miles , 26-27 April

|     |                  |          |
|-----|------------------|----------|
| 1   |                  | 18:54:32 |
| 149 | Spencer Millbery | 32:59:06 |

## Mental Health Help and Support Services



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

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**Website:** [www.samaritans.org](http://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](mailto:info@mind.org.uk)

**Website:** [www.mind.org.uk/help/advice\\_lines](http://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](mailto:info@rethink.org)

**Website:** [www.rethink.org/about-us/our-mental-health-advice](http://www.rethink.org/about-us/our-mental-health-advice)

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



**SANE**

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

**Website:** [www.sane.org.uk/what\\_we\\_do/support/helpline](http://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](http://www.childline.org.uk/Talk/Pages/Email.aspx)

**Website:** [www.childline.org.uk](http://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](http://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](mailto: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](mailto:metrosfeedback@gmail.com). All feedback received will be kept strictly confidential.