

METROLINES

December 2024
Issue No. 424



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December		
Sat 7	5 Mile Handicap	9.00am
Sun 8	TVXC - Reading Roadrunners	11.00am
Sun 8	West End Christmas Lights Run	4.00pm
Sat 14	Wot No Watch	9.00am
Sat 14	Northala Fields parkrun (5k comp)	9.00am
Fri 20	Drinks @ The Rackhams	6:30pm
Sat 21	Winter Solstice Run	6.55am
Fri 27	LFOTM - Court Park, Hillingdon	11.50am
January 2025		
Sat 4	10k Challenge	9.00am
Sat 11	Wot No Watch	9.00am
Sun 19	TVXC - Thames Valley Triathletes	11.00am
Sat 25	Harrow Track (5k comp)	9.00am
Fri 31	LFOTM - location tbc	11.50am
February 2025		
Sat 1	Run a parkrun pb TBC	9.00am
Sun 2	TVXC - Marlow Striders	11.00am
Sat 8	Measured Mile	9.00am
Sat 15	TVXC Sandhurst TBC	TBC
Sun 16	Harrow Hill 10k TBC	10.30am
Sat 22	Roxbourne Park (5k comp)	9.00am
Fri 28	LFOTM - location tbc	11.50am



Nigel Rackham was 1st VM60 at the Regent's Park 10k in a time of 36.51. He also broke the Metros age group record which has stood since Chris Roome ran 37:36 in 1997.



Tanasheh and Liz Abrahams completed 250 and 400 parkuns respectively at Canons Park.



Abdul Ali ran a PB of 1.37.32 at the Royal Parks Half Marathon. He then achieved a PB in the New York Marathon (3:58:36). He has also recently achieved PBs across the 5k and 10k distances.



Russell Morris got a PB of 41.45 at the Regent's Park 10k.



Sasha Birkin was 3rd lady at the Watford 10k in a time of 46:50



Chris Shearwood was 1st VM60 at the Marlow half marathon in a time of 1.36.45.



Arnold Glickman completed his 100th parkrun on 16th November.



Congratulation to Emma Collier who completed her first half marathon this month.



On Sunday 17th November, Marc Sindole competed in a Special Olympics Meeting at Lea Valley & came 4th in the Long Jump, 2nd in the 400m & 1st in the 4 x 200m relay.

Marc would like to thank all the Metros who support him - at the Sarries training, Thursday Night Track & the summer Sports Day.

TRAINING SESSION SPOTLIGHT:

6

WEDNESDAY HILLS

Hills 1 sessions are a mix of continuous runs over Harrow on the Hill including several ascents and descents, hills reps sessions (select a hill, run up and recover on the way down) or a combination of both. In Spring and Summer we try to run a few routes around the public footpaths of Harrow School playing fields and farm. We tend to run 8-10km/5-6 miles in the session. With the hills reps you can complete as many or as little as you wish. Occasionally we will attempt the 12 hills challenge of running 12 hills within the hour.

We are a very friendly and supportive group and Kevin Smart hosts the sessions. Afterwards we are known to retire to one of the local pubs on the hill for a well deserved drink with the Hills 2 group.

If anyone is following a training plan which includes hill training we would highly recommend you try the sessions.

The sessions are very good training for the Metros Harrow on the Hill 10k in February; we run the course several times before race day.

Nathan



WEDNESDAY HILLS

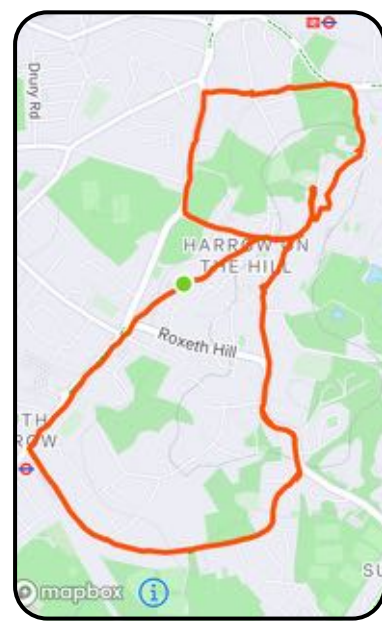
I was going to Pilates in Northwood when I met Ann Marsden. She told me about the Metros Club and I decided to give up Pilates and run with Metros - at least on weekdays. This was 2009 when we had two groups running the hills in Harrow, starting from John Lyon School in Middle Road, at 7:00 pm on Wednesdays. The group split into two, those that liked running REPS (repetitions) on Football Lane and those that did not! The latter ran the other hills around Harrow-on-the-Hill, which included Football Lane and Garlands Lane, but no REPS involved! Kevin and Nathan dealt with the REPS, and Dave Brown preferred the second option. After some years, Dave became less fit and gradually I fitted in leading the second group when Dave could not manage it.

The terms Hills 1 and Hills 2 did not always exist, however it is felt that these terms make it clearer for new members what to expect. Hills 2 to me is the choice for runners that like the variety of the hills in Harrow, but find challenge of the REPS of Football Lane tedious. Inevitably faster runners use Hills 1 to prepare for upcoming races. Subsequently Hills 1 has changed to REPS, every other week but generally the pace is faster than in Hills 2. Hills 2 has always used the Top and Tail approach where faster runners go ahead but double back to pick up those at the back. This Top and Tail approach has become the symbol of Hills 2 on Wednesday night runs. Why Hills 2 runners like hill running is not too clear. There is of course the minor advantage of a pub either side of the meeting point. Note that lighting up times have encouraged us to use torches and high vis clothing as darkness can be a problem.

More recently we have the great improvement of Mike Reid and Pip Brown sharing the lead of Hill 2 with me, choosing routes which include passing the Clementine Churchill, Sudbury Ct Rd, Northwick Park clockwise, anti-clockwise, and in summer, through the fields. Most weeks the runs include at a pause at St Mary's Church and Cemetery, often to celebrate birthdays, or to make announcements.

Hills 2 patron is Kate Bush 'Running up that hill!.'

Gerry Barker



Saturday 2nd November

Name	Time
Marcus Weedon	5:26
Adam Leary	7:15
Andrew Collier	8:13
Robyn Walliser	8:33
Jo Collier	9:50
Barbara Reading	10:22
Marion Rogan	10:22
Carole Valentine	10:36
Barbara Pacinella	10:38
Mike Ransome	10:40
Sarah Westwood	11:25
Gladys de Groot	13:43



The Metros 5k competition runs from September 2024 to September 2025, with one event per month.

Date	Race	
21-Sep	Canons Park parkrun	✓
26-Oct	Harrow School track	✓
9-Nov	Roxbourne Park	✓
14-Dec	Northala Fields parkrun	
25-Jan	Harrow School track	
15-Feb	Roxbourne Park	
22-Mar	Rickmansworth parkrun	
5-Apr	Harrow School track	
17-May	Roxbourne Park	
21-Jun	Gladstone parkrun	
26-Jul	Harrow School track	
9-Aug	Roxbourne Park	
20-Sep	Cassiobury parkrun	

Click [here](#) to view further information about the 5k challenge and how the scoring works.



Roxbourne Park - 9th November - Women

Name	Time	Age Grading	5K Points
Sasha Birkin	21:24	81.39%	50
Emma Ponnaganti	23:08	71.61%	49
Caroline Day-Lewis	26:26	69.42%	48
Jasia Zimmerman	30:41	68.12%	47
Ruth Tidder	26:26	66.71%	46
Ceri Jacob	29:01	65.94%	45
Julia Allen	31:57	57.43%	44
Judy Rackham	36:34	56.29%	43
Teresa Young	37:52	55.19%	42
Debra Norman	36:17	55.03%	41
Una Cunningham	30:43	54.58%	40
Carole Valentine	39:20	50.04%	39
Gladys de Groot	48:08	49.48%	38
Barbara Pacinella	39:20	44.28%	37
		Average	43.5



Volunteers	Points
Irene Paull	43.5
Marilyn Pickford	43.5
Pat Jackson	43.5
Nancy Morris	43.5
Jane Hudson	43.5
Steph White	43.5
Barbara Reading	43.5
Linda Dunne	43.5

Roxbourne Park - 9th November - Men

Name	Time	Age Grading	5k points
Marcus Weedon	19:21	76.84%	50
Russell Morris	20:42	73.62%	49
Peter Reynolds	24:33	69.60%	48
Rocco Keene	20:41	64.06%	47
Simon Abery	24:53	63.90%	46
Adam Leary	25:19	63.35%	45
Bijan Keene	24:18	61.69%	44
Andy Fox	26:29	61.10%	43
Tim Oakley	27:59	60.50%	42
Kirit Ranpura	28:00	59.36%	41
Brian McGrory	28:07	58.06%	40
Amol Bhuptani	22:48	56.85%	39
Mitesh Patel	27:18	49.63%	38
Mike Ransome	45:06	42.01%	37
Malcolm Jackson (v)	45:06	40.09%	36
Bill Harrington (v)	45:06	36.52%	35
Nathan Powell (v)	45:07	34.35%	34
		Average	42



V - Volunteer

Volunteers who also run are awarded the higher points they achieve

Volunteers	Points
Steve Paull	42
Dave Young	42
Nathan Powell	42
Bill Harrington	42
Malcolm Jackson	42
Andy Dempster	42

Cumulative Results - Women

Name	21/09/2024	26/10/2024	09/11/2024	Cumulative
Emma PONNAGANTI	48.0	47.0	49.0	144.0
Jasia ZIMMERMANN	46.0	46.0	47.0	139.0
Una CUNNINGHAM TAYLOR	42.0	46.5	40.0	128.5
Janice NEWMAN	50.0	50.0		100.0
Sasha BIRKIN	49.0		50.0	99.0
Caroline DAY-LEWIS		45.0	48.0	93.0
Ruth TIDDER	45.0		46.0	91.0
Teresa Young		46.5	42.0	88.5
Stephanie WHITE	43.0		43.5	86.5
Judy RACKHAM	41.0		43.0	84.0
Irene PAULL	40.0		43.5	83.5
Philippa BROWN	38.0	43.0		81.0
Eloise SUFFIELD		49.0		49.0
Linda GEORGIADES		48.0		48.0
Lynne JONES	47.0			47.0
Anne AMBROSE		46.5		46.5
Ceri JACOB			45.0	45.0
Jennifer O'SULLIVAN	44.0			44.0
Julia ALLEN			44.0	44.0
Ann SUFFIELD		44.0		44.0
Barbara READING			43.5	43.5
Jane HUDSON			43.5	43.5
Linda DEMPSTER			43.5	43.5
Marilyn PICKFORD			43.5	43.5
Nancy MORRIS			43.5	43.5
Pat JACKSON			43.5	43.5
Debra Norman			41.0	41.0
Amanda KENNELLY	40.0			40.0
Lorraine O'DONOVAN	40.0			40.0
Monica SHORTT	40.0			40.0
Shama MEGHJEE-CAINE	40.0			40.0
Siobhan WILBY	40.0			40.0
Tanya KEENE	40.0			40.0
Wendy MULVENNA	40.0			40.0
Carole VALENTINE			39.0	39.0
Linda ROSS	39.0			39.0
Gladys DE GROOT			38.0	38.0
Barbara PACINELLA			37.0	37.0
Layla BASSIRI	37.0			37.0
Sophia BASSIRI	36.0			36.0
Sakina SIDIK	35.0			35.0
Zahra BASSIRI	34.0			34.0
Helen SIMONS	33.0			33.0

Cumulative Results - Men

Name	21/09/2024	26/10/2024	09/11/2024	Cumulative
Russell MORRIS	49.0	49.0	49.0	147.0
Marcus WEEDON	46.0	50.0	50.0	146.0
Nathan POWELL	47.0	48.0	42.0	137.0
Rocco KEENE	43.0	46.0	47.0	136.0
Simon ABERY	42.0	41.0	46.0	129.0
Bijan KEENE	40.0	39.0	44.0	123.0
Tim OAKLEY	38.0	37.0	42.0	117.0
Steve PAULL	36.0	35.0	42.0	113.0
Kirit RANPURA	35.0	33.0	41.0	109.0
Amol BHUPTANI	33.0	34.0	39.0	106.0
Mitesh PATEL	27.0	38.0	38.0	103.0
Peter REYNOLDS	48.0		48.0	96.0
Robert BEVAN	45.0	43.0		88.0
Rohan MASCARENHAS	37.0	40.0		77.0
Nick RUSSELL	32.0	42.0		74.0
Martin EDEN	39.0	30.0		69.0
Mike REID	28.0	40.0		68.0
Ravi RAJA	31.0	32.0		63.0
Nigel RACKHAM	50.0			50.0
Malcolm Smith		47.0		47.0
Adam Leary			45.0	45.0
Daniel SMITH		45.0		45.0
Gerry BARKER	44.0			44.0
Jeff SUFFIELD		44.0		44.0
Andy Fox			43.0	43.0
Andy Dempster			42.0	42.0
Bill Harrington			42.0	42.0
Dave Young			42.0	42.0
Ed DARNELL	41.0			41.0
Brian Mcgrory			40.0	40.0
Alok AGARWAL		40.0		40.0
Mike Ransome			37.0	37.0
Andrew BORLEY	36.5			36.5
Barry NOLAN	36.5			36.5
Tanasheh ABRAHAMS	36.5			36.5
Malcolm JACKSON			36.0	36.0
Vincent CHEUNG		36.0		36.0
Ian MCPHERSON	34.0			34.0
Andrew Collier		31.0		31.0
Quinton STOWELL	30.0			30.0
Ariff SIDIK	26.0			26.0
Sam WEBB	25.0			25.0
David BROWN	24.0			24.0
Emil Dragos BODEA	23.0			23.0

October's LFOTM was at the extreme end of our area – The Grand Union Canal at Uxbridge and towards Denham Country park. Nathan suggested the canal as an idea and Jasia added a couple of improvements. I scouted it out the week before and was able to come up with a simple, pleasant route of exactly 5km, starting and finishing at the Swan and Bottle.

An intrepid 9 of us did the run, all coming by public transport – or in Jasia's case, walking the 2 miles from home. One consideration about everyone doing that is that there is nowhere to leave stuff, no convenient car boot. Needs thinking about.

The weather was nice – overcast, quite warm, not quite raining. I'd prepared instructions and a map for everyone, as this course although simple did have the potential for people to get very lost. But no one did, so that was good. Phew....

The route is north up the Frays River from where it crosses Uxbridge High Street, under the M40/A40 and onto the canal north to Denham country park, then left and left in the park back to the canal and southbound back to the Swan & Bottle.

We did it in 2 groups, myself, Martin E, Lynne and Stuart A, and a separate group of Dave & Teresa, Jasia, Anne A and Stephanie. Rehydration and refreshments after at the Swan and Bottle. When it did rain. Perfect timing.

Tim Oakley



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



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.

Looking ahead to next year... the first two races of the series are...

Date	Cost	Race	
19-Jan	£22	<u>Fred Hughes 10</u>	
2-Mar	£37/13	<u>Berkhamsted Rotary HM/5M</u>	

Vincent has managed to secure discount codes for Metros at these two races:

Fred Hughes 10 - use code METROS_10 for 10% off

Berkhamsted HM/5M - use code MTROX25 for HM at £29 or £27 UKA registered

Marlow 7 - 3rd November

Position	Name	Gun Time	Chip Time
286th	Lorraine O'Donovan	1:14:28	1:12:32
337th	Steve Paull	1:19:33	1:17:35
445th	Anne Ambrose	1:36:28	1:34:31

Marlow half marathon

Position	Name	Gun Time	Chip Time	
33rd	Nathan Gee	1:30:07	1:30:04	
78th	Christopher Shearwood	1:37:05	1:36:45	1st VM60
157th	Clive Heidrich	1:45:02	1:44:27	
498th	Quentyn Taylor	2:10:11	2:08:14	
499th	Ruth Tidder	2:10:15	2:08:18	
619th	Una Cunningham	2:24:36	2:22:38	
620th	Mike Reid	2:24:36	2:22:38	
638th	Richard Hayward	2:27:29	2:25:33	



Final Leaderboard after all 10 events - Men

	Total	Fred Hughes 10	Hillingdon 20	Marlow 5	Hitchin HM	Burnham Beeches HM/10K	Moor Park 10K	Leighton Buzzard 10	Cabbage Patch 10	Ricky Road Race	Marlow 7/HM
Michael REID	342	46		29		52	32	45	45	37	56
Nathan GEE	327		69			60	39		49	50	60
Chris SHEARWOOD	313				60	59	38	49		48	59
Quentyn TAYLOR	292	49				56		46	46	38	57
Vincent CHEUNG	244				59	51		47	47	40	
Clive HEIDRICH	162					58				46	58
Justin ARCHER	157		70				40			47	
John NORRIS	134						37		48	49	
Stuart ABRAHAM	126					53	34			39	
Tanasheh ABRAHAMS	118	50	68								
Steve PAULL	106			30						36	40
Nathan POWELL	102					57				45	
Nigel RACKHAM	100							50	50		
Robert BEVAN	98					55				43	
Simon ABERY	89	48								41	
Anthony RHODES	81						33	48			
Glyn WATKINS	71					40	31				
Richard HAYWARD	55										55
Sam WEBB	54					54					
Rohan MASCARENHAS	47	47									
Michael MORRIS	44									44	
Peter REYNOLDS	42									42	
Clive LUCAS	36						36				
Derek BAMFORTH	35									35	
Kevin SMART	35						35				

Final Leaderboard after all 10 events - Women

	Total	Fred Hughes 10	Hillingdon 20	Marlow 5	Hitchin HM	Burnham Beeches HM/10K	Moorpark 10K	Leighton Buzzards 10Miles	Cabbage Patch 1	Ricky Road Race	Marlow 7/HM
Una CUNNINGHAM	381	49		30		59	38	49	50	47	59
Ruth TIDDER	312		67	27		60		50		48	60
Anne AMBROSE	214			24		57			49	45	39
Lorraine O'DONOVAN	191	47				58				46	40
Emma PONNAGANTI	159		69				40			50	
Jennifer O'SULLIVAN	118	50	68								
Sasha BIRKIN	70		70								
Amanda KENNELLY	66		66								
Phillipa BROWN	63			26			37				
Rhonda TAPLEY	49									49	
Pauline BISHOP	48	48									
Monica SHORTT	46	46									
Judy RACKHAM	45	45									
Anne LEIGH	40					40					
Bernie CONWAY	39						39				
Angela MURPHY	36						36				
Jane HUDSON	29			29							
Sarah ARMSTRONG	28			28							
Diane O'REILLY	25			25							

LEAGUES: THAMES VALLEY CROSS COUNTRY 19

2024/2025 TVXC dates:

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



10th November - Datchet Dashers

Postion	Name	Time	Category	Points
54	Ron Taylor	0:38:15	MV	52
124	Justin Archer	0:43:14	MV	104
189	Clive Lucas	0:45:35	MV	150
193	Kevin Smart	0:45:46	MV	153
220	Nick Russell	0:46:59	MV	172
280	Ruth Tidder	0:50:29	FV	70
287	Bernie Conway	0:51:18	FV	74
290	Tony Rhodes	0:51:30	MV	213
323	Vincent Cheung	0:53:17	MV	233
329	Ian McPherson	0:53:32	MV	236
331	Caroline Murphy	0:53:34	FV	91
332	Jonny Jackson	0:53:35	MV	238
348	Emma Collier	0:54:30	FS	98
353	Una Cunningham	0:54:48	FV	101
360	Andrew Collier	0:55:32	MV	250
373	Martin Eden	0:57:05	MV	258
398	Jasia Zimmermann	1:00:09	FV	126
418	Terry Burke	1:04:56	MV	270

Full results can be found [here](#).



Liddiard Cross Country

2 November

Tony Rhodes 43:47
Jennifer O'Sullivan 45:37
Lynne Jones 46:14
Linda Dunne 51:55
Martin Eden 52:17



New York Marathon

3 November

Abdul Ali 3:58:36
Yvonne Walker 4:39:47

The One by the Canal

Half Marathon

10 November

Bruno Croford 2:04:05
Stuart Abraham 2:06:22

Larnaca 10k,

17 November

Yvonne Walker 55:38



Florence Marathon

24 November

Chris Shearwood 3:19:37



Watford 10k

17 November

John Norris 44:54
Nathan Gee 45:11
Tanasheh Abrahams 45:25
Sasha Birkin 46:50 3rd lady
Robert Bevan 55:02
Anthony Rhodes 58:17
Jeff Rollason 1:02:25
Lorraine O'Donovan 1:06:51

Beachy Head Marathon

26 October

Tony Rhodes 5:49:02
2nd MV70



Regent's Park 10k

3 November

Nigel Rackham 00:36:51
1st VM60
Russell Morris 00:41:45
Emma Rackham 01:07:46



Enfield Open 7 mile Walks

9 November

Chik Ha KWOK 71:10
Man Biu LAM 74:17

Hertfordshire Half Marathon & 10k

3 November

Emma Collier 1:59:26 (Half Marathon)
Andrew Collier 58:34 (10k)



Liddiard Cross Country - 2nd November

It was an autumnal afternoon and 5 Metros attended the Liddiard Cross Country Trophy cup event.

This annual event is hosted by Queens Park Harriers and this year it celebrated its 76th year. It is an undulating grass course and it wasn't as muddy as previous years but there was mud!

We met our fellow peers from Sudbury Court Running Club who also didn't have a full team, but that didn't dampen the team spirit. We all got ourselves around the course and completed the 5 miles. Once we all finished and had our obligatory photos, we made our way back to the church hall for some hot beverages and home made cakes.

We didn't win any silverware this year but we did have a great time. Hopefully next year we might have some more yellow Metro tops amongst the fields. The event is run under English Athletic Rules therefore there is a requirement to be EA affiliated.

We hope to see more Metros supporting this local event next year. Please reach out to us if you would like to know any more.

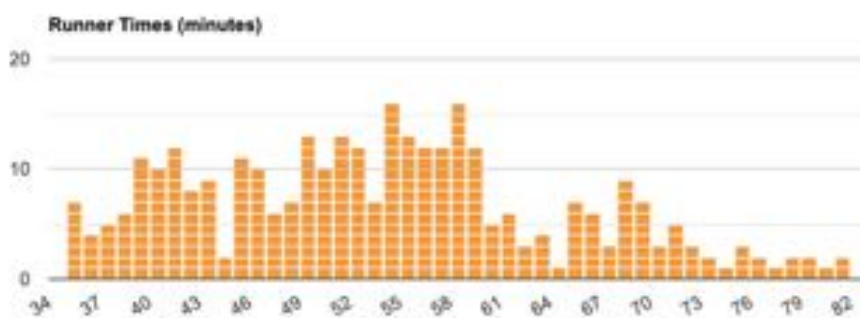
Jenny, Linda, Lynne, Martin & Tony



Regent's Park 10k - 3rd November

The race was part of the Winter Series of 10k races held in Regent's Park on the first Sunday of each month hosted by Mornington Chasers. It was a low key, but very well run event, with free parking nearby, and toilets very close to the start - 20p, pay by card. FYI, if you take a buggy into the toilets with you, it will set off the alarm - it thinks there is a second person trying to get in free - which I guess there is! It is a really good course for spectators as it is three laps, so with Nigel, Russell and Emma all running, there was always someone approaching for Charlie and me to cheer on. It is obviously a PB course too - many congratulations Russell!

Judy





WEST END CHRISTMAS LIGHTS RUN

24

Please join us on Sunday 8th December 2024 for an easy paced run, run/walk or walk to visit the West End Christmas Lights.



Distance will be approximately 10km.

Route to be confirmed, will start outside Baker St Station at 4pm by the Sherlock Homes Statue Marylebone Road exit, head down Marylebone Lane towards Selfridges, along Oxford St, Berkeley Square, Bond St, Regent St, Carnaby St finishing at the Christmas tree in Trafalgar Square with refreshments afterwards. If you have the Metros yellow top or a high vis top and lights please wear them. We will go in small groups with a host leading and a designated person at the rear.

If anyone would like to volunteer to host a group please message in Spond; we will only have a run/walk and walking group if someone can host.

For those travelling on the Metropolitan Line and Jubilee Line we can organise meet times at Harrow on the Hill station and Wembley Park southbound platforms.

Please confirm your attendance in Spond as early as possible so we know numbers.



WINTER SOLSTICE RUN

What? Join us to celebrate the winter solstice/shortest day with an easy paced run, run/walk or walk over Harrow on the Hill with hopefully a visible sunrise over the city of London from Church Hill/High St, Harrow-on-the-hill.

Distance depending on group between 5k and 10k

When? Saturday 21st December 2024; meet at 6.55am or 7.30am. The sunrise will happen at 8.05am, which gives plenty of time to head over to the Metros Saturday session or a local parkrun.

Where? Outside John Lyon School Middle Road (same place as Wednesday hills)

For more details please see Spond.

Mon 30th December 2024 - 8am - Harrow School track

There will be no track session on 26th December as the sports centre is closed for the Christmas holidays. However Harrow School sports centre have allowed us to move our Thursday track session to Monday 30th December. We suggest finishing the year off with either a track 5k or see how far you can run on the track in one hour. The 5k will not be part of the 5k trophy series.

Depending on demand, we will have two 5k groups split on estimated finish times, could be sub 26 mins 26 mins+.

First group sub 26 will start 8am

Second group 8.30am

Volunteers required from each group to count laps when not running.

Those wishing to run 1 hour on the track will use the outer lanes 6/7/8 and run in clockwise direction.

Please sign up on Spond indicating which event you wish to enter and for the 5k, your approximate finish time.

Suggestion of breakfast afterwards. Please message on Spond if interested and have a preference on venue.

Thanks,

Nathan

Friday 20th December from 6:30pm.

You are all warmly invited to celebrate Christmas with fellow Metros at the home of Judy & Nigel.

Contributions of drink and finger foods will be very welcome.

Please sign up on Spond, where you will find further details.



CHRISTMAS MESSAGES

Merry Christmas
and a Happy New
Year to all at
Metros. Best
wishes, Steve
and Lorna

Happy Christmas to
all at Metros. Best
wishes for the New
Year. Andrew and
Jo Collier



Wishing everyone in
the wonderful
Metros community a happy
Christmas and a healthy &
prosperous 2025!
Harish & Mamta.



Wishing
all my fellow
Metros a Merry
Christmas &
Happy New Year.
Di O'Reilly

Merry Christmas to all Metros and family. Best wishes for a happy healthy 2025. Shefali x x



Happy Christmas to all Metros and their families and also a healthy, injury free New Year. Love from Mick and Barbara Reading.

Great year, people. Here's to a fit Christmas and a fine, injury-free New Year. Malcolm

Have a great Christmas Metros! From Kev and Bev



Wishing everybody a very Merry Christmas and Happy New Year. Jasia and Tim



Wishing all Metros a very Merry Christmas and a Happy New Year. Good running and injury free. Al and Jane



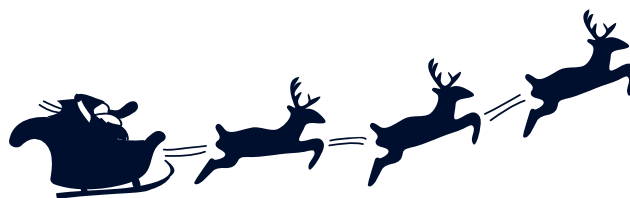
Wishing you all a Happy Christmas and very best wishes for 2025. Keep running. Carole and Gordon



Wishing you all a Happy Christmas and a Merry New Year. Best wishes from Janet, Peter and Jenny Rose

Wishing all the Metros
Happy Christmas and a
great 2025. Keep on
running.

Barbara and Frank



Wishing all our Metros
friends a very merry
Christmas and a Happy
New Year. May you all
keep healthy and injury
free. Andy and Gill x

Merry Christmas to
all Metros. Hope you have
a good New Year.
Tara Ponnaganti



Wishing you all
happy festive time.
May 2025 be full of
PBs and injury free.
The Sidiks

Felices fiestas navideñas with
love to all Metros!
Leonisa Raquel Russel Ponte



Have a splendid festive
period and a very Happy
New Year!! What a special
team that creates a real
family feel <3
Love Lucien and Beth x x

Wishing all Metros a very
Merry Christmas! You are all
what keeps the club special,
and are an inspirational
bunch! I only wish to be
running like all of you!
Best, Nish





Wishing all our Metros family a splendid Xmas and a Happy New Year. Best wishes to all and keep on running.

Tanasheh and Liz

Hey Metros,
I wish a Merry Christmas and a Happy New Year to all of Metros.
Layla Bassiri



Merry Metros Christmas to all. Merry Metros New Year to all. Good running. Splendid company.
Marilyn and Henry



Merry Christmas and a Happy New Year to all Metros.
Nisha Ponnaganti

To my team of running guides, who faithfully turn up on Saturday mornings to run with me, and to make "the Impossible, Possible". Have a wonderful Christmas Season.
From Janice.



Wishing my fellow Metros a merry Christmas, and a happy, peaceful, and injury-free 2024. Love, from Jane Hudson



Teresa and Dave wish all their Metros friends and families a very enjoyable festive season and a healthy New Year.

CHRISTMAS MESSAGES



A very Happy
Christmas to all
Metros, happy
running over the
festive period.
Emma P

Merry Christmas & a
happy new year to all
Metros
from South Coast Dave

Merry Christmas
Metros!
Emma, Kenny and
Charlie x

Merry Christmas
and
all the best for 2025
Anne A



Wishing all you amazing
Metros and your families a
very Merry Christmas and
a Happy and Healthy New
Year.
Lots of Love from Ruth

I hope Metros have a
Merry Christmas and a
Happy New Year
Sophia Bassiri

Happy Christmas & good health
for 2025. Pauline and John B

Best wishes for
Christmas to all Metros and
families and a very happy,
injury free New Year
Pat and Brian

Wishing everyone a very
happy Christmas and lots of
wonderful running in 2025.
Angela





Wishing everyone at Metros a lovely holiday season and best wishes for 2025. Thanks for all your support!

Una, Quentyn, Ellie and Enda



To all my Metros friends
Penny x



Wishing everyone a very Merry Christmas and a Happy New Year
Judy & Nigel



Merry Christmas to all our wonderful Metros friends
Nancy & Mike



Wishing Everyone a Merry Metros Christmas, Sarah x

Thank you to everyone who has shared Christmas messages this year. We are pleased to announce that so far we have raised £400 for St Luke's Hospice (Harrow and Brent). The justgiving page is still live so it's not too late if you'd like to donate [here!](#)

COUCH TO 5K



We are planning to hold another Couch to 5K course in the New Year running for 9 weeks most likely from 25th January to 27th March 2025 with the final graduation parkrun being held on Saturday 29th March which is the week before the Easter school holidays.

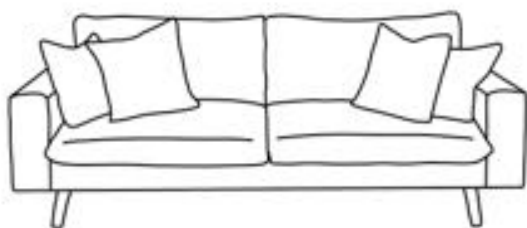
There will be 3 sessions per week on Saturday morning and Tuesday and Thursday evenings.

Participants will need to join Metros for the year and there will be no charge beyond that.

We are working on the publicity, but in advance of that if you know of people who are interested then send their email address to metros.secretary@yahoo.co.uk and we will contact them.

Regards,

Mike Reid



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NOTES OF METROS COMMITTEE MEETING

Wednesday 22 November 2024 at 8:00pm

Venue – Irene & Steve Paull's house

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

Chair: Marcus Weedon

Note Recorder: Pat Jackson

1. **Apologies:** Steve Alder, Nigel Rackham

2. **Actions from Last Meeting:**

a. England Athletics (EA) Rules: Rules relating to Metros, particularly regarding safeguarding policies and Welfare Officers. Ongoing.

ACTION: Nigel Rackham/Marcus Weedon

b. Metros Vacancies:

Honorary Secretary – Steve wishes to step down, a replacement is needed. Marcus will advertise.

ACTION: Marcus Weedon

First Aid Co-ordinator – previously Angela Murphy – Vacant

TVXC volunteers– previously Angela Murphy – vacant

TVXC League Co-ordinator – Al Scoffham is stepping down – Jenny O'Sullivan has volunteered.

c. Couch to 5K: Mike Reid will coordinate, assisted by Una, Pip, Diane, and Mahua. The start date is 25 January, with a graduation park run on 29 March. The cost is £25, including the first year of Metros membership. It will be advertised locally, plus Metrolines.

ACTION: Mike Reid

d. Tear Drop: Teresa will order a new, larger, lighter model from Scimitar our official kit supplier with artwork supplied by Marcus.

ACTION: Marcus Weedon/Teresa Young

3. **Club Events**

a. 45 th BJ FUN RUN: Agreed to keep the same format but start event at 10.30 am to allow parkrun runners to participate.

b. Pizza and Prizes: Marcus will check if the Tennis Club have a microphone we can use before the evening's events. It was agreed the compere should not also present awards

ACTION: Marcus Weedon

Nominations for Young Runners', Beginner Runner Awards, Runners of the Year and Aaron Breen awards: In addition to the current formats, the committee have decided to add a new members nomination system so to involve club members. The nominations made will assist the committee and Runners of the Year and Aaron Breen Award Holders with their decision on who to award the next awards to.

Awards will be collected earlier to allow more time to prepare for the Pizza and Prizes evening.

Criteria for awards – to be discussed at the next meeting.

ACTION: Marcus Weedon

Metros Summer League Awards: agreed not to have 4th or 5th awards and use the Summer League website to also calculate Metros Awards.

ACTION: Irene Paull

4. Other Events

a. Liddiard Trophy Cross Country, 2 November, Fryent Country Park – Jenny O'Sullivan confirmed Metros runners enjoyed the event and she will advertise within Metros again next year.

ACTION: Jenny O'Sullivan

b. Be a Metro for a Month: Seven new members confirmed. Needs to be advertised locally. Marcus Weedon will design some material for promoting regularly

ACTION: Marcus Weedon/Ariff Sidik/Tanasheh Abrahams

5. Admin

a. Events Budget: Teresa will provide this together with accounts for the end of the year for the AGM.

ACTION: Teresa Young

6. AOB

a. Monday Night Core Session: hire of the church hall is going well. It's limited to 15 participants. It will run until March or April then be rebooked in October.

ACTION: Ariff Sidik

b. Leadership Course in Running Fitness (LIRF) Renewals: The committee has set up one session leader for the course

ACTION: Marcus Weedon

c. Metros 40th: the subcommittee has found a location and are provisionally booking the location, date TBC

ACTION: Andy Fox/Jenny O'Sullivan/Steve Paull

d. Policies on Metros Website: Marcus, Irene and Teresa Young will review these.

ACTION: Marcus Weedon/Irene Paull/Teresa Young

COMMITTEE MEETING NOTES

e. Metros Welfare Officers: now Steve Alder, Jenny O'Sullivan and Ariff Sidik.

Safeguards – All are booked in to do various courses, and we are now complying with EA's 7/7

f. Club Standards: Welfare / Safeguarding issues need to be reviewed monthly. EA members need to sign the code of conduct annually.

ACTION: Steve Alder

g. EA Code of Conduct Signature from EA Members: EA require members to log into their website and sign a Code of Conduct. However, Irene is investigating how non-EA members do this for the club overall to comply.

ACTION: Irene Paull

h. Club Leadership Programme: Only available to committee members. On this occasion, the committee members weren't able to commit to the 10 sessions on the cohorts and will consider the leadership programme if offered again in the future.

i. Mob Match: Watford Joggers and possibly Sudbury Court - Rohan suggested this could be held at Canons Park or Cassiobury Park and will check suitable dates.

ACTION: Rohan Mascarenhas

j. Metros Archive: Marcus suggested this be set up and will look into options for accessible and suitable online storage

ACTION: Marcus Weedon

k. Harrow Hill Race: Sunday 16 February 2025 - Irene confirmed this will be her last year as Race Director. A replacement RD will be advertised who, hopefully, would shadow her at the next event.

ACTION: Irene Paull

Date of next Meeting: Wednesday 15 January 2025

Meeting closed at 10.35 pm with thanks to Irene and Paull for their hospitality

Metros Winter Kit

Winter is coming and a reminder that we have in stock Metros snoods and mesh bibs. Please contact me if you'd like either - or both.

Items other than snoods and mesh bibs are not in stock but I'm now taking orders for Metros lightweight jackets from our official kit supplier and fleeces, hoodies and knitted hats are available in blue or yellow.

Metros snood £5
Knitted Hat £6
Metros mesh bib £15

Hoodies:
Adult £19, Junior £13

Fleeces:
Ladies £16, Men's £20
(300 gsm and 380 gsm)

Showerproof Jackets £55



The lightweight breathable jackets in club colours are sourced from Scimitar, the present supplier of our official kit of yellow vests and T-shirts. As they are specially made, not 'off the shelf' we need a minimum of 10 to place an order. The description on the jacket label reads: "Qwick-Dri" - fabric is designed for ultimate technical performance. Sensitive wicking fibres transport moisture away from the skin, helping to maintain and regulate body temperature whatever the situation. Scimitar say, "it's a lightweight, shower and wind proof fabric". It has a hood attached and key pocket. Sizes as per web site.

To place an order on the jackets, fleeces, hoodies or knitted hats, please contact me asap and by Friday 22nd November. Thank you.

Pat Jackson, mobile: 07963551816, Tel: 0208 868 5683, email: patjacksonhome@hotmail.com.



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

Please contact Pat Jackson to order kit.

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.

Looking for running socks or new insoles? Use code ARIFFSIDIK for a 15% discount at www.enertor.com

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

Thank you to everyone who attended our annual 'Pizza and Prizes' evening on 22nd November. We will be sharing all results and prize winners in a separate document in the coming days!

Please see Dave Brown's new address below:

1 Salvington Crescent
Bexhill on Sea
East Sussex
TN39 3NP



NEXT MONTH IN METROLINES...

We would love your contributions to Metrolines! Please email us with your race results, achievements, photos etc, by 24th December.
metrolines1@gmail.com

Training Session Spotlight:

Thursday Track

Please share information, photos, etc.

TVXC

Reading Roadrunners

Saturday Series

5 mile handicap

Wot no watch

Spotted!

Have you met a famous athlete while out running? Send us your photos for a future photo collage in Metrolines.

Happy
New Year