

November 22nd 2024



PIZZA AND PRIZES



THAMES VALLEY XC LEAGUE

Co-ordinator Al Scoffham.

1st F40-49 Bernie Conway

1st F50-59 Ruth Tidder

1st M40-49 Nicky Smith

2nd M40-49 Vincent Cheung

1st M50-59 Justin Archer

2nd M50-59 Nick Russell

1st M60-69 Tony Rhodes



SUMMER LEAGUE (1)

Co-ordinator Irene Paull

Tenderfoot Girls

1st Under 7 girl Maryam Ali
1st Under 9 girl Tara Ponnaganti
2nd Sophia Bassiri
1st Under 11 girl Nisha Ponnaganti
2nd Layla Bassiri



Women

1st W40-49 Emma Ponnaganti
2nd Zahra Bassiri
3rd Louise O'Reilly
1st W50-59 Rhonda Tapley
2nd Sasha Birkin
1st W60-69 Jane Hudson
2nd Lorraine O'Donovan
3rd Anne Ambrose
1st W70+ Marion Rogan



Tenderfoot Boys

1st Under 11 Boy Zachery Archer
2nd Ibrahim Ali
3rd Kane O'Reilly
1st Under 15 Boy Max Bullock
2nd Finn O'Reilly



Men

1st M21-39 Tanasheh Abrahams
2nd Richard Wilkinson
3rd Sam Webb
1st M40-49 John Norris
2nd Abdul Ali
3rd Vincent Cheung
1st M50-59 Justin Archer
2nd Marcus Weedon
3rd Clive Heidrich
4th Mike Morris
5th Simon Aberly
1st M60-69 Chris Shearwood
2nd Clive Lucas
3rd Robert Bevan
4th Martin Eden
1st M70+ Steve Paull



SUMMER LEAGUE (2)

Adult birthday is taken as the first race of the season. Five events were held this year. The first Metros male and female finisher in each race receives 100 points, second 99 points etc. If all races are completed the worst score is not counted. A bonus of 5 points is added if all races are completed. To be eligible all but two races need to be completed (all but three if more than six races). The number of awards in each age category depends on the number of participants in that age group.

Pat Jackson

MEN	Harrow	Perivale	Dulwich	Regents Park	Battersea	+5	Drop One	Total Points	Award
17-20									
Zaheer Sadik	71	79						150	
Dyan Webb	79							79	
21-39									
Tanasheh Abrahams	95	93		96	97			381	1st
Richard Wilkinson		100		100	100			300	2nd
Sam Webb	80	83			85			248	3rd
Nishil Shah	77	81		85				243	
Mitesh Patel	87	72			83			242	
Mark Smith	100							100	
Malik Johnson		99						99	
40-49									
John Norris	98	97	98					293	1st
Abdul Ali		85		93	92			270	2nd
Vincent Cheung			90	84	84			258	3rd
Ariff Sidik	72	77		82				231	
Peter Swinson				77	75			152	
Nicky Smith	92							92	
James Kerrane				91				91	
Jonathan Pang		74						74	
50-59									
Justin Archer	99	98	100	99	99	+5	-98	402	1st
Marcus Weedon	96	96	99		96			387	2nd
Clive Hendrich	93	91	95	95	95	+5	-91	383	3rd
Mike Morris		87	93	90	91			361	4th
Simon Abery	82	71	91	87	89	+5	-71	354	5th
Russell Morris	97	94		97				288	
Nathan Powell	88	84			94			266	
Nick Russell	83	82			86			251	
Rohan Mascarenhas		80		83	82			245	
Richard Brown	91	96						187	
Jeff Suffield	94	92						186	
Harish Gohill	81			86				167	
Patrick O'Brien	86							86	
Alok Agarwal	78							78	
Stuart Abraham	76							76	
Sonny Peart	70							70	
Barry Nolan	69							69	

SUMMER LEAGUE (3)

MEN (Cont)	Harrow	Perivale	Dulwich	Regents Park	Battersea	+5	Drop One	Total Points	Award
60-69									
Chris Shearwood		95	97	98	98			388	1st
Clive Lucas	90	90	94		93			367	2nd
Robert Bevan	89	89		89	88			355	3rd
Martin Eden	74	78	88		77			317	4th
Kevin Smart	85	87		92				264	
Peter Reynolds		86		88	87			261	
Kevin Concannon	84		92		81			257	
Tim Oakley				81	79			160	
Derek Bamforth		73		79				152	
Malcolm Smith					90			90	
Tony Rhodes	75							75	
70+									
Steve Paull	73	75	87	78	76	+5	-73	321	1st
Andrzej Warhaftig			89	80	80			249	
Jeff Rollason		76			78			154	

WOMEN	Harrow	Perivale	Dulwich	Regents Park	Battersea	+5	Drop One	Total Points	Award
U/17									
Llayda Brown	88		97					185	
21-39									
Bethany d'Cruz	94			91				185	
40-49									
Emma Ponnaganti	100	99		99				298	1st
Zahra Bassiri	99	98	100					297	2nd
Louise O'Reilly	90	93		96				279	3rd
Anne Suffield	97							97	
Jennifer O'Sullivan		96						96	
Sakina Sidik		92						92	
Charlie Kelly	89							89	
50-59									
Rhonda Tapley	98	97		98	99			392	1st
Sasha Birkin		100		100	100			300	2nd
Ruth Tidder	96			97	96			289	
Nancy Morris		88		83	88			259	
Diane O'Reilly	84							84	
60-69									
Jane Hudson	95	95	98	94	98	+5	-94	391	1st
Lorraine O'Donovan	93	94	99	95	97	+5	-93	390	2nd
Anne Ambrose	86	90	94	89	93	+5	-86	371	3rd

SUMMER LEAGUE (4)

WOMEN (Cont)	Harrow	Perivale	Dulwich	Regents Park	Battersea	+5	Drop One	Total Points	Award
60-69 cont									
Stephanie White	87	89	95	88				359	
Penny Hudson	84		93	84	89			350	
Jasia Zimmerman	92			93	95			280	
Tiziana Spotti	83			85	91			259	
Angela Murphy				87	92			179	
Sarah Armstrong	91							91	
70+									
Marion Rogan	82	91	96	90				359	1st
Janice Newman				92	94			186	
Raquel R. Ponte				86	90			176	

BOYS	Harrow	Perivale	Dulwich	Regents Park	Battersea	+5	Drop One	Total Points	Award
U/11									
Zachary Archer	98	100		99				297	1st
Ibrahim Ali		97		96	99			292	2nd
Kane O'Reilly	96	98		97				291	3rd
U/13									
Cem Brown	100		100					200	
U/15									
Max Bullock	99			100	100			299	1st
Finn O'Reilly	97	99		98				294	2nd
GIRLS									
U/7									
Maryam Ali		98		97	99			294	1st
U/9									
Tara Ponnaganti	100	100		99				299	1st
Sophia Bassiri	97	96	99					292	2nd
U/11									
Nisha Ponnaganti	99	99		99				296	1st
Layla Bassiri	98	97	100					295	2nd
U/13									
Chloe Bullock				100	100			200	

BILL GARDNER AWARD

There were 12 eligible runners for The Bill Gardner Award for the Summer League who had run a minimum of three events. The award is for the best average age-graded performance over three events, using the World Masters Athletics tables – The ‘Howard Grubb’ tables.

Teresa Young had done the calculations and presented the award to **Sasha Birkin**.

	Metros	Perivale	Dulwich	Regents Park	Battersea	Average (Best 3 events)
Sasha Birkin		79.77%		77.75%	81.05%	79.46
Christopher Shearwood		79.35%	76.35%	78.56%	80.21%	79.37
Justin Archer	77.18%	76.00%	77.18%	76.65%	79.86%	78.1
Peter Reynolds		71.96%		78.94%	82.29%	77.7
Clive Lucus	73.80%	74.03%	72.18%		74.39%	74.1
Richard Wilkinson		73.63%		73.71%	75.04%	74.1
Marcus Weedon	70.03%	73.79%	71.88%		70.64%	72.2
Rhonda Tapley	70.95%	71.98%		65.75%	72.54%	71.8
Kevin Smart	70.72%	72.72%		71.29%		71.6
Russell Morris	70.47%	71.03%		72.31%		71.3
Emma Ponnaganti	70.50%	70.92%		71.16%		70.9
Jane Hudson	69.16%	70.54%	50:07%	63.01%	64.36%	68.0



YOUNG RUNNERS

Chosen by the committee from nominations from members. The criteria are participation, achievement and sportsmanship.

Presented by Dave Brown

Girl

This year's award goes to 2 girls who often attend our Summer League tenderfoot races and as well speedily take part in the relays afterwards.

They both have also jumped up from junior parkrun to the full 5k distance where one of them has now done 9 parkruns (including 2 in the US) with a PB of 34 mins and the younger has completed 8 parkruns including the 2 US parkruns and she has a PB of 35.05. On top of this, they have accumulated 50 / 23 junior parkruns.

Congrats to **Layla and Sophia Bassiri** - this year's winners of the Girls Young Runners of the Year Award.



Boy

This young runner has attended three Summer League Events; he featured very well in the tenderfoot and came first in his category at our home fixture, he also shows great eagerness to take part in the relays and more than holds his own.

At this year's Sports Day he did extremely well winning all the races that he took part in: 100m, 400m and 1 mile and in doing so broke previous records set by other children - of note was the 100m where he broke the previous record by 1 second clocking 14 secs.

Congratulations **Zachary Archer**.



BRIAN JACKSON FUN RUN

Presented by Pat Jackson

1st Woman in the 10K – **Barbara Reading**

1st Woman in the 4K – **Jasia Zimmerman**

1st Woman in the 2K – **Jenny O'Sullivan**

1st Man in the 10K – **Nigel Rackham**

1st Man in the 4K – **Chris Shearwood**

1st Man in the 2K – **Marcus Weedon**

Full results in Metrolines (Nov 24)



METROS BEST EFFORTS

Presented by Wendy Mulvenna, Vets Track & Field League Co-ordinator.

The M.B.E. awards are awarded only when a previous Metros age group record is broken.

The records broken this year were:

Jasia Zimmerman W65+ 400m and 800m

Kevin Smart M65+ 100M, 200M, 400M, Shot and Hammer



Wendy is stepping down as co-ordinator this year and, having encouraged new participants and co-ordinated Metros participation in the league for ten+ years, was presented with flowers as a small token of appreciation.

HAROLD GODDEN SHIELDS

Dave Brown had done the calculations for the two Harold Godden Track & Field Shields (donated by Mike Godden in memory of his father). These are awarded to Metros who recorded the best aggregate performances over 100m, 200m, 400m, 800m, 1500m, 3000m, Long Jump, High Jump, Hammer, Throw, Discus, Shot Put and Javelin at track meetings before 1st October. Aggregates are calculated using IAAF multi-event tables. Shields were awarded to: **Jenny O'Sullivan** and **Marcus Weedon**.



5K COMPETITION & ANN MARSDEN AWARD

Presented by Nigel Rackham

One award each for women and men for best age related performance.

Sasha Birkin

Marcus Weedon



Awards for participating in all 12 races either running, walking, or volunteering:

Irene Paull

Judy Rackham

Steve Paull

Marcus Weedon



Full results attached in separate document.

The Ann Marsden Award is part of the 5K Competition for the most improved woman runner over 18. Presented by Irene Paull, co-ordinator of the 5K in Roxbourne Park, Congratulations **Anne Ambrose**.

KEITH ADSLEY MEASURED MILE AWARD

Measured Mile 2023-2024	Nov-23	Feb-24	May-24	Aug-24	Improvement over 3 consecutive miles
Adam Leary	7.07	6.56		7.09	
Al Scoffham				18.25	
Andrew Fox		8.17			
Amanda Hardy	8.35	8.35		8.40	
Andrew Collier	7.26	7.06		7.36	
Anne Ambrose	11.38	10.25	9.55		1 min 43 secs
Barbara Pocinella	12.1				
Barbara Reading				10.33	
Barbara Robson	16.23		16.2		
Bill Harrington	8.39		10.52	8.59	
Carole Valentine	10.37		10.58		
Caroline Day Lewis	9.18				
Dave Brown	14.59	16.15	17.09	16.09	
Dave Young	7.49	7.38		7.52	
Elish Fernandes		10.37	11.02		
Gladys de Groot		13.13	13.59		
Henry Pickford		16.15			
Himanshu Chaturvedi				13.33	
Jane Scoffham				18.25	
Janice Newman + Judy R	10.28		10.33		
Janice Newman + Robyn W		9.59			
Jeanne Coker		22.31			
Jo Collier	9.43	9.21	9.41	9.39	
Jonathon Pang			8.25		
Judy Rackham			9.45		
Karen Leary			10.55		
Linda Frances Dunne			8.27		
Malcolm Jackson		8.59			
Marcus Weedon	5.30	5.22	5.30	5.29	
Marilyn Pickford		14.47			
Marion Rogan		9.51		9.59	
Mia Ashley	9.48				
Mike Ransome	9.30	9.20	10.46	10.31	
Nigel Rackham	14.21		7.02		
Pat Jackson		18.38			
Paul Hor	7.30	7.59			
Penny Hudson				12.38	
Raquel Russel Ponte	12.31			12.02	
Robin Walliser	8.56				
Ruth Tidder	7.22				
Sarah Westwood	10.36		10.43	10.58	
Simon Abery	6.56	6.44	6.35	6.40	21 secs
Steph White			9.57		
Sue Green			10.1		
Suzanne Harvey	13.18			12.22	
Teresa Young		9.56		10.40	

The Measured Mile had a clear winner this year, Anne Ambrose who improved by an amazing 1 minute 43 seconds. I have noticed her working hard at her running all year with admirable results. Well done to Simon for his improvement of 21 seconds, we have to recognise that for faster runners it is more difficult to make a significant improvement on the time so this effort deserves recognition. Sorry to be signing off from the MM but I'm sure the competition will continue. Angela

5 MILE HANDICAP AWARD

Runner	No of runs	Points
Gladys De Groot	3	49
Elish Fernandes	4	48
Peter Reynolds	2	47
Barbara Reading	4	37
Ruth Tidder	2	35
Adam Leary	3	34
Dave Young	2	30
Mike Ransome	3	29
Simon Abury	3	29
Paul Hor	2	27
Rohan Mascarenhas	1	25
Anne Ambrose	2	24
Raquel Russell Ponte	1	24
Marcus Weedon	3	22
Sonny Peart	2	22
Stephanie White	1	21
Kevin Smart	2	18
Will Bailey	1	18
Brian McGrory	1	17
Angela Murphy	3	15
Judy Rackham	2	15
Malcolm Jackson	3	14
Mike Morris	1	14
Ceri Jacobs	1	11
Sarah Hudson	1	6
Andrew Shirras	2	5
Barbara Pacinelli	4	4
Jane Hudson	1	4
Jonathan Pang	2	2
Nigel Rackham	1	2
Vijay Singh	1	1
Penny Hudson	1	-7
Bill Harrington	4	-9
Caroline Day-Lewis	1	-15

Congratulations to **Gladys** for winning this year's event. The Olympic values of excellence, respect and friendship were particularly apparent over the year and therefore every participant, especially regulars, need to be congratulated. The event is held on the first Saturday of December, March, June and September. It's held as part of the regular Metros Saturday morning sessions at Roxbourne Park. All Metros are very welcome.



LRRC TROPHY AWARDS

The LRRC Trophies were presented to Metros when the London Road Runners Club was split into different clubs. Vincent Cheung, co-ordinator, presented the trophies to **Una Cunningham** and **Mike Reid**. No one had completed all events so there was no award for doing so.



Full results in
Metrolines
(Dec 24)

BEGINNER RUNNER OF THE YEAR

The Beginner Runner of the Year Award is for a runner who has not long been running / recently joined Metros and has shown a great deal of progress over the last year. The committee gets to choose who is awarded this trophy, and a couple of names were discussed this year, and we eventually agreed on who that would be.

This runner joined and started running within the last few years. Their parkrun times since they started have improved from 37 minutes to a very recent 30 minutes. At the time of preparing this, they had completed a total of 64 parkruns. Recently they ran the Big Half but earlier in 2024 they ran a new Half Marathon PB of 2hrs 33mins. They also ran the London Marathon, their first Marathon in 5hrs 40 minutes, which is a great achievement considering they are pretty new to running. They also take part in Summer League events, where they achieved another amazing PB at the Regents Park 10k.

Fingers crossed this runner will continue to love their running! We would like to congratulate this year's winner of the Beginner Runner of the Year Award - **Beth D'Cruz**.



AARON BREEN AWARD (1)

The Women's Aaron Breen Award for Services to Metros, is chosen by the present recipient along with with three other previous holders.

Present holder Anne Ambrose was absent so Irene Paull presented the award on her behalf -

I was very honoured to receive this award last year. The running of Metros relies on the services of volunteers, and we are lucky that there are people willing to give up their time and help out. I know from personal experience that this year's recipient is always one of the first people to put their name forward when volunteers are needed. She regularly volunteers for the London Marathon Elite Water Station, and Ride London. She has volunteered for the water stations at the Harrow Hill Race and other Metros events. She provides refreshments most Saturdays at Roxbourne Park and I am particularly fond of the gluten free cookies! If we need anything sewn – she is always able to do it. This year, with her husband, she has done a fantastic job tidying and cleaning the Metros' shed at Roxbourne Park.

The Aaron Breen award for Service this year goes to **Linda Dempster**.

The Men's Aaron Breen Award for Services to Metros. Gerry Barker, present holder, presented the award.

The person I nominate to receive this award is well known to all of you and contributes weekly and regularly and has done so for many years.

I had difficulty initially in deciding which of 2 runners I should select. However it was all solved when I realised that one of them had a problem: they were a woman and I was to nominate a man.

Therefore I have great pleasure in asking **Mike Reid** to accept the Men's Aaron Breen Award for 2024.



AARON BREEN AWARD (2)

The committee felt very strongly this year that we needed to demonstrate some special appreciation towards a couple who continuously go out of their way to support Metros.

We wanted to really thank you both for getting stuck in providing our Saturday refreshments after the Roxbourne Session, but as well and more importantly the work that you have done on the shed; the work you have done there has been incredible as it looks brand new and much more spacious on the inside. Of course, it was great to see you doing the work Andy, and watching Linda masterfully supervise you.

As well as the amazing work on the shed, you have in the past helped out aplenty with transporting the XC gear and bringing it back, and as we have heard, helping out with the Summer League and HH10k water stations.

So from the committee and everyone at the club, we would like to present you both a special momento to say that we appreciate you very much - thank you **Andy and Linda Dempster**.



WOMEN'S RUNNER AWARD (1)

It's a huge honour to be here, presenting the Female Runner of the Year award. Last year, I was so chuffed to receive this award myself. But then it hit me – being the winner came with one big responsibility – making a speech 12 months later. And let's face it, Emma's inspirational words from last year left me with impossibly big running shoes to fill. So, thanks for that, Emma!

Our club is blessed with an incredible community of female runners, which makes choosing just one winner a real challenge. So many of you are worthy of a mention, but I think we've got to be out of here by 11!

But a few special shout-outs:

Firstly, for the incredible energy of **Jenny** O'Sullivan. Jenny's Facebook feed makes me feel exhausted just reading it. She's taken part in a ridiculous number of events this year, including triathlons, very long bike rides, marathons and parkruns in every country she visits (which are many!)

Next is **Sakina**, another powerhouse of energy and determination. She has thrown herself into lots of different challenges. In a recent weekend, she raced an outdoor swim in the Serpentine on the Saturday, followed by a HM at Richmond on the Sunday. She's also made great efforts to improve the diversity of the running community, through taking part in Black Trail runner events and pacing half marathons.

Shefali has also made incredible strides in her running this year, after lots of strength work in the gym. As well as now boasting the best abs in Metros, she smashed a PB in the Manchester marathon in April.

And not forgetting **Bernie**, our very own, undisputed parkrun tourist Queen! Bernie has visited more than 30 different parkrun locations this year alone, and achieved her highest age grading yet.

Speaking of age-defying achievements, we should also celebrate the inspiring women who prove that age isn't a barrier when it comes to running fast.

Earlier this year, Netflix released a documentary, called 'Secrets of the Blue Zones'. Blue Zones are areas across the globe where people consistently reach the age of 100 and whose populations live incredibly vibrant, active lives.

Each episode features a different community and explores why they are living so well. So, there's a village in Sardinia with lots of steep hills, which helps the residents stay fit. And somewhere in Japan where people's lives have a strong sense of purpose. And a community in rural Greece where people eat lots of fruit and olive oil which helps keep them healthy.

Netflix could have saved themselves a lot of effort and money by simply interviewing some of the older Metros ladies...

I have to mention **Raquel**, you continue to amaze us. Not only were you once again a top-three finisher in the over-80s category at the London Marathon, but you also managed to rock a dress and heels at the after-party. Meanwhile, I struggled to pull up my jogging bottoms.

And a big shout-out to **Marion** and **Gertrud**, who secured top spots in their age group at the Vitality 10K. You are both incredible!

Which brings me to our Runner of the Year. This year's winner is a true inspiration, consistently demonstrating that dedication and passion can overcome any obstacle.

WOMEN'S RUNNER AWARD (2)

For over 40 years, this lady has been a tour de force in the running world. She started by regularly running laps of the Linford Christie Stadium track, soon progressing to local races, such as the Thames Valley 10K, and the Hatch End 5. She spent a number of years with Ealing Southall and Middlesex, before joining Metros in 2020. She's become a familiar face, consistently achieving remarkable age grading percentages in the 80s. This year, she's tackled a lot: the 5K trophy events, Roxbourne challenges, the LFOTM, Summer League races as well as the Bristol and Run Through 10Ks.

In September, this remarkable runner had a big landmark birthday. And she didn't just celebrate with cake, she also got her highest ever age grading for parkrun - 87%. parkrun were very mean this year and removed all age category records from their website. But luckily an app still exists which keeps track of all of these. So, I can say for sure that she smashed the age category record on her birthday! An AG of 87% is very impressive, but even more so when you consider that Canons Park isn't a flat, even course. And more impressive again when you take into account that this runner is visually impaired. So, she relies on a guide to help her navigate the bumps, turns and challenges of the course. To put her achievement into perspective, the average parkrun time at Canons Park across both genders and all ages is almost 32 minutes. So, for this runner to smash that by over a minute, at the age of 80 is incredible.

This runner really inspires me, because she demonstrates that you can continue to be fiercely competitive as you get older. And I love the fact that she finds new challenges and targets to motivate her. She's recently stepped up her training, taking on extra sessions with Achilles International.

You've probably all guessed who the winner is, but before I reveal her officially, here are some random facts that you might not know about her - courtesy of one of her guides:

- After her first London Marathon, which was then sponsored by Mars, she kept the complimentary Mars chocolate bar, handed out at the finish for a number of years, proudly displaying it alongside her medal. Anyone who can keep chocolate that long deserves all the accolades! Incredible self-control.
- Whilst training for her 2nd London Marathon, she ran the Harrow Half Marathon and, in pursuit of a PB, accidentally took down a water station volunteer at halfway. (He recovered; she got her PB.)
- In her 2nd London Marathon, she ran a sensible pace for the 1st half, but then turned to her guide, asking if they could please speed up! He argued back that this is what you do after 20 miles. Luckily, she took on his advice and went on to finish in 3 hours 36.

So, the well-deserved winner of this year's Female Runner of the Year award goes to...

Janice Newman



MEN'S RUNNER AWARD

As last year's recipient of the award, it was my turn to choose a new runner of the year. I have a slight problem that I haven't attended any of the weekly sessions to know enough about who would be worthy of the award. Which is a shame as Metros is such a great running family. So I had to get feedback from the 3 wise OLD men, Marcus, Nathan and Chris with beers one evening for their recommendations. But it was quite a few drinks and I forgot who they recommended. How embarrassing!!! I had to ask them again last month for a reminder.

With their 3 wise old men opinions, between them came up with 4 different males. Then with some Strava and Facebook stalking, I managed to reduce it to two contenders. Both with very different running stats. With the help of Marcus, he researched some of the stats they both had.

The runner up stats were impressive, he ran a marathon and a 50K ultra as well as attending 6 x half marathons and 26 parkruns.

But the winner this year has run 46 parkruns and volunteered at 23 parkruns including assisting visually impaired runners and junior parkruns, 1 x Half Marathon, attended 11 out of the 12 events for the 5k Competition .

Performance-wise on power of 10, he's M50 UK 1847th and in postcode M50 is 2nd.

But the most impressive stat that has been in the making since the start of 2023 which was to run at least 5k every day. Regardless of the weather and hangovers, he has managed to run 693 days continuous and counting, if he doesn't celebrate too hard tonight.

With that consistency the distance covered for the year is over 3000km and 17km of elevation. I'd like to present the award to **Russell Morris**.



THANK YOU

Our thanks to Angela Murphy, Irene Paull, Gordon Valentine and Teresa Young for calculating the various Metros Saturday event award winners. Marcus Weedon, having hosted the evening, thanked all Metros co-ordinators and the AED group who arrange for the AEDs to be available at training sessions. He also thanked Ariff and Andy for organising the awards and to Teresa for organising such delicious pizza.

Finally, thank you to the Metros members and families who came to enjoy another very successful social evening of pizza and prizes.

Pat Jackson

