

METROLINES

February 2025
Issue No. 426



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CALENDAR DATES

February		
Sat 1	Run a parkrun PB, Cassiobury	9.00am
Sun 2	TVXC - Marlow Striders	11.00am
Sat 8	Measured Mile	9.00am
Sat 15	TVXC Sandhurst	tbc
Sun 16	Harrow Hill 10k	10.30am
Sat 22	Roxbourne Park (5k comp)	9.00am
Fri 28	LFOTM - location tbc	11.50am
March		
Sat 1	5 Mile Handicap	9.00am
Sun 2	Berkhamsted Rotary HM/5M	10/10.30am
Sat 8	Wot No Watch Roxbourne Park	9.00am
Wed 19	Committee Meeting	8.00pm
Sat 22	Rickmansworth parkrun (5k comp)	9.00am
Sun 23	Hillingdon 20	9.00am
Fri 28	LFOTM - location tbc	11.50am
April		
Sat 5	Track 5k, Harrow School	8:00am
Sat 12	10k Challenge Roxbourne Park	9.00am
Fri 18	Maidenhead Easter 10	9:30am
Sat 19	Wot No Watch Roxbourne Park	9.00am
Sun 27	London Marathon	Staggered starts from 8:30am

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

MARCH 1ST IS RENEWALS DAY

Unless you have already renewed, or joined since the start of this year, your membership runs out on 28th February

Metros Membership rates remain the same, £25 for adults, £1 for juniors. If you also want EA membership (that's on a separate tab) it's gone up to £20 for 2025/6.

Please, please renew as promptly as possible.

I've lots to do in April and May - organising Marathon Week and Summer League fixtures so I'd rather not be wasting time chasing up people who've forgotten (again).

To renew:

either log on directly to Webcollect <https://webcollect.org.uk>
or log on via the Metros website <https://metros.org.uk/members/renew-membership/>

If the robot checker rejects you first time you log on via Metros, log on again immediately, and you should get through at the second attempt. Our IT gurus have promised to fix this as soon as they can.

We do issue receipts for all payments via bank transfer - to stop these disappearing into spam, please add **metros@webcollect.org.uk** into your contacts. This also stops Metrolines going missing.

Any issues please email me at **metros.secretary@yahoo.co.uk** (it's worth adding this email address to your contacts as well especially if you have a btinternet email address).

Thanks all for your help with this.

Irene Paull



SAVE THE DATE



Please sign up
on Spond if
you are able to
volunteer!

To enter, click [here](#)



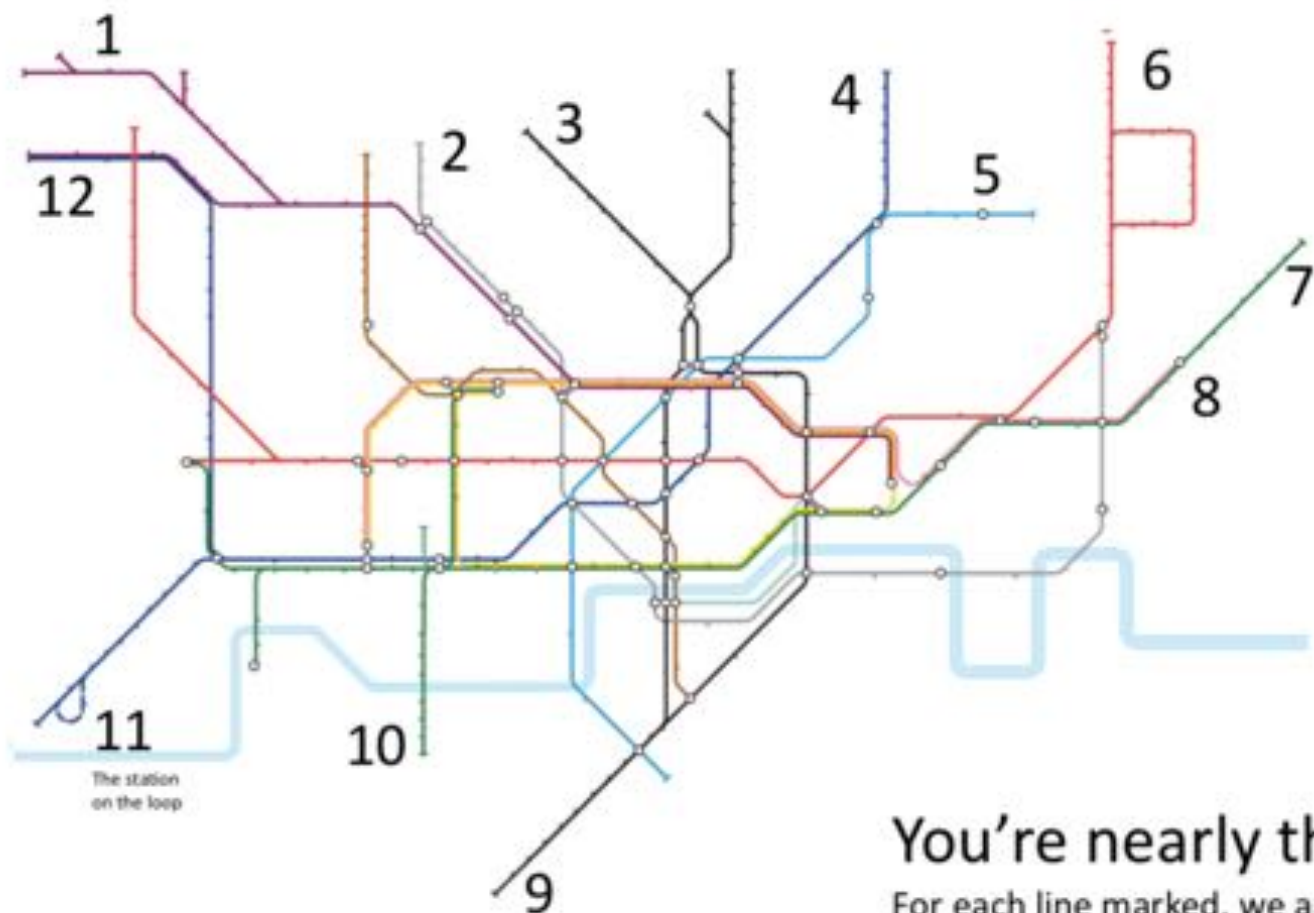
Venue: Harrow Weald Memorial Club (almost opposite the bus garage)
DJ and food to be provided; further details/ticket sales to follow

AGM & QUIZ

Friday 2nd May 2025
Lowlands Tennis Club, Eastcote



To whet your appetite for the Quiz in May, and to find out what you missed if you didn't attend last year, we are adding last year's Table Rounds to Metrolines. Answers can be found on Page 33.



You're nearly there!
For each line marked, we are looking for the penultimate stop on the line.
Apologies that the Elizabeth Line is missing.

RACE RESULTS AND ACHIEVEMENTS



Pednor 10,
29 December
Chris Shearwood 1:10:48 1st VM60
Bernie Conway 1:34:43



Serpentine NYD 10k,
12 January
Rob Bevan 48:31 PB



St Albans NYE 10k,
31 December
Jonathan Evan-Hughes 51:09



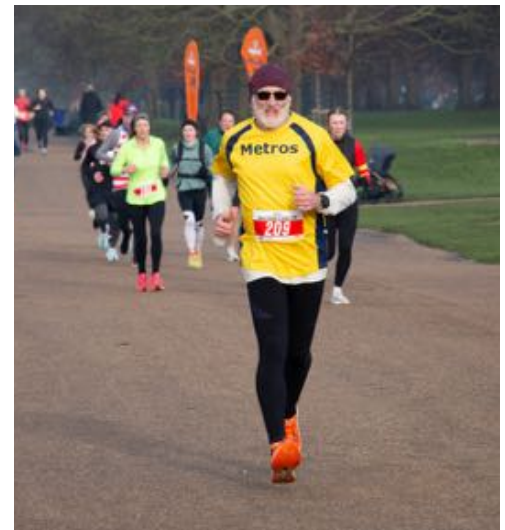
**Marc Sindole completed
his 200th parkrun at
Canons Park.**



**Nigel Rackham was 1st
V60 at the Fred Hughes
10 with an age grading of
90%.**



**Chris Shearwood was 1st
V60 at the Pednor 10. He
also recently completed
his 300th parkrun at
South Oxhey.**



**Rob Bevan got a 10k PB
at the Serpentine NYD
10k (postponed to 12th
January!).**

SATURDAY SERIES: 5 MILE HANDICAP

28th December

It was the first event of the new season and there was a good turnout of keen Metros.

The results are below. For context the determined handicap for the new runners for this event was 15.

The next 5 mile handicap is to be held on 1st March - We look forward to another good turnout.

Gordon Valentine

Name	Race time	Race Handicap	Event time	Next Handicap
Bill Harrington	47.08	-14	33.08	13
Caroline Day-Lewis	47.1	0	47.1	13
Emma Ponnaganti	37.02	15	52.02	23
Pritesh Patel	37.03	15	52.03	23
Patrick O'Brien	37.31	15	52.31	23
Marcus Weeden	33.2	22	55.2	27
Nigel Rackham	31.03	25	56.03	29
Barbara Pacinella	77	-19	58	-17
Giuseppe Pacinella	77.06	-19	58.06	-17
Simon Avery	41.06	18	59.06	19
Gladys De Groot	80.16	-21	59.16	-20
Tony Rhodes	45	15	60	15
Kevin Smart	40.18	21	61.18	20
Peter Reynolds	40.42	21	61.42	20
Adam Leary	43.02	19	62.02	17
Mike Morris	40.2	22	62.2	20
Judy Rackham	60.43	3	63.43	0
Saima Shah	48.59	15	63.59	11
Tiziana Spotti	66.11	-1	65.11	-6
Robyn Walliser	51.12	15	66.12	9
Dave Young	47.2	20	67.2	13
Derek Bamford	53.14	15	68.14	7
Jonathan Pang	64.41	4	68.41	-4
Vijay Singh	65.11	5	70.11	-5

SATURDAY SERIES: 10K CHALLENGE

4th January

Well done to the 12 participants in the Jan 10K Challenge who braved freezing temperatures and a snow flurry. No new colour achievements this month, but good to see Caroline Day-Lewis back running after several months' absence and scoring almost 70%. Also, a big improvement for Jane Hudson since April 2024 (from 53.8% to 65.6%) and Bill Harrington only a few seconds short of beating the 60 minute target.

The next event will be first Saturday in April, the 5th

Teresa

	Mins	Secs	Grading
Nigel Rackham	40	12	83.13%
Marcus Weedon	42	37	71.09%
Caroline Day-Lewis	53	56	69.31%
Jane Hudson	63	35	65.58%
Mike Morris	51	23	62.13%
Simon Abery	53	16	61.58%
Bill Harrington	60	18	55.94%
Judy Rackham	77	05	54.09%
Anne Ambrose	80	36	54.07%
Titziana Spotti	81	15	52.07%
Malcom Jackson	71	53	51.54%
Mitesh Patel	63	26	43.38%

If you are likely to be finishing after 10am, please consider self timing. There is always the option to set off early to ensure you are back in time for coffee and cake!

SATURDAY SERIES: WOT NO WATCH

11th January

Well done to the 19 people who took part in the WNW competition on a very cold but sunny morning in Roxbourne Park. This month's winner was Bill Harrington with an exact prediction and Adam Leary and Simon tied for second place.

Several new or returning members this month – is this the start of a New Year's Resolution?

Teresa Young

	Predicted	Actual	Difference
Bill Harrington	8:10	8:10	0
Adam Leary	7:19	7:17	2
Simon Abery	7:20	7:18	2
Dave Young	9:00	8:57	3
Raquel Russel-Ponte	14:00	13:53	7
Will Bailey	8:30	8:41	11
Ceri Jacob	8:10	8:22	12
Will Bailey	8:30	8:43	13
Gladys de Groot	13:10	13:26	16
Judy Rackham	10:34	10:53	19
Julia Allen	10:00	9:40	20
Caroline Day Lewis	7:55	7:32	23
Andy Fox	8:15	7:51	24
Malcom Jackson	9:00	9:31	31
Janice Newman	10:14	10:59	45
Ruth Tidder	10:14	10:59	45
Barbara Pacinella	12:00	11:05	55
Shinu	10:34	9:16	78
Carole Valentine	12:48	11:30	78
Guiseppe Pacinella	13:00	10:41	139

SATURDAY SERIES: 5K COMPETITION

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.



SATURDAY SERIES: 5K COMPETITION

Harrow School track - 25th January - Women

	Time	Age grade	Points
Sasha BIRKIN	23:38	73.62	50
Caroline DAY-LEWIS	25:07	72.73	49
Emma PONNAGANTI	23:09	72.27	48
Jenny O'SULLIVAN	26:12	63.86	47
		Ave	48.5

Volunteers	
Jane Hudson	48.5
Teresa Young	48.5



SATURDAY SERIES: 5K COMPETITION

Harrow School track - 25th January - Men

	Time	Age grade	Points
Clive Lucas	22:34	74.13	50
Justin Archer	20:21	73.32	49
Russell Morris	20:31	72.72	48
Marcus Weedon	20:20	71.60	47
Malcolm Smith	22:44	70.94	46
John Norris	19:40	70.58	45
Peter Reynolds	23:48	70.29	44
Nathan Powell	21:45	69.76	43
Patrick O'Brien	21:52	68.80	42
Rocco Keene	19:43	68.01	41
Rob Bevan	23:07	67.93	40
Simon Abery	23:41	66.31	39
Nick Russell	22:54	64.61	38
Alok Agarwal	23:45	63.89	37
Tanasheh Abrahams	20:04	63.10	36
Bijan Keene	23:35	62.74	35
Kirit Ranpura	26:19	61.84	34
Vincent Cheung	24:33	58.35	33
Tim Oakley	28:20	57.96	32
Amol Bhuptani	22:02	57.77	31
Malcolm Jackson	31:18	56.56	30
Andrew Collier	27:34	56.47	29
		Ave	39.5



Volunteers	
Mitesh Patel	39.5
Rohan Mascarenhas	39.5

LFOTM SOCIAL RUN / WALK

Last Friday of the Month – December 27th

The last LFOTM of 2024 was held in Court Park, Hillingdon, hosted by Tim & Jasia as it is their local park. We were here in 2022 and 2023 as well, as it is a good all weather park, hard surfaces and all that. It used to be the grounds of Court House, so is a stately home garden rather than a municipal park. Court House is now the American Community School on Vine lane, just off the bottom left of the aerial photo. Unfortunately, this year the last Friday fell on the 27th – the day after Boxing Day, so turnout was quite modest, with a whole 7 people running/walking. 2025/6 will be tricky as it will be Boxing Day and then Christmas Day!

In attendance were: Tim & Jasia, Simon & Steph, Arnold, Sarah and Tony W. The weather wasn't great, but it didn't rain and wasn't too cold – a murky misty day. Afterwards we all went back to Tim & Jasia's, which is very close by, for Cake, Tea, Coffee and Mulled Wine. Fresh ground coffee, Tim's parkin and Christmas cake (his mum's recipe).



What is the LFOTM?

It's a 5km social run around a park, open space or similar, somewhere in the Harrow/Hillingdon area. Afterwards we generally meet up for tea/coffee at a suitable café. Its held at 12:00, midday on the Last Friday of the Month.

This year the venues have been all across the two boroughs – in order:

Wembley Stadium, Boxtree Park, Pinner Village Gardens, Dowding Park (RAF Uxbridge), Northwick park, Headstone Manor, Merry Hill, Eastcote House Gardens & the Celandine Way, Canons Park, Denham Country Park & Frays River, Byron Park, Court Park. We usually get a dozen or so Metros come along, and I believe that Steph has done ALL of them. If you are free, do come and see, it is a pleasant little event.

Please check SPOND for details of the location which will be published nearer the time.



The races eligible for the Metros London Road Runners Club (LRRC) Trophy for 2025 are as follows: -

Date	Cost	Race	
19-Jan	£22	<u>Fred Hughes 10</u>	☑
2-Mar	£37/13	<u>Berkhamsted Rotary HM/5M</u>	
23-Mar	£32	<u>Hillingdon 20M</u>	
18-Apr	£27/22	<u>Maidenhead 10M</u>	
11-May	£23	<u>Marlow 5M</u>	
19-Oct	£25	<u>Cabbage Patch 10</u>	
2-Nov	£22/32	<u>Marlow 7/HM</u>	

NB: The final trophy races for the second half of the year will be confirmed in due course.

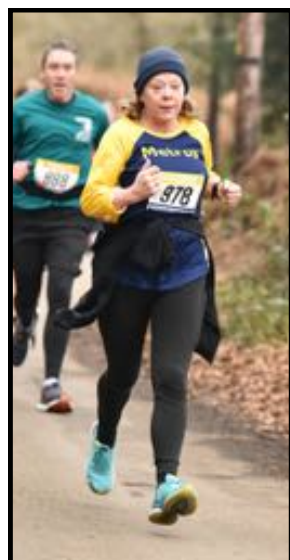
 Vincent has managed to secure discount codes for Metros:
 Berkhamsted HM/5M - use code MTROX25 for HM at £29 or £27 UKA registered

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

LRRRC TROPHY RACES

Fred Hughes 10 - 19th January 2025

Position	Name	Gun Time	Chip Time	
71	Nigel RACKHAM	1:00:34	1:00:26	1st V60
247	Clive HEIDRICH	1:16:00	1:13:33	
282	Nathan POWELL	1:19:09	1:15:11	
384	Jonathan EVAN-HUGHES	1:20:11	1:18:51	
791	Quentyn TAYLOR	1:41:38	1:36:37	
792	Stuart ABRAHAM	1:41:39	1:36:37	
812	Emma RACKHAM	1:40:00	1:37:26	
825	Lorraine O'DONOVAN	1:45:05	1:38:32	
876	Michael REID	1:47:26	1:42:26	



LEAGUES: THAMES VALLEY CROSS COUNTRY

Updated 2024/2025 TVXC dates:

6th October	Metros	✓
20th October	Handy Cross Runners	Cancelled/ Postponed
10th November	Datchet Dashers	✓
8th December	Reading Roadrunners	✓
5th January	Bracknell Forest Runners	✓
19th January	Thames Valley Triathletes	✓
2nd February	Marlow Striders	
15th February	Sandhurst Joggers	



LEAGUES: THAMES VALLEY CROSS COUNTRY

5th January - Bracknell Forest Runners

Postion	Name	Time	Category	Points
64	Justin Archer	0:46:02	MV	58
197	Kevin Smart	0:58:04	MV	159
213	Nick Russell	0:59:04	MV	169
220	Jonny Jackson	1:00:22	MV	174
239	Mike Morris	1:02:05	MV	183
242	Bernie Norris	1:02:44	FV	54
269	Ian McPherson	1:06:43	MV	202
274	Vincent Cheung	1:07:05	MV	204
287	Martin Eden	1:10:05	MV	209
291	Emma Collier	1:10:39	FS	76
310	Jennifer O'Sullivan	1:14:18	FV	88
317	Andrew Collier	1:16:11	MV	218



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

LEAGUES: THAMES VALLEY CROSS COUNTRY

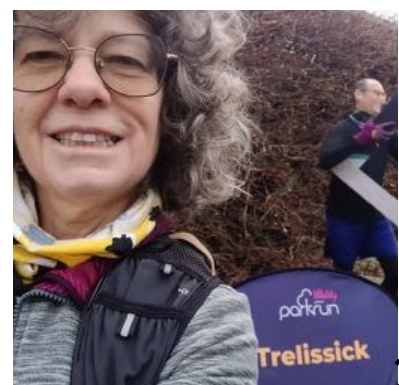
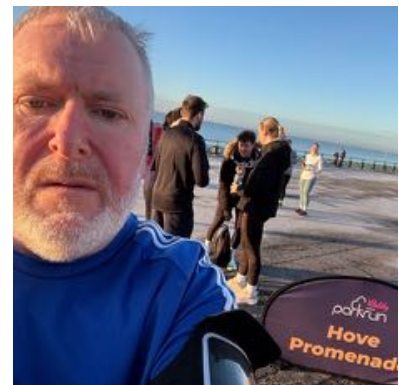
19th January - Thames Valley Triathletes

Postion	Name	Time	Category	Points
44	Justin Archer	0:38:15	MV	43
160	Clive Lucas	0:46:50	MV	131
176	Rob Bevan	0:47:47	MV	140
188	Mike Morris	0:48:52	MV	150
202	Jonny Jackson	0:49:44	MV	159
248	Emma Collier	0:53:58	FS	65
252	Vincent Cheung	0:54:14	MV	182
258	Ian McPherson	0:54:45	MV	184
266	Jennifer O'Sullivan	0:55:27	FV	73
269	Andrew Collier	0:55:58	MV	191
300	Martin Eden	1:00:31	MV	204
326	Terry Burke	1:09:45	MV	210



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

PARKRUN TOURISM



RUN EVERY DAY IN 2024 - BERNIE CONWAY

This time last year I read Russell Morris's post about running at least 5k every day. I thought to myself OMG that's incredible & crazy, however, it inspired me to set myself this challenge. There were times (which were a lot) over the year that I didn't think I'd be able to complete it & I really doubted myself too. Initially I really struggled to motivate myself, particularly when I was up half the night with an unwell child or if I had a really busy work schedule. After having 3 kids within a 5 year period, juggling work, family life & studies, my personal wellbeing took a toll and I really felt it.

This evening after completing the last 5k for 2024 I'm absolutely thrilled that I can say I have run every day in 2024 through an array of weather conditions. You name it, I ran in it; hail, rain, snow, storms & heat waves. The challenge wasn't about stats or figures or how fast I could run 5km. My focus was getting my running mojo back & having some 'me time' so I can be a better version of myself. I'd delighted to share mission successfully accomplished. I'm not too sure what my next challenge is but for the moment I'm going to participate in RED January and let's see what 2025 brings.

Metros Running Club you are the best. A huge thanks to Russel Morris for your inspiration and motivation.

I'd love to pass the baton onto someone else who would like to take this challenge on for 2025! It's pretty easy; just run, walk or jog 5km every day for a year!



RECRUITING THE DREAM TEAM!

NOW!

ROUND NORFOLK RELAY 13/14 SEPT 2025

17 STAGES
200 miles!

Starts Sat 5.30am

Ends Sunday 10am

@ ave pace 8.40min/mile

legs range from

5.49 miles to 18.88 miles

**FANCY TAKING PART (RUNNING OR HELPING) IN
RNR 2025 - THEN GET IN TOUCH WITH CHRIS
SHEARWOOD OR MARCUS WEEDON
MARCUSWEEDON@HOTMAIL.COM**

HONORARY CLUB SECRETARY

2025 sees Steve Alder step down as our Club Secretary and we are on the lookout for someone who will be interested in taking on the role.

As Club Secretary, the role is to liaise with EA, and ensure we continually meet the standards that they set, as well as overseeing the AGM and communicating changes in the committee or the constitution.

As a committee member the role is to work alongside other members of the committee to ensure that the club is well-run.

A huge thank you to Steve for all he has done for Metros during his time as Secretary.

Get in touch with Marcus or Steve if you would like to know more.

LEADERSHIP IN RUNNING FITNESS



WOULD YOU LIKE TO BE A
QUALIFIED LEADER OR DO
YOU NEED TO RENEW YOUR
LICENCE?
THEN GET IN TOUCH...

MARCUSWEEDON@HOTMAIL.COM

METROS MAKE THE HEADLINES!

As we head into 2025, let's look back at December highlights, get excited for a new year of athletics and running action and jump start your January! Explore what's coming up, vote for the moment you are most looking forward to this year, discover partner offers and much more in the latest edition of The Pulse.

ENGLAND ATHLETICS

Feel good news from across our sport



Paul Moseley, Trevor Painter & KJT's coaching team recognised in UK Coaching Awards

The UK Coaching Awards shine a spotlight on the extraordinary contributions of coaches across all levels of sport. This year, it was great to see a celebration of athletics coaches.



Podcast #70: Two-time Commonwealth medallist Jade Lally reflects on discus career

"It's still strange telling people I'm retired," Lally tells host Alex Seftel. Listen to the nine-time UK champion reflecting on her discus career and endeavours since retirement.



Yellow team vs blue team: A fully inclusive competition format

Metros RC have created an inclusive competition structure to integrate members supported by local charities into a club athletics competition. The two teams compete to win the trophy.

Our Annual Summer Sports Day made the headlines in the England Athletics bulletin for showing true inclusivity. Thank you to all who made this event happen. Read the whole article [here](#).

KIT RECYCLING OPPORTUNITY

RECYCLE MY GEAR

How To Recycle Your Old Outdoor Kit And Give It a Second Life

At Cotswold Outdoor, our Recycle My Gear service offers you the chance to give your well-loved outdoor clothing, footwear, and equipment a new home and keep it out of landfill. To recycle your kit, simply drop your gear at any one of our recycling points in your nearest UK mainland Cotswold Outdoor store.



What Gear Can I Recycle?

Before heading to our recycling points in-store, please check what can and can't recycled:

We Can Recycle:

- All types of clothing including jackets, swimwear, wetsuits, and underwear
- Clothing accessories (hats, gloves, ...etc)
- All types of footwear
- Small Tents (no larger than 5+ persons) + tent poles
- Electronics including torches, headlamps, smartwatches, etc
- Rucksacks and bags
- Sleeping bags and camping equipment incl. stoves (remove gas canisters)
- Climbing equipment

We Can't Recycle:

- Sharp objects (Knives or other objects that could be used as weapons)
- Liquids of any kind including gas canisters
- Food/perishables of any kind
- Maps and guidebooks (Instead, donate these to local charity stores)

For further information and to find a local store click [here](#)

NOTES OF METROS COMMITTEE MEETING

Wednesday 15 January 2025 at 8:00pm

Venue – Judy and Nigel Rackham's house

Attendees:

Committee: Steve Paull, Nigel Rackham, Ariff Sidik, Marcus Weedon, Teresa Young, Andy Fox, Pat Jackson, Rohan Mascarenhas. Jenny O'Sullivan,

Non Committee: Mike Morris

Chair: Marcus Weedon

Note Recorder: Pat Jackson

1.Apologies: Tanasheh Abrahams, Anne Ambrose, Steve Alder, Irene Paull, Marilyn Pickford

2.Actions from Last Meeting

a. First Aid Update – Robert Bevan was thanked for kindly donating 6 very comprehensive first aid kits. Nathan was thanked for adding the first aid kits to the AEDs. Gill Fox, new co-ordinator, will assemble additional kits for session leaders. When compiling a list of Metros first aiders, Gill found many certificates expire this month. Gill will ask Margaret Smith to run a course soon and in June/July in coming years.

ACTION: Gill Fox

b. England Athletics (EA) Rules - Irene reported that, to renew Metros EA subscription, it's necessary to meet the rules criteria 7/7. At present, regarding safeguarding policies and Welfare Officers, Metros are only 6/7.

ACTION: Irene Paull/Marcus Weedon

c. Policies on Metros Website – Irene and Teresa will review policies following information from EA supplied by Marcus.

ACTION: Irene Paull/Teresa Young/Marcus Weedon

d. 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

e. Metros Welfare Officers – Only Steve Alder is qualified. Jenny and Ariff need to book various courses for Metros to comply with EA's 7/7.

ACTION: Jenny O'Sullivan/Ariff Sidik

f. Club Standards – Welfare/Safeguarding issues need to be reviewed monthly.

ACTION: Steve Alder

g. Leadership Course in Running Fitness (LIRF) Renewals – Nathan has booked to attend. The course will be advertised in Metrolines.

ACTION: Nigel Rackham

h. Couch to 5K - Seven now booked. Pip was thanked for advertising. A further advertisement will appear in Metrolines.

ACTION: Nigel Rackham

i. Metros Vacancies –

Honorary Secretary – Steve is stepping down. The position will be advertised in Metrolines.

ACTION: Marcus Weedon

j. Club Logo – Decided to use training T-shirt logo rather than choose another for the tear drop/banner.

k. Tear Drop/Banner – Teresa will research costs of a new, larger, lighter model from Scimitar, our official kit supplier.

ACTION: Teresa Young

3. Club Events

a. Harrow Hill Race – Sunday 16 February – Irene is stepping down as Race Director after this year. Paula Ryan was thanked for volunteering and will shadow Irene this year and be Race Director next year.

ACTION: Irene Paull/Paula Ryan

b. parkrun Mob Match Saturday 1 February at Cassiobury Park – Rohan confirmed this will be with Watford Joggers and Sudbury Court. Scoring will be average age grading on parkrun. Marcus will add to Spond.

ACTION: Rohan Mascarenhas/Marcus Weedon

c. **Metros Summer League Awards** – Irene to confirm the new calculations using the league web site.

ACTION: Irene Paull

Other Award calculations need to be updated on the web site.

d. **Red January – Set up by Zahra and Nathan** – 11 members on the Red January Sponsorship page whilst 32 are taking part. A celebration of those completing the month will be taken on 1 February at the mob match.

ACTION: Marcus Weedon

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d. **AGM and Quiz Night** – Friday 2nd May at Lowlands Tennis Club – a tennis club microphone is available.

e. **Metros 40th** – Date confirmed 27th September at Harrow Weald Memorial Club Hall. Jenny will circulate proposed menus.

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

4. Other Events

a. **Be a Metro for a Month** – Seven new members confirmed. Only one converted to full membership so far.

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. **Metros Archive** – Marcus suggested this be set up and will research options for accessible and suitable online storage.

ACTION: Marcus Weedon

b. **Criteria for Awards** – Marcus is updating and will circulate a document for Metros awards criteria.

ACTION: Marcus Weedon

c. **Club Role Descriptions:** A full description of each club officer’s role will be produced and published. This will enable all to know what the role requires which will enable easier hand over to another. A shortened version to be added to the website so members are also aware of the roles.

ACTION: Marcus Weedon

d. Dog Policy - It was confirmed that dogs are not allowed at Metros sessions and only guide dogs are permitted in Metros premises.

ITEM CLOSED

e. WotNoWatch Award – This has been missing for some time and Teresa will purchase a replacement.

ACTION: Teresa Young

e. One Metros London Marathon Place – via EA. This will be advertised on Spond, Facebook and Metrolines.

ACTION: Teresa Young/Jenny O’Sullivan/Nigel Rackham

Draw to take place at the Mob Match on 1 February.

Usual rules to apply – have already entered and been rejected, be a paid up member of EA, been a Metros member for at least one year before the ballot, not had a Metros place in the last two years. Official Metros kit to be worn.

Date of next Meeting: Wednesday 19 March 2025

Meeting closed at 9.15 pm with thanks to Nigel and Judy for their hospitality.

Metros Winter Kit

Winter is here 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.

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

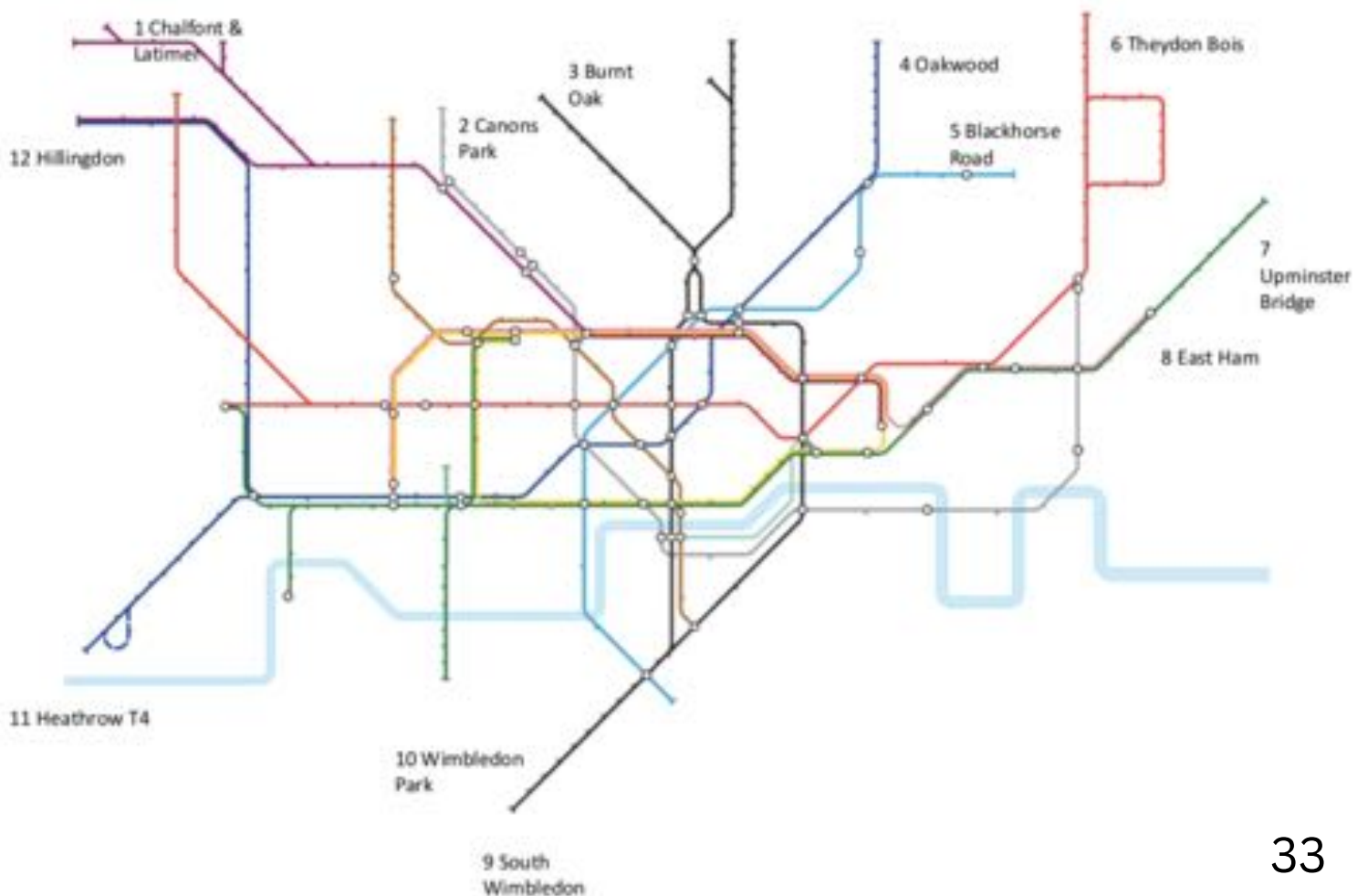
Our local running shop, **Runners World** in Eastcote, can help you find the right running shoes and will offer a 10% discount to Metros members – show the Spond app on your phone to prove you are a member.

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

MEET THE NEW COUCH TO 5K GROUP



ANSWERS



SOCIAL MEDIA

We have public facing Facebook and Instagram pages, in addition to two closed Facebook groups for members only. Please join us online and share your photos and race results with us. We would be grateful if you could like and share our posts to increase our online profile. Thank you!



WEBSITE



www.metros.org.uk