

METROLINES

April 2025

Issue No. 428



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CALENDAR DATES

April		
Sat 5	Track 5k, Harrow School (5k comp)	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
Fri 25	LFOTM - location tbc	11.50am
Sun 27	London Marathon	Staggered starts from 8.30am
May		
Fri 2	AGM and Quiz	6.45pm
Sat 3	Mob Match - Canons Park	9.00am
Sat 10	Measured Mile	9.00am
Sun 11	Marlow 5	9.00am
Wed 14	Committee Meeting	8.00pm
Sat 17	Roxbourne Park (5k comp)	9.00am
Mon 19	Vets T&F - Battersea	6.30pm
Fri 30	LFOTM - location tbc	11.50am
Fri 30	Marathon Week - Hills	6.30pm
Sat 31	Marathon Week - Sand	8.30am
June		
Sun 1	Marathon Week - Woods	9.30am
Mon 2	Marathon Week - Track	6.45pm
Tues 3	Vets T&F - Hillingdon	6.30pm
Tues 3	Marathon Week - Road	6.30pm
Sat 7	5 Mile Handicap	9.00am
Sat 14	Wot No Watch	9.00am
Sun 15	Summer League - Metros host fixture	9.30am
Sat 21	Gladstone parkrun (5k comp)	9.00am
Fri 27	LFOTM - location tbc	11.50am
Sun 29	Summer League - Perivale	9.30am

SAVE THE DATE

AGM & QUIZ

Friday 2nd May 2025
Lowlands Tennis Club, Eastcote



Please sign up to the invitation on SPOND.



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

METROS' QUIZ (1)

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 37.

GUESS THE PARKRUN

1		2	
3		4	
5		6	

METROS' QUIZ (2)

7		8	
9		10	
11		12	

Marathon Party – Sunday 27th April

There has been a Metros' party on London Marathon evening since 2012. It's a way of helping everyone doing the marathon celebrate, particularly for those experienced marathon runners whose friends and families are no longer as impressed as we all are with the achievement!

A meal is provided, because who wants to prepare a meal after running a marathon? Since 2012, the party has expanded to Metros' annual celebration of distance runners and their supporters. Everyone who has run on the day, or volunteered, or run a marathon or beyond in the last year is invited, other halves are also very welcome.

Arrive from 6:00, hot food at 7:00, photo with medals at 8:00, full details in SPOND.



Marathon Party 2024

30TH MAY - 3RD JUNE

MARATHON WEEK



FRI 10K
PM HILLS



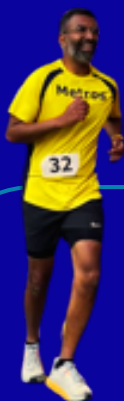
SAT 4K
AM SAND



SUN 10K
AM WOODS



MON 5K
PM TRACK



TUES 13K
PM ROAD

5 EVENTS OVER 5 CONSECUTIVE DAYS AND
ON 5 DIFFERENT SURFACES - IN TOTAL 42K

REGISTER ON
SPOND NOW

Marathon Week – 30th May to 3rd June

This is one of Metros' most iconic events held every two years. It sounds very achievable: 5 days, 5 events, 5 surfaces, total distance of 26.2 miles.

It starts with a very hilly 10k on a Friday evening "the hills," followed by 4k on sand at the Lido on Saturday morning "the sand." Then a pleasant, but not at all flat, run in Ruislip Woods on Sunday "the woods." Monday is 5k on the more robust surface of King's College "the track," then we round off with an 8 mile run from the tennis club at Eastcote "the road." (If this doesn't seem to add up to a marathon, trust us, it will)

Despite our best efforts, there will be lots of opportunities to get lost, to get injured, to fail to achieve any sort of pb, but despite that, most people usually have a great time. You can do all the events or just some of them, but only those who do all 5 will qualify for the legendary awards.

We'll also need lots of volunteers: 25 marshals on Friday, 6 counters on Saturday and Monday, 10 marshals on Sunday and Tuesday. SPOND invites will go up soon for these.

So, if you're up for taking part, please sign up soon so we can see the level of interest – as long as we have 20 entries, the event will go ahead (last time 50 people took part and 30 managed the full event).

For more information have a look at the race report in Metrolines July 2023



SUMMER



LEAGUE

15TH JUNE – HEADSTONE LANE – 8K
29TH JUNE – PERIVALE – 8K
13TH JULY – DULWICH – 8K
27TH JULY – REGENTS PARK – 10K
10TH AUGUST – BATTERSEA – 10K

Metros Summer League – 15th June 9:30 – Headstone Manor

Our home fixture for the summer league is planned for 15th June. This is now one of our biggest events with over 300 runners taking part last year in the main race. We need as many Metros as possible to take part, either running or helping. For those of you new to Metros, this is a great chance to see us at our very best as a club, the run is free to all members, and in addition, there are children's races and relays.

Steve Alder and Rohan are helping with event organisation this year now that Pat is taking a well deserved rest. We'll need around 40 volunteers to make sure we hold a safe and fun event.

Please put the date in your diary now and if you can help, the SPOND request for help will appear later this month.

Irene



ACHIEVEMENTS



Nigel Rackham was 1st V60 at the Surrey Half in 1:19:55. This time currently puts him Number 1 in the UK V60 rankings for 2025.



Chris Shearwood completed his 250th half marathon.



Russell Morris ran a parkrun PB of 19:43 at Rickmansworth.



Rob Bevan got a PB of 1:45:53 in the Berkhamsted Half.



The C25k group graduated at Canons Park parkrun on Saturday 29th March. A huge thank you to all involved!

RACE RESULTS



Tokyo Marathon,
2 March
Paul Spendloff 3:08:53



Centurion Hundred Hills
50km, 15 March
Spencer Millbery 6:45:23
Sonny Peart 7:50:46



Hardwick X-Stream,
9 March
Bernie Conway 1:00:42



Kingston Breakfast Run,
9 March
16 miles:
Emma Rackham 2:54:22
20 miles:
Tanasheh Abrahams 2:29:46
Nishil Shah 4:13:41



Fleet half, 16 March
Chris Shearwood 1:27:21



Bournemouth Bay 10k,
23 March
Jane Hudson 0:59:43
Mark Mulvenna 1:00:56
Lynne Jones 1:03:51
Steve Paull 1:11:08
Steph White 1:18:00
Irene Paull 1:35:35
Wendy Mulvenna 1:35:39
Penny Hudson 1:35:39



Combe Gibbet to Overton,
16 mile cross country
23 March
Jonny Jackson 2:44:54



Surrey half, 16 March
Nigel Rackham 1:19:55
Emma Rackham 2:21:23

Bournemouth Bay half,
23 March

Clive Heidrich 1:42:25
Simon Aberly 1:53:58
Andrew Borley 2:08:31
Lorraine O'Donovan 2:24:48
David Merrigan 2:39:46



Liverpool half,
23 March
Rob Bevan 1:47:36



SATURDAY SERIES: WOT NO WATCH

Saturday 8th March

	Predicted	Actual	Difference
Ceri Jacob	8:10	8:11	1
Bill Harrington	8:10	8:12	2
Janice Newman	10:29	10:31	2
Judy Rackham	10:29	10:31	2
Anne Ambrose	10:15	10:19	4
Andrew Shirras	11:30	11:38	8
Amanda Hardy	8:46	8:38	8
Jo Collier	9:50	9:40	10
Sarah Westwood	10:45	11:02	17
Adam Leary	7:30	7:11	19
Simon Aberly	7:00	6:41	19
Shinu Mittal	8:20	8:44	24
Julia Allen	9:00	9:25	25
Eilish Fernandez	11:00	10:30	30
Raquel Russel-Ponte	12:50	12:15	35
Ranvi Soni	8:20	9:14	54
Margaret Smith	14:59	16:26	87
Carole Valentine	13:00	11:03	117
Gladys de Groot	13:11	16:27	196

Thank you to Barbara Reading and Marilyn Pickford who recorded and timed the Wot no Watch. I was away in Yorkshire for the weekend watching my daughter take part in the Haworth Hobble (a 52 kilometre ultra trail run through Bronte country from Haworth to Todmorden/Hebden Bridge and back).

Congratulations to Ceri on winning the trophy and to Bill Harrington and Janice Newman (guided by Judy Rackham) who were also close to their predicted time. Some new runners this month, Shinu and Ranvi, and some who have not taken part for several years, Julia and Margaret.

Teresa Young

SATURDAY SERIES: 5 MILE HANDICAP

Saturday 1st March

	Race time	Race handicap	Event time	Next handicap
Malcolm Jackson	55.38	-6	49.38	5
Jasia Zimmerman	43.19	6	49.19	17
Vijay Singh	58.27	-5	53.27	2
Jonathan Pang	57.31	-4	53.31	3
Andrew Collier	43.12	11	54.12	17
Caroline Day-Lewis	41.48	13	54.48	19
David Young	43.29	13	56.29	17
Anne Ambrose	62.36	-5	57.36	-2
Brian McGrory	49.55	8	57.55	10
Sonny Peart	48.03	11	59.03	12
Marcus Weedon	32.43	27	59.43	28
Simon Abery	41.03	19	60.03	19
Gladys De Groot	81.00	-20	61.00	-21
Judy Rackham	58.12	3	61.12	2
Bill Harrington	48.40	13	61.40	12
Elish Fernandes	81.00	-19	62.00	-21
Emma Ponnaganti	39.06	23	62.06	21
Peter Reynolds	42.12	20	62.12	18
Paul Hor	47.24	15	62.24	13
Andrew Shirras	64.52	-2	62.52	-5
Barbara Reading	60.58	4	64.58	-1
Marion Rogan	60.58	6	66.58	-1
Teresa Young	68.15	6	74.15	-8

There was an amazing turnout at Roxbourne Park for the quarterly 5 mile handicap, in addition to the normal Saturday Session and the amazing Couch to 5k participants who were coming along very nicely as they got close to completing their final weeks of the course.

When we got back to having refreshments afterwards, the room was pretty full and one member said 'WOW, I haven't seen so many people here like this in ages, how amazing is this!! Just like the good old days'

The Saturday Sessions at Roxbourne have been in place for decades and they offer such a variety of different events and session leaders, a great bedrock for our club, plus it's a very sociable morning, not just when we are being put through our paces, but as well when we finish with cake and a hot drink.



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	✓
22-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

Rickmansworth parkrun - 22nd March - Women

Name	Age grade	Time	Points
Janice NEWMAN	86.57%	30:47	50
Caroline DAY-LEWIS	78.65%	23:39	49
Sasha BIRKIN	73.80%	23:36	48
Jasia ZIMMERMANN	66.74%	31:19	47
Judy RACKHAM	57.95%	35:31	46



SATURDAY SERIES: 5K COMPETITION

Rickmansworth parkrun - 22nd March - Men

Name	Age grade	Time	Points
Nigel RACKHAM	90.65%	18:00	50
Justin ARCHER	83.55%	18:14	49
Nathan GEE	77.72%	19:27	48
Russell MORRIS	77.26%	19:43	47
Marcus WEEDON	75.10%	19:57	46
John NORRIS	74.19%	19:07	45
Jag MATHARU	73.53%	20:43	44
Rocco KEENE	73.13%	18:44	43
Nathan POWELL	70.67%	21:56	42
James KERRANE	67.85%	21:03	41
John P DUNN	66.28%	21:33	40
Bijan KEENE	63.58%	23:34	39
Kirit RANPURA	62.51%	26:35	38
Gerry BARKER	60.42%	41:41	37
Amol BHUPTANI	60.05%	21:39	36
Tim OAKLEY	59.85%	28:01	35
Brian MCGRORY	57.91%	28:26	34
Nick RUSSELL	51.04%	29:37	33
Mitesh PATEL	38.31%	35:22	32
Rohan MASCARENHAS	30.36%	51:03	31

SATURDAY SERIES: 5K COMPETITION

Cumulative Results Women/Men

Results for those having completed at least four events

Ladies	Canons Park	Track	Rox-bourne	Northala	Track	Rox-bourne	Ricky	TOTAL
Name	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Cumulative
Emma PONNAGANTI	48.0	47.0	49.0	48.0	48.5	48.0		288.5
Caroline DAY-LEWIS		45.0	48.0	47.0	49.0	49.0	49.0	287.0
Jasia ZIMMERMANN	46.0	46.0	47.0	46.0		47.0	47.0	279.0
Janice NEWMAN	50.0	50.0		49.0		50.0	50.0	249.0
Sasha BIRKIN	49.0		50.0	50.0	50.0		48.0	247.0
Judy RACKHAM	41.0		43.0	42.0		40.0	46.0	212.0
Teresa YOUNG		46.5	42.0		48.5	42.0		179.0
Irene PAULL	40.0		43.5	37.0		43.0		163.5

Gentlemen	Canons Park	Track	Rox-bourne	Northala	Track	Rox-bourne	Ricky	TOTAL
Name	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Cumulative
Russell MORRIS	49.0	49.0	49.0	46.0	48.0	47.0	47.0	335.0
Marcus WEEDON	46.0	50.0	50.0	47.0	47.0	48.0	46.0	334.0
Rocco KEENE	43.0	46.0	47.0	43.0	41.0	43.0	43.0	306.0
Nathan POWELL	47.0	48.0	42.0	42.0	43.0	40.0	42.0	304.0
Bijan KEENE	40.0	39.0	44.0	39.0	35.0	38.0	39.0	274.0
Tim OAKLEY	38.0	37.0	42.0	38.0	32.0	37.0	35.0	259.0
Kirit RANPURA	35.0	33.0	41.0	37.0	34.0	40.0	38.0	258.0
Mitesh PATEL	27.0	38.0	38.0	31.0	39.5	32.0	32.0	237.5
Rohan MASCARENHAS	37.0	40.0		40.5	39.5	40.0	31.0	228.0
Simon ABERY	42.0	41.0	46.0		39.0	42.0		210.0
Amol BHUPTANI	33.0	34.0	39.0		31.0	36.0	36.0	209.0
Nigel RACKHAM	50.0			50.0		50.0	50.0	200.0
Peter REYNOLDS	48.0		48.0		44.0	40.0		180.0
Robert BEVAN	45.0	43.0		44.0	40.0			172.0
Steve PAULL	36.0	35.0	42.0	33.0				146.0
Nick RUSSELL	32.0	42.0			38.0		33.0	145.0

LRRC TROPHY RACES (1)



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.

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

LRRC TROPHY RACES (2)

Berkhamsted Half Marathon - 2nd March 2025

Position	Name	Gun Time	Chip Time	
23	Richard Wilkinson	1:21:02	1:20:59	
80	Nathan Gee	1:29:44	1:29:39	
92	Chris Shearwood	1:30:20	1:30:17	2nd M60
243	Clive Heidrich	1:40:40	1:38:52	
246	Jonathan Evan-Hughes	1:40:52	1:40:31	
251	Clive Lucas	1:41:10	1:40:15	
275	Nathan Powell	1:42:15	1:38:24	
397	Robert Bevan	1:46:49	1:45:53	PB
425	Michael Morris	1:48:05	1:47:56	
463	Amy Merrigan	1:49:27	1:48:31	
535	Nick Russell	1:51:47	1:49:30	
672	Malcolm Smith	1:57:28	1:56:07	
909	Stuart Abraham	2:07:27	2:06:41	
1059	Vincent Cheung	2:18:02	2:17:40	
1076	Lorraine O'Donovan	2:20:16	2:18:04	
1195	Raquel Russel-Ponte	3:02:28	3:01:07	2nd F70

LRRRC TROPHY RACES (3)

Berkhamsted 5 - 2nd March 2025

Position	Name	Gun Time	Chip Time	
254	Jennifer O'Sullivan	0:47:17	0:47:09	
398	Steve Paull	0:52:08	0:51:59	
555	Stephanie White	1:00:07	0:59:59	
584	Angela Murphy	1:03:13	1:03:02	3rd F70
622	Irene Paull	1:19:58	1:19:22	
623	Penny Hudson	1:20:00	1:19:22	



LRRRC TROPHY RACES (4)

Hillingdon 20 - 23rd March 2025

Position	Name	Gun Time	Chip Time	
26	Richard Wilkinson	2:03:33	2:03:30	
33	Nigel Rackham	2:06:22	2:06:21	1st V60
50	Justin Archer	2:14:05	2:14:01	
73	Nathan Gee	2:22:23	2:22:15	
86	Chris Shearwood	2:28:00	2:27:53	
93	Rick Patel	2:30:30	2:30:18	
116	John Norris	2:39:42	2:39:29	
144	Amol Bhuptani	2:46:40	2:46:24	
152	Quentyn Taylor	2:50:01	2:49:34	
284	Rose Granaghan	3:54:24	3:53:53	
287	Emma Rackham	3:55:12	3:54:15	



LRRC TROPHY RACES (5)

Leaderboards after 3 events

	Total	Fred Hughes 10 Miles	Berkhamsted 5M/HM	Hillingdon 20 Miles
Richard WILKINSON	130		60	70
Nathan GEE	126		59	67
Chris SHEARWOOD	124		58	66
Nigel RACKHAM	119	50		69
Quentyn TAYLOR	109	46		63
Clive HEIDRICH	106	49	57	
Jonathan EVAN-HUGHES	103	47	56	
Nathan POWELL	103	48	55	
Stuart ABRAHAM	95	45	50	
Justin ARCHER	68			68
Ritesh PATEL	65			65
John NORRIS	64			64
Robert BEVAN	54		54	
Michael MORRIS	53		53	
Nick RUSSELL	52		52	
Simon Abery	51		51	
Vincent CHEUNG	49		49	
Michael REID	44	44		
Steve PAULL	30		30	

	Total	Fred Hughes 10 Miles	Berkhamsted 5M/HM	Hillingdon 20 Miles
Emma RACKHAM	120	50		70
Lorraine O'DONOVAN	109	49	60	
Raquel PONTE	59		59	
Jennifer O'SULLVAN	30		30	
Stephanie WHITE	29		29	
Angela MURPHY	28		28	
Irene PAULL	27		27	
Penny HUDSON	26		26	

LEAGUES: VETS TRACK AND FIELD

2025 FIXTURES:

BATTERSEA

Monday 19th May
6.30pm - 9.30pm

HILLINGDON

Monday 2nd June
6.30pm - 9.30pm

TOOTING BEC

Monday 16th June
6.30pm - 9.30pm

PERIVALE

Wednesday 2nd July
6.30pm - 9.30m

EVENTS

100m	Hammer
200m	Javelin
400m	Shot Put
800m	Discus
1500m	Long Jump
3000m	Triple Jump
200m walk	High Jump
Relays	

If you are over 35 and fancy some brilliant fun whilst throwing various objects and flying around some amazing athletic tracks, or want to know more, then get in touch with our Vets League Captain - Marcus - marcusweedon@hotmail.com or 07920770547
All abilities welcome.



PARKRUN TOURISM



FIRST AID

Metros - are you keen to learn lifesaving skills and gain confidence in responding to a sport injury? Do you know how to use the AED?

Metros are holding a First Aid course for sports injuries (including use of the AED).

Date 17th May 2025

Time 11 - 3pm (after Saturday training)

Venue Roxbourne Park Scout Hut

Cost £20 per person (actual cost is £40 - the club contributes half)

While as a club we are under no obligation to offer first aid at our training sessions, first aid is a valuable life skill. Many of our members have chosen to equip themselves with the necessary skills and have, on occasions, assisted both their fellow runners and members of the public whilst out running.

If you are interested in attending, please contact me, Gill Fox, through SPOND. Alternatively, message me on 07843417240 or gill.fox2607@gmail.com

I HAVE 6 PLACES LEFT - the next course won't run until September 2026!

FYI: There are AEDs and first aid kits available at all of our training sessions. Do let me know if your favourite session needs an additional first aid kit. Could you also check if any kit needs updating or if the contents are past expiry date?

I look forward to hearing from you.

Gill



Stragglers River Relay - are you interested?

What? The River Relay is a baton relay run over five stages from Boveney to Kingston-upon-Thames, finishing at the Hawker Centre.

When? Sunday 7th September 2025 starting at 8.45am.

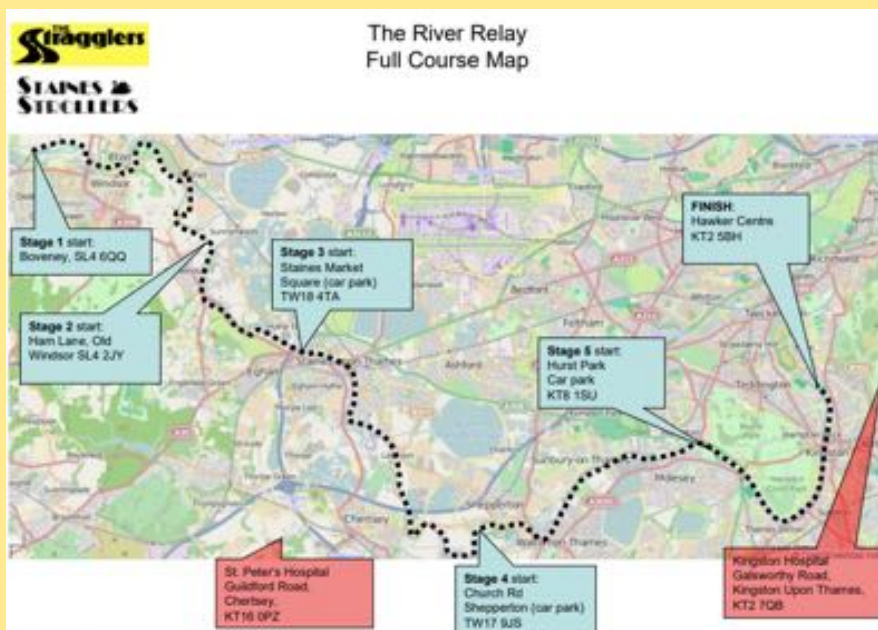
Who? Mixed teams consist of 5 people with at least one woman, the others can be a woman, a Veteran (35 and over) but not more than 3 Senior Men.

Due to TRA licence requirements, all team members must be at least 18 years of age. We may be able to accommodate a 16 or 17 year-old but only by exception – please contact riverrelay@stragglers.org if you wish to enter one.

Where? The stages range from 4.4 to 6.5 miles over friendly terrain (a total of approximately 26.7 miles) so this is an excellent introduction to relay racing and runners of all standards are welcome.

It is great fun, and if Metros can enter a number of teams, then there is some competition within the club too!

Do speak to Marcus, Chris, Nigel, Judy, Mumbi or Ruth for more information.



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**

Hatch End - Harrow Triathlon

annual novice- & family-friendly event

don't miss this
★ **25th anniversary race** ★
Sunday, 11 May 2025

400m pool swim – 17km cycle – 3km off-road run

25th anniversary special: ADULT RELAY option!!

JUNIORS

- 8 to 16 years welcome
- age-adjusted distances
- off-road cycle & run

scan here to sign up



or [click here](#)



event organiser

jetstream
tri club

jetstreamtri.com



supporting

St Luke's 
HOSPICE

stlukes-hospice.org

FUNDRAISING



Yvonne Walker

I am running the London Marathon and fundraising for Phab .

<https://2025tcslondonmarathon.enthuse.com/pf/yvonne-walker-f58dd>



Ariff & Sakina Sidik

We are running the Brighton and London marathons to raise money for education at the Dar Al Zahra Orphan School in Najaf, as education can empower minds and transform lives.

<https://mysadaqa.com/campaign/9e3c8911-862a-4faa-8105-9e00cab9b664>



Abdul Ali

I am running the London Marathon in aid of Barnardo's.

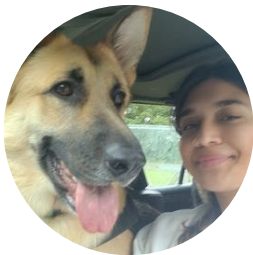
<https://www.justgiving.com/page/ali-gator-lm25>



Emma Rackham

I am running the London Marathon and fundraising for Tommy's, the pregnancy and baby charity.

<https://www.justgiving.com/page/emma-rackham-9>



Yaschal Rao

I am running the London Landmarks Half on the 6th April for WWF.

<https://www.justgiving.com/page/yaschal-rao-1735396615012>



Rose Granaghan

I am running the London Marathon in aid of London's Air Ambulances.

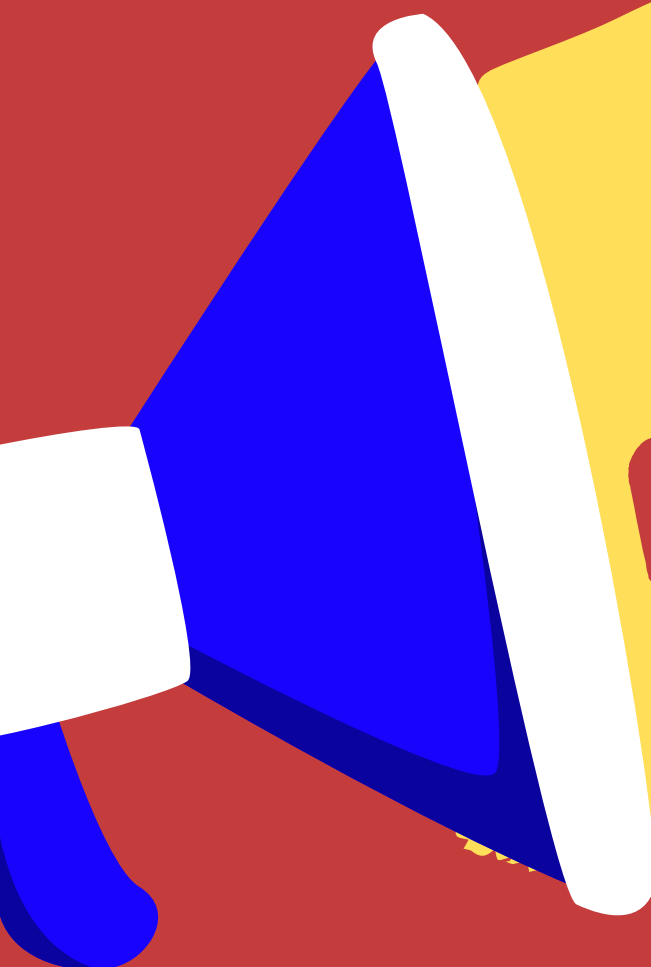
<https://fundraising.londonsairambulance.org.uk/fundraisers/roseggranaghan>

LEADERSHIP IN RUNNING FITNESS



WOULD YOU LIKE TO BE
ONE OF OUR SESSION CO-
ORDINATORS OR NEED TO
RENEW YOUR LICENCE?
THEN GET IN TOUCH...

MARCUSWEEDON@HOTMAIL.COM



FANCY DOING MORE FOR METROS?

Want to be a COMMITTEE MEMBER?

We are looking for a few new members to
join the Committee.

Committee members are the voice for our
club members in ensuring that they have
the best possible experience.

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

Committee Nominations/Renominations/Resolutions for Metros AGM on Friday 2 May
proposers and Seconders for Committee nominations should be sent in writing to:
Steve Alder, Metros Hon. Secretary - metrossec@icloud.com
Before FRIDAY 18 APRIL

NOTES OF METROS COMMITTEE MEETING

Wednesday 19 March 2025 at 8:00pm

Venue – Judy and Nigel Rackham's house

Attendees: Tanasheh Abrahams, Anne Ambrose, Andy Fox, Pat Jackson,

Committee: Jenny O'Sullivan, Irene Paull, Steve Paull, Marilyn Pickford, Nigel Rackham, Marcus Weedon, Teresa Young

Non Committee: Gill Fox

Chair: Marcus Weedon

Note Recorder: Pat Jackson

1.Apologies: Steve Alder, Ariff Sidik, Rohan Mascarenhas

2. Actions from Last Meeting

a. First Aid Update – Gill confirmed costs and numbers attending the First aid course on 17 May. Still places available and session leaders without a first aid certificate are encouraged to attend. Marcus will advertise in Metrolines.

Gill has distributed the first aid kits – four are available for general use.

The AEDs have not been available at all required sessions recently. The

AED WhatsApp Group needs updating to ensure the AEDs are available

where needed. AED maintenance checks at the beginning of each month are also being neglected. Marcus will action. Teresa will order any necessary AED pads.

ACTION: Marcus Weedon/Teresa Young

b. England Athletics (EA) Rules/Compliance - Irene confirmed the Metros Rules and Compliance now meet the criteria 7/7.

ITEM CLOSED

c. Policies on Metros Website – Irene distributed copies of the updated Data Protection Policy.

ITEM CLOSED

d. EA Code of Conduct Signature from EA Members – EA require members to log into their website and sign a Code of Conduct. Irene has now established how Metros non EA members do this.

ITEM CLOSED

e. Metros Welfare Officers – Only Steve Alder is qualified. Jenny and Ariff will book the various courses to qualify.

ACTION: Jenny O'Sullivan/Ariff Sidik

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

ACTION: Steve Alder

g. Leadership in Running Fitness (LiRF) Course Renewals – Some members have applied to do the course. Marcus will continue to advertise in Metrolines.

ACTION: Marcus Weedon

h. Couch to 5k – Mike Reid is coordinating, assisted by Una, Pip, Diane and Mahua. Everything is going to plan and the Graduation on 29 March will be at Canons Park.

ACTION: Mike Reid

i. Club Role Descriptions – A full description of each club officer's role has been produced which should make role handovers easier. A shortened version will be added to the website so members are aware of the roles.

ACTION: Marcus Weedon

j. Vacancies – Club Secretary – Steve is stepping down – Rohan Mascarenhas is confirmed as replacement.

ITEM CLOSED

k. Wot No Watch Award - This had been missing for some time and Teresa purchased a replacement. The original award has now been found and the replacement will be used elsewhere.

ITEM CLOSED

l. One Metros London Marathon Place – via EA. Awarded to John Norris.

ITEM CLOSED

m. London Marathon Volunteers – It was agreed that, in future, Metros members will be asked to volunteer for Metros groups which could qualify for a LM place the following year, before being asked to help other clubs which would not qualify for a Metros' LM place.

n. Tear Drop - Teresa will order a new, larger, lighter model from Scimitar our official kit supplier. A design was chosen from six designs, via a WhatsApp group vote with 8 votes for one design.

ACTION – Teresa Young

3. Club Events

a. Harrow Hill Race – Sunday 16 February 2025 – Irene and all volunteers were thanked for organising the successful event. £1,000 each will be donated to MS Therapy and The London Community Kitchen (Harrow).

ITEM CLOSED

b. Further parkrun Mob Match Metros – 3 May -TBC - Rohan has confirmed this will again be with Watford Joggers and Sudbury Court. Canons Park are happy to host again and Metros will be the pacers. Scoring will be average age grading on parkrun. Marcus will add to Spond.

ACTION: Rohan Mascarenhas/Marcus Weedon.

c. Metros Summer League Awards – Irene will confirm the new calculations using the league web site. Our host fixture is planned for 15 June.

ACTION: Irene Paull

d. Red January – Zahra and Nathan were thanked for organising Metros participation. £403 was raised and Metros contributed a further £200 which needs to be confirmed.

ACTION: Teresa Young

e. Metros 40th – Saturday 27th September at Harrow Weald Memorial Club Hall. Jenny will finalise with caterers and book a DJ when the budget is confirmed. Metros will fund prizes.

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

f. Metros Marathon Week – Irene confirmed 30 May – 3 June. Teresa will time and do results. There is a problem booking the Lido and Marcus will check if his Hillingdon contact can help.

ACTION: Irene Paull/Marcus Weedon

4. Other Events

a. Be a Metro for a Month – Seven new members confirmed. It needs to be advertised locally. Marcus will design some promotion material.

ACTION: Marcus Weedon/Ariff Sidik/Tanasheh Abraham.

5. Admin

a. Metros Accounts - Teresa circulated draft accounts which Jasia will audit.

ACTION: Teresa Young/Jasia Zimmerman

b. Membership – Irene confirmed that 73 members had not yet renewed which makes administration more difficult. The ability to use Spond will be removed if a renewal is not received soon.

ACTION: ALL MEMBERS WHO HAVE NOT YET RENEWED

6. AOB

a. Criteria for Awards – Marcus has updated. The criteria for the TVXC and BJ Fun Run need to be confirmed.

ACTION: Marcus Weedon/Pat Jackson

b. Race Number Swapping – Marcus will place a statement in Metrolines that Metros members should not run with another person's race number unless the number has been transferred officially through the organisers.

ACTION: Marcus Weedon

b. New Role – Team Co-ordinator – It was agreed that this new role, suggested by Irene, should be advertised.

ACTION - Marcus Weedon/Irene Paull

d. Archiving – it's come to our attention several years worth of Metrolines on the website have either disappeared or links not linking up to them. A better archiving system is required.

ACTION: Tanasheh Abrahams/Irene Paull/Marcus Weedon

b. New Early Morning Session – Nathan has suggested a new early morning session that he will be happy to host, possibly at Headstone Manor at 6.30/7.00 am for those who want to meet for an early morning run. Marcus will discuss with Nathan.

ACTION: Marcus Weedon

f. Committee Nominations/Renominations/Resolutions for Metros AGM

Friday 2 May - Proposers and Seconders for Committee nominations should be sent in writing to:

Steve Alder, Metros Hon. Secretary – metrossec@icloud.com

Before FRIDAY 18 APRIL

Marcus will advertise in Metrolines for new Committee Members.

Marilyn Pickford confirmed she is stepping down from the Committee.

ACTION: Steve Alder/Marcus Weedon

Meeting finished at 10.00 pm

Date of next Meeting – to be confirmed

Judy and Nigel were thanked for hosting the meeting.

NOTE FROM THE CHAIR

QUIZ ANSWERS

1. Severn Bridge
2. South Oxhey
3. Somerdale Pavilion
4. Eden Project
5. Black Park
6. Poole
7. Sunny Hill
8. Thames Path, Woolwich
9. Victoria Dock
10. Milton Keynes
11. Bushy
12. Gladstone

Important - Swapping Race Numbers

It has come to our attention over the last few months that some of our members are unofficially swapping race numbers for events.

Swapping numbers without following an event's transfer policy, can lead to disqualification from the race or even future events hosted by the same organisation.

Many race organisers strictly prohibit the transfer of numbers to preserve the integrity of results and ensure that emergency contacts and health information match the actual participant. It can make life very difficult for the race organiser and puts you at risk as the race organiser has no details of your entry if a medical issue occurs in the race.

We kindly ask members of Metros not to run with another person's race number unless it has been transferred officially via the organisers.

We would love your contributions to Metrolines! Please email us with your race results, achievements, photos etc, by 25th April.

metrolines1@gmail.com

IN THE MEDIA THIS MONTH

China to host world's first humans versus robots half marathon



Humanoid robots have been invited to compete in a Beijing half marathon in April, which will pit humans and two-legged robots against each other for the first time.

The 21-kilometre race will include over 12,000 human runners and more than 20 teams of humanoid robots developed by manufacturers from around the world.

Competing robots must resemble human beings and move only via bipedal walking or running, rather than operate on wheels.

The humanoid robots must measure between 0.5 and 2 metres tall, with a maximum extension distance from the hip joint to the sole of the foot of 0.4 metres.

A mixture of remote-controlled and fully autonomous humanoids can qualify for the event, and manufacturers can replace their robots' batteries during the race.

Robots created by national and international companies, research institutions, universities and robotics clubs are invited to enter the event.



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

Please contact Pat Jackson to order kit.

patjacksonhome@hotmail.com

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.

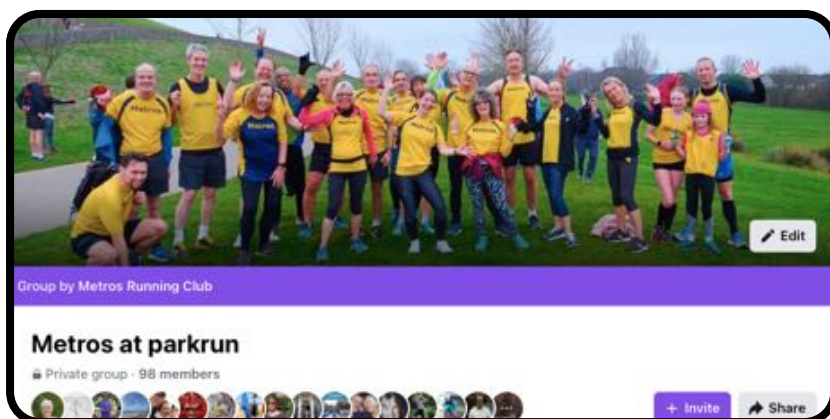
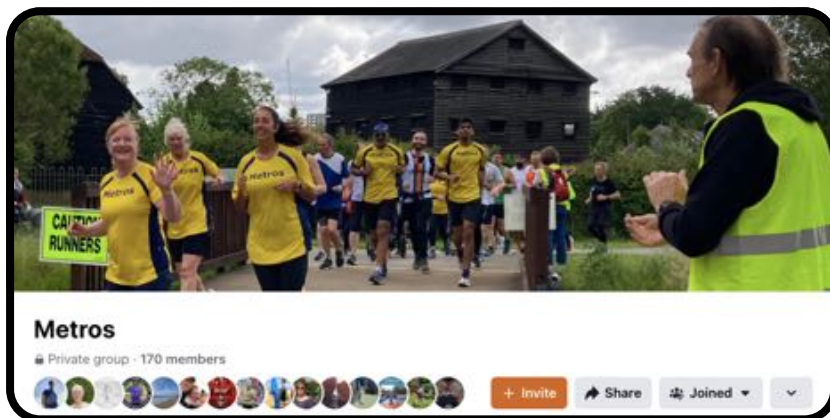
£2 off race entry code for any Runthrough event:

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

CLUB

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