

METROLINES

October 2025
Issue No. 434



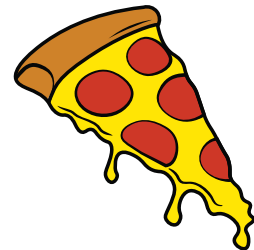
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CALENDAR DATES

October		
Sat 4	10k Challenge (Roxbourne Park)	9.00am
Sun 5	TVXC - Metros Home Fixture - Hillingdon	4.00pm
Sat 11	Wot No Watch (Roxbourne Park)	9.00am
Wed 8	Committee Meeting	8.00pm
Sun 19	Cabbage Patch 10 mile	9.00am
Sat 25	Harrow Track (5k comp)	8.00am
Fri 31	LFOTM - location tbc	11.50am
November		
Sat 1	Roxbourne Park 5k (5k comp)	9.00am
Sat 1	Liddiard Trophy and Young Athletes XC	from 1.00pm
Sun 2	Marlow HM / 7 mile	9.30am
Sat 8	C25k graduation parkrun - location tbc	9.00am
Sun 9	TVXC - Datchet Dashers	11.00am
Sat 15	Measured Mile (Roxbourne Park)	9.00am
Fri 21	Pizza and Prizes, Lowlands	7.00pm
Sun 23	TVXC - Sandhurst Joggers	11.00am
Fri 28	LFOTM – location tbc	11.50am
December		
Sat 6	5 Mile Handicap (Roxbourne Park)	9.00am
Sun 7	TVXC - Reading	11.00am
Sun 7	West End Christmas Lights run/walk	4.00pm
Sat 13	Wot No Watch (Roxbourne Park)	9.00am
Fri 19	Metros Christmas Party	6:30pm
Sat 20	Northala parkrun (5k comp)	9.00am
Sun 21	Winter Solstice run/walk	6.45am
Friday 26	LFOTM – location tbc	11.50am

SAVE THE DATE - PIZZA AND PRIZES



Friday 21st November 2025

Lowlands Tennis Club, Lowlands Road, Eastcote HA5 1TU
7pm for a 7.30pm start

Lowlands Tennis Club has a bar available for drinks at very reasonable prices. Please arrive in time to purchase any drinks before 7.30 pm. The club will be funding takeaway pizza during the course of the evening.

We hope members and their families will be able to join us to celebrate the achievements of Metros members during the 24/25 running season.

**RSVP – on Spond or by email (teresa53.young@gmail.com)
by Monday 17th November**

Please give details of number of people attending and any dietary preferences or allergies. (e.g. Vegetarian, pizza without cheese, tomato or nut allergy.)

Awards

TVXC League 2024-2025

Summer League 2025

Track & Field MBEs & Track Shields

Measured Mile

5 Mile Handicap

LRRC Trophies

5K Series (Roxbourne Park, Track & parkruns)

Ann Marsden 5K (Roxbourne)

Young Runners

Beginner Runner

Running Achievement

Services to Running



Our annual awards evening "Pizza & Prizes" is coming up fast.

This year, we'd love your input! We've updated the awards criteria (see below) and invite you to nominate members for the following categories, with a short note on why you think they deserve it:

Young Runners of the Year (Girl & Boy)
Beginner Runner of the Year
Aaron Breen Award (Female & Male)
Runners of the Year (Female & Male)

Young Runners' Awards – one for girls, one for boys under 18 years. The criteria being participation, achievement, effort, determination and sportsmanship.

Beginner Runner This will be a member who has either recently started running or previously done little running and who has improved substantially in the year between the award presentation evenings.

Aaron Breen Awards – one award each for a male and female member, for service to Metros. This award recognises the huge contribution volunteers make to the club. Recipients will have been members for at least 18 months and the current holder, in consultation with two previous holders, will review the nominations and recommend candidates to the committee.

Runners' Awards – one award each for a male and female member, for running achievements throughout the year. This award is effectively "Runner of the Year" and previous recipients have all demonstrated notable achievements in the year they were chosen.

Please email Marcus at marcusweedon@hotmail.com with your nominations by **Saturday 4th October**.

Your nominations will help guide the final decisions and ensure everyone feels included.

Thank you for your support.
Marcus



Friday 19th 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.



**West End Christmas Lights run/walk
Sunday 7th December 4pm**

**Winter Solstice run/walk
Sunday 21st December 6.45am**



**Vitality Bournemouth Bay Run
Half Marathon and 10k
22nd March 2026**



Plans are afoot for a Metros Weekend Away - more details to follow, meanwhile add the date to your diaries.

<https://www.bournemouthbayrun.co.uk>

Metros 5k to 10k Running Programme

Winter 2025

A Structured Eight-Week Plan for Runners Progressing from 5k to 10k
starting

Tuesday 11th November 2025

Introduction

This course is for anyone who can run 5k and wants to progress to run 10k distance. Whether you are aiming for a race, building general fitness, or simply challenging yourself, this eight-week programme is designed to increase your endurance and confidence gradually. The plan is suitable for those who can comfortably run 5k already (continuously) and wish to reach 10k in a structured, injury-free manner. At the end of this course, you should be confident in attending all the regular Metros runs and activities through the week.

Programme Overview

This plan consists of three runs per week.

Weeks 1 to 4 we will meet on **Saturday mornings: 09:00 at Roxbourne Park**

Tuesday evenings: 19:30 at Lowlands Tennis Club

Thursday evenings: 19:30 at Morrisons in Hatch End

Week 5 you will be attending the **Metros Monday Run: 19:15 at Headstone Lane** and the **Metros Thursday Run: 19:00 at Harrow Weald**

Weeks 6 to 8 will include the **Metros Wednesday Run: 19:15 at Harrow on the Hill** in lieu of the Thursday Run.

Runs will commence with a brisk walk or slow jog and stretching after.

We will join the **Metros 10k run at Roxbourne Park** to finish this programme.

How to Join

This is open to all members of Metros. To join, just send me an email at **metrossec@icloud.com**. There is no cost if you are already a member of Metros.

How many people will be in the 5k to 10k group?

We are accepting applications for up to 20 beginner runners for this course.

Places will be offered on a first-come first-served basis.

Can I wear headphones and listen to music whilst I run?

No. Headphones are not allowed at our sessions as you need to listen to instructions. In addition, when jogging in the streets you need to be able to hear traffic and other sounds that enable you to stay safe.

Night runs

Wear hi viz and carry lights for running at night.

RACE RESULTS

The Big Half, 7 September

Rick Patel 1:30:09
Tanasheh Abrahams 1:37:09
Mohammed Rajan 1:38:29
Mohamed Hamid 1:43:24
Abdul Ali 1:43:51
Deborah Conte 2:14:57
Lorraine O'Donovan 2:24:46
Saida Nasser 2:31:50
Richard Hayward 2:47:54
Alisha Sidik 2:52:07
Sakina Sidik 2:52:12
Ariff Sidik 2:52:13
Meena Mistry 3:23:57

UltraX England 25k, 14 September

Sonny Peart 04:18:19

Shoreditch 10k, 21 September

Rohan Mascarenhas 00:55:25
Nishil Shah 01:00:51
Lorraine O'Donovan 01:02:03
Monica Shortt 01:05:23



Berlin Marathon, 21 September

Paul Spendloff 03:40:32
Quentyn Taylor 03:55:49
Keval Shah 04:32:16

Sydney Marathon, 7 September

Yvonne Walker
4:48:13



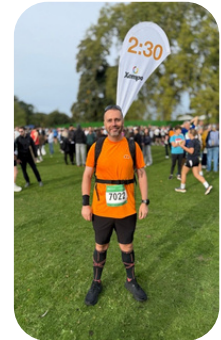
Dorney Midweek Sprint Triathlon, 27 August

Jonathan Evan-Hughes
1:20:18



Richmond Half Marathon, 14 September

Bruno Croford 1:29:51



Tissington Trail half marathon, 21 August

Peter Reynolds 1:54:56
Kate Armstrong (former
Metro) 1:58:54



Great North Run, 7 September

Andrew Borley 2:17:51
David Merrigan 2:24:23
Andrew Collier 2:41:44



RACE RESULTS

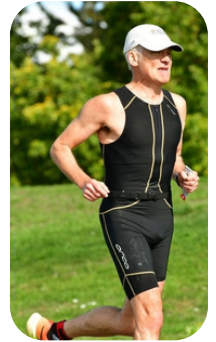
Dorney Lake marathon, 27 September

Justin Archer 3:23:38
Sasha Birkin 3:28:46



Eton Dorney standard triathlon, 21 August

Jonathan Evan-Hughes
2:45:22



Real Ale Creative Juices 10k, 21 September

Stuart Abraham 00:59:45



Sun, a hill run and beer, surely the perfect combination? So I thought when an ad popped up on social media for a 10k near Rickmansworth. It's one of a series run by racing line where you start the run from a rural brewery and get to taste the good stuff when you finish.

I ran from Creative Juices brewery on 21 September with the run featuring hills, woodland and a sprint over the M25. The highlight though was watching the start of the canicross run where about twenty dogs and owners set off together before the main race began. My reward for beating the hour by a few seconds was a pint of "Of course I still love you" best bitter. Definitely recommended and I'll be visiting the brewery again although possibly just an amble next time.

<https://creativejuicesbrewingcompany.com>

<https://www.racinglinerrunning.co.uk/events>

Congratulations to all who were involved in the 2025 Round Norfolk Relay! Click [here](#) to view a write up and more photos from the event.



London Marathon Good for Age Entry

Only UK residents are eligible to apply.

The qualifying period is 1 October 2024 to 30 September 2025.

Qualifying times must have been run at an in-person event that has a certified marathon course, or at the TCS London Marathon MyWay. In-person race courses must have been certified by UKA, the Association for International Marathons and Distance Races, or a national governing body for distance running for the country in which the race is held.

The 2026 Good For Age places are capped at 6,000 (3,000 men and 3,000 women). Meeting the qualifying time will not guarantee a place but simply the opportunity to submit an application. Places are allocated on a 'fastest first' basis relative to age and qualifying time.

Applications open on **Thursday 2 October 2025** until 16:00 on **Thursday 30 October 2025**. No entries will be accepted after 16:00 on Thursday 30 October 2025. Results will be available on **Monday 8 December 2025**.

2026 Qualifying Times Marathon		
Age	Women	Men
18-39	sub 3:38	sub 2:52
40-44	sub 3:43	sub 2:57
45-49	sub 3:46	sub 3:02
50-54	sub 3:53	sub 3:07
55-59	sub 3:58	sub 3:12
60-64	sub 4:23	sub 3:34
65-69	sub 4:53	sub 3:52
70-74	sub 5:53	sub 4:52
75-79	sub 6:13	sub 5:07
80-84	sub 6:38	sub 5:27
85-89	sub 7:10	sub 6:10
90+	sub 7:45	sub 7:20

SATURDAY SERIES: 5 MILE HANDICAP

Roxbourne Park - Saturday 6th September

	Race time	race hcp	Time plus hcp	next hcp
Derek Bamforth	49.36	7	56.36	11
Elish Fernandes	65:00	-7	58:00	-5
Paul Hor	43.03	15	58.03	17
Bill Bailey	50:40	8	58:40	10
Dave Young	45.51	13	58.51	14
Simon Aberly	39.55	19	58.55	20
Bill Harrington	48.59	10	58.59	11
Marion Rogan	61.29	-1	60.29	-1
Barbara Reading	61.29	-1	60.29	-1
Marcus Weedon	37.31	24	61.31	23
Tiziana Spotti	74.22	-6	68.22	-14
Jasia Zimmerman	54.47	17	71.47	6

hcp = handicap

SATURDAY SERIES: WOT NO WATCH

Roxbourne Park - Saturday 13th September

	Predicted	Actual	Difference (seconds)
Simon Abery	06:50	06:54	4
Paul Hor	07:25	07:14	-11
Stuart Lawrence	09:00	08:07	-53
Robyn Walliser	08:50	08:42	-8
Will Bailey	08:45	08:52	7
Malcolm Jackson	08:55	08:59	4
Bill Harrington	09:30	09:00	-30
Shinu Mittal	09:00	09:16	16
Giuseppe Pacinella	11:30	10:14	-76
Elish Fernandez	11:30	10:22	-68
Barbara Pacinella	11:30	11:30	WINNER
Carole Valentine	13:00	11:30	-90
Sonya Grist	19:00	25:00	360

A select group this morning with so many people away in Wales and Norfolk.
My thanks to Robyn for leading the group and managing the start. Congratulations to
first time winner Barbara Pacinella. Thanks also to Barbara Reading for keeping me
company and carrying my chair.

Irene Paull

SATURDAY SERIES: 5K COMPETITION

Cassiobury parkrun - Saturday 20th Septemeber - Women

	Age Grade	Time	Points
Janice NEWMAN	87.17%	31:18	50
Sasha BIRKIN	79.55%	22:10	49
Caroline DAY-LEWIS	77.29%	24:04	48
Emma PONNAGANTI	74.30%	22:34	47
Jasia ZIMMERMANN	70.96%	29:54	46
Ann SUFFIELD	66.32%	25:17	45
Stephanie WHITE	61.55%	35:35	44
Una CUNNINGHAM TAYLOR	59.56%	28:09	43
Tanya KEENE	55.38%	31:27	42
Ruth TIDDER	54.81%	32:36	41
Allegra KEENE	54.28%	30:00	40
Penny HUDSON	54.09%	37:28	39
Claire REID	42.60%	34:54	38
Irene PAULL	38.12%	56:32	37
		Ave	43.5

Volunteer - Judy Rackham



SATURDAY SERIES: 5K COMPETITION

Cassiobury parkrun - Saturday 20th September - Men

	Age Grade	Time	Points
Nigel RACKHAM	83.94%	19:37	50
Christopher SHEARWOOD	79.34%	20:34	49
Russell MORRIS	76.58%	20:04	48
Rocco KEENE	75.00%	18:16	47
Nathan POWELL	74.92%	20:52	46
Marcus WEEDON	71.92%	20:50	45
Kevin SMART	71.90%	23:33	44
Michael MORRIS	70.54%	22:21	43
Matthew RACKHAM	69.09%	18:46	42
Gerry BARKER	68.40%	36:49	41
James KERRANE	66.28%	21:33	40
Simon ABERY	66.12%	24:15	39
Steve PAULL	66.04%	27:23	38
John P DUNN	64.68%	22:05	37
Bijan KEENE	64.54%	23:13	36
Nick RUSSELL	64.24%	23:32	35
John O'CALLAGHAN	63.54%	25:55	34
Tanasheh ABRAHAMS	63.24%	20:27	33
Kirit RANPURA	61.91%	27:05	32
Tim OAKLEY	59.66%	28:23	31
Stuart ABRAHAM	57.88%	26:19	30
Amol BHUPTANI	57.78%	22:30	29
Quinton STOWELL	48.32%	31:40	28
Mike REID	47.59%	34:55	27

RUN REPORT

Cassiobury parkrun - Saturday 20th September

For those who weren't there, you missed a sea of yellow & blue and red & white at the Cassiobury parkrun, on a standard, rather dull September morning. Well, to add a bit of context, the yellow team pretty obviously were Metros (all 38 of them), the red & white team were Watford Joggers (53 turning out). There is always friendly rivalry between local clubs, and Metros and Watford Joggers are no exception. Both clubs welcome runners of all abilities, so how does one compare like with like? Enter the Mob-Match event. Each club drums up as much support at it can and compete in a local parkrun. How are the results calculated? The winning team is the team who achieves the highest average age grading (no cheating allowed by only inviting the very fast or very old members of the club to compete).

In this case **Metros** age grading average was **65.44%**, **Watford Joggers** averaged **57.88%**. Well done to both teams. Within the Metros team there were 9 PBs & 6 first timers. Unsurprisingly, all but one of the Watford Joggers had run the Cassiobury parkrun before.

The parkrun was also the final event of the **2024-25 5k Series**.

Congratulations to **Janice Newman** who topped the Metros female age grading Top male age graded Metro was **Nigel Rackham**, who completed his 5k as part of a longer 24-mile run. **Sasha Birkin** and **Emma Ponnaganti** also completed the parkrun as part of a longer run (made even longer by getting lost - not during the parkrun, I hasten to add!) **Rocco Keane**, achieved a 5k PB of 18:16.

Interesting fact: The **491st** finisher at the **491st** event was our very own **Gerry Barker** (VM85-89) in a time of 36:49.

Well done to all involved.



SATURDAY SERIES: 5K COMPETITION 2025 - 26

The Metros 5k competition will run from October 2025 to October 2026, with one event per month. **Provisional Dates**

Event Number	Date	Event
1	25 Oct 2025	Harrow School track
2	1 Nov 2025	Roxbourne Park
3	20 Dec 2025	Northala Fields parkrun
4	17 Jan 2026	Harrow parkrun
5	7 Feb 2026	Roxbourne Park
6	21 Mar 2026	Rickmansworth parkrun
7	18 Apr 2026	Harrow School track
8	2 May 2026	Roxbourne Park
9	27 Jun 2026	Harrow School track
10	18 Jun 2026	Gladstone parkrun
11	1 Aug 2026	Roxbourne Park
12	19 Sept 2026	Cassiobury parkrun
13	10 Oct 2026	Canons Park parkrun

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



LRRC TROPHY RACES



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 10M</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>	✓
17-Aug	£22/30	<u>Burnham Beeches 10k/HM</u>	✓
21-Sep	£25	<u>Leighton Buzzard 10M</u>	✓
28-Sep	£19	<u>Moor Park 10k</u>	✓
19-Oct	£25	<u>Cabbage Patch 10M</u>	
2-Nov	£22/32	<u>Marlow 7M/HM</u>	

NB: The Cabbage Patch 10 is now sold out, however places can be transferred officially (for a fee of £5) up until the date of the race. You may find people advertising their spaces on the facebook page due to injury etc. Please ensure you do not run with another participant's details.

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

LRRRC TROPHY RACES

Leighton Buzzard 10 mile

Position	Name	Gun Time	Chip Time	
7	Richard Wilkinson	1:01:17	1:01:15	
36	Chris Shearwood	1:11:33	1:11:29	3 rd V60
154	Steve Paull	1:38:31	1:38:17	



LEAGUES: THAMES VALLEY CROSS COUNTRY

TVXC 2025/26

DATE - 5TH OCTOBER 2025 @ 4PM

LOCATION - HILLINGDON SPORTS COMPLEX - UB8 1ES

OUR OPENING HOME LEG OF THE TVXC SEASON NEEDS YOU!

**VOLUNTEERS TO HELP MARSHAL THE COURSE AND ASSIST WITH REFRESHMENTS
CAN NOW SIGN UP ON SPOND**

DON'T FANCY HELPING? - THEN SIGN UP ON SPOND TO RUN INSTEAD

**FOOD DONATIONS - WE ALWAYS PUT ON AN AMAZING SPREAD -
LET'S DO IT AGAIN BY BRINGING YOUR AMAZING CAKES AND SAVOURIES
TO THE COMPLEX ON THE DAY!**

**WE URGENTLY NEED EXTRA MARSHALS FOR OUR HOST FIXTURE ON SUNDAY
5TH OCTOBER. PLEASE SIGN UP ON SPOND OR CONTACT NIGEL RACKHAM
(07745220278) DIRECTLY IF YOU CAN HELP.**

Provisional Dates for 2025/2026 Season:

5 th October	Metros
9 th November	Datchet
23 rd November	Sandhurst
7 th December	Reading
11 th January	Bracknell
25 th January	TVT
8 th February	Handy Cross

PARKRUN TOURISM



FUNDRAISING

I'm running the Chicago Marathon on October 12th 2025 for Muscular Dystrophy Association (MDA).

Muscular dystrophy is a genetic condition that causes weakness and degeneration of muscles which gets worse over time. Currently there is no cure, but treatment can help with symptoms. MDA is the number 1 voluntary health organisation in the world for people living with muscular dystrophy, ALS, and over 300 other neuromuscular conditions. For 75 years, they've led the way in research, care, and advocating support and inclusion of families living with neuromuscular disease.

<https://www.mda.org/>

My training has been hampered by tendonitis in my hamstring which means I've only been running 1-2 times a week and I'm on for a massive personal worst time haha! On the plus side, I hope not being worried about what time I get means I can "enjoy" the marathon on the day. After this, I'll only have Boston left to complete the original 6 World Marathon Majors and get the medal below!

Any donations would be greatly appreciated:

<https://www.justgiving.com/page/mitesh-patel-4>.

Mitesh Patel





IF YOU WORK IN I.T. ARE YOU ABLE TO HELP?

Metros would like to have online storage for archiving documents such as Metrolines, event photographs, Committee and AGM minutes, accounts files and race series results dating back over many years (e.g. 10k, Measured Mile, 5k, Brian Jackson Fun Run).

We currently own the domain name "Metros.org.uk" and would like to create and use generic emails such as
chair@metros.org.uk secretary@metros.org.uk
archivist@metros.org.uk

Do you know of any facilities or companies that could enable us to do this at a reasonable cost? Would you be willing to help members of the committee set this up?

Please contact Marcus Weedon (marcusweedon@hotmail.com)
or Teresa Young (teresa53.young@gmail.com)

MINUTES: METROS COMMITTEE MEETING
Wednesday 17th September 2025 at 8:00pm

Many thanks to Nigel & Judy Rackham for continuing to host our committee meetings

Chair: Marcus Weedon
Note Recorder: Rohan Mascarenhas

1.Attendees - Marcus Weedon, Rohan Mascarenhas, Nigel Rackham, Ariff Sidik, Irene Paull, Anne Ambrose, Pat Jackson, Steve Alder

Apologies - Teresa Young, Jennifer O'Sullivan, Andy Fox, Keval Shah

2.Actions from last Meeting

A.EA / Club Standards - specifically on budgets, Teresa has provided information for the current year 2025/26 and the Committee is actively reviewing. The membership revenue will be updated, and any extra costs associated with certain Summer League events will be discussed further. Budget information will be added to the website upon completion.

Action: Teresa Young

B.Club Role Descriptions / Website - Marcus updated the website with current committee role descriptions and member details. Policy reviews will finish by October, including the addition of a Social Media Policy. The creation of a generic email address via the current hosting site is still under consideration.

Action: Marcus Weedon / Rohan Mascarenhas / Steve Alder / Irene Paull

C.Leadership course in Running Fitness (LIRF) - Abdul Ali & Rohan Mascarenhas approved by the committee to participate and specific weekly sessions to be allocated.

Action: Marcus Weddon / Rohan Mascarenhas

D.Couch to 5k / 5k to 10k - 12 members engaged in current C25K which commenced 6th September. A programme for 5k to 10k participants is scheduled to launch in mid-November (exact date to be announced), with an advertisement planned for Metrolines. During one of the Roxbourne 10k events held in winter, a graduation was suggested because the Regents Park 10k would be more expensive due to its entrance fee. 5k to 10k could be incorporated into Tuesday night run / walk sessions.

Action: Steve Alder

E.Membership update - 338 members currently, this number has been boosted by trials which are restarting in October and C25K uptake.

Action: Irene Paull

3.Club Events

A.Brian Jackson Fun Run - 46th annual event be held on 27th September at Roxbourne- members and parents of children required to sign disclaimer forms

Action: Pat Jackson

B.Metros 40th Anniversary Party - 27th September at Harrow Weald Memorial. 115 currently attending with a few more to follow upon payment. Facebook post to be published with an outline of the evening and details of the raffle. Chair / Aaron Breen winners speeches TBC and recognition for volunteers who have contributed to Metros' success over the years.

Action: Jennifer O'Sullivan / Andy Fox/ Irene Paull

C.Prize & Pizza Evening - date TBA (mid/late November) and Lowlands venue to be booked.

Action: Teresa Young

D.Metros 5K trophy 2025/26 dates - proposed dates to be confirmed by Committee. Cost and lower attendance at some track events in Summer and winter conditions and Roxbourne to be considered. Minimum two-week gap proposed between 5k events and where possible avoiding next day races.

Action: Nigel Rackham / Nathan Powell / Marcus Weedon

E.Monday Core Session - local church hall to be booked from October due to seasonal change.

Action: Ariff Sidik

4. Other Events

A.Round Norfolk Relay (RNR) - successfully took place 13th / 14th September. Gratitude was expressed for the dedicated support team - commemorative medals to be explored for recognition. When opening the event to club members, the discussion emphasized how runners needed to maintain a certain pace to finish within the 24-hour deadline.

Action: Marcus Weedon

B.Mob Match - 20th September at Cassiobury parkrun (final Metros 5k Trophy event for 2024/25) confirmed versus Watford Joggers.

Action: Rohan Mascarenhas

C.TVXC: First event of the season will take place 5th October at Hillingdon. Keval Shah will be Race Director.

Action: Marcus Weedon / Keval Shah

5. AOB

A.Event safety - the use of drones at events is not permitted for safety, safeguarding and privacy. Use of headphones (including bone conducting) will not be permitted at Harrow 10k due to the road running / traffic conditions with the course, EA adherence enables clubs to make this decision.

Action: Marcus Weedon

2.Awards – All current award holders have been requested via Spond messaging to return trophies to Ariff or other Committee members. Nominations from club members will be collated via WebCollect e.g. Beginner/Runner of the year awards. Final selection will be confirmed the Committee.

Action: Ariff Sidik / Irene Paull

C.Mental Health Week – commencing 5th October it was suggested that members at weekly sessions could take time to build rapport / check-in with others to them e.g. warm at up track session with somebody less familiar to you.

Action: Ariff Sidik

Next Committee meeting

8th October

METROS SESSION CO-ORDINATORS

MONDAY

- Run Session - Stephanie White
- Core Session - Ariff Sidik

TUESDAY

- Run Session - Steve Paull & Tim Oakley
- Walk/Jog - Irene Paull & Nancy Morris

WEDNESDAY

- Hills 1 - Nathan Powell & Kevin Smart
- Hills 2 - Gerry Barker & Mike Reid

THURSDAY

- Run Session - Mike Morris
- Track Session - Nathan Powell & Marcus Weedon
- Track Session 2 - Sakina Sidik

FRIDAY

- Strengthening Session - Marcus Weedon
- LFOTM - Gerry Barker

SATURDAY

- Roxbourne Session - Adam Leary & Marilyn Pickford

To contact a session leader,
please send a message via spond

Colder weather is coming - maybe time to order a warm Metros top?

The following are not kept in stock but can be ordered:

£21 Fleece - Unisex 380 gsm full zip – navy blue

£18 Fleece - Ladies 300 gsm full zip – navy blue

£20 Hoodie navy blue or yellow - Adults

£14 Hoodie navy blue – Children

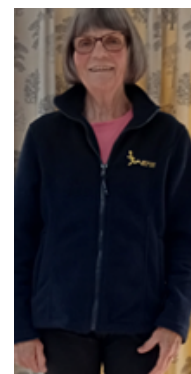
£5 Knitted Hats – navy blue or yellow

In stock

£15 Hi Viz vest

£5 Snood

Please contact me asap if you would like to place an order and by Wednesday 22nd October. Thank you.



Lightweight Jackets

Apart from official kit vests and T-shirts which are in stock, we can order Lightweight Jackets which are not kept in stock. A minimum number need to be ordered and a few more orders are needed before we have the minimum number required to place an order. They are produced by Scimitar who supply our present official kit vests and T-shirts and are the same colours and cost £55.

The manufacturer's description of the material is "Qwik-Dry fabric. Sensitive wicking fibres transport moisture away from the skin, helping to maintain and regulate body temperature whatever the situation."

I am now taking orders for these lightweight jackets which will not be kept in stock. Please let me know as soon as possible if you would like to order a jacket. Thank you.

Pat Jackson

patjacksonhome@hotmail.com

0796351816



Vest: Front

Rear view



Tee-shirt: Front



Rear view



Standard yellow body, long sleeve T
(front and rear view)

Alternate blue body, long sleeve T
(front and rear view)

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.

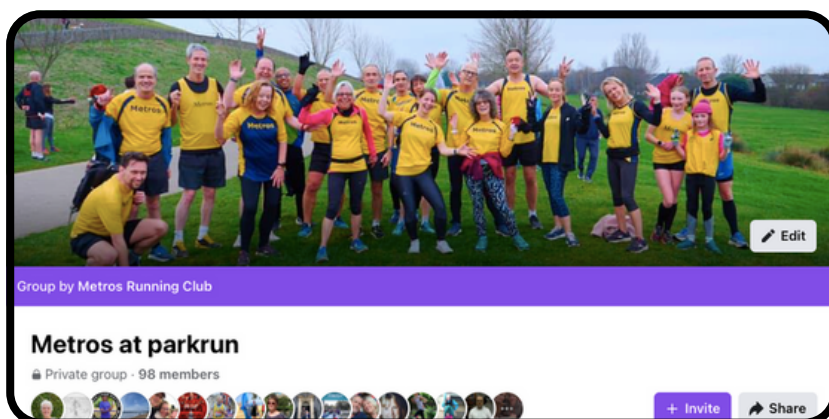
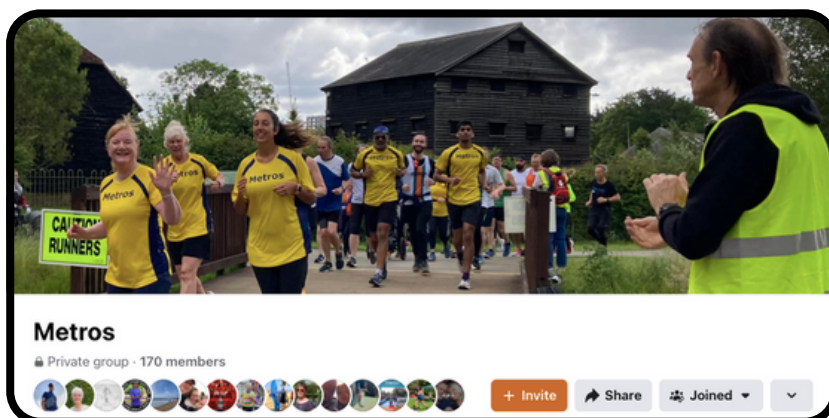
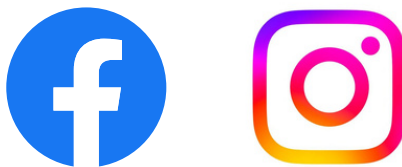
Looking for running socks or new insoles? Use code **ARIFFSIDIK** for a 15% discount at www.enertor.com

**£2 off race entry
code for any
Runthrough
event:**

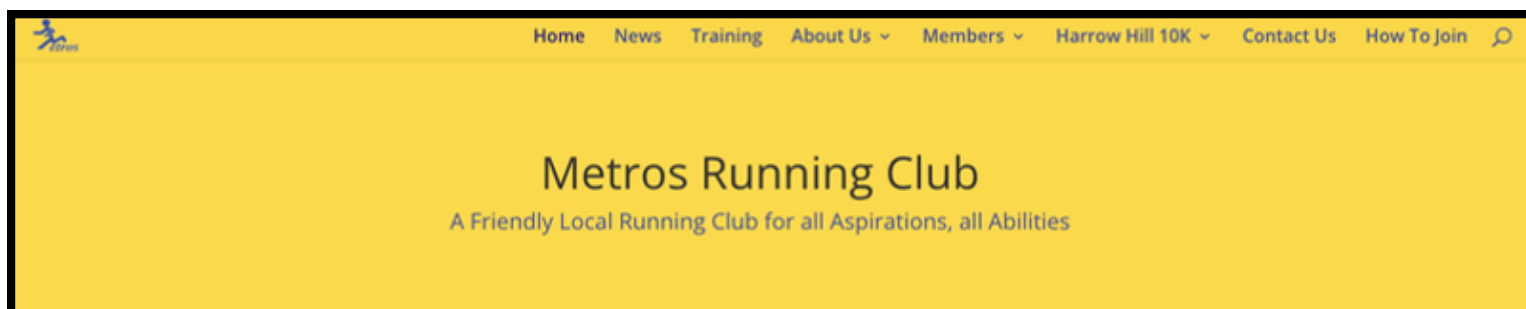
CLUB

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 should be grateful if you would like and share our posts to increase our online profile. Thank you!



WEBSITE



www.metros.org.uk