



PIZZA AND PRIZES

November 21st 2025



METROS AWARDS CRITERIA (1)

Thames Valley Cross Country league (TVXC) – Ages are at midnight 31st August/1st September at the start of the season. The first Metros finisher in each race receives 100 points, the 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). Awards for Female and Male will be given for the most points accumulated only.

Official Metros Running Shirt required - Yes

Co-ordinator – Jenny O’Sullivan. Metros host event organiser – Keval Shah

Summer League – League points from the Summer League leaderboard are combined into 10-year age groups for adults and 2-year age groups for juniors and tenderfoots. To qualify, adults must complete at least two events and juniors one. The best three scores from up to five events count towards the final total. Awards are given as follows: three if five or more runners are eligible, two if there are three to four, and only first place if fewer than three (adults) qualify.

Official Metros Running Shirt required - Yes

Co-ordinators - Irene Paull, Rohan Mascarenhas and Steve Alder

The ‘Bill Gardner’ Summer League Award – Each runner’s time for each race is converted to an age-graded percentage using the Summer League Percentages. The runner with the highest average percentage receives the award.

M.B.E.s – Metros Best Efforts – presented only when a 35+ age category record recorded since 1986 is broken at Track & Field meetings.

Official Metros Running Shirt required - Yes

Co-ordinator - Marcus Weedon. Calculated by Simon Aberly

The ‘Harold Godden’ Track Shields – one each for women and men, awarded for the best aggregate performances in Track & Field events. Aggregates calculated using the World Association of Veteran Athletics tables. Calculations by Simon Aberly.

Metros Annual Fun Run – The Brian Jackson Fun Run – awards for the best aggregate performance in the 3K, 2K and 1K and for all three combined for women and men, one award only per individual.

Official Metros Running Shirt required – No, but we like to see a sea of yellow.

Co-ordinator – Pat Jackson Calculated by Teresa Young

5k Competition – one award each for women and men for best age-related performance. Plus an award for participating in all races, running, walking or volunteering. To be eligible, runners are required to run 10 of the 13 events and must have completed at least 1 of each track, Roxbourne and parkrun. Events held at Harrow School track, a nominated parkrun and Roxbourne Park.

Official Metros Running Shirt required – No, but we like to see a sea of yellow.

Co-ordinators - Nathan Powell and Nigel Rackham

METROS AWARDS CRITERIA (2)

Ann Marsden Award – awarded to the most improved woman over 18 years in the 5k Competition for events held in Roxbourne Park.

Official Metros Running Shirt required – No

Co-ordinator – Irene Paull

Keith Adsley Award for the Measured Mile – One award to whoever shows the most improvement during the designated Measured Mile series.

Official Metros Running Shirt required – No, but we like to see a sea of yellow.

Co-ordinator – Teresa Young

Metros 5 Mile Handicap – awarded to the person who has the highest overall points total in four designated events.

Official Metros Running Shirt required – No, but we like to see a sea of yellow.

Co-ordinator - Gordon Valentine

LRRC Trophies – one each for women and men, awarded for the highest overall points total in designated races. An award for anyone who completes the whole series.

Official Metros Running Shirt required – Yes

Co-ordinator – Vincent Cheung

Young Runner's Awards – one for girls, one for boys under 18 years. Current holders are not eligible to be considered for the following year. Recipients are chosen by the committee, having requested nominations from members via email, the criteria being participation, achievement, effort, determination and sportsmanship.

'Beginner' Runner – The award recipient is chosen by the committee, having requested nominations from members via email. This will be a member who has either started running or previously done little running and has improved in the year, approximately between the award presentation evenings.

Aaron Breen Awards – one each for women and men for services to Metros, the new recipient will need to have been with the club for up to 18 months and not within 3 months of discussion. The new recipient is chosen by the present holder in consultation with at least three previous holders, taking into consideration the requested nominations from members via email. The Holder then passes their nomination to the committee, who will then discuss and, if felt, will make other possible suggestions to consider.

Runner's Awards – one each for women and men for running achievements throughout the year. The new recipient is chosen by the present holder in consultation with at least three previous holders, as well as taking into consideration the requested nominations from members via email.

Hall of Fame – Occasionally awarded by the committee to members who exemplify the spirit of Metros and who have made significant contributions to the club alongside exceptional running achievements.

THAMES VALLEY XC LEAGUE

Co-ordinator **Al Scoffham/Jenny O'Sullivan**.

Martin Eden completed all the fixtures (7) in 2024/25

Bernie Conway was the Metros female to complete the most fixtures last year (4).



SUMMER LEAGUE

Tenderfoot Girls

2nd U9 girl Sophia Bassiri

1st U11 girl Tara Ponnaganti

2nd U11 girl Nisha Ponnaganti



Adult women

1st Metros Senior Claire Reid

1st Metros W40-49 Charlie Kelly

1st Metros W50-59 Sasha Birkin

1st Metros W60-69 Steph White

1st Metros W70+ Marion Rogan

2nd Metros Senior Emma Collier

2nd Metros W50-59 Emma Ponnaganti

2nd Metros W60-69 Anne Ambrose

2nd Metros W70+ Janice Newman



3rd Metros W40-49 Louise O'Reilly

3rd Metros W50-59 Rhonda Tapley

3rd Metros W60-69 Tiziana Spottii

3rd Metros W70+ Pauline Bishop

Tenderfoot Boys

1st Under 13 Boy Zachery Archer

Adult Men

1st Metros U17-39 Richard Wilkinson

1st Metros M40-49 John Norris

1st Metros M50-59 Justin Archer

1st Metros M60-69 Chris Shearwood

1st Metros M70+ Jeff Rollason



2nd Metros U17-39 Rocco Keene

2nd Metros M40-49 Rick Patel

2nd Metros M50-59 Nathan Gee

2nd Metros M60-69 Clive Lucas

2nd Metros M70+ Andrzej Warhaftig

3rd Metros U17-39 Daniel Smith

3rd Metros M40-49 James Kerrane

3rd Metros M50-59 Russell Morris

3 d Metros M60-69 Kevin Smart



BILL GARDNER AWARD

I seem to recall standing here this time last year and announcing a close competition between **Chris Shearwood** and **Sashia Birkin**. And this year it is the same close call between those two runners. The competition for 3rd and 4th places was also close, with **Rhonda Tapley** averaging 75.7% and **Justin Archer** 75.8%.

However before I announce the winner we should perhaps acknowledge the best single age-grading of the series which goes to **Nigel Rackham** at 87.5%, but as he only ran one event he does not qualify. Over the series, **Chris's** average was 77.9%, but the winner is **Sasha** with an average of 79.1%.

Teresa



YOUNG RUNNER - FEMALE

You know, some kids start running and you know they're going to be something special - and this young runner is exactly that! What a year she's had! She's tackled three tenderfoots at the Summer League, giving it her all in every race. She also starred in the relays, coming first in her Metros age group - talk about running with style and speed! She even ran in the Brian Jackson Fun Run and, as if that wasn't enough, delivered yet another fantastic performance in the relay. Clearly, slowing down is not in her vocabulary.

She's a regular at Pinner junior parkrun, completing 24 runs this year alone and smashing her personal best with a time of 9 minutes 35 seconds. And also amazingly, she even took on an adult parkrun back in December 2024, which is only her 5th parkrun - finishing in 29 minutes and chopping a massive four minutes off her previous time.

Watch out, Mum! At this rate, you might need a head start, a jetpack, or maybe even a distraction like a plate of cookies at the start line to stand a chance—because she's catching up fast!

So, without further ado, it's my absolute pleasure to announce **Tara Ponnaganti** as Metros Young Runner of the Year 2025!

Marcus



YOUNG RUNNER - MALE

Some people join a club, and they participate. Others join a club, and they leave a mark. Our Metros Junior Member of the Year is very much the latter.

This young runner has been part of our Metros family for several years, often proudly sporting the Metros vest alongside his parents at events. He's an active parkrunner - both in the junior and main events—and a true parkrun tourist, exploring courses near and far with enthusiasm and determination.

He's taken part in iconic races, from the London Mini Marathon to the Vitality 1mile, and has consistently shown his dedication in the Summer League's tenderfoot races. Along the way, he's recorded a series of personal bests, demonstrating that talent combined with hard work leads to real results.

It's not just about the numbers, though. He's a fixture at Pinner junior parkrun, completing over 162 junior parkruns to date—and counting!

He's become so integral to the club that we even have a club training session named after him. With that kind of speed and commitment, it won't be long before he's running sub 9.58 seconds at Harrow School Track, so keep your eyes on Mr Usain Bolt - there's a new record breaker in the making.

It is with great pride, excitement, and absolute pleasure that we announce **Hugo Conway-Norris** as Metros Junior Member of the Year 2025!

Keep up the running, Hugo, but most importantly, keep enjoying every step of the journey. And if you fancy breaking that next record, maybe ask your Dad if you can borrow one of his 12 pairs of Nike Supershoes - or pop a pair on your Father Christmas wish list for the next Hugo 100 at the track!

Marcus



BRIAN JACKSON FUN RUN

3k 2k 1k	1st Woman 1st Man	Emma Ponnaganti Chris Shearwood
3k	1st Woman 1st Man	Barbara Reading Mike Morris
2k	1st Woman 1st Man	Louise O'Reilly Simon Abery
1k	1st Woman 1st Man	Jenny O'Sullivan Marcus Weedon



METROS BEST EFFORTS

The following have broken previous records in their age groups

- Chik Ha Kwok** W50+ 2000m
- Jenny O'Sullivan** W50+ 100m, LJ and SP
- Kevin Smart** M65+ Javelin

Presented by **Wendy Mulvenna**



HAROLD GODDEN SHIELDS

The female winner again is **Jenny O'Sullivan**
And once again this year the male winner is **Marcus Weedon**

Presented by **Wendy Mulvenna**



LRRC TROPHY AWARDS

Presented by **Vincent Cheung**

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 **Chris Shearwood** and **Lorraine O'Donovan**. No one had completed all events so there was no award for doing so.



Full results in
Metrolines
(Dec 25)

BEGINNER RUNNER OF THE YEAR

Presented by **Marcus Weedon**

Some journeys begin almost invisibly. A single step, a quiet decision, something that seems small at first - but it sets a chain of events into motion that no one could have predicted.

At the start of 2024, this person wasn't a runner at all. In fact, running was almost foreign, a challenge that seemed out of reach. But determination has a way of reshaping reality. Week by week, session by session, they became a familiar presence at our Metros runs, gradually building strength, stamina, and confidence.

By summer, the transformation was unmistakable. From struggling to complete a few kilometres to consistently pushing beyond 5km in the Summer League, they weren't just running—they were growing. And when faced with Moor Park's notoriously tough 10k course, they didn't just finish - they achieved a personal best, slicing an incredible 2.5 minutes off their previous time.

Talking of PBs, I'm to believe she has also recently got a new parkrun PB of 33.53. So, from complete beginner to accomplished 10k runner in a single year—an evolution that embodies the very spirit of this award.

But the story doesn't stop at personal achievement. Along the way, this individual became a cornerstone of our club, encouraging others, mentoring new runners through the Couch to 5k program, and helping turn beginners into confident runners. Their support and generosity extend to volunteering as well, from helping at Metros sessions to manning the water station at the London Marathon and the Lucozade station at the Big Half.

It's rare to see someone transform so completely in such a short time—from someone who didn't run at all, to a 10k personal best holder, mentor, and vital member of our community. Their journey reminds us that beginnings are just the start of something extraordinary.

Ladies and gentlemen, our Beginner Runner of the Year is... **Claire Reid**.



5K COMPETITION

Presented by **Nigel Rackham**

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

Russell Morris

Sasha Birkin



For completing all 13 races
Russell Morris, Nathan Powell and Kirit Ranpura

ANN MARSDEN AWARD

The Ann Marsden Award is part of the 5K Competition for the most improved woman runner over 18. Only two female runners qualified for this award this year, Caroline Day-Lewis and Jo Collier. And the winner is **Jo Collier**

Full results in
Metrolines
(Dec 25)

KEITH ADSLEY MEASURED MILE AWARD

There were 41 runners who took part in at least one of the Measured Mile events during the year, but only 5 who completed the minimum of 3 and improved over each consecutive event.

In 3rd place with an improvement of 16 seconds **Gladys De Groot**.

In 2nd place 28 seconds – **Sarah Westwood**.

But the winner of the Keith Adersley Measure Mile Trophy is **Andrew Collier** with a 45 second improvement and final mile time of 7 minutes 28.

Teresa



5 MILE HANDICAP AWARD

Congratulations to **Bill Harrington** 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.

Gordon Valentine



AARON BREEN AWARD - FEMALE

Presented by **Marilyn Pickford**

Tonight, we are celebrating someone whose contribution to our club goes far beyond running. This lady, who has been a member since 2012, embodies the very spirit of the Aaron Breen Award - volunteering, giving her time, and making sure everything runs smoothly for everyone else. She took over the refreshments from Barbara for our Harrow Hill 10k and then our Summer League, even though she wasn't running much at the time. At our first post-COVID Harrow Hill race, she even got her son involved to help with collecting donations by card instead of cash. When Linda Gaitskell needed someone to look after her guide dog during sessions, she got her family involved.

Outside of the club, she regularly holds charity coffee mornings and afternoons, raising considerable amounts of money for charity. She is the heartbeat behind the refreshments at Metros events - whether it's the Summer League, the Harrow Hill 10k, or, this year, stepping up at the drop of a hat for our Thames Valley Cross Country home event.

Her superb organisation, meticulousness and efficiency means that everyone knows exactly what to do. While our members bring the goodies, we are always in awe of the incredible spread that appears thanks to her guidance. She leads from the front and embraces teamwork ensuring our events run smoothly with her clear communication, planning, and dedication.

What's also remarkable is that she never forgets the volunteers - those marshals working tirelessly to keep events safe and fun. She always ensures there's something left aside for them, showing that she truly understands that the volunteers' contribution is just as important as that of the runners.

Her commitment to supporting our community and thinking beyond just the running epitomises everything this award stands for. And this year, we are delighted to support her as she supports the wider community, through our Christmas donations to Firm Foundation Harrow - Helping the Homeless in Harrow.

Thank you for your generosity, energy and kindness. We truly appreciate everything you do for the club. So, it is our absolute pleasure to present the 2025 Aaron Breen Award 2025 to

Hema Thakur



AARON BREEN AWARD - MALE

Presented by **Gerry Barker**

Sadly Mike wasn't able to make tonight but he has asked me to present on his behalf. Luckily I won the award the year before so I know what it takes to win this award.

So let's get in to this. Ladies and gentlemen, club runners, and anyone who only came tonight for the pizza, tonight it's time for one of the most meaningful honours we give each year: The Aaron Breen Award, celebrating outstanding service to our club. This award isn't for being the fastest, the strongest, or the only person who remembers to stretch after a run. No - this award goes to someone whose dedication keeps the club running even when the rest of us are trying to remember which way left is.

This year's recipient has quietly (and sometimes loudly) supported so many parts of our weekly running life: Tuesday session route planning - ensuring we don't run into dead ends, flooded paths, or the occasional angry pedestrian in the darker months. The LFOTM runs at lunchtime, where he brings order, enthusiasm, and a suspiciously positive attitude for someone who hasn't even digested their sandwich yet. Assisting Nathan at Thursday track sessions, helping keep us moving even when we'd much rather be lying down or keeping warm in those freezing winter months. And of course, timekeeping on the RNR, covering 200 miles, stopping at every checkpoint like some kind of endurance superhero.

Not only did he show up at almost every stop... he is also known for the never-ending stream of his now-legendary apple juice, which we are fairly sure is either magical, mildly addictive, or both. His generosity, humour, and steady presence are the kind of things that make a club feel like a community — and sometimes like a slightly chaotic, apple-juice-fuelled family.

So, with great appreciation and genuine thanks for everything he contributes...

The Aaron Breen Award goes to...

Tim Oakley

Congratulations, Tim — and please never stop bringing the apple juice!



WOMEN'S RUNNER AWARD

Presented by **Janice Newman**

So, can you guess who will be receiving the award this year?

She has

- Taken part in cross country throughout the winter.
- Run a good time at the Maidenhead 10.
- Run the Marlow 5 with children in buggy.
- Competed in the Beat the Boat race in Windsor.

In August, she was racing again in Ireland.

She is the queen of parkruns.

- Over 400 to date. Volunteered at more than 50.
- First parkrun on 2nd Jan 2017.
- Has run in England, Ireland, Wales and Poland.

She has completed many of the parkrun challenges including

- The Alphabet Challenge.
- Old Macdonald.
- parkruns in over 100 locations.
- Taken part in 6 festive doubles on Christmas Day and New Year's Day.

Spelling out her name in parkuns we have:

Bath...Eastville...Rickmansworth...Northala...Inch Beach...Ennisklen
Cassiobury...Oranmore...Northala ...Wormwood Scrubs...Aldenharn...York

Congratulations to **Bernie Conway!**



MEN'S RUNNER AWARD

Presented by **Russell Morris** (note this is an approximation of what was said at the Pizza and Prizes ceremony)

I'd like to say how happy I am to be presenting this award. I'm still relatively new at Metros, and two years ago I'd somehow got it into my head that I had a good chance of winning the award that year (how silly!) such that I was very upset not to have done. After that necessary reality check, it was a real shock and an absolute delight to be chosen last year. Not that I think I should have won – **Tanasheh Abrahams** had such an amazing year of running in 2024, and I think the award should have been his.

It's very welcome that this award is gendered – not least as otherwise I would not have won it – but it makes my selection that much easier. Not that it was easy, by any means. But before I talk about the winner potential winners, I want to talk about some people who haven't won, and there are plenty of people in this room who haven't won!

I would first like to spend a moment recognising those who have suffered with injury this year. I wouldn't know of, or be able to remember, everyone but a few which come to mind are:

- **Rohan Mascarenhas**, who had such a long spell out this year, but he's worked hard on his recovery and I'm glad to see him back running again

- **Marcus Weedon**, despite his ongoing battles with Ankylosing Spondylitis, was having another great year including going great guns in the 5k comp and putting in some extraordinary multi-disciplinary performances at Vets League, when he had to put the brakes on (though he somehow still managed a segment of Round Norfolk Relay)

- **Robert Bevan** started the year with a bang with PBs in 5k, 10k and half marathon, and had such high hopes for the year before injury hit.

I've been very fortunate with injuries myself, but I appreciate how difficult and frustrating it must be, so a big shout to all those struggling with injuries.

And a special mention for a couple of other non-contenders. It's not unknown for this award to be won multiple times by the same person – indeed Chris Shearwood has won it twice.

There were plenty of strong contenders this year who have not won it before, and I wanted to give the award to someone new, but undoubtedly worthy of a mention this year among the past winners are:

- **Nigel Rackham**, who continues to excel – his V60 1st place at the Abingdon Marathon put him at number 1 in UK rankings for 2025

- **Chris Shearwood**, who in parkrun had his best time for 3 years and his best-ever age-grade of 85.95%, but also ran his 250th half marathon

MEN'S RUNNER AWARD

Before I get to the shortlist (!) I want to mention three other runners who continue to impress but didn't quite make the cut:

- **Richard Wilkinson**, who runs both amazing times and distances, including P3 at our own Harrow Hill 10k and another marathon PB at Dorney Lake in August, giving him an exact handicap of just under 1.0 at Run Britain Rankings
- **Clive Lucas**, who is such a consistent high performer in Summer League, XC, LRCC races, 5k competition, parkrun and beyond – and so very often at or very near the top of the age grade rankings, including his best-ever parkrun age-grade this year – 77.89%
- **Dan Smith**, who apart from top performances in Summer League has achieved 5k and 10k PBs this year, and also ran London as a VI guide

I hope you'll forgive me one more mention. This year we had invited Metros to put forward nominations for awards like this one, which was certainly a helpful input for me when making my selection. One of the nominees didn't make my shortlist, but I want to give him credit:

- **Richard Hayward**, who has had a transformative year, and put so much effort (and joy!) into his running this year including Summer League and many races, and now has a London Marathon place to train for.

So, to the shortlist – sorry, I imagine many of you have homes to go to, but at least we are now down to five! Boy, just whittling down this far was difficult enough! Not everyone is on Strava, or Power of 10 or Run Britain Rankings, or does many parkruns. But this is where Metrolines is a godsend, capturing and publishing so many results and highlights; thank you Judy and in absentia to Emma, as was the basis for much of the research.

I'll do this a little differently from normal; I will include the winner among the shortlisted runners I am about to mention, before the big reveal.

- **Ariff Sidik** – those distances! I've lost count of the number of half-marathons, marathons and Ultras he's done – such an amazing effort over a long period
- **Justin Archer** – stunning performances of a range of distances, including XC, Summer League, and back-to-back marathons
- **John Norris** – again, such a body of work including parkruns all over the place, LRRC races, Summer League, several halves and a marathon
- **Quentyn Taylor** – omg what a lot of running, over 3500k for the year now, and four marathons each improving his PB, and then a casual "homebrew" Ultra to follow.
- **Nathan Gee** – supreme efforts in the marathon, at LRRC races and Summer League, and also including a best-ever age-grade at parkrun

Given that Justin, John and Nathan are regulars at Rickmansworth parkrun, I wonder if there might be something in the water there!

MEN'S RUNNER AWARD

Eventually, we get to the winner: A man who has performed brilliantly at every distance this year, with strong finishes in the Summer League and many races, in keeping with an incredible overall body of running work over many years. He's consistently running sub 19-minute parkruns, and (at the time of the prizegiving) has run at a total of 369 times at 118 parkrun venues, including 33 different venues this year, which I think is quite extraordinary given the family logistics required! Perhaps the cherry on the icing cake was his winning time in the 100m at Metros Sports Day, an event record of 13:46.

If you haven't worked it out by now, I'm so pleased to announce the winner of Metros Male Runner of the Year is

JOHN NORRIS!



APPRECIATION AWARD, HALL OF FAME

Presented by **Steve Alder**

So, fellow Metros,

Tonight, we come together to celebrate someone whose name has become woven into the very fabric of our club — someone whose dedication, kindness, and quiet determination have shaped the Metros community for more than two decades. It is my honour to present another of our one-off appreciation awards to **Mike Ransome**, in recognition of over 20 years of extraordinary service to our club.

Mike joined Metros back in 2003 as a recreational runner, simply looking to enjoy the sport. But, as many of us know, once you get swept up in the spirit of this club - the camaraderie, the challenge, the joy - it's hard not to take things a little further. And Mike certainly did. He went on to compete in numerous events, ran the London Marathon several times, and completed half marathons including the Royal Parks, which he especially loved.

Beyond his own running achievements, Mike used his running to give back, raising money for children's charities and for Alzheimer's - a contribution that reflects his generous and compassionate nature.

Within the club, Mike has been everywhere. He took part in many of our signature Metros events - the Measured Mile, the 5-mile Handicap, Wot No Watch, and, of course, Vets Track and Field. And it's worth noting something very special: Mike still holds two Metro Vets records for the over-65s - the Long Jump and the Triple Jump. Kevin Smart has managed to steal a few records that Mike once held, but we're all quietly hoping - and let's be honest, rather confident - that these two may stand the test of time. Fingers crossed they remain untouchable for years to come.

For several years, Mike also served on the committee, even stepping up as treasurer. When Mary Swindles stepped down from organising Monday night runs, it was Mike who took the reins. Week after week, year after year, he planned routes tirelessly, supported runners of all abilities, and ensured that Monday nights remained one of the club's warmest, most welcoming traditions.

And who could forget the apples? Every autumn, Mike arrived on Monday nights with prodigious quantities of apples from his garden — a simple act that somehow became an institution. If you were on a Monday run, you almost certainly went home with fruit.

But it's not just what he brought — it's how he treated people. Mike encouraged new runners. He was the steady voice at the back of the group, making sure no one was ever left behind. He learned every name. He spoke to every individual. He made everyone feel part of the Metros family.

APPRECIATION AWARD, HALL OF FAME

Mike was also a serial recruiter — always ready with a stack of Metros cards in his pocket. If someone looked vaguely like a runner or the slightest bit interested, Mike was there with a smile and an invitation. Many of our members are here today because Mike reached out.

He frequently led the Saturday morning training in Roxbourne Park with the same calm efficiency and enthusiasm, and he has volunteered as a marshal more times than any of us could begin to count.

Even when ill health slowed him down, Mike persevered with courage and determination, continuing to give his best and to support others with the same warmth and patience he always has.

In short, Mike has been a pillar for Metros - modest about his achievements, generous with his time, compassionate in all he does, and unwavering in his dedication to this club for the past 22 years.

Mike, your contribution has been invaluable. You've shaped the experience of countless runners, strengthened the heart of this club, and set an example of kindness, commitment, and community spirit that will inspire us for years to come.

On behalf of everyone: thank you, Mike, for your service, your spirit, and your extraordinary commitment to us all.

Please join me in congratulating **Mike Ransome** on this well-deserved appreciation award.



THANK YOU

Very many thanks to **Irene, Gordon, Pat, Jenny, Al, Vincent, Nigel, Marcus & Nathan** for calculating the various awards, and to **Marcus**, who hosted the evening. Thank you to all Metros co-ordinators, and the AED group who arrange for the AEDs to be available at training sessions. Thanks to **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.

