



July 2019
Issue No. 368



Metros at Harrow parkrun – 22nd June 2019

Metros Diary

July

Sat 6	Metros 10K Challenge, Roxbourne PK	8.50 am
Weds 10	Vets Track and Field – Perivale	6.30 pm
Sat 13	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
	Summer Barbeque at the Rackhams'	7.00pm
Sat 20	parkrun	9.00 am
Sun 21	Summer League – Regent's Park	9.30 am

August

Sat 3	5 K Run, Roxbourne Park	9.20 am
Sat 10	Measured mile, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sun 11	Burnham Beeches Half Marathon & 10K	9.30 am
Sun 11	Summer League- Battersea Park	9.30 am
Sat 17	parkrun	9.00 am
Sat 31	5 Mile Handicap (NB: change of date)	9.00 am

September

Sun 1	Maidenhead Half Marathon	9.30 am
Weds 4	Committee Meeting	8.00pm
Sat 7	Annual Fun Run	8.45 am
Sat 14	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sat 21	parkrun	9.00am
Sun 29	Moor Park 10 K	3.00pm

For more details of Saturday morning activities please see full timetable on our website – <https://metros.org.uk/saturday-training-sessions/>

Note from the Editor!

Congratulations to everyone who completed the 2019 C25K course and to everyone who helped with the organisation of the nine-week programme. Now C25K is finished, it's not the time to get back on the couch as there is a new Metros 5K competition starting in November incorporating parkrun and the Metros 5K challenge – see page 8.

The social event of the Summer is on 13th July at the 10th Metros Barbeque – see separate e-mail for details. A great chance to socialise with your fellow Metros and see them wearing something other than running gear!

Anne Ambrose



Metrolines Contributions

All contributions welcome – please send to Anne Ambrose

Email: metrolines1@gmail.com

Articles should consist of no more than 3 to 4 sides of A4 font Arial 14. Please provide in Word format.

When submitting articles, please ensure that all information is correct, and that times, dates and places are clearly shown.

Contributions by: 15th of each month please.

If you would like to advertise in Metrolines the rates are as follows: Full page £5; Half page £3; Quarter page £2





Achievements

Well done ...

Zahra Bassiri – 1st female at Harrow parkrun on 22nd June

Terry Burke – for coming first in his age group at Salisbury parkrun on 29th June

Gill Fox – for completing her 50th parkrun at Harrow on 22nd June

Linda Georgiades – for a 5K PB at Harrow parkrun on 22nd June

Linda Grimes – for completing her first 10K at the Vitality London 10K on 27th May and for completing her 50th parkrun at Harrow on 22nd June

Luca Matharu - achieved 2nd place in the U15 300m race at the Herts Schools Athletics County Competition on 8th June, with a new PB of 38.7

Irene Paul – for coming first in her age group at Poole half marathon on 2nd June

Shefali Rao – for completing her first ultra-marathon, Race to the King

Chris Shearwood - for a 5-mile PB at Dulwich park on 2nd June



TROPHY RACES

The remaining races for the Metros London Road Runners Club (LRRC) Trophy for **2019** are as follows: -

11/08/2019	Burnham Beeches 10KM/HM
01/09/2019	Maidenhead HM
29/09/2019	Moor Park 10KM
13/10/2019	Cabbage Patch 10 miles
27/10/2019	Ricky Road Run 10Miles
03/11/2019	Marlow 7Miles/HM

Please note that due to the rescheduling of the Summer League event in Battersea Park to 11th August there is a clash with the Burnham Beeches half marathon and 10K therefore the Cabbage Patch 10-mile race has been included as an additional trophy race. The final points total will be calculated from participants' best 8 event scores.

To qualify for the competition, you must:

- Be a paid-up member of the club.
- Enter the Metros club name on the entry form and be qualified to do so.
- Wear club kit.

Points for the competition are awarded from the official results generally as posted on each organizing club's website. If you enter as a Metro and are not shown in the results as such, get in touch with the LRRC Coordinator.

Vincent Cheung – LRRC Coordinator

THE 40th ANNUAL Metros FUN RUN THE BRIAN JACKSON FUN RUN

Saturday 7th September 2019, Roxbourne Park from 8.45 am

**PLEASE NOTE THAT THIS EVENT IS INSTEAD OF THE NORMAL
Metros SATURDAY SESSION**

This is the 40th Annual Metros Fun Run and all Metros members, families and invited guests are welcome to join in this year, running, walking, helping and spectating. This is the longest established Metros event and led to the formation of the club we now call Metros. It is named in honour of Brian Jackson, founder of the event and, for many years, the organiser.

We aim to have a memento to all who participate in any way. We hope to have a large turnout and any Parkrun anniversaries can be avoided and dedicated Parkrun participants will choose to support this club event.

This year will follow the usual format as previous years - two runs of 4km and one run of 2km followed by a 1km walk. Anyone can run 2km, 4km, 6km, 8m or 10km, whatever distance they choose, although we recommend that girls and boys 8-10 run the 2K and younger children do the 200m. For those who don't want to run, there's a 1km walk. There is no need to pre enter and decisions regarding distance to be run can be made on the morning. There is no charge.

Although this is a fun run, the course has been reasonably accurately measured and times will be recorded in all events except the approximate 200m for children 7 years and under where just finishing positions are recorded.

The Distances

The event timetable will be five races - two x 4km, one x 2km, (total 10km), one x 200m and one x 1K walk. 7 years & under = 200m. Under 11 = 2km. Over 11 = 4km

The Surface Parkland (almost all grass)

The Place Roxbourne Park, Cannon Lane South, Pinner.

The time: 8.45 am Registration. Age as on race day.

The Programme:

9.15 am 4km Male and Female over 11 years.

9.45 am 4km Male and Female over 11 years.

10.15 am 2km Girls, Boys 8-10 plus over 10s who wish to run 2km as well as or instead of, the 4km
These three races total 10km.

Followed by:

200m 7 and under

1km Walk – all ages.

Results Will not be calculated on the day but available soon after and published in Metrolines and on the Metros Web Site

Presentations: In the Scout Hall after the session at a later date.

Again this year, the awards will be based on age grading. Awards to keep for the first age graded man and woman in the 4km, 2km and 10km and first boy and girl 8-10 years in the 2km and first boy and girl 11-14 years in the 4K. One award only to any runner.

There are also medals to keep for the second and third boy and girl in the 8-10 age bands in the 2km and 11-14 year age bands in the 4K.

**If you'd like to know more, or can offer to help, please contact
Pat Jackson, 0208 868 5683 patjacksonhome@hotmail.com**



Metros 5k Competition



We're launching a brand new 5k competition starting in November 2019!

When & Where: A mix of parkruns and 5k runs at Roxbourne Park over a year – see calendar below. All events start at 9am; click on an event name for more information

Date	Event
02 November 2019	Metros 5k @ Roxbourne Park
21 December 2019	Sunny Hill parkrun
18 January 2020	Black Park parkrun
01 February 2020	Metros 5k @ Roxbourne Park
21 March 2020	Cassiobury parkrun
18 April 2020	Canons Park parkrun
02 May 2020	Metros 5k @ Roxbourne Park
20 June 2020	Harrow parkrun
18 July 2020	Rickmansworth parkrun
01 August 2020	Metros 5k @ Roxbourne Park
19 September 2020	Gladstone parkrun
17 October 2020	Northala Fields parkrun

Pricing: Free!

Eligibility: Must be a member of Metros and registered with parkrun. Participants are strongly encouraged to wear official Metros kit at all events

Scoring: Scores will be calculated on an age-graded basis as follows: the runner with the highest age grading in an event is awarded 50 points, 2nd highest 49 points, etc.. Final positions will be determined by highest cumulative score over the year with only your top 10 results counting

Prizes: A trophy will be awarded to the top male and female overall. There'll also be an award for anyone who participates in all 12 events. Participating means running, walking or volunteering so please come along even if you're unable to run

Other info: Any changes to the calendar due to unforeseen circumstances will be communicated as early as possible. The scoring system is a trial for 1 year and will be reviewed at the end of the year

Contact: Mitesh Patel: 07863559043 or mpatel5@hotmail.co.uk
Emma Rackham: 07754860961 or emma.rackham@hotmail.co.uk
Nathan Powell: nathancpowell@yahoo.co.uk

Parkrun

The third Saturday of the month is the Metros designated parkrun day – although there is always a session at Roxbourne Park for those that would prefer.

Consolidated club results can be found at:

<http://www.parkrun.com/results/consolidatedclub/?clubNum=2850>

This shows the parkrun stats for each runner.

Please send any PBs, wins, or 1st in age group results to metrolines1@gmail.com for inclusion in the achievements page.



Congratulations to members of the 2019 C25K group who ran their first 5K at Harrow parkrun on 22nd June

Linda Grimes and Gill Fox celebrate completing their 50th parkruns



VETERAN (MASTERS) TRACK AND FIELD LEAGUE

Three Monday evenings and one Wednesday evening between May and July and open to all over 35 years of age. Events are 100, 200, 400, 800, 1500, & 3000 metres, 2000m walk, high jump, long jump, triple jump, discus, javelin, hammer, shot.

The remaining fixture for this season:

Wednesday 10th July Perivale

Contact: Wendy Mulvenna (wendymulv@hotmail.com)



SUMMER LEAGUE 2019

A series of five events held during the summer months starting and finishing in parks, open to all ages and abilities with refreshments after – all for FREE.

Entry (free to Metros members) is on the day and there is no need to pre-enter. At each fixture there are four events:

- i. The morning starts with an Open Race of 5 miles or 10km for those 15 years and over, suitable for all abilities.
- ii. A Tenderfoot Run of 1.5 – 2km, suitable for children 6 - 14 years, runners returning from injury and runners who prefer to run a shorter distance.
- iii. A Fun Run of approximately 400m for children under 6 years.
- iv. A series of relays of 300-400m, again suitable for all ages and abilities.

The remaining dates for 2019 are as follows:

Sunday	21 July	10km	Regent's Park Hosted by Mornington Chasers
Sunday	11 August	– 10km	Battersea Park (NB: change of date) Hosted by Serpentine

Scoring is age related: children up to 14 - every year; adults over 40 are graded in five-year age bands.

There are league awards for the top three scoring individuals in each age category in the Tenderfoot and in the Open – the best three out of five races count. Children in the Fun Run receive certificates on the day.

Irene Paull calculates the league scores for clubs and individuals

Metros also give awards for top Metros runners in each age category: the number of Metros awards depends on how many Metros runners there are in each age group.

Apart from Metros, other participating clubs are Dulwich Park Runners, Ealing Eagles, Ealing Southall & Middlesex, Hayes & Harlington, Mornington Chasers, Queens Park Harriers, Serpentine, Sudbury Court Running Club.

For further information please see the Summer League web site – www.thesummerleague.uk or contact me patjacksonhome@hotmail.com
tel: 0208 868 5683, Irene Paull or Emma Rackham our host Race Director

Pat Jackson

Results and Reports

5-mile handicap - 1st June

	Actual 5-mile time	Current handicap	Time inc. handicap	points this event	next handicap
Elish Fernandes	54.32	-14	40.32	20	5
Arnold Glickman	56.07	-14	42.07	18	3
Steve Alder	49.58	-5	44.58	15	9
Tom Man	49.39	0	49.39	11	10
Liz Wordsworth	43.19	10	53.19	7	16
Sukrita Bisht	51.35	5	56.35	4	8
Nagendra Bisht	54.27	3	57.27	3	5
Tian Hollingshead	36.41	21	57.41	3	23
Kyie Hollingshead	36.41	21	57.41	3	23
Martin Eden	39.48	18	57.48	3	20
Simon Aberly	38.01	20	58.01	2	21
Kevin Eckersley	53.57	5	58.57	1	5
Angela Murphy	53.03	6	59.03	1	6
Adam Leary	37.56	22	59.56	0	21
Karen Leary	50.00	10	60.00	0	9
Kirit Ranpura	42.25	18	60.25	0	17
Caroline Day-Lewis	42.32	18	60.32	0	17
Mike Ransome	48.38	12	60.38	0	11
Teresa Young	53.48	9	62.48	-2	6
Julia Allen	54.17	11	65.17	-5	5
David Brown	71.55	10	81.55	-22	-13

Next 5-mile handicap event: Saturday 31st August (Note change of date)

Kelly's Watford 10K – Monday 7th May 2019- **Correction**

1		00:35:48
21	Sasha Birkin	00:41:28 2 nd female and 1 st in age grp
296	Ruth Tidder	00:56:13
379	Kylie de Jager	00:59:29
547	Natalie Tidder	01:07:25

Langley Park 5K Summer Series – 19th June

1		18:24
42	Linda Dunne	27:04
55	Claire Millbery	29:07
59	Glyn Watkins	29:33
85	Finishers	39:01



Mayfair Power to Tower Race – 31st May

Report from Marcus Weedon

It's the last day of May, and the great news is that it's a Friday and the last day of the working week, but I wake at 5.30am. These days it's not necessary for me to get up so early, due to working from home and it just reminds me of my old routine of heading (bus and trains...yuk) into London to hit the Gym by 6.30am and then get into work for 8.30am.

Fortunately, on this day, I'm getting up so early to run a race, an annual event that takes place on the last Friday of May for the hospitality industry.



For many years I have done quite a bit of charity work, but more recently I have been less active in prising hard earned monies away from my friends and family; think they will be pretty happy with this. Last year I ran this race and thoroughly loved it and it was also great for me to catch up with some industry friends.

Now each year, I donate via my company and join a team of hospitality friends to raise money for Galvin's Chance / the DM Thomas Foundation for young people, where disadvantaged young people, aged 15-24, are provided training programmes each year, which lead to future job opportunities within the hospitality industry. A hugely successful charity which was set up in 2009 by Chris Galvin and the legend Fred Siriex, yes that lovely bearded,

sexy talking French Man from Channel 4's First Dates. Apparently, he smells very nice (according to a lady friend who ran on the day), can't say that I noticed whilst standing next to him for a photo.

Anyway, back to the race, 120 hospitality runners of all abilities turned up. Before the race all the talk is about the stairs, not the 5K run. Interestingly the majority of people are not runners like you and me and (by the sounds of things from many) not a lot of training had been taking place before, yet they are more worried about the stairs.

Why do I keep mentioning the stairs, well the clue is in the name of the race Mayfair Power to Tower Race, 5K around Hyde Park with the 28 flights of stairs to the top of the Hilton Park Lane (Galvin's Restaurant) so, the prospect of a climb.

There were lots of cameras and media as its the 10th year of running the event and also Hilton are celebrating 100 years of being in operation, so if you want to get into any pictures, well get up the front of the pack. So, I decided it would be a good place to be considering last year I finished 7th. I had noticed earlier someone that looked pretty speedy and as we lined up for the start, low and behold he was pretty much standing next to me. I suspected he would be a bit faster than me, so at that point I was thinking great I will have someone to chase.

Fred sadly was not racing, we found out later that he has a poorly knee, but he got the race started off. My speedy running friend was indeed speedy and dashed 100 metres ahead of me; lots of other runners fly off pretty fast to get a good start, but they are swiftly passed. Before I know, I'm up to 2nd and maintaining the distance between myself and my speedy friend. 1K down and I was feeling good and beginning to get a gap between me and the 3rd person. 2K down and maintaining that gap. At 3K I was lowering the pace a bit but maintaining the gap and then my right shoelace comes undone! I have to stop and the 3rd place chap flies passed me.

Shoelaces done up and about 100 metres behind me is a friend of mine. I passed him on the stairs last year to beat him home, so determined to beat him again I get up to speed quite quickly, in fact trying to keep up with 3rd place and maintain the gap, which I manage to do through 4K and out of Hyde Park via the underpass round the hotel to the bottom of the stairs.

Now this is where is where the fun (joking) begins, as I have pushed the 5K (my first 5K since recovering from damaging my Achilles), so legs are feeling pretty tired, and this is noticed straight after the first flight. I am down to snail pace right away, OMG my legs (quads mainly) start burning like crazy. I quickly lose 3rd place to a different person (not the guy I know) and then quickly again by the 5th flight by another chap (another friend of mine), both go passed pretty quickly, hardly having their breathing affected, unlike me who is gasping for air, but not stopping! 6th flight onwards I'm no longer able to do 2 steps at a time but continue to do 1 step but faster than I would normally walk. No chance of running up these damn stairs with these burnt out legs.

The sixth flight becomes 7 and then becomes 8, turning every corner to see the next flight number which isn't really helping me as I keep thinking I'm nowhere near the end. Continuing up at a steadier pace, I realise that there isn't anyone below anywhere near close to me, plus I can't hear anyone apart from the 2 people who passed me close to the bottom, but they don't seem to be pushing much either as they are talking.

We will fast forward to flight 22, where I suddenly hear someone below and they are coming up fast, so I revert back to 2 steps at a time, which I presumed would be enough for me to keep my 5th place and hopefully catch up with the 2 people ahead of me. Flight 25 and that person behind me is one flight below me and really pushing, our eyes catch each other's, and we know a race is on to get to the top as quickly as possible. Just as we put in that extra push the person below slips, he shouts a few expletives as I push on, I can see him moving so I know he's fine.

I turn the last flight of stairs and I see the 3rd and 4th finishers as they cross the line together, I could have sworn they were holding hands, but later photos demonstrate they weren't, must have been the high altitude playing tricks on my mind.

I hold onto 5th in 22.58, a minute quicker than last year, but cross the line absolutely spent and still trying to catch my breath, but take the applause from Fred and his team, friends of the runners, put on a smile and pose for the cameras. I collected a finisher's medal, water and a flannel (never usually get one of those at the end of a race, but I suppose we are in a 5-star hotel and they don't want all our sweat dripping on to their carpets). Plus, I quickly notice that it's very humid at the top due to the amount of glass windows and start sweating more than I had around the park and up the stairs, flannel actually needed now more than ever.

The welcoming breakfast of champagne and bacon and egg sandwiches arrive, whilst the remaining finishers arrive to increasing applause; 30 plus minutes later the awards are dished out after a few speeches and we all make our way back down the stairs, some decide to take the lazy lift.

All in all, this is a brilliant initiative to raise awareness for the charity raising something in the region of £8500, just from running a 5k race with a few stairs added on. Now our efforts are given to some chosen youngsters who are given a fresh start to achieve their (fingers crossed) greatness.

I can't wait to do this again next year, hopefully fitter and injury free to do an even quicker time and then hit the summer league 2 days later and not have such an awful run, less said about that the better.....



St Albans Half Sunday 9th June 2019

1 st		1:13:27
71	Chris Shearwood	1:28:50
592	Simon Abery	1:48:47
728	Caroline Day-Lewis	1:52:35
1033	Steve Paull	1:59:48
1751	Veronica Georgescu	2:23:41
1981	finishers – last	3:36:52

Walking Half Marathon

1 st		2:31:15
129	Arnold Glickman	3:29:43
150	Gladys de Groot	3:34:48
353	finishers – last	5:15:52

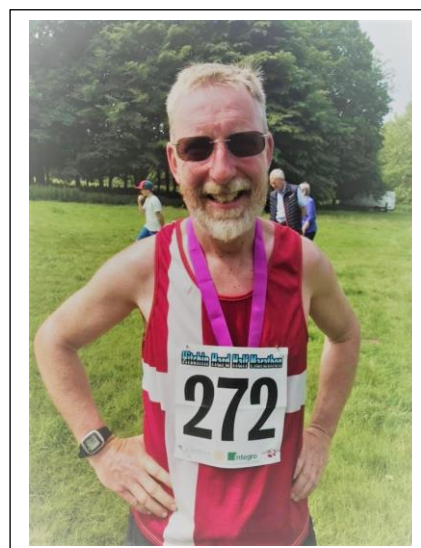
Hampshire Hoppit Trail Half Marathon – 9th June

1		1:20:52
170	Ian McPhearson	2:04:39
331	Bernie Conway	2:27:29
488	Finishers	3:49:15



Hitchin Hard Half Marathon – 23rd June

1		01:19:50
16	Chris Shearwood	01:33:53



Harrow parkrun – 22nd June

Congratulations to all the Metros First Timers – and those with new parkrun PBs

Pos		Time	
1		17:43	
2	Nigel RACKHAM	18:29	
8	James KERRANE	19:50	
11	Kyie HOLLINGSHEAD	20:34	New PB!
12	John NORRIS	20:59	
16	Russ HEWLETT	21:09	New PB!
17	Michael MORRIS	21:15	
31	Sebastian HOLLINGSHEAD	22:38	
42	Zahra BASSIRI	23:18	1st Female
45	Martin EDEN	23:47	New PB!
47	Steve PAULL	23:59	
53	Simon DADOMO	24:09	New PB!
54	Caroline DAY-LEWIS	24:15	2nd Female
64	Linda GEORGIADES	24:58	New PB!
65	Sasha BIRKIN	25:00	
75	Dave YOUNG	25:35	
81	Ruth TIDDER	25:57	
92	Anne NOLA	26:39	
97	Pauline BISHOP	26:44	
98	Nick RUSSELL	26:45	
134	Sonny PEART	28:58	
142	Lorraine O'DONOVAN	29:18	
152	Judy RACKHAM	29:36	
154	Michael RANSOME	29:43	
156	Marion ROGAN	29:49	New PB!
157	Bernie CONWAY	29:52	
158	Linda GRIMES	29:53	50th parkrun
160	Philippa BROWN	29:56	New PB!
178	Marilyn PICKFORD	30:57	
179	Brian MCGRORY	30:58	
180	Mike REID	31:00	
185	Eleanor GRIMES	31:23	
188	Sakina SIDIK	31:33	
192	Teresa YOUNG	32:23	
197	Diane O'REILLY	32:45	
198	Hitesh PATEL	33:09	
199	Natasha ZEALEY	33:10	
204	Claire TOWNEND	33:29	First Timer!

206	Janice NEWMAN	33:32	
207	Gordon VALENTINE	33:32	
209	Angela MURPHY	33:41	
213	Carole WELLS	33:55	
217	David BROWN	34:13	
218	Sarah WESTWOOD	34:18	New PB!
219	Michelle MORGAN	34:19	First Timer!
232	Amanda KENNELLY	35:11	
235	Trisha DONAGHY	35:23	New PB!
241	Helen SIMONS	35:55	
244	Judi SARNA-HOWARD	36:05	New PB!
247	Stella COPPOLA	36:09	First Timer!
249	Gillian FOX	36:30	50th parkrun
251	Sue NICHOLLS	36:41	New PB!
255	Penny HUDSON	37:15	
258	Kirpa GUDHKA	37:23	
259	Nathalie GERVERUN	37:49	First Timer!
260	Deepika SYAM	37:52	First Timer!
261	Emma RACKHAM	37:53	
269	Laura BERRY	39:09	First Timer!
270	Irene PAULL	39:10	
271	Kathleen DONALDSON	39:19	
273	Siobhan PERTH	39:57	New PB!
274	Zara SMITH	40:05	
275	Jennifer SMITH	40:15	
277	Carol DIGGINS	40:25	First Timer!
281	Paula SHEEHAN	41:11	
283	Gladys DE GROOT	42:00	
287	Jackie COLACO	42:49	
293	Alisha SIDIK	45:10	
294	Denise O'MEARA	45:39	First Timer!
295	Linda F DUNNE	45:40	
300	Mary FRANCIS	50:08	First Timer!
302	Lisa SCOTT	52:09	First Timer!

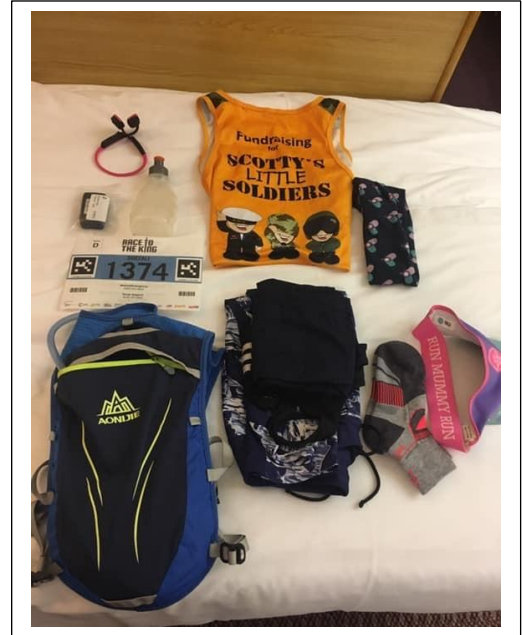
Misbourne Trail 10K – 22nd June 2019

1		0:41:01
33	Adam Leary	0:55:09
103	Karen Leary	1:18:44
115	Finishers	1:37:31



Race to the King – 22/23 June – 52.5 miles

1		07:28:41
182	Shefali Rao	15:47:01
446	Finishers	33:52:35



Poole Half Sunday 2nd June 2019

1 st	1:15:13
356 Irene Paull	2:25:11 1 st VF60
403 finishers – last	3:09:38
DNF – Jane Hudson	



SUMMER LEAGUE – DULWICH 2 June 2019

5 MILE

Pos	Name	Time	Cat	Cat Pos	WAVA	Pts
31	Chris Shearwood	00:32:21	M55	1	77.54%	290
48	James Kerrane	00:33:24	M40	13	66.62%	258
51	Marcus Weedon	00:33:43	M45	6	68.56%	260
73	Richard Brown	00:35:21	M45	9	65.39%	238
77	Clive Heidrich	00:35:40	M45	11	64.81%	234
79	Mitesh Patel	00:35:44	SM	37	59.65%	222
80	Russell Hewlett	00:35:47	M45	13	64.60%	231
82	Kevin Smart	00:35:49	M60	3	73.15%	244
83	Tian Hollingshead	00:35:51	MU20	2	59.46%	218
84	Jag Matharu	00:36:01	M45	14	64.18%	227
89	John Norris	00:36:39	SM	40	58.16%	212
104	Andy Fox	00:38:43	M55	6	64.79%	217
105	Vincent Cheung	00:38:46	M40	21	57.39%	201
113	Martin Eden	00:40:06	M60	7	65.34%	213
122	Sonny Peart	00:41:52	M50	13	57.48%	194
87	Ruth Tidder	00:48:00	F45	15	53.85%	224
147	Andrew Collier	00:50:30	M50	18	47.66%	169
153	Dave Brown	01:03:17	M70	4	45.51%	183
116	Anne Ambrose	01:04:30	F60	6	47.78%	210
271	Penny Hudson	01:07:31	F55	10	42.85%	203

TENDERFOOT

Pos	Name	Time	Cat	Cat Pos	WAVA	Pts
1	Luca Matharu	00:05:20	M13	1		102
2	Kyie Hollingshead	00:05:34	M14	1		99
5	Olivia Matharu	00:06:19	F12	1		103

RELAYS 380m

MALE TEAM

Marcus Weedon	1m 04.91s
Tian Hollingshead	1m 01.72s
Kyie Hollingshead	0m 59.00s
Luca Matharu	<u>0m 54.85s</u>
	4m 00.48s

2nd from 8 teams

B1 TEAM

Jag Matharu	1m 07.82s
Chris Sherwood	1m 08.72s
Richard Brown	1m 04.67s
Kevin Smart	1m 08.47s
	4m 29.68s

1st from 8 teams

FEMALE TEAM

Olivia Matharu	1m 08.87s
Ruth Tidder	1m 33.98s
Anne Ambrose	2m 31.06s
Penny Hudson	<u>2m 24.91s</u>
	7m 38.82s

8th from 8 teams

B2 TEAM

James Kerrane	1m 08.60s .
Martin Eden	1m 16.48s
Mitesh Patel	1m 11.87s
Vincent Chung	1m 18.61s
	4m 55.56s

1st from 5 teams

All the relay results are before any weighting for age etc have been applied

Thanks to Dave Brown for organising and timing the Metros relay teams.

Thanks to Irene Paull for collating the Metros results and compiling the results for the whole league.

Pat Jackson

See www.thesummerleague.uk – the Summer League Website

<https://www.flickr.com/gp/bruciebaby/01R04m> - for photos at Dulwich

<https://www.flickr.com/gp/bruciebaby/wS31nP> for photos at Harrow by Bruce Li

SUMMER LEAGUE – HEADSTONE MANOR RECREATION GROUND, HARROW 23 June 2019

5 MILE

Pos	Name	Time	Cat	Cat Pos	WAVA	Points
8	Nigel Rackham	00:30:07	M55	1	83.29%	313
18	Marcus Weedon	00:31:45	M45	2	72.81%	293
22	Charlie Hudson	00:31:56	SM	14	66.75%	279
31	Richard Brown	00:32:42	M45	4	70.69%	280
5	Sasha Birkin	00:32:48	F45	2	78.81%	306
33	Richard Francis	00:33:01	M55	4	75.97%	288
39	James Kerrane	00:33:37	M40	7	66.19%	267
42	Paul Spendloff	00:33:47	M40	8	65.86%	264
57	Clive Heidrich	00:35:18	M45	7	65.49%	254
60	John Norris	00:35:49	SM	29	59.52%	241
62	Kevin Smart	00:36:00	M60	4	72.78%	264
64	Michael Morris	00:36:12	M50	3	66.48%	252
65	Jag Matharu	00:36:14	M45	9	63.80%	246
66	Tian Hollingshead	00:36:26	MU20	3	58.51%	235
74	Vincent Cheung	00:36:57	M40	15	60.22%	232
78	Mitesh Patel	00:37:20	SM	33	57.10%	223
15	Zahra Bassiri	00:37:22	F35	5	65.21%	286
81	Simon Abery	00:37:56	M50	6	63.44%	235
85	Steve Paull	00:38:19	M65	3	71.55%	246
87	Jamie Richards	00:38:36	SM	34	55.22%	214
92	Martin Eden	00:39:04	M60	9	67.06%	234
29	Caroline Day-Lewis	00:40:09	F50	4	67.91%	287
109	Jonny Jackson	00:43:04	M45	11	53.68%	202
47	Rhonda Tapley	00:43:10	F45	6	59.88%	264
57	Anne Nola	00:44:39	F45	7	57.89%	254
58	Ruth Tidder	00:44:42	F45	8	57.83%	253
64	Bernie Conway	00:45:15	F35	14	53.85%	237
122	Paul McGrath	00:45:28	M40	20	48.94%	184
123	Terry Burke	00:45:39	M65	7	60.06%	208
70	Gertrud Porter	00:46:19	F70	1	76.54%	266
124	Ariff Sidik	00:46:27	M40	21	47.90%	182

Cont...

79	Jane Hudson	00:46:55	F60	4	65.68%	247
85	Robyn Walliser	00:47:40	F40	10	52.24%	221
126	Andrew Collier	00:47:43	M50	10	50.44%	190
128	Zaheer Sidik	00:48:29	M14	1	46.41%	173
130	Errol Clarke	00:49:13	M55	13	50.97%	191
97	Lorraine O'Donovan	00:49:26	F55	7	58.53%	224
100	Janice Newman	00:50:40	F70	2	69.97%	236
101	Judy Rackham	00:50:46	F55	8	56.99%	220
104	Sakina Sidik	00:51:51	F35	18	46.99%	197
114	Amanda Keneally	00:55:41	F55	11	51.96%	207
252	Titziana Spotti	00:56:59	F60	8	54.08%	210
255	Anne Ambrose	00:59.27	F60	9	51.84%	209

TENDERFOOT

Pos	Name	Time	Cat	Cat Pos	Points
1	Luca Matharu	00:05:02	M13	1	102
2	Kyie Hollingshead	00:05:03	M14	1	99
5	Annabelle Suffield	00:05:33	F10	1	108
6	Olivia Matharu	00:05:59	F12	1	103
8	Jo Millbery	00:06:20	M13	2	97
10	Sam Millbery	00:06:35	M10	3	101
19	Georgia Walliser	00:07:43	F8	2	107
20	Cem Brown	00:07:51	M6	4	101
25	Finn O'Reilly	00:08:02	M8	4	96
26	Mason Murray	00:08:03	M9	2	93
27	Max Murray	00:08:04	M8	5	94
30	Ilayda Brown	00:08:20	F10	2	99
34	Matt Walliser	00:08:40	M6	6	94
37	Alisha Sidik	00:09:07	F12	2	90
38	Kane O'Reilly	00:10:34	M6	8	92

RELAYS 400m

MALE TEAM

Charlie Hudson	1m 05.52s
Tian Hollingshead	1m 06.94s
Kyie Hollingshead	1m 05.03s
Luca Matharu	<u>1m 00.50s</u>
	4m 17.99 s

2nd from 7 teams

FEMALE TEAM

Olivia Matharu	1m 15.45s
Zahra Bassira	1m 27.42s
Caroline Day-Lewis	1m 40.18s
Annabelle Suffield	<u>1m 23.47s</u>
	5m 46.52s

4th from 7 teams

B1 TEAM

Marcus Weedon	1m 08.33s
Paul Spendloff	1m 08.56s
Jag Matharu	1m 20.81s
Richard Brown	<u>1m 10.23s</u>
	4m 47.93s

1st from 8 teams

B2 TEAM

James Kerrane	1m 16.33s
Jamie Richards	1m.12.83s
Kevin Smart	1m 15.92s
Zaheer Sidik	<u>1m 24.86s</u>
	5m 09.94s

1st from 5 teams

B3 TEAM (Non-Scoring)

Sam Millbery	1m 31.00s
Joe Millbery	1m 28.00s
Cem Brown	2m 01.00s
Mason Murray	<u>1m 53.00s</u>
	6m 53.00s

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Thanks to Dave Brown for organising and timing the Metros relay teams.

Thanks to Irene Paull for collating the Metros results and compiling the results for the whole league.

Pat Jackson

See www.thesummerleague.uk – the Summer League Website

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<https://www.flickr.com/gp/bruciebaby/wS31nP> for photos at Harrow by Bruce Li

Weald Challenge Ultra Trail – 50K – 9th June

1		04:16:10
87	Russell Hewlett	06:05:50
186	Finishers	08:45:40

NOTES OF METROS COMMITTEE MEETING

Wednesday 5 June 2019 at the Methodist Church, Cannon Lane, 8.00 pm

PRESENT: Anne Ambrose, Pat Jackson, Paula Kanesanathan, Mitesh Patel,
COMMITTEE: Marilyn Pickford, Emma Rackham, Nigel Rackham,
Mike Ransome, Barbara Robson, Ariff Sidik, Marcus Weedon,
Carole Wells.
APOLOGIES Peter Beuselinck, Irene Paull, Steve Paull, Sarah Westwood
CHAIR: Nigel Rackham
NOTE RECORDER: Pat Jackson

(Any member unable to attend a meeting should inform Nigel Rackham or Peter Beuselinck in advance. If they have an action item outstanding, they should give their report on that item to Nigel or Peter).

UPDATES FROM AGM – Nigel welcomed Ariff and Marcus, new committee members and members remaining on the committee. Nigel was welcomed as Chairman.

Constitution – Peter will print the updated Constitution which, when he and Nigel have signed, will be added to the Metros website. **ACTION:** Peter Beuselinck

ACTIONS FROM LAST MEETING – 3 April

Update on Kit – Pat confirmed delivery of the Metros new kit and had started distribution. The left-over stock will be retained at present to enable any necessary size changes. She thanked Irene Paull for setting up Web Collect to receive orders and payments.

AED – it was agreed that a WhatsApp group would be set up to help organise distribution of the AED between training sessions. **ACTION:** Mitesh Patel

Metros Website – Peter had reported that the problem with website hacking had been resolved.

Membership Renewals – Irene had confirmed there were a few new members and some further renewals leaving just a few renewals outstanding.

C25K – It was agreed that the course and rota of volunteers was going well, and Irene was thanked for organising.

Quiz and Awards Presentation Evening – There was a discussion on comments received following Peter's email to members regarding the event. It was agreed that the Quiz and the presentation of awards be separated this year. The awards evening in November will remain in Lowlands Tennis Club and allow more time for socialising. Food would be provided from club funds. Emma agreed to co-ordinate the social side of the evening and Pat will again organise the awards. Peter will be asked to book the Tennis Club when the date is agreed.

ACTION: Emma Rackham, Pat Jackson, Peter Beuselinck
It is hoped that a Quiz will be held early next year in a venue allowing increased capacity. Nigel will discuss with Jane and Al Scoffham, Metros Quiz Co-ordinators.
ACTION: Nigel Rackham

ITEMS CARRIED OVER FROM PREVIOUS COMMITTEE MEETINGS

Ruislip Running Club – It was confirmed that this club had been in existence for some years and organised the Uxbridge 5.

CLUB EVENTS.

40th Metros Annual Fun Run – The Brian Jackson Fun Run

Pat confirmed the date as 7 September. She suggested a memento for all runners and helpers. Ariff agreed to investigate possible mementos.

ACTION: Ariff Sidik

Harrow Hill Race Charity Donation – Paula will arrange delivery of the cheques to the MS Therapy Group.

ACTION: Paula Kanesanathan

New 5K Competition – Mitesh stated that Nathan had suggested a new 5K competition which would incorporate nominated parkruns and the Metros 5K runs in Roxbourne Park. Nathan suggested it start in November and end the following October. One run per month, 12 runs offered. It was agreed that this would be adopted. To qualify for an award, a minimum of 10 runs need to be completed (hence including at least two Metros 5K runs). Awards will be calculated based on the aggregate age grading for the best 10 events. There will be an award for the 1st age graded male and 1st age graded female. Participants will be encouraged to wear club kit. There will also be an award for anyone who participates in all 12 events. Participating means running, walking or volunteering.

Nathan was thanked for this 5K competition suggestion.

ACTION: Mitesh Patel

LRRC Trophy Competition – The date of the Summer League fixture, hosted by Serpentine in Battersea Park, has been changed to 11 August and now clashes with the Burnham Half and 10K Trophy races. Vincent Cheung (co-ordinator) suggested either replacing Burnham with the Cabbage Patch 10 or adding the Cabbage Patch 10 to the list of Trophy races to have 11 races but keep the top 8 results to count. It was agreed to add the Cabbage Patch 10 to the list of Trophy races. This will be advertised in Metrolines and the website.

ACTION: Vincent Cheung, Anne Ambrose, Paula Kanesanathan

PUBLICITY

Notice Boards:

Gyms – Marcus will check if advertising material about Metros or specific Metros events could be placed on gym notice boards.

ACTION: Marcus Weedon

Canons Park Notice Board - Nathan suggested information on Metros be added to this notice board. Paula agreed to check if it would be possible to display information about Metros on any notice boards in Harrow parks.

ACTION: Paula Kanesanathan

ANY OTHER BUSINESS

Harrow Hill Race – Marcus suggested a 5K race be held as well as the 10K. Paula confirmed course capacity would need to be considered before this was offered.

Metros Race Clips/pins – These were used at the Harrow Hill Race a few years ago and requests for them have been received. However, it's thought they were all used.

Metros 5 Mile – This was due to be held on 7 September but now clashes with the 40th Metros Annual Fun Run – the Brian Jackson Fun Run. It was agreed that Saturday 31 August would be a suitable replacement date and will be advertised on the website and Metrolines. **ACTION:** Anne Ambrose/Paula Kanesanathan

Junior parkrun in Pinner Village Gardens – Emma is in the process of setting up a new 2K run every Sunday at 9.00 am for 4–14 year olds. Emma will be the Event Director and needs a rota of volunteers each week. **ACTION:** Emma Rackham

Summer League, Dulwich – Dulwich requested volunteers from other clubs to help at their host event. Following the request to Metros on the group email, prior to the day two Metros volunteered –Sarita Ghai Matharu and Nicky Payne. Dulwich were very grateful and thanked Metros, confirming that no other club had offered any help.

Bank of Volunteers - Ariff suggested Metros has a list of those willing to volunteer when needed. It was agreed to be a good idea but unnecessary as we have not had difficulty finding volunteers as needs arise.

Email Notices to Members – With regard to advertising the Metros 5K Run, Marilyn asked if the group google email list was the best list to use to reach most members. Marilyn will check with Irene Paull. **ACTION:** Marilyn Pickford

Metros Hall of Fame – Marcus raised this as a possible addition to the awards evening. It will be discussed at a future meeting.

Meeting finished at 9.06 pm.

Date of Next Committee Meeting: Weds 4th September 8.00pm

Metros Committee meetings are open to all members but only the committee can vote.

Metros Website and social media

www.metros.org.uk

Contributions to: Irene Paull at
metros.secretary@yahoo.co.uk

We also have a Facebook page and Twitter account – please like or follow us. If you would like to join Metros' group email, please contact Penny Hudson at

pm.hudson@ntlworld.com

Group email address:
metrosrc@googlegroups.com

Safety Information

Whenever you attend a training session, please inform the session coordinator / leader if you have any injury or other medical condition that may affect your running.

Also, if you participate in one of Metros Saturday morning races or challenges, please give your name to the person(s) organising the event and report back to them if you drop out. This applies particularly to events where the course is mainly on the streets and is to enable us to check whether anyone has lost their way or suffered an injury or accident.

A "dog tag" for personal information can be obtained from Pat Jackson for £1.00

Coaching/Leadership/Officials'/First Aid Courses

If you would like to be considered for sponsored training, please contact a member of the committee to discuss or call Peter Beuselinck on 07508 350764. See www.englandathletics.org for courses.

***Metros* REGULAR RUNS**

MONDAY	19.00	Ariff Sidik, Marcus Weedon, Linda Dunne 07827 66823	
	20.00	Teresa Young Mike Ransome Email: Mw49ran@gmail.com	020 8866 3225 07802 839 498
TUESDAY	20.00	Steve Paull Penny Hudson	020 8422 6636 pm.hudson@ntlworld.com
Run / Walk Group			
WEDNESDAY	19.15	Nathan Powell Kevin Smart	07510 122288 07810 835352
THURSDAY	19.00	Jane Hudson Email: thursdaymetros@yahoo.co.uk	07522 754675
THURSDAY TRACK SESSION		Dave Brown 07939 567561 (please contact beforehand)	
SATURDAY	09.00	Ceri Jacob	07771 636 647
		Debra Norman	0208 866 6909

Other unofficial runs may also be going on, ask around.

See website for more details: www.metros.org.uk

Please Note: All runners are responsible for themselves.