



March 2020
Issue No. 376



Harrow Hill Race – 16th February



Metros Diary

Mar

Weds 4	Committee Meeting	8.00pm
Sat 7	Metros 5 Mile Handicap, Roxbourne PK	9.00 am
Sun 8	Hillingdon 20	9.00 am
Sat 14	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sat 21	Cassiobury parkrun	9.00 am
Sun 22	Gade Valley 20- mile training run	9.00 am

April

Weds 1	Committee Meeting	8.00pm
Sat 4	Metros 10K Challenge, Roxbourne PK	8.50 am
Fri 10	Maidenhead Easter 10	9.30 am
Sat 11	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Sat 18	Canons Park parkrun	9.00 am
Sun 26	London Marathon	10.00 am

May

Sat 2	5 K Run, Roxbourne Park	9.20 am
Sun 10	Marlow 5	9.30 am
Mon 11	Vets Track & Field – Battersea	6.00pm
Sat 9	Measured mile, Roxbourne Park	9.20 & 9.40 am
	Foodbank donation	
Mon 25	Vitality London 10,000	10.00 am
Sun 31	Summer League – Dulwich	9.30 am

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!

I am happy to see the back of February and all that challenging weather. Storms Ciara and Dennis certainly played havoc with running events. However, some Metros still managed to record some impressive times and even PBs despite the weather conditions; well done! Many thanks to Paula Kanesanathan and her team for putting on a successful Harrow Hill Race. This had to be re-routed due to flooding on part of the course, resulting in Football Lane having to be tackled four times. Tough, but at least the race did not have to be cancelled.

February also saw the first of the new format Quiz Night – thank you to everyone involved in the organisation of a very successful evening.

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 ...

Sasha Birkin – 1st female at Rickmansworth parkrun on 1st February

Terry Burke – for coming first in his age group at Seaton parkrun, 8th February

Jane Hudson & Andrzej Warhaftig – for coming first in their age groups at Hillingdon half marathon, 23rd February

Suzanne Harvey and Susan Morahan – for running their first 5K at Roxbourne Park on 1st February

Bijan Keene – for running his first 10K, at Harrow Hill Race on 16th Feb.

Diane O'Reilly- for a PB at the Metros 10K Challenge, 4th January

Nicky Payne – for a PB at Wokingham Half Marathon on 23rd February

Sonny Peart - for completing his 100th parkrun at Harrow on 22nd February.

Gertrud Porter-for coming first in her age group at Harrow parkrun (her first parkrun!) on 8th February

Tim Oakley – for a PB at Northala parkrun on 11th January

Nigel Rackham – for coming first in his age group at Watford half marathon on 2nd February

Chris Shearwood – for coming 1st in his age group at Long Meadow parkrun on 8th February

Pauline Bishop, Mike Ransome & Marion Rogan – for coming first in their age groups at Harrow Hill Race, 16th February

Mike Morris and Lorraine O'Donovan – for completing their 100th parkruns at Harrow on 15th February



Mike and Lorraine celebrate their 100th parkrun with other Metros



Welcome New Members

**Roshni Patel
Tom Morris
Sean Collins**

Membership renewals were due on 1st March 2020

Your 2019/20 membership expired on 28th February 2020, if you have not renewed your membership please do so as soon as possible.

- Like last year, renewals will be done on-line, and you can do this straightaway, all payments from 1st January are part of the new membership year.
- Metros Membership rates are staying the same: Adult £25, Student £5, Under 18 £1.
- England Athletics has however increased to £16, so adult membership including EA is £41.
- Why do we renew online?
- Our website is integrated to Webcollect who hold our membership records and record what subscriptions people have. All new members now join online and maintain and manage their own information.
- This keeps our club processes up to date and your data more secure. It also means we are able to comply with the data protection regulations.

Your role

- If you are an individual adult member, you are responsible for maintaining your own data and renewing every year.
- If you belong to a family group, the person(s) assigned as the administrator for your group is(are) responsible for renewing everyone in the group and checking the data is up to date.
- Members aged over 70 who don't pay a subscription (or a donation) still have to renew their membership. Without this, we can't keep your data records. Members who currently don't have internet access are all assigned to a family group of a Metros member they know well, who will check that you want to remain a member.

Please do the following on or before 1st March

- Go to the Metros website www.metros.org.uk
- Sign in (your user id is your email address)
- In the members section select membership renewal to take you to Webcollect

You may have to take some actions on your browser to allow Webcollect to work e.g. allow cookies or clear history

- Make sure you are using a strong password, treat this like any other site where you hold personal information
- Webcollect is then like online shopping – you select the subscription you want and “place an order” then select a payment method.
- You'll find a range of payment options: bank transfer, one-time direct debit payment (go cardless), cash, cheque
- If you first registered with Metros for couch to 5K 2019, you will not be able to renew that subscription – please use the option to “select a different subscription” and select whichever adult subscription you prefer.

- If you want to add or remove EA membership from your subscription, use the “select a different subscription” option to select the membership you want. Your subscriptions will only be live once I’ve confirmed that you’ve paid; depending on the payment method, this can take several days. In the meantime, the “mymetros” section on WebCollect will show you that you’ve orders placed that are still waiting to be confirmed.

Any issues, please email me at metros.secretary@yahoo.co.uk

Your help in having all this done and dusted by the end of March is hugely appreciated.

Irene Paull

Quiz Night – 28th February



Congratulations to the winning team – ‘Maybe we will pull it out of the hat’!



Metros 5k Competition



When & Where: A mix of parkruns and 5k runs at Roxbourne Park over a year. All events start at 9am. The remaining events for the 2019/2020 season are as follows:

Date	Event
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

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

The third Saturday of the month is usually the Metros designated parkrun day. Parkrun events have now been incorporated into the new Metros 5K Competition.

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.



Trophy Races 2020

The races eligible for the Metros London Road Runners Club (LRRC) Trophy for 2020 are as follows: -

08/03/2020	Hillingdon 20 Miles
10/04/2020	Maidenhead 10 Miles
10/05/2020	Marlow 5 Miles
25/05/2020	Vitality 10K
06/09/2020	Maidenhead HM
20/09/2020	Moor Park 10K
18/10/2020	Cabbage Patch 10 Miles
25/10/2020	Ricky Road Run 10 Miles (Date TBC)
01/11/2020	Marlow 7Miles/HM

There are 10 events available to enter with only your best 8 event scores counted to your total at the end of the year.

Any runners completing all 10 events will receive an award.

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)

SUMMER LEAGUE 2020

Dates for your diary:

31 May - Dulwich Park
14 June - Headstone Park
28 June – Perivale
19 July – Regent's Park
9 Aug – Battersea Park



Veterans' Track and Field - Are you over 35?

Metros enters teams in the Southern Counties Veterans' AC League, which comprises four fixtures on Monday and Wednesday nights during the spring and early summer.

The league is split into various divisions (Metros are in the mid-London division) and men's and women's teams compete against each other over most of the track and field event programme (excluding hurdles but including race walk).

There are separate events for different age groups (men 35–49, 50–59 and over 60, and women 35–49, 50–59 and over 60). Aggregate points earned from each fixture determine the league position. Leading teams from each division go on to meet in the league final at the end of the season (usually early September).

Dates for your diary:

Monday May 11th	Battersea	Hosts: Serpentine
Monday June 8th	Hillingdon	Hosts: Hillingdon
Monday June 22nd	Battersea	Hosts: Herne Hill
Wednesday July 8th	Perivale	Hosts: ESM

Wendy Mulvenna



M.B.E. AWARDS (METROS BEST EFFORTS)

These awards are presented annually to Metros aged over 35 who have broken a previous age group record in some track and field events. Metros participate in the Vets T&F League and Wendy Mulvenna, Metros league co-ordinator, has advertised the dates:

Monday May 11th	Battersea
Monday June 8th	Hillingdon
Monday June 22nd	Battersea
Wednesday July 8th	Perivale

However, apart from this league, there are Open Graded Meetings at various tracks where results could qualify for an MBE if a Metros record is broken.

In order to qualify for an MBE, participants must enter as Metros and wear official Metros kit.

The present MBE records are listed on the Metros web site <https://metros.org.uk/wp-content/uploads/2017/08/Track-and-Field-Records-2019.pdf>. Anyone breaking any record needs to contact me as soon as possible to enable the chart to be updated and the new record advertised during the season up to 1 October.

Pat Jackson
patjacksonhome@hotmail.com

Sarries Track Club

One of the regular Canons Park Parkrun volunteer's sons participates in Saracens track club. It's a running club for people with learning disabilities to get healthy and enjoy running.

Speaking to him, they are very short of track buddies, volunteers to run with the members and to encourage them. Several of us participated in their session on 31st Jan 2020 at Bannisters and it was great fun, inspirational and very rewarding.

The session is taken by a qualified coach (Gary Collins Harrow AC). We started with some warm-up drills, a mix of running varying distances interspersed with more fitness training followed by a warm down with plenty of stretches.

The members have a wide range of running abilities; the quickest, I believe, completes a parkrun in about 27 mins .

Have a look at these videos about the club:

<https://www.youtube.com/watch?v=pu4g0e4TzSU>

<https://www.youtube.com/watch?v=fuFSBW1Vwao>

The distance covered in the session is not significant and you do not need to be a quick runner. The athletes keep a note of the number of laps they complete, and it goes towards their total running distance goal.

They offer 2 sessions a week, on Friday at Bannister's Harrow and Wednesday at Allianz Park Barnet.

Address – Bannister Outdoor Athletics Centre, Uxbridge Road, HA3 6SW Harrow, London

<https://www.google.co.uk/maps/place/51.61145222856269,-0.3518186071319178>

17:00 – 18:00 Fridays: Term Time Only

Allianz Park:

Address – Allianz Park Athletics Track, Hendon, London, NW41RL

17:00 – 18:00 Wednesdays: Term Time Only

The Bannister's session is on a Friday 5-6pm so pretty local. You do not need to commit to every week.

It would be good if we could have a team of volunteers and widen even further Metros support to the local community and hopefully encourage the sarries track club members and their family to join Metros .

If you would like further information, please contact me.

nathancpowell@yahoo.co.uk

07775 540 680

Thanks for reading this message and I hope we can support .

Nathan Powell



Results and Reports

METROS 5K

1st February
2020

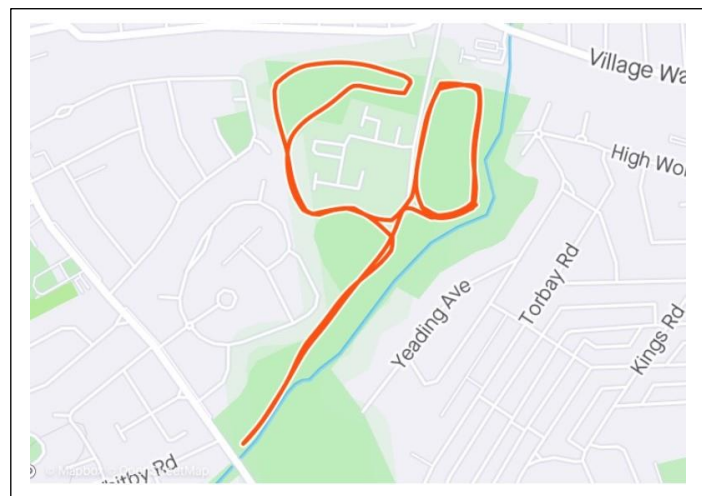
NAME	TIME	AGE GRADE	GRADE POSITION	
Nigel Rackham	18:52	82.84%	1	
Chris Shearwood	19:41	79.40%	2	
Kyie Hollingshead	19:54	66.58%	6	
James Kerrane	20:09	67.74%	4	
Mike Morris	21:25	69.99%	3	
Russ Hewlett	21:58	65.56%	8	
Nick Russell	22:30	64.51%	9	
Tian Hollingshead	22:33	57.58%	14	
Adam Leary	22:44	67.59%	5	
Matt Nola	23:00	61.70%	11	
Simon Aberly	23:24	65.67%	7	
Tom Mann	23:50	59.95%	12	
Sonny Peart	24:53	59.75%	13	
Anne Nola	26:37	61.49%	5	Estimated
Linda Georgiades	27:49	65.97%	3	Estimated
Mike Reid	28:05	56.62%	15	
Mike Ransome	28:27	61.95%	10	
Emma Rackham	28:32	51.87%	16	
Shefali Rao	28:46	52.84%	15	
Andrew Collier	29:03	52.46%	16	
Nancy Morris	29:25	56.32%	12	
Barry Nolan	29:37	50.61%	17	
Annie Birch	29:52	67.86%	2	
Judy Rackham	30:04	63.64%	4	
Julia Allen	30:23	57.32%	10	
Marion Rogan	30:41	72.57%	1	
Karen Leary	31:14	54.32%	13	
Amanda Hardy	31:30	53.86%	14	
Carole Wells	31:47	58.52%	7	
Andrew Matthews	32:27	45.82%	19	
Susan Morahan	33:05	51.28%	19	
Jo Collier	33:51	51.45%	18	
Anne Ambrose	34:24	58.04%	8	
Kevin Eckersley	35:00	47.49%	18	
Ellie Grimes	35:00	42.29%	24	
Steph White	35:01	57.88%	9	

Una Cunningham	35:01	45.36%	23
Linda Grimes	35:02	49.71%	20
Susanne Nicholls	35:50	49.21%	21
Angela Murphy	36:53	60.37%	6
Dave Brown	39:02	45.71%	20
Suzanne Harvey	41:37	46.62%	22
Nathalie Gerverun	41:37	41.85%	26
Gladys de Groot	41:38	41.86%	25
Arnold Glickman	44:29	51.74%	17
Anne Leigh	45:49	57.00%	11
Kath Donaldson		54.66%	
M Average	25:20	61:48%	
F Average	34:04	54:66%	

Tail Walker

Volunteers

Barbara Robson
Diane O'Reilly
Gill Shearwood
Ian Birch
Irene Paull
Marilyn Pickford
Mitesh Patel
Nathan Powell
Peter Jose
Pippa Brown
Ruth Tidder
Steve Paull



Well done to the 46 runners who took part in this event. This was a new route to avoid the mud and swamps that our normal route had turned into. Most feedback was positive (nothing like dry feet to encourage people). There were various comments on the distance, however Strava came in at 4.99km. Two runners found a hitherto unknown shortcut in the nature reserve; we'll put additional signs there, next time in case anyone else finds this (the nature reserve is on both versions of our route). We'll also get out with the measuring wheel when the weather improves and measure this course accurately for when we need to use it again.

The next 5K event at Roxbourne is on **Saturday 2nd May** – there may be cake

Irene

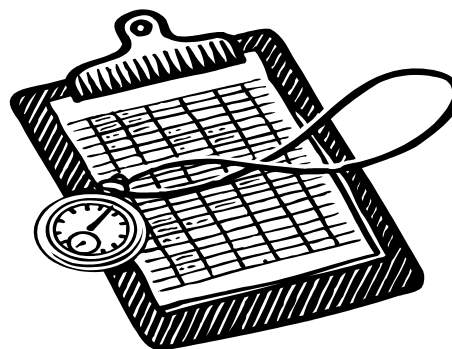
Watford Half Marathon - Sunday 2nd February 2020

		Net time	
1 st		01:07:29	
22	Nigel Rackham	01:17:11	1 st M50
135	Christopher Shearwood	01:28:49	
256	Nicky Smith	01:35:25	
328	Michael Morris	01:39:13	
383	Vincent Cheung	01:41:38	
522	Tony Watson	01:46:05	
538	Russell Hewlett	01:46:44	
539	Nick Russell	01:46:42	
606	Simon Abery	01:49:07	
607	Mitesh Patel	01:49:02	
667	Bruno Croford	01:51:32	
1066	Ariff Sidik	02:10:40	
1070	Anne Nola	02:09:18	
1096	Shefali Rao	02:11:38	
1138	Michael Ransome	02:14:05	
1142	Brian McGrory	02:14:43	
1147	Steve Paull	02:15:07	Pacer
1159	Bernie Conway	02:16:07	
1220	Ruth Tidder	02:21:22	
1288	Irene Paull	02:30:49	
1291	Sakina Sidik	02:31:15	
1353	finishers – last	03:16:51	



Measured Mile – 8th February

Arnold Glickman	11.55
Amanda Hardy	8.19
Andrew Matthews	8.53
Anne Ambrose	9.38
Barbara Reading	9.35
Ceri Jacobs	7.43
Deborah Norman	8.55
Jonathan Pang	8.19
Judy Rackham	8.50
Kevin Eckersley	9.41
Mike Ransome	7.40
Mitul Matthews	6.30
Nigel Rackham	5.45
Simon Aberly	6.31
Sonny Peart	6.47
Steph White	9.47
Susan Morahan	9.12
Suzanne Harvey	10.55
Vishal Matthews	6.42



Not too many Metros today in the park to run the Measured Mile, maybe the warnings for storm Ciara were heeded prematurely or maybe the lure of parkrun enticed some runners away or was it training runs for Harrow Hill next week? Amongst the faithful there were some very fast times headed by Nigel's impressive 5.45 followed by Mitul and Vishal. More importantly for this competition there were several improvers, Amanda, Arnold, Barbara, Deborah and Judy. Amazingly Simon ran the same time exactly as in his last Measured Mile in November deserving a prize for consistency. Well done for all these impressive performances, keep up the training for the next Measured Mile in May.

Thanks to Steve Poole for assisting with recording numbers next to names.

Angela

Arc of Attrition 100 – 31 January - 1 February

Coverack to Porthtowan

1		21:24:31
103	Spencer Millbery	34:14:26
111	Finishers	35:35:45



The Arc of Attrition is an extreme winter 100mile footrace with competitors running in challenging winter conditions.

The Arc is a point-to-point race from Coverack to Porthtowan taking in 100miles of stunning and dramatic Cornish coast-path and will complete an Arc around the



entire south west foot of Cornwall. The race has a strict 36hour cut-off with additional checkpoint and safety cut-offs on route. With checkpoints approximately 20 miles apart, competitors will need the ability to be self-sufficient for long periods of time. Spencer completed the race in 34 hours 14 minutes. The Millbery family are once again very proud of this amazing achievement.

Metros 10K Challenge – January – Correction

Missed from January 10K results

Diane O'Reilly 65:16 51.30% A PB and a Red ribbon

Harrow Hill 10K Sunday 16th February 2020

Pos		Time	Net Time	5K Split	FINISH	
1		00:37:26	00:37:24	00:18:27	00:37:26	
20	Chris Shearwood	00:44:15	00:44:11	00:22:02	00:44:15	
23	Nicky Smith	00:45:13	00:45:06	00:22:20	00:45:13	
29	Nicky Payne	00:46:05	00:46:02	00:22:21	00:46:05	3 rd Senior Lady
38	Nick Russell	00:47:32	00:47:23	00:23:20	00:47:32	
43	Joseph Turner	00:48:24	00:48:09	00:23:31	00:48:24	
45	Kevin Smart	00:48:41	00:48:33	00:24:18	00:48:41	
53	Bruno Croford	00:50:35	00:50:21	00:25:12	00:50:35	
58	Simon Aberly	00:50:56	00:50:44	00:25:11	00:50:56	
63	Steve Paull	00:51:32	00:51:23	00:25:31	00:51:32	
71	Caroline Day-Lewis	00:52:56	00:52:37	00:26:28	00:52:56	
73	Sonny Peart	00:53:13	00:53:01	00:26:29	00:53:13	
74	Pauline Turner	00:53:18	00:53:00	00:26:23	00:53:18	
75	Thomas Man	00:53:24	00:53:11	00:26:20	00:53:24	
79	Rohan Mascarenhas	00:54:03	00:53:41	00:29:37	00:54:03	
80	Simon Jackson	00:54:09	00:53:46	00:27:32	00:54:09	
81	Mitesh Patel	00:54:10	00:54:02	00:28:16	00:54:10	
85	Emma Ponnaganti	00:55:03	00:54:40	00:27:34	00:55:03	
90	Rhonda Tapley	00:56:27	00:56:18	00:27:58	00:56:27	
93	Linda Georgiades	00:57:37	00:57:23	00:28:59	00:57:37	
95	Pauline Bishop	00:57:51	00:57:38	00:29:08	00:57:51	1 st W60
99	Anne Nola	00:58:57	00:58:31	00:30:09	00:58:57	
106	Ruth Tidder	01:00:01	00:59:37	00:29:16	01:00:01	
109	Jane Hudson	01:00:42	01:00:20	00:30:20	01:00:42	2 nd W60
114	Brian McGrory	01:01:16	01:01:04	00:30:16	01:01:16	
115	Bijan Keene	01:01:16	01:00:55	00:30:17	01:01:16	1 st 10K

119	Ariff Sidik	01:01:33	01:01:12	00:31:03	01:01:33	
120	Lorraine O'Donovan	01:02:04	01:01:50	00:30:44	01:02:04	
126	Shefali Rao	01:02:35	01:02:09	00:31:25	01:02:35	
129	Jennifer O'Sullivan	01:02:53	01:02:34	00:31:03	01:02:53	
132	Nancy Morris	01:03:15	01:02:52	00:31:37	01:03:15	
133	Glyn Watkins	01:03:22	01:02:55	00:31:28	01:03:22	
134	Michael Reid	01:03:26	01:03:12	00:31:12	01:03:26	
137	Michael Ransome	01:04:18	01:03:48	00:33:04	01:04:18	1 st M70
146	Barry Nolan	01:06:18	01:05:56	00:33:09	01:06:18	
148	Una Cunningham	01:06:30	01:06:17	00:33:08	01:06:30	
149	Catherine Saunders	01:06:31	01:06:19	00:33:08	01:06:31	
157	Robyn Walliser	01:09:24	01:09:11	00:33:48	01:09:24	
159	Jenny O'Leary	01:10:05	01:09:51	00:34:29	01:10:05	
160	Linda Grimes	01:10:08	01:09:39	00:35:08	01:10:08	
161	Caroline Jackson	01:10:08	01:09:45	00:34:23	01:10:08	
162	Diane O'Reilly	01:10:09	01:09:39	00:35:08	01:10:09	
166	Marion Rogan	01:10:50	01:10:21	00:35:20	01:10:50	1 st W70
182	Tiziana Spotti	01:16:40	01:16:09	00:38:16	01:16:40	
184	Anne Ambrose	01:18:52	01:18:21	00:38:53	01:18:52	
188	Penny Hudson	01:25:03	01:24:33	00:43:39	01:25:03	

Hillingdon Half & 10K Sunday 23rd February 2020

Half Marathon

Pos	Name	Time	Net Time	
1 st		01:09:43	01:09:43	
24	Marcus Weedon	01:29:46	01:29:44	
125	Tony Watson	01:51:17	01:50:40	3 rd M60
136	Thomas Man	01:52:38	01:52:12	
143	Joseph Turner	01:53:43	01:53:01	
149	Pauline Turner	01:54:12	01:51:42	
178	Anthony Bellis	01:57:51	01:57:37	
211	Jane Hudson	02:02:27	02:02:02	1 st W60
212	Andrzej Warhaftig	02:02:31	02:01:40	1 st M70
240	Ruth Tidder	02:08:45	02:08:18	
261	Shefali Rao	02:12:17	02:11:59	
275	Bernie Conway	02:15:22	02:14:57	
323	Tiziana Spotti	02:43:38	02:42:43	2 nd W60
326	Finishers – Last	02:53:03	02:52:39	

10K

1 st		00:31:43	00:31:43	
138	Lorraine O'Donovan	00:59:30	00:59:05	
141	Glyn Watkins	00:59:50	00:59:22	
161	Michael Reid	01:01:45	01:01:16	
168	Una Cunningham	01:02:25	01:01:56	
172	Emma Rackham	01:02:41	01:02:12	
230	Diane O'Reilly	01:09:42	01:09:16	
231	Linda Grimes	01:09:43	01:09:13	
310	Finishers – Last	02:03:52	02:03:44	



Well done Jane

Brighton Half Marathon – 23rd February

1		01:09:05
6853	Chloe Leach	02:36:54
7339	Anne Ambrose	02:57:36
7624	Finishers	04:23:36



Wokingham Half Marathon – 23rd February

1		1:07:13	
338	Chris Shearwood	1:28:14	
345	Sasha Birkin	1:28:28	
537	Nicola Payne	1:34:16	PB
578	Nathan Powell	1:35:41	
1010	Steve Paull	1:45:10	
2473	Irene Paull	2:30:40	
2632	Finishers	3:14:44	



Thorpe & Egham 10K – 2nd February

1		0:34:34
354	Linda Gaitskell (guided by Steve Alder)	1:09:44
431	Finishers	1:38:03

THE GYM

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Middlesex
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Harrow
Greater London
HA1 1NL

Wealdstone

35-43 High Street
Wealdstone
Harrow
HA3 5DE

www.thegymgroup.com

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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 Irene Paull at

metros.secretary@yahoo.co.uk

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.