



September 2020
Issue No. 381



Note from the Editor!

I hope everyone managed to have a break from the usual routine (or new usual) over the Summer.

Our virtual events have continued, but this month we also have some actual results, with some events starting up again with arrangements in place to minimise COVID transmission.

Good news for Metros is that training sessions will be starting again in the next couple of weeks, please refer to the e-mails sent by Irene Paull and make sure you are registered for the sessions that you want to attend. You will need to pre-book to attend a session. If you have any problems with setting up your preferences, please contact Irene at metros.secretary@yahoo.co.uk

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

VIRTUAL – METROS ANNUAL FUN RUN – BRIAN JACKSON FUN RUN

The annual fun run is the longest established Metros event and our club evolved from this event. It's named in honour of Brian Jackson, the founder and, for many years, the organiser.

This year, due to Covid-19, the Fun Run will be a virtual event to be completed **during the week Wednesday 23rd to Tuesday 29th September inclusive.**

The event can be completed on any single day during that week, anywhere and on any surface - road, track, cross country. Please conform to current social distancing restrictions.

As usual, there are three separate races on offer and, if more than one race is run/jogged/walked, a traditional break is needed between each one. **The break needs to be 5 minutes between each race.**

1st race - 2K

2nd race - 4K

3rd race - 4K

If more than one race is completed, they need to be consecutive but don't forget the 5-minute break between each race!

There is no need to pre-enter, just email me your name, date of birth, race distance/distances and date completed, with times for each race if more than one, no later than midnight **Wednesday 30th September**. The results will be age graded and published in Metrolines.

Please let me know if you'd like any further information and I hope there will be good support for this, the 41st event.

Pat Jackson patjacksonhome@gmail.com





Rowing Through Kent – Sonya Grist

Sonya continues her virtual rowing journey from Pinner to France.

South East county, Kent, has been referred to as The Garden of England for hundreds of years. With its spectacular coastline views and White Cliffs of Dover; possibly better known to those arriving in the UK by ferry, it's no surprise that this is a sought-after location, home to 1,524,700 residents. Kent's rolling green hills and beautiful scenery blend in with the many historic buildings and points of interest it boasts to tourists and residents alike giving it an enormous amount of reasons to visit.

My journey is firstly along the river Darent towards Westerham where it meets the River Eden. This is an area with the most celebrated stately homes and estates – originally owned by landlords who were bequeathed the land by grateful kings (usually in return for support in battle or for lending out their wives and/or daughters – or both).

As its name suggests, Westerham is as westerly as you can get in Kent before crossing the border into Surrey. A small, scenic town with attractive architecture and a beautiful green at its heart, it nestles in the valley of the River Darent and is known as the 'gateway to the Garden of England'.

Famous for centuries as a centre for the brewing industry, its huge Black Eagle Brewery closed in the 1960s. The Westerham Brewery company, established in 2004 but not originally based in the town, has only recently brought brewing back to Westerham with the opening of its new facility on Beggars Lane.

The town is also home to one of the jewels of the National Trust's crown – Chartwell, the former home of Sir Winston Churchill.



You can't come to Westerham without visiting its biggest claim to fame, Chartwell, which is now under the care of the National Trust.

A stunning red-brick country mansion, it was Churchill's family home for more than 40 years. Today, visitors can see the beautiful grounds, gardens and the views over the Weald which Churchill loved so much. The house is preserved as it was when the family lived there, complete with the art studio in which Churchill painted.

The national Trust is an enterprise that has helped keep large estates in full flourish.

The National Trust was founded on 12 January 1895 by Octavia Hill, Sir Robert Hunter and Hardwicke Rawnsley. Over the last 125 years it has grown to become Europe's largest conservation charity, caring for historic properties and areas of beautiful countryside for everyone, for ever.

One of Britain's most impressive stately homes is in the heart of Sevenoaks: the vast, enchanting National Trust property of Knole. Dating from the 1450s and



famously sporting 365 rooms, 52 staircases and seven courtyards, here you'll wander through exquisite galleries, past shimmering silver, atmospheric portraits and fine fabrics. Then head through the sunlit orangery and into a 1000-acre park dotted with gnarled trees and herds of deer.

Historical homes, castles and gardens are a plenty. There's enchanting, double-moated 13th century Hever Castle – childhood home to Anne Boleyn, while Penshurst Place, Chiddingstone Castle and Chiddingstone Village offer more culture and history, and an impressive range of year-round family and themed activities. Or discover the rare shrubs and exotic perennials at Riverhill Himalayan Gardens and Great Comp Garden which surrounds a beautiful 17th century manor house.

Just 7 miles north of Sevenoaks, Lullingstone Roman Villa is one of the best-preserved in the country. Its vivid mosaics and striking wall paintings really bring the mid-4th century to life - check out the Roman-era under-floor heating in the bathroom. Then scroll forward 12 centuries at nearby Lullingstone Castle and World Garden, where a 15th century manor house is surrounded by plants from all around the globe.

And then we come to the excellent vineyards that are busy winning prizes against competition from many world leaders. Famously known as the 'Garden of England', the English county of Kent also lays claim to some of the country's leading wine producers with many wines punching well above their weight in national and international markets. Sparkling wines are the great success story of recent years, with excellent growing conditions and similar soils to the Champagne region of France helping vineyards to consistently produce award winning wines. Although evidence suggests vineyards and wine making were prominent in England over 2000 years ago under Roman occupation, the renaissance in English wine production is a relatively recent phenomenon. The use of new grape varieties, more suitable growing techniques and improved disease control have helped boost the number of commercial vineyards across the country to over 400. Media attention and public interest in English wines has never been greater.

Moving south, we now start navigating the River Rother.



The River Rother flows for 35 miles (56 km) through the English counties of East Sussex and Kent. Its source is near Rotherfield in East Sussex, and its mouth is on Rye Bay, part of the English Channel. Prior to 1287, its mouth was further to the east at New Romney, but it changed its course after a great storm blocked its exit to the sea. It was known as the Limen until the sixteenth century. For the final 14 miles (23 km), the riverbed

is below the high tide level, and Scots Float sluice is used to control levels. It prevents saltwater entering the river system at high tides and retains water in the river during the summer months to ensure the health of the surrounding marsh habitat. Below the sluice, the river is tidal for 3.7 miles (6.0 km).

One of France's most prestigious champagne brands is hoping to capitalise on Britain's wine boom after planting its first vines on English soil last week.

Taittinger has chosen a vineyard near the Kent village of Chilham as the site for its venture into English sparkling wine, with the first bottle due to be drunk in 2023.

It is the first time a grande marque champagne house has planted a vineyard in the UK with the aim of producing a top-quality English sparkling wine. The wine will be called Domaine Evremond, named after Charles de Saint-Évremond, the French writer who is credited with helping introduce 17th-century London to the habit of quaffing champagne.

The move comes as figures in April revealed that wine producers in the UK will plant a record 1m vines over the next 12 months, allowing growers to produce 2 million more bottles of wine a year in the south of a country not historically known for its viticulture.

Taittinger acquired the Kent farmland, in the heart of the so-called Garden of England, in the autumn of 2015. The vineyard is a joint venture between Taittinger, which has a 55% share, its UK agency and importer Hatch Mansfield, and an army of optimistic and deep-pocketed friends and investors. The project is expected to be a multi-million-pound investment over the next 10 years.

I'm now moving towards Rye and the coast for my channel crossing.

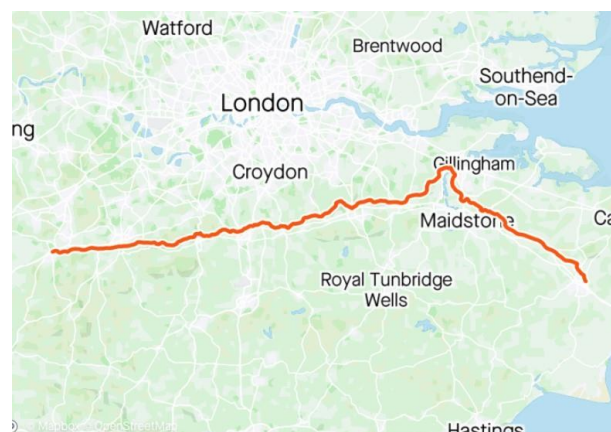
To be continued



North Downs Way 100- 8th August

While Sonya was virtually rowing through south east England, Sonny was actually running 100 miles on the Downs!

1		19:33:27
90	Sonny Peart	28:53:31
107	Finishers	29:56:05
234	Starters	

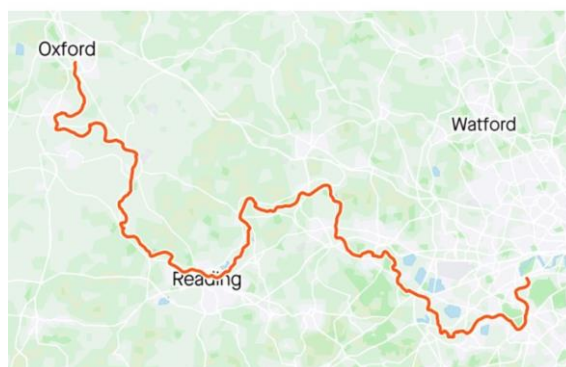


Thames Path 100 – 5th September 2020

1		14:13:40
135	Sonny Peart	25:20:52
183	Finishers	27:20:20
230	Starters	

Distance 101.64 mi Pace 14:57 /mi Achievements 158

 Sonny completed his weekly distance goal!



Sonny recently co-founded an organisation, called Black Trail Runners with the aim of increasing inclusion, participation and representation of black people in trail running. Sonny talks about Black Trail Runners and how he got into trail running in a recent Everything Endurance podcast, catch it on YouTube:

<https://www.youtube.com/watch?v=OPut3kZLXKA>

Virtual Measured Mile 15.8.2020

	Time
Nigel Rackham	5.32
Christopher Shearwood	5.37
Adam Leary	6.19
Simon Abery	6.22
Sukriti Bisht	6.41
Andy Fox	6.41
Caroline Day Lewis	7.24
Tim Oakley	7.42
Karen Leary	8.36
Mike Ransome	8.48
Emma Rackham	9.10
Teresa Young	9.22
Jane Scoffham	9.31
Gill Fox	10.00
Nagendra Bisht	10.19
Dave Brown	14.09
Alastair Scoffham	14.09
Arnold Glickman	14.43

The second virtual Measured Mile! Well done to all Metros who ran a solo self-timed Mile. Good to have some walkers included as well. Karen and Adam get extra credit for running in the rain and Emma and Chris for enduring a mile on the track. The original Roxbourne Park mile route was in use as well as other miles as sections of longer runs. All good for comparing mile times. Interesting too, that as reported by Mike R when Metros run a second timed mile in the same training session, they often improve on the second attempt. The next MM in November will be the first in next year's competition and we just may be able to run this together in Roxbourne park, something to look forward to!
Angela

7pm Thursday Night Metros Session

Just over 8 years after taking over the session from Sue Davie I've decided the time is right to step down as the Thursday run coordinator. It's been very enjoyable watching people develop over the years, and I'd like to thank my sterling team of run leaders for their great work. I'm very happy to be handing over the reins to Mike Morris (07906 151525) Email mike.morris100.mm@gmail.com
I know he will do a great job and is looking forward to seeing many of you at a session soon

Jane Hudson

Metros Virtual 5k Competition:

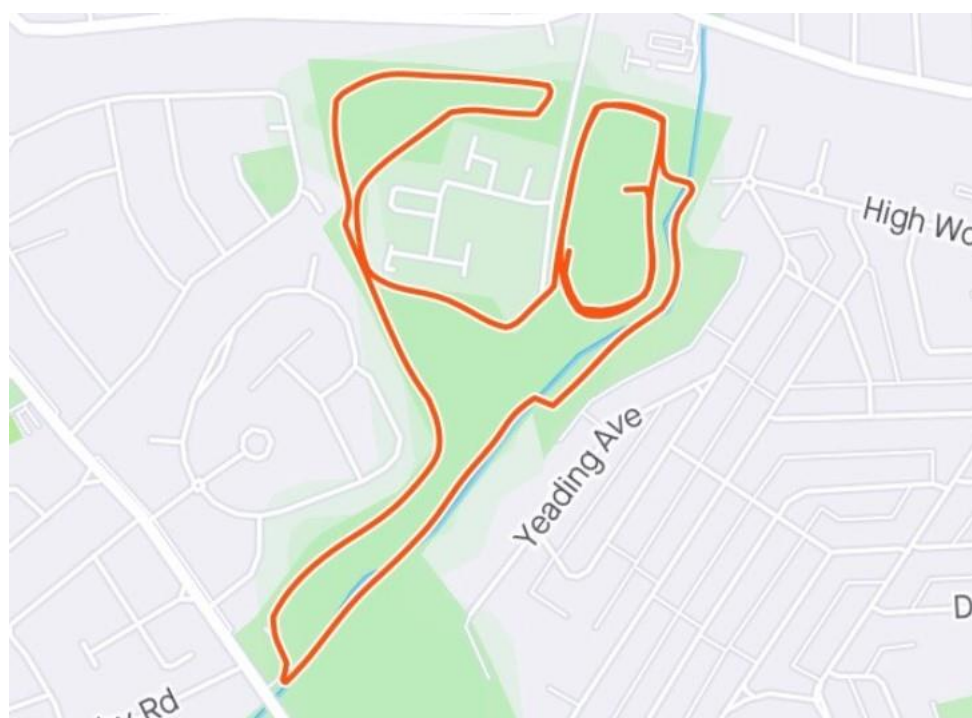
August

Well done to everyone who participated in the
Metros Virtual 5k Competition for August.

Jane Hudson	25m 12s	74.47%
Lynne Jones	27m 52s	67.34%
Jasia Zimmermann	28m 17s	67.18%
Annie Birch	31m 29s	62.68%
Linda Georgiades	28m 53s	61.92%
Judy Rackham	30m 23s	61.00%
Emma Ponnaganti	26m 06s	60.22%
Teresa Young	31m 39s	60.03%
Zahra Bassiri	25m 08s	59.75%
Irene Paull	33m 30s	57.46%
Gill Fox	35m 28s	49.86%
Caroline O'Dwyer	34m 39s	49.30%

Nigel Rackham	17m 19s	90.76%
Chris Shearwood	18m 55s	82.38%
Andrzej Warhaftig	23m 18s	74.96%
Malcolm Smith	21m 36s	73.30%
Steve Paull	23m 12s	73.06%
Nicky Smith	19m 57s	70.68%
Andy Fox	22m 37s	68.90%
James Kerrane	20m 26s	67.54%
Adam Leary	22m 54s	67.47%
Richard Brown	21m 42s	66.97%
Simon Abery	23m 22s	65.62%

Clive Heidrich	22m 43s	63.98%
Ian Birch	26m 50s	62.61%
Tim Oakley	26m 30s	60.75%
Mike Morris	25m 19s	59.64%
Rohan Mascarenhas	25m 36s	58.07%
Sonny Peart	26m 36s	56.33%
Mike Ransome	31m 37s	55.25%
Kevin Concannon	30m 1s	54.53%
Glyn Watkins	30m 55s	54.34%
Mike Reid	31m 59s	49.50%



Virtual 5 Mile Handicap - September

	Actual 5-mile time	h/cap	Time inc. handicap	points this event	next handicap
Emma Ponnaganti	41.15	0	41.15	54	18
Rohan Mascarenhas	43.37	0	43.37	51	16
Andrzej Warhaftig	42.22	11	53.22	40	17
Jonathan Pang	48.27	6	54.27	38	11
Tim Oakley	42.28	12	54.28	37	17
Andy Fox	36.27	19	55.27	35	23
Chris Shearwood	31.55	25	56.55	32	27
Al Scoffham	56.06	1	57.06	31	3
Adam Leary	37.48	20	57.48	30	22
James Kerrane	33.23	25	58.23	28	26
Lynne Jones	49.00	10	59	26	10
Judy Rackham	51.04	8	59.04	25	8
Caroline Day-Lewis	40.18	19	59.18	24	19
Robyn Walliser	51.27	8	59.27	23	8
Paul Spendloff	31.09	29	60.09	21	28
Mike Ransome	51.27	9	60.27	20	8
Nigel Rackham	31.30	29	60.3	19	28
Mike Morris	36.31	24	60.31	18	23
Steve Paull	39.41	21	60.41	17	20
Elish Fernandes	70.58	-10	60.58	15	-12
Nancy Morris	52.06	9	61.06	14	7
Zahra Bassiri	40.09	21	61.09	13	19
Steve Alder	51.27	10	61.27	12	8
Gladys de Groot	71.30	-10	61.3	11	-12
Irene Paull	57.34	4	61.34	10	2
Sakina Sadik	56.38	5	61.38	9	3
Karen Leary	54.42	7	61.42	8	5
Stephanie White	59.58	2	61.58	6	-1
Dave Brown	75.59	-13	62.59	4	-17
Simon Abery	42.26	22	64.26	2	17
Sonny Peart	44.31	20	64.31	1	15
Diane O'Reilly	64.36	0	64.36	0	-5
Glyn Watkins	51.54	13	64.54	-2	7
Jane Scoffham	56.06	9	65.06	-3	3
Mike Reed	63.24	8	71.24	-10	-4

St Alban's 10K – 23rd August 2020

9am Start

1		32:02
198	Nathan Powell	45:06

10.15am Start

1		44:52
11	Jeff Suffield	47:58
199	Bernie Conway	64:20



Results for the Virtual Summer League 2020 can be found at:

<http://www.thesummerleague.uk/results.php>

NOTES OF METROS VIRTUAL COMMITTEE MEETING

Wednesday 27 August 2020 via a Zoom conference call at 8.00 pm

PRESENT Anne Ambrose, Pat Jackson, Paula Kanesanathan, Mitesh Patel,
COMMITTEE: Marilyn Pickford, Irene Paull, Steve Paull, Emma Rackham,
Nigel Rackham, Mike Ransome, Barbara Robson, Ariff Sidik,
Marcus Weedon

NON-COMMITTEE: Mike Morris, Tim Oakley

1. APOLOGIES Peter Beuselinck

CHAIR: Nigel Rackham

NOTE RECORDER: Pat Jackson

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

2. METROS SESSIONS

The possibility of starting Metros sessions adhering to Covid-19 restrictions was discussed. Prior to the meeting it was agreed we would need a co-ordinator to establish guidelines. Tim Oakley had volunteered to become the Metros co-ordinator regarding Covid-19 and produced guidelines which were distributed to the committee prior to the meeting. Tim was thanked for the guidelines and, following a discussion, he will make amendments to the document particularly relating to the number of runners permitted and information for young and disabled runners, then send to the committee for approval.

ACTION: Tim Oakley

Irene had trialled a SPOND app which had various necessary features including allowing runners to register which sessions they wished to participate. Advance booking is essential to enable 'track and trace' to be facilitated if necessary. It was agreed Irene would advise Co-ordinators of each session on use of the SPOND app to determine the number wishing to run and organise more 'leaders' if needed. Participants need to be paid-up Metros members.

ACTION: Irene Paull

It was confirmed that most run co-ordinators, apart from Saturday morning, had already established what was needed to adhere to the guidelines. When the committee have approved Tim's updated guidelines, Tim will send to run co-ordinators asking them to make any adjustments necessary for their session and then confirm back with Tim, who will then inform the committee. Irene will email Tim the list of run co-ordinators.

ACTION: Irene Paull

Mitesh will discuss the updated guidelines with the Saturday morning co-ordinator, Saturday event co-ordinators and previous run leaders.

ACTION: Mitesh Patel

It was agreed to aim to start Metros sessions on 14 September. When agreed, Irene will inform members of the arrangements and update the web site.

ACTION: Irene Paull

3. METROS MEMBERSHIP

Irene confirmed 89 adults had not yet renewed. She will contact them and any who do not wish to renew, or are not in a position to renew, will be deleted from the data base. She will also inform Anne Ambrose for Metrolines and Penny Hudson for the Google Group to have them removed from those lists. **ACTION:** Irene Paull

4. SESSION PREMISES HIRE

Mitesh confirmed that Metros have paid in full for all venues and it was agreed that this will now be reviewed. Nigel confirmed that the Methodist Church do not require payment when not used; Irene will ask Peter for the contact at Lowlands Tennis Club; Mitesh will contact Harrow School and Barbara will contact the Scout Hall authorities. Mitesh will first inform Irene and Barbara the current payment position.

ACTION: Mitesh Patel, Irene Paull, Barbara Robson

5. ANY OTHER BUSINESS

ON-LINE STRENGTH & MOBILITY SESSION – Nathan Powell had said that someone had offered to do this for Metros for a fee per person. It was agreed to discuss this at another time.

THE 41st METROS ANNUAL FUN RUN – THE BRIAN JACKSON FUN RUN - Pat requested this be held as a virtual event and will agree a format with the committee. **ACTION:** Pat Jackson

Tim Oakley and Mike Morris were thanked for attending the meeting and Irene for arranging the Zoom call.

Meeting closed at 9.10 pm.



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

Metros REGULAR RUNS – back up and running soon

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	Mike Morris Email: mike.morris100.mm@gmail.com	07906 151525
THURSDAY TRACK SESSION		Dave Brown 07939 567561	
SATURDAY	09.00	Ceri Jacob Debra Norman	07771 636 647 0208 866 6909

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

Please Note: All runners are responsible for themselves.

Register your interest to attend the training sessions that you want to attend at <https://metros.org.uk/members/renew-membership>

See instructions emailed from the membership secretary.