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Lockdown 48- hour relay – 5th-7th February

Note from the Editor!

I hope everyone is well and enjoying the longer days – although the weather has not been exactly spring like. Some Metros braved bad weather to compete in the 48-hour relay. Some even ran in the middle of the night; at least they didn't have to worry about social distancing! There are further virtual events planned and some Metros are also arranging their own virtual challenges. If you would like to write about your lockdown challenges, we would all love to hear about them.

I'm looking forward to the end of this month when organised sport may start again. Here's hoping that we will soon be able to participate in some actual events.

Take care and stay safe.

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

Metros Website and social media

www.metros.org.uk

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

We also have a Facebook and Instagram pages 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

Dr Bernard Lown



The defibrillator is an important piece of life-saving equipment at races and Metros sessions and something we hope that we never have to use but we have it there just in case. The cardiologist who invented the defibrillator recently died aged 99.

Dr Lown was the original developer of the direct current defibrillator for cardiac resuscitation, and the cardioverter for correcting rapid disordered heart rhythms. He introduced a new use for the drug lidocaine to control heartbeat disturbances (arrhythmias).

Throughout his medical career, Lown focused on two major medical challenges: the problem of sudden cardiac death and the role of psychological stress on the cardiovascular system. His investigations led to many medical break throughs, among them the coronary care unit. His work made possible and safe much of modern cardiac surgery, as well as a host of other innovations.

He had been among the first doctors to emphasise the importance of diet and exercise in treating heart disease.

In 1985, Lown accepted the Nobel Peace Prize on behalf of the International Physicians for the Prevention of Nuclear War, an international anti-war organisation which he had co-founded.

Lown died on February 16, 2021, at his home in Massachusetts. He suffered from congestive heart failure and pneumonia prior to his death.

Contributed by Pat Jackson

Metflix ?

To help members pass the time whilst in lockdown, how about watching some running videos?

www.youtube.com/watch?v=zBYINXDur-s

I found a feature length documentary on YouTube on Chris Finill. Chris is a former Harrow resident and has the longest finishing streak at the London Marathon, 35 years and counting, with all but two of these under 3 hours. He is lesser known for his run across America of over 3000 miles. No mean feat, he filmed his challenge. I would imagine a few members have raced with Chris.

Have others found any interesting running videos they would like to share?

Nathan Powell

48 – Hour Virtual Club Relay, 5th -7th February

Metros took part in a 48-hour virtual lockdown challenge in February, in conjunction with 13 other clubs from around the country. The challenge saw each club nominating one person to run or walk for each of the 48 hours during the event, with each club competing as many miles as possible whilst contributing to the overall total. Metros managed to put 293 miles on the board over the course of the weekend and came 4th out of the clubs taking part. With 417 runners taking part overall, a staggering 3,320 miles were accumulated in total.

Friday 5th February	Name of participant	Miles	
12.00	Marcus Weedon	8.8	
13.00	Andrzej Warhaftig	6.8	
14.00	Lynne Jones	6.6	
15.00	Bhavani Patel	6.1	
16.00	Alistair Scoffman	3.9	
17.00	Arnold Glickman	3.4	
18.00	Sakina Sidik	5.7	
19.00	Mike Reid	5.7	
20.00	Emma Ponnaganti	7.5	
21.00	Clive Heidrich	7	
22.00	Tim Oakley	3.8	
23.00	Barry Nolan	5.4	
Midnight	Martin Eden	6.5	

Saturday 6th February	Name of participant	Miles
1.00	Tom Mann	5.9
2.00	Tom Mann	5.4
3.00	Tom Mann	5.9
4.00	Paul Mcgrath	4.6
5.00	Shefali Rao	5.7
6.00	Una Cunningham	5
7.00	Anne Suffield	6.7
8.00	Lorraine Donovan	6
9.00	Diane Riley	5.6
10.00	Marcus Weedon	8.7
11.00	Lynne Jones	6.4
12.00	Jeff Suffield	7.5

13.00	Monica Shortt	5.7
14.00	Chris Shearwood	7.8
15.00	Chris Shearwood	7.9
16.00	Gill Shearwood	3
17.00	Barry Nolan	5.2
18.00	Pip Brown	5.8
19.00	Andrzej Warhaftig	6.8
20.00	Jennifer O'Sullivan	6.1
21.00	Steve Paull	7
22.00	Lorraine Donovan	3.5
23.00	Susanne Nichols	4.3
Midnight	Martin Eden	7.1
Total Miles		143

Sunday 7th February	Name of participant	Miles
1.00	Tom Mann	4.8
2.00	Tom Mann	4.7
3.00	Tom Mann	5.9
4.00	Quinn Mcgrath	4.2
5.00	Tony Watson	7.4
6.00	Spencer Millbery	5.8
7.00	Spencer Millbery	5.8
8.00	Una Cunningham	5.2
9.00	Caroline Day - Lewis	7
10.00	Marcus Weedon	8.5
11.00	Jasia Zimmerman	5.9
12.00	Zara Bass	7.5
Total Miles		73

METROS 10K CHALLENGE AWARDS

Some of you may have seen my post on Strava on 6th February when, after a run around Roxbourne Park on Saturday morning, I noticed that the gate to the Scout Hut was open and workmen /decorators were busy inside and outside. After a little persuasion and a phone call I was allowed through to our hut and was able to retrieve my box of 10K ribbons.



Back in Autumn 2019 I had compiled a list of runners due outstanding medals for the prizegiving night. I was then in New Zealand when the event was run in January '20. Shortly after returning from NZ we went into lockdown, with no event in April, and events in July '20, October '20 and January '21 all virtual. With my box of ribbons restored I decided to do a stock take and go through all those events. Clearly Metros have been busy in lockdown and some seemed to have positively thrived! Thirty-nine runners are due 44 medals, either for running the event for the first time, or improving, or in some cases both!

(No date indicates the awards were earned in or prior to Oct 2019)
Additional ribbons and a new supply of medals have been ordered as I type this, so the next time we are able to run the 10K event for real, even if in groups of no more than 10, I hope to start distributing awards.

Teresa Young

Chris Shearwood	Purple	Jan-21
Chris Shearwood	Navy Blue	Oct-20
Chris Shearwood	Light Blue	Jul-20
Marcus Weedon	Light Blue	Jan-20
Jane Hudson	Light Blue	Jan-20
Andrzej Warhaftig	Light Blue	Jul-20
Adam Leary	Green	
Emma Ponnaganti	Green	Jan-21
Emma Ponnaganti	Yellow	Oct-20
Lynne Jones	Green	Jan-21
Lynne Jones	Yellow	Jul-20
James Kerrane	Green	Jul-20
Angela Murphy	Green	
Ruth Tidder	Yellow	Jan-20
Teresa Young	Yellow	Jul-20
Zahra Bassiri	Yellow	Jul-20
Anne Nola	Yellow	Jan-20
Sonny Peart	Yellow	Jan-20
Tom Man	Orange	Jan-20
Will Jacob	Orange	
Shyam Patel	Orange	Jul-20
Anne Ambrose	Orange	Jan-20
Tim Oakley	Orange	Jul-20
Karen Leary	Orange	
Steph White	Orange	Jan-20
Jennifer O'Sullivan	Orange	Oct-20
Sukriti Bisht	Red	Jul-20
Rohan Mascarenhas	Red	Jan-21
Carol Diggins	Red	Jul-20
Steve Alder	Red	Jul-20
Mike Reid	Red	Jan-20
Monica Shortt	Red	Jul-20
Caroline O'Dwyer	Red	Jan-20
Jonathan Pang	Red	
Catherine Saunders	Red	Jan-20
Will Bailey	Red	Jan-20
Pippa Brown	Pink	Oct-20
Linda Grimes	Pink	Jul-20
Pip Jacob	Pink	Oct-19
Gill Fox	Pink	Oct-20
Sakina Sidik	Pink	Jan-21
Sakina Sidik	White	Jan-20
Catherine Robinson	Pink	Jul-20
Jennifer Smith	Pink	Jul-20

Virtual 5-mile XC Relays – Metros Results

Runner	Category	Time(00:00:00)
1st	MS	00:28:57
Shyam Patel	MS	00:40:10
Adam Leary	MV50	00:41:30
Steve Paull	MV60	00:43:02
Tom Mann	MV40	00:44:23
Terry Burke	MV70	00:50:20
Tony Watson	MV60	00:59:02
Teresa Young	FV60	00:59:14
Andrzej Warhaftig	MV70	01:01:00
Nancy Morris	FV50	01:04:00
Gertrud Porter	FV70	01:06:45
Emma Rackham	FS	01:10:22
Al Scoffham	MV60	01:10:42
Jane Scoffham	FV60	01:10:42
Judy Rackham	FV60	01:13:14
Lynn Jones	FV60	01:14:00
Marion Rogan	FV70	01:14:49
Carole Lloyd	FV60	01:14:49
Veronica Georgescu	FV60	01:18:28
Claire Millbery	FV40	01:28:04
Linda Dunne	FV50	01:28:04

Metros women were ranked 2nd in the FV60 category – well done!

1	MAC	03:29:01
2	MET	04:37:10

Teresa Young	00:59:14	
Jane Scoffham	01:10:42	
Judy Rackham	01:13:14	
Lynn Jones	01:14:00	
		04:37:10

Virtual 5K Challenge – February 2021

Metros Men Virtual 5k Challenge Results February 2021		
Name	Time	Age Grading %
Chris Shearwood	19 mins 04 secs	82.39
Richard Brown	19 mins 06 secs	76.65
Paul Spendloff	18 mins 13 secs	76.33
Mike Morris	19 mins 47 secs PB	76.31
Marcus Weedon	19 mins 14 secs	75.55
Andrzej Warhaftig	24 mins 08 secs	73.25
Tony Watson	21 mins 53 secs	74.82
Steve Paull	24 mins 13 secs	69.97
Adam Leary	22 mins 41 secs	68.70
Shyam Patel	21 mins 36 secs	63.02
Rohan Mascarenhas	24 mins 23 secs PB	61.44
Greg Davis	28 mins 36 secs	59.79
Terry Burke	31 mins 35 secs	55.98
Mike Reid	29 mins 30 secs (PB)	54.13
Mike Ransome	33 mins 14 secs	53.20
Mitesh Patel	25 mins 22 secs	52.28
Al Scoffham	33 mins 37 secs	49.12
Cem Brown	40 mins 47 secs 1st 5k	39.88
Dave Brown	1 hour 09 mins 41 secs	25.70
Average age grade		62.55

Metros Virtual 5k Challenge - Women's Results February 2021		
Name	Time	Age Grading %
Annabelle Suffield	21 mins 40 secs	76.08
Jane Hudson	26 mins 06 secs	73.73
Emma Ponnaganti	22 mins 18 secs PB	71.10
Caroline Day-Lewis	24 mins 57 secs	69.24
Ann Suffield	23 mins 45 secs	66.75
Jasia Zimmerman	28 mins 42 secs	66.20
Eloise Suffield	26 mins 13 secs 1st 5k	70.81
Lynne Jones	27 mins 04 secs PB	70.02
Zahra Bassiri	23 mins 16 secs	64.56
Judy Rackham	30 mins 34 secs	61.39
Jane Scoffham	33 mins 37 secs	59.50
Daisy Suffield	25 mins 15 secs	58.48
Sarah Westwood	35 mins 11 secs	57.60
Lorraine O'Donovan	31 mins 26 secs	57.57
Teresa Young	33 mins 17 secs	57.09
Carole Lloyd	34 mins 46 secs	56.78
Paula Kanesanathan	26 mins 43 secs PB	56.22
Jennifer O'Sullivan	28 mins 47 secs	55.08
Ruth Tidder	30 mins 02 secs	55.02
Emma Rackham	27 mins 11 secs (PB)	54.33
Nancy Morris	31 mins 30 secs	53.03
Julia Allen	33 mins 05 secs	52.22
Pip Brown	30 mins 29 secs	50.38
Diane O'Reilly	33 mins 59 secs	48.10
Caroline O'Dwyer	37 mins 47 secs	45.72
Ilayda Brown	36 mins 22 secs 1st 5k	44.31
Average Age Grade		59.82

Virtual Measured Mile, February 2021

Yet another virtual Measured Mile this time in lockdown 3 but it has been quite amazing to see the number of times that have rolled into my inbox given the ice, snow and sub-zero temperatures so very well done to all who took part. I never expected so many Metros to take up the challenge in the depths of winter. I have to admit to not being sorry to miss doing timing in the park on this particular Saturday, I would have had to dig out winter thermals and several fleeces to survive the cold. So much easier to stay at home and send off a few emails but not the same as seeing the Metros in action. The Suffield family are starring in the spreadsheet this time with 5 Measured Miles, well done to all of you. Dave Brown has admitted to being 'dog assisted' with a photo of 2 very happy dogs and Sonya and I take up the last place in the list for the slowest mile, but to our credit we did it in the rain. At the other end of the scale well done to Richard Brown for the fastest mile. It has been interesting to see some different routes on Strava maps with Roxbourne park featuring as well as many familiar roads. Keep up the running and the walking and I know I keep saying this but maybe next time the Measured Mile will be for real. Here's hoping to see you all soon in the park.

Angela

Richard Brown	5.47
Marcus Weedon	5.50
Christopher Shearwood	5.57
Anabelle Suffield	6.18
Adam Leary	6.36
Simon Aberly	6.40
Zahra Bass	6.41
Jeff Suffield	6.44
Emma Ponnaganti	7.10
Steve Paull	7.25
Rohan Mascarenhas	7.28
Ann Suffield	7.39
Andrzej Warhaftig	7.48
Daisy Suffield	7.51
Caroline Day Lewis	7.52
Quinn McGrath	7.59
Jennifer O'Sullivan	8.18
Steve Alder	8.36
Lynne Jones	8.39

Eloise Suffield	8.43
Philippa Brown	8.56
Gertrude Porter	8.58
Paul McGrath	9.10
Sakina Sidik	9.27
Karen Leary	9.34
Glyn Watkins	9.49
Judy Rackham	9.53
Teresa Young	10.00
Alastair Scoffham	10.17
Janice Newman + Mike Ransome	10.22
Sarah Westwood	10.52
Mike Ransome and Janice	11.10
Veronica Georgescu	11.11
Jane Scoffham	11.14
Carole Lloyd	11.20
Cem Brown	11.33
Dave Brown + Fred + Bolton	15.17
Sonya Grist	15.44
Angela Murphy	15.44

