



November 2020
Issue No. 383



Socially distanced Metros at Moor Park 10K

Metros Diary

November

~~Sat 7~~ ~~5 K Run, Roxbourne Park~~ ~~08.55 am~~

~~Sat 14~~ ~~Measured mile, Roxbourne Park~~ ~~08.55 am~~

December

Sat 5 Metros 5 Mile Handicap, Roxbourne PK 08.55 am (tbc)

Sun 6 Perivale 5 10.00 am (tbc)

Sat 12 Wot No Watch, Roxbourne Park 08.55 am (tbc)

Sat 19 Track 5K – Harrow School tbc

January

Sat 2 Metros 10K Challenge, Roxbourne PK 8.50 am

Sat 9 Wot No Watch, Roxbourne Park 08.55 am

Book your place on all Metros sessions and events on SPOND. Metros Sessions and SPOND booking will resume when current COVID restrictions are lifted. Please contact Irene (metros.secretary@yahoo.co.uk) if you want to amend your preferences on SPOND.

For other races refer to the event website.

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

Note from the Editor!

The Metros sessions and events under the new restrictions have been a great success. It's a shame that sessions have been suspended during November, for public health reasons, but we will all be back together soon.

We are getting ever closer to the Christmas card season! Usually, instead of sending cards to Metros, your messages and good wishes are collected and printed in the December edition of Metrolines and the money we would spend on cards is donated to a chosen charity. This year, it would be difficult to exchange physical cards and Metros are in need of some uplifting messages and Christmas cheer, so the charity collection and collection of messages will all be done online.

This year's charity is the Lynda Jackson Macmillan Centre, which supports people affected by cancer <https://www.ljmc.org/>

A Just Giving page has been set up to receive your donations:

<https://www.justgiving.com/fundraising/metros20>



A group card has also been set up for you to add your messages – which will be downloaded and included in the December Metrolines. You have until 30th November to add your greetings.

<https://groupcards.co.uk/AddMessageFromLink.aspx?EventCode=Zgguo1qOxGN S75pL8Q8Y>

Thank you in advance

Anne Ambrose

Virtual Round Norfolk Relay - September 2020 - by Chris Shearwood

It was early in March when Al Scoffham advised us that the annual Round Norfolk Relay ("RNR") had reared its head again. We had an initial 7 or 8 confirmed participants and although, by April, numbers had risen to 12, that would not have been enough. In any event, by then, the whole running calendar was in chaos, with a real risk that RNR would itself become a casualty. I suggested at the time that I could see a Virtual RNR in the offing and even put in a theoretical bid for the Scole to Thetford stage - just 452 laps of the garden (you'll recall that laps of one's garden, front driveway, balcony etc were a big thing, early on in "lockdown"). There was some support for this idea and a few suggestions about replicating the terrain - Ruislip Woods doubling up as Thetford Forest; the beach at the Lido taking the place of the sand on Stage 3; and any old gravel drive standing in for mile upon mile of shingle at Stage 5 but, even so, I mustered slightly fewer participants than Al had for the real event.

It's strange how things turn out. By August it was clear that the real RNR couldn't proceed, so the organisers officially launched "2020 Virtual RNR" a free to enter 'fun' event, each team to complete the 17 individual stages ("anywhere on the planet...any order...on or off road") during September. There would also be a photographic competition for any interesting pictures portraying the area where clubs were based. Recruitment resumed in earnest and eventually we had sufficient numbers for a team, including a few RNR newbies, always most welcome. Teresa Young kindly offered to help with collating the results and we even had a reserve or two. I discussed the event with Metros' Covid Compliance Officer and we both felt that no special arrangements needed to be made.

First out of the traps on 4 September was RNR newbie, Paula Kanesanathan, doing Stage 8 (Lessingham to Horsey, 7.52 miles), the furthest she said she had run for years. In her case, the holiday villages north of Great Yarmouth were replaced by Headstone Drive, George V, Hatch End and Headstone Lane, ending at Headstone Manor. Strava being Strava, a "Personal Record" was awarded for "Courtney Ave Sprint" and, if RNR returns to its usual location next year, do join us, Paula - you've earned your spurs!

Next up was Spencer Millbery on 6 September whom, being a seasoned ultra-man, I'd persuaded to do the longest segment (Stage 12, Scole to Diss, 19.67 miles). Stout fella that he is, Spencer would run with Sonny, who that weekend was doing the Thames Path Challenge (Richmond to Oxford), and joined him at RAF Benson, for the last 20 miles or so. I'll bet that was chilly - RAF Benson regularly records spectacularly cold temperatures...even in the summer. Bless him # 1, Spencer 'fessed up to being marginally short - would this be a problem? We were less than 400m out and, although the rules stated "we will allow a little bit of leeway on stage

distance but not much”, we played safe and James Kerrane was happy to add that distance to his stage so that when all our runs were submitted at least it would add up to the full distance. I was keen to avoid any final disappointment after all our hard work. Bless him # 2, Spencer had earlier said that he had other long runs planned and readily agreed to having another stab at the correct distance.

Around the time that our intrepid ultra-runners were negotiating the upper reaches of the Thames, I was embarking on the 2nd-longest segment (Stage 10, Belton to Earsham 18.13 miles) which in this case replaced the southern-most reaches of the Norfolk Broads. I ran from Aldgate to the cafe at King’s College Playing Fields via a deserted City of London, Oxford Street and a big chunk of the Grand Union Canal from Paddington to Alperton, before meeting Gill and some of the other Metros after their own Sunday morning run.

Some of us were already plotting routes and tactics e.g. water stations, photos - Andrzej was off to Turkey for the rest of the month - where they live there isn't quite as flat as Norfolk, so he was going to try and find a level bit of road to run up and down, up and down, up and down.....repeating for nearly 8 miles; Mike would welcome some company and got offers from Al, Sonny and Tim to cycle along with water; Martin had been in Norfolk since before lockdown so his photos would actually be on part of the section of the RNR that he was running virtually. He felt he was not a good enough photographer to make the North Norfolk coast look like parts of Stanmore...

All remained quiet until the following weekend when, on Friday, Jasia turned in a nice, local run taking in the cycle/pedestrian path alongside the A40 at RAF Northolt and Gutteridge and Ten Acre Woods - wonderful running terrain. Martin spends a lot of time on the Norfolk coast (lucky fella), and did Stage 5, (Cley to Cromer, 10.81 miles) entirely in its actual location. For those who don’t know it, this was the “mile upon mile of shingle” I referred to earlier - very hard work, so hats off to you, Martin. Or trilbies, perhaps, in your case... The following day, Spencer gave us his 19.68 miles - this was training for the 50K “Chiltern Challenge” that he did a fortnight later in the same area. Sonny had written about how road races could learn from how the ultra-community have dealt with current issues; the organisers of Spencer’s event stated that the array of Covid risk reduction measures were followed impeccably and it was described as a ‘model event’ by the Council officials who visited.

Again a lull until early the following weekend (“Super Saturday”?) when runs started flooding in, starting with Andrzej’s run, replicating Stage 6 (Cromer to Mundesley, 7.9 miles) accompanied by a litany of excuses:- “Instead of acclimatising here in Turkey, I have got steadily more dehydrated and running slower, even on the level 1 mile course there are so many dogs, so I have to stop, cross the road or walk; where there are pavements, these are only for parking on, so running has to be on the road. ALL Turkish drivers play the chicken game getting as close to you as they

can; even at 7 in the morning, it is hot, so needed to have a drinks station for each lap. I think that means I should get an allowance of a minute a mile for the dogs, a minute a mile for the drivers and the same for the drinks. That brings my speed down to just below 6 minutes a mile-my fastest ever". I think that's all fair comment given such heroism in face of heat, mad dogs and murderous drivers. Andrzej's done a separate write-up which is a tour-de-force and well worth reading.

At this point we lost Sakina but she'd kindly persuaded Nigel to take on her 13.75 miles (Stage 2, Hunstanton to Burnham Overy), which he straightaway popped in the bag at such a cracking pace that he was fastest of all the teams for that stage. The flatness of the North Norfolk Coast Path was in this instance replaced by hilly terrain taking in Northwood Hills, Batchworth Heath, Rickmansworth and South Oxhey and a fair chunk off-road, as Nigel put it, in the spirit of Stage 2.



Una Cunningham was an early volunteer, a newcomer and commendably enthusiastic. She thought she could manage up to 10 miles and, in the event, did 11.14 (Stage 4, Wells to Cley). Una thanked her couch to 5K running buddies' Catherine and Mike who provided company along the way...around Eastcote, Ruislip Lido and various parts of the Celandine route. Likewise, Una, if RNR returns to its usual location next year, do join us! (And, indeed, Catherine and Mike...) Tim Oakley(Stage 14, Feltwell to Wisington, 7.27 miles) did a slight longer route than Jasia's, after taking in Yeading Brook as it snakes around RAF Northolt. He was going to whizz round on his bike the next day and get a set of photos every kilometre: it's lovely running territory and one of my favourite routes.



By this time a group of us were down in Brighton for the weekend and, on Saturday morning, I accompanied Mike Morris as we bashed out his segment (Stage 1, King's Lynn to Hunstanton, 16.32 miles). Did this virtual run do a fair job of resembling the real one, as we headed eastwards along the seafront past the marina and under those famous white cliffs that stretch all the way to Dover? After four miles, we turned back to see Steve Paull waiting near the 360 Tower with water for us both, before heading to the Badlands of Shoreham for another four miles out and back. OK, not so much like the North Norfolk Coast Path but plenty of decent photos to send Teresa for our presentation. The following day, we three headed out past Shoreham for better exploration of those parts, and a lovely run it was too. At the same time, Ariff Sidik was having a less easy run as he ran Stage 7 (Mundesley to Lessingham, 9.24 miles) , which he found a painful

effort and not a time he was pleased with. This was actually the stage he ran at last year's RNR but this time he gave himself an "elevation gain" of nearly 500 feet as he headed from Kenton uphill to Stanmore Ponds - picturesque, but what a slog. Well done, that man. James Kerrane was also out that Sunday, virtually running Stage 9 (Horsey to Belton, 16.6 miles), the third longest stage. What he missed in Great Yarmouth, with its roundabouts, traffic lights, cycle lanes, slip roads and the need to "exercise extreme caution" he made up for with a lovely run along an even longer stretch of the Grand Union Canal than I was lucky enough to do.

After a busy weekend, Paul Spendloff was next up, replicating Stage 11 (Earsham to Scole, 12.45 miles) by whizzing around the roads surrounding King's College Playing Fields, early on a weekday - about 8 laps. It's a well-trodden route and has served him well in other virtual Metros events. The following day, Zaheer virtually ran Stage 3 (Burnham Overy to Wells, 5.76 miles) tracing routes around Stanmore and Belmont that are probably familiar to Thursday Night Metros (of which he's one). A reasonable amount of elevation but not as bad as his poor dad.

The final weekend of September, saw Zahra Bassiri do a lovely, meandering, local run, early on the Saturday with Brian McGrory as company. With a very un-Norfolk-like degree of elevation of almost 200 feet up to The Alpine (as was), they'd have had great views over central London from Stanmore Hill. Sunday was a bit sad - Andy Fox had Stage 17 (Stowbridge to King's Lynn, 11.73 miles) but also had a slight foot strain which he had been resting. During Saturday morning training, he'd tweaked his hamstring and had asked our reserve runner, Steve Paull, to incorporate Stage 17 into his Sunday run...with Simon Aberly and Caroline Day-Lewis as further back-up, to record it if Steve did not have Strava. In the event

it was Simon who became our final recruit, since he was the one who recorded what is more-or-less the average length of an RNR stage. We certainly like extreme elevation around these parts - in this case, over 600 feet climbing to South Oxhey.

That just left Sonny, with whom I'd offered to run for Stage 13 (Thetford to Feltwell, 13.25 miles). The plan was a 7 a.m. start from Uxbridge, running back to Sonny's house, along the Celandine Route and throwing in a loop around Ruislip Lido, to take it up to 13.25 miles. It was a grey day, but mild, and we were lucky with the autumn weather. Like Mike, Sonny was good company and the Celandine was pleasant to run along at that time of day - you hardly knew that you were doing it in the rush hour.

And that was that. It merely remained for Teresa to calculate how we'd done, and she also prepared a map showing where we'd all run (mostly Metroland but also Norfolk and Turkey) plus a summary of each runner's stage with photographs. We'd done a cumulative time of 30:48:08 which would normally be over the real RNR cut-off time of 28:30...but we actually came 23rd out of 42 teams...and only the top 11 beat 28:30. Good fun though it was, let's hope that the real event is back next year...and that we can field a team!



Round Norfolk Relay, Leg 6 – Andrzej Warhaftig

The story behind a session

This took place during my stay at our home in Bitez (near Bodrum) Turkey, as we tend to spend the whole of September there. Similarly, we are always there in June, but July and August are just too hot. Having northern roots (mother from Sheffield) I am too mean to allow my wife to have the air con on for more than 5 minutes in any 24 hour period, which means she is continually having to make a swift dash for the swimming pool whenever we are there anyway.

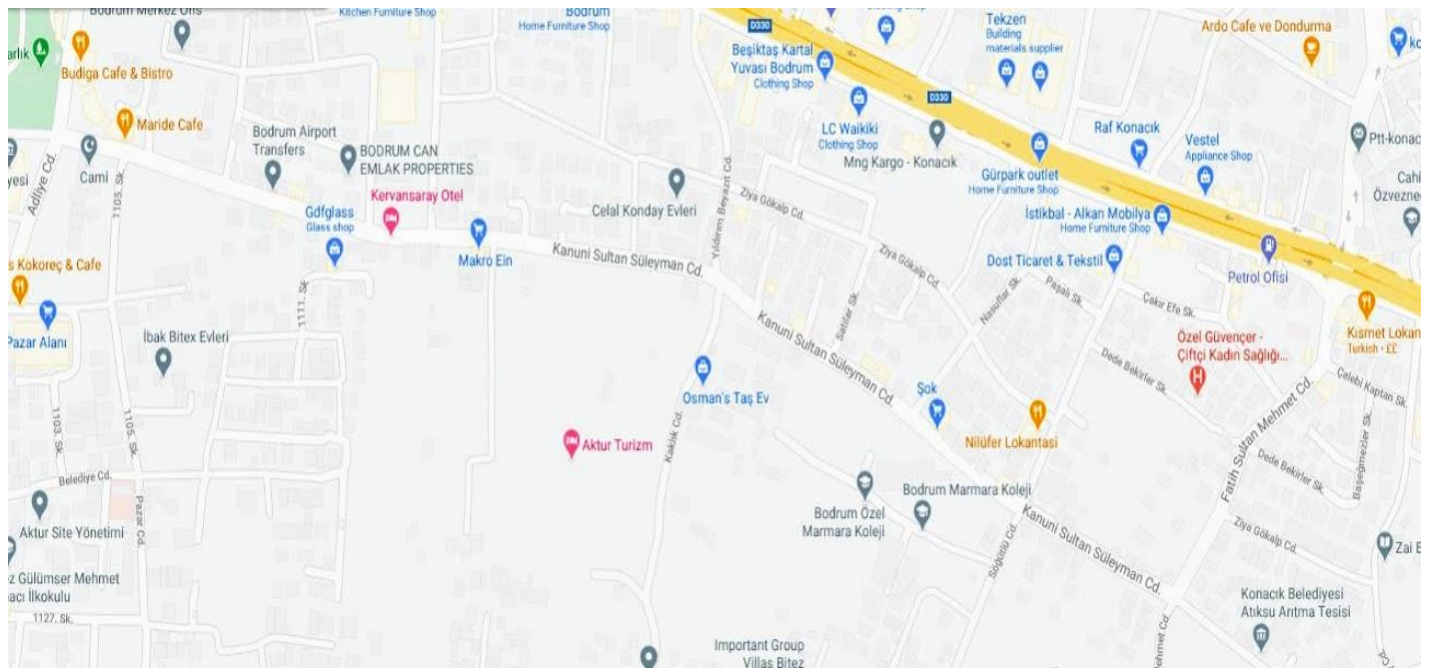
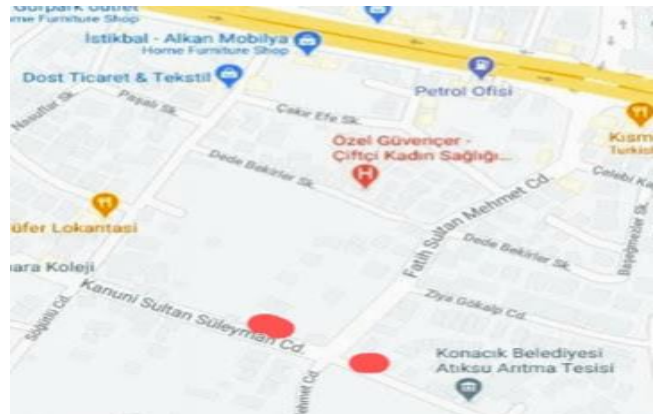
Having started running 4 years ago, after a short 23-year sabbatical, this was always going to be difficult when in Turkey:

- I am petrified of dogs. If you trained a hamster to bark, it would scare me. Out there all the stray dogs roam in packs and are all the size and shape of water buffalo. Bitez is the resort of choice for the second homes of rich Istanbulites. They get cute little puppies at the beginning of the holiday season, then abandon them in September when they go home.
- It is very hilly in the area - indeed it is surrounded by mountains, so finding a flat fast route is not easy.
- The heat means that whatever time you run; you get home looking as though you have just stepped out of the shower fully dressed.
- The road and pavement conditions are so bad that they actually make the surfaces in Harrow look good. Everyday there are burst water pipes, these are quickly repaired, but leave the roads in an even worse condition as they do not bother to re-tarmac. If there is a pavement, that to the Turks is just an indication of an available parking space.
- I think that even new cars are sold with dents in them. The only place worse for damaged cars is central Delhi. If anyone does do a driving test there, it must include a section on driving whilst eating an ice-cream, texting and putting on make-up, all at the same time - and that is just on the scooters.
- All drivers play the chicken game where they try and pass you as close as they possibly can, whether on scooters, cars or lorries. And that will be even if the roads are completely empty. Otherwise they will pull in, then wait until you are just about to pass them when they will throw their door wide open in front of you.

Most weeks I will not see another runner out there - and that was true this time, despite it being only a short time to the Bodrum running festival of 5K, 10K and a half marathon (now cancelled).

I started the run before sunrise, which meant I had the most beautiful sky to run towards as on the day there were, unusually, a few clouds.

Turn



Metros Virtual RNR Results

		**ACTUAL 2020	ACTUAL 2020		RNR EVENT	RNR EVENT
STAGE	NAME	DISTANCE RAN (KM)	DISTANCE RAN (miles)	TIME	DISTANCE (miles)	DISTANCE (Km)
1	Mike Morris	26.26	16.32	02:20:04	16.32	26.26
2	Nigel Rackham	22.12	13.74	01:28:34	13.75	22.12
3	Zaheer Sidik		5.70	00:51:53	5.76	9.27
4	Una Cunningham	18.50	11.49	02:16:56	11.14	17.92
5	Martin Eden		10.81	01:37:23	10.81	17.39
6	Andrzej Warhaftig		8.16	01:12:36	7.90	12.71
7	Ariff Sidik	16.1	10.00	01:50:00	9.24	14.87
8	Paula Kanasenathan	12.1	7.51	01:14:00	7.52	12.10
9	James Kerrane	26.76	16.62	02:02:14	16.60	26.71
10	Chris Shearwood		18.10	02:20:00	18.13	29.17
11	Paul Spendloff		12.45	01:25:03	12.45	20.03
12	Spencer Millbery		19.61	04:20:53	19.67	31.65
13	Sonny Peart	21.32	13.24	02:15:16	13.25	21.32
14	Tim Oakley		7.31	01:10:21	7.27	11.70
15	Zahra Bassiri	17.11	10.63	01:33:11	10.59	17.04
16	Jasia Zimmerman		5.50	00:54:31	5.49	8.83
17	Simon Abery		11.70	01:55:13	11.73	18.87
			198.88	06:48:08		

30 hours 48 mins 8 secs

****Where the Strava or GPS distance was shown in Kilometres**

These have been converted it to miles using a multiplication factor of 0.621



Wot no Watch – October 10th, 2020

Name	Predicted/Actual Time		Difference (Seconds)
Gill Fox	10:30	10:30	0
Andy Fox	6:50	6:51	1
Steph White	10:30	10:32	2
Anne Ambrose	10:00	10:06	6
Simon Abery	6:40	6:34	6
Carole Wells	9:59	9:52	7
Dave Young	7:20	7:13	7
Karen Leary	8:50	8:57	7
Mike Morris	6:12	6:19	7
Caroline Day Lewis	7:10	7:18	8
Chris Shearwood	5:45	5:36	9
Tian Hollingshead	6:00	5:45	15
Kye Hollingshead	6:00	5:44	16
Sarah Westwood	11:06	10:47	19
Amanda Hardy	8:50	8:30	20
Nancy Morris	8:45	8:21	24
Adam Leary	6:59	6:30	29
Marion Rogan	100:0	10:30	30
Sonya Grist	15:02	14:32	30
Andrew Collier	8:40	8:05	35
Gladys de Groot	11:45	12:29	44
Jo Collier	10:00	9:14	46
Dave Brown	13:00	12:09	51
Kirit Ranpura	8:50	7:59	51
Jonathan Pang	8:30	7:31	59
Angela Murphy	9:00	10:03	63
Arnold Glickman	12:00	13:12	72

Welcome back to the first Wot no Watch after lockdown. Entry was restricted to the first twenty-eight to accept on SPOND (plus two timekeepers) making 30 in total and 3 timed miles at 9:15, 9:30 and 9:45, each limited to just 9 runners, so a different format to usual. Congratulations to “Team Fox” who were spot on with their predictions and Steph White in third place. Thanks to Irene for time-keeping the middle event as the first one was still finishing.

As this is such a popular event, if you have replied on SPOND that you will attend but have not arrived by 9am sharp, your place will be given to those on the waiting list, so that the session can start promptly. If you accept and then realise you cannot come, please decline on SPOND so that those on the waiting list know there is definitely a space.

Teresa Young

Metros Virtual 5K Challenge - October 2020

Thank you to everyone who took part in this competition. Whilst congratulations are due to the mens team who beat the ladies on average age grading by 10%, congratulations are also due to the ladies who out-numbered the men by 5 runners. It is planned to repeat this event next month, between 16 - 22 November inclusive - looking forward to receiving all your runs!

To get involved, simply email me at cejshearwood@live.co.uk that you have completed your 5k or if you have any questions. If you use Strava you can record your run using the link to the Metros' Strava Group and please rename your run "**Metros Virtual 5k Challenge**". If you don't use Strava please provide a photo of your time from your watch/iPhone etc to ensure that your time is counted.

If it is your first time of entering the event please email me with your full date of birth which is needed to calculate your age-grading. *Chris Shearwood*

Metros Men Virtual 5k Results October 2020		
Name	Time	Age Grading %
Nigel Rackham	18m 03s	87.03
Chris Shearwood	19m 17s	80.81
Marcus Weedon	19m 09s	75.31
Paul Spendloff	18m 43s	74.29
Steve Paull	24m 14s	69.92
John Norris	19m 47s	69.79
Andy Fox	22m 40s	68.75
James Kerrane	21m 00s	65.74
Jeff Suffield	22m 38s	63.25
Andrzej Warhaftig	27m 43s	63.02
Tim Oakley	25m 50s	62.32
Martin Eden	26m 30s	62.31
Glyn Watkins	33m 16s	50.50
Chris Parkinson-Best	29m 04s	47.16
Dave Brown	1h 0m 29s	29.61
		64.65

Metros Women Virtual 5k Results October 2020		
Name	Time	Age Grading %
Lynne Jones	27m 57s	67.98
Emma Ponnaganti	24m 09s	65.06
Linda Georgiades	28m 10s	63.49
Judy Rackham	29m 53s	62.80
Ann Suffield	25m 23s	61.90
Lorraine O'Donovan	29m 21s	61.66
Zahra Bassiri	24m 30s	61.31
Ruth Tidder	27m 05s	61.01
Paula Kanasenathan	28m 40s	55.84
Anne Leigh	44m 53s	54.71
Steph White	37m 02s	53.31
Julia Allen	32m 27s	52.64
Carole Lloyd	37m 02s	52.63
Irene Paull	37m 02s	51.96
Gill Fox	34m 48s	50.79
Emma Rackham	29m 47s	49.59
Monica Shortt	35m 00s	48.80
Nancy Morris	37m 02s	44.62
Caroline Day-Lewis	38m 25s	44.46
Diane O'Reilly	38m 37s	42.33
Jennifer Smith	36m 36s	40.73
		54.65

Track 5K – Harrow School. Saturday 31st October 2020

NAME	FINISH TIME	AGE GRADED
Paul Spendloff	18.36	74.49%
Chris Shearwood	18.58	82.40%
Richard Brown	19.19	75.74%
Sasha Birkin	19.32	84.81%
Marcus Weedon	19.42	73.10%
John Norris	19.44	69.69%
James Kerrane	19.45	69.63%
John Hinchin	19.53	75.39%
Tom Man	21.06	67.72%
Mike Morris	21.14	71.17%
Tian Hollingshead	21.17	61.91%
Tony Watson	21.31	76.55%
Nick Russell	21.43	66.83%
Jeff Suffield	21.52	65.86%
Kyie Hollingshead	22.07	61.08%
Steve Paul	22.36	75.60%
Caroline Day Lewis	23.08	75.29%
Simon Aberly	23.28	65.48%
Dave Young	24.32	69.00%
Ian Birch	24.38	68.72%
Zaheer Sidik	24.42	55.45%
Alok Agarwal	24.45	60.08%
Mitesh Patel	25.30	51.68%
Praveenth Pushparaj	25.30	
Linda Georgiades	25.31	71.91%
Brian McGrory	25.44	61.25%
Mark Mulvenna	26.06	60.39%
Andrew Collier	27.15	56.39%
Pipa Brown	28.21	54.67%
Lorraine O'Donovan	28.24	65.49%
Monica Shortt	28.38	60.83%
Glyn Watkins	28.39	59.09%
Annie Birch	28.59	71.02%
Nancy Morris	29.50	56.20%
Sakina Sidik	29.57	51.09%
Andrew Matthews	30.50	
Joanna Collier	31.52	55.33%
Niroshan Mitesh	32.46	39.56%
Nishanth Thiaganathan	36.52	

Morning of the 5,000m PB's, Metros Track Run, 31st Oct 2020

Harrow School Track – Nathan Powell

Well done all the runners and I hope everyone who participated in the track 5K enjoyed it and we look forward to further organised runs, COVID restrictions permitting. Just to note in your diaries, Harrow School have made available Sat 19th Dec for the next event.

A very big thank you to all of the 14+ volunteers who made this event possible especially with the additional COVID guidelines we now have to adhere to. Thanks also to Sudbury Court RC via Mark Mulvenna and Tony Watson for letting Metros use their race clock.

If anyone enjoyed running on the track, don't forget Metros weekly track sessions Thursdays from 6.15pm Harrow School. All abilities most welcome, check out SPOND when sessions are back up and running.



Land's End to John O'Groats – Steve Paull

"It's a dangerous business Frodo, going out your door. You step onto the road and if you don't keep your feet there's no knowing where you might be swept off to" - Tolkien

This is a tale, not of a special run or a race, but of something that never happened.

June 20th 2020 08.00 Harrow

This is the day it was meant to start. Irene and I should be in Land's End Hotel getting ready for this morning's Parkrun after which I was to run to Penzance for day one of our journey to John O'Groats.

February 5th, 2020

I don't know when the idea of "running" from Land's End to John O'Groats first came into my head, but it was very many years ago.

In those pre-mobile phone and Garmin days I can remember lovingly looking at paper maps to get an appreciation of the distance and wondering how long the project might take to complete. Surely, I could run forty miles in a twelve-hour day in mid-summer!! Could I do it for 25 days?

But and there were many of them, I had never done much camping and not enjoyed it, nor had I any wish to carry kit on my shoulders. I would have to have a back-up team and who in their right mind would want to use up a month just to support me. I looked at campervan hire and purchase anyway, but who would drive? Perhaps it could be done as part of a relay team as Hayes and Harlington Running Club had done, but how do you find out about these things? I have advertised in Metrolines once before about ten years ago, but got almost no response.

The idea faded.

In the 1980s London running scene there were two "faces" of about my ability who I saw at so many events. One was a glamorous lady named Leslie Watson who I remember ran in full make-up and always looked immaculate. The other was almost the polar opposite, a tall, very long-haired, hippy type male who was affectionally known as Jesus. I didn't know his real name. I was later to find out it was John Turner.

I stopped spotting him (and her) after a time until, at a race about eight years ago, there he was. Not quite so much hair now, but it was definitely him. He and his friend had just finished the JOGLE.

To explain, it's JOGLE for John O Groats to Land's End and LEJOG for the reverse direction. That's another decision that has to be made.

The exploits of John and his mate Peter Rogers plus their campervan-driving Australian assistant Greg had been made into a book. Christmas present solved. My interest was momentarily revived. I bought various other books (unfortunately mostly by cyclists) on the subject and read blogs but the basic problem remained.

That was until the stars momentarily aligned. Irene chose the far end of Cornwall for our holiday and I mentioned once again my dream of LEJOG. I thought I might be able to do it in pieces over years and the first few miles could be done this holiday week. From Penzance, Irene and I could run to Hayle the next day and over the holiday I could get a few more bits done. This time she said something like "I think we should do it all in one go and spend a little of our money before we're too old".

Suddenly we were planning things. How many miles a week? Days off? (Yes, I had to make allowances that I was not as young as when I first had the idea.) Campervans. Hotels. Stuff for her to do while I was run/walking.

I settled on a six-hour day, running for two and walking for four. One day off in seven. That should be about twenty miles per day and the whole thing should take 8/9 weeks. Simple.

Not so. I have a history of first-time failure with these big projects. I failed to run from London to Brighton first time and I failed to finish my first 24-hour track race. I also failed to walk the Pennine Way twice. How would I cope with the constant daily repetition?

But I kept on planning the route, spending hours in the library, where I am as I write, looking at OS maps, working out where nightly stops should be, later at home reading more tales of like on the LEJOG road.

October 26th

Of course, then came COVID and the world changed. Hotels and restaurants and all that stuff closed. We have a sort of plan to do it next year but I'm not getting any younger. It may never happen, but the dream will never go.

Steve Paull



October Metros 10K Challenge - Update

Chris Shearwood scored an impressive 76.71% age-grading, which is a move up the rainbow from blue to indigo.

Autumn 100, 10/10/20

The autumn 100 (previously the winter 100) is a 100-mile continuous trail race based in the twinned villages of Goring & Streatley on the River Thames. The course reflects the shape of a cross and takes runners on a series of 4 different 25 mile out and back spurs using sections of both the ridgeway and Thames path national trails.

1		14:44:21
106	Sonny Peart	24:52:46
151	Finishers	27:25:06
197	Starters	



Langdale Marathon

1		03:11:18	
14	Chris Shearwood	3:46:26	1st VM55
91	Finishers	06:08:57	

South Downs Way 50 – 25th October

1		06:15:06
126	Spencer Millbery	10:00:16
278	Finishers	12:47:58

KBC Virtual Dublin Half Marathon - 24/26th October

1		01:17:05
2984	Mike Reid	02:50:44
3278	Results	03:48:09

Moor Park 10K – Sunday 11th October

Pos	Name	Time	
1		00:34:00	
11	Nigel Rackham	00:37:20	1st M50
47	John Norris	00:43:31	
49	Nathan Powell	00:43:33	
90	Kevin Smart	00:47:13	
105	Thomas Man	00:47:51	
119	Steve Paull	00:48:44	
120	Caroline Day-Lewis	00:48:44	
124	Emma Ponnaganti	00:49:17	
127	Jeff Suffield	00:49:51	
138	Keith O'Reilly	00:50:33	
206	Rohan Mascarenhas	00:55:11	
248	Ariff Sidik	00:59:08	
260	Jasia Zimmermann	01:01:09	
270	Shefali Rao	01:02:07	
273	Glyn Watkins	01:02:37	
276	Philippa Brown	01:02:47	
277	Judy Rackham	01:02:58	
280	Michael Ransome	01:03:21	
281	Robyn Walliser	01:03:24	
284	Bernie Conway	01:03:58	
285	Caroline Jackson	01:04:03	
290	Sarah Belchier	01:04:56	
291	Emma Rackham	01:04:57	
296	Michael Reid	01:05:56	
297	Teresa Young	01:06:19	
298	Sakina Sidik	01:06:37	
312	Diane O'Reilly	01:08:48	
322	Irene Paull	01:13:06	
332	Mitesh Patel	01:25:46	
337	Finishers	01:49:08	



NOTES OF METROS VIRTUAL COMMITTEE MEETING

Wednesday 16 October 2020 via a Zoom conference call at 6.00 pm

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

NON-COMMITTEE: Tim Oakley, Nathan Powell, Chris Shearwood

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).

1. APOLOGIES: Mike Ransome

2. ACTIONS FROM LAST MEETING – 27 August

Metros Sessions – Irene had sent a report to the committee regarding session attendance. Monday and Saturday sessions were the most popular, with Saturdays fully booked each week. Booking via SPOND working well.

Metros Membership – Irene had sent a report listing current membership. 86 members have been removed from the system. A few new members have joined. It was agreed that new members will pay £35 (to December, £25 from January), which will cover the remainder of this and all of the next financial year. Several members have not yet booked on SPOND to attend sessions and they will be encouraged to do so.
ACTION: Irene Paull

Session Premises Hire – The status of current payment for venues for Metros sessions was confirmed.

Online strength and Mobility Session – Nathan Powell had said that someone had offered to do this for Metros for a fee per person. It was again agreed to discuss this at another time.

The 41st Metros Virtual Annual Fun Run – The Brian Jackson Fun Run – Pat thanked members who had participated to continue this annual event.

3. CLUB EVENTS

Metros AED – This is available at most Metros sessions (mainly with thanks to Brian McGrory). Arrangements need to be made to have it available at Roxbourne Park for Saturday mornings. Irene suggested that Metros investigate the possibility of having a permanent AED located in Roxbourne Park. It was agreed to contact The Friends of Roxbourne Park and Harrow Council. Pat will establish details of contacts.

ACTION: Pat Jackson

Paula confirmed she might be able to purchase an AED at a reduced cost.

At present, there is no overall coordinator for Saturday sessions. There is a different leader each week on a 4-5-week rota and Irene will continue to check that there is a host leader for each week.

ACTION: Irene Paull

Harrow Hill Race 2021 – Paula, Marcus and Irene had started planning for this, a Covid-19 secure event with advice from Tim Oakley, Metros Covid-19 rules coordinator. They plan a two lap 5K course with a different start to previous years. They have two different routes in mind which will need to be officially measured and approved by Brent and Harrow Councils. Feedback on recent races is requested. Due to the required staggered start, King and Queen of the Hill awards are unlikely. Peter Beuselinck has agreed to again coordinate marshals.

ACTION: Peter Beuselinck

Additional Metros Sessions – Nathan had suggested new Metros sessions to be held during the day. Strengthening/coaching track sessions at the Ruislip Track, leisure or social runs early morning or lunch times were suggested. Any such sessions will need to be formally booked via SPOND. Nathan and Marcus agreed to canvass for interest and put suggestions to the committee.

ACTION: Nathan Powell/Marcus Weedon

5K Session at Harrow School – Nathan suggested this excellent newly refurbished track be booked for a 5K run adhering to Covid-19 restrictions. This was agreed and Nathan will advertise Saturday 31 October at 8.30 - 10.00 am. If successful further 5K track runs could be planned.

ACTION: Nathan Powell

3. ADMIN

Budget for 2020/21 – Mitesh had distributed accounts for the seven months ended 30 September. Membership subscriptions were down on expectations, but expenditure was less than predicted.

Metrolines Charity Collection for this Year – It was agreed that the Lynda Jackson Macmillan Centre is the chosen charity this year. Anne suggested an online card for members to send Christmas messages to Metrolines. Various payment systems were discussed, and Nigel will research these.

ACTION: Nigel Rackham

England Athletics had recently increased their membership fee by £1 to £16 then returned to the original fee of £15. It was agreed that Peter will contact members who

had paid the extra £1 to confirm if they require a £1 refund or donate it to the Metros Christmas message charity.

ACTION: Peter Beuselinck

Metros Instagram Account – Emma and Paula have organised this and members will be informed via the Google Group.

ACTION: Emma Rackham/Paula Kanesanathan

4. OTHER BUSINESS

Hall of Fame – Although there will be no presentation of awards this year, it was agreed that additional members should be inducted into the Metros Hall of Fame. Marcus agreed to action this.

ACTION: Marcus Weedon

Metros 5K – 7 November, Roxbourne Park – Coordinator Irene will organise two starts – 8.45 and 9.30 am adhering to Covid-19 restrictions.

ACTION: Irene Paull.

SPOND Bookings – Marcus stated that some members had booked via SPOND to attend a session and had then not attended. Irene will remind members (via coordinators) that they should cancel any bookings they cannot attend to allow others to book that session.

ACTION: Irene Paull

Metros Monday and Tuesday Sessions – The start times are now earlier than previously resulting in some members being unable to attend. Irene confirmed that at present the Tennis Club closed at 9.00pm, hence the earlier start. Nigel will discuss the Monday start time with Mike Ransome.

ACTION: Nigel Rackham

With thanks to Tim Oakley, Nathan Powell and Chris Shearwood for attending the Zoom call meeting arranged by Paula.

Meeting closed at 9.20 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, Instagram 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

