



October 2020
Issue No. 382



40th London Marathon

Metros Diary

October

Sat 3	Metros 10K Challenge, Roxbourne PK	8.50 am
Sun 4	London Marathon	
Sat 10	Wot No Watch, Roxbourne Park	08.55 am
Sun 11	Moor Park 10K	3.00 pm
	(Virtual 10K and Fun Runs – 1 st – 31 st October)	
17/18th	Cabbage Patch Invisible 10 (virtual event)	
25 th – 1 st Nov	Marlow Half Marathon/ Marlow 7 miles (virtual events)	

November

Sat 7	5 K Run, Roxbourne Park	08.55 am
Sat 14	Measured mile, Roxbourne Park	08.55 am

December

Sat 7	Metros 5 Mile Handicap, Roxbourne PK	08.55 am
Sun 6	Perivale 5	10.00 am (tbc)
Sat 14	Wot No Watch, Roxbourne Park	08.55 am

Book your place on all Metros sessions and events on SPOND. 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.

Note from the Editor!

It's so good to be back running with Metros after 7-months, now that sessions and events have resumed. Thanks to all the coordinators for setting up the sessions under the new arrangements. Also, thanks to Adam and Karen Leary for keeping us going during lockdown with their weekly training e-mails.

The postponed 40th London Marathon took place on 4th October with some unexpected results in the elite races. Congratulations to Metros that ran a marathon on the same day, in torrential rain. The London Marathon may not have been the usual experience, but we can look back on 40 years of Metros participation with the supplement compiled by Sasha Birkin (circulated on Googlegroups) – a really good read!

One Metros event has been going longer than the London Marathon and September saw the 41st Brian Jackson Fun Run; although this year this had to be a virtual event. Here's to the 42nd event in 2021!

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 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

RESULTS OF THE 41st METROS VIRTUAL ANNUAL FUN RUN – THE BRIAN JACKSON FUN RUN 23rd – 29th September 2020



When we cut the cake last year at the 40th event we could not have foreseen that the 41st Fun Run would be so different. Wanting to continue the tradition of holding this, the longest established Metros event, it was held virtually due to Covid-19.

Again, adult runners' results in the 10K (for those who completed all three races), 4K (best result) and 2K were based on age grading. Each adult runner's time for each distance was converted to an age graded percentage by using the tables published by *World Association of Veteran Athletes (WAVA)* - the 'Howard Grubb' tables. Awards are usually given to the first man and women in the 10K, 4K and 2K (only one award to each competitor) but, due to the changed event, no awards are issued

this year.

10K – 1st Woman – Lynne Jones
4K – 1st Woman – Marion Rogan
2K – 1st Woman – Barbara Robson

1st Man – Chris Shearwood
1st Man – Marcus Weedon
1st Man – Steve Paull

10K

Best 4K = Best Age Grading %

WOMEN	2K	2K G%	4K	4K	Best 4K G %	TOTAL TIME	Total 10K G%
Lynne Jones	11m 08s	66.19%	22m21s	23m27s	69.06%	56m 56s	69.84%
Marion Rogan	14m 13s	60.84%	30m05s	30m50s	60.25%	75m 08s	61.74%
Ruth Tidder	11m 03s	57.36%	22m30s	25m10s	58.96%	58m 43s	58.52%
Irene Paull	13m 49s	54.96%	28m25s	27m22s	58.13%	69m 36s	58.81%
Stephanie White	15m 12s	50.74%	27m57s	31m26s	57.79%	64m 35s	55.7%
Nancy Morris	13m 00s	48.76%	24m15s	25m19s	54.70%	62m 34s	54.92%
Teresa Young	14m 13s	52.62%	30m05s	30m50s	52.08%	75m 08s	53.69%
Robyn Walliser	12m 08s	47.96	26m18s	26m19s	46.39%	64m 45s	49.42%
MEN							
Chris Shearwood	8m 11s	69.88%	16m56s	16m28s	73.33%	41m 35s	78.23%
Andrzej Warhaftig	10m 17s	62.71%	20m17s	21m00s	67.14%	51m 34s	71.14%
Adam Leary	8m 59s	63.12%	19m03s	18m02s	66.4%	46m 04s	70.02%
James Kerrane	8m 00s	62.9%	16m17s	16m24s	65.25%	40m 41s	70.36%
Steve Paull	9m 07s	68.57%	19m08s	18m48s	70.22%	47m 03s	75.59%
Martin Eden	10m 28s	59.73%	21m14s	21m44s	62.17%	53m 26s	66.56%
Terry Burke	12m 36s	51.18%	25m02s	25m20s	54.4%	62m 58s	58.26%
Mike Ransome	12m 08s	52.01%	26m18s	26m19s	52.01%	64m 45s	55.44%
Dave Brown	18m 33s	35.67%	36m18s	36m48s	38.49%	91m 39s	41.07%

4K and 2K – NOT LISTED IN 10K

WOMEN	2K	G%	4K	G %
Zahra Bassiri	9m 50s	56.42%	19m 45s	59.29%
MEN				
Marcus Weedon	7m 34s	69.63%	15m 42s	72.25%
Tim Oakley	10m 13s	57.95%	21m 02s	59.44%
Sonny Peart	10m 09s	54.03%	23m 52s	48.52%
Jonny Jackson	16m 15s	32.17%	33m 39s	32.81%

2K– NOT LISTED IN 10K

WOMEN	2K	G%
Barbara Robson	18m 07s	68.13%
Pat Jackson	24m 08s	39.25%
MEN		
Brian Jackson	30m 51s*	26.27%

*Calculated finishing time

GUESTS

4K and 2K

WOMEN	2K	2K G%	4K	4K G %
Tracey Jackson			20m 20s	62.07%
MEN				
Harry Jackson (age 14)	9m 11s	56.54%	20m 20s	53.92%
Mike Godden			34m 51s	40.09%
Ben Jackson	15m 55s	33.36%		

Thank you to all who participated and to Teresa Young who calculated the age grading.

There is another reason for me personally remembering the 41st event – Brian was walking 2K on the Ruislip concrete track when, very near the finish, he fell breaking his nose and banging his head. He was wearing glasses which made rather a mess of his face! Fortunately, his teeth were intact, his wrist only swollen and bruised, not broken and he is recovering well.



Here's to the 42nd event – will we be back to our normal format on our traditional course in Roxbourne Park? If not, how different will it be?

Pat Jackson

Moor park 10k - A very different race this year- Caroline Day-Lewis



I have always enjoyed the Moor Park event with Metros. I was delighted when it was announced that we can participate in the live event. This will be my first real race of the year. After entering I was contacted by the organisers and asked if I would contribute to their social media campaign to promote the race as a fundraiser for The Lynda Jackson Centre. This was because I have recently been treated for breast cancer at Mount Vernon. I am also sharing my contribution with Metros.

'The first day I arrived at Mount Vernon Cancer Centre for radiotherapy treatment I popped into the Lynda Jackson Centre, almost by chance. The traffic had been light, and I had arrived early. The woman who greeted me was welcoming and informative. At that stage I didn't really know if I wanted support, I have good family and friends around, but the things on offer seemed really interesting. My sister had also just undergone breast cancer surgery so although our cases and treatments were very different, I had been thinking about breast cancer for a while. I didn't want counselling particularly, but I liked the idea of having somewhere to pop in to when I knew the day in day out routine of radiotherapy was going to be gruelling. I did some meditation even my husband joined me and joined various courses on nutrition and on getting back to grips with life after cancer. With time away from a busy job the centre gave me the chance to stop and think about myself. I've taken part in the Moor Park 10k with Metros Running Club a number of times. When I ran it last year, I didn't imagine I was about to be diagnosed with breast cancer, but this year it feels great to be giving something back.'

Moor Park 10K & Virtual Fun Runs: <http://www.moorpark10k.org.uk/>

Linda Jackson Macmillan Centre: <https://www.ljmc.org/>

10K Challenge – 3rd October 2020

NAME	Mins	Sec	Grade
Nigel Rackham	38	45	83.12%
Caroline Day-Lewis	49	32	71.75%
Marcus Wheedon	42	30	68.95%
Emma Ponnaganti	50	24	64.38%
Adam Leary	49	19	64.16%
Mike Morris	48	6	64.07%
Simon Abery	49	52	62.89%
Judy Rackham	63	1	62.55%
Steve Paull	58	41	59.74%
Mike Ransome	64	8	56.36%
Jennifer O'Sullivan	58	37	55.89%
Andy Fox	57	41	55.34%
Irene Paull	73	52	54.86%
Kyie Hollingshead	49	52	54.69%
Kirit Ranpura	63	0	52.07%
Mike Reid	65	24	49.70%
Gladys de Groot	91	0	49.38%
Mitesh Patel	54	53	49.13%
Diane O'Reilly	69	5	49.03%
Pippa Brown	65	48	48.10%
Jonathan Pang	60	0	47.66%
Shefali Rao	65	18	47.56%
Gill Fox	77	39	47.52%
Karen Leary	77	39	46.92%
Eilish Fernandes	91	0	46.49%

White	40%
Pink	45%
Red	50%
Orange	55%
Yellow	60%
Green	65%
Blue	70%
Indigo	75%
Violet	80%
Black	85%
Gold	90%

Let's hope that the weather was not a sign of what's to come as Saturday sessions in Roxbourne Park resumed with the 10K Challenge in heavy rain. 25 runners braved the heavy rain and congratulations are due to Emma Ponnaganti, Jennifer O'Sullivan, Pippa Brown and Gill Fox for running the event for the first time and winning appropriately coloured ribbons for their medals. The next 10K Challenge will be on the first Saturday in 2021 – 2nd January but in the meantime, there will be a 5K Challenge on 7th November and a 5 Mile Handicap on 5th December as we get back into our usual 3 monthly cycle.

Teresa Young

New Forest Marathon Festival – 19/20th September

Full Marathon

41 Nathan Powell 03:40:19

Half Marathon

39 John Norris 01:42:31

10K

111 Bernie Conway 01:04:34



UltraX England 50km - 20/9/20

1 4:20:28
81 Sonny Peart 8:37:46
95 Finishers 11:42:39





Harrow AC Open Meetings

27th August

800m

Luca Matharu	U17	2.03.9
Jag Matharu	V50	2.39.2
Olivia Matharu	U15F	2.41.1
Zaheer Sidik	U17	3.07.6

10th September

3000m

Luca Matharu	U17	10:02.22
Jag Matharu	V50	11:28.42
John Norris	V40	11:43.49 PB
Olivia Matharu	U15F	12:20.40

24th September

800m

Luca Matharu	U17	2:00.67
Jag Matharu	V50	2:29.33

1500m

Olivia Matharu	U15F	5:27.20
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1st October

Mile

Luca Matharu	U17	5:13.94
Olivia Matharu	U15F	5:59.35

3000m

Jag Matharu	V50	11:36.41
John Norris	V40	11:41.04 PB

Dorney Lake Marathon 4th October

<u>Net Pos</u>	<u>Name</u>	<u>Net Time</u>
-		
1		02:26:14
229	JAMES KERRANE	03:14:50
281	NATHAN POWELL	03:24:57
346	JOHN NORRIS	03:41:02
471	NICK RUSSELL	04:29:09
522	Finishers	06:31:25

Dorney Lake Marathon

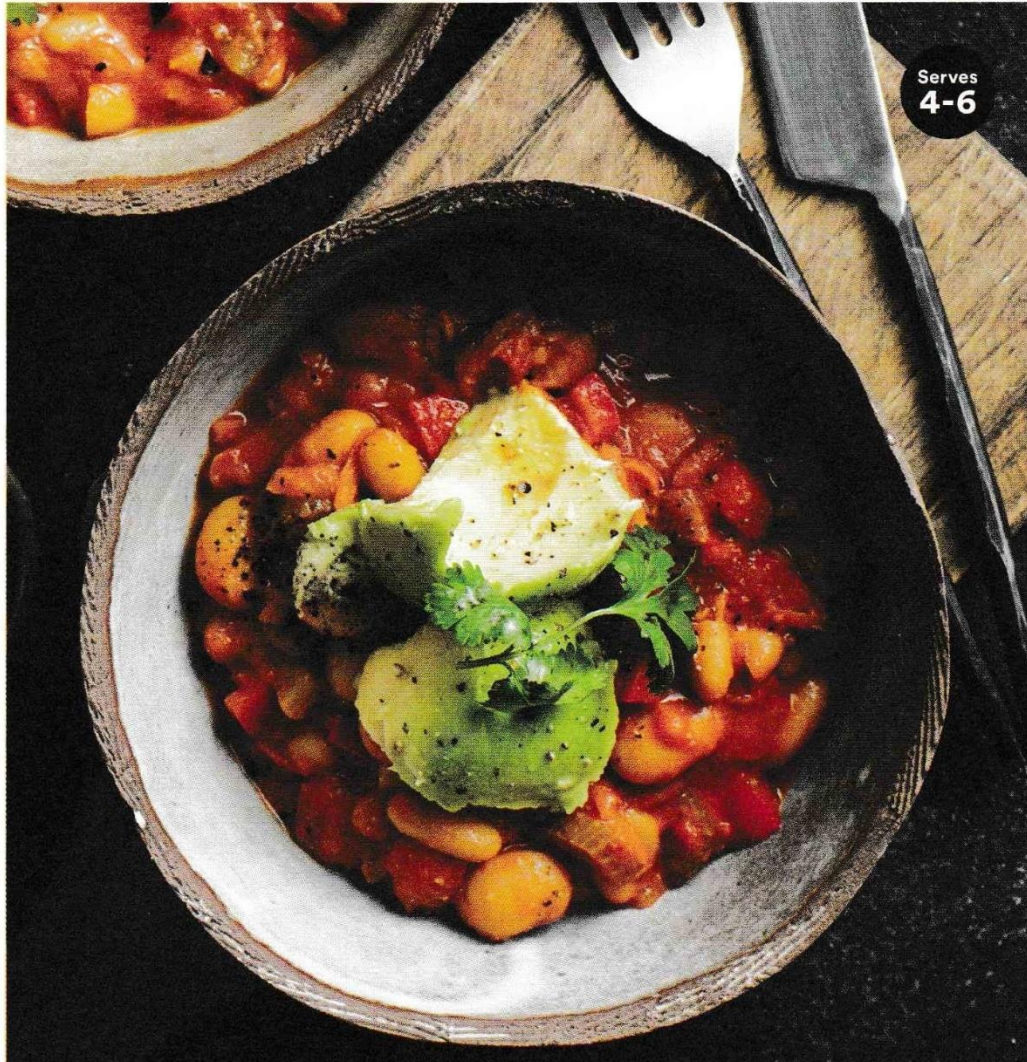


Virtual London Marathon - 4th October

Place		Age Group	Time
5253	Nirmal Valji	45-49	03:56:56
23207	Cliff Potter	70-74	06:16:59

RUNNERS' RECIPES

I was reading a recent edition of Runner's World Magazine and on the letters page, someone had written in to say that he and his wife had been making the Spicy Bean Stew from the Runner's World Cookbook and it had kept them going during lockdown! It's autumn now and just the weather for a nice stew.



SPICY BEAN STEW

Beans provide lasting energy

► Olive oil 1 large red onion, finely chopped 4 celery sticks, chopped 2 carrots, peeled and grated 2 large garlic cloves, crushed 1 tsp smoked paprika 1 tsp cumin seeds 1 tsp cayenne pepper 2 tins of chopped tomatoes 2 large red peppers, chopped 1 tbsp tomato paste 1 tbsp red wine vinegar

125ml red wine ► Salt and pepper 3 tins beans (borlotti, black beans, kidney or butter) 250ml-500ml vegetable stock 1 lemon ► Coriander, to serve ► sliced avocado.

1 Add oil to a large pan and sauté red onion, celery and carrots for 8-10 mins. 2 Add garlic, spices and a little oil, if needed, sauté for 5 more mins,

then add tomatoes, red peppers, tomato paste, vinegar, red wine, salt and pepper, and bring to a boil. 3 Reduce the heat to a simmer and cook for 1 hr. 4 Add the beans and enough stock to cover everything. Simmer for an hour over a medium heat, stirring occasionally. 5 Serve sprinkled with lemon zest, a squeeze of juice, coriander and sliced avocado.

***Metros* REGULAR RUNS**

MONDAY	19.00	Ariff Sidik, Marcus Weedon, Linda Dunne 07827 66823	
	19.15	Teresa Young Mike Ransome Email: Mw49ran@gmail.com	020 8866 3225 07802 839 498
TUESDAY	19.00	Steve Paull Penny Hudson	020 8422 6636 pm.hudson@ntlworld.com
	Run / Walk Group		
WEDNESDAY	19.15	Nathan Powell Kevin Smart	07775 540680 07810 835352
THURSDAY	19.00	Mike Morris Email: mike.morris100.mm@gmail.com	07906 151525
THURSDAY TRACK SESSION 18.00 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>

Attendance at any sessions must be booked on SPOND.

Only attend sessions if you (and your household) are symptom free, not waiting for COVID test results and not subject to quarantine.