



April 2021
Issue No. 387



Metros Sessions are back!

Metros Diary

April

Sat 3	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 10	Wot No Watch, Roxbourne Park	9.00 am
Sat 17	5K Run, Harrow School Track	8.00 am – 10.15 am

May

Sat 1	5 K Run, Roxbourne Park	9.00 am
Sat 8	5K Run, Harrow School Track	8.00 am – 10.15 am
Mon 10	Vets Track and Field – Battersea	6.30 pm
Sat 15	Measured mile, Roxbourne Park	9.00 am (date tbc)

June

Sat 5	5 Mile Handicap	9.00 am
Mon 7	Vets Track and Field – Hillingdon	6.30 pm
Sat 12	Wot No Watch, Roxbourne Park	9.00 am
Mon 21	Vets Track and Field – Battersea	6.30pm

July

Sat 3	Metros 10K Challenge, Roxbourne PK	8.50 am
Wed 7	Vets Track and Field – Perivale	6.30pm
Sat 10	Wot No Watch, Roxbourne Park	9.00 am

Book your place on all Metros sessions and events on the SPOND App. Please contact Irene (metros.secretary@yahoo.co.uk) if you want to amend your preferences on SPOND.

Note from the Editor!

Life is almost getting back to normal. I'm enjoying being back at Metros sessions and meeting up with everyone again, after 4 months. Let's hope that we do not need to go back into lockdown again.

Stay safe and well

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 Facebook and Instagram pages and a 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

Virtual 5-mile handicap – March 2021

	Mar-21	Time	Handicap	Time inc. handicap
1	Shyam Patel	36.25	0	36.25
2	Ian Birch	44.18	0	44.18
3	Jennifer O'Sullivan	47.59	0	47.59
4	Tony Watson	36.21	12	48.21
5	Sakina Sidik	51.05	-1	50.05
6	Diane O'Reilly	55.18	-5	50.18
7	Lorraine O'Donovan	51.10	0	51.10
8	Emma Rackham	47.52	4	51.52
9	Monica Shortt	55.22	0	55.22
10	Steve Alder	47.35	8	55.35
11	Emma Ponnaganti	37.52	18	55.52
12	Paul Spendloff	30.09	28	58.09
13	Marcus Weedon	31.17	27	58.17
14	Mike Reid	48.29	10	58.29
15	Steve Paull	38.42	20	58.42
16	Chris Shearwood	31.42	27	58.42
17	Adam Leary	37.48	21	58.48
18	Lynne Jones	48.52	10	58.52
19	Zahra Bassiri	40.11	19	59.11
20	Marion Rogan	54.21	5	59.21
21	Dave Young	39.36	20	59.36
22	Glyn Watkins	52.45	7	59.45
23	Paula Kanesanathan	44.52	15	59.52
24	Judy Rackham	51.04	9	60.04
25	Pip Brown	50.13	10	60.13
26	Caroline Day-Lewis	39.36	21	60.36
27	Jasia Zimmermann	49.41	11	60.41
28	Teresa Young	53.44	7	60.44
29	Jane Hudson	47.46	13	60.46
30	Nancy Morris	53.51	7	60.51
31	Andrzej Warhaftig	41.16	20	61.16
32	Ruth Tiddler	49.20	12	61.20
33	Rohan Mascarenhas	44.37	20	64.37
34	Carole Lloyd	57.50	7	64.50
35	Mike Ransome	58.30	8	66.30

The 5-mile handicap had excellent support, 35 runners. Well done to all competitors including Dave Brown, his result is not included due to being hampered by two dogs!

For all other competitors, the results are listed above. They are of course, in order of time + handicap.

The next 5-mile handicap is due on the 5th June. Thank you all for taking part.

Gordon and Carole

Wot-no-Watch – 10th April

	Predicted	Actual	Difference
Jo Collier	9:30	9:25.36	4.36
Arnold Glickman	15:15	15:11.50	4.5
Liz Wordsworth	9:00	9:4.65	4.65
Steve Paull	6:59	7:05	6
Adam Leary	6:29	6:22	7
Anne Ambrose	9:44	9:53	9
Steph White	9:45	9:54	9
Simon Aberly	6:30	6:39	9
Marion Rogan	10:05	9:49	16
Glynn Watkins	8:40	8:57	17
Ceri Jacob	8:10	7:47	23
Karen Leary	9:00	9:30	30
Andrew Collier	8:10	7:36	34
Amanda Hardy	8:53	8:19	34
Pip Brown	8:55	8:20	35
Mike Reid	8:40	8:04	36
Jonathan Pang	10:00	9:22	38
Mike Ransome	9:30	8:48	42
Caroline Day Lewis	7:50	7:06	44
Jennifer O'Sullivan	7:50	7:04	46
Andrew Fox	8:00	7:13	47
Veronica Georgescu	10:00	10:48	48
Carole Valentine	10:01	9:12	49
Sarah Westwood	10:46	9:54	52
Diane O'Reilly	9:50	8:56	54
Sonya Grist	16:0	14:35	85
Shefali Rao	10:30	8:57	93

Well done to the 27 runners who completed the Wot no Watch on Saturday 10th April. A close finish for the trophy with 3 runners all within 4 seconds, so congratulations to Jo Collier and commiserations to Liz Wordsworth and Arnold Glickman – not sure where the actual trophy is though! If It is not in the Scout hut, I will have to search back issues of Metrolines to find the last person to be awarded the trophy.

Thank you to Irene for help with the time keeping. The next event will be on the second Saturday in June (12th)

Teresa Young

Virtual 5K, March

Metros Men Virtual 5k Challenge Results March 2021		
Name	Time	Age Grading %
Chris Shearwood	19 mins 19 secs	81.32
Marcus Weedon	19 mins 09 secs	75.88
Paul Spendloff	18 mins 28 secs	75.30
Tony Watson	21 mins 45 secs	75.28
Steve Paull	23 mins 52 secs	71.00
Andrzej Warhaftig	25 mins 25 secs	69.56
Mike Morris	23 mins 26 secs	64.93
Simon Aberly	23 mins 56 secs	64.59
Shyam Patel	21 mins 19 secs PB	63.86
James Kerrane	21 mins 56 secs	63.40
Martin Eden	26 mins 44 secs	62.30
Clive Heidrich	24 mins 14 secs	60.42
Rohan Mascarenhas	24 mins 50 secs	60.32
Tim Oakley	27 mins 39 secs	58.72
Greg Davis	29 mins 28 secs	58.04
Mitesh Patel	23 mins 32 secs	56.35
Gordon Valentine	30 mins 10 secs	55.68
Mike Reid	29 mins 16 secs	54.56
Mike Ransome	32 mins 34 secs	54.29
Glyn Watkins	32 mins 00 secs	52.95
Jonny Jackson	27 mins 18 secs	52.83
Jeff Suffield	27 mins 57 secs	51.60
Steve Alder	31 mins 51 secs	49.32
Average age grade		62.28

Metros Virtual 5k Challenge - Women's Results March 2021		
Name	Time	Age Grading %
Annabelle Suffield	21 mins 32 secs	74.83
Jane Hudson	25 mins 56 secs	74.20
Caroline Day-Lewis	23 mins 31 secs	73.46
Emma Ponnaganti	22 mins 53 secs PB	69.28
Lynne Jones	27 mins 34 secs	68.92
Ann Suffield	23 mins 45 secs	66.75
Eloise Suffield	27 mins 57 secs	66.42
Zahra Bassiri	23 mins 08 secs	64.93
Liz Abrahams	28 mins 36 secs	61.80
Judy Rackham	31 mins 01 sec	60.50
Ruth Tidder	28 mins 01 sec	58.98
Sarah Westwood	34 mins 49 secs	58.21
Carole Wells	32 mins 03 secs	57.14
Carole Lloyd	34 mins 46 secs	56.78
Paula Kanesanathan	26 mins 49 secs	56.01
Teresa Young	34 mins 04 secs	55.77
Robyn Waliser	28 mins 36 secs	54.49
Jennifer O'Sullivan	29 mins 29 secs	54.29
Irene Paull	35 mins 40 secs	53.27
Diane O'Reilly	30 mins 58 secs PB	52.78
Pip Brown	29 mins 23 secs	52.26
Sakina Sidik	29 mins 21 secs	51.99
Julia Allen	34 mins 07 secs	49.19
Average Age Grade		60.53

A dead heat in terms of numbers this month: 23 to 23. Average age grading was also very close, the men edging it by little more than 1%. Wouldn't it be great (for the ladies) if they could win both of these competitions-within-a-competition?

In the men's table, there's some good competition over age-grading, especially near the top of the table. Further down, there aren't really any large gaps, so there's plenty of scope for improvement, leapfrogging and thus rising up the table. With the ladies, again, it's pretty close at the top and quite a few of the

percentage points have at least two runners. Well done, Shyam, Emma and Diane for their PB's and Pip for breaking a personal barrier, in this case, the 30 mins mark.

As we move ever closer to the pencilled-in date for the return of parkrun, I have suggested that the next round in this competition takes place between 19 - 25 April.

Chris

Guinness World Record Official Attempt – 19th September 2021

There is a Guinness world record attempt on 19th September 2021 to get the most runners to complete a virtual 10Km run in 24 hours.

It is free to participate, if you book early (although they try to push you towards a t-shirt / medal); the only requirement is to run 10km / 6.2 miles on the day.

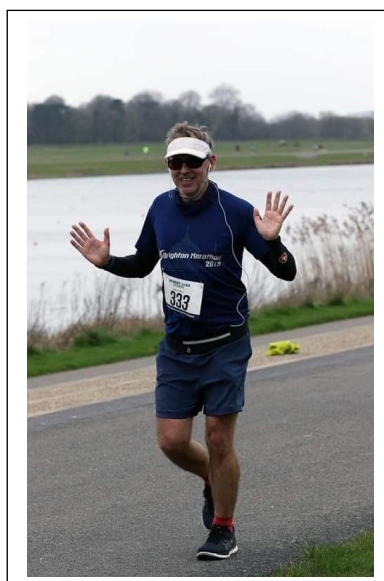
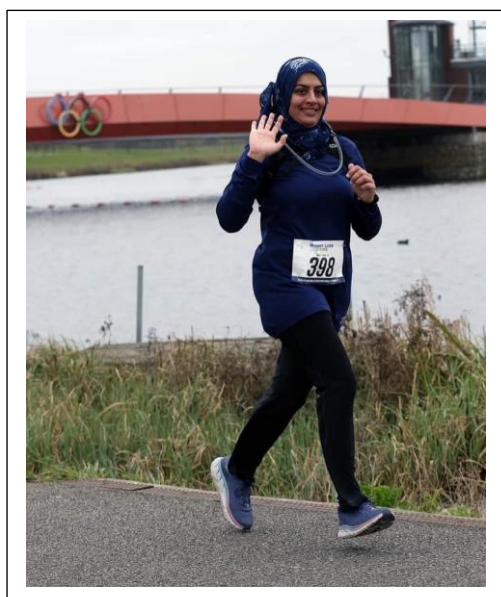
A digital certificate is the reward.

<https://virtualrunners.org/products/guinness-world-records-attempt-run>

Shyam Patel

Dorney Lake Easter Marathon, Saturday 3rd April

1		02:25:50
300	John Norris	03:34:43
376	Nick Russell	04:00:40
434	Sakina Sidik	05:13:30
443	Finishers	06:51:19





Many thanks to Adam and Karen Leary for keeping us all going with their weekly virtual park sessions over lockdown. They have now come back to actual sessions at Roxbourne Park on Saturday mornings.

Many thanks also, to Ariff Sidik for the weekly (more recently twice weekly), Zoom core fitness sessions. The actual Monday evening core sessions have now restarted.



Kempton Park Half Marathon, April 3rd 2021

114th Steve Paull 1.49.59 2nd V60 (1st V65)

187 finishers

48-hour Virtual Club Relay, 19-21 March

Club/Team Name	Metros		
Club/Team Captain Name	Marcus Weedon		
Captain email address	marcusweedon@hotmail.com	Prev	Dif
Total Miles	306.99	293.46	13.5

Friday 19th March	Name of participant	Miles	Prev	Dif
12.00	Sasha Birkin	8.62	0	
13.00	Lorraine O'Donovan	6.08	6	0.08
14.00	Shyam Patel	7.79	0	
15.00	Carole Lloyd	5.17	0	
16.00	Steve Paull	7.7	7.01	0.69
17.00	Sakina Sidik	6	5.65	0.35
18.00	Nancy Morris	5.7	0	
19.00	Pip Brown	6.05	5.79	0.26
20.00	Mike Reid	5.88	5.69	0.19
21.00	Adam Leary	7.6	0	
22.00	Emma Ponnaganti	7.49	7.51	-0.02
23.00	Shefali Rao	5.28	5.68	-0.40
Midnight	Matt Rogan	9	0	
Total Miles		88.36		

Saturday 20th March	Name of participant	Miles	Prev	Dif
1.00	Brian Mcgrory	6.41	0	
2.00	Tom Mann	7	5.93	1.07
3.00	Chris Parkinson	5.13	0	
4.00	Marcus Weedon	9.1	8.78	0.32
5.00	Tony Watson	7.2	7.37	-0.2
6.00	Linda Dunne	5.73	0	
7.00	Barry Nolan	6.33	5.21	1.12
8.00	Diane O'Rielly	5.77	5.56	0.21
9.00	Karen Leary	5.38	0	
10.00	Andrzej Warhaftig	7.2	6.84	0.36
11.00	Lynne Jones	6.2	6.62	-0.4
12.00	Veronica Georgescu	5.33	0	
13.00	Liz Abrahams	6.03	0	

14.00	Bhavani Patel	6.55	6.13	0.42
15.00	Zaheer Sidik	6.14	0	
16.00	Judy Rackham	5.74	0	
17.00	Jenny O'Sullivan	6.7	6.08	0.62
18.00	Gertrude Porter	6.19	0	
19.00	Emma Rackham	6.38	0	
20.00	Zara Bass	7.28	7.46	-0.2
21.00	Mike Morris	7.35	0	
22.00	Nigel Rackham	5.31	0	
23.00	Susanne Nicholls	4.12	4.31	-0.2
Midnight	Jeff Suffield	7.41	7.52	-0.1
Total Miles		152		152

Sunday 21st March	Name of participant	Miles	Prev	Dif
1.00	Tom Mann	6.78	4.83	2
2.00	Tom Mann	6.56	4.73	1.8
3.00	Nirmal Valji	6.69	0.00	
4.00	Al Scoffham	4.32	3.92	0.4
5.00	Una Cunningham	5.40	5.20	0.2
6.00	Spencer Millbery	4.60	5.79	-1.2
7.00	Chris Shearwood	8.65	7.91	0.7
8.00	Gill Shearwood	3.18	2.96	0.2
9.00	Susan Weston	5.41	0.00	
10.00	Claire Millbery	6.11	0.00	
11.00	Arnold Glickman	3.45	3.39	0.1
12	Emma Rackham	5.5		
Total Miles		66.65		

Overall Club Positions

Well done Metros, 5th out of 19 teams

Team Captain	Team Name	Number of Runners	Total Miles	Position
Brian Rothera	Oswestry Olympians	45	363.45	1
David Priddy	Datchet Dashers	39	347.14	2
Patrica Keene	Nessun - Burnham Joggers	32	329.57	3
Kim Cavill	Pickering Running Club	39	310.00	4
Marcus Weedon	Metros Running Club	46	306.99	5
Gary Marsh	Hazlemere Runners - Team 1	47	306.03	6
Paul Kalinauckas	Shropshire Canicross	35	291.85	7
Rebecca Cartwright	TVT - Walk, Push, Run	27	284.40	8
Michelle Newton	Selby Striders	36	275.52	9
Kim Cavill	Cavill Coaching	25	270.00	10
Kelly Clarke	Girls on the Run	45	264.59	11
Kelly Clarke	More Girls on the Run	41	262.17	12
Gary Marsh	Handy Cross Runners	25	249.21	13
Patrick Grindley	Marlow Striders	37	248.50	14
Mark Hurren	Worlingham RoadRunnerz	33	247.59	15
Pam Lloyd	Ellesmere Runners	30	239.09	16
Gary Marsh	Hazlemere Runners - Team 2	33	222.38	17
Angela Thorpe	Bracknell Forest Runners - Team 1	26	182.00	18
Angela Thorpe	Bracknell Forest Runners - Team 2	16	140.00	19

!REMINDER – Please DO NOT renew your subscription!

If you paid a subscription between Jan 2020 and end of Feb 21 for the year 20/21 your Metros subscription for the current year 21/22 will automatically have been renewed. This is thanks to a surplus of club funds due to lack of events and activity during lockdowns and some tireless work on WebCollect by Irene Paull.

If you have already paid and would like a refund please email me (treasurer.metros@gmail.com) and I will arrange a refund through WebCollect or ask you for your bank details for a direct payment. Alternatively, we can consider the money as a donation to club funds. Although your Metros membership may have been renewed at no cost, this does not apply to the optional membership of England Athletics. If you wish to renew (or join) EA a separate fee is needed (£15) and this can be paid through WebCollect – accessible via a link on Metros website. Anyone joining the club new from 1st March 2021 will be required to pay a subscription to Metros and has the option to join EA.

Happy “Real” running in 2021.

Teresa Young

Treasurer

[Treasurer.metros@gmail.com](mailto:treasurer.metros@gmail.com)

Marathon Relay -14th March- Team A



10K Challenge – Real & Virtual 2nd to 9th March 2021

	M	S	Age Grade
Chris Shearwood	42	22	76.02%
Marcus Weedon	40	15	73.40%
Andrzej Warhaftig	49	58	73.20%
Caroline Day-Lewis	50	13	71.65%
Emma Ponnaganti	48	22	67.73%
Jane Hudson	59	26	67.24%
Adam Leary	47	56	66.60%
Mike Morris	46	33	66.21%
Martin Eden	52	47	65.13%
Simon Aberly	50	7	63.13%
Jennifer O'Sullivan	53	5	61.72%
Judy Rackham	65	3	60.60%
Tian Hollingshead	45	23	58.87%
Shyam Patel	49	19	56.20%
Greg Davis	64	2	55.28%
Una Cunningham	59	58	54.63%
Julia Allen	66	21	54.23%
Mike Ransome	68	8	53.68%
Andrew Collier	59	10	53.00%
Diane O'Reilly	63	58	52.95%
Glynn Watkins	66	26	52.77%
Barry Nolan	59	20	51.94%
Emma Rackham	59	20	51.13%
Jo Collier	70	30	51.04%
Kye Hollingshead	56	44	47.49%
Linda Dunne	80	33	44.12%
Chris Parkinson-Best	63	52	43.39%

Twenty-seven competitors in this month's 10K Challenge – a mix of the real event in Roxbourne Park on Saturday 3rd March and some virtual runs during the week. Four new runners to the event – Greg Davis, Barry Nolan, Glynn Watkins, and Linda Dunne, so they are awarded their first ribbon. Improvers are Jennifer O'Sullivan, Emma Rackham, Diane O'Reilly, and Jo Collier.

Teresa Young

Good Friday 12-hour relay, Metros vs Sudbury Court

First Group			Metros		Sudbury
Start Time	Name		Miles completed to two decimal points	Sudbury Court	Miles completed to two decimal points
7:00 am	Linda Dunne		6.02	Angela Tomusange	6.45
8:00 am	Diane O'Reilly		5.84	John Walerych	5.98
9:00 am	Jennifer O'Sullivan		6.65	Lise Flanagan	5.77
10:00 am	Glyn Watkins		5.55	Sue Davison	5.88
11:00 am	Ruth Tidder		6.18	Louis Smyth	6.02
12:00 pm	Tim Oakley		5.69	Sofia Ali	5.55
1:00 pm	Tom Man		7.67	Tracey Nobbs	6.03
2:00 pm	Shyam Patel		7.63	Patricia Edwards	4.71
3:00 pm	Ian Birch		7.06	Chetan Khattry	6.10
4:00 pm	Jasia Zimmermann		6.01	Mark Mulvenna	6.58
5:00 pm	Emma Rackham		5.84	Sapna Swaly	3.57
6:00 pm	Dave brown		3.60	Sean Breen	5.38
Total			73.74		68.02

Second Group			Metros		Sudbury
Start Time	Name		Miles completed to two decimal points	Sudbury Court	Miles completed to two decimal points
7:00 am	Lynne Jones		6.39	Yvonne Walker	6.81
8:00 am	Chris Shearwood		8.68	Simona Christe	7.82
9:00 am	Andrzej Warhaftig		7.38	Molly Smyth	7.29
10:00 am	Gertrud porter		6.42	Hsiang-Ju Lin	7.46
11:00 am	Steve Paull		7.50	Ellen Smyth	6.88
12:00 pm	Emma Ponnaganti		7.64	Tony Watson	8.26
1:00 pm	Caroline Day-Lewis		6.44	Adrian Boylan	6.74
2:00 pm	Sonny Peart		6.00	Agnes	7.53
3:00 pm	Simon Abery		7.40	Prakash Jani	6.14
4:00 pm	Zahra Bassiri		7.28	David Heathcote	6.59
5:00 pm	Mike Reid		5.99	Rita Scollan	4.44
6:00 pm	Una Cunningham		6.29	Elizabeth Abrahams	6.30
Total			83.41		82.26

Run/Walk Group			Metros		Sudbury
Start Time	Name		Miles completed to two decimal points	Sudbury Court	Miles completed to two decimal points
7:00 am	Pip Brown		5.67	Hsiang-Ju Lin	4.66
8:00 am	Barry Nolan		5.96	Gavin Imrie	3.56
9:00 am	Wendy Mulvenna		4.44	Mark Mulvenna	4.44
10:00 am	Veronica Georgescu		5.42	Bev Thomas	2.70
11:00 am	Caroline Jackson		4.75	Martin Garrett	5.90
12:00 pm	Penny Hudson		4.28	Louis Smyth	3.72
1:00 pm	Sue Weston		5.49	Brian Thomas	4.97
2:00 pm	Stephanie White		4.86	Hsiang-Ju Lin	6.38
3:00 pm	Annie Birch		5.79	Tony Watson	6.33
4:00 pm	Anne Ambrose		4.64	Tracey Nobbs	3.05
5:00 pm	Judy Rackham		5.67	Uma Bhatt	
6:00 pm	Jonathan Pang		4.90	Ellen Herriott	4.47
Total			61.87		50.18



Mark and Wendy Mulvenna

Walk			
Start Time	Name		Miles completed to two decimal points
7:00 am	Sue Davie		0.00
8:00 am	Sue Davie		7.38
9:00 am	Gillian Shearwood		3.12
10:00 am	Irene Paull		0.00
11:00 am	Irene Paull		8.13
12:00 pm	Arnold Glickman		3.58
1:00 pm	Pauline Bishop		3.10
2:00 pm	Pat Jackson		3.00
3:00 pm	Linda Georgiades		4.50
4:00 pm	Andy fox		3.36
5:00 pm	Angela Murphy		3.05
6:00 pm	Jonny Jackson		3.88
Total			43.10

Metros Men Move into Virtual Territory

Some of you may have spotted two Metros men in training (one the trainer, t'other the trainee!) to take on a *virtual* 'half' on Sunday 11th April, in the cause of Parkinson's, following the ban on crowds, and the loss of the usual venue for the 2020 'Royal Parks' challenge. Given the freedom to choose their own course, this doughty pair opted, for their challenge, a route incorporating many of the lesser, but proudly claimed, open spaces of Pinner, Eastcote, and Ruislip, <https://onthegomap.com/s/06hpiu53> seeking modest support for Parkinson's, and the needs of those so cruelly stricken by the disease.

<https://www.justgiving.com/fundraising/MWRPkns2021>



Marathon Relay -14th March- Team B



Marathon Relay 14th March - Team C



***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	20.00	Steve Paull Run / Walk Group	020 8422 6636 pm.hudson@ntlworld.com
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.

Book your place for all Metros sessions on the SPOND App. Please contact Irene (metros.secretary@yahoo.co.uk) if you want to amend your preferences on SPOND or are having issues booking with the App.