



July/August 2021
Issue No. 390



Metros 10K Challenge – 3rd July



Metros Diary

July

Sat 3	Metros 10K Challenge, Roxbourne PK	8.50 am
Sun 4	Summer League – Perivale	9.30 am cancelled
Wed 7	Vets Track and Field – Perivale	6.30 pm
Sat 10	Wot No Watch, Roxbourne Park	9.00 am
Sun 11	Vitality London 10,000 – Hatfield	9.00 am
Sun 25	Summer League – Regent's Park	9.00 am

August

Sat 7	Metros 5K Challenge, Roxbourne PK	9.00 am
Sat 14	Measured Mile, Roxbourne Park	9.00 am
Sun 15	Burnham Beeches Half & 10K	9.15 am
Sun 15	Summer League- Dulwich Park	9.30 am
Sun 22	Summer League – Battersea Park	9.30 am

September

Sat 4	5 Mile Handicap	9.00 am
Sat 11	Wot No Watch, Roxbourne Park	9.00 am
Sun 19	Moor Park 10K & Fun Run	2.30 pm

October

Sat 2	Metros 10K Challenge, Roxbourne PK	8.50 am
Sun 3	London Marathon	tbc
Sat 9	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!

Welcome to the Summer edition of Metrolines. I hope you are all well and injury free.

Quite a few pages in this edition are devoted to the Vets Track and Field events. Three of the usual four fixtures were able to go ahead, with some restrictions, and there were some fantastic results from the Metros teams. Here's hoping that the three Summer League fixtures currently scheduled can go ahead.

Thank you to this month's contributors. Marcus Weedon tells us about his challenge for May, when he ran 700Km in a month! Chris and Gill Shearwood report on the Unicorn Frolic, a trail run.

The next edition of Metrolines will be in September and hopefully the easing of restrictions will not be reversed and there will be a full return to running events.

Whatever you are doing this summer, keep 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

Summer League



As a result of postponement of lockdown easing to 19th July at the earliest, the Perivale event scheduled for 4 July was cancelled and, due to other race commitments, cannot be rearranged later this year.

Currently, it is planned the league will go ahead with 3 fixtures:

- 25th July at Regent's Park
- 15th August at Dulwich
- 22nd August at Battersea

Scoring will be best 2 out of 3, with one event only required to score

If restrictions are not lifted on 19th July, the league will be cancelled for this year as it was agreed that two fixtures are too few to make the league worthwhile. It was further agreed not to have a virtual alternative as club members now have many commercial physical events available.

Pat Jackson/Irene Paull



Nower Hill High School and
The Friends of Pinner Village Gardens

2KM CHILDREN'S FUN RUN

**Come and run, jog, walk around
Pinner Village Gardens**

**Sunday 25th July 2021
at 10am**

**For ages 4 to 14
(accompanying adults
welcome)**



**All money raised is for park improvement projects and
to help establish a junior parkrun in Pinner**

Event subject to covid rules

Virtual 5K – May

Metros Men Virtual 5k Challenge - Results June 2021		
Name	Time	Age Grading %
Nigel Rackham	19 mins 14 secs	81.67
Andrzej Warhaftig	23 mins 15 secs	76.04
John Bosco Norris	20 mins 03 secs	68.86
James Kerrane	20 mins 12 secs	68.84
Andy Fox	23 mins 45 secs	66.14
Martin Eden	25 mins 27 secs	65.44
Jeff Suffield	23 mins 22 secs	61.72
Tim Oakley	27 mins 30 secs	59.04
Rohan Mascarenhas	26 mins 14 secs	57.10
Mike Ransome	33 mins 48 secs	52.30
Average age grade		65.72

Metros Virtual 5k Challenge - Women's Results June 2021		
Name	Time	Age Grading %
Jane Hudson	25 mins 32 secs	75.36
Emma Ponnaganti	22 mins 23 secs	70.83
Caroline Day-Lewis	24 mins 44 secs	69.84
Ann Suffield	24 mins 01 secs	66.01
Lynne Jones	29 mins 41 secs	64.01
Linda Georgiades	28 mins 52 secs	62.69
Ruth Tidder	26 mins 44 secs	62.49
Judy Rackham	30 mins 33 secs	61.43
Jennifer O'Sullivan	27 mins 34 secs	57.51
Carol Valentine	32 mins 07 secs	57.02
Stephanie White	35 mins 06 secs	56.24
Teresa Young	34 mins 03 secs	55.80
Carole Lloyd	36 mins 25 secs	54.21
Sakina Sidik	30 mins 44 secs	49.65
Emma Rackham	30 mins 44 secs	48.06
Gill Fox	37 mins 16 secs	47.43
Average Age Grade		59.91

Virtual Race to Nicaragua – Marcus Weedon



Well it's taken me a little while to recover and have the energy to write about what I got up to in May. It's funny as at the beginning of May, or even way before May, if someone had asked me 'fancy running a half marathon every day of May?' I would have said 'are you bonkers' or 'don't be daft!'

I was running as a member of the team 'Hospitality Consultants' in the Springboard's [#Virtualrace](#) [#RacetoNicaragua](#). My team eventually finished 3rd overall in terms of distance covered running, walking, cycling, and swimming.

I had originally opted to run 6 miles a day for the first week, on the second week attempt seven half marathons in 7 days, which would have equated to 328K for the month. For me at the time, this was mentally achievable, realistic whilst being a bit of a stretch. However, I got a bit carried away though, what a surprise – NOT, as I started the half-marathon distances a bit earlier than planned.

Week one should have been 67.2K, but I ended up covering 139.1K, I think by the time I had finished the Thursday and Friday runs, I had decided the seven half marathons in 7 Days had started, so just pushed on for the next 5 days.

Once the 7 days were up, I then wondered could I get to 10 days of running this distance, of course I'm running much slower than my normal pace to accommodate the difference in distance being covered, so to aid recovery, if there was ever such a thing, in the whole month of May. The 10-day target passed and I started thinking 14 days, 14 days then started to be 21 days which soon followed by, can I get to the end of the month covering the same distance every day. By the time Day 19 came, I started to hurt, the fatigue was kicking in badly, niggles were starting to be more common, especially in my left foot, knees and calves - I was seriously doubting if I could continue running this distance every day. It also became a mental challenge after day 19, waking up, aching still from the days of running before, being motivated to get outside. Running in the rain on most days and counting every kilometre and hoping it was near the end. Each run became mentally longer and more exhausting.

I think by the 26th May, I soon realised that I would be close to running 700K for the month but would have to do a few days where I would do 22/23K and one other big day which I left to the last day.

For 31 days I had been getting up around 6am, grabbing a quick bite to eat - normally fig rolls and a strong coffee, then setting off to do my run. Finishing the final run on the last day was filled with so many emotions, I was buzzing, emotional, drained, fatigued, proud, ecstatic, happy it was over and had a sense of fulfilment that what I had achieved would go towards supporting vulnerable jobseekers and young people through education, in finding employment within the hospitality industry. Finally, the 31st day of May came and I had managed to clock up 700K of running, I can't believe that I managed to hang in there, pushed through all the pains and niggles, smashed down those mental barriers and dragged myself to this distance.



Luckily, I love running and I also love a challenge. It benefits me physically as it helps me obviously keep fit but also relieves the spondylitis in my back. Plus like many of us, it helps mentally, creating positivity, a great sense of achievement, giving me thinking time or the space to forget things that may have been troubling me and to do something I'm massively passionate about, to help others is a very big win!

Through this challenge, I have proved to myself that anything is possible, and nothing is impossible. Once the first 7 days were out of the way, it was just a question of not giving in and I had to dig deep and keep looking at the ever-changing goal posts that I kept creating, pushing further away.

The impression I have given to folk within the team, friends, family, and others is interesting – as I've been referenced as a Machine, a robot, Superman, Superhuman, an alien and a complete mental case – almost certainly I am the latter.

Aren't we all those things at some points in our lives, when we want to be like this whether we are doing something challenging whether small all large?

I have also managed to raise £1000, so not only did I smashed the original distance target of 328K, but I also raised more than five times the amount that I set out to do, largely thanks to a lot of fellow Metros runners. So, if I haven't thanked you in person or via an email or message – I wanted to say a massive THANK YOU to everyone that has supported me via your very generous donations and as well to those who got in touch to wish me luck or provide encouragement throughout the whole month – it really did inspire and motivate me to keep on going! THANKYOU!!

What's the next challenge I hear you ask? Well I will not be doing anything like this every again (plus I wouldn't recommend to anyone to do this) but yes I do have a new challenge, which I believe is realistic, challenging and doesn't require me to run for around 2-hours every day for a whole month. In the next 2 months I will be getting back to doing faster running, with a goal of running 5K under 18mins – the wheels are in motion – so watch this space!!

Race to the Stones 50Km – 10th July

1		3:42:27
56	Claire Millbery	7:40:39
121	Finishers	12:59:55



Well done Claire on completing your first ultra



Wot no Watch – Saturday 12th June 2021

Name	Predicted	Actual	Difference (Seconds)
Tian Hollingshead	5:55	5:55	0
Marion Rogan	9:30	9:25	5
Andrew Fox	7:12	7:4	8
Kyie Hollingshead	6:5	5:56	9
Dave Brown	13:30	13:21	9
Mike Ransome	8:59	9:11	12
Robyn Williams	8:30	8:17	13
Adam Leary	6:27	6:42	15
Steph White	10:30	10:15	15
Richard Jackson	7:0	7:16	16
Paul Hor	8:0	7:41	19
Gladys de Groot	11:30	11:49	19
Karen Leary	9:30	9:56	26
Glyn Watkins	9:0	9:30	30
Simon Abery	6:20	6:51	31
Judy Rackham	9:37	9:5	32
Gill Fox	10:0	10:32	32
Andrew Collier	8:0	8:40	40
Malcom Jackson	12:7	11:27	40
Janice Newman	10:40	11:21	41
Arnold Glickman	15:15	15:56	41
Carole Valentine	10:10	9:17	53
Gordon Valentine	9:50	8:50	60
Susanne Harvey	10:30	12:6	96
Henry Pickford	15:0	18:9	189
Margaret Smith		18:9	

Congratulations to Tian Hollingshead for winning the trophy with a time of 5:55.85, with a sprint finish against Kyie who clocked 5:56.21 Commiserations to Henry Pickford for the largest difference, but that was his second attempt after managing an extra-long lap of the park out to the railway line (and thus over the mile) the first time – too much talking to Margaret Smith!

Hope to have tracked down the trophy by the next time the event is run – not sure whether it is in the Scout Hut or someone won it way back in March 2020 before lockdown!

Thank you to Irene for timing the second race and to everyone for sticking to groups of under 12 runners.

Teresa Young



10K Challenge – 3rd July 2021

Nigel Rackham	38	03	85.42%	
Marion Rogan	62	29	74.23%	
Caroline Day-Lewis	49	44	72.35%	
Kevin Smart	48	45	68.55%	
Adam Leary	48	06	66.37%	
Clive Heidrich	45	09	65.98%	*
Andy Fox	49	25	64.60%	
Simon Aberly	49	25	64.03%	
Martin Eden	53	44	63.98%	
Paul Hor	56	12	61.77%	*
Judy Rackham	64	24	61.21%	
Kyle Hollingshead	45	34	59.13%	
Lorraine O'Donovan	67	36	56.76%	*
Tim Oakley	59	30	56.16%	
Robyn Walliser	57	52	55.57%	
Tian Hollingshead	48	45	54.80%	
Mike Ransome	67	36	54.10%	
Will Bailey	62	26	50.68%	
Emma Rackham	64	37	46.95%	
Richard Jackson	58	10	46.09%	*

Well done to the 20 runners who took part in the 10K Challenge on 3rd July in Roxbourne Park, and welcome back to running for our chair, Nigel Rackham. Clive Heidrich, Paul Hor, Lorraine O'Donovan, and Richard Jackson were all competing for the first time, and Tim Oakley had previously only ever participated in the virtual event.



And no, this is not the latest fashion accessory - a handbag in Metros colours – but our new defibrillator. So, we now have two, to be sure we can have one at every event. (Thank you to Cannons Park Parkrun for the loan of their one during lockdown, and soon to be returned.)

The next 10K will be on the first Saturday in October – the 2nd, so if you have birthday between now and then it could make all the difference to your age grading and subsequent ribbon colour.

Teresa Young

Dorney Lake Half Marathon, 12 June 2021

109	Emma Ponnaganti	1:44:28	2 nd V45
130	Caroline Day-Lewis	1:48:39	1 st V50
161	Steve Paull	1:57:16	2 nd V65

Well done Caroline, Steve, and Emma



247 finishers Winner's time 1:11:07

St Albans Half Marathon 13 June 2021

326	Tony Watson	1.46.05	
1140	Steve Paull	2.16.29	(personal worst)

1585 finishers



Unicorn Frolic - 30 May 2021 - by Gillian and Chris Shearwood

Whit Sunday historically takes the form of fêtes, fairs, pageants, parades, and Morris dancing. Festivities at Sunbury on Thames in 1778 listed a morning punting match, the first boat home receiving a guinea and, in the afternoon, a gold-laced hat, worth 30s. “to be cudgelled for”. Less violent, if no less energetic fare was on offer over the bank holiday weekend at Moreton Equestrian Centre, Dorset, owned and managed by a member of the Frampton family, lords of the manor since medieval times.

The Unicorn Frolic organised by White star Running (WSR) on the Sunday is a 5.2-mile loop taking on the trails around the Frampton estate. There are various terrains to navigate – tracks, fields, sandy paths and woodland areas, a nice mix underfoot which the organisers’ website states to be “slightly technical in places”, specifically involving tree roots, tussocks, and loose stones. Over a 12-hour period, you do as much running as you want, completing at least one lap to get a medal and goody bag, running solo or in teams of 2, 3 or 4; solo runners do as many laps as they want. On the Saturday there was a 10-miler and a marathon on a slightly different course and, on the Monday, an 8-hour version of the previous day’s frolic.

Gillian and I set off on the Friday after I finished work in the morning, stopping only on the outskirts of Dorchester to get some bottles from the Piddle Brewery - no sniggering at the back please, that’s the name of the local river and quite a few of the local towns and villages are Piddle this or Puddle that. Being a bank holiday weekend, our journey took 4-hours, but poor Irene Paull and Penny Hudson took even longer. Also joining us were Sue and Alun Davie who had the easiest drive, having only to come up from Poole. We slung up our “weekend” tent (not the leviathan we use for longer breaks) and did the same with Sue and Alun’s spare, in readiness for Penny’s arrival; Irene had hired a smart VW camper van.

We were in a field of quite long grass, where swallows (or swifts, we weren’t sure which) darted about at low level, and pitched camp equidistant between the portaloos and showers. The perimeter, taped off, was the initial section of the next day’s races. There were two marquees consisting of info and a bit of merchandise, but the bar usually set up by Piddle Brewery was absent on this occasion because, apparently, it would have been impossible to comply with Covid restrictions (hence our earlier trip to their brewery). We stayed up till after dark, the grass became wet with dew and we turned in when it got chilly. I’d felt that I was coming down with a cold that morning and my throat was very sore that night.

As we arose the following day, those participating in the marathon and 10-miler were setting off in waves. Fancy dress was much in evidence - unicorn Alice bands, ballet tutus and lots of glitter. After breakfast *al fresco*, we all headed off to Dorchester but split up to do our own thing. I got Gill’s birthday presents at

Waterstones and we then met up with the others for lunch including Jane Hudson and her mother plus Steph White and Simon Aberly. The weather was lovely, so the plan was for a customary pre-run pasta party that evening and then a celebratory BBQ on the Sunday. Gill, Penny, and I visited the rather grand Tesco on the outskirts of Dorchester to stock up.

Not long after our return to the campsite we were joined by the Wendy and Mark Mulvenna who had bought a new tent to ensure they could enjoy the camping experience part of the weekend. The evening pasta party was helped along by much wine and beer. Once the washing up was done, we all continued to enjoy the evening playing an anagram game that Mark had brought, based on London Tube Stations, some of them very difficult!



The day of the Frolic dawned, forecast as sunny and warm. The Metros ladies set off for the start and we chaps saw them off, Sue and Gill walking and Irene, Penny and Wendy going at a faster pace. We then erected the Mulvennas' gazebo and hauled it over to a spot just after the start/finish to act as our base. Mark and I got ready to run, but any thoughts I had of forty winks while Gill was out in the field evaporated as Mark and I fell into conversation with Alun about

family history and suchlike. Alun was also going to record our lap times: my estimate was 45 mins per lap, give or take.

In the event it didn't seem long before Irene, Penny and Wendy returned and Mark set off in Wendy's stead, the other two carrying on at their current pace; Gill and Sue returned in due course and I set off, I wondering whether I might catch Mark. Sue continued walking on her own as she was determined to do 3 laps in total. (To clarify, we were two teams of two plus three solo runners.)

On leaving the camping field, you head up a slope to a crumbling, 70ft obelisk erected in 1786 as a memorial to James Frampton. Thereafter, the lovely woodland tracks and trails twist and turn and rise and fall - one such descent luckily had a tree half-way down which was handy to grab hold of. There were a couple of escarpments and a small quarry. Sometimes the terrain was boggy, but never flooded; at other times it was bone-dry and somewhat loose - flint and chalk. There were tree roots to watch out for but no stiles or gates to open and close. There was

evidence of equestrianism - artistically designed jumps but not for us to negotiate - and a noisy cockerel.

Approximately half-way around was the “Love Station”, a WSR fixture, where TLC is doled out for those in need of more than liquid resuscitation - a friendly welcome and loud music. On this occasion, for safety reasons, you had to bring your own drinking vessel, but I travel as light as possible when running and would fuel up back at our gazebo. Nearer the end of the first lap there was a gin bar, although I didn't partake. I passed Irene and Penny then later Sue but no sign of Mark.

Back into the camping field and the start/finish gantry meant that the support team were there with sustenance. Water from Gill was enough this first time, but I put in a request for blackcurrant juice from the official water station for my next lap. First lap completed in about 43 mins. New trail shoes very snug and comfortable but nose leaking like a good 'un - not carrying a hanky or anything similar, my headband did a sterling job and any post-run analysis would probably have revealed 50/50 sweat and snot.

The second lap was strange - I was sure that some of it was new, and although I took a wrong turn at one point, ending up at the Love Station from the wrong direction, the route was very well marked and you were never far from other competitors. No-one overtook me. It was most gratifying to be recognised by one of the gin bar proprietors, commenting to his partner, “this bloke's flying”. Second lap in about 48 mins, still no sign of Mark. By the end of my third lap (50 mins) I thought five might be a bit too much and was happy to let the others know that the next would be my last. Gill still had her final lap to do and our team would have been a long time out in the field by then. Mark had already bailed out, very pleased with his time for 2 laps.

Final sightings of Irene, Wendy, and later Sue, then the reassuring sight of the finish came into view, final lap: 55 mins. With my wrong turn I'd completed just over 21 miles in 3 hrs 15 (elevation gain, 1,424 ft); I think a fifth lap to make up the marathon distance would have been much slower in my coldified condition, so I was glad to stop.



No rest for the wicked, though, as Gill asked whether I'd accompany her on her second and final lap. This would be a good warm down to prevent joints seizing up, so I changed my footwear and we set off at a stroll. I not only had the pleasure of Gill's company but a better view of the scenery through which I'd been hurtling earlier: late bluebells, early rhododendrons and a grand view looking south towards the English Channel. I carried water for us both plus metal cup to partake at the Love Station and, I hoped, the gin bar. In the event, to save the Love Station's water stocks for other competitors, I took up their offer of beer (warm...what's wrong with that?!), but we were told that the gin bar had probably closed and, when we reached it, sure enough, it had.

We were mostly passed by other competitors rather than the other way around, all very encouraging and friendly; I particularly liked the fact that this event catered for all abilities and that Gillian felt comfortable participating as a walker (one of many such). I fell into conversation with a chap I'd passed earlier and he said that more events are planned there, mentioning also that the early 80's TV series Tenko was filmed on the estate - one of my Strava segments is called "Tenko time".

As we neared the finish we were overtaken by speedy kids doing their races so it meant that there was plenty of applause as Gill crossed the line; I ducked around the side of the gantry so my timing chip didn't record another (slow) lap for me, having long since done my final one, although I realised that I had, in fact, completed the full marathon distance by accompanying Gill. There were plenty of folk still running laps after I'd stopped - hats off to the chap in the, er, cowboy hat still going strong. We headed into the admin tent to confirm we'd finished and collect our chunky medals and squeaky toys.

After that, it was BBQ time and scarcely a blade of grass got scorched. The bangers and burgers sizzled, and our other stocks were swiftly depleted. With a steady stream of finishers, queues for the showers didn't abate till late and it was only then that Gill and I could use them, before we all turned in. The following day (Bank Holiday Monday) we removed all evidence of our visit and headed home after morning coffee at the nearby "Walled Garden".

Gill here....not often I get to partake in a running event, but this was "such fun". I wasn't prepared for how off-road and technical it would be, thank goodness I had taken my walking poles for support. I was slow on my 1st lap and even slower on my 2nd but enjoyed every minute...maybe next year I'll manage 3 laps!

Unicorn Frolic Results - 30 May 2021

Solo Ladies

Position	Name	Laps completed	Total distance - miles	Total time
1		10	52.5	11:45:47
95	Irene Paull	3	15.5	05:40:01
97	Sue Davie	3	15.5	05:58:50
124	Penny Hudson	2	10.5	03:45:00
157		1	5.25	03:17:25

Pairs

Position	Name	Laps completed	Total distance - miles	Total time
1		12	63	12:04:04
12	C & G Shearwood	6	31.5	08:55:21
16	M & W Mulvenna	4	21	05:39:59
33		1	5.25	03:11:05

2021 Vitality London 10,000 at Hatfield Park, 11th July

1		32:26
661	Linda Dunne	58:01
665	Barry Nolan	58:09



Wot no Watch – 10th July 2021 Roxbourne Park

	Predicted	Actual	Difference
Sarah Westwood	10:20	10:19	1
Adam Leary	6:44	6:42	2
Janice Newman	10:5	10:7	2
Deborah Norman	10:5	10:7	2
Karen Leary	9:20	9:24	4
Dave Brown	13:0	13:7	7
Anne Ambrose	9:45	9:55	10
Simon Aberly	6:45	6:57	12
Tian Hollingshead	5:55	5:42	13
Kye Hollingshead	5:55	5:42	13
Ceri Jacob	8:0	7:47	13
Linda Georgiades	8:50	8:37	13
Mike Ransome	8:59	8:38	21
Steph White	10:15	9:54	21
Amanda Hardy	8:40	8:18	22
Mark Lemon	9:0	9:23	23
Gladys de Groot	11:45	12:9	24
Judy Rackham	9:15	8:39	36
Carole Valentine	10:0	9:18	42
Susanne Harvey	11:30	12:23	53
Gordon Valentine	9:50	8:26	84
Will Bailey	9:30	7:50	100
Andrew Matthews	11:0	9:13	107
Veronica Georgescu	13:0	11:10	110
Mitesh Patel	10:0	7:44	136
Sonya Grist	14:44	17:28	164
Raquel Russel-Ponte		11:45	

Well done to Sarah Westwood for being within 0.6s of her predicted time. Apologies there is still no trophy to award. I am still trying to find out if it is in the Scout Hut or with the last recipient from the Jan 2020 event. Several others were close, being only two seconds away.

Hoping that Gordon Valentine, Will Bailey, Andrew Matthews, and Veronica Georgescu were pleased with their times – lack of opportunity to do a measured mile meant they all overestimated their times. (Especially Andrew Matthews who initially predicted 14 minutes but was persuaded to reduce this to 11 and still managed just over 9 minutes.) Well done to Mitesh for a very respectable 7:44, with pushchair and a suitably attired baby in England kit in preparation for Sunday's match.

The next opportunity for a timed mile will be on the second Saturday in August (8th) when it will be the trophy Measured Mile.

Clapham Common 10K 16 June 2021

115 Steve Paull 55.46 1st V65

192 finishers



Virtual Vitality 10,000

Carole Lloyd recently completed the Virtual Vitality 10K in a time of 1h 08m 41s

South Downs Way 100, 12th June



Stretching from Winchester, Hampshire to Eastbourne, East Sussex the South Downs Way 100 is considered one of the most challenging 100 milers in the UK. Spencer Millbery and Sonny Peart took on the challenge on the hottest weekend of the year with temperatures reaching a sweltering 29°C! They also managed to beat a World Champion!

1		15:30:16
261	Spencer Millbery	27:37:11
304	Sonny Peart	29:25:29
305	Iwan Thomas	29:35:03

Finishing just behind Sonny was former European, Commonwealth and World Champion 400m sprinter Iwan Thomas. He undertook the challenge to raise money



for Group B Strep Support, the world's leading charity working to eradicate Group B Strep infection in babies. Iwan's son was diagnosed with Group B Strep in 2018 shortly after he was born. Iwan described the endurance event (equivalent to 400 x 400m) as the biggest challenge of his life.

M.B.E. (Metros Best Efforts) 2021

The following records were broken this season in the Vets Track & Field League

7 June HILLINGDON

3000m W40-49 Sasha Birkin new record 11:18.8

The previous best 3000m was also Sasha at 11:29.2 on 12 Jul 17

800m W60-64 Jasia Zimmerman new record 3:44.5

The previous best 800m was Ann Marsden at 3:45.5 on 9 Jun 08

21 June BATTERSEA

400m W60-64 Lynne Jones new record 95.6

The previous best 400m was Marion Rogan at 96.4 on 10 May 10

Discus M60-64 Kevin Smart new record 23.54m

The previous best discus was Peter Jose at 22.05m on 21 June 10

High Jump M60-64 Kevin Smart new record 1.25m

The previous best high jump was Brian Jackson 1.20m on 19 Jun 00

7 July PERIVALE

High Jump M60-64 Kevin Smart new record 1.30m

The previous best high jump was also Kevin at 1.25m on 21 Jun 21

The updated Metros Track and Field records are within this issue of Metrolines and will be added to the Metros Web Site.

With thanks to Marcus Weedon and Jag Matharu for checking the league results to establish new records. Thanks to Wendy Mulvenna who co-ordinated the Metros teams adhering to Covid restrictions. Well done to all Metros members who participated in any of the events.

Although the Vets T&F League is completed for this year, Covid restrictions permitting, there may be Open Graded Meetings and any Metros aged 35+ can aim to improve on any record and contact me for verification. The rules are:

“Metros Best Efforts” (MBEs)

Awarded for all-time best age performances in individual track and field events recorded before 1 October each year. In order to qualify for an MBE, members must enter events as Metros and wear official Metros kit. Any Metros member who improves an age record during the season must inform the Metros co-ordinator as soon as possible, to enable the record to be updated during the season.

The Award Groups for each event are:

Men and Women: 35-39, 40-49, 50-59, 60-64, 65+

Pat Jackson, MBE Co-ordinator

Vets Track and Field League

Southern Counties Veterans T&F League 2021 - match 2 - Hillingdon

	Score	Men	Women	Total
1	British Airways	37	47	84
2	Ealing Southall & Middlesex	49	97	146
3	Herne Hill Harriers	94	126	220
4	Hillingdon	139	131	260
5	Metros	88	21	109
6	Ealing Eagles	8	19	27
7	Serpentine	116	113	229
8	Thames Valley Harriers	72	13	85

Pos.		Time	Points
	200m M35A		
6	Marcus Weedon	31.9	3
	200m M35B		
4	Paul Spendloff	30.2	5
	200m M50		
4	Jag Matharu	30.8	5
	200m M60		
1	Kevin Smart	29.3	8
	800m M35A		
4	Paul Spendloff	2.26.5	5
	800m M35B		
4	Marcus Weedon	2.34.8	5
	800m M50		
4	Jag Matharu	2.35.2	5
	3000m M35A		
6	Marcus Weedon	11.12.8	3
	3000m M35B		
3	Paul Spendloff	11.32.4	6
	Javelin M35	Distance	Points
3	Marcus Weedon	27.62	6

	Javelin M50		
2	Sonny Peart	24.73	7
	Javelin M60		
2	Kevin Smart	21.84	7
	Shot M35		
3	Mark Mulvenna	6.21	6
	Shot M50		
1	Sonny Peart	8.56	8
	Long jump M35		
3	Paul Spendloff	4.17	6
	Long jump M60		
2	Kevin Smart	3.41	7

	200m W35A		
8	Emma Ponnaganti	38.9	1
	200m W60		
4	Anne Ambrose	52.3	5
	800m W35A		
8	Emma Ponnaganti	3.02.0	1
	800m W60		
4	Jasia Zimmerman	3.44.5	5
	3000m W35A		
4	Sasha Birkin	11.18.8	5
	Long jump W35	Distance	Points
5	Emma Ponnaganti	1.86	4
	Long jump W60		
4	Anne Ambrose	1.70	5

Southern Counties Veterans T&F League 2021 - match 3 - Battersea

	Score	Men	Women	Total
1	British Airways	38	44	82
2	Ealing Southall & Middlesex	29	64	93
3	Herne Hill Harriers	148	167	315
4	Hillingdon	144	155	299
5	Metros	103	17	120
6	Ealing Eagles	12	19	31
7	Serpentine	172	154	326
8	Thames Valley Harriers	133	40	173

Pos		Cat.	Time	Points
	100m M35A			
6	Marcus Weedon	M45	15.3	3
	100m M50			
3	Mark Mulvenna	M50	15.3	6
	100m M60			
1	Kevin Smart	M60	14.9	8
	400m M35A			
5	Marcus Weedon	M45	67.0	4
	400m M50			
4	Mark Mulvenna	M55	76.7	5
	400m M60			
5	Tom Morris	M60	87.2	4
	1500m M35A			
4	Marcus Weedon	M45	5:02.1	5
	1500m M60			
4	Tom Morris	M60	6:24.6	5

	Discus M35		Distance	Points
3	Marcus Weedon	M45	15.16	6
	Discus M50			
3	Sonny Peart	M50	19.43	6
	Discus M60			
4	Kevin Smart	M60	23.54	5

	Javelin M35			
2	Marcus Weedon	M45	27.79	7
	Javelin M50			
1	Sonny Peart	M50	25.55	8
	Javelin M60			
3	Kevin Smart	M60	19.16	6
	High jump M35			
4	Marcus Weedon	M45	1.35	5
	High jump M60			
2	Kevin Smart	M60	1.25	7
	Triple jump M35			
3	Marcus Weedon	M45	8.65	6
	Triple jump M50			
2	Mark Mulvenna	M55	5.78	7

Pos	100m W60		Time	Points
4	Lynne Jones	W60	21.0	5
	400m W60			
2	Lynne Jones	W60	95.6	7
	1500m W60			
4	Lynne Jones	W60	7:20.7	5

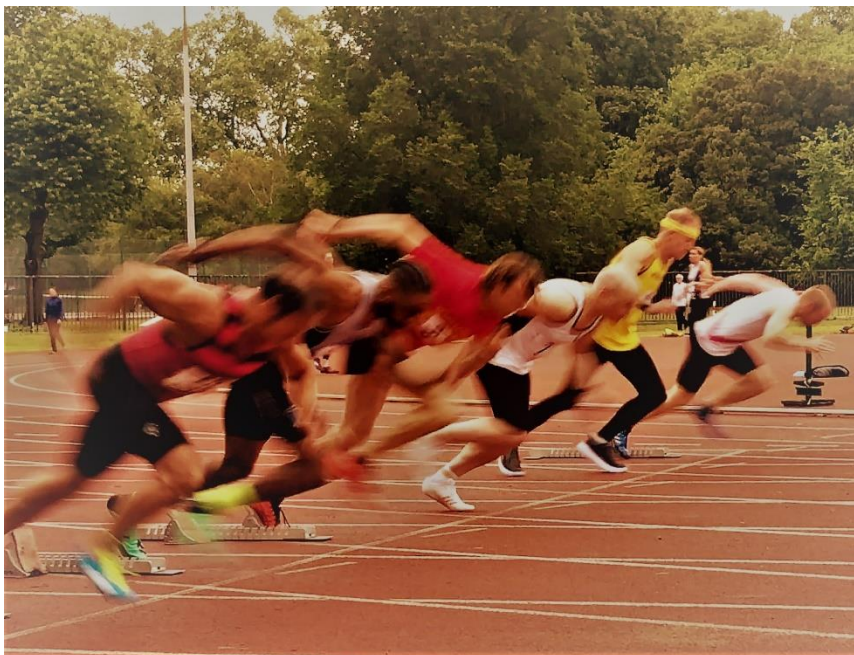


Southern Counties Veterans T&F League 2021 - match 4 - Perivale				
	Score	Men	Women	Total
1	British Airways	0	22	22
2	Ealing, Southall & Middlesex	0	112	112
3	Herne Hill Harriers	0	140	140
4	Hillingdon	0	145	145
5	Metros	118	65	183
6	Ealing Eagles	25	44	69
7	Serpentine	0	117	117
8	Thames Valley Harriers	0	35	35

Metros Results

Pos	200m M35A		Time	Points
3	Marcus Weedon	M45	29.6	6
	200m M35B			
4	Jag Matharu	M50	29.8	5
	200m M50			
4	Mark Mulvenna	M55	32.8	5
	200m M60			
2	Kevin Smart	M60	28.9	7
	800m M35A			
4	Marcus Weedon	M45	2.29.4	5
	800m M35B			
4	Mark Mulvenna	M55	3.14.8	5
	800m M50			
3	Jag Matharu	M50	2.33.0	6
	800m M60			
5	Tom Morris	M60	3.09.8	4
	3000m M35A			
4	Marcus Weedon	M45	10.46.4	5
	3000m M60			
5	Tom Morris	M60	13.58.1	4
	Shot M35			
3	Mark Mulvenna	M55	5.93	6

	Shot M50			
1	Sonny Peart	M50	7.88	8
	Javelin M35			
3	Marcus Weedon	M45	27.77	6
	Javelin M50			
2	Sonny Peart	M50	24.84	7
	Javelin M60			
2	Kevin Smart	M60	20.32	7
	High jump M35			
2	Marcus Weedon	M45	1.35	7
	High jump M60			
1	Kevin Smart	M60	1.30	8
	Long jump M35			
3	Marcus Weedon	M45	3.85	6
	Long jump M50			
2	Jag Matharu	M50	3.78	7
	Long jump M60			
5	Mike Ransome	M70	2.78	4



Pos	200m-W35A		Time	Points
7	Jennifer O'Sullivan	W45	35.8	2
	200m-W35B			
4	Zahra Bassiri	W35	35.1	5
	200m-W60			
4	Lynne Jones	W60	42.4	5
	800m-W35A			
7	Emma Ponnaganti	W45	2.58.1	2
	800m-W35B			
4	Jennifer O'Sullivan	W45	3.15.0	5
	800m-W50			
7	Linda Georgiades	W55	3.29.6	2
	800m-W60			
4	Jasia Zimmerman	W60	3.34.5	5
	3000m-W35A			
4	Sasha Birkin	W45	11.23.3	5
	3000m-W35B			
3	Emma Ponnaganti	W45	13.08.3	6
	3000m-W50			
6	Linda Georgiades	W55	14.29.3	3
	Shot W50			
5	Linda Georgiades	W55	2.90	4
	Javelin W60			
4	Lynne Jones	W60	5.04	5
	Long jump W35			
6	Emma Ponnaganti	W45	2.18	3
	Long jump W50			
4	Linda Georgiades	W55	2.34	5
	Long jump W60			
4	Lynne Jones	W60	2.05	5
	Women's 4x100m			
6	Metros	W35	76.5	3



METROS VET MEN - TRACK BESTS (11 July 2021 -after Vets League fixtures)

	35-39	40-49	50-59	60-64	65+		
100m	Mike Godden 12:7 9 Sep 87	Mike Godden 12:7 19 Jul 88	Kevin Smart 13:0 25 Jun 12	Kevin Smart 14:00 24 Jun 19	Mike Ransome 14:8 22 June 15		
200m	Matt Rogan 29:7 10 Jun 13	Mike Godden 25:8 13 Jul 88	Kevin Smart 26:7 18 Jul 11	Kevin Smart 28:1 10 Jul 19	Mike Ransome 31:1 13 Jun 16		
400m	Steve Hartley 56:5 8 Jun 88	Mike Godden 56:9 19 Jul 88	Kevin Smart 60:9 24 Jun 13	Kevin Smart 66:1 24 Jun 19	Mike Ransome 73:9 20 Jun 16		
800m	Steve Hartley 2:06.0 9 May 90	Steve Hartley 2:07.6 15 Jun 94	Derek Frampton 2:13.4 14 Jul 90	Peter Reynolds 2:48.9 1 Aug 18	Steve Paull 3:01.01 1 Aug 18		
1500m	Steve Hartley 4:18.3 11 Apr 90	Steve Hartley 4:26.6 16 Sep 92	Nigel Rackham 4:38.00 23 Jun 16	Steve Paull 5:38.18 31 May 17	Steve Paull 6:25.9 24 June 2019		
3000m	Steve Hartley 9:18.32 9 Apr 90	Steve Hartley 9:26.8 9 Sep 92	Nigel Rackham 9:38.8 17 Jul 16	Chris Roome 10:47.5 31 Aug 96	Steve Paull 12:53.7 1 Aug 18		
2000m Walk	--	Terry Burke 11:29.6 7 Jul 97	Bob Manning 11:20.5 5 Jul 93	Terry Burke 11:50.4 9 May11	Brian Jackson 15:11.7 10 May 04		

METROS VET MEN – FIELD BEST (11 July 2021 -after Vets League fixtures)

	35-39	40-49	50-59	60-64	65+		
Long Jump	Matt Rogan 3.66m 9 Jun 14	Ray Bennett 5.38m 19 Aug 89	Kevin Smart 4.47m 16 Jul 12	Kevin Smart 3.86m 10 Jun 19	Mike Ransome 3.47m 13 July 15		
Triple Jump	Matt Rogan 8.07m 10 Jun13	Mike Godden 10.11m 16 May 94	Brian Jackson 8.06m 25 Jun 95	Brian Jackson 7.59m 17 May 99	Mike Ransome 6.72m 6 Jun 16		
High Jump	Jonny Jackson 1.25m 22 Jun 09	Marcus Weedon 1.45m 1 Aug 18	Kevin Smart 1.3m 12 Jul 17	<i>*NEW RECORD</i> Kevin Smart 1.3m 7 Jul 21	Mike Ransome 1.15m 22 Jun 15	<i>*PREVIOUSLY</i> Brian Jackson 1.20m 19 Jun 00	
Shot	Mervyn Stuckey 7.19m 25 Aug 90	Keith Seldon 9.61m 17 Apr 00	Sonny Peart 8.76m 10 Jun 19	Peter Jose 8.53m 14 Jul 08	Brian Jackson 6.29m 8 May 06		
Discus	Mervyn Stuckey 19.38m 20 Jun 90	Keith Seldon 24.34m 24 Jul 00	Ray Tucker 22.18m 14 Sep 97	<i>*NEW RECORD</i> Kevin Smart 23.54m 21 Jun 21	Roger Dengate 19.57m 24 Jun 19	<i>*PREVIOUSLY</i> Peter Jose 22.05m 21 Jun 10	
Javelin	Peter Rees 20.88m 13 Jul 16	Sonny Peart 35.15m 24 Jun 13	Sonny Peart 30.90m 24 Jun 19	Brian Jackson 24.34m 5 Jul 99	Brian Jackson 19.25m 28 Jul 03		
Hammer	--	Keith Seldon 25.69m 17 Apr 00	Sonny Peart 19.81m 10 Jun 19	Brian Jackson 16.91m 17 Apr 00	Roger Dengate 13.39m 10 Jul 19		

Pat Jackson

METROS VET WOMEN - TRACK BEST (11 July 2021 -after Vets League fixtures)

	35-39	40-44 (49)	50-59	60-64	65+		
100m	Mary Swindles 15:3 19 Aug 89	Mary Swindles 15:32 9 Jun 93	*EQUALLED Ann Marsden 17:9 26 Apr 99	Marilyn Pickford 18:3 12 May 14	Ann Marsden 18:5 11 May 09	*EQUALLED Linda Dunne 17:9 13 May 19	
200m	Mary Swindles 31:4 21 Jun 88	Mary Swindles 31:8 11 Aug 93	Linda Dunne 37:0 10 Jun 19	Marilyn Pickford 38:3 9 Jun 14	Ann Marsden 41:1 12 Jul 10		
400m	Mary Swindles 71:9 23 Jun 92	Mary Swindles 74:22 9 Jun 93	Linda Dunne 82:3 13 May 19	*NEW RECORD Lynne Jones 95:6 21 Jun 21	Marion Rogan 99:2 12 May 14	*PREVIOUSLY Marion Rogan 96:4 10 May 10	
800m	Mary Swindles 2:40.6 21 Jun 88	Sasha Birkin 2:39.5 10 Jul 19	Jackie Cope 3:20.9 11 Jul 05	*NEW RECORD Jasia Zimmerman 3:44.5 7 Jun 21	Pauline Bishop 3:43.8 5 Jun 17	*PREVIOUSLY Ann Marsden 3:45.5 9 Jun 08	
1500m	Kate Armstrong 5:21.2 17 Jun 96	Sasha Birkin 5:25.6 24 Jun 19	Jane Hudson 6:55.0 25 Jun 12	Marion Rogan 7:19.8 21 Jun 10	Ann Marsden 7:41.5 14 May 07		
3000m	Mary Swindles 11:31.5 4 Oct 87	*NEW RECORD Sasha Birkin 11:18.8 7 Jun 21	Linda Georgiades 14:25.5 10 Jun 19	Pauline Bishop 15:14.0 13 Jul 16	Pauline Bishop 14:33.8 5 Jun 17	*PREVIOUSLY Sasha Birkin 11:29.2 12 Jul 17	
2000m Walk	Gill McBride 13:53.6 29 Apr 96	Jasia Zimmermann 15:32.0 28 Apr 03	Pat Jackson 14:11.9 26 Apr 99	Pat Jackson 14:26.8 12 Jul 04	Barbara Robson 14:34.2 26 Apr 99		

Pat Jackson

METROS VET WOMEN - FIELD BEST (11 July 2021 -after Vets League fixtures)

	35-39	40-44 (49)	50-59	60-64	65+	
Long Jump	Gill McBride 3.60m 31 Aug 96	Gill McBride 3.09m 24 May 04	Barbara Robson 2.73m 16 May 94	Marilyn Pickford 2.74m 9 Jun 14	Marilyn Pickford 2.75m 13 May 19	
Triple Jump	Gill McBride 7.24m 17 Jun 96	Sylvia Suffield 7.07m 27 Apr 93	Debra Norman 5.24m 8Jun 15	Marilyn Pickford 5.83m 11 Jun 12	Marilyn Pickford 5.59m 24 Jun 19	
High Jump	--	Jane Young 1.10m 27 Jun 94	Jane Hudson 0.95m 25 Jun 12	Anne Ambrose 0.80m 24 Jun 19	Marilyn Pickford 1.00m 18 Jun 18	
Shot	Mary Swindles 6.82m 17 Aug 91	Mary Swindles 7.12m 28 Aug 93	Jane Hudson 5.12m 8 Jun 15	Marilyn Pickford 5.68m 9 May 11	Ruth Dengate 5.59m 13 May 19	
Discus	Anna Fraczak 16.80m 27 Aug 94	Mary Swindles 22.08m 28 Aug 93	Jane Hudson 13.99m 25 June 12	Jeanne Coker 12.13m 15 Jul 02	Jeanne Coker 13.79m 28 Jul 03	
Javelin	Gill McBride 6.90m 17 Jun 96	Mary Swindles 18.40m 27 Jun 94	Jane Hudson 10.60m 25Jun 12	Marilyn Pickford 12.89m 25 Jun 12	Jeanne Coker 14.67m 6 Jun 16	
Hammer	--	Jane Young 20.16.2m 15 Jul 96	Pat Jackson 15.15m 7 Jun 99	Gladys de Groot 15.79m 14 Jul 14	Ruth Dengate 18.31m 10 Jul 19	

Pat Jackson

MBE CHART BEST 2021after league fixtures

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



***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 Run / Walk Group	19.00	Steve Paull Penny Hudson	020 8422 6636 pm.hudson@ntlworld.com
WEDNESDAY	19.15	Nathan Powell Kevin Smart	07510 122288 07810 835352
THURSDAY	19.00	Mike Morris mike.morris100.mm@gmail.com	07906 151525
THURSDAY TRACK SESSION		Dave Brown 07939 567561	
FRIDAY STRENGTH SESSION		07.00	Marcus Weedon marcusweedon@hotmail.com
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.