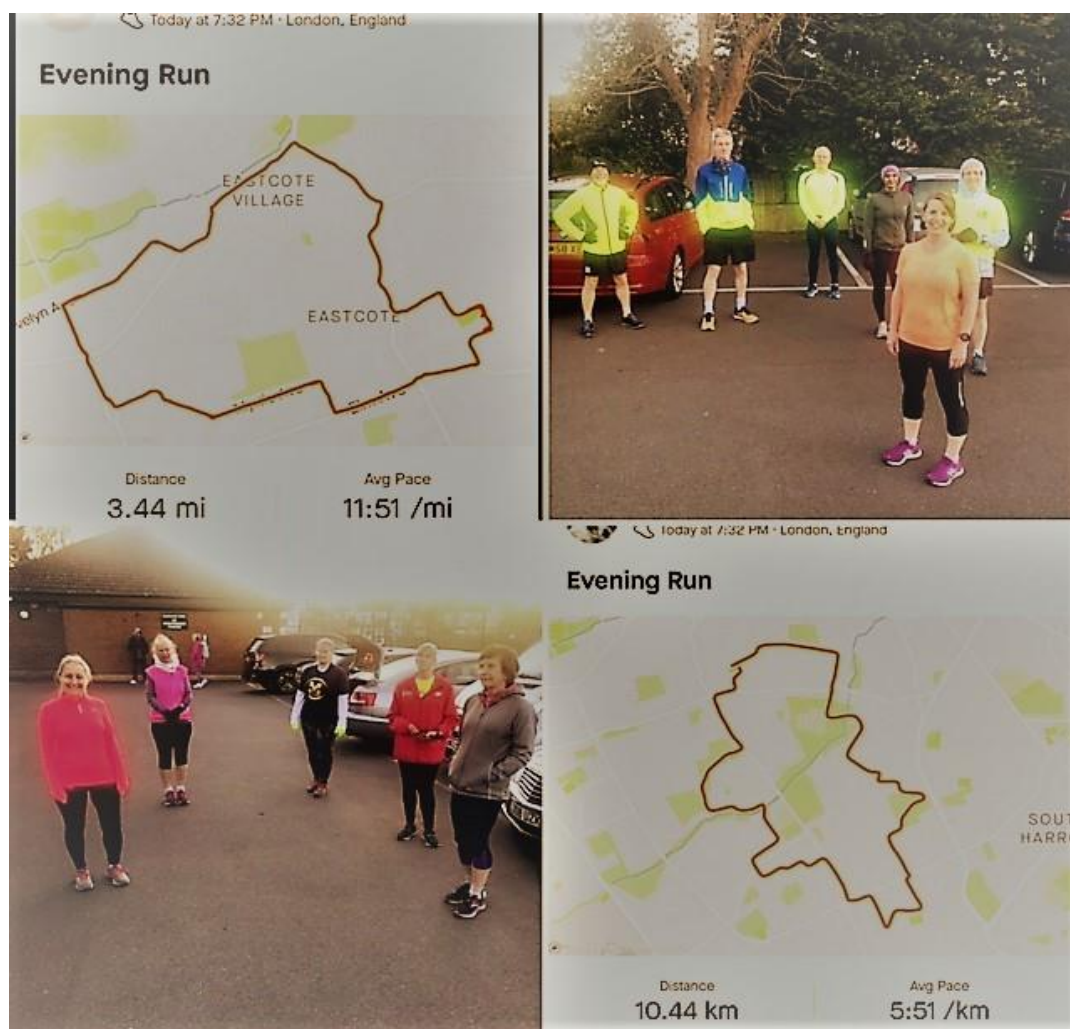




May 2021
Issue No. 388



Tuesday Metros Groups

Metros Diary

May

Sat 1	Measured mile, 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 cancelled

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

August

Sat 7	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 14	Wot No Watch, Roxbourne Park	9.00 am
Sun 15	Burnham Beeches Half & 10K	9.15 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!

Races and events are gradually returning, and Metros have been competing in some real races so there are a few more actual results in this month's Metrolines. We also have our first report for some time with Sakina telling us about her recent half-marathon challenge. Keep the reports coming in, we would all like to hear about your challenges – real and virtual.

Best wishes

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

13.1 miles – Sakina Sidik

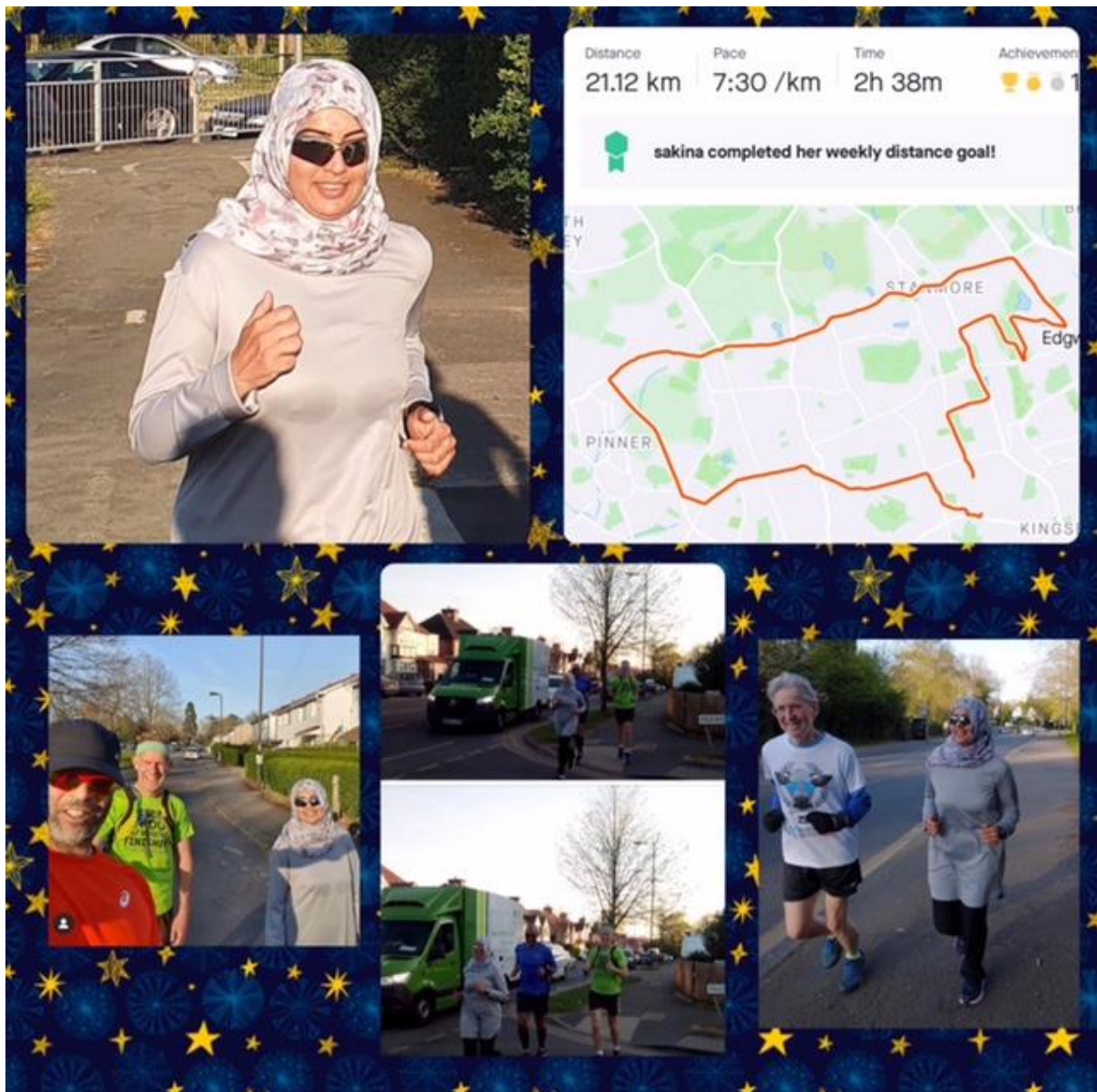


Photo collage contributed by Linda Georgiades

I have been running for the past 8 years. Every year around the month of Ramadhan, I would hang my running shoes for a month and start again once the month of fasting had finished.

The holy month of Ramadhan is where Muslims fast from dusk to dawn. We do not eat or drink anything, not even water. Obviously taking a month off, I could feel when I started my fitness level had gone down and I had to build up again. Also, you miss the endorphins from running. Sleeping and eating habits are different, as you eat late at night and wake up before dawn to eat and making sure you hydrate for the next day. You get used to not eating or drinking within the first week but for me personally I find the lack of sleep hard.

I could not even contemplate running in the month of Ramadhan. Around three years ago, in 2018 I read an article by a Muslim lady in America who would go out

just before sunset for run. I thought about it and it seemed doable. So, I mentioned it to my husband Ariff, and he was like “no way, you must be crazy for even thinking about it” but I said, “let us give it a try”.

We discussed it for few days and then decided to try a mile. We ran at a slow and continuous pace. When we came home, we had hope of running in the month of fasting. So, we would try and go out few times a week but nothing more than 2 miles. That Ramadhan we ran for the first time while fasting. The furthest we did that year was 5K and we felt a sense of accomplishment.

As the next month of Ramadhan (2019) approached, the days were longer so we could join some of the Metros runs. Our long run was on Sunday evening instead of morning and the target was to do 10K whilst fasting. We managed to pursue our dream and felt content with our fitness levels and the mileage we were running.

In 2020 the target was to see if we could do 10 miles. It was hard but we managed it. I think running is what kept me going through the pandemic. We were missing Metros sessions and it was hard to go out by yourself at the beginning.

So, 2021, the target was? You guessed it, a half marathon. While I have run a lot of half marathons this would be the first one whilst fasting.

Working in a school, I had seen first-hand how Covid-19 had affected people around us. So, I thought why not kill two birds at the same time. I decided to fundraise for the Al- Mizan charity. The charity which is raising money for people here in the UK who need help regarding just basic meals. <https://www.almizantrust.org.uk/>

Saturday 24/06/21, (kind of race day) I started my half marathon from Kenmore Road. I had decided to do 9:1 which means running for 9 mins and walking for 1 as I had learnt it from Spencer Millbery, when he did 100 miles on track. On my route to past Canon's park coming to Canon's drive, I saw Spencer and Claire cheering me on with bells and all. The pedestrians were looking at us with a hint of confusion. Feeling embarrassed and somewhat like a celebrity at the same time. I must have been over 3 miles in, by that time.

Coming onto Stonegrove towards Stanmore, I saw Lynne Jones running towards me. She had come to join me for my run after doing her own long run in the morning. Running and chatting, I did not realise how the miles were flying and before I knew it, we were on Uxbridge Road, where Mike Morris joined me. We ran for a couple of miles and Lynne tapering off back towards her home. Now I must say at this point I really did feel special and overwhelmed that my Metros family were supporting me so much. Nancy Morris came to support and take photos. The run was going well and at this point I felt fine. It was so nice having people with me. As we came down the hill onto Uxbridge road, there was Marcus Weedon waiting with a big smile. I was worried that Marcus might make me up my pace, but it was fine. As we approached Bannister's running track, this was where Mike said goodbye and Sonny Peart joined us. Before I knew it, we were at Hatch End High Street. Just before we approached George V, Steve Paull joined us. Now I could say I had an entourage and I was the centre of attention, I was approaching 9 miles and starting feel tired and thirsty. Luckily, the conversation kept my mind off it.

On George V, I saw Irene Paull who had come to support and take some photos. Steve left me with Sonny and Marcus at the end of George V. Just before we got to Southfield Park, it was time to say bye to Sonny. Now there were just two of us. As Marcus and I turned towards Headstone lane, we saw Ariff running towards us. As we continued down Headstone Lane, we saw Jane Hudson and Wendy and Mark Mulvenna cheering us on and giving me that final push of energy to finish. It's amazing what the power of support can do. Especially when someone you know calls your name, it's a hit of instant energy and a little spring comes back into your stride.

No more than a couple of miles left, Marcus headed off home at Harrow Wealdstone Station, and it was homeward bound for Ariff and I. As we approached Harrow Leisure Centre, less than 2 miles to go, I felt lightheaded at this point, but kept it to myself. I had to see it through, I kept on thinking about all the messages everyone had left on the fundraising page and believing in me.

The last mile I spent telling Ariff how special everyone has made me feel and how lucky we are to part of such a club with so many lovely genuine people.

I reached home and my children were waiting with open arms congratulating me. At this point I was starting to crash, but the timing was perfect and there were just 20 mins till we could break our fast.

When I had planned this half marathon, never did I think I would raise triple the amount of my target nor that so many people who would come to support or run with me. Thank you all for all your encouragement and support on Facebook, WhatsApp, the fundraising page or on the day. It made me proud to be part of a club that brings diversity and inclusion to the forefront.

Measured Mile May 2021

Marcus Weedon	5.21
Chris Shearwood	5.55
Jeff Suffield	6.05
Kyie Hollingshead	6.15
Mike Morris	6.18
Adam Leary	6.23
Simon Aberly	6.39
Caroline Day Lewis	6.50
Andy Fox	6.54
Steve Paul	7.13
Paul Hu	7.38
Kirit Ranpura	7.41
Tim Oakley	7.55
Ceri Jacob	7.56
Robyn Walliser	8.17
Roshni Patel	8.18
Linda Georgiades	8.24
Lynne Jones	8.39
Julia Allen	8.41
Mike Ransome	8.44
Nancy Morris	8.53
Marilyn Pickford	8.59
Teresa Young	9.11
Claire Townsend	9.13
Karen Leary	9.15
Judy Rackham	9.17
Marion Rogan	9.31
Anne Ambrose	9.36
Steph White	9.42
Sarah Westwood	9.51
Carole Lloyd	10.29
Dave Brown	13.13
Arnold Glickman	15.12

The first Measured Mile back in the park since the first lockdown! Quite an occasion and the sun shone for us even though the chill wind was biting. Thank you to everyone for organising into 3 groups and keeping the appropriate distance. Also, thanks to the impromptu leaders of each group who organised warm up and warm down activities. I am delighted to add some virtual miles to the list to allow all Metros who want to take part to be included, in spite of the 30 people restriction in the park. To mark the real mile, Marcus treated us to a record fast time for him in this event, well done. Several other very impressive fast times also deserve congratulations. However, the most effort is put in by the slower runners and walkers who impress with their stamina and determination. Well done. Metros have certainly kept up their training runs and walks during lockdowns. Now we can look forward to the next Measured Mile in August maybe being completely 'normal' with no limits on numbers. Looking forward to seeing you all again soon.

Angela





Virtual 5K – April

This month we bade a warm welcome to newcomers Malcolm and Bhavini and extend congratulations to Jane for topping the ladies' table for the first time and to Sarah on her PB.

Despite the favourable running conditions, numbers were down somewhat this month, and, on this occasion, the men beat the ladies (just), not only in terms of numbers (13/12), but also in average age grading (approx. 67/60).

In the men's table, there was still some good competition over age-grading percentages in the low 70's and mid-60's, although some of the chaps would readily admit that they were somewhat below par this time (your humble scribe included); in the ladies' table, there was similarly good competition over age-grading percentages in the low 60's and mid/low-50's. It's been good fun watching these micro-battles over the past months: if I weren't marooned at the top of the men's table, I'd certainly relish the chance to "pick off" my nearest competitors.

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 17 - 23 May.

Chris

Metros Virtual 5k Challenge - Women's Results April 2021		
Name	Time	Age Grading %
Jane Hudson	27 mins 06 secs	71.01
Emma Ponnaganti	23 mins 05 secs	68.68
Jasia Zimmerman	28 mins 54 secs	65.74
Ann Suffield	24 mins 33 secs	64.58
Lorraine O'Donovan	29 mins 30 secs	62.08
Carole Lloyd	32 mins 02 secs	61.63
Judy Rackham	31 mins 12 secs	60.15
Sarah Westwood	33 mins 44 secs PB	60.08
Paula Kanesanathan	27mins 41 secs	54.26
Bhavini Patel	28 mins 37 secs	53.01
Monica Shortt	32 mins 26 secs	52.67
Emma Rackham	28 mins 36 secs	51.64
Average Age Grade		60.46

Metros Men Virtual 5k Challenge Results April 2021		
Name	Time	Age Grading %
Chris Shearwood	19 mins 32 secs	80.42
Tony Watson	21 mins 47 secs	75.16
Andrzej Warhaftig	24 mins 23 secs	72.50
Marcus Weedon	20 mins 10 secs	72.05
Paul Spendloff	19 mins 48 secs	70.23
Malcolm Smith	23 mins 05 secs	69.17
James Kerrane	20 mins 43 secs	67.12
John Norris	20 mins 37 secs	66.97
Clive Heidrich	22 mins 52 secs	64.03
Jeff Suffield	22 mins 33 secs	63.96
Simon Aberly	25 mins 03 secs	61.71
Tim Oakley	28 mins 31 secs	56.93
Jonny Jackson	25 mins 54 secs	55.69
Average age grade		67.38

Metros Track 5K – 17th April

Name	Time
Marcus Weedon	18:56
Sasha Birkin	19:30
James Kerrane	20:42
Nicky Smith	20:48
Tony Watson	21:03
Mike Morris	21:20
Nick Russell	21:37
Clive Heidrich	22:08
Mitesh Patel	22:12
Emma Ponnaganti	22:51
Steve Paull	23:00
Simon Abery	23:34
Caroline Day - Lewis	23:36
Kyle Hollingshead	23:37
Laura Champeix - Aslan	23:37
Martin Eden	23:41
Brian McGrory	23:58
Jennifer O' Sullivan	24:49
Bruno Croford	26:12
Lynne Jones	26:44
Tim Oakley	27:08
Mike Read	27:31
Liz Wordsworth	27:51
Jasia Zimmerman	27:58
Lorraine O'Donovan	28:28
Glyn Watkins	28:53
Pip Brown	28:54
Diane O'Reilly	29:32
Nancy Morris	30:28
Niroshan Neminathan	31:44
Anne Ambrose	33:43
Irene Paull	34:07



Track 5K coordinator – Nathan Powell



Socially distanced start line

Henley Trail River Run Half Marathon & 10K, 2nd May

Half

1		01:17:12
58	Clive Heidrich	01:41:31
162	Jennifer O'Sullivan	01:59:54
247	Claire Millbery	02:19:19
281	Finishers	02:56:31

10K

1		0:36:03
123	Glyn Watkins	1:03:47
127	Linda Dunne	1:04:06
132	Lorraine O'Donovan	1:04:23
195	Finishers	1:23:48



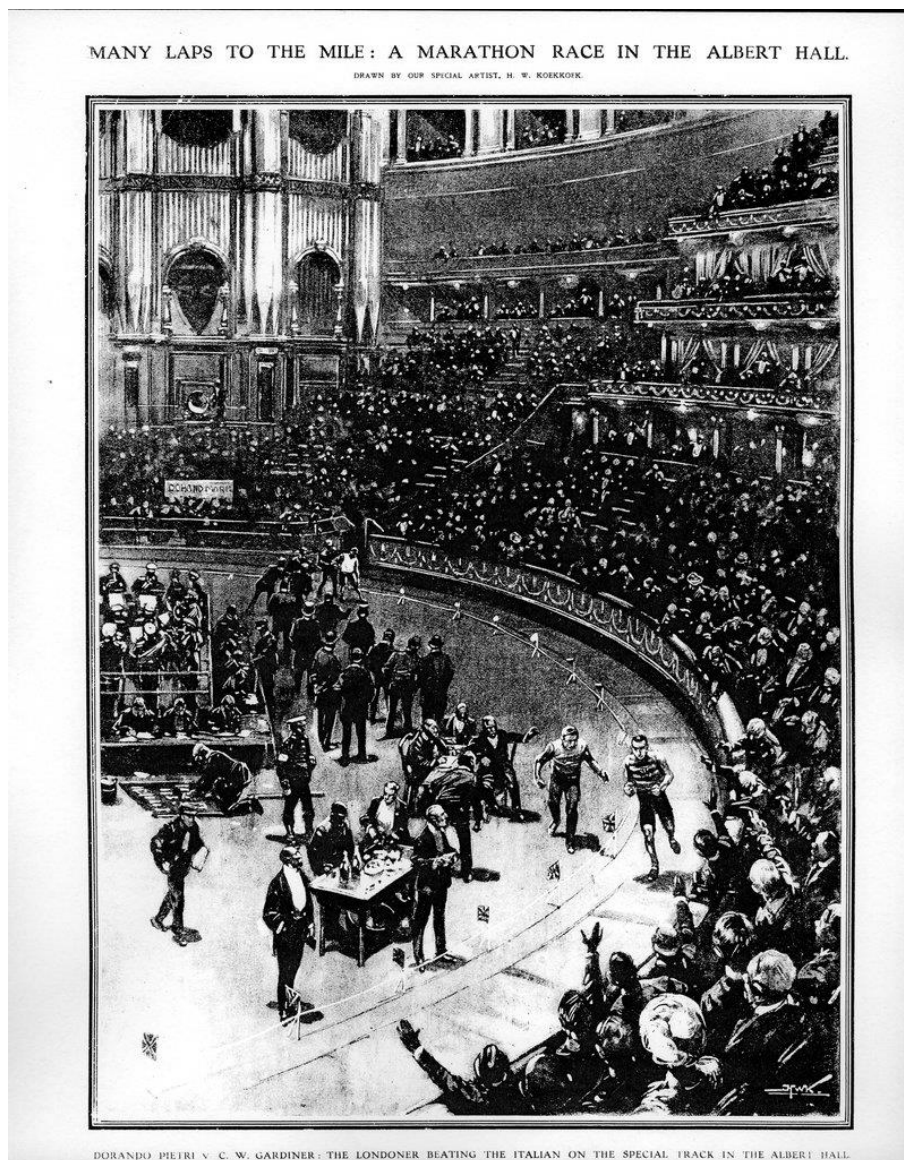
Claire and Linda pleased to be back running a real race.

First British Indoor Marathon

2021 marks the 150th anniversary of the opening of the Royal Albert Hall. The RAH is home to many concerts and events but one of the more unusual events in its long history is that it was the venue for the first British indoor marathon on 18 December 1909 between the Italian Dorando Pietri and the Londoner C W Gardiner.

The track in the auditorium, which was covered in coconut matting, measured 19 laps to the mile. A military band and new Italian tenor provided music to 'make the time pass more pleasantly' for the 2,000 spectators.

The race began at 8.15pm, with Gardiner leading most of the way. Dorando had trouble with his feet and changed his shoes after 15 miles, but to no avail, and he was forced to retire because of blisters in his 482nd lap. Gardiner completed the 26 miles 385 yards or 524 circuits of the arena in 2 hours and 37 minutes with ease to win the £100 purse, with Dorando receiving £50.



Dorney Lake Half Marathon, 18th April

1		01:11:47
58	Paul Spendloff	01:25:24
121	Jonathan Evan-Hughes	01:38:15
154	Steve Paull	01:45:32
272	Finishers	03:04:07

Essex Half Marathon, 18th April

1		01:05:07
76	John Norris	01:32:28
141	Nathan Powell	01:48:44
238	Emma Rackham	02:22:12
241	Judy Rackham	02:27:23
256	Finishers	03:16:16



Tom, Judy, and Emma

***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	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.