



The Gillette London Marathon

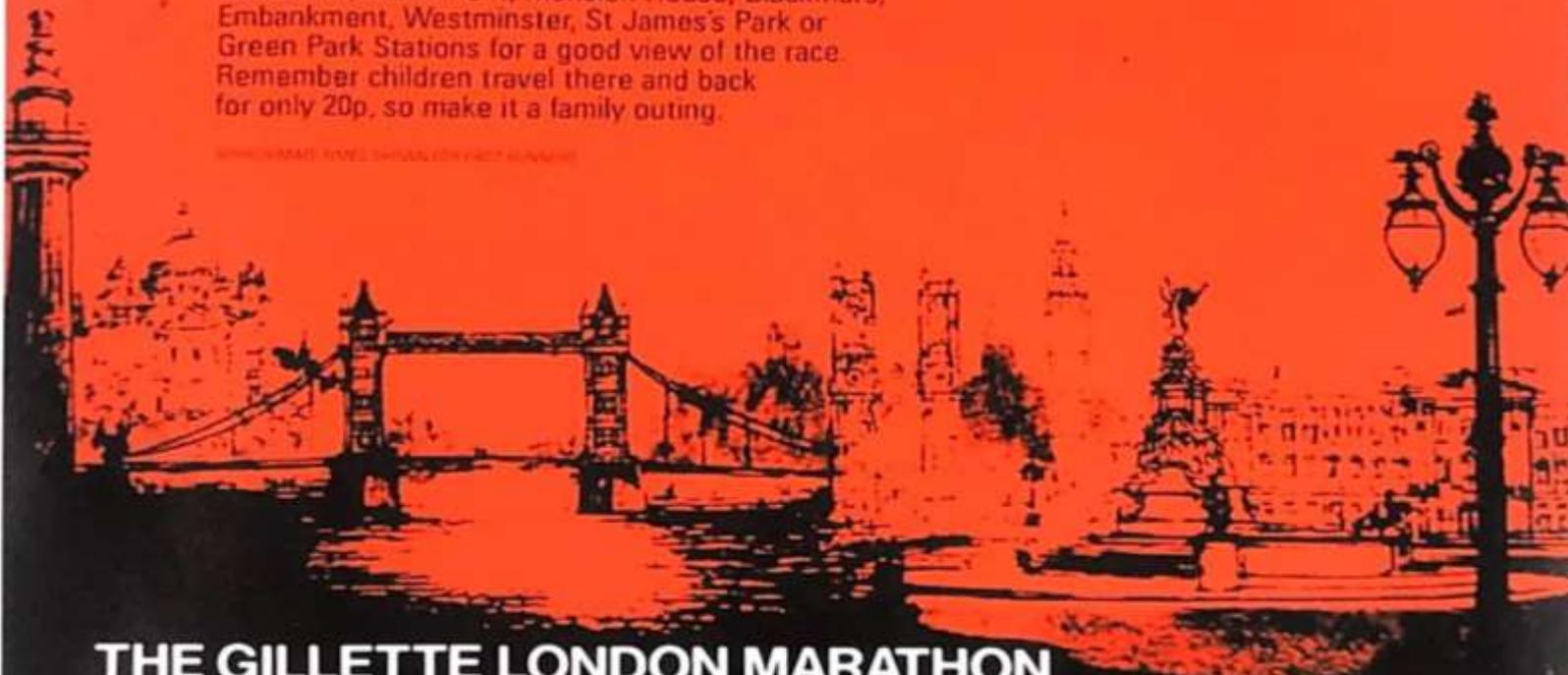
SUNDAY MARCH 29th 1981

Metros' memories of the race 1981-2020



Come and watch the first Gillette London Marathon starting from Greenwich Park at 9 am on Sunday 29 March. 7,500 runners will compete along the 26 mile course, finishing at Buckingham Palace from 11 am. Take an Underground Cheap Day Return to Surrey Docks, Rotherhithe, Wapping, Tower Hill, Monument, Mansion House, Blackfriars, Embankment, Westminster, St James's Park or Green Park Stations for a good view of the race. Remember children travel there and back for only 20p, so make it a family outing.

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THE GILLETTE LONDON MARATHON

In Association with the G.L.C. and A.A.A.



Introduction

The London Marathon was founded in 1981 by the Olympic champion and journalist Chris Brasher and fellow athlete John Disley. After running the New York City Marathon, Brasher wrote an article in the Observer and asked whether London could stage such an event, 'We have the course, a magnificent course, but do we have the heart and hospitality to welcome the world?'

The first London Marathon was held on 29 March 1981 and finished on Constitution Hill, between Green Park and Buckingham Palace. Then from 1982 until 1993 the race finished on Westminster Bridge. In 1994, repair work to the bridge meant that the finish was moved to The Mall, where it has stayed ever since.

Metros as a running club, wasn't formed until around 1987, six years after the inaugural London marathon. But many now Metros members ran in the early years, with some competing for the London Road Runners Club (from which Metros evolved).

On the day that the 40th race was originally scheduled to take place (Sunday 26th April 2020), the BBC aired the original TV footage of the 1981 race. This prompted many Metros members to recall memories of the last 40 years of the event, involving running, spectating and helping at the elite water station. It was fascinating to read people's recollections and see race photos from the 1980s. We agreed that it would be interesting to collate these into a collection of Metros memories. I wanted to include for each year of the race a list of Metros runners and their times and assumed that this information would be readily available on the London Marathon website. But unfortunately, the site just includes results from 2009-2019. Luckily Dave Young and Pat Jackson came to the rescue (sometimes it's good to be a hoarder!), providing copies of old Metrolines, which has each year included race results for Metros London Marathon runners since 1987. The only exception to this is for the year 2000, when for some reason, the results weren't included. For the years 1981-1986, I have relied on Metros members sending me details of the years they ran and their times. Some members have better memories and/or documentation than others of exact times run!

Jeanne Coker, Tim Oakley and Gordon Valentine all ran in the inaugural race in 1981. Jeanne was one of only 230 women runners in the race (versus 17,750 in 2019). She recalls being driven along the course route the day before the race in an open top bus for the BBC's Grandstand programme. Gordon saw himself overtaking Superman in the BBC's race highlights in 1981. Tim was one of the youngest runners in the first London Marathon, running three days after his 22nd birthday.

After the 1981 race, 55,000 people applied to run the next year for 17,842 places (a much better ratio than nowadays), including Pat and Brian Jackson who had spectated in 1981. Dave Young had watched the race on The Embankment in 1981 and also managed to gain a place for 1982. Mary and Gordon Swindles saw the 1981 race on TV and were both inspired to enter the Leicester Marathon later in 1981 as well as enter the ballot for London in 1982 (Mary got a place, but Gordon was unlucky that year). Other 1982 runners included Martin Rogan, Steve Paull and Sylvia Suffield. Martin ran the race 20 years later, in 2002, with his wife, Marion and two of their children. Steve has gone on to run 29 more London Marathons between 1983-2019 and plans to run many more still.

1991 was the peak year for numbers of Metros running the marathon. 41 members ran in total, including three sub-3-hour runners - Steve McIntosh, Bob Manning and Derek Roe, who all beat Sebastien Coe's time of 2:56 (Dave Young ran alongside Coe for a mile or so, but was overtaken on the Isle of Dogs).

Twenty-four years later another Metros runner was spotted running with a famous elite runner. Nigel Rackham ran alongside Paula Radcliffe during her farewell-to-running marathon in 2015. Nigel finished 4 minutes ahead of Paula, in 2:32.

It's worth noting that chip timing wasn't introduced until the mid-1990s, so race times included for the 1980 races are based on gun time. Given that it can take an hour or more for some runners to get to the start line, this means that race times for some of the early Metros runners would be even faster if chip timing had existed.

Metros' London Marathon records

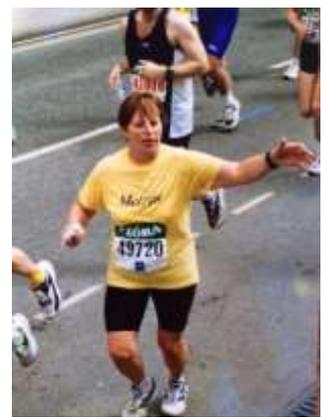
| Record | Metros Record Holder | Time/details |
|-------------------------------------|----------------------|--|
| Fastest male runner | Gordon Swindles | 2:31:38 in 1987 |
| Fastest female runner | Lucy Ashe | 2:58:05 in 2016 |
| Most London Marathons (male) | Steve Paull | 30 London Marathons |
| Most London Marathons (female) | Anne Leigh | 20 London Marathons |
| Most family members in one race | Rogan family | 2002 – Martin, Marion, Matt and Emma all ran. (Louise also had a place but was injured). |
| Male Age Category Records: | | |
| Metros Record Holder | | |
| U40 | Gordon Swindles | 2:31:38 in 1987 |
| V40 | Gordon Swindles | 2:32:01 in 1990 |
| V50 | Nigel Rackham | 2:32:13 in 2015 |
| V60 | Chris Roome | 3:07:04 in 1998 |
| Female Age Category Records: | | |
| Metros Record Holder | | |
| U40 | Lucy Ashe | 2:58:05 in 2016 |
| V40 | Sasha Birkin | 3:07:04 in 2019 |
| V50 | Gertrud Porter | 3:45:09 in 2008 |
| V60 | Gertrud Porter | 03:49:37 in 2009 |



The Rogan family have run 23 London Marathons between them!



Steve Paull's 30 London Marathon medals



Anne Leigh has run 20 London Marathons.



Gordon's 2:31 is the fastest LM time for a Metros runner.



Lucy's 2:58 is the record for a Metros female.

1981: Sunday 29th March

The year when...

The American Dick Beardsley and Norway's Inge Simonsen crossed the line together hand in hand as joint winners of the inaugural race.



Metros runners: (Up until 1987, runners ran under the 'London Road Runners Club name')

Tim Oakley 4:02:09

Jeanne Coker 4:08

Gordon Valentine 3:56



Jeanne Coker ran in 1981

It is at 10 miles in the Isle of Dogs and I am wearing West Ham colours! My companion is Eric from Burnham Joggers who I met at the 1980 Olympics in Moscow.

Jeanne's race report from 1981

Much to my surprise I was accepted but discovered later that only about 230 women entered, and all were accepted. I collected my number (F182) somewhere on the Isle of Dogs – can't remember where but wherever it was it's not there now!! Special trains were enlisted to take us near to the start. My departure was from Charing Cross where the organisers had forgotten to have the toilets unlocked – so just imagine the scene in Villiers Street! The route was supposed to finish in the Mall but shortly before the event a misguided individual found an ancient by-law which forbade advertising in the Mall (the Marathon was sponsored by Gillette) so hence a hasty change. (The law was changed for 1982). We finished on Constitution Hill – a small mark was made on the wall of Buckingham Palace. Probably, certainly, without the permission of the inhabitant. The Sunday before the event a group of participants, including me, were driven round the route on an open top bus and filmed and interviewed for "Grandstand" (the sports programme on BBC on a Saturday afternoon). It was very cold, so we all wore lots of clothes which made us look fat - very unlike lean runners! The hype before Marathon Day was amazing. Every time I went out training every child, dog walker, postie, etc. asked if I was doing the Marathon. It was particularly noticeable for women because previously, when running on the roads, we got a lot of abuse. This changed overnight. Next day into work by 0800. The students were very excited about my achievement and I got asked lots of questions in all my classes. That same day I had agreed to go to the theatre with a group of year 12 students so got home from work about midnight, exhausted. I didn't even remember getting into bed.

Gordon Valentine ran in 1981

I ran it in 81 and 82,83...until 92, missed one, 90 I think, in that time. Really good to do the first one, in 81 I was on the BBC highlights overtaking Superman, was disappointed they left that clip out this Sunday.

Pat and Brian Jackson spectated in 1981

Brian, Ben, Jonny and I watched runners at the 3-mile point in 1981 - many were already walking at that stage. We were taking Ben and Jonny to compete for Old Gaytonians (now Harrow AC). Brian and I decided to run the following year and got entries.

Tim Oakley ran in 1981

My only claim to running fame is that I did do the first London Marathon in 1981. It was the 29th March 1981, and I was just 22, my birthday was the 26th. Thinking about it now, I must have been one of the youngest runners. I'd been running at school and University since I was 13, although never particularly good. It just beat the heck out of freezing on a rugby pitch for 90 minutes, unable to see (I'm very short sighted), I had done 2 sort-of-marathons already: the Cambridge Boundary run, once in 4½ hours and once in 5½ so the distance didn't worry me. Training – What training? I was 21, and immortal, as 21-year blokes are. The longest run I did was about 10 miles I think, although I was running most days 5 – 7 miles, so maybe 25 – 30 miles a week.

So, I entered and got in. Luckily, a university friend lived in Blackheath, and it was the Easter holidays, so I was able to stay overnight beforehand. About ½ a mile from the start. I had to pick up my number from some big central London Hotel, and there was a Pasta party the evening before, but I didn't go. The weather was OK-ish, cool, drizzly as I remember, but the memories are a bit vague. Things I do remember – Going past Cutty Sark at about 6 miles. Passing Jimmy Savile in his Silver tracksuit at some point. The Isle of Dogs. This is before docklands, so it was very much an urban wasteland, dereliction everywhere. No spectators. And it started to rain. And I "hit the wall" somewhere about 18/19 miles? From that point I walk/jogged to the finish – I do remember going through St Katherine's dock, and the Hotel there – the route basically went straight through the entry portico outside the lobby! Past the Tower – there was carpet on the cobbles. The finish, I thought was on the Mall, but Jeanne Coker seems to think not.

I finished in 4:02:09 – I don't have a record of it, but it has stuck in my mind ever since. Jasia was waiting for me at the finish, and we took the tube back to Wembley. I was totally cream-crackered and couldn't walk for about 4 days afterwards. I still have my running number – Number 4563. Medal? - No, lost somewhere in the last 39 years. I left university and Joined Kodak in late 1981 and met Brian Jackson and joined the pre-Metros then.



| | |
|------|----------------------|
| 4560 | DONOVAN, WILLIAM, 42 |
| 4561 | FRENCH, RONALD, 46 |
| 4562 | HILLAS, PETER, 44 |
| 4563 | OAKLEY, TIMOTHY, 22 |
| 4564 | HOBSON, ROGER, 35 |
| 4565 | WHITEHEAD, IAN, 28 |

1982: Sunday 9th May

The year when...

Joyce Smith won for the 2nd time, aged 44. She ran a British Record of 2:29:43, taking 14 seconds off her 1981 time



Metros runners: (Up until 1987, runners ran under the 'London Road Runners Club' name)

Dave Young 3:08:51

Martin Rogan 3:40:52

Mary Swindles 4:34:05

Steve Paull 4:47:15

Pat and Brian Jackson: 5:02:08

Sylvia Suffield

Gordon Valentine

Steve Paull 1982

It was all so different then, well not really. If my memory is correct, there was no Canary Wharf towers, no Docklands Light Railway nor Jubilee line extension. There were quiet patches with few people. The route, although largely the same (there were only two starts) went the other way around the Isle of Dogs and all of it, not up the middle like now, plus the other way past Buckingham Palace to finish on Westminster Bridge. We had a Greater London Council then and all the finish stuff was in the grounds there. It's now a south bank hotel after the council was abolished. The race those days had an irritating section on cobbles around the photogenic part of the Tower of London.



As you can see, we had to have tickets for the trains then, instead of just showing a race number (or bluffing it) today. The baggage vehicles were buses not trucks and you loaded your own bag with a label to be sorted not the identical red ones with a number stuck on.

I ran as far as I could, as far as my fitness would allow, which was about 14 miles. I ran/walked about three more before I was done in. An Australian voice said to me, "You look like how I feel", which started a comradeship all the way to the finish. We walked and talked for long periods, running only for show when we came to his family at the Tower of London. Later, at about 22 miles, my girlfriend at the time saw us walking. "I was worried sick about you, and you come along like it's an afternoon stroll" Ooops!! At some point we decided we'd like to finish in under five hours, so we started running again for the last two miles or so. We flew past hundreds of people. I said cheerio to my chum at the finish and have never seen him since.

Martin Rogan ran in 1982 (Marion spectated)

My husband Martin ran the '82 marathon. His number was 300 ish. I took the 3 kids up to watch...it was easy then!! It was such an unusual thing to do they took his medal and tin foil wrap in to school the next day for 'show and tell'!

Pat and Brian Jackson, both ran in 1982



Pat recorded these statistics at the time from the race:

- 80K requested entry forms
- 55K applied to run
- 17,842 accepted
- 16K predicted to start
- 16,350 started
- 15,758 finished (96.4%)

And half of all runners were 1st time marathoners.

Pat's race report from 1982:

I'd had a knee injury three weeks before the race and prior to that had not done anywhere near the full training needed – a half marathon was the furthest I'd run. Brian decided to run with me in case I needed to pull out. There wasn't the option back then to defer an entry to the following year, so we decided to start and see how I got on. We were late arriving to the start as, apart from being delayed earlier, the train journey from Charing Cross to Greenwich Park had taken much longer than usual. The trains were all backed up as a lone ticket inspector was fastidiously checking every single ticket on exit, which didn't really help with the pre-race nerves! As we arrived the clothes buses had started to drive off, so we quickly stripped down to our running gear and threw our clothes onto the nearest bus, no time to check which one. No time either for a toilet visit before lining up at the start so we accepted the offer of a kind-hearted local resident and used their facilities, shortly after starting. There were long queues for all the toilets along the route.

At about four miles we passed the point where we had watched the previous year (the first mixed gender London Marathon) when on our way to take sons Ben and Jonny to a race for Old Gaytonions AC – now Harrow AC. Being inspired by the runners (and some walkers) we decided to apply the following year, so there we were. In the latter stages there was water but no cups. We picked up a cup from the gutter and ran with it to ensure we could have a drink at the next water station. I drank too much and my stomach didn't feel well. I was struggling to keep going and unfortunately couldn't enjoy the encouragement from the crowd.

The forecast was that it would be warm, so I wore just a London Road Runners vest and shorts. It got much cooler later and I got cold. Brian said I'd turned all colours and he wasn't sure if he should insist that I pulled out. I'd taken a bin liner in case we needed it to wait at the start, so I put that on. I must have looked a right sight and Brian hastily suggested I take it off for the finishing photo.

Brian and I finished in 5 hrs 2 mins 8 secs (minus the 8 minutes it took to cross the start line) in 14,447th place. I wouldn't have finished without Brian's encouragement, but I recovered quite quickly on finishing, probably because I'd walked so much.

With my injury leading into the race and the logistical issues on the day, I unfortunately didn't enjoy the race as much as I'd hoped. I knew I hadn't performed as well as perhaps I could have. There were fewer marathon runners then and I didn't feel worthy of the congratulations I received after, just because I'd finished. I had a bad case of post-event blues and it took me some time to recover emotionally and to enjoy any running for a period after. I later really enjoyed half marathons and 10-mile races and mostly felt I'd run well and was more suited to those distances. I felt the marathon distance wasn't for me and I had no desire to see if I could improve my time by attempting another marathon, but I was pleased to have completed one. Maybe if I could have delayed my entry until the following year...

Mary Swindles ran in 1982

We had watched the first London Marathon on tv and decided that we would enter the Leicester Marathon later in 1981, so started running. My first run was about 3 miles, Gordon's was 6! We were going to run the Leicester together but decided against it as I was a lot slower than him and as it turned out I pulled out at the half way stage with hip pain and Gordon finished in about 3:15. We then decided to enter London 1982 and it was the year that your entry was decided on the time stamp on your entry. I had a friend who worked at the post office who had collected about 20 entries and posted them after midnight on the correct day. All of us got in except Gordon!

Adam Leary volunteered in 1982

I was at the finish line in '82, collecting the tear-off bar codes and running them to the results table. I had no idea at the time how big it was going to get and as I was 17 and definitely not a runner I didn't use the free place offered to me for the '83 race. I only helped out because one of my friends Venture Scouts group was asked to help and they didn't have enough people. Fun day though and a free jacket "mars bar" logo I think. Don't recall seeing Martin!

Dave Young ran in 1982



In 1981 I stood on The Embankment to watch the first London Marathon. It looked great fun, so I applied to run it the following year. The application process was then quite strange, as explained in the attached press cuttings. Basically, it relied on posting the entry form at a particular place and time so that it would have the earliest possible time stamped on the postmark. I remember this procedure was much queried and criticised at the time but Chris Brasher (who instigated the event) replied that entering should be a challenge in itself and places should be allocated to those most determined and committed to planning ahead. In a statement reported in 'Running' magazine (a forerunner of Runner's World), he said entry to the London Marathon would never be a lottery and also that there would always be a place for the gold track-suited Jimmy Saville, who was then considered a sort of national treasure for all his charity work. How times have changed!

Sylvia Suffield ran in 1982



Sylvia and Pat recovering post marathon



1983: Sunday 17th April

The year when...

Wheelchair racers were invited to compete in the London Marathon for the first time. The first winners were both British – Gordon Perry and Denise Smith.



Metros runners: (Up until 1987, runners ran under the 'London Road Runners Club name')

Steve Paul 3:41:53

Gordon Valentine

Henry Pickford volunteered in 1983

Henry marshalled at a water station in '83, which he thinks was organised by London Road Runners, pre Metros.

Pat Jackson also volunteered in 1983

Like Henry, I also helped at the 1983 London Road Runners Club Water Station which was fairly near the end of the course and I remember how awful most runners looked at that stage.

Steve Paul recalls the London Marathons in the early days

Like lots of things in life, it seemed a little bit simpler back then. The expo had a lot fewer corporations and charities, with plenty of small running shops having a stand. Eventually the marathon people charged too much. If you were prepared to wear last year's colour you could get real bargain-priced shoes and clothing.

On race-day I used to drive into the centre of London, park for free on Waterloo Bridge and walk to Charing Cross for the train to the start. Trains would stop at Waterloo, but you had a better chance of a seat if you got on at the start. No parking there anymore. Afterwards, with the finish on Westminster Bridge, my car was only a very short walk from baggage reclaim. At the start I learnt where the secret loos were. No queuing. I'll tell you where they are for a price (blue start). They were men's loos and changing rooms and there were lots of them, but women went in there and had their own makeshift section. Nobody was bothered.

I entered the New York Marathon via a Sweatshop package. This was owned by Chris Brasher the London Marathon organiser. While out there he said if any of us didn't get into the next London to let us know and we'd be alright. I got in. I don't know if he sorted it out.

My work formed their own running club (De Havilland Harriers) which only allowed employees to belong to it. Once I joined, I got our one allotted marathon place. At work we used Tandem computers. They were used by the London Marathon for a few years. The company got entries, wanted to pass some onto its customers, again I got in.

I entered twice once or twice, under Steve and Stephen, and using my parents' address. Again, I once got in. I have also entered and got in under the names of friends and taken late entries from a charity whose runner got injured, plus people who deferred and for whatever reason couldn't take the place the following year. I am no saint, but I have never sent huge multiple entries and haven't done any of this for many years now.

When start pen numbers were originally used, they were just stick on. If I got a lowly pen, then I would peel off and reuse the lower number from an earlier year. The type font was the same. The organisers have cottoned on to that one now and the pen number is printed on the race one. Because of my longevity, I am now occasionally good-for age. The green start is a lot less of a fuss. The celebrities have their own fenced-off area, but the main one is a bit like a meeting of friends- all the olduns having a chat and lining up together.

I hate the fuss and pressure of the London Marathon but enjoy being part of the show. It draws me back year after year. One day I will be the fastest in my age group. One day I will be the oldest runner. You wait and see.

1984: Sunday 17th April

The year when...

The race, now sponsored by Mars was the Olympic qualifying trial for British runners. Charlie Spedding won the race overall and went on to win Bronze in the LA Olympics.



Metros runners: (Up until 1987, runners ran under the 'London Road Runners Club name)

Steve Paul 3:36:48

John Stratford 4:47:07

Gordon Valentine

Sylvia Suffield

John Stratford ran in 1994:



Sylvia Suffield ran in 1994:



1985: Sunday 21st April

The year when...

Norway's Ingrid Kristiansen ran a new WR of 2:21:06. She remains the only 4-times women's winner of the race.

Metros runners: (Up until 1987, runners ran under the 'London Road Runners Club name')

Gordon Swindles: 2:37:37

Steve Paull 3:27:53

Gordon Valentine 3:14:39



Gordon Valentine ran in 1985



1986: Sunday 20th April

The year when...

Despite the strong wind's Norway's Grete Waitz ran a lifetime best of 2:24:54.

Metros runners: *(Up until 1987, runners ran under the 'London Road Runners Club name)*

Gordon Swindles: 2:34:16

Steve Paul: 3:18:18

Gordon Valentine



1987: Sunday 10th May

The year when...

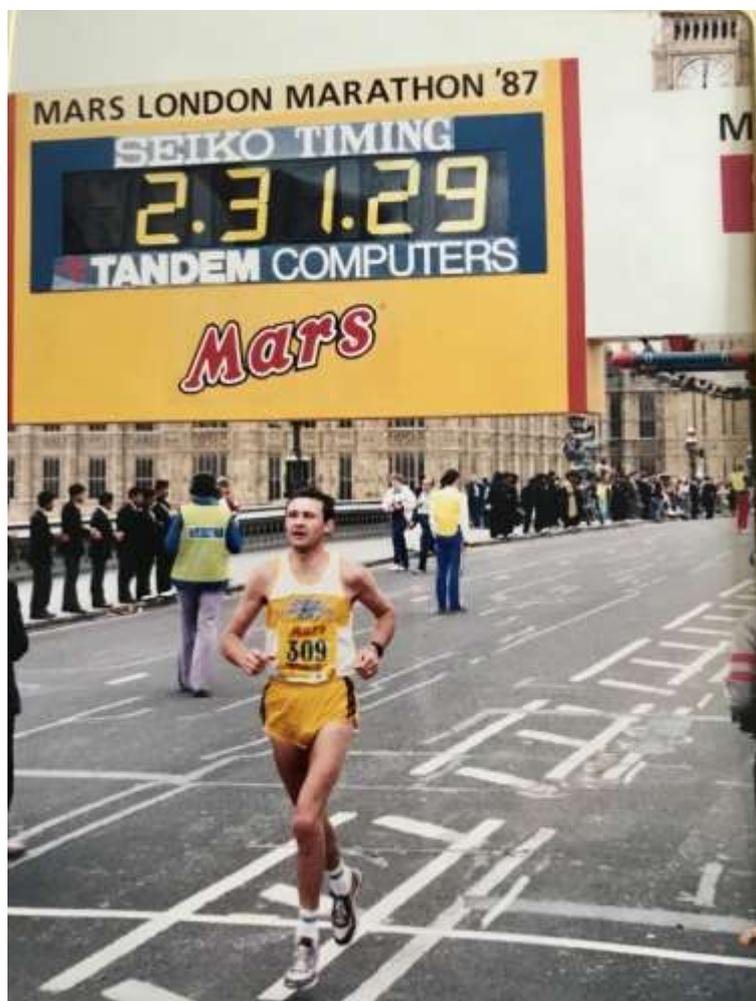
Japan's Taniguchi won in 2:09:50 – it was the 2nd consecutive year that a Japanese runner won the men's race.



Metros runners:

| Name | Time | Name | Time |
|-------------------|-------|------------------|-------|
| Gordon Swindles | 02:31 | John Woodman | 03:41 |
| Phil Talbot | 02:59 | Les Powell | 03:45 |
| Steve Paull | 03:04 | Wendy Morrison | 03:48 |
| Graham Haddon | 03:07 | Bernard Rossett | 03:55 |
| Bob Manning | 03:14 | Inge Rossett | 03:55 |
| Brian Leach | 03:16 | Karen Thompson | 03:58 |
| Roy Jeffreys | 03:17 | Anne Leigh | 04:15 |
| Dave Thubron | 03:21 | Sonya Grist | 04:20 |
| John Aldous | 03:27 | Peter Jones | 04:56 |
| Geraldine Andrews | 03:29 | Diane Clark | 05:30 |
| Mel Llewhellin | 03:33 | Gordon Valentine | |
| Ron Hoare | 03:41 | | |

Gordon Swindle's time of 2:31:28 is the fastest time that a Metros runner has run the London Marathon.



Gordon Swindles ran in 1987

Sonya Grist ran in 1987. This is an extract from her race report, 'One Busy Woman's Training Story':

In early December the letter plopped onto the mat – I had been accepted to run the London Marathon. I stared at it with very mixed feeling. The first being the thought of Chris Brasher's insensitivity at exposing my age to the postman et al! I then slowly panicked and couldn't make up my mind if I was pleased or not.

But nil desperandum, I had the security of the Metros around me. Firstly I knew I would have some super training companions as Wendy Morrison and Anne Leigh had also been accepted, as also later Alison Slater (who unfortunately will not be running it until next year due to injury), I also had the best advice from those giants of motivation and encouragement – Brian Jackson, Sylvia Suffield and Jim Giles...

...Race day was faced with some trepidation and much anticipation. It was just as fantastic as I imagined it. It was almost like a 26-mile street party – especially in the South and East of London. Anne and I kept to our 9 min/mile plan and took liquid refreshment all the way along. Husbands and Metros waited at 7 and 17 miles and we both felt great. My old asthma came at mile 20, but with a paper bag to breathe in and out of from the St John Ambulance, Westminster Bridge was soon in sight and I burst into tears as that wonderful medal was put over my head. In just four hours twenty minutes I had achieved my ambition and all that training had paid off.

Thank you to all those Metros who encouraged, badgered, teased, cheered, watered, transported, photographed and took part.

Now, gentle reader, you ask if you too can do it? Yes, I say yes, but with some provisos. First of all, ask yourself if you are house-proud. If you are, forget it. Then examine your relationship, with the man in your life. If it is built on a strong foundation, then fine, but I do believe even my own beloved was at one point looking up the names of good divorce lawyers. I know there is supposed to be equality, but then some men are more equal than some women!

But if you do, remember there is a superb team of Metros to help you every step of the way and it is truly an experience to be savoured. And I'll be entering again next year!!!

Steve Paull ran in 1987

Once I beat three hours in Harrow, I trained as hard as I ever have to lower the time in London six months later. I did some 100-mile weeks, but running a time in London is not easy, there are so many people, the start is not quick. I was eight minutes slower.

I caught a bug a year later, I still don't know what it was, but it was like glandular fever, and by continuing training I made it worse. For three years my times went down. I still ran London but ran in fancy dress. One of my managers at work (three grades higher) also ran. Quite a serious bloke, I wished I had a photo of him at the start colouring my hair green!!

1988: Sunday 17th April

The year when...

Norway's Ingrid Kristiansen won in 2:25:41, her 4th LM victory.



Metros runners:

| Position | Name | Time | Position | Name | Time |
|----------|------------------|----------|----------|-----------------|----------|
| 1768 | John Trigg | 02:59:31 | 8206 | Koster Tavatgis | 03:44:23 |
| 2002 | Mervyn Gillespie | 03:01:58 | 8207 | David Rees | 03:44:23 |
| 2177 | Simon Cox | 03:04:02 | 9250 | Mervyn Stuckey | 03:49:30 |
| 2314 | John Reddington | 03:05:16 | 9997 | Graham Parker | 03:53:41 |
| 2862 | Garry Young | 03:10:09 | 10320 | John Aldous | 03:55:23 |
| 4410 | Bob Manning | 03:21:44 | 11534 | Jim Hussey | 04:01:39 |
| 4430 | Gavin Collett | 03:21:52 | 11931 | Mark Hazlehurst | 04:04:06 |
| 5469 | Dave Brown | 03:28:55 | 12814 | Derek Woodroofe | 04:09:41 |
| 5544 | Roy Jeffreys | 03:29:23 | 13512 | Alison Slater | 04:14:16 |
| 5952 | Peter Rose | 03:31:38 | 15449 | Mark Allen | 04:27:11 |
| | Martin Rogan | 03:35:00 | 16317 | Molly Tavatgis | 04:34:17 |
| 7015 | Dave Pratt | 03:37:52 | 16557 | Terry Turner | 04:36:52 |
| 7743 | Barry Bestonso | 03:42:00 | 16775 | Nick Clark | 04:37:43 |
| 7851 | George Wilson | 03:42:30 | 20278 | Keith Adsley | 05:45:31 |
| 8007 | Ray Bennett | 03:43:21 | | | |
| | Gordon Valentine | | | | |

A VIRGINS TALE

To the streets of London I took,
Many miles recorded in my training book,
For my first twenty six point two,
From Blackheath to the M.P.'s zoo.

Six miles further than I'd ever run,
To think I was doing this for fun,
Should I run with an injured knee?
The right answer had evaded me.

Only thirty two seconds to cross the line,
At five and ten feeling just fine,
Half-way in one twenty eight,
On schedule, going great.

At fifteen a need came over me,
To leave the route and go to toilet,
Not too much time lost to/for my relief,
But now my knee was giving me grief.

At full pace it was bad,
Hopes of three hours gone, so sad,
Initial thoughts were to drop out,
But that's not what the London's about.

Carrying on at little more than a jog,
On and on round the Isle of Dogs,
To the Tower and onto the cobble,
Another disaster reduced me to a hobble.

A carpet rut that I had not seen,
Tripped me causing pain so mean,
As both calves cramped much to my woe,
Flat on my back yet four miles to go.

Picked myself up determined to finish,
Memories of that last four will never diminish,
The crowd were great, to them a big thank you,
For helping me get there in three twenty two.

Gavin Collett

Gavin Collett ran in 1988 and wrote this poem in Metrolines.

(In 1988, the London Marathon was sponsored by Mars so 'Virgin' refers to the fact it was Gavin's 1st marathon rather than the event sponsor!)

Allison Slater ran in 1988. Extracts from her race report, 'Westminster or bust' include:

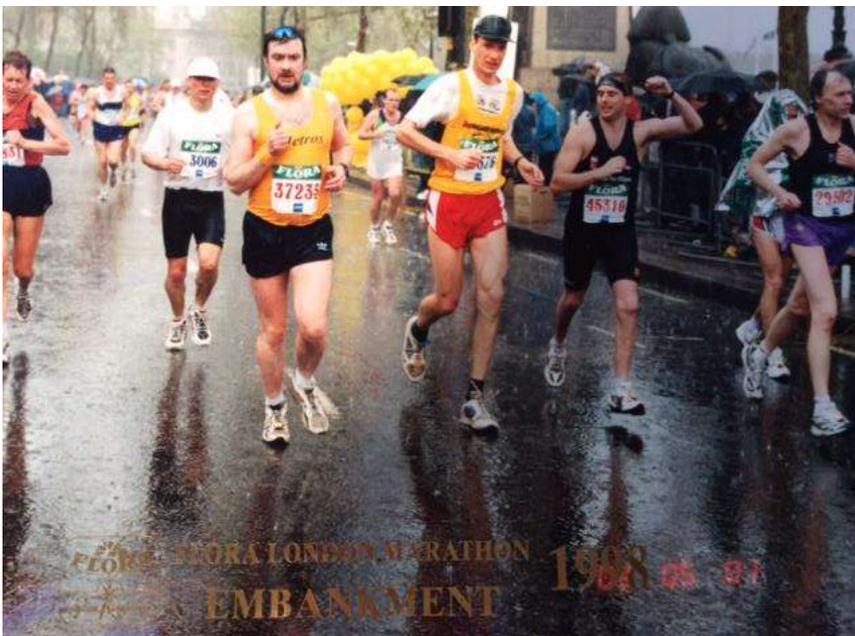
WESTMINSTER OR BUST

I must have run my first Marathon, the London, on nervous energy - I do not think I managed to sleep more than about 4 hours per night in the week leading up to it! Saturday night was fortunately a little more restful - I guess I had worried everything out of my system by the end of the week, and coupled with the mammoth portion of pasta and bread and butter pudding cooked for me by my boyfriend Kim on Saturday evening, I passed out at about 10.30 p.m. through sheer exhaustion!

As we weaved our way round the Cutty Sark, it dawned on me for the first time since the start of the race that HERE I WAS RUNNING IN THE BEST MARATHON IN THE WORLD! It was like a dream come true - even the bottle neck coming round a narrow part by the Gypsy Moth which delayed us for a couple of minutes did not dampen my enthusiasm - after all, 'The London' isn't really about getting a PB, is it!!! Just before I reached the 7 mile marker where I knew the Metros would be, I just happened to look up into the crowd momentarily and who should I see but Kim! 'Allison' he yelled 'Kim' I yelled simultaneously (and at the same time). 'Corr, he seemed pleased to see you!' commented a Teddy Bear running along beside me. 'Too right' I replied, 'He was meant to be at 9 miles!!' A little further on, I spotted all the Metros giving me a further boost - after all that excitement in the space of 1 1/2 miles, the next couple of miles seemed dull; however the crowd took over and before I knew where I was, I had been 'carried' along to 12 1/2 miles, where I knew I would see more familiar faces.

At 24 miles, I really felt sick with the effort and fatigue and vaguely remember Mary Swindles giving me a cheer although my brain cells were sadly lacking at that stage. Where was Kim! Still no sign of him at 24 1/2 miles ...

As I struggled along the Embankment, I heard 'come on Allison!' and who should be sitting on the curb but Gaynor Roberts, who I'm sure most people will remember from the Roxbourne Jogger days when several amongst us were training for our first 10K race (Woman's Own). Half a mile (of toil, agony and aching muscles) along I also saw Jeff and Marlon Budd, from Hillingdon AC, which helped me to forget for a few moments just how wretched I was feeling. At 25 miles, the ringing in my ears of the thousands of voices pushing each and every one of us to the finish was the only thing left for me to keep me going! My eyes were full of tears as I struggled over Westminster Bridge to the finish, the agony was over, the battle fought and won - I HAD RUN THE LONDON MARATHON!



Al Scoffham, running down the Embankment in 1988

1989: Sunday 23rd April

The year when...

Veronique Marot won a British Record of 2:25:56 which stood for 13 years, before Radcliffe beat it in 2002.

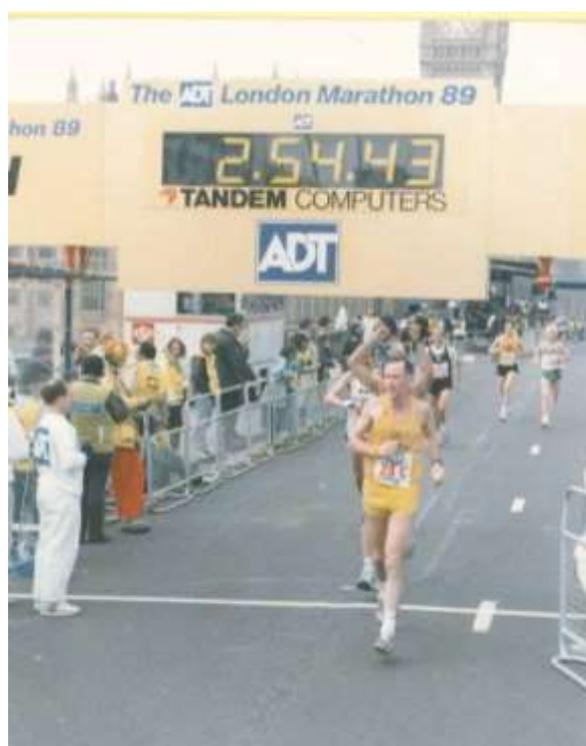


Metros runners:

| Position | Name | Time | Position | Name | Time |
|----------|------------------|----------|-----------|------------------|----------|
| 261 | Gordon Swindles | 02:33:38 | 9286 | Mel Llewellyn | 03:43:33 |
| 814 | Brian Rowles | 02:45:26 | 9506 | Martin Sharp | 03:44:00 |
| 1535 | Bob Manning | 02:54:43 | 9535 | Richard Coleman | 03:44:46 |
| 2418 | Mervyn Gillespie | 03:02:11 | 9612 | John Woodman | 03:45:08 |
| 3515 | Dave R Brown | 03:10:44 | 9898 | Alson Slater | 03:46:35 |
| 3594 | Roy Jeffreys | 03:11:17 | V60 10206 | John Stunt | 03:48:02 |
| 4217 | Rod Briggs | 03:15:45 | 10868 | Ron Hoare | 03:50:53 |
| 4787 | Jerry Seaborn | 03:19:20 | 10932 | John Stratford | 03:51:14 |
| 5432 | Mark Hazlehurst | 03:23:24 | 11659 | Janice Boustead | 03:54:50 |
| 5992 | Dave Pratt | 03:26:10 | 13217 | Alan McBride | 04:02:16 |
| 6070 | Graham Wood | 03:26:58 | 14330 | Dave H Brown | 04:09:08 |
| 6205 | Mike Robinson | 03:27:39 | 15097 | Sonya Grist | 04:13:42 |
| 6420 | Dave Thubron | 03:28:42 | 15492 | Martin Belsham | 04:16:28 |
| 6423 | Garry Young | 03:28:44 | 16392 | Anne Leigh | 04:22:38 |
| 7080 | Colin Miller | 03:32:13 | 16968 | Simon Gallagher | 04:26:56 |
| | Steve Paull | 03:32:04 | 18970 | Pat Donohoe | 04:44:33 |
| 7505 | Peter Rose | 03:34:27 | 21874 | Dick Wootten | 05:39:04 |
| 8269 | John Aldous | 03:38:22 | | Gordon Valentine | |
| 8471 | Martin Grist | 03:39:20 | | | |



Dave Brown



Bob Manning

1990: Sunday 22nd April

The year when...

The 10th race saw the first British men's winner since '85, with Allister Hutton winning in 2:10:10.



Metros runners:

| Position | Name | Time | Position | Name | Time |
|----------|-----------------|----------|----------|------------------|----------|
| 236 | Gordon Swindles | 02:32:01 | 11969 | Kate Armstrong | 03:55:14 |
| 844 | Tony Gassett | 02:45:29 | 12295 | Mike Barratt | 03:56:33 |
| 1424 | Steve McIntosh | 02:53:06 | 12577 | Tracy Curl | 03:57:37 |
| 4159 | Dave R Brown | 03:14:48 | 12618 | Chris Spencher | 03:57:52 |
| 4235 | Roy Jeffreys | 03:15:22 | 12761 | Dorothy Turner | 03:58:28 |
| 4572 | Mervyn Stuckey | 03:17:32 | 13606 | Martin Lerner | 04:02:36 |
| 5142 | Andrew Fox | 03:21:13 | 13788 | Timothy Jeffreys | 04:03:30 |
| 5504 | Geoff Murch | 03:23:16 | 15184 | Anne Leigh | 04:11:10 |
| 6374 | Martin Rogan | 03:27:42 | 15677 | Petra Otto | 04:14:00 |
| 7883 | Richard Coleman | 03:35:26 | 16124 | Harry Taylor | 04:16:28 |
| 8428 | Mel Llewhellin | 03:38:15 | | Steve Paull | 04:17:29 |
| 8518 | Alan Jordan | 03:38:46 | 17216 | Bernard Rossett | 04:23:01 |
| 8711 | John Woodman | 03:39:44 | 18802 | Pat Donohoe | 04:33:32 |
| 8727 | John Stratford | 03:39:48 | 18836 | Jean Gates | 04:33:47 |
| 9656 | Mike Godden | 03:44:32 | 19682 | Graham Parker | 04:40:24 |
| 10698 | John Aldous | 03:49:32 | 20893 | Linsey Jamieson | 04:51:20 |
| 11570 | June Barratt | 03:53:37 | 21717 | Terry Turner | 04:59:17 |
| 11967 | Janice Boustead | 03:55:14 | | | |

Gordon Swindle's time of 2:32:01 is a V40 record for Metros.

Tim and Roy Jeffreys both ran in 1990. Here is an extract of their race report from Metrolines:

We ran the race. We recognised the great Metro Motivators en route. We passed the Cutty Sark. We crossed Tower Bridge. We ran the Isle of Dogs. We ran (hobbled) the (...) Tower cobbles. We ran the Embankment. We waved to Joyce. We acknowledged the great Metro Motivators AGAIN. We ran The Mall. We finished. We collected our medals and space robes. Two hadn't been a crowd. In fact, we hadn't set eyes on each other from start to finish. But we both did it – a father and son team. As a result, Tim made a great deal for charity (much of it from his drinking training coaches, I suspect). I continue to separate unsuspecting people from their money by raffling those 'high terminology' space blankets for charity. Our family had a great day, as we hope you did. Thank for all your support.



John Stratford



Andy Fox



Mel Llewhellin

1991: Sunday 21st April



The year when...

The race hosted the World Marathon Cup so had high levels of elite participation. GB won the men's team race and the Soviet Union won the women's

Metros runners:

| Position | Name | Time | Position | Name | Time |
|-------------|----------------------|-----------------|----------|------------------|----------|
| 1228 | Steve McIntosh | 02:50:43 | 11963 | Mick Reading | 03:57:20 |
| 1423 | Derek Roe | 02:52:43 | 12592 | Petra Otto | 03:59:51 |
| 1716 | Bob Manning | 02:55:26 | 12789 | David H Brown | 04:00:55 |
| 1790 | Sebastian Coe | 02:56:20 | 13515 | Mary Swindles | 04:04:57 |
| 2343 | Dave Young | 03:00:52 | 13588 | Mark Squire | 04:05:22 |
| 3388 | Mervyn Gillespie | 03:09:52 | 15443 | Derek Woodroofe | 04:16:09 |
| 3612 | Alan Jones | 03:11:36 | 15961 | Harry Taylor | 04:19:25 |
| 3796 | Andrew Fox | 03:12:52 | 16006 | David Thompson | 04:19:40 |
| 3797 | Mervyn Stuckey | 03:12:52 | 16289 | Bernard Rossett | 04:21:20 |
| 4017 | Mike Milne | 03:14:20 | 16859 | Lea McQuade | 04:25:08 |
| 4253 | Roy Jeffreys | 03:15:43 | 17066 | Alan McBride | 04:26:25 |
| 6283 | George Wilson | 03:28:12 | 17778 | Barbara Robson | 04:31:01 |
| 6359 | Garry Young | 03:28:31 | 18232 | Linsey Jamieson | 04:34:15 |
| 6363 | Martin Rogan | 03:28:36 | 18519 | Annie Birch | 04:36:33 |
| 6443 | Kate Lockhart | 03:29:00 | 18566 | Peter Jones | 04:36:55 |
| 6913 | Dave Thubron | 03:31:24 | 18869 | Michelle Cotter | 04:39:33 |
| 7379 | Alan Jordan | 03:34:07 | 19019 | Lesley Jones | 04:40:59 |
| 7583 | Martin Wakerell | 03:35:06 | 19203 | Pat Donohoe | 04:42:28 |
| | Steve Paull | 03:47:14 | 20066 | Graham Parker | 04:51:31 |
| 11107 | Anne Leigh | 03:53:26 | 21924 | Derek Smith | 05:20:11 |
| 11680 | Mel Llewellyn | 03:56:11 | | Gordon Valentine | |

1991 was the year when Metros had most runners in the race – 41 Metros ran!

Bob Manning ran in 1991



Dave Young, ran in 1991

One of my special experiences in the London occurred in 1991 while running around the Isle of Dogs, when the clapping and cheering suddenly increased in volume.

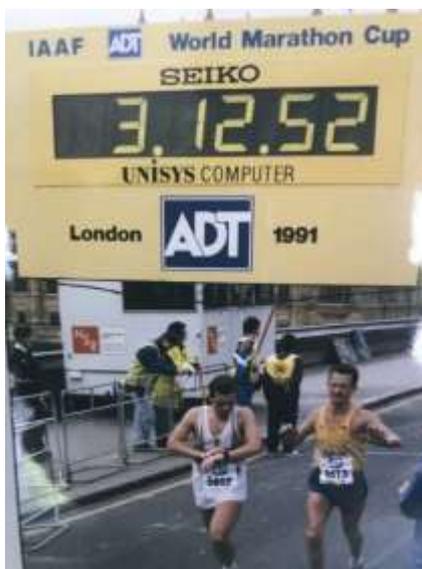
It was then that I noticed Sebastian Coe was trying to overtake me. I enjoyed the extra applause as we ran side-by-side for a mile or so. Unfortunately, I'd missed a lot of training due to shin splints earlier in the year so wasn't able to respond when he started pulling away from me.

However, Mr Coe was well beaten by three other Metros, including Bob Manning who finished in an official time of 2-55-26 compared with Seb's 2-56-20.



Steve Paul ran in 1991

I never got the right make-up. I needed the theatre stuff. My red make-up ran all down my face when it rained one year. My Bart Simpson hair never stayed upright another



Andy Fox and Mervyn Stuckey both ran in 1991. They crossed the line together and were both given the same time.



Anne Leigh ran in 1991

Barbara Robson ran in 1991. This is an extract of her race report from Metrolines:

Well it's over and I loved every minute of it. Wearing my medal with pride, I collected the sponsorship money for the Asthma Campaign.

Yes, my hamstring niggled even as I approached the Red Start, but to wake up on the 21st and be able to breathe was my big breakthrough as April is my worst month! As I stood in my 37,000 pen surrounded by a great assortment of runners in fancy dress I thought, 'Well this is what it's all about', walking my way to the Start with a Turtle on my right and a Duck on my left, gave me other ideas. Any when we eventually passed the actual start at 8.5 minutes gone, I had to use the technique learnt at the Reading Half – thanks Garry – to actually start running. My fellow 37,000 crowd were still quite prepared to walk. The wall of immensely slow runners seemed to go on forever.

My time and mile intentions were on my left wrist only to be totally eradicated by sweat after only three miles. At the Pasta Party the night before, I'd heard loads of advice from veteran marathon runners and included a bobble hat in my bum bag and wrapped up well at the start. Was I glad to see Diane Clark at 7 miles and 'cast some clouts' of clothing, I can tell you! The joy of seeing so many Metros en route, husband Frank and my daughters popping up in as many places as they could was so encouraging.

The London crowds, well simply amazing...My fellow fun runners were great. Full of fun, loads of jokes as I wove my way in and out of them. One dressed as a convict who I'd run with on two former half marathons was so funny with his repartee that I nearly fell over with laughter.

I broke up the 26 miles, pretending the first three were a nasty cross-country I'd done, then it was my usual Wednesday run with Jean and Anne, then it was a favourite Half Marathon and before I knew where I was it was 19 miles and I hadn't hit the wall! Yes, the old legs felt a bit heavy at 22 miles, but I was so happy with my time that I just took it easy on the run home. It was a very happy tin-foiled Metro who collected her medal and kit bag. There were a few blackened toenails, what's new? But no other side effects. I was even able to do a passable rock 'n' roll on Tuesday at a college disco.

Thank you, lovely Metros, for all your encouragement. To Alan and David for their great pre-marathon runs and to John Aldous and Pat, who in the last few weeks ran with me at Marathon time and made sure I didn't 'walk up those hills'.

The Independent B. Robson 4:30:35, please take off 8.5 minutes.

Sunday 21st April 1992



The year when...

In almost perfect race conditions, former pro-cyclist, Antonio Pinto of Portugal won overall in 2:10:02.

Metros runners:

| Position | Name | Time |
|----------|----------------------|----------|
| 1927 | David Young | 02:59:19 |
| 2513 | Chris Roome | 03:05:05 |
| 3518 | Mervyn Gillespie | 03:12:43 |
| 3746 | Al Scoffham | 03:14:30 |
| 4166 | Steve Poole | 03:17:18 |
| 4683 | Brian Fledman | 03:20:49 |
| 5229 | Collin Miller | 03:24:03 |
| 6075 | Terry Burke | 03:29:10 |
| 7942 | Petra Otto | 03:39:22 |
| 10088 | John Aldous | 03:50:20 |
| 10498 | Alan Jordan | 03:52:15 |
| 11172 | Jim Giles | 03:55:14 |
| 12052 | Richard Charlesworth | 03:59:11 |
| 12289 | Mary Swindles | 04:00:06 |
| 12650 | Anne Leigh | 04:02:17 |

| Position | Name | Time |
|----------|-----------------|----------|
| 13910 | Teresa Young | 04:08:36 |
| 14129 | Adrienne Garner | 04:09:47 |
| 14305 | Geoff Nicholson | 04:10:45 |
| 15216 | Dave C Brown | 04:15:45 |
| 15889 | Lesley Jones | 04:19:37 |
| 17674 | Peter Jones | 04:30:23 |
| 18680 | Jacqui Poole | 04:37:19 |
| 18846 | Mike Mine | 04:38:20 |
| 18855 | Terry Jones | 04:38:25 |
| 19157 | Gill McBride | 04:40:59 |
| 19601 | Bernard Rossett | 04:44:43 |
| 20888 | Pam Jackson | 04:57:45 |
| 21272 | Nikki Mason | 05:02:36 |
| 21413 | Karen Stanton | 05:05:11 |
| 21969 | Pat Donohoe | 05:15:07 |

Steve Paull ran in 1992



Petra Otto ran in 1992 and thanked all Metros for support in Metrolines

I just wanted to thank all the Metros who cheered me on along the route, which was of tremendous help, especially in the final stages of the race. You most certainly helped me to achieve my new PB. It was lovely to see you all and it certainly was a Day to Remember!

1993: Sunday 18th April

The year when...

GB runner Eamonn Martin won in 2:10:50.



Metros runners:

| Position | Name | Time | Position | Name | Time |
|----------|--------------|----------|----------|---------------|----------|
| 579 | S McIntosh | 02:46:09 | 10264 | M Chamberlain | 03:51:45 |
| 2527 | A fox | 03:07:38 | 14301 | S Pratt | 04:11:12 |
| 2889 | T Burke | 03:10:45 | 14303 | D Pratt | 04:11:13 |
| 3556 | J Stratford | 03:15:51 | 15342 | D Bamforth | 04:17:16 |
| 3703 | S Poole | 03:16:54 | 17069 | A McBride | 04:27:36 |
| 5844 | S Paull | 03:29:41 | 19256 | A Leigh | 04:42:22 |
| 7365 | C Badsconyni | 03:38:05 | 19735 | B Pead | 04:46:34 |
| 8975 | D Singer | 03:46:01 | 22406 | T Turner | 05:18:28 |
| 9042 | M Wakerell | 03:46:13 | 24205 | J Poole | 06:43:45 |

John Stratford ran in 1993:



Andy Fox ran in 1993:



1994: Sunday 17th April

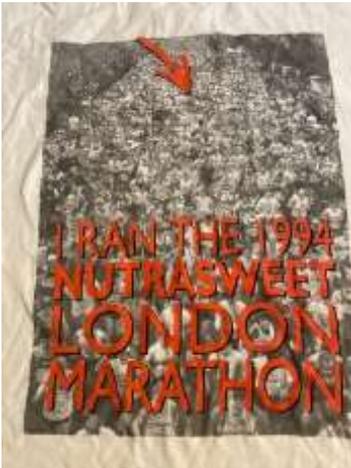
This was the year that...

Mexican runner Ceron produced one of the finest runs in LM history, defying strong winds to win in 2:08:53.



Metros runners:

| Position | Name | Time | Position | Name | Time |
|----------|-----------------|----------|----------|------------------|----------|
| 396 | Gordon Swindles | 02:40:16 | 9246 | Steve Roome | 03:43:50 |
| 2435 | Al Scoffham | 03:04:41 | 10206 | Mark Chamberlain | 03:48:31 |
| 2504 | Dave Young | 03:05:11 | 12369 | Petra Otto | 03:57:33 |
| 3064 | Martin Cross | 03:09:31 | 12589 | Anne Leigh | 03:58:32 |
| 3308 | Terry Burke | 03:11:10 | 15017 | Gill McBride | 04:11:06 |
| 3701 | David Cronk | 03:13:49 | 16368 | Lesley Boatman | 04:18:37 |
| 4792 | Steve Poole | 03:21:06 | 16539 | Stephen Yeo | 04:19:44 |
| 5883 | Steve Paull | 03:27:12 | 16866 | Lesley Jones | 04:21:50 |
| 6393 | Kate Lockhart | 03:29:40 | 17777 | Vipool Shah | 04:27:07 |
| 6630 | John Stratford | 03:31:04 | 19790 | Shaun Leigh | 04:40:21 |
| 8573 | Doug Singer | 03:40:40 | 19814 | John Holland | 04:40:37 |
| 9005 | Martin Rogan | 03:42:42 | 20944 | Marion Rogan | 04:50:03 |
| 9074 | Mary Swindles | 03:43:01 | 24850 | Chandra Malde | 06:21:15 |



Thoughts before 'The London', by Marion Rogan

Well, I've done my last training run before the London Marathon – I didn't think I'd ever get this far and when I think of next Sunday, I'm excited yet scared.

Have I done enough training? Will I make it to the end? Have I got the right shoes, socks? What shall I run in? Are there enough loos en route? (those who know me will understand tis anxiety!)

All these thoughts will plague me for the next week. My reason for writing this before the event is to say that whatever happens next Sunday, I couldn't have attempted it without some really great support from some really good friends.

I shouldn't really pick out individuals as everyone I've met in Metros has been supportive. However, without 'Lesley next door' and 'Anne round the corner' to train with, I couldn't have contemplated running a marathon. 'Mary down the road' has always encouraged me and helped me since I started running and of course Martin, without whom none of this would be worthwhile. Thank you everyone.

PS – Henry, I'm still not quite a 38DD but I'm still working on it!

1995: Sunday 2nd April



The year when...

Mexico's Ceron made history by becoming the first man to win the race three times.

Metros runners:

| Position | Name | Time |
|----------|----------------|----------|
| 1412 | Al Scoffham | 02:59:21 |
| 1750 | Andy Fox | 03:01:56 |
| 1996 | David Cronk | 03:05:44 |
| 2199 | Kate Lockhart | 03:07:36 |
| 3360 | Steve Paull | 03:16:45 |
| 4498 | Bob Manning | 03:24:56 |
| 4503 | John Stratford | 03:24:58 |
| 4694 | Steve Poole | 03:26:18 |
| 5294 | Tony Sherwin | 03:29:30 |
| 6712 | Steve Roome | 03:37:40 |
| 7929 | Alan Jordan | 03:44:24 |
| 8509 | Mary Swindles | 03:47:12 |
| | Anne Leigh | |

| Position | Name | Time |
|----------|----------------|----------|
| 8742 | Nick Herring | 03:48:17 |
| 8747 | Derek Bamforth | 03:48:17 |
| 9580 | Steve Yeo | 03:49:22 |
| 9912 | Peter Reynolds | 03:53:39 |
| 11202 | Clive Long | 03:59:58 |
| 18026 | Mick Christov | 04:37:13 |
| 19359 | Marion Rogan | 04:46:50 |
| 19469 | Annie Birch | 04:47:31 |
| 19669 | Jean Gates | 04:49:15 |
| 20453 | Peter Jones | 04:55:22 |
| 24297 | Kenny Nutt | 05:55:55 |

Al Scoffham ran in 1995



Andy Fox ran in 1995



1996: Sunday 21st April

The year when...

Mexico's Ceron made history by becoming the first man to win the race three times.



Metros runners:

| Position | Name | Time | Position | Name | Time |
|----------|----------------|----------|----------|----------------|--------------|
| 1591 | David Cronk | 03:07:47 | 5768 | Doug Singer | 03:41:10 |
| 2425 | Kate Armstrong | 03:16:53 | 5825 | Steve Poole | 03:41:33 |
| 2680 | Steve Paull | 03:19:05 | | Derek Banforth | 03:52:53 |
| 3879 | Dave Young | 03:28:30 | | Petra Otto | 03:59:42 |
| 4164 | Terry Burje | 03:30:21 | 10675 | Mary Swindles | 04:07:05 |
| 4518 | Steve Roome | 03:32:44 | 10708 | Henry Pickford | 04:07:13 |
| 4787 | Tony Sherwin | 03:34:31 | | Anne Leigh | 4:36:00 (ST) |
| 5546 | Peter Reynolds | 03:39:45 | | Mick Christov | 5:30:00 (ST) |
| | Malcolm Smith | | | | |

Steve Paull ran in 1996 (wearing his Dunstable kit)



I was second-claim Metro for many years. On one, marathon demand was under-subscribed and in line with the constitution as a second claimer I got the place. Can you imagine that now!

1997: Sunday 13th April

This was the year that...

Kenya's Joyce Chepchumba became the first African to win the women's race, beating Liz McColgan by 1 second.



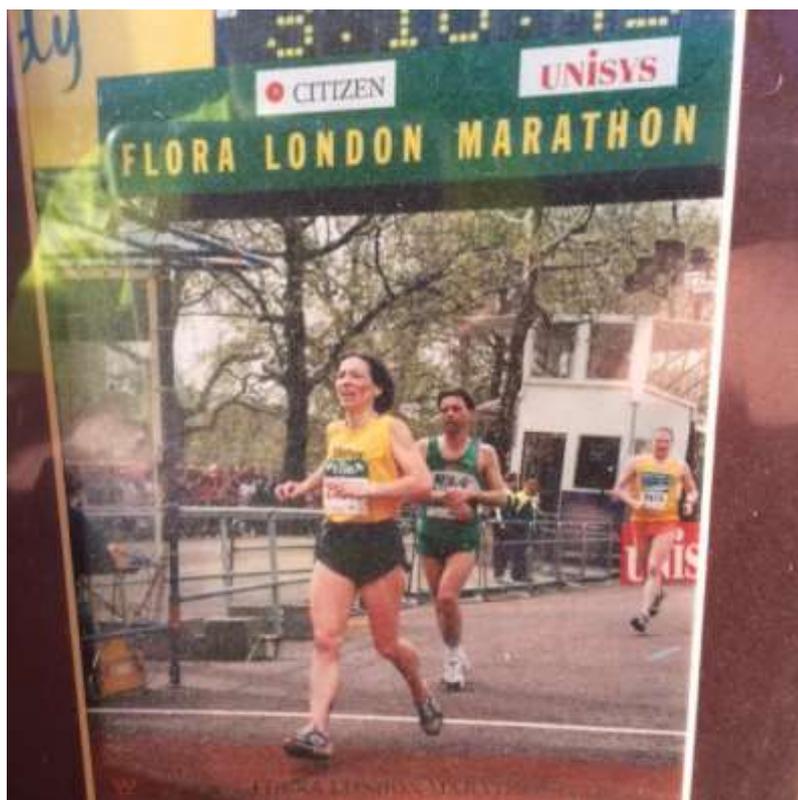
Metros runners:

| Name | Time | Name | Time |
|----------------|----------|-----------------|----------|
| Kate Armstrong | 02:59:28 | Doung Singer | 03:47:19 |
| Tony Sherwin | 03:06:41 | Barbara Robson | 04:02:32 |
| Jane Young | 03:10:44 | Anne Leigh | 04:14:38 |
| Terry Burke | 03:15:50 | Cyril Foster | 04:18:56 |
| Steve Roome | 03:12:45 | Annie Birch | 04:26:55 |
| Steve Paull | 03:15:05 | Barbara Reading | 04:17:24 |
| Al Scoffham | 03:16:59 | Jean Gates | 04:52:54 |
| Peter Reynolds | 03:24:18 | John Holland | 04:49:44 |
| Derek Bamforth | 03:30:21 | Shaun Leigh | 05:00:33 |
| Steve Poole | 03:31:01 | Peter Jones | 05:06:33 |

1997 was the first year that the first Metros runner to finish was female – **Kate Armstrong**. Kate is also the first Metros female to run sub-3.



Barbara Robson ran in 1997



Jane Young (now Scoffham) ran in 1997

1998: Sunday 26th April

This was the year that...

Ireland's Catherina McKiernan won the women's race in 2:26:26.



Metros runners:

| Position | Name | Time | Position | Name | Time |
|----------|-----------------|----------|----------|-----------------|----------|
| 1272 | Steve MacIntosh | 03:00:17 | 8872 | Matthew Rogan | 03:50:08 |
| 1845 | Chris Roome | 03:07:04 | 11145 | Mary Swindles | 03:59:10 |
| 2511 | Steve Paull | 03:13:54 | 11841 | Caroline Brown | 03:59:32 |
| 2731 | David Cronk | 03:15:41 | 14583 | Anne Leigh | 04:14:30 |
| 2855 | Al Scoffham | 03:16:35 | 15164 | Bob Pead | 04:17:10 |
| 3031 | Derek Bamforth | 03:18:01 | 16712 | Alan Oxley | 04:23:56 |
| 3240 | Peter Reynolds | 03:19:47 | 16717 | Chris Coles | 04:23:57 |
| 3562 | Steve Poole | 03:22:18 | 19307 | Marion Rogan | 04:35:54 |
| 4022 | Dave Calton | 03:25:29 | 22393 | Barbara Reading | 04:52:37 |
| 4473 | Jane Young | 03:28:01 | 23184 | Maggie Maher | 04:57:14 |
| 7553 | Marion Rogan | 03:44:03 | 24743 | Ann Marsden | 05:08:08 |
| 8071 | Doug Singer | 03:46:35 | 27394 | Sonya Grist | 05:38:50 |

Chris Roome's 3:07 is the V60 record for Metros running the London Marathon.

Kate Armstrong spectated in 1998 and wrote this account in Metrolines.

Mary Swindles ran in in 1998

Spectator's Eye View – Diary of a London Lollipop Holder.

Sunday 26 April – very, very, very, very, very early: Tony gets up.

very, very, very, very early: I get up. very, very, very early: soft tap on door. Jessica Young arrives. Discuss tactics. Decide Loudness is the key.

very, very early: Armad with Metros lollipop, troop down stairs to meet Peter Reynolds and wander down to Woolies to wave off coach. Told I look like a night prawn with my lollipop and make mental note to shout very loudly indeed. Bus leaves. Barbara Reading comes round corner. Run after bus, arms and lollipop flailing but to no avail. Barbara Robson has her car with her and steps on gas to get other Barbara to tube station. Hope she gets there on time (she did).

Very early: Kim Reynolds arrives. Go to Stanmore to get tube to Charing Cross. Just miss train. Think of Barbara.

Early: Find suitable spectator spot, just along from isostar station at 25 miles. Take up residence behind Aqua Pura banner and hope not to get squirted with jets of horrible sticky liquid from discarded sachets. Mistaken belief that banner will shield us. Later: My Mum and Dad arrive with brollies. See juniors through and wait for main race. It rains. Huddle under brolly, but get soaked anyway. Respectfully requested by Mrs Reynolds not to spectate again, as weather has been perfect each time she has

watched it before without my company.

A bit later: Runners start to come through. Many have names on their vests. Jessica and I swing into action. Jessica is well practised and I am soon deaf in left ear. Crowd to our right seem determined to outshout us, but we are too good for them. Begin to lose voice. Wave lollipop frantically and blow party blowers. Band marches by and tries to outdo us too.

Jessica and I are having none of it. Blow louder. Kim and Parents pretend they are not with us. Cheer on chap called Ugly Kev. Cheer on woman with unpronounceable name. Cheer on chap called Steve in a red vest. Jessica and I look at each other and realise that he is one of our Steves and shout after him even more loudly. They don't appear. Peter finds us. Still no Jane. Worry. Message on Jessica's mobile says she can't find us and it going to Isie of Dogs. We decide to go home. Mobile rings

again. It's Jane. She is in a phone box, by a green hut by Embankment station. We are by Embankment station. Jessica and I look at each other. Slowly dawns on us that we are by a green hut by a phone box. Mother and daughter thankfully reunited. We head home. We are all very damp. Lollipop has survived but is very sticky.

Very much later: Meet up with gang in pub. Stories of the day related. Highs and lows. All over for another year. Enjoyed watching, but running is better. Next year...

Several days later: voice returns.

The Secret Pleasures of not Running the London

by Kate Armstrong





Chris Room



Sonya Grist



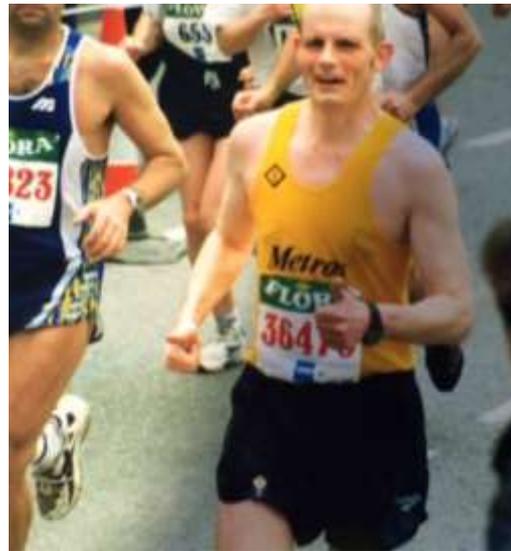
Barbara Reading



Doug Singer



Marion Rogan



Derek Bamforth



Peter Reynolds



Metros water station team in 1998

1999: Sunday 18th April



This was the year that...

Kenya's Joyce Chepchumba ran a women-only course record of 2:23:22.

Metros runners:

| Position (gender) | Name | Time | Position (gender) | Name | Time |
|-------------------|-----------------|----------|-------------------|-------------------|----------|
| 1813 | Steve Penny | 03:05:12 | 900 | Gill McBride | 03:55:54 |
| 3742 | Peter Reynolds | 03:22:01 | 14564 | Ian Ross | 04:22:39 |
| 4020 | Steve Paull | 03:23:58 | 2351 | Dorothy Turner | 04:33:18 |
| 4116 | Koster Tavatgis | 03:26:24 | 17414 | John Holland | 04:39:04 |
| 4703 | Keith Foster | 03:30:14 | 3483 | Anne Leigh | 04:56:23 |
| 7368 | Terry Burke | 03:45:41 | | Marcella Chambers | 05:01 |
| 8654 | Cyril Foster | 03:52:12 | 3979 | Barbara Reading | 05:09:04 |
| | Malcolm Smith | | | | |



Malcolm Smith
ran in 1999

Marathon Moonwalk

On the evening of the London Marathon in 1999, several Metros runners took part in the 'Marathon Moonwalk', which used the same course. Participants included **Mary Jordan, Kirsten Jordan, Annie Birch, Marion Rogan** and **Ann Marsden**.

Dorothy Turner ran in 1999 and wrote this account in Metrolines – 'It's all her fault!' (edited)

There I was on a nice August day in 1997, sitting enjoying the BBQ in the Leigh's garden, when Jean Gates came and sat beside me. Having a nice friendly chat, she then said, 'Why don't you start running again?' Me, 'No, I'm too old and slow now. I couldn't run a mile, let alone five.' Jean, 'Come with me at lunchtime, we go through the woods and have a walk when we want to'.

Now anyone who remembers me would know that I trip over a blade of grass, cross country was not my scene. With a bit of persuasion, I found myself rushing home from NPH, changing out of my Red Cross uniform and off to the woods. There I would find Jean plus Barbara Robson, sometime Anne Leigh, Marion Rogan, Mary Jordan and occasionally Annie Birch. That was how I found myself running and enjoying it again. Then, at the 1998 marathon I had a brainstorm, senile dementia set in – why don't I do it next year to celebrate my 60th? Marion thought it would be a good way to celebrate 50, Barbara though she could be first lady over 65, Anne does it anyway and Annie Birch thinks a marathon is a doddle and prefers 40 miles or a 24-hour race. We all got places except for Marion and Annie who did the Moonlight walk with Mary...

Jean was off with the mob to the Red start, while Anne and I went to the Green start, which is a very civilised place to begin. Anne and I chatted for about 15 miles, when we became separated with our supporters around the course it was great till 20 miles, when I was seized by severe cramp in one leg. I persuaded John Barrow of Stragglers to massage the leg. Then the St John's but to no avail. So, it was a struggle to the end, but I did it in 4:33.

So, if you see this old lady hobbling about in a marathon finishers tee shirt which comes down below her knees and leaves room for another couple of people in it (it is XL), then you know who to blame. It's all Jean Gates' fault. Thanks coach.

2000: Sunday 16th April



This was the year that...

Portugal's Antonio Pinto set a European best of 2:06:36.

Metros runners:

Al Scoffham 3:14:57

Steve Paull 3:47:28

Steve Poole 3:28:08

Anne Leigh 5:19:04

Steve Poole ran in 2000. Here is an extract of his race report, 'Reflections on the London' from Metrolines.

I can honestly say that I have never known a three-month training schedule to go so quickly. The knee still 'twinged' occasionally but nothing too serious. (Steve had suffered a knee injury after the 1998 LM). No colds or flu. No injuries. No physios. Three months later, on arriving on the start line for the 2000 marathon, I really did not care about finish times. It had been a triumph just getting on the start line. Whatever happened in the next few hours, I was going to enjoy the day. I thought I had run my last marathon in 1998. I was just pleased to be there.

If the training had been enjoyable, the race was amazing! The crowds seemed bigger than in any of my previous runs. The atmosphere was brilliant. I had the same buzz that I had experienced in my first London Marathon in 1991. The Blue Start seemed very crowded and I was surprised at the number of people starting in Blackheath compared with the last time I had a Blue Start. However, this did me a favour and gave me a slow first mile or two.

I went through the half-way point in 1:45:00. Roger Black was a few seconds behind me. 20 miles came up in 2:38:30 and I finished in 3:28:08. I had a spring in my step and £750 for Children with Leukaemia. I had run the second half of a marathon faster than the first half for the first time and taken 15 minutes off Roger Black in the process!

As I write this, I am in the middle of my 'week off'. I do hope that history does not repeat itself. Congratulations to all Metros who ran in this year's London. Do not under-estimate your achievement in crossing the start line – never mind the finish line!

Enjoy your running.



Al Scoffham ran in 2000.

His race comments were:

Poor run, rubbish time!

(What would I give to do that time now...!)

2001: Sunday 22nd April

This was the year that...

Tanni Grey-Thompson won a 5th victory in the wheelchair race, despite a puncture on the route.



Metros runners:

| Gender position | Name | Time | Gender position | Name | Time |
|-----------------|----------------|----------|-----------------|-------------------|----------|
| 424 | Peter Stainer | 02:50:49 | 3414 | Marcella Chambers | 04:51:00 |
| 3418 | Steve Paull | 03:27:30 | 3441 | Petra Otto | 04:51:26 |
| | Malcolm Smith | 03:27:42 | 19568 | John Woodford | 05:09:20 |
| 4847 | Peter Reynolds | 03:37:24 | 4324 | Marion Rogan | 05:09:26 |
| 4928 | Terry Davies | 03:38:08 | 4325 | Louise Rogan | 05:09:26 |
| 1581 | Annie Birch | 04:14:20 | 4894 | Anne Leigh | 05:22:43 |
| 15975 | Andy Tynan | 04:40:41 | 20746 | Steve Poole | 05:23:56 |
| 17241 | John Holland | 04:49:53 | 5198 | Marilyn Pickford | 05:31:56 |



Steve Poole, ran in 2001

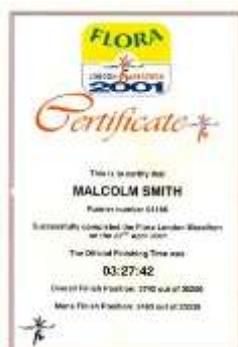
I ran 12 London Marathon's between 1991 and 2005. Best time 3.03.00.

Pictures here from 2001 when I fronted the Mr. Men team. I always ran for the same charity. 'Children with Leukaemia' that later became 'Children with Cancer' It was a charity set up by some good friends of mine who lost their son and daughter to cancer.

From memory, I think I ran 4.55 in that costume! God was it hot and weighed a bit too!!



Marion Rogan, Marilyn Pickford and Louise Rogan in 2001, running over Tower Bridge



Malcolm Smith ran in 2001.

2002: Sunday 14th April

This was the year that...

The US Khalid Khannouchi beat his own men's WR, with a time of 2:05:38. He is still the only male to run a WR time at London.



Metros runners:

| Gender position | Name | Age category | Time | Gender position | Name | Age category | Time |
|-----------------|----------------|--------------|----------|-----------------|------------------|--------------|----------|
| 352 | Peter Stainer | M40 | 02:47:14 | 1785 | Emma Rogan | F25 | 04:06:39 |
| 1265 | Steve Penny | M34 | 03:02:15 | 2939 | Marion Rogan | F53 | 04:26:06 |
| 1783 | Kevin Smart | M42 | 03:08:28 | 3782 | Marilyn Pickford | F51 | 04:38:04 |
| 2428 | Chris Roome | M66 | 03:14:06 | 18694 | Terry Burke | M52 | 04:43:10 |
| 4518 | Martin Rogan | M54 | 03:30:21 | 19367 | Ilesh Khagram | M43 | 04:47:14 |
| 5297 | Steve Paull | M48 | 03:35:34 | 4484 | Ann Marsden | F58 | 04:47:45 |
| 5905 | Peter Reynolds | M45 | 03:39:00 | 5396 | Angela Murphy | F52 | 05:02:40 |
| 6746 | Michael Hymans | M50 | 03:43:30 | 7342 | Barbara Robson | F68 | 06:07:04 |
| 11076 | Al Scoffham | M45 | 04:02:36 | 7507 | Anne Leigh | F62 | 06:21:02 |

Chris Roome was 1st V65 in 2002.

Dave Young, spectating in 2002

Another memorable occasion was after the 2002 event when I joined Chris Roome and several other Metros to celebrate Chris coming first in the men over 65 age category. At age 66, he had an official finish time of 3-14-06!

Dave Swan ran in 2002. Here is an extract from his race report in Metrolines

...Canary Wharf was incredible; I have never seen so many people there before and the noise was deafening. The cobblestones at the tower passed without incident and I was soon running along the Embankment. Most years this seems to last an eternity but armed with the knowledge that this was going to be my last 'London' for a while, I determined to enjoy the moment. This I did and fortified by a handful of Jelly Babies I had taken from a small child (she had offered them, honest) I rounded the corner into Parliament Square and worked my way down Birdcage Walk. A last-minute attempt by my body to throw a spanner into the works by cramping my left thigh passed and I crossed the finish line in 3 hours 52 minutes. Not my fastest time, but who cares, I was round and had really enjoyed the day....

Barbara Robson ran in 2002.

She wrote this letter to Paula Radcliffe to congratulate her on getting the British Record on her marathon debut.

Barbara also wrote a lament in Metrolines titled '**Don't talk to me about the toilets!**'

Thanks Henry (Pickford) – I did have a wonderful day as you advertised, but I wish dear Marilyn's advice of 'be discreet in the bushes' had been taken on board by yours truly. Why I drank so much water and Lucozade beats me, as the slow pace I was jogging would hardly have left me dehydrated. My toilet splits were: 15 minutes 15 minutes 8 minutes...

Come on Dave Bedford, you are fantastic at organising this first-class sporting event but re the toilets, you've got it all wrong. If New York can get it right and they have more runners and no toilet queuing whatsoever, I know, I've got the tee shirt.

Let's hope for better facilities in 2003

**LONDON MARATHON 2002
LETTER TO PAULA RADCLIFFE**

Dear Paula,

I would like to congratulate you on behalf of *Metros* Running Club for your magnificent London Marathon win and smashing the British record.

As the news came through to the runners and crowd en route, there was an almighty roar and I jumped for joy.

It was your debut in the marathon Paula, and my swan song. For me I wanted an all singing all dancing marathon, gone were the twenty six estimated times up my left arm and the steely ambition to sub four hours. At sixty eight I wanted to savour every minute of this great event.

I feel so proud to have been in the same London Marathon as you Paula. Your enormous influence and dedication in the fight against drugs in this wonderful sport of ours, is tremendous. Thank you.

Kind regards
Barbara Robson
Honorary Secretary

2003: Sunday 13th April

This was the year that...

Paula Radcliffe ran 2:15:25, smashing her own World Record by nearly 2 minutes. Her World Record would stand for 16 years (beaten by Brigid Kosgei in 2019)



Metros runners

| Gender | Position | Name | Time |
|--------|----------|-----------------|----------|
| | 209 | Peter Stainer | 02:44:27 |
| | 615 | Richard Francis | 02:55:56 |
| | | Nigel Rackham | 03:12:01 |
| | 2977 | David Cronk | 03:23:53 |
| | 6322 | Steve Poole | 03:47:21 |
| | 8521 | Steve Paull | 03:57:09 |
| | 12412 | Terry Burke | 04:20:22 |
| | 2843 | Barbara Reading | 04:27:32 |
| | 3308 | Louise Rogan | 04:34:47 |

| Gender | Position | Name | Time |
|--------|----------|-------------------|----------|
| | 15517 | David Girling | 04:37:59 |
| | 3571 | Julia Harwood | 04:38:45 |
| | 16860 | Phil Wood | 04:46:09 |
| | 4332 | Petra Otto | 04:49:49 |
| | 18550 | Kirit Ranpura | 04:57:27 |
| | 5005 | Marcella Chambers | 04:59:51 |
| | 19054 | Mick Christov | 05:01:17 |
| | | Sonny Peart | 05:14:30 |
| | 7234 | Jill Girling | 05:57:00 |

Sonny Pearce ran in 2003 (his first marathon).



2004: Sunday 18th April

This was the year that...

Has the record for being the coldest and wettest race on record. The temperature got no higher than 5.3C, more akin to winter weather.



Metros runners

| Position | Gender | Name | Age | Time |
|----------|--------|-----------------|-----|----------|
| 6458 | 5707 | Koster Tavatgis | M60 | 03:41:07 |
| | | Annie Birch | W40 | 03:53:37 |
| 10908 | 1527 | Kate Heracleous | W40 | 03:58:54 |
| 13988 | 11768 | Malcolm Jackson | M50 | 04:11:58 |
| 15424 | 2578 | Marion Rogan | W50 | 04:17:56 |
| 24845 | 5478 | Lynsey Coles | W20 | 05:00:22 |
| 24847 | 19532 | Chris Coles | M50 | 05:00:22 |
| 26539 | 6102 | Lesley Boatman | W40 | 05:13:01 |
| 28717 | 6955 | Teresa Young | W40 | 05:35:07 |
| 30954 | 8003 | Anne Leigh | W60 | 06:31:53 |

Annie Birch, ran in both the London and Belfast marathons in 2004

Still Running

As many of you may know, I was forced to have some time off running due to injury. It looked as if I might not have been able to continue at one point. However eventually I was diagnosed with Osteoporosis (crumbling bones) and by cutting back my training and long running I am back running, although realistically no further than marathons.

You are probably wondering why I decided to let you all know these medical details, there is a point to this. I have a number for both the London Marathon (18 April) and the Belfast Marathon (3 May) and have decided to run both of these for the National Osteoporosis Society. I would be grateful if anyone reading this who would like to make a donation to this charity could contact me either by email birchannie@btopenworld.com or phone 020 8621 4341.

Thanks in anticipation Annie Birch

2005: Sunday 17th April

This was the year that...

Paula's pitstop in the shadow of a drinks station made front page news. But despite starting too fast (2:13 pace), she still managed to win the race.



Metros runners:

| Position | Gender | Name | Age | Time |
|----------|--------|-------------------|-----|----------|
| 442 | 414 | Nigel Rackham | M40 | 02:48:34 |
| 2234 | 187 | Val Swinger | W30 | 03:12:50 |
| 8041 | 6866 | Peter Miller | M50 | 03:50:02 |
| 10329 | 8650 | David Williams | M30 | 03:58:41 |
| | | Malcolm Smith | | 04:03:33 |
| 13199 | 10846 | Steve Poole | M50 | 04:10:27 |
| 13808 | 2512 | Jacqueline Bowles | W30 | 04:12:46 |
| 13986 | 11428 | Al Scoffham | M40 | 04:13:27 |
| 17047 | 13683 | Charles Keighley | M50 | 04:24:48 |
| 26140 | 6453 | Ann Marsden | W60 | 05:02:08 |
| | | Anne Leigh | | |

2006: Sunday 23rd April

This was the year that...

The Ethiopian Gebrselassie ran with Kenyans, Lel and Limo but ended up coming just 9th. 'I cannot accept my poor performance'.



Metros runners:

| Position | Name | Time |
|----------|--------------------|----------|
| 362 | Nigel Rackham | 02:45:47 |
| 3543 | Peter Gunn | 03:22:17 |
| 5922 | Emma Rogan | 03:36:39 |
| 6840 | Terence Burke | 03:41:22 |
| 8526 | Jacqueline Bowles | 03:48:50 |
| 8542 | Kate Heracleous | 03:48:53 |
| 8855 | Steve Paull | 03:50:14 |
| 9510 | Michael Hymans | 03:52:51 |
| 10675 | Gertrud Porter | 03:56:43 |
| 11369 | Charles Keighley | 03:58:50 |
| 12027 | Al Scoffham | 04:01:21 |
| 22932 | Catherine Corcoran | 04:46:26 |
| 22936 | Jason Bowles | 04:46:28 |
| 30879 | Ian Bocock | 05:50:19 |



Nigel Rackham ran in 2006

2007: Sunday 22nd April

This was the year that...

Britain's David Weir and Shelley Woods won the men's and women's wheelchair races.



Metros runners:

| Category Poistion | Name | Time | Category Poistion | Name | Time |
|-------------------|----------------|----------|-------------------|-----------------|----------|
| 27 | Nigel Rackham | 02:41:47 | 30 | Barbara Reading | 04:35:49 |
| 106 | Terry Burke | 03:36:23 | 734 | Jo Causer | 04:37:00 |
| 30 | Gertrud Porter | 04:10:05 | 420 | Irene Paull | 04:45:10 |
| 769 | Derek Bamforth | 04:17:04 | 612 | Janie Robinson | 07:15:55 |

Irene Paull ran in 2007 (her first marathon).



Irene's marathon – the 5th and final instalment (by Steve Paull)

Race-day morning playlist:

A Scottish Soldier (Andy Stewart)
Shine on you crazy diamond (Pink Floyd)
I'm telling you now (Freddie and the dreamers)
Three Lions (Skinner and Badiel),
Lay down your arms (Anne Shelton – a distant relative of mine)
Streets of London (Ralph McTell)
Run for Home (Lindisfarne)
Run like the wind (Mike Batt and friends)

Return to innocence (Enigma)
I'm off to bonny Scotland (Andy Stewart)
Search for the hero (M People)
Scum (Grassy knoll)
Out on the ropes (Shirts)
Little Hercules (Trisha Yearwood)
The Trap (Ron Goodwin)

2008: Sunday 13th April

This was the year that...

On the 100th anniversary of marathon running, Martin Lel won his 3rd London Marathon title and broke the 6 year-old CR, in 2:05:15.



Metros runners:

| Gender place | Age place | Name | Age category | Time | Gender place | Age place | Name | Age category | Time |
|--------------|-----------|----------------|--------------|----------|--------------|-----------|-----------------|--------------|----------|
| 129 | 5 | Nigel Rackham | M45 | 02:36:55 | 8181 | 248 | Terry Burke | M55 | 03:49:10 |
| 1669 | 388 | Nathan Powell | M35 | 03:08:07 | 1760 | 321 | Jackie Bowles | W40 | 03:58:27 |
| 1883 | 256 | Peter Gunn | M45 | 03:10:35 | 3911 | 719 | Donna Warren | W35 | 04:27:18 |
| 103 | 21 | Val Swinger | W40 | 03:15:27 | 18040 | 339 | Dave Brown | M60 | 04:48:00 |
| 3423 | 248 | Steve Paull | M50 | 03:24:47 | 6502 | 382 | Irene Paull | W50 | 04:55:31 |
| 522 | 88 | Emma Rogan | W30 | 03:33:27 | 8299 | 488 | Linda Gaitskell | W50 | 05:25:14 |
| 949 | 11 | Gertrud Porter | W55 | 03:45:09 | 10566 | 40 | Anne Leigh | W65 | 07:17:21 |
| 6879 | 958 | Dennis Speight | M45 | 03:47:04 | | | | | |

Irene's 2nd marathon

After two years of reding my marathon trials and tribulations, Steve thought I should write the last blog. By now you probably know that the bragging rights in the Paull household have reverted to the male side – sorry ladies! On the day, Steve ran a blinder of 3:24:47 and I was 10 minutes slower than last year at 4:55:31, so a whole 90 minutes separated us. I knew he was running well recently, but to throw out a time that he hadn't achieved since the last century was a bit unreasonable, I thought.

What happened to me? Well I can't blame the conditions – after all it was hot and horrible last year, and it was we and horrible this year. I can't blame the congestion – although it seemed like there were loads more people in the way this year than last year, there was just the same number of runners. You'll know from the previous blogs that I didn't do as much work in the autumn, but recently I'd been achieving times close to my PBs (I can't believe I talk in running acronyms now). I also walked less than I did last year and stopped at fewer drinks stations. So, on the day, I simply did not run fast enough – oh dear!

That evening, and since, when friends have congratulated me, I've felt the need to apologise for being so slow. How ridiculous is that! I'm fifty years old and I've run a marathon and I'm not happy about it. I suppose it's my coming of age as a runner. Up to now my motivation has been ticking off goals and now it's becoming about achieving what I know I'm capable of – so reluctantly I'm going to have to run another one and get it right this time...and I've learnt a bit to: To respect my age and the distance – I have to start the ground work early. To have my name on my vest – on the day, I saw no one I knew other than at the Metros water station, but people shouted 'Come on Irene' all the way round (some even to the tune of 'Come on Eileen') and it really helped me start running again whenever I was walking.

And I've a choice to make between lattes and cake now and running faster next year. Now that is tough! Whatever happens – and that includes the distraction of a new intern job that I start next week – thank you for all your support.



2009: 26th April

The year when...

Former Olympic champion, Samuel Wanjiru won with a CR of 2:05:10. Tragically he died 2 years later, aged 24, in a fall from his balcony.



Metros runners:

| Position | Category | Name | Age | Time |
|----------|----------|-------------------|-----|----------|
| 133 | 8 | Nigel Rackham | M45 | 02:37:30 |
| 569 | 355 | Emma B Rogan | W18 | 03:32:07 |
| 1133 | 218 | Rosalyn Y Claxton | W40 | 03:47:08 |
| 1246 | 6 | Gertrud Porter | W60 | 03:49:37 |
| 11398 | 365 | Terry Burke | M55 | 04:15:23 |
| 11962 | 875 | David P Swan | M50 | 04:18:31 |
| 4255 | 39 | Marion G Rogan | W60 | 04:32:48 |
| 6687 | 360 | Irene Hazel Paull | W50 | 05:01:02 |
| 7701 | 189 | Angela Murphy | W55 | 05:15:09 |
| 21288 | 11963 | Daniel Mullin | M18 | 05:22:54 |
| 8651 | 5475 | Susan Davie | | 05:31:30 |

Gertrud Porter's 3:49 in 2009 is a V60 record for Metros women.

Sue Davie, Irene Paull, Angela Murphy and Marion Rogan all ran in 2009



2010: Sunday 25th April

This was the year that...

Ethiopian Kebede took the title in 2:05:19, breaking Kenya's 7 year dominance of race wins.



Metros runners:

| Place | Age Cat | Name | Age | Time |
|-------|---------|----------------------|-------|----------|
| 111 | 3 | Nigel Rackham | 45-49 | 02:36:05 |
| 1951 | 432 | Nathan Powell | 40-44 | 03:10:51 |
| 8471 | 877 | Emma B Rogan | 18-39 | 03:51:19 |
| 9146 | 1490 | Jonathan Evan-Hughes | 40-44 | 03:53:51 |
| 9886 | 226 | John C Gorton | 55-59 | 03:56:26 |
| 10666 | 11 | Gertrud Porter | 60-64 | 03:58:54 |
| 12154 | 297 | Steve Paull | 55-59 | 04:04:54 |
| 13473 | 1500 | Andrew Fox | 45-49 | 04:10:05 |

| Place | Age Cat | Name | Age | Time |
|-------|---------|-----------------|-------|----------|
| 14567 | 1761 | Donna Warren | 18-39 | 04:14:16 |
| 14681 | 1625 | Kirit Ranpura | 45-49 | 04:14:39 |
| 14740 | 527 | Harriet Copland | 40-44 | 04:14:54 |
| 19700 | 2048 | Peter Gunn | 45-49 | 04:33:05 |
| 20695 | 2859 | Andrew Collier | 40-44 | 04:36:55 |
| 35187 | 1310 | Penny Hudson | 45-49 | 06:22:30 |
| 36469 | 19 | Anne Leigh | 70+ | 07:35:25 |

Kirit Ranpura ran in 2010

I ran my first LM in 2003 with a time of 4:57:27. 7 years later and with a boring hamstring injury, I ran this years' LM in 4:14:39. This is 42 mins & 88 secs quicker than my 1st. An improvement of 6 mins and 1257 seconds per year!..I am delighted with this time. I would like to thank each and every one of you for your kind wishes and encouragement during my training and especially to Dave Swan, Jackie Cope, Al Scoffham & John Gorton for my initial runs in the woods. Adam Leary for mapping out the routes and running the entire pace runs with me. Karen Leary for her sheer heckling. Gertrud, Harriet and Steve Paull for the long Sunday runs. (Gertrud, thanks for the doughnuts. Harriet, great pacing and thanks for running the last mile with me. Steve, sorry could not break the 4 hrs, but will still buy you a beer! And lastly, Kerry Jeliaskova, who helped me hobble my way down to Westminster Station after the race. Most of all, I would also like to thank every one of you who has kindly sponsored me. With your help, I have raised almost £4,000 for Macmillan Cancer Support. Bless you all! Be happy!

Penny Hudson ran in 2010

Wow! What an experience! I had an amazing day – very hard and lots of walking but really enjoyable. Seeing my mum, Jane and my other sister Linda four times round the course was fantastic and the first time I saw them I felt really emotional. I raised money for the NSPCC and thanks to everyone who sponsored me my total is over £1000. Thanks to all Metros who supported me – you are a very generous bunch. I also want to thank my training buddies who kept me on track with loads of encouragement especially Sue, Cath, Irene and Steve.



Jane Hudson supporting



Penny Hudson



The Metros' bus

2011: Sunday 17th April

This was the year that...

Mary Keitany ran a WR of 2:17:01 (for a women's race) and became the first athlete to win 6 Abbott World Marathon races.



Metros runners:

| Position | Gender | Category | Name | Age | Time |
|----------|--------|----------|----------------------|-------|----------|
| 78 | 78 | 3 | Nigel Rackham | 45-49 | 02:33:35 |
| 2716 | 2443 | 557 | Nathan Powell | 40-44 | 03:19:34 |
| 5420 | 823 | 532 | Emma B Rogan | 18-39 | 03:40:24 |
| 9920 | 1953 | 250 | Kate Heracleous | 45-49 | 04:02:44 |
| 10016 | 1984 | 377 | Harriet Copland | 40-44 | 04:03:05 |
| 11368 | 9021 | 11 | Bernard Leigh | 70+ | 04:09:36 |
| 12316 | 9696 | 1370 | Andrew Fox | 45-49 | 04:13:52 |
| 12899 | 2809 | 20 | Gertrud Porter | 60-64 | 04:16:12 |
| 18636 | 4792 | 13 | Leonisa Russel Ponte | 65-69 | 04:39:04 |
| 20792 | 5597 | 302 | Judy Rackham | 50-54 | 04:47:59 |
| 28748 | 9031 | 1067 | Susan Davie | 45-49 | 05:30:23 |



Raquel and Gertrud at the Green start



Harriet Copland



Nathan Powell



Jane Scoffam at the water station



Kath and Angela inspecting the drinks



Sue Davie



Getting the bus to the start

Judy Rackham ran her first marathon in 2011. Here is her report from the day: ... 'and if Mum can do it, so can I...'

It's strangely familiar preparing the day before. Though this is my first marathon, Nigel's done it so many times; I seem to know what to do.

Lay out kit. Pin number on.

Have forgotten to iron on my name. Number off.

Bother! Have ironed the D on upside down!

Pin number on. Have forgotten to write next of kin on the back. Number off. Number on yet again.

High carb meal – just hope the curry doesn't disagree with me... though maybe it will give me extra propulsion!

Early night. Sleep reasonably well, though Nigel dreams he is being chased by wild animals!

Porridge – lots. Banana. Dried apricots.

Arrive at minibus just in time.

Emotions are ranging from mildly optimistic to 'what the hell am I doing here – whatever possessed me to think I could run 26 miles?'

Coach journey is remarkably stress free. Nigel and I head for the Blue Start. Everybody looks very professional – no fun runners here.

Rice pudding. Banana. Dried Apricots. Lucozade Sport. Am so full...

Nigel stays with me for a while, then leaves for his Championship zone. I am left to queue for the loo, again and again...

Join queue to put luggage onto the lorry – nobody told me about this queue. Head back to the loos.

Everybody is calm – I guess that helps?

Head for pen 9. Make my way to the front of pen – am I being over optimistic? Horn is sounded. Nigel will have started his watch – me – I stand and wait.

12 minutes later pen 9 reaches the start. Be positive – every step taken is one step closer to the finish.

See the family at 9 miles – am feeling good, though Nigel will be nearly at the Metros water station by now.



Mile 11 seems very, very long, but then mile 13 gantry comes into view – must have missed mile 12 somewhere along the way.

Reach a gel station – think I'd better have one – though am still a bit concerned what it might do to my insides. Needn't have worried – can't get into the gel!

Hear Karen and Adam at mile 17 – a real boost.

Nearly at the Metros water station, must still be running when I pass there! A sea of friendly faces at the Metros water station is fantastic though legs are beginning to feel as though they don't belong to me.

20 miles – this is too much like hard work – am going to have to walk / jog for a bit. Nigel will have finished, been massaged and had a shower by now.

See a placard. It reads 'Your legs will forgive you!' Will they really? I'm not so sure!

It's getting very warm now. Run under shower to cool down. Realise childbirth has taken its toll – must find loo and fast! Fortunately reach portaloos before having to resort to a hedge (and hedges are few and far between by mile 21) or doing a 'Paula'.

Mile 23 – only 3 miles to go – must stop the walking – there's meant to be a Metros meeting point along here somewhere and the family should be at mile 25 – they mustn't see me walk.

Reach the end of the Embankment. Legs are so tired I'm struggling to make the right turn to go down past Big Ben, but legs are still moving as I'm spotted again.

Where's the mile 26 marker? We're counting down in metres now.

See finishing gantry. Clock reads 4.59.30. Must go under before it clocks 5.00.00.

I've done it! Look at watch - 48.03 - watch is so unsophisticated it can't cope with timing more than 60 mins before it starts again. (Timer has not been used again – time must remain recorded indefinitely!)

Get medal.

Stagger at least another mile to reach family. Nigel has another PB (2.33.35), but I am still within twice his time and have run sub 5. (Chip time – 4.47.59). Celebrations all round!

Crawl into Foreign Office – Macmillan's Recovery Centre.

Wonderful massage makes legs forgive me – maybe I will enter the ballot again next year after all!

Many thanks to everyone who sponsored Nigel and me – we have raised over £2000 for Macmillan.

2012: Sunday 21st April

This was the year that...

The top GB finishers earned places in the 2012 London Olympics – Lee Merrien (17th) and Claire Hallissey (11th).



Metros runners:

| Position | Gender | Category | Name | Age | Time |
|----------|--------|----------|-------------------|-------|----------|
| 4041 | 497 | 316 | Emma B Rogan | 18-39 | 03:26:53 |
| 4225 | 3684 | 841 | Nathan Powell | 40-44 | 03:28:05 |
| 7415 | 6054 | 162 | John Gorton | 55-59 | 03:45:45 |
| 10370 | 8224 | 4232 | Pritesh Patel | 18-39 | 03:57:47 |
| 13446 | 3030 | 371 | Celia Brown | 18-39 | 04:04:12 |
| 14199 | 3256 | 627 | Amanda Beuselinck | 40-44 | 04:13:07 |
| 26427 | 7832 | 1382 | Louise Pearson | 40-44 | 05:02:14 |
| 27313 | 8203 | 96 | Angela Murphy | 60-64 | 05:07:21 |
| 28996 | 20041 | 2686 | Andrew Collier | 45-49 | 05:17:38 |
| 35176 | 12116 | 345 | Anne Ambrose | 55-59 | 06:22:18 |

Memories:



Celia Brown



Louise Pearson



Mandy Beuselinck



Nathan Powell



Andrew Collier



Pritesh Patel



Paula being cheered on by the Metros water station.



Early morning start



Peter Beuselink



Angela Murphy



Anne Ambrose



Metros water station:

Judy Rackham, Anne Leigh and Bob Manning

Irene Paull and Peter Beuselink

Anne Ambrose ran in 2012. Here is her race report, from Metrolines, 'An Unforgettable Marathon'.

After years of entering the London Marathon ballot and being unsuccessful, I was surprised when the "You're In" letter and Magazine popped through my letterbox last October. I was excited but also daunted at the prospect of all the training, but luckily being a member of Metros I have had a great support network. I would like to thank Jane Hudson for organising the long Sunday runs for spring marathoners and all the other Metros that have given me help and advice over the last four months. Although I felt quite nervous in the weeks building up to the Marathon the big day arrived and I was looking forward to it and felt quite confident and relaxed as I had done all training and had, luckily, been so far injury free.

Friends and family who have previously competed in the event had told me about the atmosphere and how it is a race like no other. But it really has to be experienced to be believed. The thing that struck me most was the noise of the crowd. There were thousands of supporters lining every mile of the course and they were shouting encouragement all the way; especially if you had your name printed on your shirt, or were in fancy dress. I actually felt like I was part of some gladiatorial spectacle.

It was all going very well and I was enjoying myself when at around 17 miles I started to get muscle spasms in my back. At that point I knew I had to keep going as there would be Metros supporters at around mile 18. The spasms got progressively worse and eventually I could not stand straight and people in the crowd were shouting at me to straighten up. After 20 miles I could not run any further and walked the rest of the way, but I had come too far to give up. A couple of physiotherapists, at the St. John's Ambulance station at 24 miles saw that I was having problems and gave me some treatment which eased the spasms temporarily. In the last mile at Birdcage Walk, a man in a green telephone costume running for the Samaritans seeing my predicament offered his help and literally dragged me through the last few hundred yards. He was holding my hand so tightly, that some wit in the crowd asked if we had just got engaged. He truly was my good Samaritan.

With 200 yards to go, I suggested to my Samaritan- Dave- that we try to jog across the finish line, but it was impossible. I think that the heavy costume had taken its toll on Dave..... I eventually crossed the finish line in 6:22:18 and was put into a wheelchair and taken to the St. John's Ambulance medical station. The triage nurse thought that I needed sugar and water and although this is probably the remedy for the majority of competitors, I had consumed so much sugar on the course from sweets, gels and Lucozade, I declined and opted for more physio. Thankfully, I have now fully recovered and able to stand up straight. Even though I was disappointed with the way I had to finish the race; it was a fantastic day and, I will definitely do it again so that next time I can run across the finish line.

2013: Sunday 21st April

This was the year that...

Runners in London wore black armbands to remember those who were killed or injured at the Boston Marathon, just 6 days earlier.



Metros runners:

| Position | Gender | Category | Name | Age | Time |
|----------|--------|----------|-----------------|-------|----------|
| 3291 | 2979 | 206 | Nigel Rackham | 50-54 | 03:19:38 |
| 4455 | 590 | 110 | Sasha Birkin | 40-44 | 03:29:18 |
| 5199 | 4451 | 2313 | Kevin Watson | 18-39 | 03:33:09 |
| 8947 | 1773 | 221 | Harriet Copland | 45-49 | 03:52:19 |
| 9830 | 2008 | 1189 | Emma B Rogan | 18-39 | 03:55:51 |
| 11659 | 2501 | 496 | Donna Warren | 40-44 | 04:03:04 |
| 13139 | 10210 | 1918 | Marcus Weedon | 40-44 | 04:10:26 |
| 14399 | 3304 | 27 | Gertrud Porter | 60-64 | 04:15:55 |
| 15983 | 3834 | 244 | Judy Rackham | 50-54 | 04:22:47 |
| 21062 | 5746 | 53 | Marion Rogan | 60-64 | 04:44:13 |
| 30343 | 9934 | 297 | Anne Ambrose | 55-59 | 05:44:01 |



Jane Hudson supporting



Dave Brown



Marcus Weedon



Sasha Birkin



Donna Warren, Harriet Copland,
Gertrud Porter and Kevin Watson



Mike Ransome



Nigel Rackham



Anne Ambrose

Judy Rackham ran in 2013. She looked back in Metrolines at her Garmin stats from training (edited)

Every Garmin tells a Story

Nigel bought me a Garmin watch for Christmas. Looking back at my runs after the Marathon enabled me to relive my training – these are the edited highs and lows. Most of you will have run with me on at least one of these sessions – thank you for your company, encouragement and support.

Boxing Day 2012 Round the Lakes 10k - Poole - Time: 53:27 not bad for Boxing Day
Calories: 501 C – probably 5% of the total calories consumed the day before.

Sun 6th Jan Cliveden X country - a family outing – I was told there was beautiful scenery, but the mist...Emma was pipped at the line by an 83 year old...

Sun 13th Jan Monopoly Run Parts 1&2 – my run had to be divided into 2 parts - I was too slow and had to take the tube so didn't visit Pentonville Rd – Bob's meal could not be kept waiting too long.

Fri 18th Jan Long slow snowy run– Distance: 9.72 mi - this was hard – and just as I was about to walk up the steep part of Ducks Hill Road, I met Mandy coming the other way, so I just had to keep going...

Sun 3rd Feb Watford Half– Time: 1:56:45 - PB –never been under 2 hours before – maybe dressing up as Scary Spice for Peter's 21st party the previous night was not such a bad idea after all.

Sat 9th Feb Wakehams Hill reps – very tedious, but Nigel says I must do them

Sun 17th Feb Bramley 20 – Time: 3:02:05 - another PB - and this after Scottish Dancing the night before – maybe wine is good for running!

Thurs 21st Feb Injured Thursday! – tripped over an orange barrier – forgot the feet come out at 90° to the barrier – hole in the leggings but no lasting damage.

Sun 3rd Mar Bath Half– Time: 1:51:19 -another PB – this time after the Metros' Barn Dance – the evidence is piling up – partying is definitely good for running!

Sun 24th Mar LSR with bacon butties at Kath's :) Very fond memories of Ann M acting as waitress Distance: 21.83 mi - thanks to Steve for not letting me give up, and the incentive of food at the end to keep me going.

Fri 12th April Bruges - Detour to the station for the loo, but no money :(- caught short as I circumnavigated Bruges city centre – headed for the station but the toilets were 'pay and go'

Sun 21st April Virgin London Marathon: Distance: 26.58 mi, Time: 4:22:49 (PB), Avg Pace: 9:53 min/mi, Elevation Gain:1,487 ft [this doesn't sound right – Nigel thinks I must have kept lying down for a rest and then standing up again], Calories: 2,141 C.

Many thanks to Macmillan for their aftercare service in the Foreign Office – I must have looked bad – I was swept off for a massage before I was allowed to go and look for Nigel.

Interesting statistics - in my training from Boxing Day, up to, and including the Marathon (116 days) – Count: 101 Activities Distance: 648.26 mi (Land's End to John o' Groats is 603 miles) Time: 113:28:07 h:m:s (less than 5 days in total) Elevation Gain: 26,264 ft (Everest - 29,029 ft) Avg Speed: 5.7 mph Calories: 52,592 C (188 Mars Bars)



2014: Sunday 13th April



This was the year that...

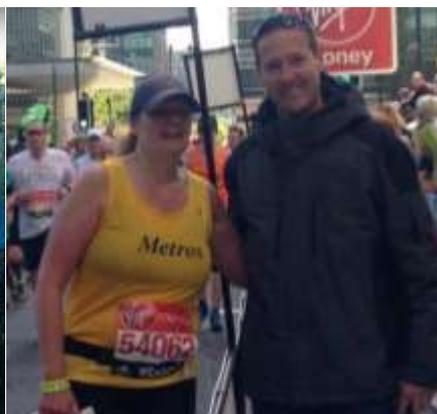
Mo Farah ran his marathon debut. He bungled at a water station and ran mostly on his own, finishing 8th in 2:08:21.

Metros runners:

| Position | Gender | Category | Name | Age | Time |
|----------|--------|----------|----------------------|-------|----------|
| 98 | 97 | 2 | Nigel Rackham | 50-54 | 02:35:33 |
| 937 | 906 | 556 | Kevin Watson | 18-39 | 02:55:44 |
| 4035 | 3579 | 582 | Nathan Powell | 45-49 | 03:23:58 |
| 9088 | | | Hershil Patel | | 03:50:25 |
| 10657 | 8434 | 132 | Steve Paull | 60-64 | 03:56:11 |
| 13406 | 3101 | 7 | Gertrud Porter | 65-69 | 04:07:16 |
| 13905 | | | Tracey Tyrell | | 04:09:24 |
| 16689 | | | Mandy Beuselinck | | 04:20:50 |
| 23941 | | | Hannah Ritterband | | 04:52:06 |
| 24313 | | | Emma Liston | | 04:53:54 |
| 24521 | 7373 | 4409 | Paula V Kanesanathan | 18-39 | 04:54:31 |
| 24690 | | | Michael Ransome | | 04:55:25 |
| 29649 | | | Jonathan Pang | | 05:25:00 |



Judy & Nigel Rackham



Mandy & Peter Beuselinck



Hershil Patel



Steve Paull



Gertrud Porter



Paula Kanesanathan



Anne Ambrose & Bob Manning at the water station



2015: Sunday 26th April

The year when...

Paula Radcliffe said goodbye to athletics, aged 41 with a final run of honour on the course where she'd won 3 WRs.



Metros runners:

| Position | Gender | Category | Name | Age | Time |
|----------|--------|----------|-----------------|-------|----------|
| 83 | 83 | 2 | Nigel Rackham | 50-54 | 02:32:13 |
| 3610 | 321 | 57 | Sasha Birkin | 40-44 | 03:14:29 |
| 5908 | 5071 | 809 | Michael Morris | 45-49 | 03:28:35 |
| 9368 | 7548 | 118 | Steve Paull | 60-64 | 03:44:40 |
| 14876 | 3416 | 1940 | Sarah Belchier | 18-39 | 04:03:26 |
| 17179 | | | Clare Elam | 18-39 | 04:12:56 |
| 18791 | | | Rajesh Varshani | | 04:19:00 |
| 22987 | 6644 | 843 | Linda Dunne | 45-49 | 04:34:41 |
| 25196 | 17571 | 142 | Michael Ransome | 65-69 | 04:43:39 |
| 34391 | 12385 | 345 | Anne Ambrose | 55-59 | 05:45:38 |

Nigel Rackham's 2:32 time in 2015 is a V50 record for Metros.



Metros members having more fun at the 30K water station than running the marathon!



Steve Paull and Mike Morris (wearing the 'Hand in Hand' T shirt, commemorating the 35th anniversary of the race.



Nigel Rackham's 2015 time of 2:32:13 was a PB for him and a V50 record for Metros.



Metros runners at the start.



Bob Manning at the water station



Mike Morris



Linda Dunne ran in 2015

I remember the song "Oh My God", by the Kaiser Chiefs as we crossed the start line, and that is right! Never run 26.2 miles before, so a long way from home (finish). I seemed to have a really good first half, probably a bit too quick, the atmosphere was amazing from the start, the crowds, high fives, people calling your name, I was trying to take it all in, I couldn't remember where everyone said they would be, so I figured I'd missed them all including the Metros water station, but then I saw it, the Metros jumper! Standing proud, I ran over to them, high fives cheers carry on, that was a mega boost! I was impressed by the bands, the music systems in tunnels and under bridges, it was great, I remember the sticky roads by the gel stations, nearer the end that was terrible, struggling tired legs and then sticky roads, not good, when it felt tough I kept reminding myself I had trained hard for this, and up to 20 miles I was telling myself I had done that distance before, after 20 miles I thought only another 6.2 miles to go, I had done 6 miles many a time!



Sasha Birkin ran in 2015:

I must first confess to being a London Marathon junkie - I love the whole build up, the expo and hearing the first notes of 'The Trap' can bring tears to my eyes. In 1981, aged 9, I watched the start and finish of the inaugural race. I wasn't inspired to start running but I did enjoy filling a couple of bin liners with running gear that people had discarded at the start. My dad decided to lace up his trainers the very next day though and ended up running it 2 years later, so it did at least set off a love of running from someone in the family. But the best bit for me has always been getting the freebies at the expo. This year's expo didn't disappoint, and I came home with 6 beetroot shots, 6 beetroot juices, 3 pens, 2 pace bands (3:20 and 3:15), 24 shot blos plus a selfie with Paula (she insisted!)



Nigel Rackham ran in 2015

Spotted on TV running with Paula Radcliffe!

Paula finished over 4 minutes behind Nigel in 2:36:55, so Nigel is obviously better at pacing marathons.

2016: Sunday 24th April

The year when...

Tim Peake ran on a treadmill, on board the ISS, completing in 3:35:21. But as the ISS had made 2 orbits of the earth, he'd actually travelled more than 53K miles!



Metros runners:

| Position | Gender | Category | Name | Age | Time |
|----------|--------|----------|---------------------|-------|----------|
| 112 | 112 | 1 | Nigel Rackham | 50-54 | 02:32:41 |
| 788 | 770 | 534 | Kevin Watson | 18-39 | 02:49:16 |
| 1722 | 68 | 49 | Lucy Ashe | 18-39 | 02:58:05 |
| 3090 | 208 | 36 | Sasha Birkin | 40-44 | 03:09:19 |
| 9584 | 7700 | 104 | Steve Paull | 60-64 | 03:44:25 |
| 15029 | 11466 | 5651 | Hershil Patel | 18-39 | 04:03:00 |
| 18856 | 13954 | 2034 | Barry Nolan | 45-49 | 04:18:22 |
| 28273 | 19264 | 163 | Michael Ransome | 65-69 | 04:56:39 |
| 30929 | 10323 | 6032 | Emma Rackham | 18-39 | 05:11:35 |
| 32393 | 11063 | 290 | Irene Paull | 55-59 | 05:21:19 |
| 33864 | 11862 | 59 | Angela Murphy | 65-69 | 05:32:50 |
| 35847 | 13024 | 28 | Raquel Russel Ponte | 70+ | 05:54:19 |
| 36742 | 13578 | 7961 | Louise O'Reilly | 18-39 | 06:07:51 |
| 37428 | 14018 | 8231 | Sakina Jivraj Sidik | 18-39 | 06:23:50 |

Nigel Rackham was the 1st V50 in 2016 and had his photo in Athletics weekly.

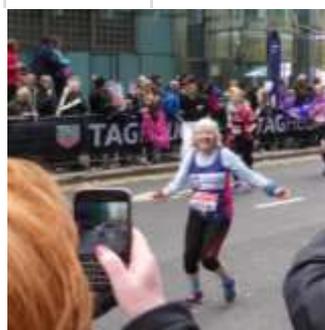
Lucy Ashe ran 2:58 in 2016 as a Metro – the fastest time a Metros woman has run London.



Barry Nolan with a fan!



Steve & Irene Paul



Angela Murphy



Sasha Birkin & family

Emma & Nigel Rackham both ran in 2016



Wow... Can't believe today has happened. I can't really process it right now but I'm so happy having finished in a time of 5.11.35, and so proud of my dad who finally achieved his target of first in his age category in a time of 2.32.41. We have also raised £2800 for epilepsy action which is amazing, thank you so much to everyone who supported us, by sponsoring, training with us (me) or coming out to cheer us on. Love you all



Nigel's 1st V50 trophy and AW feature.



Lucy Ashe ran in 2016

I remember feeling over the moon to get under 3 hours. It felt like a huge achievement and I kept saying 2:58 to myself for days, not quite believing that I managed it.

(Lucy's time of 2:58 is the Metros female record for the London Marathon).



Sakina Jivraj Sidik ran in 2016

In 2016 I was training for the London Marathon and thought I would like to train with other people. So I did a Google search for running clubs in my area and Metros came up. I found that there was a session on a Thursday near my home and called the contact number and spoke to Jane Hudson, she seemed very welcoming. She told me that she would not be taking the next Thursday session, but Mike Morris was going to be there and would be taking the session. I went hesitantly to the Thursday session. Mike introduced himself and the group and everyone was very welcome.



Irene Paull ran in 2016



Emma Rackham and Hershil Patel ran in 2016



Emma with Barry Nolan who both ran in 2016.



Supporting banner for Emma from her pupils!

2017: Sunday 23rd April

This was the year that...

The delirious David Wyeth was 300m short of the finish, when Swansea Harrier, Matt Rees stopped to help him finish.



Metros runners:

| Position | Gender | Category | Name | Age | Time |
|----------|--------|----------|-----------------|-------|----------|
| 3415 | 231 | 21 | Sasha Birkin | 45-49 | 03:12:43 |
| 3583 | 3331 | 505 | Nathan Powell | 45-49 | 03:13:52 |
| 10068 | 7996 | 126 | Steve Paull | 60-64 | 03:48:12 |
| 12258 | 2799 | 1506 | Sarah Belchier | 18-39 | 03:56:39 |
| 25483 | 17501 | 134 | Michael Ransome | 65-69 | 04:50:04 |
| 34024 | 21777 | 10676 | Bruno Croford | 18-39 | 05:38:47 |
| 39168 | 15380 | 46 | Anne Leigh | 70+ | 07:35:38 |

2017 was Anne Leigh's 20th London Marathon!



Mike Ransome



The 30K water station



Sarah Belchier



Bruno Croford

I ran with an injury in the MCL, 3 weeks after running Manchester marathon. I really struggled to finish it. In the photo, taken by my wife on mile 25, I tried to smile and run 'normally' on that stretch just not to worry her. A month after that whole ordeal, I ran my first ultra (london2brighton) and ended up tearing (slightly) my MCL on my right leg. I learned a lot about not overdoing it, listening to my body and proper rest time. It was also when I joined my first running club.



Sasha Birkin

Not done a marathon without a wink of sleep the night before but wouldn't recommend it! Finishing time gets me champs start for 2018, but I think I need a break from marathons!

2018: Sunday 22nd April

This was the year that...

Kipchoge ran a new course record for the London Marathon, 2:02:38 in the hottest race on record (temperatures hit 24 degrees). It is (to date) the 2nd fastest marathon ever run



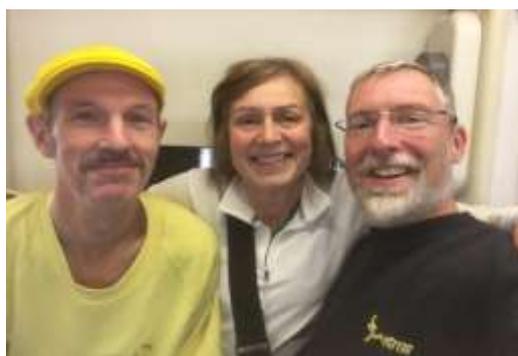
Metros runners:

| Position | Gender | Category | Name | Age | Time |
|----------|--------|----------|-----------------------|-------|----------|
| 5260 | 4546 | 164 | Christopher Shearwood | 55-59 | 03:36:11 |
| 21548 | 14970 | 360 | Steve Paull | 60-64 | 04:54:00 |
| 22019 | 6764 | 9 | Barbara Reading | 70-74 | 04:55:06 |
| 22734 | 15680 | 2858 | Spencer Millbery | 40-44 | 04:58:44 |
| 25015 | 16986 | 140 | Michael Ransome | 65-69 | 05:09:19 |
| 26031 | 8496 | 289 | Jane Hudson | 55-59 | 05:14:27 |
| 29316 | 10118 | 343 | Judy Rackham | 55-59 | 05:29:58 |
| 30375 | 10672 | 5759 | Kim Hassard | 18-39 | 05:35:48 |
| 34735 | 13020 | 7067 | Emma Rackham | 18-39 | 06:03:22 |
| 34876 | 13109 | 7115 | Vanessa Kanesanathan | 18-39 | 06:04:44 |
| 40019 | 16365 | 634 | Sue Davie | 55-59 | 08:04:14 |

Steve Paull ran his 30th London Marathon in 2018!



tubing it to the start



Steve Paull, Barbara Reading and Chris Shearwood



Paula, Kim and Emma



Mike, Angela and Anne at the water station



The 30K water station



Jane Hudson



Mike Ransome



Steve Paull



Alice Ribton



Judy Rackham



Emma, Nigel and Judy Rackham



Paula Kanesanathan



Chris Shearwood ran in 2018:

At the start, I recall the prettiness of Blackheath Village with cherry blossom in full flower, skirting around the parish church of St John, then meeting first the blue wave and then the red wave. It's hard to make out people calling your name, the crowd noise is so loud. At Rotherhithe I heard Donna Warren call my name but only because she added my surname too...and she later told me that I only heard her the fifth time that she had shouted it. Crossing Tower Bridge brought home just how much emphasis there is on charity in this race - all available barrier space was taken up by banners and teams of supporters; but it wasn't just here - it was all around the course, bells, whistles and all - the noise was phenomenal. It was interesting to see all the makeshift (and not so makeshift) teardrops, banners, flags etc. of various running clubs, with many of which we Metros are familiar.



Mo Farah had a few issues with collecting his drinks from the elite water stations at VLM and was critical that some of the marshals at the early stations were more interested in taking photographs than making sure he got his drink. There was no criticism for the Metros volunteers at the 30K elite water station who, as usual acted professionally and made sure Mo got his much-needed drink.

2019: Sunday 28th April

The year when...

Kipchoge ran a new CR, crossing the line in 2:02:38. It is (to date) the 2nd fastest marathon ever run.



Metros runners:

| Position | Gender | Category | Name | Age | Time |
|----------|--------|----------|-----------------|-------|----------|
| 2992 | 222 | 24 | Sasha Birkin | 45-49 | 03:07:04 |
| 19249 | 13646 | 2488 | Vincent Cheung | 40-44 | 04:16:48 |
| 24431 | 7772 | 4075 | Bernie Conway | 18-39 | 04:36:28 |
| 21750 | 6595 | 584 | Linda Dunne | 50-54 | 04:26:21 |
| 33689 | 12360 | 2131 | Louise O'Reilly | 40-44 | 05:18:08 |
| 22670 | 15684 | 1580 | Sonny Peart | 50-54 | 04:29:37 |
| 30657 | 10765 | 1864 | Noa Perelmutter | 40-44 | 05:01:26 |
| 27783 | 9342 | 14 | Gertrud Porter | 70-74 | 04:49:28 |
| 33501 | 21243 | 212 | Michael Ransome | 65-69 | 05:17:02 |

Louise O'Reilly was dropped off at 2am Sunday at Birdcage Walk and ran a marathon to the start in 5:15. She then ran the official race in 5:18. Great splits!



Sonny Peart



Spectating - Penny & Jane Hudson, Andy Dempster, Sakina & Ariff Sidik



Linda Dunne & Sonny Peart



Sasha Birkin



Spectating and marshalling – Jim Buckland, Nicky & Jo Payne, Barry Nolan

2020: Sunday 26th April - Sunday 4th October

The year when...

The 40th London Marathon was postponed from April to October due to a global pandemic – the COVID-19. In August, the organisers then decided to cancel the mass participation race. Instead, an elite only race will take place on an enclosed looped course in St James's Park. But the masses were given the chance to run the 26.1 virtually, from anywhere in the world and still earn the 40th race medal and T shirt.



The Excel London, where runners usually pick up rave numbers becomes the NHS Nightingale Hospital (April 2020).



Pelicans on the Mall on Sunday 26th April when the London Marathon was originally supposed to take place.



London Marathon – winners over time

| Year | Sponsor | Finishers | Men's winner | Time | Women's winner | Time |
|------|--------------|-----------|----------------------------------|----------|------------------------------------|----------|
| | | | Dick Beardsley and Inge Simonsen | | | |
| 1981 | Gillette | 6,255 | Simonsen | 02:11:48 | Joyce Smith | 02:29:57 |
| 1982 | Gillette | 15,116 | Hugh Jones | 02:09:24 | Joyce Smith | 02:29:43 |
| 1983 | Gillette | 15,793 | Mike Gratton | 02:09:43 | Grete Waitz | 02:25:29 |
| 1984 | Mars | 15,675 | Charlie Spedding | 02:09:57 | Ingrid Kristiansen | 02:24:26 |
| 1985 | Mars | 15,873 | Steve Jones | 02:08:16 | Ingrid Kristiansen | 02:21:06 |
| 1986 | Mars | 18,067 | Toshihiko Seko | 02:10:02 | Grete Waitz | 02:24:54 |
| 1987 | Mars | 19,586 | Hiromi Taniguchi | 02:09:50 | Ingrid Kristiansen | 02:22:48 |
| 1988 | Mars | 20,932 | Henrik Jørgensen | 02:10:20 | Ingrid Kristiansen | 02:25:41 |
| 1989 | ADT | 22,701 | Douglas Wakiihuri | 02:09:03 | Véronique Marot | 02:25:56 |
| 1990 | ADT | 25,013 | Allister Hutton | 02:10:10 | Wanda Panfil | 02:26:31 |
| 1991 | ADT | 23,435 | Yakov Tolstikov | 02:09:17 | Rosa Mota | 02:26:14 |
| 1992 | ADT | 23,833 | António Pinto | 02:10:02 | Katrin Dörre-Heinig | 02:29:39 |
| 1993 | NutraSweet | 24,495 | Eamonn Martin | 02:10:50 | Katrin Dörre-Heinig | 02:27:09 |
| 1994 | NutraSweet | 25,242 | Dionicio Cerón | 02:08:53 | Katrin Dörre-Heinig | 02:32:34 |
| 1995 | NutraSweet | 25,377 | Dionicio Cerón | 02:08:30 | Małgorzata Sobańska | 02:27:43 |
| 1996 | Flora | 26,806 | Dionicio Cerón | 02:10:00 | Liz McColgan | 02:27:54 |
| 1997 | Flora | 29,189 | António Pinto | 02:07:55 | Joyce Chepchumba | 02:26:51 |
| 1998 | Flora | 29,972 | Abel Antón | 02:07:57 | Catherina McKiernan | 02:26:26 |
| 1999 | Flora | 30,849 | Abdelkader El Mouaziz | 02:07:57 | Joyce Chepchumba | 02:23:22 |
| 2000 | Flora | 31,698 | António Pinto | 02:06:36 | Tegla Loroupe | 02:24:33 |
| 2001 | Flora | 30,318 | Abdelkader El Mouaziz | 02:07:09 | Derartu Tulu | 02:23:57 |
| 2002 | Flora | 32,950 | Khalid Khannouchi | 02:05:38 | Paula Radcliffe | 02:18:56 |
| 2003 | Flora | 32,324 | Gezahegne Abera | 02:07:56 | Paula Radcliffe | 02:15:25 |
| 2004 | Flora | 32,012 | Evans Rutto | 02:06:18 | Margaret Okayo | 02:22:35 |
| 2005 | Flora | 35,300 | Martin Lel | 02:07:35 | Paula Radcliffe | 02:17:42 |
| 2006 | Flora | 33,250 | Felix Limo | 02:06:39 | Deena Kastor | 02:19:35 |
| 2007 | Flora | 35,729 | Martin Lel | 02:07:41 | Zhou Chunxiu | 02:20:38 |
| 2008 | Flora | 34,637 | Martin Lel | 02:05:15 | Irina Mikitenko | 02:24:14 |
| 2009 | Flora | 35,404 | Samuel Wanjiru | 02:05:10 | Irina Mikitenko | 02:22:11 |
| 2010 | Virgin Money | 36,666 | Tsegaye Kebede | 02:05:19 | Aselefech Mergia Mary Jepkosgei | 02:22:38 |
| 2011 | Virgin Money | 34,872 | Emmanuel Kipchirchir Mutai | 02:04:40 | Keitany Mary Jepkosgei | 02:19:19 |
| 2012 | Virgin Money | 36,812 | Wilson Kipsang Kiprotich | 02:04:44 | Keitany | 02:18:37 |
| 2013 | Virgin Money | 34,381 | Tsegaye Kebede | 02:06:04 | Priscah Jeptoo | 02:20:15 |
| 2014 | Virgin Money | 35,977 | Wilson Kipsang Kiprotich | 02:04:29 | Edna Kiplagat | 02:20:21 |
| 2015 | Virgin Money | 37,793 | Eliud Kipchoge | 02:04:42 | Tigist Tufa | 02:23:21 |
| 2016 | Virgin Money | 39,140 | Eliud Kipchoge | 02:03:05 | Jemima Sumgong Mary Jepkosgei | 02:22:58 |
| 2017 | Virgin Money | 39,487 | Daniel Wanjiru | 02:05:48 | Keitany | 02:17:01 |
| 2018 | Virgin Money | 40,220 | Eliud Kipchoge | 02:04:17 | Vivian Cheruiyot | 02:18:31 |
| 2019 | Virgin Money | 42,549 | Eliud Kipchoge | 02:02:37 | Brigid Kosgei | 02:18:20 |
| 2020 | Virgin Money | | | | | |