



September 2021
Issue No. 391



Metros Track 5K – 28th August



Metros Diary

September

Sat 4	5 Mile Handicap	9.00 am
Sat 11	Wot No Watch, Roxbourne Park	9.00 am
Sat 18	parkrun – Canons Park	9.00 am
Sun 19	Moor Park 10K & Fun Run	2.30 pm

October

Sat 2	Metros 10K Challenge, Roxbourne PK	8.50 am
Sun 3	London Marathon	tbc
Sat 9	Wot No Watch, Roxbourne Park	9.00 am
Sat 23	Metros Track 5K	tbc

November

Sat 6	Metros 5K Challenge, Roxbourne PK	9.00 am
Sat 13	Measured Mile, Roxbourne Park	9.00 am

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

Note from the Editor!

The last few weeks have been very busy with the return to actual events and parkrun. It seems that all the mass events deferred from 2020 have now been scheduled for the coming weeks. August was very busy with some mass events already taking place and there are quite a few 'real' results to report this month. Thanks to everyone who sent results and if I have missed any events or anyone's results please let me know so that they can be reported in Metrolines. It's good to see some new names in the results lists, with some impressive results and welcome to all the new Metros.

The monthly 5K competition is restarting again in September, please see page 8. As the 5K competition and parkrun have now restarted, the Metros monthly virtual 5K has been retired. Thanks to Chris for organising.

I've seen a few references to 'LEJOG' on Strava and wondered what it was, well I've now discovered it's a virtual challenge to cover the distance between Lands End to John O'Groats – 874 miles. Irene Paull reports on how she and Sue Davie completed this challenge in a few months – see page 21.

Saturday 24th September sees the return of the longest established Metros event, the Brian Jackson Fun Run. Hope to see you all there.

Anne Ambrose

Metrolines Contributions

All contributions welcome – please send to Anne Ambrose

Email: metrolines1@gmail.com

Articles should consist of no more than 3 to 4 sides of A4 font Arial 14.

Please provide in Word format.

When submitting articles, please ensure that all information is correct, and that times, dates and places are clearly shown.

Contributions by 15th of each month please.

If you would like to advertise in Metrolines the rates are as follows:

Full page £5; Half page £3; Quarter page £2



Welcome New Members

Nilesh	Tailor
Krishna	Patel
Harman	Sond
Antonia	Smith
Olga	Freely
Sandra	Bharrat
Alex	Leggett
Paresh	Tailor
Dan	Rawle
Natasha	Mangalage
Richard	Matthews

New member Sandra Bharratt will be running the Virtual London Marathon on October 3rd to support the Action for Pulmonary Fibrosis charity. Details of her story can be found here at:-

<https://uk.virginmoneygiving.com/SandraBharrat2>

ACHIEVEMENTS



Well done to:



Mike Reid, Una Cunningham Taylor, Phillipa Brown and Carole Lloyd – for each completing 50 parkruns



Nick Russell for completing 250 parkruns

Chris Shearwood for a 1st V50 place at Hellfire Half Marathon, 18th July

Steve Paull for a 1st V65 place at Chase The Sun 10K, Victoria Park, 28 July 2021

Terry Burke for coming first in his age group at Seaton parkrun, 24th July

Irene Paull and Sue Davie for completing LEJOG

THE 42nd ANNUAL Metros FUN RUN - THE BRIAN JACKSON FUN RUN

Saturday 25th September 2021, Roxbourne Park from 8.45 am

**PLEASE NOTE THAT THIS EVENT IS INSTEAD OF ANY
Metros SATURDAY SESSION – TOILETS WILL BE AVAILABLE IN THE PAVILION**

This is the 42nd Annual Metros Fun Run and all Metros members, families and invited guests are welcome to join in this year, running, walking, helping, and spectating. This is the longest established Metros event and led to the formation of the club we now call Metros. It is named in honour of Brian Jackson, founder of the event and, for many years, the organiser.

The event was virtual last year but this year we anticipate it will follow the usual format as previous years - two runs of 4km and one run of 2km followed by a 1km walk. Anyone can run 2km, 4km, 6km, 8m or 10km, whatever distance they choose, although we recommend that girls and boys 8-10 run the 2km and younger children do the 200m (approx.). For those who don't want to run, there's a 1km walk. Although we will send an invitation via Spond to ease registration on the day, there is no need to pre enter and decisions regarding distance to be run can be made on the morning. There is no charge.

Although this is a fun run, the course has been reasonably accurately measured and times will be recorded in all events except the approximate 200m for children 7 years and under where just finishing positions are recorded.

The event timetable will be five races - two x 4km, one x 2km, (total 10km), one x 200m (approx.) and one x 1km walk.

The Distances 7 years & under = 200m. Under 11 = 2km. Over 11 = 4km

The Surface Parkland (almost all grass)

The Place Roxbourne Park, Cannon Lane South, Pinner.

The time: 8.45 am Registration. Age as on race day.

The Programme:

9.15 am 4km Male and Female over 11 years.

9.45 am 4km Male and Female over 11 years.

10.15 am 2km Girls, Boys 8-10 plus over 10s who wish to run 2km

These three races total 10km.

Followed by:

200m (approx.) 7 and under (supervisory accompaniment is permitted!)

1km Walk – all ages.

Results: Will not be calculated on the day but available soon after and published in Metrolines and on the Metros Web Site

Again, this year the adult awards will be based on age grading. Awards to keep for the first age graded man and woman in the 10km, 4km and 2km and first boy and girl 8-10 years in the 2km and first boy and girl 11-14 years in the 4K. One award only to any runner.

There are also medals to keep for the second and third boy and girl in the 8-10 age bands in the 2km and 11-14-year age bands in the 4K.

**If you'd like to know more, or can offer to help, please contact
Pat Jackson, patjacksonhome@hotmail.com 07963551816 0208 868 5683**

WHO REMEMBERS THE Metros BIATHLONS?

Seeing the running and shooting in the Pentathlon in the recent Olympic Games (GB athletes won gold medals), reminded me of the Metros Biathlons organised by Brian Jackson. These involved running and shooting at a target but, unlike the Summer Olympic Games and, more like the Winter Olympic Games, air rifles were carried whilst running.

Brian and Tim Peachey worked at Kodak Wealdstone and Tim was a member of the Kodak Rifle Club. They had a specialist shooting range at the back of the Sports Field (now sadly an estate of boxes called houses). Tim gained permission for Metros to use the sports field, borrow the air rifles and use the facilities in the rifle range.

We all practised shooting at targets adhering to strict safety rules. I remember I had difficulty holding the heavy air rifle still enough to point it at the target 20m ahead. A running route around the field was marked and each competitor completed four sets of five shots running a circuit of the sports field (approximately 800m) after each of the first three sets of shots, carrying their air rifle throughout. Each point gained from the shooting reduced their net time by 6 seconds.

The first event on 30th May 1992 had three teams Metros A and B and Kodak plus three individuals. The second event was on 17th October 1992 with three Metros teams and one Kodak team. Third on 25th September 1993 with 4 Metros teams and one Kodak team. Two events the following year with a shortened run (675m) – 21st May – two Metros teams and one Kodak team and finally, 22nd October 1994 Metros v Kodak v Arrow Players (local amateur theatre group with several Metros members including Mike Godden). I particularly like the names of these teams: Metros Superstars, Kodak Film stars (I was one of these!), The Luvvies, Metros Alsorans and one individual – The Lonesome Ownsome.

It was not easy to run with the air rifle, but it was a great event. Apart from seeking permission from the Kodak authorities to hold the event, Tim also called into Wealdstone Police Station to check if they wanted to know that people would be running around with air rifles. I think they probably thought he was crazy to organise such an event, but they were not at all concerned about the air rifles. I doubt a similar event would be allowed today!

Pat Jackson

I have results if anyone would like to see them.

Some Metros participants:

Lesley Boatman, Dave R. Brown (there were two Dave Browns then), Terry Burke, Jeanne Coker, Michelle Cotter, Richard Francis, Mike Godden, Adrian Herring, Peter Hoon, Anne Leigh, Kate Lockhart, Alan McBride, Gill McBride, Jacqui Poole, Steve Poole, Peter Reynolds, Mervyn Stuckey, Mary Swindles, Koster Tavatgis, Mike Warwick, David Young, Garry Young, Jane Young, Teresa Young. Plus, Brian, Tim, and me.

Metros 5k Competition



When & Where: A mix of parkruns and 5k runs at Roxbourne Park and Harrow School track - see calendar below. All events start at 9am.

Date	Event
18 September 2021	Canons Park parkrun
23 October 2021	Track 5k @ Harrow School
06 November 2021	Metros 5k @ Roxbourne Park
18 December 2021	Northala Fields parkrun
15 January 2022	Rickmansworth parkrun
05 February 2022	Metros 5k @ Roxbourne Park
19 March 2022	Sunny Hill parkrun
April 2022 - date tbc	Track 5k @ Harrow School
07 May 2022	Metros 5k @ Roxbourne Park
18 June 2022	Harrow parkrun
July 2022 - date tbc	Track 5k @ Harrow School
06 August 2022	Metros 5k @ Roxbourne Park

Price: Free

Eligibility: Must be a member of Metros and registered with parkrun. Participants are strongly encouraged to wear official Metros kit at all events.

Scoring: Scores will be calculated on an age-graded basis as follows: the runner with the highest age grading in an event is awarded 50 points, 2nd highest 49 points, etc. Final positions will be determined by highest cumulative score over the year with only your top 10 results counting.

A trophy will be awarded to the top male and female overall. There will also be an award for anyone who participates in all 12 events. Participating means running, walking or volunteering so please come along even if you are unable to run.

Any changes to the calendar will be communicated as early as possible.

emma.rackham@hotmail.co.uk

2021 – A SUMMER LEAGUE YEAR



Following the 2020 season of the Summer League which had been virtual due to Covid-19, it was agreed to attempt to host four events rather than the usual five this year. Our location in Headstone Manor Recreation Ground was not available due to works in the park. Unfortunately, the planned Perivale fixture could not take place due to last minute Covid restrictions.

When restrictions eased, three dates for fixtures were arranged. Unfortunately, the Dulwich date clashed with the Burnham Beeches Half Marathon and 10km and many Metros already had entries held over from the previous year. The Battersea date clashed with The Vitality Big Half – half marathon which also reduced the number of runners. These were the only dates available to book the relevant parks.

Mornington Chasers had extremely difficult negotiations with the Regent's Park authorities who had their own Covid restrictions but weren't forthcoming about what they were until the very last minute. The usual presentation of awards at the first fixture of the season wasn't allowed so each club were given awards and medals for the 2019 season to distribute to their members. Park authorities at Dulwich were easier to deal with but Battersea parks authorities again had their own Covid restrictions including no relays and no picnic!

To say the least, waved starts made result calculations more time consuming. Especially time consuming were the Dulwich results following a mishap with a marshal which meant some runners, during the race, ran a longer course. Congratulations to the host clubs – Mornington Chasers, Dulwich and Serpentine for hosting and having to contend with last minute changes including one earlier start time and changed routes.

Thanks to Dave Brown who arranged the Metros relay teams and Metros administration at Battersea. Thanks to Irene Paull who, not only did Metros administration, but provided clubs with the necessary know-how to produce results

from wave starts and helped recalculate times and finishing positions for runners who ran a longer course! Irene is also Honorary Treasurer for the league.

Thanks to all Metros who participated in any of the three events. Hopefully the 2022 season will be the familiar format prior to Covid-19.

Pat Jackson



SUMMER LEAGUE REGENT'S PARK - 25 JULY 2021

Pos	Name	Time	Pos	Cat	Cat Pos	Points
5	Nigel Rackham	00:36:47	5	M55	1	316
13	Marcus Weedon	00:39:31	12	M45	2	229
19	Richard Brown	00:40:14	17	M45	4	294
20	Paul Spendloff	00:40:19	18	M40	2	288
25	Nilesh Tailor	00:41:13	22	M50	2	294
29	John Norris	00:41:46	25	M40	5	281
32	James Kerrane	00:42:05	27	M40	6	279
36	Nicky Smith	00:42:38	31	M45	6	280
41	Kyie Hollingshead	00:43:21	36	MU20	1	265
45	Clive Heidrich	00:44:00	38	M45	9	273
48	Tian Hollingshead	00:44:15	41	SM	13	260
60	Michael Morris	00:45:41	50	M50	4	266
62	Kevin Concannon	00:46:12	51	M60	3	275
64	Zahra Bassiri	00:46:18	13	F35	4	288
67	Nick Russell	00:46:34	53	M45	11	258
72	Emma Ponnaganti	00:46:51	17	F45	2	294
74	Kevin Smart	00:47:06	56	M60	6	270
75	Jeff Suffield	00:47:26	57	M45	12	254
	Caroline Day-Lewis	00:48:51	25	F50	5	291
110	Zaheer Sidik	00:52:37	75	MU20	2	226
115	Martin Eden	00:52:51	77	M65	3	254
116	Ann Suffield	00:52:53	39	F45	5	272
124	Linda Georgiades	00:54:06	44	F55	2	277
128	Ariff Sidik	00:54:46	82	M40	18	224
138	Barry Nolan	00:56:13	86	M50	9	230
158	Steve Paull	01:00:06	91	M65	4	240
159	Sakina Sidik	01:00:35	68	F40	7	238
167	Lorraine O'Donovan	01:02:33	73	F55	11	248
177	Nancy Morris	01:06:00	80	F50	12	236
190	Irene Paull	01:13:31	92	F60	5	234
TENDERFOOT						
1	Annabelle Suffield	00:06:11	1	F12	1	104
9	Eloise Suffield	00:08:24	7	F7	1	108

Cont

REGENT'S PARK RELAY RESULTS 290m-

before age weighting etc has been applied

MALE TEAM

Kyie Hollingshead	0m 42.8s
Tian Hollingshead	0m 50.33s
John Norris	0m 47.01s
Marcus Weedon	<u>0m 47.01s</u>
3 rd from 7 teams	3m 06.84s

BI TEAM

James Kerrane	0m 50.53s
Nigel Rackham	0m 56.68s
Kevin Smart	0m 48.40s
Mike Morris	<u>0m 50.34s</u>
1 st from 6 teams	3m 25.85s

LADIES TEAM

Annabelle Suffield	0m 44.05s
Emma Ponnaganti	0m 55.15s
Caroline Day-Lewis	0m 58.86s
Zahra Bassiri	<u>0m 51.31s</u>
4 th from 7 teams	

B2 TEAM

Ariff Sidik	0m 52.44s
Ann Suffield	0m 60.72s
Jeff Suffield	0m 46.76s
Zaheer Sidik	<u>0m 46.77s</u>
1 st from 4 teams	0m 26.69s

SUMMER LEAGUE DULWICH – 15 AUGUST 2021

	Name	Time	Pos	Cat	Cat Pos	WAVA	Points
33	Tian Hollingshead	00:35:00	29	SM	15	60.90%	272
40	Clive Heidrich	00:35:56	36	M45	5	64.33%	275
65	Kyie Hollingshead	00:39:10	51	MU20	1	54.43%	250
69	Steve Paull	00:39:39	54	M65	1	69.15%	277
74	Jennifer O'Sullivan	00:40:15	19	F45	2	64.22%	292
75	Zaheer Sidik	00:40:24	56	MU20	2	52.76%	245
99	Ariff Sidik	00:43:28	67	M40	15	51.19%	239
120	Tim Oakley	00:46:40	67	M60	8	56.14%	252
133	Monica Shortt	00:49:22	55	F50	9	55.23%	261
139	Lorraine O'Donovan	00:50:53	60	F55	9	56.86%	261
140	Sakina Sidik	00:50:55	61	F40	9	48.90%	245
153	Anne Ambrose	01:00:01	69	F60	5	51.35%	257
155	Irene Paull	01:06:11	71	F60	6	46.56%	255
157	Penny Hudson	01:06:35	73	F60	7	46.28%	253
TENDERFOOT							
7	Alisha Sidik	00:11:22	5	F14	1		

Cont

DULWICH RELAY RESULTS – 350M

before age weighting etc. has been applied

MALE TEAM

Clive Heidrick	1m 03.47s
Tian Hollingshead	0m 57.87s
Zaheer Sidik	0m 53.12s
Kyie Hollingshead	<u>0m 54.31s</u>
3rd from 7 teams	3m 48.77s

LADIES TEAM

Jenny O'Sullivan	1m 12.63s
Alisha Sidik	1m 27.42s
Monika Shortt	1m 21.79s
Sakina Sidik	<u>1m 30.34s</u>
5th from 5 teams	5m 59.40s

B1 TEAM

Ariff Sidik	1m 02.01s
Anne Ambrose	2m 04.71s
Lorraine O'Donovan	1m 36.79s
Steve Paull	<u>1m 28.08s</u>
5 th from 5 teams	6m 11.59s

SUMMER LEAGUE BATTERSEA – 22 AUGUST 2021

	Name	Time	Pos	Cat	Cat Pos	Points
31	Richard Brown	00:39:44	28	M45	5	283
35	James Kerrane	00:40:57	32	M40	7	274
44	Tian Hollingshead	00:42:25	40	SM	16	261
50	Clive Heidrich	00:43:10	45	M45	9	266
61	Kyie Hollingshead	00:45:00	56	MU20	2	245
65	Nick Russell	00:45:36	59	M45	12	252
79	Kevin Smart	00:46:56	68	M60	7	258
99	Steve Paull	00:50:12	81	M65	1	250
101	Linda Georgiades	00:50:22	20	F55	1	301
142	Tim Oakley	00:57:25	100	M60	12	226
150	Jasia Zimmerman	01:00:33	47	F60	3	279
151	Jonathan Pang	01:01:51	104	M45	19	207

NO RELAYS ALLOWED

Virtual 5K – July

Now that parkrun *proper* has returned, we are retiring this competition gracefully and, in the nicest possible way, with gratitude for its helping us through some dark times, we hope not to need it again. Enough anthropomorphising...

As usual, the ladies beat the men in terms of numbers and the men beat the ladies in terms of average age grading - only just, in both cases. With numbers lower than hitherto (parkrun the following day, Summer League the day after that), there wasn't much competition between individuals apart from Carole and Judy. Well done to Jane for consistently topping the ladies' table of late. The stand-out result must be Nigel who has missed much of this competition but this time knocked a whopping 96 seconds off last month's, putting him within a whisker of a 90% age grading - the powers that be designate anyone posting over 90% as "World Class".

I'd like to thank everyone who's participated in this event over the past months and I hope you've all enjoyed it. Apart from the distance, it differs from parkrun in many ways (often solo, often around local streets, different times of the day) so the return of parkrun should provide something a bit different, for which I nonetheless hope that MV5KC has prepared you, especially if you're new to it. I'll be watching Metros' participation with interest...

Chris

Metros Men Virtual 5k Challenge - Results July 2021		
Name	Time	Age Grading %
Nigel Rackham	17 mins 38 secs	89.81
Chris Shearwood	19 mins 32 secs	80.42
Malcolm Smith	20 mins 53 secs	76.46
Paul Spendloff	18 mins 58 secs	73.84
Andrzej Warhaftig	27 mins 07 secs	65.20
Rohan Mascarenhas	25 mins 24 secs	58.98
Tim Oakley	28 mins 00 secs	57.98
Brian McGrory	32 mins 05 secs	49.36
Malcolm Jackson	39 mins 16 secs	44.00
Rich Jackson	39 mins 16 secs	33.46
Average age grade		62.95

Metros Virtual 5k Challenge - Women's Results July 2021		
Name	Time	Age Grading %
Jane Hudson	25 mins 31 secs	75.41
Lynne Jones	27 mins 47 secs	68.39
Zahra Bassiri	23 mins 32 secs	64.13
Linda Georgiades	28 mins 00 secs	63.87
Ann Suffield	25 mins 33 secs	62.05
Carole Lloyd	32 mins 05 secs	61.53
Judy Rackham	30 mins 34 secs	61.39
Monica Shortt	29 mins 45 secs	58.07
Ruth Tidder	29 mins 03 secs	57.50
Emma Rackham	28 mins 36 secs	51.64
Diane O'Reilly	34 mins 47 secs	47.50
Average Age Grade		61.04

Metros 5K Results 7th August 2021

Was that the worst August for weather in recent memory?

19 hardy souls braved the elements to run our first 5K at Roxbourne Park in over a year, on the first Saturday in August. There is a point when you're running in the rain, and you're so wet, it makes little difference. All had run our course before, so we scraped by with the minimum of marshalling and signage. Steve, Marilyn, and Marion all volunteered – for which I'm very grateful. Marion took the short straw and stood by one of the less obvious trip hazards on the route. Meanwhile I huddled by the pavilion keeping out of the worst of the weather till the first runners arrived back.

The results are presented by age grade as from November 1st we'll be back as part of the annual 5K challenge. Looking forward to seeing many more of you then – whatever the weather.

Irene

NAME	TIME	AGE	POSITION
		GRADE	
Adam Leary	23:05	67.7%	2
Kevin Smart	23:17	70.1%	1
Simon Abery	23:28	66.0%	3
Andrew Fox	23:53	66.0%	
Caroline Day-Lewis	24:03	73.3%	1
David Young	26:32	64.4%	
Linda Georgiades	26:54	71.1%	2
Andrew Collier	27:21	56.7%	
Robyn Walliser	28:40	54.9%	
Kirit Ranpura	29:12	54.9%	
Judy Rackham	32:06	60.4%	
Michael Ransome	32:06	55.6%	
Karen Leary	34:35	52.3%	
Joanna Collier	34:39	51.6%	
Teresa Young	34:51	57.3%	
William Bailey	34:54	44.4%	
Ceri Jacob	37:13	49.3%	
Janice Newman	37:13	66.3%	3
Sonya Grist	58:00	44.2%	
F Average		58.1%	
M Average		60.6%	

Volunteers

Irene Paull, Marilyn
Pickford, Steve Paull,
Marion Rogan

Hellfire Half Marathon – 18th July

1st -	1:21:25
5th - Christopher Shearwood -	1:36:06 (1st V50)
59th - John Norris -	1:56:25
269th -	4:16:34

Chase The Sun 10k, Victoria Park -28 July 2021

108 Steve Paull 49.07 (1st V65)

Winner's time 30.30

201 finishers

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

1		32:26
83	Nilesh Tailor	41:59
92	John Norris	42:21
100	James Kerrane	42:39
102	Nicky Smith	42:41
185	Malcolm Smith	45:43
661	Linda Dunne	58:01
665	Barry Nolan	58:09
1388	Harmandeep Sond	87:58
1431	Finishers	01:52:58

Asics 10K – 25th July

1		29:25
3767	Rohan Mascarenhas	58:03
5745	Sonny Peary	67:00
7907	Finishers	



London Landmarks Half Marathon- 1st August

1		01:11:54
290	Nicky Smith	01:32:13
292	Nilesh Tailor	01:32:14
319	John Norris	01:32:42
4518	Barry Nolan	02:06:31
10970	Finishers	14:33:07

Burnham Beeches Half Marathon & 10K – 15th August

Half

1		01:12:09
24	Chris Shearwood	01:29:09
37	James Kerrane	01:32:46
55	John Doe	01:37:10
60	John Norris	01:38:19
346	Linda Dunne	02:13:24
455	Finishers	03:09:01

10K

1		0:33:58
216	Glyn Watkins	01:03:42
231	Caroline O'Dwyer	01:04:58
290	Carole Lloyd	01:11:31
346	Veronica Georgescu	01:21:09
362	Finishers	01:34:25

Vitality Big Half – 22nd August

1		1:02:06
1251	Nilesh Tailor	01:32:58
1447	Nicky Smith (Harrow AC)	01:35:03
2099	Malcolm Smith	01:40:32
2388	Tony Watson (Sudbury Court)	01:42:39
3028	Caroline Day-Lewis	01:47:38
3721	Jennifer O'Sullivan	01:52:04
5619	Barry Nolan	02:04:17
6054	Ariff Sidik	02:07:28
7541	Sakina Sidik	02:20:49
8080	Caroline O'Dwyer	02:27:02
9031	Irene Paull	02:45:40
9722	Anne Ambrose	03:32:10
9811	Finishers	06:25:42



Metros 5K Track – 28th August

Group 1

Marcus Weedon	18.47
James Kerrane	19.45
Malcolm Smith	20.13
Mike Morris	21.31
Nick Russell	21.50
Emma Ponnaganti	22.26

Group 2

Nathan Powell	20.34
Zara Bassiri	22.36
Simon Abery	23.01
Andy Fox	23.06
Steve Paull	23.18
Laure Champreix-Aslan	23.36
Caroline Day Lewis	23.37
Alok Agarwal	24.42
Anne Nola	25.27
Ravi Raja	25.41
Lynne Jones	26.54

Group 3

Taran Agarwal	25.37
Harish Gohil	25.47
Bruno Croford	25.55
Andrew Collier	26.15
Ryan Thomson	28.28
Jo Collier	32.25
Irene Paull	32.44
Anne Ambrose	34.10
Lea Ryan	42.33

There and Back Again – Irene Paull

October 2020: I can't remember if we were in or out of lockdown, but on a zoom call with Sue Davie she told me she'd taken on a virtual challenge to get fitter – walking from Land's End to John O'Groats (LEJOG), a total distance of 874 miles. "I'm up for that", I said, "I'll give you a head start and sign up on 1st November". At the time I was running (sort of). I'd sprained my ankle back in May, but it seemed to be recovering, so I thought with a couple of runs per week and a few walks I'd have no trouble catching up.

December 2020: Sunday morning run turns into a hop. My ankle was clearly unimpressed with the lack of stretching and strengthening in my routine and decided running was simply not on. So, it'd have to be walking only. Easy I thought, but how wrong I was. I quickly realised that my pattern is to go out and do a really long walk then lie about for a couple of days afterwards recovering. Meanwhile, Sue was going out doing a couple of miles every morning, and again every evening.

January 2021: Sue and her family had to quarantine for two weeks, a chance to catch up you'd think, but I was so far behind that it had little impact.

Spring 2021: I was now walking many more times a week than before. Daily exercise has never been my thing, but it was improving from 3 times a week to 4 or 5; still not enough. But my walking had got much better. Getting bored with the same streets, walking quickly was a way of getting the effort over with. I'd reconciled myself to not catching Sue, but could I at least equal her time given she looked like finishing in June?

Late May Bank holiday: Although I don't do cross country (no sense of balance, dodgy ankle, don't like falling over), I make an exception for the Dorset off-road races that Sue discovered. Some might say it's just an excuse for a weekend away leaving Steve at home (he will never be found on a campsite), and I wouldn't disagree. The route was "technical". In my book that's "no chance of running that then". In fairness there is a photo of Wendy, Penny and I running at one point, but I think that section of the course is just for photo opportunities. The rest is steep slopes, rutted fields, tree roots, boggy bits, loose scree and so on. Some lovely views, but I had to stop to look, I'm not suicidal. It took nearly six hours to do the nearly 16 miles. Admittedly there was a sit down for refreshments at the end of each lap and a free gin bar before the end of the last lap. Nonetheless it felt like a huge achievement so naturally we celebrated at the end of the day. Sue then broke the news that she'd be completing the LEJOG challenge the following Friday just a few days into June. At that time, I was still in the Cairngorms (hilly bit in the middle of Scotland) with no chance of finishing in a month, so Sue had well and truly beaten me.

LEJOG 874-mile virtual challenge:

Sue Davie: 8 months, 4 days

Irene Paull: 8 months, 4 weeks



Be careful with celebrations, Penny and I found ourselves thinking Sue's suggestion of doing John O'Groats to Land's End (JOGLE) was a splendid idea. That's right, as of August 1st, we've turned round and we're heading back.

5-Mile Handicap 5th September

	Time	Handicap	T & H	Points	next hcp
Linda Georgiades	48.10	-2.00	46.10	29	11
Paz Tailor	46.58	0.00	46.58	27	12
Irene Paull	57.15	0.00	57.15	16	2
Stephanie White	58.33	0.00	58.33	14	1
Gladys de Groot	70.55	-12.00	58.55	12	-12
Elish Fernandes	70.55	-12.00	58.55	12	-12
Robyn Walliser	47.10	12.00	59.10	10	12
Simon Abery	40.31	19.00	59.31	9	19
Judy Rackham	51.38	8.00	59.38	8	8
Adam Leary	38.49	21.00	59.49	7	21
Malcolm Jackson	60.06	0.00	60.06	5	-1
Ruth Tidder	47.38	13.00	60.38	4	12
Kevin Smart	37.45	23.00	60.45	3	22
Mike Ransome	54.04	7.00	61.04	1	5
Anne Ambrose	58.49	4.00	62.49	-1	1



NOTES OF METROS VIRTUAL COMMITTEE MEETING

Thursday 22 July 2021 via a Zoom conference call at 8.00 pm

PRESENT COMMITTEE: Steve Alder, Anne Ambrose, Pat Jackson,
Paula Kanesanathan, Irene Paull, Steve Paull,
Marilyn Pickford, Emma Rackham, Mike Ransome,
Nigel Rackham, Ariff Sidik, Marcus Weedon

NON - COMMITTEE: Tim Oakley

CHAIR: Nigel Rackham
NOTE RECORDER: Pat Jackson

(Any member unable to attend a meeting should inform Nigel Rackham, Steve Alder or Paula Kanesanathan in advance. If they have an action item outstanding, they should give their report on that item to Nigel, Steve, or Paula).

1. APOLOGIES: Barbara Robson, Teresa Young

2. ACTIONS FROM LAST MEETING – 13 May

Nigel gave apologies for being unable to attend the previous meeting at short notice and thanked Paula for chairing the meeting.

Hall of Fame – It was agreed that Marcus would send his research to Irene to prepare a script and Emma will search for relevant photos. When ready a decision will be made regarding how this will be awarded.

ACTION: Marcus Weedon/Irene Paull/Emma Rackham

Metros 5K Competition – Emma confirmed the event linking the present 5K in Roxbourne Park, track and parkrun and had sent details of the scoring system. Emma suggested a start in September and will check dates with Irene to fit in with other Saturday morning events, and Nathan to check track availability.

ACTION: Emma Rackham/Irene Paull/Nathan Powell

Pre 19 July Covid Restrictions – Tim, Paula and Nigel had completed this item.

Friday Morning Sessions – Marcus confirmed these were going OK.

Treasurer's Report – Teresa was unable to attend but Mike confirmed the Metros accounts had been audited. Teresa will send the audited accounts to the committee

ACTION: Teresa Young

England Athletics Requirements – Steve stated this is ongoing and a list of trained leaders is being compiled.

ACTION: Steve Alder

Use of Spond Beyond Lockdown – This system is working very well and is free at present. Irene confirmed that Runners World in Eastcote will accept the Spond App as proof of Metros membership in lieu of membership cards. Irene will issue an update to members on how to use the system.

ACTION: Irene Paull

Website Editor – Irene confirmed that no one has volunteered to take this on. Apparently, the web site is too large, and Irene will reduce but leave general information and increase the use of Spond. Irene stated that at present there is no means of archiving information.

ACTION: Irene Paull

AED – Teresa has purchased a second Metros defibrillator and Emma will return the one borrowed from Canons Park parkrun. There is a WhatsApp group re AED distribution, and it was agreed that Emma will inform session leaders that they will be responsible for ensuring an AED is available at their session and that the location is made aware to members participating.

ACTION: Emma Rackham

Vets T&F League - Pat confirmed this is completed for this year and four records had been broken. Wendy Mulvenna was thanked for organizing the Metros team and encouraging new participants.

3. CLUB EVENTS

Latest Relaxation of Covid Restrictions – Tim has checked the updates recommended by England Athletics and listed the most relevant. He will produce a short document listing their recommendations.

ACTION: Tim Oakley/Nigel Rackham

Emma organized a survey using Spond to gauge members preferences regarding changes to the Metros sessions due to Covid restrictions. This survey will be added to Metrolines. The consensus was that running in smaller groups should continue, leaders permitting.

ACTION: Emma Rackham

TVXC - Thames Valley Cross Country League – Marcus confirmed the Metros venue is booked and more league dates will be available soon.

Metros Awards – with limited inside gatherings it was agreed there would be no presentation of Metros awards this year.

Summer League – Regent's Park authorities have listed further Covid restrictions for this Sunday (25 July) to comply with increased park use.

The planned event at Dulwich should go ahead as parkrun is already held there. The Battersea fixture may require similar restrictions to Regent's Park.

Metros Championships and Award Document – Updates suggested by Dave Brown and Pat Jackson were approved.

Harrow Hill Race 2021 – Paula confirmed this would not now be happening until 2022. She has not yet applied to the Council as it's unlikely they would be in a position to give approval at present. She will apply September/October.

ACTION: Paula Kanesanathan

4. OTHER EVENTS – no items

5. ADMIN

FUTURE METROS COMMITTEE MEETINGS - A question had been raised if the Committee had considered holding meetings on a Friday when there are no Metros sessions. Paula confirmed that the committee is asked for availability for Zoom meetings and a date suitable to the majority is chosen

The frequency of Zoom meetings was discussed, and it was agreed that all members should be notified of forthcoming meetings.

ACTION: Paula Kanesanathan

SATURDAY SCOUT HALL START UP- It was agreed that, although the survey by Emma had shown this would be welcome, it was decided in light of Covid not to use this facility at present. Tim confirmed that Metros gatherings outside are preferable as Metros would be responsible for cleaning the building adhering to Covid restrictions and social distancing would be difficult.

Lowlands Tennis Club are responsible for conforming with Covid restrictions regarding cleaning and distancing and it was confirmed that any Metros use of the building after the Tuesday sessions is not the responsibility of Metros.

Pat had recently checked the Metros shed which appeared to be in good condition and Pat will organize a clean-up.

ACTION: Pat Jackson

REFRESHMENT CO-ORDINATOR – As requirements for refreshments on Saturday morning, Summer League and TVXC are very different, Pat suggested that the present single role be split. This was agreed.

RUNNING BACKPACKS FOR FIRST AID KIT – Teresa had suggested session leaders have running backpacks as being more comfortable than the present bum bags. It was agreed that Teresa and Paula will establish which section leaders would like to use them and purchase those requested.

ACTION: Teresa Young/Paula Kanesanathan

6. AOB

NIGHT OF THE OLYMPICS – Paula will discuss with Mitesh Patel.

ACTION: Paula Kanesanathan

LRRC TROPHY RACES AND ADDING A MARATHON DISTANCE – The series of events will be reviewed in January and Irene will check with Vincent Cheung, co-ordinator,

ACTION: Irene Paull

LEADER COORDINATOR FOR SATURDAY MORNING - Nigel will advertise this requirement again as no one has yet volunteered.

ACTION: Nigel Rackham

MEMBERS' OPINIONS – Ariff suggested that, on a quarterly basis, members' opinions are sought. It was agreed that Emma would initiate such a regular survey.

ACTION: Emma Rackham

YOUTH COMMITTEE REPRESENTATIVE – Paula suggested that our younger members be asked if they would like to have some representation on the committee. Nigel will follow up.

ACTION: Nigel Rackham

Meeting closed at 9.27 pm.

NEXT MEETING – To be confirmed

Metros Website and social media

www.metros.org.uk

Contributions to Irene Paull at metros.secretary@yahoo.co.uk

We also have Facebook and Instagram pages and a Twitter account – please like or follow us. If you would like to join Metros' group email, please contact Irene Paull at metros.secretary@yahoo.co.uk

Group email address: metrosrc@googlegroups.com

***Metros* REGULAR RUNS**

MONDAY	19.00	Ariff Sidik, Marcus Weedon, Linda Dunne 07827 66823	
	19.15	Teresa Young Mike Ransome Email: Mw49ran@gmail.com	020 8866 3225 07802 839 498
TUESDAY Run / Walk Group	19.00	Steve Paull Penny Hudson	020 8422 6636 pm.hudson@ntlworld.com
WEDNESDAY	19.15	Nathan Powell Kevin Smart	07510 122288 07810 835352
THURSDAY	19.00	Mike Morris mike.morris100.mm@gmail.com	07906 151525
THURSDAY TRACK SESSION		Dave Brown 07939 567561	
FRIDAY STRENGTH SESSION		07.00	Marcus Weedon marcusweedon@hotmail.com
SATURDAY	09.00	Ceri Jacob Debra Norman	07771 636 647 0208 866 6909

See website for more details: www.metros.org.uk

Please Note: All runners are responsible for themselves.

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