



October 2021  
Issue No. 392



42<sup>nd</sup> Brian Jackson Fun Run



# *Metros Diary*

## 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  |
| Sun 17 | Cabbage Patch 10                   | 9.00 am  |
| Sat 23 | Metros Track 5K                    | tbc      |
| Sun 24 | TVXC – Metros, Hillingdon          | 11.00 am |

## November

|        |                                   |          |
|--------|-----------------------------------|----------|
| Sat 6  | Metros 5K Challenge, Roxbourne PK | 9.00 am  |
| Fri 12 | AGM – Lowlands Tennis Club        | 8.00 pm  |
| Sat 13 | Measured Mile, Roxbourne Park     | 9.00 am  |
| Sun 14 | TVXC – Datchet                    | 11.00 am |

## December

|        |                              |          |
|--------|------------------------------|----------|
| Sat 4  | 5 Mile Handicap              | 9.00 am  |
| Sun 5  | Perivale 5                   | 10.00 am |
| Sat 11 | Wot No Watch, Roxbourne Park | 9.00 am  |
| Sun 12 | TVXC – Reading               | 11.00 am |
| Sat 18 | parkrun – Northala Fields    | 9.00 am  |

## January

|        |                                    |          |
|--------|------------------------------------|----------|
| Sat 1  | Metros 10K Challenge, Roxbourne PK | 8.50 am  |
| Sat 8  | Wot No Watch, Roxbourne Park       | 9.00 am  |
| Sat 15 | parkrun – Rickmansworth            | 9.00 am  |
| Sun 16 | TVXC – Metros, Bracknell           | 11.00 am |
| Sat 22 | Metros Track 5K                    | tbc      |
| Sun 23 | Fred Hughes 10                     | 10.00 am |

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

# *Note from the Editor!*

I'm still feeling inspired by the London Marathon, what a fantastic day with some impressive results from Metros.

Although most events have returned, there are still some new arrangements around mass events that take a bit of getting used to such lateral flow testing, limited baggage drops, limited drinks stations. It's all part of the challenge!

Fortunately, the longest established Metros event, the Brian Jackson Fun Run was able to go ahead live this year – see page 9 for the results.

A highlight for this month is the return of the cross-country league with the Metros fixture scheduled for 24<sup>th</sup> October. Please consider marshalling if you cannot run on that day, Angela would like a few more volunteers and the runners will be grateful for your support.

Please see the notice for the AGM on Friday 12<sup>th</sup> November.

Hope to see you all there.

Anne Ambrose

## **Metrolines Contributions**

All contributions welcome – please send to Anne Ambrose

Email: [metrolines1@gmail.com](mailto: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 15<sup>th</sup> 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

## Date for your diary

### Metros AGM

Friday 12<sup>th</sup> November 2021

Lowlands Hall (Tennis and Social Club), Eastcote, HA5 1TU

8:00pm

Please respond if you are going using the Spond app.

If you do not use Spond (and why not – it is a great app), please respond by email if you are going to: [s.alder@virginmedia.com](mailto:s.alder@virginmedia.com) prior to the day, so that we can gauge numbers.



A few Metros who have recently completed marathons and ultra-marathons.

Back row: Steve Paull, Mike Morris, Sakina Sidik, Claire Millbery, Spencer Millbery, Sonny Peart, Chris Shearwood

Front row: Nigel Rackham, Anne Nola, Caroline Day-Lewis, Sasha Birkin, Emma Ponnaganti

# ACHIEVEMENTS



Well done to:

**Nigel Rackham and Sasha Birkin** – 1<sup>st</sup> man and woman at the Bedford 20 and also first in their age groups

**Nigel Rackham** also came 2<sup>nd</sup> in the Moor Park 10K and 1<sup>st</sup> in his age group

**Tony Watson** – 1<sup>st</sup> M60+ at Moor Park 10K

**Chris Shearwood** for a 1<sup>st</sup> V55 at Hereford half marathon

**Shyam Patel** – for running his first marathon at the Berlin Marathon

**Simon Dadomo** – for completing his first marathon at the London Marathon

Some recent Parkrun first (M or F) finishers:

**Peter Rackham** - Canons Park, 24 July, 18:35

**Nigel Rackham** - Ipswich 21 August, 18:27 and Canons Park, 18 September, 18:25

**Chris Shearwood** – South Oxhey, 11 September, 19:45

**Sasha Birkin** – lots of first places - notably quick ones being Rickmansworth, 14 August, 19:08 and Cassiobury 25 September in a stunning 19:11, 86% age graded after her recent big birthday. Also, a PB at the London Marathon.

**Terry Burke** for coming first in his age group (M70- 75) at Seaton parkrun, 4<sup>th</sup> Sept

Well done to **Emma Rackham** and **Sakina Sidik** for milestone parkruns (200 and 150 respectively).



## Thames Valley Cross Country League



The Thames Valley Cross Country League is back this year (restrictions permitting) and is based around 6 races held from October to February each year.

Events are held on Sundays and each course is usually a mixture of woodland trails and parkland and is normally about 5 miles in length.

Originally sponsored by Today's Runner magazine, the original idea was that racing in the league should encourage friendly competition and ensure that everyone is able to participate in and enjoy the events. Although no longer sponsored by the magazine, the original spirit of the league still stands.

Men and women teams compete in the same race with the first 6 men and first 4 women from each club scoring points. All abilities take part and even non-scorers can affect the result by getting ahead of scorers from other clubs, as the points are calculated based on overall race position of the scoring runner. To promote club spirit, club colours must be worn by any runner to score, and there must be a given number of veterans in the team.

- Round 1 - 24th Oct 2021 - Metros, Hillingdon Sports & Leisure Complex
- Round 2 - 14th Nov 2021 - Datchet, The Brocas
- Round 3 - 28th Nov 2021 - Sandhurst, Lord Wandsworth College
- Round 4 - 12th Dec 2021 - Reading, Ashenbury Park
- Round 5 - 16th Jan 2022 - Bracknell, Lightwater Country Park
- Round 6 - 23rd Jan 2022 - Handy Cross, Bradenham Woods, High Wycombe

All fixtures start at 11am



# WANTED!

**Amazing** people to **marshal** the Metros Thames Valley Cross Country event on **Sunday 24 October 10am to 1pm**. The event is based at **Hillingdon Athletics Stadium** and the run consists of 2 laps around Hillingdon House Fields. The runners need to be directed round the course and supported with enthusiastic encouragement and cheering. So, if you don't mind spending a Sunday morning in the fresh air and walking at least part of the course to get into position please either sign up on Spond or send me your name and mobile number. You will be very much appreciated and grateful runners will thank you for your support. No experience necessary, you don't have to be a Metros member either so do bring any friends or family who can be persuaded to join the marshals' team. Looking forward to hearing from you and many thanks to those of you have already volunteered. Angela

[a.murphy91@yahoo.co.uk](mailto:a.murphy91@yahoo.co.uk) 07779639496

[a.murphy91@yahoo.co.uk](mailto:a.murphy91@yahoo.co.uk) 07779639496

## Metros 5K Competition

**When & Where:** A mix of parkruns and 5K runs at Roxbourne Park and Harrow School track

Remaining fixtures for 21/22:

|                  |                            |
|------------------|----------------------------|
| 23 October       | Track 5K @ Harrow School   |
| 06 November      | Metros 5K @ Roxbourne Park |
| 18 December      | Northala Fields parkrun    |
| 15 January       | Rickmansworth parkrun      |
| 05 February      | Metros 5K @ Roxbourne Park |
| 19 March         | Sunny Hill parkrun         |
| April – date tbc | Track 5K @ Harrow School   |
| 07 May           | Metros 5K @ Roxbourne Park |
| 18 June          | Harrow parkrun             |
| July – date tbc  | Track 5K @ Harrow School   |
| 06 August        | Metros 5K @ Roxbourne Park |

**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, 2<sup>nd</sup> 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 includes 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*

## 42<sup>nd</sup> METROS ANNUAL FUN RUN – THE BRIAN JACKSON FUN RUN 25<sup>th</sup> SEPTEMBER 2021

Again, runners' results in the 10K, 4K and 2K were based on age grading (AGE G%). Adult runner's times for each distance completed were converted to an age graded percentage by using the tables published by the World Association of Veteran Athletes (WAVA) – the 'Howard Grubb' Tables. An award is made to each competitor for the best age graded performance for adults in the 10K, 4K and 2K - 10K the highest award – one award only per competitor.

10K – 1<sup>st</sup> Woman – Linda Georgiades  
4K - 1<sup>st</sup> Woman – Annabelle Suffield  
2K - 1<sup>st</sup> Woman – Marion Rogan

1<sup>st</sup> Man – Nigel Rackham  
1<sup>st</sup> Man – Marcus Weedon  
1<sup>st</sup> Man – Adam Leary

### 10K

| WOMEN                   | 1 <sup>st</sup> Race<br>4K | AGE<br>G % | 2 <sup>nd</sup> Race<br>4K | AGE<br>G % | 3 <sup>rd</sup> Race<br>2K | AGE<br>G %   | TOTAL<br>10K   | AGE<br>G %   |
|-------------------------|----------------------------|------------|----------------------------|------------|----------------------------|--------------|----------------|--------------|
| <b>Linda Georgiades</b> | 20m 36s                    | 71.7%      | 20m 48s                    | 71.0%      | 10m 15s                    | 68.8%        | <b>51m 39s</b> | <b>73.8%</b> |
| <b>Marion Rogan</b>     | 27m 50s                    | 66.3%      | 25m 54s                    | 71.2%      | <b>12m 05s</b>             | <b>72.9%</b> | 65m 49s        | 71.7%        |
| Lynne Jones             | 22m 29s                    | 69.7%      | 22m 28s                    | 69.7%      | 11m 26s                    | 65.4%        | 56m 23s        | 71.5%        |
| Barbara Reading         | 26m 50s                    | 70.0%      | 28m 23s                    | 66.2%      | 13m 57s                    | 64.2%        | 69m 10s        | 69.4%        |
| Jasia Zimmerman         | 23m 26s                    | 66.9%      | 24m 46s                    | 63.3%      | 11m 33s                    | 64.8%        | 59m 45s        | 67.5%        |
| Judy Rackham            | 25m 48s                    | 59.8%      | 26m 08s                    | 59.1%      | 12m 47s                    | 57.7%        | 64m 43s        | 61.4%        |
| Carole Valentine        | 27m 08s                    | 55.3%      | 27m 50s                    | 53.9%      | 14m 27s                    | 49.5%        | 69m 25s        | 55.7%        |
| Philippa Brown          | 26m 08s                    | 46.7%      | 26m 55s                    | 45.3%      | 13m 29s                    | 43.2%        | 66m 32s        | 48.1%        |
| <b>MEN</b>              |                            |            |                            |            |                            |              |                |              |
| <b>Nigel Rackham</b>    | 14m 58s                    | 82.1%      | 15m 31s                    | 79.2%      | 7m 15s                     | 80.3%        | <b>37m 44s</b> | <b>87.7%</b> |
| Andrew Fox              | 19m 08s                    | 63.7%      | 18m 55s                    | 64.4%      | 9m 27s                     | 61.0%        | 47m 30s        | 69.1%        |
| <b>Adam Leary</b>       | 18m 49s                    | 64.2%      | 19m 13s                    | 62.8%      | <b>9m 11s</b>              | <b>62.3%</b> | 47m 13s        | 68.9%        |
| Mike Morris             | 18m 18s                    | 64.3%      | 18m 42s                    | 63.0%      | 9m 05s                     | 61.4%        | 46m 05s        | 68.8%        |
| Dave Young              | 20m 27s                    | 64.6%      | 20m 57s                    | 63.0%      | 10m 37s                    | 58.9%        | 52m 01s        | 68.4%        |
| Simon Aberly            | 19m 52s                    | 60.3%      | 19m 46s                    | 60.6%      | 9m 19s                     | 60.9%        | 48m 57s        | 65.9%        |
| Jeff Suffield           | 18m 20s                    | 60.7%      | 18m 28s                    | 60.3%      | 8m 45s                     | 60.2%        | 45m 33s        | 65.8%        |
| Andrew Collier          | 21m 24s                    | 56.0%      | 22m 20s                    | 53.6%      | 11m 54s                    | 47.7%        | 55m 38s        | 58.0%        |
| Kyie Hollingshead       | 20m 13s                    | 51.6%      | 17m 23s                    | 60.0%      | 11m 56s                    | 41.4%        | 49m 32s        | 56.8%        |
| Mike Ransome            | 27m 08s                    | 50.8%      | 27m 50s                    | 49.5%      | 13m 57s                    | 46.8%        | 68m 55s        | 53.9%        |
| Mike Reid               | 25m 40s                    | 48.3%      | 25m 01s                    | 49.5%      | 11m 31s                    | 51.0         | 62m 12s        | 53.7%        |
| Glyn Watkins            | 26m 46s                    | 49.3%      | 27m 26s                    | 48.1%      | 13m 51s                    | 45.1%        | 68m 03s        | 52.3%        |
| Zaheer Sidik            | 29m 31s                    | 35.4%      | 18m 39s                    | 56.0%      | 11m 58s                    | 41.3%        | 60m 08s        | 46.8%        |
|                         |                            |            |                            |            |                            |              |                |              |
| *Chris Shearwood        | 16m 30s                    | 73.8%      | 16m 56s                    | 71.9%      | 8m 24s                     | 68.7%        | 41m 50s        | 78.4%        |

\*Virtual Run

Cont .....

#### 4K not listed in 10K

| WOMEN                       | 1 <sup>st</sup> Race<br>4K | Age<br>G %   | 2 <sup>nd</sup> Race<br>4K | Age<br>G % |
|-----------------------------|----------------------------|--------------|----------------------------|------------|
| <b>**Annabelle Suffield</b> | <b>17m11s</b>              | <b>71.5%</b> |                            |            |
| Ruth Tidder                 | 22m 23s                    | 60.0%        | 22m 22s                    | 60.1%      |
| Amanda Hardy                | 23m 32s                    | 58.6%        |                            |            |
| Tarana Agarwal              | 21m 11s                    | 56.3%        |                            |            |
| Jane Scoffham               | 29m 09s                    | 53.7%        |                            |            |
| Robyn Walliser              | 23m 00s                    | 53.6%        |                            |            |
| <b>MEN</b>                  |                            |              |                            |            |
| Alok Agarwal                | 20m 21s                    | 56.9%        | 20m 47s                    | 55.7%      |
| Al Scoffham                 | 30m 28s                    | 42.5%        |                            |            |

**\*\*1<sup>st</sup>** overall female in time and 4K Age Grading plus Girls 11-14

#### 4K and 2K not listed in 10K

| WOMEN                | 1 <sup>st</sup> Race<br>4K | Age<br>G %   | 2 <sup>nd</sup> Race<br>4K | Age<br>G % | 3 <sup>rd</sup> Race<br>2K | Age<br>G % |
|----------------------|----------------------------|--------------|----------------------------|------------|----------------------------|------------|
| Anne Ambrose         | 29m 47s                    | 54.2%        |                            |            | 15m 12s                    | 50.7%      |
| Karen Leary          | 27m 50s                    | 51.6%        |                            |            | 13m 21s                    | 51.4%      |
| Alisha Sidik         | 29m 29s                    | 40.4%        |                            |            | 15m 17s                    | 36.7%      |
| Sakina Sidik         | 26m 30s                    | 45.2%        |                            |            | 15m 20s                    | 37.1%      |
| <b>MEN</b>           |                            |              |                            |            |                            |            |
| <b>Marcus Weedon</b> | <b>15m 11s</b>             | <b>73.9%</b> |                            |            | 7m 07s                     | 74.6%      |
| Tim Oakley           |                            |              | 21m 24s                    | 58.9%      | 10m 20s                    | 57.8%      |
| Mitesh Patel         | 20m 10s                    | 50.8%        |                            |            | 14m 00s                    | 34.7%      |

#### 2K not listed in 10K

| WOMEN           | 3 <sup>rd</sup> Race 2K | Age G % |
|-----------------|-------------------------|---------|
| Elish Fernandes | 14m 28s                 | 55.9%   |

#### 1K WALK

|    |                   |         |
|----|-------------------|---------|
| 1  | Dave Brown        | 8m 03s  |
| 2  | Gladys de Groot   | 8m 14s  |
| 3  | Eilish Fernandes  | 8m 40s  |
| 4  | Angela Murphy     | 8m 40s  |
| 5  | Sakina Sidik      | 10m 04s |
| 6  | Lynne Jones       | 10m 04s |
| 7  | Barbara Reading   | 10m 35s |
| 8  | Dave Young        | 10m 35s |
| 9  | Arnold Glickman   | 10m 44s |
| 10 | Alisha Sidik      | 10m 50s |
| 11 | Zaheer Sidik      | 10m 50s |
| 12 | Kyie Hollingshead | 10m 58s |



When we cut the cake at the end of the 40<sup>th</sup> Metros Annual Fun Run – The Brian Jackson Fun Run in 2019 who would have guessed that the 41<sup>st</sup> event would need to be virtual due to Covid-19 restrictions? Fortunately, the 42<sup>nd</sup> event this year was the normal format.

Congratulations to those who will receive age graded awards this year and thanks to all who came to run or walk or helped before, during and after the runs particularly Teresa Young who calculated the age grading. Flowers presented to me by Barbara were much appreciated.

Long standing Metros who have moved away often attend this Fun Run, including Terry Burke, who travels from Devon on his motor bike to run. Unfortunately, the crises around the need to queue for petrol meant he was unable to be with us this year.

The oldest participant was 74, the youngest, 10 months - Remiro with Dad, Mitesh pushing him in his push chair as he ran the 4K. Not satisfied with being pushed, Remiro demanded to be carried in the 2K!

Chris Shearwood was unable to attend but did the run on the course in Roxbourne Park, adhering to the set timetable.

A reminder that our club Metros, evolved from the 8<sup>th</sup> Pinner Cub teams entered in the Sunday Times National Fun Run in Hyde Park. In 1982, 1983 and 1984 they were first team in the category 'Clubs and Associations' and were trained by Brian Jackson in Roxbourne Park on Saturday mornings just prior to the Fun Run in Hyde Park. Jeff Suffield, who ran the 10K this year, was one of those cubs. Later mums, dads, brothers, sisters, and friends of the cubs joined in with the training. Barbara Reading, who also ran our 10K this year, was one of those cub mums. The rest, leading to the formation of Metros, is history.



*Pat Jackson*



## Measured Mile – August 2021

|                             |       |
|-----------------------------|-------|
| Chris Shearwood             | 6.13  |
| Adam Leary                  | 6.29  |
| Simon Abery                 | 7.11  |
| Dave Young                  | 7.18  |
| Andrew Collier              | 7.27  |
| Kirit Ranpura               | 7.57  |
| Mike Ransome                | 8.53  |
| Karen Leary                 | 9.15  |
| Jo Collier                  | 9.35  |
| Steph White                 | 9.40  |
| Teresa Young                | 9.51  |
| Malcolm Jackson             | 9.55  |
| Janice Newman + Ruth Tidder | 10.05 |
| Sarah Westwood              | 10.41 |
| Sandra Bharrat              | 10.54 |
| Suzanne Harvey              | 10.59 |

Our first restriction free Measured Mile in the park but there was competition from parkrun starting up so a small but select group of Metros took part in this mile. Congratulations to the super-fast runners with sub 7 minutes, fantastic times. Chris did his mile virtually but on the same route in Roxbourne park and he gains extra credit for getting up early to do it before work. Welcome to Sandra who took part for the first time, hope to see you again and all other Measured Milers for the next one in November. Many thanks to Andrew for taking the warm-up and warm down sessions and to Marilyn for noting numbers and the times at the finish.

*Angela*

## WOT NO WATCH 11th September 2021

|                                | Predicted | Actual |           |
|--------------------------------|-----------|--------|-----------|
| Simon Abery                    | 06:45     | 06:46  | = Closest |
| Steve Paull                    | 07:59     | 07:42  |           |
| Ruth Tidder                    | 08:00     | 07:45  |           |
| Amanda Hardy                   | 08:25     | 08:18  |           |
| Gordon Valentine               | 09:10     | 08:39  |           |
| Mike Ransome                   | 09:13     | 09:29  |           |
| Caroline Day-Lewis             | 09:00     | 09:23  |           |
| Mike Ransome                   | 09:13     | 09:29  |           |
| Jane Scoffham                  | 10:03     | 09:43  |           |
| Janice Newman / Robyn Walliser | 09:59     | 09:43  |           |
| Steph White                    | 09:51     | 09:52  | = Closest |
| Anne Ambrose                   | 09:50     | 09:53  |           |
| Malcolm Jackson                | 10:30     | 10:05  |           |
| Malcolm Jackson                | 10:30     | 10:17  |           |
| Sarah Westwood                 | 10:43     | 10:51  |           |
| Sarah Westwood                 | 11:07     | 11:01  |           |
| Suzanne Harvey                 | 10:55     | 11:25  |           |
| Suzanne Harvey                 | 11:15     | 11:33  |           |
| Al Scoffham                    | 12:17     | 12:40  |           |
| Angela Murphy                  | 18:30     | 13:42  |           |
| Arnold Glickman                | 16:00     | 15:32  |           |
| Sonya Grist                    | 18:30     | 15:44  |           |

A small group today so most people chose to do the mile twice. Well done to Caroline for practising her marathon pace, everyone else seemed simply to be moving as fast as possible. The trophy has re-emerged and was jointly awarded to Steph and Simon.

Irene Paull



## Bedford 20 – 5<sup>th</sup> September

| Pos | Name               | Time     |
|-----|--------------------|----------|
| 1   | Nigel RACKHAM      | 02:05:32 |
| 11  | Sasha BIRKIN       | 02:17:27 |
| 13  | Mark SMITH         | 02:17:49 |
| 83  | Emma PONNAGANTI    | 02:51:19 |
| 113 | Caroline DAY-LEWIS | 03:02:08 |
| 155 | Nilesh TAILOR      | 03:16:33 |
| 216 | Ann SUFFIELD       | 03:39:21 |
| 320 | Emma RACKHAM       | 04:38:57 |
| 336 | Finishers          | 05:54:14 |

1st and 1st V50-59

1st Female and 1st FV 40-49



## Maidenhead Half Marathon – 5<sup>th</sup> September 2021

|     |                 |         |
|-----|-----------------|---------|
| 1   |                 | 1:09:23 |
| 63  | Chris Shearwood | 1:29:13 |
| 111 | Marcus Weedon   | 1:39:49 |
| 194 | Barry Nolan     | 1:59:54 |
| 333 | Finishers       | 3:36:33 |

## Kew Gardens 10K – 11<sup>th</sup> September

|      |                  |          |
|------|------------------|----------|
| 1    |                  | 00:32:30 |
| 1265 | Phillipa Brown   | 01:03:46 |
| 1323 | Mike Reid        | 01:04:47 |
| 1545 | Diane O'Reilly   | 01:08:43 |
| 1949 | Jennifer Smith   | 01:21:12 |
| 1951 | Linda Grimes     | 01:21:39 |
| 1965 | Susanne Nicholls | 01:23:39 |
| 2086 | Finishers        | 02:10:43 |



## Richmond Marathon - 11<sup>th</sup> September

|     |              |          |
|-----|--------------|----------|
| 1   |              | 02:23:29 |
| 516 | Sakina Sidik | 05:56:21 |

## Hereford Half Marathon - 19<sup>th</sup> September

|     |                 |                                     |
|-----|-----------------|-------------------------------------|
| 1   |                 | 1:15:00                             |
| 15  | Chris Shearwood | 1:27:34 <b>(1<sup>st</sup> V55)</b> |
| 168 | Finishers       | 4:02:34                             |

## Moor Park – 19<sup>th</sup> September

|     |                  | Gun<br>Time | Chip Time |                            |
|-----|------------------|-------------|-----------|----------------------------|
| 1   |                  | 00:35:41    |           |                            |
| 2   | Nigel RACKHAM    | 00:36:38    | 00:36:38  | <b>1<sup>st</sup> M50</b>  |
| 7   | John NORRIS      | 00:41:35    | 00:41:34  |                            |
| 11  | Nicky SMITH      | 00:42:36    | 00:42:35  |                            |
| 15  | Tony WATSON      | 00:44:07    | 00:44:02  | <b>1<sup>st</sup> M60+</b> |
| 26  | Kevin SMART      | 00:46:30    | 00:46:23  |                            |
| 64  | Jeff SUFFIELD    | 00:50:11    | 00:49:43  |                            |
| 93  | Linda GEORGIADES | 00:53:25    | 00:52:58  |                            |
| 101 | Ann SUFFIELD     | 00:53:48    | 00:53:21  |                            |
| 116 | Barry NOLAN      | 00:55:58    | 00:55:46  |                            |
| 164 | Ruth TIDDER      | 01:00:43    | 01:00:05  |                            |
| 181 | Jasia ZIMMERMANN | 01:02:26    | 01:01:54  |                            |
| 195 | Judy RACKHAM     | 01:04:36    | 01:04:02  |                            |
| 252 | Stephanie WHITE  | 01:13:40    | 01:13:02  |                            |
| 253 | Emma RACKHAM     | 01:13:40    | 01:13:07  |                            |
| 267 | Anne AMBROSE     | 01:21:53    | 01:21:17  |                            |
| 270 | Finishers        | 01:40:43    | 01:40:25  |                            |



## 10K Challenge – Saturday 2<sup>nd</sup> October 2021

|                    |    |    |        |    |
|--------------------|----|----|--------|----|
| Linda Georgiades   | 52 | 21 | 72.34% | *  |
| Clive Heidrich     | 43 | 56 | 67.81% |    |
| Andy Fox           | 47 | 59 | 67.12% |    |
| Adam Leary         | 50 | 08 | 63.68% |    |
| Dave Young         | 56 | 12 | 62.38% |    |
| Simon Aberly       | 50 | 56 | 62.12% |    |
| Lorraine O'Donovan | 62 | 47 | 61.12% | ** |
| Harish Gohil       | 52 | 21 | 59.91% | *  |
| Kyle Hollingshead  | 45 | 53 | 58.72% |    |
| Tim Oakley         | 57 | 19 | 58.30% |    |
| Bill Harrington    | 57 | 45 | 56.80% | *  |
| Ceri Jacob         | 69 | 07 | 54.79% |    |
| Judy Rackham       | 74 | 08 | 53.91% |    |
| Anne Ambrose       | 76 | 50 | 53.50% |    |
| Mike Ransome       | 69 | 24 | 52.70% |    |
| Malcom Jackson     | 77 | 37 | 46.07% | *  |
| Jonathan Pang      | 69 | 09 | 41.69% |    |

Well for once, the weather behaved itself over the weekend - the rain held off on Saturday until after the 10K and the sun shone the following day for the London Marathon. 17 runners took part in the 10K Challenge including 4 new faces (well Malcom is not exactly a new face but has not been running for several years). So, awards go to Linda Georgiades, Harish Gohil, Bill Harrington, and Malcom Jackson. Meanwhile Lorraine O'Donovan improved on her last performance and moved another colour up the rainbow.

The next event will be on 1<sup>st</sup> January – a good way to start the new year?

*Teresa*

## Berlin Marathon – Sunday 26<sup>th</sup> September

|      |             |         |
|------|-------------|---------|
| 1    |             | 2:05:45 |
| 6414 | Shyam Patel | 3:51:49 |

## Run Hampstead Heath 11<sup>th</sup> September

|     |             |          |
|-----|-------------|----------|
| 1   |             | 0:37:19  |
| 209 | Linda Dunne | 01:01:22 |
| 277 | Finishers   | 01:37:18 |

## Shardeloes 10K – 19<sup>th</sup> September

|     |                 |         |
|-----|-----------------|---------|
| 1   |                 | 0:39:22 |
| 27  | James Kerrane   | 0:46:27 |
| 157 | Linda Dunne     | 1:07:28 |
| 164 | Claire Millbery | 1:08:56 |
| 169 | Glyn Watkins    | 1:10:36 |
| 178 | Mumbi Keinamma  | 1:14:34 |



## Ealing Half Marathon – 26<sup>th</sup> September 2021

|      |                | <b>Gun Time</b> | <b>Chip Time</b> |
|------|----------------|-----------------|------------------|
| 1    |                | 1:08:50         | 1:08:50          |
| 1332 | Barry Nolan    | 2:08:46         | 2:07:08          |
| 1795 | Robyn Walliser | 2:25:45         | 2:21:23          |
| 2201 | Finishers      | 3:33:39         | 3:27:47          |

## Ultra X England 50 K – 26<sup>th</sup> September

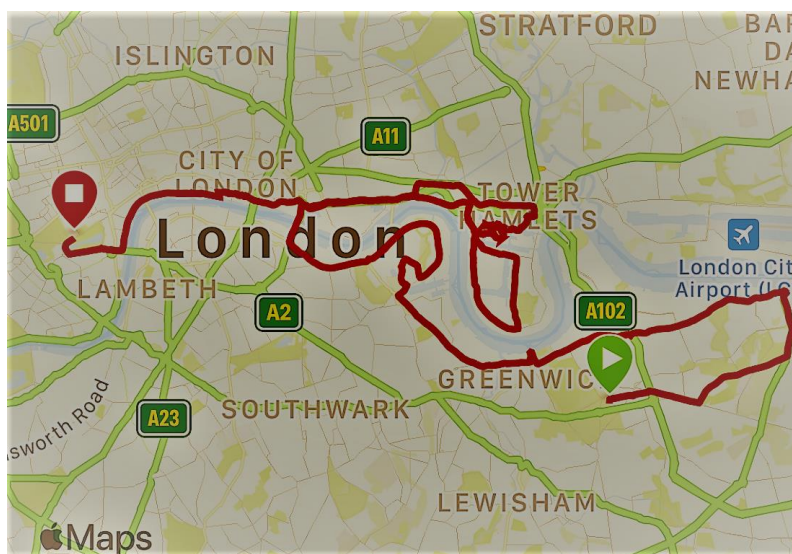
|    |             |          |
|----|-------------|----------|
| 1  |             | 05:43:08 |
| 52 | Sonny Peart | 10:18:48 |

## Dorney Lake Marathon 3<sup>rd</sup> October

|     |                 | <b>Gun Time</b> | <b>Chip Time</b> |
|-----|-----------------|-----------------|------------------|
| 1   |                 | 2:29:25         | 2:29:22          |
| 88  | Emma Ponnaganti | 3:39:18         | 3:39:02          |
| 217 | Anne Nola       | 4:37:45         | 4:37:28          |
| 291 | Sakina Sidik    | 5:38:20         | 5:37:28          |
| 311 | Finishers       | 7:06:21         | 7:06:18          |



## London Marathon – Sunday 3<sup>rd</sup> October



| Overall Pos                 |                           | Half    | Finish            |
|-----------------------------|---------------------------|---------|-------------------|
| 1                           | Sisay Lemma (ETH)         | 1:01:26 | 2:04:01           |
| 14<br>1 <sup>ST</sup> Woman | Joyciline Jepkosgei (KEN) | 1:08:51 | 2:17:43           |
| 513                         | Nigel Rackham             | 1:20:17 | 2:42:33           |
| 1877                        | Mark Smith                | 1:29:10 | 2:58:22           |
| 2401                        | Sasha Birkin              | 1:29:34 | 3:02:48 <b>PB</b> |
| 3254                        | Chris Shearwood           | 1:30:51 | 3:11:14           |
| 3307                        | James Kerrane             | 1:34:46 | 3:11:39           |
| 5958                        | Nilesh Tailor             | 1:40:39 | 3:29:56           |
| 8244                        | Mike Morris               | 1:45:29 | 3:42:17           |
| 13812                       | Caroline Day- Lewis       | 1:58:20 | 4:05:27           |
| 20221                       | Simon Dadomo              | 2:05:05 | 4:34:15           |
| 31195                       | Steve Paull               | 2:19:43 | 5:39:38           |

### Virtual London Marathon

|       |                 |          |
|-------|-----------------|----------|
| 12378 | Barbara Reading | 05:45:26 |
| 19904 | Sandra Bharrat  | 08:32:22 |





Nick Russell



Nilesh Tailor



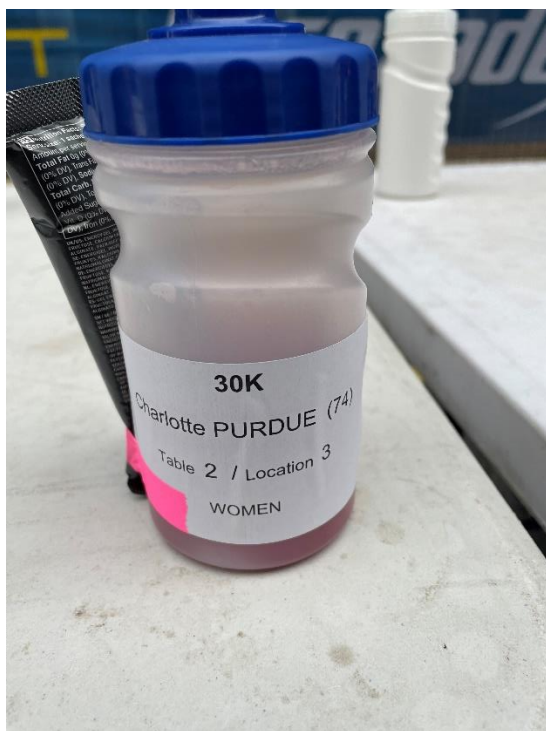
Simon Dadomo



James Kerrane



Metros volunteer marshals team at the 30K elite athletes' drinks station.



## NOTES OF METROS VIRTUAL COMMITTEE MEETING

### 7pm on 8 September

**Present - Nigel Rackham (chair), Paula Ryan (Kanesanathan), Irene Paull, Steve Paull, Steve Alder, Teresa Young, Marilyn Pickford, Mike Ransome, Ariff Sidik (left early), Emma Rackham, Marcus Weedon (joined 7.55)**

**Apologies - Pat Jackson, Barbara Robson, Anne Ambrose**

#### **Actions from last meeting**

- a. Hall of fame - an interview has been conducted but needs to be written up and formatted. We are seeking photos for the website / Metrolines. **Action: Marcus Weedon, Irene Paull**
- b. EA requirements - Steve recapped the EA requirements for Metros. Although we are primarily a social running club, these are important requirements. We need more session leaders who are DBS checked, and we need two welfare officers. Marion Rogan, Steve Alder, Mike Ransome, and Emma Rackham offered to be involved. Steve will follow up and share more information with the committee in advance of the next meeting. **Action: Steve Alder**
- c. Use of spond beyond lockdown - it has been decided that we will continue using spond.
- d. Website editor - there is a technical issue with the website that will require external IT support. Irene is continuing to work on the website, and we have had an offer of help from Richard Brown - **Action: Irene Paull**
- e. Latest relaxation of COVID restrictions - nothing further to be added at this time.
- f. Frequency of meetings and notifying members - we will continue with monthly virtual meetings with the intention to return to face-to-face soon. Steve will look at booking Lowlands tennis club for the AGM later in the year. **Action: Steve Alder**
- g. Saturday Scout Hut start up - Marilyn asked that the scout hut could be opened for members to leave their belongings and also use the toilet. Pat will check with the Scout Hut if there are any COVID restrictions, and Tim from a health and safety perspective. **Action: Tim Oakley, Pat Jackson**
- h. Running backpacks for first aid kits - these have been purchased.

- i. Night of the Olympics - as the Olympics have now passed, we have decided not to pursue this event at present.
- j. LRRC trophy races - we need to set the list for the 2022 season soon. Nigel will speak to Vincent Cheung to check he has this in hand. **Action: Nigel Rackham**
- k. Saturday morning leader coordinator - Nigel thanked Marilyn Pickford and Adam Leary for jointly taking on this role.
- l. Members' opinions - covered in last meeting.
- m. Youth committee representative - An individual has volunteered to take on this role. We will discuss how this can be taken forward. **Action: Emma Rackham**

## Club Events

- a. Metros Competition Awards - there are a small number of awards to be given out (TVXC 2019/2020, Vets T&F, Summer League 2021). It was suggested these may be given out after the AGM which may be virtual as well as physical. **Action: Pat Jackson**
- b. Metros 5K Competition - this has been advertised to all members.
- c. TVXC - Marcus is waiting to hear from the sports centre regarding any COVID restrictions and will also liaise with Tim in this regard. Many Metros have already offered to volunteer on the day. Marcus was thanked for organising the event. **Action: Marcus Weedon**
- d. Harrow Hill Race 2022 - the proposed date for this event is Sunday 13th February. **Action: Paula Ryan, Marcus Weedon, Irene Paull**

## Other Events

No items

## Admin

- a. and b. were discussed earlier in the meeting.
- b. Metros shed - Pat was thanked for checking and cleaning the Metros shed and bibs.
- c. Members' Feedback Email - Ariff suggested that we set up an email address to gain any suggestions from members. We are planning to send quarterly questionnaires however this email account will allow for feedback throughout the year. Ariff will set up an email account and write up a brief summary to go in Metrolines. **Action: Ariff Sidik**

- d. Session based running tops - this is something that has been discussed at length during the past few years with much feedback from members and a sub-committee. It was decided to revisit this at some point next year.

#### **AOB**

- a. Marcus and Nathan have offered to give additional coaching to anyone interested prior to the Thursday track session.

Provisional date for next (virtual) committee meeting - Wednesday 6th October at 8pm (note different time) - which will consider the awards and EA requirements.

#### **Metros Website and social media**

[www.metros.org.uk](http://www.metros.org.uk)

Contributions to Irene Paull at [metros.secretary@yahoo.co.uk](mailto: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](mailto:metros.secretary@yahoo.co.uk)

Group email address: [metrosrc@googlegroups.com](mailto:metrosrc@googlegroups.com)

## ***Metros* REGULAR RUNS**

|                                |              |                                                                                                 |                                                                                         |
|--------------------------------|--------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| <b>MONDAY</b>                  | <b>19.00</b> | Ariff Sidik, Marcus Weedon, Linda Dunne<br>07827 66823                                          |                                                                                         |
|                                | <b>19.15</b> | Teresa Young<br>Mike Ransome<br>Email: <a href="mailto:Mw49ran@gmail.com">Mw49ran@gmail.com</a> | 020 8866 3225<br>07802 839 498                                                          |
| <b>TUESDAY</b>                 | <b>19.00</b> | Steve Paull<br>Penny Hudson                                                                     | 020 8422 6636<br><a href="mailto:pm.hudson@ntlworld.com">pm.hudson@ntlworld.com</a>     |
| Run / Walk Group               |              |                                                                                                 |                                                                                         |
| <b>WEDNESDAY</b>               | <b>19.15</b> | Nathan Powell<br>Kevin Smart                                                                    | 07510 122288<br>07810 835352                                                            |
| <b>THURSDAY</b>                | <b>19.00</b> | Mike Morris<br><a href="mailto:mike.morris100.mm@gmail.com">mike.morris100.mm@gmail.com</a>     | 07906 151525                                                                            |
| <b>THURSDAY TRACK SESSION</b>  |              | Dave Brown 07939 567561                                                                         |                                                                                         |
| <b>FRIDAY STRENGTH SESSION</b> |              | <b>07.00</b>                                                                                    | Marcus Weedon<br><a href="mailto:marcusweedon@hotmail.com">marcusweedon@hotmail.com</a> |
| <b>SATURDAY</b>                | <b>09.00</b> | Marilyn Pickford<br>Adam Leary                                                                  | 0208 707 1028<br>07721456685                                                            |

See website for more details: [www.metros.org.uk](http://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](mailto:metros.secretary@yahoo.co.uk)) if you want to amend your preferences on SPOND or are having issues booking with the App.