



**December 2021
Issue No. 394**



Metros Diary

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 8	Metros 10K Challenge, Roxbourne PK	8.50 am*
Sat 15	parkrun – Rickmansworth	9.00 am
Sun 16	TVXC –Bracknell	11.00 am
Sat 22	Metros Track 5K	tbc
Sun 23	Fred Hughes 10	10.00 am
Sun 23	TVXC – Handy Cross	11.00 am

February

Sat 5	Metros 5K Challenge, Roxbourne PK	9.00 am
Sat 12	Measured Mile, Roxbourne Park	9.00 am
Sun 13	Harrow Hill Race	10.30 am

March

Sat 5	5 Mile Handicap	9.00 am
Sat 12	Wot No Watch, Roxbourne Park	9.00 am
Sat 19	parkrun – Sunny Hill	9.00 am

* Note date change

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!

We have come to the end of another strange year, but we have had a couple of milestones in the last month. Firstly, we were able to hold the AGM (with some restrictions) and present club awards. Congratulations to everyone who received an award. Secondly, for the first time in nearly two years, we have a report of an overseas event – see Andrzej Warhaftig's report of the World Duathlon Championships in Aviles, Spain. We may not be exactly where we want to be regarding Covid and restrictions, but hopefully we will continue to have competitive events at home and abroad in 2022.

Thank you to everyone who submitted a Christmas message for this edition of Metrolines and generously donated to this year's charity, Harrow Foodbank. The final total will be reported in the next edition of Metrolines – which will be in February.

I would like to thank everyone who has contributed to Metrolines this year, with articles, results, and photos, it's greatly appreciated.

Wishing all Metros, a very happy Christmas and a happy and healthy 2022.

Anne Ambrose



ACHIEVEMENTS



Well done to:

Nigel Rackham – breaking the Harrow parkrun age grading record with a performance of 90.86% (17.30) on 20th November!

Sasha Birkin –first woman at Harrow parkrun on 20th November and the next day, first woman in the Watford 10K!

Clive Heidrich – for a PB at Dorney Lake half marathon, 7th November

Nathan Powell- first MV50 at the Watford 10K

Terry Burke - first in his age group at Seaton Park run on 20th Nov 2021.

John Norris – PBs at Rickmansworth Parkrun on 20th (18.50, breaking 19 mins) and at Cabbage Patch 10miles on 17th October.

Chris Shearwood, Kyie Hollingshead, Jeff Suffield, Alex Leggett, Emma Ponnaganti, Zaheer Sidik, Jennifer O’Sullivan, Harish Gohil, Sakina Sidik and Alisha Sidik – all achieving PBs at Harrow parkrun on 20th November.

Metrolines Contributions

All contributions welcome – please send to Anne Ambrose

Email: metrolines1@gmail.com

Articles should consist of no more than 3 to 4 sides of A4 font Arial 14.
Please provide in Word format.

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

Contributions by 15th of each month please.

If you would like to advertise in Metrolines the rates are as follows:
Full page £5; Half page £3; Quarter page £2

Metros Website and social media

www.metros.org.uk

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

We also have a Facebook page and 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 Photo Competition



Metros have a competition in place to find the best scenic picture taken by one of its members whilst out on a run or walk. The photo has to be taken between 3rd December and 6th January – and only one entry per person.

We have a panel of three excellent judges who will choose one winner with the best photo. That lucky winner will win a Metros hoodie or fleece.

The Rules Are Simple:

1. Only for Metros members
2. Photo must be taken when out on a run or walk
3. One entry per member
4. All entries must be in by 6th January 2022
5. Metros will share pictures on social media through the month
6. Email your photo to lgeorgiades11@gmail.com

Let's use this as motivation and some inspiration to try and get us out during these cold, wet dark days.

We look forward to receiving and sharing your photos with the club. You never know, the winner could be you!!

Seasonal greetings to you and your families.

Kind Regards
Ariff Sidik



You are invited to sign up to a **First Aid** course arranged for Metros -

Date Saturday 29 January 2022
Place Scout Hut Roxbourne Park
Time 11.00 - 14.30
Cost £20.00 to be paid in January. (Metros funds contribute £20.00 total cost is £40.00)
Trainer Margaret Smith
Qualification Emergency First Aid (valid for 3 years)

The course includes training for dealing with suspected heart attacks, strokes, bleeding, burns, choking and sports injuries. CPR and use of the defibrillator are also practiced. First aid skills are valuable in any setting but especially useful for Metros events such as the Summer League, the Thames Valley cross country and the Harrow Hill race which attract large numbers of runners. There are 12 places available on the course and you can sign up on Spond or just email me -

a.murphy91@yahoo.co.uk

Last date for applying is 5 January 2022.

Angela Murphy

Thames Valley Cross Country League



The remaining fixtures for this season:

- 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



Harrow Hill Race – Entries Open



<https://harrowhill.activetrainingworld.com/tc-events/harrow-hill-race-2022/>



Metros 5K Competition

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

Remaining fixtures for 21/22:

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, 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 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

METROS AWARDS PRESENTED AT THE AGM

Friday 12th November 2021

Earlier in the year the committee felt awards would not be presented this year due to Covid restrictions. However, as we were able to have a limited number in the Tennis Club and others attending virtually, it was agreed to present Metros awards at the AGM.

The Thames Valley Cross Country (TVXC) season for 2019-2020 had ended before the pandemic arrived and Al Scoffham had calculated that the following receive awards:

1 st W45-54	Nancy Morris		
1 st W55-64	Carole Lloyd		
1 st W65+	Angela Murphy		
1 st U/17	Kyie Hollingshead		
1 st M17-20	Tian Hollingshead		
1 st M21-39	Mitesh Patel		
Joint 1 st M40-49	Vincent Cheung and		
Joint 1 st M40-49	Jag Matharu		
1 st M50-59	Mike Morris	2 nd M50-59	3 rd Ian McPherson
1 st M60-69	Glyn Watkins	2 nd M60-69	3 rd Martin Eden
1 st M70+	Dave Brown		

Metros had been unable to host a Summer League event this year due to the renovations in Headstone Manor Recreation Ground. Further Covid-19 restrictions meant a fixture could not be held at Perivale, but fixtures were held at Dulwich, Regent's Park and Battersea Park. Nigel listed the Metros Summer League awards recipients which, this year, were based on two fixtures being completed.

1 st W40-49	Sakina Sidik		
1 st W50-59	Linda Georgiades	2 nd W50-59	Lorraine O'Donovan
1 st W60-69	Irene Paull		
1 st M17-20	Tian Hollingshead	2 nd M17-20	Kyie Hollingshead
1 st M40-49	Clive Heidrich	2 nd M40-49	Richard Brown
		3 rd M40-49	James Kerrane
1 st M60-69	Steve Paull	2 nd M60-69	Kevin Smart

The **Bill Gardner Award** for the best age-related performance in the Summer League was awarded to **Richard Brown**.

Teresa Young had calculated the age gradings using the World Masters Athletics tables – The 'Howard Grubb' tables.

The usual four fixtures of the Vets Track & Field League were held this year. The following broke an existing age group record and were awarded an M.B.E. – **Metros Best Efforts**.

Sasha Birkin	W40-49	3000m	11m 18.8s
Jasia Zimmerman	W60-64	800m	3m 44.5s
Lynne Jones	W60-64	400m	1m 35.6s

Kevin Smart	M60-64	Discus	23.54 m and
		High Jump	1.30 m

Dave brown calculates the points for the Track Shields which were again awarded to **Sasha Birkin** and **Marcus Weedon**.

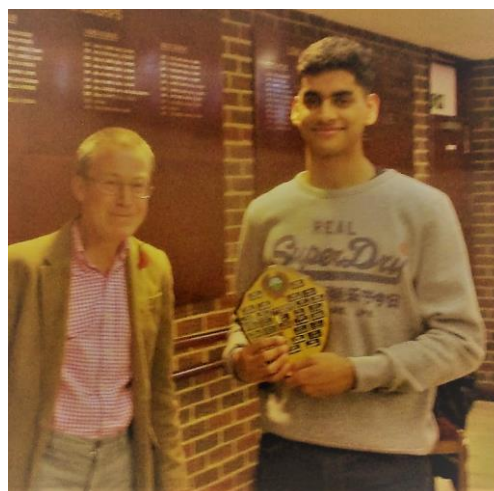
The 41st Metros Annual Fun Run – the Brian Jackson Fun Run was virtual but the 42nd event this year was held as usual in Roxbourne Park. Age graded awards using the World Masters Athletics tables were again calculated by Teresa Young and awarded to:

10km	Linda Georgiades	51m 39s	73.8%
10km	Nigel Rackham	37m 44s	87.7%
4km	Annabelle Suffield	17m 11s	71.5%
4km	Marcus Weedon	15m 11s	73.9%
2km	Marion Rogan	12m 05s	72.9%
2km	Adam Leary	9m 11s	62.3%

5-mile Handicap Award – goes to the person who has the highest overall points total in four designated events. Gordon Valentine is co-ordinator and Nigel announced that **Jennifer O’Sullivan** had won the award.

Keith Adsley donated an award for the **Measured Mile** when moving from the area. One award to whoever shows most improvement during the designated Measured Mile series. Angela confirmed that last year saw a combination of virtual and in the park running and she was full of admiration for all the Metros who took part in any way possible. The clear winner of the Keith Adsley trophy was **Carole Lloyd** who improved her time by 1 min 16 sec over three consecutive miles.

Young Runner’s Awards – for those under 18 years, and current holders are not eligible to be considered the following year. The recipients are chosen by the committee with nominations from members. Nigel explained the reasons the awards this year go to **Zaheer Sidik** and **Tarana Agarwal**:



Zaheer - a keen Metros family young runner who took part in 2 of the 3 Summer League fixtures only missing one due to a family holiday. He took part in the two relays at this year's Summer League showing considerable improvement recently and was our fastest runner at the Dulwich Park Relay event. He is a regular at Metros training events and often takes the lead in the Monday Night Core sessions. A participant in parkruns often volunteering and also supports other Members running alongside them to give them encouragement.

Tarana - a very outgoing young lady who always expresses an interest in the achievements of other runners, offers support and encouragement and is generally a great ambassador for Metros. After starting to run only recently, she has improved consistently. A regular at parkrun. She attends the Thursday night track training session every week and works very hard giving her best. She is a tremendous help to the track organisers including by inputting the times for each runner into a spreadsheet and producing the required analysis – even if she cannot attend in person.

She took part in the Metros BJ fun run this year, and also was selected to represent Harrow in this year's London Mini-Marathon - an event she took part in with great enthusiasm and said how much she enjoyed the experience.

Emma Rackham, current holder of the **Female Aaron Breen Award** – for services to family running, had chosen to give the award to **Irene Paull**. The new recipients of the Aaron Breen Awards are chosen by the current holder in consultation with at least any three previous holders. Emma listed a few of the many ways Irene has helped to keep Metros administration running efficiently. As membership secretary she introduced the WebCollect computer program which has proved efficient for more than just membership. When Covid-19 struck she established SPOND software, originally enabling members to meet but comply with Covid restrictions, which again has since proved to have more ongoing uses.

She updates the Metros Web site and is co-ordinator for the 5K Ann Marsden Award and Tuesday Lowlands run. She's savvy at getting the best deals when ordering new kit. She is now main contact for Summer League clubs as well as the League Treasurer. A worthy recipient of the Aaron Breen Award.

Male Aaron Breen Award – again for services to family running and a new recipient chosen as per the female award. Marcus Weedon, current holder, announced that he had considered several worthy recipients particularly Adam Leary, who set up the Saturday morning virtual sessions and Chris Shearwood, who had organised the monthly virtual 5K challenge. However, he had decided to pass the award to **Nathan Powell**. When just coming out of lockdown, Nathan created the 5K races at the Harrow School Track bringing together not only the runners but marshals too. He supports everyone, young or a little older, through the Thursday track sessions, assists Marcus on Friday mornings and is full of ideas and suggestions for the sessions and the club. A worthy recipient.

The new recipients of the **Female and Male Runner's Awards** are again chosen by the current holder in consultation with at least any three previous holders. Sakina Sidik, current holder of the female award, stated that the years 2020 and 2021 had been like no other and had made the decision on who the next recipient should be more difficult. She felt that the award wasn't about distance or speed but rather about inspiration,

determination, and consistency. She said the new recipient had started running eighteen years ago and had participated in many Metros virtual events during lockdown, including a 12-hour relay team marathon. Many Saturdays she is at Roxbourne Park either running by herself or helping visually impaired runners. Sakina then stated she'd decided to present the Female Aaron Breen award to **Judy Rackham**.

Male Runner's Award – Chris Shearwood was unable to be present but had asked Nigel to present the award to Marcus Weedon and gave this text for Metrolines:

“Marcus is a prolific runner who trains hard and runs many races, posting strong performances across a variety of distances. He leads Metros mileage table on Strava and within the past year completed a virtual run for charity involving over a half marathon every day for a whole month.

Marcus also leads and organises Metros sessions such as Monday night core and speed/strength at the Ruislip Track as well as the club's inclusion in the Thames Valley Cross Country series. He is one of a number who kept Metros motivated during 18 months+ of lockdowns including co-ordinating our participation in a Virtual Lockdown Club 48 Hour Relay organised by Selby Striders, where Metros came 5th out of 19 teams. Chris particularly valued Marcus's round-the-clock-help during the most recent Round Norfolk Relay not only running one of the stages but also guiding other runners and ferrying them around the course around the clock.”

Due to Covid-19 restrictions regarding competitions, the 'Beginner' Runner Award, 5K Ann Marsden Award and LRRC Trophies were not presented this year. All recipients of awards to be kept for just one year received a memento of the award to keep.

Nigel closed the proceedings by thanking all the many Metros members who had helped to keep Metros going during the lockdowns and adhering to the various ever-changing rules relating to the pandemic.

As organiser of the awards, I'd like to thank Al Scoffham for calculating the TVXC awards, Dave Brown for the Track Shields, and Summer League, Teresa Young for age calculations, Angela Murphy and Gordon Valentine for results of the Measured Mile and 5 mile Handicap and Nigel Rackham as compere for the presentations. With no presentation of awards last year and a limited audience this year, let's hope that next year we can have our usual social evening.

Pat Jackson



Runners of the year
Judy Rackham and Marcus Weedon



Nigel presents Jennifer with the 5-mile handicap award.
The result of the 2021 5-mile handicap is as follows

1st	Jennifer O'Sullivan	46 pts
2nd	Robyn Walliser	38 pts
3rd	Simon Abery	36 pts

Metros 5K Roxbourne Park - 6th Nov 2021

RESULTS BY TIME

Nigel Rackham	19:17
James Kerrane	19:39
Nathan Powell	20:12
Sasha Birkin	20:14
Kyie Hollingshead	21:22
Nicky Smith	21:27
Alex Leggett	21:46
Mike Morris	22:09
Malcolm Smith	22:35
Andrew Fox	22:37
Mitesh Patel	22:46
Emma Ponnaganti	22:51
Kevin Smart	23:09
Simon Abery	23:55
David Young	24:53
Linda Georgiades	25:10
Ann Suffield	25:22
Caroline Day-Lewis	25:49
Steve Paull	25:56
Tarana Agarwal	26:15
Ruth Tidder	26:30
Andrew Collier	26:30
Bill Harrington	27:35
Mike Reid	30:23
Gordon Valentine	30:33
Lynne Jones	30:35
Judy Rackham	30:46
Sue Weston	30:49
Amanda Hardy	30:52
Marion Rogan	30:55
Philippa Brown	31:01
Michael Ransome	31:11
Joanna Collier	32:48
Teresa Young	33:02
William Bailey	34:51
Ceri Jacob	36:42
Janice Newman	36:42
Gill Fox	37:44
Gladys de Groot	46:05
Dave Brown	46:18
Sonya Grist	54:00

5K COMPETITION RESULTS

Sasha Birkin	20:14	82.87%
Linda Georgiades	25:10	74.97%
Marion Rogan	30:55	74.45%
Emma Ponnaganti	22:51	70.17%
Janice Newman	36:42	68.53%
Caroline Day-Lewis	25:49	68.30%
Lynne Jones	30:35	65.29%
Ruth Tidder	26:30	64.03%
Judy Rackham	30:46	63.98%
Ann Suffield	25:22	63.21%
Teresa Young	33:02	60.44%
Sue Weston	30:49	60.36%
Tarana Agarwal	26:15	59.05%
Amanda Hardy	30:52	56.43%
Joanna Collier	32:48	54.47%
Ceri Jacob	36:42	50.68%
Philippa Brown	31:01	50.35%
Gladys de Groot	46:05	49.11%
Gill Fox	37:44	48.63%
Sonya Grist	54:00	48.36%
F AVERAGE		61.68%
Nigel Rackham	19:17	82.46%
Nathan Powell	20:12	74.81%
Malcolm Smith	22:35	71.02%
Kevin Smart	23:09	70.52%
James Kerrane	19:39	70.51%
Andrew Fox	22:37	69.69%
Mike Morris	22:09	68.80%
David Young	24:53	68.66%
Nicky Smith	21:27	66.61%
Steve Paull	25:56	66.51%
Simon Abery	23:55	64.80%
Alex Leggett	21:46	61.34%
Kyie Hollingshead	21:22	60.76%
Andrew Collier	26:30	58.48%
Mitesh Patel	22:46	58.24%
Bill Harrington	27:35	58.15%
Michael Ransome	31:11	57.99%
Gordon Valentine	30:33	55.93%
Mike Reid	30:23	52.79%
William Bailey	34:51	44.47%
Dave Brown	46:18	39.63%
M AVERAGE		62.96%

Many thanks to today's volunteers:

Barbara Robson, Nancy Morris, Diane O'Reilly, Carole Valentine, Peter Jose, Al Scoffham, Marcus Weedon, Pat Jackson, Angela Murphy and to Alok Agarwal and Lyndsey Jackson who stepped in to help on the day, and to Steve and Nathan who ran early and then marshalled.

Irene Paull

Reading Half Marathon – 7th November

1		1:02:14
5225	Roshni Patel	2:26:27
5580	Judy Rackham	2:37:15
5608	Emma Rackham	2:38:30
6020	Finishers	4:06:31



Dorney Lake Half Marathon – 7th November

		Gun Time	Net Time	
1		01:11:00	01:10:57	
33	Clive Heidrich	01:38:20	01:38:03	PB
128	Finishers	03:12:08	03:09:07	



Mob Match Results:
Metros 63.09%
Sudbury Court
63.01%

Saturday 20 November
Harrow parkrun

Watford 10K – Sunday 21st November

Pos		Gun Time	Chip Time	AGrade%	
1		37:22	37:20	71.40%	
10	Sasha Birkin	43:25	43:24	78.90%	1st woman overall and 1st FV45
15	John Norris	43:56	43:54	64.00%	
16	Nathan Powell	44:11	44:08	69.70%	
40	Nick Russell	48:36	48:33	59.30%	1st MV 50
93	Linda Georgiades	55:02	54:59	69.70%	2nd FV55
119	Jennifer O'Sullivan	56:55	56:53	58.10%	
161	Ruth Tidder	01:01:17	01:01:05	56.50%	
285	Monica Shortt	01:46:13	01:45:45	33.80%	
286	Tanya Keene	01:46:13	01:45:45	31.80%	

Marlow Half and Marlow 7, 7th November

Half

Position		Time	Age Grade
1		01:14:54	
35	Matt Rogan	01:31:15	69.00%
40	Christopher Shearwood	01:31:41	76.30%
55	Nathan Powell	01:34:09	71.00%
495	Finishers	03:08:15	

7-mile		
1		00:41:01
328	Glyn Watkins	01:19:22
405	Finishers	02:04:32

Measured Mile – 12th November

Dave Young	7.15
Andrew Collier	7.25
Ruth Tidder	7.28
Andrew Jones + Nigel Rackham	7.55
Bill Harrington	8.09
Amanda Hardy	8.20
Gordon Valentine	8.34
Mike Ransome	8.36
Judy Rackham	9.09
Teresa Young	9.18
Karen Leary	9.28
Marion Rogan	9.29
Jo Collier	9.34
Steph White	9.51
Janice Newman + Mike Ransome	9.53
Anne Ambrose	10.10
Al Scoffham	10.21
Sarah Westwood	10.55
Gladys de Groot	12.17
Anne Leigh	13.33
Jonathan Pang	14.10

The conditions were ideal for running in the park on this cloudy and cool November morning. Well done to all Metros who took part and a special welcome for Andrew appearing at his first Measured Mile. Hope to see all of you in February for the second mile in the competition when everyone has to try for a faster time to count towards winning the trophy.

Angela

Measured Mile 2020-21 – Results

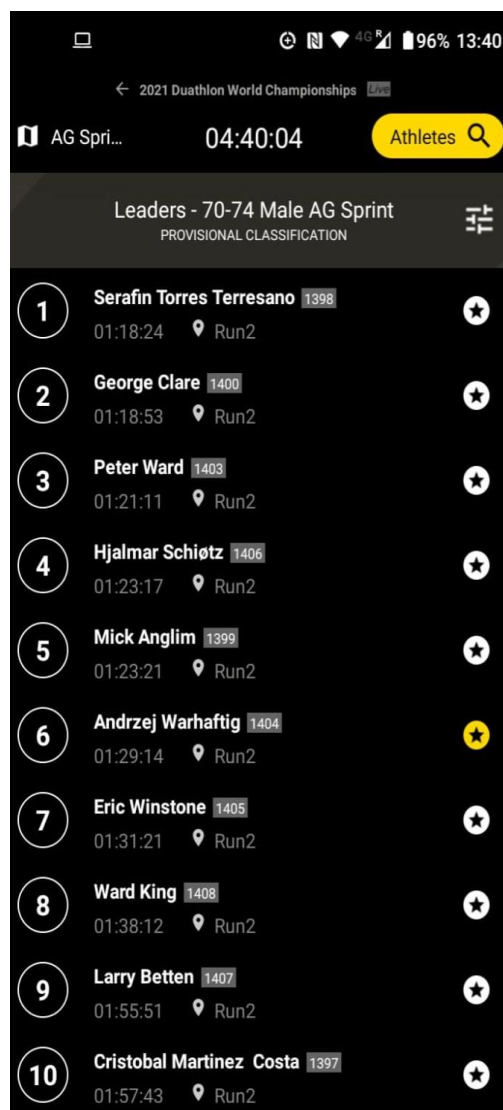
Measured 2020 - 2021	Nov-20	Feb-21	May-21	Aug-21	improvement
	virtual	virtual	in park	in park	over 3 miles
			3 groups		
Nigel Rackham	6.15				
Marcus Weedon	5.26	5.50	5.21		
Christopher Shearwood	5.42	5.57	5.55	6.13	
Richard Brown		5.47			
Tian Hollingshead	5.50				
Kyie Hollingshead	5.50		6.15		
Anabel Suffield		6.18			
Mike Morris			6.18		
Adam Leary	6.36	6.36	6.23	6.29	
Jeff Suffield		6.44	6.05		
Simon Abery	6.46	6.40	6.39	7.11	7 seconds
Zahra Bass	6.47	6.41			
Andy fox			6.54		
Steve Paull	7.00		7.13		
Dave Young	7.08			7.18	
Emma Ponnaganti	7.18	7.10			
Steve Paull		7.25			
Andrew Collier				7.27	
Rohan Mascarenas		7.28			
Paul Hu			7.38		
Ann Suffield		7.39			
Kirit Ranpura			7.41	7.57	
Caroline Day Lewis	7.42	7.52	6.50		
Andrzej Warhaftig	7.47	7.48			
Daisy Suffield		7.51			
John Gorton	7.51				
Ceri Jacob			7.56		
Tim Oakley	7.56		7.55		
Quinn McGrath		7.59			
Steve Alder	8.04	8.36			
Robyn Walliser			8.17		
Roshni Patel			8.18		
Jennifer O'Sullivan		8.18			
Linda Georgiades			8.27		
Emma Rackham	8.35				
Lynne Jones		8.39	8.39		
Julia Allen			8.41		
Eloise Suffield		8.43			
Marilyn Pickford			8.59		

Measured 2020 - 2021	Nov-20	Feb-21	May-21	Aug-21	improvement
Philippa Brown		8.56			
Glyn Watkins	8.57	9.49			
Gertrude Porter		8.58			
Nancy Morris	9.01		8.53		
Paul McGrath		9.10			
Claire Townsend			9.13		
Karen Leary	9.16		9.15	9.15	1 second
Mike Ransome	9.18		8.44	8.53	
Teresa Young	9.24				
Marion Rogan			9.31		
Karen Leary		9.34			
Jo Collier				9.35	
Judy Rackham	9.39	9.53	9.17		
Anne Ambrose			9.36		
Jasia Zimmerman	9.41				
Steph White			9.42	9.40	
Irene Paull	9.44				
Monica Shortt	9.47				
Sakina Sidik	9.50	9.20			
Malcolm Jackson				9.55	
Teresa Young		10.00	9.11	9.51	
Alastair Scoffham		10.17			
Gill Fox	10.20				
Janice Newman + Ruth Tidder				10.05	
Janice Newman + Mike Ransome		10.22			
Andrew Collier	10.26				
Jane Scoffham		11.14			
Carole Wells	10.38				
Veronica Georgescu		11.11			
Cem Brown		11.13			
Sarah Westwood	11.44	10.52	9.51	10.41	11 seconds
Carole Lloyd	11.45	11.20	10.29		76 seconds
Dave Brown + Bolton Brown + Fred Murray	12.48	15.17	13.13		
Sonya Grist		15.44			
Angela Murphy		15.44			
Arnold Glickman			15.12		
Sandra Bharrat				10.54	
Suzanne Harvey				10.59	

World Duathlon Championships, Aviles, Spain, November 2021

Andrzej Warhaftig

On the 6th November I competed at the World Championships in Spain as part of the Great Britain 70-74-year-old Age Group Team, coming in 6th place. The sprint is a 5K run, 20K bike followed by another 2.5kK run. I had previously qualified by winning one of the three selection races that are held each year. In addition, I was intending to do the standard distance event on the 7th November as well (10K run, 40K bike, 5K run), but an ongoing hamstring injury, that has now lasted over two years, put paid to that event so soon after the sprint one.



2021 Duathlon World Championships			
AG Sprint		04:40:04	Athletes
Leaders - 70-74 Male AG Sprint			
PROVISIONAL CLASSIFICATION			
1	Serafin Torres Terresano	1398	01:18:24 Run2
2	George Clare	1400	01:18:53 Run2
3	Peter Ward	1403	01:21:11 Run2
4	Hjalmar Schietz	1406	01:23:17 Run2
5	Mick Anglim	1399	01:23:21 Run2
6	Andrzej Warhaftig	1404	01:29:14 Run2
7	Eric Winstone	1405	01:31:21 Run2
8	Ward King	1408	01:38:12 Run2
9	Larry Betten	1407	01:55:51 Run2
10	Cristobal Martinez Costa	1397	01:57:43 Run2

Aviles has previously hosted the European Championships in 2016 so had experience in putting on major events. This used the same centre for the registration and transition and was well organised by the local team, supported by World Triathlon. The bike race was on closed roads, which we tend not to see in the UK, with the run out along one side of the river, over a bridge and back along the other side. Whilst not great local crowds, the enthusiasm of the other athletes who were competing on the Sunday and their families certainly made up for it. The two bike laps were “draft legal” meaning the competitors were in tight bunches on the bike. Most triathlons and duathlons are individual races, which means that you cannot draft or take pace off other competitors. On race day we had very nice weather, which was great as the two days beforehand were torrential rain, so that we had only been able to recce the course by car.

The transition area was very large, with a long run to/from the mount/dismount area. For most sprint duathlons I use old style pedals with a toe clip and straps. That saves me two sets of shoe changes, though it does mean using running shoes which are racing flats rather than the extremely cushioned shoes

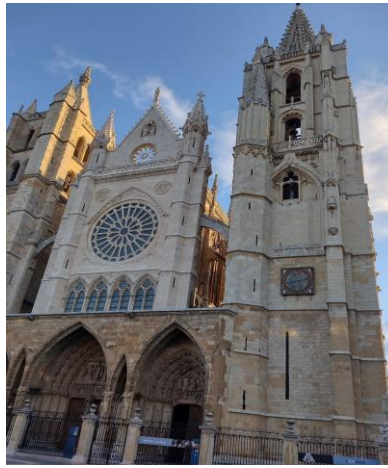
that are the norm now. Looking at the transition times of those close to me who had changed shoes, meant that I gained about 2 minutes (1 minute a transition on change). The event began at 9am and the run start was separated by age groups, with the youngest (and fastest) going off first, so by the time that we set off at 9.25 am, a lot of the earliest starters were already out on the bike. The first women started behind us, so the fastest started filtering through us as we were coming back on the run. With ongoing hamstring problems, I ran just within myself, but was very pleased to see that others in my age group were only just in front of me. Getting to transition, with no shoe changes, helmet on, grab the bike and go - leaving others changing their shoes well behind.

Out on the closed road undulating bike course the groups of riders have gone, so it is a question of playing leapfrog past slower ones, or when overtaken to tuck in behind a faster rider for a tow. When packs of women that started behind us go past, it is tempting to join them, but that would mean a DQ as it is illegal to draft off the opposite sex. A good ride, then back into transition, overtaking riders who are either undoing their bike shoes, or have slipped their feet out of the shoes, to leave them attached to the pedals.

Then on to the final run, and this is where the cross training (brick sessions) pay off, and it is easy to quickly settle into a reasonable pace and rhythm. It was a flat run, out one side of the riverbank, over a bridge, and back along the other side, a right turn and into the finish.

Getting to Aviles was meant to have been straightforward, with a flight to Santander early Thursday morning, then a 2-hour drive. However, RyanAir decided to cancel that flight with only a couple of days to go. Having bike boxes meant that we did not want to do connecting flights, so we decided to go via Madrid, and drive the 500km to Aviles.

My travelling companion was Mick Anglim, who finished in 5th place. He worked in Africa for 15 years, so was used to driving mega distances. Mick has done 41 international events, been on the podium 23 times, with 10 gold medals. Sadly for him, not this time, as there were all these pesky young kids now in our age group who were born in 1950 or even 1951.



We decided to break up the journey with an overnight stay in Leon, which has a stunning cathedral, and is on the Camino de Santiago pilgrim trail. After that we headed for the Aviles, with a journey through the mountains. As we travelled, we were surprised to see cars coming down towards us covered in snow - then snow ploughs. After that we started travelling through sleet which soon became snow, with short periods of “white-outs”. Higher up we were stopped by traffic police who carefully checked all our tyres and allowed us to go on, following a snow plough. Some cars behind us were turned round, and not allowed to carry on.



Whilst I had a long background in multi-sport starting in the early 1980s, which included events up to the Ironman distance, I had stopped competing in 1995 right through until 2016 when I started back at the Harrow Parkrun. On my first run taking over 32 minutes, and then going slower still on my second one. The atmosphere and camaraderie at Harrow (where I mainly run, and do all my volunteering), Canons Park and South Oxhey makes everyone so welcome, and it always makes a great start to the weekend.



In addition to being a Metros member, since 1986 I have belonged to Hillingdon Triathletes. Over the years in triathlon I helped form the London Region of British Triathlon and have been an elected director (treasurer) of British Triathlon. Recognition of my many activities in the sport came in 2015 when I was voted Regional Volunteer of the year, England Triathlon Volunteer of the Year and British Triathlon Volunteer of the year.

Like any sport, triathlon has constantly evolving rules and regulations to ensure that the sport remains fair and safe, for all involved- competitors, spectators, volunteers, and members of the public. Being one of the very first triathlon referees I used to train others seeking accreditation. As a National Official I have supervised events from very small ones through to national championships. I always enjoy being involved in small low-key novice events, where I see my role as helping competitors achieve their goals and so that they finish with a smile - especially the novices and the tristars. Each year I still tend to officiate at around a dozen events, including most of the Hillingdon races, as well as Hatch End.

If this has tempted anyone to try duathlons, Hillingdon Tri will be holding a family one at Minet Park circuit on Sunday 27th March, followed by a series of low-key evening ones. Or for triathlons in May 2022 there will be the Hillingdon "Grassman" based at Uxbridge pool, and then (15th May) the Hatch End Triathlon – and I will be the British Triathlon Technical Official at both of these.

Looking forward to 2022, I will be going to Bilbao in September for the European Championships, and I have also qualified for the worlds, with the venue and month for that still to be announced. Finally, some finish photos from Aviles, including the GB 70-74 age group team.



TVXC Results

Metros Fixture – 24th October

Position	Time	Name	Cat	Male Score	Female Score
1	00:34:25		-	-	
50	00:41:25	James Kerrane	MS	45	-
65	00:42:10	Jag Matharu	MV	57	-
76	00:43:14	John Norris	MS	67	-
124	00:46:27	Alex Leggett	MS	105	-
134	00:47:05	Tony Watson	MV	113	-
141	00:47:46	Kevin Concannon	MV	118	-
145	00:47:58	Jonny Jackson	MV	121	-
149	00:48:12	Nick Russell	MV	124	-
153	00:48:18	Geetu Mirpuri	FV	-	23
193	00:50:48	Sarah Thi	FVG	-	-
204	00:51:32	Tom Morris	MV	156	-
211	00:51:58	Linda Georgiades	FV	-	44
241	00:54:00	Louise Prince	FSG	-	-
246	00:54:07	Ian Birch	MV	179	-
262	00:55:32	Vincent Cheung	MS	189	-
270	00:55:56	David Young	MV	193	-
292	00:57:29	John Myall	MVG	-	-
307	00:59:11	Linda Dunne	FV	-	88
322	01:01:17	Glyn Watkins	MV	214	-
323	01:01:20	Lynne Jones	FV	-	96
334	01:02:29	Andrew Collier	MV	220	-
338	01:02:50	Jonathon Pang	MV	222	-
375	01:06:36	Mark Mulvenna	MV	236	-
390	01:10:35	Annie Birch	FV	-	135
391	01:10:36	Terry Burke	MV	240	-
404	01:26:48	Sakina Sidik	FS	-	146

Datchet 4th November 2021

Position	Time	Name	Cat	Male Score	Female Score
1	00:33:12		MV	1	-
58	00:38:43	James Kerrane	MS	55	-
85	00:39:35	Nathan Powell	MV	80	-
144	00:42:43	Kyie Hollingshead	MS	123	-
149	00:42:57	Geetu Mirpuri	FV	-	20
159	00:43:17	Nicky Smith	MV	136	-
167	00:43:40	Alex Leggett	MS	143	-
176	00:44:04	Kevin Smart	MV	147	-
190	00:44:45	Jonny Jackson	MV	157	-
203	00:45:08	Nick Russell	MV	164	-
271	00:48:20	Steve Paull	MV	202	-
302	00:49:40	Ian Birch	MV	219	-
311	00:49:51	Ian McPherson	MV	221	-
367	00:52:27	Brian McGrory	MV	252	-
368	00:52:30	Vincent Cheung	MS	253	-
383	00:53:08	Tarana Agarwal	FS	-	114
386	00:53:24	John Myall	MVG	-	-
397	00:54:47	Ruth Tidder	FV	-	121
422	00:56:41	Terry Burke	MV	273	-
425	00:57:03	Tim Oakley	MV	276	-
445	00:58:53	Jasia Zimmermann	FV	-	149
451	01:00:02	Glyn Watkins	MV	283	-
490	01:04:37	Annie Birch	FV	-	176
517	01:39:06				



Sandhurst 28th November 2021

Position	Time	Name	Cat	Male	Female
				Score	Score
1	00:33:57		MV	1	-
64	00:41:35	James Kerrane	MS	57	-
73	00:42:16	Nathan Powell	MV	65	-
126	00:45:53	Kyie Hollingshead	MS	107	-
152	00:47:11	Kevin Smart	MV	127	-
161	00:47:47	Nicky Smith	MV	134	-
162	00:47:50	Nick Russell	MV	135	-
220	00:51:41	Ian McPherson	MV	168	-
226	00:52:11	Martin Eden	MV	171	-
261	00:54:32	Andrzej Warhaftig	MV	188	-
288	00:57:08	Vincent Cheung	MS	202	-
300	00:58:56	Andrew Collier	MV	208	-
376	01:26:03				





Metros at the last Friday of the month 5K – Headstone Manor, 26th November.

The last Friday of the month 5K is a run or walk for all abilities at a different location each month, starting at 12.00.

With many Metros no longer working – or working from home, come along to this lunchtime event. Look out on Spond for future events.

Metros Virtual Committee Meeting - Thursday 2nd December, 8pm

Present - Nigel Rackham (chair), Emma Rackham, Barbara Robson, Marcus Weedon, Pat Jackson, Anne Ambrose, Ariff Sidik, Marilyn Pickford, Mike Morris, Steve Paull, Irene Paull, Angela Murphy, Steve Alder, Mike Ransome, Kyie Hollingshead (arr. 8.15pm)

Apologies - Paula Ryan, Teresa Young

Welcome New Committee Member

Mike Morris was welcomed to the committee. He will be added to the committee email distribution list. **Action: Emma Rackham**

Actions from last meeting

a. Update from AGM and Metros Competition Awards - Steve A/Pat

Pat and Steve were thanked for their contributions towards the AGM and awards evening. Item closed.

b. Hall of Fame- Marcus/Irene

No update - carry over to next meeting

c. EA Requirements - Steve A

No update - carry over to next meeting

d. Members' Feedback Email - Ariff

This has been set up and information has been circulated to all members. Ariff will feedback at all committee meetings.

e. Friday lunchtime sessions - Nathan

The first session started last week and was very popular amongst walkers and runners alike. No further action required.

f. The Middlesex Country Athletics Association- Steve A/Pat

The deadline has now passed. No further action required.

Club Events

a. Update on TVXC - Marcus

Marcus was thanked for his hard work organising the Metros home fixture. No further action required.

b. HHR 2022 - Paula, Marcus, and Irene

Information has been sent via email and on social media as entries have now been opened. Some volunteers have already put their names down however we will be looking for more volunteers. Irene will update the website / entry form to ensure the start time is clear. **Action: Irene Paull**

Other Events

a. Photo Competition - Ariff

Ariff has proposed that we hold a photo competition for members to submit a photo taken on their winter run. It was agreed that this would be advertised in the December Metrolines and on social media. Three non-participating members will be asked to judge the competition following the deadline of 6th January. The winner will receive a Metros hoody or fleece. **Action: Ariff Sidik**

b. Calendar

This is an idea that we may revisit later in 2022.

Admin

a. Kit - Nigel

Committee members will investigate options for high vis kit options, and this will be discussed further in the next committee meeting. **Action: All committee**

b. AED - Nigel,

We have two AEDs now and members are very helpful with transferring it between sessions to ensure there is one at each session. We should also be aware of AEDs that are available to the public on our local routes, e.g. tube stations, supermarkets, doctors' surgeries. **Action: Marilyn, Barbara**

c. First Aid - Angela

Angela asked if Metros would be able to partially fund a first aid course for members to train up or renew their qualifications. Margaret Smith has offered to run a first aid course for up to 12 people for a cost of £400. As before it was proposed that a £20 contribution from participants be sought. Committee members agreed this was a good idea. Angela will arrange a date with Margaret and share information with members. **Action: Angela**

d. Scout Hut: update to include refreshments & risk assessment - Marilyn

Marilyn suggested that we may be able to reduce the number of hours that we use the scout hut for, as it's currently not being used very much. There was some discussion of providing refreshments, but it was decided not to make any changes for the time being. We will revisit this topic regularly over the coming months in light of the changing guidance on COVID-19.

e. Youth feedback - Kylie

Kylie was welcomed to the committee as our new youth representative.

f. Metrolines - Anne

i. Printing for 2022

Several members have asked for Metrolines to be printed again. Anne will collate a list of members who have requested this and follow up. **Action: Anne Ambrose**

ii. Update on the 2021 charity collection

Money is being raised for Harrow Food Bank. Member donations currently total £235. We will share the total amount in the December edition of Metrolines.

Action: Anne Ambrose

iii. Trophy races list needed for the Feb edition

Nigel will liaise with Vincent to ensure the list is circulated soon. **Action: Nigel Rackham**

AOB

Items for Future Meeting

- a. Six Harrow Half Free Places
- b. Metros calendar

Meeting closed at 9:11pm

Christmas Messages

Have a Great Christmas
from
Kev and Bev



Merry Christmas to all Metros!
May 2022 bring more races for all!
Paula

Merry Christmas and Happy New Year to all
Metros!
From
Runny Sonny



*Wishing all Metros, a fabulous
Christmas and a very successful
and Covid free 2022*

Anne A x

**A very happy Christmas to you all
Pauline & John Bishop**



Merry Christmas and a
hopeful New Year, full of
running!
Best wishes,
Jane H

A Merry Christmas and a safe and healthy
New year to all Metros and their families
Terry and Diane Burke
In deepest Devon

Seasons greetings and very best wishes for a happy and healthy 2022 to my
Metros friends with thanks for all your encouragement.
Arnold Glickman

Ter

To all my Metros friends, wishing you a
very happy Christmas.
Here's to many more running
adventures in 2022.
Nollaig Shona daoibh go léir!
Emma P



We wish all their Metros friends a
wonderful Merry Christmas and a
healthy, fit, and successful New Year.
Teresa & Dave

Best wishes for Christmas and the
holiday season. Happy New year
with success and good running in
2022 to all Metros.
Sarah

Wishing all Metros, a Happy Christmas
and a Happy and Healthy New Year
Love From

The Rogans & O'Reillys



*Wishing all our Metros friends and their
families a wonderful Christmas and a Happy,
Healthy New Year.
Thank you, Metros, for being so wonderful and
supportive.
Love to all
Marilyn and Henry*

Wishing all Metros and their families a very Merry Christmas and a Happy new year.

Best wishes
Gill and Andy



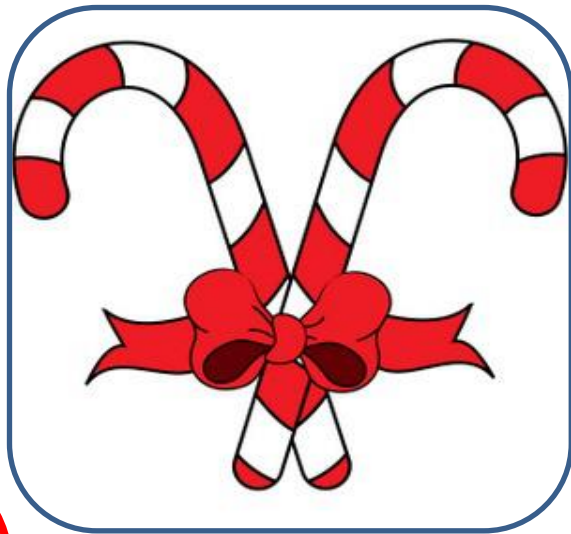
Happy Crimbo everyone and best wishes for 2022, may it be one with much more fortune and happiness!! All our love
Marcus & Aneta X

Let's hope 2022 is a better year for us all.

Love Barbara & Frank

Merry Christmas & Happy New Year to Metros & family. Be safe,

Andrea xx



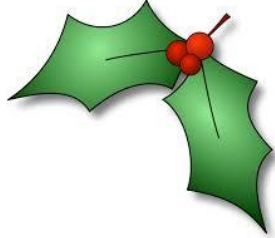
Merry Christmas and a happy and healthy New Year to all the Metros runners. Stay safe and keep the running going!
Anne NOLA

Wishing all Metros and their families a very happy Christmas with good health and fitness to follow in the New Year.

Angela and Brian Murphy

Wishing all you lovely Metros a
very merry Christmas and a
happy, peaceful, and healthy New
Year.

With love from
Ruth Tidder x



Wishing all my fellow
Metros a Merry
Christmas and a Happy
New Year,
Diane O'Reilly

Wishing everyone at Metros a very Happy
Christmas and a successful and injury New
Year.

Judy 🏃🏃🏃🏃 and Nigel 🏃🏃🏃🏃

*Wishing everyone at Metros a
Merry Christmas / Joyeux Noël !
Love from Peter, Mandy, Boris, and Lola*



Wishing all you wonderful
Metros a very happy festive
holiday. Proud to be a Metro.

Lots of Love
Linda Grimes x



Merry Christmas and a
Happy New Year,
Andrew and Jo Collier

Merry Christmas to you
all. Best wishes for the
New Year.

Love
Mike and Nancy



Best wishes to all for a
very Merry Christmas and
a Happy, healthy, injury
free New Year.

Brian & Pat

Wishing the Metros all the best for a Happy
Christmas and 2022! Thanks for your
friendship, support, and encouragement
throughout the year. **Pip Brown**

***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
	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	Marilyn Pickford	0208 707 1028
		Adam Leary	07721456685

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.