



March 2022
Issue No. 396



Harrow Hill Race

Metros Diary

March

Sat 5	5 Mile Handicap	9.00 am
Sun 6	Berkhamsted HM/5M	10.00 am
Sat 12	Wot No Watch, Roxbourne Park	9.00 am
Sat 19	parkrun – Sunny Hill	9.00 am

April

Sat 2	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 9	Metros Track 5K	tbc
Fri 15	Maidenhead Easter 10	9.30 am
Sat 16	Wot No Watch, Roxbourne Park	9.00 am
Sun 24	Ibstone Circle 10K	10.00 am

May

Fri 6	Sir Roger Bannister mile	6.00 pm
Sat 7	Metros 5K Challenge, Roxbourne PK	9.00 am
Sun 8	Marlow 5M	9.30 am
Sat 14	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!

I hope everyone came through the various storms unscathed; I saw quite a few fallen trees around Harrow.

Fortunately, Dudley, Eunice and Franklin waited until after the Harrow Hill Race before causing havoc. The HHR was very enjoyable and a great success; congratulations to everyone involved in the organisation and all the runners. I thought it was easier this year, probably because we only had to tackle Football Lane once!

With more races opening up, this month sees the return of Trophy Races – so enter the events now. Many newer Metros may not have run these races before and would be interested to read about them, so please send in your race reports.

Anne Ambrose

Metrolines Contributions

All contributions welcome – please send to Anne Ambrose

Email: metrolines1@gmail.com

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

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

Contributions by 15th of each month please.

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

Metros Website and social media

www.metros.org.uk

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

We also have 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

New Members

Welcome to

Rahat	Abbas
Kamal	Jain
Andrew	Jones
Farzina	Kapadia
Sarah	Coltman
Sarah	Armstrong
Rosa	Walle
Jeff	Rollason
Reshma	Emanuel
Nathan	Gee
Angela	Tomusange
David	Merrigan



Well done to.....

Nigel Rackham & Jennifer O'Sullivan - for coming first in their age groups at Canons parkrun on 26th February

Tanya Keene & Chris Parkinson- Best – for completing their 100th and 250th parkruns respectively at Canons Park, 26th February.

Steve Paull – for coming first in his age group at Chase the Moon 10K on 23rd February

Linda Georgiades – for running her first half marathon at Welwyn on 27th February

Terry Burke – for coming first in his age group at Seaton parkrun on 26th February

Date for your diary: Saturday 14th May
Night of the 10,000 M PBs.

<https://www.nightofthe10kpbs.com/14th-may-2022/>

This is a really good event, free entry and some very good runners and, if you can run 10K in under 32mins (men) or 38mins (women), you can enter the race!



Membership Renewals

Metros membership expired at the end of February 2022.

If you have not already done so, please renew your membership as soon as possible, see the end of this article for how to do this.

Membership costs £25, no increase on 2020 rates.

Juniors are £1, and students £5, over 70s with over 5 years past paid Metros membership are free.

Your membership fees pay for:

- premises: scout hut, tennis club, track
- league entries: Summer League and cross country entries are not charged to individuals
- courses: part or full costs of courses such as first aid and running leadership
- affiliation to England Athletics which also insures us as a club
- systems: website, membership system (Webcollect)
- equipment: for example we've just bought new marshal bibs and lanyards
- prizes: given out at our annual award evening each November
- a contingency fund: this allowed us to waive membership fees last year

A separate item, in addition to your membership, is athlete affiliation to England Athletics. Many running clubs automatically add this into membership, we prefer to give you a choice. As well as supporting the work of England Athletics, the benefits of EA membership are that you can claim a discount on race entries, the "affiliated rate", usually £2 per race entry. Your race times are recorded in the Power of 10 database so you can see how you compare to all other affiliated athletes in your age group across a range of distances. As an affiliated club, we get a race entry to the London marathon which we offer in a ballot to all our EA members who have a failed entry to that year's London marathon. EA affiliation costs £16 this year.

To renew your membership, please log on to the Metros website, and select renew membership (or use this link <https://metros.org.uk/members/renew-membership/>). This will take you to Webcollect. Due to the changes made last year, you may find you have to select a different membership type to the one you had before. Simply add the membership type you want to the basket. If you want EA membership as well, you'll find that on the second tab, just add that to the basket too. When you review your basket, you will be asked to check your membership details – if anything has changed, address, contact details etc, please correct them. This is your data and it's up to you to make sure it's accurate.

If you have any difficulties with renewals, please email me on metros.secretary@yahoo.co.uk

Thank you

Irene Paull

JEAN GATES
1945-2022



We have received sad news that Jean Gates has recently passed away. Jean was one of the early Metros members joining in 1988. For many years she took part in numerous Metros running and social activities until injuries took their toll. She later moved to Christchurch.

She ran the London Marathon three times and The Seven Sisters Marathon many times. Other events included Race the Train, Man v. Horse and the Round Norfolk Relay - always up for a challenge.

She was a keen supporter of Metros and those who remember her have fond memories of a cheerful, determined lady.

Our condolences to her family.

Pat Jackson

Donations to Marie Curie via
www.justgiving.com/JeanGates

Trophy Races 2022

The races eligible for the Metros London Road Runners Club (LRRC) Trophy for **2022** are as follows: -

Date	Event	Entry Fees	Website
06 th March	Berkhamsted Rotary HM/5M	£29/10	home marathon (berkorun.com)
15 th April (Good Friday)	Maidenhead Easter 10	£24	Maidenhead Easter 10 2022 – Maidenhead Athletic Club (maidenheadac.org)
24 th April	Ibstone Circle 10K	£16	https://www.ibstonecircle.co.uk/
8 th May	Marlow 5M	£25	Marlow 5 – Handy Cross Runners
26 th June	Hitchin Hard HM/10K	£21/16	Entry page for Hitchin Half, 10K, 5K (h3m.co.uk)
4 th Sept	Hillingdon 20	£28	Hillingdon 20 Hillingdon Athletics Club (hillingdonac.co.uk)
18 th Sept	Moor Park 10K	£20	Moor Park 10K - moorpark (activetrainingworld.com)
16 th October (tbc)	Cabbage Patch 10M	£25	Welcome to the Cabbage Patch 10
23 rd October (tbc)	Ricky Road Run 10M	£16	Ricky Road Run – Annual 10-mile charity run in Rickmansworth and Chorleywood
6 th November (tbc)	Marlow 7mile/ HM	£22/32	Marlow Striders Half Marathon

There are 10 events available to enter with only your best 8 event scores counted to your total at the end of the year.

The scoring will be as follows

	Maximum Score
5 miles	30
10 K	40
10 miles	50
Half Marathon	60
20 miles	70



The first Metro to finish will be awarded the maximum number of points, the second Metro will be awarded the (maximum – 1) points, the third (maximum-2) points, etc. There will be separate male and female awards.

Runners entering Berkhamsted, Hitchin and Marlow have the option of a shorter distance. So, there are 5-mile, 10K and 7- mile events available for those who prefer shorter distances.

Backup races

The following races may be included if any of the above are cancelled due to severe weather or Covid restrictions.

Date	Event	Entry Fees	Website
	1st half of year issues		
17 th July	Hell Fire HM/10K	£20/16	Hell-Fire Half and 10K – Handy Cross Runners
	2nd half of year issues		
4 th Sept	Maidenhead HM (same date as Hillingdon20)	£36	https://www.theraceorganiser.com/e/maidenhead-half-marathon-2973
25 th Sept	Leighton 10M (if Ricky Road run is cancelled)	£20	Leighton 10 (leightonbuzzardac.co.uk)

Any runners completing all 10 events will get a Trophy.

Points for the competition are awarded from the official results as posted on each organising club's website. If you enter as a Metro and are not shown in the results as such, get in touch with the LRRC Coordinator.

Vincent Cheung – LRRC Coordinator

Metros 5K Competition

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

Remaining fixtures for 21/22:

19 March	Sunny Hill parkrun
09 April	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 5K Roxbourne Park - 5th February 2022

RESULTS BY TIME

Nigel Rackham	19:02
Chris Shearwood	19:13
Sasha Birkin	20:56
Nathan Powell	21:38
Mike Morris	22:34
Andy Fox	22:39
Adam Leary	23:08
Kevin Smart	23:27
Kyie Hollingshead	23:39
Simon Abery	23:50
Ann Suffield	25:11
Andrew Collier	25:51
Harish Gohil	25:53
Ruth Tidder	26:21
Tim Oakley	26:55
Ceri Jacob	27:11
Bill Harrington	27:53
Julia Robinson	28:07
Will Bailey	28:42
Lynne Jones	28:50
Jasia Zimmerman	29:21
Jonathan Pang	29:23
Andrew Jones	29:57
Dave Young *	29:57
Julia Allen	30:36
Judy Rackham	31:41
Mike Reid	32:05
Jo Collier	32:29
Emma Rackham	32:29
Mitesh Patel	32:32
Teresa Young	32:45
Pippa Brown	33:21
Karen Leary	34:21
Janice Newman	34:57
Mike Ransome *	34:57
Malcolm Jackson	35:01
Anne Ambrose	35:29
Angela Murphy	41:00
Elish Fernandes	45:26
Gladys de Groot	45:27
Dave Brown	50:21
Sonya Grist	54:00

* Guide Runners

5K COMPETITION RESULTS

Sasha Birkin	20:56	80.10%
Janice Newman	34:57	71.96%
Lynne Jones	28:50	69.25%
Jasia Zimmerman	29:21	68.03%
Ceri Jacob	27:11	67.50%
Ruth Tidder	26:21	64.39%
Ann Suffield	25:11	64.33%
Judy Rackham	31:41	62.13%
Teresa Young	32:45	60.97%
Julia Allen	30:36	58.39%
Anne Ambrose	35:29	58.01%
Angela Murphy	41:00	56.14%
Jo Collier	32:29	55.00%
Julia Robinson	28:07	54.42%
Karen Leary	34:21	52.69%
Gladys de Groot	45:27	49.80%
Sonya Grist	54:00	48.36%
Pippa Brown	33:21	46.83%
Elish Fernandes	45:26	46.70%
Emma Rackham	32:29	45.66%
F Average		59.03%

Nigel Rackham	19:02	83.54%
Chris Shearwood	19:13	82.74%
Nathan Powell	21:38	69.86%
Kevin Smart	23:27	69.62%
Andy Fox	22:39	69.59%
Adam Leary	23:08	67.56%
Mike Morris	22:34	67.53%
Simon Abery	23:50	65.58%
Tim Oakley	26:55	60.65%
Andrew Collier	25:51	59.95%
Harish Gohil	25:53	59.37%
Bill Harrington	27:53	57.52%
Dave Young	29:57	57.05%
Kyie Hollingshead	23:39	54.90%
Will Bailey	28:42	54.46%
Mike Ransome	34:57	51.74%
Mike Reid	32:05	50.44%
Malcolm Jackson	35:01	49.77%
Andrew Jones	29:57	48.85%
Jonathan Pang	29:23	48.63%
Mitesh Patel	32:32	40.76%
Dave Brown	50:21	36.44%
M Average		59.39

Many thanks to the volunteers:

Nancy Morris, Caroline Day-Lewis, Amanda Hardy, Diane O'Reilly, Marcus Weedon, Pat Jackson, Linda Georgiades, Marion Rogan, Steve Paull and to Mike Reid who ran early and then did it all again as tail walker.



Watford Half Marathon – 6th February

Pos	Name	Gun Time	Chip Time
1		01:12:53	01:12:52
30	Nigel RACKHAM	01:21:00	01:20:58
112	Christopher SHEARWOOD	01:29:12	01:28:56
174	John NORRIS	01:34:34	01:34:20
254	Geetu MIRPURI	01:39:36	01:39:04
285	Alex LEGGETT	01:41:09	01:40:29
315	Tony WATSON Sudbury Court	01:43:09	01:42:01
348	Nathan POWELL	01:44:25	01:44:03
360	Jonathan EVAN-HUGHES	01:44:47	01:43:12
641	Rhonda TAPLEY	01:59:15	01:57:03
653	Jennifer O'SULLIVAN	01:59:45	01:57:32
789	Bhavini PATEL	02:07:39	02:05:40
809	Elizabeth ABRAHAMS Sudbury Court	02:09:01	02:05:37
935	Roshni PATEL	02:20:21	02:18:09
1085	Finishers	03:33:16	03:29:02



2:30 pacer – Spencer Millbery

Measured Mile - 12th February

Mike Morris	6.34
Simon Aberly	6.54
Jennifer O'Sullivan	7.07
Linda Georgiades	7.17
Andrew Collier	7.22
Bill Harrington	7.33
Jonathon Pang	8.02
Andrew Jones and Dave Young	8.08
Amanda Hardy	8.33
Mike Ransome	8.35
Gordon Valentine	8.53
Malcolm Jackson	9.12
Kirit Ranpura	9.13
Teresa Young	9.21
Jo Collier	9.32
John Camprubi	9.39
Janice Newman + Liz Wordsworth	10.15
Elish Fernandez	11.06
Gladys de Groot	12.5

A chilly morning for the Measured Mile but dry conditions and some very impressive times. If you ran the 2-miles, I have recorded your fastest time. Several Metros made improvements on the November mile time, congratulations to Simon, Andrew Collier, Bill, Mike Ransome, Jo and Jonathon. For those who did their first Measured mile of this competition, or a slower time than in November there is still the opportunity to win the trophy by improving for the next miles in May and in August. You only need to improve over 3-miles to be in the contest so keep up the training to run faster in May!

Thanks to Barbara Reading for noting times and numbers and supporting.

Angela

Harrow Hill Race – Sunday 13th February

Pos	Name	Time	Net Time
1		00:34:05	00:34:01
5	<i>Thomas GRIMES</i> <i>East London Runners</i>	00:36:56	00:36:52
12	<i>Lizzy ALLISON</i> <i>Harrow AC</i>	00:39:50	00:39:46
16	Marcus WEEDON	00:41:08	00:41:05
19	Christopher SHEARWOOD	00:41:46	00:41:41
22	James KERRANE	00:42:09	00:42:04
29	John NORRIS	00:43:36	00:43:30
31	Clive HEIDRICH	00:43:59	00:43:53
35	Nicky SMITH	00:44:53	00:44:46
44	Nick RUSSELL	00:47:19	00:47:11
47	Cavan DAY-LEWIS	00:47:30	00:47:14
48	Michael MORRIS	00:47:31	00:47:23
53	Tony WATSON Sudbury Court	00:47:55	00:47:34
54	Devon DAY-LEWIS	00:48:05	00:47:49
59	Emma PONNAGANTI	00:48:31	00:48:23
66	Kevin SMART	00:49:31	00:49:20
68	Simon ABERY	00:49:58	00:49:43
72	Adam LEARY	00:50:40	00:50:26
73	Shyam PATEL	00:51:04	00:50:51
75	Martin ASLAN	00:51:11	00:50:50
78	Vincent CHEUNG	00:51:48	00:51:34
81	Laure CHAMPEIX-ASLAN	00:51:58	00:51:39
83	Jennifer O'SULLIVAN	00:52:17	00:52:10
91	Rhonda TAPLEY	00:53:36	00:53:26
98	Caroline DAY-LEWIS	00:54:16	00:53:58
99	Brian MCGRORY	00:54:22	00:54:08
109	Ruth TIDDER	00:55:26	00:55:10
112	David YOUNG	00:55:53	00:55:37
118	Andrew COLLIER	00:57:24	00:57:11
120	Elizabeth ABRAHAMS Sudbury Court	00:57:26	00:56:59
121	Rohan MASCARENHAS	00:57:32	00:57:16
131	Ariff SIDIK	00:58:24	00:57:51
134	Anne NOLA	00:58:42	00:58:28
135	Steve PAULL	00:58:45	00:58:35

King of the Hill

Queen of the Hill

148	Mike REID	01:02:04	01:01:42
150	Roshni PATEL	01:02:07	01:01:50
152	Monica SHORTT	01:02:38	01:02:07
156	Una CUNNINGHAM	01:03:18	01:02:57
162	Kevin CONCANNON	01:04:18	01:03:52
167	Philippa BROWN	01:05:53	01:05:30
174	Michael RANSOME	01:06:52	01:06:30
179	Sakina SIDIK	01:10:25	01:09:55
183	Linda GRIMES	01:13:32	01:13:00
185	Stephanie WHITE	01:16:43	01:16:23
187	Tiziana SPOTTI	01:18:32	01:17:59
189	Anne AMBROSE	01:22:01	01:21:41







King and Queen of the Hill





Chase the Moon 10K - 23 February 2022, Battersea Park

1		32:47
145	Steve Paull	50:28 (3rd V60, 1st V65)
277	Finishers	

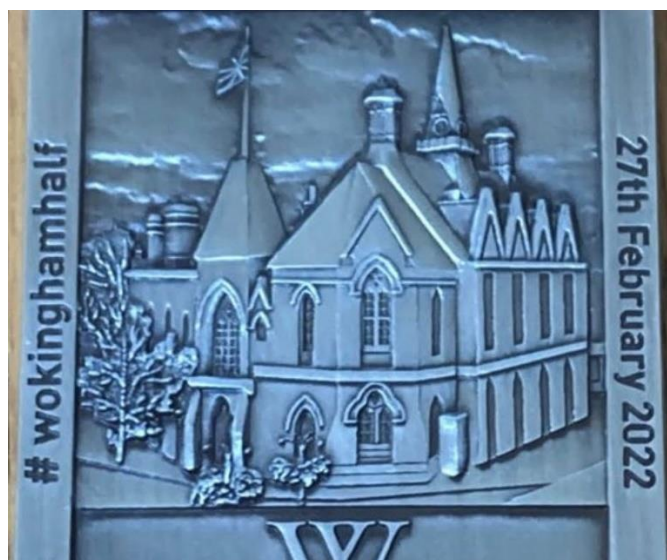
Welwyn Half Marathon – 27th February

Pos		Gun Time	Chip Time
1		01:16:51	01:16:45
82	Jonathan Evan-Hughes	01:40:56	01:40:27
183	Steve Paull	01:54:12	01:53:49
223	Linda Georgiades*	01:59:41	01:59:17
388	Finishers	03:33:00	03:32:09

* 1st Half -marathon

Wokingham Half Marathon – 27th February

Pos		Gun Time	Chip Time
1		01:06:06	01:06:06
472	Chris Shearwood	01:28:19	01:27:44
609	John Norris	01:31:33	01:31:02
654	Nathan Powell	01:33:06	01:32:16
2693	Finishers	03:20:32	03:14:24





Forthcoming Events 2022

Sunday 27th March – Spring Family Duathlon – Our first event of the year and an event open to all ages with 6 Junior races for ages up to 19 and Seniors race. All on the safe closed circuit of Hillingdon Cycle Circuit, Minet Park. Format is run-bike-run with different distances for each age group

Thursday 21st April – Evening Duathlon – Hillingdon Cycle Circuit, Minet Park. Format is run-bike-run-bike-run

Sunday 1st May – GrassMan Triathlon – A triathlon for novices or the less experienced. Children's races too. Uxbridge Indoor pool. The cycle and run are off road. An early start but home before 10am.

Thursday 19th May – Evening Duathlon – Hillingdon Cycle Circuit, Minet Park. Format is run-bike-run

Thursday 26th May - Evening Aquathlon – Our first Aquathlon of the year at Hillingdon Sports and Leisure centre. 750m pool swim followed by 5k run. Novice option of 400m pool swim followed by 2.5k run.

Full details of all the events including distances, formats and start times, are available through the Hillingdon Triathletes website -

www.hillingdontriathletes.co.uk

Looking to join a local friendly Tri Club? Take a look at our website for full details. New members always welcome. Coaching sessions available throughout the week. All abilities catered for – from beginners to those more seasoned athletes.

Run Training – Tuesday & Friday, Hillingdon Leisure Centre (fields)

Swim Training – Monday & Wednesday, Hillingdon Leisure Centre

We look forward to seeing you

Biscuit Tin Brownies

This after-run treat is ideal for using up old biscuits at the bottom of the tin!



Serves 16

- ❖ 150g (5oz) unsalted butter, plus extra for greasing
- ❖ 300g (10oz) dark chocolate, broken into pieces
- ❖ 3 eggs
- ❖ 250g (9oz) caster sugar
- ❖ 2tbsp freshly brewed coffee
- ❖ 60g (2oz) plain flour
- ❖ 2tbsp cocoa powder
- ❖ 75g (2½ oz) Lotus Biscoff Spread
- ❖ 16 of your favourite biscuits

You will need: 25cm (10in) square tin, lined with parchment paper

1. Heat the oven to 180°C/Gas 4. Gently melt the butter and chocolate in a bowl set over a pan of simmering water.
2. Whisk the eggs and sugar until thick and pale. Fold in the melted chocolate mixture, then the coffee.
3. Sift the flour and cocoa powder and fold into the mixture. Pour the batter into the tin. Add spoonfuls of the spread and swirl through the mixture with a knife. Tap the tray on the worksurface to flatten.
4. Arrange the biscuits on top, pushing them into the batter. Bake for 30-35 mins. Once cool, cut into squares.



Sunrise at the Friday 7.00 am session

***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	Marilyn Pickford Adam Leary	0208 707 1028 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.