



September 2022
Issue No. 401



Metros - Old School Sports Day

Metros Diary

September

Sat 3	5 Mile Handicap, Roxbourne Park	9.00 am
Sun 4	Hillingdon 20	9.00 am
Sat 10	Wot No Watch, Roxbourne Park	9.00am
Sat 17	parkrun – Canons Park - TBC	9.00 am
Sun 18	Moor Park 10K	3.00 pm
Sat 24	Metros Annual Fun Run and BJ Challenge	8.45 am
Sun 25	Leighton 10M	8.30am
Fri 30	LFOTM	11:50 am

October

Sat 1	Metros 10K Challenge, Roxbourne Park	8.50 am
Sun 2	London Marathon	9.30 am
Sat 8	Wot No Watch, Roxbourne Park	9.00am
Sun 9	TVXC – Metros event – Hillingdon	11.00 am
Sat 15	parkrun- Cassiobury – TBC	9.00 am
Sun 16	Cabbage Patch 10M	9.00 am
Fri 28	LFOTM	11.50 am

November

Sat 5	Metros 5K Challenge, Roxbourne Park	9.00 am
Sun 6	Marlow HM & 7M	9.30 am
Sat 12	Measured Mile, Roxbourne Park	9.00 am
Sat 19	Track 5K – Harrow School	tbc
Fri 25	LFOTM	11.50 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!

Congratulations to any Metros that have competed in any events over recent weeks, as it has been rather hot for running, with record temperatures.

Despite the weather, Metros were very successful in the Summer League, with the club finishing third overall. All the Metros Summer League results can be found in this edition of Metrolines.

It's also been a fantastic summer for athletics, not just for elite athletes internationally but for Metros in the Vets track and field and for the new Metros event the Old School Sports Day.

This month sees the return of the longest running Metros event, the 43rd Annual Fun Run; hope to see many of you there.

Anne Ambrose

Metrolines Contributions

All contributions welcome – please send to Anne Ambrose

Email: metrolines1@gmail.com

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

Please provide in Word format.

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

Contributions by 15th of each month please.



Well done to.....

Mark Smith, Nick Jones, Emma Ponnaganti & Mike Reid – for PBs at the track 5K on 9th July

Linda Georgiades – a 10K PB at Battersea Summer League 21st August.

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

THE 43rd ANNUAL Metros FUN RUN - THE BRIAN JACKSON FUN RUN

Saturday 24th September 2022, Roxbourne Park from 8.45 am

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

This is the 43rd Annual Metros Fun Run and all Metros members, families and invited guests are welcome to join in this year, running, walking, helping and spectating. This is the longest established Metros event and led to the formation of the club we now call Metros. It is named in honour of Brian Jackson, founder of the event and, for many years, the organiser.

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

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

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

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

The Surface Parkland (almost all grass)

The Place Roxbourne Park, Cannon Lane South, Pinner.

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

The Programme:

9.15 am 4km Male and Female over 11 years.

9.45 am 4km Male and Female over 11 years.

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

2km

These three races total 10km.

Followed by:

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

1km Walk – all ages.

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

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

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

If you'd like to know more, or can offer to help, please contact

Pat Jackson, patjacksonhome@hotmail.com 07963551816 0208 868 5683

Learn Cardiopulmonary Resuscitation – CPR

Most of us will witness a cardiac arrest in our lifetime. The British Heart Foundation provides a fast, free and easy-to-use CPR training course. You can access this on your mobile device, and it only takes 15 minutes to complete – you never know when it will be needed.

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr/learn-cpr-in-15-minutes>



Marshals Wanted

Thames Valley Cross Country

Sunday 9 October (10am to midday)

Hillingdon Sports and Leisure Complex

Gatting Way

Uxbridge

The Metros TVXC is the first in the season and we need lots of marshals for the course to make a brilliant start for the many runners we expect to take part. If you can volunteer to marshal please either sign up on Spond (you have to scroll down to find the section) or just email me on -

a.murphy91@yahoo.co.uk

or let me or Carole Wells or Sarah Westwood know when you see us. We need your mobile and your email address please to contact you with the details. Many thanks in advance for the amazing support you always give.

Angela

Thames Valley Cross Country League - 2022/23 Season

The Thames Valley Cross Country League is based around 8 races held from October to February each year.

Events are held on Sundays with an 11:00 AM start time - 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 is 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. See the [rules page](#) for full details.

[Metros 9th October 2022](#)

[Reading Roadrunners 30th October 2022](#)

[Datchet Dashers 13th November 2022](#)

[Sandhurst Joggers 27th November 2022](#)

[Marlow Striders 11th December 2022](#)

[Bracknell Forest Runners 15th January 2023](#)

[Handy Cross Runners 22nd January 2023](#)

[Thames Valley Triathletes 5th February 2023](#)



Great North Run – 11th September

David Merrigan, Jennifer O'Sullivan and Monica Shortt are taking part in the Great North Run in September and are raising funds for a great charity (Different Strokes).



They would be very grateful for all donations small or large for this worthy cause. Every year 100,000 people have a stroke and a 1/4 of these people are under the age of 65. That's 25,000 younger people whose lives are changed in an instant. Stroke is also the single biggest cause of disability in the UK, but it's not always the visible disabilities that stroke survivors have to contend with, debilitating fatigue, cognitive problems and personality changes can also be a lifelong challenge, preventing them from returning to work or bringing up a young family. Different Strokes empowers survivors to reclaim their lives

[Canons Park Run Crew AKA David, Jenny and Monica is fundraising for Different Strokes \(Trustees\) Limited \(justgiving.com\)](#)

Good luck to Monica, David and Jenny.

Are you undertaking an upcoming challenge in support of a charity? Send details of your fundraising for the next Metrolines to metrolines1@gmail.com

London Marathon 2nd October



Congratulations to Lorraine O'Donovan who was the lucky recipient of the Metros club place for the upcoming London Marathon. Good luck with your training.

Trophy Races 2022



Remaining Trophy Races for **2022**:

Date	Event	Entry Fees	Website
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)
25 th Sept	Leighton 10M	£20	https://www.leightonbuzzardac.co.uk/leighton10/
16 th October	Cabbage Patch 10M	£26.50	Welcome to the Cabbage Patch 10
6 th November	Marlow 7mile/ HM	£22/30	Marlow Striders Half Marathon

Note: The Leighton 10M event will be in place of the Ricky Road Run which will not take place in 2022.

Points are awarded 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. 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, contact the LRRC Coordinator.

Vincent Cheung – LRRC Coordinator

Metros 5K Competition – Provisional dates for 2022/23

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

Date	Event
17 September 2022	Canons Park parkrun
15 October 2022	Cassiobury parkrun
05 November 2022	Metros 5k @ Roxbourne Park
19 November 2022	Track 5k
17 December 2022	Northala Fields parkrun
28 January 2023	Track 5k
04 February 2023	Metros 5k @ Roxbourne Park
18 March 2023	Rickmansworth parkrun
08 April 2023	Track 5k
06 May 2023	Metros 5k @ Roxbourne Park
17 June 2023	Harrow parkrun
22 July 2023	Track 5k
05 August 2023	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

Nathan Powell, Mitesh Patel

Veterans' Track and Field

Massive congratulations to everybody who took part in the Vets Track and Field Competition, this year.

The Men's Team came 5th and the Women's Team came 4th, out of 8 teams, most of which, are athletic clubs! Thanks to Wendy Mulvenna for coordinating.

See the final results below

Here's looking forward to next year!

	Event Points and match points					
		Meeting Dates				
	MEN	16 May	13 June	27 June	13 July	Total
Pos						
1	Hillingdon	7	8	8	8	31
		173	175	187	181	716
2	Herne Hill Harriers	8	7	7	7	29
		176	159	182	159	676
3	Serpentine	6	6	6	6	24
		167	149	157	156	629
4	Thames Valley Harriers	5	5	4	5	19
		141	116	101	81	439
5	Metros	4	4	5	4	17
		111	105	119	76	411
6	Ealing Southall & Middlesex	3	2	3	3	11
		26	6	27	55	114
7	British Airways	2	3	1	2	8
		20	25	18	31	94
8	Ealing Eagles	1	1	2	1	5
		6	3	24	24	57

	WOMEN	16 May	13 June	27 June	13 July	Total
Pos						
1	Hillingdon	8	8	6	8	30
		192	162	154	162	670
2	Serpentine	7	7	7	7	28
		155	125	161	154	595
3	Herne Hill Harriers	6	5	8	4	23
		136	84	168	95	483
4	Metros	5	6	5	5	21
		79	115	83	120	397
5	Ealing Southall & Middlesex	4	4	4	6	18
		78	38	80	122	318
6	British Airways	3	3	1	2	9
		45	28	13	29	115
7	Thames Valley Harriers	1	2	3	3	9
		0	21	53	30	104
8	Ealing Eagles	2	1	2	1	6
		10	11	39	27	87



M.B.E.'s - METROS BEST EFFORTS

These are awarded for all-time best age performances in individual track and field events recorded before 1st October. In order to qualify for an MBE, members must enter events as Metros and wear official Metros kit.

The award groups for each event are:

Men and Women: 35-39, 40-49, 50-59, 60-64, 65+

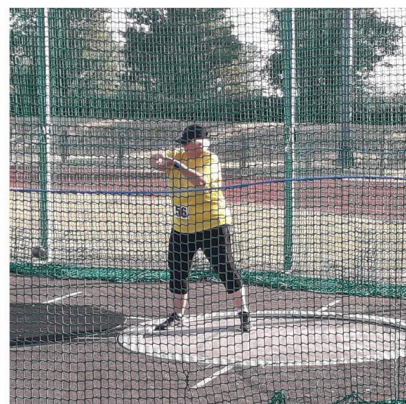
The updated Metros Track and Field records are within this issue of Metrolines. Please let me know as soon as possible if you think any of the records are incorrect. Although the Vets Track & Field series is now completed, there are Open Graded Meetings where present M.B.E. records can still be broken (if verified).

PLEASE LET ME KNOW BEFORE 1ST OCTOBER OF ANY NEW RECORDS.

Pat Jackson

patjacksonhome@hotmail.com

07963551816



METROS VET MEN - TRACK BEST 2022

	35-39	40-49	50-59	60-64	65+		
100m	Mike Godden 12.7 9 Sep 87	Mike Godden 12.7 19 Jul 88	Kevin Smart 13.0 25 Jun 12	Kevin Smart 14.0 24 Jun 19	Mike Ransome 14.8 22 June 15		
200m	Matt Rogan 29.7 10 Jun 13	Mike Godden 25.8 13 Jul 88	Kevin Smart 26.7 18 Jul 11	Kevin Smart 28.1 10 Jul 19	Mike Ransome 31.1 13 Jun 16		
400m	Steve Hartley 56.5 8 Jun 88	Mike Godden 56.9 19 Jul 88	Kevin Smart 60.9 24 Jun 13	Kevin Smart 66.1 24 Jun 19	Mike Ransome 73.9 20 Jun 16		
800m	Steve Hartley 2:06.0 9 May 90	Steve Hartley 2:07.6 15 Jun 94	Derek Frampton 2:13.4 14 Jul 90	<i>*NEW RECORD</i> Nick Jones 2:41.8 13 July 22	Steve Paull 3:01.01 1 Aug 18	<i>*PREVIOUSLY</i> Nick Jones 2:48.2 13 June 22	
1500m	Steve Hartley 4:18.3 11 Apr 90	Steve Hartley 4:26.6 16 Sep 92	Nigel Rackham 4:38.0 23 Jun 16	Steve Paull 5:38.1 31 May 17	Steve Paull 6:25.9 24 June 2019		
3000m	Steve Hartley 9:18.32 9 Apr 90	Steve Hartley 9:26.8 9 Sep 92	Nigel Rackham 9:38.8 17 Jul 16	Chris Roome 10:47.5 31 Aug 96	Steve Paull 12:53.7 1 Aug 18		
2000m Walk	--	Terry Burke 11:29.6 7 Jul 97	Bob Manning 11:20.5 5 Jul 93	Terry Burke 11:50.4 9 May11	Brian Jackson 15:11.7 10 May 04		

METROS VET MEN – FIELD BEST 2022

	35-39	40-49	50-59	60-64	65+	
Long Jump	Matt Rogan 3.66m 9 Jun 14	Ray Bennett 5.38m 19 Aug 89	Kevin Smart 4.47m 16 Jul 12	Kevin Smart 3.86m 10 Jun 19	Mike Ransome 3.47m 13 July 15	
Triple Jump	Matt Rogan 8.07m 10 Jun13	Mike Godden 10.11m 16 May 94	Brian Jackson 8.06m 25 Jun 95	Brian Jackson 7.59m 17 May 99	Mike Ransome 6.72m 6 Jun 16	
High Jump	Jonny Jackson 1.25m 22 Jun 09	<i>*EQUALLED</i> Marcus Weedon 1.45m 13 Jul 22	Kevin Smart 1.30m 12 Jul 17	Kevin Smart 1.30m 7 Jul 21	Mike Ransome 1.15m 22 Jun 15	<i>*EQUALLED</i> Marcus Weedon 1.45m 1 Aug 18
Shot	Mervyn Stuckey 7.19m 25 Aug 90	Keith Seldon 9.61m 17 Apr 00	Sonny Peart 8.76m 10 Jun 19	Peter Jose 8.53m 14 Jul 08	Brian Jackson 6.29m 8 May 06	
Discus	Mervyn Stuckey 19.38m 20 Jun 90	Keith Seldon 24.34m 24 Jul 00	Ray Tucker 22.18m 14 Sep 97	Kevin Smart 23.54m 21 Jun 21	Roger Dengate 19.57m 24 Jun 19	
Javelin	Peter Rees 20.88m 13 Jul 16	Sonny Peart 35.15m 24 Jun 13	Sonny Peart 30.90m 24 Jun 19	Brian Jackson 24.34m 5 Jul 99	Brian Jackson 19.25m 28 Jul 03	
Hammer	--	Keith Seldon 25.69m 17 Apr 00	Sonny Peart 19.81m 10 Jun 19	Brian Jackson 16.91m 17 Apr 00	Roger Dengate 13.39m 10 Jul 19	

METROS VET WOMEN - TRACK BEST 2022

	35-39	40-44 (49)	50-59	60-64	65+		
100m	Mary Swindles 15.3 19 Aug 89	Mary Swindles 15.32 9 Jun 93	<i>*EQUALLED</i> Sasha Birkin 17.9 27 Jun 22	Marilyn Pickford 18.3 12 May 14	Ann Marsden 18.5 11 May 09	<i>*EQUALLED</i> Linda Dunne 17.9 13 May 19	<i>*EQUALLED</i> Ann Marsden 17.9 26 Apr 99
200m	Mary Swindles 31.4 21 Jun 88	Mary Swindles 31.8 11 Aug 93	<i>*NEW RECORD</i> Sasha Birkin 36.0 13 Jul 22	Marilyn Pickford 38.3 9 Jun 14	Ann Marsden 41.1 12 Jul 10	<i>*PREVIOUSLY</i> Linda Dunne 37.0 10 Jun 19	
400m	Mary Swindles 71.9 23 Jun 92	Mary Swindles 74.2 9 Jun 93	<i>*NEW RECORD</i> Sasha Birkin 75.7 16 May 22	<i>**NEW RECORD</i> Jasia Zimmerman 93.1 16 May 22	Marion Rogan 99.2 12 May 14	<i>*PREVIOUSLY</i> Linda Dunne 82.3 13 May 19	<i>**PREVIOUSLY</i> Lynne Jones 95.6 21 Jun 21
800m	Mary Swindles 2:40.6 21 Jun 88	Sasha Birkin 2:39.5 10 Jul 19	<i>*NEW RECORD</i> Sasha Birkin 2:45.9 13 July 22	<i>**NEW RECORD</i> Jasia Zimmerman 3:31.0 13 Jun 22	Pauline Bishop 3:43.8 5 Jun 17	<i>*PREVIOUSLY</i> Sasha Birkin 2:46.5 13 Jun 22	<i>**PREVIOUSLY</i> Jasia Zimmerman 3:44.5 7 Jun 21
1500m	Kate Armstrong 5:21.2 17 Jun 96	Sasha Birkin 5:25.6 24 Jun 19	<i>*NEW RECORD</i> Sasha Birkin 5:26.9 16 May 22	Marion Rogan 7:19.8 21 Jun 10	Ann Marsden 7:41.5 14 May 07	<i>*PREVIOUSLY</i> Jane Hudson 6:55.0 25 Jun 12	
3000m	Mary Swindles 11:31.5 4 Oct 87	Sasha Birkin 11:18.8 7 Jun 21	<i>*NEW RECORD</i> Sasha Birkin 11:25.4 13 Jul 22	Pauline Bishop 15:14.0 13 Jul 16	Pauline Bishop 14:33.8 5 Jun 17	<i>*PREVIOUSLY</i> Sasha Birkin 11:42.5 13 Jun 22	
2000m Walk	Gill McBride 13:53.6 29 Apr 96	Jasia Zimmerman 15:32.0 28 Apr 03	Pat Jackson 14:11.9 26 Apr 99	Pat Jackson 14:26.8 12 Jul 04	Barbara Robson 14:34.2 26 Apr 99		

METROS VET WOMEN - FIELD BEST 2022

	35-39	40-44 (49)	50-59	60-64	65+	
Long Jump	Gill McBride 3.60m 31 Aug 96	<i>*NEW RECORD</i> Zahra Bassiri 3.16m 15 Jul 22	Barbara Robson 2.73m 16 May 94	Marilyn Pickford 2.74m 9 Jun 14	Marilyn Pickford 2.75m 13 May 19	<i>*PREVIOUSLY</i> Gill McBride 3.09m 24 May 04
Triple Jump	Gill McBride 7.24m 17 Jun 96	Sylvia Suffield 7.07m 27 Apr 93	Debra Norman 5.24m 8 Jun 15	Marilyn Pickford 5.83m 11 Jun 12	Marilyn Pickford 5.59m 24 Jun 19	
High Jump	--	<i>*NEW RECORD</i> Zahra Bassiri 1.15m 27 Jun 22	Jane Hudson 0.95m 25 Jun 12	Anne Ambrose 0.80m 24 Jun 19	Marilyn Pickford 1.00m 18 Jun 18	<i>*PREVIOUSLY</i> Jane Young 1.10m 27 Jun 94
Shot	Mary Swindles 6.82m 17 Aug 91	Mary Swindles 7.12m 28 Aug 93	Jane Hudson 5.12m 8 Jun 15	Marilyn Pickford 5.68m 9 May 11	Ruth Dengate 5.59m 13 May 19	
Discus	Anna Fratzak 16.80m 27 Aug 94	Mary Swindles 22.08m 28 Aug 93	Jane Hudson 13.99m 25 June 12	Jeanne Coker 12.13m 15 Jul 02	Jeanne Coker 13.79m 28 Jul 03	
Javelin	Gill McBride 6.90m 17 Jun 96	Mary Swindles 18.40m 27 Jun 94	Jane Hudson 10.60m 25Jun 12	Marilyn Pickford 12.89m 25 Jun 12	Jeanne Coker 14.67m 6 Jun 16	
Hammer	--	Jane Young 20.16m 15 Jul 96	Pat Jackson 15.15m 7 Jun 99	Gladys de Groot 15.79m 14 Jul 14	Ruth Dengate 18.31m 10 Jul 19	

Pat Jackson

MBE CHART 2022

Old School Sports Day – 22nd July

A big thanks to everyone who came along to this event, whether you were running, doing the shot put, long jumping or being one of our amazing volunteers.

Also, thank you for supporting and making all the Sarries team feel so welcome, we believe this really added something very special to the evening and I know they absolutely loved competing against us.

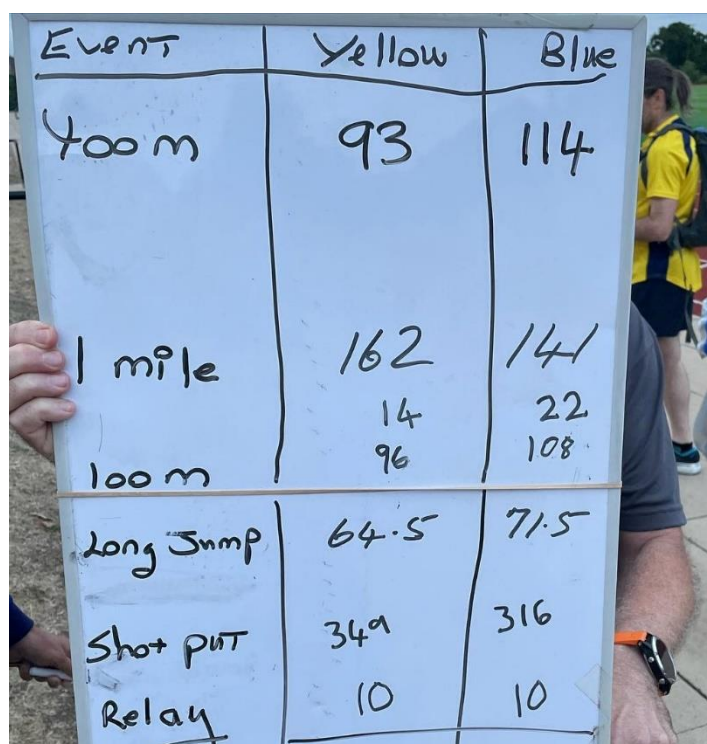
The participants were split into two teams – yellow and blue and thank you to Mike Morris and Jenny O’Sullivan for taking up the Captainship for the teams at the very last minute. Amazing work from Mike and Jenny getting the teams sorted and making sure they were at their starting positions at the right time, plus filling in when the teams were a runner short for an event.

The results for all events, have been uploaded onto a spreadsheet (check link below).

https://docs.google.com/spreadsheets/d/12j3rxTro3yRCM6fO9EnGDZsgcwqtFMzi3QpP_CauuUE/edit?usp=sharing

Sadly, on the evening we hastily calculated and announced that the YELLOW team had won, now that we have had more time to go through everything and used technology rather than our brains, we have worked out that the BLUE team

are the actual winners of our first sports day.



Event	Yellow	Blue
400 m	93	114
1 mile	162	141
	14	22
100 m	96	108
Long Jump	64.5	71.5
Shot put	34 ^a	316
Relay	10	10

We obviously apologise for announcing in haste on the evening an incorrect result, myself and Nathan both felt after going through the results, that it was only fair and honest to announce the change in result.

So, CONGRATULATIONS to all in the BLUE team.

This is the first event that we have done like this and Nathan and me have noted what changes we need to make it even better for next year, as we really hope that we will be able to hold again.



If anyone has any comments

whether you really enjoyed the evening or if you feel you have some ideas of what might be good to improved, please do email myself or Nathan.

Once again thank you for taking part and we hope to see you again very soon.

Marcus Weedon



Judy Rackham – tries the long jump

SUMMER LEAGUE

HEADSTONE MANOR – 19 JUNE 2022

Overall Pos.	Name	Time	Pos	Cat	Cat Pos	WAVA	Points
7	Nigel Rackham	00:28:40	7	M55	1	87.50%	314
28	Mark Smith	00:31:16	26	SM	20	68.18%	275
35	Chris Shearwood	00:31:49	33	M55	3	78.84%	288
38	Sasha Birkin	00:31:58	3	F50	2	85.30%	313
39	John Norris	00:32:01	36	M40	5	69.50%	270
43	Marcus Weedon	00:32:25	40	M45	5	71.31%	271
45	Richard Wilkinson	00:32:32	42	SM	26	65.52%	259
49	Nathan Gee	00:32:54	46	M50	2	73.15%	270
59	Russell Morris	00:34:23	55	M50	4	70.00%	261
63	Geetu Mirpuri	00:34:27	6	F40	3	72.28%	300
74	Nick Jones	00:35:21	66	M60	4	74.12%	260
75	Nicky Smith	00:35:35	67	M45	7	64.96%	244
85	Malcolm Smith	00:36:05	75	M60	6	72.61%	251
93	Mitesh Patel	00:36:31	81	SM	37	58.38%	220
95	Zahra Bassiri	00:36:34	12	F40	4	68.09%	294
97	Emma Ponnaganti	00:36:48	13	F45	1	70.24%	298
101	Nick Russell	00:36:59	86	M50	8	65.07%	230
109	Kevin Smart	00:37:31	93	M60	7	69.84%	233
121	Tom Morris	00:38:50	101	M60	8	67.47%	225
134	Steve Paull	00:39:49	109	M65	5	68.86%	222
140	Rhonda Tapley	00:40:30	28	F50	4	67.33%	288
148	Caroline Day-Lewis	00:41:02	34	F55	1	70.51%	287
167	Rohan Mascarenhas	00:42:33	124	M50	13	56.56%	192
184	Tarana Agarwal	00:43:46	52	FU17	1	56.66%	249
189	Ariff Sidik	00:43:57	133	M40	24	50.63%	173
193	Jennifer O'Sullivan	00:44:20	57	F45	8	58.31%	254
196	Tim Oakley	00:44:45	136	M60	16	58.55%	190
197	Anne Nola	00:45:04	60	F50	9	60.50%	256
209	Ruth Tidder	00:45:56	67	F50	12	59.36%	249
212	Barry Nolan	00:46:04	143	M50	14	52.24%	173
214	Louise O'Reilly	00:46:13	70	F45	11	55.93%	241
217	Andrew Collier	00:46:42	144	M55	14	53.71%	177
220	Jasia Zimmerman	00:47:11	74	F60	8	65.31%	252
223	Monica Shortt	00:47:31	77	F55	7	60.89%	244
242	Sakina Sidik	00:50:27	87	F40	18	49.36%	219
246	Judy Rackham	00:51:16	88	F60	9	60.11%	238
260	Amanda Kennelly	00:55:16	100	F60	10	55.76%	226
262	Tiziana Spotti	00:58:24	101	F60	11	52.77%	225
263	Anne Ambrose	00:58:49	102	F65	5	56.05%	229

Cont.....

HEADSTONE MANOR Cont

	Name	Time	Pos	Cat	Cat Pos	WAVA	Points
264	Stephanie White	00:58:56	103	F65	6	55.94%	228
265	Penny Hudson	00:59:12	104	F60	12	52.06%	222
266	Nancy Morris	00:59:12	104	F50	17	46.06%	212
268	Sarah Armstrong	01:02:24	107	F60	13	49.39%	219
269	Meena Mistry	01:02:24	107	F50	18	43.70%	209
273	Marion Rogan	01:06:31	112	F70	4	53.29%	224

TENDERFOOT

	Name	Time	Pos	Cat	Cat Pos	Points
11	Chloe Bullock	00:06:43	4	F11	1	103
12	Max Bullock	00:06:46	8	M11	3	99
13	Finn O'Reilly	00:06:48	9	M11	4	98
26	Kane O'Reilly	00:08:10	16	M8	3	97
27	Tara Ponnaganti	00:08:25	11	F6	1	104
31	Nisha Ponnaganti	00:08:44	15	F7	2	100
35	Laya Bassiri	00:09:37	19	F8	1	94

RELAYS – 4 X 400m – timed by Dave Brown

All the relay results are before any weightings for age etc. have been applied.

A Team

John Norris	1m 09.20s
Kyie Hollingshead	1m 01.19s
Russell Morris	1m 11.45s
Marcus Weedon	<u>1m 04.80s</u>
3 rd from 7 teams	4m 26.64s

Ladies Team

Zahra Bassiri	1m 18s
Tarana Agarwal	1m 22s
Sasha Birkin	1m 20s
Geetu Mirpuri	<u>1m 15s</u>
3 rd from 5 teams	5m 15s

BI Team

Nick Jones	1m 22.38s
Chris Sherwood	1m 13.72s
Ariff Sidik	1m 18.42s
Kevin Smart	<u>1m 13.61s</u>
1 st from 8 teams	5m 08.13s

B2 Team

Ruth Tidder	1m 28.32s
Emma Ponnaganti	1m 22.82s
Jenny O'Sullivan	1m 24.48s
Chloe Bullock	<u>1m 14.54s</u>
2 nd from 4 teams	5m 30.16s

SUMMER LEAGUE PERIVALE – 3 JULY 2022

	Name	Time	Pos	Cat	Cat Pos	WAVA	Points
41	John Norris	00:31:38	39	M40	6	70.59%	267
43	Sasha Birkin	00:32:04	3	F50	2	56.97%	313
46	Marcus Weedon	00:32:19	43	M45	6	61.43%	268
74	Russell Morris	00:34:54	68	M50	2	67.70%	248
78	Geetu Mirpuri	00:35:28	8	F40	3	64.48%	298
90	Malcolm Smith	00:36:06	78	M60	3	69.76%	248
98	Emma Ponnaganti	00:36:46	13	F45	2	68.42%	298
100	Nick Russell	00:36:52	87	M50	5	70.94%	229
107	Kevin Smart	00:37:07	92	M60	4	63.18%	234
110	Mitesh Patel	00:37:25	95	SM	41	69.89%	206
114	Vincent Cheung	00:37:38	99	M45	15	50.51%	212
126	Tom Morris	00:38:42	105	M60	6	55.27%	221
127	Simon Abery	00:38:54	106	M55	6	60.21%	215
133	Steve Paull	00:39:18	107	M65	4	57.84%	224
139	Rhonda Tapley	00:39:51	29	F50	4	58.30%	287
150	Caroline Day-Lewis	00:40:47	33	F55	1	65.22%	288
152	Anne Suffield	00:40:55	34	F45	8	53.74%	277
164	Linda Georgiades	00:41:24	41	F55	2	51.93%	280
196	Ariff Sidik	00:44:03	137	M40	30	49.02%	169
199	Tarana Agarwal	00:44:52	62	FU17	1	47.22%	239
204	Ruth Tidder	00:45:17	66	F50	7	53.35%	250
205	Tim Oakley	00:45:18	139	M60	11	56.23%	187
222	Linda Dunne	00:46:46	75	F50	9	44.92%	241
226	Jasia Zimmerman	00:47:15	78	F60	7	70.59%	248
232	Claire Millbery	00:48:06	83	F45	14	56.97%	228
235	Andrew Collier	00:48:18	150	M55	13	61.43%	171
246	Sakina Sidik	00:50:48	93	F40	15	67.70%	213
261	Nancy Morris	00:57:45	107	F50	13	64.48%	209
262	Penny Hudson	00:57:46	108	F60	9	69.76%	218
265	Anne Ambrose	00:58:38	111	F65	5	68.42%	220
267	Meena Mistry	01:00:42	113	F50	14	70.94%	203

TENDERFOOT

	Name	Time	Pos	Cat	Cat Pos	WAVA	Points
18	Eloise Suffield	00:07:02	7	F8	2		106
24	Tara Ponnaganti	00:07:56	9	F6	1		106
31	Nisha Ponnaganti	00:08:34	15	F7	2		100

PERIVALE cont...

RELAYS – 4 x 400m – timed by Dave Brown

All the relay results are before any weightings for age etc have been applied.

Mens

John Norris	1m 10.93s
Nick Russell	1m 16.07s
Kevin Smart	1m 14.72a
Marcus Weeden	<u>1m 08.64s</u>
5 th from 7 teams	4m 50.36s

BI

Ariff Sidik	1m 19.81s
Steve Paull	1m 39.39s
Linda Dunne	1m 39.18s
Caroline Day Lewis	<u>1m 47.49s</u>
7 th from 8 teams	6m 25.87s

Ladies

Tarana Agarwal	1m 32.67s
Ann Suffield	1m 34.37s
Emma Ponnaganti	1m 30.36s
Eloise Suffield	<u>1m 50.28s</u>
4 th from 5 teams	6m 24.68s

B2

Claire Millbery	1m 39.47s
Meena Mistry	2m 17.07s
Nisha Ponnaganti	2m 00.92s
Tara Ponnaganti	<u>1m 49.47s</u>
5 th from 5 teams	7m 46.93s

SUMMER LEAGUE

DULWICH – 17 JULY 2022

Pos	Name	Time	Pos	Cat	Cat Pos	WAVA	Points
30	Chris Shearwood	00:32:53	29	M55	2	76.28%	292
31	Marcus Weedon	00:33:05	30	M45	5	69.87%	281
36	John Norris	00:34:06	35	M40	9	65.25%	271
49.5	Nick Jones	00:35:48	47	M60	3	73.18%	279
56	Michael Morris	00:37:15	53	M55	7	67.34%	268
63	James Kerrane	00:38:08	59	M40	17	58.35%	247
72	Vincent Cheung	00:39:25	65	M45	8	58.65%	246
79	Steve Paull	00:41:02	69	M65	2	66.82%	262
88	Andrzej Warhaftig	00:42:10	72	M70	1	68.30%	264
147	Penny Hudson	01:01:21	54	F60	2	50.23%	272
148	Nancy Morris	01:01:25	55	F50	8	44.40%	261
150	Anne Ambrose	01:04:58	56	F65	5	50.74%	275
151	Irene Paull	01:07:09	57	F65	6	49.09%	274

TENDERFOOT – None

RELAYS – Not timed

Men's

John Norris
Chris Shearwood
James Kerrane
Marcus Weedon
4th from 4 teams

Ladies

Nancy Morris
Penny Hudson
Anne Ambrose
Irene Paull
4th from 4 teams

BI

Vincent Cheung
Steve Paull
Nick Jones
Mike Morris
3rd from 7 teams

SUMMER LEAGUE

REGENT'S PARK – 31 JULY 2022

	Name	Time	Pos	Cat	Cat Pos	Points
20	Mark Smith	00:38:47	20	SM	14	281
37	Chris Shearwood	00:40:20	36	M55	1	285
58	Richard Brown	00:42:33	54	M50	3	262
60	Marcus Weedon	00:42:54	56	M45	9	255
61	Richard Wilkinson	00:43:03	57	SM	27	244
74	Geetu Mirpuri	00:44:08	7	F40	2	299
88	Kyie Hollingshead	00:45:14	79	MU20	1	222
96	Michael Morris	00:46:23	84	M55	6	237
104	Malcolm Smith	00:47:12	88	M60	6	238
114	Kevin Concannon	00:47:52	97	M60	8	229
115	Kevin Smart	00:47:55	98	M60	9	228
118	Jonathan Jackson	00:48:03	99	M45	13	212
124	Vincent Cheung	00:48:32	101	M45	14	210
128	Jeff Suffield	00:48:52	104	M45	16	207
129	Annika Davidson	00:48:53	25	F45	2	286
132	Simon Abery	00:49:08	106	M55	8	215
142	Rhonda Tapley	00:50:14	32	F50	2	284
144	Mitesh Patel	00:50:35	112	SM	43	189
149	Steve Paull	00:50:49	115	M65	3	216
166	Andrzej Warhaftig	00:52:28	123	M70	1	213
172	Caroline Day-Lewis	00:53:08	45	F55	1	276
180	Anne Suffield	00:53:47	50	F45	6	261
184	Linda Georgiades	00:54:16	53	F55	3	268
208	Rohan Mascarenhas	00:58:23	138	M50	10	178
222	Tarana Agarwal	01:00:04	81	FU17	1	220
227	Lorraine O'Donovan	01:00:32	84	F60	5	242
237	Monica Shortt	01:01:17	90	F55	9	231
240	Sonny Peart	01:01:27	148	M50	11	168
249	Ruth Tidder	01:03:53	100	F50	8	216
263	Tiziana Spotti	01:11:19	112	F60	8	214
264	Sarah Armstrong	01:11:27	113	F60	9	213
271	Anne Ambrose	01:16:00	118	F65	9	213
272	Amanda Kennelly	01:16:03	119	F60	10	207
273	Nancy Morris	01:16:56	120	F50	10	196
274	Penny Hudson	01:16:56	120	F60	11	206
275	Sakina Sidik	01:16:56	120	F40	26	186

TENDERFOOT – Regent's Park

	Name	Time	Pos	Cat	Cat Pos.	Points
1	Annabelle Suffield	00:06:09	1	F13	1	102
5	Chloe Bullock	00:07:09	3	F11	1	104
14	Eloise Suffield	00.08:30	8	F8	1	105

RELAYS – 280m Timed by Dave Brown.

All the relay results are before any weightings for age etc have been applied.

Mens Team

Kyie Hollingshead	0m 39:76s
Richard Brown	0m 44:83s
Chris Shearwood	0m 47:99s
<u>Marcus Weedon</u>	<u>0m 44:27s</u>
4 th from 5 teams	2m 56:87s

Ladies Team

Chloe Bullock	0m 52.16s
Tarana Agarwal	0m 58.27s
Annika Davidson	0m 55.69s
<u>Annabelle Suffield</u>	<u>0m 47:16s</u>
3 rd from 5 teams	3m 33:29s

B1 Team

Mike Morris	0m 50.76s
Jeff Suffield	0m 47.09s
Kevin Concannon	0m 54.37s
<u>Simon Avery</u>	<u>0m 57.89s</u>
2 nd from 6 teams	3m 30.13s

B2 Team

Eloise Suffield	1m 07.98s
Ann Suffield	1m 01.48s
Ruth Tidder	1m 04.77s
<u>Caroline Day-Lewis</u>	<u>0m.57.89s</u>
3 rd from 4 teams	4m 20.13s

SUMMER LEAGUE BATTERSEA – 21 AUGUST 2022

	Name	Time	Pos	Cat	Cat Pos	
45	Chris Shearwood	00:39:35	44	M55	2	277
48	Marcus Weedon	00:40:03	47	M45	6	264
58	John Norris	00:41:26	57	M40	15	249
60	Richard Wilkinson	00:41:36	59	SM	27	242
67	Jonathan Jackson	00:42:17	65	M45	8	246
71	Geetu Mirpuri	00:42:26	3	F40	1	303
75	Richard Brown	00:42:43	71	M50	4	245
81	Nick Jones	00:43:14	74	M60	1	252
91	Russell Morris	00:44:09	80	M50	5	236
103	Michael Morris	00:45:05	90	M55	8	231
117	Annika Davidson	00:45:54	18	F45	2	293
119	Mitesh Patel	00:46:12	99	SM	39	202
125	Malcolm Smith	00:46:44	103	M60	5	223
136	Vincent Cheung	00:47:33	112	M45	11	199
137	Kyie Hollingshead	00:47:34	113	MU20	3	188
139	Kevin Smart	00:47:37	115	M60	6	211
140	Shez Hirjee	00:47:40	116	M40	31	190
147	Steve Paull	00:49:11	120	M65	6	211
151	Andrzej Warhaftig	00:49:55	123	M70	1	213
152	Linda Georgiades	00:50:07	28	F55	2	293
223	Ruth Tidder	00:56:54	78	F50	10	238
263	Tiziana Spotti	01:09:26	109	F60	7	217
265	Nancy Morris	01:11:24	111	F50	14	205
266	Anne Ambrose	01:13:30	112	F65	7	219

TENDERFOOT

	Name	Time	Pos	Cat	Cat Pos	Points
18	<u>Tara Ponnaganti</u>	00:07:38	12	F6	5	103
20	<u>Nisha Ponnaganti</u>	00:07:42	13	F7	2	102

Cont.....

BATTERSEA – Cont

RELAYS – 4 x 300 m - timed by Dave Brown

All the relay results are before any weightings for age etc have been applied.

Mens Team

Kyie Hollingshead	0m 45.87s
John Norris	0m 52.67s
Kevin Smart	0m 52.47s
Marcus Weedon	<u>0m 52.64s</u>
4 th from 6 teams	3m 23.65s

Ladies Team

Annika Davidson	1m 01.35s
Tara Ponnaganti	1m 12.75s
Ruth Tidder	1m 16.02s
Nisha Ponnaganti	<u>1m 28.61s</u>
4 th from 6 teams	4m 58.73s

BI Team

Nick Jones	0m 57.71s
Mike Morris	0m 58.84s
Chris Shearwood	0m 56.59s
Jonny Jackson	<u>1m 01.16s</u>
3 rd from 7 teams	3m 54.30s

B2 Team

Vincent Cheung	0m 58.71s
Linda Georgiades	1m 14.74s
Steve Paull	1m 07.54s
Malcolm Smith	<u>1m 06.92s</u>
2 nd from 5 teams	4m 27.91s

SUMMER LEAGUE 2022 THANK YOU

Thanks to Irene Paull for collating the Metros results and compiling the results for the whole league.

Thanks to Dave Brown for organising and timing the Metros relay teams.

Thanks to all Metros who ran in any main race, tenderfoot, fun run and relays.

Thanks to all Metros, families and friends who supported the league events.

Particular thanks to Emma Rackham, co-ordinator for our host fixture and all who helped.

Here's to next year - 2023

Pat Jackson

Photos by Bruce Li: <https://www.flickr.com/gp/bruciebaby/08GxR1X2cx>
<https://www.flickr.com/gp/bruciebaby/5j7J8v675T>



10K Challenge – July 2nd, 2022 – Roxbourne Park

Pauline Bishop	60:03	74.83%
Barbara Reading	68:19	71.33%
Emma Ponnaganti	46:35	71.07%
Mike Morris	45:07	69.51%
Simon Abery	51:35	61.91%
Monica Shortt	60:08	60.59%
Bill Harrington	58:47	55.80%
Mike Ransome	70:01	52.92%
Jo Collier	69:00	52.81%
Jonathan Pang	60:09	48.32%

Congratulations to Monica Shortt who last ran the event in July 2020 with an age-grading of 51.59% and has shot up to 60.59% this time – going from red to yellow and skipping orange. Emma Ponnaganti has also improved from Green (67.73% in April 2021) to Blue (71.07%) this time. Mike Morris is so close to 70% (last achieved in April 2018).

Thank you to Carol & Gordon Valentine for timing the July 10K Challenge.

Teresa Young

Asics 10K – 10th July 2022

1		00:29:02
1 st woman		00:33:37
2982	Barry Nolan	00:56:19
3266	Ariff Sidik	00:57:46
4587	Sakina Sidik	01:03:40
4623	Monica Shortt	01:03:51
5910	Kevin Nally	01:11:47
6317	Sonny Peart	01:15:47
7342	Finishers	02:32:56

Track 5K, Harrow School – 9th July

Apologies for the race clock not working at this event, the battery was flat! Even Metros isn't immune to the global energy crisis!

I would like to say a massive thank you to all the volunteers that made the event possible, really appreciated by everyone and it makes organising the event so straightforward.

Really great running/walking and it seems like a morning of PB's.

Nathan Powell

Group 1	
Nigel Rackham	17.20
Mark Smith	18.31 PB
John Norris	19.24
Issy Jones (Guest)	20.09 PB
Geetu Mirpuri	20.46
Nick Jones	20.53 PB
Mitesh Patel	21.02
Mike Morris	21.12
Emma Ponnaganti	21.22 PB
Nick Russell	21.30
Group 2	
Simon Aberly	23.11
Steve Paull	23.19
Alok Agarwal	24.19
Caroline Day Lewis	24.26
Harish Gohil	24.57
Tarana Agarwal	25.15
Mike Reid	25.42 PB
Tim Oakley	25.48
Jasia Zimmerman	27.25
Andrew Collier	28.32
Group 3	
Judy Rackham	29.45
Phillipa Brown	29.51
Janice Newman	31.04
Ruth Tidder	31.04
Teresa Young	31.27
Anne Ambrose	34.25

Measured Mile 13 August 2022

Simon Abery	6.34
Adam Leary	6.51
Dave Young	7.43
Kun Dong	7.49
Bill Harrington	7.51
Jonathon Pang	8.02
Malcolm Jackson	9.31
Marilyn Pickford	9.33
Janice Newman + Mike Ransome	9.39
Karen Leary	9.43
Teresa Young	9.55
Sarah Westwood	11.17
Henry Pickford	11.41
Steph White	11.43
Suzanne Harvey	11.49
Gladys De Groot	12.53
Pat Jackson	walk
Liz Wordsworth	walk

The warmest Measured Mile ever! Temperatures up to 27 degrees at 9.30am have not been seen before, to my knowledge, for the MM and I suspect many Metros were sheltering in the shade at home or installed near a beach with cooling breezes. Well done to these runners who were brave enough to do the mile on such a hot day and predictably most times were a little slower than previous efforts but nevertheless deserving of congratulations for their efforts. Next MM will be the first in the series for next year. Hope to see you all then in October under cooler skies.

Many thanks to Steve Poole for noting numbers and times.

Angela

The Stur Half - 7 August 2022

I've sometimes thought that a good idea for a round at Metros Quiz Night would involve trying to list as many descriptive names for running clubs as possible. So, locally, we have various Runners, Striders, Harriers, Dashers, Racers, Chasers and Coasters. Then there are Pioneers, Warriors, Spartans and Renegades plus animals and other fast things such as Eagles, Lions, Hounds and Arrows; and to some clubs, speed clearly isn't everything - Joggers, Stragglers, Shufflers. However, the organisers of this race were a new type of runner to me, and the usually useful internet was of no use this time in telling me what their name means. Any ideas?

Dorset Doddlers Running Club tell us that they have been running around in circles since 1983. The club was originally formed by a small group who had just completed their first London Marathon and now has well over 100 members. They have been organising races for many years, The Stur Half (aka the Sturminster Newton Half Marathon) and The Stickler (10 miles of multi terrain with over 1500ft of gruelling ascent), both taking place since the 1990s, and the North Dorset Village Marathon and Relay more recently.

The Stur Half began its life in 1990 as The Sturminster Newton Carnival Half Marathon with the start and finish on the recreation ground in this small Dorset town, situated on the River Stour and set in the heart of the Blackmore Vale in Thomas Hardy's Wessex. It's where he based his fictional *Vale of the Little Dairies* in *Tess of the d'Urbervilles*.

There have been a few different routes throughout the years. The first one started outside the Swan PH and still holds the Race Record of 1:06:41 dating from 1993. In 2006 George Wimpey and the Stur Half opened a new public road when runners were officially the first to use Old Market Hill.

Today's 30th anniversary run was yet another casualty of the coronavirus pandemic and Gillian and I had intended it as part of a full weekend in 2020 involving high culture for her and some of the Metros ladies on Brownsea Island - this also fell victim to you-know-what. The race was meant to return this time last year but fell victim on that occasion to emergency roadworks.

We headed for the A303 and all points south-west after I finished work on the Friday. This was the weekend before the Drought Order was imposed on large swathes of the country. Fields in these parts were slightly greener than those in Metroland, which isn't saying much. The soil is predominately heavy clay, with pastureland providing summer grazing and winter fodder for dairy cattle. Good chunks of the harvest were already gathered in, and bales of hay were dotted around the fields.

Stonehenge was busy, as were other stretches of the journey, but by late afternoon we had reached the picturesque village where we were staying, Yetminster, sited on the River Wriggle with a large number of 17th century listed buildings in the local honey-coloured sandstone. We checked into “The Loft”, part of the former Railway Hotel, and went to find The White Hart where we had a pizza each from a chap who just turns up and cooks them outside -very popular. Inside, I was intrigued by some framed press cuttings on the walls about “local boys made good”, The Yetties, a folk music group from the '60s and '70s. Needless to say, before the weekend was out, I'd tracked down some of their music on YouTube.

Saturday a.m. and we were up early to head for Henstridge Airfield parkrun, an interesting location, having the appearance of an abandoned industrial estate with a few pre-fabs containing loos and a large if empty cafe. We welcomed a number of Couch to 5K graduates from the Doddlers, some of whom also swelled the ranks of the volunteers. Gillian got chatting to one of them, Chris, whom I would also see marshalling the following day's race. We weren't the only visitors from London but the furthest travelled were a couple from Australia who were about to set off on a ten-year world tour by tandem. The Run Director read us the riot act about not straying onto the runway.

Gillian stuck with the tail walker and her entourage, and I initially led the field until the lady behind me, Zoe, was sure of the route at which point she pulled away and proved uncatchable. Afterwards, she said that she'd run this course before but had taken a wrong turn and with it half the field of runners (still finishing first). She'd been checking to see that I was on the right path before edging past and finished 1st, me 2nd.

I walked back to find Gillian & Co and had a good chat with one of the tail walkers, another Dorset Doddler. We popped into the cafe and watched a few biplanes going up-diddly-up-up. Chatting to winner Zoe and her husband I asked whether she was doing the next day's race. She hadn't entered but would think about it; she was mainly at parkrun as a break from her kids.

We freshened up back at base before going to Sturminster Newton to suss out the lie of the land for the next day. Crossing the River Stour by one of the finest medieval bridges in Dorset, this was Thomas Hardy's “Stourcastle”, “... dumbly somnolent under its thick brown thatch...”, and blimey, it was quiet. Hardy came to live here with his wife in 1876 and later portrayed the idyll here as “our happiest time” looking back on this period with affection in his poems.

We found the race start just outside Railway Gardens on the site of the former station, part of the Somerset & Dorset Joint Railway, connecting Bath and Bournemouth, which closed in 1966. Unrecognisable from its former use, there were plenty of information boards with old photos. We called into the Swan Inn, a fine old red brick edifice, and headed to the beer garden, a lovely oasis where jasmine tumbled fragrantly from hanging baskets.

Looking for something a little livelier, we drove to Sherborne. Here was the

Abbey, founded in 705 AD, and originally a Saxon Diocese, at one time stretching as far as Cornwall. Two Saxon kings are buried here - the older brothers of Alfred the Great. To save money we bought things to eat back at The Loft and spent a pleasant evening there, Gill watching the Commonwealth Games and me working through our hosts' stock of Giles annuals from the 1960's.

With a very civilised start time of 10.30, we didn't have to get up early for the race. The 17-mile drive meant that it was only 30 minutes away and we were still early. Race HQ was in the generously proportioned playing fields of the local High School, a 10-minute walk from the start. There were a few tents there - had people been allowed to camp overnight? We might've done that - rudimentary facilities but there were portaloos and that's all you need, isn't it? We bumped into Doddler Chris again, who told me he'd be at mile 10.

We wandered down to Station Gardens where we loitered and other runners duly arrived. This was very much a "club" race, reminiscent of e.g., the Maidenhead Half, with plenty of local outfits, some I'd heard of some I hadn't: lots of Poole Runners and Littledown Harriers and a few from our area (i.e., Thames Valley) - Reading Roadrunners and Finch Coasters. As the mercury rose, runners sheltered under the few trees in Station Gardens and the organisers provided some of their stock of water for us to share out.

Before long, we were called to the start line and were off sharp at 10.30, initially with a 30' descent on the B3091 Station Road before an equal climb towards our first village, Manston. More descent, more ascent, but I really wouldn't describe this route as hilly, just mildly undulating. Some of these club runners were pretty fast initially and I thought I was well behind in the pack which stretched ahead of me. My pace slowed towards the halfway point, and, in the heat, we were all glad of water stations every couple of miles.

The Race Director on her scarcely audible megaphone had invited us to look out for these volunteers and as we passed more and more of them, I noted a theme -fancy dress, perhaps with a rural twist - several of them wore animal masks. Shortly before the halfway point at Margaret Marsh we heard the church bells there tolling for the morning service. It was very pleasant running territory.

After climbing 60' over 5 miles we descended about the same during mile 10 and my pace quickened to sub 7 min/mile again. Had I worked too hard at yesterday's parkrun? I was picking off runners, bit by bit. Two girls in identical spangly mini-dresses and white platform boots manned the next water station - eventually making out their soundtrack, I twigged that they were Agnetha and Anni-Frid (or possibly both of them just Agnetha) from Abba. No mistaking lone Doddler Chris as I passed him shortly afterwards.

Just after the church at our final village, Hinton St Mary, a marshal called out, “there’s water, it’s downhill and it’s in the shade” - three very welcome things to hear. I picked up the pace as we ran down a formal avenue with large, shady trees, onto the B3092 and a left turn into the school playing fields to finish in 1:32:04. Nice metal medal, water bottle and “Honeybun” cake plus a pint of Hopback “Summer Lightning” from the beer tent, also most welcome.

While Gillian tried to get the Race Director’s attention (to see whether it was worth hanging around for prize-giving) I found free showers in the adjacent leisure centre. I’d come 6th in the V50’s (but would have been 1st V60) and 36th overall out of 261 finishers. I must’ve overtaken more runners than I thought.

We bumped into Zoe from the parkrun who’d told her husband that she’d “hoped to see that guy from yesterday” - she’d decided to enter the event late on (some 20 minutes before entries closed) and had come 3rd in her age group, 4th female overall.

The weekend was not over. Gillian had arranged for us to visit Sue and Alun Davie at Poole to spend the afternoon with them at their beach hut, a very pleasant way to end a great weekend. I asked whether Gillian would want to do this event again (mercifully, it didn’t clash with Burnham Beeches Half Marathon or any of the Summer League series this year) and she said yes, so who knows...

Chris Shearwood



Sturminster Newton Half Marathon

Position	Name	Gun time	Chip time
1 st		1:14:06	1:14:04
36 th	Christopher Shearwood	1:32:07	1:32:04`
261 st		3:32:14	3:32:14

Burnham Beeches Half Marathon - 14th August

Position	Name	Gun time	Chip time
1 st		1:13:46	1:13:44
1 st woman		1:24:26	1:24:22
27 th	Christopher Shearwood	1:33:46	1:33:40
292 nd		3:20:12	3:19:29

Burnham Beeches 10K

1 st		0:36:03
1 st woman		0:37:39
178	Marion Rogan	1:05:53 2 nd FV70+
254	Anne Ambrose	1:23:59
274	Finishers	1:41:08



Mental Health Help and Support Services



Telephone: 116 123 (24 hours a day, free to call)

Email: jo@samaritans.org

Website: www.samaritans.org

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.



Telephone: 0300 123 3393 (9am-5pm Monday to Friday)

Email: info@mind.org.uk

Website: www.mind.org.uk/help/advice_lines

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy. Mind also has a network of nearly 200 local Mind associations providing local services.



Telephone: 0300 5000 927 (10am-2pm Monday to Friday)

Email: info@rethink.org

Website: www.rethink.org/about-us/our-mental-health-advice

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs Rethink services and groups across England and Northern Ireland.



Telephone: 0845 767 8000 (6pm-11pm)

Website: www.sane.org.uk/what_we_do/support/helpline

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.



Telephone: 0800 1111

Email: www.childline.org.uk/Talk/Pages/Email.aspx

Website: www.childline.org.uk

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.



Improving mental health through peer support

Website: <https://sidebyside.mind.org.uk>

Side by Side is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, and this is a safe place to listen, share and be heard. The 'Being active' theme helps community members easily share and find content about being active, to motivate, inspire and support each other. To sign up you need an email address, username and to input your date of birth.

NOTES OF METROS VIRTUAL COMMITTEE MEETING

Wednesday 20 July 2022

PRESENT Steve Alder, Anne Ambrose, Pat Jackson, Mike Morris,
COMMITTEE: Irene Paull, Marilyn Pickford, Mike Ransome, Ariff Sidik,
Teresa Young, Marcus Weedon
NON-COMMITTEE: Simone Abery, Jane Hudson, Stephanie White
CHAIR: Steve Alder
NOTE RECORDER: Steve Alder/Pat Jackson

1. APOLOGIES: Committee: Steve Paull, Nigel Rackham,
Barbara Robson, Paula Ryan
Non-Committee: Judy Rackham

2. FIRST ITEM AS NON-COMMITTEE MEMBERS JOINING

a. Monday Night Metros Run – This item was reviewed later in the meeting when Mike Ransome, coordinator, joined the meeting.

Mike stated that the original time and venue had been confirmed – 7.15 pm at ‘the gap’ in Headstone Lane.

It was agreed that the proposer of any new event which may clash or impact with any current event should seek to resolve differences together, prior to ratifying with the committee or needing a decision from the Committee to conclude.

Any poll of members, including on Spond, should be agreed in advance by the committee.

3. ACTIONS FROM LAST MEETING

a. Welfare Officers - Steve listed the steps that Welfare officers should complete to ensure they are best placed to be effective in their role.

Any costs will be covered by Metros.

Steve and Ariff have volunteered, and Marion Rogan and Sakina Sidik have also expressed interest. It was agreed that there would have to be at least one female welfare officer.

ACTION: Steve Alder

<https://www.englandathletics.org/clubhub/collection/the-role-of-a-club-welfare-officer/>

b. #runandtalk Mental Health Programme Emma will continue leading this initiative. Details have been added to Metrolines.

ITEM CLOSED

c. Snoods – Pat confirmed 31 sold.

REVIEW AUTUMN

- d. **Scout Hall** – Lease renewed in this reporting period for another 18 months at previous cost. Nothing further to report. **ITEM CLOSED**
- e. **Roxbourne Park Bench** – Cost circa £786. Harrow Council are not taking new requests at present. **ITEM FOR FUTURE MEETING**
- f. **Excess Stock** – Being sold. **ITEM CLOSED**
- g. **Updated Committee and Co-ordinator list in Metrolines** – Done. **ITEM CLOSED**
- h. **London Marathon Ballot** – Steve will advertise the entry procedure for the single Metros London Marathon entry. To apply members will need to already be in training. A ballot will take place on 6 August in the Scout Hall after the 5K.
ACTION: Steve Alder
 Anne will advertise for a team of volunteers for the elite water station. Metros will receive a cheque for £100 but no marathon place. If £100 is received it will be given to charity.

4. **CLUB EVENTS**

- a. **Monday Night Metros Run** – discussed above.
- b. **Harrow Hill Race 2022** – Donations to the charities will be made in the next couple of days.
ACTION: Irene Paull
- c. **Summer League** – Metros host fixture went well – thank you to volunteers. It was noted that some items in the main Metros first aid kit need replacing. Angela Murphy will update this and the bum bags.
ACTION: Angela Murphy
 Emma has resigned as Race Director and will be asked to help with an advertisement for a replacement. **ACTION:** Irene Paull/Pat Jackson
 Irene confirmed runners' entries are likely to be £2.50 per event this year. Congratulations to the small but perfectly formed Metros team who attended the Dulwich meeting on a very hot day.
 Regents Park and Battersea are the final fixtures.
- d. **Round Norfolk Relay Update** – Mike Morris gave update. Metros has team of circa 17 but there are concerns they do not have the pace for the distance. 55 teams are entered this year plus a waiting list. Recommend that we forfeit this year. Mike and Marcus to formally notify team of this recommendation.
ACTION: Mike Morris/Marcus Weedon
 A decision is needed by the end of this year for next year's event
- e. **Thames Valley XC** – Marcus confirmed permission for the course for the Metros TVXC had at last been obtained for 9th October.

f. Metros Old School Sports Day – Friday 22 July – 40 people entered so far plus 6 from Sudbury Court and Saracens. Coaching in Long Jump and Shot Putt available.

g. Social Quiz Night – Emma to organise. **ACTION:** Emma Rackham

h. 44th Metros Annual Fun Run – the Brian Jackson Fun Run – 24 September – the route will be exactly as before. Teresa was thanked for arranging with the Railway Club that keys will be provided if necessary for the new fencing to be opened.

i. 5K Track Event – This may need to be in the Autumn to fit in with Harrow School. Saturday events will be adjusted to suit.

ACTION: Nathan Powell/Marilyn Pickford

5. OTHER EVENTS – None

6. ADMIN

a. Mike Morris was re-elected to the committee – proposed by Irene Paull, seconded by Marcus Weedon.

b. Use of Spond – see 2a – Monday Night Metros Run.

c. Any Members Feedback – Ariff confirmed nothing to report.

d. Any Youth Feedback – Non received.

7. ITEMS FOR FUTURE MEETING

a. Hall of Fame – draft prepared and will be announced at the Awards Presentation Evening - Pizza and Prizes - 18 November suggested. Pat will discuss with Emma. Teresa has offered to be involved.

ACTION: Pat Jackson

b. Calendar for 2023 – Ariff and Pat have obtained quotations. Ariff will speak to Roshni regarding coordinating this issue. **ACTION:** Ariff Sidik

c. Backpack for AED – Sorted.

ITEM CLOSED

d. Metros Cloth Sew on Badges – Pat has received quotes for 100. Cost of 50 requested.

ACTION: Pat Jackson

8. ANY OTHER BUSINESS – Steve was thanked for chairing the meeting.

Meeting closed at 9.22 pm. Date of next meeting to be confirmed.

***Metros* REGULAR RUNS**

MONDAY **19.00** Ariff Sidik, Marcus Weedon, Linda Dunne
07827 66823

19.15 Teresa Young 020 8866 3225
Mike Ransome 07802 839 498
Mw49ran@gmail.com

TUESDAY **19.30** Steve Paull 020 8422 6636
Run / Walk Group Irene Paull/Nancy Morris

WEDNESDAY **19.15** Nathan Powell 07510 122288
Kevin Smart 07810 835352
Gerry Barker (Hills 2) 07958 323369

THURSDAY **19.00** Mike Morris 07906 151525
mike.morris100.mm@gmail.com

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.

For any feedback for the club in general or on run sessions, or if you have any ideas for future sessions or events. Please email metrosfeedback@gmail.com. All feedback received will be kept strictly confidential.