



November 2022
Issue No. 403



Metros Diary

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
Sun 13	TVXC – Datchet	11.00 am
Sat 19	Track 5K – Harrow School	tbc
Fri 25	LFOTM – Woodcock Park	11.50 am

December

Fri 2	Pizza and Prizes	7.30pm
Sat 3	5 Mile Handicap, Roxbourne Park	9.00 am
Sun 4	Perivale 5	10.00 am
Sat 10	Wot No Watch, Roxbourne Park	9.00am
Sun 11	TVXC – Marlow	11.00 am
Sat 17	parkrun – Northala	9.00 am
Sat 17	Christmas Drinks at the Rackhams'	6.30 pm
Wed 21	Winter Solstice Run	7.00 am
Fri 30	LFOTM – Hillingdon Court Park	11:50 am

January

Sat 7	Metros 10K Challenge, Roxbourne Park	8.50 am
Sat 14	Wot No Watch, Roxbourne Park	9.00am
Sun 15	TVXC – Bracknell Forest	11.00 am
Sun 22	TVXC – Handy Cross	11.00 am
Sun 22	Fred Hughes 10 miles	10.00 am
Fri 27	LFOTM	11.50 am
Sat 28	Track 5K – Harrow School	tbc

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

Note from the Editor!

The TVXC returned in October and was kicked off with a very successful Metros event. Thank you to everyone involved in the organisation, volunteers, and participants.

The clocks have changed, and I keep getting emails popping up in my inbox from various companies that it's time to buy some Hi-Viz winter running gear for safety while running at night. If you need some Winter running gear, there are some Metros branded items that you might like – see page 8.

Andrzej Wharhaftig recently caught up with former Metros, Mary and Gordon Swindles and found out about the origins of the Monday night session – see page 41. If you have ever wondered why there is a Marathon 18- mile marker in North Harrow – Steve Paull explains its origins – page 37.

Adam Leary gives us some information on Saturday sessions at Roxbourne Park and suggests a playlist for those who like to listen to music while running.

If you would like information on the recent Leighton 10-miler, a new edition to the Trophy race programme – see Chris Shearwood's report.

The next edition of Metrolines will be the Christmas and New Year edition. Instead of giving Christmas cards to your fellow Metros, you can have a goodwill message in next month's Metrolines and donate the card money to charity. This year's charity will be the Harrow Foodbank and details of how to donate and contribute will be circulated shortly. In the meantime, start thinking about your greetings and messages for next month's edition.

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.....

Nigel Rackham – 1st V60 at the Cabbage Patch 10 on 16th October.

Mike Reid – a PB at the Royal Parks Half Marathon on 9th October

Caroline Jackson – for completing her first half marathon at Royal Parks

Stephanie White – for coming first in her age group at Levesden parkrun on 22nd October

Linda Georgiades - for completing her first marathon at Ricky Races 10, 15th September

Lorraine O'Donovan – for completing her first marathon at London Marathon, 2nd October

Marcus Weedon, Linda Georgiades, Lynne Jones, Monica Shortt, Ariff Sidik, Barry Nolan and Jennifer O'Sullivan – for completing their first 50K ultra marathon at Race to the Sea, 15th October

Email your achievements to metrolines1@gmail.com

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

Prizes & Pizza



Friday 2nd December 2022

Lowlands Tennis Club, Lowlands Road, Eastcote HA5 1TU

7.30 pm Prompt

Lowlands Tennis Club has a bar available for drinks at very reasonable prices. Please arrive in time to purchase any drinks before 7.30 pm. The **club will be funding takeaway pizza** during the course of the evening.

We hope members and their families will be able to join us to celebrate the achievements of Metros members during the 21/22 running season.

RSVP – on Spond or by email (teresa@young53.plus.com)

By Monday 28th November 2022

Please give details of number of people attending (e.g., if you are bringing a partner that is not on Spond) and any dietary preferences or allergies. (e.g., Vegetarian, pizza without cheese, tomato or nut allergy.)

The presentation of awards will include the following:

Metros Thames Valley League 2021-2022 Metros Summer League 2022 The Summer League Award Track & Field MBEs & Track Shields Measured Mile 5K Award 5 Mile Handicap LRRC Trophies	Young Runners Award Beginner Runner Award Plus Running achievement awards Services to running, awards
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METROS AWARDS CO-ORDINATOR VACANCY

Having organised the Metros awards for many years, I now feel it's time that someone else took over this role next year.

Our annual awards presentation is in November/December.

**This year it will be held on Friday 2nd December at
Lowlands Tennis Club at 7.30 am
PIZZA AND PRIZES**

There are three aspects to the role:

1. Arranging for the update of the name on awards which are kept by recipients for one year. These awards are chosen by the committee or the present holder.
2. Co-ordinating the collection of the above awards ready to be updated and presented to the new recipient.
3. Organising the purchase of awards for participants in Metros competitions, such as the Thames Valley Cross-Country League, Summer League, and MBEs. These awards are based on calculations by co-ordinators of the various competitions and are kept by the recipients.

It would be useful if a new co-ordinator for next year could be involved in preparation for this year's awards evening on 2nd December (PIZZA AND PRIZES). Please contact me for any further information regarding the role.

Pat Jackson
patjacksonhome@hotmail.com
07963 551 816



Dates for your diary.....

The National Running Show – NEC Birmingham – 21-22 January 2023.

The National Running Show is offering Metros members free tickets to the show at the NEC, Birmingham on the 21-22 January 2023. You can use the code [RUNCLUB](#) to register for free tickets until the 21st November. [The National Running Show Birmingham - 21-22 January 2023](#)

Winter Solstice Run – 7am, Wednesday 21st December

A run, run/walk or walk over harrow on the hill to celebrate the winter solstice and hopefully see a sunrise at 8.05am over London from the top of Harrow-on-the-Hill.

Meet at 7am outside John Lyon School, Middle Road, HA2 0HN. For a run or walk of approx. 3 to 5 miles. All abilities are welcome. Please bring lights and bright clothing.

All abilities welcome.

After the run everyone is invited for breakfast at the Harrow

Morrisons café. [Trident Point 19 Pinner Road, Harrow HA1 4BB](#) - from 8:30am
Anyone unable to attend the run/walk please feel free to join us for breakfast afterwards.



Spond invite to go out 21st November.

If there are adverse weather conditions forecast please check Spond for any updates.

Hosts needed on the day to lead groups, please message in Spond if you can assist.

Brian McGrory and Nathan Powell

Winter Kit

Now Winter is approaching, you might need a Metros snood and a Hi-Viz mesh running vest.

Snoods are £5 Hi-Viz mesh running vests are £15

Pat Jackson
07963551816





The October LFOTM event was held at Eastcote House Gardens and by coincidence the Mayor of Hillingdon – Cllr Becky Haggard was attending an event there and agreed to have her photo taken with Metros and start the 5K.

Wednesday Hill runners get into the spirit of Halloween!



Saturday Roxbourne Park Sessions – update from Adam Leary



As one of the Saturday Park Session Co-ordinators, every Wednesday at around 5pm my phone goes into buzzing overdrive as people accept or decline the invitation to attend the following Saturday.

The thing that I notice, each week, is that a lot of people are signed up to receive the invites for Saturday, but we very rarely see them in the park. This isn't a problem, I know that a lot of

people are signed up to get alerts for many sessions, but it got me thinking that maybe some people don't really know what happens on a Saturday morning at Roxbourne Park, so I thought I'd explain.

Saturdays, start at the Scout Hut in Roxbourne Park (near the park entrance at the end of High Worple) generally at 8.45am in time for a 9am session start, or earlier, at 8.20am if you fancy Jane's "Early Morning Yoga".

The format of the sessions is broadly similar each month.

1st Saturday is one of the following three events:

10K challenge, run on the roads around the park, or

5-mile handicap run, also run on the roads around the park but with staggered start times, with the intention that everyone should arrive back at the finish around the same time, or

5K challenge, run entirely within the park

(see "Spond" for which event is on)

2nd Saturday is a mile run, within the session, with two variations:

"Measured Mile": warm up and training drills followed by a timed mile. We usually have two groups, so if you want to run a second timed mile then you can. After the mile(s) there is a cool down and stretches.

"Wot no Watch": same format as above but this time you have to predict your time and then try to run to that time, this is great practice for pacing during runs or races.

3rd & 4th (and 5th) Saturdays - general sessions:

These sessions also follow a general pattern, of warm up, work on aspects of running (such as technique, pacing or speed), cool-down and stretching. Each week, we have two groups, a "moderate" one and a "challenging" one but with whichever group you chose, how hard you work is up to you. However, you will be encouraged by our session leaders to do as much as you can.

On the dates when there is a Saturday Track run, or where there is a targeted parkrun, we will still run the Saturday Park Session but there may just be one group rather than two.

So far this year we have had more than 15 different session leaders, so there's always something different on offer.

Also, after the run, there is the option (very much encouraged) to go back to the Scout Hut for a cup of tea or coffee, and possibly a piece of cake. Essentially, it is a very social run (with more or less effort required, depending on who is leading) followed by a social chat.

I know a lot of people like to do a parkrun on a Saturday (me included whenever we go away) but a bit of variety is always a good thing.

So, if you haven't been down before or not for a while it would be lovely to see you in Roxbourne Park.

Cheers

Adam

- if you've got any other questions about the Saturday Park Session, message me on Spond

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.

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.

Remaining fixtures for 2022/23

[***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***](#)



TVXC – Metros – 9th October

Position	Name	Time	Male Score	Female Score
1		00:33:37	-	-
52	Ron Taylor	00:41:24	50	-
79	Izzy Jones	00:43:26	-	3
102	Nick Jones	00:45:04	92	-
121	Mitesh Patel	00:46:27	105	-
148	Kevin Smart	00:48:28	124	-
153	Nick Russell	00:49:01	127	-
225	Vincent Cheung	00:54:05	167	-
227	Andrzej Warhaftig	00:54:19	168	-
253	Jennifer O'Sullivan	00:56:45	-	67
254	Brian McGrory	00:56:46	183	-
263	Andrew Collier	00:58:57	188	-
267	Ruth Tidder	00:59:15	-	74
270	Linda Dunne	00:59:52	-	76
308	Bernie Conway	01:04:25	-	104
335	Judy Rackham	01:10:18	-	121
339	Carole Lloyd	01:15:29	-	123
342	Nancy Morris	01:19:33	-	126
343	Penny Hudson	01:19:34	-	127
348	Finishers	01:27:35	-	132



Trophy Races 2022



The remaining Trophy Race for **2022**:

Date	Event	Entry Fees	Website
6 th November	Marlow 7mile/ HM	£22/30	Marlow Striders Half Marathon

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

Trophy Races – Leader boards

	Total	Berkhamsted Rotary HM/5M	Maidenhead 10Miles	Ibstone Circle 10K	Marlow 5Miles	Hitchin 10k/HM	Hillingdon 20 Miles	Leighton 10 Miles	Moorpark 10K	Cabbage Patch 10 Miles
Chris Shearwood	337	60	50			59	69	50		49
Vincent Cheung	294	58	48	39		55		48		46
Nigel Rackham	180					60	70			50
Steve Paull	146					54		49		43
John Norris	145				29		68			48
Michael Morris	125					58	67			
Simon Abery	113	29			28	56				
Mike Reid	111		47		27				37	
James Kerrane	99	59		40						
Rohan Mascarenhas	80								38	42
Mitesh Patel	77	30								47
Nick Russell	57					57				
Clive Heidrich	49		49							
Nicky Smith	40								40	
Marcus Weedon	30				30					

	Total	Berkhamsted Rotary HM/5M	Maidenhead 10Miles	Ibstone Circle 10K	Marlow 5Miles	Hitchin 10k/HM	Hillingdon 20 Miles	Leighton 10 Miles	Moorpark 10K	Cabbage Patch 10 Miles
Sasha Birkin	240	60	50			60	70			
Linda Georgiades	177					59	68	50		
Ruth Tidder	174		46	40		40				48
Anne Ambrose	108		45		28				35	
Caroline Day-Lewis	89								40	49
Judy Rackham	86					39				47
Emma Ponnaganti	69						69			
Bernie Conway	67				29				38	
Stephanie White	57	30			27					
Issy Jones	50									50
Jennifer O'Sullivan	49		49							
Lorraine O'Donovan	48		48							
Monica Shortt	47		47							
Carole Lloyd	39			39						
Jasia Zimmermann	39								39	
Una Cunningham	37								37	
Angela Murphy	36								36	
Philippa Brown	30				30					
Linda Grimes	26				26					
Jennifer Smith	25				25					
Susanne Nicholls	24				24					
Irene Paull	23				23					

Cabbage Patch 10 – 16th October 2022



1		0:48:41
15 (1 st W)		0:56:34
25 (1 st V60)	Nigel Rackham`	0:59:13
137	Chris Shearwood	1:06:28
187	John Norris	1:08:16
260	Nick Jones	1:11:33
312	Russell Morris	1:13:30
423	Mitesh Patel	1:17:04
493	Vincent Cheung	1:19:01
554	Steve Paull	1:21:17
714	Caroline Day-Lewis	1:25:55
936	Rohan Mascarenhas	1:31:02
978	Ruth Tidder	1:33:31
1316	Judy Rackham	1:59:53

Leighton 10 Mile - 25 September 2022

Report by Chris Shearwood

Another new race for the Trophy series, one of three 10-milers that Vincent's given us, and worth 50 points. It is organised by Leighton Buzzard AC (LBAC) who were established in 1976 and run in the Chiltern League.

This was the 40th running of the event, which has been held since 1981 (there were no races in 2009 and 2020). The cost was £23 for affiliated runners and all finishers would receive a t-shirt. Entries were to close on 22 September but might be available on the day subject to availability and this transpired to be the case as demand was there.

LBAC looked forward to welcoming us to the grounds of Ascott House, a Grade II listed building and National Trust property in Wing, Beds. The course had two previous incarnations (and used to be called the Tough 10) before the move to Ascott House In 2019. Race HQ was in the cricket pavilion but the house itself would not be open to visitors as it closes for winter.

Where possible, we were to car share to minimise the carbon footprint and help with parking space. Gillian collected Steve Paull from Harrow and then me at 8 a.m. after I finished an early work shift. The journey took about an hour, mostly up the M1. There was plenty of free parking for around 300 vehicles and, in the event, with 156 finishers, there was ample space. The generous parking was just as well, as the first postcode we used from the "how to get there" part of the instructions actually sent us to the race's previous location, some 3 miles away. There's a new housing estate there now. Gillian had a word with the organisers...

The start is along Well Lane, about a mile from race HQ, the first 100m being on grass along the edge of a farmer's field. The route is undulating with the most challenging hill left until the final mile, being the stretch from said field back to race HQ. Otherwise, it's two laps in the Beds/Bucks countryside - at some point (possibly the River Ouzel or Ledburn Brook which flows under Well Lane) we cross into the latter county, where most of the race is run. The route takes in the villages of Mentmore and Ledburn as well as passing through Lower Ascott. There would be some great views.

Gillian, Steve and I met up with Vincent and Linda G; stepping in for official Metros photographer duties, Gillian took the nice photo of us four seen in last month's Metrolines. Baggage drop and loos were well organised, and we picked up our commemorative t-shirts at this point before heading off out of the estate down Well Lane to the farmer's field. Apart from some liquid run-off from the land adjacent to the lane making it wet (best not to ask), it was dry underfoot

and mercifully dry from above. It was in fact a lovely early autumn day, occasionally sunny but not too hot.

Neither megaphone nor fancy beeping start sound seemed to work but the RD got us under way sharp at 10 a.m. and we headed down the rest of Well Lane, into Bucks and the double loop of the course.

This seemed to be a very club-runner type race - lots of vests/t-shirts from clubs we've all encountered on races in the Chilterns especially - St Albans Striders, Gade Valley, Tring, Chiltern, Bearbrook, Dunstable x 2, Leighton Fun Runners and Garden City to name but a few. The marshals were, of course, predominantly LBAC and very well marshalled it was too. Gillian was out on the course photographing us:-



The first hill, about 130m, was around 2.5 miles and had a steeper descent than its ascent. There were fine views over the mostly ploughed fields on either side of the road.

I was spotted by an old Leighton Fun Runner spectating, Jim Buttleman, whom I've seen on the same races I do in Herts and Bucks for literally decades. We're about the same age and standard. Apparently he's been out of sorts of late, but it was still good to see him, and I hope he's back to full strength soon.

We passed Well Lane and started the second lap. All I could hear from the LBAC marshals now was "well done Ruth", "come on Ruth", "you're looking good Ruth". Surely not "our" Ruth? No, but this one clearly does more hill training than me (or it does her more good) as, on the second appearance of the hill she eased past me, but I passed her on the downhill and thereafter she, I and another runner traded positions as we three approached the final hill

involving a slightly higher summit (i.e., the finishing line) and a steeper approach to it.

Eventually, the route levels out somewhat and we are back in the grounds of Ascott House. Ruth overtook a younger lady in front of her to finish 3rd lady and our group all managed 1 hour 7 and odd seconds, in my case, 1:07:53, 2nd V50 (but there was a V60 just behind the first V50). I knew I would struggle to match my time at Maidenhead earlier this year so I should be happy with this time. It's such a lovely, if challenging, race that I hope it reappears among the Trophy events next season so I can have the chance to improve on my time.



I joined Gillian just the other side of the finish arch and watched and waited for the other Metros to come in which they all did within the next 20 minutes or so. A handily placed bench was much appreciated. Final photos were duly taken, and our next task of the day was to drop Steve home so he could get ready for the other Trophy Race of the day - the Moor Park 10k, which he was doing that afternoon. Sunday traffic made that somewhat of a challenge...

Post-script - the following Sunday, while running the London Marathon, I caught up with a LBAC runner somewhere in Deptford. "Hello", said I, "Did your 10-miler last Sunday". "I know", says he, "I was marshalling and saw you"...

Chris Shearwood

Metros 5K Competition –2022/23

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

Remaining fixtures for 2022/23

Date	Event
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 or Sudbury Court and registered with parkrun. Participants are strongly encouraged to wear their official club 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 events counting.

Volunteers: Volunteers will receive the average points for an event for their gender, e.g., if 11 women participated in an event the scoring would go from 50 to 40 points. Any female volunteers would receive 45 points

Trophies will be awarded to the top male and female overall. There will also be an award for anyone who participates in all events (13 in the 2022/23 competition). Participating includes running, walking, or volunteering so please come along, even if you're unable to run.

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

Nathan Powell, Mitesh Patel

Canons Park parkrun results - 17 September 2022

Female runners

PARKRUNNER	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Janice NEWMAN	Metros	VW75-79	33:56	75.49%	50
Liz ABRAHAMS	Sudbury Court	VW55-59	24:39	74.44%	49
Emma PONNAGANTI	Metros	VW45-49	22:16	72.75%	48
Caroline DAY-LEWIS	Metros	VW55-59	25:11	70.95%	47
Issy JONES	Metros	SW30-34	21:02	70.68%	46
Tricia EDWARDS	Sudbury Court	VW70-74	32:37	69.39%	45
Sasha BIRKIN	Metros	VW50-54	24:40	67.97%	44
Ann SUFFIELD	Metros	VW45-49	25:12	64.29%	43
Sarah ARMSTRONG	Metros	VW60-64	31:51	62.69%	42
Angela MURPHY	Metros	VW70-74	36:58	62.26%	41
Lorraine O'DONOVAN	Metros	VW60-64	31:45	60.26%	40
Jennifer O'SULLIVAN	Metros	VW45-49	27:17	59.99%	39
Tracey NOBBS	Sudbury Court	VW55-59	30:15	59.83%	38
Judy RACKHAM	Metros	VW60-64	33:57	57.98%	37
Monica SHORTT	Metros	VW55-59	31:46	56.24%	36
Joanna COLLIER	Metros	VW55-59	32:23	55.89%	35
Mumbi Keinamma	Metros	VW55-59	33:29	55.65%	34
Harriet KELLY	Metros	JW10	31:45	53.75%	33
Una CUNNINGHAM TAYLOR	Metros	VW45-49	30:15	53.55%	32
Hsiang-Ju LIN	Sudbury Court	VW35-39	29:04	52.29%	31
Penny HUDSON	Metros	VW60-64	37:52	51.23%	30
Sue WESTON	Metros	VW55-59	37:55	49.76%	29
Ryan THOMPSON	Sudbury Court	VW40-44	31:47	48.14%	28
Siobhan WILBY	Sudbury Court	VW40-44	33:18	47.25%	27
Nancy MORRIS	Metros	VW50-54	37:05	46.34%	26
Helen SIMONS	Metros	VW60-64	42:01	46.17%	25
Sakina SIDIK	Metros	VW40-44	34:14	45.28%	24
Sue NICHOLLS	Metros	VW55-59	41:12	44.54%	23
Meena MISTRY	Metros	VW50-54	38:45	43.78%	22
Wendy MULVENNA	Metros	VW60-64	44:40	43.43%	21
Linda GEORGIADIS	Metros	VW55-59	49:25	38.18%	20
Ellen MULVENNA	Sudbury Court	SW25-29	44:41	33.12%	19
Bernie CONWAY	Metros	VW40-44	49:21	31.17%	18

Female volunteers

Alisha Sidik	34
Bev Thomas	34
Irene Paull	34
Jane Hudson	34

Male runners

PARKRUNNER	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Nigel RACKHAM	Metros	VM60-64	18:12	88.10%	50
Christopher SHEARWOOD	Metros	VM55-59	19:22	82.10%	49
Nick JONES	Metros	VM60-64	21:36	76.23%	48
Tony WATSON	Sudbury Court	VM65-69	22:59	72.95%	47
Steve PAULL	Metros	VM65-69	23:55	72.89%	46
Michael MORRIS	Metros	VM55-59	22:06	69.53%	45
Clive HEIDRICH	Metros	VM50-54	21:42	67.97%	44
Richard WILKINSON	Metros	VM35-39	19:24	67.96%	43
Gavin IMRIE	Sudbury Court	VM45-49	22:42	63.44%	42
Robert BEVAN	Metros	VM55-59	24:53	63.36%	41
Jeff SUFFIELD	Metros	VM45-49	23:01	63.07%	40
Nick RUSSELL	Metros	VM50-54	23:36	62.50%	39
Tim OAKLEY	Metros	VM60-64	26:28	62.22%	38
Tanasheh ABRAHAMS	Metros	SM25-29	20:56	61.62%	37
Brian MCGRORY	Metros	VM60-64	26:06	61.43%	36
Vincent CHEUNG	Metros	VM45-49	23:54	60.25%	35
Rohan MASCARENHAS	Metros	VM50-54	25:06	60.23%	34
Ian MCPHERSON	Metros	VM55-59	25:49	60.04%	33
Zaheer SIDIK	Metros	SM18-19	22:48	58.48%	32
Andrew Paul COLLIER	Metros	VM55-59	26:44	58.48%	31
Marc SINDOLE	Metros	SM25-29	22:13	58.06%	30
Andrew BORLEY	Metros	VM55-59	26:48	57.34%	29
Roy EASTWOOD	Metros	VM60-64	30:22	53.73%	28
David MERRIGAN	Metros	VM55-59	29:39	51.83%	27
Kyie HOLLINGSHEAD	Metros	SM18-19	25:45	51.78%	26
James KERR	Sudbury Court	SM30-34	25:41	50.62%	25
Sonny PEART	Metros	VM50-54	30:06	50.61%	24
Ashish MAHESHWARI	Metros	VM40-44	33:25	41.80%	23
Ariff SIDIK	Metros	VM40-44	34:21	40.66%	22
Nathan POWELL	Metros	VM50-54	49:30	30.77%	21
John NORRIS	Metros	VM40-44	49:25	28.26%	20

Male volunteers

John Ayton	35
Barry Nolan	35
Mark Mulvenna	35
Mike Reid	35

Gladstone parkrun results - 15 October 2022

Female runners

NAME	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Sasha BIRKIN	Metros	VW50-54	23:51	71.14%	50
Emma PONNAGANTI	Metros	VW45-49	23:02	70.33%	49
Caroline DAY-LEWIS	Metros	VW55-59	26:15	68.06%	48
Sue BOUCHER	Sudbury Court	VW70-74	35:37	66.87%	47
Tricia EDWARDS	Sudbury Court	VW70-74	34:11	66.21%	46
Sofia ALI	Sudbury Court	VW65-69	32:34	63.20%	45
Zahra BASSIRI	Metros	VW40-44	25:01	61.16%	44
Sarah ARMSTRONG	Metros	VW60-64	32:57	60.60%	43
Judy RACKHAM	Metros	VW60-64	33:15	60.05%	42
Hsiang-Ju LIN	Sudbury Court	VW35-39	25:20	60.00%	41
Tracey NOBBS	Sudbury Court	VW55-59	30:13	59.90%	40
Ruth TIDDER	Metros	VW50-54	29:20	58.58%	39
Claire COOK	Sudbury Court	VW55-59	32:37	54.78%	38
Penny HUDSON	Metros	VW60-64	37:20	51.96%	37
Ryan THOMPSON	Sudbury Court	VW40-44	31:03	49.28%	36
Philippa BROWN	Metros	VW40-44	32:12	48.86%	35
Helen SIMONS	Metros	VW60-64	33:29	48.38%	34
Gillian FOX	Metros	VW55-59	39:54	46.62%	33
Linda GRIMES	Metros	VW55-59	40:06	45.14%	32
Jennifer SMITH	Metros	VW50-54	39:42	43.87%	31
Diane O'REILLY	Metros	VW50-54	42:56	39.52%	30
Irene PAULL	Metros	VW65-69	1:03:13	32.56%	29

Female volunteers

Bev Thomas	40
Liz Abrahams	40

Male runners

NAME	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Nigel RACKHAM	Metros	VM60-64	18:18	87.61%	50
Christopher SHEARWOOD	Metros	VM55-59	19:42	80.71%	49
Nick JONES	Metros	VM60-64	21:46	76.34%	48
Andrzej WARHAFTIG	Metros	VM70-74	24:54	72.62%	47
Steve PAULL	Metros	VM65-69	24:10	72.14%	46
Tony WATSON	Sudbury Court	VM65-69	23:54	70.15%	45
Russell MORRIS	Metros	VM50-54	21:32	69.58%	44
Richard WILKINSON	Metros	VM35-39	19:16	68.43%	43
Martin GARRETT	Sudbury Court	VM65-69	26:16	66.37%	42
Robert BEVAN	Metros	VM55-59	24:14	65.06%	41
Andrew FOX	Metros	VM55-59	25:51	61.51%	40
Gavin IMRIE	Sudbury Court	VM45-49	24:14	59.42%	39
Brian MCGRORY	Metros	VM60-64	27:09	59.05%	38
Chetan KHATRY	Sudbury Court	VM45-49	27:57	51.10%	37
Mike REID	Metros	VM60-64	32:12	50.26%	36
Peter HIGGINS	Sudbury Court	VM40-44	28:05	49.32%	35

Male volunteers

Mitesh Patel

43



2022/23 5K Competition Standings - Women

Overall position	Name	Club	Canons Park parkrun	Gladstone parkrun	Overall points
			17/09/22	15/10/22	
1	Emma Ponnaganti	Metros	48	49	97
2	Caroline Day-Lewis	Metros	47	48	95
3	Sasha Birkin	Metros	44	50	94
4	Tricia Edwards	Sudbury Court	45	46	91
5	Liz Abrahams	Sudbury Court	49	40	88.5
6	Sarah Armstrong	Metros	42	43	85
7	Judy Rackham	Metros	37	42	79
8	Tracey Nobbs	Sudbury Court	38	40	78
9	Bev Thomas	Metros	34	40	73.5
10	Hsiang-Ju Lin	Sudbury Court	31	41	72
11	Penny Hudson	Metros	30	37	67
12	Ryan Thompson	Sudbury Court	28	36	64
13	Irene Paull	Metros	34	29	63
14	Helen Simons	Metros	25	34	59
15	Janice Newman	Metros	50	-	50
16	Sue Boucher	Sudbury Court	-	47	47
17	Issy Jones	Metros	46	-	46
18	Sofia Ali	Sudbury Court	-	45	45
19	Zahra Bassiri	Metros	-	44	44
20	Ann Suffield	Metros	43	-	43
21	Angela Murphy	Metros	41	-	41
22	Lorraine O'Donovan	Metros	40	-	40
23	Jennifer O'Sullivan	Metros	39	-	39
24	Ruth Tidder	Metros	-	39	39
25	Claire Cook	Sudbury Court	-	38	38
26	Monica Shortt	Metros	36	-	36
27	Joanna Collier	Metros	35	-	35
28	Philippa Brown	Metros	-	35	35
29	Mumbi Keinamma	Metros	34	-	34
30	Alisha Sidik	Metros	34	-	34
31	Jane Hudson	Metros	34	-	34
32	Harriet Kelly	Metros	33	-	33
33	Gillian Fox	Metros	-	33	33
34	Una Cunningham Taylor	Metros	32	-	32
35	Linda Grimes	Metros	-	32	32
36	Jennifer Smith	Metros	-	31	31
37	Diane O'Reilly	Metros	-	30	30
38	Sue Weston	Metros	29	-	29
39	Siobhan Wilby	Sudbury Court	27	-	27
40	Nancy Morris	Metros	26	-	26
41	Sakina Sidik	Metros	24	-	24
42	Sue Nicholls	Metros	23	-	23
43	Meena Mistry	Metros	22	-	22
44	Wendy Mulvenna	Metros	21	-	21
45	Linda Georgiades	Metros	20	-	20
46	Ellen Mulvenna	Sudbury Court	19	-	19
47	Bernie Conway	Metros	18	-	18

2022/23 5K Competition Standings - Men

Overall position	Name	Club	Canons Park parkrun	Gladstone parkrun	Overall points
			17/09/22	15/10/22	
1	Nigel Rackham	Metros	50	50	100
2	Christopher Shearwood	Metros	49	49	98
3	Nick Jones	Metros	48	48	96
4	Tony Watson	Sudbury Court	47	45	92
5	Steve Paull	Metros	46	46	92
6	Richard Wilkinson	Metros	43	43	86
7	Robert Bevan	Metros	41	41	82
8	Gavin Imrie	Sudbury Court	42	39	81
9	Brian McGrory	Metros	36	38	74
10	Mike Reid	Metros	35	36	71
11	Andrzej Warhaftig	Metros	-	47	47
12	Michael Morris	Metros	45	-	45
13	Clive Heidrich	Metros	44	-	44
14	Russell Morris	Metros	-	44	44
15	Mitesh Patel	Metros	-	42.5	42.5
16	Martin Garrett	Sudbury Court	-	42	42
17	Jeff Suffield	Metros	40	-	40
18	Andrew Fox	Metros	-	40	40
19	Nick Russell	Metros	39	-	39
20	Tim Oakley	Metros	38	-	38
21	Tanasheh Abrahams	Metros	37	-	37
22	Chetan Khatry	Sudbury Court	-	37	37
23	Vincent Cheung	Metros	35	-	35
24	John Ayton	Metros	35	-	35
25	Barry Nolan	Metros	35	-	35
26	Mark Mulvenna	Metros	35	-	35
27	Peter Higgins	Sudbury Court	-	35	35
28	Rohan Mascarenhas	Metros	34	-	34
29	Ian McPherson	Metros	33	-	33
30	Zaheer Sidik	Metros	32	-	32
31	Andrew Paul Collier	Metros	31	-	31
32	Marc Sindole	Metros	30	-	30
33	Andrew Borley	Metros	29	-	29
34	Roy Eastwood	Metros	28	-	28
35	David Merrigan	Metros	27	-	27
36	Kyie Hollingshead	Metros	26	-	26
37	James Kerr	Sudbury Court	25	-	25
38	Sonny Peart	Metros	24	-	24
39	Ashish Maheshwari	Metros	23	-	23
40	Ariff Sidik	Metros	22	-	22
41	Nathan Powell	Metros	21	-	21
42	John Norris	Metros	20	-	20

10K Challenge - Saturday 1st October

	Time	Age Grade
Mike Morris	46:06	68.03%
Linda Georgiades	56:27	67.98%
Caroline Day-Lewis	56:24	64.60%
Simon Abery	50:18	63.47%
Judy Rackham	65:35	61.79%
Richard Wilkinson	46:14	58.32%
Mitesh Patel	48:45	55.80%
Andrew Collier	59:03	54.06%
Mike Ransome	68:36	54.01%
Irene Paull	77:15	53.97%
Tiziana Spotti	77:15	53.21%
Jo Collier	69:42	52.94%
Anne Ambrose	79:07	52.70%
Nancy Morris	72:36	48.36%

Well done to everyone who ran the 10K Challenge on Saturday 1st October. Congratulations to Richard Wilkinson for his first appearance, gaining an Orange ribbon at 58.25% and a time of 46:14. A time of 44:56 in January 2023, when the event is next held, would move him onto a yellow ribbon

Some familiar faces also return to the table this month, Nancy Morris (July 2020), Tiziana Spotti (January 2020), Irene Paull (October 2020) and Mitesh Patel (October 2020).

Thank you to Angela, Carole and Marilyn for covering the event whilst I was away. Next event should be the first Saturday in January 2023

Teresa Young



London Marathon – 2nd October

Overall Pos.		Half	Finish
1	<i>Amos Kipruto</i>	1:02:24	2:04:39
14 (1 st W)	<i>Yelamzerf Yehualaw</i>	1:08:46	2:17:26
2464	Sasha Birkin	1:31:14	3:06:22
4020	Chris Shearwood	1:31:34	3:19:44
5774	Paul Spendloff	1:38:17	3:30:13
5785	Emma Ponnaganti	1:41:17	3:30:16
6705	Edward O'Connor <i>Harrow AC</i>	1:42:35	3:35:23
13710	John Norris	1:39:29	4:03:42
30969	Lorraine O'Donovan	2:19:00	5:19:19
33151	Sakina Sidik	2:42:20	5:32:24
36101	Ariff Sidik	2:31:30	5:55:31
38849	Barbara Reading <i>St Neots Riverside</i>	2:36:45	6:32:58

Virtual London Marathon		
Anne Leigh	9:28:34	2 nd 80+
Una Cunningham	13:20:52	

Mini Marathon - Borough Challenge– 2.6K - 1 st October	
Girls under 15	
Annabelle Suffield	09:18
Boys under 15	
Rocco Keene	11:09



Chris Shearwood –
blowing a kiss to his
supporters



Lorraine O'Donovan –
looking happy on her
first marathon



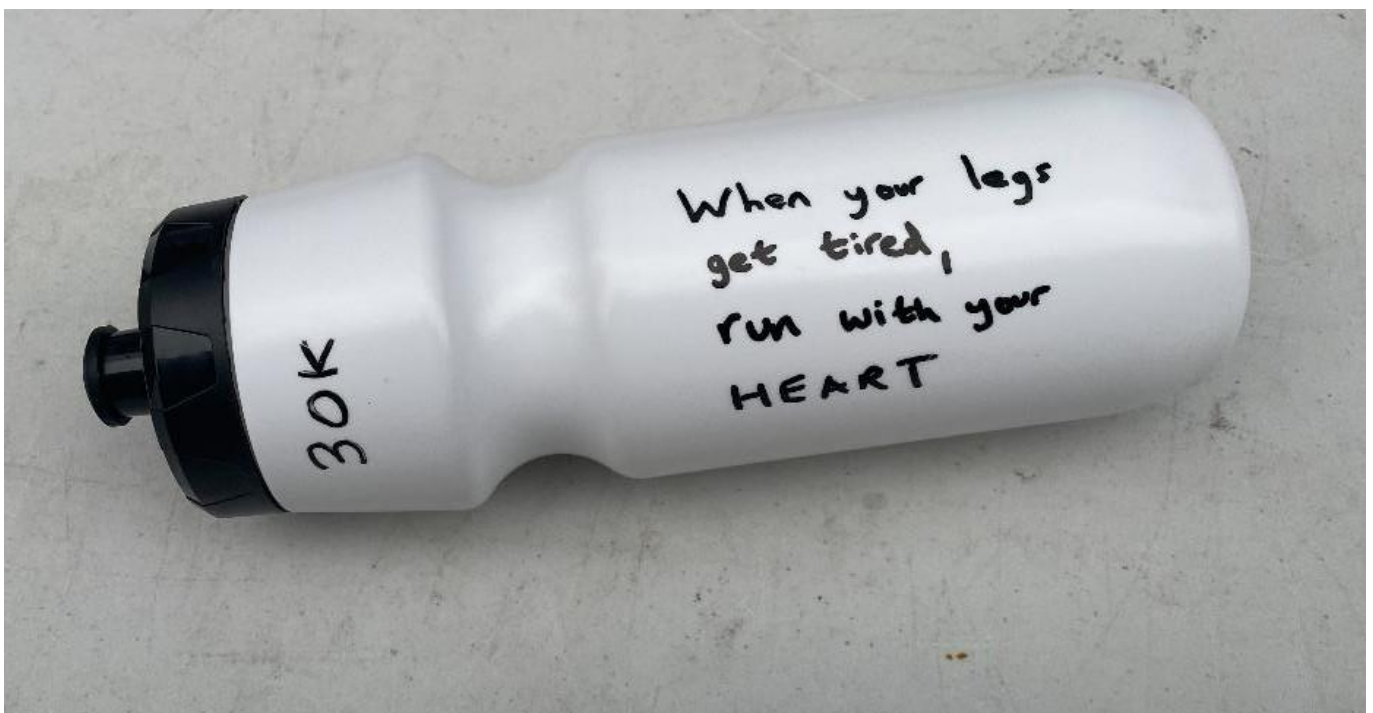
Ariff Sidik takes a quick breather with drinks marshals, Caroline, Monica, and Sonny



Metros Elite Athlete Drinks Marshalls – 30K



Elite Athletes' drinks
– prepared the night
before the event



Elite British runner Kieran Walker had written an inspirational message to himself on his 30K drink bottle. Unfortunately, he dropped out at 25K.

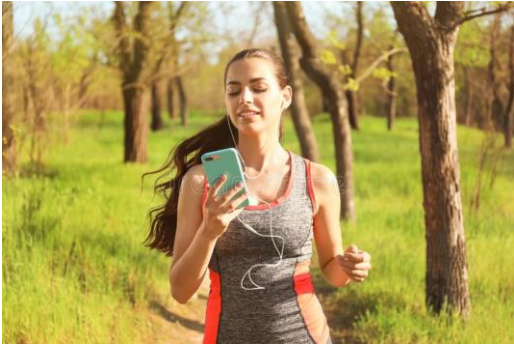


Elite Men



Elite Women

London Marathon Songs – Adam Leary



A few weeks back I was sitting with Karen watching the London Marathon on TV (we have no intention of ever running it!) and the BBC had a suggested a playlist for songs to keep you running.

I thought they were a bit dull.

As some of you might remember (from the song suggestions during the dark days of 2020) I have mentioned before that I don't run with music, but I do have songs in my head when I run (odd I know but there we go).

So, I have attached a list of a dozen (ish) newish songs that I like...see what you think, they're for different running: tempo, sprinting, cool down etc.

In no particular order:

- 1) Sex Patels - Watching the detectives
- 2) The Pixies - Vault of Heaven
- 3) Self Esteem - Wizardry
- 4) Divorce - Checking Out
- 5) Big Thief - Cattails
- 6) The Specials - You're wondering now (not a new one)
- 7) Amyl & The Sniffers - Hertz
- 8) The Knife - Pass this on
- 9) MIA - Bad girls
- 10) Hallan - Orwell's idyllic future
- 11) Kokoroko - we give thanks
- 12) Regina Spektor - On the radio
- 13) Bicep (ft Clara la San) -Water

I'd love to hear other song suggestions....

Adam

Loch Ness Marathon – 2nd October

Pos		Half	Finish
1		1:11:28	2:23:53
17 (1 st W)		1:18:26	2:42:36
2253	Shefali Rao	2:27:32	5:37:27
2558	Finishers	3:36:19	8:25:14



Chester Marathon – 2nd October

1		2:20:22
46 (1 st woman)		2:44:29
1257	Jonathan Evans- Hughes	3:53:11
2360	Finishers	6:28:36



Krakow Half Marathon – 16th October

1		1:02:29
4849	Sonny Peart	2:17:28



Gimme little sign-the Harrow Marathon mystery – Steve Paull

The Harrow Marathon was in existence from 1982 until 2001. It was the brainchild of local councillor Cyril Harrison after he failed to get a place in the London Marathon.

I knew him slightly, as his daughter Sue, was in my class in my teenage years at school and she and I hung around in the same group of mates in the 1970s.

Kodak, a local company with a large factory in Wealdstone, got on board as the main race sponsors. The leisure centre, perhaps the first in the country and something Cyril Harrison got built, was the start and finish for a few years until the sports ground that Kodak had opposite their works became the race hub.

Anyway, at some point permanent metal mile markers were installed around the route. This was unusual as the two-lap route had changed quite a lot over the years due to traffic and supermarket pressure points. Somewhat remarkably, the first Harrow marathon was three laps, but two of ten and one of six. I can't remember when these markers were installed but maybe it was for the last version of the race, and they would never have had to be moved.

But who paid for these markers? There is no sponsor, no Kodak, not even a race name, just "marathon route" and the mile number on a yellow background. Now yellow is the background colour on the Kodak logo so maybe it's them, but you'd think they'd want something more for their money.



The 18-mile marker in North Harrow is the only one left in situ. It's on the wrong side of the road (it always was) but now it faces the wrong way too. This leads to two more questions- why was this one not taken down and why was it turned? It is hardly a great memorial of the race. I can only think it was turned to look in sync with the cycle lane marker below it.

Now who owns it? The purchaser, whoever that might be? The council? The Harrow Charity Marathon trust, if they are still in existence?

Still the questions come. When were these signs taken down? Where are the other 25 now?

I can answer my own last question in part because I have two of them- miles four and five. I can only remember how I acquired one of them because I was offered it when the Metros shed was having stuff cleared out of it.

But again, this leads to more questions- how did a sign get into our shed? As a theory, in the final version of the race, these miles were in the Pinner/Rayners Lane area so it is possible a Metro took them down and put them in the shed (as I say, my faulty memory can't be sure they were both there). But on whose authority?

So many questions but I'm off to the Civic Centre to see if I can have that last sign.

Anybody have any metal cutters?

Steve Paull



Royal Parks Half Marathon – 9th October

Pos		Gun Time	Chip Time
1		1:07:14	1:07:12
49 (1 st Woman)		1:19:52	1:19:48
8647	Una Cunningham	2:49:48	2:20:51
8649	Mike Reid	2:49:48	2:20:51 PB
9774	Monica Shortt	2:58:20	2:29:23
10791	Mike Ransome	3:17:08	2:41:00
10929	Caroline Jackson	3:12:22	2:43:25



Run to the Sea – Bournemouth – 50K Ultramarathon – 15th October

1 st		3:36:17
11 (1 st woman)		4:02:42
16	Marcus Weedon	4:20:58
267	Linda Georgiades	7:02:36
268	Lynne Jones	7:02:36
293	Monica Shortt	7:40:37
299	Ariff Sidik	8:01:30
300	Sakina Sidik	8:01:30
310	Barry Nolan	8:35:10
317	Jennifer O'Sullivan	9:21:44
321	Finishers	9:36:57



Mary and Gordon Swindles (with Andrzej Warhaftig)

Andrzej caught up with former Metros Mary and Gordon Swindles at the European Duathlon Championships

This year the various European championship events took place in Bilbao, and whilst there I took the opportunity to have a catch up with Mary Swindles and her husband Gordon. Mary was taking part in the sprint duathlon (5k run, 20k bike, 2.5k run), whilst I was doing the standard (10k, 36k, 5k).

Prior to moving up to Newark, Mary lived close to me in North Harrow, and in her role as a driving instructor over the years taught many of the local people, and through Pinner Park School, many of the pupils there to drive once they reached 17.

On the Metros Running Club website there is little about the history of the club, so I asked Mary about her own background in sport, what she could recall about when the club started, who was involved, and what training sessions were organised, and the other activities of the club, such as the London Marathon drinks station involvement.

Over to Mary: I started running in 1981 after watching the first London Marathon and entered the Leicester Marathon that year in October but pulled out at halfway with a hip problem. After that, I entered the 1982 London Marathon, the one where your entry was accepted on postmark date. I had a friend who could post them with a just after midnight time. She posted approximately 20 and we all got in except Gordon! In that first marathon I came about 15,000th and finished in 4:34:05. Actual time was 4:25:10 as there was no chip timing then!

My best marathon time is 3:25 at Harrow, don't know what year, probably 1985.

I took part in a couple of magazine stories, one with Runners World with a coaching programme with the intention of getting under 90-min for a half, under 40 for a 10k and 3:30 for marathon. I missed the half marathon time by 90 secs, but the others were achieved.

Then I took part in a training programme with Today's Runner to get under 4hrs for the London marathon, think that might have been 1991, but I wasn't very good at keeping records, no Strava or Garmin Connect to save your results then! My best London time is 3:43:01 in 1994, this year will be my 10th London, 40 years after my first, though I can't remember how many other marathons I've done. Came 12th in Wanda Age Group champs this year (whatever they are) in my age group, that'll do me! I only have the London times as you can access them online! I have also done the Moonwalk Marathon twice 2006, 2007 fastest 5hrs 10min or so, power walking.

In 1983 we moved to North Harrow and ran the Harrow Half that year when it went through Headstone Manor Park and finished at the Leisure Centre. The following year, I ran the full marathon and was first lady Harrow resident to finish. We joined London Road Runners when we moved down south, which became London Road Runners North West, and subsequently Metros.

I can't remember the exact date I took over as chairman of the Harrow Marathon and half but was probably about 1986. The new police chief in Harrow wanted to ban it and I remember going to a council meeting to put our case for it to continue. That chief left and the new one was a runner so that is why we carried on, but we did used to get complaints from residents and as I remember the roads weren't closed just coned in places!

I've found results of races 1991, 1995-2000. The 1991 race was the one with all the bananas, instead of 20 boxes I think we got 200 and I didn't get one banana let alone a box. I do remember the Mayor putting a box in his car! All the goodies were thanks to Azee (*Azee Swalaheen, a member of Hillingdon AC, and used to organize the Finchley 20, still phones me regularly from Australia*) – he could be annoying but good at getting freebies. The Harrow marathon and half stopped when Kodak pulled out of sponsorship which coincided with them closing the factory.

I'm not really a good record keeper! I remember running 69mins for a 10mile from Barnet stadium no idea of year, my best half was Reading 91mins again year unknown. More recent records are Parkrun Newark April 2019, 26:18, last Saturday I managed 28:28 hoping to get near 27mins sometime to get me in 80% age group time! Small gains now I'm degenerating.

There are lots of memories with Metros, too many to recall but good to see that my idea of the "Wot No Watch" is still going. Camaraderie and support is what I remember most about Metros, and food at our host event in the park! New Year's Eve parties from North Harrow and having to run round the block through the park at midnight in you party gear! Sunday Times fun run, Roxbourne Park Saturday morning, chatting; the M25 Relay and quiz night where it seemed that everyone got a prize!

When we first moved to North Harrow I was pregnant with my son Andrew and met Celia Collis. Her son Jonathan was born 5 days before Andrew and when she started saying that she wanted to lose weight I suggested running. This is where the Monday night at Headstone Lane width restriction run started. It had to be late so that the "babies" were in bed, so 8:15 pm it was. A few others joined in from the area and it soon became a Metros beginner friendly run which I organised for 25years! Everyone knew that we left at 8:15 and that if they were late we weren't there. We missed Bank Holidays and thunderstorms, otherwise I always turned up!

We competed for Metros in the Summer League, Today's Runner league and I also did some vets track/field.



Then I decided to give triathlon a go in 2013, as we had a place in Spain with a sprint tri bike route going past our apartment complex. 750m sea swim, 18k bike which I did on a mountain bike with road tires, 5k run, in June in Peñíscola -it was warm. Finished 1st lady 60-65! I've since done a few other triathlons mainly sprint but got a 3rd in the Standard at Leeds to qualify for World Champs in Edmonton 2020, which were postponed and are going ahead this year in Abu Dhabi. I pulled out mainly for cost and I haven't done much swimming so converted

to Duathlon instead. Clumber Park is just up the road from Newark, so it made sense to compete there so ended up in Bilbao this year where I got 2nd in the 70-74 age group. Luckily for me the Italian lady who finished way in front of me is going up an age group next year and maybe I'll train harder next year!

70-74 Female AG Sprint											
Filter: Type to filter...											
Pos	First Name	Last Name	YOB	Country	Start Num	Time	Run	T1	Bike	T2	Run
1	Lucia	Soranzo	1948	ITA	1457	01:30:22	00:25:11	00:03:25	00:45:31	00:01:58	00:14:19
2	Mary	Swindles	1952	GBR	1455	01:45:56	00:28:59	00:03:32	00:55:49	00:02:09	00:15:29
3	M ^a Consuelo	Alonso Alonso	1948	ESP	1451	01:50:09	00:28:59	00:04:40	00:57:29	00:03:50	00:15:13
4	Jeanette Sue	Graves	1949	GBR	1452	01:56:27	00:30:50	00:04:28	01:01:25	00:02:30	00:17:16

We moved to Newark in 2016 so that Gordon could retire! If we had stayed in London he would still be working as a Chartered Building surveyor as he was self-employed and we didn't have a pension plan. Selling up and moving away from London was the pension! We settled on the middle of the country as the South West is difficult to get to and from, as is East Anglia, the south is still commuter belt and property expensive so here we are. The house is in a group of 5 which were built behind the church in Hawton when they pulled down the rectory. We are 2 miles from Newark, yet it feels like we are in the middle of nowhere, though we have the East Coast mainline, A46 and A1 very close. As an example, we came back from Bilbao on Monday 19th September leaving at 5:00pm UK time and were in the house by 9:30pm. We only had hand luggage (I hired a bike in Bilbao for the race), train from Gatwick to St Pancras, then a walk across the road to Kings Cross!

My local running club is as supportive as Metros. The local gym is 2 miles away and I have made some good friends there. Four of us rode the Coast and Castles route from Newcastle to Edinburgh a couple of years ago over 4 days which was fun, and we didn't get wet. It was a bit of a problem arriving in Edinburgh during festival but OK.



Gordon is a much better record keeper than me. These are just a few of his results:

- 42 marathons with 19 of them under 2:40, won the Harrow twice, 1985 in a time of 2:29:56 and 1989 time 2:31:18. Best London time was 2:31:29 in 1987 where he was 197th!
- 4th V40 at the Flying Fox in 1992, 2:36:00 3rd in the Polytechnic Marathon 2:36:12, which I believe was the last time it was run from Windsor!
- 44 half marathons with a best of 71:25 at St Neots in 1988.
- A couple of 10milers best of 56:41 at Shaftesbury 1984, numerous 10k races including

Hatch End and Metros races with average 33/34 in the mid to late 80's. He stopped counting them after a while!

We regularly do Parkrun Newark which is 1.5miles away, so jog up, run the course, jog home - 10k done on a Saturday morning, long run training done.

We enter a few local races but don't travel to races much really, just exercise for fitness and cake! Fair to say that Gordon is probably not as fast as he could be for his age as other things have grabbed his attention including gardening, learning the tenor sax, and guitar amongst other things. We have a huge garden with veg and fruit and that takes up time. So consequently, we have too many courgettes/blackberries/raspberries/pears/plums/apples/tomatoes.

Back to Andrzej: And finally, just in case anyone is still interested, here are my results from the European Standard Duathlon Championships.

70-74 Male AG



Filter:



Pos	First Name	Last Name	YOB	Country	Start Num	Time	Run	T1	Bike	T2	Run
1	Francis	Viet	1951	 FRA	2256	02:32:58	00:47:28	00:03:11	01:17:02	00:02:00	00:23:20
2	Werner	Hostettler	1952	 SUI	2265	02:41:37	00:53:16	00:04:12	01:13:09	00:02:52	00:28:10
3	Steven	Rue	1952	 GBR	2262	02:42:13	00:48:57	00:03:15	01:21:45	00:02:05	00:26:14
4	Rodger	McCarroll	1950	 GBR	2259	02:49:50	00:48:24	00:03:15	01:27:53	00:02:10	00:28:10
5	Andrzej	Warhaftig	1949	 GBR	2263	02:53:49	00:50:51	00:03:24	01:30:18	00:02:42	00:26:35
6	John	Nicholson	1952	 GBR	2261	03:02:00	00:48:40	00:03:07	01:41:01	00:02:56	00:26:18

NOTES OF METROS COMMITTEE MEETING

Wednesday 19 October 2022 at 8:00pm

Venue – Nigel & Judy Rackham's house

Attendees (Committee members): Pat Jackson, Mike Morris, Irene Paull, Steve Paull, Marilyn Pickford, Nigel Rackham, Mike Ransome, Ariff Sidik, Teresa Young

Phone Link: Marcus Weedon

1. Apologies

(Committee members): Steve Alder, Anne Ambrose, Barbara Robson, Paula Ryan,

(Non-Committee): Nathan Powell.

Chair: Nigel Rackham

Note Recorder: Pat Jackson

2. Actions from Last Meeting

- a. **Thames River (Stragglers) Relay** – to be held next Autumn.

Item for Future Meeting

- b. **Maintenance of AED** – Batteries need to be checked by whoever has the AED at the beginning of the month. Nigel will ask Nathan to issue instructions.

ACTION: Nigel Rackham

- c. **Purchase of digital race clock** – Teresa will investigate further and report at the next meeting.

ACTION: Teresa Young

- d. **Sarries membership** – Irene will inform Nathan that parents could be offered Associate Membership.

ACTION: Irene Paull

- e. **Youth Co-ordinator** – Tarana Agarwal will be invited to the next meeting.

ACTION: Marcus Weedon

METROS AWARDS – at this point the recipients of the Young Runner Awards and 'Beginner' Trophy award were agreed.

Aaron Breen Awards – Irene had researched replacements for the present Aaron Breen awards and the purchase of two new awards titled 'The Aaron Breen Award for Services to Metros' was agreed.

ACTION: Irene Paull

LRRC Trophy Competition – Vince Cheung (co-ordinator) will be asked to list Metros runners' points progress in Metrolines after each event - with assistance if required.

ACTION: Nigel Rackham

5K Competition – The scoring system needs to be published.

ACTION: Nigel Rackham

Metros Summer League Awards – it was agreed to continue with the present scoring system. Metros runners' points for each fixture will be listed in Metrolines.

ACTION: Pat Jackson

3. Club Events

- a. **TVXC** – Plastic runners' finishing tokens will be purchased. Plastic stakes will replace most of the metal stakes with the remainder sold for scrap.

ACTION: Marcus Weedon

- b. **Track Mile** – Nigel will confirm the date with Nathan (5 or 12 May 2023) who is liaising with Harrow School.

ACTION: Nigel Rackham

- c. **Summer Sports Day** – This has been booked at the Harrow School track for 14 July 2023.

- d. **Summer Sports Day** – This will be an annual event .

Item closed

- e. **Harrow Hill Race 2022**

- i. Irene reported payment of the charity donation will be made shortly following a problem with different banks.

- ii. 2023 – Marcus will check suitable dates with Harrow School.

ACTION: Marcus Weedon

- f. **Marathon Week 2023** – Irene confirmed Friday 2 June to Tuesday 6 June and will seek organisers for each event. **ACTION:** Irene Paull

- g. **Social Quiz Night** – 24 February has been booked at Lowlands .

ACTION: Judy and Nigel Rackham, Ariff Sidik, Steve Paull

- h. **October LFOTM 5K (Last Friday of the Month)** - is 28 October at Eastcote House Gardens. **ITEM CLOSED**

4. Other Events

- a. **Hall of Fame** – programme agreed.

ACTION: Marcus Weedon

b. Liddiard Cross Country Trophy 5 November – It was agreed Metros would pay the team fees.
ACTION: Teresa Young

c. Metrolines Christmas charity collection – it was agreed to donate to the Harrow Foodbank again this year.
ACTION: Anne Ambrose

5. Admin

Club Publicity – cards advertising Metros are available from Mike Ransome and Pat Jackson.

6. AOB

- a. **Mob Match** – was held within the parkrun at Gladestone Park where the Metros team won.
- b. **England Athletics (EA) Membership** – Irene confirmed the EA membership subscription had increased to £17.
- c. **Renewal of Leadership qualification** – the £10 safeguarding course fee for those who have completed Leadership courses will be paid by Metros.

7. Items for Future Meeting

- a. **Photographic Competition for December 2022** – judges will include the two winners from last year.
ACTION: Ariff Sidik
- b. **Park Bench** – Paula will discuss with Harrow Council.
ACTION: Paula Ryan.

Meeting closed at 9.38 pm

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.

Harrow Choral Society

President : Dame Emma Kirkby

Christmas Celebration

A Festival of Music for Choir and Audience

Guest reader

Jane Asher

Conductor: Sam Evans

Organ : Paul Ayres

Brass Quintet



Harrow School Speech Room

Harrow-on-the-Hill, HA1 3HP

Saturday 17th December 2022 7.30 pm

Tickets available

online: www.harrowchoral.org.uk

email: boxoffice@harrowchoral.org.uk

£18

Accompanied Under 18s : Free
(ticket required)



Registered Charity: 262070

***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** 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.