



September 2023
Issue No. 411



Metros Diary

September

Fri 1	1 Hour Challenge, Harrow School	6.20 pm
Sat 2	5-Mile Handicap, Roxbourne Park	9.00 am
Thu 7	Committee Meeting	8.00 pm
Sat 9	Wot No Watch, Roxbourne Park	9.00 am
Sat 16	parkrun – Canons Park	9.00 am
Sun 17	Spitfire 10K	10.00 am
Sun 24	Moor Park 10K	3.00 pm
Fri 29	LFOTM – tbc	11.50 am
Sat 30	Annual Fun Run, Roxbourne Park	8.45 am

October

Sat 7	Metros 10K Challenge, Roxbourne PK	8.50 am
Sun 8	TVXC – Metros Event – Hillingdon	4.00 pm
Sat 14	Wot No Watch, Roxbourne Park	9.00am
Sun 15	Cabbage Patch 10	9.00 am
Sat 21	parkrun – Gladstone Park	9.00 am
Sun 22	TVXC Bracknell Forest	11.00 am
Fri 27	LFOTM- tbc	11.50 am

November

Sat 4	Metros 5K Challenge, Roxbourne Park	9.00 am
Sat 4	Liddiard Trophy XC	1.00 pm
Sun 5	Marlow HM & 7 Miles	9.30 am
Sat 11	Measured Mile, Roxbourne Park	9.00 am
Sun 12	TVXC – Datchet	11.00 am
Fri 24	LFOTM – tbc	11.50 am
Sun 24	TVXC – Sandhurst	11.00 am

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

Note from the Editor!

I hope that you all had a lovely summer and you're ready for all the exciting events that are scheduled for the autumn.

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.

The 23/24 5K competition starts this month with a parkrun at Canons Park. The cross-country league opens on 8th October with the Metros event. If you are not running please consider volunteering.

This month sees the return of the longest running Metros event, the 44th Annual Fun Run; hope to see many of you there.

Anne Ambrose

Metrolines Contributions

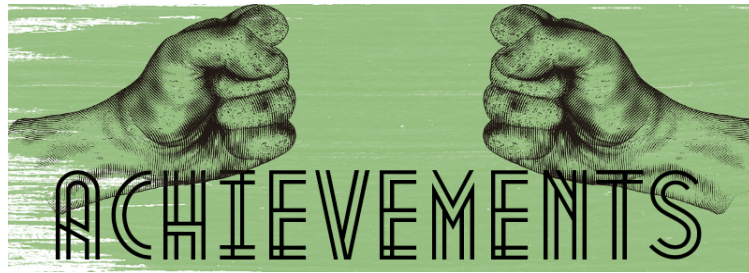
All contributions welcome – please send your results, articles and photos to Anne Ambrose

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. For the next edition, please provide your contributions by 15th August.



Well done to.....



- Mike Reid and Phillippa Brown for running their 100th parkrun at Canons Park on 8th July. Diane O'Reilly also reached her 50th milestone at the same parkrun. They wore blue to celebrate 75 years of the NHS – so, can be excused for not wearing their Metros kit! Pictured here with former Metro Helen Simons.



- Matthew Rackham for coming first in the Martian 5K on 25th June 2023



-Elizabeth Abrahams for completing 350 parkruns at Canons parkrun on 19th August

- Nirmal Valji for completing his 50th Marathon at 6 Sjoar Marathon, 19th August.



- Jonathan Evans-Hughes for completing his first 100-mile ultramarathon on 6th August at North Downs Way 100

Email your achievements to metrolines1@gmail.com

Marshals Wanted

Thames Valley Cross Country
Sunday 8 October (15.00 to 17.30)
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 Murphy



Attention, runners!

It's time to elevate your performance and conquer your goals like never before. Introducing my personal training and nutrition coaching program, designed exclusively for dedicated runners like you.

You all know me by now I have been a proud member of Metros running club since 2017. I'm now a qualified Personal Trainer and Nutrition Coach as well as Weight Loss Specialist and offering my services to my wonderful running club.

Zahra Bassiri

Tel: 07722052514

Discount on Shoes and Kit



Our local running shop, Runners World in Eastcote, can help you find the right running shoes and will offer a 10% discount to Metros members – show the Spond app on your phone to prove you are a member.

THE 44th ANNUAL Metros FUN RUN - THE BRIAN JACKSON FUN RUN

Saturday 30th September 2023, 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 44th 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 event will follow the usual format 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**

Trophy Races 2023



The remaining races eligible for the Metros London Road Runners Club (LRRC) Trophy for **2023** are as follows: -

Date	Event	Entry Fees	Website
17 th Sept	Spitfire 10k	£20.50	Spitfire 10K, London 2023 - RAF Museum
24 th Sept	Moor Park 10k	£14	Moor Park 10K & Junior Fun Runs 2023 - Eventrac
15 th October	Cabbage Patch 10M	£25	Welcome to the Cabbage Patch 10
22 nd October (tbc)	Ricky Road Run 10M	£16	Ricky Road Run – Annual 10-mile charity run in Rickmansworth and Chorleywood
5 th November	Marlow 7mile/ HM	£22/32	Marlow Striders Half Marathon

The scoring will be as follows.

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

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

To qualify for the competition, you must:

- Be a paid-up member of the club.
- Enter the Metros club name on the entry form and be qualified to do so.
- Wear club kit

Only your best 8 event scores count towards your total at the end of the year.

Some of the events have not yet been confirmed and any changes to qualifying races will be notified as soon as possible.

Any runners completing all events will get a Trophy.

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

Vincent Cheung – LRRRC Coordinator

Discount for Metros at Active Training World Events

As a club, we have exclusive access to a 10% discount when entering ATW events.

The code is **Metros_10** and is exclusive to Metros members only.

Metros Website and social media

www.metros.org.uk

Contributions to Marcus Weedon at marcusweedon@hotmail.com

We also have a Facebook page and Twitter account – please like or follow us. If you would like to join Metros' group email, please contact Irene Paull at metros.secretary@yahoo.co.uk
Group email address: metrosrc@googlegroups.com

Metros 5K Competition – 2023/24

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

Date	Event
16 September 2023	Canons Park parkrun
21 October 2023	Gladstone parkrun
4 November 2023	Roxbourne park
16 December 2023	Northala parkrun
27 January 2024	Harrow School track
3 February 2024	Roxbourne park
16 March 2024	Rickmansworth parkrun
13 April 2024	Harrow School track
4 May 2024	Roxbourne park
15 June 2024	Harrow parkrun
21 July 2024	Harrow School track
3 August 2024	Roxbourne park

Eligibility: Must be a member of Metros or Sudbury Court and registered with parkrun. Participants are strongly encouraged to wear the 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 the 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: Trophies will be awarded to the top 3 men and women 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're unable to run.

South Oxhey parkrun will be considered as an alternative venue in the event of adverse weather at another location. South Oxhey is all on grass and hilly so trail shoes or cross country spikes may be more appropriate.

<https://www.parkrun.org.uk/southoxhey/course/>

Any updates will be communicated via Spond as early as possible.

Nathan Powell, Mitesh Patel

CAN YOU CONTINUE TO TRAIN WHEN INJURED?



Whilst recovering following two recent fractures on my kneecap, I checked the physiotherapy Department the Clementine Churchill Hospital. New to the department is an anti-gravity treadmill which I used. I was able to walk with little weight bearing which not only helped my knee recover but enabled me to train without further damage to my knee.

Special shorts with a hula-hoop type frame and zip are worn and then zipped into the treadmill. The machine calibrates the weight of the person, and a physiotherapist will key in the amount of anti-gravity required which can be adjusted during the session.

The treadmill web site states: “The **AlterG Anti-Gravity Treadmill** technology empowers people to move in new ways and without pain – to recover mobility, improve wellness and enhance physical performance.

It uses unique gravity-defying technology, originally developed for NASA, to redefine physical rehabilitation and training. The anti-gravity systems augment physical deficits and increase mobility to improve orthopaedic rehabilitation, the management of neurological and chronic conditions and athletic performance.

It’s useful for anyone interested in faster rehabilitation, training whilst protecting or recovering from an injury or surgery or increasing training volume whilst minimising stress-related injuries to gain strength and endurance.”

The AlterG treadmill is available at the Clementine Churchill for anyone to use. An initial appointment with a physiotherapist is necessary to ascertain if the machine is

suitable for an individual's needs and, if it is, will give instructions on its use. Further bookings to use the treadmill can then be made without needing further instruction.

For eight half hour sessions, the cost is £120 plus an initial physiotherapist consultation with instruction.

Please contact me if you would like to know more about my sessions – I have a video of my session!

Some of the other facilities they offer:

“PhysioLab: <https://physiolab.com/patients/>

This service helps with recovery but providing a compressive ice system and is the market leader. We have an outpatient service here where they can be used. We also have a deal where people can rent the machines for their own use.

Gait Scan: <https://www.circlehealthgroup.co.uk/treatments/gait-analysis-footscan-and-phits-3d-printed-insoles>

We have an inhouse gait analysis system. We use a force plate to measure your pressure points amongst many other things in your foot while in this force plate. We then have the option to make custom orthotics through PHITS, who are the company which does orthotics for Team GB and the London Marathon etc.”

To talk to the Physiotherapy Department direct please ring 020 8872 3922.

Pat Jackson

patjacksonhome@hotmail.com

07963551816

10K Challenge – 1st July 2023

	Mins	Secs	Grading
Barbara Reading	69	49	70.99%
Angela Murphy	71	26	65.99%
Rhonda Tapley	54	56	64.70%
Simon Abery	50	01	64.39%
Paul Hor	58	36	60.41%
Sonny Peart	54	04	58.00%
Tiziana Spotti	78	43	52.97%
Will Bailey	61	59	51.96%
Mike Ransome	92	44	40.51%
Bill Harrington	92	44	35.70%

Low turnout this month, probably because of the Summer League the next day? Welcome back to Sonny who last ran the event in January 2020, Paul Hor July 21, Angela Murphy October 2019 and Rhonda Tapley July 2018! All of them either maintained or improved their age-gradings. The next event will be 1st Saturday in October.

Teresa Young

Wot no Watch 8 July 2023



	Estimated time	Actual time	Difference (secs)
Simon Abery	6.20	6.36	16
Caroline Day Lewis		7.07	
Jonathon Pang	8.00	7.40	20
Will Bailey	8.15	8.04	11
Mike Ransome	8.59	8.43	16
Malcolm Jackson	9.00	8.45	15
Amanda Hardy	9.00	8.59	1
Kirit Ranpura	12.30	9.31	61
Janice Newman + Judy Rackham	9.46	9.42	4
Barbara Reading		10.00	
Ruby Singh	8.00	10.02	122
Elish Fernandez	11.00	11.15	51
Raquel Russel Ponte	11.00	11.30	15
Barbara Poccinella	11.00	11.35	45
Steph White		12.20	
Suzanne Harvey		12.26	
Nigel Rackham	15.00	13.30	90
Ajantha Weerasekera	10.00	13.31	
Gladys de Groot	12.58	13.40	91
Dave Brown	15.00	14.53	7



Oh dear! Apologies for stopwatch failures today, it all went wrong. First a rogue runner in the park who ran the WNW route and second time around past the tree I did register him on the stopwatch but then eliminated him afterwards. Then still discrepancies so further study of the phone stopwatch revealed 2 extra times recorded - inadvertent screen touching it seems just before the start - not noticed until I got home, this explains why times were much slower than expected. So sorry and times have been revised, and recalculated and I'm sure you may have doubts about some of the figures, the best I can do but probably some may be inaccurate. I hope I have the order more or less right.

The trophy was awarded to Aja and Nigel jointly, with Nigel agreeing gallantly to leave the trophy in Aja's care. This was correct according to the information at the time therefore it stays with Aja, well deserved if only for a first try at this competition. Revised times show Amanda to be just one second under her predicted time, so well done. Normal service will be resumed for the next WNW with Teresa in charge of timing, and all will be well!

Angela



Raquel Russel Ponte with her commemorative medal for her FV80 2nd place finish at the London Marathon. Surely, she has a place in the 2024 marathon. If you were lucky enough to get a place in next year's London Marathon, your fellow Metros would be interested to hear about it.

Raquel currently has her sights on completing the Beachy Head marathon in October.

Martian 5k (25th June 2023)

1	Matthew Rackham	19:22
60	Emma Rackham	38:33
91	Finishers	54:26

Cliveden 10K - 17th June

1		00:38:54
393	Carole Lloyd	01:30:59
395	Finishers	01:31:54



Asics 10K – 9th July

Pos	Name	Time
1	<i>Jonathan Collier</i>	<i>0:30:17</i>
4633	Andrew Borley	0:53:28
5275	Jennifer O'Sullivan	0:54:55
7812	Pauline Bishop	1:00:42
8587	Monica Shortt	1:02:44
9031	Tanya Keene	1:03:55
9340	Barry Nolan	1:04:49
10690	Sakina Sidik	1:09:04
10709	Robyn Walliser	1:09:08
11183	David Merrigan	1:11:01
12223	Emma Rackham	1:17:30
12541	Meena Mistry	1:20:22
12803	Kevin Nally	1:23:28
12904	Shama Meghjee Caine	1:25:03



Langley 5K- Summer Evening Series

17th May

1		18:01
69	Linda Dunne	30:39
71	Claire Millbery	30:53
98	Glyn Watkins	33:55
115	Carole Lloyd	38:30
118	Finishers	41:09

14th June

1		18:00
53	Claire Millbery	31:56
64	Glyn Watkins	34:33
70	Linda Dunne	35:35
79	Carole Lloyd	39:32
85	Finishers	41:59

19th July

1		17:51
45	Claire Millbery	30:46
56	Linda Dunne	32:37
70	Glyn Watkins	34:53
74	Carole Lloyd	37:35
81	Finishers	42:02

Metros Summer League Relay Results

18th June 2023

Venue: Headstone Manor

A Team 4x 400m

Zaheer Sidik	0m 58.52s
Russell Morris	1m 06.05s
Marcus Weedon	1m 09.01s
Richard Wilkinson	<u>1m 05.63s</u>
3rd from 6 teams	<u>4m 19.01s</u>

Ladies Team 4x400m

Sasha Birkin	1m 15.93s
Zahra Bassira	1m 24.74s
Ilayda Brown	1m 28.07s
Chloe Bullock	<u>1m 10.55s</u>
3rd from 7 teams	<u>5m 19.29s</u>

B1 Team 4x400m

Chris Sherwood	1m 22.38s
Mike Morris	1m 13.72s
Kevin Smart	1m 18.42s
John Norris	<u>1m 13.61s</u>
1st from 5 teams	<u>5m 08.13s</u>

B2 Team 4x400m

Jane Hudson	1m 52.54s
Emma Ponnaganti	1m.30.22s
Ruth Tidder	1m 33.98s
Jenny O'Sullivan	<u>1m 25.29s</u>
3rd from 4 teams	<u>6m 22.03s</u>

Non-Scoring Girls Team 4x400m

Layla Bassira	1m 50s
Sophia Bassira	2m 17s
Nisha Ponnaganti	1m 49s
Tara Ponnaganti	<u>1m.49s</u>
	<u>7m 45s</u>

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

Dave Brown

SUMMER LEAGUE – METROS HOST FIXTURE
Sunday 18th JUNE 2023

TENDERFOOT

	Name	Time	Pos	Cat	Cat Pos	League Pts
2	Chloe Bullock	00:05:55	1	F12	1	104
8	Finn O'Reilly	00:07:06	5	M12	1	100
9	Cem Brown	00:07:13	6	M10	1	103
10	Ilayda Brown	00:07:25	4	F14	1	97
22	Kane O'Reilly	00:08:21	9	M9	1	102
27	Nisha Ponnaganti	00:08:47	17	F8	3	96
33	Tara Ponnaganti	00:09:19	20	F7	5	95
34	Laya Bassiri	00:09:20	21	F9	3	90
35	Maryam Ali	00:09:36	22	F6	2	93
36	Ibrahim Ali	00:09:38	14	M9	2	97
41	Sophia Bassiri	00:11:45	25	F6	3	90

Pat Jackson

SUMMER LEAGUE – 2ND JULY 2023 – PERIVALE

	Name	Time	Pos	Cat	Cat Pos	WAVA	League Pts	Metros Pts
32	Ron Taylor	00:31:12	31	SM	15	68.32%	270	100
38	Sasha Birkin	00:31:36	2	F50	1	86.29%	314	100
57	Christopher Shearwood	00:33:26	54	M60	3	78.36%	272	99
67	Issy Jones	00:33:55	6	SF	3	71.35%	295	99
68	Marcus Weedon	00:33:58	62	M50	4	70.85%	254	98
74	Russell Morris	00:34:28	67	M50	5	69.83%	249	97
83	Jeff Suffield	00:35:01	74	M45	10	66.02%	237	96
95	Tanasheh Abrahams	00:35:56	82	SM	31	59.32%	219	95
99	Emma Ponnaganti	00:36:10	15	F45	2	71.47%	296	98
110	Michael Morris	00:36:53	92	M55	4	68.01%	229	94
113	Zahra Bassiri	00:36:59	20	F40	4	67.33%	286	97
115	Nathan Powell	00:37:07	95	M55	6	67.58%	226	93
124	Nick Russell	00:37:25	102	M50	8	64.32%	214	92
131	Kevin Smart	00:37:47	103	M60	7	69.34%	223	91
136	Vincent Cheung	00:38:00	108	M45	18	60.83%	203	90
138	Robert Bevan	00:38:16	109	M55	7	65.55%	212	89
141	Abdul Ali	00:38:44	111	M45	20	59.68%	200	88
153	Simon Abery	00:39:26	121	M55	9	63.61%	200	87
157	Caroline Day-Lewis	00:39:45	35	F55	1	72.79%	286	96
161	Tom Morris	00:39:59	125	M65	5	68.57%	206	86
186	Rohan Mascarenhas	00:42:13	138	M50	13	57.01%	178	85
187	Andrzej Warhaftig	00:42:17	139	M70	4	68.11%	197	84
189	Ann Suffield	00:42:28	49	F45	8	60.87%	262	95
195	Kevin Concannon	00:43:06	143	M65	8	63.61%	188	83
203	Sonny Peart	00:43:39	147	M55	12	57.46%	174	82
205	Ruth Tidder	00:43:58	58	F50	10	62.02%	258	94
213	Mitesh Patel	00:44:52	151	SM	40	47.51%	150	81
222	Louise O'Reilly	00:45:30	69	F45	9	56.81%	242	93
228	Tim Oakley	00:45:56	154	M60	14	57.04%	172	80
245	Jasia Zimmerman	00:47:32	85	F60	4	64.83%	241	92
247	Zaheer Sidik	00:48:17	161	MU20	3	44.15%	140	79
251	Ariff Sidik	00:48:41	164	M40	33	45.70%	142	78
255	Jane Hudson	00:49:24	90	F60	6	62.38%	236	91
257	Marion Rogan	00:50:09	91	F70	1	70.69%	245	90
272	Sakina Sidik	00:54:32	103	F40	18	45.66%	203	89
282	Amanda Kennelly	00:56:59	110	F60	9	54.08%	216	88
290	Steph White	01:02:26	115	F65	6	52.80%	216	87
291	Nancy Morris	01:02:36	116	F50	14	43.56%	200	86

SUMMER LEAGUE TENDERFOOT RESULTS PERIVALE – 2ND JULY

	Name	Time	Pos	Cat	Cat Pos	WAVA	League Points
16	Finn O'Reilly	00:06:19	11	M12	1		94
21	Eloise Suffield	00:06:29	7	F9	1		104
28	Kane O'Reilly	00:07:26	18	M9	4		93
34	Nisha Ponnaganti	00:07:38	13	F8	2		100
37	Tara Ponnaganti	00:07:44	14	F7	3		101
38	Ibrahim Ali	00:07:54	23	M9	5		88
39	Layla Bassiri	00:07:59	16	F9	2		95
44	Maryam Ali	00:08:43	20	F6	2		95
47	Sophia Bassiri	00:10:32	23	F6	4		92

RELAYS – PERIVALE

Mens A

Marcus Weedon
Tanasheh Abrahams
Zaheer Sidik
Ron Taylor
2nd out of 8 teams

Womens A

Issy Jones
Sasha Birkin
Caroline Day Lewis
Eloise Suffield
4th out of 6 teams

B1

Robert Bevan
Jeff Suffield
Louise O'Reilly
Abdul Alis
2nd out of 6 teams

B2

Finn O'Reilly
Ibrahim Ali
Simon Abery
Maryam Ali
4th out of 5 teams

Thanks to Marcus for organising the relay teams.
Metros times are not available.

SUMMER LEAGUE – DULWICH

9th JULY 2023

Finishing times are provisional but Metros finishing positions are correct.

Metros	Name	Time	Pos	Cat	Cat				League
					Pos		Points	Points	
32	Ron Taylor	00:31:47	30	SM	17	67.07%	271	100	
37	Sasha Birkin	00:32:24	3	F50	1	84.16%	313	100	
48	Christopher Shearwood	00:34:11	43	M60	4	76.65%	283	99	
56	Marcus Weedon	00:34:48	50	M50	3	69.16%	266	98	
68	Tanasheh Abrahams	00:35:47	58	SM	26	59.57%	243	97	
80	Zahra Bassiri	00:37:08	15	F40	3	67.06%	291	99	
81	Emma Ponnaganti	00:37:09	16	F45	3	69.58%	295	98	
88	Vincent Cheung	00:37:38	72	M45	14	61.43%	239	96	
101	Nick Russell	00:38:27	79	M50	6	62.59%	237	95	
116	Robert Bevan	00:39:50	87	M55	5	62.97%	234	94	
126	Caroline Day-Lewis	00:41:01	33	F55	2	70.54%	288	97	
129	Rohan Mascarenhas	00:41:40	94	M50	8	57.76%	222	93	
138	Andrzej Warhaftig	00:42:27	98	M70	1	67.84%	238	92	
148	Ruth Tidder	00:43:41	45	F50	7	62.42%	271	96	
149	Annika Davidson	00:43:41	45	F45	7	59.18%	266	95	
153	Zaheer Sidik	00:43:54	105	MU20	3	48.56%	196	91	
177	Jane Hudson	00:48:35	66	F60	5	63.43%	260	94	
196	Anne Ambrose	01:01:22	80	F65	5	53.72%	251	93	

TENDERFOOT

	Name	Time	Pos	Cat	Cat	Points
12	Tara Ponnaganti	00:08:34	5	F7	2	110
15	Nishi Ponnaganti	00:09:06	7	F8	1	106
17	Layla Bassiri	00:10:24	8	F9	1	103
18	Sophie Bassiri	00:11:59	9	F6	1	106

RELAYS – DULWICH

Mens A

Ron Taylor	0:49
Tanasheh Abrahams	0:49
Marcus Weedon	0:56
Zaheer Sidik	<u>0:45</u>
2 nd out of 6 teams	3:19

Womens A

Sasha Birkin	1:02
Emma Ponnaganti	1:09
Annika Davidson	1:07
Zahra Bassiri	<u>1:08</u>
4 th out of 7 teams	4:26

B1

Chris Shearwood	1:00
Tara Ponnaganti	1:24
Nisha Ponnaganti	1:31
Robert Bevan	<u>1:18</u>
6 th out of 7 teams	5:13

B2

Vincent Cheung	1:02
Sophie Bassiri	1:45
Layla Bassiri	1:32
Ruth Tidder	<u>1:16</u>
4 th out of 4 teams	5:35

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

With thanks to Penny Hudson who recorded the Metros finishers in the Main and Tenderfoot Races and relays.

Thanks to Marcus Weedon who organised the Metros relay teams and to Robert Bevan, Anne Ambrose and Gill Sherwood who helped Penny time and record the relays.

Pat Jackson



SUMMER LEAGUE- REGENT'S PARK 30 JULY 2023

	Name	Time	Pos	Cat	Cat	Pos	Pts	Metros	Pts
35	Mark Smith	00:39:05	33	SM	20	268	100		
36	Nigel Rackham	00:39:13	34	M60	1	292	99		
37	Richard Wilkinson	00:39:14	35	SM	21	266	98		
52	Sasha Birkin	00:40:11	3	F50	1	313	100		
67	Christopher Shearwood	00:41:47	61	M60	4	265	97		
90	Russell Morris	00:44:11	79	M50	3	237	96		
101	Tanasheh Abrahams	00:44:43	85	SM	40	216	95		
135	Michael Morris	00:47:44	108	M55	7	213	94		
143	Zahra Bassiri	00:48:32	30	F40	5	276	99		
153	Vincent Cheung	00:49:17	117	M45	25	194	93		
160	Kevin Smart	00:49:36	119	M60	7	207	92		
163	Simon Abery	00:49:50	122	M55	8	199	91		
169	Robert Bevan	00:50:20	126	M55	10	195	90		
170	Peter Reynolds	00:50:21	127	M65	3	204	89		
172	Rhonda Tapley	00:50:31	45	F50	9	271	98		
182	Harish Gohil	00:51:16	133	M55	11	188	88		
195	Caroline Day-Lewis	00:52:27	56	F55	2	265	97		
208	Annika Davidson	00:53:14	64	F45	9	247	96		
209	Jonathan Jackson	00:53:15	145	M45	26	166	87		
214	Jennifer O'Sullivan	00:53:54	67	F45	10	244	95		
226	Rohan Mascarenhas	00:54:40	150	M50	13	166	86		
246	Ruth Tidder	00:56:48	88	F50	14	228	94		
247	Louise O'Reilly	00:56:56	89	F45	12	222	93		
264	Jonathan Pang	00:58:47	164	M45	29	147	85		
266	Sonny Peart	00:58:54	165	M55	18	156	84		
267	Tim Oakley	00:59:10	166	M60	14	160	83		
276	Jasia Zimmerman	00:59:53	108	F60	7	218	92		
287	Jane Hudson	01:01:04	117	F60	8	209	91		
292	Zaheer Sidik	01:02:13	173	MU20	1	128	82		
293	Ariff Sidik	01:02:18	174	M40	23	132	81		
306	Monica Shortt	01:06:22	130	F55	16	191	90		
308	Judy Rackham	01:06:54	132	F60	11	194	89		
313	Sarah Armstrong	01:09:11	137	F60	13	189	88		
314	Sakina Sidik	01:10:01	138	F40	20	168	87		
317	Amanda Kennelly	01:10:37	140	F60	14	186	86		
323	Angela Murphy	01:14:12	144	F70	2	192	85		
326	Anne Ambrose	01:16:08	146	F65	10	185	84		
328	Tiziana Spotti	01:17:40	147	F65	11	184	83		
332	Steph White	01:19:47	150	F65	12	181	82		
333	Nancy Morris	01:19:55	151	F50	20	165	81		
334	Penny Hudson	01:20:07	152	F60	15	174	80		
339	Raquel Russel Ponte	01:32:00	156	F80	1	190	79		

TENDERFOOT

	Name	Time	Pos	Cat	Cat	Points
			Pos			
1	Chloe Bullock	00:06:15	1	F12	1	104
3	Max Bullock	00:06:54	1	M12	1	104
5	Finn O'Reilly	00:07:05	3	M12	2	102
15	Kane O'Reilly	00:08:31	8	M9	1	103
19	Layla Bassiri	00:08:52	11	F9	1	100

RELAYS – REGENT'S PARK

Mens A

Russell Morris	0:38
Tanasheh Abrahams	0:35
Richard Wilkinson	0:38
Zaheer Sidik	<u>0:31</u>
2 nd out of 7 teams	2:22

Womens A

Sasha Birkin	0:45
Annika Davidson	0:37
Jennifer O'Sullivan	0:46
Zahra Bassiri	<u>0:47</u>
4 th out of 6 teams	2:55

B1

Chris Shearwood	0:40
Finn O'Reilly	0:39
Chloe Bullock	0:40
Kevin Smart	<u>0:39</u>
1 st out of 8 teams	2:38

B2

Max Bullock	0:38
Harish Gohil	0:46
Ruth Tidder	0:50
Kane O'Reilly	<u>0:52</u>
3 rd out of 7 teams	3:06

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

Thanks to Marcus for organising the relay teams and Irene and Steve Paull for recording the relay results.

SUMMER LEAGUE BATTERSEA – 13TH AUGUST

	Name	Time	Pos	Cat	Cat Pos	WAVA	Pts	Metros Pts
36	Richard Wilkinson	00:37:59	34	SM	23		267	100
57	Sasha Birkin	00:39:15	5	F50	1		311	100
74	Marcus Weedon	00:41:23	67	M50	5		249	99
85	Russell Morris	00:42:47	75	M50	6		241	98
97	Issy Jones	00:43:40	14	SF	8		287	99
116	Clive Lucas	00:44:44	96	M65	1		235	97
117	Mitesh Patel	00:44:49	97	SM	44		204	96
136	Michael Morris	00:46:52	112	M55	7		209	95
137	Abdul Ali	00:46:57	113	M45	18		198	94
143	Zahra Bassiri	00:47:18	26	F40	3		280	98
148	Kevin Smart	00:48:00	121	M60	7		205	93
149	Jonathan Jackson	00:48:15	122	M45	19		189	92
152	Nick Russell	00:48:28	125	M50	13		191	91
157	Robert Bevan	00:48:56	127	M55	8		194	90
163	Vincent Cheung	00:49:22	130	M45	22		181	89
174	Rhonda Tapley	00:50:32	41	F50	5		275	97
175	Simon Abery	00:50:37	134	M55	9		187	88
181	Annika Davidson	00:51:02	45	F45	9		266	96
188	Sonny Peart	00:52:08	141	M55	11		180	87
195	Jennifer O'Sullivan	00:52:31	53	F45	11		258	95
254	Ruth Tidder	00:57:42	92	F50	11		224	94
255	Steve Paull	00:57:43	163	M65	7		168	86
258	Tim Oakley	00:57:46	165	M60	13		161	85
270	Jasia Zimmerman	00:59:41	102	F60	6		224	93
273	Jane Hudson	01:00:28	104	F60	7		222	92
277	Andrew Collier	01:01:13	171	M55	15		150	84
291	Sakina Sidik	01:08:37	116	F40	11		190	91
296	Janice Newman	01:11:46	119	F75	1		222	90
298	Steph White	01:12:29	120	F65	6		211	89
301	Tiziana Spotti	01:13:48	121	F65	7		210	88
302	Angela Murphy	01:14:54	122	F70	2		214	87
306	Nancy Morris	01:17:49	125	F50	17		191	86
307	Penny Hudson	01:17:49	125	F60	8		201	85
312	Raquel Russel- Ponte	01:28:40	130	F80	1		216	84

TENDERFOOT

1	Chloe Bullock	00:05:13	163	F12	1		168
3	Max Bullock	00:05:38	165	M12	2		161

REL AYS – BATTERSEA PARK

Mens A

Russell Morris	0:48
Abdul Ali	0:48
Marcus Weedon	0:50
Kevin Smart	<u>0:47</u>
6 th out of 7 teams	3:13

Womens A

Sasha Birkin	0:59
Issy Jones	0:56
Zahra Bassiri	1:00
Chloe Bullock	<u>0:44</u>
3 rd out of 6 teams	3:39

B1

Vincent Cheung	0:54
Annika Davidson	0:56
Robert Bevan	0:58
Jennifer O'Sullivan	<u>0:58</u>
4 th out of 8 teams	3:46

B2

Max Bullock	0:48
Ruth Tidder	0:59
Clive Lucas	0:55
Michael Morris	<u>0:51</u>
1 st out of 8 teams	3:33

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

This completes the Summer League series for this year. The overall League awards will be presented at the first fixture next year. The Metros awards will be presented at the awards presentation evening - Pizza and Prizes – usually held in November.

Our thanks to Irene Paull for co-ordinating all clubs in the league; our thanks to Dave Brown and Marcus Weedon for organising Metros relay teams and to Irene and Steve Paull for recording the relay results.

Finally, a thank you to all Metros who supported the series with running or supporting.

Pat Jackson

Bruce Li of ESM took many photos and Sasha Birkin sent the links via the Metros Google mail list.

Battersea Park 2023 #5

<https://www.flickr.com/gp/bruciebaby/5h9rLv9D3j>

Regent Park 2023 #4

<https://www.flickr.com/gp/bruciebaby/iQ64yvXJV2>

Dulwich Park 2023 #3

<https://www.flickr.com/gp/bruciebaby/47sTMY9590>

Perivale Park 2023 #2

<https://www.flickr.com/gp/bruciebaby/0yA0w76R1q>

SUMMER LEAGUE – METROS AWARDS

The calculations for Metros Summer League awards are different to the overall league awards:

At least three fixtures need to be completed (if five fixtures).

Adults - first runner receives 100 points, second 99 points etc.

Metros age groups are:

Tenderfoot – Under 7, U/9, U/11, U/13, U/15.

Adult men and women: Under 17, 17-20, 21-39, 40-49, 50-59, 60-69. 70+.

First three in each category are eligible for an award but the number of awards depends on number in each age group i.e.

1, 2 or 3 = 1 award, 4, 5 or 6 = 2 awards, 7, 8, 9 or 10 = 3 awards etc.

Adult award ages are based on the date of the first annual fixture. Tenderfoot ages are as at 31st August of prior year (Same as League).

Points from each fixture are totalled. If a runner completes all races, the worst score is dropped. If they run less, only those scores are counted.

Runners who finish all races receive a bonus of 5 points on the total.

Awards are presented at an evening arranged in the Autumn.

Pat Jackson

(M.B.E.) METROS BEST EFFORTS

At the end of the Vets Track & Field League this season, I have updated the list of MBEs following new records set by Sasha Birkin, Jasia Zimmerman and Marcus Weedon. Please let me know if the chart needs to be amended in any way.

There were no new track records for men or field records for women. Sasha and Jasia broke track records they set last year. Marcus broke Kevin Smart's High Jump record set in 2017 and Brian Jackson's Triple Jump record set in 1995!

Thanks to Wendy Mulvenna, who is Metros co-ordinator for the league, keeping up-to-date with league rules etc and, for some years now, has introduced and encouraged new Metros participants to these friendly fixtures.

Thanks to Marcus Weedon who recorded when new records had been set and thanks to all Metros who participated in any of the events or went to support.

Pat Jackson

NEW (M.B.E.) METROS BEST EFFORTS

[There is still time this year to set new Track and Field records for this year. There are Open Graded Meetings and](#) if anyone has produced, or produces, a better time or distance this year than those listed, please let me know as soon as possible and **by 30 September** at the latest.

In order to qualify for an MBE, members must enter events as Metros and wear official Metros kit.

Pat Jackson
07963551816
patjacksonhome@hotmail.com

METROS VET MEN - TRACK BEST 2023

	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	Nick Jones 2:41.8 13 July 22	Steve Paull 3:01.01 1 Aug 18		
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		

	35-39	40-49	50-59	60-64	65+		
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		

Pat Jackson

MBE CHART 2023

METROS VET MEN – FIELD BEST 2023

	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	<i>*NEW RECORD</i> Marcus Weedon 9.44m 5 Jun 23	Brian Jackson 7.59m 17 May 99	Mike Ransome 6.72m 6 Jun 16	<i>*PREVIOUSLY</i> Brian Jackson 8.06m 25 Jun 95
High Jump	Jonny Jackson 1.25m 22 Jun 09	Marcus Weedon 1.45m 13 Jul 22	<i>*NEW RECORD</i> Marcus Weedon 1.40m 12 Jul 23	Kevin Smart 1.30m 7 Jul 21	Mike Ransome 1.15m 22 Jun 15	<i>*PREVIOUSLY</i> Kevin Smart 1.30m 12 Jul 17

	35-39	40-49	50-59	60-64	65+	
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	

Pat Jackson
MBE CHART 2023

METROS VET WOMEN - TRACK BEST 2023

	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	Sasha Birkin 17.9 27 Jun 22	Marilyn Pickford 18.3 12 May 14	Ann Marsden 18.5 11 May 09		
200m	Mary Swindles 31.4 21 Jun 88	Mary Swindles 31.8 11 Aug 93	Sasha Birkin 36.0 13 Jul 22	Marilyn Pickford 38.3 9 Jun 14	Ann Marsden 41.1 12 Jul 10		
400m	Mary Swindles 71.9 23 Jun 92	Mary Swindles 74.2 9 Jun 93	<i>*NEW RECORD</i> Sasha Birkin 75.0 15 May 23	<i>**NEW RECORD</i> Jasia Zimmerman 89.5 15 May 23	Marion Rogan 99.2 12 May 14	<i>*PREVIOUSLY</i> Sasha Birkin 75.7 16 May 22	<i>**PREVIOUSLY</i> Jasia Zimmerman 93.1 16 May 22
800m	Mary Swindles 2:40.6 21 Jun 88	Sasha Birkin 2:39.5 10 Jul 19	<i>*NEW RECORD</i> Sasha Birkin 2:42.9 12 July 23	Jasia Zimmerman 3:31.0 13 Jun 22	Pauline Bishop 3:43.8 5 Jun 17	<i>*PREVIOUSLY</i> Sasha Birkin 2:45.9 13 July 22	
1500m	Kate Armstrong 5:21.2 17 Jun 96	Sasha Birkin 5:25.6 24 Jun 19	Sasha Birkin 5:26.9 16 May 22	Marion Rogan 7:19.8 21 Jun 10	Ann Marsden 7:41.5 14 May 07		

	35-39	40-44 (49)	50-59	60-64	65+		
3000m	Mary Swindles 11:31.5 4 Oct 87	Sasha Birkin 11:18.8 7 Jun 21	<i>*NEW RECORD</i> <i>Sasha Birkin</i> 11:12.5 <i>12 Jul 23</i>	Pauline Bishop 15:14.0 13 Jul 16	Pauline Bishop 14:33.8 5 Jun 17	<i>*PREVIOUSLY</i> <i>Sasha Birkin</i> 11:25.4 <i>13 Jul 22</i>	
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		

Pat Jackson

MBE CHART 2023

METROS VET WOMEN - FIELD BEST 2023

	35-39	40-44 (49)	50-59	60-64	65+	
Long Jump	Gill McBride 3.60m 31 Aug 96	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	
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	--	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	
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	

	35-39	40-44 (49)	50-59	60-64	65+	
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 2023

Bearbrook 10K- Sun 6th August

A sunny and windy day on the edge of the Chilterns near Wendover for this mainly flat run – Adam Leary

1st M 33 m 24s

1st F 39m 24s

106th Adam Leary 51m 30s

Final runner 73m 54s

Sturminster Newton Half Marathon – 6th August

1		1:14:33
73	Christopher Shearwood	1:32:49
341	Finishers	3:57:54

North Downs Way 100 – 5th August

1		17:07:20
104	Jonathan Evans- Hughes	27:58:21
135	Finishers	29:55:23
57	Non-finishers	

6 Sjoar (Lakes) Marathon, Uppsala – 19th August

1		3:10:09
58	Nirmal Valji	4:22:54
201	Finishers	7:09:30

Measured Mile 12.8.2023

John Train	6.18
Simon Aberly	6.34
Adam Leary	6.54
David Young	7.35
Steve Paull	7.53
Bill Harrington	7.56
Ceri Jacob	8.08
Michael Ransome	9.07
Judy Rackham	9.12
Marilyn Pickford	9.16
Teresa Young	10.07
Sarah Westwood	10.48
Karen Leary	10.53
Suzanne Harvey	12.11
Konstantinos Psaradakis (Pakis)	12.12
Irene Paull	12.33
Gladys de Groot	12.53
Raquel Russel Ponte	12.55
Dave Brown	15.20

For the last Measured Mile in this year's competition the weather was kind with no rain, some sun and just a gentle breeze. With 2 groups some runners ran both the miles and improved their times, maybe a strategy to be repeated in future. Well done to the only Measured Miler, Teresa, who ran just a touch faster than in the MM in May. The next Mile will be in November to start the next competition, look forward to seeing you then.

Angela

Burnham Beeches – Half Marathon & 10K 13th August

HM

1		01:17:59
28	Chris Shearwood	01:33:46 2 nd V60
281	Anne Ambrose`	03:04:00
282	Finishers	03:10:54



10K

1		0:33:00
249	Marion Rogan	1:06:32
323	Anne Leigh	1:38:25
324		1:41:50

North Downs Way 100 on 5/6 August – Jonathan Evan-Hughes



I ran the North Downs Way 100 on 5/6 August in a time of 27 hrs 58 mins 21 secs. The first and last time I will be doing a 100 miler!

If at first you don't succeed...try again

At the beginning of each year, I set myself a target in a particular event whether it is aiming for a PB, trying events in new countries or a new event. For 2023, I decided to go long and try at completing a 100-mile trail running event. Having done a few Ironmans, how hard could it be. That was my first mistake to not respect the distance and not my last mistake.

So, I upped the training distances and in March I successfully completed the Chester 50 mile ultra. Things were looking good so with confidence I entered the Thames Path 100. The day arrived and setting off from Richmond I was feeling positive. All was going well, and I arrived at the 50-mile aid station, drop bag handed over to me and suddenly my body just crashed. It was clear I was going no further, and it was my first DNF ever, plus the call to my better half to come and pick up the pieces. Dr Google indicated that I had perhaps had low blood sugar levels, and poor hydration may also have been an issue. However, sitting at that aid station I learnt so much watching the other runners and what they did.

Fast forward to 5th August and I was back on the starting line for the North Downs Way 100. This was a different course with a few more ups and downs. The weather was great for ducks and me, as it was wet but not hot. This time I had my own food, salt tablets and I was going to drink, drink and drink again. Seeing my better half at miles 12 and 21...plus Barry Nolan at 21 was just what I needed. The next family member I saw was my son when I ran the last 400 metres on the running track to the finishing line in Ashford, Kent, finishing in just under 28 hours for the event.

A very emotional finish but an epic experience. So many lessons learnt from both 100-mile events and a huge respect for the distance and those that complete it. Like so many events, the volunteers were amazing in giving their time and being so supportive. I also know, this will be my first and last 100 miler!

Jonathan Evan-Hughes

Metros

Committee & Co-ordinator List

2023-24

COMMITTEE

The committee can have up to 16 members, we would particularly welcome newer members who would like to get involved in the running of the club. The commitment is simply to attend – and contribute – at committee meetings and attend the annual general meeting in May.

COMMITTEE MEETINGS

Committee meetings are at the Methodist Church Hall, Cannon Lane. Meetings may be held remotely online. They are open to all but only the committee can vote.

Meetings are usually held on the first Wednesday of the month at 8 pm, either monthly or bimonthly, at least six times per year (Dates are published in Metrolines).

Metros Committee



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Honorary Chair
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Steve Alder
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Honorary Vice Chair
marcusweedon@hotmail.com



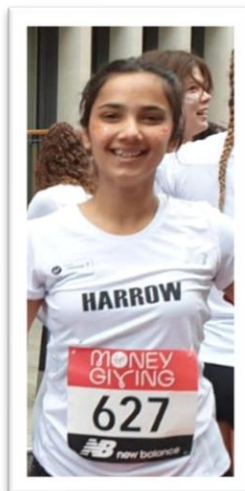
Teresa Young
Honorary Treasurer
Treasurer.metros@gmail.com



Irene Paull
Honorary Membership Secretary
Tel: 020 8422 6636
metros.secretary@yahoo.co.uk



Andy Fox



Tarana Agarwal
tarana262@gmail.com



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Ariff Sidik
Abus.stg@gmail.com



Anne Ambrose
Metrolines1@gmail.com



Steve Paull
Tel: 07415 064133
stephenfpaul@outlook.com

METROS CO-ORDINATORS

Monday run session	Mike Ransome	07802 839498
Monday core session	Ariff Sidik	07827 668623
Tuesday run session	Steve Paull	
Tuesday walk/jog session	Irene Paull/Nancy Morris	
Wednesday hill session	Nathan Powell	07510 122288
Wednesday hills (2)	Gerry Barker	0758 323369
Thursday mixed running session	Mike Morris	thursdaymetros@yahoo.co.uk
Thursday track session	Nathan Powell	
Friday strength track session	Marcus Weedon	marcusweedon@hotmail.com
Saturday session	Adam Leary	07721456685
	Marilyn Pickford	0208 707 1028

EVENTS CO-ORDINATORS

Awards	Pat Jackson/Ariff Sidik	
Brian Jackson Fun Run	Pat Jackson	
Child Protection Officer	Vacancy	
5K Run	Irene & Steve Paull	
5K Competition	Mitesh Patel/Nathan Powell	
5M Handicap		Gordon Valentine
	07500 118488	
10K Challenge		Teresa Young
	020 8866 3225	
Harrow Hill Race		Irene Paull/Marcus Weedon/ vacancy for 3 rd coordinator
Kit		Pat Jackson
London Marathon Water Station	Anne Ambrose	

Marathon Week	Irene Paull	
Measured Mile	Angela Murphy	020 8866 6056
Metrolines	Anne Ambrose	metrolines1@gmail.com
Middlesex County AA	Steve Alder	
Quiz &		
Presentation Evenings	Nigel Rackham	
Refreshments (events)	Hema Thakur (Harrow Hill Race and Summer League)	
	Ariff Sidik (Thames Valley League)	
Ride London Volunteer Station	Anne Ambrose	
Run & Talk Mentors	Emma Rackham/Ariff Sidik	
SPOND Administrator	Irene Paull	
	metros.secretary@hotmail.co.uk	
Summer League Representative	Pat Jackson & Irene Paull	
- Metros Fixture Race Director	Irene Paull	
- Relay Teams	Marcus Weedon	
Thames Valley XC League	Al Scoffham	01895 270 245
- Metros Fixture Race Director	Marcus Weedon	
LRRC Trophy Races	Vincent Cheung	vccheung84@hotmail.com
Vets League (Track & Field)	Wendy Mulvenna	020 8863 4838
Web Site	www.metros.org.uk	
- contributions to	Marcus Weedon	
	marcusweedon@hotmail.com	
Webcollect (membership records)	Irene Paull	
Wot no Watch	Teresa Young	020 8866 3225

There is no co-ordinator for the equipment held at the scout hall. Anyone wanting to borrow equipment should contact Pat Jackson

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.



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JAMIE

M: 07944 231 733

gym.pt

***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@googlemail.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.