



November 2023
Issue No. 413



TVXC - Metros Event

Metros Diary

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 17	Pizza & Prizes	7.00 pm
Fri 24	LFOTM – tbc	11.50 am
Sun 26	TVXC – Sandhurst	11.00 am

December

Sat 2	5-Mile Handicap, Roxbourne Park	9.00 am
Sat 9	Wot No Watch, Roxbourne Park	9.00 am
Sun 10	TVXC – Marlow	11.00 am
Sat 16	parkrun – Northala Fields	9.00 am
Fri 22	Winter Solstice Run	6.50 am
Fri 22	Christmas Drinks- at the Rackhams'	6.30pm
Fri 29	LFOTM – Hillingdon Court Park	11.50 am

January

Sat 6	Metros 10K Challenge, Roxbourne PK	8.50 am
Sun 7	TVXC – Reading	11.00 am
Sat 13	Wot No Watch, Roxbourne Park	9.00am
Sun 21	TVXC – Handy Cross	11.00 am
Sat 27	5K - Harrow School Track	tbc
Fri 26	LFOTM- tbc	11.50 am

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

Note from the Editor!

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

There will be a chance to celebrate the achievements of Metros members during the 22/23 running season at the Prizes and Pizza evening on 17th November – please come along.

Where has this year gone! 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 seasonal goodwill message in next month's Metrolines and donate the card money to charity. Details of how to donate and contribute to this year's charity will be circulated shortly. In the meantime, start thinking about your greetings and messages for next month's edition.

Anne Ambrose

Metrolines Contributions

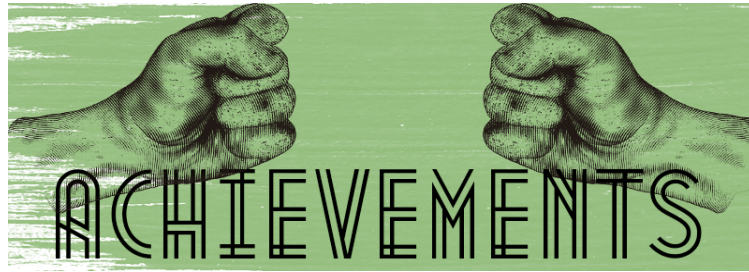
All contributions welcome – please send your results, articles and photos to Anne Ambrose

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.



Well done to.....

Abdul Ali – for a marathon PB at the Chicago Marathon on 8th October.

Sasha Birkin – 1st in her age group at the Cabbage Patch 10 on 15th October; 1st woman at Harrow parkrun on 21st October and then 1st in her age group at Battersea Park Half Marathon the following day.

Una Cunningham – a half marathon PB at The Royal Parks Half Marathon on 8th October

Clive Heidrich – for running his 200th parkrun at Canons Park on 14th October.

Tejas Hirani and Geetu Mirpuri – the first man and first woman at Harrow parkrun on 7th October.

Bijan (dad) & Rocco (son) Keene who completed their 50th and 100th parkruns– 30th September at Canons Park .

Raquel Russel Ponte – 1st in her age group at Beachy Head Marathon on 21st October.

Nigel Rackham – 1st in his age group at Bath Half Marathon on 15th October and at Harrow parkrun on 21st October .

Peter Reynolds – 1st in his age group at Spitfire 10K, 19th September

Chris Shearwood- 1st in his age group at Luton Half Marathon, 15th October

Richard Wilkinson, Lorraine O'Donovan, Ann Suffield, Lynne Jones and Angela Murphy – who all came first in their age groups at Harrow parkrun on 21st October

Email your achievements to metrolines1@gmail.com

Prizes & Pizza



Friday 17th November 2023

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 22/23 running season.

RSVP – on Spond or by email (teresa53.young@gmail.com)

By Monday 13th November

Please give details of number of people attending and any dietary preferences or allergies. (e.g., Vegetarian, pizza without cheese, tomato or nut allergy.)

Metros TV League 2022-2023 Metros Summer League 2023 The Summer League Award Track & Field MBEs & Track Shields Measured Mile 5 Mile Handicap LRRC Trophies 5K Competition Award (Roxbourne, Track & Parkruns) Anne Marsden 5K Award (Roxbourne)	Young Runners Award Beginner Runner Award Plus Running achievement awards Services to running awards
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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.

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

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.

Trophy Races 2023



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

Date	Event	Entry Fees	Website
5 th November	Marlow 7mile/ HM	£22/32	Marlow Striders Half Marathon

The scoring for the final event is as follows:

Maximum Score	
7M	40
Half Marathon	60

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.

To qualify for the competition, you must:

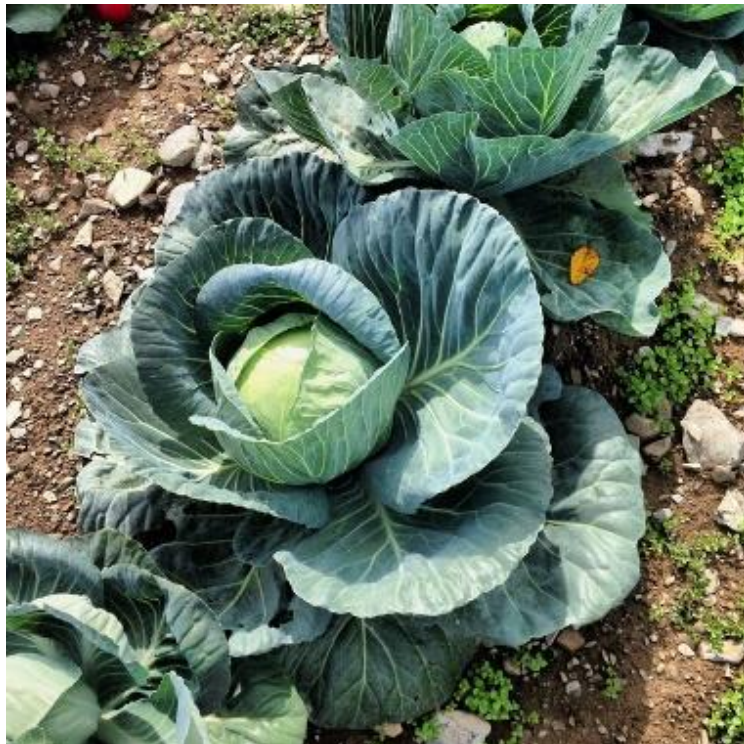
- Be a paid-up member of the club.
- Enter the Metros club name on the entry form and be qualified to do so.
- Wear club kit

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

Vincent Cheung – LRRC Coordinator

Cabbage Patch 10 – 15th October – Results

Pos.		Chip time	
1		00:48:42	
136	Paul Spendloff	01:04:12	
148	Sasha Birkin	01:04:50	1st FV45-54
279	Russell Morris	01:10:36	
355	Emma Ponnaganti	01:12:58	
588	Vincent Cheung	01:19:28	
680	Simon Abery	01:22:51	
731	Caroline Day-Lewis	01:24:06	
999	Steve Paull	01:31:05	
1266	Stuart Abraham	01:38:01	
1533	Angela Murphy	02:18:08	
1542	Finishers	02:37:56	



Trophy Races

Leader Boards – after 6 events

Men

	Total	Berkhamsted Rotary HM/5M	Hillingdon 20 Miles	Maidenhead 10 Miles	Marlow 5 Miles	Spitfire 10K	Moor Park 10K
Simon Abery	276	57	67	48	29	40	35
Nathan Gee	179	59		50	30		40
Michael Reid	126		66		28		32
Steve Paull	105	58		47			
Chris Shearwood	99	60					39
Vincent Cheung	87			49		38	
Richard Wilkinson	70		70				
Paul Spendloff	69		69				
Clive Heidrich	68		68				
Peter Reynolds	39					39	
Nicky Smith	38						38
Barry Nolan	37					37	
Clive Lucas	37						37
Kevin Smart	36						36
Keval Shah	34						34
Jeff Rollason	33						33
Brian McGrory	31						31
Gerry Barker	30						30

Women

	Total	Berkhamsted Rotary HM/5M	Hillingdon 20 Miles	Maidenhead 10 Miles	Marlow 5 Miles	Spitfire 10K	Moor Park 10K
Penny Hudson	174	60		49	26	39	
Sasha Birkin	110		70				40
Emma Ponnaganti	108		69				39
Anne Ambrose	104			48	24		32
Stephanie White	89	30			25		34
Una Cunningham	68				30		38
Ruth Tidder	50			50			
Irene Paull	40					40	
Pauline Bishop	37						37
Linda Georgiades	36						36
Angela Murphy	35						35
Amanda Kennelly	33						33
Jane Hudson	29				29		
Philippa Brown	28				28		
Sarah Armstrong	27				27		

Metros 5K Competition – 2023/24

When & Where: A mix of parkruns, 5k runs at Roxbourne Park and Harrow School track. The remaining fixtures for the 2023/24 season are as follows:

Date	Event
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	Gladstone 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 man and woman 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

Canons Park parkrun results - 16 September 2023

Female runners

PARKRUNNER	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Sasha BIRKIN	Metros	VW50-54	19:40	86.27%	50
Janice NEWMAN	Metros	VW75-79	31:51	82.00%	49
Caroline DAY-LEWIS	Metros	VW55-59	25:20	71.45%	48
Emma PONNAGANTI	Metros	VW45-49	23:01	71.11%	47
Angela MURPHY	Metros	VW70-74	34:05	68.70%	46
Jane HUDSON	Metros	VW60-64	30:14	67.03%	45
Linda GEORGIADES	Metros	VW60-64	29:10	65.60%	44
Zahra BASSIRI	Metros	VW40-44	23:43	64.86%	43
Lorraine O'DONOVAN	Metros	VW60-64	30:19	63.99%	42
Raquel PONTE	Metros	VW80-84	42:01	63.43%	41
Yvette BILTON	Metros	VW60-64	31:34	62.35%	40
Judy RACKHAM	Metros	VW60-64	32:19	61.78%	39
Claire COOK	Sudbury Court	VW55-59	31:45	57.01%	38
Sarah ARMSTRONG	Metros	VW60-64	36:14	55.93%	37
Stephanie WHITE	Metros	VW65-69	38:22	55.30%	36
Tanya KEENE	Metros	VW50-54	31:06	54.56%	35
Linda GRIMES	Metros	VW55-59	36:26	50.37%	34
Farzina KAPADIA	Metros	VW35-39	29:49	50.31%	33
Marie CALLANAN	Metros	VW50-54	34:46	48.80%	32
Lise FLANAGAN	Sudbury Court	VW45-49	34:04	46.62%	31
Una CUNNINGHAM TAYLOR	Metros	VW45-49	35:57	45.53%	30
Sakina SIDIK	Metros	VW40-44	34:37	45.11%	29
Philippa BROWN	Metros	VW45-49	35:56	44.20%	28
Shama MEGHJEE-CAINE	Metros	VW50-54	40:46	43.25%	27
Bernie CONWAY	Metros	VW40-44	40:11	38.57%	26
Bethany Rita D'CRUZ	Metros	SW25-29	46:38	31.74%	25
Meena MISTRY	Metros	VW50-54	55:33	30.93%	24

Female volunteers

Kath Donaldson	37
Penny Hudson	37
Meena Mistry	37
Wendy Mulvenna	37
Irene Paull	37
Bev Thomas	37

Male runners

PARKRUNNER	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Nigel RACKHAM	Metros	VM60-64	18:21	88.19%	50
Russell MORRIS	Metros	VM50-54	20:46	72.79%	49
Marcus WEEDON	Metros	VM50-54	20:24	72.30%	48
John NORRIS	Metros	VM40-44	19:51	70.86%	47
Kevin SMART	Metros	VM60-64	23:57	69.38%	46
Tony WATSON	Sudbury Court	VM65-69	25:21	66.80%	45
James KERRANE	Metros	VM40-44	21:25	65.68%	44
Robert BEVAN	Metros	VM55-59	24:19	65.39%	43
Simon ABERY	Metros	VM55-59	24:13	65.11%	42
Nick RUSSELL	Metros	VM50-54	23:30	63.26%	41
Harish GOHIL	Metros	VM55-59	24:45	63.16%	40
Mitesh PATEL	Metros	VM35-39	21:49	61.65%	39
Gavin IMRIE	Sudbury Court	VM45-49	23:47	61.04%	38
Nathan POWELL	Metros	VM55-59	25:48	59.56%	37
Andrew BORLEY	Metros	VM55-59	26:14	59.09%	36
Quentyn TAYLOR	Metros	VM45-49	24:08	58.77%	35
Steve PAULL	Metros	VM70-74	30:02	58.71%	34
Rocco KEENE	Metros	JM11-14	24:14	58.53%	33
Vincent CHEUNG	Metros	VM45-49	25:10	57.68%	32
Louis SMYTH	Sudbury Court	VM65-69	29:48	56.82%	31
Brian MCGRORY	Metros	VM60-64	29:49	54.28%	30
Malcolm JACKSON	Metros	VM70-74	33:49	52.78%	29
Quinton STOWELL	Metros	VM55-59	29:39	51.83%	28
Ariff SIDIK	Metros	VM40-44	29:43	47.34%	27
Mark MULVENNA	Sudbury Court	VM60-64	34:20	47.14%	26
David MERRIGAN	Metros	VM55-59	33:32	46.22%	25
Mike REID	Metros	VM60-64	35:56	45.41%	24
David BROWN	Metros	VM75-79	48:26	39.13%	23
Tanasheh ABRAHAMS	Metros	SM25-29	46:39	27.65%	22

Male volunteers

Rohan Mascarenhas	36
Russell Morris	36
Mark Mulvenna	36
Barry Nolan	36
Nathan Powell	36
Rocco Keene	36

Harro parkrun results - 21 October 2023

Female runners

PARKRUNNER	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Sasha BIRKIN	Metros	VW50-54	19:55	86.28%	50
Janice NEWMAN	Metros	VW75-79	31:49	82.08%	49
Lynne JONES	Metros	VW65-69	26:50	76.71%	48
Angela MURPHY	Metros	VW70-74	33:11	70.57%	47
Caroline DAY-LEWIS	Metros	VW55-59	25:40	70.52%	46
Zahra BASSIRI	Metros	VW40-44	22:47	67.52%	45
Lorraine O'DONOVAN	Metros	VW60-64	29:48	65.10%	44
Ann SUFFIELD	Metros	VW45-49	25:27	64.31%	43
Judy RACKHAM	Metros	VW60-64	33:21	60.77%	42
Stephanie WHITE	Metros	VW65-69	35:33	60.62%	41
Tanya KEENE	Metros	VW50-54	30:51	55.00%	40
Paula SHEEHAN	Metros	VW50-54	32:50	52.34%	39
Ruth TIDDER	Metros	VW50-54	33:59	51.25%	38
Anna GORECKI	Sudbury Court	SW30-34	29:50	49.83%	37
Jenny O'LEARY	Metros	VW45-49	32:06	49.48%	36
Sakina SIDIK	Metros	VW40-44	32:48	47.61%	35
Nancy MORRIS	Metros	VW50-54	37:48	46.08%	34



Male runners

PARKRUNNER	CLUB	AGE GROUP	TIME	AGE GRADE	POINTS
Nigel RACKHAM	Metros	VM60-64	18:19	88.35%	50
Malcolm SMITH	Metros	VM60-64	21:57	74.34%	49
Marcus WEEDON	Metros	VM50-54	19:59	73.81%	48
Russell MORRIS	Metros	VM50-54	20:46	72.79%	47
Richard WILKINSON	Metros	VM35-39	18:40	71.07%	46
Jeff SUFFIELD	Metros	VM45-49	20:58	69.79%	45
Sonny PEART	Metros	VM55-59	22:46	67.50%	44
Michael MORRIS	Metros	VM55-59	23:08	67.00%	43
James KERRANE	Metros	VM40-44	21:16	66.14%	42
Dave YOUNG	Metros	VM65-69	26:46	65.13%	41
Steve PAULL	Metros	VM70-74	27:07	65.03%	40
Alok AGARWAL	Metros	VM50-54	23:32	64.73%	39
Darragh DAUNT	Metros	VM40-44	21:48	64.07%	38
Nick RUSSELL	Metros	VM50-54	23:16	63.90%	37
Robert BEVAN	Metros	VM55-59	25:18	62.85%	36
Simon ABERY	Metros	VM55-59	25:17	62.36%	35
Brian MCGRORY	Metros	VM60-64	27:29	58.88%	34
Keval SHAH	Metros	VM40-44	23:53	58.48%	33
Harish GOHIL	Metros	VM55-59	26:54	58.12%	32
Rohan MASCARENHAS	Metros	VM50-54	26:18	57.92%	31
Rocco KEENE	Metros	JM15-17	24:02	57.91%	30
Andrzej WARHAFTIG	Metros	VM70-74	31:42	57.89%	29
Bijan KEENE	Metros	VM50-54	25:38	57.54%	28
Stuart ABRAHAM	Metros	VM50-54	26:48	55.91%	27
David BROWN	Metros	VM75-79	49:43	38.12%	26

Male volunteers

Stuart Abraham

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2023/24 5K Competition Standings - Men

Overall position	Name	Club	Canons Park parkrun 16/09/23	Harrow parkrun 21/10/23	Overall points
1	Nigel Rackham	Metros	50	50	100
2	Russell Morris	Metros	49	47	96
3	Marcus Weedon	Metros	48	48	96
4	James Kerrane	Metros	44	42	86
5	Robert Bevan	Metros	43	36	79
6	Nick Russell	Metros	41	37	78
7	Simon Abery	Metros	42	35	77
8	Steve Paull	Metros	34	40	74
9	Harish Gohil	Metros	40	32	72
10	Rohan Mascarenhas	Metros	36	31	67
11	Rocco Keene	Metros	36	30	66
12	Brian Mcgrory	Metros	30	34	64
13	David Brown	Metros	23	26	49
14	Malcolm Smith	Metros		49	49
15	John Norris	Metros	47	-	47
16	Kevin Smart	Metros	46	-	46
17	Richard Wilkinson	Metros		46	46
18	Tony Watson	SC	45	-	45
19	Jeff Suffield	Metros		45	45
20	Sonny Peart	Metros		44	44
21	Michael Morris	Metros		43	43
22	Dave Young	Metros		41	41
23	Mitesh Patel	Metros	39	-	39
24	Alok Agarwal	Metros		39	39
25	Gavin Imrie	SC	38	-	38
26	Darragh Daunt	Metros		38	38
27	Stuart Abraham	Metros		38	38
28	Nathan Powell	Metros	37	-	37
29	Andrew Borley	Metros	36	-	36
30	Mark Mulvenna	SC	36	-	36
31	Barry Nolan	Metros	36	-	36
32	Quentyn Taylor	Metros	35	-	35
33	Keval Shah	Metros		33	33
34	Vincent Cheung	Metros	32	-	32
35	Louis Smyth	SC	31	-	31
36	Malcolm Jackson	Metros	29	-	29
37	Andrzej Warhaftig	Metros		29	29
38	Quinton Stowell	Metros	28	-	28
39	Bijan Keene	Metros		28	28
40	Ariff Sidik	Metros	27	-	27
41	David Merrigan	Metros	25	-	25
42	Mike Reid	Metros	24	-	24
43	Tanasheh Abrahams	Metros	22	-	22

2023/24 5K Competition Standings - Women

Overall position	Name	Club	Canons Park parkrun	Harrow parkrun	Overall points
			16/09/23	21/10/23	
1	Sasha Birkin	Metros	50	50	100
2	Janice Newman	Metros	49	49	98
3	Caroline Day-Lewis	Metros	48	46	94
4	Angela Murphy	Metros	46	47	93
5	Zahra Bassiri	Metros	43	45	88
6	Jane Hudson	Metros	45	42	87
7	Lorraine O'Donovan	Metros	42	44	86
8	Judy Rackham	Metros	39	42	81
9	Penny Hudson	Metros	37	42	79
10	Irene Paull	Metros	37	42	79
11	Stephanie White	Metros	36	41	77
12	Tanya Keene	Metros	35	40	75
13	Sakina Sidik	Metros	29	35	64
14	Lynne Jones	Metros		48	48
15	Emma Ponnaganti	Metros	47	-	47
16	Linda Georgiades	Metros	44	-	44
17	Ann Suffield	Metros		43	43
18	Raquel Ponte	Metros	41	-	41
19	Yvette Bilton	Metros	40	-	40
20	Paula Sheehan	Metros		39	39
21	Claire Cook	SC	38	-	38
22	Ruth Tidder	Metros		38	38
23	Meena Mistry	Metros	37	-	37
24	Kath Donaldson	Metros	37	-	37
25	Wendy Mulvenna	Metros	37	-	37
26	Bev Thomas	Metros	37	-	37
27	Anna Gorecki	SC		37	37
28	Sarah Armstrong	Metros	37	-	37
29	Jenny O'Leary	Metros		36	36
30	Nancy Morris	Metros		34	34
31	Linda Grimes	Metros	34	-	34
32	Farzina Kapadia	Metros	33	-	33
33	Marie Callanan	Metros	32	-	32
34	Lise Flanagan	SC	31	-	31
35	Una Cunningham Taylor	Metros	30	-	30
36	Philippa Brown	Metros	28	-	28
37	Shama Meghjee-Caine	Metros	27	-	27
38	Bernie Conway	Metros	26	-	26
39	Bethany Rita D'Cruz	Metros	25	-	25

Amendment to competition rules

The 5k trophy is a very popular and well supported event . We asked committee if we could extend the trophies to second and third in each sex category.

However in line with other club competitions, only one trophy per male and female will be awarded . Please accept our apologies for previously stating that the top 3 men and women would receive an award.

If anyone who finishes second and third in each category in 23/24 and would still like a trophy, I will personally organise an unofficial trophy for you .

Anyone who participates in every event will still receive an award .

Apologies and thank you for continuing to support this trophy event

Nathan Powell

Thames Valley Cross Country League – Remaining fixtures for 23/24 season

- Datchet Dashers, 12th November 2023
- Sandhurst Joggers, 26th November 2023
- Marlow Striders, 10th December 2023
- Reading Roadrunners, 7th January 2024
- Handy Cross Runners, 21st January 2024
- Thames Valley Triathletes, 4th February 2024



Results - Metros Fixture, Hillingdon, 8th October

Position	Name	Time	Male Score	Female Score
1		00:34:45	1	-
15	Terry Mackin	00:38:02	15	-
29	Justin Archer	00:39:45	29	-
118	Mark Collard (Guest)	00:47:38	-	-
132	Nick Russell	00:48:58	103	-
161	Mike Morris	00:51:06	125	-
177	Vincent Cheung	00:52:41	135	-
182	Robert Bevan	00:53:24	139	-
184	Tony Watson	00:53:27	140	-
185	Annika Davidson	00:53:33	-	43
195	Tony Rhodes	00:54:06	147	-
199	Lynne Jones	00:54:27	-	49
221	Louise O'Reilly	00:56:44	-	57
242	Tim Oakley	00:59:03	177	-
258	Jasia Zimmermann	01:01:46	-	76
276	Bernie Conway	01:06:45	-	85
287	Andrew Collier	01:10:35	193	-
291	Judy Rackham	01:12:10	-	96
297	Finishers	01:33:28		

Bracknell – 22nd October

Position	Name	Time	Male Score	Female Score
1		00:36:50	1	-
69	Justin Archer	00:45:05	62	-
158	Kevin Smart	00:52:32	120	-
162	Clive Lucas	00:52:46	124	-
195	Mike Morris	00:55:05	145	-
252	Tony Rhodes	00:59:29	174	-
277	Vincent Cheung	01:01:50	186	-
319	Linda Georgiades	01:07:07	-	109
324	Ruth Tidder	01:08:00	-	112
341	Ian McPherson	01:12:08	211	-
365	Finishers	01:53:05	-	141



RESULTS OF THE 44th METROS ANNUAL FUN RUN – THE BRIAN JACKSON FUN RUN 30th September 2023

Runners' results in the 10K, 4K (best result if two run) and 2K were based on age grading. Each adult runner's time for each distance was converted to an age graded percentage by using the tables published by the World Association of Veteran Athletes (WAVA) – the Howard Grubb' tables.

The following will receive awards for being the best age grading in the three races – only one award per runner:

10K – 1 st Woman – Lynne Jones	1 st Man – Nigel Rackham
4K - 1 st Woman – Barbara Reading	1 st Man – Kevin Smart
2K – 1 st Woman – Elish Fernandes	1 st Man – Simon Abery
(*see 2K results)	

10K

	1st 4K		2nd 4K		2K		TOTAL	
Lynne Jones	22.44	71.0%	23.39	68.3%	11.34	66.7%	00:57:57	70.9%
Barbara Reading	28.53	68.8%	28.22	70.0%	13.55	68.1%	01:11:10	69.7%
Linda Georgiades	23.49	63.8%	24.22	62.4%	11.54	61.0%	00:59:65	64.7%
Jenny O'Sullivan	21:57	59.7%	22.18	58.7%	10.42	58.5%	00:54:27	62.2%
Raquel R. Ponte	35.20	61.0%	36.25	59.2%	18:08	56.5%	01:29:53	59.4%
Monica Shortt	25.04	57.3%	27.15	52.7%	13.20	51.46%	00:65:39	56.2%

Nigel Rackham	16.30	75.8%	16.17	76.8%	07.55	74.8%	00:40:42	81.3%
Kevin Smart	19.07	65.4%	19.22	64.5%	09.04	65.3%	00:47:33	69.6%
Robert Bevan	19.58	61.5%	20.35	59.7%	09.51	59.1%	00:50:24	64.5%
Simon Abery	20.15	60.2%	20.48	58.6%	09.26	61.1%	00:50:29	63.8%
Adam Leary	20.39	59.5%	21.52	56.2%	10.15	56.7%	00:52:46	61.6%
Ashish Maheshwari	20.16	53.2%	19.15	56.0%	08.52	57.6%	00:48:23	58.6%
Bill Harrington	25.14	50.0%	25.40	49.2%	12.26	48.0%	00:63:20	52.8%
Mike Ransome	28.22	50.0%	29.23	48.3%	14.16	47.1%	01:12:01	52.2%
Oscar Cole	23.26	45.9%	23.38	45.5%	12.26	41.0%	00:59:30	46.5%

1st 4K**By finish time**

1	Nigel Rackham	16:30
2	Kevin Smart	19.07
3	Robert Bevan	19:58
4	Simon Abery	20.15
5	Ashish Maheshwari	20.16
6	Adam Leary	20.39
7	Jenny O'Sullivan	21.57
8	Dave Young	22.12
9	Lynne Jones	22.44
10	Oscar Cole	23.26
11	Linda Georgiades	23:49
12	Jasia Zimmerman	23.53
13	Tim Oakley	23.56
14	Monica Shortt	25.04
15	Bill Harrington	25.14
16	Robyn Walliser	26.28
17	Mike Ransome	28.22
18	Barbara Reading	28.53
19	Anne Ambrose	31.20
20	Karen Leary	32.10
21	Raquel R. Ponte	35.20
22	Jane Scoffham	37.12

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By Gender/Age Grade

Lynne Jones	71.0%
Barbara Reading	68.8%
Jasia Zimmerman	68.7%
Linda Georgiades	63.8%
Raquel R. Ponte	61.0%
Jenny O'Sullivan	59.7%
Monica Shortt	57.3%
Anne Ambrose	53.2%
Robyn Walliser	46.9%
Karen Leary	46/0%
Jane Young	45.6%

Nigel Rackham	75.8%
Kevin Smart	65.4%
Robert Bevan	61.5%
Dave Young	60.7%
Simon Abery	60.2%
Adam Leary	59.5%
Tim Oakley	53.7%
Ashish Maheshwan	53.2%
Bill Harrington	50.0%
Mike Ransome	50.0%
Oscar Cole	45.9%

*** not in 10K challenge**

2nd 4K By finish time

1	Nigel Rackham	16.17
2	Ashish Maheshwari	19.15
3	Kevin Smart	19.22
4	Robert Bevan	20.35
5	Simon Aberly	20.48
6	Adam Leary	21.52
7	Jenny O'Sullivan	22.18
8	Oscar Cole	23.38
9	Lynne Jones	23.39
10	Tim Oakley	23.48
11	Linda Georgiades	24.22
12	Bill Harrington	25.40
13	Monica Shortt	27.15
14	Barbara Reading	28.22
15	Mike Ransome	29.23
16	Raquel R. Ponte	36.25

***not in 10Kchallenge**

By Gender/Age Grade

Barbara Reading	70.0%
Lynne Jones	68.3%
Linda Georgiades	62.4%
Raquel R. Ponte	59.2%
Jenny O'Sullivan	58.7%
Monica Shortt	52.7%

Nigel Rackham	76.8%
Kevin Smart	64.5%
Robert Bevan	59.7%
Simon Aberly	58.6%
Adam Leary	56.2%
Ashish Maheshwari	56.0%
Tim Oakley	54.0%
Bill Harrington	49.2%
Mike Ransome	48.3%
Oscar Cole	45.5%



2K By finish time

1	Nigel Rackham	7.55
2	Ashish Maheshwari	8.52
3	Kevin Smart	9.04
4	Simon Abery	9.26
5	Robert Bevan	9.51
6	Adam Leary	10.15
7	Jenny O'Sullivan	10.42
8	Lynne Jones	11.34
9	Linda Georgiades	11.54
10	Oscar Cole	12.26
11	Bill Harrington	12.26
12	Robyn Walliser	12.51
13	Monica Shortt	13.20
14	Mark Lemon	13.39
15	Barbara Reading	13.55
16	Mike Ransome	14.16
*17	Elish Fernandes	12.51
18	Raquel R. Ponte	18.08

*not in 10Kchallenge

By Gender/Age Grade

Barbara Reading	68.1%
Lynne Jones	66.7%
*Elish Fernandes	65.1%
Linda Georgiades	59.65%
Jenny O'Sullivan	58.5%
Raquel R. Ponte	56.5%
Monica Shortt	51.46%
Robyn Walliser	46.9%

Nigel Rackham	74.8
Kevin Smart	65.3%
Simon Abery	61.1%
Robert Bevan	59.1%
Ashish Maheshwari	57.6%
Adam Leary	56.7%
Bill Harrington	48.0%
Mike Ransome	47.1%
Mark Lemon	45.4%
Oscar Cole	41.0%

1K Walk

Mick Reading	12.24
Barbara Reading	12.29

Congratulations to those who will receive age graded awards this year, the 44th hosting of this event, the longest standing event in the Metros calendar.

This event coincided with the Friends of Roxbourne Park hosting a Macmillan Coffee Morning in the Pavilion. Each year the Friends let us use their tables and chairs and, although the Scout Hall was not open as usual, Metros were still able to enjoy coffee, tea and homemade cakes and support a worthy cause.

Thanks also to the Model Railway Society who allow us to unlock gates to run through their fenced off area to use the traditional course (negotiated by Teresa last year).

Originally the first 4K was for women only, then a 4K for men only and a 2K for children only. Over the years this was changed with a choice of running distances of 10K, 8K, 6K, 4K or 2K or walking 1K – something for everyone.

In recent years it was agreed to use age grading to ascertain the best for age awards for men and women in the 10K, 4K and 2K with medals for children in the 2K – only one award per runner.

Those interested in the history of the event and the formation of our club called Metros, please see the [Metros Web Site](#).



Thanks to all who helped before, during and after the runs. Special thanks to Teresa who calculated the age grading, Teresa and Angela for timekeeping, Barbara, Henry and Jonny for marshalling, Elish and Gladys for registering participants.
Thanks to all who came to run, walk and support the Fun Run.

The next event, the 45th, will be held in September 2024. Hope to see you there!

Pat Jackson

10K Challenge - 7th October 2023

	Mins	Secs	Age Grade
Nigel Rackham	39	25	83.99%
Marcus Weedon	42	0	71.53%
Barbara Reading	69	31	71.30%
Mike Morris	48	42	64.97%
Simon Abery	50	29	63.80%
Paul Hor	57	20	61.74%
Judy Rackham	66	59	61.36%
Andy Fox	57	20	57.21%
Steph White	75	27	56.90%
Bill Harrington	59	11	56.46%
Jane Hudson	75	43	54.28%
Will Bailey	59	47	53.87%
Irene Paull	81	31	51.90%
Tiziana Spotti	81	25	51.21%
Malcom Jackson	73	26	49.80%
Nancy Morris	75	43	46.94%
Stuart Abraham	65	28	46.68%
Jonathan Pang	65	18	44.88%

18 runners took on the 10K Challenge this month, with Steph making her first appearance since Jan 2020. Sadly, no new awards to give out. The next event will be in January 2024.

Teresa Young



Some Ultra Running Results – Well Done Sonny!

Ultra X Wales 50km - 20th August

1 st	5h 29m 39s
125 th Sonny Peart	9h 33m 48s
159 th	12h 28m 19s

Ultra X England 110km - 16th&17th September

1 st	11h 33m 46s
29 th Sonny Peart	19h 50m 37s
45 th	26h 58m 31s

Camino Ultra Epping Forest 50km - 7th October

1 st	3h 35m 05s
91 st Sonny Peart	5h 54m 02s
165 th	9h 42m 23s

Spitfire 10K – Additional Results

As an addition to the results published in the October Metrolines, Peter Reynolds was first V65 and Derek Bamforth was missed.

157 Derek Bamforth 1.07.47

Royal Parks Half Marathon - 8th October

1		01:06:21
1113	Russell Morris	01:38:19
4339	Keval Shah	01:55:00
7035	Bruno Croford	02:05:12
8477	Una Cunningham	02:11:18 PB
14334	Monica Shortt	02:48:45
15180	Mike Ransome	03:03:11
15799	Kevin Nally	03:30:19
15983	Finishers	05:00:43



Chicago Marathon – 8th October

1	<i>Kevin Kiptum (KEN)</i>	02:00:35	WR
21 (1 st W)	<i>Sifan Hassan (NED)</i>	02:13:44	CR
27545	Abdul Ali	04:23:22	PB

Kingston Half Marathon – 22nd October

1		01:09:31
902	Bruno Croford <i>Xempo Pace Team</i>	02:21:51
982	Finishers	03:35:09

Loch Ness Marathon – 1st October

		Gun Time	Chip Time
1		02:22:04	02:22:04
12 (1 st W)		02:43:45	02:43:45
217	Christopher Shearwood	03:26:19	03:25:31
3504	Finishers	08:50:25	08:50:25



River Ness 10K

		Gun Time	Chip Time
1		0:30:10	0:30:10
1514	Gillian Shearwood	1:57:57	1:53:46
1520	Finishers	2:13:26	2:09:11

Beachy Head Marathon – 21st October 2023

1		3:03:40
1104	Raquel Russel Ponte	8:32:20
1156	Finishers	11:08:27

Dublin Marathon – 29th October

1		2:06:50
6460	Clive Heidrich	3:56:59
14029	Lorraine O'Donovan	5:07:47

Luton Half Marathon – 15th October

1		01:12:02
25	Chris Shearwood	01:33:14 1 st M60-69

Bath Half Marathon – 15th October

1		01:04:25	1 st M60+
109	Nigel Rackham	01:17:49	
7970	Judy Rackham	02:30:38	
9241	Finishers	04:21:27	

Battersea Park Half Marathon – 22nd October

1		01:19:13	1 st FV50
83	Sasha Birkin	01:27:17	
923	Finishers	03:53:05	

Wot no Watch

Roxbourne Park – 14th October 2023

	Predicted	Actual	Difference
Malcom Jackson	9:10	9:09.98	0
Mike Ransome	9:10	9:10.18	0
Dave Brown	15:00	15:0.65	0
Jonathan Pang	8:05	8:07	2
Bill Harrington	8:10	8:14	4
Marcus Weedon	6:00	5:45	15
Paul Hor	7:50	7:34	16
Angela Murphy	9:50	10:8	18
Simon Abery	6:42	7:04	22
Adam Leary	6:48	7:11	23
Sarah Westwood	10:55	10:23	32
Oscar Cole	8:00	7:13	47
Eilish Fernandez	11:0	10:11	49
Caroline Day Lewis	7:55	8:54	59
Ruth Tidder	7:55	8:54	59

Well done to Malcom Jackson and Mike Ransome, who ran together, and both finished on time. Dave Brown was also on time.

Teresa Young

NOTES OF METROS COMMITTEE MEETING

Thursday 12 October 2023 at 8:00pm

Venue – Nigel & Judy Rackham's house

Attendees:, Andy Fox, Pat Jackson, Irene Paull, Steve Paull,
Marilyn Pickford, Nigel Rackham, Ariff Sidik, Marcus Weedon

1.Apologies

Tarana Agarwal, Anne Ambrose, Mike Ransome, Teresa Young

Chair: Nigel Rackham

Note Recorder: Pat Jackson

2.Actions from Last Meeting

- a. **Sportshoes and Cotswold Outdoor shop discount** - ongoing.

ACTION: Irene Paull

- b. **Assistant Coach Course at Perivale** – Teresa will confirm previous club payment for the course.

ACTION: Teresa Young

- c. **Harrow School Track for 5K** – Nathan will request an invoice for the track bookings on 27 January, 13 April and 21 July.

ACTION: Nathan Powell

- d. **Metros Shed Update** – Marilyn confirmed our Scout contact has not yet actioned any of the items previously raised.

ACTION: Marilyn Pickford

Storage of Metros Gazebo – Suitable storage is not available at Headstone Manor Recreation Ground. The Scouts in Roxbourne Park will be asked if it could be stored in their storage area.

ACTION: Marilyn Pickford/Pat Jackson

- e. **Minutes of AGM** – Teresa will confirm an auditor for this year.

ACTION: Teresa Young

3. Club Events

- a. **Harrow Hill Race (HHR)** – A third co-ordinator has not yet volunteered. The University of Westminster car park is available.

ACTION: Marcus Weedon/Irene Paull

- b. **Summer League** – A meeting of club representatives will be held on 26th October.

ACTION: Irene Paull/Pat Jackson

- c. **Wembley Stadium 1k, 3k and 5k run/walk/buggy push and social evening** – As yet Nathan has been unable to establish contact to arrange this.
ACTION: Nathan Powell
- d. **TVXC 2023** – A very successful event but a new venue needs to be considered. The event referee will suggest other possible venues. Marcus thanked all involved.
ACTION: Marcus Weedon
- e. **Trophy Purchases for this Season** – Ariff, Pat and Andy had reviewed Metros trophies which date from 1985. One trophy needs to be replaced and others renewed as necessary with sustainability in mind. **ACTION:** Ariff Sidik/Pat Jackson/Andy Fox/Irene Paull
- f. **Pizza and Prizes** – Recipients of awards which are decided by the committee were agreed. **ACTION:** Ariff Sidik/Pat Jackson

4. Other Events - None

5. Admin – No reports.

6. AOB

- a. **Lightweight Folding Cart** – Andy had researched, and it was agreed he and Teresa should arrange purchase a suitable cart.
ACTION: Andy Fox/Teresa Young
- b. **Previous Kit** – Few items left which will be offered at the Pizza and Prizes evening.
ITEM CLOSED
- c. **AlterG Treadmill** – Following the article in Metrolines, Pat will follow up a possible members group visit and sponsorship for Metros.
ACTION: Pat Jackson
- d. **AED Training** – It was agreed that Margaret Smith should host a session on the use of the AED.
ACTION: Marilyn Pickford/Angela Murphy
It was also agreed that further first aid training courses be considered for members willing to obtain suitable qualifications now needed when hosting events.
- e. **Help to Achieve 5K PB (Personal Best)** – Following a suggestion by Nathan, it was agreed that pacers be sought at track sessions to help members achieve a PB. **ACTION:** Nathan Powell
- f. **Wembley Run – Tuesday 7 November**. Sudbury Court are holding a run from their meeting point to Wembley Stadium which Metros are invited to join.

- g. **Marathon and Ultra Run Forum** – Nathan suggested a virtual forum in November/December led by Sonny Peart. Information regarding training, nutrition, etc. will be discussed and available later for reference.

ACTION: Nathan Powell

- h. **Metros 44th Annual Fun Run** – A successful event and Pat thanked all who helped and participated. **ITEM CLOSED**

- i. **Metros Lightweight Jackets** – Pat will advertise for a further order.

ACTION: Pat Jackson

- j. **70th Anniversary of the Roger Bannister Mile Record** – It was agreed to hold a 1-mile track event on 3 or 10 May depending on track availability.

ACTION: Nathan Powell

- k. **5K Competition Results** – need to be published during the competition.

ACTION: Mitesh Patel/Nathan Powell

- l. **Metros Committee Email Group List** – Irene will update the current and future lists.

ACTION: Irene Paull

Date of next Meeting: To be confirmed

Meeting closed at 9.45 pm with thanks to Nigel and Judy for their hospitality.

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.

***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 Nathan Powell

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.