



April 2024
Issue No. 417



Spring is here!

Metros Diary

April

Sat 6	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 13	5K - Harrow School Track	tbc
Sat 20	Wot No Watch, Roxbourne Park	9.00am
Sun 21	London Marathon	tbc
Fri 26	LFOTM- Battle of Britain Bunker, Uxbridge	11.50 am
Fri 26	AGM & Quiz Night ???	7.00pm
Sat 27	Metros 5K Challenge, Roxbourne Park	9.00 am

May

Fri 10	Bannister Mile – Harrow School Track	6.00 pm
Sat 11	Measured Mile, Roxbourne Park	9.00 am
Sun 12	Marlow 5	9.00 am
Weds 15	Committee Meeting	8.00 pm
Fri 31	LFOTM – Northwick Park	11.50 am

June

Sat 1	5-Mile Handicap, Roxbourne Park	9.00 am
Sun 2	Hitchin HM and 10K	9.00 am
Sat 8	Wot No Watch, Roxbourne Park	9.00 am
Sat 15	parkrun – Gladstone Park	9.00 am
Sun 16	Summer League – Headstone Manor	9.30 am
Fri 28	LFOTM – tbc	11.50

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!

Is it ever going to stop raining? Well done to everyone who has been training hard during the wet and dark winter months for Spring events. Some Metros will be running their first marathon during April, (see page 10) please give them your support.

A few years ago, some Metros members saw a film about the very difficult and quirky Barkley Marathons. So, it was of special interest that this race was recently completed by the first woman – British ultrarunner Jasmin Paris. A fantastic achievement. See page 8.

I'm often inspired by the achievements of Metros members and Dave Young has been through his extensive collection of running memorabilia to share with us – see page 16. His running career has involved running with horses and trains!

Please remember that the AGM and the Quiz are on 26th April – sign up on Spond and get your thinking caps on.

Anne Ambrose

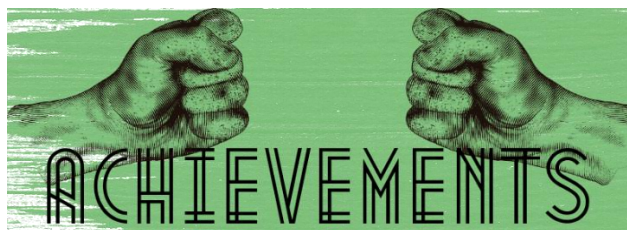
Metrolines Contributions

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. Take account of any copyright considerations for any articles published elsewhere.



Well done to.....

Pauline Bishop – 1st in her age group at Berkhamsted Half Marathon on 3rd March

Anne Leigh – for completing her 200th parkrun at Black Park on 16th March

Robert Bevan – a half marathon PB at Liverpool Half Marathon, 7th March

Justin Archer – 1st in his age group at Hillingdon 20, 24th March

Chris Shearwood – 1st in his age group at Hastings Half Marathon, 24th March

Peter Rackham - 5k PB at Poole parkrun on 30th Mar, a time of 18:01

Email your achievements to metrolines1@gmail.com

Dates for Your Diary:

Sir Roger Bannister 70th Anniversary sub 4 min mile night

Friday 10th May

Harrow School track 6.20pm

400m, 1 mile and 4x100m relays

Summer Sports Day

Friday 12th July (with 19th July in reserve of adverse weather conditions) 6pm

Harrow School track

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 Instagram and X (Twitter) accounts – 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.

Please note that the discount is only applicable to events organised by ATW. If the event is listed on ATW but not organised by them, the discount will not be applied.

Dave Buckland
1936-2024

We have received sad news that one of our early Metros members, Dave Buckland, has recently passed away.

Long standing members of Metros will remember Dave and his wife Enid, daughter Claire and son Ian, who joined as family members in 1988.

Barbara remembers running up Brooks Hill, Stanmore with Dave on the Mary Swindles Monday night runs. Enid didn't run but supported Metros activities. Ian and Claire participated in many events and Ian also ran for Metros and Old Gaytonians (now Harrow AC). Dave was very supportive of Clare and Ian at races whatever the weather and always brought Cindy the dog along.

The family moved from Pinner to Minehead many years ago.

Pat Jackson and Barbara Reading

Car for Sale

Mike Ransome is looking to sell his car and would like to offer it to Metros members- offers invited.

Details-

Make - FORD

Model - FOCUS GHIA AUTO

5 Door Hatchback

Petrol car

Cylinder capacity- 1596 cc

Fuel- Petrol. (ULEZ compliant)

Colour- Silver (moondust)

2 Axle Rigid Body

1st registered 29/03/2001

Acquired by Mike: 07/04/2005 (one previous owner)

Current MOT until 29/09/2024

Mileage: 120,625

Please contact Mike Ransome on his email

mw49ran@gmail.com



The Barkley Marathons- British ultra runner, first woman to complete the course



This photo of Jasmin, slumped at the end of the race was taken by professional photographer David Miller – who said he witnessed ‘the greatest ultramarathon achievement of all time.’

A few years ago, Sonny Peart very kindly arranged for Metros members to view the 2014 documentary ‘Barkley Marathons: The Race That Eats Its Young’. (If you have not seen the documentary- it’s available to view on Prime Video for and is well worth watching).

The **Barkley Marathons** is an ultramarathon trail race held each year in Frozen Head State Park in Morgan County, Tennessee, United States.

The course, which varies from year to year, consists of five loops of the 20+ mile, off-trail course for a total of 100 miles (160 km). The race is limited to a 60-hour period from the start of the first loop and takes place in March or early April of each year. The race is known for its extreme difficulty and many peculiarities. Entrants must bring along a car licence plate, the race is started by the race director lighting a cigarette; entrants have to collect pages from 9 to 15 books placed along the course.

It’s also very difficult to enter, with only 35 entrants allowed each year, who have to submit an essay on why they should be allowed to compete in the Barkley Marathons.

Since the race was extended to 100miles in 1989, only 20 people have completed the course in 60 hours. This year, Jasmin Paris from Midlothian made history by becoming the first woman to complete the course. She finished in 59hrs 58 mins and 21 seconds just 99 secs inside the 60-hour cut-off.

As she neared the finish she realised that she only had a few minutes to get up the final hill. So, ended up sprinting at the end of 60 hours of burning through the forest, which she said felt really hard. She said that she ran the toughest race to inspire women worldwide.

Metros Quiz Night

When: Friday 26th April 2024 at 7:30pm
(following the Metros AGM at 7pm)

Where: Lowlands Tennis Club, Eastcote



Drinks available at the bar.

Please bring your own nibbles.



Teams of 6-8; either come as a team or join
a team on the night!

Free entry - please sign up on Spond and let
us know if you will be bringing family
members with you!



Metros Fundraising

A few Metros are taking on the Marathon challenge for the first time in April and hoping to raise a bit of money for charity. Please support them.

Mike Reid will be running in the Brighton Marathon on 7th April and is raising money for the Alzheimer's Society.

[Michael Reid is fundraising for Alzheimer's Society \(justgiving.com\)](https://www.justgiving.com/mike-reid)



Rohan Mascarenhas is also running his first Marathon at Brighton and is fundraising for the Duke of Edinburgh Award Scheme



<https://events.dofe.org/fundraisers/rohanmascarenhas/brighton-marathon>



Amanda Kennelly is running the London Marathon on 21st April and raising funds for St John's Hospice.

[Amanda Kennelly is fundraising for SS John and Elizabeth Charity \(justgiving.com\)](https://www.justgiving.com/amanda-kennelly)

To support Amanda, there is a charity fundraising concert on Saturday 13th April 2024 at the Salvation College school Hall , Harrow Wealdstone HA3 5DY 7:15pm . You will be entertained by the fabulous Rock Chorus, the extremely talented Kathryn O'Hare, World Champion Irish Dancer Joe McGeown, and Harrow Apollo Male Choir. Come along.

<https://www.eventbrite.co.uk/e/st-johns-hospice-amandas-marathon-fundraiser-tickets-821232407237?aff=oddtcreator>

Marathon Party Time

21st April is London Marathon day, and the now, traditional Metros marathon party is held that evening from 6 to 9pm.

Originally hosted by Peter and Mandy Beuselinck, it's a way of celebrating our distance runners and for those who've run that day, it means not thinking about catering as we provide hot food, and if you think you'll take 6+ hours you're welcome to change/shower at our house.

So, everyone who is running London (or Brighton, Manchester or any other Spring marathon) is very welcome. If you've run a marathon or Ultra in the last year, or you're helping at the London marathon this year you are very welcome. If you'd like to bring your nearest and dearest just let us know.

Two things:

- Sign up on Spond (helps hugely with the catering to know numbers)
- Bring your medals (Steve will be taking the photo as he can't be in it)

No excuses about being too tired, if Raquel can manage to turn up last year having completed the marathon that day, so can you, and she turned up wearing high heels.

Irene & Steve Paull



2023 Marathon Party

Trophy Races



The races eligible for the Metros London Road Runners Club (LRRC) Trophy for **2024** are as follows: -

Date	Cost	Race	Further Information
22/01/2024	£20	Fred Hughes	https://stalbandsriders.com/racing/fred-hughes-10
24/03/2024	£29	Hillingdon 20	https://www.hillingdonac.co.uk/hillingdon-20
12/05/2024	£23	Marlow 5miles	https://handycrossrunners.co.uk/HXR/marlow-5/
02/06/2024	£27/22	Hitchin HM/10K	https://www.burnthare.com/hitchin-half-marathon
18/08/2024	£30/22	Burnham Beeches HM/10K	krono:sports - Burnham Beeches Half Marathon & 10K (kronosports.uk)
22/09/2024	£18	Moor Park 10K	http://www.moorpark10k.org.uk/
29/09/2024		Leighton 10 Miles	https://www.leightonbuzzardac.co.uk/leighton10/
20/10/2024	£25	Cabbage Patch 10 miles	https://www.cabbagepatch10.com/
	???	Ricky Road Run 10 Miles	https://rickyroadrun.co.uk/
03/11/2024	£22/32	Marlow 7/HM	http://www.marlowhalf.marlowstriders.co.uk/

There are 10 events available to enter (assuming Ricky Road Run goes ahead this year) with only your best 8 event scores counted to your total at the end of the year.

The scoring will be as follows:

Maximum Score

5 miles	30
10 K & 7miles	40
10 miles	50
Half Marathon	60
20 miles	70

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

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

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

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 LRRC Coordinator.

Vincent Cheung – LRRC Coordinator

Trophy Races – Results

Hillingdon 20 – 24th March

Pos	Name	Gun Time	Net Time	
1		01:54:16	01:54:13	
23	Justin ARCHER	02:12:44	02:12:38	1st MV 50-59
48	Sasha BIRKIN	02:24:45	02:24:37	3rd Female overall
49	Nathan GEE	02:24:45	02:24:38	
78	Emma PONNAGANTI	02:34:46	02:34:38	3rd FV 40-49
101	Tanasheh ABRAHAMS	02:41:48	02:41:40	
208	Jennifer O'SULLIVAN	03:23:38	03:23:28	
234	Ruth TIDDER	03:41:03	03:40:30	
256	Amanda KENNELLY	04:25:18	04:24:56	



Leaderboards – after two events

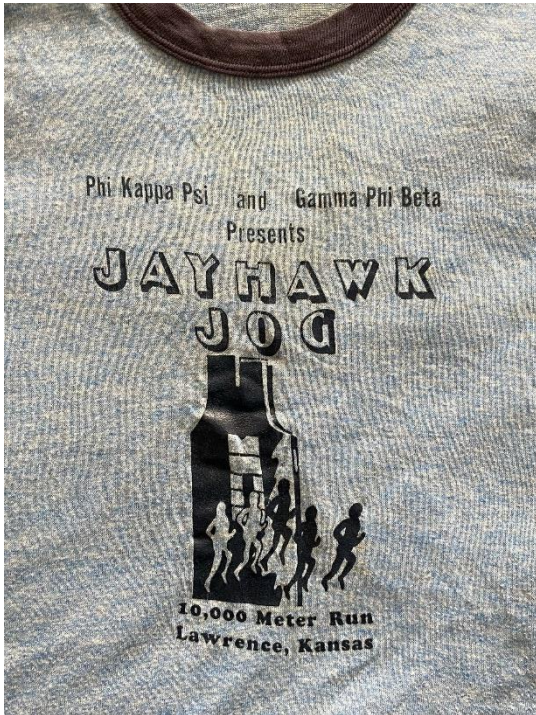
Men

	Total	Fred Hughes 10 Miles	Hillingdon 20 Miles
Tanasheh ABRAHAMS	118	50	68
Justin ARCHER	70		70
Nathan GEE	69		69
Quentyn TAYLOR	49	49	
Simon ABERY	48	48	
Rohan MASCARENHAS	47	47	
Michael REID	46	46	

	Total	Fred Hughes 10 Miles	Hillingdon 20 Miles
Jennifer O'SULLIVAN	118	50	68
Amanda KENNELLY	66		66
Sasha BIRKIN	70		70
Emma PONNAGANTI	69		69
Ruth TIDDER	67		67
Una CUNNINGHAM	49	49	
Pauline BISHOP	48	48	
Lorraine O'DONOVAN	47	47	
Monica SHORTT	46	46	
Judy RACKHAM	45	45	

Running Memorabilia – Dave Young

In response to the Metrolines article, I have delved through my extensive collection of running memorabilia dating back to the 1970s and attach some photos.



The oldest race T-shirt I could find comes from the 10k Jayhawk Jog that I ran while living in Kansas for three years in the late 1970s; I think the event was held in the summer of 1978. Although Kansas is almost totally flat, the course was in Lawrence, which is a town with steep hills. That, combined with hot and humid weather, made it quite challenging. I don't have the results, but I recall finishing in just over 40 minutes compared to the winner's 34 minutes something.

One of my oldest 'medals' comes from the Building Industry Half Marathon, held in Windsor Great Park, that I ran several times. I received an engraved brick slip which is undated, but I think comes from the 1989 event.



Like many Metros I have memorabilia from the London Marathon, the oldest being a medal from 1982 (the second event). My other London efforts were all in the 1990s when I remember travelling down from Pinner to Greenwich in a chartered double-decker bus along with a host of other Metros.



My first foreign marathon was in Amsterdam in 1990, just after joining Metros. The target was just to break 3 hours, so I was well pleased to finish in 2:57:39.



In August 1991, Teresa and I were one of seven pairs of Metros runners who took part in a 22-mile relay along the canal from Slough to Little Venice, hurdling fishing rods along the way. The unique feature of this relay was that there were only two legs, one of which was to be run by a lady and the other by the man. Most pairs allocated the first (shorter) leg to the lady, who then handed over to the man to race the longer second leg. Teresa had only recently started running but completed her 9 miles in a good time and we finished in 2:48:36 as 4th Metros 'team' and 48th overall.

I have attached a photo of my oldest Harrow Marathon and Half Marathon shirt, which I picked up in November 1991 after running the half in 1:20:28.



In 1991 I competed against horses and mountain bikes in the Man v Horse v Bike Marathon in Llanwrtyd Wells. The distance was actually about 22 miles but mostly cross country and very hilly (about 4000 ft. total ascent).





been excluded (due to safety concerns!) so the picture was taken down. My time in 1991 was 2:51:32.

I ran it several times and have attached a photo of an image captured by a race photographer that I'm particularly proud of. Apart from the fact that I'm shown about to cross a stream ahead of a horse and mountain biker, the photo used to be displayed in the bar of the Neuadd Arms in the centre of Llanwrtyd Wells. It was in that pub that this unique event was dreamed up and it has always served as the race HQ. Unfortunately, mountain bikes have since

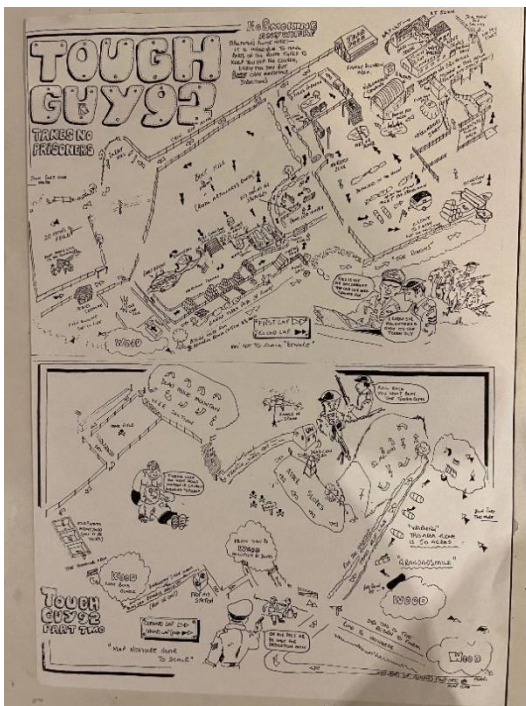


Having run against horses and Mountain bikers, I returned to Wales in 1992 to compete against a train in Tywyn. The out-and-back course was officially measured as 14 miles 394 yards. Two miles were on road and the rest was across farmland, including stretches alongside the track on which ran the little steam train carrying hordes of cheering spectators / supporters. The train set off at the same time as the runners but lost time turning round at the halfway point, giving us a chance to beat it to the finish. The results show that the train took 1 hour 44 minutes and 56 secs while I finished comfortably ahead in 1:35:04 (39th out of 729).



Also, in 1992 I subjected myself to the infamous Tough Guy race near Wolverhampton. It was a fiendish mix of running and assault course in freezing January weather that took me about 2 hours before I clambered over the barricade blocking the finish line. The course included running along a filthy ditch where the organisers had broken ice as thick as paving slabs but left most of it floating in the

knee-deep water. Due to the cold, I just felt lots of dull thuds as I fought my way through but when I thawed out some hours later my legs were purple and black from all the bruises. I was also scratched all over from running up and down hills covered in brambles. I made Teresa promise never to let me enter that crazy event again!



More memories to follow in the May Metrolines.....

Hatch End Triathlon

Sunday 12 May 2024

Swim Bike Run

- Beginner friendly distances for adults -
400m swim, 17km bike, 3km run
- Indoor pool swim
- 5 race categories for juniors, ages 8-16
- Volunteers and marshals also needed



For more information visit
www.hatchendtri.com

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
13 April 2024	Harrow School track
27 th April 2024*	Roxbourne park
15 June 2024	Gladstone parkrun
20 July 2024	Harrow School track
3 August 2024	Roxbourne park

* Note date change

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

5K Competition Results – Rickmansworth 16th March

Women	Age Grade %	Time	Points
Sasha BIRKIN	80.17%	00:21:26	50
Emma PONNAGANTI	75.47%	00:21:57	49
Linda GEORGIADES	75.00%	00:25:52	48
Sarah ARMSTRONG	70.57%	00:29:10	47
Ruth TIDDER	68.43%	00:25:27	46
Linda ROSS	66.17%	00:28:55	45
Julia ALLEN	59.29%	00:30:57	44
Amanda KENNELLY	57.17%	00:33:56	43
Sue WESTON	56.50%	00:33:52	42
Tanya KEENE	56.06%	00:30:39	41
Linda GRIMES	53.34%	00:34:24	40
Lise Flanagan*	52.97%	00:29:59	39
Diane O'REILLY	51.06%	00:33:39	38
Philippa BROWN	50.11%	00:31:42	37
Judy RACKHAM	48.99%	00:41:22	36
Una CUNNINGHAM TAYLOR	47.93%	00:34:34	35
Jennifer SMITH	39.06%	00:45:09	34

* Sudbury Court

Men	Age Grade	Time	Points
Justin ARCHER	85.65%	00:17:39	50
Marcus WEEDON	78.52%	00:18:56	49
Richard WILKINSON	75.09%	00:17:40	48
Russell MORRIS	74.90%	00:20:11	47
John NORRIS	72.88%	00:19:18	46
Peter REYNOLDS	71.65%	00:23:38	45
Kevin SMART	69.77%	00:23:49	44
Nick RUSSELL	64.21%	00:23:20	43
Simon ABERY	63.73%	00:24:57	42
Simon DADOMO	62.78%	00:23:52	41
Andrew BORLEY	62.70%	00:24:56	40
Brian MCGRORY	62.68%	00:26:02	39
Bijan KEENE	61.22%	00:24:17	38
Rohan MASCARENHAS	60.22%	00:25:31	37
Andrew Paul COLLIER	58.04%	00:27:10	36
Rocco KEENE	57.95%	00:24:01	35
Malcolm JACKSON	55.58%	00:32:32	34
Stuart ABRAHAM	55.10%	00:27:26	33
Keval SHAH	54.66%	00:25:44	32
Steve PAULL	54.03%	00:32:38	31
Glyn WATKINS	50.87%	00:34:40	30
Nathan POWELL	48.73%	00:31:32	29
Mike REID	47.52%	00:34:39	28
Quentyn TAYLOR	41.59%	00:34:06	27
Mitesh PATEL	39.04%	00:34:27	26

Volunteers
Irene Paull

42 Points

2023/24 5K Competition Standings - Men

Overall position	Name	Club	Canons Park parkrun	Harrow parkrun	Roxbourne Park	Northala parkrun	Harrow track	Roxbourne park	Ricky parkrun	Overall points
			16/09/23	21/10/23	04/11/23	16/12/23	28/01/24	03/02/24	16/03/24	
1	Marcus Weedon	Metros	48	48	50	49	48	50	49	342
2	Russell Morris	Metros	49	47		47	45	49	47	284
3	Steve Paull	Metros	34	40	43	35	32	39	31	254
4	Simon Abery	Metros	42	35	45		34	46	42	244
5	Harish Gohil	Metros	40	32	41	40	33	42		228
6	Rohan Mascarenhas	Metros	36	31	40	38		39	37	221
7	Nigel Rackham	Metros	50	50	43		36	39		218
8	James Kerrane	Metros	44	42	47	42	38			213
9	Brian Mcgrory	Metros	30	34		33	36	41	39	213
10	Peter Reynolds	Metros			48		42	48	45	183
11	Nathan Powell	Metros	37	-		40	36	39	29	181
12	Kevin Smart	Metros	46	-		43		47	44	180
13	John Norris	Metros	47	-		46	41		46	180
14	Keval Shah	Metros		33		37	26	40	32	168
15	Robert Bevan	Metros	43	36	43		39			161
16	Nick Russell	Metros	41	37			37		43	158
17	Mitesh Patel	Metros	39	-		31	23	34	26	153
18	Justin Archer	Metros				50	49		50	149
19	David Brown	Metros	23	26	35	30		29		143
20	Richard Wilkinson	Metros		46			46		48	140
21	Quentyn Taylor	Metros	35	-		41	35		27	138
22	Andrew Collier	Metros			39		28	35	36	138
23	Dave Young	Metros		41	49			45		135
24	Malcolm Jackson	Metros	29	-	36			32	34	131
25	Andy Fox	Metros			44	39		39		122
26	Mike Reid	Metros	24	-		36	27		28	115
27	Rocco Keene	Metros	36	30					35	101
28	Bijan Keene	Metros		28		32			38	98
29	Malcolm Smith	Metros		49			47			96
30	Nathan Gee	Metros				48	44			92
31	Adam Leary	Metros			46			43		89
32	Jeff Suffield	Metros		45		44				89
33	Andy Dempster	Metros			43			39		82
34	Terry Burke	Metros			37			44		81
35	Darragh Daunt	Metros		38			40			78
36	Andrew Borley	Metros	36	-					40	76
37	Will Bailey	Metros			38			37		75
38	Bill Harrington	Metros			37			36		73
39	Stuart Abraham	Metros		38					33	71
40	Alok Agarwal	Metros		39			29			68
41	Ravi Raja	Metros					25	38		63
42	Quinton Stowell	Metros	28	-		34				62
43	Amol Bhuptani	Metros					24	33		57

Overall position	Name	Club	Canons Park parkrun	Harrow parkrun	Roxbourne Park	Northala parkrun	Harrow track	Roxbourne park	Ricky parkrun	Overall points
44	Chris Shearwood	Metros					50			50
45	Ed O'Connor	Metros				45				45
46	Tony Watson	SC	45	-						45
47	Sonny Peart	Metros		44						44
48	Clive Luca	Metros					43			43
49	Michael Morris	Metros		43						43
50	Paul Hor	Metros			43					43
51	Tim Oakley	Metros			42					42
52	Simon Dadomo	Metros							41	41
53	Ian Birch	Metros				40				40
54	Andrew Shirras	Metros						39		39
55	Gavin Imrie	SC	38	-						38
56	Barry Nolan	Metros	36	-						36
57	Mark Mulvenna	SC	36	-						36
58	Vincent Cheung	Metros	32	-						32
59	Louis Smyth	SC	31	-						31
60	Martin Eden	Metros					31			31
61	Mike Ransome	Metros						31		31
62	Ashish Maheshwari	Metros					30			30
63	Gordon Valentine	Metros						30		30
64	Glyn Watkins	Metros							30	30
65	Andrzej Warhaftig	Metros		29						29
66	Ariff Sidik	Metros	27	-						27
67	David Merrigan	Metros	25	-						25
68	Tanasheh Abrahams	Metros	22	-						22

2023/24 5K Competition Standings - Women

Overall position	Name	Club	Canons park parkrun	Harrow parkrun	Roxbourne park	Northala parkrun	Harrow track	Roxbourne park	Ricky parkrun	Overall points
1	Sasha Birkin	Metros	50	50		50	50	50	50	300
2	Irene Paull	Metros	37	42	44	43	45	41	42	294
3	Emma Ponnaganti	Metros	47	-	48	48	49	49	49	290
4	Judy Rackham	Metros	39	42	44	44	43	39	36	287
5	Linda Georgiades	Metros	44	-	46	47	48	48	48	281
6	Caroline Day-Lewis	Metros	48	46	49	43		41		227
7	Ruth Tidder	Metros		38	45	46		46	46	221
8	Janice Newman	Metros	49	49	50	49				197
9	Angela Murphy	Metros	46	47	44			41		178
10	Jane Hudson	Metros	45	42	44		45			176
11	Stephanie White	Metros	36	41	44			41		162
12	Una Cunningham Taylor	Metros	30	-		43	46		35	154
13	Philippa Brown	Metros	28	-		43	41		37	149
14	Julia Allen	Metros			43	42			44	129
15	Anne Ambrose	Metros			44		45	38		127
16	Penny Hudson	Metros	37	42	44					123
17	Tanya Keene	Metros	35	40					41	116
18	Linda Grimes	Metros	34	-		40			40	114
19	Farzina Kapadia	Metros	33	-		39		34		106
20	Sakina Sidik	Metros	29	35			40			104
21	Jasia Zimmerman	Metros			47			45		92
22	Ceri Jacob	Metros			44			47		91
23	Jenny O'Sullivan	Metros					47	42		89
24	Ann Suffield	Metros		43		45				88
25	Zahra Bassiri	Metros	43	45						88
26	Lorraine O'Donovan	Metros	42	44						86
27	Barbara Reading	Metros			44			41		85
28	Cath Corcoran	Metros			44			41		85
29	Linda Dunne	Metros			44			41		85
30	Marilyn Pickford	Metros			44			41		85
31	Pat Jackson	Metros			44			41		85
32	Sarah Armstrong	Metros	37	-					47	84
33	Teresa Young	Metros					44	40		84
34	Jo Collier	Metros			38		42			80
35	Gladys de Groot	Metros			39			36		75
36	Lise Flanagan	SC	31						39	70
37	Bernie Conway	Metros	26	-		37				63
38	Lynne Jones	Metros		48						48
39	Linda Ross	Metros							45	45
40	Sarah Westwood	Metros						44		44
41	Amanda Kennelly	Metros							43	43
42	Anne Leigh	Metros						43		43
43	Annie Birch	Metros				43				43
44	Debra Norman	Metros			42					42

Overall position	Name	Club	Canons park parkrun	Harrow parkrun	Roxbourne park	Northala parkrun	Harrow track	Roxbourne park	Ricky parkrun	Overall points
45	Sue Weston	Metros							42	42
46	Allegra Keene	Metros				41				41
47	Monica Shortt	Metros						41		41
48	Raquel Ponte	Metros	41	-						41
49	Emma Norman	Guest			40					40
50	Yvette Bilton	Metros	40	-						40
51	Paula Sheehan	Metros		39						39
52	Claire Cook	SC	38	-						38
53	Diane O'Reilly	Metros							38	38
54	Gill Fox	Metros				38				38
55	Anna Gorecki	SC		37						37
56	Bev Thomas	Metros	37	-						37
57	Eilish Fernandez	Metros						37		37
58	Kath Donaldson	Metros	37	-						37
59	Meena Mistry	Metros	37	-						37
60	Wendy Mulvenna	Metros	37	-						37
61	Jenny O'Leary	Metros		36						36
62	Carole Valentine	Metros						35		35
63	Jennifer Smith	Metros							34	34
64	Nancy Morris	Metros		34						34
65	Barbara Pacinella	Metros						33		33
66	Marie Callanan	Metros	32							32
67	Shama Meghjee-Caine	Metros	27							27
68	Bethany Rita D'Cruz	Metros	25							25

Berkhamsted Half Marathon and 5-mile Fun Run

Half Marathon

Pos		Gun Time	Chip Time
1		1:13:12	1:13:11
64	Nathan Gee	01:28:17	01:28:13
94	Christopher Shearwood	01:31:20	01:31:14
270	Clive Lucas	01:44:26	01:43:57
406	Michael Morris	01:51:03	01:50:35
546	Simon Aberly	01:57:37	01:56:35
645	Robert Bevan	02:03:01	02:02:08
760	Rohan Mascarenhas	02:09:48	02:08:18
776	Pauline Bishop	02:11:41	02:11:11 ^{1st F70}
938	Amanda Kennelly	02:38:38	02:36:53
951	Finishers	03:25:27	03:23:32

5-Mile Fun Run

POS	NAME	GUN TIME	CHIP TIME
1		00:26:05	00:26:05
294	Sarah Armstrong	00:51:09	00:50:30
352	Michael Reid	00:54:19	00:53:39
353	Philippa Brown	00:54:19	00:53:40
485	Finishers	01:09:39	01:08:59



5-Mile Handicap

Dec-23	5m race time	race hcp	Event Hcp Tme	nxt hcp
Elish Fernandes	70.00	-22	48.00	-10
Dave Young	40.44	11	51.44	20
Gladys De Groot	74.38	-22	52.38	-14
Raquel De Ponte	64.11	-9	55.11	-4
Stephanie White	59.25	-2	57.25	1
Will Bailey	48.08	11	59.08	12
Adam Leary	42.03	18	60.03	18
Marcus Weeden	34.16	26	60.16	26
Barbara Reading	54.31	6	60.31	6
Simon Aberly	42.47	18	60.47	18
Ceri Jacobs	47.58	13	60.58	12
Paul Hor	45.22	16	61.22	15
Judy Rackham	56.05	6	62.05	4
Sarah Weston	58.09	5	63.09	2
Jane Hudson	59.25	5	64.25	1
Andrew Shirras	61.00	5	66.00	-1
Mike Ransome	67.44	2	69.44	-7
Malcolm Jackson	67.44	2	69.44	-7
Penny Hudson	66.26	5	71.26	-6
Bill Harrington	58.44	13	71.44	2
Barbara Pacinelli	70.00	5	75.00	-10
Catherine	74.38	5	79.38	-14
		5=default hcp		

March 2024				
	5m race time	race hcp	Hcp time	nxt hcp
Malcolm Jackson	54.35	-7	47.35	6
Bill Harrington	47.59	2	49.59	12
Sonny Peart	43.55	8	51.55	16
Brian McGrory	52.24	2	54.24	8
Angela Murphy	73.21	-17	56.21	-13
Gladys De Groot	80.00	-22	58.00	-20
Marcus Weedon	32.42	26	58.42	28
Adam Leary	40.55	18	58.55	19
Simon Abery	42.40	18	60.40	18
Andrew Shirras	61.55	-1	60.55	-2
Barbara Reading	55.36	6	61.36	5
Dave Young	42.59	20	62.59	17
Barbara Pacinella	79.00	-10	69.00	-19
Elish Fernandes	79.00	-10	69.00	-19



Gordon and Carole brave the elements for the March 5-mile race.

Wot no Watch - 9th March	Predicted time	Actual time	Difference
Bill Harrington	8.3	8.51	21
Karen Leary	10.43	10.59	16
Barbra Norman	9.05	9.17	12
Simon Abery	6.4	6.52	12
Ceri Jacob	8	8.08	8
Gladys de Groot	12.55	13.02	7
Amanda Hardy	8.4	8.44	4
Dave Brown	15.03	15.06	3
Marion Rogan	9.5	9.53	3
Malcolm Jackson	10.1	10.1	0
Janice Newman + Mike Ransome	9.59	9.54	-5
Sarah Westwood	10.56	10.45	-11
Adam Leary	6.59	6.47	-12
Sarah Westwood 2nd group	10.56	10.42	-14
Anne Ambrose	10.26	10.11	-15
Ruth Tidder	7.5	7.32	-18
Arnold Glickman 2nd group	16.15	15.52	-23
Gladys de Groot 2nd group	16.15	15.52	-23
Sonny Peart	7.37	7.08	-29
Barbara Robson	17	16.24	-36
Kirit Ranpura	10.47	10.11	-36
Arnold Glickman	17	16.22	-38
Michael Ransome	10.3	9.41	-49
Barbara Pacinella	12	10.51	-69
Pat Jackson	18	16.44	-76
Carole Valentine	12.3	10.51	-99
Steve Paull	16.59	14.11	-168

Congratulations to Malcolm Jackson for predicting his exact time for WNW today. Well done to several runners who predicted to within 10 seconds of their actual time, that was very close. And a special mention for the 3 runners who ran the course twice, most impressive.

Angela and Irene (standing in for Teresa)



Amersham Ultra 50K – 2nd March

1		04:11:51
20	1 st Female	05:17:41
103	Ariff Sidik	09:43:43
110	Sakina Sidik	10:56:56

London Half Marathon at the QEII Olympic Park – 3rd March

Pos		Gun Time	Chip Time
1		01:13:06	01:13:05
1769	Jennifer O'Sullivan	02:04:09	01:59:18
2803	Monica Shortt	02:36:53	02:31:00
3038	Finishers	03:58:39	03:51:07

The Hague – Half Marathon 10th March

Pos		Gun	Chip Time
1		01:00:21	01:00:21
4384	Clive Heidrich	01:51:09	01:46:09
12312	Lorraine O'Donovan	02:24:13	02:21:52
13569	Finishers	03:02:27	02:53:01

Liverpool Half Marathon – 17th March

Pos		Chip	Gun
1		1:08:04	1:08:05
3142	Robert Bevan	1:55:47	2:02:01
7366	Finishers		

Maidenhead Easter 10 – Friday 29th March

Pos	Name	Time	Net Time
1		00:50:56	00:50:56
115	NATHAN GEE	01:06:45	01:06:38
573	Ruth Tidder	01:33:34	01:32:42
859	Finishers	02:36:24	02:34:52

Bournemouth Bay Half Marathon & 10K – 24th March

10k

1st		00:34:55
503	Jane Hudson	01:00:52 3 rd VW65
565	Steve Paull	01:02:16
1017	Steph White	01:17:54
1090	Mark Mulvenna <i>Sudbury Court</i>	01:26:24
1091	Wendy Mulvenna	01:26:35
1096	Irene Paull	01:29:04
1103	finishers	

Half Marathon

1st		01:14:33
404	Simon Abery	01:56:10
1040	finishers	

Hastings Half Marathon – 24th March

Pos.		Gun Time	Chip Time
1		1:06:48	1:06:48
162	Chris Shearwood	1:34:31	1:34:27 1 st VM60
2584	Finishers	4:38:52	4:34:14



NOTES OF METROS COMMITTEE MEETING

Wednesday 13 March 2024 at 8:00pm
Venue – Nigel & Judy Rackham's house

Attendees: Anne Ambrose, Pat Jackson, Irene Paull, Steve Paull,
Nigel Rackham, Marcus Weedon, Teresa Young

1. Apologies

Tarana Agarwal, Steve Alder, Andy Fox, Marilyn Pickford, Ariff Sidik

Chair: Nigel Rackham

Note Recorder: Pat Jackson

Marcus was thanked for adding previous meeting notes and the agenda for this meeting on Spond.

2. Actions from Last Meeting

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

ACTION: Irene Paull

- b. **Harrow School Track Dates Bookings** – Teresa confirmed the track is booked for this year.

ITEM CLOSED

- c. **Storage of Metros Gazebo** - The Scouts in Roxbourne Park will be asked if it could be stored in their storage area.

ACTION: Marilyn Pickford/Pat Jackson - Review May

3. Club Events

- a. **Harrow Hill Race (HHR)** – The successful event was profitable. The alternative car parking worked well. It was decided to continue to use the changed route. A different marketing and pricing strategy is needed in future to encourage earlier entries and particularly entries in the lower age groups. Irene and Marcus were thanked for organising.

ITEM CLOSED

- b. **Trophy/medals/awards** – this will be reviewed.

ACTION: Nigel Rackham/Ariff Sidik/Pat Jackson

- c. **Sports Day – 12 July (weather permitting or 19 July)** – It was agreed that the St Albans Special Olympics Club be invited as well as Sarries. The budget will be increased.

ACTION: Marcus Weedon/Nathan Powell

- d. **Summer League** – As the meeting place for club representatives is no longer available, a wash up Zoom call meeting will be arranged.

Irene is away for two weeks leading up to our host event on 16th June. A Chief Marshal and other volunteers to help organise our event will be needed. Irene has already provisionally booked medics.

4. Other Events

- a. **AGM and Quiz Evening** –Friday 26 April, Lowlands Tennis Club

Nigel and Judy will organise the quiz.

ACTION: Judy/Nigel Rackham

Teresa will finalise the accounts and Jasia Zimmerman will audit.

ACTION: Teresa Young/Jasia Zimmerman

Steve Alder will collect nominations for the committee. Other members will be encouraged to join the committee.

ACTION: Committee

5. Admin

- a. **Accounts Update** – Teresa is preparing the accounts for the AGM.

- b. **Club Membership** – Irene confirmed it is similar to last year. Couch to 5K is a good source of new members and a coordinator is needed to organise a new course. **ACTION:** Membership

- c. **Metros committee Email Group Mail List** - Irene is preparing a new list.

ACTION: Irene Paull

6. AOB

- a. **AED training** – On the previous session many who wanted to do the training were unavailable. Angela will check with Margaret Smith if another session could be held. **ACTION:** Angela Murphy

- b. **Replacing old AEDs** – Teresa will buy a lightweight AED and bag.

ACTION: Teresa Young

- c. **Signatories for the Harrow Hill Account** – There is an issue with Irene not being listed as a signature on the account. Teresa and Jasia Zimmerman will investigate.

ACTION: Teresa Young

Date of next Meeting: to be confirmed

Meeting closed at 8.55 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.



SANE

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** Core Group- Harrow Wield
- 19.15** Monday Run – 4-5 miles, meet Melbourne Ave Pinner
- TUESDAY 19.30** Run & Walk/Run groups (number of grps depending on pace of those present) – meet Lowlands Tennis Club
- WEDNESDAY 19.15** Hills Training (2 groups) – meet Middle Rd
- THURSDAY 19.00** Mixed run approx. 4 miles– meet at the Duck in the Pond
- THURSDAY TRACK SESSIONS 18.30** Various sessions – meet Harrow School Track
- FRIDAY STRENGTH SESSION 07.00** - Meet at Kings College Athletics Track
- SATURDAY 09.00** Sessions and events at Roxbourne Park –Coffee, tea and chat in the Scout Hut afterwards

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.