



March 2024
Issue No. 416



Harrow Hill Race – 18th February

Metros Diary

March

Sat 2	5-Mile Handicap, Roxbourne Park	9.00 am
Sat 9	Wot No Watch, Roxbourne Park	9.00 am
Weds 13	Committee Meeting	8.00pm
Sat 16	parkrun – Rickmansworth parkrun	9.00 am
Fri 22	LFOTM *– tbc	11.50
Sun 24	Hillingdon 20	9.00am
Fri 29	Maidenhead Easter 10	9.30 am

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- tbc	11.50 am
Fri 26	AGM & Quiz Night ???	tbc

May

Sat 4	Metros 5K Challenge, Roxbourne Park	9.00 am
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
Fri 31	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 date change due to Good Friday

Note from the Editor!

I hope everyone has survived the rain, it certainly played havoc with running events. One event that was a success despite the weather, was Metros Harrow Hill Race. Congratulations to Irene and Marcus, the volunteers, runners and supporters who all made the event such a success. The race had to be re-routed due to flooding on part of the course, resulting in Football Lane having to be tackled twice. It was tough, but I quite liked the modified route, and much better than the 2020 route when runners had to tackle Football Lane four times!

If you are looking for your next challenge, we now have the full list of 2024 Trophy races – see page 11.

One of our members recently celebrated a special birthday. She's an inspiration and as one Metro put it 'PB stands for Phenomenal Barbara' – see page 4.

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.

Phenomenal Barbara



Congratulations to Barbara Robson, who recently celebrated her 90th birthday. She treated her Metros friends to homemade cake after the 5K challenge on 4th February, a few days before her milestone birthday. We hope she had a brilliant day.

Some newer Metros may not be aware of Barbara's achievements. The following is taken from a speech given by Pat Jackson when Barbara was inducted into the Metros Hall of Fame, [Metros-Hall-of-Fame-BR.pdf](#) and which was originally printed in the December 2019 edition of Metrolines.

Barbara's running life started in Whitley Bay Grammar School. A 12-year-old girl experiencing her first School Sports Day, where it became obvious she was destined for greater running things.

Over the next 9 years she was very well known as a brilliant sprinter. She ran for her school, her county and running club.

Sadly, she never quite made it to running for her country, although this was incredibly close.

She narrowly missed out on qualifying for the Olympics in an 80-metre hurdles race in Southampton.

At that time, she was trained to run 80-yard hurdles, and, without her knowledge, the event had just changed to 80 metres. She had no time to adjust her technique or timings. However, she came a very creditable 3rd but missed out on qualification for the Olympics.

After a 31-year gap in running, to raise her family, she decided to join Metros.

During her years with Metros, she ran many races but one of her several achievements was, at the age of 58, to run the New York Marathon in under 4 hours. Outstanding, considering she started out as a sprinter all those years ago.

She originally joined Metros to walk but, 2 weeks into becoming a member, she volunteered to look after the refreshments.

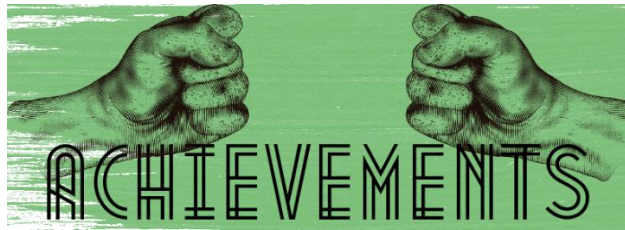
Little did she (or we) know that 30 odd years later she would still be doing an excellent job: every Saturday at Roxbourne Park, every home fixture in the Summer League, Thames Valley XC and Hill Race.

In 1998 her running time came to an end after running in a 10K event, where her lungs decided that breathing and running weren't a great combination.

It was a sad day for her but looking back at the running achievements during her teen years, her 20's, her 50's and 60's we can certainly say she was an outstanding runner who had an incredible competitive attitude.

Since giving up running, she continues to be busy with her family - her own three daughters, 6 grandchildren and 2 great grandchildren. She also refers to Metros as her extended family.





Well done to.....

Terry Burke - first in his age group 70-74 on Saturday 17th February 2024 at Seaton Park run, Devon

Una Cunningham Taylor – for a PB at the track 5K on 27th January

Nathan Gee, Chris Shearwood and Rhonda Tapley – for coming first in their age groups at the Harrow Hill Race – 18th February

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.

Have You Renewed?

Your **Metros Membership payment was due on 1st March** (unless you've joined since mid-December 2023).

Renewals are done via our membership system – Webcollect.

The link to Webcollect is via the members 'section of our website

<https://metros.org.uk/members/renew-membership/>

Simply add the membership type you want to the basket . Standard adult membership costs £25 (no increase since 2020)

If you also want EA membership, you'll find that on a separate tab from Metros membership. Unfortunately, this has increased in cost again and will be £19 for the EA membership year which starts in April.

Renewals can be paid by bank transfer or a one-time direct debit (GoCardless).

Other membership types:

Juniors are £1, and students £5, over 70s (with 5 years past paid membership) are free. We also have associate membership, £12, for members who have moved away or stopped running, but who want to continue to support Metros and any non-running parents or guardians of supported adults. Membership for supported adults is free if part of a family group with a full or associate Metros member.

Your membership fees pay for:

- premises hire: scout hut, tennis club, track
- league entries: Summer League and cross-country entries are not charged
- courses: part funded courses such as first aid and running leadership
- club affiliation to England Athletics which also insures us as club members
- systems: website, membership system (Webcollect)
- prizes: given out at our annual award evening each November

At around 50p per week, and with training sessions on almost every day, we hope you agree that membership is good value and that you'll want to renew.

If you have not yet renewed, please do so as soon as possible, your help with this is much appreciated.

If you have any difficulty with renewals, email me on metros.secretary@yahoo.co.uk

Thank you
Irene Paull

The BBC Visits Roxbourne Railway



The venue for Saturday Morning Metros, Roxbourne Park, was recently featured on BBC local news

[Roxbourne Park: Taking a ride on one of London's smallest railways - BBC News](#)

Model railways have fascinated young people for generations, and for some that obsession with the railway continues well into adulthood.

For nearly 90 years, the **Harrow and Wembley Society of Model Engineers** in north-west London has been a place for railway and engineering enthusiasts to gather, tinker with engines and explore their love of trains.



One constant is Vic Burgess who is the oldest member of the society, having joined in 1956 when he was 18 years old (Some Metros worked with him at Kodak).

He took BBC London on a tour of the model railway in Roxbourne Park.

You can also watch another longer video filmed by BBC on the HWSME website:

[Videos – Harrow & Wembley Society of Model Engineers \(hwsme.org\)](http://hwsme.org)

Kelvin Kiptum
(2 December 1999 – 11 February 2024)



The marathon world record holder, Kelvin Kiptum was tragically killed in February in a car accident in his native Kenya.

His death came just five days after World Athletics ratified his world record time of 2:00.35, which he set when winning the Chicago Marathon.

Kiptum won all three marathons he ran between December 2022 and October 2023. His times were three of the seven fastest marathon times, setting a course record of less than 2 hours 2 minutes in each race. Kiptum ran the fastest-ever marathon debut at the 2022 Valencia Marathon, becoming only the third man in history to break two hours and two minutes and setting the then fourth-quickest time ever. He followed it up four months later with the second-fastest marathon in history at 2:01:25, 16 seconds outside the world record, at the 2023 London Marathon. At the 2023 Chicago Marathon six months later in October 2023, he broke the world record by 34 seconds with a time of 2:00:35.

Following his record-breaking performance in Chicago, his coach provided insight on the athlete's training regimen. Gervais Hakizimana (who died alongside Kiptum) stated that Kiptum logged 250 to 280 km (155–173 mi) per week in the lead-up to the 2023 London Marathon. His routine regularly featured daily morning runs spanning 25–28 km, track or fartlek workouts on Tuesdays and Saturdays, and intense long runs of 30–40 km at close to marathon pace on Thursdays and Sundays. He also trained at high-altitude before the Chicago Marathon.

At the time of his death, he was training in a bid to run a sub-2-hour marathon in Rotterdam in April. Sadly, we will never get to see his full potential.

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

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
16 March 2024	Rickmansworth parkrun
13 April 2024	Harrow School track
4 May 2024	Roxbourne park
15 June 2024	Gladstone parkrun
20 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

5K Competition Results – Harrow School Track, 27th January

RESULTS BY FINISH TIME

Group 1

Richard Wilkinson	17:35	75.41%
Justin Archer	19:06	79.12%
Marcus Weedon	19:13	76.75%
John Norris	19:22	72.65%
Darragh Daunt	19:55	70.10%
Sasha Birkin	19:56	86.20%
Nathan Gee	19:57	74.53%
Russell Morris	20:10	74.94%
Chris Shearwood	20:13	80.04%
James Kerrane	20:57	67.16%
Malcolm Smith	21:36	75.58%
Quentyn Taylor	21:47	65.60%
Emma Ponnaganti	22:07	74.91%
Ashish Maheshwari	22:21	62.95%
Nick Russell	22:40	66.13%
Amol Bhuptani	22:41	57.01%
Clive Lucas	22:47	73.62%
Peter Reynolds	23:02	73.50%
Robert Bevan	23:23	68.00%
Una Cunningham	24:59	66.31%

Group 2

Ravi Raja	22:30	57.48%
Keval Shah	24:04	58.46%
Mitesh Patel	24:04	55.88%
Harish Gohil	24:20	64.23%
Simon Abery	24:23	65.21%
Alok Agarwal	24:28	62.80%
Brian McGrory	24:50	65.74%
Jenny O'Sullivan	24:51	66.67%
Andrew Collier	25:41	61.37%
Linda Georgiades	26:15	73.90%
Mike Reid	27:39	59.57%

Group 3

Martin Eden	26:52	63.60%
Steve Paull	27:27	64.21%
Jo Collier	31:24	58.44%
Pip Brown	31:24	50.58%
Sakina Sidik	31:30	49.95%
Teresa Young	33:44	61.02%
Judy Rackham	34:31	58.72%
Anne Ambrose	34:42	61.14%

RESULTS BY AGE GRADE

			5K Points
Sasha Birkin	19:56	86.20%	50
Emma Ponnaganti	22:07	74.91%	49
Linda Georgiades	26:15	73.90%	48
Jenny O'Sullivan	24:51	66.67%	47
Una Cunningham	24:59	66.31%	46
Anne Ambrose	34:42	61.14%	45
Teresa Young	33:44	61.02%	44
Judy Rackham	34:31	58.72%	43
Jo Collier	31:24	58.44%	42
Pip Brown	31:24	50.58%	41
Sakina Sidik	31:30	49.95%	40
Average			45

Chris Shearwood	20:13	80.04%	50
Justin Archer	19:06	79.12%	49
Marcus Weedon	19:13	76.75%	48
Malcolm Smith	21:36	75.58%	47
Richard Wilkinson	17:35	75.41%	46
Russell Morris	20:10	74.94%	45
Nathan Gee	19:57	74.53%	44
Clive Lucas	22:47	73.62%	43
Peter Reynolds	23:02	73.50%	42
John Norris	19:22	72.65%	41
Darragh Daunt	19:55	70.10%	40
Robert Bevan	23:23	68.00%	39
James Kerrane	20:57	67.16%	38
Nick Russell	22:40	66.13%	37
Brian McGrory	24:50	65.74%	36
Quentyn Taylor	21:47	65.60%	35
Simon Abery	24:23	65.21%	34
Harish Gohil	24:20	64.23%	33
Steve Paull	27:27	64.21%	32
Martin Eden	26:52	63.60%	31
Ashish Maheshwari	22:21	62.95%	30
Alok Agarwal	24:28	62.80%	29
Andrew Collier	25:41	61.37%	28
Mike Reid	27:39	59.57%	27
Keval Shah	24:04	58.46%	26
Ravi Raja	22:30	57.48%	25
Amol Bhuptani	22:41	57.01%	24
Mitesh Patel	24:04	55.88%	23
Average			36.5

With thanks to all volunteers including non running volunteers: Nathan, Nigel, Jane, Irene

5K Competition Results - Roxbourne Park – 3rd February

RESULTS BY FINISH TIME			5K CHALLENGE - RESULTS BY AGE GRADE			
	Time	Age Grade		Time	Grade	5K Points
Marcus Weedon	19:56	74.59%	Sasha Birkin	21:52	78.58%	50
Russell Morris	21:15	71.12%	Emma Ponnaganti	22:22	74.07%	49
Sasha Birkin	21:52	78.58%	Linda Georgiades	28:05	69.08%	48
Emma Ponnaganti	22:22	74.07%	Ceri Jacob	27:28	68.69%	47
Ravi Raja	23:04	56.07%	Ruth Tidder	25:33	68.17%	46
Amol Bhuptani	24:11	53.60%	Jasia Zimmermann	31:29	65.38%	45
Kevin Smart	24:17	68.45%	Sarah Westwood	36:31	60.98%	44
Keval Shah	24:25	57.62%	Anne Leigh	47:22	60.84%	43
Simon Abery	24:32	64.81%	Jenny O'Sullivan	27:16	60.76%	42
Pete Reynolds	24:39	68.68%	Monica Shortt	30:26	59.47%	41
Mitesh Patel	24:50	54.16%	Teresa Young	34:43	59.29%	40
Adam Leary	25:02	63.52%	Judy Rackham	34:12	59.26%	39
Ruth Tidder	25:33	68.17%	Anne Ambrose	35:59	58.96%	38
Harish Gohil	25:35	61.09%	Eilish Fernandez	40:27	54.14%	37
Dave Young	26:55	64.75%	Gladys de Groot	47:46	49.02%	36
Jenny O'Sullivan	27:16	60.76%	Carole Valentine	40:27	48.66%	35
Ceri Jacob	27:28	68.69%	Farzina Kapadia	33:19	45.02%	34
Linda Georgiades	28:05	69.08%	Barbara Pacinella	40:28	43.04%	33
Andy Fox	28:09	56.98%	Average			41.5
Will Bailey	28:25	55.95%				
Terry Burke	29:00	64.25%		Time	Grade	Points
Andrew Collier	29:06	54.17%	Marcus Weedon	19:56	74.59%	50
Bill Harrington	29:43	54.94%	Russell Morris	21:15	71.12%	49
Monica Shortt	30:26	59.47%	Pete Reynolds	24:39	68.68%	48
Jasia Zimmermann	31:29	65.38%	Kevin Smart	24:17	68.45%	47
Farzina Kapadia	33:19	45.02%	Simon Abery	24:32	64.81%	46
Brian McGrory	33:19	59.08%	Dave Young	26:55	64.75%	45
Judy Rackham	34:12	59.26%	Terry Burke	29:00	64.25%	44
Malcolm Jackson	34:29	51.74%	Adam Leary	25:02	63.52%	43
Teresa Young	34:43	59.29%	Harish Gohil	25:35	61.09%	42
Anne Ambrose	35:59	58.96%	Brian McGrory	33:19	59.08%	41
Sarah Westwood	36:31	60.98%	Keval Shah	24:25	57.62%	40
Mike Ransome	37:26	49.78%	Andy Fox	28:09	56.98%	39
Carole Valentine	40:27	48.66%	Ravi Raja	23:04	56.07%	38
Eilish Fernandez	40:27	54.14%	Will Bailey	28:25	55.95%	37
Barbara Pacinella	40:28	43.04%	Bill Harrington	29:43	54.94%	36
Gordon Valentine	40:52	42.65%	Andrew Collier	29:06	54.17%	35
Anne Leigh	47:22	60.84%	Mitesh Patel	24:50	54.16%	34
Gladys de Groot	47:46	49.02%	Amol Bhuptani	24:11	53.60%	33
Dave Brown	51:38	36.70%	Malcolm Jackson	34:29	51.74%	32
			Mike Ransome	37:26	49.78%	31
			Gordon Valentine	40:52	42.65%	30
			Dave Brown	51:38	36.70%	29

Volunteers (get average points):

Average 39.5

Andy Dempster, Andrew Shirras, Nathan Powell, Nigel Rackham, Rohan Mascarenhas, Steve Paull
 Angela Murphy, Barbara Reading, Cath Corcoran, Caroline Day-Lewis,
 Irene Paull, Linda Dunne, Marilyn Pickford, Pat Jackson, Steph White

2023/24 5K Competition Standings - Men

Overall position	Name	Club	Canons Park parkrun	Harrow parkrun	Roxbourne Park	Northala parkrun	Harrow track	Roxbourne park	Overall points
			16/09/23	21/10/23	04/11/23	16/12/23	28/01/24	03/02/24	
1	Marcus Weedon	Metros	48	48	50	49	48	50	293
2	Russell Morris	Metros	49	47		47	45	49	237
3	Harish Gohil	Metros	40	32	41	40	33	42	228
4	Steve Paull	Metros	34	40	43	35	32	39	223
5	Nigel Rackham	Metros	50	50	43		36	39	218
6	James Kerrane	Metros	44	42	47	42	38		213
7	Simon Abery	Metros	42	35	45		34	46	202
8	Rohan Mascarenhas	Metros	36	31	40	38		39	184
9	Brian Mcgrory	Metros	30	34		33	36	41	174
10	Robert Bevan	Metros	43	36	43		39		161
11	Nathan Powell	Metros	37	-		40	36	39	152
12	David Brown	Metros	23	26	35	30		29	143
13	Peter Reynolds	Metros			48		42	48	138
14	Keval Shah	Metros		33		37	26	40	136
15	Kevin Smart	Metros	46	-		43		47	136
16	Dave Young	Metros		41	49			45	135
17	John Norris	Metros	47	-		46	41		134
18	Mitesh Patel	Metros	39	-		31	23	34	127
19	Andy Fox	Metros			44	39		39	122
20	Nick Russell	Metros	41	37			37		115
21	Quentyn Taylor	Metros	35	-		41	35		111
22	Andrew Collier	Metros			39		28	35	102
23	Justin Archer	Metros				50	49		99
24	Malcolm Jackson	Metros	29	-	36			32	97
25	Malcolm Smith	Metros		49			47		96
26	Nathan Gee	Metros				48	44		92
27	Richard Wilkinson	Metros		46			46		92
28	Adam Leary	Metros			46			43	89
29	Jeff Suffield	Metros		45		44			89
30	Mike Reid	Metros	24	-		36	27		87
31	Andy Dempster	Metros			43			39	82
32	Terry Burke	Metros			37			44	81
33	Darragh Daunt	Metros		38			40		78
34	Will Bailey	Metros			38			37	75
35	Bill Harrington	Metros			37			36	73
36	Alok Agarwal	Metros		39			29		68
37	Rocco Keene	Metros	36	30					66
38	Ravi Raja	Metros					25	38	63
39	Quinton Stowell	Metros	28	-		34			62
40	Bijan Keene	Metros		28		32			60
41	Amol Bhuptani	Metros					24	33	57
42	Chris Shearwood	Metros					50		50
43	Ed O'Connor	Metros				45			45
44	Tony Watson	SC	45	-					45
45	Sonny Peart	Metros		44					44
46	Clive Luca	Metros					43		43
47	Michael Morris	Metros		43					43
48	Paul Hor	Metros			43				43
49	Tim Oakley	Metros			42				42
50	Ian Birch	Metros				40			40
51	Andrew Shirras	Metros						39	39
52	Gavin Imrie	SC	38	-					38
53	Stuart Abraham	Metros		38					38
54	Andrew Borley	Metros	36	-					36
55	Barry Nolan	Metros	36	-					36
56	Mark Mulvenna	SC	36	-					36
57	Vincent Cheung	Metros	32	-					32
58	Louis Smyth	SC	31	-					31
59	Martin Eden	Metros					31		31
60	Mike Ransome	Metros						31	31
61	Ashish Maheshwari	Metros					30		30
62	Gordon Valentine	Metros						30	30
63	Andrzej Warhaftig	Metros		29					29
	Ariff Sidik	Metros	27	-					27
	David Merrigan	Metros	25	-					25
	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	Overall points
			16/09/23	21/10/23	04/11/23	16/12/23	28/01/24	03/02/24	
1	Irene Paull	Metros	37	42	44	43	45	41	252
2	Judy Rackham	Metros	39	42	44	44	43	39	251
3	Sasha Birkin	Metros	50	50		50	50	50	250
4	Emma Ponnaganti	Metros	47	-	48	48	49	49	241
5	Linda Georgiades	Metros	44	-	46	47	48	48	233
6	Caroline Day-Lewis	Metros	48	46	49	43		41	227
7	Janice Newman	Metros	49	49	50	49			197
8	Angela Murphy	Metros	46	47	44			41	178
9	Jane Hudson	Metros	45	42	44		45		176
10	Ruth Tidder	Metros		38	45	46		46	175
11	Stephanie White	Metros	36	41	44			41	162
12	Anne Ambrose	Metros			44		45	38	127
13	Penny Hudson	Metros	37	42	44				123
14	Una Cunningham Taylor	Metros	30	-		43	46		119
15	Philippa Brown	Metros	28	-		43	41		112
16	Farzina Kapadia	Metros	33	-		39		34	106
17	Sakina Sidik	Metros	29	35			40		104
18	Jasia Zimmerman	Metros			47			45	92
19	Ceri Jacob	Metros			44			47	91
20	Jenny O'Sullivan	Metros					47	42	89
21	Ann Suffield	Metros		43		45			88
22	Zahra Bassiri	Metros	43	45					88
23	Lorraine O'Donovan	Metros	42	44					86
24	Julia Allen	Metros			43	42			85
25	Barbara Reading	Metros			44			41	85
26	Cath Corcoran	Metros			44			41	85
27	Linda Dunne	Metros			44			41	85
28	Marilyn Pickford	Metros			44			41	85
29	Pat Jackson	Metros			44			41	85
30	Teresa Young	Metros					44	40	84
31	Jo Collier	Metros			38		42		80
32	Tanya Keene	Metros	35	40					75
33	Gladys de Groot	Metros			39			36	75
34	Linda Grimes	Metros	34	-		40			74
35	Bernie Conway	Metros	26	-		37			63
36	Lynne Jones	Metros		48					48
37	Sarah Westwood	Metros						44	44
38	Annie Birch	Metros				43			43
39	Anne Leigh	Metros						43	43
40	Debra Norman	Metros			42				42
41	Allegra Keene	Metros				41			41
42	Raquel Ponte	Metros	41	-					41
43	Monica Shortt	Metros						41	41
44	Emma Norman	Guest			40				40
45	Yvette Bilton	Metros	40	-					40
46	Paula Sheehan	Metros		39					39
47	Claire Cook	SC	38	-					38
48	Gill Fox	Metros				38			38
49	Anna Gorecki	SC		37					37
50	Bev Thomas	Metros	37	-					37
51	Kath Donaldson	Metros	37	-					37
52	Meena Mistry	Metros	37	-					37
53	Sarah Armstrong	Metros	37	-					37
54	Wendy Mulverna	Metros	37	-					37
55	Eilish Fernandez	Metros						37	37
56	Jenny O'Leary	Metros		36					36
57	Carole Valentine	Metros						35	35
58	Nancy Morris	Metros		34					34
59	Barbara Pacinella	Metros						33	33
60	Marie Callanan	Metros	32						32
61	Lise Flanagan	SC	31						31
62	Shama Meghjee-Caine	Metros	27						27
63	Bethany Rita D'Cruz	Metros	25						25

Thames Valley Cross Country League – Results



- Thames Valley Triathletes, 4th February 2024

Position	Name	Time	Male Score
1		00:31:38	1
44	Justin Archer	00:38:20	41
201	Mike Morris	00:49:07	153
255	Andrew Collier	00:54:42	186
268	Martin Eden	00:55:50	192
306	Terry Burke	01:01:50	205
322	Finishers	01:11:11	

League Tables after 8 events

Ladies League			Men's League			Overall		
Pos	Team	Points	Pos	Team	Points	Pos	Team	Points
1	Maidenhead	9	1	Datchet	8	1	Maidenhead	9
2	Datchet	14	2	Maidenhead	14	2	Datchet	10
3	Reading	15	3	Windle Valley	23	3	Reading	18
4	Finch	32	4	Reading	27	4	Windle Valley	25
5	Windle Valley	34	5	Bracknell	34	5	Finch	31
6	TVT	44	6	Finch	36	6	TVT	42
7	Marlow	50	7	TVT	50	7	Bracknell	56
8	Burnham	53	8	Sandhurst	55	7	Burnham	56
9	Sandhurst	60	9	Wargrave	58	9	Sandhurst	57
10	Sheen	69	10	Burnham	65	10	Marlow	58
11	Tadley	73	11	Marlow	73	11	Wargrave	76
12	Bracknell	77	12	Tadley	81	12	Tadley	81
13	Wargrave	89	13	Handy Cross	90	13	Sheen	86
14	Handy Cross	91	14	Metros	91	14	Handy Cross	91
15	Metros	95	15	Sheen	99	15	Metros	93

Measured Mile, 10.2.2024

	Time min.sec
Marcus Weedon	5.22
Simon Aberly	6.44
Adam Leary	6.56
Andrew Collier	7.06
David Young	7.38
Paul Hor	7.59
Andrew Fox	8.17
Amanda Hardy	8.35
Malcolm Jackson	8.59
Michael Ransome	9.20
Jo Collier	9.21
Marion Rogan	9.51
Teresa Young	9.56
Janice Newman + Robyn Walliser	9.59
Anne Ambrose	10.25
Elish Fernandes	10.37
Gladys de Groot	13.13
Marilyn Pickford	14.47
Dave Brown	16.15
Henry Pickford	16.15
Pat Jackson	18.33
Jeanne Coker	22.31

Mercifully the rain kept off for the Measured Mile today and the pathways in Roxbourne park were passable even though the grass had been transformed into a swampy no-go area. Well done to Marcus for his impressive time, which was 8 seconds faster than the November mile, and to all the improvers, Adam, Anne, Dave Young, Janice, Jo, Mike and Simon. Keep up the training, see you again in May for the next Measured Mile.

Angela

Many thanks to Barbara Reading for recording numbers and times.

Watford Half Marathon & Fun Run – 4th February 2024

Fun Run – 1.8Km

Pos	Name	Gun Time	Net Time	Category	Cat Pos
34	Hugo NORRIS	00:14:50	00:14:43	Under 10	6



Well done, Hugo!



Half Marathon

Pos	Net Pos	Name	Gun Time	Net Time
1	1		01:12:33	01:12:28
60	60	1st W	01:24:39	01:24:29
98	98	Paul SPENDLOFF	01:28:16	01:27:58
137	136	Marcus FERRARI	01:31:54	01:31:29
184	187	Christopher SHEARWOOD	01:34:55	01:34:36
202	200	Ed O'CONNOR (Harrow AC)	01:36:12	01:35:34
247	246	Emma PONNAGANTI	01:38:29	01:37:40
272	278	Nicky SMITH	01:39:35	01:38:57
340	346	Jordan GRIMES	01:43:04	01:42:20
434	438	Clive LUCAS	01:47:12	01:46:04
474	479	Tony WATSON (Sudbury Court)	01:48:31	01:47:18
575	574	Rhonda TAPLEY	01:52:41	01:50:40
588	595	Nick RUSSELL	01:53:19	01:51:39
682	697	Jake SAVILLE	01:57:36	01:56:00
705	682	Keval SHAH	01:58:16	01:55:24
725	712	Harish GOHIL	01:59:15	01:56:26
863	856	Rohan MASCARENHAS	02:06:28	02:03:34
1041	1062	Bruno Croford (Harrow AC)	02:15:36	02:13:12
1076	1057	Stuart ABRAHAM	02:17:48	02:12:59
1086	1069	Pauline BISHOP	02:18:34	02:13:45
1254	1275	Jacqueline REID	02:36:33	02:36:03
1303	1302	Judy RACKHAM	02:49:18	02:44:26
1331		Finishers	03:33:22	03:28:24

Wokingham Half Marathon- 25th February

POS	NAME	GUN TIME	CHIP TIME
		01:04:48	01:04:48
566	Sasha Birkin	01:29:20	01:28:54
601	Christopher Shearwood	01:29:50	01:29:23
847	John Norris	01:36:45	01:36:06
2783	Finishers	03:17:40	03:09:06

London Winter Run – 25th February

1		00:28:46
16054	Kevin Nally	01:18:51
17781	Finishers	

Farnborough Winter Half Marathon – 21st January

Pos.		Gun Time	Chip Time
1 st		1:07:43	1:07:43
319	Chris Shearwood	1:34:08	1:33:59
2083	Finishers	3:35:20	3:30:35



Harrow Hill 10K – 18th February

Pos	Name	Gun Time	Chip Time	
1	Jack WHITEBURY <i>Harrow AC</i>	00:34:34	00:34:33	King of the Hill
8	Mark SMITH <i>Harrow AC</i>	00:38:56	00:38:54	
11	Nathan GEE	00:41:43	00:41:41	1 st M 50-59
16	Christopher SHEARWOOD	00:43:00	00:43:00	1 st M60+
17	Rachael Ormesher <i>Watford Joggers</i>	00:43:37	00:43:35	1 st Female, 1 st F40-49, Queen of the Hill
19	Nicky SMITH	00:44:20	00:44:19	
20	Rick PATEL	00:44:38	00:44:35	
22	Darragh DAUNT	00:44:44	00:44:41	
23	Russell MORRIS	00:44:56	00:44:52	
24	Tanasheh ABRAHAMS	00:45:12	00:45:06	
26	Emma PONNAGANTI	00:45:28	00:45:26	2 nd Female
41	George BURNS	00:47:48	00:47:41	
47	Malcolm SMITH	00:48:54	00:48:54	
52	Nick RUSSELL	00:49:09	00:49:03	
53	Ravi RAJA	00:49:10	00:49:07	
54	Clive LUCAS	00:49:14	00:49:07	
58	Amol BHUPTANI	00:49:40	00:49:37	
60	Tony WATSON <i>Sudbury Court</i>	00:49:44	00:49:33	
62	Kevin CONCANNON <i>Harrow AC</i>	00:48:54	00:49:50	
63	Kevin SMART	00:49:57	00:49:52	
65	Rhonda TAPLEY	00:50:09	00:50:02	1 st F50-59
71	Simon ABERY	00:51:20	00:51:14	
74	Robert BEVAN	00:52:13	00:52:07	
76	Keval SHAH	00:53:11	00:52:59	
79	Andrew BORLEY	00:54:21	00:54:07	
83	Rohan MASCARENHAS	00:54:49	00:54:39	
85	Ruth TIDDER	00:55:15	00:55:03	
87	Elizabeth Abrahams <i>Sudbury Court</i>	00:55:31	00:55:22	
88	Vincent CHEUNG	00:55:38	00:55:31	
90	Brian MCGRORY	00:55:55	00:55:46	
91	Stuart LAWRENCE	00:55:55	00:55:48	
93	Stuart ABRAHAM	00:56:03	00:55:50	
100	Jeff ROLLASON	00:57:14	00:57:07	
104	Quentyn TAYLOR	00:57:37	00:57:20	

Pos	Name	Gun Time	Chip Time
108	Shefali RAO	00:58:16	00:58:00
114	Una CUNNINGHAM	00:59:20	00:59:04
121	Chik Ha KWOK	01:00:24	01:00:14
131	Jane HUDSON	01:02:42	01:02:25
141	Sarah ARMSTRONG	01:04:43	01:04:25
151	David MERRIGAN	01:07:23	01:07:08
153	Tanya KEENE	01:07:56	01:07:42
156	Paula SHEEHAN	01:08:23	01:08:04
160	Kerrie FREED	01:09:32	01:09:34
161	Philippa BROWN	01:09:38	01:09:19
162	Michael REID	01:09:39	01:09:21
171	Amanda KENNELLY	01:13:05	01:12:48
177	Meena MISTRY	01:19:10	01:18:56
181	Anne AMBROSE	01:22:10	01:21:49
182	Sakina SIDIK	01:30:36	01:30:12
183	Finishers		

Tail Runner





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.