

METROLINES

October 2024

Issue No. 422



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CALENDAR DATES

October		
Sat 5	Metros 10k, Roxbourne Park	8.50am
Sun 6	TVXC - Metros	4.00pm
Sat 12	Wot No Watch, Roxbourne Park	9.00am
Wed 16	Committee Meeting	8.00pm
Sun 20	Cabbage Patch 10M (trophy race)	9.00am
Sun 20	TVXC - Handy Cross Runners	11.00am
Fri 25	LFOTM - location tbc	11.50am
Sat 26	Harrow track (5k comp)	9.00am
Sun 27	Ricky Road Run (trophy race)	10.30am
November		
Sat 2	Measured Mile	9.00am
Sun 3	Marlow HM / 7M (trophy race)	9.30am
Sat 9	Roxbourne Park 5k (5k comp)	9.00am
Sun 10	TVXC - Datchet Dashers	11.00am
Fri 22	Pizza and Prizes, Lowlands	7.30pm
Sun 24	TVXC - Sandhurst Joggers	11.00am
Fri 29	LFOTM - location tbc	11.50am
December		
Sat 7	5 Mile Handicap	9.00am
Sun 8	TVXC - Reading Roadrunners	11.00am
Sat 14	Wot No Watch	9.00am
Sat 14	Northala Fields parkrun (5k comp)	9.00am
Fri 20	Drinks @ The Rackhams	6:30pm

ACHIEVEMENTS



Hugo Norris aged 6, managed to drop his Junior parkrun PB by 30 seconds two weeks in a row to 9.55 at Pinner Village Gardens. Congratulations, Hugo!



On 15th September, Spencer Millbery ran the Harvathon - a 7 hour looped race. He came joint 1st for the most loops run covering almost 31 miles in 6 hours 17 minutes.



Nigel Rackham was 1st VM60 in the Leighton 10 on 29th September



The Moor Park 10k saw some brilliant results including Justin Archer (3rd male), Emma Ponnaganti (3rd female), Chris Shearwood (1st VM60) and Jeff Rollason (1st VM70).



Marc Sindole took part in the Eastern Countries Special Olympics Meeting in Bury St Edmunds and got a silver medal for long jump, and bronze medals for the 400m & team relay.



John Norris got a PB of 18.49 at Rickmansworth parkrun on 14th September.

Well done to Marion Rogan who was 1st VW75 at the Vitality 10k.



Lorraine O'Donovan ran a PB at the Ealing Half Marathon on 29th September.

ACHIEVEMENTS - PARKRUN MILESTONES

600	Glyn Watkins
500	Tony Watson
250	Shama Meghjee-Caine Glyn Watkins (volunteering)
100	Sarah Armstrong Nigel Rackham Tim Oakley) Judy Rackham (volunteering) Keval Shah (volunteering)
Cowell (100 different events)	Andy Fox Bernie Conway
50	Simon Abery Russell Morris (volunteering)
25	Gerry Barker



TRAINING SESSION SPOTLIGHT:

MONDAY SESSION

The Monday night run starts at the width restriction on Headstone Lane at 7.15pm each week. Free parking is available on Melbourne Avenue and we meet on the grass verge opposite Pinner Park School.

The duration of the run is 1 hour and approximately 5 miles around the local area. It is a mixed ability group with some topping and tailing.

During the winter months, please ensure you are wearing high visibility clothing and ideally carrying a torch. We would love new members to come and join us!

Session Leaders:

Simon

Judy

Sonny

Robyn

Jane

Other volunteers are welcome to lead!

A big thank you to Mike Ransome who has recently stepped down after many years as leader and coordinator of the Monday session. We are very grateful for your dedication in this role.



SATURDAY SERIES: 5 MILE HANDICAP

7th September

Name	5 mile Race Time	Race Hcp	Event Hcp Time	Next Hcp	Points
Rohan Mascarenhas	45.32	6	51.32	15	25
Mike Ransome	74.03	-19	55.03	-14	20
Peter Reynolds	39.10	18	57.10	21	17
Kevin Smart	39.15	21	60.15	21	13
Paul Hor	45.20	15	60.20	15	12
Gladys De Groot	80.50	-20	60.50	-21	11
Ruth Tidder	45.37	16	61.37	15	9
Anne Ambrose	65.15	-2	63.15	-5	6
Barbara Reading	56.31	7	63.31	4	5
Sonny Peart	49.04	16	65.04	11	2
Vijay Singh	59.50	6	65.50	1	1
Elish Fernandes	79.00	-12	67.00	-19	-2
Barbara Pacinella	79.00	-12	67.00	-19	-3
Jonathan Pang	56.16	11	67.16	4	-4
Bill Harrington	74.03	-6	68.03	-14	-6
Angela Murphy	74.03	8	82.03	-14	-21

The September Metros' 5-mile handicap took place at Roxbourne Park as a part of the regular Saturday morning Metros sessions. Sixteen Metros took part and left the start point at roughly appropriate intervals appreciating the wants of a handicap race. There was evidence in the event of the marvellous spirit of Metros as a club, supporting their colleagues. Thank you to everyone who took part and made it enjoyable for all.

It was the last race of the Handicap event year. The winner of the series will be announced at the Pizza and Prizes evening, however, the results for the September event are set out above. Please note there were two first time runners who, in accordance with event rules, were given a handicap of 6.

Gordon Valentine

SATURDAY SERIES: 5K COMPETITION

The Metros 5k competition runs from September 2024 to September 2025, with one event per month.

Date	Race	
21-Sep	Canons Park parkrun	☑
26-Oct	Harrow School track	
9-Nov	Roxbourne Park	
14-Dec	Northala Fields parkrun	
25-Jan	Harrow School track	
15-Feb	Roxbourne Park	
22-Mar	Rickmansworth parkrun	
5-Apr	Harrow School track	
17-May	Roxbourne Park	
21-Jun	Gladstone parkrun	
26-Jul	Harrow School track	
9-Aug	Roxbourne Park	
20-Sep	Cassiobury parkrun	

Click [here](#) to view further information about the 5k challenge and how the scoring works.



SATURDAY SERIES: 5K COMPETITION

Canons Park parkrun - 21st September

Name	Time	Age Grade	Points	Volunteer?
Janice NEWMAN	0:30:44	86.71%	50	
Sasha BIRKIN	0:21:06	82.54%	49	
Emma PONNAGANTI	0:22:55	72.29%	48	
Lynne JONES	0:28:41	71.76%	47	
Jasia ZIMMERMANN	0:29:33	70.73%	46	
Ruth TIDDER	0:26:40	66.13%	45	
Jennifer O'SULLIVAN	0:27:29	61.01%	44	V
Stephanie WHITE	0:35:54	60.03%	43	
Una CUNNINGHAM TAYLOR	0:28:07	58.92%	42	
Judy RACKHAM	0:36:01	56.27%	41	
Amanda KENNELLY	0:35:50	54.93%	40	
Linda ROSS	0:36:51	51.92%	39	
Philippa BROWN	0:33:32	47.81%	38	
Layla BASSIRI	0:35:03	47.46%	37	
Sophia BASSIRI	0:40:14	45.03%	36	
Sakina SIDIK	0:35:08	44.78%	35	
Zahra BASSIRI	0:40:14	38.53%	34	
Helen SIMONS	0:57:23	34.80%	33	
Lorraine O'DONOVAN	0:57:24	34.29%	32	V
Shama MEGHJEE-CAINE	0:55:27	32.22%	31	V
Tanya KEENE	1:06:13	25.95%	30	V
	Average		40	



Volunteers
Shama MEGHJEE-CAINE
Wendy MULVENNA
Lorraine O'DONOVAN
Tanya KEENE
Jennifer O'SULLIVAN
Irene PAULL
Monica SHORTT
Siobhan WILBY

SATURDAY SERIES: 5K COMPETITION

Canons Park parkrun - 21st September

Name	Time	Age Grade	Points	Volunteer?
Nigel RACKHAM	0:19:01	85.80%	50	
Russell MORRIS	0:20:39	73.77%	49	
Peter REYNOLDS	0:23:50	71.68%	48	
Nathan POWELL	0:22:04	70.24%	47	V
Marcus WEEDON	0:21:15	69.96%	46	
Robert BEVAN	0:23:25	68.47%	45	
Gerry BARKER	0:35:30	68.45%	44	
Rocco KEENE	0:20:20	68.44%	43	
Simon ABERY	0:24:35	64.68%	42	
Ed DARNELL	0:26:41	59.59%	41	
Bijan KEENE	0:25:05	59.27%	40	
Martin EDEN	0:29:36	58.28%	39	V
Tim OAKLEY	0:29:00	57.82%	38	
Rohan MASCARENHAS	0:26:54	57.13%	37	V
Steve PAULL	0:31:28	56.73%	36	
Kirit RANPURA	0:29:24	56.52%	35	
Ian MCPHERSON	0:28:02	56.24%	34	
Amol BHUPTANI	0:23:08	56.05%	33	
Nick RUSSELL	0:27:01	55.46%	32	
Ravi RAJA	0:25:09	51.56%	31	
Quinton STOWELL	0:30:12	51.32%	30	
Tanasheh ABRAHAMS	0:26:13	49.27%	29	V
Mike REID	0:33:35	49.03%	28	
Mitesh PATEL	0:27:49	48.71%	27	
Ariff SIDIK	0:30:12	46.96%	26	
Sam WEBB	0:35:55	35.92%	25	
David BROWN	1:01:31	31.35%	24	
Emil Dragos BODEA	1:06:12	21.42%	23	
	Average		36.5	



Volunteers
Tanasheh ABRAHAMS
Andrew BORLEY
Martin EDEN
Nathan POWELL
Rohan MASCARENHAS
Barry NOLAN

LFOTM SOCIAL RUN / WALK

Just before noon, a group of 20 Metros plus Hugo, Janice's guide dog, congregated outside Eastcote House. The challenge? To run, jog, walk, spectate or take photos of a 5k route around the Gardens. The weather was perfect, the route, varied. Thanks to Simon for organising, even though I obviously didn't listen to his instructions properly, and managed to lead Sarah and Lynne astray on the first lap. I promise we did make up the distance at the end. Dave Brown appeared part way through the run and joined Gill and Jane spectating - welcome back Dave - it seems no time since you left! Coffee/lunch afterwards was enjoyed by many, and was also a chance to catch up with Una and her family who just happened to be lunching there too - Metros get everywhere!

Thanks to Jane Hudson for taking on the role of photographer for the event.

Judy Rackham



What is the LFOTM?

A social run or walk at midday on the last Friday of each month. Please check SPOND for details of the location which will be published nearer the time.

LRRRC TROPHY RACES



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

Date	Cost	Race	
22-Jan	£20	<u>Fred Hughes 10</u>	✓
24-Mar	£29	<u>Hillingdon 20</u>	✓
12-May	£23	<u>Marlow 5</u>	✓
2-Jun	£27/£22	<u>Hitchin HM/10K</u>	✓
18-Aug	£30/£22	<u>Burnham Beeches HM/10K</u>	✓
22-Sep	£18	<u>Moor Park 10K</u>	✓
29-Sep	£25	<u>Leighton 10</u>	✓
20-Oct	£25	<u>Cabbage Patch 10</u>	
27-Oct	£25	<u>Ricky Road Run</u>	
3-Nov	£22/£32	<u>Marlow 7/HM</u>	

Click [here](#) to view the requirements for participating in the league and information about scoring.



Moor Park 10k - 22nd September 2024

LRRC TROPHY RACES

Moor Park 10k - 22nd September 2024

Position	Name	Gun Time	Chip Time	
3rd	Justin Archer	39:49	39:44	3rd male
6th	Nathan Gee	40:58	40:52	3rd VM50
13th	Christopher Shearwood	42:50	42:53	1st VM60
16th	John Norris	43:34	43:26	3rd VM40
32nd	Emma Ponnaganti	47:06	46:58	3rd female
36th	Amol Bhuptani	48:02	47:55	
40th	Clive Lewis	48:26	47:59	
47th	Kevin Smart	49:03	48:50	
75th	Marc Sindole	51:45	51:20	
100th	Bernie Conway	54:12	54:06	2nd VW35
129th	Stuart Abraham	57:05	56:28	
134th	Una Cunningham	57:38	57:06	
137th	Jeff Rollason	57:47	57:20	1st VM70
147th	Quentyn Taylor	58:24	57:52	
153rd	Anthony Rhodes	58:42	58:13	2nd VM70
156th	Harish Gohil	58:57	58:23	
190th	Saloni Bhuptani	1:01:53	1:01:32	
270th	Michael Reid	1:10:35	1:10:04	
271st	Philippa Brown	1:10:38	1:10:05	
272nd	Glyn Watkins	1:10:39	1:10:04	3rd VM70
328th	Keval Shah	1:22:50	1:22:00	
329th	Angela Murphy	1:25:43	1:24:51	

LRRRC TROPHY RACES

Leighton 10 - 29th September 2024

Position	Name	Gun Time	Chip Time	
9th	Nigel Rackham	1:02:32	1:02:30	1st VM60
40th	Chris Shearwood	1:11:51	1:11:47	
144th	Tony Rhodes	1:35:06	1:34:50	
157th	Vincent Cheung	1:37:56	1:37:32	
159th	Quentyn Taylor	1:38:06	1:37:47	
163rd	Ruth Tidder	1:39:23	1:39:04	
176th	Una Cunningham Taylor	1:45:28	1:45:09	
177th	Mike Reid	1:45:46	1:45:27	



LEAGUES: THAMES VALLEY CROSS COUNTRY

2024/2025 TVXC dates:

**WE URGENTLY NEED EXTRA MARSHALS FOR
OUR HOST FIXTURE ON SUNDAY 6TH OCTOBER.
PLEASE SIGN UP ON SPOND OR CONTACT NIGEL
RACKHAM DIRECTLY IF YOU CAN HELP.**

6th October	Metros
20th October	Handy Cross Runners
10th November	Datchet Dashers
24th November	Sandhurst Joggers
8th December TBC	Reading Roadrunners
19th January	Thames Valley Triathletes
2nd February	Marlow Striders

TVXC 2024/25

DATE - 6TH OCTOBER 2024 @ 4PM

LOCATION - HILLINGDON SPORTS COMPLEX - UB8 1ES

OUR OPENING HOME LEG OF THE TVXC SEASON NEEDS YOU!

**VOLUNTEERS TO HELP MARSHAL THE COURSE AND ASSIST WITH REFRESHMENTS
CAN NOW SIGN UP ON SPOND**

DON'T FANCY HELPING? - THEN SIGN UP ON SPOND TO RUN INSTEAD

**FOOD DONATIONS - WE ALWAYS PUT ON AN AMAZING SPREAD -
LET'S DO IT AGAIN BY BRINGING YOUR AMAZING CAKES AND SAVOURIES
TO THE COMPLEX ON THE DAY!**

RACE RESULTS (1)

The Big Half, 1 September

Nathan Gee	1:29:01	
Tanasheh Abrahams	1:35:15	
Sasha Birkin	1:36:37	3rd VW50
Russell Morris	1:39:31	
Clive Heidrich	1:40:20	
Clive Lucas	1:43:23	
Abdul Ali	1:43:46	
Quentyn Taylor	1:49:49	
Zahra Bassiri	1:49:50	
Nathan Powell	1:50:11	
Linda Dunne	1:52:39	
Nick Russell	1:59:13	
Keval Shah	2:05:17	
Liz Abrahams	2:12:02	
Rohan Mascarenhas	2:12:35	
Ariff Sidik	2:12:41	
Jennifer O'Sullivan	2:14:02	
Lynne Jones	2:14:20	
Sam Webb	2:19:38	
Michael Reid	2:23:46	
Lorraine O'Donovan	2:27:58	
Ian Mcpherson	2:30:16	
Martin Eden	2:36:58	
Beth D'Cruz	2:43:50	
Sue Weston	2:52:15	
Tanya Keene	2:55:35	
Kenneth Lau	2:57:02	
Meena Mistry	3:09:22	
Anne Ambrose	3:15:30	



VAC and London Masters Open T+F Championships,

31 August

3000m Race Walk

Chik Ha KWOK 17:29.76

(2nd place)

Man Biu LAM 18:02.59



Great North Run, 8 September

Jonathan Evan-Hughes 01:38:56

Robert Bevan 01:47:30

Martin Hopson 01:54:06

David Merrigan 02:20:08



Richmond Half, 15 September

Bruno Croford 2:19:12

Ariff Sidik 2:19:18

Sakina Sidik 2:42:41

Enfield League:

One Hour Race

21 September

Chik Ha KWOK 9.593km

(1st place)

Man Biu LAM 9.285km

(3rd VM65)



RACE RESULTS (2)

London Inter-Club Challenge 3, 1 September

5000m Race Walk

Chik Ha KWOK 30:35.75

(2nd place)

Man Biu LAM 31:36.97



Ealing Half, 29 September

Daniel Smith 1:26:13

John Norris 1:28:35

Tanasheh Abrahams 1:32:40

Andrew Borley 1:54:59

Shefali Rao 2:06:32

David Merrigan 2:13:10

Lorraine O'Donovan 2:16:57

Bruno Croford 2:19:37

Ariff Sidik 2:27:11

Sakina Sidik 2:39:25

Rose Marie Granaghan 2:44:05



Chase the Sun 10k, 18 September

Chik Ha KWOK 1:03:47

Man Biu LAM 1:07:49

(2nd VM65)

Berlin Marathon 29 September

Nathan Gee 3:04:35

Keval Shah 4:28:49



Vitality 10k, 22 September

John Norris 0:39:56

Marcus Weedon 0:42:01

Tanasheh Abrahams 0:42:27

Russell Morris 0:43:34

Mohamed Hamid 0:43:43

Ali Abdul 0:44:47

James Kerrane 0:45:51

Malcolm Smith 0:48:23

Robert Bevan 0:50:14

Harish Gohil 0:51:42

Andrew Borley 0:53:07

Quentyn Taylor 0:53:09

Keval Shah 0:53:14

Bijan Keene 0:53:47

Jennifer O'Sullivan 0:54:43

Rohan Mascarenhas 0:56:13

Ariff Sidik 0:57:10

David Merrigan 0:57:54

Lorraine O'Donovan 0:59:29

Michael Reid 1:00:31

Sarah Armstrong 1:03:56

Sakina Sidik 1:05:15

Beth D'Cruz 1:05:48

Tanya Keene 1:06:21

Marion Rogan 1:10:04

1st VW75

Gertrud Porter 1:14:32

Farzina Kapadia 1:19:29

Alisha Sidik 1:23:12

Veronica Georgescu 1:30:03

Shama Meghjee-Caine 1:49:16

Una Cunningham 1:52:45

Wendy Mulvenna 1:52:47

Meena Mistry 2:01:11

RACE REPORT - RIVER RELAY

1st September 2024

I saw the river relay advertised on Spond and I thought why not, it's a bit different. I then thought, hang on, how is this going to work, I need to be at the start but I can't go back and get my car easily so I needed help. I know, hubby can drop me off, drive to my handover, pick me up, job done. But then I thought, I can't go home when the team is still out there and it would be so good to be at the finish, we needed a team photo!

So Gill and Chris to the rescue; they dropped me at the start, Boveney Church in Windsor, (I would never have found it on my own!) and then they drove off to my "handover to Judy" point in Old Windsor. I felt a bit sad all on my own, lots of other clubs had multiple teams running so it would be amazing next year if we could have 2 or 3 teams on the go??

So we started, there were around 60 or so runners at this point, we spread out quite quickly so I always made sure I could see someone in front as I could not afford to lose sight of anyone as my sense of direction is bad. I did watch the YouTube clip of my leg (3 times) but it was still reassuring to see runners ahead so I couldn't afford to lose them, also Judy was waiting patiently for me so I needed to push on.

I had anticipated I would be running for about 9k so was very pleasantly surprised to see Judy waiting for me at 8.6k! Job done! Baton handed over, my part was done. I then joined Chris and Gill and we headed towards Runnymede. We were lucky to see Judy en route and cheer her on. Next stop, Manor Park, Shepperton to see Nigel finish and Mumbi start her run. It was good to see Emma and baby Charlie who were there to see Grandad Nigel finish his leg. Next stop Hurst Park, East Molesey waiting for Mumbi to hand over to Chris, Mumbi ran so quickly, I had to sprint to find Chris who had disappeared temporarily to tell him she was finishing so that was a very fast handover. Last stop, the finish line, Hawker Centre, Kingston upon Thames. The traffic was quite heavy so we arrived the same time as Chris came through the finish!

What a great day out, it was different to a usual race, I would definitely recommend it. It would be amazing if we could put more teams together next year and enjoy a celebratory picnic at the end. It took a bit of organising but thanks to Gill Shearwood who was brilliant at getting us all to the right place at the right time.

Ruth Tidder



RACE REPORT - RIVER RELAY

Start / Finish	Distance (miles)	Runner	Time Taken	Position After Stage
Boveney Lock to Ham Lane	5.6	Ruth Tidder	48:49	48th
Ham Lane to Staines	4.4	Judy Rackham	53:48	54th
Staines to Manor Park	6.5	Nigel Rackham	40:30	44th
Manor Park to Hurst Park	4.9	Mumbi Keinamma	53:23	48th
Hurst Park to Hawker Centre	5.2	Christopher Shearwood	38:52	45th
	26.7		3.55.22	45th

57 teams took part in the 2024 River Relay. The fastest team (from Trent Park RC) completed the distance in 2.41.14. The final team (from Reading Roadrunners) finished in 5.33.17.



RACE REPORT

Sakina's Latest Challenges

For those who know me, know that I am a very competitive person (against myself) and like to challenge myself but due to cardiac issues after the Moor Park 10k in 2020, it's harder to get PBs so I try and challenge myself in different ways.

London Classics is one of the challenges that I thought I would like to achieve. Since cycling is my least favourite I thought let me try swimming first and if I manage to finish that I will think about cycling. In June whilst on holiday, I managed to secure a community place for Swim Serpentine (2 miles) through SheRuns.

My dad taught me how to swim in the Indian Ocean in Dar es Salaam (Tanzania). We didn't get good goggles in Dar es Salaam at that time so I learnt to do breaststroke with my head above the water. I enjoy swimming for leisure and fun.

With less than 3 months to go, I did realise it was too late to change or learn proper strokes but I needed to build stamina so I went swimming twice a week, Tuesdays at Merchant Taylor open water and Fridays at the local swimming pool. I spoke to Linda Dunne and Nick Russell for advice as both of them have done the event. One thing I made sure to invest in was a wetsuit after speaking to them. I did a trial at Hyde park with a wetsuit and one thing I realised was how heavy it was to carry back home after the swim. So I made sure Zaheer and Alisha would be at the finish to help me carry my things home.

Race Day

After having a good breakfast, I made my way to Hyde Park not knowing what to expect. The environment was buzzing and just as friendly as London Marathon. The water temperature was 19.5 degrees and it was cold but the sun was shining. I was so glad to have a wetsuit on. The lifeguards and marshals were so friendly and encouraging that the first lap was done with enjoyment. I started the second lap, and after 2.5k, my back started hurting as the wetsuit was giving me buoyancy and keeping my body straight. I tried to stretch it as much as possible and carried on. The last 400m were horrible; I was tired, cold and just wanted to be done. My arms felt like they were going to fall off. I was cursing myself and really questioning my life choices. I was thinking even if I was to crawl on my hands and knees, I would have finished 2 miles quicker than the time it had taken for me to swim it.



RACE REPORT

I finally managed to finish. I have never cried after any event but I was in tears when I finished. My legs were wobbly so I had to stand for a few minutes before I could walk to the changing rooms. All I wanted was something hot and the great volunteers gave me hot Ribena which has never tasted better. Zaheer and Alisha were at the finish line waiting for me.

But this wasn't the end of the weekend as I had Richmond Half the following day which was the second time that weekend were I was questioning my life choices. The way I convinced myself to the start line was by saying to myself that I will do the 10k instead of half and will try the Jeffing method. I was dragging my feet to get ready and I could tell that Ariff was getting agitated but wasn't saying anything. For those who know us, I am usually on time if not late and Ariff likes getting to events super early.

Got to the start line and started. I was doing 4 mins of running and 1 min walking. The half and 10k had pretty much the same route. Got to around 8k and was feeling ok. So decided to carry on and do the half. I managed to finish the half. I realised I am so blessed to be able to challenge myself and push myself to do better.



RACE REPORT



Marcus and Quentyn Ride 4 NASS

It seems amazing that 2 years ago an idea of cycling from London to Paris was a good idea, but that changed on several occasions over the next year or so thanks to Eurostar, and then was born the idea of Cycling the Round Norfolk Relay Route, but due to logistical problems we changed to 2 x 100 miles out and back routes from Bury St Edmunds.

Base camp for the weekend was the Best Western Priory Hotel for me and riding companion Quentyn, arriving on the Friday evening we soon got settled in, laying out all our gear in preparation for our very early start - mainly talking what we were going to take nutrition wise and clothing wise - clothing being that the temp was due to be close to 5c when we set off.

We wake up at 5am getting stuck into breakfast (mine supplied by the hotel which I have to collect from reception - pretty good spread in a bag inc. a cold sausage, bacon eggs roll), then getting the lycra on and filling our pockets with all the nutrition and carbs that we will need for the first 100 miles

6am and we are off, we soon realise how cold it is, fortunately Quentyn has some good sense and has put on an additional layer and is wearing gloves fitting the cold conditions, stupidly I'm not. The first few km we head out of BSE via some short cut lanes and then on to a main road.

However we are soon to find our first obstacle which wastes time and adds a few miles on. Our Garmin route isn't as accurate as we had hoped or the 2 riders aren't paying close attention due to it being so early and so cold. So we end up travelling up a wrong road which happened to be a hill, we then get diverted onto a driveway that then leads to an open field with a path, the path leads back down the hill through a hole in the hedge and back on to the road where we started - of course confusion sets in and we start to wonder if the rest of the route is going to be the same.

Fortunately we work out what has happened and we find the right road and off we go. The first 10-15km were really very slow, which was fine as we had 2 days cycling to do, but considering it was soooooooo cold, our fingers were getting very numb, we started to not be able to feel our brake or gear levers - even Quentyn with his gloves on was having the same numb sensations that I was.

The highlight of the morning though during this cold period, was riding into the sunrise, absolutely spectacular if not blinding, literally for about 20 mins or so we could hardly see a thing. Around 7.45ish we see a sign for Costa Coffee in Stowmarket, I never thought of Costa Coffee as being a place of salvation but we instantly rush to it as we really need a warm drink, I need coffee and Quenten tea, but more importantly we really need something to heat us back up. Good place for a toilet break as well, where I spent 10 minutes warming myself up under the hand dryer - honestly I can say that was the best hand dryer moment of my life!!

Break over and thawed out, we head out of Stowmarket towards Alderburgh - we pick up speed with the wind behind us and we arrive at the seaside town around 10.50am, we hunt for a Fish and Chip shop, to be told none are open until 12pm, so shocked we move to a terrace at a hotel, to be told they don't serve anything until 12 either - how do these places make money out of people?? So we end up at a place called Munchies where we are met by the owner of the business who clearly hasn't had her medication or maybe she has....lol well she was an absolute nutter in a very good way, so we had some good banter and entertainment whilst we sat in the morning sun outside enjoying another drink and a little snack.

At this point, I'm thinking about the journey back, we are kind of on schedule but realise we will have a headwind to contest with, it's going to be a tough journey back, and indeed it was. 100KM and I'm starting to feel it, bear in mind I've only done about 5 rides before this challenge, heading into this wind was starting to take its toll. A few more miles down the road I'm hit with my first puncture, I have to call Quentyn as he's a bit further up the road, he comes back and fixes very quickly like the puncture repair wizard that he is. Sadly as we get closer too Stowmarket the puncture repair fails and we have to stop once again. We chuck on a new inner tube this time to save messing about and crack on to Stowmarket for our last break.

We now know the route back home so we avoid some of the lanes we were taken up previously, but my new inner tube has acquired a slow puncture so we have to pump up several times on the way back to base camp - what an eventful journey back which certainly required a rewarding nice cold drink. Both knackered we head for an earlier sleep as we plan to get out at the same time the next morning.

Day 2 - BSE - Snettisham - BSE

Alarm goes off 5am and it's all systems go once again...

So the expectation from my point of view on day 2 was that it was going to be the slowest and hardest day of the 2 due to my back disease and the great fatigue that comes with it, it really is a gift that keeps on giving, and this is where the challenge really is within these 2 days.

Surprisingly we knock out these early morning miles quickly, massively helped with the route as it stays mostly on the same roads all the way to Snettisham and it's less undulating than yesterday. It's a different bike game to yesterday as we really get some momentum with not getting lost or having to take loads of turnings, so we burn the bike rubber brilliantly until we get to Grassy Lane (a name I will never forget) which takes us down a forest path/single track short cut - damn it Garmin what did you do to me and my bike - Quentyn flies through this bit no problem but my bike just can get grip in the slippery indents in the track which means I have no choice to topple over and still connected to my bike on 3 occasions very much like those Tennessee Fainting Goats - at this point my blood is boiling and I'm swearing quite a bit, so there is no option but to walk through the muddy grass to an area which looks more suitable for cycling.

A quick break and we are off again, before we know it (9.30am) we have arrived in Snettisham - WOW we were really flying. I mean we were helped by the fact we didn't see one shop or cafe on the way, and it was no where near as cold as the day before, massively helped with the additional layers that I have put on today. And that cafe at Snettisham - WOW again as they did a mean breakfast, shame though as my coffee wasn't to the same standard...

10.45am approx we start to make our way back, full up and fuelled up for the last leg of this challenge. And yes it did start to tell that we had done 150 miles so far, not sure about Quentyn but by 40 miles to go my legs were done (mainly quads) I'm no longer able to keep up with Quentyn who seems to not be affected by the distance done so far .

We decide Grassy Lane is to be avoided, soon after our deliberate diversion we make our first and only mistake of the day, all my fault and we end up somewhere where we have no choice but to retrace our bicycle tracks and get back on route. Not what you need, additional milage when you are starting to think that 200 miles seems a stretch too far. However, the adrenaline starts to kick in with what appears to be 30km, the feeling we are so close to getting this finished! The lovely roads going through Thetford Forest, I can honestly say I would love to ride there every weekend, absolutely stunning scenery and superb roads to cycle on!

Getting close to 160km, Quentyn stops ahead of me, not sure why but it looked like he was either taking a picture or videoing me cycling, so I pick up the pace and whizz past him and continue, I later find out he was waiting for me so we could finish together. Good thing I slowed down for him to catch up anyway. Somehow we add on another 9km, as you can imagine once you go past 160km and start getting close to 170km, you are thinking where on Earth is that - base camp or the finish line?

WE DID IT!! 200 MILES IN 2 DAYS

We were hoping to see some of the Round Norfolk Relay folks on the way when travelling through Weeting, but that sadly didn't materialise, but we got to see the amazing rolling countryside, plenty of wildlife alive and dead (so much roadkill and more than I had ever seen in previous cycles). Our bodies battered but we had such an amazing time, incredible support and we raised a ton of money for the charity NASS - what a blast!! Definitely feeling worse for wear as I write this article!!



PARKRUN TOURISM



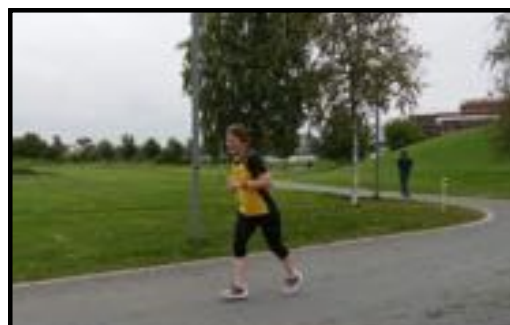
PARKRUN TOURISM

Nansenparken parkrun, Norway (Jane Hudson, 21 September)

Nansenparken parkrun is Oslo's second of 3 parkruns, the others being Toyen and Ekebergsletta in the east of the city. Nansenparken was created on the site of the former Oslo Airport at Fornebu in the south west of the city and was named for polar explorer, scientist, diplomat, humanitarian, and Nobel peace prizewinner Fridtjof Nansen who lived nearby, his son Odd Nansen being the architect who designed Fornebu Airport. The parkrun was set up in September 2021.

As I was staying with my old schoolfriend Marit who lives right on the doorstep it was high on my to do list to take part, which I duly did on 21st September. We may think of Norway consisting of mountains and fjords, but being on the site of the old airfield this is a pretty flat course, 3 and a half times round the park. The small team of volunteers are friendly and encouraging, led by run director Elizabeth. There are generally a few runners from overseas so the first timers' briefing was in English 😊. I chatted briefly to a couple from Ramsbottom near Manchester but had to send them on as they were too quick for me!! The total number of runners was 87 which is near the average now although numbers are increasing (on 4th February they had 6!!). I was happy with my placing, time, and age grading, and enjoyed a hot chocolate and cinnamon bun with the team at the local cafe. Marit had a PB 🙌.

Afterwards Marit and I went into Oslo to spectate a bit of the marathon and half marathon taking place on the same day (if you wanted, you could do parkrun in the morning and the half marathon or a 10k in the afternoon 😊).



Farewell

Over the last few weeks there have been several well deserved farewells to Angela Murphy and on Saturday 21st September, her time as part of Metros Running Club was celebrated at Roxbourne Park. Angela has been an active member of Metros for many years, having joined the club in 1992. Her friendship, support and encouragement has benefited so many members. She faithfully coordinated the Wot no Watch sessions, however, sadly, despite my best efforts, I never managed to win the trophy. She also coordinated the First Aid, more recently ensuring the bum bags were fully stocked. I for one (regularly!) benefited from her diligence. Whilst injury meant she was not able to run so much recently, she made it her mission to accompany any walkers during weekday sessions.

Angela has also been a regular volunteer at Pinner Village Gardens junior parkrun on Sunday mornings, tail walking being her preferred volunteering role. Many a small person was seen happily holding her hand during the event. 2km never seemed so daunting when you had Angela by your side.

Thank you so much Angela. Your selflessness has not gone unnoticed. We hope you enjoy your new adventures away from Harrow with your daughter and grandchildren. We will miss you loads, however look forward to your return visits!

Judy



Thanks for the kind words and warm wishes not to mention cake and Prosecco (non alcoholic) last Saturday at the scout hut. I'm moving house and saying au revoir but I'll be back to visit Metros events as I'll miss everyone so much.

Angela

Farewell

Last month, we said goodbye to Dave Brown who moved away after 38 years as a member of Metros! He has now settled into his new house and would like to pass on this message...

Wednesday 14th August 2024 has come and gone. Not a particularly remarkable day for most people I imagine but for me it has great significance. After the best part of 2 years of trying with many setbacks we finally moved from Pinner. A place where I have lived for 50 years with Sharon, so in fact most of our lives. It was not a stress free day but one we have been looking forward to having planned to move to Bexhill to be near our daughter Michelle and her husband Mark. We are settling in here and have been warmly welcomed not only by our immediate neighbours but everyone in the road, a crescent of 12 houses, now knowing everyone by their first names.

Of course there are things I will miss about Pinner and London in general but the thing I will miss the most is Metros. Metros is not just a running club but a community in its own right. I have been asked a lot whether I will join another club but I don't think I can as nothing compares with Metros. The friendship, support and care shown by Metros to each other is amazing and it has been a privilege to be part of it. The farewells Metros have arranged at various locations have been amazing and I cannot thank everyone enough for the incredible amount of money collected as departing gift for me which I will use to buy something memorable for my new house.

This is not goodbye as I will always be back at events and training sessions whenever possible but regrettably not like I have for the past 38 years.

I will miss you everyone my lovely friends.

Good luck

From Dave

Kit



Vest: Front

Rear view



Tee-shirt: Front



Rear view

Official Club Kit

Please check the [Metros website](#) for details of pricing and sizing for official kit.



Standard yellow body, long sleeve T
(front and rear view)

Alternate blue body, long sleeve T
(front and rear view)

The following items may not be in stock however can be ordered for delivery: knitted hats, hoodies and fleeces (300gsm and 380gsm).

Please contact Pat Jackson to order kit.

NEW: Metros Training Tops

These running shirts/vests can be worn to training sessions/parkrun/gym and your solo runs. This [link](#) will send you straight to our web shop page, allowing you to order online, with delivery direct to you.

Please note these are not part of the official Metros kit and should not be worn for league races (Summer League, TVXC, Vets T&F) or trophy races.

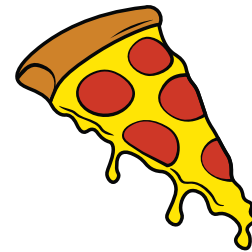


MEMBER DISCOUNTS

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.

Looking for running socks or new insoles? Use code **ARIFFSIDIK** for a 15% discount at www.enertor.com

PIZZA AND PRIZES



Friday 22nd November 2024

Lowlands Tennis Club, Lowlands Road, Eastcote HA5 1TU

7pm for a 7.30pm start

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 23/24 running season.

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

By Monday 18th 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.)

Awards

TVXC League 2023-2024

Summer League 2024

Track & Field MBEs & Track Shields

Measured Mile

5 Mile Handicap

LRRC Trophies

5K Competition (Roxbourne, Track & parkruns)

Ann Marsden 5K (Roxbourne)

Young Runners

Beginner Runner

Running achievement awards

Services to Running



COMMITTEE MEETING NOTES

NOTES OF METROS COMMITTEE MEETING

Wednesday 18 September 2024 at 8:00pm

Venue – Nigel & Judy Rackham's house

Attendees: Tanasheh Abrahams, Anne Ambrose, Andy Fox, Pat Jackson, Irene Paull, Steve Paull, Nigel Rackham, Ariff Sidik, Marcus Weedon, Teresa Young

1. Apologies: Tarana Agarwal, Steve Alder, Rohan Mascarenhas, Jenny O'Sullivan, Marilyn Pickford

Chair: Marcus Weedon

Note Recorder: Pat Jackson

2. Actions from Last Meeting

a, Metros Training Tops – Now being sold.

GVXSgymwear- Ariff reminded members of the 10% offer on GVXSgymwear.com using the code Ariff10. **ITEM CLOSED**

b. First Aid Course – Confirmed for Saturday 28 September and well supported.

c. England Athletics (EA) Rules – A study needs to be made to review rules relating to Metros, particularly regarding safeguarding policies and Welfare Officers. Nigel agreed to do this. **ACTION:** Nigel Rackham

d. Wearing Headphones to Sessions – Marcus had stated our recommendations in Metrolines. **ITEM CLOSED**

e. Feedback and Review of Sports Day – Jenny O'Sullivan had reported a successful event. **ITEM CLOSED**

f. Metros Vacancies -

Honorary Secretary – Steve Alder wishes to step down – a replacement is needed,

First Aid Co-ordinator – previously Angela Murphy – Vacant

TVXC Race Director – previously Marcus Weedon – Vacant

TVXC volunteers—previously Angela Murphy – vacant (Nigel Rackham)

Metrolines – previously Anne Ambrose now Judy and Emma Rackham

Social Media – previously Linda Georgiades – Tanasheh Abrahams will co-ordinate the Metros Instagram account.

g. Thursday Session 25 July – Following a suggestion by Nathan, an Olympic style theme on the day before the start of the Olympics, was enjoyed by all. **ITEM CLOSED**

COMMITTEE MEETING NOTES

h. Canons Park parkrun, 31 August – the ‘sea of yellow’ was a success and will be repeated at other venues. **ACTION:** Marcus Weedon/Ariff Sidik

i Liddiard Trophy Cross Country, 2 November, Fryent Country Park – Jenny O’Sullivan will advertise suggesting Metros members participate. **ACTION:** Jenny O’Sullivan

j. Prizes and Pizza 22nd November – Ariff will collect ongoing awards. **ACTION:** Ariff Sidik

k. Couch to 5K – Mike Reid will co-ordinate a new course starting in January assisted by Una, Pip, Diane and Mahua. **ACTION:** Mike Reid

l. River Relay – one Metros team entered. Hopefully more Metros teams next year. **ITEM CLOSED**

m. Megaphone – Marcus had purchased a new, lighter, more modern megaphone. **ITEM CLOSED**

n. Tear Drop – A new, larger, lighter tear drop will be purchased. **ACTION:** Teresa Young

3. Club Events

a. TVXC 6th October 3pm start – More volunteers are needed – names to Nigel Rackham. **ACTION:** All members

b. 45th Annual BJ FUN RUN 28th September – Will now go ahead as planned Harrow Council decided not to charge for the event. **ACTION:** Pat Jackson

4. Other Events

a. Be a Metro for a Month – Pippa Brown had drafted poster publicity which was reviewed. It could quote a QR code directed to the Metros web site. It was decided to have ‘come try Metros’ ongoing, not just for a particular month, with a reduced membership fee eg anyone joining in January could have 14 months membership for a 12 month payment. **ACTION:** Ariff Sidik/Tanasheh Abrahams

5. Admin - none

COMMITTEE MEETING NOTES

6. AOB

a. Monday Night Core Session – it was agreed that a church hall be hired for an hour at £35 to host a KB session with a qualified instructor, conditioning, core and strengthening work by experienced Metros leaders. **ACTION:** Ariff Sidik

b. Leadership Course in Running Fitness (LIRF) Renewals – Marcus will check if the Metros who have the qualification, have renewed it and encourage session leaders to qualify. **ACTION:** Marcus Weedon

c. Round Norfolk Relay (RNR) – Marcus and Chris Shearwood are keen to enter a Metros team and will advertise for participants. **ACTION:** Marcus Weedon/Chris Shearwood

d. Vets T&F Co-ordinator – Wendy Mulvenna, present co-ordinator, does not wish to continue as such next season - Marcus Weedon will co-ordinate. Wendy was thanked for her excellent work in that role for many years especially encouraging new participants.

e. Google Group – Following a suggestion from Irene, the email Google group, which is difficult to maintain, will be discontinued. Irene agreed to post instruction on how to add a post to Spond. **ACTION:** Irene Paull

f. Young Runners' and Beginner Runner Awards – Requests for nominations for the Young Runners' and Beginner Runner Awards will be advertised to be received prior to the Metros committee meeting on 16 October. **ACTION:** Ariff Sidik

g. Metros Shed – following their earlier, excellent work on the Metros shed, Andy and Linda Dempster have laid lino on their new floor. Thanks to them and David Young who has also helped maintain the shed.

Marilyn has established that the Scouts will engage a tree surgeon to remove the branch above the shed.

Date of next Meeting: Wednesday 16 October

Meeting closed at 9.30 pm with thanks to Nigel and Judy for their hospitality.

SOCIAL MEDIA

We have public facing Facebook and Instagram pages, in addition to two closed Facebook groups for members only. Please join us online and share your photos and race results with us!



WEBSITE



www.metros.org.uk

FUNDRAISING

Bruno Croford is running the Royal Parks half marathon and raising money for The Mariposa Trust: Saying Goodbye.

<https://www.justgiving.com/page/bruno-croford-1720167609834>



Sue Green is running the Royal Parks half marathon and raising money for Guide Dogs for the Blind.

<https://www.justgiving.com/page/sue-green-1708032941242>



Emma Rackham is completing 5k every day in October and raising money for Tommy's.

<https://www.justgiving.com/page/emma-rackham-1727295260440>



NEXT MONTH IN METROLINES...

We would love your contributions to Metrolines! Please email us with your running / walking race results, achievements, photos etc, by 25th October.
metrolines1@gmail.com

Trophy Races
Cabbage Patch 10
Ricky Road Run

Training Session Spotlight:
Tuesday run
Please share photos, routes etc.

TVXC
Metros
Handy Cross Runners

Saturday Series
10k Challenge
Wot no Watch