

METROLINES

November 2024
Issue No. 423



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CALENDAR DATES

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
Wed 27	Committee Meeting	8.00pm
Fri 29	LFOTM - location tbc	11.50am
December		
Sat 7	5 Mile Handicap	9.00am
Sun 8	TVXC - Reading Roadrunners	11.00am
Sun 8	West End Christmas Lights Run	4.00pm
Sat 14	Wot No Watch	9.00am
Sat 14	Northala Fields parkrun (5k comp)	9.00am
Fri 20	Drinks @ The Rackhams	6:30pm
Sat 21	Winter Solstice Run	6.55am
Fri 27	LFOTM - location tbc	11.50am
January 2025		
Sat 4	10k Challenge	9.00am
Sat 11	Wot No Watch	9.00am
Sun 19	TVXC - Thames Valley Triathletes	11.00am
Sat 25	Harrow Track (5k comp)	9.00am
Fri 31	LFOTM - location tbc	11.50am

ACHIEVEMENTS



John Norris got a half marathon PB at Ealing of 1.28.35. He also got parkrun PB of 18.39 at Rickmansworth on 5th October. And another PB at the Cabbage Patch 10 - 1:07:10. Congratulations!



Steve Paull ran his 200th parkrun at Harrow.



Russell Morris got a PB of 1.33.55 at the Oxford Half Marathon.



Wendy Mulvenna ran her 250th parkrun at Canons Park.



Tanasheh Abrahams got a PB in the Abingdon Marathon (on his 30th birthday!) - a time of 3.20.47.



Rocco Keene got a 5k PB of 19.20 at the track 5k.



Bijan Keene completed his 100th parkrun this month. He also ran a 5k PB at the Harrow School track - 23.16.

TRAINING SESSION SPOTLIGHT:

TUESDAY SESSIONS

The Tuesday night running session has probably been going since the formation of Metros. It is notable for being not just a run, but a social session afterwards. We originally used to meet outside the Whittington pub – and it being so convenient, would pop in for a drink afterwards. We then arranged to use changing facilities at Pinner Village Hall, which was handy for then going on to the George pub in Marsh Road (now sadly turned into flats). This was one of the smokiest pubs I remember, but we did get free sandwiches (left over from their regular quiz nights).

Subsequently we moved on to use the changing facilities at Pinner West End tennis club. However, we couldn't use their bar, so carried on going to the George. Eventually we agreed the present arrangements at Lowlands Tennis Club, Eastcote – where we not only have changing facilities, but also have use of the bar afterwards to rehydrate after the run. We have been at Lowlands for about 20 years now.

On Tuesday nights we have a selection of runs. Currently these are:

- Approx. 6 mile (10k) run
- Approx 4-5 mile run
- 3mile (5k) walk/jog

Each run takes about an hour. We run a selection of routes in the Eastcote/Pinner/Ruislip area. In summer, we generally incorporate local parks and green spaces into our routes.

Afterwards, the Lowlands club offers changing and shower facilities, followed by a drink (or two) and a chat.

Jasia Zimmermann



TRAINING SESSION SPOTLIGHT:

TUESDAY SESSIONS

The Tuesday run...Lowlands Tennis club...yes?

Well yes, but it was not always thus. Lowlands is in fact the fifth venue for the run which in distant days has started upstairs at Daisy's, The Whittington pub, Pinner West End tennis club and Pinner Village Hall.

Sometime around 2000 I took over the "running" of the Tuesday session from Gary Young. There was no election, no vote. Gary just said his time was up and I should take over. He was that sort of bloke. He'd been injured for a long while and lost his mojo. He'd just turn up, stick a map on the wall with his little pot of Blu tack, see us off and go home. I guess he got fed up with the journey too. At that time I was the most regular attendee which must be why he chose me.

There were several of these mapped routes which were run in rotation. Each was named. I added a few more and together with fellow Metro Peter Jose, we named the new runs too. If you ever hear the phrase "nosebleed" for a run this is where it originated. Peter thought some people would panic and "get a nosebleed" if ever they ran more than a kilometre from the club so I devised an eight mile run that looped all around Lowlands, never repeated and never exceeded the distance from the club. We did a part of the nosebleed last week.

The Tuesday run has changed over the years. Way back when, the standard of runner at our club was higher, so on a Tuesday those that were able to (quite a few) would just charge out the door and run ten miles without stopping in the dark at race pace week after week. Over the years the personnel, speed and distance have reduced and group running is what we have now. A walk/run group was introduced and how groups are allocated is dependent on who is there.

My time as Tuesday leader is winding down as health issues have now got to me, but Tim seems ok with getting people into groups etc and Emma, Rhonda and Andy have all done their bit.

I like to think this is the "hard" group of runners.

We are adults. You can wear lights and reflective clothing if you want, your choice.

Nobody carries a defib, there's one at Lowlands. That sort of thing.



But I always say when we set off

"Look after each other!"

Steve Paull



SATURDAY SERIES: 10K CHALLENGE

5th October

Name	Age	Start	Finish	Actual Time	% Grading
Nigel Rackham	62	15.00	55.30	40.30	82.5%
Barbara Reading	77	0	67.52	67.52	74.3%
Marcus Weedon	51	25.00	66.09	41.09	73.6%
Peter Reynolds	67	9.00	59.13	50.13	69.8%
Paul Ho	69	11.00	66.44	55.44	64.2%
Ruth Tidder	54	9.00	65.16	56.16	64.0%
Simon Abery	59	9.00	61.52	52.52	61.5%
Adam Leary	60	9.00	63.00	54.00	60.7%
Andrew Collier	59	9.00	67.53	58.53	55.2%
Judy Rackham	65			77.39	53.7%
Malcolm Jackson	72	0	70.55	70.55	52.2%
Anne Ambrose	67	4.08	87.27	83.19	51.5%
William (Bill) Bailey	59	6.00	69.38	63.38	51.1%
Tiziana Spotti	66	0	90.40	90.40	46.7%

Thank you to Pat Jackson, assisted by Nigel Rackham, for timing and recording the results. Congratulations to Peter Reynolds for running the event for the first time and earning a green ribbon.



If you are likely to be finishing after 10am, please consider self timing. There is always the option to set off early to ensure you are back in time for coffee and cake!

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

Harrow School track - 26th October - provisional results

Name	Time	Age Grading	Points	Volunteer?
Marcus Weedon	19:21	72.86	50	
Russell Morris	19:47	71.27	49	
Nathan Powell	20:44	70.76	48	Yes
Malcom Smith	21:43	70.41	47	
Rocco Keene	19:20	70.33	46	
Daniel Smith	18:43	67.44	45	
Jeff Suffield	21:00	67.14	44	Yes
Robert Bevan	22:56	66.67	43	
Nick Russell	22:54	61.57	42	
Simon Aberly	23:50	61.55	41	
Alok Agarwal	23:54	61.38	40	
Bijan Keene	23:16	60.60	39	
Mitesh Patel	20:53	60.44	38	
Tim Oakley	27:04	59.09	37	
Vincent Cheung	23:07	58.70	36	
Steve Paull	28:59	58.22	35	
Amol Bhuptani	21:59	57.42	34	
Kirit Ranpura	27:01	56.60	33	
Ravi Raja	22:28	56.18	32	
Andrew Collier	26:15	55.89	31	
Martin Eden	28:56	55.28	30	
		Average	40	



Volunteers	Points
Mike Reid	40
Rohan Mascarenhas	40

SATURDAY SERIES: 5K COMPETITION

Harrow School track - 26th October

Name	Time	Age Grading	Points	Volunteer?
Janice Newman (+Emma)	30:24	86.10	50	
Eloise Suffield	23:42	70.66	49	
Linda Georgiades	25:40	70.42	48	Yes
Emma Ponnaganti	22:23	69.26	47	Yes
Jasia Zimmerman	28:29	67.73	46	
Caroline Day-Lewis	26:12	65.23	45	
Ann Suffield	24:54	62.26	44	
Pippa Brown	31:14	49.64	43	
		Average	46.5	



Volunteers	Points
Anne Ambrose	46.5
Teresa Young	46.5
Una Cunningham	46.5

Cumulative results will appear in the next edition of Metrolines.

LFOTM SOCIAL RUN / WALK

The last Friday of September was a wet day, so only 4 hardy Metros made it to Canons Park. With poor weather and a tree blocking the path through the spinney we decided on a sociable walk rather than attempting to run. We managed to climb over the fallen tree on the first lap (getting wet in the process) but turned back on the second lap. We took a detour round the walled garden which was looking a bit overgrown but lovely. The cafe owners had provided some shelters on the grass so we drank coffee in a see-through geodesic dome listening to the rain falling on the roof.

Lynne Jones



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.

LRRC TROPHY RACES



The races eligible for the Metros London Road Runners Club (LRRC) 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.

LRRRC TROPHY RACES

Cabbage Patch 10 - 20th October 2024

Position	Name	Gun Time	Chip Time	
75	Nigel Rackham	01:00:14	01:00:12	2nd MV60
130	Nathan Gee	01:04:22	01:04:10	
201	John Norris	01:07:22	01:07:10	
306	Ed O'Connor	01:11:58	01:11:47	
960	Vincent Cheung	01:33:13	01:29:32	
1147	Yvonne Walker	01:39:09	01:34:31	
1122	Quentyn Taylor	01:37:59	01:34:38	
1372	Una Cunningham	01:50:02	01:46:41	
1382	Mike Reid	01:50:29	01:47:08	
1592	Anne Ambrose	02:23:52	02:20:29	



LRRC TROPHY RACES

Ricky Road Run - 27th October 2024

Position	Name	Gun Time	Chip time	
13	Nathan Gee	1:07:52	1:07:51	2nd MV50
18	John Norris	1:09:32	1:09:27	
19	Christopher Shearwood	1:09:47	1:09:42	2nd MV60
30	Justin Archer	1:12:00	1:11:58	
48	Clive Heidrich	1:14:02	1:13:49	
54	Nathan Powell	1:15:17	1:15:03	
56	Emma Ponnaganti	1:15:27	1:15:22	
72	Clive Lucas	1:18:50	1:18:43	
96	Rhonda Tapley	1:21:41	1:21:35	3rd FV55
97	Michael Morris	1:21:47	1:21:40	
114	Robert Bevan	1:25:16	1:25:09	
121	Peter Reynolds	1:26:00	1:25:38	
135	Simon Abery	1:28:33	1:28:26	
160	Vincent Cheung	1:32:20	1:31:59	
163	Bruno Croford	1:32:44	1:32:37	
169	Stuart Abraham	1:33:02	1:32:44	
183	Quentyn Taylor	1:34:50	1:34:30	
184	Ruth Tidder	1:34:50	1:34:29	
213	Una Cunningham	1:39:58	1:39:39	
219	Michael Reid	1:42:18	1:41:59	
230	Lorraine O'Donovan	1:45:01	1:44:42	
248	Steve Paull	1:49:55	1:49:31	
253	Derek Bamforth	1:52:03	1:51:39	
276	Anne Ambrose	2:21:24	2:21:01	



LRRC TROPHY RACES

Leaderboards after 9 events

	Total	Fred Hughes 10 Miles	Hillingdon 20	Marlow 5	Hitchin HM	Burnham Beeches HM/10K	Moor Park 10K	Leighton Buzzard 10	Cabbage Patch 10	Ricky Road Race
Michael REID	286	46		29		52	32	45	45	37
Nathan GEE	267		69			60	39		49	50
Chris SHEARWOOD	254				60	59	38	49		48
Vincent CHEUNG	244				59	51		47	47	40
Quentyn TAYLOR	235	49				56		46	46	38
Justin ARCHER	157		70				40			47
Clive HEIDRICH	140					58	36			46
John NORRIS	134						37		48	49
Stuart ABRAHAM	126					53	34			39
Tanasheh ABRAHAMS	118	50	68							
Nathan POWELL	102					57				45
Nigel RACKHAM	100							50	50	
Robert BEVAN	98					55				43
Simon ABERY	89	48								41
Anthony RHODES	81						33	48		
Glyn WATKINS	71					40	31			
Steve PAULL	66			30						36
Sam WEBB	54					54				
Rohan MASCARENHAS	47	47								
Michael MORRIS	44									44
Peter REYNOLDS	42									42
Derek BAMFORTH	35									35
Kevin SMART	35						35			

LRRC TROPHY RACES

Leaderboards after 9 events

	Total	Fred Hughes 10 Miles	Hillingdon 20	Marlow 5Miles	Hitchin HM	Burnha m Beeches HM/10K	Moor Park 10K	Leighton Buzzard 10Miles	Cabbage Patch 10	Ricky Road Race
Una CUNNINGHAM	322	49		30		59	38	49	50	47
Ruth TIDDER	252		67	27		60		50		48
Anne AMBROSE	175			24		57			49	45
Emma PONNAGANTI	159		69				40			50
Lorraine O'DONOVAN	151	47				58				46
Jennifer O'SULLIVAN	118	50	68							
Sasha BIRKIN	70		70							
Amanda KENNELLY	66		66							
Phillipa BROWN	63			26			37			
Rhonda TAPLEY	49									49
Pauline BISHOP	48	48								
Monica SHORTT	46	46								
Judy RACKHAM	45	45								
Anne LEIGH	40					40				
Bernie CONWAY	39						39			
Angela MURPHY	36						36			
Jane HUDSON	29			29						
Sarah ARMSTRONG	28			28						
Diane O'REILLY	25			25						

LEAGUES: THAMES VALLEY CROSS COUNTRY

2024/2025 TVXC dates:

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



LEAGUES: THAMES VALLEY CROSS COUNTRY

6th October - Metros

Position	Name	Time	Category	Points
80	Amol Bhuptani	0:46:29	MS	68
102	Mitesh Patel	0:48:19	MS	83
105	Kevin Smart	0:48:34	MV	85
152	Mike Morris	0:52:58	MV	121
158	Ravi Raja	0:53:52	MS	127
180	Bernie Conway	0:56:13	FV	37
189	Gary Collins	0:56:55	MV	148
192	Tony Rhodes	0:57:06	MV	151
197	Ruth Tidder	0:57:51	FV	42
203	Vincent Cheung	0:58:28	MV	161
206	Stuart Abraham	0:59:03	MV	162
222	Martin Eden	1:02:55	MV	169
226	Linda Dunne	1:03:38	FV	56
241	Brian McGrory	1:09:18	MV	176
249	Barry Nolan (tail)	1:25:58	MV	178



Full results can be found [here](#).

LEAGUES: THAMES VALLEY CROSS COUNTRY

6th October - Metros

Once again our opening event for this season's TVXC campaign got off to a blinder, as we welcomed approx. 250 XC runners. The weather was a little damp, which made great running conditions. Our event takes time to organise, prepare, run and break down afterwards. Without our incredibly supportive and hugely helpful team, we would be massively stuck, so thank you once again to the teams that organised the marshals (Nigel, Sarah and Carole), who organised refreshments (Ariff and co.), who helped drag all the gear over and back (Pat and Nigel) and as well as to the timekeepers/funnel masters (Teresa, Irene, Pat and Steve). A huge thanks also goes out to the 45 plus other volunteers (I think that's a record number) who took time out to join us on Sunday afternoon to guide the runners around the course (no one got lost), support them, cheer them on, encourage them and then feed them. Seriously you are all incredible and we can only put on events like this because of you. So a massive thanks from me for coming and supporting our club in the way that you have 🙌🙌🙌🙌. Each year, I make a habit of walking around and talking to as many of the finishers as I can. Being the first XC of the season, everyone is thrilled to have competed; the feedback is always positive albeit there were comments that the river did not have enough water in it. (It seems like an age ago when the river was so full that Dave Brown was seen floating downstream in it.)

Amongst the feedback, there was a huge amount of praise for the marshals, commenting on the amazing clear directions given, and how everyone was so encouraging and supportive towards them. Here's what some of the teams had to say -

Bracknell Forest – 'Thanks Team Metros for bringing in the new XC season with a good bit of mud,' 'Hope you all managed to get in and done before the rain came down,' 'A fantastic time had by a small but perfectly formed team from BFR'

Sandhurst – 'Thanks Metros from Sandhurst. Enjoyed the river crossing today, even without much water.'

TVT – 'Thank you Metros for a great event and also waiting for our 2 that got stuck in the traffic 🙌 xx'

Wargrave & Twyford - 'Thanks Metros'

Finch Coasters – 'Great start to the season. Well done Metros team.'

Reading Roadrunners – 'Thanks Metros, from Reading Roadrunners. It was good to be back doing XC again!'

Burnham Joggers – 'Thank you Metros from Burnham Joggers.'

Datchet Dashers - 'All complimentary from Dashers, and thanks for looking after our injured runner - he got home OK :)'

Marlow Striders - 'Thank you to all at Metros from Marlow Striders!'

Maidenhead – 'Thank you, Metros, for a wonderful season opener. 🙌🙌🙌'

Next up is Datchet – 10th November 11am – update on the event will be posted on the website and the Facebook group, plus Spond soon. Handy X event has been cancelled, but they are trying to organise for later in the season. So, that's a wrap from me.

Best
Marcus

RACE RESULTS

**Oxford Half Marathon,
13 October**
Russell Morris 1:33:55



**Abingdon Marathon,
20 October**
Tanasheh Abrahams
03:21:18



**San Sebastian Half
Marathon, 20 October**
Harish Gohil
01:57:23



**Great Scottish Run
(Glasgow), 6 October**
Andrew Borley 1:55:52
Jennifer O'Sullivan 1:59:00
David Merrigan 2:13:35

**Yorkshire 10 miles,
20 October**
Stuart Abraham 1:39:10



**Amos Seddon Open
10,000m Walk,
12 October**
Chik Ha KWOK 62.30.6
Man Biu LAM 63.53.3



**Royal Parks Half Marathon,
13 October**
Ed O'Connor 1:37:16
Abdul Ali 1:37:32
Bruno Croford 2:05:19
Sue Green 2:58:41
Anne Ambrose 3:21:31

**Dorney Lake Half Marathon,
6 October**

Clive Lucas 1:41:53 (3rd VM60)
Nick Russell 1:48:49



**Chester Marathon,
6 October**
Chris Shearwood 3:24:27

**Yorkshire Marathon,
20 October**

Chris Shearwood 3:32:39



**VAC 10000m Track Race
Walk and Counties
Championships,
19 October**
Chik Ha KWOK 1:02:10
(2nd female)
Man Biu LAM 1:04:31
(3rd male)

**Centurian Autumn 100 miles,
12 October**

Spencer Millbery 23:44:26



RACE REPORT - BRIAN JACKSON FUN RUN

28th September 2024

This was the 45th hosting of this event, the longest standing event in the Metros calendar. The event nearly didn't take place until, after lengthy negotiations, Harrow Council decided not to charge Metros £150.48 to hold the event! There is a choice of running distances of 10K, 8K, 6K, 4K or 2K or walking 1K - something for everyone.

In recent years, it was agreed to use age grading to ascertain the best for age awards for men and women in the 10K (best award), 4K (best result if two run) and 2K. Each adult runner's time for each distance was converted to an age graded percentage by using the tables published by the World Association of Veteran Athletes (WAVA) – the Howard Grubb' tables.

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

10K – 1st Woman – **Barbara Reading** 1st Man – **Nigel Rackham**

4K – 1st Woman – **Jasia Zimmerman** 1st Man – **Chris Shearwood**

2K – 1st Woman – **Jenny O'Sullivan** 1st Man – **Marcus Weedon**

Terry deserves a special prize for motor cycling from Devon for the event!

Thanks to the Friends of Roxbourne Park who allow us to use their tables and chairs and the Model Railway Society who allow us to unlock gates to run through their fenced off area to use the traditional course (originally negotiated by Teresa). Those interested in the history of the event and the formation of our club called Metros, please see the Metros Web Site – Members Information, A-Z, History of Metros RC.

Thanks to all who helped before (Liz, Ruth, Andrew, Malcolm); during and after the runs. Special thanks to Teresa who calculated the age grading, Angela, Elish, Liz and Ruth for result recording and Jonny, Barbara Robson and Henry for marshalling,

Thanks to all who came to run, walk and support the Annual Fun Run. Here's to the next event, the 46th which will be held in September 2025.

I hope to see you there!

Pat Jackson



RACE REPORT - BRIAN JACKSON FUN RUN

10k Results

	1st 4K		2nd 4K		2K			TOTAL	
Barbara Reading	29.02	63.00%	29.02	63.00%	14.10	60.90%		01:12.14	65.90%
Jasia Zimmerman	24.31	63.20%	25.08	61.70%	12.32	58.20%		01:02.11	64.90%
Jenny O'Sullivan	21.48	59.80%	22.06	59.00%	10.33	58.20%		00:54.27	62.50%
Judy Rackham	30.09	50.10%	32.18	46.80%	17.2	41.10%		01:19.47	49.40%
Nigel Rackham	16.06	79.40%	16.26	77.80%	7.51	77.00%		00:40.23	82.70%
Chris Shearwood	16.17	77.70%	17.03	74.20%	8.05	74.00%		00:41.25	79.90%
Kevin Smart	19.30	67.60%	19.28	67.70%	9.21	66.70%		0:48:19	71.30%
Andrew Collier	22.38	54.90%	23.12	53.50%	11.24	51.50%		00:57.14	57.80%
Terry Burke	26.56	54.50%	27.33	53.30%	13.46	50.50%		01:08.15	56.20%

1st 4k Results

By finish position

1	Nigel Rackham	16.06	
2	Chris Shearwood	16.17	
3	Marcus Weedon	17.40	*
4	Kevin Smart	19.30	
5	Jenny O'Sullivan	21.48	
6	Andrew Collier	22.38	
7	Ceri Jacob	24.19	*
8	Jasia Zimmerman	24.31	
9	Tim Oakley	24.32	*
10	Terry Burke	26.56	
11	Mumbi Keinamma	27.36	*
12	Barbara Reading	29.02	
13	Anne Ambrose	29.59	*
14	Judy Rackham	30.09	
15	Malcolm Jackson	34.23	*
16	Mike Ransome	34.23	*
17	Al Scoffham	38.16	*
18	Raquel R. Ponte	38.40	*
	*Not in 10K Challenge		

By gender / age grading

Jasia Zimmerman	63.2%
Barbara Reading	63.0%
Jenny O'Sullivan	59.8%
Ceri Jacob	59.3%
Mumbi Keinamma	52.9%
Anne Ambrose	52.4%
Raquel R. Ponte	51.1%
Judy Rackham	50.1%

Nigel Rackham	79.4%
Chris Shearwood	77.7%
Kevin Smart	67.6%
Marcus Weedon	65.6%
Andrew Collier	54.9%
Terry Burke	54.5%
Tim Oakley	53.7%
Mike Ransome	42.7%
Malcolm Jackson	41.6%
Tim Oakley	53.7%
Al Scoffham	35.6%

RACE REPORT - BRIAN JACKSON FUN RUN

2nd 4k Results

By finish position

1	Nigel Rackham	16.26	
2	Chris Shearwood	17.03	
3	Kevin Smart	19.28	
4	Jenny O'Sullivan	22.06	
5	Andrew Collier	23.12	
6	Tim Oakley	24.25	*
7	Jasia Zimmerman	25.08	
8	Terry Burke	27.33	
9	Barbara Reading	29.02	
10	Judy Rackham	32.18	
	*Not in 10K Challenge		

By gender / age grading

Barbara Reading	63.0%
Jasia Zimmerman	61.7%
Jenny O'Sullivan	59.0%
Judy Rackham	46.8%

Nigel Rackham	77.8%
Chris Shearwood	74.2%
Kevin Smart	67.7%
Tim Oakley	54.0%
Andrew Collier	53.5%
Terry Burke	53.3%

2k Results

By finish position

1	Marcus Weedon	7.28	
2	Nigel Rackham	7.51	
3	Chris Shearwood	8.05	
4	Kevin Smart	9.21	
5	Jenny O'Sullivan	10.33	
6	Andrew Collier	11.24	
7	Jasia Zimmerman	12.32	
8	Terry Burke	13.46	
9	Barbara Reading	14.10	
10	Judy Rackham	17.20	
11	Raquel R. Ponte	19.07	*
	*Not in 10K Challenge		

By gender / age grading

Barbara Reading	60.9%
Jenny O'Sullivan	58.2%
Jasia Zimmerman	58.2%
Raquel R. Ponte	48.8%
Judy Rackham	41.1%

Nigel Rackham	77.0%
Chris Shearwood	74.0%
Marcus Weedon	73.3%
Kevin Smart	66.7%
Andrew Collier	51.5%
Terry Burke	50.5%

RACE REPORT - BRIAN JACKSON FUN RUN

1k Walk Results

Terry Burke	8.01
Caroline Day-Lewis	8.31
Barbara Robson	11.04
Elish Fernandes	11.04
Henry Pickford	13.11
Mick Reading	13.11
Malcolm Jackson	13.14
Barbara Reading	13.14



FIRST AID COURSE

Preserve life Prevent deterioration Promote recovery

Twelve amazing Metros dedicated their Saturday afternoon on 28 September to a First Aid course in the scout hut at Roxbourne Park. Our wonderful First Aid trainer, Margaret Smith, led us through how to give assistance to a casualty, how to do primary assessment checks, administer CPR, deal with bleeding, choking, heart attack, stroke, concussion and much more. Video presentations supported understanding of the procedures. Margaret explained and demonstrated and there was CPR practice on 'resusci annies' as well as training with AEDs.

The people listed below are now in proud possession of a First Aid certificate valid for 3 years and they have the knowledge and the confidence to assist a casualty until medical care is available. Many thanks to Margaret for explaining so clearly and for patiently answering all our questions. Well done to all the participants who took part with interest and enthusiasm.

Angela Murphy

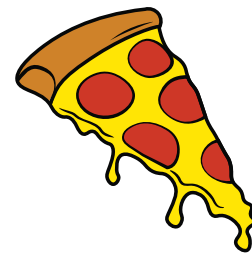


**Linda Dunne
Jenny O'Sullivan
Carole Valentine
Gordon Valentine
Yvonne Walker
Robert Bevan
Ruth Tidder
Una Cunningham
Ravi Raja
Sarah Westwood
Quentyn Taylor
Philippa Brown**

PARKRUN TOURISM



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



WEST END CHRISTMAS LIGHTS RUN

Please join us on Sunday 8th December 2024 for an easy paced run, run/walk or walk to visit the West End Christmas Lights.



Distance will be approximately 10km.

Route to be confirmed, will start outside Baker St Station at 4pm by the Sherlock Homes Statue Marylebone Road exit, head down Marylebone Lane towards Selfridges, along Oxford St, Berkeley Square, Bond St, Regent St, Carnaby St finishing at the Christmas tree in Trafalgar Square with refreshments afterwards. If you have the Metros yellow top or a high vis top and lights please wear. We will go in small groups with a host leading and a designated person at the rear.

If anyone would like to volunteer to host a group please message in Spond; we will only have a run/walk and walking group if someone can host.

For those travelling on the Metropolitan Line and Jubilee Line we can organise meet times at Harrow on the Hill station and Wembley Park southbound platforms.

Please confirm your attendance in Spond as early as possible so we know numbers.



WINTER SOLSTICE RUN

What? Join us to celebrate the winter solstice/shortest day with an easy paced run, run/walk or walk over Harrow on the Hill with hopefully a visible sunrise over the city of London from Church Hill/High St, Harrow-on-the-hill.

Distance depending on group between 5k and 10k

When? Saturday 21st December 2024; meet at 6.55am or 7.30am. The sunrise will happen at 8.05am, which gives plenty of time to head over to the Metros Saturday session or a local parkrun.

Where? Outside John Lyon School Middle Road (same place as Wednesday hills)

For more details please see Spond.



WHO WOULD BE A RACE DIRECTOR?

Back in 2011, I began my running journey, and my first race was the Richmond Riverside Run, a 10k which followed the Thames Path out and back. At that time, I didn't think about the planning and organising leading up to the race day or the running of the event on the day, as well as the tidying up and post-race admin. All I cared about on that day was getting around in one piece.

Fast forward 13 years, with various races under my belt, my outlook has changed. While I'm still focused on getting around the course in one piece, I've become actively involved in supporting our club, going from leading sessions to now being one of our Race Directors for various events we organise.

Fortunately, my work experience in people-centric businesses has equipped me with skills such as project planning, organising, strategy, communication, logistics, meeting tight deadlines, client management and leading teams, all of which are highly applicable in organising and running racing events.

As a Race Director, I get to oversee various aspects of the events, from marshal organisation, dealing with councils, obtaining licence approvals, course management, refreshment organisation, logistics and race day equipment organisation, risk assessments, first aid coordination, timekeeping, results entering, and conducting pre-race meetings to ensure everything is on track for a successful event.

On race day, I'm constantly on the move ensuring everything is ready, welcoming everyone and building enthusiasm and confidence before the race starts. While conducting the race brief to runners can be daunting, I strive to convey effectively all necessary information with a touch of humour to ease race day nerves, whilst not giving too much away with regards to whatever drama looms in the lead-up to the race. After the race starts, I can relax a bit before welcoming everyone back across the finish line, offering congratulations, and gathering valuable feedback to improve future events.

Of course, there are occasional obstacles and challenges, such as flooded roads, flooded rivers, creating new routes, and dealing with many bureaucratic hurdles, but we always manage to overcome them and ensure the success of the events. Quick on our feet and quick with our minds!

Each race or event is made so much easier through the people who always come to help; it's one of the beauties of our club that makes my and other RDs lives so much easier.

We always get great feedback after the race or event; on very odd occasions, we may receive some feedback which isn't great, but that is always taken on the chin and used to improve the next event.

Once getting home, knowing that everything is done, knowing that there are a lot of happy runners, made happy through our efforts – it's then that I'm a little smug and feeling that sense of achievement and reward myself with a beer or two.

I have greatly enjoyed being the Race Director for our XC event. It is truly an honour to continue the legacy of Jane and Al who organised the XC event for over 20 years. They set a high standard for the event, and I am grateful for the opportunity to follow in their footsteps. They truly showed us how to organise an event that is loved by all those enthusiastic people who enjoy getting muddy.

Sadly, after holding the fort for the last 5 years, I am stepping down due to taking up the Metros Chair role. I also feel this is a great opportunity for someone else who wants to give back a little more to our club and enjoy all the ups and downs of being an RD.

Don't worry I won't be giving up on all the other events and races (I love the limelight, really, I do!), just this one, as it has taken a little more time than I can give now. So, who would be a Race Director? Who's ready to hold the MEGAPHONE?

POSTSCRIPT - following Marcus's plea, Keval Shah has agreed to take on this role. Thank you to both Marcus and Keval.



FROM THE MEMBERSHIP SECRETARY

THE ADMIN BATTLE

Since I've been membership secretary, I've been fighting an at times losing battle against the tidal wave of admin that something as simple as a running club can generate. Thankfully the days of paper membership records are long gone, and cheques, and cash membership payments have almost disappeared.

My current bugbear is multiple circulation lists. Thank you to Emma and Judy, who have helped me get rid of the separate Metrolines circulation list. Next target is the Metros Googlegroup now that we're all used to Spond.

In Spond, a post is the same as an email sent to all members of the Googlegroup.

When you write a Spond post you'll be prompted to select main group or one or more sub groups.

- If you want to contact all Metros use the sub-group "events, leagues and competitions" as all full and associate members of Metros are in that group. Please don't use the main group as there are some people on the Spond database who are not members.

- If you just want to contact people who go to particular sessions, select just that sub-group.

Just a reminder that the good practice that applied to Googlegroups, applies to posts. Posts are for topics to do with running and/or Metros. It is not a general message board for any topic. If you're not sure if something is suitable, please ask a committee member.

The Googlegroup will close in November.

Irene



ATHLETES MAKING THE HEADLINES



Ruth Chepngetich ran 2:09:57 seconds at the Chicago Marathon on 13th October, taking nearly two minutes off Ethiopian Tigst Assefa's world record.

Interesting facts associated with this run -

- Her halfway split - 1:04:16 - ranks as the 5th fastest women's half marathon time in history.
- Her marathon time was the equivalent of running more than eight and a half parkruns, clocking 15mins 24secs for each.
- Only ten men in the race ran faster than she did.
- She took 4m 22s off her previous PB (the same race in 2022).
- She was wearing Nike's Alphafly 3 (retail at £285).
- On World Athletics scoring tables which benchmark performances across disciplines and between genders, her performance has been ranked equivalent to a 1:59:37 men's marathon. In reality, the men's world record is almost a minute slower.

COMMITTEE MEETING NOTES

Wednesday 16 October 2024 at 8:00pm

Venue – Wykeham Hall, St Michael & All Angels Church

Attendees: Andy Fox, Jenny O’Sullivan, Irene Paull, Steve Paull, Ariff Sidik, Marcus Weedon, Teresa Young, Marilyn Pickford

1.Apologies: Tarana Agarwol, Steve Alder, Rohan Mascarenhas,Tanasheh Abrahams, Nigel Rackham, Anne Ambrose, Pat Jackson

Chair: Marcus Weedon

Note Recorder: Marcus Weedon

2. Actions from Last Meeting

a. 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

b. 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 – Keval Shah has volunteered

TVXC volunteers – previously Angela Murphy – Vacant

c. Canons Park parkrun, 31 August – the ‘sea of yellow’ was a success and will be repeated at other venues – next date TBC.

ACTION: Marcus Weedon/Ariff Sidik

d. Liddiard Trophy Cross Country, 2 November, Fryent Country Park –

Jenny O’Sullivan organising and 5 attending currently.

ACTION: Jenny O’Sullivan

e. Prizes and Pizza 22nd November – Ariff/Andy are awaiting a few of the awards still to be delivered.

ACTION: Ariff Sidik/Andy Fox

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

ACTION: Mike Reid

g. Tear Drop – A new, larger, lighter tear drop will be purchased. To be discussed in November meeting.

ACTION: Teresa Young

COMMITTEE MEETING NOTES

3. Club Events

a. TVXC 6th October – A very successful event took place. Marcus thanked everyone involved for coming along and helping. Marcus steps down as Race Director and hands over to Keval Shah for our event in 2025.

ACTION: Marcus

b. 45th Annual BJ FUN RUN 28th September – Event went ahead but Pat Jackson was not in attendance to comment.

ACTION: Pat Jackson

4. Other Events

a. Be a Metro for a Month – Now running, 2 members have signed up so far according to Irene. Now to promote on our socials.

ACTION: Ariff Sidik/Tanasheh Abrahams

5. Admin

a. Events Budget – we need to make some adjustments due to some event costs increasing this year – to be discussed in November meeting.

ACTION: Teresa Young

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 – update next meeting (NOV).

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. Metros 40th Anniversary – A sub committee has been put together to explore options for hosting a celebratory event next Autumn.

ACTION: Steve Paull, Jennifer O'Sullivan and Andy Fox

d. Policies on website – All committee members have been asked to check the policies on the website, so we can discuss fully in November meeting on what changes should be made.

ACTION: All

e. Welfare Officers – Our Welfare Officers have or are in the process of updating their official qualifications so that the club qualifies for EA membership / insurance. As well we have decided to add 1 more Welfare Officer to bolster the team – Jennifer O'Sullivan has stepped forward to be our 3rd Welfare Officer and will accordingly seek to do the required courses.

ACTION: Jennifer O'Sullivan

COMMITTEE MEETING NOTES

f. **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

g. **Metros Shed** – The trees around the shed have been cut down and removed. Inside is so much brighter.

Date of next Meeting: Wednesday 27th November

Meeting closed at 9.25 pm with thanks to Ariff for organising the location

Metros Winter Kit

Winter is coming and a reminder that we have in stock Metros snoods and mesh bibs. Please contact me if you'd like either - or both.

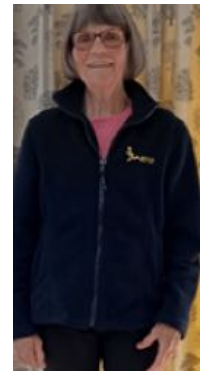
Items other than snoods and mesh bibs are not in stock but I'm now taking orders for Metros lightweight jackets from our official kit supplier and fleeces, hoodies and knitted hats are available in blue or yellow.

Metros snood £5
Knitted Hat £6
Metros mesh bib £15

Hoodies:
Adult £19, Junior £13

Fleeces:
Ladies £16, Men's £20
(300 gsm and 380 gsm)

Showerproof Jackets £55



The lightweight breathable jackets in club colours are sourced from Scimitar, the present supplier of our official kit of yellow vests and T-shirts. As they are specially made, not 'off the shelf' we need a minimum of 10 to place an order. The description on the jacket label reads: "Qwick-Dri" - fabric is designed for ultimate technical performance. Sensitive wicking fibres transport moisture away from the skin, helping to maintain and regulate body temperature whatever the situation. Scimitar say, "it's a lightweight, shower and wind proof fabric". It has a hood attached and key pocket. Sizes as per web site.

To place an order on the jackets, fleeces, hoodies or knitted hats, please contact me asap and by Friday 22nd November. Thank you.

Pat Jackson, mobile: 07963551816, Tel: 0208 868 5683, email:
patjacksonhome@hotmail.com.



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

Please contact Pat Jackson to order kit.

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

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

THANK YOU

Many thanks for my garden token and beautiful azalea plant presented to mark my leaving Harrow. So generous and kind. The azalea is now planted the garden of my new house and no doubt will flower in the spring and remind me of all the lovely people in Metros every time I see it. Hope to be back to visit soon.

Angela



NEXT MONTH IN METROLINES...

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

Training Session Spotlight:
Wednesday hill runs
Please share photos, routes etc.

Christmas Messages
The next edition of Metrolines will be the last of 2024! Instead of giving Christmas cards to your fellow Metros, you are invited to share a seasonal goodwill message in next month's Metrolines and donate the card money to charity. Details of the chosen charity and how to donate will be circulated shortly.

Trophy Races
Marlow 7/Half Marathon

TVXC
Datchet Dashers
Sandhurst Joggers

Saturday Series
Measured Mile

Spotted!
Have you met a famous athlete while out running? Send us your photos for a future photo collage in Metrolines.