

METROLINES

May 2025

Issue No. 429



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CALENDAR DATES

May		
Fri 2	AGM and Quiz	6.45pm
Sat 3	Mob Match - Canons Park parkrun	9.00am
Sat 10	Measured Mile (Roxbourne Park)	9.00am
Sun 11	Marlow 5	9.00am
Wed 14	Committee Meeting	8.00pm
Sat 17	Roxbourne Park (5k comp)	9.00am
Sat 17	First Aid Course (see pg 26)	11.00am
Mon 19	Vets T&F - Battersea	6.30pm
Fri 30	LFOTM - location tbc	11.50am
Fri 30	Marathon Week - Hills	6.30pm
Sat 31	Marathon Week - Sand	8.30am
June		
Sun 1	Marathon Week - Woods	9.30am
Mon 2	Marathon Week - Track	6.45pm
Tues 3	Vets T&F - Hillingdon	6.30pm
Tues 3	Marathon Week - Road	6.30pm
Sat 7	5 Mile Handicap (Roxbourne Park)	9.00am
Sat 14	Wot No Watch (Roxbourne Park)	9.00am
Sun 15	Summer League - Metros host fixture	9.30am
Sat 21	Gladstone parkrun (5k comp)	9.00am
Fri 27	LFOTM - location tbc	11.50am
Sun 29	Summer League - Perivale	9.30am
July		
Wed 2	Vets T&F - Perivale	6.30pm
Sat 5	10k Challenge (Roxbourne Park)	9.00am
Sat 5	BBQ at Judy & Nigel's	6.30pm
Sun 13	Summer League - Dulwich	9.30am
Fri 25	LFOTM - location tbc	11.50am
Sat 26	Track 5k, Harrow School (5k comp)	8.00am
Sun 27	Summer League - Regent's Park	9:30am

40 YEARS

ANNIVERSARY

PARTY

Our small but perfectly formed Metros Running Club was established back in 1985. To celebrate the 40 years we are holding an anniversary party and we are inviting all members and their families. There will be food, drinks, music (DJ), dancing, giggles and plenty of fun.



SATURDAY 27TH SEPTEMBER 2025 - 7.30PM-12PM



Location : Harrow Weald Memorial Hall, HA3 6HE

Tickets on Spond £15 per adult, £5 children 5-15 and free for under 5s. Please comment on Spond if you have any allergies / dietary requirements

46th Metros Annual Fun Run – The Brian Jackson Fun Run



Saturday 27th September 2025 - 9am

ANOTHER REASON TO SAVE THE DATE!



Our Anniversary Party marks the 40th Anniversary of when we adopted the name Metros, however this Fun Run marks the 46th Anniversary of the early formation of our club, then as part of London Road Runners.

This is the longest established Metros' event and named in honour of Brian Jackson, founder of our event. It is based on the annual Sunday Times Fun Run in Hyde Park, which was open to runners and walkers of all ages and abilities at the start of the 80's 'running boom' and attracted tens of thousands of participants. Each year our club entered an increasing number of teams.

The venue for our 46th anniversary event is still Roxbourne Park, Rayners Lane. However, this year the course is changed to the area on the other side of the park, from the Pavilion to the Metropolitan Line railway.

The number and actual distances of races will be confirmed later but proposed is a 3km and 2km run and a 1km walk/jog plus relays – something for all ages and abilities. Friends of Roxbourne Park have kindly allowed us to use their Pavilion so refreshments can be served throughout – if enough volunteers. We will also need marshals, timekeepers and of course runners, joggers, walkers, helpers and spectators.

So please **SAVE THE DATE** and join us on the morning of Saturday 27th September in Roxbourne Park.

Pat Jackson

Metros BBQ
Saturday 5th July 2025
From 6:30pm
Hosted by Judy & Nigel

Families welcome



For further details and to sign up, please
see event page on SPOND

30TH MAY - 3RD JUNE

MARATHON WEEK



FRI 10K
PM HILLS



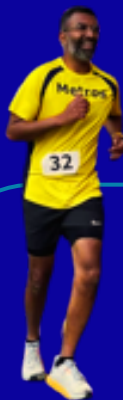
SAT 4K
AM SAND



SUN 10K
AM WOODS



MON 5K
PM TRACK



TUES 13K
PM ROAD

5 EVENTS OVER 5 CONSECUTIVE DAYS AND
ON 5 DIFFERENT SURFACES - IN TOTAL 42K

REGISTER ON
SPOND NOW

Marathon Week – 30th May to 3rd June

This is one of Metros' most iconic events held every two years. It sounds very achievable: 5 days, 5 events, 5 surfaces, total distance of 26.2 miles.

It starts with a very hilly 10k on a Friday evening "the hills," followed by 4k on sand at the Lido on Saturday morning "the sand." Then a pleasant, but not at all flat, run in Ruislip Woods on Sunday "the woods." Monday is 5k on the more robust surface of Harrow School "the track," then we round off with an 8 mile run from the tennis club at Eastcote "the road." (If this doesn't seem to add up to a marathon, trust us, it will)

Despite our best efforts, there will be lots of opportunities to get lost, to get injured, to fail to achieve any sort of pb, but despite that, most people usually have a great time. You can do all the events or just some of them, but only those who do all 5 will qualify for the legendary awards.

We'll also need lots of volunteers: 25 marshals on Friday, 6 counters on Saturday and Monday, 10 marshals on Sunday and Tuesday. SPOND invites will go up soon for these.

So, if you're up for taking part, please sign up soon so we can see the level of interest – as long as we have 20 entries, the event will go ahead (last time 50 people took part and 30 managed the full event).

For more information have a look at the race report in Metrolines July 2023



SUMMER



LEAGUE

15TH JUNE – HEADSTONE LANE – 8K
29TH JUNE – PERIVALE – 8K
13TH JULY – DULWICH – 8K
27TH JULY – REGENT'S PARK – 10K
10TH AUGUST – BATTERSEA – 10K

METROS SUMMER LEAGUE

Metros Summer League – 15th June 9:30 – Headstone Manor

Our home fixture for the Summer League is planned for 15th June. This is now one of our biggest events with over 300 runners taking part last year in the main race. We need as many Metros as possible to take part, either running or helping. For those of you new to Metros, this is a great chance to see us at our very best as a club, the run is free to all members, and in addition, there are children's races and relays.

Steve Alder and Rohan are helping with event organisation this year now that Pat is taking a well deserved rest. We'll need around 40 volunteers to make sure we hold a safe and fun event.

Please put the date in your diary now and if you can help, sign up on SPOND.

Irene



ACHIEVEMENTS



Sakina Sidik got a PB at the Brighton marathon with a time of 5:12:03.



Martin Eden completed his first marathon on 6th April in Brighton.



Jeff Suffield got a PB at the Rotterdam marathon with a time of 3:49:44.



Una Cunningham and Quentyn Taylor both got PBs at the Brighton marathon!



Yvonne Walker was first FV60 at the South Downs Way 50 with a time of 12:38:40



Andy Fox completed his 250th parkrun on Saturday 26th April at Dulwich.

Clive Heidrich got a PB at the Maidenhead 10.

Tanasheh Abrahams completed his 50th volunteer milestone at Canons Park parkrun.

Please let us know if you have any achievements to share!

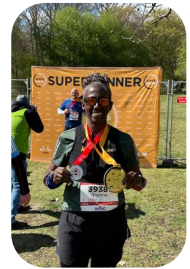
RACE RESULTS (1)



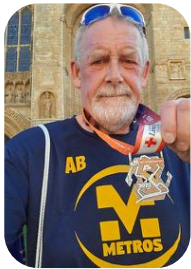
Vienna half marathon, 6 April
Clive Heidrich 1:38:42
Lorraine O'Donovan 2:18:21



Beyond Trails Bristol 25km
29 March
Sonny Peart
02:39:06



SuperHalf,
5/6 April
Yvonne Walker
Prague 2:08:10
Berlin 2:11:38



City of Lincoln 10k, 6 April
Andrew Borley 51:41

Berlin half marathon, 6 April
Angela Tomusange 2:13:57



Rotterdam marathon,
13 April
Chris Shearwood 3:13:53
Jeff Suffield 3:49:44
¼ marathon
Ann Suffield 57:24

London Landmarks half marathon*,

6 April

Abdul Ali 1:35:50
Keval Shah 1:38:30
Nishil Shah 2:19:17
Bruno Croford 2:27:16



*700m short due to incident
on the route



Beaconsfield 5,
21 April
Spencer Millbery 42.26
Adam Leary 44.13
Claire Millbery 57.08
Glyn Watkins 59.47



Newport marathon,
13 April
Sonny Peart
4:56:19

RACE RESULTS (2)

London Marathon

27 April

Nathan Gee 3:07:08

Justin Archer 3:07:41

Christopher Shearwood 3:16:18

Tanasheh Abrahams 3:30:47

Mohamed Hamid 3:37:39

John Norris 3:40:32

Emma Ponnaganti 3:41:04

Zaid Alkateb 3:43:24

Amy Merrigan 4:01:05

Quentyn Taylor 4:06:18

Jonathan Evan-Hughes 4:18:50

Yvonne Walker 4:54:59

Abdul Ali 5:08:15

Caroline Murphy 5:08:59

Ariff Sidik 5:18:01

Sakina Sidik 5:22:09

Lynne Jones 5:22:11

Sonny Peart 5:23:57

Daniel Smith 5:24:33

Rose Granaghan 5:43:30

Emma Rackham 5:45:03

Nishil Shah 5:52:01

Una Cunningham 5:59:45

Mohammed Qasim Rajan 6:19:30

Leonisa Raquel Ponte Marono 6:25:56

3rd VW80



London Marathon My Way (Virtual Event)

26/27 April

Vishal Shah 3:40:51

Keval Shah 5:09:20

Lorraine O'Donovan 5:51:19



London Mini Marathon

26 April

Hugo Conway-Norris 7:13

RACE RESULTS (3) & REPORT

Brighton marathon

6th April

Quentyn Taylor 4:09:05

Mike Morris 4:26:07

Una Cunningham 4:57:07

Ariff Sidik 5:05:08

Sakina Sidik 5:12:03

Tanasheh Abhrahams 5:29:47

Beth D'Cruz 5:29:48

Martin Eden 5:59:14

Kevin Nally 6:32:36



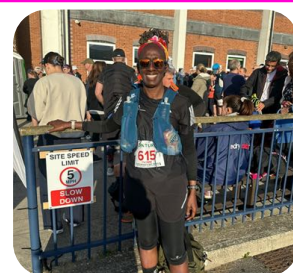
The South Downs Way 50 (SDW50) – Race Report

The SDW50 is a 50-mile continuous point to point trail race from Worthing to Eastbourne. Runners must reach the finish within 13 hours of starting and there are further cut-off points along the route meaning that runners must be in and out of aid-stations by certain times.

The race starts on the outskirts of Worthing and runners begin by negotiating approximately 6 miles of hilly trail and tracks. The course crosses a range of terrain types and underfoot conditions vary. It was very warm and dry on the day and the hard chalky terrain made it especially challenging. There were many steep ascents and descents and for me, poles were essential.

As with all long trail races runners must be self-sufficient because aid stations were miles apart (up to 10 miles), so we had to carry enough water, nutrition and emergency/first aid and other mandatory kit/supplies for the entire run. We also had to carry head torches which were invaluable when we negotiated the 'Gully of Doom', a very challenging and steep descent through the woods, in the dark in the last 5 miles of the race!

Many thanks to Sonny Peart for his tips and advice on how to negotiate and pace the race. Thanks too to the Metros Wednesday Hill Training crew.



South Downs Way 50

12 April

Yvonne Walker

12:38:40

RACE REPORT

My 2025 London Marathon Experience: A Battle of Heat, Heart, and Grit

Sunday, 27th April — 56,000 runners, one iconic 26.2-mile course through the heart of London. This year's London Marathon promised to be memorable and it delivered, with arguably some of the toughest conditions yet. With temperatures soaring up to 22°C, many of us who had trained through winter faced an unexpected and brutal challenge. No amount of preparation could fully ready us for the heat.

The race began with a steady 3-mile stretch through Blackheath. Even early on, you could feel the strain. I told myself: "One parkrun down, just seven to go — I can do this, right?" It was a mental game from the very first step.

As the legs loosened up, we entered the stretch from miles 4 to 7, winding through the Thames Path and past the Cutty Sark. The atmosphere here was electric, the energy from the crowds was palpable, lifting our spirits and giving a glimpse of the support that lay ahead.

Miles 8 to 12 took us through Deptford and Rotherhithe and onto the iconic Tower Bridge. This moment, crossing halfway with the roar of thousands cheering, was truly unforgettable. Tower Bridge wasn't just a landmark; it was a wall of noise and emotion, and it gave every runner a shot of adrenaline. A moment I shall never forget.

Then came miles 13 to 21 — what I can only describe as the Devil's Cauldron. This section, through the twisting, sun-exposed streets of Canary Wharf, was where the real mental battle began. Fatigue hit hard. The heat was relentless. Around mile 16, I was struck by cramp, and for a while, it felt like my race might unravel, having to walk portions of the race. It was a dark, lonely place, pushing through took every ounce of grit I had.

But then, something magical happened. Coming out of Canary Wharf, heading back toward Tower Bridge, the crowds returned, louder, more passionate than ever. When they say "The crowd carries you home," it's absolutely true. I found my legs again, somehow, and felt stronger than I had all day. Running down the Embankment, passing familiar faces, friends, and family near Big Ben, gave me one last surge of energy for the final push.

The finish was surreal. Turning onto The Mall, Buckingham Palace in sight, the noise deafening — there's no feeling quite like it. Crossing that finish line and having that medal placed around my neck was overwhelming. Six months of training, hundreds of kilometres run, setbacks, injuries, and sacrifices, all culminating in that one perfect, unforgettable moment.

Afterwards, hobbling back towards Trafalgar Square, it was beautiful to see thousands of runners reuniting with loved ones, laughing, crying, taking photos, sharing their stories; a sea of medals, sweat, and smiles.

They say no one can truly prepare you for the mental battle of a marathon. They're right. But they also can't prepare you for how deeply rewarding it feels to finish it.

A huge thank you to my local friends and the people I've met along the journey who have been an incredible support. From not being able to run 5km 18months ago to completing a marathon, I could not have done this without them!

Nishil Shah



SATURDAY SERIES: WOT NO WATCH

Saturday 19th April

	Predicted	Actual	Difference
Malcom Jackson	8:54	8:47	7
Adam Leary	7:19	7:29	10
Paul Hor	7:55	7:45	10
Bill Harrington	8:15	8:25	10
Andrew Collier	7:55	7:44	11
Gladys de Groot	13:5	13:21	16
Amanda Hardy	8:50	8:32	18
Eilish Fernandez	11:00	10:42	18
Simon Abery	6:30	6:50	20
Jonathan Pang	8:00	8:22	22
Janice Newman	10:20	10:44	24
Judy Rackham	10:20	10:44	24
Mitesh Patel	10:00	9:33	27
Jo Collier	9:50	10:22	32
Vijay Singh	9:40	9:04	36

Well done to Malcom Jackson for being closest to his predicted time. Thank you to Marilyn Pickford and Karen Leary for timekeeping and recording the results and Steve Poole for presenting the trophy.

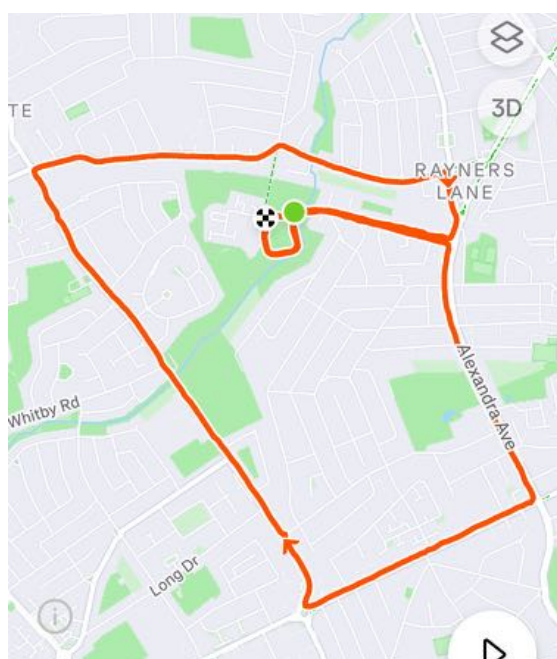
Next mile will be Saturday 10th May, but it will be a “Measured Mile” trophy event rather than a “Wot no Watch”.

Teresa Young

SATURDAY SERIES: 10K CHALLENGE

Roxbourne Park - Saturday 12th April

Name	Time	Age Grading
Pauline Bishop	63:56	73.73%
Marcus Weedon	43:06	70.90%
Kevin Smart	49:22	69.64%
Clive Lucas	50:23	69.58%
Peter Reynolds	50:53	69.57%
Barbara Reading	77:51	65.93%
Marion Rogan	77:51	63.67%
Simon Abery	51:37	63.55%
Paul Hor	57:15	63.14%
Alok Agarwal	51:40	61.24%
Derek Bamforth	61:02	58.59%
Bill Harrington	57:53	58.27%
Anne Ambrose	81:03	53.77%
Jennifer O'Sullivan	63:54	53.64%
Malcom Jackson	70:07	53.58%
Titziana Spotti	87:50	48.88%
Jonathan Pang	70:24	42.32%
Vijay Singh	73:48	38.14%



Congratulations to Clive Lucas, Derek Bamforth, Alok Agarwal and Vijay Singh for running the event for the first time and earning Green, Orange, Yellow and White ribbons respectively.

Thank you to Gordon and Carole for timekeeping the event whilst I was on holiday.

Teresa Young

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	✓
22-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

Track 5k - 5th April

Name	time	Age grading	Points	
Sasha Birkin	21.16	81.74	50	V
Caroline Day Lewis	24.05	77.3	49	
Emma Ponnaganti	22.50	73.21	48	V
Jasia Zimmermann	29.08	72.14	47	
Zahra Bassiri	23.36	64.62	46	
Ilayda Brown	24.42	59.58	45	
Judy Rackham	35.48	57.77	44	
		Ave	47	

V = also volunteered

volunteers	also ran the 5k	didn't run the 5k
Peter Reynolds	R	
Robert Bevan		37
Rohan Mascarenhas		37
Emma Ponnaganti	R	
Sasha Birkin	R	
Brian Mcgrory	R	37
Nathan Powell		37
Jahmail Pierre-Louis	R	37



SATURDAY SERIES: 5K COMPETITION

Track 5k - 5th April - Men

Name	time	Age grading	Points	
Nigel Rackham	18.32	86.15	50	
Justin Archer	19.22	76.94	49	
Clive Lucas	22.00	75.98	48	
Russell Morris	19.42	75.63	47	
Marcus Weedon	19.40	74.58	46	
Richard Brown	19.55	74.23	45	
Malcolm Smith	22.03	73.7	44	
Nathan Gee	20.17	72.88	43	
Richard Wilkinson	17.59	72.57	42	
Rocco Keane	18.38	71.91	41	
Peter Reynolds	23.47	70.92	40	V
John Norris	19.37	70.69	39	
James Kerrane	20.52	67.01	38	
Simon Abery	23.33	66.6	37	
Nick Russell	22.28	65.8	36	
Jahmail Pierre-Louis	21.00	64.52	35	V
Paul Hor	27.20	63.05	34	
Bijan Keane	23.17	62.99	33	
Keval Shah	22.14	62.89	32	
Tim Oakley	26.20	62.85	31	
Kirit Ranpura	26.03	62.38	30	
Alok Agarwal	24.26	62.01	29	
Matthias Nwabudike	24.14	61	28	
Brian Mcgrory	27.28	58.68	27	V
Stewart Abrahams	25.49	57.71	26	
Ravi Raja	22.54	55.39	25	
Jonathan Pang	29.04	49.25	24	
		Ave	37	



SATURDAY SERIES: 5K COMPETITION

Cumulative Results

Results for those having completed at least five events

Men	Canons Park	Track	Rox-bourne	North-ala	Track	Rox-bourne	Ricky	Track	TOTAL
Name	21/9	26/10	9/11	14/12	25/1	22/2	22/3	5/4	Cumulative
Russell MORRIS	49.0	49.0	49.0	46.0	48.0	47.0	47.0	47.0	382.0
Marcus WEEDON	46.0	50.0	50.0	47.0	47.0	48.0	46.0	46.0	380.0
Rocco KEENE	43.0	46.0	47.0	43.0	41.0	43.0	43.0	41.0	347.0
Nathan POWELL	47.0	48.0	42.0	42.0	43.0	40.0	42.0	37.0	341.0
Bijan KEENE	40.0	39.0	44.0	39.0	35.0	38.0	39.0	33.0	307.0
Tim OAKLEY	38.0	37.0	42.0	38.0	32.0	37.0	35.0	31.0	290.0
Kirit RANPURA	35.0	33.0	41.0	37.0	34.0	40.0	38.0	30.0	288.0
Rohan MASCARENHAS	37.0	40.0		40.5	39.5	40.0	31.0	37.0	265.0
Nigel RACKHAM	50.0			50.0		50.0	50.0	50.0	250.0
Simon ABERY	42.0	41.0	46.0		39.0	42.0		37.0	247.0
Mitesh PATEL	27.0	38.0	38.0	31.0	39.5	32.0	32.0		237.5
Peter REYNOLDS	48.0		48.0		44.0	40.0		40.0	220.0
Amol BHUPTANI	33.0	34.0	39.0		31.0	36.0	36.0		209.0
Robert BEVAN	45.0	43.0		44.0	40.0			37.0	209.0
Nick RUSSELL	32.0	42.0			38.0		33.0	36.0	181.0

Women	Canons Park	Track	Rox-bourne	North-ala	Track	Rox-bourne	Ricky	Track	TOTAL
Name	21/9	26/10	9/11	14/12	25/1	22/2	22/3	5/4	Cumulative
Emma PONNAGANTI	48.0	47.0	49.0	48.0	48.5	48.0		48.0	336.5
Caroline DAY-LEWIS		45.0	48.0	47.0	49.0	49.0	49.0	49.0	336.0
Jasia ZIMMERMANN	46.0	46.0	47.0	46.0		47.0	47.0	47.0	326.0
Sasha BIRKIN	49.0		50.0	50.0	50.0		48.0	50.0	297.0
Judy RACKHAM	41.0		43.0	42.0		40.0	46.0	44.0	256.0
Janice NEWMAN	50.0	50.0		49.0		50.0	50.0		249.0

LFOTM SOCIAL RUN / WALK

Last Friday of the Month – March – Dowding Park and the Battle of Britain Bunker

The March LFOTM 2025 was held in Dowding Park, Hillingdon, formerly RAF Uxbridge, hosted by Tim & Jasia as one of their local parks. We were here in 2024 too. Dowding Park also holds Hillingdon House, the Battle of Britain Bunker, and a very nice museum too.

The course is 3 laps of the park, up and down the Pinn and a very pleasant run. A motley crew of 11 of us showed up, in bright sunshine, and had a pleasant trot round the park, with tea and cakes in the museum café afterwards. The café was nominally closed due to a change of operator, but the museum staff had laid on free tea, coffee, cakes and biscuits.

Afterwards, some of the group chose to do the guided tour of the bunker – from where the Battle of Britain was coordinated, with the original operations room. It's definitely worth a visit. The museum is good too.

I'm biased, but I do think this is one of the better parks – a nice route to run, parking, facilities, a café and also, easy to get to.

So far this year the venues have been Boxtree Park and Dowding Park.

Tim Oakley



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 (1)



The races eligible for the Metros London Road Runners Club (LRRC) Trophy for 2025 are as follows: -

Date	Cost	Race	
19-Jan	£22	<u>Fred Hughes 10</u>	✓
2-Mar	£37/13	<u>Berkhamsted Rotary HM/5M</u>	✓
23-Mar	£32	<u>Hillingdon 20M</u>	✓
18-Apr	£27/22	<u>Maidenhead 10M</u>	✓
11-May	£23	<u>Marlow 5M</u>	
19-Oct	£25	<u>Cabbage Patch 10</u>	
2-Nov	£22/32	<u>Marlow 7/HM</u>	

NB: The final trophy races for the second half of the year will be confirmed in due course.

LRRRC TROPHY RACES (2)

Maidenhead 10 - 18th April 2025

Position	Name	Gun Time	Chip Time	
88	Nathan Gee	1:06:12	1:06:06	
163	Clive Heidrich	1:11:07	1:10:57	PB
274	Clive Lucas	1:17:38	1:17:16	
553	Bernie Conway	1:30:42	1:30:21	
613	Rob Bevan	1:34:07	1:33:44	
680	Lorraine O'Donovan	1:39:39	1:38:33	



LEAGUES: VETS TRACK AND FIELD

2025 FIXTURES:

BATTERSEA

Monday 19th May
6.30pm - 9.30pm

HILLINGDON

Monday 2nd June
6.30pm - 9.30pm

TOOTING BEC

Monday 16th June
6.30pm - 9.30pm

PERIVALE

Wednesday 2nd July
6.30pm - 9.30m

EVENTS

100m	Hammer
200m	Javelin
400m	Shot Put
800m	Discus
1500m	Long Jump
3000m	Triple Jump
200m walk	High Jump
Relays	

If you are over 35 and fancy some brilliant fun whilst throwing various objects and flying around some amazing athletic tracks, or want to know more, then get in touch with our Vets League Captain - Marcus - marcusweedon@hotmail.com or 07920770547
All abilities welcome.



PARKRUN TOURISM



FIRST AID

Metros - are you keen to learn lifesaving skills and gain confidence in responding to a sport injury? Do you know how to use the AED?

Metros are holding a First Aid course for sports injuries (including use of the AED).

Date 17th May 2025

Time 11 - 3pm (after Saturday training)

Venue Roxbourne Park Scout Hut

Cost £20 per person (actual cost is £40 - the club contributes half)

While as a club we are under no obligation to offer first aid at our training sessions, first aid is a valuable life skill. Many of our members have chosen to equip themselves with the necessary skills and have, on occasions, assisted both their fellow runners and members of the public whilst out running.

If you are interested in attending, please contact me, Gill Fox, through SPOND. Alternatively, message me on 07843417240 or gill.fox2607@gmail.com

There are only a small number of places left - the next course won't run until September 2026!

FYI: There are AEDs and first aid kits available at all of our training sessions. Do let me know if your favourite session needs an additional first aid kit. Could you also check if any kit needs updating or if the contents are past expiry date?

I look forward to hearing from you.

Gill



Stragglers River Relay - are you interested?

What? The River Relay is a baton relay run over five stages from Boveney to Kingston-upon-Thames, finishing at the Hawker Centre.

When? Sunday 7th September 2025 starting at 8.45am.

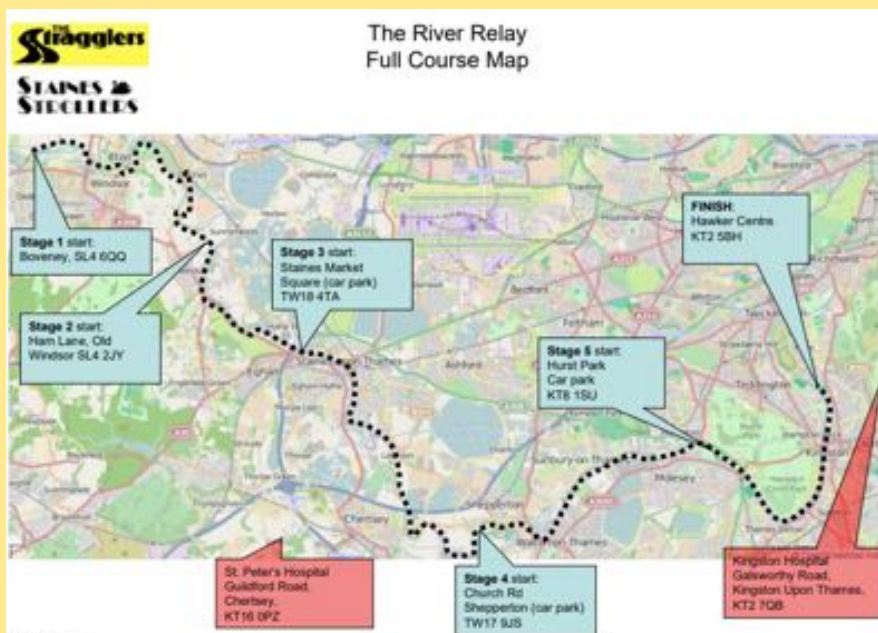
Who? Mixed teams consist of 5 people with at least one woman, the others can be a woman, a Veteran (35 and over) but not more than 3 Senior Men.

Due to TRA licence requirements, all team members must be at least 18 years of age. We may be able to accommodate a 16 or 17 year-old but only by exception – please contact riverrelay@stragglers.org if you wish to enter one.

Where? The stages range from 4.4 to 6.5 miles over friendly terrain (a total of approximately 26.7 miles) so this is an excellent introduction to relay racing and runners of all standards are welcome.

It is great fun, and if Metros can enter a number of teams, then there is some competition within the club too!

Do speak to Marcus, Chris, Nigel, Judy, Mumbi or Ruth for more information.



RECRUITING THE DREAM TEAM!

NOW!

ROUND NORFOLK RELAY 13/14 SEPT 2025

17 STAGES
200 miles!

Starts Sat 5.30am

Ends Sunday 10am

@ ave pace 8.40min/mile

legs range from

5.49 miles to 18.88 miles

**FANCY TAKING PART (RUNNING OR HELPING) IN
RNR 2025 - THEN GET IN TOUCH WITH CHRIS
SHEARWOOD OR MARCUS WEEDON
MARCUSWEEDON@HOTMAIL.COM**

Hatch End - Harrow Triathlon

annual novice- & family-friendly event

don't miss this
★ **25th anniversary race** ★
Sunday, 11 May 2025

400m pool swim - 17km cycle - 3km off-road run

25th anniversary special: ADULT RELAY option!!

JUNIORS

- 8 to 16 years welcome
- age-adjusted distances
- off-road cycle & run

scan here to sign up



or [click here](#)



PERMITTED
EVENT
ORGANISER
2025

event organiser

jetstream
tri club

jetstreamtri.com



supporting

St Luke's 
HOSPICE

stlukes-hospice.org

LEADERSHIP IN RUNNING FITNESS



WOULD YOU LIKE TO BE
ONE OF OUR SESSION CO-
ORDINATORS OR NEED TO
RENEW YOUR LICENCE?
THEN GET IN TOUCH...

MARCUSWEEDON@HOTMAIL.COM



IF YOU WORK IN I.T., ARE YOU ABLE TO HELP?

Metros would like to have online storage for archiving documents such as Metrolines, event photographs, Committee and AGM minutes, accounts files and race series results dating back over many years (e.g. 10K, Measured Mile, 5K, BJ Fun Run).

We currently own the domain name “Metros.org.uk” and would like to create and use generic emails such as chair@metros.org.uk secretary@metros.org.uk archivist@metros.org.

Do you know of any facilities or companies that could enable us to do this at a reasonable cost? Would you be willing to help members of the committee set this up?

Please contact Marcus Weedon (marcusweedon@hotmail.com)
or Teresa Young (teresa53.young@gmail.com)

NOTES FROM THE CHAIR

Harrow Hill Race - Donation

Hello Jasia,

I just wanted to say thank you again for the donation of £1000 which is very much appreciated. Please pass on our thanks to all the runners who made so much effort both running and raising sponsorship for us. Your continuing support is very important to us.

All donations are a help in our efforts to assist our members with the management of their MS symptoms. The Centre's annual running costs are approximately £250,000 (none of which is assured). About one third of that figure comes from the donations that our members make and the rest comes from all kinds of fundraising activities and donations, so you can see that all contributions are very meaningful to us and every little bit counts.

Kind regards,

Lynn Hurst
Centre Manager
Harrow MS Therapy Centre

Important - Swapping Race Numbers

It has come to our attention over the last few months that some of our members are unofficially swapping race numbers for events.

Swapping numbers without following an event's transfer policy, can lead to disqualification from the race or even future events hosted by the same organisation, it could also jeopardise your UKA status.

Many race organisers strictly prohibit the transfer of numbers to preserve the integrity of results and ensure that emergency contacts and health information match the actual participant. It can make life very difficult for the race organiser and puts you at risk as the race organiser has no details of your entry if a medical issue occurs in the race.

We kindly ask members of Metros not to run with another person's race number unless it has been transferred officially via the organisers.

COMMITTEE MEETING NOTES (1)

Wednesday 23rd April 2025 at 8:00pm

Online

Chair: Marcus Weedon

Note Recorder: Rohan Mascarenhas

1. Attendees: Marcus Weedon, Pat Jackson, Nigel Rackham, Irene Paull, Steve Paull, Teresa Young, Marilyn Pickford, Steve Alder, Andrew Fox, Rohan Mascarenhas

Apologies: Jennifer O'Sullivan, Ariff Sidik, Tanasheh Abrahams

2. Actions from last meeting

A. First Aid – Andrew Fox to follow up and update at next meeting. **ACTION:** Andrew Fox

B. EA / Club Standards – Irene informed committee of constitution changes. Post AGM – a clear policy on financial reserves needs to be published. **ACTION:** Irene Paull & Steve Alder

C. Leadership Course in Running Fitness (LIRF) – Nathan to complete at Harrow School track. **ACTION:** Nathan Powell / Marcus Weedon

D. Couch to 5k – First cohort completed and celebrated at Canons Park parkrun on 29th March. The next program to be confirmed and September was suggested by Steve Alder to be led by Mike Reid and participants who have recently completed. Irene highlighted that some C25K attendees were meeting for informal runs on Thursdays (some run/walkers participating in Tuesday club sessions). It was suggested that we should encourage the group to attend the Thursday evening sessions that start at Chartley Avenue, which is a short distance away. **ACTION:** Mike Reid / Steve Alder

E. Club Role Descriptions – Irene to clarify the Team Coordinator role with the committee in a future meeting **ACTION:** Irene Paull

F. Membership – Irene, 6 outstanding renewals remained from the previous 73 mentioned. Currently, there are 314 members with 3 on trial. **ACTION:** Irene Paull

G. Teardrop – Teresa to follow up (later confirmed delivery on 25th April).

3. Club Events

A. Mob Match / Metros takeover Canons Park May 3rd – with Watford Joggers and Sudbury Court. Require volunteers from Metros via Spond post. **ACTION:** Rohan Mascarenhas

COMMITTEE MEETING NOTES (2)

B. Metros 40th Anniversary party – Andrew confirmed that Jennifer O’Sullivan has created a spreadsheet for decorations, cake, raffle and food. Poster needs to be created and added to Metrolines. In order to invite former club members, Irene suggested emailing them if they are not on Spond. Also need to request payment for attending: Andrew confirmed £15 per person, under 16s £5 and under 5s free of charge. Nigel queried the breakeven figure and Andrew confirmed that a £1000 club donation would cover DJ, hall hire, food, alongside the estimated 150 x £15 attendance. Steve Paull highlighted additional funds from the raffle.

ACTION: Andrew Fox, Jennifer O’Sullivan, Steve Paull

C. Marathon Week – Irene pre-existing routes to be used. Marcus to chase up Hillingdon Council for Ruislip Sands permission. 5K booked at Harrow School track (Teresa to check if paid). Irene to request volunteers. Andrew to check Sunday route.

ACTION: Irene Paull, Marcus Weedon, Andrew Fox

4. AOB

A. Criteria for Rewards – Marcus to resend via email and WhatsApp for review by committee members. Pat highlighted Fun Run to be added. **ACTION:** Marcus Weedon

B. Archiving – Teresa indicated that website hosts do not have extra storage space. A request for suggestions to be added to Metrolines. Additionally, a set of generic email addresses for the committee needs to be created. **ACTION:** Teresa Young

C. Nominations – Steve Alder shared 12 committee nominations (seven minimum required) for approval at forthcoming AGM. **ACTION:** Steve Alder

D. Brian Jackson Fun Run – 27th September confirmed with resources by Pat. Distances to be confirmed – suggested 3km / 2km runs, 1km run/walk and 4x4 relay. Teresa offered to measure Roxbourne Park with wheel. **ACTION:** Pat Jackson & Teresa Young

E. Amendments to Constitution – Steve Alder shared changes – member, trials and promotions for membership. Nigel suggested a flexible date for AGM to be added. **ACTION:** Steve Alder, Irene Paull

F. AED – Marilyn confirmed pads on heavy AED are out of date and need replacing. Public AED for Roxbourne Park to be investigated. **ACTION:** Marilyn Pickford

G. Park user group – Pat suggested that Roxbourne could become a member but further investigation needed as more than one park is used. **ACTION:** Pat Jackson

H. Accounts – Teresa confirmed that accounts have been signed off by Jasia and will be added to Spond. Nigel suggested a breakdown for items per week as opposed to quarterly for simplicity e.g. facility hire. **ACTION:** Teresa Young.

METROS IN THE MEDIA

BBC News, 26 April 2025

In the Spring of 1981, **Jeanne Coker** pinned a Union Jack on herself and joined more than 6,000 fellow runners in the first London Marathon. At the inaugural marathon, just 4% of the competitors were women – compared with an expected 45% in this Sunday's race – but had it begun a decade sooner, Jeanne would have been banned from competing.



In Britain, women were banned from competing in running road races any longer than 6km, which is less than four miles, until 1975.

Jeanne, who is from Wembley, was 44 when she ran in the first London Marathon and only about one of 300 women to sign up. It was also her first marathon, completing the 26.2-mile (42.2 km) course in four hours and eight minutes.

"The whole thing was about women and men are being treated differently," Jeanne told BBC London.

"They had forgotten there were women in the race and when we got to Charing Cross they hadn't unlocked the women's toilets. That is a big issue before a race!" Jeanne started running when she went to London to go to university. She was living in Hampstead at the time and met with some runners from Highgate. "I started running for fitness, because I was a netballer," she said.

"If you were of a standard, most women of my generation were in netball or a hockey player, there wasn't anything else because you weren't allowed to run on the roads for quite a long while."

She said, at the time, "annoyed wasn't a strong enough word" to describe how she felt about being told women couldn't do the same things a man could do. "If you're stopping somebody from doing something because of their gender, that's a nonsense," she said. "I've worked a lot to get things changed for women. One year, we decided that we were going to challenge what was going on, so 10 of us went to a different 10-mile road race over the Easter weekend. We said that if anybody got caught, or banned for running on a road, we would all stand up and be counted and there would be others who would do the same for us. But nothing happened because nobody believed in this rule."



Jeanne was interviewed on a bus on her way to the first London Marathon

It is now 50 years since the UK ban on female marathon runners participating in races was lifted.

Jeanne said the public perception of men and women running as equals in the first London Marathon in 1981 was of "togetherness".

"I never met any man who expressed being against women running with men. We had tremendous support. Men didn't know how to change the rules and neither did we," she added. "I just wanted to run the first London Marathon, the fact that I was a woman didn't enter my head, simply that I'm a runner."

Jeanne described the crowds supporting the runners on the day as "great".

"I'm very proud to have been part of the first London Marathon," she said.

"I wish I could do it again, it was a great thing to have done."



Vest: Front

Rear view



Tee-shirt: Front



Rear view



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

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

Official Club Kit

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

Please contact Pat Jackson to order kit.

patjacksonhome@hotmail.com

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.

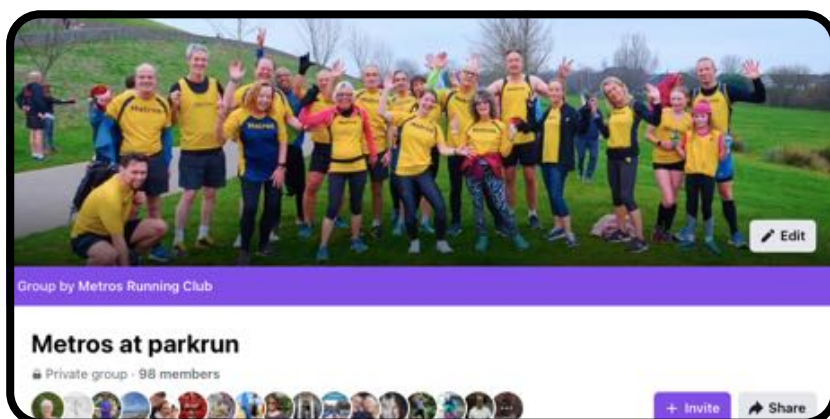
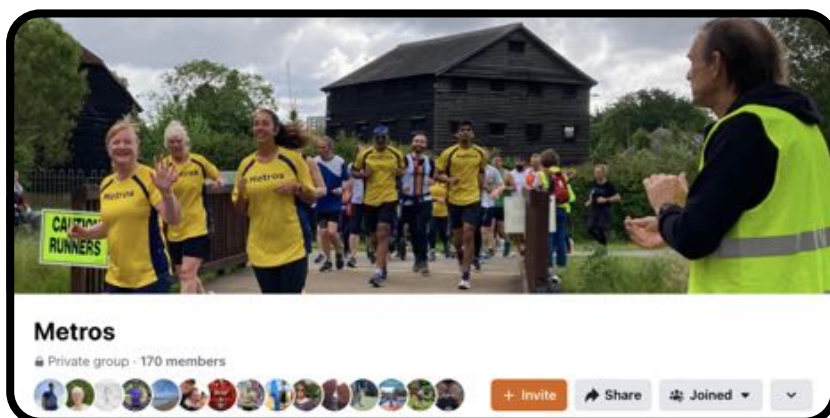
£2 off race entry code for any Runthrough event:

CLUB

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. We would be grateful if you could like and share our posts to increase our online profile. Thank you!



WEBSITE



www.metros.org.uk