

METROLINES

August 2025
Issue No. 432



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Please Note: The Friday 7am training session has changed location permanently to Headstone Manor Rec, meeting outside the Moat Cafe.

CALENDAR DATES

August		
Sat 9	5k, Roxbourne Park (5k comp)	9.00am
Sun 10	Summer League - Battersea Park	10.30am
Sat 16	Measured Mile (Roxbourne Park)	9.00am
Sun 17	Burnham Beeches Half/10k	9.15/9.30am
Fri 29	LFOTM - location tbc	11.50am
Sat 30	Run a parkrun PB, Black Park + picnic breakfast	9.00am
Sun 31	River Relay	8.45am
September		
Sat 6	5 Mile Handicap (Roxbourne Park)	9.00am
Sat 13	Wot No Watch (Roxbourne Park)	9.00am
Sat 13/Sun 14	Round Norfolk Relay	
Wed 17	Committee Meeting	8.00pm
Sat 20	Cassiobury parkrun (5k comp)	9.00am
Sun 21	Leighton Buzzard 10m	10.00am
Fri 26	LFOTM - location tbc	11.50am
Sat 27	Brian Jackson Fun Run (Roxbourne Park)	8:45am
Sat 27	Metros' 40th Anniversary Party	7.30pm
Sun 28	Moor Park 10k	3.00pm
October		
Sat 4	10k Challenge (Roxbourne Park)	9.00am
Sun 5	TVXC - Metros Home Fixture - Hillingdon	4.00pm
Sat 11	Wot No Watch (Roxbourne Park)	9.00am
Wed 17	Committee Meeting	8.00pm
Sun 19	Cabbage Patch 10m	9.00am
Fri 31	LFOTM - location tbc	11.50am

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 - 8.45am Roxbourne Park

ANOTHER REASON TO SAVE THE DATE!

Our evening celebration marks the 40th Anniversary of when we adopted the name Metros. This 46th Anniversary marks 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. We will also need marshals, timekeepers and of course runners, joggers, walkers, helpers and spectators.

So please **SAVE THE DATE** and join us at 8.45 am for a 9.15 am start.

Pat Jackson

BBQ FUN AT THE RACKHAMS'



ACHIEVEMENTS



**Raquel Ponte was 3rd V80
in the London Marathon.
Her commemorative medal
arrived in the post recently!**

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

RACE RESULTS



**The Wales Marathon,
29 June
Richard Wilkinson 2:52:29**



**Maverick E Sussex Trail
Half Marathon, 26 July
Yvonne Walker 2:35:05**



**Beat the Boat 10k,
6 July
Bernie Conway 00:58:08**

**Saucony London 10k,
13 July**

Daniel Smith 00:40:15
Abdul Ali 00:47:14
Sue Green 01:28:41

**Please let us know your
race results.**

SUMMER SPORTS DAY: 11TH JULY HARROW TRACK

Sports Day 2025: Sunshine, Shake-Ups & Seriously Good Vibes

Like all great Metros events, Sports Day wouldn't be complete without a few curveballs — and over the years, we've had some crackers. Remember when a tree fell on the XC course days before an event? Or when Harrow Hill Race turned into Harrow Hill River after an overnight deluge? And who could forget the infamous 'Monsoon Sports Day', where rain caused chaos with results, timings, and any remaining sense of order? By now, we're seasoned pros at rolling with the punches — whether it's a well-planned Plan B or a last-minute scramble that looks like we meant to do it all along.

This year's Sports Day was no exception. With the heat cranking up to “surface of the sun” levels, our friends at SOSA made the absolutely right (but difficult) call to pull out to protect their vulnerable members. We lost about 20 competitors, which meant all our carefully crafted team sheets and heat schedules suddenly needed a rapid remix. But, true to form, the show went on — and it was a great one. One unexpected perk of the smaller numbers? A bit more breathing room between events. No mad rush, and it gave Mitesh enough time to log results and squeeze in his long jump heroics. Now that's multitasking!

Supporters turned out in force this year too, with friends and family lining the track — some basking in the sunshine like lizards, others desperately searching for shade and wondering why we hadn't organised an ice cream van. The atmosphere was brilliant, the racing was hot (literally and figuratively), and spirits were sky-high. From 100m dashes to 1-mile grinds, each race ran like clockwork — a big shout out to our volunteers and the smooth-talking ex-Metro, Spencer, who wrangled runners into the right lanes with military precision. Our new MVP? The humble whiteboard. A surprisingly effective addition that made everyone's lives easier — especially Nathan and his timekeeping crew.

And speaking of stars, let's talk about the Sarries. They've been with us for 3–4 years now and, despite a dip in numbers this time, they gave it everything they had — once again walking away with the trophy! A well-deserved win and a huge part of what makes Sports Day so special.

SUMMER SPORTS DAY: 11TH JULY HARROW TRACK

We also welcomed new Yellow team captains this year — Lynne and Carole — who joined seasoned pros Jenny and Liz in rallying the troops. Massive thanks to all four of you for your energy, enthusiasm, and for making sure your teams were ready, motivated, and raring to go. Points mean prizes, after all!

But more than times and trophies, the magic of Sports Day lies in seeing everyone — especially the kids and our Sarries friends — competing, being included, and soaking up the cheers. That's why we do it. It's not just about winning (though hey, congrats to those who did) — it's about turning up, getting involved, and being treated like the athletes you, Sudbury and the Sarries team absolutely are. Yes, athletes — you heard me.



A huge thank you goes to Nathan, whose behind-the-scenes wizardry made the whole thing happen safely and smoothly, and of course to our incredible volunteers. We say it every time because it's true: these events cannot happen without you. You are the backbone of everything we do.

And now... drumroll please... let's give a huge shoutout to our new Sports Day Record Holders...

SUMMER SPORTS DAY: 11TH JULY HARROW TRACK

Kids Records

- Male 400m: Zachary Archer – 1:19
- Female 400m: Layla Bassiri – 1:27
- Male 1 Mile: Zachary Archer – 6:17
- Female 1 Mile: Layla Bassiri – 8:52
- Female 100m: Layla Bassiri – 19.46
- Male Shot Put (rubber ball): Luke Brown – 10.63m
- Female Shot Put (rubber ball): Layla Bassiri – 8.79m
- Male Long Jump: Zachary Archer – 3.32m
- Female Long Jump: Layla Bassiri – 2.94m

Adults Records

- Male 1 Mile: Justin Archer – 5:40
- Male 100m: John Norris – 13.46
- Male Shot Put: Justin Archer – 8.76m
- Female Shot Put: Charlene Brown – 7.87m
- Female Long Jump: Zahra Bassiri – 3.26m

Huge congrats to all our record breakers and everyone who took part. These may not make the MBEs (pesky officiation rules), but they mean everything to us — and next year we'll have our spreadsheet set up properly to highlight all new records on the night.

Until then, thank you, thank you, thank you — for the effort, the energy, the laughs, and the sweat (so much sweat). Here's to an even bigger, better, and possibly less melty Sports Day next year!

– The Metros Team



SATURDAY SERIES: WOT NO WATCH

12th July - Roxbourne Park

Well done to Simon Abery for winning the trophy on the hottest day of the year so far – even at 9:30am it was in the high 20s. The shaded areas of the park were a welcome relief. Thank you to Barbara Reading for helping with the timekeeping and to Marcus Weedon for leading the “warm up” though under those conditions I am not sure that is the right phrase. Several people overestimated their time because of the heat and were then surprised when they finished quicker.

The next mile will be on 16th August – a week later than usual because of the 5K Series run in Roxbourne Park on the 9th August. However, it will be the final Measured Mile of the 24/25 season (not a Wot no Watch). So, chance for some to try and win the trophy which will be presented at prize-giving in the Autumn.

Teresa Young

	Predicted	Actual	Difference
Simon Abery	6:50	6:52	2
Vijay Singh	8:30	8:24	6
Barbara Pacinella	11:30	11:44	14
Robyn Walliser	8:40	09:03	23
Paul Hor	7:45	7:17	28
Bill Harrington	9:10	8:36	34
Gladys de Groot	14:05	14:59	54
Eilish Fernandez	12:00	10:58	62
Guiseppe Pacinella	11:30	10:27	63
Carole Valentine	13:00	11:44	76
Dave Young	10:00	8:31	89
Jonathan Pang	15:00	17:51	171

SATURDAY SERIES: 10K CHALLENGE

5th July - Roxbourne Park

Congratulations to Paul Hor, Kirit Ranpura and Vijay Singh for their best ever age-grading on the event, even though they do not move up a coloured ribbon.

Thank you to Carole Valentine and Gladys de Groot for timekeeping whilst I was away for the weekend.

The next event will be the first Saturday in October.

Teresa Young

	Time	
Nigel Rackham	40:52	82.53%
Caroline Day-Lewis	54:02	70.09%
Paul Hor	54:54	65.84%
Peter Reynolds	54:02	65.52%
Simon Aberly	52:29	62.50%
Kirit Ranpura	56:41	60.07%
Judy Rackham	78:50	52.89%
Anne Ambrose	83:45	52.04%
Bill Harrington	65:48	51.26%
Irene Paull	88:34	49.21%
Andrew Collier	67:38	48.06%
Titziana Spotti	97:37	43.98%
Vijay Singh	69:31	40.49%

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	✓
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 - Saturday 26th July - Women

Time	Name	Points	Age grading
00:29:55	Janice Newman	50	90.92
00:25:17	Caroline Day-Lewis	49	73.63
00:36:18	Judy Rackham	48	56.98

Track 5k - Saturday 26th July - Men

00:18:26	Nigel Rackham	50	87.43
00:22:21	Clive Lucas	49	74.79
00:20:18	Russel Morris	48	74.06
00:23:02	Peter Reynolds	47	73.23
00:18:42	Rocco Keene	46	71.66
00:21:22	Nathan Powell	45	71.53
00:19:53	John Norris	44	69.74
00:23:04	Simon Aberly	43	67.99
00:25:21	Paul Hor	42	67.98
00:20:02	Mitesh Patel	41	66.64
00:22:57	Alok Agarwal	40	66.01
00:23:00	Marco di Tuillio	39	65.36
00:22:57	Nick Russell	38	64.42
00:25:58	Kirit Ranpura	37	62.58
00:23:29	Bijan Keene	36	62.46
00:23:01	Daniel Smith	35	55.68
00:29:55	Tanasheh Abrahams	34	42.28

Volunteers: Teresa Young, Anne Ambrose, Nathan Powell, Rohan Mascarenhas, Tanasheh Abraham, Robert Bevan

SATURDAY SERIES: 5K COMPETITION

Cumulative Results

Results for those having completed at least 8 events. To be eligible for an award, runners must have completed at least 10 events. If more than 10 have been run, the best 10 scores count.

Name	Cumulative	No of events completed
Caroline DAY-LEWIS	481	10
Jasia ZIMMERMANN	419	9
Sasha BIRKIN	397	8
Janice NEWMAN	394	8
Emma PONNAGANTI	384.5	8
Judy RACKHAM	388	9

Name	Cumulative	No of events completed	Points adjusted (where appropriate) to include only the best 10 scores
Russell MORRIS	526	11	480
Rocco KEENE	483	11	442
Nathan POWELL	471.5	11	434.5
Marcus WEEDON	428	9	428
Nigel RACKHAM	400	8	400
Bijan KEENE	425	11	392
Kirit RANPURA	406	11	376
Tim OAKLEY	368	10	368
Rohan MASCARENHAS	345	9	345
Simon ABERY	333	8	333
Mitesh PATEL	314.5	9	314.5

LRRC TROPHY RACES



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>	✓
17-Aug	£22/30	<u>Burnham Beeches 10k/HM</u>	
21-Sep	£25	<u>Leighton Buzzard 10</u>	
28-Sep	£19	<u>Moor Park 10k</u>	
19-Oct	£25	<u>Cabbage Patch 10</u>	
2-Nov	£22/32	<u>Marlow 7/HM</u>	

NB: The Cabbage Patch 10 is now sold out, however places can be transferred officially (for a fee of £5) up until the date of the race. Nearer the time, you may find people advertising their spaces on the facebook page due to injury etc. Please ensure you do not run with another participant's details.

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

LEAGUES: VETS TRACK AND FIELD

RESULTS: PERIVALE – 2 JULY

Mark Mulvenna - M60 - 200M - 41.0
Marcus Weedon - M50 - 200M - 33.7
Kevin Smart - M60 - 200M - 30.2
Mark Mulvenna - M60 - JT - 11.76M
Marcus Weedon - M50 - JT - 25.91M
Kevin Smart - M60 - JT - 20.38M
Marcus Weedon - M50 - HT - 15.37M
Kevin Smart - M60 - HT - 12.95M
Marcus Weedon - M50 - HJ - 1.25M
Kevin Smart - M60 - HJ - 1.20M
Marcus Weedon - M50 - LJ - 3.24M
Kevin Smart - M60 - LJ - 2.83M

Jenny O'Sullivan - W50 - 200M - 37.1
Jenny O'Sullivan - W50 - JT - 5.90
Jenny O'Sullivan - W50 - HT - 13.76
Jenny O'Sullivan - W50 - LJ - 2.94



UPDATED MBE CHART

METROS VET MEN - TRACK BEST 2025

	35-39	40-49	50-59	60-64	65+	
100m	Mike Godden	Mike Godden	Kevin Smart	Kevin Smart	Kevin Smart	
	12.7 9 Sep 87	12.7 19 Jul 88	13.0 25 Jun 12	14.0 24 Jun 19	14.3 19 Jun 24	
200m	Matt Rogan	Mike Godden	Kevin Smart	Kevin Smart	Kevin Smart	
	29.7 10 Jun 13	25.8 13 Jul 88	26.7 18 Jul 11	28.1 10 Jul 19	29.8 3 Jun 24	
400m	Steve Hartley	Mike Godden	Kevin Smart	Kevin Smart	Kevin Smart	
	56.5 8 Jun 88	56.9 19 Jul 88	60.9 24 Jun 13	66.1 24 Jun 19	69.7 19 Jun 24	
800m	Steve Hartley	Steve Hartley	Derek Frampton	Nick Jones	Steve Paull	
	2:06.0 9 May 90	2:07.6 15 Jun 94	2:13.4 14 Jul 90	2:41.8 13 July 22	3:01.01 1 Aug 18	
1500m	Steve Hartley	Steve Hartley	Nigel Rackham	Steve Paull	Steve Paull	
	4:18.3 11 Apr 90	4:26.6 16 Sep 92	4:38.0 23 Jun 16	5:38.1 31 May 17	6:25.9 24 June 19	
3000m	Steve Hartley	Steve Hartley	Nigel Rackham	Chris Roome	Steve Paull	
	9:18.32 9 Apr 90	9:26.8 9 Sep 92	9:38.8 17 Jul 16	10:47.5 31 Aug 96	12:53.7 1 Aug 18	
2000m Walk	--	Terry Burke	Bob Manning	Terry Burke	Brian Jackson	
		11:29.6 7 Jul 97	11:20.5 5 Jul 93	11:50.4 9 May 11	15:11.7 10 May 04	

If anyone has taken part in an official track and field event and they MBE, they should get in touch with Marcus Weedon with the official result and the MBE CHART will be updated accordingly

UPDATED MBE CHART

METROS VET MEN - FIELD BEST 2025

	35-39	40-49	50-59	60-64	65+	
Long Jump	Matt Rogan	Ray Bennett	Kevin Smart	Kevin Smart	Mike Ransome	
	3.66m 9 Jun 14	5.38m 19 Aug 89	4.47m 16 Jul 12	3.86m 10 Jun 19	3.47m 13 July 15	
Triple Jump	Matt Rogan	Mike Godden	Marcus Weedon	Brian Jackson	Mike Ransome	
	8.07m 10 Jun 13	10.11m 16 May 94	9.44m 5 Jun 23	7.59m 17 May 99	6.72m 6 Jun 16	
High Jump	Jonny Jackson	Marcus Weedon	Marcus Weedon	Kevin Smart	Mike Ransome	
	1.25m 22 Jun 09	1.45m 13 Jul 22	1.40m 12 Jul 23	1.30m 7 Jul 21	1.15m 22 Jun 15	
Shot	Mervyn Stuckey	Keith Seldon	Sonny Peart	Peter Jose	Kevin Smart	
	7.19m 25 Aug 90	9.61m 17 Apr 00	8.76m 10 Jun 19	8.53m 14 Jul 08	6.38m 19 Jun 24	
					<i>*NEW RECORD</i>	<i>*PREVIOUSLY</i>
Discus	Mervyn Stuckey	Keith Seldon	Ray Tucker	Kevin Smart	Kevin Smart	Roger Dengate
	19.38m 20 Jun 90	24.34m 24 Jul 00	22.18m 14 Sep 97	23.54m 21 Jun 21	20.59m 16 May 25	19.57m 24 Jun 19
					<i>*NEW RECORD</i>	<i>*PREVIOUSLY</i>
Javelin	Peter Rees	Sonny Peart	Sonny Peart	Brian Jackson	Kevin Smart	Brian Jackson
	20.88m 13 Jul 16	35.15m 24 Jun 13	30.90m 24 Jun 19	24.34m 5 Jul 99	20.38m 2 July 25	19.25m 28 Jul 03
Hammer	--	Keith Seldon	Sonny Peart	Brian Jackson	Kevin Smart	
		25.69m 17 Apr 00	19.81m 10 Jun 19	16.91m 17 Apr 00	16.62m 10 Jul 24	

UPDATED MBE CHART

METROS VET WOMEN - TRACK BEST 2025

	35-39	40-49	50-59	60-64	65+	
			<i>*NEW RECORD</i>			<i>*PREVIOUSLY</i>
100m	Mary Swindles	Mary Swindles	<i>Jenny O'Sullivan</i>	Marilyn Pickford	Ann Marsden	<i>Sasha Birkin</i>
	15.3 19 Aug 89	15.32 9 Jun 93	17.2 <i>16 June 25</i>	18.3 12 May 14	18.5 11 May 09	17.6 19 Jun 23
200m	Mary Swindles	Mary Swindles	Sasha Birkin	Mari lyn Pickford	Ann Marsden	
	31.4 21 Jun 88	31.8 11 Aug 93	36.0 12 Jun 23	38.3 9 Jun 14	41.1 12 Jul 10	
400m	Mary Swindles	Mary Swindles	Sasha Birkin	Jasia Zimmerman	Jasia Zimmerman	
	71.9 23 Jun 92	74.2 9 Jun 93	75.0 15 May 23	89.5 15 May 23	94.1 13 Jun 24	
800m	Mary Swindles	Sasha Birkin	Sasha Birkin	Jasia Zimmerman	Jasia Zimmerman	
	2:40.6 21 Jun 88	2:39.5 10 Jul 19	2:42.9 12 July 23	3:31.0 13 Jun 22	3:42.00 3 Jun 24	
1500m	Kate Armstrong	Sasha Birkin	Sasha Birkin	Marion Rogan	Ann Marsden	
	5:21.2 17 Jun 96	5:25.6 24 Jun 19	5:19.7 19 Jun 23	7:19.8 21 Jun 10	7:41.5 14 May 07	
3000m	Mary Swindles	Sasha Birkin	Sasha Birkin	Pauline Bishop	Pauline Bishop	
	11:31.5 4 Oct 87	11:18.8 7 Jun 21	11:12.5 12 Jul 23	15:14.0 13 Jul 16	14:33.8 5 Jun 17	
			<i>*NEW RECORD</i>			<i>*PREVIOUSLY</i>
2000m Walk	Gill McBride	Jasia Zimmerman	<i>Chik Ha Kwok</i>	Pat Jackson	Barbara Robson	<i>Pat Jackson</i>
	13:53.6 29 Apr 96	15:32.0 28 Apr 03	11:37.3 <i>16 May 25</i>	14:26.8 12 Jul 04	14:34.2 26 Apr 99	14:11.9 26 Apr 99

UPDATED MBE CHART

METROS VET WOMEN - FIELD BEST 2025

	35-39	40-49	50-59	60-64	65+	
			<i>*NEW RECORD</i>			<i>*PREVIOUSLY</i>
Long	Gill McBride	Zahra Bassiri	<i>Jenny O'Sullivan</i>	Marilyn Pickford	Marilyn Pickford	<i>Barbara Robson</i>
Jump	3.60m 31 Aug 96	3.16m 15 Jul 22	2.94m 2 July 25	2.74m 9 Jun 14	2.75m 13 May 19	2.73m 16 May 94
Triple	Gill McBride	Sylvia Suffield	Debra Norman	Marilyn Pickford	Marilyn Pickford	
Jump	7.24m 17 Jun 96	7.07m 27 Apr 93	5.24m 8 Jun 15	5.83m 11 Jun 12	5.59m 24 Jun 19	
High		Zahra Bassiri	Jane Hudson	Anne Ambrose	Marilyn Pickford	
Jump	--	1.15m 27 Jun 22	0.95m 25 Jun 12	0.80m 24 Jun 19	1.00m 18 Jun 18	
			<i>*NEW RECORD</i>			<i>*PREVIOUSLY</i>
Shot	Mary Swindles	Mary Swindles	<i>Jenny O'Sullivan</i>	Marilyn Pickford	Ruth Dengate	<i>Jane Hudson</i>
	6.82m 17 Aug 91	7.12m 28 Aug 93	5.54m 2 June 25	5.68m 9 May 11	5.59m 13 May 19	5.12m 8 Jun 15
Discus	Anna Fratzczak	Mary Swindles	Jane Hudson	Jeanne Coker	Jeanne Coker	
	16.80m 27 Aug 94	22.08m 28 Aug 93	13.99m 25 June 12	12.13m 15 Jul 02	13.79m 28 Jul 03	
Javelin	Gill McBride	Mary Swindles	Jane Hudson	Marilyn Pickford	Jeanne Coker	
	6.90m 17 Jun 96	18.40m 27 Jun 94	10.60m 25 Jun 12	12.89m 25 Jun 12	14.67m 6 Jun 16	
Hammer		Jane Young	Pat Jackson	Gladys de Groot	Ruth Dengate	
	--	20.16m 15 Jul 96	15.15m 7 Jun 99	15.79m 14 Jul 14	18.31m 10 Jul 19	

LEAGUES: SUMMER LEAGUE



2025 Fixtures

Date	Venue	
5 th June	Headstone Manor 8k	✓
29 th June	Perivale 8k	✓
13 th July	Dulwich 8k	✓
27 th July	Regent's Park 10k	✓
10 th August	Battersea - 10k	



LEAGUES: SUMMER LEAGUE

RESULTS: PERIVALE (1)

	Name	Time	Gen Pos	Cat	Cat Pos	WAVA	Points
20	Nigel Rackham	0:29:57	19	M60	1	87.48%	307
28	Rocco Keene	0:30:37	27	MU17	1	70.22%	274
47	Justin Archer	0:31:50	44	M50	5	75.60%	272
50	Daniel Smith	0:31:58	47	SM	24	66.68%	254
56	Nathan Gee	0:32:30	53	M50	7	74.05%	263
59	Rick Patel	0:32:41	56	M40	11	68.08%	250
64	John Norris	0:32:55	60	M45	9	70.23%	251
84	James Kerrane	0:34:30	76	M45	13	67.00%	235
85	Sasha Birkin	0:34:32	9	F50	2	78.96%	307
87	Ron Taylor	0:34:54	78	SM	32	61.08%	223
88	Richard Brown	0:34:57	79	M50	9	68.86%	237
89	Mitesh Patel	0:35:02	80	SM	33	60.85%	221
95	Nathan Powell	0:35:27	85	M55	2	70.76%	236
100	Tanasheh Abrahams	0:35:36	90	SM	38	59.88%	211
106	Jag Matharu	0:35:53	94	M55	4	69.90%	227
111	Emma Ponnaganti	0:36:01	15	F50	3	75.71%	301
116	Marcus Weedon	0:36:14	100	M50	12	66.42%	216
118	Patrick O'Brien	0:36:25	102	M55	5	68.88%	219
127	Quentyn Taylor	0:37:01	106	M45	18	62.45%	205
128	Clive Lucas	0:37:09	108	M65	4	73.80%	223
140	Olivia Matharu	0:37:54	22	FU20	1	63.85%	279
147	Nick Russell	0:38:36	123	M50	15	62.35%	193
148	Kevin Smart	0:38:39	124	M65	5	70.94%	207
150	Zahra Bassiri	0:38:42	24	F40	5	64.34%	282
153	Matthias Nwabudike	0:39:05	127	M50	16	61.58%	189

LEAGUES: SUMMER LEAGUE

RESULTS: PERIVALE (2)

168	Peter Reynolds	0:40:18	136	M65	6	68.03%	195
172	Simon Abery	0:40:31	140	M60	7	64.66%	186
173	Bijan Keene	0:40:35	141	M50	19	59.30%	175
182	Caroline Day-Lewis	0:41:07	36	F55	2	70.37%	285
207	Harish Gohil	0:42:32	158	M55	11	58.97%	163
221	Jeff Rollason	0:43:56	165	M70	2	65.55%	171
233	Andrzej Warhaftig	0:46:05	170	M75	1	67.05%	171
237	Una Cunningham	0:46:41	63	F50	11	58.41%	253
248	Louise O'Reilly	0:48:01	71	F45	9	53.84%	240
249	Andrew Collier	0:48:03	177	M55	12	52.20%	144
254	Ilayda Brown	0:48:38	74	FU20	3	49.76%	227
265	Jonathan Pang	0:50:49	181	M45	31	45.49%	130
270	Steve Paull	0:51:29	182	M70	7	55.94%	154
285	Claire Reid	0:53:02	97	SF	15	45.63%	204
286	Mike Reid	0:53:28	188	M60	16	49.00%	138
289	Janice Newman	0:54:06	99	F80	1	77.33%	247
292	Vijay Singh	0:55:32	192	M40	22	40.07%	114
297	Richard Hayward	0:57:11	195	M40	23	38.91%	111
298	Martin Eden	0:57:40	196	M65	14	47.54%	135
305	Steph White	1:02:07	107	F65	8	53.07%	224
306	Jane Hudson	1:02:09	108	F65	9	53.04%	223
307	Anne Ambrose	1:02:12	109	F65	10	53.00%	222

LEAGUES: SUMMER LEAGUE

RESULTS: DULWICH (1)

	Name	Time	Gen Pos	Cat	Cat Pos	WAVA	Points
7	Richard Wilkinson	0:29:17	7	SM	5	72.79%	294
19	Rocco Keene	0:30:22	18	MU17	1	70.80%	283
41	Rick Patel	0:32:47	39	M40	8	67.87%	267
46	Ron Taylor	0:33:22	44	SM	17	63.89%	257
49	John Norris	0:33:33	47	M45	10	68.90%	264
68	Christopher Shearwood	0:35:17	59	M60	4	74.26%	267
72	Tanasheh Abrahams	0:35:35	61	SM	24	59.91%	240
75	Emma Ponnaganti	0:35:42	13	F50	3	76.38%	303
81	Patrick O'Brien	0:36:10	66	M55	5	69.35%	255
106	Maxwell Smith	0:38:20	84	MU17	2	56.09%	217
108	Clive Lucas	0:38:26	85	M65	4	71.34%	246
118	Rhonda Tapley	0:39:12	29	F55	2	73.81%	292
129	Matthias Nwabudike	0:40:13	94	M50	11	59.84%	222
138	Bijan Keene	0:40:40	97	M50	12	59.18%	219
144	Harish Gohil	0:41:02	100	M55	9	61.13%	221
153	Caroline Day-Lewis	0:41:27	47	F55	4	69.80%	274
174	Jeff Rollason	0:44:14	116	M70	5	65.11%	220
176	Jennifer O'Sullivan	0:44:39	60	F50	11	61.07%	256
187	Rohan Mascarenhas	0:45:53	120	M55	11	54.67%	201
190	Andrzej Warhaftig	0:46:11	121	M75	1	66.91%	220
201	Una Cunningham	0:46:55	76	F50	14	58.12%	240
215	Jonathan Pang	0:49:37	131	M45	27	46.59%	180

LEAGUES: SUMMER LEAGUE

RESULTS: DULWICH (2)

216	Steve Paull	0:49:56	132	M70	7	57.68%	204
227	Vijay Singh	0:51:49	136	M40	14	42.94%	170
231	Martin Eden	0:53:35	138	M65	11	51.17%	193
235	Ruth Tidder	0:53:43	96	F55	10	53.86%	225
240	Claire Reid	0:55:07	98	SF	21	43.91%	203
241	Mike Reid	0:55:08	143	M60	13	47.52%	183
245	Marion Rogan	0:57:12	101	F75	1	67.02%	240
249	Steph White	1:02:31	104	F65	2	52.73%	227
251	Penny Hudson	1:09:02	106	F60	15	44.64%	220
252	Irene Paull	1:09:03	107	F65	3	47.74%	224



The results of the Regent's Park Summer League will appear in the September edition of Metrolines.

LEAGUES: THAMES VALLEY CROSS COUNTRY



TVXC 2025/26

DATE - 5TH OCTOBER 2025 @ 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!**

PARKRUN TOURISM



Your Running Journey Begins Here! Starts Saturday 6th September 2025

What is Couch to 5k?

Couch to 5k is a structured running programme designed to take you from being a beginner to running a full 5k in just nine weeks. Whether you're looking to improve your fitness, discover the joys of running, or simply achieve a new goal, this programme is perfect for you.

Programme Details

- **Duration:** Nine weeks
- **Sessions:** Three sessions per week – Saturday morning, evening sessions on Tuesday and Thursday
- **Start Date:** Saturday 6th September 2025 (at Roxbourne Park)
- **Grand Finale:** A celebratory 5k parkrun on Saturday 8th November 2025

Why Join?

- Beginner-friendly and designed for all fitness levels
- Step-by-step guidance to help you progress gradually
- Fun, motivating, and community-driven
- A great way to meet new people and stay active

How Does It Work?

Each week focuses on manageable goals, alternating between walking and jogging to build your stamina and confidence. By the end of the ninth week, you'll be ready to complete a 5k run with ease.

Sign Up Today!

Don't miss the opportunity to transform your fitness journey and achieve something incredible. Register now and let's start this adventure together!

Cost

£30 for membership with Metros Running Club until March 2027

Contact Us

For more information about Metros Running Club visit our website

<https://metros.org.uk>

or to sign up get in touch with our team at the address below. Let's get moving!

Email: metrossec@icloud.com

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 31st August 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.

Sign up now on Spond.



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**



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, Brian Jackson 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.uk

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)

METROS COMMITTEE & CO-ORDINATOR LIST

MEET OUR COMMITTEE



MARCUS WEEDON
HONORARY CHAIR



ARIFF SIDIK
HONORARY VICE CHAIR



ROHAN MASCARENHAS
HONARARY CLUB
SECRETARY



TERESA YOUNG
HONORARY TREASURER

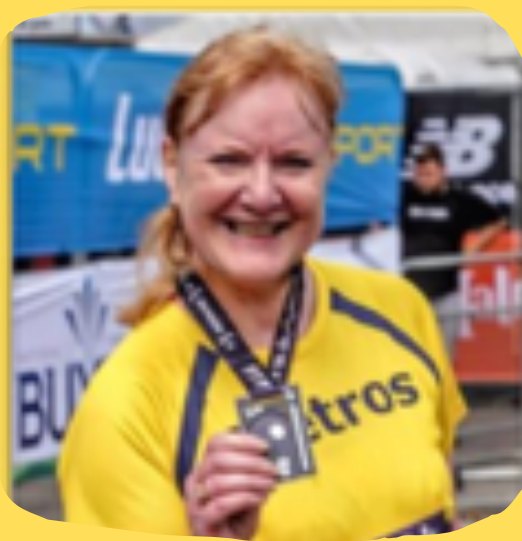


IRENE PAULL
HONORARY MEMBERSHIP
SECRETARY

MEET OUR COMMITTEE



STEVE ALDER



ANNE AMBROSE



ANDY FOX



PAT JACKSON



JENNY O'SULLIVAN



NIGEL RACKHAM

COMMITTEE ROLES

HONORARY CHAIR

Contact

Marcusweedon@hotmail.com

- Represent the Club and committee, acting as spokesperson as required
- Chair and manage the efficient running of the Club's committee and AGM/EGM meetings
- Ensure the committee acts in the spirit of the Club, in the best interest of its members and according to the constitution
- Suggest direction on the development of the Club

HONORARY VICE CHAIR

Contact

Abus.stg@gmail.com

- Support the Chairperson in leading the Club
- Act as Chairperson when required in the Chairperson's absence
- Support the Chairperson in key decision-making alongside the committee
- Undertake any tasks requested by the Chairperson

HONORARY CLUB SECRETARY

Contact

metrosclubsec@gmail.com

- Act as custodian of the Club constitution and policies, highlighting when changes are required to maintain compliance and relevance
- Prepare and distribute the AGM agenda, related documents, and details of committee elections, ensuring all relevant materials are sent out in advance.
- Act as the primary liaison with UKA on non-membership matters, such as club transfers and London Marathon entries.

HONORARY TREASURER

Contact

Treasurer.metros@gmail.com

- Prepare annual accounts for audit prior to AGM
- Manage the Club's income and expenditure, and its assets and liabilities
- Regularly report back to the Club committee on all financial matters
- Check and arrange payment of expenses, invoices and bills

HONORARY MEMBERSHIP SECRETARY

Contact

metros.secretary@yahoo.co.uk

- Respond to enquiries from potential new members
- Process new member applications, EA membership payments and send welcome emails
- Manage member access to Club systems: website, membership database, training sessions system
- Issue renewal notices to members at year-end, update membership records when payments are made directly to the Club and chase non-payers

METROS SESSION CO-ORDINATORS

MONDAY

- Run Session - Stephanie White
- Core Session - Ariff Sidik

TUESDAY

- Run Session - Steve Paull & Tim Oakley
- Walk/Jog - Irene Paull & Nancy Morris

WEDNESDAY

- Hills 1 - Nathan Powell
- Hills 2 - Gerry Barker & Mike Reid

THURSDAY

- Run Session - Mike Morris
- Track session - Nathan Powell

FRIDAY

- Strengthening Session - Marcus Weedon
- LFOTM - Gerry Barker

SATURDAY

- Roxbourne Session - Adam Leary & Marilyn Pickford

To contact a session leader,
please send a message via spond

METROS EVENT & CLUB CO-ORDINATORS

Awards and
Presentation
Evening

Ariff Sidik &
Andy Fox

Brian Jackson
Fun Run

Pat Jackson

Couch to 5K
Co-Ordinators

Mike Reid and
Steve Alder

5k Run

Irene &
Steve Paull

5k Competition

Nigel Rackham
&
Nathan Powell

5 Mile Handicap

Gordon
Valentine

10km Challenge

Teresa Young

First Aid
Co-Ordinator

Gill Fox

Harrow Hill Race

Paula Ryan,
Jasia
Zimmerman
and Marcus
Weedon

Kit

Pat Jackson
patjacksonhome
@hotmail.com
07963551816

London
Marathon
Events
Volunteers

Anne Ambrose

Marathon Week

Irene Paull

Measured mile
& Wot no watch
Co-Ordinator

Teresa Young

Metrolines

Judy & Emma
Rackham
metrolines1@
gmail.com

Middlesex
County AA

Steve Alder

Quiz Night

Nigel Rackham

METROS EVENT & CLUB CO-ORDINATORS

Refreshment Events

Hema Thakur -
HH10K & SL
Ariff Sidik - TVXC

Round Norfolk Relay

Chris Shearwood
& Marcus
Weedon

Run and Talk Mentors

Ariff Sidik

Social Media Co-Ordinator

Tanashe
Abrahams

SPOND Administrator

Irene Paull
metros.
secretary@
hotmail.co.uk

Sports Day Organisers

Nathan Powell
& Marcus
Weedon

Summer League representatives

Irene Paull

Summer League Metros Fixture Race Director

Irene Paull, Rohan
Mascarenhas &
Steve Alder

Summer League Relay Captain

Marcus Weedon

TVXC - Metros Fixture Race Director

Keval Shah

TVXC Captain

Jenny O'Sullivan

LLRC Trophy Races

Vincent Cheung

Vets League Captain

Marcus Weedon

Website www.metros.org.uk

Contributions to
Russell Morris
a.morris.russell@hotmail.com

Welfare Officers

Steve Alder
Ariff Sidik
Jenny O'Sullivan

Webcollect

Irene Paull

COMMITTEE MEETING NOTES (1)

Wednesday 16th July 2025 at 8:00pm

In person - many thanks to Nigel & Judy Rackham for continuing to our host committee meetings and for the enjoyable Summer BBQ

Chair: Marcus Weedon

Note Recorder: Rohan Mascarenhas

1.Attendees: Marcus Weedon, Anne Ambrose, Teresa Young, Pat Jackson, Nigel Rackham, Ariff Siddik, Rohan Mascarenhas, Irene Paull.
Apologies: Andrew Fox, Jennifer O’Sullivan, Steve Alder.

2. Actions from last meeting

A. First Aid update – 12 attended the recent first aid training. We now have 3x AEDs (1x lightweight version to be replaced due to manufacturer recall).

ACTION: Gill Fox / Teresa Young

B. EA / Club Standards Post AGM – a clear policy on financial reserves needs to be published and event budgets will be included. It was noted that Metros is a community organisation and not a registered charity as this would require disproportionate compliance and governance.

ACTION: Teresa Young

C. EA Club Standards Welfare / Safeguarding - Rohan provided an overview of Spond Webinar facilitated by Charlene Kemp (Spond UK Commercial Lead) which highlighted key contacts and resources available to clubs. Ariff has also completed EA’s “Club Run & Talk” accreditation as one of our Welfare Officers.

ACTION: Rohan Mascarenhas / Steve Alder / Irene Paull / Ariff Sidik

D. Leadership Course in Running Fitness (LIRF) Renewals – There has been no uptake of new participants since the Leadership course was advertised in Metrolines. Nathan Powell has recently completed the course. It was suggested that the 8 leaders of week sessions could be approached for future certification.

ACTION: Marcus Weedon

COMMITTEE MEETING NOTES (2)

E. Couch to 5K - Next cohort arranged from 6th September. Where possible, C25K sessions should be integrated into to existing weekly Metros sessions to encourage participants to remain as members and continue to attend these regular sessions after completing their 5K. Where feasible the sessions should start with toilet facilities nearby. It was highlighted that previous participants would also be encouraged to attend existing weekly sessions (particularly on Thursday runs). Flyers were suggested to advertise, and both Nigel and Pat have stocks of Metros RC “business cards” with website details. These can be carried on training runs by any members and given to anyone approaching and asking for more details of the club

ACTION: Steve Alder / Mike Reid

F. Club Role Descriptions / Website - Overall website is being updated by Marcus Weedon to include recent committee role descriptions and committee members. Rohan & Steve to update AGM minutes on the site. Rohan to investigate hosting site provision of committee generic emails for contact and archiving.

ACTION: Marcus Weedon / Rohan Mascarenhas / Steve Alder

G. Membership update - Irene confirmed 329 members and 2 on £2 trial Metros membership for a month at the time of the meeting.

ACTION: Irene Paull

3. Club Events

A. Recent events - positive feedback was given for recent club events: Marathon Week, Summer League at Headstone Manor and Sports Day at Harrow School Track

B. Stragglers River Relay - 31st August: Number of participants and volunteers remain low for the event to take place.

ACTION: Marcus Weedon

C. Metros 40th Anniversary Party - 27th September at Harrow Weald Memorial individual tickets now on sale via Spond / multiple tickets to be purchased via WebCollect

ACTION: Andy Fox/ Jennifer O’Sullivan / Irene Paull / Teresa Young

4. AOB

A. Social media use- A Policy & Code of Conduct is to be published to address recent concerns.

Action: Marcus Weedon

B. Criteria for awards – New criteria for awards will be published ahead of the new season.

Action: Marcus Weedon / Pat Jackson

COMMITTEE MEETING NOTES (3)

C. London Marathon Elite Water Station – As we no longer receive a guaranteed entry to the Marathon from the water station (as it only requires 15 volunteers), we will continue to look for additional volunteering opportunities that require more than 19 volunteers. 19 volunteers is the minimum number to receive a guaranteed entry. There may be more opportunities if we send volunteer teams to other London Marathon Events e.g. Vitality Big Half

Action: Anne Ambrose

D. Thursday Track - attendance numbers are high. Only members (full or £2 TOFM) should attend the session. For insurance purposes they should be participating in the organised session on the track prepared by the leader. To promote Metros' inclusive and all-ability approach Sakina Sidik is to be re-added to Spond to lead an additional shorter session to supplement the conventional 8k session.

Action: Nathan Powell / Irene Paull / Sakina Sidik

E. EA London Clubs Webinar - Rohan provided an overview from the virtual meeting on 17/05/25 with local London clubs and expressed a desire to present Metros RC face to face forum on 27/09/25 or January 2026 TBA

Action: Rohan Mascarenhas / Irene Paull

5. AOB

A. EA “Club finder” listing - the accuracy of our club listing is to be reviewed to market our club and deal with enquiries effectively.

ACTION: Irene Paull

B. Prizegiving – date to be proposed at next meeting to check venue availability/provision of pizza

ACTION: Teresa Young

C. Fun Run Participants – Pat enquired if a previous member could enter the fun run and it was agreed that the £2 for a month could apply.

ACTION: Pat Jackson

D. 40th Anniversary Party speakers – it was suggested that previous members might like to give a speech on the early days of Metros which would first need to be checked with the organisers.

ACTION: Andy Fox/ Jennifer O’Sullivan / Irene Paull / Teresa Young

Date of next meeting – 17th Sept





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.

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

£2 off race entry code for any Runthrough event:

CLUB 41

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