

METROLINES

January 2025

Issue No. 425



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CALENDAR DATES

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January		
Sat 4	10k Challenge	9.00am
Sun 5	TVXC - Bracknell Forest Runners	11.00am
Sat 11	Wot No Watch	9.00am
Wed 15	Committee Meeting	8.00pm
Sun 19	TVXC - Thames Valley Triathletes	11.00am
Sun 19	Fred Hughes 10	10.00am
Sat 25	Harrow Track (5k comp)	9.00am
Fri 31	LFOTM - location tbc	11.50am
February		
Sat 1	Run a parkrun PB, Cassiobury	9.00am
Sun 2	TVXC - Marlow Striders	11.00am
Sat 8	Measured Mile	9.00am
Sat 15	TVXC Sandhurst	tbc
Sun 16	Harrow Hill 10k	10.30am
Sat 22	Roxbourne Park (5k comp)	9.00am
Fri 28	LFOTM - location tbc	11.50am
March		
Sat 1	5 Mile Handicap	9.00am
Sun 2	Berkhamsted Rotary HM/5M	10/10.30am
Sat 22	Rickmansworth parkrun (5k comp)	9.00am
Fri 28	LFOTM - location tbc	11.50am

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

DATES FOR YOUR DIARY

HARROW HILL 10K



To enter, click [here](#)

SAVE THE DATE

AGM & QUIZ

Friday 2nd May 2025
Lowlands Tennis Club, Eastcote



METROS' 40TH ANNIVERSARY CELEBRATIONS

27 SEPTEMBER 2025



Lorraine O'Donovan ran her 250th parkrun at Harrow on 21st December.



Jenny O'Sullivan completed her 150th parkrun at Canons Park on 21st December.

RACE RESULTS



Perivale 5, 1 December

Tanasheh Abrahams 33:36 PB
Christopher Shearwood 33:44
Mitesh Patel 34:53
Peter Reynolds 38:26
Jennifer O'Sullivan 46:10
Pauline Bishop 48:38
Steve Paull 48:51
Derek Bamforth 50:08
Janice Newman 53:02



Stevenage Winter 10k, 8 December

Andrzej Warhaftig 0:56:35
Emma Rackham 1:02:48



London Ten, 15 December

Paul Spendloff 38:17
John Norris. 39:31
Christopher Shearwood. 41:52
James Kerrane 43:49
Abdul Ali 45:34
Sakina Sidik 01:01:43
Ariff Sidik 01:02:43
Sonny Peart 01:06:47

Saturday 14th December

	Predicted	Actual	Difference
Amanda Hardy	08:50	08:43	7
Ceri Jacob	08:15	08:23	8
Robyn Walliser	08:30	08:39	9
Adam Leary	07:19	07:03	16
Gladys de Groot	12:59	13:22	23
Simon Abery	08:00	07:31	29
Bill Harrington	09:00	08:14	46
Karen Leary	09:54	10:57	63
Barbara Reading	13:00	11:47	73

Small turn out for the final WNW of 2024. (Several regulars were at Northala parkrun for the 5K series.) Congratulations to Amanda for winning the trophy. Most runners were faster than predicted – possibly due to the extended warm up led by Robyn.

Hope to see more of you in 2025 at the January event.

Teresa Young

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.



Northala Fields parkrun - 14th December - Women

	Time	Age grade	Points
Sasha BIRKIN	20:35	84.62%	50
Janice NEWMAN	32:00	83.28%	49
Emma PONNAGANTI	22:19	74.23%	48
Caroline DAY-LEWIS	25:07	73.06%	47
Jasia ZIMMERMANN	28:49	72.53%	46
Ruth TIDDER	25:07	70.21%	45
Ann SUFFIELD	25:35	64.76%	44
Anne AMBROSE	35:47	60.22%	43
Judy RACKHAM	35:54	57.34%	42
Julia ALLEN	32:50	56.65%	41
Tanya KEENE	32:27	53.67%	40
Gillian FOX	40:42	47.01%	39
Bernie CONWAY	33:27	46.69%	38
Irene PAULL	47:21	44.81%	37
Wendy MULVENNA	47:22	42.15%	36
Linda GRIMES	47:23	39.25%	35
		Ave	42.5

Volunteers	
Gill Shearwood	42.5



Northala Fields parkrun - 14th December - Men

	Time	Age grade	Points
Nigel RACKHAM	18:38	87.57%	50
Christopher SHEARWOOD	20:02	81.45%	49
John NORRIS	18:59	74.71%	48
Marcus WEEDON	19:56	74.58%	47
Russell MORRIS	20:59	72.60%	46
Kevin SMART	23:24	71.65%	45
Robert BEVAN	23:09	69.26%	44
Rocco KEENE	19:59	68.56%	43
Nathan Powell	23:41	65.45%	42
Andrew FOX	25:25	63.67%	41
Tanasheh ABRAHAMS	20:22	63.50%	40
Bijan KEENE	23:41	63.27%	39
Tim OAKLEY	26:52	62.41%	38
Kirit RANPURA	26:46	62.08%	37
Brian MCGRORY	27:24	59.55%	36
Mark MULVENNA	28:26	57.39%	35
Vincent CHEUNG	25:58	56.35%	34
Steve PAULL	31:52	56.01%	33
Quinton STOWELL	29:17	51.82%	32
Mitesh PATEL	36:55	36.70%	31
		Ave	40.5

Volunteers	
Chris Shearwood	49
Rohan Mascarenhas	40.5
Russell Morris	46
Ian Birch	40.5



Cumulative Results - Women

	Canons Park	Track	Roxbourne	Northala	TOTAL
Name	9/21/2024	10/26/2024	11/9/2024	12/14/2024	Cumulative
Emma PONNAGANTI	48.0	47.0	49.0	48.0	192.0
Jasia ZIMMERMANN	46.0	46.0	47.0	46.0	185.0
Janice NEWMAN	50.0	50.0		49.0	149.0
Sasha BIRKIN	49.0		50.0	50.0	149.0
Caroline DAY-LEWIS		45.0	48.0	47.0	140.0
Ruth TIDDER	45.0		46.0	45.0	136.0
Una CUNNINGHAM TAYLOR	42.0	46.5	40.0		128.5
Judy RACKHAM	41.0		43.0	42.0	126.0
Irene PAULL	40.0		43.5	37.0	120.5
Anne AMBROSE		46.5		43.0	89.5
Teresa YOUNG		46.5	42.0		88.5
Ann SUFFIELD		44.0		44.0	88.0
Stephanie WHITE	43.0		43.5		86.5
Julia ALLEN			44.0	41.0	85.0
Philippa BROWN	38.0	43.0			81.0
Tanya KEENE	40.0			40.0	80.0
Wendy MULVENNA	40.0			36.0	76.0
Linda ROSS	39.0			35.0	74.0
Eloise SUFFIELD		49.0			49.0
Linda GEORGIADES		48.0			48.0
Lynne JONES	47.0				47.0
Ceri JACOB			45.0		45.0
Jennifer O'SULLIVAN	44.0				44.0
Barbara READING			43.5		43.5
Jane HUDSON			43.5		43.5
Linda DEMPSTER			43.5		43.5
Marilyn PICKFORD			43.5		43.5
Nancy MORRIS			43.5		43.5
Pat JACKSON			43.5		43.5
Gill SHEARWOOD				42.5	42.5
Debra NORMAN			41.0		41.0
Amanda KENNELLY	40.0				40.0
Lorraine O'DONOVAN	40.0				40.0
Monica SHORTT	40.0				40.0
Shama MEGHJEE-CAINE	40.0				40.0
Siobhan WILBY	40.0				40.0
Carole VALENTINE			39.0		39.0
Gill FOX				39.0	39.0
Gladys DE GROOT			38.0		38.0
Bernie CONWAY				38.0	38.0
Barbara PACINELLA			37.0		37.0
Layla BASSIRI	37.0				37.0
Sophia BASSIRI	36.0				36.0
Sakina SIDIK	35.0				35.0
Zahra BASSIRI	34.0				34.0
Helen SIMONS	33.0				33.0

Cumulative Results - Men

	Canons Park	Track	Roxbourne	Northala	TOTAL
Name	9/21/2024	10/26/2024	11/9/2024	12/14/2024	Cumulative
Marcus WEEDON	46.0	50.0	50.0	47.0	193.0
Russell MORRIS	49.0	49.0	49.0	46.0	193.0
Rocco KEENE	43.0	46.0	47.0	43.0	179.0
Nathan POWELL	47.0	48.0	42.0	42.0	179.0
Bijan KEENE	40.0	39.0	44.0	39.0	162.0
Tim OAKLEY	38.0	37.0	42.0	38.0	155.0
Kirit RANPURA	35.0	33.0	41.0	37.0	146.0
Steve PAULL	36.0	35.0	42.0	33.0	146.0
Mitesh PATEL	27.0	38.0	38.0	31.0	134.0
Robert BEVAN	45.0	43.0		44.0	132.0
Simon ABERY	42.0	41.0	46.0		129.0
Rohan MASCARENHAS	37.0	40.0		40.5	117.5
Amol BHUPTANI	33.0	34.0	39.0		106.0
Nigel RACKHAM	50.0			50.0	100.0
Peter REYNOLDS	48.0		48.0		96.0
Andy FOX			43.0	41.0	84.0
Tanasheh ABRAHAMS	36.5			40.0	76.5
Brian MCGRORY			40.0	36.0	76.0
Nick RUSSELL	32.0	42.0			74.0
Vincent CHEUNG		36.0		34.0	70.0
Martin EDEN	39.0	30.0			69.0
Mike REID	28.0	40.0			68.0
Ravi RAJA	31.0	32.0			63.0
Quinton STOWELL	30.0			32.0	62.0
Chris SHEARWOOD				49.0	49.0
John NORRIS				48.0	48.0
Malcolm SMITH		47.0			47.0
Adam LEARY			45.0		45.0
Daniel SMITH		45.0			45.0
Kevin SMART				45.0	45.0
Gerry BARKER	44.0				44.0
Jeff SUFFIELD		44.0			44.0
Andy DEMPSTER			42.0		42.0
Bill HARRINGTON			42.0		42.0
Dave YOUNG			42.0		42.0
Ed DARNELL	41.0				41.0
Ian BIRCH				40.5	40.5
Alok AGARWAL		40.0			40.0
Mike RANSOME			37.0		37.0
Andrew BORLEY	36.5				36.5
Barry NOLAN	36.5				36.5
Malcolm JACKSON			36.0		36.0
Mark MULVENNA				35.0	35.0
Ian MCPHERSON	34.0				34.0
Andrew COLLIER		31.0			31.0
Ariff SIDIK	26.0				26.0
Sam WEBB	25.0				25.0
David BROWN	24.0				24.0
Emil Dragos BODEA	23.0				23.0

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>	

- Vincent has managed to secure discount codes for Metros at these two races:
- Fred Hughes 10 - use code METROS_10 for 10% off
- Berkhamsted HM/5M - use code MTROX25 for HM at £29 or £27 UKA registered

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

BELATED CHRISTMAS MESSAGE

Thank you to Jenny, Caroline and Linda for sharing a festive video message from the pool!



Updated 2024/2025 TVXC dates:

6th October	Metros	
20th October	Handy Cross Runners	Cancelled/ Postponed
10th November	Datchet Dashers	
8th December	Reading Roadrunners	
5th January	Bracknell Forest Runners	
19th January	Thames Valley Triathletes	
2nd February	Marlow Striders	
15th February	Sandhurst Joggers	

8th December - Reading

Postion	Name	Time	Category	Points
150	Kevin Smart	0:44:41	MV	120
158	Robert Bevan	0:45:14	MV	127
160	Clive Lucas	0:45:17	MV	129
181	Jonny Jackson	0:47:15	MV	144
207	Bernie Conway	0:49:44	FV	47
208	Ian McPherson	0:49:45	MV	159
238	Martin Eden	0:54:24	MV	173



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

On Sunday 8th December Metros held their first London Christmas Lights run. Some of us had done this in previous years organised by Secret London. The starting point was Baker Street station and we divided into 3 groups, a run group led by Nathan, a run/walk group led by me and a walk group led by Teresa.

There were 12 people in the run/walk group that I led and we did a very easy run/walk for nearly 2 hours with plenty of stopping to admire the lights on the way. The route is shown on the enclosed map and the main highlights were:

Chiltern St. Firehouse, Oxford St, Selfridges, Portman Square, Claridges, Connaught Hotel, Annabels, the Ritz, Fortnum & Masons, Hamleys, Liberty, Carnaby St., Piccadilly Circus, Waterloo Place & Trafalgar Square.

Afterwards we took the tube back to Baker St. and some well earned refreshment at The Volunteer pub.

Mike Reid



A huge thank you to our running and walking guides: Teresa Young, Mike Reid and Nathan Powell; Jenny O'Sullivan for organising the pub bag drop off and reserved seating and Brian McGrory for coordinating the AED.

We plan to make this an annual event so please note your calendars for Sunday 7th December 2025 and we may even extend the run into Covent Garden and Somerset House.



COUCH TO 5K



Spread the Word: Help Us Launch Another Successful Couch to 5K!

Calling all Metros members! We're gearing up for another round of our popular Couch to 5K programme, starting Saturday, January 25th, 2025. And we need your help to make it a success!

This isn't just for newbies. Whether your friends and family are complete beginners or runners returning after a break, this NHS programme provides the perfect framework to build fitness, gain confidence, and achieve that 5K goal.

Why Couch to 5K with Metros?

Structured training: Our 9-week plan ensures that participants gradually increase running time, reducing the risk of injury.

Support and guidance: Session leaders and volunteers - all of whom have completed Couch to 5k themselves - will provide support and motivation every step of the way.

Social support: Participants can build camaraderie and make new running buddies!

Convenient locations and times: We offer sessions in Eastcote and Hatch End on Tuesday and Thursday evenings and at Roxbourne Park on Saturday mornings.

Metros membership included: It costs just £25 to sign up. This includes a full year's membership to Metros, opening up a whole new world of running opportunities once they complete the programme.

How You Can Help:

Spread the word: Please tell your friends, family, colleagues, and neighbours about the programme. Share our social media posts and chat about it at parkruns and elsewhere!

Bring a friend: Offer to bring someone new to running to the kick-off session at Roxbourne Park on Saturday, 25 January (but please make sure they have registered on the website first). It's always easier to turn up to something new with a buddy!

Share your experience: If you've participated in Couch to 5K before, share your success story! Let others know how much you enjoyed it and how it helped you.

Let's make this the best Couch to 5K programme yet! By encouraging others to join, you're not just helping them get fitter, you're also strengthening our fabulous Metros running community.

To register, please ask anyone interested to go to www.metros.org.uk and click on 'Join Metros' - Couch to 5K is the first option.

Thank you!
Mike, Una and Pip

RED JANUARY

We have decided to join RED
January & we would love you to
join in as well!



The challenge is to run, walk, exercise everyday in January.

RED January is a community charity initiative that warmly invites & welcomes people of all ages, backgrounds & physical abilities to set realistic movement goal for the month of January. As a community, we rise every day to these goals & to boost our mood.

Zahra Bassiri has taken part in this for several years now & this is what she has to say:
“I started my RED January journey back in 2018 as a way to improve my overall well-being. Running had already been a significant part of my life, but I wanted to share the positive impact it had on me and inspire others to join the running community. Every January since, I’ve committed to daily runs & shared my experiences on Instagram.”

Let’s continue this tradition together and support Rise Every Day in January (RED January). By joining this challenge, you’ll not only improve your physical health but also enhance your mental well-being. Together, we can create a positive impact and inspire others to embrace the power of movement.

Metros has joined RED January and we are going to rise each day during one of the most challenging months of the year.

Together, we can support mental health projects in our community.

<https://join.redjanuary.com/st/1777/e>

We will celebrate everyone's amazing efforts of RED January on February 1st 2025 after Cassiobury parkrun / Mob Match & PB attempts with refreshments afterwards in the park cafe.

Zahra, Marcus and Nathan

METROS

GET READY FOR THE NEXT QUARTERLY



+ Mob Match vs. Watford Joggers

+ Celebration afterwards at the cafe to
congratulate those who have completed

RED January

Saturday February 1st 2025
at Cassiobury parkrun

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**

FIRST AID

When first aid has been administered to a person during a Metros training session or an event, a First Aid Record of Incident Form must be completed and emailed to the Metros Chair address and copied to the current Chair Person email address. This is to ensure there is an official record in the case of follow up to an incident by either medical personnel or legal representatives and is in the interest of both the casualty and the first aider. The form below can be copied or photographed or can be emailed to you (gillfox2607@gmail.com)

If in doubt as to whether a form is necessary or not please ask.

Gill Fox

First Aid Record of Incident

Date	
Place	
Time	
Name of casualty	
Nature of incident	
Injury	
Symptoms	
First Aid administered	
Name of First Aider	

Send this form completed with details of the incident to metroschair@gmail.com and cc it to marcusweedon@hotmail.com
or hand paper copy in person to Marcus Weedon (Metros Chair)

Metros Winter Kit

Winter is here 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.

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

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



WEBSITE



www.metros.org.uk

FUNDRAISING

Yvonne Walker is running the London marathon and raising money for Phab.

<http://2025tcs londonmarathon.enthuse.com/pf/yvonne-walker-f58dd>

