

METROLINES

July 2025

Issue No. 431



METROLINES - CONTENTS

3	<u>Calendar Dates (July 2025 - September 2025)</u>
4-6	<u>Dates for your Diary.</u>
7	<u>Achievements</u>
8	<u>Race Results</u>
20	<u>Saturday Series: Wot no Watch</u>
21	<u>Saturday Series: 5 Mile Handicap</u>
22-25	<u>Saturday Series: 5k Competition</u>
26	<u>LRRC Trophy Races</u>
27-29	<u>Vets Track and Field</u>
30-34	<u>Summer League</u>
35	<u>parkrun Tourism</u>
36	<u>Summer Solstice Run/Walk</u>
37	<u>Couch 2 5k</u>
38	<u>Stragglers River Relay.</u>
39	<u>Round Norfolk Relay.</u>
40	<u>Tech Whizz Advert</u>
41	<u>Kit and Member Discounts</u>
42	<u>Social Media</u>



Please Note: From 4th July 2025, the Friday 7am training session is changing location permanently to Headstone Manor Rec, meeting outside the Moat Cafe.

CALENDAR DATES

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
Fri 11	Summer Sports Day (Harrow track)	5:30pm
Sat 12	Wot No Watch (Roxbourne Park)	9.00am
Sun 13	Summer League - Dulwich	9.30am
Wed 16	Committee Meeting	8.00pm
Fri 25	LFOTM - Headstone Manor Rec	11.50am
Sat 26	Track 5k, Harrow School (5k comp)	8.00am
Sun 27	Summer League - Regent's Park	9:30am
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
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	
Sat 20	Cassiobury parkrun (5k comp)	9.00am
Sun 21	Leighton 10	10.00am
Fri 26	LFOTM - location tbc	11.50am
Sat 27	Brian Jackson Fun Run	9.00am
Sat 27	Metros' Anniversary Party	7.30pm
Sun 28	Moor Park 10k	3.00pm

METROS SPORTS DAY - ALL WELCOME!

5:30pm Friday 11th July @ Harrow School Track
Reserve date: Friday 18th July

100m



400m



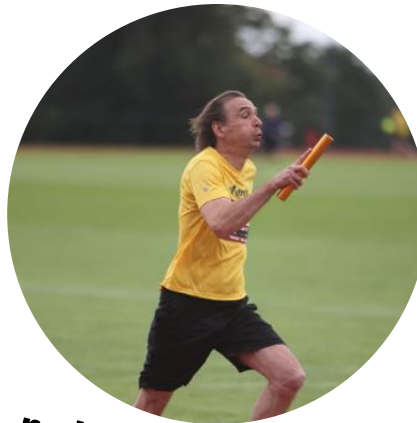
kids races



long jump



relays



shot put



1 mile



The Metros Annual Sports Day has become a great tradition. There is friendly rivalry between Metros, Sudbury Court, the Sarries and SOSA (Special Olympics St Albans). Forget your less-than-pleasant memories of school sports days and come and have fun! All ages and abilities welcome!

See SPOND for further details and to sign up, either as a participant or volunteer.

<https://www.englandathletics.org/news/yellow-team-vs-blue-team-a-fully-inclusive-competition-format/>

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 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

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

ACHIEVEMENTS



Allegra Keene received her marathon wristband for completing 21 junior parkruns.



Chris Shearwood was 1st V60 at the Hitchin Hard Half.



Rohan Mascarenhas completed his 150th parkrun.



Tanya Keene completed her 250th parkrun on 14th June.



Matthias Nwabudike got a PB at the St Albans Half Marathon.

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

RACE RESULTS



Hitchin Hard Half, 1 June

Chris Shearwood 1:30:18
1st V60

Comrades Ultra Marathon, 8 June

Yvonne Walker 11:35:34
Sonny Peart 12:00:00+

Hampshire Hobbit 10k, 15 June

Glyn Watkins 01:30:03

Turks Head 10k, 8 June

Caroline Day-Lewis 51:12



Race to the King 50k, 21 June

Ariff Sidik 8:16:10
Sakina Sidik 9:00:31

Sri Chinmoy 5k, Battersea Park 17 June

Paul Spendloff 18:19

Beyond Trails London 25k, 21 June

Bruno Croford 03:29:17
Angela Toumasange 04:10:05



Blenheim Palace Triathlon, 7 June

Abdul Ali 1:20:33

St Albans Half Marathon, 8 June

Nathan Gee 1.28.28
John Norris 1.30.42
Clive Lucas 1.41.10
Matthias Nwabudike 1.55.52 PB



St Albans Summer Solstice 10k, 20 June

Jonathan Evan-Hughes 49:00

RACE REPORT

The 'A' Race is done! All of the marathons, long runs and trail ultras were all leading to this: Comrades Ultra Marathon 2025. I am not one for putting the cart before the horse so did not put pressure on myself by telling people about it beforehand.

The Comrades Marathon is the oldest, largest and most iconic ultramarathon in the world, attracting tens of thousands of local runners each year, along with thousands more from all over the world. Many of them come back year after year to tackle the hilly roads between Pietermaritzburg and Durban, which are lined by tens of thousands of spectators and volunteers, cheering the runners on, and millions more tune in to the live television broadcast. This is why it is known as The Ultimate Human Race, and why many believe that the Comrades is more than just a race... it is a life-changing journey.

It is the most challenging race that I have EVER done. It's still sinking in, I completed it but many didn't and there was a lot of drama along the way. There was a lot to manage, the heat, nutrition, hydration, hills (which were relentless), cats eyes, cramp and fatigue - 90K is a very long way when the hills are factored in! The last 10k was sheer willpower and help from my interval timer which by this time was on 30:30!

Comrades has a VERY strict 12 hour time limit which is gun to gun. There are videos on YouTube showing runners literally throwing themselves at the finish line in the final seconds. Some people were crawling to get across the line in time. I'm pleased to report that I comfortably beat the cut off and finished in 11:38:26.

But what a life changing experience. I understand why people attempt it year after year :)

Comrades - it will humble you. <http://www.comrades.com>

Here I am at the Bruce Fordyce Comrades After Party with the female winner Gerda Steyn.

Yvonne Walker



METROS MARATHON WEEK - RD'S PERSPECTIVE



Friday : Where's Sasha?

I thought we'd got 36 entrants to Marathon Week but lots seem to evaporate in the last couple of days. Thankfully volunteers are a doughtier lot and 23 turn up on Friday evening to support the same number of runners. Marathon Week is underway.

Frantic messages are received from Sasha stuck on the motorway on her way back from Rye, she dashes to the start and arrives at 7:15 to find that everyone else is already underway. Earlier in the week, Steve asked me why there's no marshal at the lights at the top of Sudbury Court Drive - because the route doesn't cross main roads, there's an arrow to point the way, it's not been an issue before. But as Sasha departs I realise I've not reminded her about not crossing major roads.

The volunteer WhatsApp group chimes with updates on runners' progress but no mention of Sasha; Penny at the top of the hill has seen her go past but she's not reached Steve on Sudbury Court Drive; eventually reports come in that she's been seen but she only passes Steve once - where has she gone? Then Penny reports that Sasha is back up the hill, each marshal tracks her progress till she finishes. It seems that if you add in Sudbury twice you can do a 13k hill run, am simply grateful that Day 1 is done, no one was irretrievably lost.

Saturday : Did you see John Paul?

We're starting the Saturday morning runs at the Lido half an hour earlier than usual, Lynne has organised parking at Hillingdon AC and the first batch of runners get underway by 8:15. Rather than hold people back, we let everyone who wants to run early go in the first group. Those new to Marathon Week are finding out how tough running on sand is after a tough hilly 10k only 12 hours earlier, with one notable exception. John Paul who has a very upright running style seems to float over the sand. Where everyone else is trudging, he is running as though on tarmac.

A couple of people who thought they'd have to run on their own make it in time for the second run. We cheer from the benches while drinking coffee and munching croissants. A few hardy souls who are off to Vets League on Monday head off to do their track 5k at King's College. We depart as the families start to gather for a day at the beach.

METROS MARATHON WEEK - RD'S PERSPECTIVE

Sunday : That's how to do it!

In days of yore, you were expected to research the routes beforehand, and carry a map if you weren't sure. This year the woods run was reccied by Andy and Gill Fox and they were out early with signs and tape to mark all the obvious places people could - and had - gone wrong. We also had 12 marshals out. And a first: no one got lost. We celebrated with an impromptu picnic.

Monday: Same old, same old

Now that we have regular track sessions on Thursdays and track 5ks every quarter, there's a well oiled machine that kicks into place on Marathon Week Mondays. What else can I say?

Tuesday: And finally

Another first - a full complement of marshals. The route is relatively straightforward but when tiredness kicks in it's very easy to make a mistake - and there are opportunities to take shortcuts and we definitely wouldn't want people to go that far and miss a bit. The staggered start seemed to work well and runners were grouped quite closely at the finish. The camaraderie among the group had grown over the 5 days and every runner was cheered in.

Prizes:

The first runners (male and female) on Friday win the Friday awards; they then can't win any other days. So the Saturday awards go to the fastest runners after excluding the Friday winners; and so on.

Working this out takes a black belt in timekeeping and spreadsheet formulae - thankfully we have one of those, Teresa.

30 minutes after the finish, we're ready to present the prizes in the tennis club.

See p12 & p13 for full results

Awards also went to

- **Sasha "the compass award"**

- **Richard Hayward "Mr Happy" award**

and our veterans (over 70s who completed the whole week); **Malcolm Jackson and Barbara Reading**

Marathon Week will be back in 2027.

METROS MARATHON WEEK - RESULTS (1)

F	Friday Hills 10k	Saturday Beach 4k	Sunday Woods 10k	Monday Track 5k	Tuesday Roads 13k	TOTAL 42k	Position
Rhonda Tapley	00:54:33	00:21:48	00:53:01	00:23:11	01:06:47	3:39:20	1
Sasha Birkin	01:16:54	00:19:43	00:51:04	00:21:14	01:02:02	3:50:57	2
Una Cunningham	01:04:58	00:27:50	01:05:09	00:27:52	01:20:37	4:26:26	3
Lorraine O'Donovan	01:06:45	00:25:43	01:07:56	00:32:59	01:22:39	4:36:02	4
Monica Shortt	01:13:39	00:27:01	01:15:03	00:32:59	01:31:39	5:00:21	5
Sakina Sidik	01:11:34	00:28:33	01:18:39	00:31:29	01:31:00	5:01:15	6
Barbara Reading	01:18:06	00:34:53	01:31:09	00:36:34	01:39:53	5:40:35	7

M	Friday Hills 10k	Saturday Beach 4k	Sunday Woods 10k	Monday Track 5k	Tuesday Roads 13k	TOTAL 42k	Position
Russell Morris	00:49:15	00:18:17	00:51:03	00:20:34	00:57:59	3:17:08	1
Mike Morris	00:52:50	00:19:57	00:51:18	00:22:14	01:08:10	3:34:29	2
Kevin Smart	00:52:10	00:20:23	00:53:13	00:23:40	01:05:37	3:35:03	3
Simon Abery	00:52:02	00:20:40	00:53:19	00:23:10	01:06:21	3:35:32	4
John Paul Dunn	00:58:28	00:19:38	00:54:56	00:22:23	01:05:33	3:40:58	5
Harish Gohil	00:54:38	00:21:54	00:56:16	00:24:57	01:08:27	3:46:12	6
Richard Hayward	01:08:37	00:25:23	01:10:47	00:27:18	01:20:37	4:32:42	7
Jonathan Pang	01:12:21	00:26:26	01:08:09	00:38:30	01:27:53	4:53:19	8
Martin Eden	01:12:33	00:29:24	01:13:17	00:34:23	01:30:05	4:59:42	9
Malcolm Jackson	01:15:48	00:27:44	01:15:31	00:31:06	01:32:30	5:02:39	10

Green Cells – Daily Winner

METROS MARATHON WEEK - RESULTS (2)

3-4 Events	Friday Hills 10k	Saturday Beach 4k	Sunday Woods 10k	Monday Track 5k	Tuesday Roads 13k
Caroline Day-Lewis		00:21:32	00:55:08	00:25:13	
Ariff Sidik	01:07:33	√	01:07:56	00:29:22	01:22:22
Keval Shah	01:00:28	√	00:59:10	00:21:37	01:03:09
Marcus Weedon		00:17:56	00:48:04	00:21:26	00:59:42
1-2 Events	Friday Hills 10k	Saturday Beach 4k	Sunday Woods 10k	Monday Track 5k	Tuesday Roads 13k
Emma Ponnaganti				00:22:30	
Janice Newman				00:30:02	
Jasmine Nourse				00:24:28	
Marion Rogan			01:31:09		
Pauline Bishop					01:24:36
Alok Agarwal			01:00:16		
David Young	01:06:48		01:01:38		01:19:44
Ed Darnell					01:16:27
Jahmai Pierre-Louis	00:47:38	00:19:41			
James Parnel				00:29:36	
Jeff Rollason			01:01:21		
John O'Callaghan					01:17:56
Mitesh Patel			00:58:06		
Nick Russell	00:51:13			00:22:11	01:06:39
Sam Chapman				00:18:50	
Steve Paull				00:29:04	
Tanasheh Abrahams				00:22:11	
Tim Oakley				00:26:57	
Tony Watson				00:23:26	01:14:32
Vijay Singh		00:28:01	01:14:48		

√ - Run equivalent distance to 4k completed within the 5 days, but not on sand surface.

RACE REPORT - METROS MARATHON WEEK



FRIDAY

"Whether you love them or loathe them, hills are an unmistakable feature of Harrow's landscape. While volunteering at our first Marathon Week event of the year—set against the stunning backdrop of St. Mary's Church—I was genuinely inspired by the grit and perseverance shown by Metros members of all ages and abilities. Even our speediest runners took a breather on the steepest climbs (yes, there's photo proof!). Our sea of yellow clearly left a mark, as a cheerful passer-by approached me asking how to join Metros. Brilliant effort, everyone! "

Rohan Mascarenhas

How not to race the hills in Marathon Week...

1. Go to the seaside for the day, on the day of the race.
2. Get stuck in traffic on the M25 on the way back from the seaside.
3. Forget to fill up with petrol before going on the M25 (so you can't take Google Map's quicker suggestions as they involve more miles).
4. Start running the race before glancing at the map.
5. Keep running to Wembley, even though it's a (Harrow on the) hill race.
6. Just have a quick glance at the map, when you realise you are lost. So you get lost again.
7. Run almost 9 miles, rather than the official 6.2 miles.

Sasha Birkin



RACE REPORT - METROS MARATHON WEEK



SATURDAY

“At 7:25, Martin, Monica and myself met up and drove to Ruislip Woods. We were unsure of the route through the woods, but had a feeling it was to the 'left'. We were therefore delighted to see the shimmering water and sand suddenly appear ahead of us. We had made it! That feeling soon dissipated, as we remembered we would soon be running for 25/30 minutes on this tricky terrain! Around 20 runners had gathered and on the stroke of 8am, Irene blew the whistle, and we were off. Now running 4k wouldn't normally be too much of a strain. However, running on sand is different. The unstable and shifting surface is challenging, gives you quite the workout and slows you down. Running on the hard sand at the water's edge would usually have been a little easier. However, it was still half term, and children enjoying their days out at the lido, had been busy with their buckets and spades, digging channels and building castles. There was now a degree of 'leaping' over the various obstacles to enjoy the harder sand at the water's edge, or reverting back to the soft, shifting sand, which most of us probably did. I'm sure, we were great entertainment, for the dog walkers, families and friends who were also enjoying the lido.

I finished the run with a smile on my face. There was time after the run for chats and coffee and to cheer on the next group of Metro runners to take on the 4k. I would encourage anyone who hasn't done Metros Marathon Week, to give it a go. If you can't make all the events, just attend those that you can. It's a great Metros community event and lots of fun. I'm sure you won't regret it!”

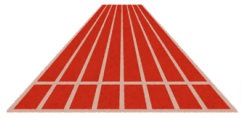
Lorraine O'Donovan



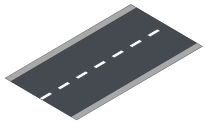
SUNDAY



RACE REPORT - METROS MARATHON WEEK



MONDAY



TUESDAY

Tuesday night long run. 13k may not seem that bad for a long run. But when we have accumulated fatigue from the previous days, it was a real test. It was a warm evening and we set off in pace groups so we could finish it all together. What I had forgotten from 2 years ago, was how undulating the route was. My legs felt every sort of incline. I must say people ran really well and the marshals were simply amazing. Seeing the friendly faces every mile or so was a source of energy. Thank you. The training this week gives you is fantastic and for that alone I would urge people to do as much of the marathon as they can. All was topped off with awards, drinks and cake in the evening. A very fitting way to end marathon week. A last huge thank you to Irene and team for making this happen.

Ariff Sidik



RACE REPORT - METROS MARATHON WEEK

I've never run a marathon in any form so I was doubtful if I would complete marathon week. I used every excuse not to do it from work to injuries. In the end I had no excuse not to. I stepped out of my comfort zone and went for it. For me, it wasn't about times or winning, it was about achieving something I've never achieved before and just completing all 5 days and enjoying the experience. I thought to myself turning up would probably be the hardest part but I enjoyed it so much it was easy. I looked forward to running every day. It gave me a focus during my day away from the stresses of life. I loved every minute of it and I made lots of new friend and saw some old one. I loved the banter with the marshals as I run past and got so much encouragement from them. I really felt part of something special. I completed the whole five days in 4½ hours. And to top it off won a little award for being 'Mr Happy'! I got so much out of it and I realised it's only myself that is stopping me from doing these things in life and I can overcome most things if I don't let myself talk myself out of it. Only down side was it ended!

Richard Hayward

Two years ago, I embarked on a running adventure that transformed my perception of marathons: Metros Marathon Week. Up until then, my longest races had been 5ks, 10ks, and a few half marathons. Marathon Week offered a superb opportunity to experience running the marathon distance over five consecutive days, each on a different course. We tackled a variety of terrains, from sandy paths to cross-country routes and familiar roads around Harrow and Eastcote.

This year, I eagerly signed up for Marathon Week again, and it proved to be another excellently organised five-day event. Metros is truly a friendly and social club, and this spirit was evident in our celebration at Lowlands Tennis Club at the end of day five, complete with delicious cakes and refreshing drinks.

What truly stands out about Metros and Marathon Week is the incredible club support for runners of all speeds. It's an inclusive event where everyone can join, regardless of whether you're aiming for a specific time or simply looking to challenge yourself. The added bonus? All entry costs for Marathon Week are included in our Metros annual membership.

A huge thank you to all the organisers and volunteers who make this incredible event possible.

Una Cunningham



RACE REPORT - METROS MARATHON WEEK

This was my first year to compete in the infamous Metros Marathon Week and I entered it not really knowing what I was getting into or what was involved, despite all the details available on Spond.

I turned up on Friday night to run the 'Hills' in 25 degree heat. I didn't know Harrow had that many hills, though the clue was in the name! My face was so red after the run, I genuinely thought my face would explode. It was not an easy 10k, but I completed it, not my fastest time.

Beach was next, again another tough race on the sand and trenches that the children had kindly left for us to jump.

Woods – this was not so bad and at least there was more shade but again more hills. Track – another challenging run.

Road – this at least was a familiar route. Set out later than intended and was last so luckily had Andy on his bike to keep me going.

I never set out to win, but by Tuesday I was on a mission. I was absolutely delighted to win and my mug sits proudly on my desk at work for all to see and hear my tale.

Thank goodness for all the marshals, they were in the right places to guide and encourage us and we didn't have to think about the route at any point.

Massive thank you and admiration for Irene and Teresa and everyone else who helped to arrange this event.

Maybe I'll have another shot at it next year.

Rhonda Tapley



RACE REPORT - METROS MARATHON WEEK

I was a newbie at this year's Marathon week, but the event is part of Metros folklore and I wanted to give it a go. Wow, it was tough, but so enjoyable! I wasn't sure if I'd be able to do all events, but I managed to make it work, including doing the 5k track right after the sand to make room for Vets League on the Monday night, and running the woods earlier than the mass start on the Sunday.

I hadn't fully worked out the nuances of the scoring system, and with not everyone competing in all events at the same time, there was plenty of incentive (if not much energy left) to push hard on the roads to finish off strongly. I was super-happy to be announced as the first man :-)

I heard a couple of whispers that the total time for this series could approximate one's actual marathon time - I've never done a marathon but the thought of "having to" do around 3:17 has perhaps put me off for life!

Congratulations to everyone who challenged themselves with particular kudos to those who completed all five events, and I'm so very grateful to Irene, Teresa and all the volunteers for putting on such a great event. Having such friendly and encouraging faces dotted around is a real boon.

Russell Morris



SATURDAY SERIES: WOT NO WATCH

14th June - Roxbourne Park

	Predicted (Mins)	Actual (Mins)	Diff (seconds)
Paul Hor	7:30	7:31	1
Robyn Walliser	8:30	8:28	2
Steve Alder	10:00	10:04	4
Ceri Jacob	8:10	8:14	4
Ajay Vijay	8:30	8:36	6
Rob Allis	8:00	8:07	7
Malcom Jackson	8:55	8:48	7
Amanda Hardy	8:44	8:34	10
Jonathan Pang	8:10	8:00	10
Dave Young	8:00	8:13	13
Judy Rackham	10:25	10:41	16
Adam Leary	7:29	7:55	26
Joanna Eckersley	13:20	13:54	34
Deborah Norman	9:45	10:27	42
Barbara Pacinella	12:00	11:10	50
Giuseppi Pacinella	12:00	11:10	50
Suzanne Harvey	12:30	13:21	51
Gladys de Groot	13:20	14:25	65
Regi Pickford (Guest)	8:40	7:32	68
Karen Leary	10:15	12:03	108
Jude Sarna-Howard	12:58	10:53	125
Jane Scoffham	14:00	18:08	248
Al Scoffham	14:00	18:08	248
Henry Pickford	13:10	18:08	298

Well done to Paul Hor for winning the trophy this month – the first person to receive the newly purchased trophy for this event.

Trying to help Metros be green and sustainable, the trophy is an antique wooden bobbin used in Cornwall's cotton mills which has been repurposed to a 5 minute timer – a mile time to which many Metros would aspire, I'm sure!

Thanks to Teresa and Carole for timekeeping, Carole being a timekeeper in training!



SATURDAY SERIES: 5 MILE HANDICAP

7th June - Roxbourne Park

	Race time	Race Handicap	Handicap Time	Next Handicap
Elish Fernandes	67.17	-19	48.17	-7
Emma Ponnaganti	36.16	21	57.16	24
Nigel Rackham	32.32	25	57.32	28
Peter Reynolds	41.15	18	59.15	19
Barbara Reading	60.58	-1	59.58	-1
Bill Harrington	50.09	12	62.09	10
Bill Bailey	52.14	11	63.14	8
Marcus Weedon	36.43	28	64.43	24
Dave Young	47.48	17	64.48	13
Judy Rackham	64.31	2	66.31	-4
Shinu Mittal	57.21	11	68.21	3

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

Gladstone parkrun - Saturday 21st June - Women

			Points
Sasha BIRKIN	79.17%	22:00	50
Janice NEWMAN	78.15%	34:06	49
Emma PONNAGANTI	74.35%	22:33	48
Caroline DAY-LEWIS	71.63%	25:58	47
Lynne JONES	69.86%	29:55	46
Jasia ZIMMERMANN	67.49%	30:58	45
Sue BOUCHER	58.95%	42:40	44
Una CUNNINGHAM TAYLOR	52.48%	31:57	43
Judy RACKHAM	52.00%	39:35	42
Linda GRIMES	46.82%	40:18	41
Claire REID	41.22%	36:04	40
Jennifer SMITH	35.52%	50:18	39
Diane O'REILLY	35.09%	50:15	38
Philippa BROWN	31.92%	50:14	37
		Ave	43.5



SATURDAY SERIES: 5K COMPETITION

Gladstone parkrun - Saturday 21st June - Men

			Points
Nigel RACKHAM	87.02%	18:45	50
Russell MORRIS	72.83%	21:06	49
Rocco KEENE	70.50%	19:26	48
Nathan POWELL	69.12%	22:37	47
Tony WATSON	68.91%	25:02	46
John P DUNN	61.17%	23:21	45
Bijan KEENE	60.34%	24:50	44
Nick RUSSELL	60.23%	25:06	43
Kirit RANPURA	59.17%	28:05	42
Tim OAKLEY	56.95%	29:44	41
Maxwell SMITH	53.27%	25:43	40
Peter HIGGINS	53.19%	26:40	39
Rohan MASCARENHAS	53.17%	29:09	38
Mike REID	46.03%	36:06	37
Mitesh PATEL	36.04%	37:36	36
Martin GARRETT	29.54%	1:00:26	35
		Ave	42.5

Volunteers
Chris SHEARWOOD



SATURDAY SERIES: 5K COMPETITION

Cumulative Results

Results for those having completed at least seven events

Name	Points	Events Completed
Russell MORRIS	478	10
Rocco KEENE	437	10
Marcus WEEDON	428	9
Nathan POWELL	426.5	10
Bijan KEENE	389	10
Kirit RANPURA	369	10
Tim OAKLEY	368	10
Nigel RACKHAM	350	7
Rohan MASCARENHAS	303	8
Simon ABERY	290	7
Mitesh PATEL	273.5	8
Amol BHUPTANI	247.5	7

Name	Points	Events Completed
Caroline DAY-LEWIS	432	9
Jasia ZIMMERMANN	419	9
Sasha BIRKIN	397	8
Emma PONNAGANTI	384.5	8
Janice NEWMAN	344	7
Judy RACKHAM	340	8

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

2025 FIXTURES:

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.



Battersea - 19th May

LEAGUES: VETS TRACK AND FIELD

RESULTS: HILLINGDON - 12JUNE

Jahmai Pierre-Louis- M35 - 200m - 31.8
Russell Morris - M50 - 200m - 30.9
Marcus Weedon - M50 - 200m - 31.6
Kevin Smart - M60 - 200m - 30.9
Russell Morris - M50 - 800m - 2.33.6
Marcus Weedon - M50 - 800M - 2.37.6
Russell Morris - M50 - SP - 6.06m
Marcus Weedon - M50 - SP - 5.60m
Kevin Smart - M60 - SP - 6.11m
Russell Morris - M50 - Discus - 14.83m
Marcus Weedon - M50 - Discus - 19.68m
Russell Morris - M50 - TJ - 6.22m
Marcus Weedon - M50 - TJ - 7.74m
Mark Mulvenna - M60 - TJ - 5.42m
Russell Morris - M50 - LJ - 2.99m
Marcus Weedon - M50 - LJ - 3.36m
Kevin Smart - M60 - LJ - 2.97m

Jenny O'Sullivan - W50 - 200m - 36.7
Jasia Zimmerman - W60 - 200m - 45.1
Jenny O'Sullivan - W50 - 800m - 3.32.6
Jasia Zimmerman - W60 - 800m - 3.51.6
Jenny O'Sullivan - W50 - SP - 5.54m
Jenny O'Sullivan - W50 - Discus - 10.56m
Lynne Jones - W60 - TJ - 4.30m
Lynne Jones - W60 - LJ - 1.96m
Jenny O'Sullivan - W50 - LJ - 2.89m
Jasia Zimmerman - W60 - LJ - 2.26m



LEAGUES: VETS TRACK AND FIELD

RESULTS: TOOTING BEC - 16 JUNE

Russell Morris - W50 - 100m - 14.9
Marcus Weedon - M50 - 1500m - 5.37.9
Russell Morris - M50 - 1500m - 5.32.4
Marcus Weedon - M50 - Hammer - 15.05m
Russell Morris - M50 - Hammer - 12.29m
Marcus Weedon - M50 - Javelin - 26.36m
Russell Morris - M50 - Javelin - 16.16m
Marcus Weedon - M50 - HJ - 1.32m
Russell Morris - M50 - HJ - 1.02m
Marcus Weedon - M50 - TJ - 8.02m
Russell Morris - M50 - TJ - 6.19m

Jenny O'Sullivan - M50 - 100m - 17.2
Lynne Jones - W60 - 100m - 20.9
Jenny O'Sullivan - W50 - 400m - 90.2
Jenny O'Sullivan - W50 - Hammer - 14.11m
Jenny O'Sullivan - W50 - Javelin - 6.51m
Lynne Jones - W60 - HJ - 0.84m
Jenny O'Sullivan - W50 - TJ - 4.94m
Lynne Jones - W60 - TJ - 4.18m



LEAGUES: SUMMER LEAGUE



2025 FIXTURES

15TH JUNE – HEADSTONE MANOR – 8K

29TH JUNE – PERIVALE – 8K

13TH JULY – DULWICH – 8K

27TH JULY – REGENT'S PARK – 10K

10TH AUGUST – BATTERSEA – 10K



LEAGUES: SUMMER LEAGUE

RESULTS: HEADSTONE MANOR

		Time	Pos	Cat	Cat Pos	WAVA	Points
20	Richard Wilkinson	0:30:08	19	SM	12	70.74%	282
30	Rocco Keene	0:31:30	29	MU17	1	68.25%	272
40	Justin Archer	0:32:13	39	M50	4	74.70%	277
43	Daniel Smith	0:32:19	42	SM	23	65.96%	259
47	Rick Patel	0:32:26	46	M40	8	68.60%	260
48	Chris Shearwood	0:32:27	47	M60	1	80.74%	279
50	John Norris	0:32:34	49	M45	8	70.98%	262
52	Nathan Gee	0:32:43	50	M50	6	73.56%	266
56	Richard Francis	0:33:25	54	M60	2	78.40%	272
59	Jahmai Townsend	0:33:34	56	M40	10	66.29%	250
65	Russell Morris	0:33:55	61	M55	3	73.96%	260
66	Ron Taylor	0:34:04	62	SM	29	62.57%	239
76	Sasha Birkin	0:34:52	8	F50	2	78.20%	308
77	James Kerrane	0:34:54	69	M45	11	66.24%	242
83	Richard Brown	0:35:12	74	M50	7	68.37%	242
88	Nathan Powell	0:35:31	76	M55	6	70.62%	245
95	Emma Ponnaganti	0:35:42	15	F50	3	76.38%	301
96	Jeff Suffield	0:35:44	81	M50	8	67.35%	235
100	Marcus Weedon	0:36:10	83	M50	9	66.54%	233
110	Keval Shah	0:37:00	90	M45	16	62.48%	221
115	Patrick O'Brien	0:37:19	92	M55	9	67.22%	229
118	Abdul Ali	0:37:28	94	M45	17	61.70%	217
119	Clive Lucas	0:37:30	95	M65	4	73.11%	236
128	Tanasheh Abrahams	0:38:05	102	SM	39	55.97%	199
134	Rhonda Tapley	0:38:20	27	F55	5	75.48%	294

LEAGUES: SUMMER LEAGUE

RESULTS: HEADSTONE MANOR

135	Kevin Smart	0:38:31	108	M65	6	71.18%	223
155	Alok Agarwal	0:40:04	118	M55	13	62.60%	203
156	Bijan Keene	0:40:05	120	M50	13	60.04%	196
159	Jamie Richards	0:40:11	123	SM	41	53.05%	178
167	Matthias Nwabudike	0:40:42	127	M50	15	59.13%	189
176	Harish Gohil	0:41:09	130	M55	15	60.96%	191
194	Caroline Day-Lewis	0:42:17	56	F55	8	68.43%	265
201	Ann Suffield	0:42:57	61	F50	11	63.48%	255
203	Jeff Rollason	0:43:15	140	M70	4	66.59%	196
228	Vincent Cheung	0:46:01	151	M45	32	50.24%	160
229	Stuart Abraham	0:46:04	152	M50	18	52.24%	164
230	Una Cunningham	0:46:12	77	F50	15	59.02%	239
233	Andrzej Warhaftig	0:47:05	154	M75	1	65.63%	187
243	Jonathan Pang	0:48:45	158	M45	33	47.42%	153
245	Richard Hayward	0:48:48	159	M40	17	45.59%	147
256	Pauline Bishop	0:50:07	91	F70	3	70.73%	245
268	Charlie Kelly	0:51:27	100	F40	16	48.40%	206
269	Steve Paull	0:52:00	168	M70	7	55.38%	168
276	Vijay Singh	0:53:59	172	M40	19	41.22%	134
277	Martin Eden	0:54:07	173	M65	13	50.66%	158
278	Bethany D'Cruz	0:54:26	104	SF	17	44.46%	197
280	Claire Reid	0:54:45	105	SF	18	44.20%	196
282	Peter Swinson	0:55:46	175	M45	34	41.45%	136
283	Marion Rogan	0:56:42	107	F75	1	67.61%	234
290	Anne Ambrose	1:03:43	112	F65	5	51.74%	219
295	Tiziana Spotti	1:08:40	116	F65	6	48.01%	215
300	Judy Rackham TW	1:17:56	119	F65	7	42.30%	212

LEAGUES: SUMMER LEAGUE



Heading to the start... can you spot yourself?



LEAGUES: SUMMER LEAGUE

Thank you to everyone who volunteered!



PARKRUN TOURISM



SUMMER SOLSTICE RUN / WALK



A smaller crowd than my recollection of previous years turned out to do homage to the Summer Solstice on a very hot evening on Harrow Hill.

A hardy band led by Nathan ran around the hill whilst I joined the group led by Pip to walk as we had the Sunday Long Run to do the next day. Gerry and I joked that the walk was more like a route march as Pip set a lively pace in order to get us back in time.

At about 9.10pm we were all back on Churchfields suitably bathed in insect spray (as this place is notorious for bad bites) to watch the sunset.

There was an inconvenient band of cloud just above the horizon so we were lucky to get the photo you can see when we did, as the sun immediately disappeared behind the cloud about 10 minutes early.

As we now had time to kill, the only thing we could do was to retreat to the White Horse for a drink or two!

Your Running Journey Starts 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 Thursdays
- **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.



The River Relay
Full Course Map



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.

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)

Kit



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.

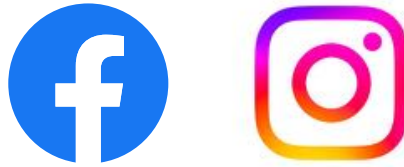
Looking for running socks or new insoles? Use code **ARIFFSIDIK** for a 15% discount at www.enertor.com

**£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