

METROLINES

September 2025
Issue No. 433



METROLINES - CONTENTS

3	<u>Calendar Dates (September 2025 - November 2025)</u>
4-5	<u>Dates for your Diary.</u>
6	<u>Achievements & Results</u>
7-9	<u>Event Report</u>
10	<u>Saturday Series: Measured Mile</u>
11-13	<u>Saturday Series: 5k Competition</u>
14-15	<u>LRRC Trophy Races</u>
16-20	<u>Summer League</u>
21	<u>TVXC</u>
22	<u>parkrun Tourism</u>
23	<u>Couch 2 5k</u>
24	<u>Tech Whizz Advert</u>
25-30	<u>Meet the Committee</u>
31	<u>Kit and Member Discounts</u>
32	<u>Social Media</u>

CALENDAR DATES

September		
Sat 6	5 Mile Handicap (Roxbourne Park)	9.00am
Sat 13	Wot No Watch (Roxbourne Park)	9.00am
Sat 13/14	Round Norfolk Relay	
Wed 17	Committee Meeting	8.00pm
Sat 20	Cassiobury parkrun (5k comp)	9.00am
Sun 21	Leighton Buzzard 10 mile	10.00am
Fri 26	LFOTM - Denham Country Park	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 15	Committee Meeting	8.00pm
tbc	5k comp	9.00am
Sun 19	Cabbage Patch 10 mile	9.00am
Fri 31	LFOTM - location tbc	11.50am
November		
Sat 1	Liddiard Trophy and Young Athletes XC	from 1.00pm
Sun 2	Marlow HM / 7 mile	9.30am
tbc	Measured Mile (Roxbourne Park)	9.00am
Sun 9	TVXC - Datchet Dashers	11.00am
tbc	Roxbourne Park 5k (5k comp)	9.00am
tbc	Pizza and Prizes, Lowlands	7.00pm
Sun 23	TVXC - Sandhurst Joggers	11.00am
Fri 28	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.

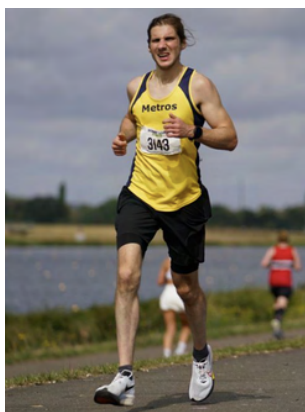
Pat Jackson



West End Christmas Lights run/walk - Sunday 7th December at 4pm

Winter Solstice run/walk - Sunday 21st December 6.45am

ACHIEVEMENTS



Richard Wilkinson got a PB of 2:43:59 at the Dorney Lake Marathon on 9 August



Jahmai Townsend got a PB at the LDNX 10k.

parkrun milestones...

Hugo Conway-Norris 150 juniors
Russell Morris 200
Carole Lloyd 200
Emma Rackham-Kong 350



Pauline Bishop was 1st V70 at the LDNX 10k on 24th August.

RACE RESULTS

Dorney Lake Marathon, 9 August

Richard Wilkinson 2:43:59

Streets of Galway 8k, 9 August

Bernie Conway 0:44:46
John Norris 0:32:41



LDNX 10k, 24 August

John Norris 0:41:01
Jahmai Townsend 0:41:17
Bruno Croford 0:49:59
Andrew Borley 0:54:27
Rohan Mascarenhas 0:56:30
Yvonne Walker 0:58:08
David Merrigan 0:59:00
Pauline Bishop 1:01:06
Monica Shortt 1:04:56
Sakina Sidik 1:08:19
Paula Sheehan 1:10:23
Kevin Nally 1:13:15

Stur half, 3 August

Chris Shearwood
01:33:28



EVENT REPORT (1)

HYROX

Olympia London, 5 May 2025 by Mitesh Patel

What is HYROX?

Billing itself as the 'World Series of Fitness', HYROX events all follow the same formula: 8 x 1km of running, interspersed with eight different exercise stations, designed to test every facet of fitness. Essentially, you run 1km, complete an exercise station, and repeat 8 times.

A friend at work, Kai, and I wanted to sign up for the doubles event which means you both have to do all of the running, but you can split the exercise stations. However, the event has become so popular now that when we went on the website at the time the tickets went on sale, we were 12,000 and something in the queue. A couple of hours later when we finally got into the site, the only tickets that were left were pro doubles. Pro means the weights in the exercise stations are around 30 – 50% heavier than the normal event. I had struggled with some of the exercises in the "normal" event so I was debating whether to do it or not, but Kai was still keen, so we entered!

Training / Strategy

Kai said he wanted to aim for 5:00 to 5:15 km splits which I thought would be fairly comfortable for me, so I actually cut back on running and focused more on strength work. My training generally consisted of going to the gym and pigging out for a couple of months. I started having 2 breakfasts, one at home and one at work, and we went on an all-inclusive holiday where I stuffed my face guilt-free the whole time which was fun!

Despite of all of this, by the time race day arrived, things weren't looking too promising for me. One of the exercises requires you to push a sled weighing 203kg and the most I'd got up to was 170kg, and I hurt my back in the process. I could just about pull the sled but it was painfully slow. In farmer's carry, you have to carry 2 kettlebells weighing 32kg each 200 metres. I could pick them but I didn't have any grip strength, so they kept falling out of my hands after 20 metres or so. Kai was also a strong rower and had rowed for his university, so he was going to do most of the rowing. It looked like Kai was going to have to do most of the work and I'd be there for moral support haha!

Race Day

The pro event was full of big guys who were about twice my size, and if I'm being honest, made me feel a little out of place. What didn't help was that the security staff who checked my bag as I entered the venue mistook me for a spectator and told me to go the spectator entrance instead, even though I was wearing the clothes that I was going to do the event in! I didn't blame him as most of the guys were topless and ripped, but it wasn't quite the confidence boost I needed. There's a joke that women who used to go Magic Mike shows now just go to watch HYROX instead.

EVENT REPORT (2)

As we waited in the pen for our heat to start, they blasted uplifting music to get us pumped and everyone went sprinting off at the start, which was probably the opposite of what we should have been doing. I think we got caught up on this slightly as we ran the first kilometre in 4:15 which was much quicker than we were supposed to go. I found this quite tough as I hadn't been running a lot and was worried that we'd burn out straightaway but the good thing about the doubles event is that you can rest while your partner performs the exercise. We split the 1000m on the ski erg evenly and ran another 4:15 km. Next up were the dreaded sled exercises!

First up was the sled push where you have to push a 203kg sled 50m, divided into four 12.5m sections or lengths. Kai managed to complete 2 of the lengths but by the end of the second one he had slowly grinded to a halt and when he attempted the third, he couldn't move it. I decided to give it a go even though I'd never pushed more than 170kg and would probably make a fool out of myself, but miraculously it moved and I completed one of the lengths! I was over the moon with this considering the sled was more than 3 times my bodyweight and was ready to smash the rest of the event!

Sadly, my optimism was short lived as I was still as useless at the next station, the sled pull, as ever. Kai and I took turns but when it was my turn, he saw that I wasn't really making much progress so took over almost immediately. I'd worked on my technique for this station - the last time I'd completed HYROX, I'd mainly used my arms to reel the sled in, but I was trying to use my legs more by squatting down, leaning back and stepping backwards. But I was still pretty hopeless unfortunately! After we completed the sled stations, I wanted to try and make up for Kai having done most of the work so far. By now, our kilometre runs had slowed to 5 minutes and I pulled slightly ahead of Kai at the end of the runs so I could start the exercises whilst Kai caught up.

The burpee broad jumps are a lot of athletes' worst station, but I don't mind them that much as I'm quite light and it's a bodyweight exercise. You have to do a chest to floor burpee and then jump forwards with both feet together (a broad jump) and keep repeating this until you cover a distance of 80 metres. The number of burpees you do depends on how far you can jump, but a typical athlete can expect to complete around 50 burpees and 50 broad jumps. This is a lot for an individual but it's much easier when you can split them with someone else. We were doing about 8 reps each and switching, and I couldn't believe how quickly we finished compared to when I had done it individually.

The rowing was fairly easy: Kai rowed 300m, I did 200m and we repeated that to get to 1000m. In hindsight however, switching, especially faffing about with the foot straps, wasted time, so longer stints may have been better. There's chalk available at the start of the farmer's carry station which helps the kettlebells stick in your hands and this made a huge difference to me. In training I'd only managed to walk 20 metres or so with the kettlebells before having to drop them, but I covered 100m in one go which I was super happy with.

Next up were the lunges and I was fairly confident about them coming into the event. You have to lunge 100 metres with a 30kg sandbag on your back and I'd actually gone heavier than this in training.

EVENT REPORT (3)

I was planning on doing 15 – 20 reps and then switching with Kai but my legs were starting to feel heavy and I could feel them burning so I switched after 10 reps. The sandbag isn't allowed to touch the floor when you pass it to your partner, so we did this weird thing where we stood back-to-back and dropped the sandbag from one person's shoulders onto the other's which sort of worked.

The final station was the dreaded wall balls! I had gone out and bought a 9kg wall ball to practise this with, but I'd somehow lost it which is quite an achievement considering it's a heavy squishy ball about the same size as a car tyre. This station requires athletes to squat whilst holding the ball and then throw it at a designated target which is 10 feet high. I thought maybe I could perform 8-10 reps before switching with Kai.

My first 3 reps were “no reps” because the judge said I wasn't squatting low enough which was annoying as didn't count! The rules state your hips must descend below the knees (below parallel) at the bottom of the squat and they have judges to ensure this happens! I started by trying to do 8-10 reps but I quickly went to 5-6 whilst Kai was doing sets of 10-20! My legs were hurting again but worse than that was that I couldn't catch my breath – I felt like I'd been sprinting and couldn't recover. By the end, I was all over the place and half my reps weren't even counting. I wasn't squatting low enough, or I was missing the target by not throwing the ball high enough, or more annoyingly I was getting the height, but throwing it slightly off to one side and not actually hitting the target. Kai almost single handedly got us to 90 reps, passed the ball to me, and I was determined to get us to 95 at least. I completed 6 reps but only 2 counted so I gave up and Kai got us over the finish line!

Post race

We finished in 1 hour and 16 minutes which I initially thought was great as I knew a fitness instructor who had completed it in 1:12. The cool thing about HYROX if you're a geek like me, is that you can get your splits for each of the exercise stations and each of your runs and it tells you what percentile you finished in relative to your age group. Our finishing time was in the bottom 10% I went through each of the exercises to try and find one we had performed well in, but our best ones were the burpee broad jumps and running, where we were still outside the top 50% which I thought was crazy! I was sure we had both smashed the burpees, but I guess the calibre of participants is very high in the pro event.

HYROX is addictive, so I'd definitely like to do it again if I can get tickets. I am in awe of anyone that has completed the pro singles event (basically doing what Kai and I did but by yourself) and that would be a real challenge for me at some point in the future!



SATURDAY SERIES: MEASURED MILE

Roxbourne Park - Saturday 16th August

Name	Time
Simon Abery	6:42
Adam Leary	7:08
Paul Hor	7:18
Dave Young	8:03
Steve Alder	9:56
Jerry O'Sullivan	10:24
Marion Rogan	10:29
Janice Newman	10:50
Judy Rackham	10:50
Karen Leary	10:56
Carole Valentine	11:20
Gladys de Groot	13:27
Suzanne Harvey	13:33
Al Scoffham	14:09
Henry Pickford	14:09

SATURDAY SERIES: 5K COMPETITION

Roxbourne Park - Saturday 9th August - Women

	time	age grading	5k Points
Sasha Birkin	22:02	79.00%	50
Ceri Jacob	29:28	65.80%	49
Jasia Zimmerman	32:55	63.50%	48
Jenny O'Sullivan	27:09	62.50%	47
Marion Rogan (tail)	40:57	60.30%	46
Jo Collier	33:21	56.60%	45
Teresa Young	40:03	53.00%	44
Karen Leary	40:56	46.70%	43
Joanna Eckersley *	50:57	41.60%	42
Carole Valentine *	50:57	39.20%	41
• self-timed		Average	<u>45.5</u>

Volunteers - all receive 45.5 points unless they gain higher in the actual event.

Results: Irene Paull, Nancy Morris, Anne Ambrose

Marshals: Jane Scoffham, Jane hudson, Steph White, Kath Donaldson

Marilyn Pickford, Barbara Reading, Penny Hudson, Sarah Westwood

Tail Runner: Marion Rogan

Refreshments: Linda Dempster

SATURDAY SERIES: 5K COMPETITION

Roxbourne Park - Saturday 9th August - Men

	Time	Age Grading	5k Points
Russell Morris	20:58	73.30%	50
Nathan Powell	21:58	71.10%	49
Peter Reynolds	25:33	67.50%	48
Paul Hor	26:39	66.10%	47
Mike Morris	23:59	65.70%	46
Simon Abery	24:54	64.40%	45
Dave Young	28:08	63.40%	44
John O'Callaghan	26:36	61.90%	43
Kirit Ranpura	27:44	59.90%	42
Andrew Collier	30:08	53.20%	41
Bill Harrington	31:02	53.10%	40
Ravi Raja	25:29	50.90%	39
Terry Burke	37:28	50.60%	38
Will Bailey	32:00	50.10%	37
Tim Oakley	39:13	43.20%	36
		Average	43

Volunteers - both receive 43 points

Marshal: Marcus Weedon

Refreshments: Andy Dempster

SATURDAY SERIES: 5K COMPETITION

Cumulative Results

Results for those having completed at least 9 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.

Women	Cumulative	Number of events completed
Caroline DAY-LEWIS	481	9
Jasia ZIMMERMANN	467	9
Sasha BIRKIN	447	9
Janice NEWMAN	394	9
Judy RACKHAM	388	9

Men	Cumulative	Number of events completed	Points adjusted (where appropriate) to include only the best 10 scores	All events?	
Russell MORRIS	576	12	483	YES	
Marcus WEEDON	471	10	471		
Nathan POWELL	520.5	12	445	YES	
Rocco KEENE	483	11	442		
Bijan KEENE	425	11	392		
Kirit RANPURA	448	12	385	YES	
Simon ABERY	378	9	378		
Tim OAKLEY	404	11	373		
Rohan MASCARENHAS	345	9	345		
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 10M</u>	
28-Sep	£19	<u>Moor Park 10k</u>	
19-Oct	£25	<u>Cabbage Patch 10M</u>	
2-Nov	£22/32	<u>Marlow 7M/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.

LRRRC TROPHY RACES

Burnham Beeches Half Marathon

Position	Name	Gun Time	Chip Time	
5	Richard Wilkinson	01:21:45	01:21:42	2 nd SM
47	Christopher Shearwood	01:36:10	01:36:04	
64	Nathan Powell	01:39:48	01:39:26	
98	Clive Lucas	01:46:33	01:46:20	

Burnham Beeches 10k

Position	Name	Gun Time	Chip Time	
279	Steve Paull	01:01:41	01:01:32	
283	Pauline Bishop	01:01:55	01:01:48	
328	Jane Hudson	01:05:08	01:04:58	
379	Monica Shortt	01:09:06	01:09:00	
423	Glyn Watkins	01:13:52	01:13:23	
454	Penny Hudson	01:21:28	01:20:47	
461	Irene Paull	01:23:58	01:23:16	
476	Gillian Shearwood	01:49:53	01:49:11	



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: REGENT'S PARK (1)

	Name	Time	Pos	Cat	Cat Pos	WAVA	Points
20	Richard Wilkinson	0:37:07	20	SM	10	71.98%	281
44	Mark Smith	0:39:24	43	SM	24	67.81%	258
45	Justin Archer	0:39:24	43	M50	7	76.27%	273
46	Rocco Keene	0:39:28	45	MU17	1	68.29%	256
62	Daniel Smith	0:40:46	59	SM	28	65.54%	242
73	Christopher Shearwood	0:41:44	69	M60	2	78.59%	257
78	John Norris	0:41:49	72	M45	10	68.95%	239
87	Sasha Birkin	0:42:51	10	F50	1	79.97%	306
92	Russell Morris	0:43:17	80	M55	5	72.47%	241
100	Nathan Powell	0:43:47	86	M55	6	71.64%	235
103	Tanasheh Abrahams	0:44:01	89	SM	40	60.70%	212
152	Clive Lucas	0:47:33	120	M65	4	72.31%	211
162	Rhonda Tapley	0:48:13	36	F55	4	75.56%	285
176	Nick Russell	0:49:23	134	M50	18	60.85%	182
178	Matthias Nwabudike	0:49:44	135	M50	19	60.42%	181
187	Bijan Keene	0:50:39	139	M50	20	59.33%	177
188	Bruno Croford	0:50:44	140	M45	22	56.83%	171
202	Simon Abery	0:51:39	151	M60	9	63.50%	175
213	Harish Gohil	0:52:48	157	M55	13	59.41%	164
217	Kevin Concannon	0:53:24	160	M65	10	64.39%	171
228	Caroline Day-Lewis	0:54:20	64	F55	6	67.06%	257
229	Stuart Abraham	0:54:21	165	M50	23	55.29%	151
233	Jeff Rollason	0:54:53	168	M70	3	65.87%	168
239	Ruth Tidder	0:55:13	68	F55	7	65.98%	253
246	Emma Collier	0:56:29	74	SF	24	53.70%	227

LEAGUES: SUMMER LEAGUE

RESULTS: REGENT'S PARK (2)

247	Kirit Ranpura	0:56:39	173	M60	14	57.90%	153
257	Rohan Mascarenhas	0:57:49	177	M55	14	54.25%	144
260	Una Cunningham	0:58:05	82	F50	12	59.00%	234
269	Tim Oakley	0:58:45	183	M65	13	58.52%	148
271	Jennifer O'Sullivan	0:58:56	87	F50	13	58.14%	229
285	Andrew Collier	1:00:32	189	M55	17	51.82%	132
288	Andrzej Warhaftig	1:01:16	191	M75	1	63.28%	150
292	Pauline Bishop	1:02:00	101	F70	3	72.47%	235
296	Jasia Zimmerman	1:02:33	104	F65	4	66.67%	227
308	Steve Paull	1:04:32	197	M70	8	56.02%	139
313	James Parnes	1:05:12	198	SM	67	40.98%	103
316	Charlie Kelly	1:05:26	118	F40	14	47.73%	188
329	Martin Eden	1:08:32	205	M65	16	50.17%	126
330	Monica Shortt	1:08:36	125	F55	16	53.11%	196
334	Marion Rogan	1:10:33	128	F75	1	69.08%	213
335	Claire Reid	1:11:38	129	SF	30	42.35%	172
336	Mike Reid	1:11:40	207	M60	19	45.77%	119
341	Janice Newman	1:12:56	132	F80	1	73.22%	214
349	Angela Murphy	1:18:27	138	F75	2	62.12%	203
351	Racquel Russell-Ponte	1:19:12	139	F80	2	67.42%	207
355	Anne Ambrose	1:22:34	142	F65	8	50.50%	189
359	Tiziana Spotti	1:28:32	145	F65	9	47.10%	186



LEAGUES: SUMMER LEAGUE

RESULTS: BATTERSEA (1)

	Name	Time	Pos	Cat	Cat Pos	WAVA	Points
40	Sam Chapman	0:38:18	39	SM	28	69.76%	262
65	Justin Archer	0:39:49	63	M50	6	75.47%	253
72	Nathan Gee	0:40:19	70	M50	8	74.53%	246
97	Russell Morris	0:42:12	87	M55	4	74.33%	234
112	Sasha Birkin	0:43:41	13	F50	1	78.44%	303
121	Nathan Powell	0:44:27	106	M55	7	70.57%	215
145	Luca Matharu	0:46:30	122	SM	59	57.46%	179
146	Jag Matharu	0:46:31	123	M55	9	67.43%	198
170	Rhonda Tapley	0:47:57	31	F55	2	75.98%	290
175	Clive Lucas	0:48:11	141	M65	5	71.36%	190
179	Kevin Smart	0:48:24	145	M65	6	71.04%	186
185	Nick Russell	0:48:45	148	M50	18	61.64%	168
215	Simon Abery	0:51:01	161	M60	10	64.29%	165
216	Harish Gohil	0:51:04	162	M55	14	61.42%	159
226	Bruno Croford	0:52:04	168	M45	26	55.38%	143
235	Ravi Raja	0:53:02	173	SM	66	50.38%	128
237	Jasmine Nourse	0:53:21	64	SF	29	56.86%	237
241	Emma Collier	0:53:35	65	SF	30	56.61%	236
255	Stuart Abraham	0:54:53	183	M50	21	54.75%	133
271	Rohan Mascarenhas	0:56:23	190	M55	16	55.63%	131
282	Ruth Tidder	0:57:59	89	F55	7	62.83%	232
298	Andrew Collier	1:01:16	196	M55	18	51.20%	125
308	Steve Paull	1:02:40	201	M70	7	57.69%	135
311	Jane Hudson	1:03:21	110	F65	4	65.82%	221
320	Mike Reid	1:04:47	205	M60	13	50.63%	121

LEAGUES: SUMMER LEAGUE

RESULTS: BATTERSEA (2)

323	Ilayda Brown	1:05:00	117	FU20	2	46.67%	184
334	Mitesh Patel	1:07:16	210	SM	73	39.72%	91
340	Janice Newman	1:09:16	126	F80	1	77.09%	220
342	Martin Eden	1:09:47	216	M65	12	49.27%	115
357	Steph White	1:16:55	136	F65	8	54.21%	195
361	Angela Murphy	1:19:05	139	F75	1	61.62%	202
362	Racquel Russell-Ponte	1:20:36	140	F80	2	66.25%	206
363	Anne Ambrose	1:20:54	141	F65	9	51.55%	190
364	Penny Hudson	1:21:31	142	F60	17	47.70%	184
366	Tiziana Spotti	1:26:16	144	F65	10	48.34%	187



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!**

Provisional Dates for 2025/2026 Season:

5 th October	Metros
9 th November	Datchet
23 rd November	Sandhurst
7 th December	Reading
11 th January	Bracknell
25 th January	TVT
8 th February	Handy Cross

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



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 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

10k 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 Rackham &
Emma Rackham-
Kong
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



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.

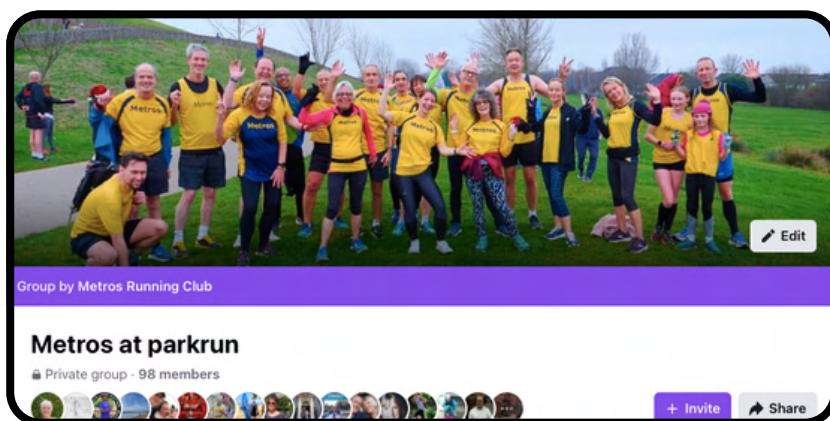
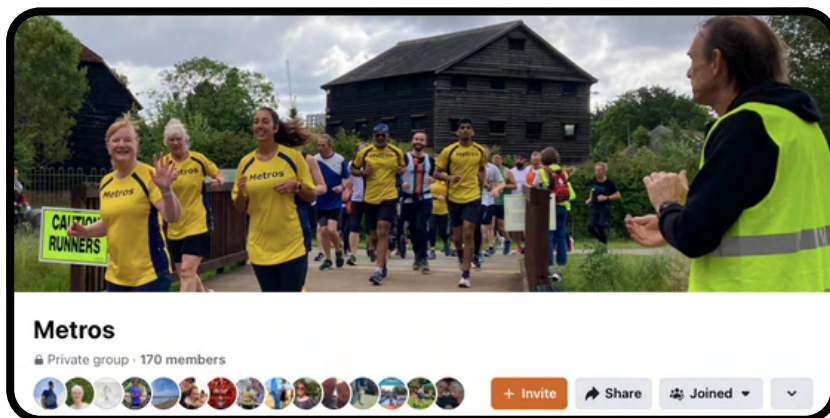
Looking for running socks or new insoles? Use code **ARIFFSIDIK** for a 15% discount at www.enertor.com

£2 off race entry code for any Runthrough event:

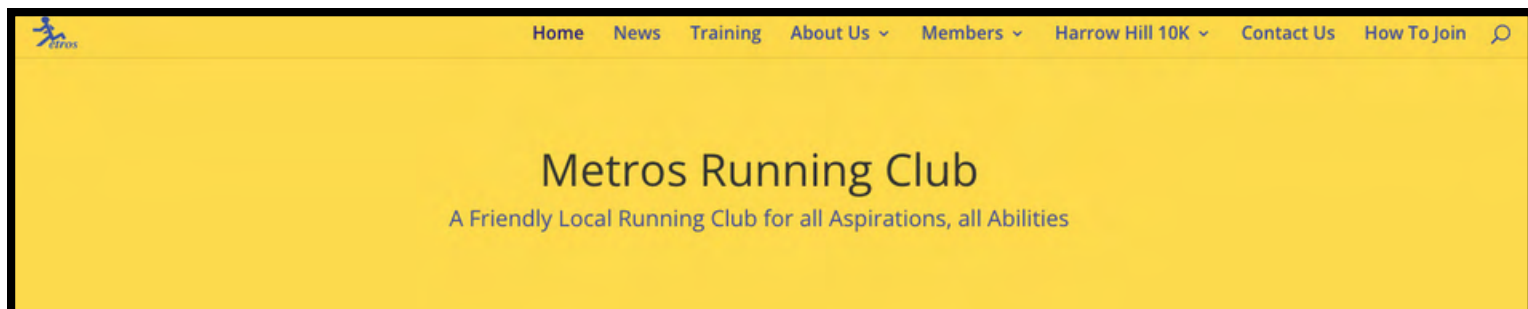
CLUB 31

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



WEBSITE



www.metros.org.uk