

METROLINES

April 2026

Issue No. 440



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CALENDAR DATES

April		
Wed 1	Committee Meeting	8.00pm
Sat 4	10k Challenge (Roxbourne Park)	9.00am
Sat 11	Wot no Watch (Roxbourne Park)	9.00am
Sat 18	Track 5k Harrow School (5k comp)	8.00am
Fri 24	LFOTM - Battle of Britain Bunker	tbc
Sun 26	London Marathon	Staggered starts from 8:30am
May		
Sat 2	Roxbourne Park 5k (5k comp)	9.00am
Fri 8	AGM & Quiz	7.00pm
Sat 9	Measured Mile (Roxbourne Park)	9.00am
Sun 10	Marlow 5	9.00am
Mon 18	Vets Track & Field (Battersea)	6.30pm
Fri 29	LFOTM - location tbc	11.50am
June		
1 June	Vets Track & Field (Hillingdon)	6.30pm
Sat 6	5 Mile Handicap (Roxbourne Park)	9.00am
Sun 7	Hitchen HM/10M/5M	9.00am
Sat 13	Wot no Watch (Roxbourne Park)	9.00am
Sun 14	Summer League Headstone Manor	9.30am
Fri 26	LFOTM - location tbc	11.50am
Sat 27	Track 5k Harrow School (5k comp)	8.00am
Sun 29	Summer League Perivale	9.30am

We would love your contributions to Metrolines. Please email us with your race results, achievements, photos etc, by 25th April.

metrolines1@gmail.com

RENEWALS

MARCH 1ST WAS RENEWALS DAY

Metros membership was due for renewal on 1st March.

If you're an adult member, please either log on to the Metros website (email and membership number), or log directly into Webcollect. Once into your records, please check that everything is still up-to-date, and then select the membership(s) you want to renew. If you're renewing for other members in your family group, remember to select them as well, and if you want EA membership, remember to add that to your basket too.

Adult membership remains £25 but sadly EA has gone up to £23.

For over 70s members, please follow the same process (or email me if you'd like me to do the admin).

If you completed Couch to 5k in the autumn, there is no need to renew as you already have membership through to 2027.

Any queries, issues, please contact me via metros.secretary@yahoo.co.uk

We proved last year that it's possible to get all renewals done by April so your help in achieving this again will be much appreciated.

Thanks

Irene



SATURDAY TRAINING SESSIONS

GUIDES NEEDED - CAN YOU HELP?

This is a request from Janice Newman, a Metro who is visually impaired, for one or two more guides for Saturday mornings in Roxbourne Park.

“For one reason or another, Saturday morning guides have fallen by the wayside. Debra is moving out of the area, and Ceri might be joining her later in the year. That leaves just Robyn, Ruth, Carol and Judy (when she is back running again). I am building up guides to do parkruns with me, so Roxbourne Park guides will not have to take their turn too often.”

If you are able to help Janice - she emails out to the volunteer guides every couple of months with the dates she needs covering and, with the responses, puts a rota together - please contact Janice directly, or email into Metrolines and we can put you in touch.

If you are interested, England Athletics run regular **Sight Loss Awareness and Guide Running** Workshops at the Olympic Stadium, however completion of this course is not necessary to act as a guide for Janice - she will give you the guidance you need. Metros will refund you 50% of the cost of the course, on the understanding that you take your turn guiding Metros VI runners.

<https://www.athleticshub.co.uk/course-list/eng?what=Sight%20Loss%20Awareness%20and%20Guide%20Running%20Workshop>



SAVE THE DATE

AGM & QUIZ

7pm Friday 8th May 2026
Lowlands Tennis Club, Eastcote



5k to 10k

Following the success of last year, I will be leading a further 5k to 10k course starting on 21st April running for 8 weeks. This is open to all members of Metros. To join, just send me an email at metrossec@icloud.com. There is no cost if you are already a member of Metros.

Steve Alder

Metros BBQ

Saturday 11th July 2026
From 6:30pm
Hosted by Judy & Nigel

Families welcome

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



**RECRUITING THE
DREAM TEAM!**

NOW!

**NORFOLK RELAY
ROUND 12/13 SEPT 2026**

Starts: Sat 5:30am

Ends: Sun 10am

@ ave pace 8.40min/mile

legs range from
5.49 miles to 18.88 miles

17 STAGES
200 miles!

**FANCY TAKING PART (RUNNING OR
HELPING) IN RNR 2026 - THEN GET IN
TOUCH WITH CHRIS SHEARWOOD
OR MARCUS WEEDON**

ST PATRICK'S DAY RUN

The Inaugural Metros St Patrick's Day Run took place on the 17th March. As posted on SPOND the meeting place was agreed to be outside Wards Public House about 100 yards from the rear entrance to Harrow on the Hill Station. Nine of us turned up for the start time of 7.15pm. A quick name check, the nine were, Emma P, Una, Shiri, Liz, Nathan, Nick, Ian, Quentyn and myself. We set off on time and completed a circular course of just over 7k. It was very much a social run with lots of lively conversation and laughter. We stopped en route for a group photo. We arrived back at the start point in just under the hour, conveniently outside Wards. Some of us decided to sample the much vaunted Wards Draught Guinness. It certainly lived up to its reputation. The bar was packed as you would expect, but there was a great atmosphere and the live music added to it. Hopefully this will become an annual event in the Metros Calendar!

Brian



ACHIEVEMENTS



Bruno Croford
completed his 150th
parkrun.



Pauline Bishop was 1st
FV70 at the Berkhamsted
half marathon.



Steve Paull was 1st V70
at the Berkhamsted 5.



Pauline Bishop was 1st
FV70 at the Hillingdon
20.



Three members of the
Keene family got parkrun
PBs at Rickmansworth -
Rocco, Allegra and Bijan.



Nigel Rackham was 1st
V60 at the Hillingdon
20.

Emma Rackham-Kong
reached 250 parkrun
volunteer credits.

Richard Wilkinson got a
PB at the Great Welsh
Marathon.

Kenny Rackham-Kong
got a parkrun PB at
Rickmansworth.

Olivia Matharu
completed her first ever
half marathon in a time
of 1:34:59.

Stuart Abrahams got a
PB at the Berkhamsted
half.

Farzina Kapadia got a PB
of 27:50 at Highbury
Fields.

Yvonne Walker was 1st
FV60 at the Winter's End
50 Mile Trail Ultra
Marathon.

RACE RESULTS

MK 20, 15th March
Hershil Patel 2:37:48



Hillingdon 20, 22nd March

Nigel Rackham 2:11:24
Daniel Smith 2:20:17
Rick Patel 2:27:43
Justin Archer 2:28:07
Paul Spendloff 2:28:53
Christopher Shearwood 2:29:10
Sasha Birkin 2:34:56
Hershil Patel 2:35:20
Emma Ponnaganti 2:37:38
Clive Heidrich 2:40:51
Jonathan Evan-Hughes 2:43:43
Quentyn Taylor 2:58:05
Bernie Conway 3:22:39
Pauline Bishop 3:30:53
Stuart Abraham 3:31:07
Jennifer O'Sullivan 3:36:26
Richard Hayward 3:42:09
Shiri Shah 3:47:23



**Serpentine LFOTM 5k,
27th February**
Russell Morris 20:55

**Bath half marathon,
15th March**
Olivia Matharu 1:34:59



Bournemouth Bay, 22nd March Half marathon

Nathan Powell 1:38:23
Simon Aberly 2:00:41
Steve Paull 2:16:18
10k
Mark Mulvenna 0:58:16
Jane Hudson 0:58:22
Liz Abrahams 1:02:59
Stephanie White 1:17:34
Penny Hudson 1:19:16
Irene Paull 1:19:58
Wendy Mulvenna 1:22:52



**Paris half marathon,
8th March**
Yvonne Walker 2:08:51



**Winter's End 50 Mile
Trail Ultra,
21st March**
Yvonne Walker
12:44:44

Original London marathon,
Quentyn Taylor 4:03:00
Simon Aberly 4:40:22
Mike Reid 5:48:51
Una Cunningham-Taylor 05:48:52

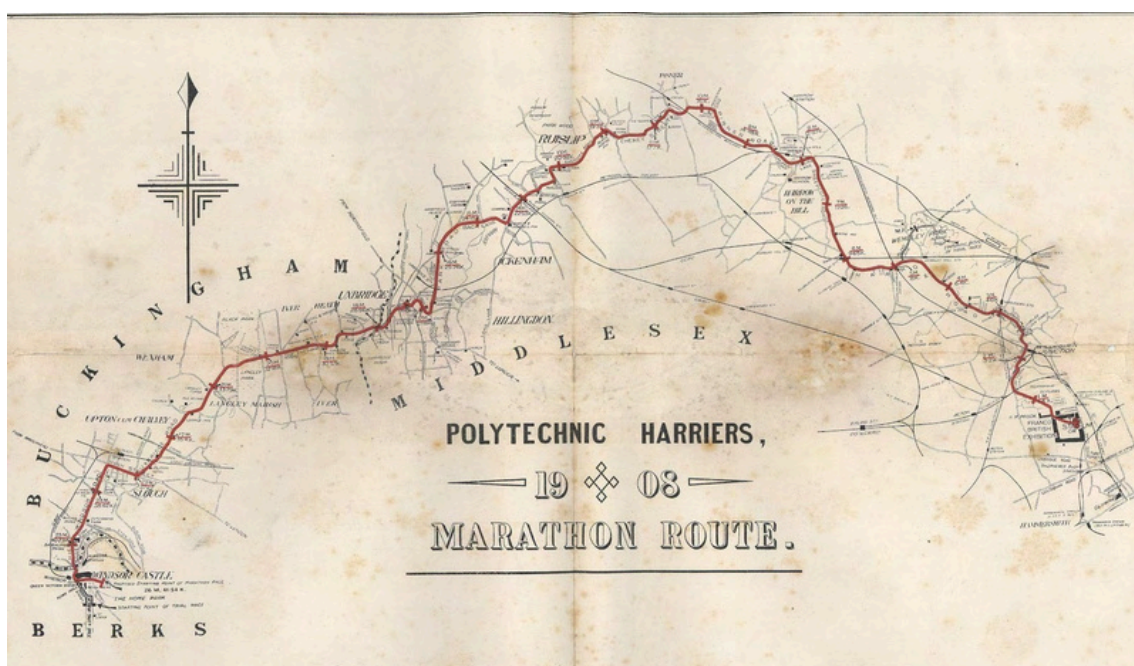
RACE REPORT - ORIGINAL 1908 MARATHON

by Mike Reid

Those who follow the Metros Facebook page will know that on March 7th this year, Una & Quentyn Taylor, Simon Aberly and I took part in the 9th running of the Original 1908 Marathon.

History

Prior to the 1908 London Olympics, marathon races had varying distances approx 25 to 26 miles. For the 1908 London Olympics, the Polytechnic Harriers were asked to come up with a route from Windsor Castle to the White City stadium; in order to finish in front of the Royal Box, the distance ended up as 26 miles 385 yards. This subsequently became the standard distance for marathons.



For the 1908 marathon, there were 75 entrants, 55 starters and 28 finishers. The first finisher Italian Dorando Pietri was disqualified after an appeal by the US team for being helped to his feet by officials when he fell 5 times in the stadium. The controversy led to this becoming the world's first globally talked about (and seen on film) sports event and arguably led to increased popularity of the Olympics, which had been suffering a lack of interest in the previous years.



RACE REPORT - ORIGINAL 1908 MARATHON

History (cont'd)

From 1909 to 1932 a legacy race was run annually called the Polytechnic Marathon with the course being changed starting at Windsor but finishing at Chelsea FC's Stamford Bridge.

From 1933 to 1937 the Poly Marathon reverted to the original Windsor to White City route once again.

From 1938 to 1972 the Poly Marathon is changed again this time to finish at the Polytechnic Harriers Stadium in Chiswick.

From 1973 until 1992, the Poly Marathon was restricted to the Windsor area.

From 1993 to 1996 the Poly Marathon again uses to the Windsor to Chiswick route.

Since 2024 the race has been run over the original Windsor to White City route under the the guise of the Original 1908 Marathon starting with 75 entrants in 2024 and doubling entrant numbers every year since.

Our Experience

I'm not sure where I first heard about this marathon but it immediately sparked my interest due to its history and the fact that it passes through our home turf.

Una, Quentyn and I entered on the first day that entry was available and we immediately got a place and Simon who entered later was put in a ballot but also received a place.

It was after we had entered, that it was mentioned to me that the original Olympic race became the Poly Marathon and checking I found out that my late father, Herbert, had run this race in the 1950s. In 1952 he finished in 23rd place with a time of 2 hours 43 minutes.

A.A.A. AND POLYTECHNIC H. MARATHON		
J. H. Peters (Essex Beagles) (holder), 2hr. 20min. 42.2sec. (record), 1;	S. E. W. Cox (Southgate H.), 2.21.42, 2;	
G. L. Iden (Victoria Park H.), 2.26.53, 3;	C. D. Robertson (Dundee Thistle Harriers), 2.30.48, 4;	
R. W. McMinnis (Sutton H. and R.A.F.), 2.31.42, 5;	W. J. G. Parr (Reading A.C.), 2.35.33, 6;	
R. Jackson (Manchester A.C.), 2.35.58, 7;	J. Duffy (Hadleigh A.C.), 2.36.35, 8;	
G. W. Ash (Southgate H.), 2.36.37, 9;	A. Lawton (Leeds Harchills H.), 2.36.37, 10;	
J. West (Coventry Godiva H.), 2.36.48, 11;	J. Van De Zande (Holland), 2.37.35, 12;	
A. Kidd (Garscube H.), 2.38.39, 13;	F. T. Holt (Liverpool Pembroke A. and C.C.), 2.38.49, 14;	
E. L. Smith (Leeds Harchills H.), 2.39.9, 15;	J. McGhee (St. Modans A.A.C., Stirling, and R.A.F.), 2.39.29, 16;	
P. E. Crossland (Hull H.), 2.39.43, 17;	D. E. Reynolds (Blackheath H.), 2.40.9, 18;	
G. L. Norman (Herne Hill H.), 2.40.22, 19;	R. F. Hopcroft (Thames Valley H.), 2.42.31, 20;	
E. A. Kerridge (Herne Hill H.), 2.42.41, 21;	S. E. Jones (Polytechnic H.), 2.43.20, 22;	
E. J. Flowers (Victoria Park H.), 2.43.23, 23;	H. A. Reid (Coventry Godiva H.), 2.43.36, 24;	
C. Busby (Blackheath H.), 2.44.4, 25;		

RACE REPORT - ORIGINAL 1908 MARATHON

Our Experience (cont'd)

I have his medal from the 1953 Poly Marathon and took this with me when I ran the race. While reading about the Poly Marathon I discovered that in the 1950s, Jim Peters was the first person in the world to break 2 hrs 20 mins in this race and he did this while running in plimsoles he bought in Woolworths!

We had to report for briefing and registration in the fantastic Windsor Guildhall and the start was just around the corner in Church Gardens.



There were 2 main start waves: 10:00 to 10:30 for the slower runners and 11:30 to 12:00 for the faster runners. In between these times, the guard was changed at Windsor Castle.

I ran with Una and we started with the 2nd pace group and within a few paces we were ahead of our pacer and never saw her again. I had studied the route beforehand and it was well marked with pink ribbon and the occasional arrow so we didn't get lost. Obviously it wasn't a closed road route so we had to stop at various crossings and wait for traffic.

We had trained well for the marathon and kept up a good pace until about 22 miles when we slowed a bit but still came in under our anticipated time. Through Eastcote, Pinner, North Harrow and Harrow we were encouraged by the support we received from many Metros. Also Pip and Claire who came to the start and then with Diane and Ann Havlin who saw us en route and at the finish.



RACE REPORT - ORIGINAL 1908 MARATHON

Our Experience (cont'd)

On the day we actually had to run about 27.5 miles as part of the original route is along a dual carriageway with no footpath by Black Park so we had to take a detour into Langley Park.

The route took us through Windsor, Eton, Slough, Langley Park, Uxbridge, Ickenham, Ruislip, Eastcote, Pinner, North Harrow, Harrow, Wembley, Stonebridge Park, Harlesden, Old Oak Common, Wormwood Scrubs and finishing at White City Place office and retail estate.

We received a fantastic replica 1908 medal in a presentation box.



We would like to thank all the Metros who came out and supported us along the route. I will post on the Metros Facebook page, probably in June, when entries are going to be opened for 2027 in case any of you would like to try this race.



SATURDAY SERIES: WOT NO WATCH

Roxbourne Park - Saturday 14th March 2026

Name	Predicted	Actual	Difference
Simon Abery	07:05	07:02	3
Dave Young	08:20	8:23	3
Adam Leary	07:47	7:37	10
Janice Newman	10:30	10:06	24
Robyn Walliser	10:30	10:06	24
Marion Rogan	11:00	10:31	29
Bill Harrington	10:30	9:55	35
Marcus Weedon	07:30	6:53	37
Jonathan Pang	08:15	09:00	45
Anne Leigh	13:50	15:25	95
Carole Valentine & Caroline Day-Lewis - 15:11			
Judy Rackham – 18:34			

Small turn out this morning but a close competition for the trophy, which was awarded to Simon Abery who was 2.76 seconds too quick. Dave Young was 2.92 seconds too slow.

Thanks to Gordon Valentine and Marcus for leading the warm-up.

The next event will be 11th April.

Teresa Young



SATURDAY SERIES: WOT NO WATCH

Looking back at my archives since December 2018 I see that 138 runners have taken part in Wot No Watch. The most prolific participant is **Adam Leary** (39); 34 runners have completed at least 10 events, whilst 40 runners have completed only once.

Teresa Young

Name	Events
Adam Leary	39
Gladys de Groot	36
Janice Newman	36
Dave Young	34
Sarah Westwood	32
Simon Aberly	31
Mike Ransome	29
Carole Valentine	27
Judy Rackham	27
Bill Harrington	25
Ceri Jacob	24
Karen Leary	22
Andrew Collier	21
Eilish Fernandez	21
Jo Collier	21

Caroline Day Lewis	20
Amanda Hardy	19
Jonathan Pang	18
Marion Rogan	17
Anne Ambrose	16
Dave Brown	15
Robyn Walliser	14
Barbara Pacinella	13
Deborah Norman	13
Arnold Glickman	12
Steph White	12
Ruth Tidder	11
Titiziana Spotti	11
Will Bailey	11
Kyie Hollingshead	10
Paul Hor	10

SATURDAY SERIES: 5K COMPETITION 2025 - 26

The Metros 5k competition will run from October 2025 to October 2026, with one event per month.

Event Number	Date	Event	
1	25 Oct 2025	Harrow School track	✓
2	1 Nov 2025	Roxbourne Park	✓
3	20 Dec 2025	Northala Fields parkrun	✓
4	17 Jan 2026	Harrow parkrun	✓
5	7 Feb 2026	Roxbourne Park	✓
6	21 Mar 2026	Rickmansworth parkrun	✓
7	18 Apr 2026	Harrow School track	
8	2 May 2026	Roxbourne Park	
9	27 Jun 2026	Harrow School track	
10	18 Jul 2026	Gladstone parkrun	
11	1 Aug 2026	Roxbourne Park	
12	19 Sept 2026	Cassiobury parkrun	
13	10 Oct 2026	Canons Park parkrun	

Click [here](#) to view further information about the 5k challenge and how the scoring works.



SATURDAY SERIES: 5K COMPETITION

Rickmansworth parkrun - Saturday 21st March - women

Name	time	age grade	Points
Sasha BIRKIN	21:41	81.32%	50
Ruth TIDDER	26:30	67.42%	49
Allegra KEENE	25:37	62.33%	48
Sue WESTON	33:08	59.41%	47
Tanya KEENE	31:02	56.82%	46
Una CUNNINGHAM TAYLOR	30:02	56.49%	45
Joanna COLLIER	33:26	56.43%	44
Philippa BROWN	30:32	53.06%	43
Emma RACKHAM-KONG	30:28	49.23%	42
Rowena WILLIAMS	34:04	47.55%	41
Diane O'REILLY	39:03	45.16%	40
Linda GRIMES	42:56	43.94%	39
Jennifer SMITH	43:00	42.09%	38
		Ave	44

Volunteer:
Judy RACKHAM

SATURDAY SERIES: 5K COMPETITION

Rickmansworth parkrun - Saturday 21st March - men

Name	time	age grade	Points	
Christopher SHEARWOOD	19:02	86.51%	50	V
Justin ARCHER	18:04	85.06%	49	
Nigel RACKHAM	19:46	83.31%	48	
Rocco KEENE	17:23	77.66%	47	
John NORRIS	18:53	75.64%	46	
Russell MORRIS	20:22	75.45%	45	
Marcus WEEDON	20:16	74.59%	44	
Jag MATHARU	20:38	74.47%	43	
Gerry BARKER	35:28	73.73%	42	
Kevin SMART	23:17	72.73%	41	
Nathan GEE	21:04	72.31%	40	
Bijan KEENE	22:47	66.35%	39	
Hershil PATEL	21:36	63.66%	38	
Matthias NWABUDIKE	24:14	62.86%	37	
John P DUNN	23:00	62.61%	36	
Rohan MASCARENHAS	25:29	61.35%	35	
Kenny KONG	23:39	57.72%	34	
Mike REID	30:33	54.88%	33	
Quentyn TAYLOR	26:29	54.81%	32	
Sean WILLIAMS	27:51	51.29%	31	
		Ave	40.5	

SATURDAY SERIES: 5K COMPETITION

Rickmansworth parkrun - Saturday 21st March



SATURDAY SERIES: 5K COMPETITION

Cumulative Results - Women (Top 20)

	Track	Roxbourne	Northala	Harrow	Roxbourne	Ricky	TOTAL
	Oct	Nov	Dec	Jan	Feb	Mar	Cumulative
Sasha BIRKIN	49	50	49	49	50	50	297
Ruth TIDDER	47	47	47	39	49	49	278
Judy RACKHAM	48	43.5	38	42	41	44	256.5
Philippa BROWN	46	37	37	36	36	43	235
Tanya KEENE	-	44	41	43	42	46	216
Allegra KEENE	-	38	42	41	41	48	210
Janice NEWMAN	50	48	50	50	-	-	198
Una CUNNINGHAM TAYLOR	-	-	40	35	39	45	159
Diane O'REILLY	-	-	39	38	35	40	152
Emma RACKHAM-KONG	-	-	32	34	34	42	142
Jasia ZIMMERMANN	-	46	48	-	48	-	142
Teresa YOUNG	48	42	-	-	45	-	135
Irene PAULL	-	43.5	-	42	41	-	126.5
Emma PONNAGANTI	-	-	45	-	47	-	92
Jennifer O'SULLIVAN	48	-	44	-	-	-	92
Caroline DAY-LEWIS	-	49	-	-	41	-	90
Sarah WESTWOOD	-	45	-	-	44	-	89
Jane HUDSON	-	-	-	47	41	-	88
Jo COLLIER	-	-	-	-	43	44	87
Marilyn PICKFORD	-	43.5	-	-	41	-	84.5

SATURDAY SERIES: 5K COMPETITION

Cumulative Results - Men (Top 20)

	Track	Roxbourne	Northala	Harrow	Roxbourne	Ricky	TOTAL
	Oct	Nov	Dec	Jan	Feb	Mar	Cumulative
Nigel RACKHAM	50	50	50	50	50	48	298
Russell MORRIS	45	49	43	35.5	48	45	265.5
Chris SHEARWOOD	49	-	48	49	49	50	245
Rocco KEENE	-	47	44	45	46	47	229
Bijan KEENE	-	42	39	35	42	39	197
Rohan MASCARENHAS	38	40	-	30	41	35	184
Marcus WEEDON	43.5	43.5	-	-	41	44	172
Justin ARCHER	-	-	49	48	-	49	146
Cem BROWN	48	-	47	46	-	-	141
John NORRIS	-	-	46	47	-	46	139
Richard BROWN	46	-	45	44	-	-	135
Peter REYNOLDS	-	45	-	40	45	-	130
Mike MORRIS	-	43	-	43	41	-	127
Robert BEVAN	43.5	43.5	-	35.5	-	-	122.5
Mike REID	-	-	30	24	32	33	119
Malcolm SMITH	39	-	40	38	-	-	117
Hershil PATEL	-	-	41	36	-	38	115
Andrew COLLIER	-	39	-	27	39	-	105
Quentyn TAYLOR	-	-	31	-	35	32	98
Patrick O'BRIEN	44	48	-	-	-	-	92

LRRC TROPHY RACES



The first races eligible for the Metros London Road Runners Club (LRRC) Trophy for 25/26 are as follows:

Date	Cost	Race	Link	
07/12/2025	£20.00	Perivale 5	https://events.kronosports.uk/event/416	✓
18/01/2026	£20.00	Fred Hughes 10M	https://www.atwevents.co.uk/e/fred-hughes-10-mile-10377/	✓
01/03/2026	£35/14	Berkhamsted HM/5M	https://www.entryhub.co.uk/berkhamsted-berkhamsted-rotary-half-marathon-and-five-mile-run-	✓
10/05/2026	£23	Marlow 5M	https://in.njuko.com/marlow-5-2026?currentPage=select-competition	
07/06/2026	£23/32/20	Hitchin Hard Half/10M/5M	https://my.raceresult.com/344417/info	
09/08/2026	£22-30	Burnham Beeches 10K/HM	https://burnhamjoggers.co.uk/beeches-half/	
30/08/2026	£20	Bovingdon 10K	https://www.gadevalleyharriers.co.uk/bovingdon-10k-and-fun-run/	
20/09/2026	£19	Moor Park 10K	http://www.moorpark10k.org.uk/	
04/10/2026	£31-£39	Welwyn 10K/HM	https://www.atwevents.co.uk/e/atw-welwyn-half-marathon-and-10k-8927	
18/10/2026	tbc	Ricky road race 10 Miles	https://www.rickyroadrun.co.uk/	

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

LRRC TROPHY RACES

Berkhamsted 2nd March 2026 half marathon

Position	Name	Gun Time	Chip Time	
52nd	Justin Archer	01:25:48	01:25:46	
87th	Richard Wilkinson	01:29:28	01:29:08	
99th	Christopher Shearwood	01:30:32	01:30:27	
237th	Emma Ponnaganti	01:39:16	01:38:57	3rd FV50
247th	Clive Heidrich	01:39:53	01:39:20	
264th	Jonathan Evan-Hughes	01:40:39	01:40:21	
315th	Nathan Powell	01:42:51	01:39:10	
390th	Clive Lucas	01:45:20	01:44:00	
852nd	Stuart Abraham	02:03:12	02:01:09	
968th	Bernie Conway	02:09:20	02:07:19	
1026th	Ruth Tidder	02:13:06	02:11:01	
1083rd	Pauline Bishop	02:16:57	02:14:53	1st FV70
1166th	Lorraine O'Donovan	02:25:59	02:23:44	

LRRRC TROPHY RACES

Berkhamsted 2nd March 2026

5 miles

Position	Name	Gun Time	Chip Time	
209th	Steve Paull	00:46:09	00:45:58	1st MV70
239th	Vincent Cheung	00:47:00	00:45:56	
428th	Monica Shortt	00:53:57	00:53:26	
556th	Marion Rogan	00:59:05	00:58:15	
582nd	Stephanie White	01:00:38	00:59:46	
615th	Penny Hudson	01:06:14	01:05:08	
618th	Irene Paull	01:07:03	01:06:01	



LEAGUES: SUMMER LEAGUE

SUMMER



LEAGUE

14th June – HEADSTONE MANOR – 8k
28th June – PERIVALE – 8k
12th July – DULWICH – 8k
26th July – REGENTS PARK – 10k

CONTACT IRENE PAULL IF YOU WANT TO KNOW MORE
CHECK SPOND FOR FURTHER INFORMATION

LEAGUES: VETS TRACK AND FIELD



VETS LEAGUE 2026

BATTERSEA

Monday 18th May
6.30pm - 9.30pm

TOOTING BEC

Monday 15th June
6.30pm - 9.30pm

HILLINGDON

Monday 1st June
6.30pm - 9.30pm

PERIVALE

Wednesday 1st July
6.30pm - 9.30pm

EVENTS

100m	Hammer
200m	Javeline
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 AND EVENTS ON SPOND

PARKRUN TOURISM



PARKRUN TOURISM



Saigawa ryokuchi koen parkrun (Japan)

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 & Kevin Smart
- Hills 2 - Gerry Barker & Mike Reid

THURSDAY

- Run Session - Mike Morris
- Track Session - Nathan Powell & Marcus Weedon
- Track Session 2 - Sakina Sidik

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

Colder weather is here - maybe time to order a warm Metros top?

The following are not kept in stock but can be ordered:

£21 Fleece - Unisex 380 gsm full zip – navy blue

£18 Fleece - Ladies 300 gsm full zip – navy blue

£20 Hoodie navy blue or yellow - Adults

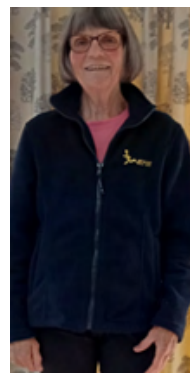
£14 Hoodie navy blue – Children

£5 Knitted Hats – navy blue or yellow

In stock

£15 Hi Viz vest

£5 Snood



METROS LIGHTWEIGHT RUNNING JACKETS

These jackets usually need to be pre ordered but we now have a small stock of them. The price is the same as the first order - £55 including VAT. There is a size chart on the Metros website. The lightweight jackets are sourced from Scimitar, the present supplier of our vests and T-shirts. The description on the jacket label reads: 'Quick-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 says 'It's a lightweight, shower and wind proof fabric'.

Please contact me if you would like to order any of the above.

Pat Jackson. 07963 551 816. patjacksonhome@hotmail.com



Vest: Front

Rear view



Tee-shirt: Front



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



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

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

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.



RUNNERS' IDENTIFICATION IN AN EMERGENCY

Many runners run with their mobile phone which often can provide necessary medical or contact information needed in an emergency. However, as a back-up and for those who run without their mobile, especially if on their own, we have a supply of 'dog barrels' available. These are 3cm in length and fit onto a shoe lace. Inside is a very small piece of paper which could contain useful information in case of an emergency. Originally sold for £1 each but now free to good homes. A £1 to charity could also be an option.

Please contact me if you would like one.

Pat Jackson

07963 551 816

patjacksonhome@hotmail.com



FUNDRAISING



Hershil's MK Marathon for Royal Brompton & Harefield Hospitals Charity

Help Hershil Patel raise money to support Royal Brompton & Harefield Hospitals Charity

 JustGiving

Click on the links to support **Hershil** and **Pauline** with their marathon fundraising.



HELPING
OUR HOSPITALS
DO MORE

TCS London Marathon 2026

I'm taking part in the London Marathon 2026 for Imperial Health Charity. Please help me raise as much as possible so I can support the hardworking staff and their patients. Imperial Health Charity hel

 enthuse.com

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**

The Epping Forest half marathon and 10k will take place on **Saturday 11th April 2026**. Metros have been offered a 10% discount on entries, using the code:

EPPING10

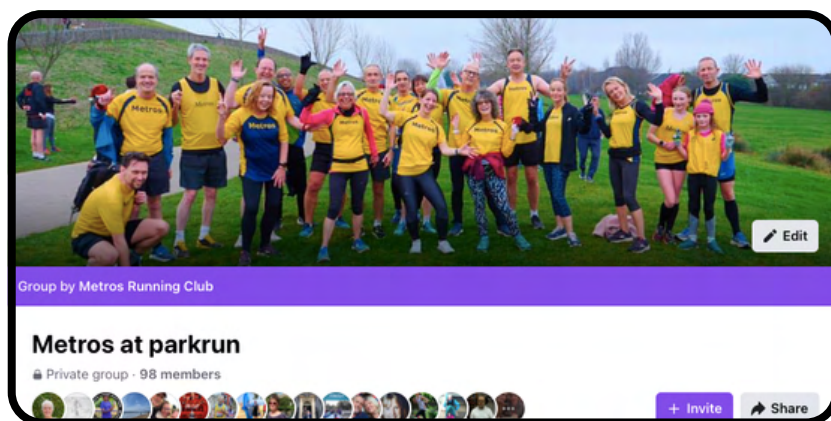
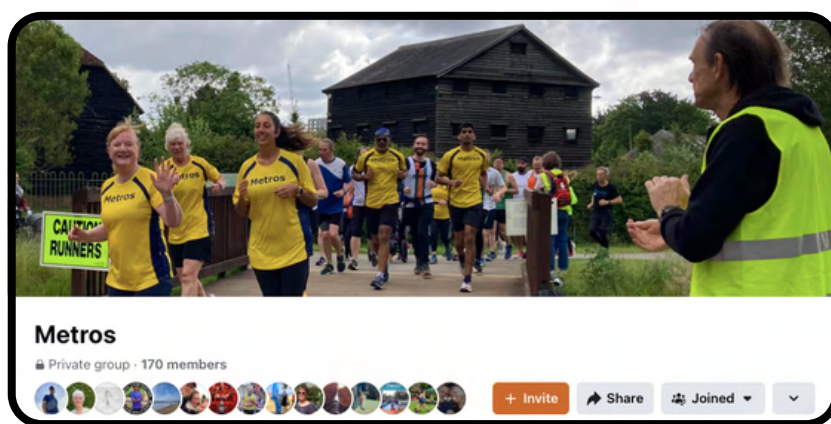
**£2 off race entry
code for any
Runthrough
event:**

CLUB

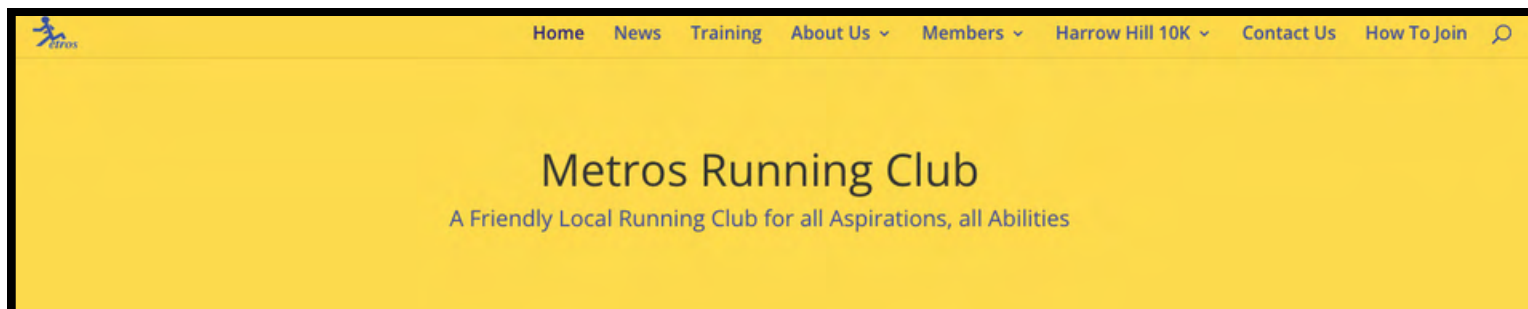
SOCIAL MEDIA

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!

Send session/event pics via whatsapp to Claire Reid on 07511029168



WEBSITE



www.metros.org.uk