

METROLINES

December 2025
Issue No. 436



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CALENDAR DATES

December 2025		
Sat 6	5 Mile Handicap (Roxbourne Park)	9.00am
Sun 7	TVXC - Reading	11.00am
Sun 7	Perivale 5	10.00am
Sun 7	West End Christmas Lights run/walk	4.00pm
Wed 10	Committee Mtg (Miller & Carter - Stanmore)	8.00pm
Sat 13	Wot No Watch (Roxbourne Park)	9.00am
Fri 19	Drinks @ the Rackhams'	6:30pm
Sat 20	Northala parkrun (5k comp)	9.00am
Sat 20	Xmas Fun Session Roxbourne Park	9.00am
Sun 21	Winter Solstice run/walk	6.45am
Fri 26	LFOTM – Hillingdon Court Park	10.00am
Sun 28	Sunday Long Run - see Spond for details	7.55am
January 2026		
Sat 3	10k Challenge (Roxbourne Park)	9.00am
Sat 10	Wot no Watch (Roxbourne Park)	9.00am
Sun 11	TVXC - Bracknell	11.00am
Sat 17	Harrow parkun (5k comp)	9.00am
Sun 18	Fred Hughes 10	9.30am
TBC	Committee Meeting	8.00pm
Fri 31	LFOTM - location tbc	11.50am
February 2026		
Sat 7	Run a parkrun pb - tbc	9.00am
Sun 8	TVXC Handy Cross	TBC
Sat 14	Measured Mile	9.00am
Sun 15	Harrow Hill 10k	10.30am
Sat 21	Roxbourne Park (5k comp)	9.00am
Fri 27	LFOTM - location tbc	11.50am

Friday 19th December from 6:30pm

You are all warmly invited to celebrate Christmas with fellow Metros at the home of Judy & Nigel.



Contributions of drink and finger foods will be very welcome.



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

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

**Last Friday of the Month 26th December
Hillingdon Court Park 10.00am
followed by refreshments courtesy of Tim & Jasia**

For further details, and to sign up for any/all these events, please see Spond



**Vitality
Bournemouth Bay Run
Half Marathon and 10k
22nd March 2026**



Do you like the idea of a spring weekend by the sea that includes a running challenge? The Bournemouth Bay runs are a regular fixture for some of the Metros family, and have something for everyone: a half marathon, 10k, 5k, and even a 1k run for the very junior members! All the runs start and finish at Bournemouth Pier, and accommodation can usually be found nearby. For those that can stay over 'til Monday there's also the possibility of a pub quiz on Sunday evening . Early bird entries are open now.



**Sunday 15th
Feb 2026**

10K

**STARTS
10.30
AM**

You can now secure your Harrow Hill 10k entries with a special 10% discount for Metros members (please note that this code is exclusive to Metros members). Discount code is - HHR26METROS, available until 10th January. Any issues, get in touch with harrowhillrace@hotmail.com
<https://www.atwevents.co.uk/e/harrow-hill-10k-8885>

Harrow Hill 10k

Head to Garlands Lane, Harrow. HA1 3GF

Sign up to the Metros Running Club organised 10k :-

Scan this code

Chip timing - eventchiptiming.com



RED JANUARY

Red January is back!

Let's commit to moving our bodies and getting outside, one day at a time. Whether you walk, jog, do yoga, lift weights, or swim, the activity isn't important. The goal is simple: one daily movement to beat the January blues.

I'll be with you every step of the way. We proved we could do it last year, and we'll do it again.

This challenge means even more to me this year, as I'm beginning my MSc in the Psychology of Mental Health and Wellbeing. I'm excited to bring my new knowledge back here and add even more value to our incredible community.

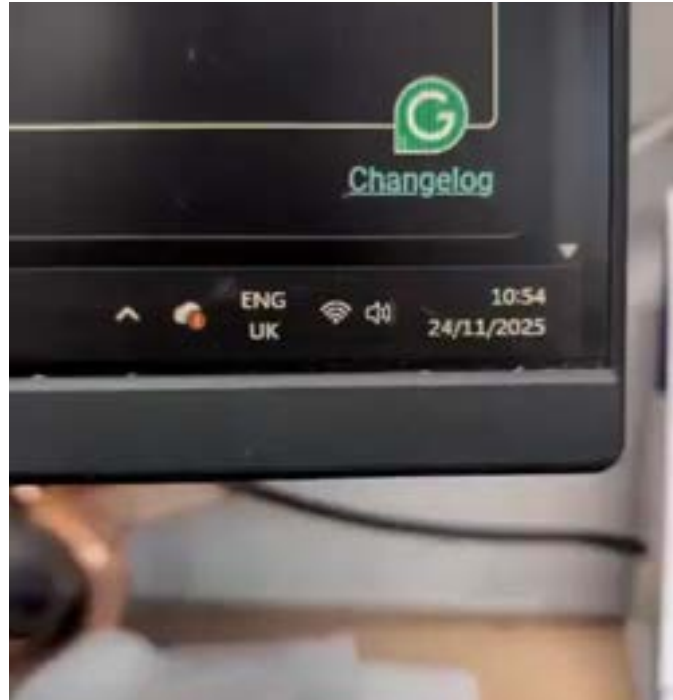
Let's go!

Zahra



Further details can
be found on Spond!

METROS MARATHON DRAW



Congratulations Paul!

CONGRATULATIONS



to Emma & Kenny
Rackham-Kong, on the
birth of their daughter
Poppy Claire, a sister
for Charlie :)



Dark mornings and evenings are here. Don't forget your LIGHTS!

As the days get shorter, our runs often fall into darker mornings and evenings. Here is a quick reminder that visibility is crucial for your safety.

Wearing lights — both front and back — not only helps drivers, cyclists, and other runners see you, but also illuminates your path, helping to prevent trips, falls, and other accidents.

Reflective clothing and accessories add another layer of protection, making sure you're visible from all angles.

A few tips to stay safe:

- **Headtorch** or clip-on front light: illuminates your path and makes you visible.
- **Rear light**: red is best for drivers approaching from behind.
- **Reflective gear**: vests, bands, or even shoes can make a big difference.
- **Bright clothing**: neon or light colours stand out in low light.

Stay safe, stay seen, and enjoy your run — day and night!





COMMITTEE MEMBERS WANTED!

Fancy doing more for Metros in 2026? We're looking for a few new members to join our committee. Committee members play a vital role as the voice of our club community, ensuring that every member enjoys the best possible experience. If you're passionate about contributing to the club's direction, supporting fellow members, and making a positive impact, we'd love to hear from you.

INTERESTED OR WANT TO FIND OUT MORE
METROS.SECRETARY@YAHOO.CO.UK

ACHIEVEMENTS



Emma Ponnaganti ran a PB of 3:18:22 at the Dublin marathon.



Chris Shearwood was 1st V60 at the Marlow half marathon.



Nigel Rackham was 1st V60 at the River Thames half marathon.



Janice Newman was 1st V80 at the Battersea Park 5k with a time of 30:07. Her time puts her number 1 in the UK rankings for 2025.



Jasia Zimmerman completed her 100th parkun at Northala Fields.



Janice Newman completed her 100th parkun at Victoria Dock.

Richard Wilkinson, Nathan Gee and Chris Shearwood won the team prize at the Marlow half marathon



Jeff Rollason was 1st V70 at the Watford Autumn 10k.



Matthew Rackham completed his first 10 half marathon.

RACE RESULTS

Dublin marathon, 26 October
Emma Ponnaganti 3:18:22 PB



Valencia half marathon, 26 October

Keval Shah 1:42:48
Angela Tomusange 2:17:39

River Thames half marathon, 26 October

Matthew Rackham 01:23:24
Nigel Rackham 01:23:44 1st V60



Lausanne 10k, 26 October
Monica Shortt 1:06:29



The One by the Canal, trail half marathon, 9 November

Bruno Croford 2:07:46



Ricky Road Run, 26 October

Luca Matharu 1:01:22
Nathan Gee 1:07:21
John Norris 1:07:56
Justin Archer 1:08:10
Jag Matharu 1:16:53
Kevin Smart 1:22:01
Nick Russell 1:23:55
Simon Aberly 1:27:29
Bruno Croford 1:30:10
Paul Hor 1:34:47
Stuart Abraham 1:34:35
Anna Maguire 1:36:50
Steve Paull 1:40:57
Charlie Kelly 1:44:13
Derek Bamforth 1:44:17

Wildwood Trail 10k, 25 October

Andrew Collier 1:14:55

Watford Autumn 10k, 16 November

Bruno Croford 57:46
Stuart Abraham 57:45
Jeff Rollason 58:10
Bernie Conway 59:08
Rohan Mascarenhas 59:06
Andrew Borley 1:02:26
Liz Abrahams 1:05:48
Jennifer O'Sullivan 1:06:33
Lorraine O'Donovan 1:07:41
David Merrigan 1:08:01
Monica Shortt 1:13:07

Angela Tomusange

supported a 5k run to raise funds for Jamaica impacted by Hurricane Melissa. The event was organised by Emancipated Run Crew.



COUCH 2 5K GRADUATION

After a 9 week long course, the C25k group finished in grand style at the Canons Park parkrun on Saturday 8th November. Certificates for completion (thanks Pip) were handed out to the following runners:

Joanna Eckersley, Louise Marlow, Camille McKay, Henry Pickford, Marilyn Pickford, Michelle Prackash Tauro, Dipa Raivadera, Maryanne Smith, Anita Wilkinson, Laura Wilkinson and Rowena Williams.

Congratulations to all those who finished. Many thanks for those who helped to put this course on and to those Metros who supported on the day at Canons Park.

Nigel RACKHAM	19:11
Sasha BIRKIN	21:47
Simon ABERY	24:58
Michael MORRIS	25:10
Caroline DAY-LEWIS	25:51
Zahra BASSIRI	26:44
Liz ABRAHAMS	27:22
Steve PAULL	28:19
Lorraine O'DONOVAN	28:27
Brian MCGRORY	29:28
Richard HAYWARD	29:29
Jane HUDSON	29:42
Quinton STOWELL	30:24
Laura WILKINSON	30:28
Janice NEWMAN	32:46
Nishil SHAH	32:46
Rowena WILLIAMS	34:52



COUCH 2 5K GRADUATION

Marilyn PICKFORD	36:03
Stephen ALDER	36:05
Maryanne SMITH	36:05
Mark MULVENNA	36:53
Linda ROSS	37:41
Claire REID	38:34
Stephanie WHITE	38:35
Diane O'REILLY	38:35
Dipa RAIVADERA	38:50
Anita WILKINSON	39:10
Linda GRIMES	40:08
Henry PICKFORD	40:32
Irene PAULL	41:05
Penny HUDSON	41:09
Nancy MORRIS	41:32
Camille McKAY	41:38
Joanna ECKERSLEY	42:34
Una CUNNINGHAM	43:58
Jennifer SMITH	48:51
Helen SIMONS	48:51
Michelle TAURO	49:04
Sarah ARMSTRONG	49:14
Louise MARLOW	51:42



VOLUNTEERS

Malcolm JACKSON, Rohan MASCARENHAS, Mark MULVENNA, Barry NOLAN, Judy RACKHAM, Nishil SHAH, Martina SMITH, Marcus WEEDON

SATURDAY SERIES: MEASURED MILE

Roxbourne Park - Saturday 15th November 2025

Adam Leary	07:36
Barbara Pacinella	10:55
Barbara Reading	10:54
Carole Valentine	11:23
Caroline Day Lewis	07:14
Dave Young	08:00
Eilish Fernandez	10:56
Gladys de Groot	13:23
Guiseppe Pacinella	11:19
Jonathan Pang	08:20
Judy Rackham	17:59
Karen Leary	10:57
Marion Rogan	10:53
Paul Hor	07:18
Sarah Westwood	12:24
Sarah Westwood	11:56
Simon Aberly	07:11



This was the first of four Measured Miles in the 25/26 season.

The winner is the person whose time improves most on three consecutive occasions

SATURDAY SERIES: 5K COMPETITION 2025 - 26

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

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 Jun 2026	Gladstone parkrun	
11	1 Aug 2026	Roxbourne Park	
12	19 Sept 2026	Cassiobury parkrun	
13	10 Oct 2026	Canons Park parkrun	

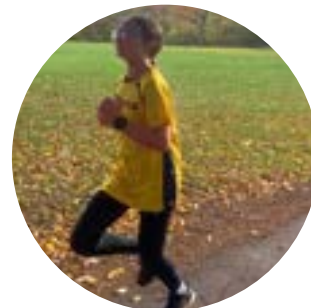
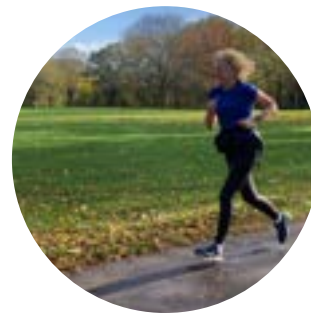
Click [here](#) to view further information about the 5k challenge and how the scoring works.



SATURDAY SERIES: 5K COMPETITION

Roxbourne Park - Saturday 1st November - women

			5K Points
Sasha Birkin	22:12	79.43%	50
Caroline Day-Lewis	25:07	74.05%	49
Janice Newman	38:59	69.99%	48
Ruth Tidder	26:33	67.29%	47
Jasia Zimmerman	34:16	61.92%	46
Sarah Westwood	42:35	54.05%	45
Tanya Keene	33:40	51.73%	44
Carole Valentine	39:57	49.98%	43
Teresa Young	42:35	49.82%	42
Ceri Jacob	39:00	49.74%	41
Gladys de Groot	48:46	49.73%	40
Barbara Pacinella	39:38	48.28%	39
Allegra Keene	33:49	48.15%	38
Pip Brown	35:19	45.87%	37
		AVG.	43.5



Volunteers - 43.5 points

Results: Irene Paull, Nancy Morris

Marshals: Steph White, Judy Rackham

Guide Runner: Ceri Jacob

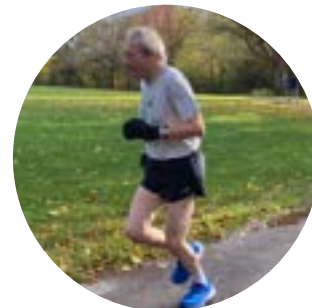
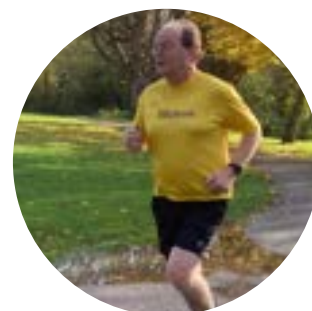
Refreshments: Marilyn Pickford



SATURDAY SERIES: 5K COMPETITION

Roxbourne Park - Saturday 1st November - men

			5k points
Nigel Rackham	19:14	85.64%	50
Russell Morris	21:18	72.14%	49
Patrick O'Brien	22:03	70.28%	48
Rocco Keene	19:05	68.56%	47
Paul Hor	25:54	68.05%	46
Peter Reynolds	25:38	67.29%	45
John O'Callaghan	25:58	63.43%	44
Mike Morris	25:07	62.76%	43
Bijan Keene	24:40	61.27%	42
Dave Young	30:05	59.31%	41
Rohan Mascarenhas	26:44	57.97%	40
Andrew Collier	29:22	54.62%	39
Will Bailey	31:22	51.13%	38
Jonathan Pang	33:15	44.00%	37
			43.5



Volunteers - 43.5 points

Results: Marcus Weedon

Marshals: Marcus Weedon, Malcolm Jackson, Simon Abery, Rob Bevan

Refreshments: Jerry O'Sullivan

SATURDAY SERIES: 5K COMPETITION

Cumulative Results - Women

Ladies	Track	Roxbourne	TOTAL	Number completed
Sasha BIRKIN	49	50	99	2
Janice NEWMAN	50	48	98	2
Ruth TIDDER	47	47	94	2
Judy RACKHAM	48	43.5	91.5	2
Teresa YOUNG	48	42	90	2
Philippa BROWN	46	37	83	2
Caroline DAY-LEWIS	-	49	49	1
Anne AMBROSE	48	-	48	1
Jennifer O'SULLIVAN	48	-	48	1
Jasia ZIMMERMANN	-	46	46	1
Sarah WESTWOOD	-	45	45	1
Tanya KEENE	-	44	44	1
Ceri JACOB	-	43.5	43.5	1
Irene PAULL	-	43.5	43.5	1
Marilyn PICKFORD	-	43.5	43.5	1
Nancy MORRIS	-	43.5	43.5	1
Stephanie WHITE	-	43.5	43.5	1
Carole VALENTINE	-	43	43	1
Gladys DE GROOT	-	40	40	1
Barbara PACINELLA	-	39	39	1
Allegra KEENE	-	38	38	1

Cumulative Results - Men

Gentlemen		Roxbourne	TOTAL	Number
Nigel RACKHAM	50	50	100	2
Russell MORRIS	45	49	94	2
Patrick O'BRIEN	44	48	92	2
Marcus WEEDON	43.5	43.5	87	2
Robert BEVAN	43.5	43.5	87	2
Simon ABERY	40	43.5	83.5	2
Rohan MASCARENHAS	38	40	78	2
Chris SHEARWOOD	49	-	49	1
Cem BROWN	48	-	48	1
Clive LUCAS	47	-	47	1
Rocco KEENE	-	47	47	1
Paul HOR	-	46	46	1
Richard BROWN	46	-	46	1
Peter REYNOLDS	-	45	45	1
John O'CALLAGHAN	-	44	44	1
Malcolm JACKSON	-	43.5	43.5	1
Tanasheh ABRAHAMS	43.5	-	43.5	1
Jerry O'SULLIVAN	-	43.5	43.5	1
Daniel SMITH	43	-	43	1
Mike MORRIS	-	43	43	1
Bijan KEENE	-	42	42	1
Mark SMITH	42	-	42	1
Dave YOUNG	-	41	41	1
Darragh DAUNT	41	-	41	1
Andrew COLLIER	-	39	39	1
Malcolm SMITH	39	-	39	1
Will BAILEY	-	38	38	1
Jonathan PANG	-	37	37	1



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

Date	Cost	Race	Link	Discount code?
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/berkorun-berkhamsted-rotary-half-marathon-and-five-mile-run-2026	15% off either race code MRC15
TBC		Maidenhead 10M		
TBC		Marlow 5M		

LRRRC TROPHY RACES

Marlow half marathon - 2nd November

Position	Name	Gun Time	Chip Time	Awards
6th	Richard Wilkinson	1:25:01	1:24:56	1st Men's Team
22nd	Nathan Gee	1:30:57	1:30:52	1st Men's Team
74th	Christopher Shearwood	1:37:05	1:36:45	1st VM60 & 1st Men's Team
306th	Simon Abery	2:00:51	1:59:08	
549th	Mike Reid	2:35:05	2:33:22	



Marlow 7 - 2nd November

146th	Holly Harris	1:04:38	1:03:24
230th	Steve Paull	1:10:24	1:09:14
256th	Jane Hudson	1:12:41	1:10:56
289th	Lorraine O'Donovan	1:16:38	1:14:53
381st	Stephanie White	1:29:54	1:28:10
385th	Barbara Reading	1:30:38	1:28:24
403rd	Penny Hudson	1:38:30	1:36:15
410th	Irene Paull	1:55:32	1:53:13
414th	Wendy Mulvenna	2:17:24	2:15:01
415th	Gillian Shearwood	2:17:24	2:15:02



LRRC TROPHY RACES

Final Results after all 10 events - Men

	Total	Fred Hughes 10 M	Berk- hamsted 5M/HM	Hilling- don 20 Miles	Maid- en- head 10 Miles	Mar- low 5 M	Burn- ham Beeches 10kHM	Leigh- ton buzzard 10M	Moor Park 10K	Cabba- ge Patch 10 M	Mar- low 7/MHM
Chris SHEARWOOD	329		58	66			59	49	39		58
Nathan GEE	315		59	67	50	30				50	59
Richard WILKINSON	300		60	70			60	50			60
Clive HEIDRICH	202	49	57		49					47	
Steve PAULL	185		30			27	40	48			40
Stuart ABRAHAM	169	45	50						29	45	
Simon Abery	141		51						33		57
Quentyn TAYLOR	137	46		63					28		
Michael REID	126	44							26		56
Nigel RACKHAM	119	50		69							
John NORRIS	113			64						49	
Justin ARCHER	108			68					40		
Jonathan EVAN-HUGHES	103	47	56								
Nathan POWELL	103	48	55								
Robert BEVAN	101		54		47						
Clive LUCAS	86				48				38		

LRRC TROPHY RACES

Final Results after all 10 events - Women

	Total	Fred Hughe s 10 Miles	Berk- ham- sted 5M/H M	Hilling don 20 Miles	Maid- en- head 10 Miles	Mar- low 5	Burn- ham Beech es 10/H M	Leigh- ton buzzar d 10	Moor Park 10K	Cabba ge Patch 10 Miles	Mar- low 7/HM
Lorraine O'DONOVAN	246	49	60		49					49	39
Emma RACKHAM	120	50		70							
Bernie Conway	119				50	30			39		
Stephanie WHITE	101		29						34		38
Penny HUDSON	99		26				37				36
Irene PAULL	98		27				36				35
Raquel PONTE	91		59						32		
Jane HUDSON	79						39				40
Angela MURPHY	61		28						33		



LEAGUES: THAMES VALLEY CROSS COUNTRY

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

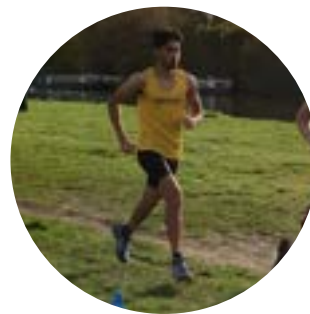
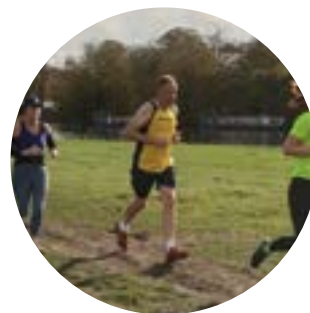


Datchet

LEAGUES: THAMES VALLEY CROSS COUNTRY

9th November - Datchet

Position	Time	Name	Points
12	00:36:11	Luca Matharu	12
58	00:40:12	Justin Archer	51
72	00:41:01	Jahmai Pierre Louise	64
87	00:42:16	Nicky Smith	76
124	00:44:09	Sasha Birkin	16
145	00:45:04	Olivia Matharu	22
165	00:46:02	Jag Matharu	134
190	00:47:10	Kevin Smart	149
242	00:49:41	Nick Russell	187
254	00:50:38	Mike Morris	194
309	00:54:30	Bernie Conway	84
349	00:57:13	Jennifer O'Sullivan	106
360	00:58:02	Mark Mulvenna	241
371	00:59:09	Andrzej Warhaftig	246
378	01:00:17	Ian McPherson	252
380	01:00:36	Andrew Collier	253
416	01:07:49	Terry Burke	264



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

LEAGUES: THAMES VALLEY CROSS COUNTRY

23rd November - Sandhurst

Position	Time	Name	Points
55	00:42:30	Justin Archer	51
85	00:45:06	Nicky Smith	77
99	00:45:56	Jahmai Pierre Louise	90
117	00:47:17	Sasha Birkin	11
227	00:54:32	Mike Morris	178
257	00:58:56	Bernie Conway	63
285	01:01:48	Ian McPherson	205
320	01:07:18	Jennifer O'Sullivan	97
328	01:09:26	Terry Burke	220
335	01:14:19	Martin Eden	223



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

PARKRUN TOURISM



PARKRUN TOURISM



LFOTM



November's last Friday of the month saw 7 Metros run twice round Ruislip Lido (5km) on a lovely mild day. Ed's outfit coordinated beautifully with the AED backpack. Some enjoyed coffees in the cafe before the run and some stayed after.

MUSINGS FROM MARCUS

I've been feeling distant lately

I've been feeling pretty distant lately. I've been dealing with an injury that's dragged on far longer than I ever expected. Over the last five months, since the Perivale Summer League, I've only been able to run a handful of times. And the impact hasn't just been physical — it's been mental, emotional and honestly, disorienting.

I wanted to write something honest — not for sympathy, but to help others understand how an injury doesn't just halt training... it changes the routines, the mental space, and the sense of self that running provides.

Running really grounds me. Five or six days a week, it's the one constant that gives my head space to breathe. That 30–60 minutes where everything feels lighter. Where stress eases off. Where life feels manageable and I feel present. Losing that routine has felt like losing a piece of myself — like misplacing the one part of my day where everything made sense.

At first, I shrugged it off.

"A few weeks and I'll be back."

But weeks turned into months under strict instructions from my physio. And as the stillness set in, so did everything that comes with it: the boredom, the frustration, the restless energy trapped in your legs, wanting to move but being told you can't.

And that's when the distance crept in — not just from running, but from people as I wasn't running and talking with them anymore, from my structured routine, from the version of myself I'm used to being.

Here's the strange part: I've actually been *busy*.

I'm lucky, in a way. I'm involved in so many sessions at the club. I'm part of the committee, I help plan, lead, organise — and honestly, that has kept me going. Being around the community, helping sessions run smoothly, getting things done behind the scenes... it's given me purpose when I haven't been able to do the one thing I love and am addicted to.

But as grateful as I am for that, it doesn't fill the void. Being involved is not the same as being out there. It doesn't replace the feeling of breathing in sync with your footsteps, or that quiet moment when everything else switches off for a while. It doesn't replace the freedom.

And then there's Strava. I have to stay off it. Not because I'm not proud of everyone — I genuinely am. I love seeing my running community putting in the miles, staying consistent, showing discipline, smashing their goals. But it also hurts. It stings in a way that's hard to explain.

There's this mix of pride and jealousy and longing — like you're cheering loudly on the outside, but inside there's a voice whispering, "That should be me."

People often ask, "How's the injury?" or "Still not running?" Their curiosity, care and concern are genuine, and I'm grateful that they ask; however, almost no one asks, "How are you really coping?" or "How's your head with all this?"

I don't blame anyone — most people don't realise how deep this goes.
If anything, this whole experience has made me realise something important:

When someone who normally runs suddenly stops for a long time, it's never just about the injury. It's the mental weight alongside it.

The frustration.

The identity shift.

The loneliness that settles in quietly.

The change in daily structure.

The way inactivity can stir up negative thoughts faster than any interval session could ever burn them off.

I'm starting to see the signs more clearly — in myself and in others.

The quietness.

The withdrawal.

The skipped group runs.

The way someone says "yeah, still injured" and leaves it at that because the full truth feels too big to unpack.

There's almost always a lot more happening underneath, and we don't notice it unless we look a little closer.

But here's the part I'm holding onto:

Even with the distance, the frustration, and the long stretch of stillness, I know this isn't the end of my running story. There will be more miles. More early mornings. More moments where my head and my feet finally fall back into rhythm.

It just feels far away — far too often — and some days that hits harder than others. But I'm learning to be patient, I'm trying to trust the process. I'm trying not to beat myself up for something I can't control.

If you're navigating your own pause, from injury, burnout, or life's curveballs, you're not alone. I wanted to share this partly through my own experience. I've never shied away from showing vulnerability, and I hope that by being open about how I cope, it might offer some perspective or comfort to others in similar situations

This isn't just about asking someone how their injury is — it's about checking in on the person behind it.

Ask how they're really doing, mentally, emotionally, and socially.

Notice the small things no one usually asks about: 'Have you been getting out much?' or 'How are you coping with everything right now?'

Listen without offering quick fixes or comparisons, and don't be surprised if their answer is a shrug or a simple 'fine.'

Often, just knowing someone sees them, hears them, and genuinely cares is enough. Even small gestures — a message, a coffee, a shared laugh — can remind someone that they're still part of the community, even when their legs can't carry them.

Marcus Weeden



HOW TO RUN YOUR PERFECT MARATHON

By Nigel Rackham

Part 1 – the race itself

So, you've done the training and preparation and got yourself to the start line. You probably have a target time in mind. How are you going to optimise your performance? It is scientifically proven that the optimal time is achieved by steady pacing or "even splits". The elite Africans prove the point. I am amazed by how many really good club runners have paced a marathon poorly. If you look at the top 25 finishers from the mass start at London 2025 you have guys finishing in under 2 hours 22minutes. These are super talented athletes, if not full-time professionals. Now look at their half way splits. Two runners ran negative splits – second half faster than first. Another three ran less than a minute slower in the second half. The rest ran what I would call a significant positive split, eight of them by more than 3 minutes, the worst being Adam Hickey who went through half way in 1:06 and then ran 1:13 in the second half. London is known as a flat course on which you would expect to run even splits. The only rogue factor this year was the heat. But you have to adjust your expectations based on things like the weather. What were these guys all thinking I wonder??

I recently analysed all my marathons. I have run 31 plus a dnf. Three or four I ran injured and a few I can no longer find my splits. That leaves 18 where I have a half way split. I have run five marathons with a negative split and eight where the second half was less than a minute slower than the first. I have only run five marathons out of 18 where the second half was more than a minute slower than the first half. One of those was my first ever marathon (+2m 30s) and one was Venice which got quite hot and then I had to negotiate a couple of miles of cobbles and bridges (+4m 24s). On the other three occasions the second half was less than 2 minutes slower than the first half. Based on my experience I regard a positive split of >1 minute as a poor run and >2 minutes a disaster. I also feel rubbish even if I have run a decent time. By contrast if you can finish strongly and are consistently overtaking people in the second half of the race you finish on a high.

So how can you achieve the perfect splits? By far the most important factor is being realistic about your finish time. You then need to be disciplined about sticking to your pace. It used to be the case that you had to run on "feel" and hope that mile markers were accurate to judge your pace. Now everyone has a GPS. No excuses! Lots of races have pacers too. They are not always super consistent and you have to pick a time close to your target time. If you are aiming for 4h 08m don't go with the 4-hour pacer and hope for the best. Go with the 4h 15 pacer and if you still feel fresh at mile 17 or 18 you can push on. Judy successfully executed a level split 6h 30 marathon by sticking with the jog/walk pacer and felt great at the end.

But how do you determine a realistic target time? How are you going to run a PB or break the magic four hours if you aim to run at a pace you already know you can run? There are lots of race predictors online (e.g. <https://sporttracks.mobi/labs/race-finish-time-predictor>) where you can input say a half marathon time and it will predict your time at other distances. This does not work very well for me as I am very steady paced – or put another way I am disproportionately good at long distances. My best 5k time this year was 18 minutes and that in theory means I can run a marathon in 3h 2 minutes. My actual time last month was just under 2h 47m. It probably works reasonably well for most people but you might need to make your own adjustments based on your own experience. I normally reckon to do at least one 20-mile race in my marathon build up and that is a pretty good guide to likely marathon pace with suitable adjustment. Of course, this assumes you have trained for a marathon at the pace you are predicting. If your training has been disrupted you are unlikely to get round at the pace you were hoping.

What about the course? Is it hilly? London and Berlin are both known as flat courses. I have run negative splits at both. It does help to recognise that mile 3 at London is downhill and you can easily be 20 seconds under your mile pace there. But don't worry, that was the hill not your exuberance. I always "bank" that 20 seconds – I will probably need it later. Equally I have often run my fastest London split at mile 24 which is also downhill. You are unlikely to be worried by running a fast mile at that stage of a marathon but it does help if it is not a complete surprise. Study the course profile beforehand. Boston is on average downhill but all the uphill is in the second half.

What about the weather? Too cold and you will burn calories keeping warm or weigh an extra kilogram with extra layers. If it is raining you will get cold, and also wet shoes and socks can be a nightmare – not just extra weight just where you don't need it, but blisters are likely too. Heat is the real enemy - but whether hot or cold you will have to adjust your expectations. Wind will also slow you down. On a point-to-point course like Boston, it can be in your face, or behind you, for the whole race. But even if on average the wind is with you for as much as it is against, it will affect your overall performance. You will have to adjust as you go for stretches when the wind is in your face or vice versa, as it can have a surprising effect on mile or km splits.

One of the reasons why the marathon is so unpredictable is that most people don't run 26 miles in training so are in unknown territory. The body can break down, niggles become serious problems and any medical issues can blow up.



Important factors are hydration and nutrition. You can probably get away with a few sips of water on a half marathon on a cool day but as I discovered to my cost you can get seriously dehydrated on a marathon even if it is freezing cold, and you should take frequent sips even if you are not feeling thirsty. I am not going to advise on nutrition because I know I am quite unusual in being ok with energy drinks – which are usually supplied on the course. Having to take on calories and then digest them to use for energy takes practice (never do anything for the first time during a race) and also affects performance because it diverts blood away from the muscles. This alone is a reason why a marathon is likely to be run at a much slower pace than even a 20-mile race. It does help if you can train your body to run long distances with no nutrition but I appreciate that running 24/25/26-mile training runs is not very practical.

Here is what the race predictor says about a female who can run a half marathon at 1h 51 pace.

Distance	time	mins per mile
10k	00:50:19	5.02
12k	01:01:02	5.05
15k	01:17:19	5.09
10 miles	01:23:18	5.11
half marathon	01:51:00	5.16
marathon	04:08:03	5.53

The middle column is the predicted time and the last column is the km pace. You can see how the pace drops dramatically between a half and a full marathon compared to a 10k. To be precise the pace for a marathon is 16.9% slower than for a 10k. By contrast, a predictor for a much faster runner shows much less of a drop off. A man who can run a 30 minute 10k is predicted to run a marathon at a pace which is just 11.1% slower, which I believe is because an athlete can run for up to 2hs 40mins without much supplemental nutrition.

What if you are about to run your first marathon? Well, your best race will be one where you finish strong. Whatever you do you will get a PB! If you are the lady who has just run a 1h 51m half, the conditions are good and you are feeling fit and well, then I would follow the 4hr 15 pacer. You will get to half way at 2h 7m and should feel really fresh. Good! You now are at the start line for a half marathon race. You get to 20 miles at 3hr 15m. You've been fuelling and hydrating along the way and are feeling better than a lot of your fellow runners who have dropped off the group. Now you have a 10k ahead of you. You can start to up the pace, pick off those young men who over-cooked it and now cannot stay the course, and run all the way to the finish in 4hr 10m with a smile on your face. Well run!

CHRISTMAS MESSAGES

To all my wonderful friends at Metros, I wish you all a very happy and peaceful festive season, and happy running to us all **Janice**



Wishing all Metros a Lovely Christmas and a Happy and Healthy New Year.
From the **Rogans** and **O'Reillys**

Wishing all Metros a Merry Christmas and a happy and healthy 2026.
Best wishes
Jane and Alastair

Merry Christmas and a happy New Year to all at Metros
Steve & Lorna



Wishing everyone in Metros a Happy Christmas and a peaceful and healthy new year **Jane**



Merry Christmas and Happy New Year to all Metros from **Jasia and Tim**



Wishing our Metro family a very Merry Christmas and a happy, healthy injury free New Year.
Love the **Foxes**



Teresa and Dave wish all our Metros friends a very merry festive season and a happy, fit and healthy 2026

CHRISTMAS MESSAGES



Merry Christmas
and Happy Running
to all my Metros
friends
Penny

Wishing all Metros a very
Happy Christmas
& a healthy and injury-free
New Year.
Keep on running...
Rackhams & Rackham-Kongs



Merry Christmas and
a Happy, healthy New
Year
**Brian and Pat
Jackson**

Happy Christmas everyone
Pauline

Wishing everyone in
the wonderful Metros
community a great
Christmas and a happy
new year!
Harish & Mamta

Happy Christmas
and a peaceful New Year.
Love and best wishes
Mick & Barbara Reading



Wishing all Metros and
their families a wonderful
and fun Christmas and
enjoyable and happy
running in 2026
Marilyn & Henry

A merry Christmas and
a healthy new year to
all Metros and their
families
Lost in Devon
**Terry and Diane
Burke**



CHRISTMAS MESSAGES



Wishing all Metros a Merry Christmas and festive season and a happy and successful 2026,
Sarah

May 2026 be a wonderful year of running,
Barbara & Frank



Very best wishes for a wonderful festive season to all Metros friends.
Arnold



Keep on running Metros!
Caroline

Wishing Metros a Happy 40th Christmas and many of them. Also, an injury-free holiday season and New Year to all members and families
Jog on!!

Malcolm Jackson



Best wishes for the festive season **Rohan**



Wishing everyone at Metros all the best at Christmas and for 2026! Everyone's kindness and encouragement got me through a tricky few months this year whilst I couldn't run and I can't thank you all enough. I feel very blessed to be part of such a wonderful club. **Pip Brown**

CHRISTMAS MESSAGES



Thank you to everyone who has shared Christmas messages this year. We are pleased to announce that so far we have raised £670 for Firm Foundation. The justgiving page is still live so it's not too late for you to donate [here](#)!



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 coming - 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



Please contact me asap if you would like to place an order. Thank you.



Lightweight Jackets

Apart from official kit vests and T-shirts which are in stock, we can order lightweight jackets which are not kept in stock. A minimum number need to be ordered and a few more orders are needed before we have the minimum number required to place an order. They are produced by Scimitar who supply our present official kit vests and T-shirts and are the same colours and cost £55.

The manufacturer's description of the material is "Qwik-Dry fabric. Sensitive wicking fibres transport moisture away from the skin, helping to maintain and regulate body temperature whatever the situation."

I am now taking orders for these lightweight jackets which will not be kept in stock. Please let me know as soon as possible if you would like to order a jacket. Thank you.

Pat Jackson

patjacksonhome@hotmail.com

07963 551 816

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.

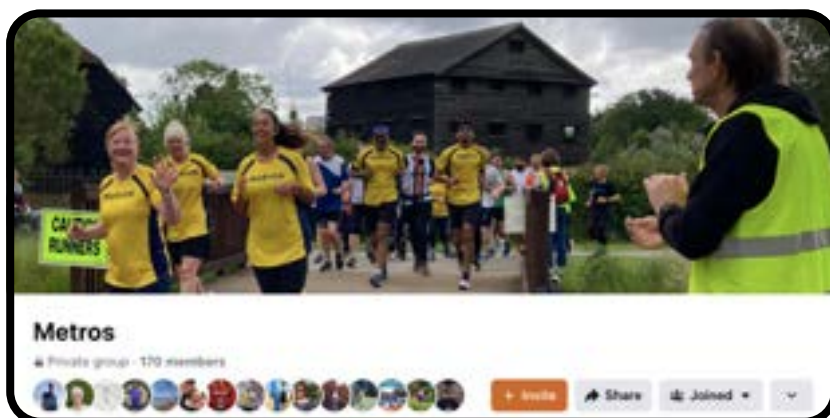
Looking for running socks or new insoles? Use code **ARIFFSIDIK** for a 15% discount at www.enertor.com

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



WEBSITE



www.metros.org.uk