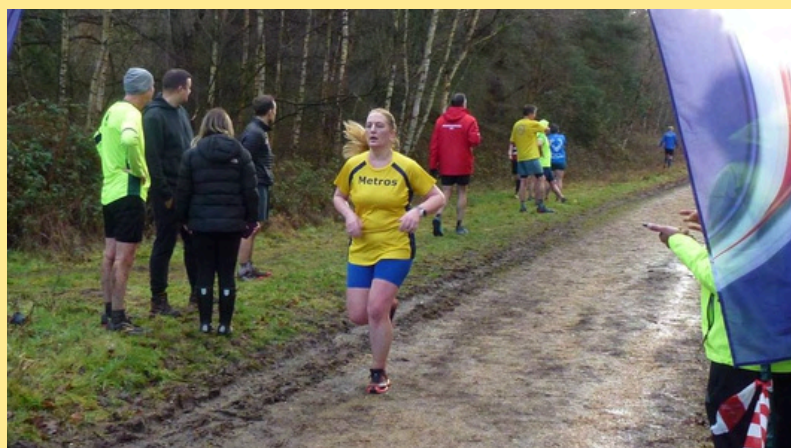


METROLINES

February 2026
Issue No. 438



METROLINES - CONTENTS

3	<u>Calendar Dates (February - April 2026)</u>
4	<u>Membership Renewals</u>
5	<u>Social Media Coordinator</u>
6-7	<u>Guide Runners/Dates for your Diary</u>
8-9	<u>Remembering Gordon Swindles</u>
10	<u>Red January</u>
11	<u>Achievements</u>
12	<u>Race Results/Race Report</u>
13	<u>Saturday Series - Wot no Watch</u>
14	<u>Saturday Series - 10k Challenge</u>
15-19	<u>Saturday Series - 5k Competition</u>
20-21	<u>LRRC Trophy Races</u>
22-23	<u>TVXC</u>
24	<u>parkrun Tourism</u>
25-26	<u>How to run your Perfect Marathon</u>
27	<u>Session Co-ordinators</u>
28-29	<u>Kit & Member Discounts</u>
30	<u>Social Media</u>

CALENDAR DATES

February		
Sat 7	Roxbourne Park (5k comp)	9.00am
Sun 8	TVXC Handy Cross	10.30am
Sat 14	Measured Mile (Roxbourne Park)	9.00am
Sun 15	Harrow Hill 10k	10.30am
Wed 18	Committee Meeting	8.00pm
Sat 21	Run a parkrun pb	9.00am
Fri 27	LFOTM - location tbc	11.50am
March		
Sun 1	Berkhamsted HM/5mile	10/10.30am
Sat 7	5 Mile Handicap (Roxbourne Park)	9.00am
Sat 14	Wot no Watch (Roxbourne Park)	9.00am
Sat 21	Rickmansworth parkrun (5k comp)	9.00am
Fri 27	LFOTM - location tbc	11:50am
April		
Sat 4	10k Challenge (Roxbourne Park)	9.00am
Sat 11	Wot no Watch (Roxbourne Park)	9.00am
tbc	Committee Meeting	
Sat 18	Track 5k Harrow Sch (5k comp)	8.00am
Fri 24	LFOTM - location tbc	11.50am
Sun 26	London Marathon	Staggered starts from 8:30am

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

metrolines1@gmail.com

MARCH 1ST IS RENEWALS DAY

Metros membership is due for renewal on 1st March.

You don't have to wait till then, you can renew anytime this month.

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.

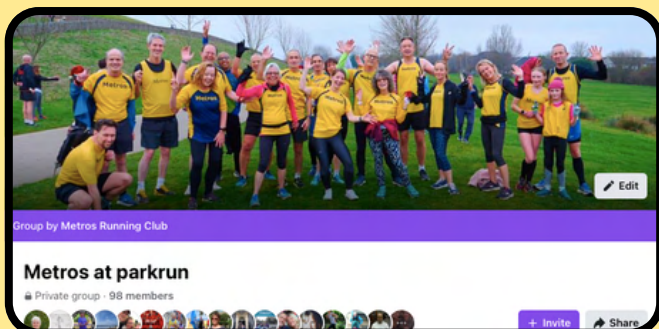
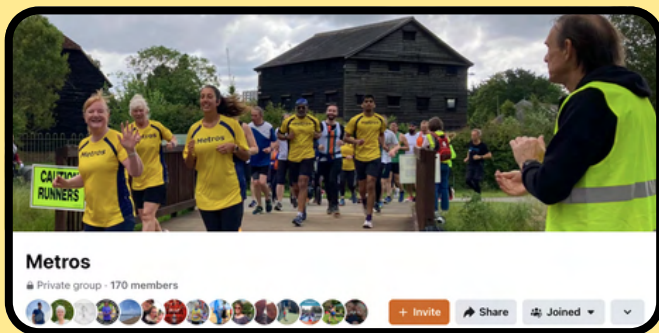
Thanks

Irene



SAY HELLO TO OUR NEW SOCIAL MEDIA CO-ORDINATOR CLAIRE REID

SEND
SESSION/EVENT
PICS VIA
WHATSAPP TO
07511029168



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

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

SAVE THE DATE



Validity
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.

<https://www.bournemouthbayrun.co.uk>



**Sunday 15th
Feb 2026**

10K

**STARTS
10.30
AM**



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



GORDON SWINDLES 1950-2025

by Pat Jackson

Further to Ian Bocock's article in the January Metrolines, Gordon's children each read an eulogy at the funeral. Son Andrew and daughter Alison mentioned Gordon's running. Here is an extract from Andrew's eulogy:

One of the earliest recorded examples of his running ability, aged 13 he set the school record for 880 yards dash, beating the top year students in the process. What amazed me, and can be appreciated if you look at the photo, is just how young he was compared to his peers, photographed proudly holding a trophy, surrounded by what look like grown men by comparison!

My dad was a man who could achieve a lot when he put his mind to it and he proved this again when he got back into running in the late 70s, entering his first marathon not long after in September 1981, coming home in a very respectable 3hrs 17 minutes. This incredible achievement was not enough for Dad, so he turned to his other loves, science and maths. He kept meticulously detailed records of his training runs, analysed statistics, trained harder, did research, experimented, made more notes, analysed his records again, read books, made yet more notes, (copious amounts of notes!) and then trained some more...

This led to him completing a total of 42 marathons in his lifetime, including 5 London's, 8 Harrow's and 2 attempts at the brutal Seven Sisters Marathon, (which is ran over the south downs and has a reported 4000 feet elevation gain) finishing 7th. Incredibly, he won 2 of the 5 Harrow events and came in 248th at London in 1989. Overall, he placed in the top 10, 13 times, including 5 podiums and of course the 2 wins. His marathon PB, which to remind you is 26.2 miles, is 2 hours and 29 minutes....an average of 5min 45sec per mile, which is quite astonishing truth be told. Many, including myself, cannot get anywhere near a sub 6 minute mile, yet he managed 26 of them, back to back... the mind boggles. I remember being over the moon when I first managed to beat my dad over 5km. The trouble was that he was well into his 60s by this time and my PB was still over 5 mins shy of his.

Gordon's daughter Alison adapted the poem
"Do Not Stand at my Grave and Weep" by Mary Frye.
These are the parts related to running:

*Do not stand at my grave and weep,
I am not there, I did not leave.
I'm down the lanes, along the roads, Running, steadily on,
The Cotham drain, The Garmin game,
Another parkrun done.
Do not stand at my grave and weep,
I am not there, I did not leave.
My mind is busy with moments mapped, A life in notebook form.
The shoes I wore and routes I took, Distance and times I've run.
All detailed in my little books That journey now is done.*



Mary confirmed Gordon did train regularly but just to maintain fitness really.
He stopped doing parkrun when he felt he was no longer competitive!
He did get his 100 T-shirt!

GORDON SWINDLES 1950-2025

by Tim Oakley

Gordon Swindles and the Great British Fun Run, 1985.

I was saddened to hear of the death of Gordon; as an original member of Metros (and LRRC before that) I knew him in his prime. It would be silly to say I ran with him, he was so much faster than me that I only ever really saw him at the beginning and end of runs/races. But golly, he was good.

However, one event which sticks in my mind is the Great British Fun Run, organised by the Health Education Council in May/June 1985 – a 2200 mile round Britain relay, split in sections. We ran the first section, Hyde Park to Peterborough (I think) over 3 days with a 4th day 10k. So perhaps 240+ miles total (8 x 10 x 3). I have tried searching this online but the available info is extremely limited. The Team was myself, Gordon, Brian Shouler, Graham Haddon, Jim Giles, Alastair Anderson and a guy called Terry who was a ringer. All fast guys except me and Alastair who were mere 7minute/mile guys. The others were all sub-6, even 5 min/mile runners. Each runner did 10 -12 miles. The photos I have show us all in LRRC Yellow team vests. The final day 10k was a challenge. My legs were like lead...

First day, we were missing a runner, so Gordon just ran 2 legs – as you do! 20+ miles then 10/12 the next 2 days! We were put up free of charge and in (I think) Downham Market, Gordon and I shared a twin room.

Sadly, of the 7 runners (was there an 8th?) 4 have gone, Jim Giles we've lost touch with, and Terry, the ringer – who knows. So just me, and my faulty memory of 40 years ago.

My other memory of Gordon is 30 years old now – he did our house survey. Chatting it through he did say to me – “Well Tim, it's like this, it is a builder's house, 3 extensions all done by the owner himself and there's a lot of 'unusual' stuff been done, but nothing I can say is wrong. It'll be fine”. And there has been some odd stuff we've found down the years, and it has indeed been fine. So, thank you Gordon.





RED JANUARY 2026

**OUR MEMORIES
SO
FAR**

ACHIEVEMENTS



Hershil Patel completed his 100th parkrun at Rickmansworth.



John Paul Dunn completed his 100th parkrun at Southall.



Wendy Mulvenna completed her 300th parkrun at Canons Park.



Rob Bevan received his 50th volunteer credit at Harrow parkrun.



Brian McGrory completed his 400th parkrun at Canons Park.



Pauline Bishop was 1st V60 at the Hatfield 10k with a time of 1:00:08.



Congratulations to everyone who completed the 5k-10k course with Metros. Further details on [page 14](#).



Andrew Borley volunteered for the 250th time at Canons Park parkrun.

RACE RESULTS

Serpentine NYD 10k, 1st January
Daniel Smith 37:58

Hatfield 10k, 11 January
Pauline Bishop 1:00:08
Monica Shortt 1:06:48

Marrakesh Marathon 25 January
Sakina Sidik 5:42:19
Half Marathon
Ariff Sidik 2:18:02

Winter Fan Dance, 10 January
Quentyn Taylor 3:34:00

RACE REPORT

Conquering the Fan: A Frozen Baptism on Pen y Fan - Quentyn Taylor

The legendary "Fan Dance" - the gruelling 24km route used in British Special Forces selection - is a daunting challenge at the best of times. This past weekend, I took it on in its rawest winter form. Starting at the Storey Arms, the mountain greeted us with a crisp -1°C at the base, plummeting to -9°C at the summit.

Opting for "Clean Fatigue" rather than a weighted pack, I set out with a simple goal: finish. As a newcomer to deep snow and mountain racing, the learning curve was steep. The atmosphere at the start was electric, a mix of seasoned regulars and nervous first-timers.

The climb was surreal, pushing through thick clouds into a world of white. The descent via the infamous "Jacob's Ladder" was the real test; navigating a several hundred-meter drop on ice-slicked steps required every bit of focus (and my trusty snow chains!). Between the frozen peaks and the water-logged Roman Road, where I found myself running through what felt like an active stream bed, it was a true test of endurance.

I crossed the line in 3 hours and 34 minutes. I'm thrilled with the result, especially knowing exactly where I can shave off time next year now that I know the terrain. If you're looking for a race that tests your mettle, this is it.

See you on the mountain?



SATURDAY SERIES: WOT NO WATCH

Roxbourne Park - Saturday 10th January 2026

Name	Predicted	Actual	Difference
Sarah Westwood	12:20	12:19	1
Carole Wells	12:15	12:20	5
Andrew Collier	8:00	8:10	10
Barbara Pacinella	12:30	12:18	12
Bill Harrington	11:00	11:21	21
Dave Young	9:00	8:37	23
Adam Leary	7:33	7:58	25
Simon Abery	6:48	7:33	45
Eilish Fernandez	11:00	11:58	58
Jo Collier	9:50	11:40	110
Guiseppe Pacinella	9:00	11:23	143

Congratulations to Sarah Westwood for winning the Wot no Watch trophy this month. Not many takers on a cold and somewhat icy morning. A few runners overestimated their time and came in faster than predicted, but most blamed the cold and slippery conditions for taking longer.

The next event will be on Valentine's day (14th February) but it is a Measured Mile – the second of four events in the 2025/26 trophy competition, so still time to complete the minimum of three events.

Teresa Young

SATURDAY SERIES: 10K CHALLENGE

Roxbourne Park - Saturday 24th January 2026

	Time	Age Grading
Barbara Reading	1:16:09	68.67%
Lorriane O'Donovan	1:02:28	64.88%
Simon Aberly	0:52:52	62.62%
Dave Young	0:58:51	62.15%
Clive Heidrich	0:49:40	62.05%
Adam Leary	0:54:40	60.56%
Paul Hor	1:00:17	59.96%
Marcus Weedon	0:53:37	56.99%
*Linda Ross	1:14:35	52.85%
*Amanda Hardy	1:11:43	52.12%
Irene Paull	1:26:35	50.34%
*Diane O'Reilly	1:11:57	50.01%
*Catherine Saunders	1:11:43	46.68%
Jonathan Pang	1:05:22	45.58%
*Camille McKay	1:20:30	44.70%
*Shinu Mittal	1:13:02	43.66%
*Charlene Brown	1:16:38	41.23%
*Michelle Tauro	1:31:35	36.56%



What a contrast! The scheduled date for the the first Metros 10k of 2026 was 3rd January, It was to be the culmination of the new 5k to 10k programme (a follow-on from the Couch to 5k) which Steve Alder had been leading since November 2025. However it was icy and bitterly cold and a late decision was made to cancel the event. The rearranged date was almost perfect running conditions and 18 runners completed the event, 8 of whom were graduates from the 5K to 10K programme (* runners in the table above). Congratulations to them.

Good to also see some familiar faces and the return of Clive Heidrich and Lorraine O'Donovan. Lorraine achieved her highest age grading in the event and was only 8 seconds from achieving a green ribbon for the first time.

The next event will be **Saturday 4th April.**

Teresa Young

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

Harrow parkrun - Saturday 17th January - women

Name	Time	Age grade	Points
Janice NEWMAN	32:53	82.97%	50
Sasha BIRKIN	22:35	78.08%	49
Gertrud PORTER	34:49	72.24%	48
Jane HUDSON	30:57	68.55%	47
Anne GORMAN	33:33	66.37%	46
Ann LAVERS	29:42	63.52%	45
Zahra BASSIRI	25:26	61.40%	44
Tanya KEENE	32:58	53.49%	43
Irene PAULL	40:51	52.75%	42
Allegra KEENE	30:33	52.26%	41
Paula SHEEHAN	33:54	52.02%	40
Ruth TIDDER	35:19	50.59%	39
Diane O'REILLY	34:56	50.48%	38
Penny HUDSON	40:52	50.37%	37
Philippa BROWN	32:51	49.32%	36
Una CUNNINGHAM TAYLOR	35:18	48.06%	35
Emma RACKHAM- KONG	37:12	40.32%	34
		Ave	42



Volunteers:

Judy Rackham
Sarah Armstrong
Marie Callanan

Harrow parkrun - Saturday 17th January - men

Name	Time	Age grade	Points
Nigel RACKHAM	19:12	85.76%	50
Christopher SHEARWOOD	20:40	79.68%	49
Justin ARCHER	20:02	76.71%	48
John NORRIS	19:19	73.94%	47

SATURDAY SERIES: 5K COMPETITION

Name	Time	Age grade	Points
Cem BROWN	19:20	73.36%	46
Rocco KEENE	18:31	72.91%	45
Richard BROWN	21:08	72.08%	44
Michael MORRIS	22:36	69.76%	43
Jeff ROLLASON	26:06	69.28%	42
Ed O CONNOR	21:29	69.20%	41
Peter REYNOLDS	25:21	68.05%	40
Andrzej WARHAFTIG	29:02	66.42%	39
Malcolm SMITH	25:14	65.85%	38
Steve PAULL	27:34	65.60%	37
Hershil PATEL	21:15	64.71%	36
Bijan KEENE	24:00	62.99%	35
Nick RUSSELL	24:40	61.76%	34
Kevin CONCANNON	28:26	60.67%	33
Bruno CROFORD	24:39	58.42%	32
Ed DARNELL	27:39	57.99%	31
Rohan MASCARENHAS	27:09	57.58%	30
Amol BHUPTANI	22:42	57.27%	29
Brian MCGRORY	29:11	56.42%	28
Andrew Paul COLLIER	28:26	56.39%	27
Alok AGARWAL	27:35	56.19%	26
Ravi RAJA	24:44	52.56%	25
Mike REID	35:19	47.48%	24
Mitesh PATEL	29:10	46.80%	23
Stuart ABRAHAM	33:48	45.46%	22
Abdul ALI	33:47	42.97%	21
		Ave	35.5



Volunteers:
Chris Shearwood
Rob Bevan
Russell Morris
Kevin Concannon

SATURDAY SERIES: 5K COMPETITION

Cumulative Results - Women (Top 20)

	Track (Oct)	Roxbourne (Nov)	Northala (Dec)	Harrow (Jan)	Total
Janice NEWMAN	50	48	50	50	198
Sasha BIRKIN	49	50	49	49	197
Ruth TIDDER	47	47	47	39	180
Judy RACKHAM	48	43.5	38	42	171.5
Philippa BROWN	46	37	37	36	156
Tanya KEENE	-	44	41	43	128
Allegra KEENE	-	38	42	41	121
Jasia ZIMMERMANN	-	46	48	-	94
Jennifer O'SULLIVAN	48	-	44	-	92
Teresa YOUNG	48	42	-	-	60
Irene PAULL	-	43.5	-	42	85.5
Diane O'REILLY	-	-	39	38	77
Una CUNNINGHAM TAYLOR	-	-	40	35	75
Emma RACKHAM-KONG	-	-	32	34	66
Caroline DAY-LEWIS	-	49	-	-	49
Anne AMBROSE	48	-	-	-	48
Gertrud PORTER	-	-	-	48	48
Jane HUDSON	-	-	-	47	47
Anne GORMAN	-	-	-	46	46
Tara PONNAGANTI	-	-	46	-	46

SATURDAY SERIES: 5K COMPETITION

Cumulative Results - Men (Top 20)

Name	Track (Oct)	Roxbourne (Nov)	Northala (Dec)	Harrow (Jan)	Points
Nigel RACKHAM	50	50	50	50	200
Russell MORRIS	45	49	43	35.5	172.5
Chris SHEARWOOD	49	-	48	49	146
Cem BROWN	48	-	47	46	141
Rocco KEENE	-	47	44	45	136
Richard BROWN	46	-	45	44	135
Robert BEVAN	43.5	43.5	-	35.5	112.5
Malcolm SMITH	39	-	40	38	117
Bijan KEENE	-	42	39	35	116
Rohan MASCARENHAS	38	40	-	30	108
Justin ARCHER	-	-	49	48	97
John NORRIS	-	-	46	47	93
Patrick O'BRIEN	44	48	-	-	92
Marcus WEEDON	43.5	43.5	-	-	87
Mike MORRIS	-	43	-	43	86
Peter REYNOLDS	-	45	-	40	85
Simon ABERY	40	43.5	-	-	83.5
Tanasheh ABRAHAMS	43.5	-	37	-	80.5
Hershil PATEL	-	-	41	36	77
Nick RUSSELL	-	-	36	34	70



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/berkorun-berkhamsted-rotary-half-marathon-and-five-mile-run-2026	
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/10k	https://my.raceresult.com/344417/info	

Discount code for Berkhamsted HM/5M:
15% off with the code MRC15

LRRRC TROPHY RACES

Fred Hughes 10 - 18th January 2026

Name	Time
Richard WILKINSON	00:57:31
Justin ARCHER	01:02:55
Tanasheh ABRAHAMS	01:12:26
Emma PONNAGANTI	01:12:43
Kevin SMART	01:19:17
Stuart ABRAHAM	01:30:37
Steve PAULL	01:33:33
Ruth TIDDER	01:38:15
Una CUNNINGHAM	01:38:19
Pauline BISHOP	01:40:01
Monica SHORTT	01:53:24



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	Cancelled
25 th January	TVT	✓
8 th February	Handy Cross	Cancelled

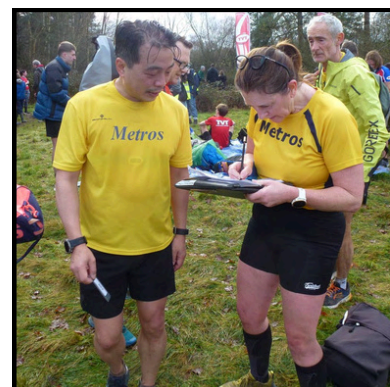
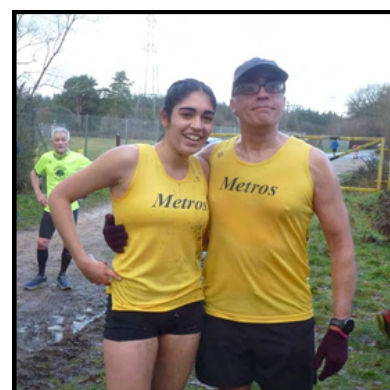
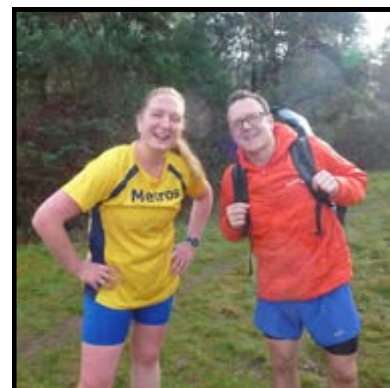


Datchet

LEAGUES: THAMES VALLEY CROSS COUNTRY

TVT - 25th January 2026

Position	Name	Time	Category	Points
36	Justin Archer	00:38:43	MV	36
73	Nicky Smith	00:41:40	MV	67
108	Jag Matharu	00:44:22	MV	95
114	Sasha Birkin	00:44:42	FV	12
147	Olivia Matharu	00:46:42	FS	24
153	Mike Morris	00:46:54	MV	125
161	Kevin Smart	00:47:35	MV	129
205	Emma Collier	00:51:11	FS	49
226	Bernie Conway	00:53:19	FV	60
261	Andrew Collier	00:57:09	MV	182
263	Ian McPherson	00:57:19	MV	183
279	Jennifer O'Sullivan	00:59:05	FV	84
290	Vincent Cheung	01:01:39	MV	194
304	Terry Burke	01:06:30	MV	199



PARKRUN TOURISM



HOW TO RUN YOUR PERFECT MARATHON (1)

By Nigel Rackham

3 – Preparation - the last week

Fuel

I think much nonsense is written about carb loading. This was a fad in the 1970s and rarely worked. It involved carb depletion before loading and could really upset the whole digestive system. Keep eating good nutritious meals with a high carb (starch) component throughout your training and don't do anything special in the days before. Your reduced mileage should mean your energy stores are at a reasonable level. I am a fan of a big bowl of porridge the day of the race – at least 2 and a half hours before the run. I mean big – I like to feel full. I even top up an hour before the race with something digestible like a rice pudding pot or a banana. It may not work for you so experiment in a shorter race or one of your long runs. In the race itself I have never got on with gels but some people swear by them – again practise beforehand. Most people need to wash a gel down with water so time your feeds to correspond with water stations. Study the race instructions to see where the water stations are and where you can get an energy drink or a gel. If you have a friend who can pass you something en route all the better. I can get much more Lucozade sport down if I am drinking from a bottle rather than a cup and have often asked Judy to pass me one. I then have to persuade her not to run toward me but alongside me to maximise the chance of a safe handover.



Berlin Marathon 2022

Reduce the stress on the day

If you are booking accommodation and are able to stay close to the race start this is ideal. A couple of miles' walk will do you no harm. If you are driving with a support crew, get dropped close to the start – but check road closures beforehand. Book your car park if that is an option. Check for roadworks or other issues which could delay you. If travelling by public transport, check your route. Choose the less busy option if possible; I am always baffled to find hundreds of runners at London Bridge station trying to get on a full train to Blackheath for the London Marathon. All the trains start at Charing Cross and you can get a seat there with no problem which is much more comfortable. Lay out everything you need the day before. Believe it or not I have gone to two races only to find I left my timing chip at home...doh.

HOW TO RUN YOUR PERFECT MARATHON (2)

What to wear?

Kit

Your Metros vest of course – although if you are running for charity you may feel compelled to wear their T shirt. Beware, these can rub so do practise beforehand. You certainly don't want to be running for 4 -5 hours in something which chafes – although some precautionary lubrication might be a good idea in any event. In general, don't wear anything new – or for the first time. Check the weather forecast. Remember you will be finishing the race somewhere around the middle of the day or later, and if it is sunny you will need your factor 50, but at 7am in the dark or cloud it may not be front of your mind. If it is cold to start you can wear an old shirt which can be discarded. Ditto old gloves (or old socks worn as gloves) which you are happy to discard after a mile or two. Hats, snood and sleeves (not compression ones) are very flexible, but an extra shirt is not.

Shoes

The carbon plated super shoes are no longer the preserve of the elite. Most manufacturers now have a version and the prices are not ridiculous. I've heard it said that the benefits for slower runners are limited but they are super lightweight and even if you are plodding that has got to be a benefit. They also have a lot of cushioning which is good for recovery and is less stressful on the joints. Many people use them for their long training runs. In short, if you are going to run a marathon I would recommend trying them. Also, your feet swell on long runs or if it is hot, and my race shoes are half a size larger than my regular trainers.



Don't panic and good luck!

Nigel

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

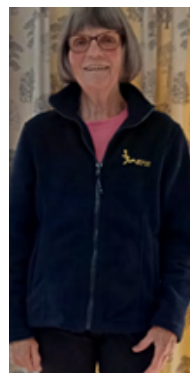
£14 Hoodie navy blue – Children

£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. 07963551916. patjacksonhome@hotmail.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**

£2 off race entry code for any Runthrough event:

CLUB



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

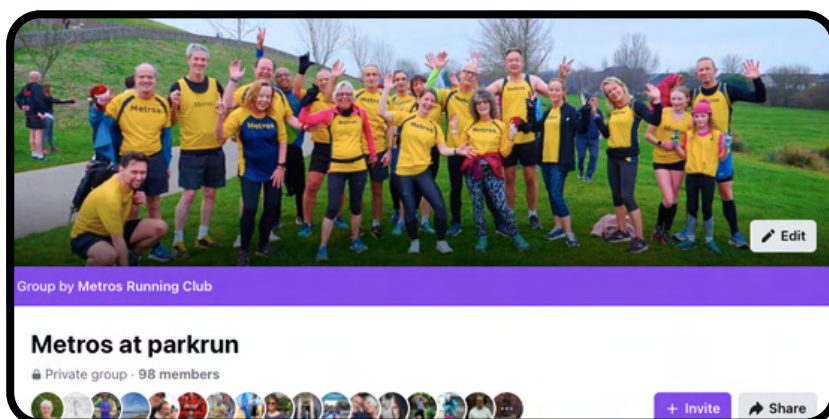
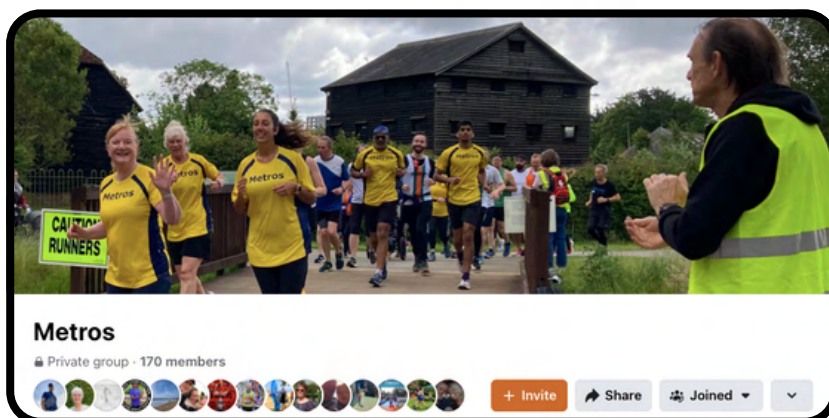
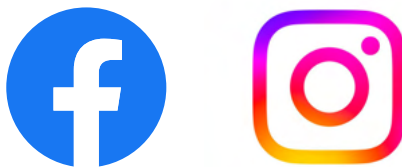
07963 551 816

patjacksonhome@hotmail.com

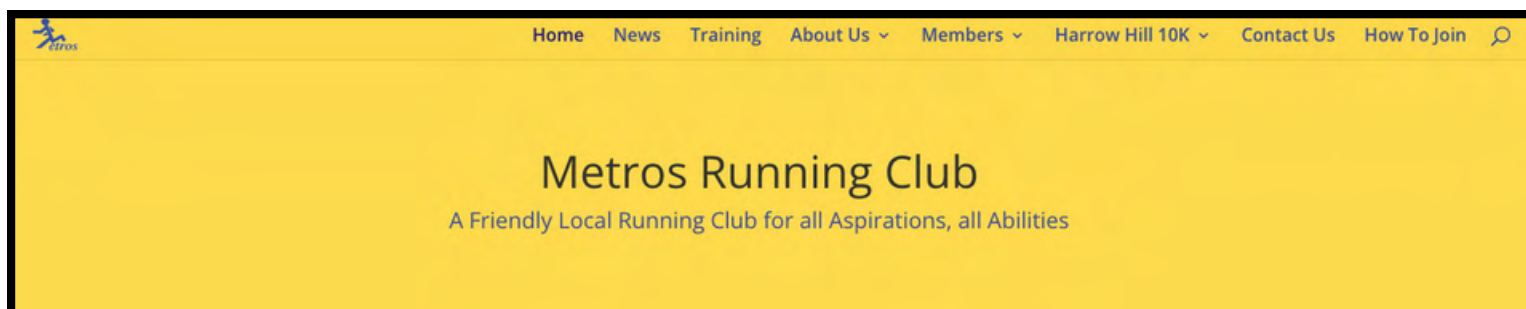


SOCIAL MEDIA

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