

METROLINES

January 2026
Issue No. 437



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CALENDAR DATES

January		
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
Fri 31	LFOTM - location tbc	11.50am
February		
Sat 7	Roxbourne Park (5k comp)	9.00am
Sun 8	TVXC Handy Cross	TBC
Sat 14	Measured Mile (Roxbourne Park)	9.00am
Sun 15	Harrow Hill 10k	10.30am
Wed 18	Committee Meeting	8.00pm
Fri 27	LFOTM - location tbc	11.50am
tbc	Run a parkrun pb	9.00am
March		
Sun 1	Berkhamsted HM/5mile	10/10.30am
Sat 7	5 Mile Handicap (Roxbourne Park)	9.00am
Sat 21	Rickmansworth parkrun (5k comp)	9.00am
Fri 27	LFOTM - location tbc	11:50am

SATURDAY TRAINING SESSIONS

Just a quick update on what's happening in January in Roxbourne Park; the sessions generally start at 9am, (meet at 8:45am in the Scout Hut) but see Spond for more details.

Sat 3rd Jan, is the 10K challenge and also there will also be a moderate session for those who don't want to do the 10K

Sat 10th Jan, is "Wot No Watch" Mile, this is not a "fast as possible" run but one where you predict a time to run a mile and then try to run to that time. Very good for practising running to a specific pace.

Sat 17th Jan, we're going to try a slightly different session, we'll do the usual warm up and cool down but part of the session will be a "coopers test", this is very simply, a 12 minute run which we will do around the park doing laps on the pathways. The idea is just to run as far as you can in the time. It's not a race, it's just to put a benchmark down at the beginning of the year and we will record the approximate distances run and then we will do it again in June or July and again in October, so you can see how your aerobic fitness changes during the year.

Sat 24th Jan, usual moderate and challenging sessions.

Sat 31st Jan, we will run as much of the park 5K route as we can in the time available. We'll run as one group stopping along the way to re-group and doing different pacing as we go. Useful if you've not done the park 5k before, just to see the route.

Hope to see you at some or all of these sessions!

Cheers, Adam

SAVE THE DATE



**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.

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



**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 - HHR26METROS - available until 10th January (please note that this code is exclusive to Metros members).

Any issues, contact
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



GORDON SWINDLES 1950-2025

by Ian Bocock

Long before email, Metrolines was distributed at training sessions or delivered by hand. In my early days as a club member, I volunteered to deliver these to members who lived close to me, eventually taking on this role previously done by Gordon's wife, Mary. My first recollections of Gordon were in the race results. His name repeatedly appeared in first place, usually by some margin or, in close contention, when he did not win. It was clear that Gordon was an exceptional and talented runner.

It was some time before I ever met him as the top runners in the club usually ran on Tuesday nights from Pinner Tennis Club. They rarely attended the other training sessions during the week as they invariably followed their own training plans elsewhere. Unfortunately, I can't offer any running anecdotes as I never achieved the same level of performance and, as a "back of the pack" runner, often discovered from the race results that we had entered the same race on the same day!

However, we did discover that we were both Chartered Surveyors. Gordon was a Building Surveyor whilst I was engaged in General Practice. As part of professional training, we had to undertake 20 hours of Continuing Professional Development each year. He ran the RICS CPD programme for North West London Region and I attended a number of these over the years. He always seem to secure interesting speakers who gave talks on the topics often overlooked by the mainstream providers as well as the current topics. We often exchanged views which helped our respective clients and he was always generous with his advice and had a forensic approach to his work speciality.

When he ultimately retired, Gordon and Mary moved to the North East. I asked whether he would continue to race but he decided his running would only now be for fitness. Apparently, his maintenance mileage was 20 miles week which to me as a runner yet to do a half marathon seemed awe inspiring. To put it into perspective, talented runners cover miles with ease and no doubt this was achieved in half the time it would take a "newbie" like me to do the same distance.

I am saddened to hear that, someone who was so profoundly fit, died at an age which was some twelve months younger than me! At least he was doing what he enjoyed the most and was so suitably gifted and naturally talented to excel at.



Gordon Swindles continues to hold the marathon record for Metros members, running 2:31:29 at the London Marathon in 1989. He ran 2:29:17 at the Harrow Marathon in 1985 when Metros was known as London Road Runners (NW).



Harrow Observer

If anyone else has memories to share, and would like them to be added to the February edition of Metrolines, contact Pat Jackson, patjacksonhome@hotmail.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, and
fundraising details,
can be found on
Spond





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



Bernie Conway
completed her 400th
parkrun at
Rickmansworth.



Anne Leigh
completed her 250th
parkrun at Black
Park.



John Norris got a 5k
PB of 18:14 at
Rickmansworth
parkrun.



Richard Wilkinson
got a 5 mile PB of
28:50 at the
Perivale 5.



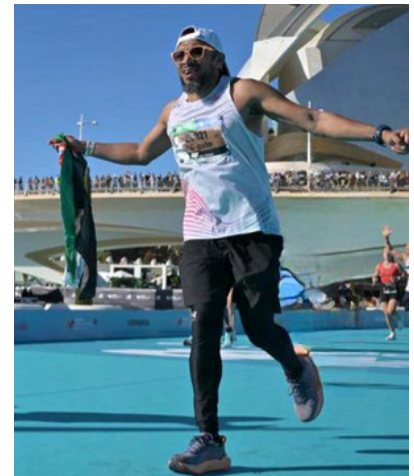
Clive Heidrich
completed his 250th
parkrun at Canons
Park.



Rick Patel got a
marathon PB of
3:20:34 at the
Valencia marathon.



Chris Shearwood was
1st V60 at the
Perivale 5 with a time
of 33:00.



Abdul Ali got a
marathon PB of
3:41:40 at the 10
Valencia marathon.

RACE RESULTS

Valencia marathon, 7 December

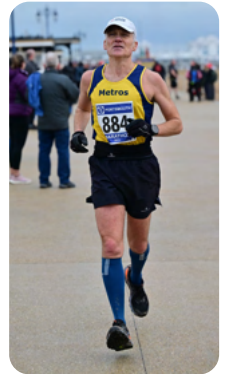
Rick Patel 3:20:34 PB

Abdul Ali 3:41:40 PB



Portsmouth Coastal Marathon, 21 December

Jonathan Evan-Hughes 4:10:07



Firenze marathon, 30 November

Chris Shearwood 3:30:51



HYROX London, 7 December

Tanasheh Abrahams & Jahmai

Townsend 1:05:55



St Albans New Year's Eve 10k, 31 December

Jonathan Evan-Hughes 46:45

Pednor 10, 28th December

Chris Shearwood 1:08:18

Bernie Conway 1:32:50

Relay

Liz Abrahams & Mark Mulvenna 1:30:17

Yvonne Walker & Mary Allieu 1:36:33

John Walerych & Angela Tomusange 1:57:41



SATURDAY SERIES: 5 MILE HANDICAP

Roxbourne Park - Saturday 6th December 2025

	Race time	race hcp	Time plus hcp	next hcp
Jonathan Pang	53	-4	49:00	7
Teresa Young	62.35	-8	54:35	-2
Kirit Ranpura	47.49	9	56:49	13
Dave Young	45.56	13	58:56	14
Paul Hoy	44.52	15	59:52	15
Nigel Rackham	32.12	28	60:12	28
Amanda Hardy	52.02	9	61:02	8
Steve Alder	52.02	9	61:02	8
Simon Abery	42.03	19	61:03	18
Bill Bailey	53.28	8	61:28	7
Adam Leary	44.31	17	61:31	16
Gladys de Groot	83	-20	63:00	-23
Barbara Pacinella	81	-17	64:00	-21
Shinu Mittal	55.54	9	64:54	4
Diane O'Reilly	57.32	9	66:32	3
Michelle Tauro	77.44	-9	68:44	-17
Linda Ross	60.09	9	69:09	0
Elish Fernandes	81	-7	74:00	-21
Marion Rogan	77.44	-1	76:44	-17
Malcolm Jackson	83	-6	77:00	-23
Judy Rackham	91.51	-4	87:51	-32



Well done to all those who took part. A particular well done to Nigel Rackham who got closest to crossing the finish line at the optimum time of 10am.

SATURDAY SERIES: WOT NO WATCH

Roxbourne Park - Saturday 13th December 2025

	Predicted	Actual	Difference (Seconds)
Barbara Pacinella	11:00	11:00	0
Carole Valentine	11:28	11:32	4
Will Bailey	9:00	8:56	4
Simon Abery	6:50	6:45	5
Adam Leary	7:19	7:24	5
Dave Young	8:10	8:17	7
Robyn Walliser	8:45	8:55	10
Ceri Jacob	8:05	8:24	19
Bill Harrington	11:00	10:38	22
Marcus Weedon	6:50	6:28	22
Giuseppi Pacinella	11:30	10:59	31
Gladys de Groot	13:13	13:47	34
Will Bailey	9:00	8:25	35
Karen Leary	10:23	11:02	39
Jonathan Pang	8:11	8:51	40
Anne Leigh	14:00	15:04	64
Judy Rackham	15:00	12:07	173

A misty start at 9am, but once that cleared it was a lovely sunny morning for the 16 participants who took part in the last Wot no Watch of 2025. During the year 53 runners have taken part in the event. The fastest three times were 5:36 (Cavan Day-Lewis), 6:28 (Marcus Weedon in the Dec 2025 event) and 6:41 (Simon Abery). Fastest lady was Caroline Day-Lewis in 7:30.

Thanks to Robyn Walliser and Caroline Day-Lewis for leading the warm-up, enabling Barbara Pacinella to win back the egg timer this month by predicting her time exactly. Well done to Marcus for one of his first runs since returning from injury with the fastest time of the day and the second fastest time of in the WNW this year. Good to see Judy Rackham leading up the tail end of the race after her recent foot surgery and to see Anne Leigh after several months' absence (though a parkrun is her usual Saturday outing).

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	

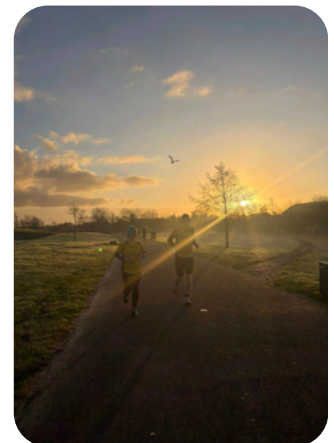
Click [here](#) to view further information about the 5k challenge and how the scoring works.



SATURDAY SERIES: 5K COMPETITION

Northala Fields parkrun - Saturday 20th December - women

	Time	Age grade	Points
Janice NEWMAN	32:10	84.82%	50
Sasha BIRKIN	21:07	83.50%	49
Jasia ZIMMERMANN	30:31	69.52%	48
Ruth TIDDER	29:02	61.54%	47
Tara PONNAGANTI	28:21	60.20%	46
Emma PONNAGANTI	28:17	59.99%	45
Jennifer O'SULLIVAN	29:02	58.44%	44
Annie BIRCH	39:47	55.97%	43
Allegra KEENE	28:57	55.15%	42
Tanya KEENE	32:40	53.98%	41
Una CUNNINGHAM TAYLOR	33:07	51.23%	40
Diane O'REILLY	34:30	51.11%	39
Judy RACKHAM	41:29	50.38%	38
Philippa BROWN	33:06	48.94%	37
Bernie CONWAY	32:34	48.31%	36
Nisha PONNAGANTI	34:36	47.06%	35
Claire REID	34:23	43.24%	34
Gillian SHEARWOOD	56:35	34.29%	33
Emma RACKHAM-KONG	56:34	26.52%	32
		Ave	41



SATURDAY SERIES: 5K COMPETITION

Northala Fields parkrun - Saturday 20th December - men

	Time	Age grade	Points
Nigel RACKHAM	18:52	87.28%	50
Justin ARCHER	18:58	81.02%	49
Christopher SHEARWOOD	20:23	80.78%	48
Cem BROWN	18:21	77.29%	47
John NORRIS	18:53	75.64%	46
Richard BROWN	20:16	75.16%	45
Rocco KEENE	18:11	74.24%	44
Russell MORRIS	20:57	73.35%	43
Nathan POWELL	21:21	73.22%	42
Hershil PATEL	21:15	64.71%	41
Malcolm SMITH	26:05	63.71%	40
Bijan KEENE	23:44	63.69%	39
John P DUNN	23:15	61.94%	38
Tanasheh ABRAHAMS	20:59	61.80%	37
Nick RUSSELL	25:18	60.21%	36
Amol BHUPTANI	22:11	58.60%	35
Brian MCGRORY	30:02	54.83%	34
Quinton STOWELL	28:58	53.80%	33
Tim OAKLEY	31:45	53.33%	32
Quentyn TAYLOR	27:36	52.17%	31
Mike REID	34:25	48.72%	30
Mitesh PATEL	34:10	39.95%	29
		Ave	39.5



Volunteers:
Chris Shearwood
Ian Birch

SATURDAY SERIES: 5K COMPETITION

Cumulative Results - Women (Top 20)

Name	Track (Oct)	Roxbourne (Nov)	Northala (Dec)	Points
Janice NEWMAN	50	48	50	148
Sasha BIRKIN	49	50	49	148
Ruth TIDDER	47	47	47	141
Judy RACKHAM	48	43.5	38	129.5
Philippa BROWN	46	37	37	120
Jasia ZIMMERMANN	-	46	48	94
Jennifer O'SULLIVAN	48	-	44	92
Teresa YOUNG	48	42	-	90
Tanya KEENE	-	44	41	85
Allegra KEENE	-	38	42	80
Caroline DAY-LEWIS	-	49	-	49
Anne AMBROSE	48	-	-	48
Tara PONNAGANTI	-	-	46	46
Emma PONNAGANTI	-	-	45	45
Sarah WESTWOOD	-	45	-	45
Ceri JACOB	-	43.5	-	43.5
Irene PAULL	-	43.5	-	43.5
Marilyn PICKFORD	-	43.5	-	43.5
Nancy MORRIS	-	43.5	-	43.5
Stephanie WHITE	-	43.5	-	43.5

SATURDAY SERIES: 5K COMPETITION

Cumulative Results - Men (Top 20)

Name	Track (Oct)	Roxbourne (Nov)	Northala (Dec)	Points
Nigel RACKHAM	50	50	50	150
Russell MORRIS	45	49	43	137
Chris SHEARWOOD	49	-	48	97
Cem BROWN	48	-	47	95
Patrick O'BRIEN	44	48	-	92
Richard BROWN	46	-	45	91
Rocco KEENE	-	47	44	91
Marcus WEEDON	43.5	43.5	-	87
Robert BEVAN	43.5	43.5	-	87
Simon ABERY	40	43.5	-	83.5
Bijan KEENE	-	42	39	81
Tanasheh ABRAHAMS	43.5	-	37	80.5
Malcolm SMITH	39	-	40	79
Rohan MASCARENHAS	38	40	-	78
Justin ARCHER	-	-	49	49
Clive LUCAS	47	-	-	47
John NORRIS	-	-	46	46
Paul HOR	-	46	-	46
Peter REYNOLDS	-	45	-	45
John O'CALLAGHAN	-	44	-	44



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	
TBC		Maidenhead 10M		
TBC		Marlow 5M		

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

LRRC TROPHY RACES

Perivale 5 - 7th December

Position	Name	Gun Time	Chip Time
14th	Richard Wilkinson	28:52	28:50
46th	Christopher Shearwood 1st VM60	33:05	33:00
67th	Emma Ponnaganti 3rd VF45	35:30	35:22
70th	James Kerrane	35:48	35:41
104th	Simon Abery	39:56	39:46
108th	Peter Reynolds	40:04	39:55
119th	John O'Callaghan	41:24	41:10
155th	Ruth Tidder	44:43	44:24
163rd	Steve Paull	45:45	45:33
168th	Elizabeth Abrahams	45:57	45:32
177th	Pauline Bishop	47:17	46:58
185th	Derek Bamforth	47:55	47:41
213rd	Janice Newman	51:18	51:04
221st	Monica Shortt	52:35	52:17
235th	Richard Hayward	55:38	55:21
247th	Stephanie White	1:00:06	59:45
250th	Penny Hudson	1:02:20	1:01:59



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

Reading - 7th December

Position	Time	Name	Points
43	0:33:32	Justin Archer	42
81	0:35:30	Nicky Smith	74
94	0:36:10	Jahmai Pierre Louis	84
115	0:37:27	Sasha Birkin	14
117	0:37:39	Jag Matharu	100
199	0:42:22	Nick Russell	155
211	0:43:18	Mike Morris	164
239	0:45:26	Emma Collier	54
256	0:47:16	Bernie Conway	65
277	0:51:23	Jennifer O'Sullivan	76
293	0:53:16	Andrew Collier	203
295	0:54:29	Vincent Cheung	205
301	0:57:52	Terry Burke	209
302	0:59:22	Martin Eden	210



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

PARKRUN TOURISM

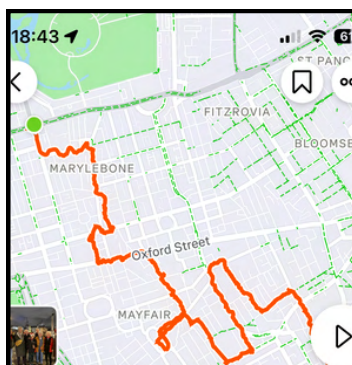


FESTIVE EVENTS

Winter Solstice Run



Canons Park parkrun



Christmas Lights walk



Training session



LFOTM



Training session



HOW TO RUN YOUR PERFECT MARATHON (1)

By Nigel Rackham

Part 2 – Preparation: the long haul

Training

I'm not going to write a training guide – there are many out there written by the experts. However, people often ask me about my training regime. I can only say what seems to work for me – and it may not work for you.

When it comes to the marathon I have one word – mileage. When I started running 25 years ago, I began by running round the block and eventually worked up to 4 miles. I then found I could run 9 miles without stopping so ended up running a couple of 4 milers during the week and a 9 miler at the weekend. Based on that regime after a few weeks I entered the Harrow Half marathon. I have just found the results – I ran 1 h 35m and was quite pleased with myself. Now I look back at the page I had printed I find that illustrious Metros like Peter Reynolds and Merv Stuckey were ahead of me. I ran a couple more halves in very similar times and then was lucky enough to get a London marathon ballot place and decided to up my mileage.

The magic threshold of 40 miles per week was where my times suddenly came down dramatically. I have pretty much kept that 40 mpw up ever since. For my first marathon I decided that best use of time was not to bother running less than 9 miles if I was going out. I then found the efficiency of the run-commute. If I could run to or from work in the city once a week that was 18 miles. Then in the build up to the marathon I would increase the long run to 20, 22, 24 and 26 miles. Knowing you can run a marathon distance in training gives you extra confidence.

Some weeks I would be running 80 or 90 miles. I cannot sustain that mileage these days unfortunately.... I also advocate hill reps – but that is really important if you are going to tackle hilly races or do cross country with conviction. I have never been big on speed work otherwise – I am sure if you want to run a fast 5k then track work is invaluable. I do occasional fartlek sessions – especially on a soft surface. I have noticed that most of my runs are at a brisk pace compared to my peers – it works for me.

Staying injury free

This is really important or you will miss loads of training and get very frustrated. I really recommend core stability work. Pilates is ideal but I have a daily regime every day before I go to bed. Other strength work is also important. Strong calves and glutes can be developed by cycling and other cross training. I also do dips on stairs which is easy to do although I do get some funny looks... Stretching is all important too. You will learn where you are tight and then you really need to work on it. An important factor is not building your mileage too quickly. Also, if you have a lay off of more than a couple of weeks you need to start slowly again to rebuild your muscle mass.

HOW TO RUN YOUR PERFECT MARATHON (2)

Taper

If you are getting up in the morning during your marathon build up feeling tired then you need to drop the mileage in the last week or so to the point where you feel really fresh. I still keep my base 40 miles going and do my last long run – back to 18-20 miles, two weeks before the race. Make sure you get lots of rest the day before the race. I am not an advocate of a parkrun...

Running form

I don't profess expertise here. What I do know is that it is very difficult to adapt your form if you have been running for years - without a lot of effort. I have certainly seen a range of running styles out there even in the sub 3 cohort – it must work for them even though maybe with a few tweaks they could go even faster. For marathon distance one thing to think about is less vertical bounce. It wastes a lot of energy.

I will just mention cadence and stride length. In essence these two ingredients determine your speed. The most important – and easiest - thing which the amateur runner can change is the cadence – strides per minute. The science tells us that 180 strides per minute is optimal and most runners are at 150/160. If you run to music find tracks which work with that beat. I used to pride myself on clocking exactly 180. Now I find I am running at 200 strides per minute even on my longest runs. I have compensated for being less flexible and hence shortening my stride. I need to work on stride length. I am really impressed by the elite runners who can stride 1m 80cm when I struggle with 1m 30cm. They make it look so easy. In reality you need a big engine to propel yourself that fast.

Weight

It is obvious that if you are overweight you will run slower. However, losing weight is not easy. For some the increased training volume will help. However, you cannot train if you are starving yourself. Look to improve the quality of nutrition – cut out the junk food – and reduce the alcohol.

The other factor is where the weight is located. Your feet are moving much faster than any other part of your body and reducing the weight of your shoes and socks is much more important – and easier – than losing an inch on your waistline.

Other factors

I will just mention two:

(a) sleep – you will need more if you are training hard. Elite runners apparently spend nearly all their lives either training, eating or sleeping...

(b) psychology – if you are going to remain focussed and get out and run even though you feel like hitting the snooze button on your alarm you need to be very single minded. Think about what else is happening in your life and plan around it. Use relaxation or mindfulness techniques if they work for you. Come to a deal with your family...But also allow some flex in your training plan so you can afford to take a week out if you get the flu without feeling a failure. Everyone does it.

COUCH TO 5K



Your Running Journey Begins Here!

Starts Saturday 24th January 2026

What is Couch to 5k?

Couch to 5k is a structured running programme designed to take you from being a beginner to running a full 5k in just nine weeks. Whether you're looking to improve your fitness, discover the joys of running, or simply achieve a new goal, this programme is perfect for you.

Programme Details

- **Duration:** Nine weeks
- **Sessions:** Three sessions per week – Saturday morning, evening sessions on Tuesdays and Thursdays
- **Start Date:** Saturday 24th January 2026 (at Roxbourne Park)
- **Grand Finale:** A celebratory 5k parkrun at Canons Park on Saturday 28th March 2026

Why Join?

- Beginner-friendly and designed for all fitness levels
- Step-by-step guidance to help you progress gradually
- Fun, motivating, and community-driven
- A great way to meet new people and stay active

How Does It Work?

Each week focuses on manageable goals, alternating between walking and jogging to build your stamina and confidence. By the end of the ninth week, you'll be ready to complete a 5k run with ease.

Sign Up Today!

Don't miss the opportunity to transform your fitness journey and achieve something incredible. Register now and let's start this adventure together!

Cost

£25 for membership with Metros Running Club until March 2027

Contact Us

For more information about Metros Running Club visit our website <https://metros.org.uk> or to sign up get in touch with our team at the address below. Let's get moving!

Email: metrossec@icloud.com

COMMITTEE MEETING MINUTES

Wednesday 10th December 2025 at 8:00pm

At Miller & Carter, Harrow

Attendees: Marcus Weedon, Jennifer O'Sullivan, Steve Alder, Teresa Young, Irene Paull, Nigel Rackham, Pat Jackson, Rohan Mascarenhas

Apologies: Ariff Sidik, Anne Ambrose, Andrew Fox

Chair: Marcus Weedon

Note Recorder: Rohan Mascarenhas

1. Actions from Last Meeting

A. Finance - The Committee committed to provide further feedback on the financial reserves policy which will be communicated following the next meeting.

Action: Teresa Young and all Committee members

B. Leadership in Running Fitness course – Rohan Mascarenhas has booked the English Athletics LiRF course commencing on 7th January and will subsequently lead some weekly sessions.

Action: Rohan Mascarenhas

C. Couch to 5k / 5k to 10k – The inaugural 5k to 10k cohort will graduate at Roxbourne Park on Saturday 3rd January and support from other members is actively encouraged. The next Couch to 5k cohort will commence on Saturday 24th January, also at Roxbourne Park. Thank-you to both Steve Alder & Mike Reid for leading these popular initiatives throughout 2025.

Action: Steve Alder

D. Membership update – current membership stands at 310 excluding over seventies age group which is 44. It was agreed that annual membership will remain frozen at the competitive rate of £25. The trial pricing scheme will be suspended over the festive period. However, if a new member joins between 18th December 2025 to the end of February 2026 no renewal will be due until February 2027, which equates to 14 months for the price of 12 months.

Action: Irene Paull

2. Club Events

A. Prize & Pizza Evening - held Friday 21st November at Lowlands.

Congratulations to all the winners and those involved in organising: Teresa Ariff Siddik, Andrew Fox and Marcus Weedon.

Action: Teresa Young

COMMITTEE MEETING MINUTES

B. Harrow Hill 10k - will take place on Sunday 15th February with early bird discount

still available. We are pleased to announce that this year's event will be sponsored by Twelve Management. A number of volunteers are still required, specifically for marshalling the course and these can be booked via Spond.

Action: Marcus Weedon

C. Vet league update - match 3 will now take place at Tooting Bec Athletics Track on 17th June.

3. AOB

A. Committee member change – Ariff Sidik has taken the decision to resign as Deputy Chair of the Committee and to step down from the Committee. He will remain an active member of Metros and continue as a Welfare Officer. We thank him for his contribution to the Committee during the last six years.

Action: Marcus Weedon

B. Online database & Metros email update – A subcommittee project group is being established to update and declutter the current website, reduce administration and create generic contact email addresses. IT expertise from other members is still actively sought.

Action: Irene Paull

C. Marathon place - Congratulations to Paul Spendloff who won the recent draw for a place in April 2026. Please note that eligibility for a future place requires both up to date membership of Metros in addition to EA (English Athletics) membership paid at the same time i.e. not retrospectively. Evidence of an unsuccessful London ballot application Marathon place will also need to be produced via the official email.

D. Red January – will take place again through the month where members are actively encouraged to log any daily activity whether running, walking, gym, cycling, swimming, yoga etc. Thank you to Zahra Bassini and Nathan Powell for organizing.

E. Charities - the club is supporting three charities: Firm Foundation, Harrow Community Kitchen and the Harrow MS Therapy centre. Proceeds from the 40th Anniversary Party raffle (£266) have been allocated accordingly. With gift aid, the total raised for Firm Foundation currently stands at £1170.

Action: Teresa Young

COMMITTEE MEETING MINUTES

F. Social media management – a dedicated member is still being actively sought to coordinate our photographic posts on Facebook & Instagram.

Action: Marcus Weedon

G. Metrolines online - ongoing discussion regarding whether Metrolines should be shared more widely, eg. on social media. Thank you to both Judy Rackham & Emma Rackham-Kong for continuing to curate and publish every month.

Next meeting: Wednesday 18th February at the Rackhams

THANK YOU

Thank you to everyone who shared Christmas messages this year. We are pleased to announce that in total, including Gift Aid, we have raised an amazing £1195 for Firm Foundation. Should you still wish to donate, the justgiving page is still live - donate [here](#)!



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

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

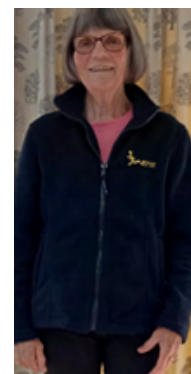
£5 Knitted Hats – navy blue or yellow

In stock

£15 Hi Viz vest

£5 Snood

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



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: 'Qwick-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 one.

Pat Jackson

07963551916

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

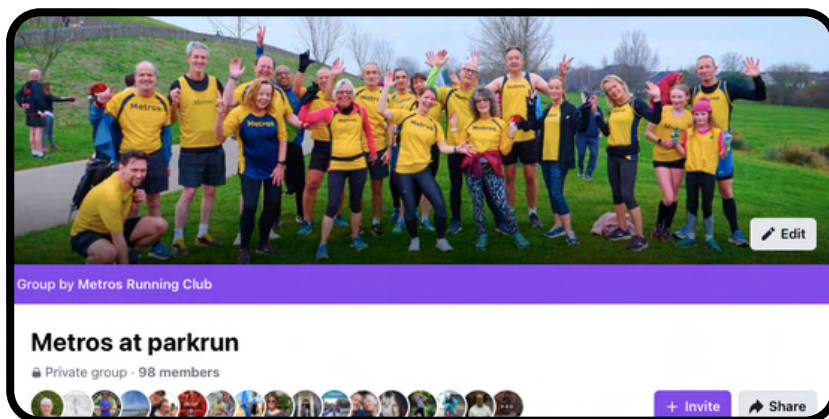
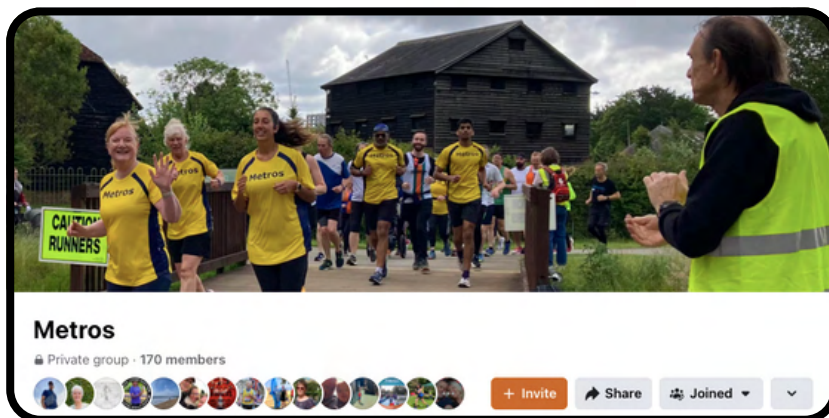
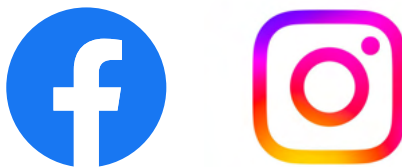
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patjacksonhome@hotmail.com

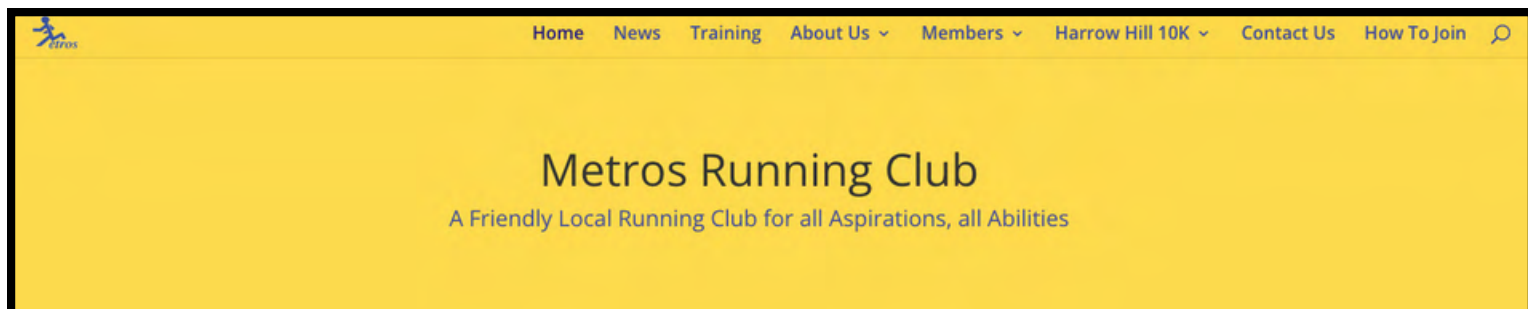


SOCIAL MEDIA

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