

METROLINES

March 2026

Issue No. 439



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CALENDAR DATES

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 - Pinner Village Gardens	11.50am
Sat 28	C to 5k graduation Canons Park	9.00am
April		
Wed 1	Committee Meeting	8.00pm
Sat 4	10k Challenge (Roxbourne Park)	9.00am
Sat 11	Wot no Watch (Roxbourne Park)	9.00am
Sat 18	Track 5k Harrow School (5k comp)	8.00am
Fri 24	LFOTM - Battle of Britain Bunker	tbc
Sun 26	London Marathon	Staggered starts from 8:30am
May		
Sat 2	Roxbourne Park 5k (5k comp)	9.00am
Fri 8	AGM & Quiz	7.00pm
Sat 9	Measured Mile (Roxbourne Park)	9.00am
Sun 10	Marlow 5	9.00am
Mon 18	Vets Track & Field (Battersea)	6.30pm
Fri 29	LFOTM - location tbc	11.50am

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

metrolines1@gmail.com

RENEWALS

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



SATURDAY TRAINING SESSIONS

GUIDES NEEDED - CAN YOU HELP?

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

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

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

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

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



SAVE THE DATE



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

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

Couch to 5k

The spring C25k finishes on 28th March 2026 at Canons Park. It would be great to see other members of Metros there to support the group.

5k to 10k

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

Steve Alder

AGM & QUIZ

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



**RECRUITING THE
DREAM TEAM!**

NOW!

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

Starts: Sat 5:30am

Ends: Sun 10am

@ ave pace 8.40min/mile

legs range from
5.49 miles to 18.88 miles

17 STAGES
200 miles!

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

ACHIEVEMENTS



Rocco & Allegra Keene both achieved 5k PBs at Cassiobury parkrun



Nigel Rackham was 1st V60 at the Watford half marathon.



Hershil Patel got a half marathon PB at the Watford half.



Richard Hayward achieved a PB the Victoria Park half marathon



Hershil Patel got a PB at the Harrow Hill 10k.



Nigel Rackham was 1st V60 at the Bramley 20

RACE RESULTS

Watford half marathon, 1st February

Richard Wilkinson 1:19:39
Mark Smith 1:22:59
Nigel Rackham 1:23:57
Justin Archer 1:25:11
John Norris 1:28:50
Paul Spendloff 1:30:29
Rick Patel 1:30:45
Daniel Smith 1:32:19
Christopher Shearwood 1:33:39
Hershil Patel 1:37:25
Clive Lucas 1:45:02
Marco Di Tullio 1:45:32
Kevin Smart 1:46:34
Quentyn Taylor 1:47:25
Jonathan Evan-Hughes 1:49:59
Harish Gohil 1:57:19
Bruno Croford 2:03:54
Stuart Abraham 2:03:55
Anna Maguire 2:18:05
Jennifer O'Sullivan 2:14:50

Watford 10k, 1st February Yvonne Walker 1:02:55



London Winter 10k, 15th February

Diane O'Reilly 1:09:24
Claire Reid 1:10:35
Anne Gorman 1:14:30
Charlene Brown 1:16:15
Anne Leigh 1:41:32

Bramley 20 miles, 15th February

Nigel Rackham 2:08:14



Barcelona half marathon, 15th February

Yvonne Walker 2:08:12

Victoria Park half marathon, 22nd February

Richard Hayward 2:18:51

Wokingham half marathon, 22nd February

Chris Shearwood 1:29:40
John Norris 1:29:49
Nathan Powell 1:36:51
Clive Lucas 1:44:24



Farnborough Winter half marathon, 8th February

Chris Shearwood 1:28:06

RACE RESULTS

Harrow Hill 10k, 15th February

Richard Wilkinson 0:37:24
Justin Archer 0:40:21
Mark Smith 0:41:20
John Norris 0:42:07
Rick Patel 0:42:28
Christopher Shearwood 0:43:50
Hershil Patel 0:44:39
Nicky Smith 0:44:40
Darragh Daunt 0:44:47
Tanasheh Abrahams 0:45:13
Amol Bhuptani 0:47:03
Mike Morris 0:49:28
Amy Merrigan 00:50:13
Ravi Raja 0:50:48
Clive Lucas 0:51:41
Kevin Concannon 52:04
Bruno Croford 0:54:28
Stuart Abraham 0:55:56
Deborah Conte 0:56:22
Andrew Borley 0:56:53
Ruth Tidder 0:57:20
Rohan Mascarenhas 0:57:29
Baiju Devani 0:58:42
Richard Hayward 1:00:25
Jeff Rollason 1:01:35
Brian McGrory 1:01:23
Chik Ha Kwok 1:01:51
Jane Hudson 1:02:54
Shiri Shah 1:04:56
Nishil Shah 1:05:27
Man Biu Lam 1:05:46
Blessing Akinsehinwa 1:06:27
Rose Granaghan 1:06:53
Saloni Bhuptani 1:07:57
David Merrigan 1:08:39
Charlie Kelly 1:08:49
Linda Dempster 1:09:05
Raquel Russel Ponte 1:29:50
Monica Shortt 1:29:40



FREE TRAINING PLANS

An insightful and helpful article for anyone training for a 10k, half or full marathon that Rohan came across.

Click [here](#)

RACE REPORT

Harrow Hill 10k – February 15th 2026

The Metros Harrow Hill 10k once again delivered a spectacular day of racing, with a strong field of 175 runners who battled the horrendous conditions. They said 3C and light rain at the beginning of the week, but what we ended up with was crazy, with everyone trying to find shelter and warmth, and rightly so.

With the school currently doing further work, we no longer had the use of the Boyer Webb Pavilion, so space was incredibly limited, with plenty of people using the school reception area, the medical hut, the white marquee, and our Gazebo (which almost didn't have a roof, thanks Dave and Teresa for saving the day and my blushes)

From the moment the starting countdown of 3-2-1- GO, the competitive spirit was palpable, with Jack Whitebury from Harrow AC taking an early lead shortly after the top of Football Lane, and maintaining this with a consistent pace throughout the rest of the course, ultimately crossing the finish line in first place in an impressive 36mins and 15seconds

The women's race was even closer than last year's race, with ex-Metros runner, Nicky Payne, coming home in first. Nicky was also the Queen of the Hill and managed to keep the lead all the way, but had Emily Antcliffe from Harrow AC closing the gap on Nicky all the way around the 2nd lap to eventually finish 3 seconds behind, certainly thrilling to watch!

The Men's race had our own Richard Wilkinson come home in an amazing 2nd place, an improvement on last year's 3rd place. Jack Whitebury from Harrow AC came home comfortably in 1st place overall, this being his 2nd win of the Harrow Hill 10k.

So many Metros runners topped their age groups as well, so big congrats again to Ruth Tidder (F50-59), Raquel Ponte (F80+), John Norris (M40-49), Justin Archer (M50-59) and Chris Shearwood (M60-69). Ex-Metro Mary Swindles came down from Newark to run, and was 1st F70-79.

Race results

Men

Jack Whitebury – 36.15

Richard Wilkinson – 37.24

Laurence Justine – 38.53

Women

Nick Payne – 41.07

Emily Antcliffe – 41.10

Carys Morgan – 45.22

King and Queen of the Hill

Jack Whitebury

Nicky Payne



Positive Course Feedback:

Runners have continuously praised the great route over the last few years since we changed the route, with many commenting on the well-organised route, and enthusiastic and friendly marshals who directed and supported everyone brilliantly. Massive thanks to everyone who came along on a bitterly cold morning to make our event run so smoothly.

Lots of positive comments as well regarding the after-race refreshments, in particular the homemade cakes. Thanks again to everyone for their donations, as well as for the organisation and service provided by Hema and her team.

Of course, the best bit of feedback we get is on how tough the race is, in particular, having to run up Football Lane on two occasions. With one review comment saying, 'Well organised. Harder than it looks.'

Leave more feedback [here](#).

Big Thanks:

Whether you were doing race registration / giving out race numbers, refreshments, baggage drop, the water station, handing out medals, water and bananas at the end, or you were marshalling somewhere on the course. Without you, our race wouldn't be able to go ahead, and we are incredibly grateful to all of our dedicated volunteers who braved the horrendous conditions! A MASSIVE THANK YOU to everyone who helped and got absolutely drenched.

Also, thanks to the medical personnel, ATW, Event Chip Timing, the Harrow School team and local authorities for their invaluable contributions to the success of this event. Special thanks as well to Twelve Wealth Management, who were the main sponsors of our event, and they even had four runners taking part. We are hugely grateful for their contribution to the race this year. Please check them out if you are looking for financial advice – details in our Race Programme.

And in other good news, actually bloody brilliant news!!

This year, we decided to work with three charities. With the race surplus and money raised from refreshments we raised £2,400. We will be donating £800 to London's Community Kitchen, £800 to Harrow MS Therapy Centre and £800 to Harrow's Firm Foundation.

Looking Forward:

We are already planning for next year's HH10k. Our debrief will be done once we have recovered, defrosted, and dried out, and we aim to build on any feedback received and further enhance next year's runners' experience. Next year's race is likely to be on **Sunday 14th February**, so reserve this date in your diaries ASAP. Oh, and whilst you are at it, please start praying and wishing for better conditions next year.

RED JANUARY 2026

This is part of the speech made at the **Red January Celebration** parkrun at Canons Park, which mentioned a number of the participants. It was written by **Nathan Powell**.

Where has the month gone? We started **RED January** at Canons Park parkrun and it only seems fitting to celebrate finishing the challenge here at a wonderful parkrun. We have had all sorts of weather, from ice, sleet, snow, rain and high winds but everyone has kept going; I applaud you all.

Everyone has had their own reasons for supporting RED January and their journey, whether it be for fitness, return from injury or well being. We have seen the day light hours getting longer as the weeks have passed. The comments in the WhatsApp group I know have been super inspirational, encouraging, and very heart warming and thank you all. It means so much to everyone and there has been true love amongst all of us.

Where do I start with what's gone on in the last 31 days? We had participants walking, running, attending gym sessions, yoga, Pilates, trying different Metros sessions and even having dry needling (ouch!) to get them through the month.

I can't call out everyone's achievements but here are a few:

John who travelled up from Kent with his normal line closed. John I feel has been a legend, like a true marathon runner with his WhatsApp comments. He started slowly and then built up momentum and upped the pace with wonderful photos from central London/cross countries. From his messages he grew up in Wealdstone and attended St Joseph's Primary School (old site) before moving to Kent so he has perhaps come home.

Gillian Shearwood has been walking the Thames towpath with husband **Chris** running there from Harrow to meet her.

Una and **Mike** Reid have been training for the Original London Marathon in March.

Several of us have returned from injury this month, **Marcus**, **Russell**, and have chartered their progress in the group. Well done to you all.

When the weather wasn't great, **Wendy** (is it her 300 parkrun today?) decided to go out for her walk after **Andy** said he had completed his walk earlier in the rain. There are many more examples of this group camaraderie.

Una trying her brand new gravel bike in icy conditions, perhaps next time fit winter tyres.



RED JANUARY 2026

Jenny skiing with her niece at Milton Keynes Snow Dome.

Lise ice skating with her niece at Blenheim Palace.

Marcus walking 10,000 steps around a classroom.

Liz exercising on a farm beats a gym.

Kirit mixing up his training and some very early swim sessions at Hatch End Pool.

Ed returning to Metros sessions in January.

Marc and his Sarries athletes battling the storms of Bannisters on a Friday evening with **Liz**, **Jenny** and **Martin** as buddy support.

Sakina hosting her Metros Thursday night track sessions in challenging weather conditions.

The group London walk last Saturday where we had the privileged of **Janice** joining us for a nice stroll through the Royal Parks and Embankment.

Charlie's missing glove brought much concern and amusement with the commentary and then relief when the glove was found.

Quentyn completed the Fan Dance in heavy snowfall in South Wales (see February Metrolines for more detail).

Jenny and **Ruth** represented Metros in the cross country league in pretty muddy conditions.

Tanasheh visual guiding a Metros member at events and with his mum and **Beth** ensuring **Lucien** can volunteer each week at Canons parkrun

Monica having to leave Metros Monday night core 5 mins early to go and do aqua aerobics.

Andrew Borley, a member of the dodgy knees club training everyday.

The **Mulvennas**, not only training every day, but also rehearsing for their annual pantomime this weekend, and yes there are still a few more tickets for tonight's performance.

Martin Eden has been feeding us all every Saturday at parkrun and reducing food waste.

As we bring **RED January** to an end or perhaps the start of a journey of activity and friendship, this event would simply not of been possible without the support and encouragement of **Zahra**. Her messages have been super inspirational at a particular difficult time for her and her family. We wish you and your family peace.



SATURDAY SERIES: MEASURED MILE

Roxbourne Park - Saturday 14th February 2026

Name	Nov 2025	Feb 2026
Adam Leary	7:36	7:37
Andrew Collier		7:29
Barbara Pacinella	10:55	10:48
Barbara Reading	10:54	
Bill Harrington		10:42
Carole Valentine	11:23	
Caroline Day Lewis	7:14	
Dave Young	8:00	8:00
Eilish Fernandez	10:56	10:48
Gladys de Groot	13:23	
Guiseppe Pacinella	11:19	
Janice Newman		10:04
Jo Collier		10:09
Jonathan Pang	8:20	8:15
Judy Rackham	17:59	
Karen Leary	10:57	
Malcolm Jackson		9:48
Marcus Weedon		5:50
Marion Rogan	10:53	
Michelle Tauro		13:02
Mike Morris		6:21
Paul Hor	7:18	7:47
Robyn Walliser		8:17
Sarah Westwood	11:56	11:37
Simon Aberly	7:11	

16 runners took part in the Measured Mile this month on the middle Saturday of the Winter Olympics (and also Valentine's Day).

This was the second of four events and in true Olympic style you only need to complete three of the four events to qualify for the "final" by consecutively improving on your time. Sadly, the running surface at Roxbourne Park is not like the ice on the skeleton/bobsleigh course getting faster with each event. That part is down to you!

The remaining two events are in May and August, and there will be the usual "practice" runs (Wot no Watch) in the intervening months.

Thank you to Barbara Reading for help with the time-keeping and Robyn Walliser and Dave Young for leading the warm-ups.

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

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



SATURDAY SERIES: 5K COMPETITION

Roxbourne Park - Saturday 7th February - women

Name	Time	Age Grade	5k Points
Sasha Birkin	23:36	74.72%	50
Ruth Tidder	26:32	67.34%	49
Jasia Zimmerman	31:41	66.96%	48
Emma Ponnaganti	25:50	65.68%	47
Marion Rogan	41:07	60.03%	46
Teresa Young	39:09	54.19%	45
Sarah Westwood	42:54	53.65%	44
Jo Collier	35:32	53.10%	43
Tanya Keene	33:30	52.64%	42
Allegra Keene	30:26	52.46%	41
Elish Fernandes	43:12	52.39%	40
Una Cunningham	33:45	50.27%	39
Carole Valentine	42:54	47.24%	38
Gladys de Groot	51:43	46.89%	37
Pip Brown	34:39	46.75%	36
Diane O'Reilly	38:28	45.84%	35
Emma Rackham-Kong	33:19	45.02%	34
Barbara Pacinella	42:34	44.95%	33
Camille McKay	41:06	42.90%	32
		AVG.	41



Volunteers:



Results: Irene Paull, Nancy Morris

Marshals: Caroline Day-Lewis, Judy Rackham, Jane Hudson,
Steph White, Barbara Reading, Penny Hudson

Tail Runner: Marion Rogan

Refreshments: Marilyn Pickford, Hema Thakur

SATURDAY SERIES: 5K COMPETITION

Roxbourne Park - Saturday 7th February - men

Name	Time	Age Grade	5k Points
Nigel Rackham	20:14	81.40%	50
Christopher Shearwood	21:34	76.37%	49
Russell Morris	22:02	69.74%	48
Kevin Smart	25:02	67.63%	47
Rocco Keene	19:38	66.64%	46
Peter Reynolds	26:23	65.38%	45
Jahmai Pierre-Louis	21:26	65.14%	44
Dave Young	29:36	60.28%	43
Bijan Keene	25:05	60.25%	42
Rohan Mascarenhas	26:42	58.53%	41
Paul Hor	30:31	57.76%	40
Andrew Collier	28:25	56.44%	39
Tim Oakley	30:49	54.93%	38
Malcolm Jackson	34:16	54.38%	37
Kenny Rackham-Kong	26:31	51.10%	36
Quentyn Taylor	29:56	48.11%	35
Jonathan Pang	31:40	46.57%	34
Mitesh Patel	30:35	44.63%	33
Mike Reid	38:28	43.60%	32
		AVG.	41



Volunteers:

Results: Steve Paull

Marshals: Marcus Weedon, Mike Morris, Harish Gohil, Al Scoffham

SATURDAY SERIES: 5K COMPETITION

Cumulative Results - Women (Top 20)

	Track (Oct)	Roxbourne (Nov)	Northala (Dec)	Harrow (Jan)	Roxbourne (Feb)	Total
Sasha BIRKIN	49	50	49	49	50	247
Ruth TIDDER	47	47	47	39	49	229
Judy RACKHAM	48	43.5	38	42	41	212.5
Janice NEWMAN	50	48	50	50	-	198
Philippa BROWN	46	37	37	36	36	192
Tanya KEENE	-	44	41	43	42	170
Allegra KEENE	-	38	42	41	41	162
Jasia ZIMMERMANN	-	46	48	-	48	142
Teresa YOUNG	48	42	-	-	45	135
Irene PAULL	-	43.5	-	42	41	126.5
Una CUNNINGHAM TAYLOR	-	-	40	35	39	114
Diane O'REILLY	-	-	39	38	35	112
Emma RACKHAM- KONG	-	-	32	34	34	100
Emma PONNAGANTI	-	-	45	-	47	92
Jennifer O'SULLIVAN	48	-	44	-	-	92
Caroline DAY-LEWIS	-	49	-	-	41	90
Sarah WESTWOOD	-	45	-	-	44	89
Jane HUDSON	-	-	-	47	41	88
Marilyn PICKFORD	-	43.5	-	-	41	84.5
Nancy MORRIS	-	43.5	-	-	41	84.5

SATURDAY SERIES: 5K COMPETITION

Cumulative Results - Men (Top 20)

	Track (Oct)	Roxbourne (Nov)	Northala (Dec)	Harrow (Jan)	Roxbourne (Feb)	Total
Nigel RACKHAM	50	50	50	50	50	250
Russell MORRIS	45	49	43	35.5	48	220.5
Chris SHEARWOOD	49	-	48	49	49	195
Rocco KEENE	-	47	44	45	46	182
Bijan KEENE	-	42	39	35	42	158
Rohan MASCARENHAS	38	40	-	30	41	149
Cem BROWN	48	-	47	46	-	141
Richard BROWN	46	-	45	44	-	135
Peter REYNOLDS	-	45	-	40	45	130
Marcus WEEDON	43.5	43.5	-	-	41	128
Mike MORRIS	-	43	-	43	41	127
Robert BEVAN	43.5	43.5	-	35.5	-	122.5
Malcolm SMITH	39	-	40	38	-	117
Andrew COLLIER	-	39	-	27	39	105
Justin ARCHER	-	-	49	48	-	97
John NORRIS	-	-	46	47	-	93
Patrick O'BRIEN	44	48	-	-	-	92
Mike REID	-	-	30	24	32	86
Paul HOR	-	46	-	-	40	86
Mitesh PATEL	-	-	29	23	33	85



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	

LEAGUES: SUMMER LEAGUE

SUMMER



LEAGUE

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

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

LEAGUES: VETS TRACK AND FIELD



VETS LEAGUE 2026

BATTERSEA

Monday 18th May
6.30pm - 9.30pm

TOOTING BEC

Monday 15th June
6.30pm - 9.30pm

HILLINGDON

Monday 1st June
6.30pm - 9.30pm

PERIVALE

Wednesday 1st July
6.30pm - 9.30pm

EVENTS

100m	Hammer
200m	Javeline
400m	Shot Put
800m	Discus
1500m	Long Jump
3000m	Triple Jump
200m walk	High Jump
Relays	

IF YOU ARE OVER 35 AND FANCY SOME BRILLIANT FUN WHILST THROWING VARIOUS OBJECTS AND FLYING AROUND SOME AMAZING ATHLETIC TRACKS, OR WANT TO KNOW MORE, THEN GET IN TOUCH WITH OUR VETS LEAGUE CAPTAIN - MARCUS - MARCUSWEEDON@HOTMAIL.COM OR 07920770547
ALL ABILITIES WELCOME AND EVENTS ON SPOND

PARKRUN TOURISM



PARKRUN MOB MATCH

Metros v Watford Joggers - Cassiobury parkrun - Saturday 21st February

Position	Name	Gender	Age group	Time	Age grade
448	Janice NEWMAN	Female	VW80-84	32:02	85.17%
13	Nigel RACKHAM	Male	VM60-64	19:27	84.66%
6	Justin ARCHER	Male	VM55-59	18:41	82.25%
30	Christopher SHEARWOOD	Male	VM60-64	20:43	79.49%
3	Rocco KEENE	Male	JM15-17	17:53	75.49%
549	Gerry BARKER	Male	VM85-89	36:15	72.14%
121	Peter REYNOLDS	Male	VM65-69	24:09	71.43%
41	Marcus WEEDON	Male	VM50-54	21:17	71.03%
390	Jasia ZIMMERMANN	Female	VW65-69	30:25	69.75%
45	James KERRANE	Male	VM45-49	21:32	66.33%
74	Nathan POWELL	Male	VM55-59	22:50	68.67%
264	Dave YOUNG	Male	VM70-74	27:44	64.36%
281	Tim OAKLEY	Male	VM65-69	28:05	60.30%
231	Simon ABERY	Male	VM60-64	26:52	60.24%
205	Rohan MASCARENHAS	Male	VM55-59	26:08	59.82%
328	Jennifer O'SULLIVAN	Female	VW50-54	28:57	58.61%
129	John NORRIS	Male	VM45-49	24:24	58.54%
583	Stephanie WHITE	Female	VW70-74	38:09	58.37%
257	Allegra KEENE	Female	JW11-14	27:31	58.03%
317	Brian MCGRORY	Male	VM60-64	28:47	57.73%
576	Teresa YOUNG	Female	VW65-69	37:36	56.43%

Position	Name	Gender	Age Group	Time	Age Grade
302	Bernie CONWAY	Female	VW40-44	28:31	55.17%
259	Bijan KEENE	Male	VM50-54	27:37	54.74%
471	Tanya KEENE	Female	VW50-54	32:49	53.73%
318	Farzina KAPADIA	Female	VW35-39	28:48	52.55%
457	Una CUNNINGHAM TAYLOR	Female	VW50-54	32:28	52.26%
497	Diane O'REILLY	Female	VW50-54	33:47	52.20%
534	Mike REID	Male	VM65-69	35:25	47.34%
533	Claire REID	Female	SW30-34	35:25	41.98%
641	Gill SHEARWOOD	Female	VW60-64	54:31	35.59%



Metros RC vs Watford Joggers Age-Grade Comparison Chart

This chart groups all runners into standard parkrun age-grade bands and compares how many each club placed in each category.

Age-Grade Bands Explained

- 80%+ → National class
- 70–79% → Regional class
- 60–69% → Strong club runner
- 50–59% → Good recreational runner
- <50% → Non-elite, newer runners, returning runners, or those pacing/supporting

Age-Grade Comparison Table

Age-Grade Band	Metros RC	Watford Joggers	Notes
80%+	3 runners (Newman, Rackham, Archer)	1 runner (Mussen)	Metros strongest at the top end
75–79%	2 runners (R. Keene, Shearwood)	0	Metros dominate this band
70–74%	3 runners (Barker, Weedon,	4 runners	Both clubs strong in upper-mid band
60–69%	6 runners	16 runners	Watford's quality and depth shows here
50–59%	13 runners	16 runners	Both clubs well represented in this band
<50%	3 runners	9 runners	More participation by Watford

What This Chart Shows

Metros RC

- Exceptional top-end quality
- Five runners above 75%, including three above 80%
- Smaller team but higher average performance

Watford Joggers

- Strong depth across 60–70%
- Large turnout boosts numbers in mid-pack bands
- Only one runner above 80%, but many consistent performers

Key Insights for Metros

Elite Age-Grade Strength

Metros place five runners above 75%, including three above 80% – a hallmark of national-class age-graded running. **Metros** filled four of the top six spots at the parkrun which had over 600 runners.

Youth + Experience Blend

Rocco (JM15–17) and **Allegra** (JW11–14) both delivered excellent age-graded runs.

Senior athletes (60+, 65+, 80+ and even 85+!!) contributed some of the club's strongest percentages.

•Women's Age-Grade Highlights

Janice Newman (85.17%) – second highest age grade of the entire event which is amazing considering she is visually impaired and relies on a guide runner.

Jasia Zimmermann (69.75%) also stood out – so close to 70%.

Overall Interpretation

- **Metros** win the quality battle – more runners in the top performance bands (75%+)
- **Watford** win the depth battle – far more runners in the sub 70% bands
- In a scoring system weighted toward quality, **Metros** come out ahead
- In a scoring system weighted toward participation, **Watford** take it

Take note: we are not using average age grading to determine results as we want to encourage participation from all Metros of whatever standard. Please take a leaf out of Watford's books and come along to future events!

MINUTES METROS COMMITTEE MEETING
Wednesday 18th February 2026 at 8:00pm
At the Rackhams

Attendees: Marcus Weedon, Steve Alder, Teresa Young, Nigel Rackham, Pat Jackson, Anne Ambrose, Irene Paull, Andrew Fox, Rohan Mascarenhas

Apologies: Jennifer O'Sullivan

Chair: Marcus Weedon

Note Recorder: Rohan Mascarenhas

1. Actions from Last Meeting

A. Finance - Provisional EOY budget has shared with Committee and is awaiting kit reconciliation

Action: Teresa Young

B. Membership / Website updates - Currently there are approximately 370 members subject to renewals churn. Irene outlined historic membership administration and transition to WebCollect. To meet the current needs and modernise the website to declutter and reduce manual administration, the Committee with support from members with IT expertise is looking to integrate the website with membership and event management capabilities. The following three actions were agreed:

1. **Agree what a benchmark website looks like**

2. **Set up Google Workspace Not for Profit which would allow generic contact emails**

3. **Identify Treasury requirements from a new membership system**

Action: Irene Paull, Rohan Mascarenhas, Marcus Weedon, Teresa Young

C. Social media management – Claire Reid has agreed to coordinate our photographic posts on Facebook & Instagram with a view to also posting on the website.

2. Club Events

A. Red January - Approximately 50 members participated in 2026 activity to support mental health awareness and overall wellbeing. Special thanks to Zahra Bassiri for leading with support from Nathan Powell. The final day's activity was incorporated into Canons Park parkrun which was well represented by Metros. More information <https://redjanuary.com/>

B. Harrow Hill 10k - the event was successfully run in spite of the inclement weather. Kudos to all the volunteers, in particular Marcus, Paul & Jasia noting that it takes 6 months preparation to run such an event. We would also like to thank Twelve Wealth Management for their sponsorship via Mike Morris and Runners World Eastcote for funding the prizes.

C. Round Norfolk Relay - Provisional dates 12 & 13 September and more information will be released shortly.

Action: Marcus Weedon

D. AGM & Quiz Nite - Friday 8th May has been booked at Lowlands Tennis Club and the Rackhams have kindly agreed to coordinate the quiz again.

Action: Rohan Mascarenhas, Nigel Rackham, Marcus Weedon

E. Summer League - First event will be at Headstone Manor on 14th June hosted by Metros. This year there will be no event at Battersea due to other events taking place which have been prioritised by Wandsworth Council. Suitable options are being sourced by the organisers from various participating clubs.

Action: Irene Paul

3. AOB

A. AED - best practice for sessions raised by Nathan Powell. The Committee decided that public links to nearest AED locations en route will be shared in relevant Spond session information. If a volunteer cannot be found to carry the AED whilst running, it should be left in a participant's car and communicated to the participants.

B. Advertising costs - where a third party wishes to advertise in Metrolines half a page costs £50 and a full page £100.

C. EA Course for VI Guides - this will be financially supported by Metros to increase the pool of volunteers.

D. Watford HM / 10k - Rohan suggested that this event in early February could be incorporated into the LRRC Trophy Race series due to popular uptake with Metros. The Committee will liaise with Vincent Cheung.

Action: Marcus

E. First Aid update - Andrew confirmed that there are 24 First Aiders certified through Metros plus an additional 4 certified elsewhere. Renewals are due to take place in 2027/28. There is another first aid course potentially taking place in September at Roxbourne Scout Hut TBC. Copies of incident forms will be shared by Marcus. An additional request was made for filled first aid kits, emergency foil blankets and Kool packs.

Action: Andrew

E. Metrolines link incorporated into social media - it was agreed that a link to Metrolines would not be included on our public facebook site to respect privacy.

Date of next meeting: 1st April at the Rackhams

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



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



LFOTM

So, what is LFOTM? Last Friday of the Month, or LFOTM, is a friendly, non-competitive 5k ish walk/run held monthly at noon, not surprisingly on Fridays. The location of the event moves around the various parks and other green spaces of Harrow, north Hillingdon and south Hertfordshire. It offers something for everyone - as long as you're free Friday lunchtimes. The event at the end of January was held at Canons Park, the route being 3 clockwise laps of the park. There were 10 runners/walkers. I joined to spectate - being on crutches, just getting to a suitable bench was as much as I could manage. Lynne joined me after one lap, deciding that was her limit. Others completed the full three laps, while Nigel ran from home and joined us for coffee afterwards. Do come and join if you can. We will be meeting in Pinner Village Gardens at the end of March, and there are plans afoot for the April event, being held at the Battle of Britain bunker, to tie in with a tour of the Bunker. Watch this space! **Judy**



MEMBER DISCOUNTS

Our local running shop, **Runners World** in Eastcote, can help you find the right running shoes and will offer a 10% discount to Metros members – show the Spond app on your phone to prove you are a member.

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

The Epping Forest half marathon and 10k are happening on **Saturday 11th April 2026**. Metros have been offered a 10% discount on entries, using the code: **EPPING10**

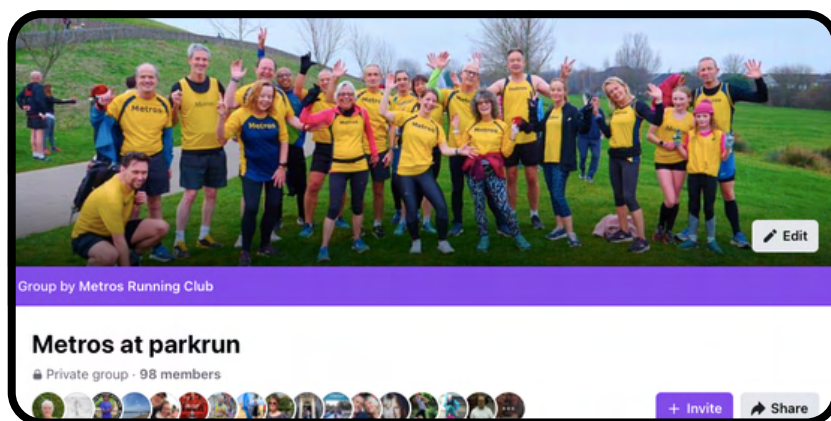
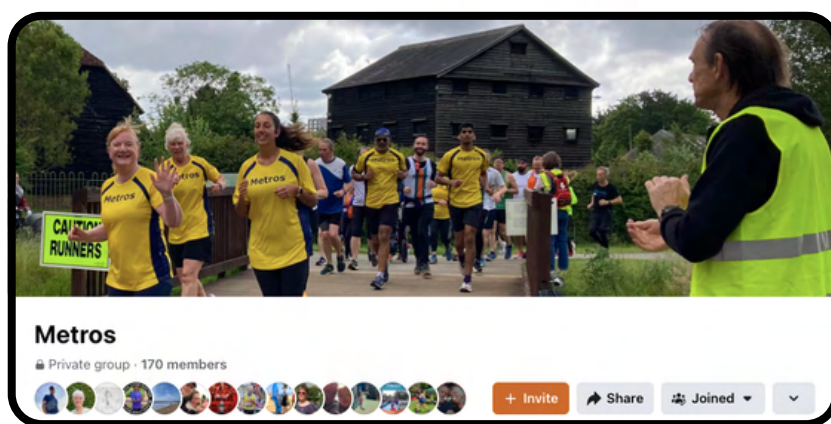
**£2 off race entry
code for any
Runthrough
event:**

CLUB

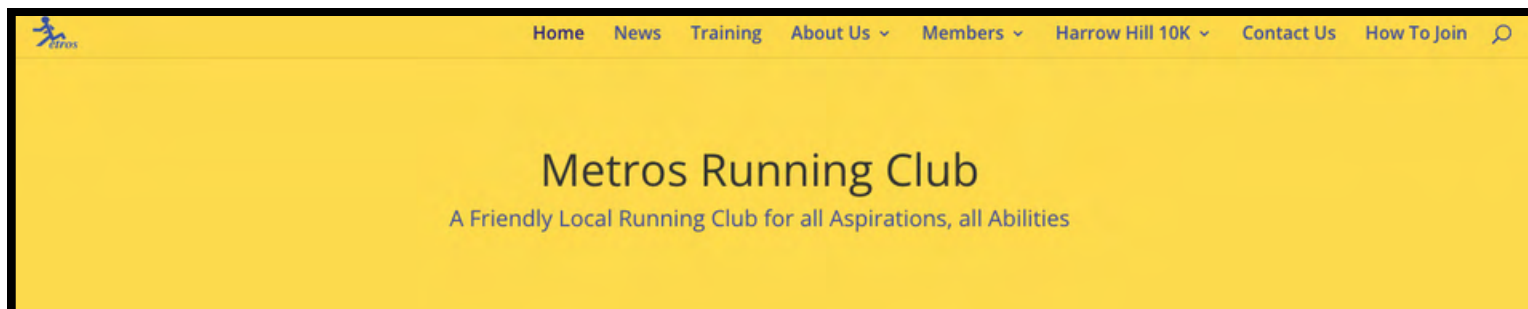
SOCIAL MEDIA

We have public facing Facebook and Instagram pages, in addition to two closed Facebook groups for members only. Please join us online and share your photos and race results with us. We should be grateful if you would like and share our posts to increase our online profile. Thank you!

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



WEBSITE



www.metros.org.uk