

METROLINES

November 2025
Issue No. 435



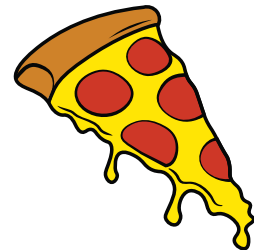
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CALENDAR DATES

November		
Sat 1	Roxbourne Park 5k (5k comp)	9.00am
Sat 1	Liddiard Trophy and Young Athletes XC	from 1.00pm
Sun 2	Marlow HM / 7 mile	9.30am
Sat 8	C25k Graduation parkrun - Canons Park	9.00am
Sun 9	TVXC - Datchet Dashers	11.00am
Sat 15	Measured Mile (Roxbourne Park)	9.00am
Fri 21	Pizza and Prizes, Lowlands	7 for 7.30pm
Sun 23	TVXC - Sandhurst Joggers	11.00am
Fri 28	LFOTM – location tbc	11.50am
Sat 29	Run a parkrun PB, Northala Fields	9.00am
December		
Sat 6	5 Mile Handicap (Roxbourne Park)	9.00am
Sun 7	TVXC - Reading	11.00am
Sun 7	Perivale 5	10.00am
Sun 7	West End Christmas Lights run/walk	4.00pm
Wed 10	Committee Mtg (Miller & Carter - Stanmore)	8.00pm
Sat 13	Wot No Watch (Roxbourne Park)	9.00am
Fri 19	Drinks @ the Rackhams'	6:30pm
Sat 20	Northala parkrun (5k comp)	9.00am
Sun 21	Winter Solstice run/walk	6.45am
Fri 26	LFOTM – location tbc	11.50am
January 2026		
Sat 3	10k Challenge (Roxbourne Park)	9.00am
Sat 10	Wot no Watch (Roxbourne Park)	9.00am
Sun 11	TVXC - Bracknell	11.00am
Sat 17	Harrow parkun (5k comp)	9.00am
Sun 18	Fred Hughes 10	9.30am
Fri 31	LFOTM - location tbc	11.50am

SAVE THE DATE - PIZZA AND PRIZES



Friday 21st November 2025

Lowlands Tennis Club, Lowlands Road, Eastcote HA5 1TU
7pm for a 7.30pm start

Lowlands Tennis Club has a bar available for drinks at very reasonable prices. Please arrive in time to purchase any drinks before 7.30 pm. The club will be funding takeaway pizza during the course of the evening.

We hope members and their families will be able to join us to celebrate the achievements of Metros members during the 24/25 running season.

**RSVP – on Spond or by email (teresa53.young@gmail.com)
by Monday 17th November**

Please give details of number of people attending and any dietary preferences or allergies. (e.g. Vegetarian, pizza without cheese, tomato or nut allergy.)

Awards

TVXC League 2024-2025

Summer League 2025

Track & Field MBEs & Track Shields

Measured Mile

5 Mile Handicap

LRRC Trophies

5K Series (Roxbourne Park, Track & parkruns)

Ann Marsden 5K (Roxbourne)

Young Runners

Beginner Runner

Running Achievement

Services to Running





Friday 19th December from 6:30pm.

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

Contributions of drink and finger foods will be very welcome.



Please sign up on Spond, where you will find further details.

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

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



**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 till Monday there's also the possibility of a pub quiz on Sunday evening . Early bird entries are open now.

Metros 5k to 10k Running Programme

Winter 2025

A Structured Eight-Week Plan for Runners Progressing from 5k to 10k
starting

Tuesday 11th November 2025

Introduction

This course is for anyone who can run 5k and wants to progress to run 10k distance. Whether you are aiming for a race, building general fitness, or simply challenging yourself, this eight-week programme is designed to increase your endurance and confidence gradually. The plan is suitable for those who can comfortably run 5k already (continuously) and wish to reach 10k in a structured, injury-free manner. At the end of this course, you should be confident in attending all the regular Metros runs and activities through the week.

Programme Overview

This plan consists of three runs per week.

Weeks 1 to 4 we will meet on **Saturday mornings: 09:00 at Roxbourne Park**

Tuesday evenings: 19:30 at Lowlands Tennis Club

Thursday evenings: 19:30 at Morrisons in Hatch End

Week 5 you will be attending the **Metros Monday Run: 19:15 at Headstone Lane** and the **Metros Thursday Run: 19:00 at Harrow Weald**

Weeks 6 to 8 will include the **Metros Wednesday Run: 19:15 at Harrow on the Hill** in lieu of the Thursday Run.

Runs will commence with a brisk walk or slow jog and stretching after.

We will join the **Metros 10k run at Roxbourne Park** to finish this programme.

How to Join

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.

How many people will be in the 5k to 10k group?

We are accepting applications for up to 20 beginner runners for this course.

Places will be offered on a first-come first-served basis.

Can I wear headphones and listen to music whilst I run?

No. Headphones are not allowed at our sessions as you need to listen to instructions. In addition, when jogging in the streets you need to be able to hear traffic and other sounds that enable you to stay safe.

Night runs

Wear hi viz and carry lights for running at night.

ACHIEVEMENTS



Claire Reid got a PB of 1:09:02 at the Moor Park 10k.



Hugo Conway-Norris got a 2k PB of 9:13 at PVG junior parkrun, and a one mile PB of 6:57 at the Vitality Westminster Mile.



Rohan Mascarenhas achieved his 100th volunteer milestone at Canons parkrun.



Quentyn Taylor achieved a marathon PB of 3:39:43 at the Amsterdam marathon despite taking a tumble at 35k!



Bijan Keene got a parkun PB of 22:59 at Canons Park.



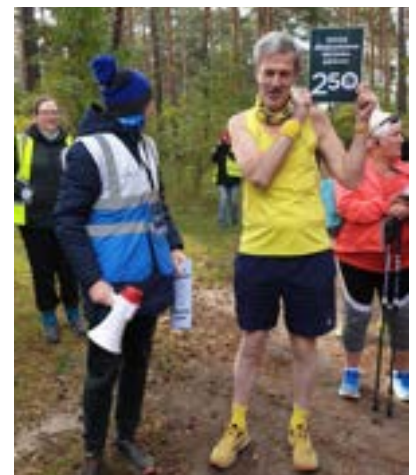
Nigel Rackham was 1st V60 at the Abingdon Marathon. His time also puts him at number 1 in the UK rankings for 2025.



**Bijan and Rocco Keene both got PBs at the Vitality 10k.
Rocco - 38:38
Bijan - 48:10**



John Norris got a 10 mile PB of 1:06:41 at the Cabbage Patch 10



Steve Paull completed his 250th parkrun at his 100th different location!

RACE RESULTS

Validity 10k, 28 September

Rocco Keene 00:38:38

Daniel Smith 00:38:45

John Norris 00:40:00

Tanasheh Abrahams 00:43:01

Mohamed Hamid 00:43:58

Abdul Ali 00:45:07

Clive Heidrich 00:47:25

Bijan Keene 00:48:10

Lorraine O'Donovan 00:56:40

Elizabeth Abrahams 00:57:09

Nishil Shah 00:58:30

Farzina Kapadia 01:01:39

Mohammed Qasim Rajan 01:04:34

Paula Sheehan 01:06:22

Monica Shortt 01:06:23

Saida Nasser 01:06:32

Janice Newman 01:06:58 3rdV80



Ealing half marathon

28 September

Jahmai Townsend 1:31:54

Marco Di Tullio 1:44:03

John Paul Dunn 1:54:45

Bruno Croford 1:59:05

Rohan Mascarenhas 2:08:12

Rose Marie Granaghan 2:22:01



Chester Marathon,

5 October

Chris Shearwood 04:01:43

Amsterdam marathon,

19 October

Rick Patel 3:34:56

Quentyn Taylor 3:39:43



Abingdon marathon,

19 October

Nigel Rackham 2:46:55 1st V60



Copenhagen half marathon

14 September

Abdul Ali 1:40:25



Cardiff half marathon,

5 October

Abdul Ali 1:43:11

Lincoln half marathon,

5 October

Stuart Abraham 2:09:44

RACE RESULTS

**Moor Park junior fun run
28 September (U10 Boys)**
Hugo Conway-Norris 00:07:49



**Stevenage half marathon,
19 October**
Jonathan Evans-Hughes 1:44:46

**Beachy Head marathon,
25 October**
Clive Heidrich 6:09
Lorraine O'Donovan 6:44

**Autumn Blickling half
marathon,
19 October**
Chris Shearwood 01:35:25



**Beat Box Hill half marathon,
11 October**
Jahmai Townsend 02:10:28

**Chicago marathon,
12 October**
Paul Spendloff 3:31:18
Keval Shah 4:09:33
Mitesh Patel 4:14:32

**Great South Run,
19 October**
Jennifer O'Sullivan 1:38:29
Andrew Borley 1:41:59
David Merrigan 1:46:01
Monica Shortt 2:26:10
Shama Meghjee-Caine 2:26:10



RACE REPORT

Abingdon Marathon

According to its own publicity Abingdon is “the oldest, continuously inhabited town in England, Abingdon is a delight to visit. Stroll around the town and soak in the wealth of architecture, historical treasures, shopping, independent stores and of course the beautiful Thames river.”

If you had been strolling around the town on Sunday 19 October you would have encountered the route of one of the oldest marathons in the UK which started in 1982. It is a no frills event organised by runners and attracts participants looking for a fast flat course over varied terrain and through town and country roads and trails. The town centre portion is actually tricky to negotiate as it has a few twists and turns and too many kerbs for my liking but there is good crowd support. Some of the important roads were closed to traffic but most of the route was on quiet lanes or footpaths. After leaving the town centre it is a two lap route.

Race HQ is the Tilsley Park Stadium to the north of the town and the start and finish is on the 400m track there. Being just south of Oxford it is very commutable from Harrow in around an hour and a quarter. Plus factors are good crowd support, hot food and hot showers at the finish and friendly knowledgeable marshals. On the downside it could do with more loos (what race couldn't?) and whilst there were plenty of water stations it was quite hard to get an energy drink – having missed two of the four opportunities I was quite assertive on my next lap shouting “Can I have an energy drink please/” as I was proffered water again. I was turned away from one of the four car parks as it was already full 45 minutes before the start but found somewhere on street not far from the venue. I didn't hear of anyone having parking problems but some of the recommended car parks were half an hour's walk from the start.

This year the race incorporated the British Masters Athletic Federation annual marathon championships and also the England Athletics Age Group masters “friendly” against Wales so there were a lot of good masters competitors. The winning time was a modest 2:29. There were 176 finishers under 3 hours, 767 under 4 hours and 1016 finishers in total so the standards were quite high due to the event mainly attracting club runners. Eight V40s were under 2:40, nine V50s under 2:50 and seven V60s under 3 hours. Among the ladies ten VW35s were under 3 hours, ten VW45s under 3:13, ten VW55s under 3:30 and seven VW65s under 4 hours. Standout masters performance for me was Alice Riddell Webster who ran a PB 2:56:37 to win the VW55 category.

It was an unseasonably warm morning so I wore my old ultra thin Metros vest. I carried gloves as heavy rain was forecast and I am prone to cold hands and arms if it is wet, but in the event the rain held off until the finish and even then it was quite light. Apart from being rather breezy it was near perfect conditions.

I'd recommend the race to anyone of a reasonable standard (the cut off time is 6 hours).

BRIAN JACKSON FUN RUN

46th Metros ANNUAL FUN RUN – THE BRIAN JACKSON FUN RUN Roxbourne Park - 27th September 2025

Two events held on Saturday 27th September commemorated the formation of Metros, 46 years since the first fun run held in Roxbourne Park to rehearse for the Sunday Times Fun Run in Hyde Park and 40 years since the club became independent from the London Road Runners Club and was named Metros.

(Further details on the Metros Website.)

This year Teresa Young devised a new route from the pavilion to the main railway in a figure of 8 and measured distances of 3k, 2k and 1k, hopefully suitable for all ages and abilities. Marcus organised a relay where children picked participants race numbers to determine teams.

Age grading was used by Teresa Young to determine male and female adult award winners in the three events. The Howard Grubb tables do not allow non-standard distances so the “RunBundle” tables were used.

Terry Burke yet again travelled up from Devon, this time with wife Diane, Mike Ransome (recovering from a hip operation) walked the 1K with daughter Selena and several members of the C25k programme joined in with the 1k.

Good to see youngsters Zara, Finn, Kane, Nisha and Tara participate together with Chiara (aged 3) who was accompanied by her Mum, Deborah.

Thanks to all those who helped with particular thanks going to Elish Fernandes, Nancy Morris, Angela Murphy, Emma Ponnaganti, Carole Valentine, Marcus Weedon and Teresa Young who set up, registered participants, marshalled and recorded results, together with Linda and Andy Dempster who manned the refreshments in the Scout Hut throughout.

A special thank you to Teresa Young who not only devised the new route and measured the distances, but also recorded times and compiled the results.

Here's to next year – the 47th Metros Annual Fun Run – The Brian Jackson Fun Run.

BRIAN JACKSON FUN RUN

46th Metros ANNUAL FUN RUN – THE BRIAN JACKSON FUN RUN 27th September 2025 – Results

Results are age graded. The Howard Grubb tables do not allow non-standard distances so Teresa used the “RunBundle” tables.

Award Winners

Distance			Time	Age Grading
3k 2k 1k	1st Woman 1st Man	Emma Ponnaganti Chris Shearwood	28:59 23:54	67.1% 81.6%
3k	1st Woman 1st Man	Barbara Reading Mike Morris	21:35 12:52	62.2% 71.8%
2k	1st Woman 1st Man	Louise O'Reilly Simon Abery	10:08 09:30	57.6% 64.7%
1k	1st Woman 1st Man	Jenny O'Sullivan Marcus Weedon	04:52 03:33	60.1% 78.3%



BRIAN JACKSON FUN RUN

Name		3K		2K		1K		Total time	
Emma Ponnaganti	F	12:47	72.60%	11:12	53.30%	05:00	58.30%	28:59	67.10%
Barbara Reading	F	21:35	62.20%	14:37	58.60%	07:25	56.40%	43:37	65.40%
Marion Rogan	F	21:35	60.20%	14:37	56.90%	07:25	54.70%	43:37	63.20%
Jenny O'Sullivan	F	15:46	59.50%	10:34	57.10%	04:52	60.60%	31:12	63.10%
Raquel Russel-Ponte	F	24:55	58.30%	18:24	50.20%	08:38	52.10%	51:57	60.00%
Ruth Tidder	F	18:17	53.70%	11:05	56.90%	05:10	59.70%	34:32	59.70%
Louise O'Reilly	F	21:11	42.90%	10:08	57.60%	06:32	43.70%	37:51	50.30%
Chris Shearwood	M	12:11	78.50%	07:58	77.80%	03:45	80.80%	23:54	81.60%
Mike Morris	M	12:52	71.80%	08:34	69.90%	04:02	72.50%	25:28	73.90%
Simon Abery	M	14:09	67.00%	09:30	64.70%	04:21	69.00%	28:00	69.00%
Dave Young	M	17:27	59.80%	10:57	61.80%	05:17	62.60%	33:41	63.20%
Malcolm Jackson	M	18:44	57.30%	12:21	56.30%	06:04	56.00%	37:09	58.90%
Terry Burke	M	19:51	55.80%	12:50	56.00%	06:14	56.30%	38:55	58.00%
TWO EVENTS									
Andrew Collier	M	15:33	60.40%	10:33	57.70%				
Bill Harrington	M	17:52	54.50%	12:06	52.20%				
Kane O'Reilly	M	21:11	38.40%			06:32	39.60%		
Tara Ponnaganti	F			09:58	62.80%	08:34	35.80%		
Nisha Ponnaganti	F			11:05	53.70%	09:00	32.40%		
Robyn Walliser	F			11:37	50.30%	05:48	49.20%		

BRIAN JACKSON FUN RUN

Name		3K		2K		1K	
ONE EVENT							
Marcus Weedon	M					03:33	78.30%
Elish Fernandes	F					06:42	56.30%
Steve Alder	M					05:31	55.40%
Zara Smith	F					05:23	53.10%
Linda Ross	F					06:39	49.80%
Linda Grimes	F					06:40	48.50%
Joanna Eckersley	F					07:34	47.20%
Jennifer Smith	F					06:51	45.50%
Louise Marlow	F					07:28	40.80%
Mike Ransome	M					17:10	20.40%
Finn O'Reilly	M	14:08	55.20%				
Diane Burke	F	34:10	34.80%				
Chiara Conte	F					10:15	Unable to calculate - too young!



SATURDAY SERIES: 10K CHALLENGE

Roxbourne Park - Saturday 4th October 2025

Name	Time	Age Grading
Caroline Day-Lewis	53:16	71.09%
Kevin Smart	50:30	68.74%
Barbara Reading	77:07	66.56%
Paul Hor	54:32	66.29%
Marion Rogan	77:07	64.27%
Simon Abery	52:03	63.02%
Dave Young	61:01	59.94%
Malcom Jackson	70:10	53.54%
Titziana Spotti	88:21	48.60%

Small group of runners today prepared, to take on the windy course from storm Amy. Was everyone else saving themselves for the TVXC Metros Home Fixture in Uxbridge the next day?

The next 10K Challenge will be in January 2026 when hopefully some of the usual regular runners will return.

Teresa Young

SATURDAY SERIES: WOT NO WATCH

Roxbourne Park - Saturday 11th October 2025

Name	Predicted	Actual	Difference
Carole Valentine	11:43	11:43	0
Dave Young	8:10	8:08	2
Paul Hor	7:20	7:18	2
Eilish Fernandez	10:30	10:45	15
Bill Harrington	9:30	9:45	15
Ceri Jacob	8:05	8:22	17
Caroline Day Lewis	7:30	7:12	18
Gladys de Groot	13:14	13:53	39
Sarah Westwood	11:55	12:40	45
Barbara Pacinella	12:30	11:43	47
Cavan Day Lewis	6:45	5:36	69
Sonny Peart	10:00	8:49	71
Barbara Reading	10:00	11:27	87

Congratulations to Carole Valentine for predicting her time exactly for a mile. Is there a conspiracy here as she was supported by last month's winner Barbara Pacinella who led her to the finish in the correct time?! A few other close calls by Dave Young and Paul Hor who were only 2 seconds off their predicted time.

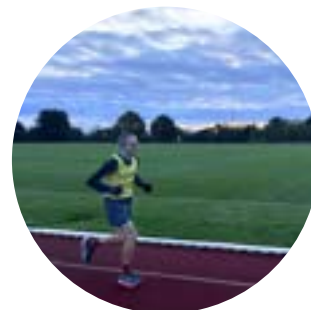
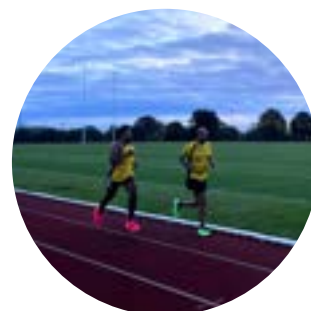
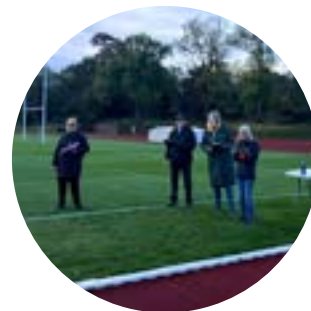
Next month's mile on 15th November will be the first of the 2025/26 Season's Measured Mile Trophy series.

SATURDAY SERIES: 5K COMPETITION

Track - Saturday 26th October

Time	Name	Age Grading	Points
29:57	Janice Newman	93.21	50
21:17	Sasha Birkin	82.77	49
25:57	Jenny O'Sullivan	65.25	48
28:04	Ruth Tidder	63.6	47
31:58	Pip Brown	50.36	46
			Avg: 48

19:50	Nigel Rackham	81.26	50
20:19	Chris Shearwood	78.59	49
18:45	Cem Brown	75.64	48
22:18	Clive Lucas	74.96	47
20:11	Richard Brown	74.48	46
20:38	Russell Morris	72.86	45
21:03	Patrick O'Brien	71.97	44
18:38	Daniel Smith	69.14	43
18:56	Mark Smith	68.93	42
20:28	Darragh Daunt	67.75	41
23:51	Simon Abery	65.76	40
25:04	Malcolm Smith	64.83	39
26:04	Rohan Mascarenhas	58.12	38
29:57	Tanasheh Abrahams	42.35	37
			Avg: 43.5



Volunteers	
Judy Rackham	48
Teresa Young	48
Anne Ambrose	48
Rob Bevan	43.5
Marcus Weedon	43.5
Tanasheh Abrahams	43.5

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.



LRRC TROPHY RACES



The races eligible for the Metros London Road Runners Club (LRRC) Trophy for 2025 are as follows:

Date	Cost	Race	
19-Jan	£22	<u>Fred Hughes 10M</u>	✓
2-Mar	£37/13	<u>Berkhamsted Rotary HM/5M</u>	✓
23-Mar	£32	<u>Hillingdon 20M</u>	✓
18-Apr	£27/22	<u>Maidenhead 10M</u>	✓
11-May	£23	<u>Marlow 5M</u>	✓
17-Aug	£22/30	<u>Burnham Beeches 10k/HM</u>	✓
21-Sep	£25	<u>Leighton Buzzard 10M</u>	✓
28-Sep	£19	<u>Moor Park 10k</u>	✓
19-Oct	£25	<u>Cabbage Patch 10M</u>	✓
2-Nov	£22/32	<u>Marlow 7M/HM</u>	

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

Date	Cost	Race	
7-Dec	£20	<u>Perivale 5</u>	
18-Jan	£23	<u>Fred Hughes 10</u>	

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

LRRC TROPHY RACES

Moor Park 10k

Position	Name	Gun Time	Chip Time	
14th	Justin Archer	42:31	42:20	1st VM55
18th	Christopher Shearwood	43:20	43:14	1st VM60
25th	James Kerrane	44:09	43:58	3rd VM45
35th	Emma Ponnaganti	45:37	45:34	3rd VW50
44th	Clive Lucas	47:01	46:34	1st VM65
48th	Hershil Patel	47:27	47:17	
57th	Amol Bhuptani	48:02	47:34	
62nd	Kevin Smart	48:34	48:14	3rd VM65
65th	Ravi Raja	48:55	48:36	
91st	Simon Aberly	51:35	51:20	3rd VM60
95th	Marc Sindole	51:58	51:29	
96th	Harish Gohil	52:03	51:43	
124th	Paul Hor	55:24	55:11	3rd VM70
129th	Stuart Abraham	55:52	55:17	
130th	Bernie Conway	55:57	55:26	2nd VF40
168th	Steve Paul	59:57	59:41	
178th	Quentyn Taylor	1:00:26	59:50	

LRRRC TROPHY RACES

Moor Park 10k

Position	Name	Gun Time	Chip Time	
180th	Una Cunningham	1:00:28	59:54	
186th	Gary Collins	1:01:02	1:00:31	
221st	Saloni Bhuptani	1:04:21	1:03:51	
248th	Sue Weston	1:08:51	1:08:16	
257th	Claire Reid	1:09:36	1:09:02	
258th	Michael Reid	1:09:37	1:09:03	
278th	Stephanie White	1:13:53	1:13:38	3rd VF65
279th	James Parnes	1:14:10	1:13:28	
286th	Angela Murphy	1:16:33	1:16:07	1st VF75
287th	Gerry Barker	1:16:47	1:16:11	1st VM80
300th	Raquel Russel Ponte	1:33:14	1:33:18	1st VF80



LRRRC TROPHY RACES

Cabbage Patch 10

Position	Name	Gun Time	Chip Time
174	Nathan Gee	01:05:41	01:05:23
204	John Norris	01:07:00	01:06:41
517	Marco Di Tullio	01:18:01	01:17:00
550	Clive Heidrich	01:18:56	01:14:32
558	John Paul Dunn	01:21:16	01:19:29
910	Caroline Day-Lewis	01:29:39	01:26:42
1112	Rohan Mascarenhas	01:36:09	01:33:01
1421	Stuart Abraham	01:49:00	01:44:35
1422	Lorraine O'Donovan	01:49:00	01:44:35
1456	Liz Abrahams	01:51:28	01:47:04



LRRC TROPHY RACES

Leaderboards after 9 events - members who have participated in at least 2 events are listed

	Total	Fred Hughes 10	Berk- hamsted 5M/HM	Hilling- don 20	Maiden- head 10	Marlow 5	Burnham Beeches 10/HM	Leighton Buzzard 10	Moor Park 10K	Cabbage Patch 10
Lorraine O'DONOVAN	207	49	60		49					49
Emma RACKHAM	120	50		70						
Bernie Conway	119				50	30			39	
Raquel PONTE	91		59						32	
Irene PAULL	63		27				36			
Penny HUDSON	63		26				37			
Stephanie WHITE	63		29						34	
Angela MURPHY	61		28						33	

LRRC TROPHY RACES

Leaderboards after 9 events - members who have participated in at least 2 events are listed

	Total	Fred Hughes 10	Berk- hamsted 5M/HM	Hilling- don 20	Maiden- head 10	Marlow 5	Burnham Beeches 10/HM	Leighton Buzzard 10	Moor Park 10K	Cabbage Patch 10
Chris SHEARWOOD	271		58	66			59	49	39	
Nathan GEE	256		59	67	50	30				50
Richard WILKINSON	240		60	70			60	50		
Clive HEIDRICH	202	49	57		49					47
Stuart ABRAHAM	169	45	50						29	45
Steve PAULL	145		30			27	40	48		
Quentyn TAYLOR	137	46		63					28	
Nigel RACKHAM	119	50		69						
John NORRIS	113			64						49
Justin ARCHER	108			68					40	
Jonathan EVAN- HUGHES	103	47	56							
Nathan POWELL	103	48	55							
Robert BEVAN	101		54		47					
Clive LUCAS	86				48				38	
Simon Abery	84		51						33	
Michael REID	70	44							26	

LEAGUES: THAMES VALLEY CROSS COUNTRY

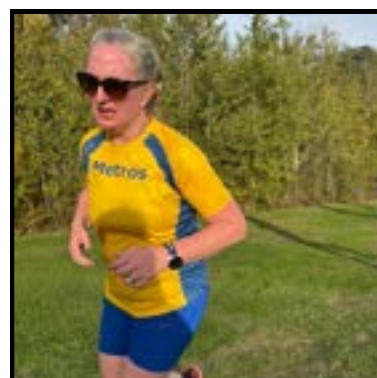
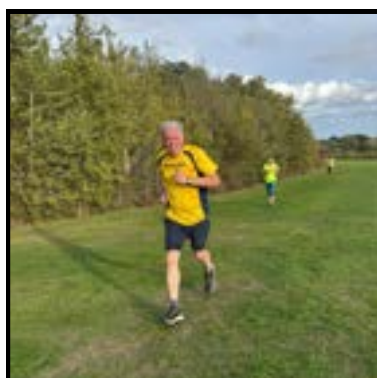
Dates for 2025/2026 Season:

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

LEAGUES: THAMES VALLEY CROSS COUNTRY

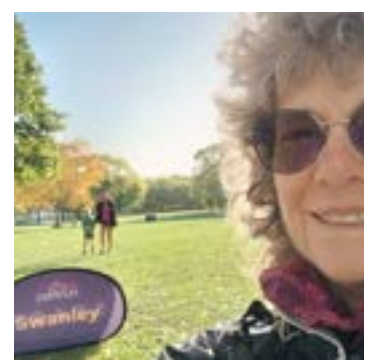
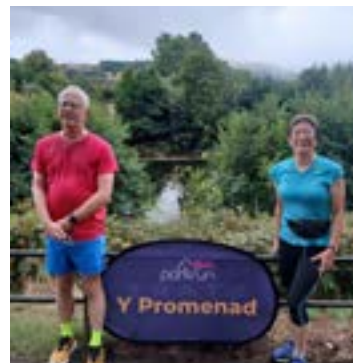
5th October - Metros

Position	Name	Time	Score
32	Sam Chapman	0:40:19	32
40	Jahmai Pierre Louis	0:41:11	38
47	Justin Archer	0:41:57	44
64	Nicky Smith	0:43:40	59
77	Graham Barlow	0:45:15	71
78	Sasha Birkin	0:45:23	7
115	Jasmine Nourse	0:48:20	19
144	Mike Morris	0:50:30	117
153	Ray Smith	0:51:46	122
166	Caroline Day-Lewis	0:53:37	38
177	Ruth Tidder	0:55:15	43
193	Bernie Conway	0:57:15	48
206	Jennifer O'Sullivan	0:58:50	56
208	Gary Collins	0:59:06	152
233	Linda Dunne	1:04:53	70
236	Andrew Collier	1:06:34	164
249	Nathan Powell	1:34:11	168



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

PARKRUN TOURISM



ANNIVERSARY PARTY

What a fantastic evening it was - and if you weren't there, you missed a real treat. Everything had been thought through to perfection, not least the choice of venue with such excellent public transport links.

There are so many thank yous needed:

- Steve Paull for the inspiration of the whole event, research & photos/slideshow
- Jenny, Andy & Steve - the organising committee
- Irene - ticket sales
- Gill F, Wendy, Penny & Monica - the decorations/tables
- Irene & Marcus - compères
- Teresa, Jane & Linda D - desserts
- Una & Quentyn - photography
- Monica - rubbish collector and bin bag holder throughout the evening

Not satisfied with being some of the last on the dance floor, just watched Angela, Gerry and Raquel complete the Moor Park 10k. The next generation have a lot to live up to.
Irene

It really was very special. Best Metros social event I have attended. Many thanks to the team who put this together. 10/10. Al

Thanks to everyone who set this up, a really fun event, good to see everyone.
Adam & Karen

Thanks to everyone who made Metros 40th such a good evening. Lovely to see so many friends from the past. Kath

Such a good evening. Huge thanks to all involved
Judy

Lovely night, and I was so impressed to see a few still standing and running at Moor Park 10k. Nice to see Merv... he of 'Merv's Triangle's fame! Big congratulations to all who organised the event.
Steve Poole

Thanks to all those in organising and managing the party. Val & I enjoyed it very much. Such a lovely and welcoming event. Great atmosphere. Now looking forward to the 50th anniversary party!!
Arnold

Big thank you to all who contributed to Saturday. I enjoyed it hugely and loved seeing so many long time Metros friends. Angela

ANNIVERSARY PARTY



ANNIVERSARY PARTY



ANNIVERSARY PARTY



ANNIVERSARY PARTY QUIZ

1. What was the name of the club that Metros evolved from?
2. Who was the first Chairperson of Metros?
3. How many Membership Secretaries have there been?
4. On a Tuesday we run from Lowlands Tennis Club - but where did the original Tuesday night run start?
5. How many members does Metros currently have?
6. What was the challenge of the Tough Ten, the venues had to change over the years. Can you name 10 of them?
7. What year did Metros run their first Couch to 5k programme?
8. During the Harrow Hill race, what height do you gain from the bottom of Football Lane to the top?
9. Who has run the most marathons in the club, do you know how many they have run?
10. Who has run the most half marathons?
11. Where is the Metros water station at the London Marathon?
12. Which first claim Metros (male and female) have run the fastest London Marathons?
13. Which two Metros have been first in their age group at the London Marathon?
14. What is the triangle of land that is often used for a fartlek workout in Roxbourne Park?
15. What are the 9 clubs that compete in the Summer League?
16. What are the 5 terrains of Marathon Week?
17. How many times have Metros participated in the Round Norfolk Relay?
18. Why did the power go down in Norfolk one year when Metros were running the Round Norfolk Relay?

ANNIVERSARY PARTY QUIZ - ANSWERS

1. London Road Runners
2. Henry Pickford
3. 5: Pat Jackson, Jane Scoffham, Ian Bocock, Ann Marsden, Irene Paull
4. Brian and Pat Jackson's House
5. 326
6. A run between pubs, a drink in each one, a curry at the finish and then turn up for training in Roxbourne Park the next day! The pubs were The Whittington, The Victory, The Queens Head, The Odd Fellows, The Bell, The Starling, The Ship, The Case, The George & The Rayners.
7. 2017
8. Approximately 35 metres/114 feet
9. Steve Paull, 127
10. Chris Shearwood, over 200
11. Canary Wharf - 18mile/30k point
12. Gordon Swindells 2hrs 29 (as a London Road runner), 2hrs 31 as a Metro; Lucy Ashe 2hrs 58
13. Nigel Rackham and Chris Roome
14. Merv's Triangle, Mervyn is a former Metro who used to lead training sessions on Saturdays.
15. Metros, Sudbury Court, Queen Park Harriers, Mornington Chasers, Ealing Eagles, Serpentine, Hayes and Harlington, Dulwich & Ealing, Southall and Middlesex
16. Sand, woods, track, hills, road
17. 22 times, our fastest run was 20 hrs 34 secs in 1993
18. A member of our team accidentally drove into a telegraph pole!!

FUNDRAISING

The four half marathons challenge completed. After having a stroke myself I've tried to help other survivors to have the best chance of a better outcome. LEGS - Local Exercise Groups for stroke and neurological conditions - are an organisation that really make a difference and I've been doing this challenge to try to raise a little bit of money for them.

If you can help please donate, even the cost of a coffee can make a real difference to someone in need of help.

Thank you
David Merrigan



The Great North Run, the Ealing half, the Great Scottish Run and the Great South Run.

<https://www.gofundme.com/f/4-half-marathons-challenge>

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VOLUNTEERING

Well done to the teams of Metros who volunteered at the Royal Parks Half Marathon this month.





IF YOU WORK IN I.T. ARE YOU ABLE TO HELP?

Metros would like to have online storage for archiving documents such as Metrolines, event photographs, Committee and AGM minutes, accounts files and race series results dating back over many years (e.g. 10k, Measured Mile, 5k, Brian Jackson Fun Run).

We currently own the domain name "Metros.org.uk" and would like to create and use generic emails such as chair@metros.org.uk secretary@metros.org.uk archivist@metros.org.uk

Do you know of any facilities or companies that could enable us to do this at a reasonable cost? Would you be willing to help members of the committee set this up?

Please contact Marcus Weedon (marcusweedon@hotmail.com) or Teresa Young (teresa53.young@gmail.com)

COMMITTEE MEETING MINUTES

Wednesday 8th October 2025 at 8:00pm

Many thanks to Nigel & Judy Rackham for continuing to host our meetings

Attendees: Marcus Weedon, Jennifer O'Sullivan, Teresa Young, Irene Paull, Andrew Fox, Anne Ambrose, Nigel Rackham, Ariff Sidik, Rohan Mascarenhas

Apologies: Steve Alder, Pat Jackson

Chair: Marcus Weedon

Note Recorder: Rohan Mascarenhas

1. Actions from Last Meeting

A. Finance - The reserves policy and membership revenue will be updated by the next meeting. The 40th anniversary party received a subsidy of £400, and the proceeds of the raffle will be donated to our nominated Christmas charity.

Action: Teresa Young

B. Leadership course in Running Fitness (LIRF) - once booked by participants, weekly sessions to be allocated.

Action: Marcus Weedon / Rohan Mascarenhas

C. C25k / 5k to 10k - Latest cohort was launched 6th September for C25k - updates and progress on 5k to 10k to be shared by Steve Alder during next meeting. 5k to 10k will be linked to Tuesday and Thursday evening road runs.

Action: Steve Alder

2. Club Events

A. Metros 40th Anniversary Party - was successfully held on 27th September at Harrow Weald Memorial Club Special thanks was given to all those involved in organising.

B. Brian Jackson Fun Run - the new race formats were well received and thanks to Pat Jackson and all the volunteers.

C. Pizza & Prizes Evening - will take place on Friday 21st November at Lowlands Tennis Club.

A review of members' nominations for awards is in progress and will be announced at the event by the Committee for the various discretionary categories, together with trophy race winners.

Ariff confirmed that JC Trophies and another potential supplier will update the trophies and mementos.

Action: Marcus Weedon / Ariff Sidik / Teresa Young

COMMITTEE MEETING MINUTES

D. Metros 5K trophy 2025/26 dates - schedule prepared by Nathan has been confirmed and first event will be Harrow School track on 25th October followed by Roxbourne on 1st November.

Action: Marcus Weedon / Nathan Powell

3. Other Events

A. TVXC - First event of the season was successfully run on 5th October with our home fixture at Hillingdon with 250 attendees. Special thanks to Keval Shah for his role as Race Director.

Next TVXC race dates are Datchet on 9th November and Sandhurst on 23rd November

Action: Jennifer O'Sullivan

B. Liddiard Cross Country Trophy Race - with Queens Park Harriers will take place in Kingsbury on 1st November

Action: Jennifer O'Sullivan

C. Royal Parks Half Marathon Water Station – Several Metros will be volunteering at the 5km water station on Whitehall on the 12th October. Special thanks to Anne Ambrose for organising our team and also Nathan Powell for promoting.

4. AOB

A. EA / Regional Club Forum – An overview of the in-person networking event held on 27th September was provided, featuring best practices shared from other clubs. A challenge to the £2 discount rate for race entry was raised and will be pursued.

Allocation of a free place at the next London Marathon will also be sought.

Action: Rohan Mascarenhas / Irene Paull

B. Sponsorship - is being explored for key Metros events such as the Harrow 10k and Sports Day events.

Action: Marcus Weedon

Next meeting: 10th December at Miller & Carter, Stanmore

METROS SESSION CO-ORDINATORS

MONDAY

- Run Session - Stephanie White
- Core Session - Ariff Sidik

TUESDAY

- Run Session - Steve Paull & Tim Oakley
- Walk/Jog - Irene Paull & Nancy Morris

WEDNESDAY

- Hills 1 - Nathan Powell & Kevin Smart
- Hills 2 - Gerry Barker & Mike Reid

THURSDAY

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

FRIDAY

- Strengthening Session - Marcus Weedon
- LFOTM - Gerry Barker

SATURDAY

- Roxbourne Session - Adam Leary & Marilyn Pickford

To contact a session leader,
please send a message via spond

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

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

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

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

£20 Hoodie navy blue or yellow - Adults

£14 Hoodie navy blue – Children

£5 Knitted Hats – navy blue or yellow

In stock

£15 Hi Viz vest

£5 Snood

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



Lightweight Jackets

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

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

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

Pat Jackson

patjacksonhome@hotmail.com

0796351816

Kit



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.



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.

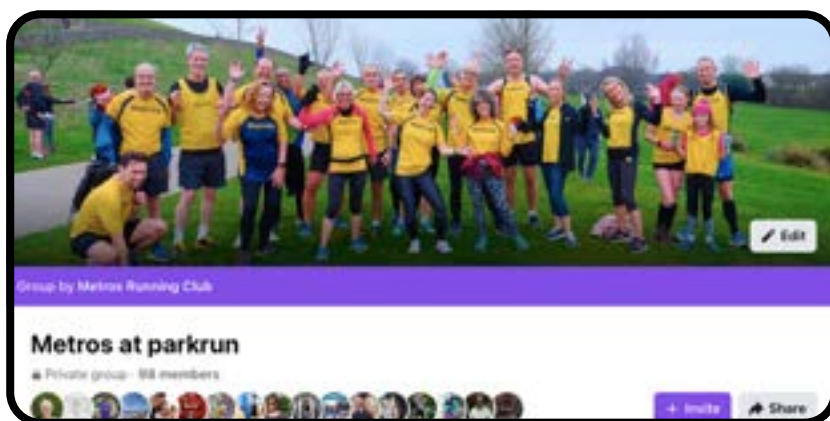
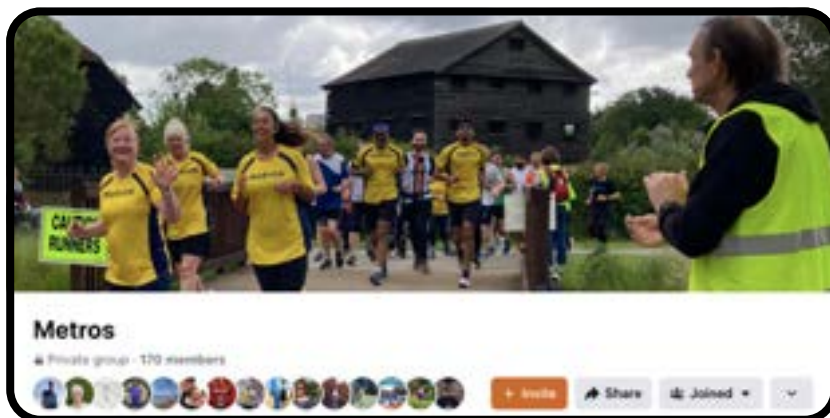
Looking for running socks or new insoles? Use code **ARIFFSIDIK** for a 15% discount at www.enertor.com

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

CLUB 40

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