

METROLINES

June 2026

Issue No. 442



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CALENDAR DATES

June		
Mon 1	Vets Track & Field (Hillingdon)	6.30pm
Sat 6	5 Mile Handicap (Roxbourne Park)	9.00am
Sun 7	Hitchin HM/10M	9.00am
Sat 13	Wot no Watch (Roxbourne Park)	9.00am
Sun 14	Summer League Headstone Manor	9.30am
Mon 15	Vets Track & Field Tooting Bec)	6.30pm
Sun 21	Summer solstice run/walk	7.45/8.15am
Fri 26	LFOTM - Merry Hill Nature Reserve	11.50am
Sat 27	Track 5k Harrow School (5k comp)	8.00am
Sun 29	Summer League Perivale	9.30am
July		
Wed 1	Vets Track & Field (Perivale)	6.30pm
Sat 11	Wot No Watch (Roxbourne Park)	9.00am
Sat 11	First Aid Course	11.00am
Sat 11	Summer BBQ - Judy & Nigel's	6.30pm
Sun 12	Summer League Dulwich	9.30am
Fri 17	Metros Sports Day (Harrow School)	5.50pm
Sat 18	Gladstone parkrun (5k comp)	9.00am
Sun 26	Summer League Regent's Park	9.30am
Fri 31	LFOTM - location tbc	11.50am
August		
Sat 1	Roxbourne Park 5k (5k comp)	9.00am
Sat 8	Measured Mile (Roxbourne Park)	9.00am
Sun 9	Burnham Beeches 10K/HM	9.15/9.30am
Fri 28	LFOTM - location tbc	11.50am
Sun 30	Bovingdon 10K	10.00am

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

metrolines1@gmail.com

SAVE THE DATE

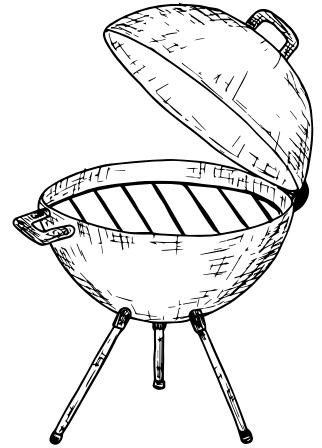
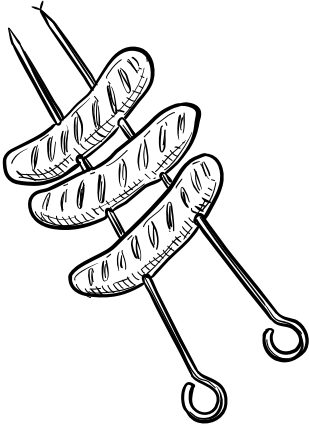
Metros BBQ

Saturday 11th July 2026

From 6:30pm

Hosted by Judy & Nigel

Families welcome



Metros Sports Day

Friday 17th July 2026

From 5:50pm

Harrow School Track

All abilities and ages

A fun evening of track & field events from 100m to 1 mile, relays, long jump & shot putt



**RECRUITING THE
DREAM TEAM!**

NOW!

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

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**

AEDS

Run Smart, Stay Safe, Know Your AED

Whether you're leading a session or joining a run, it's good practice for all of us to know where the nearest AED (Automated External Defibrillator) is located. Sudden cardiac arrest can happen without warning — even to fit and active people. In those critical moments, early CPR and quick access to an AED can dramatically increase survival.

According to the British Heart Foundation:

Defibrillation within 3–5 minutes can increase survival rates to 50–70%. Every minute without CPR and defibrillation reduces survival chances by up to 10%.

There are over 30,000 out-of-hospital cardiac arrests in the UK each year, and fewer than 1 in 10 people survive.

Fewer than 2% of people receive AED support before an ambulance arrives.

AEDs are safe, simple, and designed for everyone to use. They provide clear voice instructions and will only deliver a shock if it's needed — you can't harm someone by following the prompts.

While out running and attending 400+ parkruns I have assisted & supported in a number of medical emergencies including several cardiac arrests and without the AED being available, some of these people wouldn't be alive today.

By building awareness and confidence across our club, we help create not just a supportive running community, but a safer one too.

Bernie



FIRST AID COURSE



**Are you keen to learn lifesaving skills and gain confidence in responding to a sporting injury?
Metros are holding a First Aid course (this includes use of the AED)**

Saturday 11th July 2026

11am-3pm

Roxbourne Park Scout Hut

Cost £20 per person

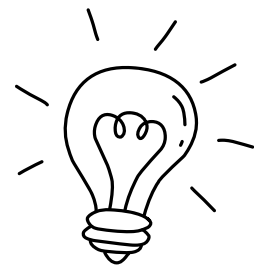
(actual cost is £40 pp - your Metros club contributes half)

While as a club we are under no obligation to offer first aid at our training sessions, first aid is a valuable life skill. Many of our members have chosen to equip themselves with the necessary skills and have on occasions assisted both their fellow runners and members of the public whilst out on runs.

**Do you know how to use the AED?
Would you like to attend the course?**

**If you are interested please contact Gill Fox either through Spond or
07843417240 or email me on
gill.fox2607@gmail.com
I look forward to hearing from you
Gill**

METROS QUIZ



Once again our amazing Quiz Hosts Judy and Nigel put on a brilliant evening with questions that I mostly didn't know the answers to apart from the brilliant countries anagrams.

Luckily we had a team that consisted of some brainiacs and then there was Russell who took full ownership of the answers sheet for every round.

We had a superb time and we won!

Thank you to the Rackhams once again and I'm so looking forward to seeing what they come up with next year.

Marcus



ACHIEVEMENTS



Hershil Patel got a PB at the Milton Keynes marathon.



Emma Ponnaganti was 1st V50 at the Waterville Trailrunning Festival 43k.



John Norris got a PB at the Milton Keynes marathon.



Hershil Patel got a PB at the Bristol half marathon.



Mohamed Hamid got a PB at the London marathon.



Yvonne Walker completed her 7th Marathon Major

RACE RESULTS

**Bristol Half
Marathon, 10th May**
Hershil Patel 1:36:21



**Milton Keynes
Marathon, 4th May**
Justin Archer 3:26:09
John Norris 3:29:00
Hershil Patel 3:34:16



**Hackney Half Marathon,
10th May**
Rick Patel 1:30:01
Abdul Ali 1:43:37
Harish Gohil 1:49:02
Bernie Conway 2:12:07
Ariff Sidik 2:17:39
Saida Nasser 2:22:09
Sakina Sidik 2:49:05

Waterville Trailrunning Festival, 3rd May
Emma Ponnaganti 5:12:54



Exeter Marathon, 3rd May
Jonathan Evan-Hughes 3:55:05

Hereford Half Marathon, 10th May
Christopher Shearwood, 1:28:10



Cape Town Marathon, 24th May
Yvonne Walker 4:58:36



Mini London Championships, 25 April
Rocco Keene 8:26 (2.6km)

Mini London Marathon, 25 April
Hugo Conway-Norris 7:03 (1 mile)

RACE REPORT (1)

Waterville Trailrunning Festival, WTF!

Emma Ponnaganti

Waterville is a small village in County Kerry in southwest Ireland, looking out over Ballinskelligs Bay. It was a favourite holiday destination of Charlie Chaplin and was the home of legendary Gaelic football manager Mick O'Dwyer. The village lies on the well-known Ring of Kerry route around the Iveragh Peninsula, but the best way to experience the area is on foot - especially on the Kerry Way.



This fully waymarked trail takes around nine days to walk end to end, and the Waterville Trailrunning Festival uses sections of it. Now in its sixth year, the festival has evolved into a settled format with several options: 25 km on Saturday, 43 km on Sunday, or a two-day challenge combining both. For an even bigger test, the 130 km race covers the 43 km course three times.

I'd always planned to race this one because I know the area well - my childhood home is about five miles from the start line. After my sister said she was entering again this year, following her overall win in the 43 km race in 2024, I didn't need much convincing to join her. I could probably have done more hill work in the weeks beforehand, and the 4,000 ft+ of elevation was on my mind, but I was focused on enjoying my first trail race. By the time we started, I had no time goals and just planned to enjoy the day.

At the start line I said goodbye to my sister, Sorchá. She set off with the front pack, while I settled into my own pace. This year we ran the course clockwise (it sounds like it may reverse next year), so the first climb took us onto Termons Ridge - a 5 km stretch northeast of Lough Currane, with the lake on one side and valleys on the other. After the descent from Termons, a short road section led into another climb and drop through native forest into the Glenmore valley. Halfway, we reached the old Glenmore school, now a checkpoint staffed by friendly volunteers refilling bottles and sharing updates from the front. Even the second-place finisher from the 130 km race was there supporting—we'd watched him finish shortly before our own start. After a quick refill, I headed into the toughest climb of the day: Eagle Hill. I power-hiked most of it, which gave me time to chat with runners around me - many far more experienced on trails.

RACE REPORT (2)



The descent off Eagle Hill is a beautiful, runnable track that drops into Caherdaniel, named after its most famous son, Daniel O’Connell - the 19th-century political leader known as “The Liberator” for securing Catholic emancipation. A few road miles later you reach Derrynane Beach and pass Derrynane House, O’Connell’s ancestral home. From the beach we joined the Derrynane Mass Path, an old route used in Penal times when Catholics had to climb to remote spots to attend Mass. The terrain kicked up again, and my tired legs forced me to hike much of the steepest climbing.

On the long descent back into Waterville, I got an update from the runners ahead: my sister had finished first woman and second overall, less than two minutes behind the winner. Sure enough, she and my mother were waiting at the N70 road crossing with only a short run to go. The final miles into Waterville are mostly downhill, and as the village came closer, I caught a runner I’d been chatting with earlier. We stayed together to the line and spurred each other on.

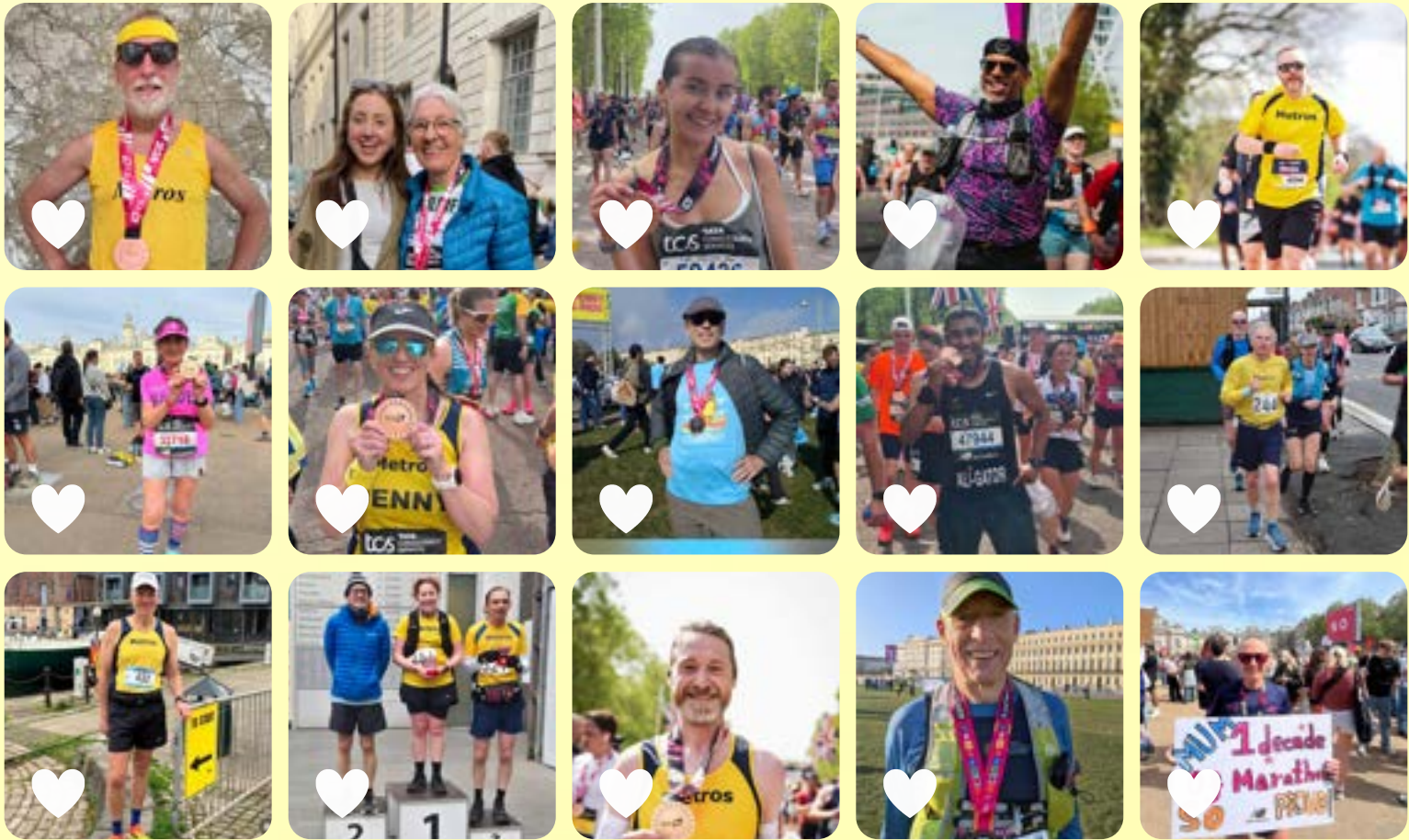
I’m converted - I loved my first trail race. The atmosphere was welcoming and upbeat, and the setting couldn’t have been better, though the kind weather probably helped, and I will always cheerlead for Kerry. As the saying in Kerry goes: ‘There are only two Kingdoms – the Kingdom of God and the Kingdom of Kerry!’



MARATHONS OF 2026



Miles, medals and memories made #26.2



LONDON MARATHON 2026

Nigel Rackham	3:00:01
Justin Archer	3:03:49
Daniel Smith	3:04:59
Paul Spendloff	3:22:31
Christopher Shearwood	3:23:30
Sasha Birkin	3:27:46
Mohamed Hamid	3:32:47
Amy Merrigan	3:53:29
Abdul Ali	4:50:56
Bernie Conway	4:59:09
Shrida Shah	5:09:07
Anna Maguire	5:10:51
Jennifer O'Sullivan	5:20:05
Saida Nasser	5:31:13
Pauline Bishop	5:38:27
Richard Hayward	5:46:45
Sakina Sidik	5:47:59
Ariff Sidik	5:55:47
Raquel Ponte Marono	6:23:17



LONDON MARATHON 2026

Why You Should Volunteer Next Year

After three years volunteering at the Buxton Water Station (mile 20), something I now look forward to every year, I decided to try something different this year - the Elite Water Station at mile 18, our exclusive Metros station organised by Anne Ambrose.

The day started bright and early at Canary Wharf, collecting our kit before setting up. Being at the Elite station felt incredibly special - standing just metres away from the world's best marathon runners as they passed through at unbelievable speed. Watching who grabbed a bottle (and who didn't!) added to the excitement.

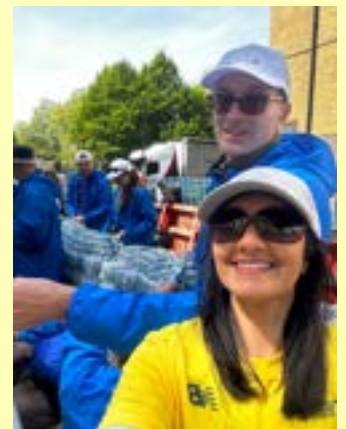
Once the elites had passed and we had cleared up, I headed straight back to my usual spot at Buxton Water Station at mile 20 - and this is where the atmosphere truly comes alive.

Music pumping, an announcer on the mic hyping up the runners, and a constant stream of runners pushing through one of the toughest parts of the race. You're not just handing out water, you're lifting people up too. The gratitude from runners, the crowd, and the team spirit make it such a rewarding experience. It's also one of the best places to spot and cheer on runners, in my opinion - I managed to catch (almost) everyone I was hoping to see!

And it's not just about the experience - volunteers are well looked after too, with official London Marathon kit, free travel on the day, and lunch provided.

If you're looking for a way to be part of marathon day without running, I can't recommend volunteering enough - especially with the Metros crew at Buxton Water Station. Keep an eye out for Nathan's messages on Spond (or chat to him in person) to join next year - you won't regret it.

Farzina K



LONDON MARATHON 2026

Dear all.

I was asked to write about my experience of the London Marathon. I was unable to get a place on the water station which I had done for a few years. I was asked if I wanted to help with a group called back of the pack.

I turned up in the afternoon to start my shift finishing at midnight. We were tasked with walking/assisting participants who at mile 12, were behind the 8 hour pace car. At this point, all people in the LM were on the pavement and we had to spot them when they were walking towards us.

We managed to pick up a man who had dropped out at mile 8 through injury and then had spent time in the pub. He wasn't that keen to finish. Each of the pairs found someone to assist. Alex and I were allocated Emmanuel, a 55 year-old with sciatica and after quick introduction, with my rucksack full of water and food, we were off. The group around us included a man in his eighties who had 1 prosthetic leg, and a lady called Katie who was walking with 2 crutches.

The first problem was to make progress on the pavement and this was solved by walking ahead and moving people out of the way. The next problem was to keep him moving as LM had strict timings that had to be kept to. I managed to get all of us an ice cream from a van on the other side of the barriers. We were also able to get him a cold compress from St John's Ambulance to help his sciatica.

We were supported all the way by a LM minibus which was moving between the different groups of people. He was offered food and drinks due to the water stations being closed. We had some great support from other runners who were going the opposite way and also pubs and members of the public. Emmanuel was offered a pint but he refused it.

We were 20 minutes ahead of the cut off at the start but this gradually eroded away. I know his life history and he had some great stories but he wanted his medal and he was planning to get it engraved. We got him to mile 18 and he was only 5 minutes ahead of the cut off. I had been talking to him about his lack of speed and that he needed to speed up. I also said he was better to drop out rather than be stopped by LM.

So a little bit from mile 18 he dropped out. After some hugs we left him in the transit.

I moved on to the next group and Katie with her 2 crutches and they were doing an amazing job to get her this far. The group with her had also supported her at the Brighton half marathon. The next person who got stopped was the man with a prosthetic at mile 19. Katie was stopped at mile 19 and a little bit.

Lots of hugs and chats.

(cont'd on next page)

LONDON MARATHON 2026

There were 4 tail walkers and we said goodbye to the 2 pacers and went from 19 to 21 before we got stopped. We were given a lift in the transit and listening in on the radios for help. We then handed out blankets to the participants who were not only walking in the dark but also getting cold .

We were taken to Birdcage Walk and we walked as a group to the finish and waited while some of the slower people came in with their back of the back volunteers. These participants had pushed themselves for over 12 hours to get their medals but without the big crowds and only the back of the pack crew to help them.

The back of the pack are about 40 walkers and 6 bikes used to transport water and food. They mean that none of the slower people are out on their own.

I think that we made a difference to their day.

Martin Eden



Marathon After-Party

We, the "survivors" who made it to Steve and Irene's for the London marathon after-party are immensely grateful to them for their hospitality and hard work (and that of their assistants) in putting on such an amazing spread. It was great to share experiences of the race while they were fresh in our minds as well as comparing medals with those of other recent marathoners. Well done everyone!

Nigel



SATURDAY SERIES: MEASURED MILE

Roxbourne Park - Saturday 9th May 2026

Name	Nov 2025	Feb 2026	May 2026
Adam Leary	7:36	7:37	7:17
Andrew Collier	-	7:29	8:02
Barbara Pacinella	10:55	10:48	11:07
Barbara Reading	10:54	-	-
Bill Harrington	-	10:42	-
Blessing Akinsehinwa	-	-	7:27
Carole Valentine	11:23	-	11:38
Caroline Day Lewis	7:14	-	-
Dave Young	8:00	8:00	9:56
Eilish Fernandez	10:56	10:48	-
Gladys de Groot	13:23	-	-
Guiseppe Pacinella	11:19	-	11:00
Janice Newman	-	10:04	9:56
Jo Collier	-	10:09	-
Jonathan Pang	8:20	8:15	7:48
Judy Rackham	17:59	-	13:34
Karen Leary	10:57	-	10:57
Malcolm Jackson	-	9:48	-
Marcus Weedon	-	5:50	-
Marion Rogan	10:53	-	10:41
Michelle Tauro	-	13:02	-
Mike Morris	-	6:21	-
Nigel Rackham	-	-	13:35
Paul Hor	7:18	7:47	7:25
Raquel Russel-Ponte	-	-	11:13
Robyn Walliser	-	8:17	-
Sarah Westwood	11:56	11:37	11:37
Simon Abery	7:11	-	-
Suzanne Harvey	-	-	12:49
Will Bailey	-	-	8:35

SATURDAY SERIES: 5K COMPETITION 2025 - 26

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

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 2nd May - women

Name	Time	Age Grading	Points
Sasha Birkin	22:26	78.60%	50
Janice Newman	36:52	74.01%	49
Jasia Zimmerman	31:19	67.75%	48
Allegra Keene	26:01	61.37%	47
Raquel Russel-Ponte *	51:15	56.23%	46
Tanya Keene	31:26	56.10%	45
Jo Collier	34:32	54.63%	44
Teresa Young *	39:56	53.13%	43
Natalie Gerverun	36:00	52.41%	42
Pip Brown	33:23	48.53%	41
Angela Murphy *	51:15	48.16%	40
Emma Rackham-Kong	31:30	47.62%	39
Ceri Jacobs (Guide)			44.5
		AVG.	44.5

Volunteers:

Results: Irene Paull, Nancy Morris, Judy Rackham

Marshals: Jane Hudson, Steph White, Marilyn Pickford, Barbara Reading, Penny Hudson,

Refreshments: Teresa Young



* self timed

SATURDAY SERIES: 5K COMPETITION

Roxbourne Park - Saturday 2nd May - men

Name	Time	Age Grading	Points
Russell Morris	21:30	71.47%	50
Mike Morris	22:57	69.28%	49
Simon Abery	23:24	69.15%	48
Rocco Keene	19:19	67.73%	47
Paul Hor	27:12	65.60%	46
Bijan Keene	24:21	62.06%	45
Dave Young	29:05	61.35%	44
Rohan Mascarenhas	25:42	60.81%	43
Tim Oakley	29:50	57.27%	42
Malcolm Jackson	34:21	54.25%	41
Will Bailey	30:58	52.26%	40
Andrew Collier	31:51	50.36%	39
Mike Reid	33:23	50.24%	38
Al Scoffham *	39:53	36.98%	37
Jonathan Pang (Tail)	56:17	31.32%	43.5
		AVG.	43.5

Volunteers:

Marshals: Nigel Rackham, Robert Bevan

Tail Runner: Jonathan Pang



* self timed

SATURDAY SERIES: 5K COMPETITION

Cumulative Results - Women (Top 20)

	Track	Roxbo urne	Northa la	Harrow	Roxbo urne	Ricky	Track	Roxbo urne	TOTAL
Name	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Cumul ative
Sasha BIRKIN	49	50	49	49	50	50	49	50	396
Philippa BROWN	46	37	37	36	36	43	42	41	318
Tanya KEENE	-	44	41	43	42	46	46	45	307
Allegra KEENE	-	38	42	41	41	48	44	47	301
Judy RACKHAM	48	43.5	38	42	41	44	-	44.5	301
Janice NEWMAN	50	48	50	50	-	-	50	49	297
Ruth TIDDER	47	47	47	39	49	49	-	-	278
Teresa YOUNG	48	42	-	-	45	-	45.5	44.5	225
Una CUNNINGHAM TAYLOR	-	-	40	35	39	45	47	-	206
Jasia ZIMMERMANN	-	46	48	-	48	-	-	48	190
Emma RACKHAM-KONG	-	-	32	34	34	42	-	39	181
Jane HUDSON	-	-	-	47	41	-	45.5	44.5	178
Irene PAULL	-	43.5	-	42	41	-	-	44.5	171
Diane O'REILLY	-	-	39	38	35	40	-	-	152
Emma PONNAGANTI	-	-	45	-	47	-	48	-	140
Jo COLLIER	-	-	-	-	43	44	-	44	131
Marilyn PICKFORD	-	43.5	-	-	41	-	-	44.5	129
Nancy MORRIS	-	43.5	-	-	41	-	-	44.5	129
Stephanie WHITE	-	43.5	-	-	41	-	-	44.5	129
Penny HUDSON	-	-	-	37	41	-	-	44.5	122.5

SATURDAY SERIES: 5K COMPETITION

Cumulative Results - Men (Top 20)

	Track	Roxbou rne	Northa la	Harrow	Roxbou rne	Ricky	Track	Roxbou rne	TOTAL
Name	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Cumul ative
Russell MORRIS	45	49	43	35.5	48	45	37	50	352.5
Nigel RACKHAM	50	50	50	50	50	48	-	43.5	341.5
Rocco KEENE	-	47	44	45	46	47	44	47	320
Bijan KEENE	-	42	39	35	42	39	35	45	277
Rohan MASCARENHAS	38	40	-	30	41	35	41	43	268
Chris SHEARWOOD	49	-	48	49	49	50	-	-	245
Mike MORRIS	-	43	-	43	41	-	40	49	216
Marcus WEEDON	43.5	43.5	-	-	41	44	43	-	215
Justin ARCHER	-	-	49	48	-	49	47	-	193
Mike REID	-	-	30	24	32	33	32	38	189
John NORRIS	-	-	46	47	-	46	45	-	184
Richard BROWN	46	-	45	44	-	-	41	-	176
Paul HOR	-	46	-	-	40	-	41	46	173
Simon ABERY	40	43.5	-	-	-	-	36	48	167.5
Robert BEVAN	43.5	43.5	-	35.5	-	-	-	43.5	166
Andrew COLLIER	-	39	-	27	39	-	-	39	144
Cem BROWN	48	-	47	46	-	-	-	-	141
Peter REYNOLDS	-	45	-	40	45	-	-	-	130
Dave YOUNG	-	41	-	-	43	-	-	44	128
Malcolm JACKSON	-	43.5	-	-	37	-	-	41	121.5

LRRC TROPHY RACES



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/berkhamsted-rotary-half-marathon-and-five-mile-run-	✓
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/5M	https://my.raceresult.com/344417/info	
09/08/2026	£22-30	Burnham Beeches 10K/HM	https://burnhamjoggers.co.uk/beeches-half/	
30/08/2026	£20	Bovingdon 10K	https://www.gadevalleyharriers.co.uk/bovingdon-10k-and-fun-run/	
20/09/2026	£19	Moor Park 10K	http://www.moorpark10k.org.uk/	
04/10/2026	£31-£39	Welwyn 10K/HM	https://www.atwevents.co.uk/e/atw-welwyn-half-marathon-and-10k-8927	
18/10/2026	tbc	Ricky road race 10 Miles	https://www.rickyroadrun.co.uk/	

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

LRRRC TROPHY RACES

Marlow 5 10th May 2026

Position	Name	Gun Time	Chip Time	
111	James Kerrane	00:34:35	00:34:27	
293	Kenny Rackham-Kong	00:41:08	00:39:49	
483	Stephen Paull	00:46:37	00:46:09	
492	Jane Hudson	00:46:49	00:46:20	
674	Emma Rackham-Kong	00:51:28	00:50:08	
677	Bernie Conway	00:51:32	00:48:07	
818	Ruth Tidder	00:57:22	00:55:31	
901	Penny Hudson	01:05:23	01:03:49	
905	Irene Paull	01:06:04	01:04:30	



LEAGUES: SUMMER LEAGUE

SUMMER



LEAGUE

14th June – HEADSTONE MANOR – 8k
28th June – PERIVALE – 8k
12th July – DULWICH – 8k
26th July – REGENT'S 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 Putt
800m	Discus
1500m	Long Jump
3000m	Triple Jump
2000m walk	High Jump
Relays	

IF YOU ARE OVER 35 AND FANCY SOME BRILLIANT FUN WHILST THROWING VARIOUS OBJECTS AND FLYING AROUND SOME AMAZING ATHLETICS 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

LEAGUES: VETS TRACK AND FIELD

Battersea Park - Monday 18th May



Marcus Weedon	
100m	15.1
400m	72.0
High jump	1.30
Long jump	2.82

Sonny Peart	
Shot	7.96

Russell Morris	
100m	15.1
400m	70.7
1500m	5:39.4
Shot	5.98
Discus	16.22
High jump	0.90
Long jump	3.13

Jag Matharu	
400m	71.6
1500m	5:38.4

Jenny O'Sullivan	
100m	18.0
400m	89.4
Shot	3.45
Discus	10.52

Lynne Jones	
100m	21.1
2000m walk	14:51.8

PARKRUN TOURISM



AGM MINUTES

Metros Annual General Meeting 2026

Minutes of the meeting held on Friday 8th May 2025 at 6:45pm at Lowlands Tennis Club, Lowlands Road, Eastcote, HA5 1TU

Rohan Mascarenhas opened the meeting.

1. **Appointment of Note Recorder** - Rohan Mascarenhas was appointed.

2. **Apologies for Absence** - Apologies were received from those noted as having declined on Spond plus Pat & Brian Jackson, Andrew Fox and Claire Reid.
21 members were in attendance.

3. **Approval of the Minutes of last AGM** – 2nd May 2025. The AGM accepted the minutes as correct and approved. These were subsequently signed by
Nigel Rackham and David Young.

4. **Matters Arising from the last Minutes**

No matters were outstanding.

5. **Chairman's Update and Report**

Marcus Weedon updated the AGM with highlights from last year. A full copy of the report is below:

REVIEW OF 25/26 Chair's Report

Welcome, everyone, to the 2026 AGM.

This past year has truly showcased the very best of Metros, another year filled with outstanding achievements, growth, teamwork, and the unmistakable spirit that defines our club. As Chair, it has been both a pleasure and a privilege to witness how our members continue to elevate what it means to be part of Metros.

We continue to offer 10 official weekly sessions, supported by many additional informal runs. Thank you to our session coordinators; your dedication ensures we can provide safe, enjoyable, and high-quality running opportunities for all.

Our Saturday session continues to flourish and be one of the most defining parts of Metros, a long-standing tradition that captures the warmth, energy and history of our club, and a brilliant place for runners of every level to feel part of something special. Our classic events, the Measured Mile, Wot No Watch, 5 Mile Handicap, 10K Challenge and the 5k Series still draw fantastic support and remain firm favourites across the membership.

AGM MINUTES

In addition to our successful Couch to 5k, the newly introduced 5k to 10k course is also taking place at Roxbourne on Saturdays, giving even more runners the confidence to progress and achieve new milestones. Thank you to Steve Alder for your continued hard work in putting these courses together and looking after everyone who shows up over the 3 days of the week.

parkrun involvement is stronger than ever, with Metros members showing up to run, pace, volunteer and cheer at a wide range of locations. And to everyone who has hit a milestone this year: well done on all your achievements that continue to inspire the whole club.

We also delivered three fantastic large-scale events this year: Harrow Hill 10K, now directed by Paula, Jasia and me, raising an incredible £2,400 for three charities, supported by our new race sponsor, Twelve Wealth Management. Summer League, directed by Irene and her team, was delivered with the usual precision, enthusiasm and brilliant teamwork.

TVXC is now under the new directorship of Keval Shah, who has stepped into the role with great energy. A huge thank you to everyone involved in organising these events, they take significant coordination, commitment and teamwork, and you have all done the club proud.

This year also saw changes across our competitive teams. I have taken on the role of Coordinator/Captain of the Vets League, and Jenny has stepped in as the new TVXC Captain, taking over from Al Scoffham. We owe Al enormous gratitude for his many years of dedication and leadership within TVXC, alongside Jane. Thank you, Al, for everything you have given.

Our Summer Sports Day remains one of the highlights of the year, with the Blue Team once again taking the win. Nathan and our Captains did a brilliant job maintaining the fun, inclusivity, and constant competitive energy that makes this event so memorable. Thank you to all involved in making this a special evening for everyone.

After a few years' absence, we entered the Round Norfolk Relay. The team was superbly managed by Chris Shearwood, a huge thank you for the incredible behind-the-scenes organisation and to everyone who supported the team. Your efforts ensured everything ran as well as it could have done from start to finish, and we look forward to seeing how the team fairs again later this year.

Our Mob Matches continue to grow, paired with our quarterly PB attempts, coordinated by the same dedicated group of volunteers. Red January remained as lively and motivating as ever with no fundraising pressure this year, but participation increased notably, boosted by a spirited WhatsApp group that kept runners inspired throughout the month. Thank you to Rohan and Zahra for your continued efforts.

AGM MINUTES

One of the biggest undertakings of the year was Marathon Week, a truly unique event in our calendar. A massive thank you to Irene, whose relentless hard work across all five events ensures the week remains such a standout experience. Having taken part in four of the events myself, I can say first hand how impressive it is to organise and deliver such a schedule so seamlessly. Irene, your dedication, energy and passion make this event shine. Thank you for everything you do.

We also have to thank Pat for organising the Brian Jackson Fun Run, now in its 46th year (I bet I have got that wrong), and the longest-standing event in the Metros calendar. Pat once again did an incredible job of facilitating and planning the new morning's fun run schedule; it really worked a treat and was brilliant fun.

We also have events with a competitive edge, such as the 5k series and the Trophy Race. Both continue to prove very popular, and we thank Nathan and Vincent for their ongoing efforts.

Big thanks to the social events teams over the last year. This year, we celebrated the 40th Year of the Metros Running Club at the Harrow Weald Memorial Club. What an amazing celebration we had, with many saying this was one of the best parties Metros has ever put on. Thanks go out to Jenny, Steve and Andy, plus anyone else who helped out. We also owe thanks to Ariff, Andy, Teresa, Nigel and Judy for organising our annual Pizza and Prizes evening and tonight's AGM and Quiz.

Whilst we are talking of Nigel, thank you to the Rackhams, who continue to hold the committee meetings on Wednesdays, every couple of months, as well as their super Summer BBQ and Christmas Party, and as well continue to do a fantastic job producing an engaging and up-to-date monthly edition that keeps everyone connected with what's happening across Metros. The interactive format has become a favourite for many, while a document version remains available for those who prefer it. Spond also continues to be a reliable source for upcoming events and important updates. A big thank you to Judy, Emma and Irene for their behind-the-scenes work.

I also want to say a big thank you to our committee. You all put in so much time and effort, and it really does make a huge difference. Whether we're dealing with EA bits, membership, marketing, finances, kit, notes or anything else that gets thrown our way, there's always a lot to get through. But no matter what's on the agenda, there's always someone around the table who knows exactly what's needed and helps steer us in the right direction. I'm genuinely grateful for everything you do behind the scenes. It keeps the club running smoothly, even when we're all juggling busy lives outside of Metros. Thank you for all that you do.

A special thank you must go to Ariff, who recently stepped down from the committee after several years of hard work, including his time as Deputy Chair. Your contribution has been invaluable, and we are incredibly grateful for everything you have done.

AGM MINUTES

As always, none of what we do would be possible without our outstanding volunteers. Whether at events, races, sessions, socials or behind the scenes, your time and support keep this club moving forward. Thank you for making our community warm, inclusive, ambitious and inspiring.

Over the past year, we've watched our members achieve some truly remarkable things. From new personal bests to first-ever race distances and well-deserved recognition at our awards night, to note one of the standout moments was John, Bernie and Hugo winning their Runner of the Year awards, a truly brilliant moment which took a bit of work in getting them all there without letting the rabbit out of the hat.

It's been inspiring to see the effort, determination and pride behind every achievement this year. But we should also remember that progress looks different for everyone, and that everyone's goals are their own. Some people come along aiming for PBs, others want to try a new distance, and many simply enjoy being part of the club without chasing anything specific, and all of that is OK. What matters is that we keep supporting one another, without judgement, whether someone is chasing a time, turning up to improve, or simply running for the enjoyment of it. Striking that balance, being a club that can strive, push and compete, while still welcoming and encouraging every single member, is what makes Metros so special.

As we look ahead into 2026/27, let's carry that same spirit, so every step forward is recognised, and every runner continues to feel they belong.

Membership update

Our membership stands at 305, a slight increase from last year. However, this growth masks a shift in the membership's composition. We now have 212 adults (down from 218), 33 juniors (up from 22), 5 C25K participants (down from 8), 52 over-70s (up from 44), and 5 supporters. This suggests a slight decrease in income year-on-year.

While it's positive to see more families joining, we struggle to retain individual adult members. In 2025, we retained 29 new members but expect only 23 this year. Additionally, we're seeing a significant rise in the number of less active older members.

6. Receive Audited Accounts and Treasurer's Report

Teresa highlighted several notes to accompany the Metros accounts. In addition to the audited accounts, Teresa also presented a summary of spending and income for the year.

From the accounts the club reported a deficit of almost £2000 for the year. Looking back at the accounts for 2019/20 – the year I became treasurer and just before COVID there has been a significant increase in the cost of hiring facilities for regular training from approx. £1700 to approx. £3000. In addition to the increased cost of hiring Harrow track on a Thursday evening we have also added a winter indoor Monday core session to this budget. But both events are well attended and still represent good value for money. We subsidised our 40th party.

AGM MINUTES

Although we fundraised to purchase our first AED, and purchased two others from club funds, we are now having to bear the cost of maintenance – replacing batteries and pads. Since 2019 the number of Metros “events” e.g. Track 5k’s, Sports Day, Bannister Mile Event, Marathon Week (every 2 years) has increased, all of which incur expenses. In previous years participating in the Summer League and TVXC has generated some income for the club, but this is no longer the case as other clubs incur costs for hiring parks (e.g. Regent’s Park) and we now provide better First Aid cover.

The committee are currently investigating IT systems to help with the club administration in a more seamless manner, integrating the website, membership and payment methods for events. We also pay an annual subscription for software to produce Metrolines. Our stock of kit has increased this year as we continue to try and hold most sizes of vest and short sleeved T shirts plus a small supply of the lightweight jacket, so some assets are tied up in stock.

We do still, however, have healthy reserves, but are likely to need to consider increasing membership subscriptions in the coming years.

7. Election of Auditor for 2026/27

Jasia Zimmerman has agreed to be the auditor for 2026 /27.

8. Nominations and Election of Honorary Officers

The following honorary officers for the year 2025/6 were nominated and approved:

Andy Fox, Anne Ambrose, Jennifer O’Sullivan, Nigel Rackham, Pat Jackson, Steve Alder

We also welcome three newly nominated committee members who have been approved:

Claire Reid, Nishal Shah, Russell Morris

9. Nominations and Election of Committee Members

The following committee officers for the year 2025/6 were nominated and approved:

Chair - Marcus Weedon

Club Secretary - Rohan Mascarenhas

Treasurer - Teresa Young

Membership Secretary - Irene Paull

We also thank Ariff Sidik for his position as Deputy Chair, which he is stepping down from and leaving the Committee.

10. Co-ordinators:

It is assumed that co-ordinators will re-volunteer, unless there is notification of change or another volunteer. Elections will be held if required.

11. Any Other Business

A question arose about whether the Deputy Chair position would be replaced. Marcus responded that it was felt that there is adequate committee coverage in his absence. However, we welcome anyone who wishes to consider applying for the role.

The meeting was closed by Rohan. All present were thanked for attending.

METROS COMMITTEE & CO-ORDINATOR LIST

MEET OUR COMMITTEE



**MARCUS WEEDON
HONORARY CHAIR**



**ROHAN MASCARENHAS
HONARARY CLUB
SECRETARY**



**TERESA YOUNG
HONORARY TREASURER**



**IRENE PAULL
HONORARY MEMBERSHIP
SECRETARY**

MEET OUR COMMITTEE



STEVE ALDER



ANNE AMBROSE



ANDY FOX



PAT JACKSON



JENNY O'SULLIVAN



NIGEL RACKHAM



NISH SHAH



CLAIRE REID

COMMITTEE ROLES

HONORARY CHAIR

Contact

Marcusweedon@hotmail.com

- Represent the Club and committee, acting as spokesperson as required
- To chair and manage the efficient running of the Club's committee and AGM/EGM meetings
- To ensure the committee acts in the spirit of the Club, in the best interest of its members and according to the constitution
- Suggest direction on the development of the Club

HONORARY CLUB SECRETARY

Contact

metrosclubsec@gmail.com

- Act as custodian of the Club constitution and policies, highlighting when changes are required to maintain compliance and relevance
- Prepare and distribute the AGM agenda, related documents, and details of committee elections, ensuring all relevant materials are sent out in advance.
- Act as the primary liaison with UKA on non-membership matters, such as club transfers and London Marathon entries.

HONORARY TREASURER

Contact

Treasurer.metros@gmail.com

- Preparing annual accounts for audit prior to AGM
- Managing the Club's income and expenditure, and its assets and liabilities
- Regularly reporting back to the Club committee on all financial matters
- Checking and then arranging payment of expenses, invoices and bills

HONORARY MEMBERSHIP SECRETARY

Contact

metros.secretary@yahoo.co.uk

- Respond to enquiries from potential new members
- Process new member applications, EA membership payments and send welcome emails
- Manage member access to Club systems: website, membership database, training sessions system
- Issue renewal notices to members at year-end, update membership records when payments are made directly to the Club and chase non-payers

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

METROS EVENT & CLUB CO-ORDINATORS

Awards and
Presentation
Evening

Andy Fox

Brian Jackson
Fun Run

Pat Jackson

Couch to 5K
Co-Ordinators

Mike Reid
Steve Alder

5k Run

Irene &
Steve Paull

5k Competition

Nigel Rackham

Nathan Powell

5 Mile Handicap

Gordon
Valentine

10km Challenge

Teresa Young

First Aid
Co-Ordinator

Gill Fox

Harrow Hill Race

Paula
Kanesthanasan,
Jasia Zimmerman
Marcus Weedon

Kit

Pat Jackson
patjacksonhome
@hotmail.com
07963551816

London
Marathon
Events
Volunteers

Anne Ambrose

Marathon Week

Irene Paull

Measured mile
& Wot no watch
Co-Ordinator

Teresa Young

Metrolines

Judy Rackham
Emma Rackham-
Kong
metrolines1@
gmail.com

Middlesex
County AA

Steve Alder

Quiz Night

Nigel Rackham

METROS EVENT & CLUB CO-ORDINATORS

Refreshment
Events

Hema Thakur
Ariff Sidik

Round Norfolk
Relay

Chris Shearwood
Marcus Weedon

Run and Talk
Mentors

Ariff Sidik

Social Media
Co-Ordinator

Claire Reid

SPOND
Administrator

Irene Paull
metros.
secretary@
hotmail.co.uk

Sports Day
Organisers

Nathan Powell
Marcus Weedon

Summer League
representative

Irene Paull

Summer League
Metros Fixture
Race Directors

Irene Paull, Rohan
Mascarenhas
Steve Alder

Summer League
Relay Captain

Marcus Weedon

TVXC - Metros
Fixture Race
Director

Keval Shah

TVXC Captain

Jenny O'Sullivan

LLRC Trophy
Races

Vincent Cheung

Vets League
Captain

Marcus Weedon

Website
www.metros.org.uk
Contributions to
Russell Morris
a.morris.russell@hotmail.com

Welfare Officers

Steve Alder
Ariff Sidik
Jenny O'Sullivan

Webcollect

Irene Paull

Kit

Warmer weather is here - do you need any kit?

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 Metro's 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 to order any of the above.

Pat Jackson. 07963 551 816. patjacksonhome@hotmail.com

MEMBER DISCOUNTS

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

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

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

CLUB



Vest: Front

Rear view



Tee-shirt: Front



Rear view



Standard yellow body, long sleeve T
(front and rear view)

Alternate blue body, long sleeve T
(front and rear view)

Official Club Kit

Please check the [Metros website](#) for details of pricing and sizing for official kit.

Please contact Pat Jackson to order kit.

patjacksonhome@hotmail.com

Metros Training Tops

These running shirts/vests can be worn to training sessions/parkrun/gym and your solo runs. This [link](#) will send you straight to our web shop page, allowing you to order online, with delivery direct to you.

Please note these are not part of the official Metros kit and should not be worn for league races (Summer League, TVXC, Vets T&F) or trophy races.



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 donation to charity could also be an option.

Please contact me if you would like one.

Pat Jackson

07963 551 816

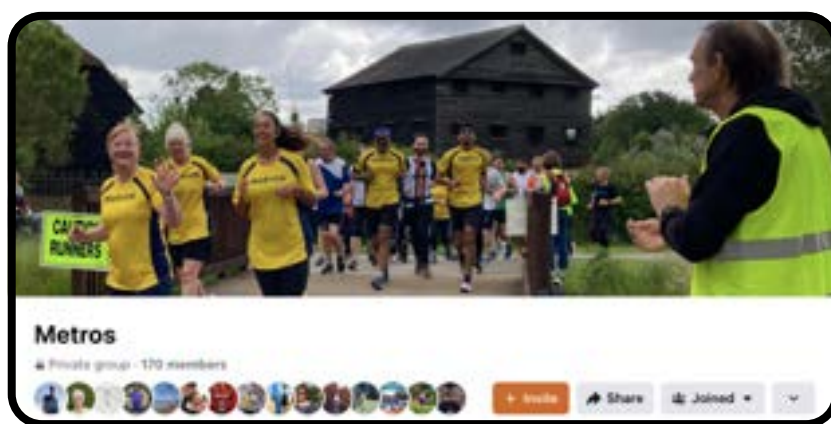
patjacksonhome@hotmail.com



SOCIAL MEDIA

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

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



WEBSITE



www.metros.org.uk