

METROLINES

July 2026

Issue No. 443



METROLINES - CONTENTS

3	<u>Calendar Dates (July- September 2026)</u>
4-5	<u>Dates for your Diary</u>
6	<u>AEDs</u>
7	<u>First Aid Course</u>
8	<u>Achievements</u>
9	<u>Race Results</u>
10-11	<u>Race Report</u>
12	<u>Saturday Series: Wot No Watch</u>
13	<u>Saturday Series: 5 Mile Handicap</u>
14-18	<u>Saturday Series - 5k Competition</u>
19-20	<u>LRRC Trophy Races</u>
21-25	<u>Leagues: Summer League</u>
26-28	<u>Leagues: Vets Track and Field</u>
29	<u>parkrun Tourism</u>
30	<u>Photos</u>
31-32	<u>Kit & Member Discounts</u>
33	<u>Social Media</u>

CALENDAR DATES

July		
Wed 1	Vets Track & Field (Perivale)	6.30pm
Wed 8	Committee Meeting	8.00pm
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
September		
Sat 5	5 Mile handicap	9.00am
Sat 12	Wot no Watch (Roxbourne Park)	9.00am
Sat 12/Sun 13	Round Norfolk Relay	
Sat 19	Cassiobury parkrun (5k comp)	9.00am
Sun 20	Moor Park 10k	3.00pm
Fri 25	LFOTM (West Harrow Park)	11.50am
Sat 26	Brian Jackson Fun Run - Roxbourne Park	8.45am

We would love your contributions to Metrolines. Please email us with your race results, achievements, photos etc, by 18th July.

metrolines1@gmail.com

SUMMER EVENTS - SIGN UP NOW!

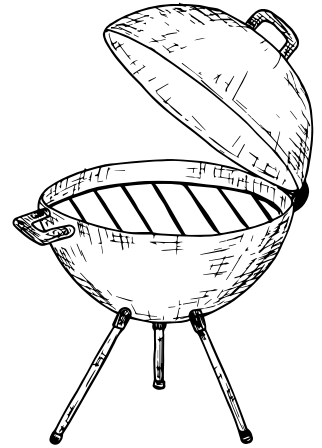
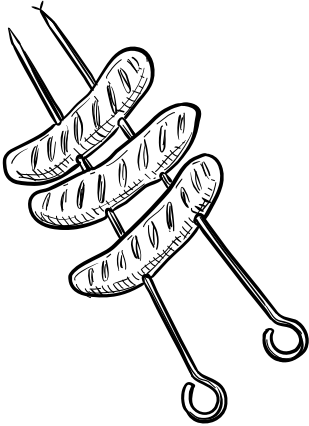
Metros BBQ

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 put



**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 and 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

ACHIEVEMENTS



Barry Nolan volunteered at parkrun for the 500th time and completed his 400th parkrun.



Rohan Mascarenhas got a PB at the Hackney half marathon.

Cem Brown was first in the Tenderfoot at the Metros Summer League



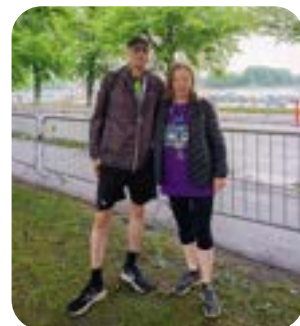
Congratulations to Dipa, Alpa and Shak on completing their 5 to 10k course with a measured 10k run on Saturday, 13th June 2026.

Our next Couch to 5k course will start in September after the summer holidays.

RACE RESULTS



Worthing half marathon, 3 May
Lynne Jones 2:09:44



Helsinki half marathon, 6 June
Clive Heidrich 1:40:27
Lorraine O'Donovan 2:16:58



Great Manchester Run, 31 May
half marathon
Christopher Shearwood 1:27:10
10k
Gillian Shearwood 1:46:28

Race to the King ultra
marathon, 20 June
30k

Alisha Sidik 4:40:14

50k

Ariff Sidik 8:54:21

100k

Sakina Sidik - 80k
completed 17:34:44

Comrades ultra marathon, 14 June
Yvonne Walker 11:36:31



London to Brighton Ultra Challenge 100km Walk, 23-24 May
Man Biu Lam 25:31:40
Chik Ha Kwok 25:31:30

RACE REPORT (1)

Comrades 2026

They say you have not truly conquered the Comrades Ultramarathon until you have completed it in both directions. So, on Sunday 14 June 2026, I stood once again on the start line, ready to take on the legendary Up Run from Durban to Pietermaritzburg.



As dawn broke, the anticipation was electric. Thousands of runners stood shoulder to shoulder, united by a shared dream and the challenge that lay ahead. Then came the start-line rituals that make Comrades unlike any other race on earth. The South African national anthem rang out, followed by the hauntingly powerful voices singing Shosholozza. Emotions swelled as the crowd joined in, the sound echoing through the darkness. Then came Chariots of Fire, sending a wave of inspiration through the masses, before runners turned to one another to exchange words of encouragement and good luck. It was an unforgettable moment of unity, hope, and emotion. Looking around, it was impossible not to be moved; there were tears, smiles, and nervous laughter as we prepared to embark on one of the greatest endurance challenges in the world. Then, with the crack of the start gun, the emotion gave way to action.

Twelve hours. Fifty-six gruelling miles. Endless climbs.

The Comrades Up Run is relentless. Mile after mile, the road rises towards Pietermaritzburg, with seemingly endless hills that stretch beyond the horizon. Some climbs go on for miles, testing not only your legs but your resolve. My race began strongly, and the first 30 miles unfolded almost perfectly. I felt controlled, comfortable, and confident. But Comrades has a way of reminding every runner who is really in charge. At mile 31, everything changed.

Suddenly, none of the nutrition I had trained with would stay down. Even the salted potatoes that had served me so well during the 2025 Down Run became impossible to stomach. With more than 20 miles still ahead of me, I was forced to adapt. From that point on, I survived on little more than Coke and water.

RACE REPORT (2)

It is in moments like these that Comrades reveals its true nature. The race becomes far more than a physical challenge; it becomes a test of character. Every step demands determination. Every hill requires belief. Every mile asks the same question: how badly do you want this? I dug deeper than I thought possible. When my body wanted to slow down, my mind refused. I kept moving forward, one step at a time, through the pain, fatigue, and uncertainty.

Eventually, the finish line came into view. Not only had I completed the Up Run, but I crossed the line two minutes faster than my time from last year. After completing Comrades in both directions, I am now the proud recipient of the Comrades Back-to-Back Medal. A medal earned through perseverance, resilience, and two unforgettable journeys across the roads of KwaZulu-Natal. Comrades once again lived up to its reputation as The Ultimate Human Race. Through the highs, the lows, the triumphs and the struggles, one message echoed throughout the journey: *Ska Fela Moya* — Don't Give Up.

Yvonne Walker



SATURDAY SERIES: WOT NO WATCH

Roxbourne Park - Saturday 13th June 2026

	Predicted	Actual Time	Difference
Marcus Weedon	06:00	06:29	
Simon Abery	06:50	06:56	6
Paul Hor	07:25	07:23	-2
Adam Leary	07:19	07:32	
Will Bailey	08:45	08:17	
Andrew Collier	08:50	08:32	
Robyn Walliser	08:45	08:35	
Jo Collier	09:45	09:51	
Janice Newman	10:15	10:18	3
Natalie Gerverun	10:00	10:21	
Eilish Fernandes	12:00	10:41	
Barbara Pacinella	11:00	10:45	
Guiseppe Pacinella	10:45	10:54	9
Barbara Reading	13:00	11:44	
Raquel Russel-	12:30	11:44	
Gladys de Groot	13:05	13:27	
Joanna Eckersley	15:00	14:18	
Judy Rackham	15:50	14:23	

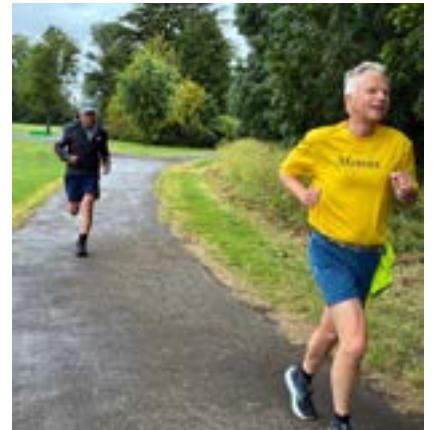
The purpose of "Wot no Watch" is to practise running at a planned pace. The winner is therefore the person closest to their predicted pace, great practice for those planning distance events. Well done Paul, just beating Janice to this month's trophy place.



SATURDAY SERIES: 5 MILE HANDICAP

Roxbourne Park - Saturday 6th June 2026

Name	5 Mile Time	Race Handicap	Handicap Time	Next Handicap
Barbara Reading	61:05	-21	40:05	-1
Marion Rogan	61:05	-17	44:05	-1
Judy Rackham	78:00	-32	46:00	-18
Guiseppe Pacinella	77:00	-22	55:00	-17
Paul Hor	43:37	13	56:37	17
Gladys De Groot	81:00	-23	58:00	-21
Bill Bailey	51.31	7	58:31	9
Barabara Pacinella	80:00	-21	59:00	-20
Elish Fernandes	80:00	-21	59:00	-20
Simon Abery	43:35	18	61:35	17
Jonathan Pang	61:04	2	63:04	-1
Raquel Ponte	65:23	10	75:23	-5



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

Harrow Track - Saturday 27th June - women

Name	Finish Time	Age Grading	Points
Sasha Birkin	23:54	73.71	50
Zahra Bassiri	25:07	61.91	49
Shiri Shah	28:00	56.79	48
Allegra Keene	27:58	55.6	47
Tanya Keene	33:01	53.36	46
Pip Brown	31:22	51.97	44
Nayonika Shah	32:33	48.69	43
Average			47

Volunteers

Anne Ambrose

Claire Reid

SATURDAY SERIES: 5K COMPETITION

Harrow Track - Saturday 27th June - men

Name	Finish Time	Age Grading	Points
Rufus Hodges	21:28	74.38	50
Justin Archer	20:15	74.24	49
Patrick O'Brien	21:29	71.14	48
Rocco Keene	18:50	70.18	47
James Kerrane	20:39	68.2	46
Paul Hor	26:00	67.12	45
Nick Russell	22:34	66.03	44
Simon Abery	24:00	65.97	43
Mitesh Patel	20:24	65.44	42
Marcus Weedon	24:24	60.59	41
Rohan Mascarenhas	25:56	58.93	40
Bijan Keene	25:15	58.55	39
Mike Reid	31:25	51.72	38
Jonathan Pang	28:06	51.3	37
Blessing Akinsehinwa	27:53	46.2	36
Average			43

Volunteers

Nathan Powell

Jahmai Pierre-Louis

SATURDAY SERIES: 5K COMPETITION

Cumulative Results - Women (Top 20)

Name	Track	Rox-bourne	North-ala	Harrow	Rox-bourne	Ricky	Track	Rox-bourne	Track	TOTAL
Sasha BIRKIN	49	50	49	49	50	50	49	50	50	446
Philippa BROWN	46	37	37	36	36	43	42	41	44	362
Tanya KEENE	-	44	41	43	42	46	46	45	46	353
Allegra KEENE	-	38	42	41	41	48	44	47	47	348
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
Anne AMBROSE	48	-	-	-	-	-	45.5	-	46.5	140.5
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

SATURDAY SERIES: 5K COMPETITION

Cumulative Results - Men (Top 20)

Name	Track	Rox-bourne	North-ala	Harrow	Rox-bourne	Ricky	Track	Rox-bourne	Track	TOTAL
Rocco KEENE	-	47	44	45	46	47	44	47	47	367
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
Bijan KEENE	-	42	39	35	42	39	35	45	39	316
Rohan MASCARENHAS	38	40	-	30	41	35	41	43	40	308
Marcus WEEDON	43.5	43.5	-	-	41	44	43	-	41	256
Chris SHEARWOOD	49	-	48	49	49	50	-	-	-	245
Justin ARCHER	-	-	49	48	-	49	47	-	49	242
Mike REID	-	-	30	24	32	33	32	38	38	227
Paul HOR	-	46	-	-	40	-	41	46	45	218
Mike MORRIS	-	43	-	43	41	-	40	49	-	216
Simon ABERY	40	43.5	-	-	-	-	36	48	43	210.5
John NORRIS	-	-	46	47	-	46	45	-	-	184
Richard BROWN	46	-	45	44	-	-	41	-	-	176
Robert BEVAN	43.5	43.5	-	35.5	-	-	-	43.5	-	166
Mitesh PATEL	-	-	29	23	33	-	34	-	42	161
Nick RUSSELL	-	-	36	34	-	-	38	-	44	152
Jonathan PANG	-	37	-	-	34	-	-	43.5	37	151.5
Andrew COLLIER	-	39	-	27	39	-	-	39	-	144
Cem BROWN	48	-	47	46	-	-	-	-	-	141

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/berkorun-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.

LRRC TROPHY RACES

Hitchin Hard Half 7th June 2026

Position	Name	Gun Time	Chip Time	
2	Richard Wilkinson	1:19:32	1:19:31	2nd
45	Emma Ponnaganti	1:42:31	1:42:26	1 st V50
88	Simon Abery	1:53:18	1:53:12	
127	Ruth Tidder	2:10:35	2:10:29	



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: SUMMER LEAGUE

RESULTS: HEADSTONE MANOR (1)

	Name	Time	Pos	Cat	Cat Pos	WAVA	Points
16	Rocco Keene	0:30:45	16	MU20	1	69.32%	285
18	Mark Smith	0:30:50	18	SM	9	69.14%	283
19	Daniel Smith	0:30:56	19	SM	10	68.91%	282
34	Rick Patel	0:31:44	34	M45	8	72.85%	277
38	Jahmai Townsend	0:32:16	37	M40	8	68.96%	269
40	Justin Archer	0:32:19	40	M55	3	77.62%	281
46	John Norris	0:33:01	45	M45	10	70.02%	266
58	Russell Morris	0:34:06	54	M55	4	73.56%	267
59	Tanasheh Abrahams	0:34:08	55	SM	18	62.45%	246
73	Sasha Birkin	0:34:43	9	F50	1	78.54%	307
80	Clive Heidrich	0:35:05	70	M50	9	68.60%	246
81	Jag Matharu	0:35:12	71	M55	6	71.26%	250
82	Richard Brown	0:35:16	72	M50	10	68.24%	244
89	Nick Russell	0:35:36	76	M50	12	67.60%	240
96	Rufus Hodges	0:36:02	80	M60	2	72.71%	246
98	Emma Ponnaganti	0:36:11	17	F50	3	75.36%	299
104	Hershil Patel	0:36:35	82	M40	16	60.82%	224
109	Patrick O'Brien	0:37:06	86	M55	8	67.61%	235
116	Michael Morris	0:37:45	92	M55	11	66.45%	229
130	Clive Lucas	0:38:35	105	M65	3	71.06%	226
136	Mitesh Patel	0:39:05	110	M40	20	56.93%	196

LEAGUES: SUMMER LEAGUE

RESULTS: HEADSTONE MANOR (2)

	Name	Time	Pos	Cat	Cat Pos	WAVA	Points
138	Ed Pike	0:39:11	112	SM	29	54.40%	189
140	Simon Abery	0:39:16	114	M60	6	66.72%	212
141	Simon Tidder	0:39:25	115	M60	7	66.47%	211
142	Bijan Keene	0:39:48	116	M50	17	60.47%	200
145	Matthias Nwabudike	0:39:57	118	M50	18	60.24%	198
157	Emma Collier	0:40:39	35	SF	10	59.53%	266
159	Kevin Concannon	0:40:47	124	M65	8	67.23%	207
161	Bruno Croford	0:41:00	126	M45	26	56.38%	185
162	Zahra Bassiri	0:41:07	36	F40	4	60.56%	270
185	Stuart Abraham	0:43:10	139	M55	15	58.11%	182
195	Ruth Tidder	0:43:24	52	F55	7	66.67%	269
204	Blessing Akinsehinwa	0:44:13	147	SM	32	48.21%	154
224	Shiri Shah	0:45:51	73	F45	14	56.38%	238
226	Jeff Rollason	0:45:55	153	M70	7	62.72%	183
228	Steve Paull	0:46:07	155	M70	8	62.45%	181
239	Andrzej Warhaftig	0:47:13	159	M75	1	65.44%	182
256	Sonny Peart	0:49:21	166	M55	19	50.83%	155
258	Pauline Bishop	0:49:37	92	F70	3	71.45%	244
267	Richard Hayward	0:50:37	169	M45	35	45.67%	142
274	Tanya Keene	0:51:35	103	F50	14	52.86%	213
282	Linda Dempster	0:53:19	109	F55	19	54.27%	212

LEAGUES: SUMMER LEAGUE

RESULTS: HEADSTONE MANOR (3)

	Name	Time	Pos	Cat	Cat Pos	WAVA	Points
284	Andrew Collier	0:53:33	174	M60	12	48.93%	152
285	Janice Newman	0:53:46	111	F80	1	77.81%	235
291	Monica Shortt	0:55:48	117	F55	21	51.85%	204
298	Alex Hammond	1:01:13	176	SM	36	34.82%	125
300	Martin Eden	1:02:44	177	M70	12	45.91%	159
301	Anne Ambrose	1:03:08	124	F65	8	52.22%	207
303	Amanda Kennelly	1:05:46	125	F60	8	46.86%	201
304	Tiziana Spotti	1:07:27	126	F65	9	48.88%	205
306	Marion Rogan	1:12:58	127	F75	2	52.54%	214



LEAGUES: SUMMER LEAGUE

Thank you to everyone who volunteered!



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
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

Hillingdon - Monday 1st June

Marcus Weedon	
Shot	5.97
Discus	17.25
Triple jump	6.86
Long jump	2.82

Russell Morris	
200m	31.8
800m	2.42.7
3000m	11.16.3
Triple jump	7.17
Long jump	3.16

Jag Matharu	
200m	33.4
800m	2.42.9
3000m	12.01.4

Richard Brown	
800m	2.36.9
3000m	11.55.7

Lynne Jones	
3000m	16.03.5
Triple jump	4.19

Sonny Peart	
Shot	8.28
Discus	19.26

Kevin Smart	
200m	31.0
Shot	6.27
Discus	20.05
Long jump	2.25

Jasia Zimmerman	
200m	46.7
800m	3.55.3
Long jump	2.10

Jenny O'Sullivan	
Shot	3.68
Discus	11.11
Triple jump	4.03

Caroline Bach	
Shot	5.00
Discus	10.85

LEAGUES: VETS TRACK AND FIELD



Tooting - Monday 15th June

Marcus Weedon	
1500m	5.38.3
Hammer	16.88
Javelin	27.58
High jump	1.25

Russell Morris	
100m	15.1
400m	1.11.1
1500m	5.49.2
Hammer	12.28
Javelin	16.34
High jump	1.00

Rufus Hodges	
1500m	5.55.9

Jenny O'Sullivan	
100m	18.0
Hammer	14.48
Javelin	8.65

Richard Brown	
400m	74.4
1500m	5.36.2

Man Biu Lam	
2000m walk	12.07.9

Chik Ha Kwok	
2000m walk	12.10.0

PARKRUN TOURISM



SUMMER SOLSTICE RUN / WALK



21st June

LONDON RUN / WALK



31st May

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



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

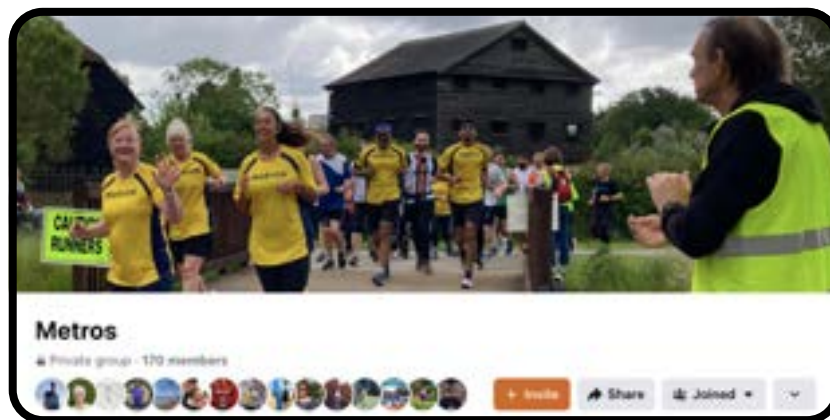
patjacksonhome@hotmail.com



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