

METROLINES

August 2026

Issue No. 444



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CALENDAR DATES

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
Wed 9	Committee Meeting	8.00pm
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
October		
Sat 3	10k Challenge - Roxbourne Park	9.00am
Sat 10	Canons Park parkrun (5k comp)	9.00am
Sun 11	TVXC Metros Home Fixture - Hillingdon	4.00pm
Sat 17	Wot no Watch - Roxbourne Park	9.00am
Sun 18	Cabbage Patch 10 miles	9.00am
Fri 30	LFOTM - location tbc	11.50am

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

metrolines1@gmail.com

FROM THE CHAIR

Important – Race Number Transfers

We ask all Metros members not to run a race using another person's race number unless the transfer has been approved in accordance with the organiser's official transfer policy.

The committee would like to remind members that using another person's race number without the organiser's approval is unacceptable and strongly discouraged.

Unauthorised race number transfers can create a number of issues, including:

- Compromising the accuracy and integrity of race results.
- Creating potential safety and welfare concerns, as organisers may not have accurate information about who is participating in the event.
- Breaching the event organiser's terms and conditions.
- Potentially causing issues with race insurance and emergency procedures.

While the club does not have a specific policy governing race number transfers, our position is clear.

Members are expected to comply with the rules and transfer procedures set out by race organisers.

In relation to club records and published results, the club will only recognise and publish results achieved under a legitimate race entry recognised by the event organiser. Where a member competes using another person's race number without an approved transfer, the result will not be included in club records, rankings or published results.

Any future concerns or complaints regarding race number transfers will be considered in line with this position.

SAVE THE DATE!

47th Metros Annual Fun Run – The Brian Jackson Fun Run

Saturday 26th September 2026

This 47th Anniversary marks the early formation of our club then as part of London Road Runners. This is the longest established Metros event and named in honour of Brian Jackson, founder of the event. It is based on the annual Sunday Times Fun Run in Hyde Park, which was open to runners and walkers of all ages and abilities at the start of the 80's 'running boom' and attracted tens of thousands of participants. Each year our club entered an increasing number of teams.

The venue for our 47th anniversary event is still Roxbourne Park, Rayners Lane, using the same course as last year, from the Pavilion to the Metropolitan Line railway.

The number and actual distances of races will be confirmed but likely to be a 3km and 2km run and a 1km walk/jog plus relays – something for all ages and abilities.

We will also need marshals, timekeepers and of course runners, joggers, walkers, helpers and spectators.

So please SAVE THE DATE and join us at 8.45 am for a 9.15 am start. **Pat Jackson**



COUCH TO 5K

Metros Couch to 5k: Your Running Journey Starts Here!

Starts Saturday 5th September 2026



What is Couch to 5k?

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

Programme Details

- Duration:** Nine weeks
- Sessions:** Three sessions per week – Saturday morning, evening sessions on Tuesday and Thursdays.
- Start Date:** Saturday 5th September 2026 (at Roxbourne Park)
- Grand Finale:** A celebratory 5k Parkrun at Canons Park on 7th November

Why Join?

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

How Does It Work?

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

Sign Up Today!

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

Cost

£30 for membership with Metros Running Club until March 2028.

Contact Us

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

Email: metrossec@icloud.com

**RECRUITING THE
DREAM TEAM!**

NOW!

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

Starts: Sat 5:30am

Ends: Sun 10am

@ ave pace 8.40min/mile

legs range from

5.49 miles to 18.88 miles

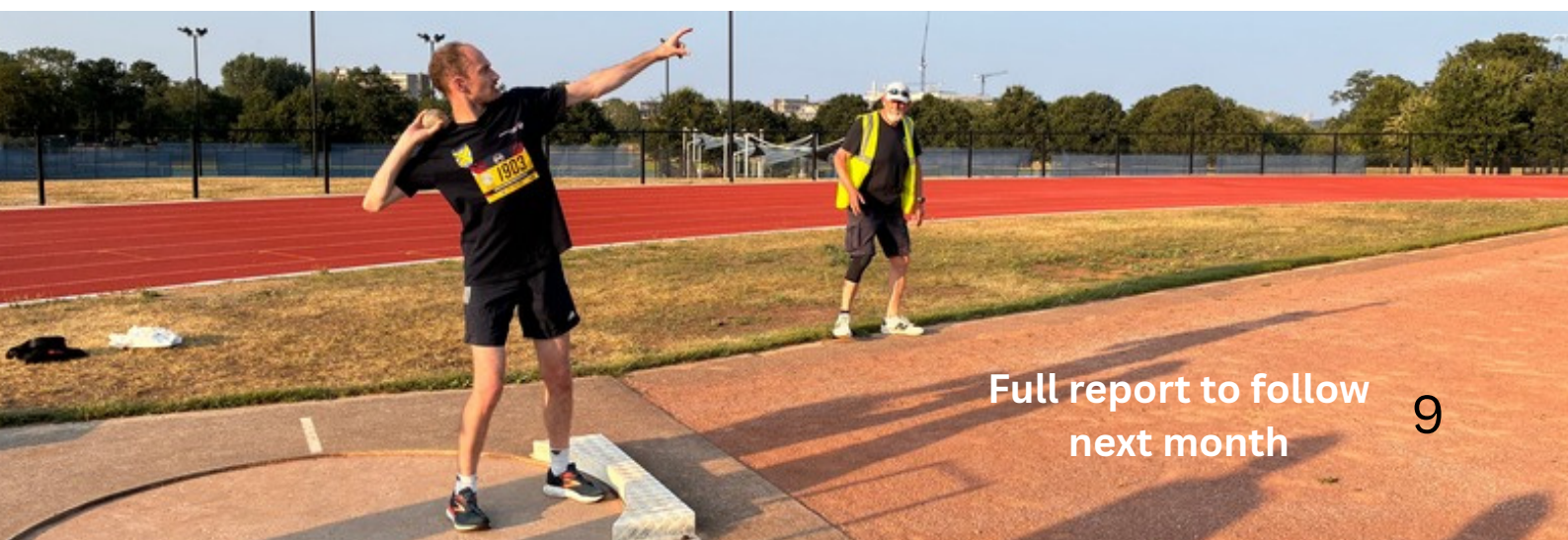
17 STAGES
200 miles!

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

METROS BBQ



METROS SPORTS DAY



Full report to follow
next month

APPLE JUICE MAKING & CHARITY FUNDRAISING

For the last 10 years or so I have been making apple Juice, a lot of which gets given away to Metros on Tuesday nights, Thursday Track and sometimes Saturday mornings. It also goes to my Pilates class and my Opticians.

This year I am going to take the opportunity to raise some money for Charity, and I've selected one of our club charities, the Harrow MS Therapy Centre.

I have opened a Just Giving page, or just search for Tim Oakley. At the end of the season – end of November, I will close the page and whatever has been raised, I will match – so your contribution will be doubled.

The secret to good apple juice is to freeze the apples and thaw them, they go mushy and then press really well.

The Process

1. Get the **apples**. Any variety will do – cookers (Bramleys etc) make a nice sharp juice, dessert apples make a much sweeter juice. I do not particularly bother to separate them out – it is not that important. I can use A LOT of apples. 2kg of apples makes about 1 litre of juice.
2. Get some **bottles** – you will need bottles! I use mostly 2 pint milk containers – 1 and 4 pints ones are fine too. Juice bottles 750ml/1 litre. fizzy water/pop bottles – 1.5/2 litre also.
3. **Clean** your bottles – very important. If you really want you can then sterilise with Milton or similar (dilute bleach works well) but it's not critical.
4. Apples can be **stored** if wanted – in boxes, in layers, with newspaper in-between.
5. Apples go into the sink and get **washed** in cold water – just to get rid of any mud.
6. **Chop** the apples coarsely. Skin stays on, core stays in. Chop out any bad bits. You don't need to be too precise – removing most of the bad bits is enough.
7. Into **bags** – I use small pedal bin liners.
8. Into the **freezer**, for 48 hours

9. Set up your **press**. Assemble the bottles, jugs etc that you'll need.
10. Get the apples out of the freezer and **thaw** in lukewarm water. It takes about 1 hour, changing the water a couple of times.
11. Put the apples into the **press** and **press**!
12. I tend to press about **10kg of apples** per pressing for my 5.5 litre press. As the apples squish down, you can release the press, and load more thawed apples in and keep pressing
13. I tend to **freeze** my juice straight away.
14. The juice is **100% pure**, nothing added, no preservatives. So once pressed & thawed it only lasts for about 5-6 days in the fridge, otherwise it can start to ferment.



A final request

Bottles

I need lots of bottles: preferably 2 pint milk or 1 litre fruit juice – you can see the sort of thing above.

Apples

I also need lots of apples, obviously. 2 years ago Jen Smith turned up with about 75kg of apples filling the boot of her big car – lovely.

I can come and pick....

Tim Oakley

ACHIEVEMENTS



Terry Burke completed his 400th parkrun.



Kenny Rackham-Kong completed his 50th parkrun.

RACE RESULTS



Shrewsbury 10k, 5 July
Clive Heidrich 0:45:13
Lorraine O'Donovan 1:02:02



Beat the Boat 10k, 12 July
Yvonne Walker 1:04:03

RACE REPORT

Bushy Park parkrun - Octogenarians' Run

I joined the 1,923 park runners at Bushy Park on 4th July. We were celebrating the Octogenarian parkrunners, an annual event. Phil was my guide, and I could tell he was a bit overwhelmed by so many runners, lining up at the start. Fortunately, us VIs, (visually impaired) got a separate start, and gradually fed into the main group. Phil was a bit concerned, and wondered how it would work out, but it was so well organised, it was fine.

Bushy Park is not the best course for VIs, but Phil is such a good guide, it wasn't a problem. There were 43 in my age category, 80 to 84, and I came 4th, about a minute behind the three in front of me. Gerry Barker was running too - again 4th in his age category (85 to 89).

We were greeted by corks popping, and cupcakes as we came over the finish line, and a group photo at the end. Now I have to wait another year for the next Octogenarian parkrun. It really was a tremendous atmosphere, and a very happy event.

Janice Newman.



SATURDAY SERIES: WOT NO WATCH

Roxbourne Park - Saturday 11th July 2026

NAME	PREDICTED	ACTUAL	DIFFERENCE (SECONDS)
Andrew Collier	9:00	8:59	1
Adam Leary	7:39	7:37	2
Jonathan Pang	8:05	8:02	3
Jo Collier	10:25	10:16	9
Paul Hor	7:20	7:30	10
Simon Aberly	6:35	6:48	13
Eilish Fernandez	11:00	11:15	15
Dave Young	9:58	9:42	16
Janice Newman	9:58	9:41	17
Will Bailey	8:25	7:56	29
Judy Rackham	14:55	15:28	33
Caroline Day Lewis	8:20	7:44	36
Blessing Akinsehinwa	8:30	7:53	37
Natalie Gerverun	12:00	11:04	56
Bill Harrington	11:10	9:58	72
Gladys de Groot	13:31	14:45	74
Kirit Ranpura	10:00	8:37	83
Barbara Pacinella	12:50	11:08	102
Zain Chinoy	10:00	12:32	152
Ridha Chinoy	13:00	9:41	199

Another hot day – which seemed to suit some, as they ran faster than predicted.

Well done to the birthday boy, Andrew Collier, who won the trophy this month, being just one second out.

As the Scout Hut was still decorated for the nursery “graduation” the previous day, with balloons and banners, there was a very OTT photo!

The next mile will be a “Measured Mile” – the final event in the 25/26 trophy competition for the most consistently improved mile runner – 8th August.

Teresa Young



SATURDAY SERIES: 10K CHALLENGE

Roxbourne Park - Saturday 4th July 2026

	Time	Age Grading
Kevin Smart	52:30	66.77%
Paul Hor	56:38	64.58%
Barbara Reading	81:21	64.28%
Simon Abery	51:49	63.89%
Marcus Weedon	49:31	62.24%
Marion Rogan	81:21	61.99%
Amanda Hardy	62:47	59.54%
Dave Young	63:36	58.25%
Anne Ambrose	84:02	58.25%



A hot and muggy morning for a 10K Challenge, so perhaps not surprising that most runners were slightly slower than their previous runs in January or April this year. Only **Simon Abery** and **Paul Hor** managed faster times.

Teresa Young



SATURDAY SERIES: 5K COMPETITION 2025 - 26

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

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

Gladstone parkrun - Saturday 18th July - women

Position	Name	Time	Age grade	Points
238	Janice NEWMAN	33:39	81.08%	50
35	Sasha BIRKIN	22:24	78.72%	49
76	Allegra KEENE	25:02	63.78%	48
193	Ruth TIDDER	30:01	60.30%	47
202	Una CUNNINGHAM TAYLOR	30:39	55.36%	46
224	Tanya KEENE	32:23	54.45%	45
234	Philippa BROWN	33:16	49.20%	44
292	Judy RACKHAM	43:41	47.84%	43
268	Emma RACKHAM- KONG	37:26	40.07%	42
270	Claire REID	37:59	39.23%	41
298	Bernie CONWAY	50:17	31.59%	40



SATURDAY SERIES: 5K COMPETITION

Gladstone parkrun - Saturday 18th July - men

Position	Name	Time	Age grade	Points
10	Nigel RACKHAM	20:10	82.40%	50
8	Justin ARCHER	19:58	76.96%	49
25	Rufus HODGES	21:24	76.25%	48
2	Rocco KEENE	18:36	72.58%	47
26	Russell MORRIS	21:30	72.09%	46
19	John NORRIS	21:03	67.85%	45
44	John P DUNN	23:16	61.89%	44
73	Bijan KEENE	24:46	61.04%	43
129	Rohan MASCARENHAS	27:07	57.65%	42
271	Mike REID	38:03	44.06%	41

SATURDAY SERIES: 5K COMPETITION

Cumulative Results

Results for those having completed at least six events

Name	Points	Events Completed
Rocco KEENE	414	9
Russell MORRIS	398.5	9
Nigel RACKHAM	391.5	8
Bijan KEENE	359	9
Rohan MASCARENHAS	350	9
Justin ARCHER	291	6
Mike REID	268	8
Marcus WEEDON	256	6

Name	Points	Events Completed
Sasha BIRKIN	495	10
Philippa BROWN	406	10
Tanya KEENE	398	9
Allegra KEENE	396	9
Janice NEWMAN	347	7
Judy RACKHAM	344	8
Ruth TIDDER	325	7
Una CUNNINGHAM TAYLOR	252	6
Emma RACKHAM-KONG	223	6

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-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	£32/23/20	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	£30 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.

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:PERIVALE (1) 28TH JUNE 2026

	Name	Time	Pos	Cat	Cat Pos	WAVA	Points
12	Richard Wilkinson	00:29:40	11	SM	7	71.85%	290
17	Rocco Keene	00:30:17	16	MU20	1	70.39%	285
18	Luca Matharu	00:30:21	17	SM	10	70.24%	284
33	Mark Smith	00:31:41	31	SM	17	67.28%	270
34	Daniel Smith	00:31:53	32	SM	18	66.86%	269
40	Jahmai Townsend	00:32:27	38	M40	8	68.57%	268
44	Justin Archer	00:32:43	42	M55	2	76.67%	279
49	Christopher Shearwood	00:33:02	47	M60	1	79.31%	279
67	John Norris	00:34:07	62	M45	11	67.76%	249
68	Tanasheh Abrahams	00:34:09	63	SM	28	62.42%	238
73	James Kerrane	00:34:37	67	M45	13	66.78%	244
84	Olivia Matharu	00:35:03	7	SF	3	69.04%	294
86	Nick Russell	00:35:04	74	M50	10	68.63%	242
97	Jeff Suffield	00:35:52	81	M50	13	67.10%	235
99	Rufus Hodges	00:35:58	83	M60	4	72.85%	243
100	Sasha Birkin	00:36:06	12	F50	2	75.53%	304
106	Jag Matharu	00:36:17	86	M55	4	69.13%	235
113	Hershil Patel	00:37:28	91	M40	15	59.39%	215
125	Emma Ponnaganti	00:38:22	22	F50	5	71.07%	294
129	Richard Brown	00:38:38	101	M50	15	62.30%	215
130	Marcus Weedon	00:38:45	102	M50	16	62.11%	214
149	Clive Lucas	00:40:10	113	M65	4	68.26%	218

LEAGUES: SUMMER LEAGUE

RESULTS:PERIVALE (2)

	Name	Time	Pos	Cat	Cat Pos	WAVA	Points
151	Zahra Bassiri	00:40:21	33	F40	5	61.71%	273
161	Emma Collier	00:41:12	34	SF	11	58.74%	267
167	Bijan Keene	00:41:16	126	M50	17	58.32%	190
170	Simon Abery	00:41:41	128	M60	10	62.85%	198
176	Bruno Croford	00:42:11	133	M45	30	54.80%	178
181	Matthias Nwabudike	00:42:30	136	M50	19	56.63%	180
192	Kevin Concannon	00:43:39	140	M65	6	62.81%	191
195	Stuart Abraham	00:44:10	141	M55	9	56.79%	180
204	Blessing Akinsehinwa	00:44:49	145	SM	40	47.56%	156
208	John O'Callaghan	00:45:06	148	M60	13	58.09%	178
219	Steve Paull	00:46:24	154	M70	7	62.07%	182
234	Jeff Rollason	00:47:36	158	M70	8	60.50%	178
250	Shiri Shah	00:49:10	78	F45	12	52.58%	233
256	Jonathan Pang	00:49:35	170	M50	23	48.54%	146
259	Jane Hudson	00:50:06	84	F65	5	65.80%	247
265	Richard Hayward	00:50:34	172	M45	35	45.72%	139
269	Tanya Keene	00:51:59	90	F50	14	52.45%	226
275	Pauline Bishop	00:52:47	95	F70	5	67.16%	241
277	Linda Dempster	00:53:16	96	F55	8	54.32%	225
287	Janice Newman	00:55:53	102	F80	1	74.86%	244
293	Andrew Collier	00:57:32	181	M60	17	45.54%	145
299	Marion Rogan	00:58:55	113	F75	1	65.06%	228

LEAGUES: SUMMER LEAGUE

PERIVALE



LEAGUES: SUMMER LEAGUE

RESULTS:DULWICH (1) 12TH JULY 2026

	Name	Time	Pos	Cat	Cat Pos	WAVA	Points
14	Rocco Keene	00:30:09	14	MU20	1	70.70%	287
32	Christopher Shearwood	00:32:35	31	M60	1	80.41%	295
40	Justin Archer	00:33:09	39	M55	2	75.67%	282
48	Nicky Smith	00:33:49	47	M50	6	71.17%	269
53	John Norris	00:34:52	51	M45	9	66.30%	260
55	Russell Morris	00:34:59	53	M55	3	71.70%	268
59	Sasha Birkin	00:35:21	5	F50	1	77.13%	311
62	Rufus Hodges	00:35:30	56	M60	4	73.80%	270
65	Hershil Patel	00:35:52	58	M40	10	62.04%	248
99	Emma Ponnaganti	00:38:36	17	F50	3	70.64%	299
106	Clive Lucas	00:39:24	88	M65	4	69.59%	243
112	Marcus Weedon	00:39:51	94	M50	10	60.39%	222
117	Kevin Smart	00:40:09	97	M65	6	68.29%	234
118	Bijan Keene	00:40:16	98	M50	11	59.77%	218
119	Emma Collier	00:40:16	21	SF	8	60.10%	280
122	Matthias Nwabudike	00:41:14	99	M50	12	58.37%	217
151	Rohan Mascarenhas	00:43:34	110	M55	10	57.57%	211
172	Jeff Rollason	00:45:20	121	M70	6	63.53%	215

LEAGUES: SUMMER LEAGUE

RESULTS:DULWICH (2) 12TH JULY 2026

	Name	Time	Pos	Cat	Cat Pos	WAVA	Points
175	Rachael Bowie	00:45:34	53	F45	8	56.73%	258
179	Steve Paull	00:46:05	126	M70	8	62.50%	210
198	Jonathan Pang	00:47:51	131	M50	18	50.30%	185
200	Jennifer O'Sullivan	00:48:03	69	F50	8	56.75%	247
208	Jane Hudson	00:49:13	73	F65	6	66.98%	258
217	Richard Hayward	00:51:22	137	M45	21	45.00%	174
224	Tanya Keene	00:53:52	85	F50	10	50.62%	231
229	Monica Shortt	00:56:15	89	F55	12	51.44%	232
236	Anne Ambrose	01:05:17	94	F65	9	50.50%	237



LEAGUES: SUMMER LEAGUE

DULWICH



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

Perivale - Wednesday 1st July

Marcus Weedon	
200m	35.2
800m	2.45.0
Javelin	29.25
Hammer	15.57
High Jump	1.25

Rufus Hodges	
800m	2.59.8
3000m	12.25.1
Long Jump	3.23

Jag Matharu	
200m	32.9
800m	2.45.7
3000m	12.15.6

Richard Brown	
800m	2.42.1

Kevin Smart	
200m	30.6
Javelin	20.27
Hammer	16.53
High Jump	1.25
Long jump	3.02



LEAGUES: VETS TRACK AND FIELD

Throw Yourself Into It... You Never Know Where It Might Lead - Marcus Weedon

Back in 2018, Wendy, the legend that she is, and our Vets Team Captain at the time, asked if I'd like to come along to the Vets Track & Field League and help represent Metros.

I was still a relatively new member of the club and, apart from running, I'd never really considered athletics. Like many runners, my comfort zone was simply putting one foot in front of the other as quickly as possible. But I've always enjoyed a challenge, so I said yes.

That first season, I dipped my toe into a few events rather than trying everything. One of those was the high jump. I'd never attempted it before, and my technique could generously be described as "making it up as I went along." Somehow, though, I managed to clear 1.45m, setting a Metros Best Ever (MBE) for my age group. Ironically, despite six more years of trying, I've never got anywhere near that height again!

The following season, I had an idea. Instead of specialising in one or two events like most athletes do, why not try to compete in as many events as possible? Not because I was chasing trophies, but because it simply sounded like fun. The challenge of running from one event to another, learning completely new disciplines and helping the team wherever needed really appealed to me. Then I realised just how mad the idea actually was.

Most athletes understandably specialise. Sprinters sprint. Throwers throw. Jumpers jump. I seemed determined to be the exception.

These days, it's become a familiar sight. I'll finish the 200m, sprint across to throw the javelin, head over to the long jump, then finish the evening in the hammer circle (actual event at Perivale this year within the space of 7-8 minutes). Somewhere along the way, athletes from the other clubs started calling me "Mr Metros" because I always seem to be racing between events rather than recovering from them, and I'm simply everywhere!

Nine years on, I'm now taking part in my eighth Vets League season, regularly competing against athletes from seven or eight different clubs across as many of the 13 track and field disciplines as my legs will allow.

One of the proudest moments of my Metros journey came in 2025 when I was asked to take over as Vets Team Captain. It was a real honour to succeed Wendy, who had led the team for so many years with incredible dedication, enthusiasm and passion. She built a fantastic team spirit that I'm proud to continue, and I hope I can encourage others in the same way she encouraged me back in 2018 by simply asking if I'd like to come along and give it a go.

There have been some unexpected rewards along the way. I've won my age group in the javelin this season, broken several Metros age-group records and, if all goes to plan this season, I'm hoping to lift the Metros Veterans Trophy for a sixth consecutive year.

But if I'm honest, the trophy has always been the side hustle. The real reward has been being part of an incredible team. The Vets League is one of the friendliest competitions you'll find. We compete against some outstanding athletes, many of whom have spent years mastering their chosen event, but everyone encourages one another, celebrates good performances and enjoys a great evening of athletics together. Whether you're chasing points, trying a new event or simply making sure Metros has someone competing, every athlete plays an important part.

It's also been brilliant to see others catching the bug. Russell Morris has now started taking on multiple events as well, proving I'm no longer the only crazy one! Having someone else embracing this challenge has created some healthy competition for the Vets Trophy and, more importantly, has strengthened the team.

What we'd really love now is more Metros members to come along and give it a try, particularly those in the 35-50 age group, where we're always looking to strengthen the squad. You don't need to be an experienced athlete. You don't need to know how to throw a javelin or clear a high jump bar. Most of us didn't when we started. All you need is a willingness to have a go, support your teammates and maybe discover that you're capable of far more than you imagined.

Looking back, I'm incredibly grateful that Wendy asked me that simple question all those years ago. One invitation has led to eight amazing seasons, countless memories, brilliant friendships and a passion for athletics that I never knew I had. Sometimes the best opportunities begin with someone simply asking, "Fancy giving it a go?" I'm certainly glad I said yes.

On the next page, you'll hear from some of our Metros athletes about what the Vets League means to them, and why they enjoy coming along. Hopefully, we'll see a few new faces on the start line next season and maybe even in the throwing circle or the high jump area!

LEAGUES: VETS TRACK AND FIELD

Jenny O'Sullivan

I love how the other clubs are so welcoming to Metros and the ladies from the other clubs are so helpful with giving us Metro gals a few tips & guidance as they know we don't participate in the field events every day.

Lynne Jones

It's great to have a go at different events that I haven't tried since school. I love watching Marcus run from one event to another like an excited puppy. It's always a friendly and encouraging atmosphere (far more enjoyable than school sports day), and even when you come last, you earn points for the club.

Rufus Hodges (taking part in Vets League for the first time this year)

I think this photo sums it up. In between high jump and javelin, why not have a long jump?



Russell Morris

I absolutely love Vets League - the only problem is when holidays get in the way, and I miss one!

Kevin Smart

Metros are not generally an athletics club, so the expectations aren't so intense. This is our excuse to have fun. The non-running events tend to be more relaxed and so is the banter. But occasionally, you might witness some incredible discus, javelin or hammer throws. I always find this inspiring and not something that would put me off!

LEAGUES: THAMES VALLEY CROSS COUNTRY

TVXC 2026/27

DATE - 11TH OCTOBER 2026 @ 4PM

LOCATION - HILLINGDON SPORTS COMPLEX - UB8 1ES

OUR OPENING HOME LEG OF THE TVXC SEASON NEEDS YOU!

**VOLUNTEERS TO HELP MARSHAL THE COURSE AND ASSIST WITH REFRESHMENTS
CAN NOW SIGN UP ON SPOND**

DON'T FANCY HELPING? SIGN UP ON SPOND TO RUN INSTEAD

**FOOD DONATIONS - WE ALWAYS PUT ON AN AMAZING SPREAD -
LET'S DO IT AGAIN BY BRINGING YOUR AMAZING CAKES AND SAVOURIES
TO THE COMPLEX ON THE DAY!**

Provisional Dates for 2026/2027 Season:

11 October	Metros
November	Datchet
November	Sandhurst
December	Reading
January	Bracknell
January	TVT
February	Handy Cross

PARKRUN TOURISM



COMMITTEE MEETING NOTES (1)

MINUTES METROS COMMITTEE MEETING

Wednesday 8th July 2026 at 8:00pm

At the Rackhams

Attendees: Marcus Weedon, Nigel Rackham, Pat Jackson, Nishil Shah, Russell Morris, Anne Ambrose, Teresa Young, Jennifer O'Sullivan, Irene Paull, Rohan Mascarenhas

Apologies: Steve Alder, Claire Reid, Andrew Fox

Chair: Marcus Weedon

Note Recorder: Rohan Mascarenhas

Welcome to the new committee members - Russell Morris, Claire Reid and Nishil Shah.

1. Actions from Last Meeting

A. Finance - The club has received a grant £350 from England Athletics to support our annual Sports Day. A full budget review will take place at the next meeting.

Action: Teresa Young

B. Membership update – There are currently 330 members. 266 are active on spond. There are now 56 over 70s who are exempt from paying subscriptions and do not pay on a voluntary basis

2. Club Events

A. Summer League review - A fantastic start to the 2026 season at Headstone Manor on 14th June, with a record 47 Metros runners taking part. Feedback from members and the EA adjudicator was extremely positive. Thanks to all the volunteers involved, led by Irene Paull. First Aid cover processes are being reviewed.

Action: Irene Paull

B. First Aid Course - Thanks to Gill Fox for organising and Margaret Smith for delivering an engaging, fully-booked course at Roxbourne on 11th July. Twelve members are now newly certified.

COMMITTEE MEETING NOTES (2)

C. Sports Day - Our annual joint event with Sarries & SOSA is scheduled for 17th July at Harrow School Track. Huge thanks to all volunteers, especially Jennifer O'Sullivan, Nathan Powell and Marcus Weedon.

D. Round Norfolk Relay - Runners and volunteers are confirmed, with a further planning meeting scheduled.

Action: Marcus Weedon

E. C25k - A new cohort begins 5th September, led by Mike Reid. The new member fee is confirmed at £30, valid until March 2028 (18 months instead of the usual 12).

Action: Steve Alder

F. Brian Jackson Fun Run - Confirmed for 26th September at Roxbourne Park.

Action: Pat Jackson

G. TVXC - Provisional home fixture date: 11th October at Hillingdon.

Action: Jennifer O'Sullivan

H. Trophy Races - The committee is exploring adding one each of the Saturday Roxbourne 5 mile and 10k events to boost participation, alongside Watford Half/10k. A schedule will be shared soon. **Action: Marcus Weedon with Vincent Cheung.**

3. AOB

A. Website / Technical Review - to be discussed at a future meeting

Action: Russell Morris & Irene Paull

B. Race number swapping - A reminder that swapping race numbers is not permitted by Metros or most organisers. A note will be added to future Metrolines.

Action: Marcus Weedon

C. Club Survey - A member survey will be developed to gather views on fee structure and club direction. Previous surveys will be reviewed.

Action: Jennifer O'Sullivan & Marcus Weedon

COMMITTEE MEETING NOTES (3)

D. Free Race Place – Clarification is being sought regarding London Marathon Events volunteer places and Community spots.

Action: Rohan Mascarenhas & Jennifer O’Sullivan

E. King’s Trust – Opportunities for volunteer involvement at Metros events will be explored.

Action: Marcus Weedon

F. Roxbourne Park Meeting - Harrow Council is exploring Green Flag status for the park, considering pathway improvements and a defibrillator installation in the gym area.

Thank you to the Rackhams for hosting the meeting and for the recent Summer BBQ.

Next meeting date 9th September

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

Official Club Kit

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

Please contact Pat Jackson to order kit.

patjacksonhome@hotmail.com



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



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

Metros Training Tops

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

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



RUNNERS' IDENTIFICATION IN AN EMERGENCY

Many runners run with their mobile phone which often can provide necessary medical or contact information needed in an emergency. However, as a back-up and for those who run without their mobile, especially if on their own, we have a supply of 'dog barrels' available. These are 3cm in length and fit onto a shoe lace. Inside is a very small piece of paper which could contain useful information in case of an emergency. Originally sold for £1 each but now free to good homes. A £1 donation to charity could also be an option.

Please contact me if you would like one.

Pat Jackson

07963 551 816

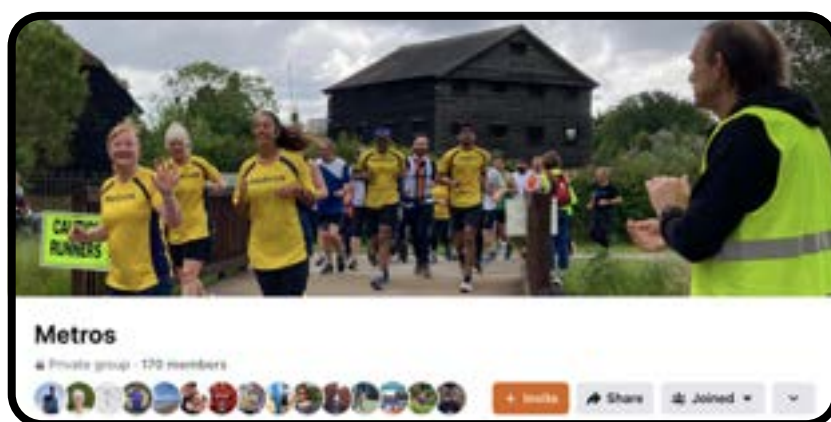
patjacksonhome@hotmail.com



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