



March 2013

Issue No. 294

Harrow Hill Race



Metros Diary

2013

FEB

Sat 23	5K Run, Roxbourne Park	9.15 am
Sun 24	TVXC - Bracknell Forest Runners	11.00 am
Sun 24	Gade Valley 17 mile training run	9.30 am

MAR

Sat 2	5 Mile Handicap, Roxbourne Park	8.50 am
Sat 2	Metros Barn Dance, Ruislip Social Club	7.00 pm
Sun 3	Berkhamsted Half Marathon & 5 mile run	10.00 am
Wed 6	Committee Meeting	8.00 pm
Sat 16	Wot No Watch	9.20 & 9.40 am
Sun 17	Finchley 20 TROPHY RACE	9.00 am
Sun 24	Gade Valley 20 mile training run	9.30 am
Fri 29	Maidenhead Easter 10 TROPHY RACE	9.30 am

APR

Wed 3	Committee Meeting	8.00 pm
Sat 6	10K Challenge, Roxbourne Park	8.50 am
Sun 7	Combe Gibbet 16+ miles XC	2.00 pm
Sun 7	Bournemouth Bay Half, 10K and 5K	9.30 am
Sat 13	5 Mile Walk, Roxbourne Park	9.00 am
Sat 20	Wot No Watch, Roxbourne Park	9.20 & 9.40 am

MAY

Wed 1	Committee Meeting	8.00 pm
Sat 4	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Fri 10	AGM, Lowlands Tennis Club	8.00 pm
Sun 12	Marlow 5 TROPHY RACE	9.30 am
Sat 18	5K Run, Roxbourne Park	9.15 am

JUN

Sat 1	5 Mile Handicap, Roxbourne Park	8.50 am
Sat 15	Wot No Watch, Roxbourne Park	9.20 & 9.40 am

TVXC Thames Valley Cross Country

Committee meetings are at Methodist Church Hall, Cannon Lane. They are open to all but only the committee can vote.

Please Note: Change of date for 5K in February.

Note from the Editors!

Despite the vagaries of the weather recently it was a perfect day for the Harrow Hill race. Well done to Mandy and all the team for what seemed, certainly from a competitor's viewpoint, a very smoothly run operation. Results are available on the website and will also be in next month's Metrolines. Pictures are dotted around this issue. The next big event on the Metros calendar is of course the barn dance on 2nd March! Hope you are all practising your moves...It's not too late to buy tickets. For those of you looking for a more unusual running challenge, see inside for details of the Round Norfolk Relay. Enjoy your running.

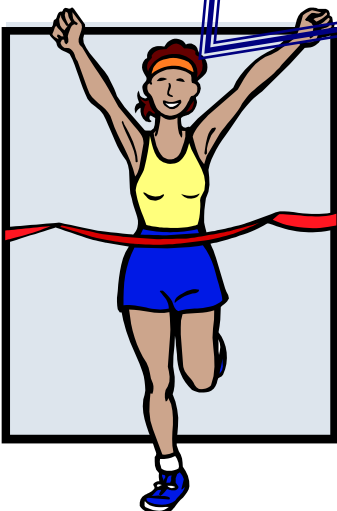
Jane and Penny Hudson



Welcome

Annie and Ian Birch, Northolt
Kathryn Chellew, Harrow
Alberto Maiorana, Eastcote
Julie and Kaela Owusu, London
Nicola Rochford, Pinner

Elected at the February meeting



Finchley 20 Sunday 17th March at 9.00 am
<http://www.hillingdonac.co.uk/f20/index.html>

Maidenhead Easter 10 Good Friday 29th March at 9.30 am
<http://www.maidenheadac.co.uk/easter+10/general>

Marlow 5 Sunday 12th May at 9.30 am
<http://www.handycrossrunners.co.uk/Marlow5.html>

Sudbury Court 10K Sunday 19th May at 11.0 am
<http://www.sudburycourt.org.uk/10k/index.php>

Burnham Beeches Half Marathon Sunday 18th August
<http://bbhm.burnhamjoggers.org.uk/>

Moor Park 10K Sunday 29th September at 3.00 pm
<http://www.moorpark10k.org.uk/>

Cabbage Patch 10 (Stragglers) Sunday 20th October at 10 am
<http://www.cabbagepatch10.com/>

Ricky Road Run tba
<http://www.rickyroadrun.co.uk/>

Any queries please contact
Graham Haddon LRRC Co-ordinator (grahamhaddon@aol.com)



Live Irish Ceili
Band



BARN DANCE

Saturday 2nd March 2013
7pm – 11.30 pm



NOT LONG TO GO!
MAKE SURE YOU HAVE YOUR TICKET.
Available on Saturday mornings,
via run co-ordinators or
contact Penny Hudson on 07905 557101 or
metrolines1@gmail.com

Venue: Ruislip Social Club
Grosvenor Vale,
Ruislip, Middlesex,
HA4 6JQ
Bar Available

Adult - £15
11-17 - £7.50
Under 11 – Free
(Includes Buffet)



Round Norfolk Relay 2013

Will take place on 14th & 15th September

197 mile continuous relay in 17 separate unequal multi-terrain stages



If you are interested in taking part in this relay, please contact Al or Jane Scoffham before the end of March on 01895 270 245





I thought readers might be interested in this photo - from an old book my Mother has just passed to me. It looks like an early Metros Wednesday night session! The caption is "Roxeth Marathon" - perhaps inspired by the dramatic 1908 Olympic marathon which passed through Harrow on its way to White City, and Dorando's disqualification after he was helped over the line after collapsing in the stadium.

The scene has not changed much - the Half Moon pub is on the right. The building to the left is the shop belonging to my great grandfather, A J Simkins (you can just make out the name). His son, my grandfather F W Simkins, who was born over the shop in 1898, later had an electrical shop of his own just a few doors down towards Shaftesbury Avenue. I may have inherited some of his running genes - he was a miler in his youth. Being a tradesman rather than gentleman he did not aspire to amateur status but raced on the professional circuit.

Nigel Rackham



Santa Pola Half Marathon, Alicante, Spain.

To answer your question, it's about ten miles south of Alicante airport. My cousin, with his wife and mum, live about 20 miles inland here, so this race was also the chance to visit family. Peter Jose, who delights in speaking the language at every available opportunity, came along too. He would speak Spanish to everybody all weekend. I still don't know how good his command of the lingo is.

On the day getting to, and at the start, it was all a bit of a rush. Pressed for time before the gun, Peter and I took the chance to get in the race line-up at the first opportunity. This was mistake as we were way too far back and consequently both got horribly slow starts. Think Great North Run/London Marathon. We had coloured numbers relating to our ability and should have fought through the spectators at the side to get into the line at the proper place.

More than 7000 runners started. This race is a big deal. They had an expo beforehand and a selection of wafer-thin Africans at the head of the field. Fireworks and balloons signaled the start. It soon became evident that the route was too narrow for such a number. Mind you it was all flat and pleasant in a temperature of about 15 degrees, a drastic difference from the UK which by now had had the predicted snowfall we'd just missed. Actually it was very chilly and very windy in the hills behind the coast, where family live. We thought we were to be in for very different race conditions when we left to what we got down at sea level.

I was frustrated about not getting through the crowds or past the 1.45 pace group, but I just had to suffer. They made us run through a section of (compacted) sand at the far end of the course for about 200 metres, but after that it was back on "proper" roads, not the narrow promenade, and finally he chance to get going.

It was a very flat route and good to be running in a warmer climate, but next time, if there is to be one, I'll be lining up where I should be.

Eve Viva-Espana

Steve Paull



Achievements

Well done to ...

Gertrud Porter - 1st W60 at Cliveden.

Christopher Hudson - 3rd in his age group at Watford Junior Challenge

Nigel Rackham - 1st V50 at Bramley 20, 2nd fastest V50 20 miler of all time in the UK!!

Judy Rackham - PB at Bramley 20.

Emma and Matthew Rackham for their first ever 10 mile race.

Sasha Birkin for completing her first half marathon in Brighton in a fantastic time of 1:35:22





Please note: The picture above is just an idea and is in no way a representation of the hat that we would be ordering.

WHO WANTS A METROS HAT?

It's been suggested that Metros order knitted hats. These would probably be blue with yellow 'Metros' embroidered on the front. Price would be approximately £5-£6 depending on the number to be ordered.

Anyone interested please contact Pat Jackson, 020 8868 5683 soon. Thank you.



'As some of you will already know we recently said a sad goodbye to Reece who had been coming with Dave Brown to our Saturday morning sessions for over two years. Dave and Sharon had taken Reece into their home at a time when family life had become difficult for Reece and they were able to bring some much needed stability. Reece has now been given a place at a residential school in Horsham, Sussex, where it is hoped that he will be able to build on the fresh start that he has been helped to achieve with Dave and Sharon.

Your committee decided that in these circumstances it wished to give Reece a small gift as a memento of his time with Metros, and Reece has written the thank you note below. We wish him well with his running, and Arsenal, in years to come.'

Dear metros

thank you very much for the
lovely pair of nike trainers you
bought for me as a going away
present they are really good and will
help me keep up with my running and other
sports now in moving from here.

I will miss everyone at metros
and being part of the club
i hope that i have the chance to see
you all again one day

thank you

from
Reece

Results

Santa Pola Half Marathon, Alicante - 20th January 2013

2413	Steve Paull	1:40:22
4999	Peter Jose	1:56:53

7044 runners

Poole Parkrun

	Sue Davie	Mark Mulvenna
5.1.13	40:20	
26.1.13	36:39	
2.2.13	35.29	29:10
9.2.13	34.28	



Wot No Watch – Saturday 19th January 2013

	Estimation	Actual	Difference
Jane Hudson	07:33	07:40	+7s**
Nigel Rackham	05:50	06:01	+11s
Dave Young	08:40	08:28	-12s
Simon Abery	07:20	07:33	+13s
Ann Marsden	08:55	09:08	+13s
Donna Warren	07:08	07:23	+15s
Mike Ransome/Janice Newman	08:57	09:12	+15s
Andrew Collier	07:43	07:58	+15s
Al Scoffham	08:50	08:30	-20s
Jonathan Collier	05:30	05:50	+20s
Ruth Tidder	09:00	08:39	-21s
Jeanne Coker	13:27	13:01	-26s
Judy Rackham	08:11	08:38	+27s
Caroline Day-Lewis	07:29	08:15	+46s
Steph White	12:30	10:46	-1m 44s
Anne Ambrose	13:23	10:49	-2m 34s

Well done to the 20 people who braved the snow and cold winds and came along to Roxbourne Park on Saturday 19th January. After a lap of the path as part of the warm up it was agreed that it was safe to run the scheduled 'Wot no Watch' - but as a change you had to 'estimate' your time after the run instead of 'predicting' it beforehand. This proved a lot more challenging – with most people running slower than they estimated, though whether this was due to the cold or the novelty of estimation is unclear. The eventual winner (with no Christopher to chase) was Jane Hudson. Hopefully the next running of the event will be under more normal conditions!

Teresa Young



Thames Valley XC League Tadley - 13th January 2013 (provisional results)

Men

Position	Name	Time	Score
25	Ron Taylor	0:39:19	25
155	Terry Burke	0:44:54	127
179	John Gorton	0:45:53	143
233	Al Scoffham	0:49:52	176
246	Glynn Watkins	0:50:38	182

Ladies

Position	Name	Time	Score
198	Donna Warren	0:47:13	39

Team Results

(1st 6 men score – min 2 vets,
1st 3 ladies score – min 1 vet)

Men: 14/15

Ladies: 15/15

Team: 14/15

See www.tvxc.org.uk for full results

The final race - Bracknell Forest Runners -
Lightwater Country Park will now be on 24th
February.



Measured Mile 2 February 2013

Nigel Rackham	5.25	Errol Clarke	8.34
Tom Alder	5.27	Annie Birch	8.38
Andy Fox	6.12	Ann Marsden	8.42
Sasha Birkin	6.21	Abbas Shah	8.47
Ian Birch	6.24	Julie Smith	8.48
Steve Paull	6.25	Sandra Young	8.49
Simon Aberly	6.49	Steph White	8.51
Hershil Patel	6.51	Penny Hudson	8.53
Adam Leary	6.58	Yvonne Greenwood	8.55
Christopher Hudson	7.07	Dharmini Chikhliwala	8.57
Mervyn Stuckey	7.08	Karen Leary	9.05
Caroline Day-Lewis	7.10	Penny Rawlins	9.16
Jane Hudson	7.12	Julie Owasu	9.41
Andrew Collier	7.14	Irene Paull	9.45
Sonny Peart	7.22	Abbas Khan	9.46
Nagendra Bisht	7.32	Raquel Russell Ponte	9.51
Hilarie Lemon	7.33	Sonya Grist	10.05
Judy Rackham	7.39	Elish Fernandez	10.07
Tracy Tyrrell	8.15	Gagan Khullar	10.13
Dave Young	8.19	Gladys De Groot	10.13
Marion Rogan	8.25	Hema Thakur	10.18
Karen Collier	8.27	Harjit Connolly	10.20
Roberta De Martin	8.29	Anne Leigh	11.04
Steve Alder	8.31	Joy Ohio-Ezomo	12.43



A bright but cold day for the Mile today with a biting wind which may explain some slightly slower times from our star milers. A warm welcome to several novices who had their first experience of the Measured Mile, well done. Hope to see you all again in May when you should try to improve on today's performance. The miler who improves their time the most over 3 out of the 4 Measured Miles run over the year is awarded a trophy, but the improvement has to be consecutive, that is a faster time for each of the 3 miles in succession. Keep up the training!
Angela and Teresa.

Watford Half Marathon - 3rd February 2013

1		1:07:00	
16	Nigel Rackham	1:15:07	1st V50
118	Tom Alder	1:26:12	
173	Nathan Powell	1:28:31	
209	Kevin Smart	1:30:31	
269	Neal Smith	1:33:31	
393	Steve Paull	1:37:10	
437	Mitesh Patel	1:38:53	
727	John Gorton	1:45:51	
911	Gertrud Porter	1:51:14	
1147	Judy Rackham	1:57:06	
1257	Rajesh Varshani	2:00:28	
1283	Paul Gardner	2:01:37	
1297	Ruth Tidder	2:02:01	
1427	Mike Ransome	2:07:26	
1454	Julia Allen	2:08:39	
1687	Anne Ambrose	2:38:55	
1704	finishers - last	3:02:51	



Watford Junior Challenge - U10s - 3rd February 2013

1		10:42
3	Christopher Hudson	11:16

The under 14s, under 12s and under 10s all ran together and Christopher came 15th out of 105 runners altogether. Well done!



Bramley 10/20 - 17th February 2013

20 mile race

1		1:45:54	
8	Nigel Rackham	1:56:11	1st V50
564	Judy Rackham	3:02:06	PB
780	finishers - last	4:33:36	

10 mile race

1		0:49:21	
175	Peter Rackham	1:18:39	
176	Matthew Rackham	1:18:39	
492	Emma Rackham	1:59:26	
513	finishers - last	2:25:57	

Brighton Half Marathon - 17th February 2013

1		1:07:30	
709	Sasha Birkin	1:35:22	
7541	finishers - last	4:14:13	



Runners' Recipes

From Ann Marsden

Here is the recipe for the currant slice ----- which I made without currants!!!!

Recipe for currant slice

Ingredients for base

1 cup plain flour
¾ cup rolled oats
½ cup brown sugar
4 ounces butter.



Rub butter into flour. Add oats and sugar. Press into 7" by 11" tin.

Ingredients for topping

1 cup currants or mixed fruit
1 cup sultanas
½ teaspoon cinnamon
1 teaspoon lemon rind
1 tablespoon lemon juice
1 tablespoon cornflour
1 cup water

Combine ingredients in a saucepan, heat, stir until thickens, Add lemon. Cool.

Spread topping on base. Cook in a moderate oven for about 35 minutes.



THE
LONDON
CHORUS

Musical Director
RONALD CORP

J S Bach
Mass
in B Minor

7:30pm
Thursday
7 March 2013

Soprano: Cecile Granger
Mezzo-Soprano: Catherine Hopper
Tenor: Julian Forbes
Bass: Sam Evans



St John's
Smith Square
SW1P 3HA

The London Chorus
Conductor: Ronald Corp

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**Concessions for FLC and SJSS Friends:
10% off two tickets (excl £10)**

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020 7222 1061

Online
www.sjss.org.uk

By post
Please enclose SAE

Debit/credit cards
MasterCard, Visa and Maestro accepted

Booking fees per transaction:
£2 by telephone/
£1.50 online

Advance booking
The Box Office is open for advance bookings from 10am to 5pm weekdays, and opens at 6.30pm on the day, for personal callers for that concert only.

THE
**LONDON
CHORUS**

The London Chorus. Registered in England no. 462374.
Registered charity no. 271402.
Registered office: 43 Manor Way, Beckenham, Kent BR3 3LN

Musical Director
RONALD CORP

NOTES OF METROS COMMITTEE MEETING

Wednesday 5 February 2013, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Mandy Beuselinck, Penny Hudson, Pat Jackson, Ann Marsden, Steve Paull, Marilyn Pickford, Mike Ransome, Al and Jane Scoffham.

NON COMMITTEE : Peter Beuselinck

APOLOGIES: Barbara Robson

CHAIR: Jane Scoffham

NOTE RECORDER: Pat Jackson

(Any member unable to attend a meeting should inform Jane or Al Scoffham in advance. If they have an action item outstanding, they should give their report on that item to Jane or Al).

MATTERS ARISING FROM THE PREVIOUS MEETING – 5 December

Metros Barn Dance – Penny stated a good number of tickets had already been sold.

Metros Computer - Irene Paull has researched the cost of obtaining a new laptop for Metros membership and it was unanimously agreed that she should purchase this. Any Metros member who could obtain a new laptop at a reduced price please contact Irene.

ACTION: Irene Paull and **ALL MEMBERS**

Thames Valley League – Jane thanked all who had helped at our host event.

It is hoped that Metros can have an earlier date next season and Jane will negotiate.

ACTION: Jane Scoffham

Marilyn will check if we could use the Crematorium overflow car park in future years.

ACTION: Marilyn Pickford

A larger supply of hot water is needed and it was agreed that a larger urn will be purchased.

ACTION: Jane Scoffham

Discount for Metros Members – Marilyn Pickford will supply Al with the necessary contact to set up a discount with Cotswold.

ACTION: Marilyn Pickford/Al Scoffham

Metros Application Form – further changes to the form were agreed and Jane will update having confirmed details with Irene Paull.

ACTION: Jane Scoffham

Track Marathon, 20 July – Steve confirmed that arrangements are progressing.

Metros Short First Aid Course – Margaret Smith has confirmed Saturday 2 March for the short first aid course.

ACTION: Pat Jackson

District Scouts Walk – will be held in Roxbourne Park on 27 April. Metros training can still take place and Steve Alder will liaise re walk route etc.

ACTION: Pat Jackson

Membership Update - Ann has contacted most members who have not yet renewed their membership and some new members re attendance at sessions. Ann confirmed there are few Metros car stickers and it was agreed to source a new supply to purchase.

ACTION: Ann Marsden

ACTION: All

5 Mile Handicap – Several runners went wrong on the route and it was agreed to have copies of maps available to distribute to runners.

ACTION: Irene Paull

Harrow Hill Race – Mandy updated the committee on arrangements and several points were discussed and agreed. Mandy is arranging for signatories of the Hill Race Account to be changed.

ACTION: Mandy Beuselinck

Christmas Charity Donation – A cheque for £130 has been sent to the local branch of St John Ambulance in memory of Pam Smith and Dennis Eyres. £12.80 from the sale of magazines, the rest donations for Christmas messages.
ITEM CLOSED

REPORTS OF OFFICERS

Hon. Chairman – Jane stated that she would be standing down at the AGM as Chairman of the Committee and as a member of the Committee. It was agreed that new members be sought.

Hon. Vice Chairman – Mike had nothing to report.

Hon. Secretary – Al stated that he intended to continue as Honorary Secretary but for just one further year. Metros membership to the Middlesex County Athletic Association is due - £20. England Athletics has suggested that the affiliation fee for all competing members be £10.00, payable in April. This has not yet been confirmed and Al will put a note in Metrolines.

ACTION: Al Scoffham

The AAA (Amateur Athletic Association) are holding a meeting on 17 March in Birmingham. Anyone who wishes to attend contact Al.

Hon. Treasurer – Mike was thanked for distributing a full report.

Hon. Membership Secretary – Ann listed new applications which were all confirmed:

Annie and Ian Birch, Northolt; Kathryn Chellew, Harrow; Alberto Maiorana, Eastcote; Julie and Kaela Owusu, London; Nicola Rochford, Pinner.

The following have not renewed membership:

Thomas Barry, Roz Claxton, Jackie Cope, Navdeep Dhillon, Michael Newell, Jackie Mackin, Galloway and Margo Manning, Harry Tomlinson.

REPORTS OF CO-ORDINATORS

Thames Valley League – All confirmed that the final event this season is on 24 February at Bracknell which was postponed due to the snow.

Facebook – Mandy confirmed 70 likes.

Monday Session – Mike confirmed there were 23 runners last Monday and had received enquiries from several new likely participants.

OTHER ITEMS

Metros Hats – Following an enquiry regarding Metros hats, Pat will advertise in Metrolines and, if there's enough interest, an order maybe placed.

ACTION: Pat Jackson

Metros AGM – Mike will confirm a suitable date in May (Now confirmed as Friday 10 May) Jane will chair the AGM. Mike will check with Dave Swan whether or not he will be able to audit the Metros accounts.

ACTION: Mike Ransome

Scout Hall Donations Box – following a discussion it was agreed to review at the next meeting.

ACTION: Committee

Round Norfolk Relay – Jane will ask via Metrolines if Metros are interested in forming a team this year.

ACTION: Jane Scoffham

London Marathon Coach – Al confirmed that a Metros coach will not be arranged this year.

Meeting closed at 9.45 pm

Dates of Future Committee Meetings – all Wednesdays at 8.00 pm at the Methodist Church, Cannon Lane, Pinner:

6 March, 3 April, 1 May.

Metros Committee meetings are open to all members but only the committee can vote

AGM - Friday 10 May

Committee Meetings

These are held at Cannon Lane Methodist Church, Cannon Lane, Pinner at **8pm** on the first Wednesday of most months (but usually not May, August or January) and we are open to all members.

First Aid

If you hold a valid First Aid Certificate please could you let me know so that we have a list for run co-ordinators, in case of an incident.

If you are interested in taking a First Aid course, we may be able to arrange it. Thank you.

Jane Scoffham: tel. 01895 270245

First Aid Course

Contact me on
0208 866 1170,
mcstraining@hotmail.co.uk,
or see me at the scout hut
after the Saturday running
session for further details.

Margaret Smith

Facebook Page

If you're a Facebook user then look out for the Metros Running Club Page. We've set this up to allow Metros to keep in touch and to interact with other running based organisations. Getting access is simple - key in Metros Running Club in the Search bar, click to link down to the Page that is returned by the search, and "like" the page. And don't be afraid to contribute anything relevant to the Page.

Metrolines

Contributions to: Penny and Jane Hudson

Email: metrolines1@gmail.com

Contributions by: 15th of each month please.

If you would like to receive Metrolines by email, please send your details to Jane or Penny Hudson at the email address above.

When submitting articles, please ensure that all information is correct and that times, dates and places are clearly shown.

Photocopying: Pat Jackson

Distribution: Ian Bocock

Contact Penny Hudson if you would like to join Metros group email.

Advertising

If you would like to advertise in Metrolines the rates are as follows:

Full page £5

Half page £3

Quarter page £2

Coaching/Leadership Course

The committee has allocated a running training budget, so if you are interested please find a course that you would like to do and then contact

Jane Scoffham: tel. 01895 270245

Metros Website

www.metros.org.uk

Contributions to: ks@d4b.co.uk

If you have information and/or photographs relating to club events that you feel should be on the website please send details to Kevin at the above email address.

Metros Kit

Metros breathable vests and long and short sleeved T-shirts are available from Pat Jackson – tel. 020 8868 5683. Price: T-shirt £15, £18; vest £12.

Metros vests can also be purchased at Runner's World, 139 Field End Road, Eastcote, HA5 1QH. Tel. 020 8868 6997. (Runner's World does not have any Metros T-shirts).

Safety Information

Whenever you attend a training session, please inform the session coordinator / leader if you have any injury or other medical condition.

Also, if you participate in one of Metros Saturday morning races or challenges, please give your name to the person(s) organising the event and report back to them if you drop out. This applies particularly to events where the course is mainly on the streets and is to enable us to check whether anyone has lost their way or suffered an injury or accident.

A "dog tag" for personal information can be obtained from Pat Jackson for £1.00

Metros REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: mondaymetros@yahoo.co.uk	
TUESDAY	20.00	Steve Paull	020 8422 6636
WEDNESDAY	19.15	Dave Brown	020 8933 1821
THURSDAY	19.00	Jane Hudson	07522 754675
		Email: thursdaymetros@yahoo.co.uk	
SATURDAY	09.00	Dave Young	020 8866 3225
SUNDAY	09.30	Anne Leigh	01753 888 839

Not every week – please phone Anne to confirm

There are often other runs going on particularly on Sunday so ask around if you are interested in joining a group.

See website for more details: www.metros.org.uk