



March 2011

Issue No. 271

London Marathon Coach

Hi pavement pounders!

It's that time of year again when your training for the London Marathon really gets serious.

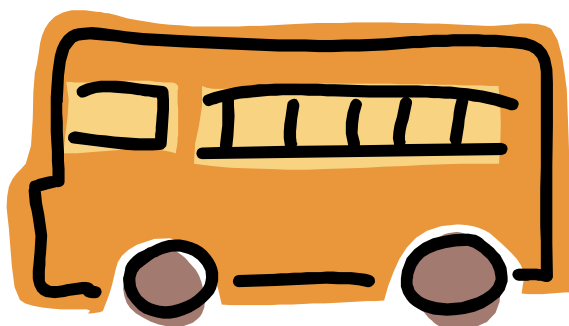
Getting to the start line is also serious. Depending upon the number of takers I will organise a minibus again.

Therefore please let me know on 01895 270245 or at Almetros@yahoo.co.uk as soon as possible.

At the moment I have only had the one enquiry

Many thanks

Alastair Scoffham



Metros Diary

2011

MAR

Sat 5	5 mile handicap, Roxbourne Park	8.50am
Sun 6	Berkhamsted Half Marathon & 5 mile	10.00 am***
Fri 11	Neverley Brothers & Fubar – Half Moon Pub	9.00 pm
Sun 13	Finchley 20 TROPHY/TARGET RACE	9.30 am*
Sat 19	Wot no Watch, Roxbourne Park	9.20 & 9.40 am
Wed 30	Committee Meeting	8.00 pm

APR

Sat 2	10K Challenge, Roxbourne Park	9.00 am
Sat 16	Wot No Watch, Roxbourne Park	9.20 & 9.40 am
Sun 17	Virgin London Marathon	
Fri 22	Maidenhead Easter 10 TROPHY/TARGET RACE	9.30 am*
Wed 27	Committee Meeting	8.00 pm

MAY

Mon 2	Watford 10K The Bluebell Run	11.30 am****
Sat 7	Measured Mile, Roxbourne Park	9.20 & 9.40 am
Sun 8	Marlow 5 TROPHY /TARGET RACE	9.30am*
Mon 9	Vets T&F – Battersea	6.30pm
Sun 15	Sudbury Court 10K TROPHY RACE	TBC*
Fri 20	METROS AGM	8.00 pm
Sat 21	5K Run, Roxbourne Park	9.15 am

JUNE

Sat 4	5 mile handicap, Roxbourne Park	8.50 am
Sun 5	Summer League – Dulwich	TBC
Mon 6	Vets T&F – Battersea	6.30 pm
Sat 18	Wot No Watch	9.20 & 9.40 am
Mon 20	Vets T&F – Hillingdon	6.30 pm
Sun 26	Summer League – Metros	9.30 am
Wed 29	Committee Meeting	8.00 pm

* Please see details of how to enter inside

*** berkhamstedhalfmarathon.co.uk

**** watford10k.org.uk

Note from the Editors!

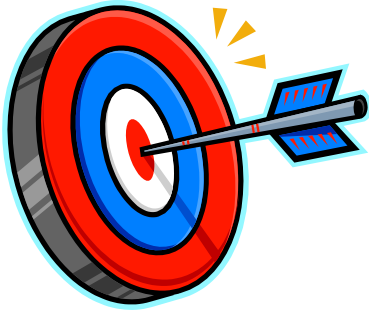
Just back from Harrow Hill race – well done to everyone who took part, and thank you to Dave and his team – there will be more details in next month's issue. The road running season gets under way in earnest in March. Good luck to anyone facing the arduous of Finchley 20, and of course spring marathon training is in full swing. It's also time to start thinking about the summer – see inside for details of the Vets track and field events and the Summer League. Whatever you are doing, take advantage of the lighter evenings and enjoy your running.

Jane and Penny Hudson



Harrow Hill Race – see April's issue for details

Target Races



(The target is to get lots of Metros together!)

Finchley 20 – Sunday 13th March)
Maidenhead Easter 10 – Friday 22nd April > see below
Marlow 5 – Sunday 8th May)

Trophy Races

Finchley 20 – Sunday 13th March 2011, 9.30am
www.hillingdonac.co.uk - entry £20 affiliated, £22 non-affiliated
(no entries on the day)

Maidenhead Easter 10 – Friday 22nd April 2011, 9.30 am
www.maidenheadac.co.uk – entry £14 affiliated, £16 non-affiliated
Closing date: 15th April (no entries on the day)

Marlow 5 – Sunday 8th May 2011, 9.30am
www.handycrossrunners.co.uk – entry £11 affiliated, £13 non-affiliated
Closing date: 29th April (£18 entry on day subject to availability)

Sudbury Court 10K – Sunday 15th May 2011, details to follow.
www.sudburycourt.org.uk

Burnham Beeches ½ marathon – Details to follow
www.burnhamjoggers.org.uk

Moor Park 10K – Sunday 25th September 2011, details to follow
www.moorpark10k.org.uk

Cabbage Patch 10 - Details to follow
www.cabbagepatch10.com

Ricky Road Run (9) – Details to follow
www.rickyroadrun.co.uk





Thank you to those of you who have sent in your England Athletics' participating member form.

If you have not submitted your form with the fee of £5 and wish to remain a participating member please would you forward it to Alastair and Jane Scoffham. If you are not already a participating member and would like to be included please complete the consent form, both of which were included with Metrolines.

Payment can be in cash or a cheque payable to Metros.

Forms can also be obtained from the regular training sessions or by e-mail to janeyoung2@btopenworld.com. If you require further information please call Jane or Alastair on 01895 270245.

Please can we receive these by 31st March 2011 at the latest. This will help us to complete the administration work before the April deadline

Many thanks

Al and Jane



Do you suffer with blisters?

If you would like a free sample from London Orthotics (worth £5.99) send your details to:

Julian English at julian@londonorthotics.co.uk

Include your Metros membership number and postal address.

Round Norfolk Relay 2011 – 17/18th September

This believe it or not, is the 25th anniversary of the Round Norfolk Relay. As a special this year the organisers are allowing 60 teams in the event. Metros for many years used to enter a team but this fell by the wayside after the 2005 race. We tried again in 2009 but within 3 minutes after the entries opened they sold out. Yes, it's that popular and running clubs from Norfolk always receive priority.

This year with more places we feel we should get in. I have already e-mailed Ian Vaughan- Arbuckle (Race director) to express our interest and he would be really happy to see a return of the Metros

Now those of you new to this event read on....

The Race is called The Round Norfolk Relay and circumnavigates the county of Norfolk (strangely enough).

It is 194.85 miles long and run over 17 legs. It is continuous and carries on through the night. Don't worry, you do not run in the pitch dark, you have a car behind lighting your way.

The legs vary in length, between 20 and 5 miles and some are now mainly off road.

The distances are as follows.

Stage	Miles	Stage	Miles
1.	16.32	2.	14.06
3.	5.76	4.	11.14
5.	10.81	6.	7.90
7.	9.24	8.	7.52
9.	11.30	10.	20.06
11.	14.60	12.	19.67
13.	13.25	14.	8.80
15.	7.20	16.	5.49
17.	11.73		



If fancy the idea of this race and would like more details please contact Jane or Alastair Scoffham on 01895 270245 or ask us at the park on Saturday mornings. You can also visit the website

www.roundnorfolkrelay.com

Watford Junior Challenge (under 8s) – 6th February 2011

Many of you know my nephew Christopher from a Saturday morning. He doesn't say a lot but boy does he run fast! He decided to enter the Watford Junior Challenge in Cassiobury Park while his Auntie Jane was running in the half marathon.

It was a chaotic start and Christopher was about halfway down the pack of what I thought was about 50 runners. The race was 1200m so they went out of sight for a short time. Soon we saw the front runners appearing and Fiona (Christopher's mum) said to me that she could see him coming. At first I thought she was mistaken as he was really close to the front. But she wasn't – it was him! He hesitated when he saw us but we waved him on to the finish where he was delighted to receive his medal.

He came 8th out of 142 runners and not only that he was the first 6 year old. What a fantastic first race.

Penny

1		5.19
8	Christopher Hudson	5.56
142	runners	



The London Marathon here I come!

By Jane Mayes

My Macmillan diary boldly proclaims on the front '2011 is a really BIG year'* which is very apt for me because, on 17 April, I'm running the London Marathon for the first (and last) time.

I've had three main reactions from friends when I tell them I'm running the marathon. One is an incredulous 'YOU?!', which is a bit disconcerting. Another is a rather curious query about just how far I'm planning to run: 'Are you doing a half marathon?' (I don't think there's an option of doing half the London Marathon, is there?) The third reaction is a whoop of delight and enthusiasm along the lines of 'Wow, that's fantastic!' Of course they all think I'm daft.

It takes discipline to train regularly on dark, cold nights through the winter in readiness for the big day in mid April. After a long day at the office as I walk home wearily from the tube station I wonder however I'll manage to summon up the energy to go running later that evening with one of the Metro midweek groups. Somehow I do – it always amazes me that the energy is there, even though I may not feel like running. It's a real bonus to go out and train with others and certainly helps maintain the discipline – less chance of opting out. It's also a great encouragement to keep going when I'm flagging and thinking it's time to stop and hit the bar, the bath or the sofa, or whatever beckons. I don't have much difficulty in keeping to the discipline of my training runs but as well as training physically I've fast discovered that you also have to train the mind to be disciplined and that, in some ways, is more of a challenge.

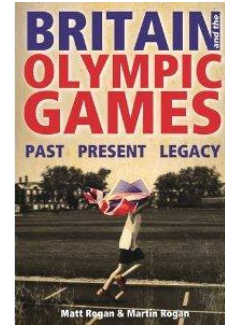
Doubts readily set in. After a ridiculously slow, not to mention torturous, 15 mile run I ended up feeling wimpish and hopeless. Fears of however will I get round 26.2 miles abound. That's when the mental discipline of remaining positive and upbeat, rather than brooding on the past bad experiences and the challenges ahead, come to the fore. I know it's the mental battle that is the one that I really need to crack. Getting round 26 miles plus a bit takes huge determination. Have I got it? I have a charity place, for Action for Children. Of course I've got it. Not getting round isn't an option. I'm also mindful that I'm a Metro!!

*(It's Macmillan's centenary year.)



Olympic Book Sales

Several of you were kind enough to purchase copies of the book 'Britain and the Olympic Games'. Profits from the sales were sent to the Meningitis Trust. You will be pleased to know that the total amount raised from sales and marketing events to date exceeds £1,500 which is enough to fund the First Response Help Line for one month!



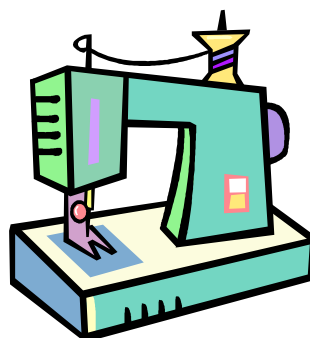
Matt and Martin would like to thank Metros for their kind support.

Marion

Any unwanted typewriters or sewing machines.

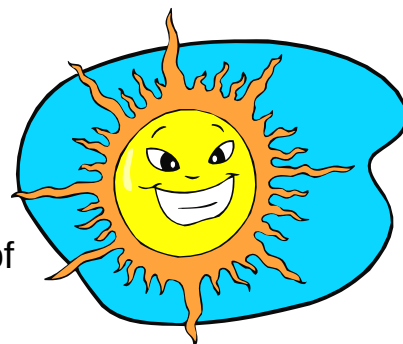
The Ruislip/Northwood Rotary Club is collecting typewriters and sewing machines to send to Africa via a Chesham based charity, Workaid.

Contact Brian Lewis on 01895 238650 to arrange collection, or Ann Marsden 01923 823001 for more information.



SUMMER LEAGUE 2011

Would you like to compete in one, or a series of five organised runs of 5 miles or 10km on Sunday mornings, starting and finishing in parks, open to all ages and abilities with refreshments after – all for an entry fee of £1? (50p for U/16, free for runners under 7 years).



For those unfamiliar with this League – it's a series of five races held during the summer months. Entry is on the day and there is no need to pre-enter. At each fixture there are four events:

- i. The morning starts with an Open Race of 5 miles or 10km for those 16 years and over, suitable for all abilities.
- ii. A Tenderfoot Run of 1.5 – 2km, suitable for children from 7 - 16 years, runners returning from injury and runners who prefer to run a shorter distance.
- iii. A Fun Run of approximately 400m for children under 7 years.
- iv. A series of light hearted relays of 300-400m, again suitable for all ages and abilities.

Dates: Sunday 5 June – 10km Dulwich Park

Hosted by Dulwich Park Runners

**Sunday 26 June – 10km North Harrow Recreation Ground
HOSTED BY Metros**

Sunday 10 July – 5 mile Perivale

Hosted by Ealing, Southall & Middx

Sunday 24 July – 10km Regent's Park

Hosted by Mornington Chasers

Sunday 14 August – 5 mile Battersea Park

Hosted by Serpentine

Scoring is age related: children up to 16 - every year; adults over 40 are graded in five year age bands. All participants in the Open and children in the Tenderfoot score points for their club – the more runners, the higher the club score.

There are league awards for the top three scoring individuals in each age category in the Tenderfoot and in the Open – the best three out of five races count. Children in the Fun Run receive certificates on the day.

Metros also give awards for top Metros runners in each age category: the number of Metros awards depends on how many Metros runners there are in each age group.

Apart from Metros, other participating clubs are Dulwich Park Runners, Ealing Southall & Middlesex, Mornington Chasers, Queens Park Harriers, Serpentine and Sudbury Court Running Club.

For further information please contact Pat Jackson tel: 020 8868 5683

VETERANS TRACK & FIELD LEAGUE

Are you aged 35 years or over?

Would you like to try something different - like running on a track?

If yes, you are eligible to participate in a friendly Veterans Track & Field League. Metros have participated in this league for several years and this year there are again four fixtures open to both men and women aged 35 years and over.

There are three age categories in various events: 35-49, 50-59 and 60 years and over and, in some cases, separate groups in each event, graded on ability. It's not necessary to be a fast runner, although of course vets who are fast, or strong – for throwing, or bouncy – for the jumping events, are welcome, but all finishers earn points for their clubs.

The meetings are on Mondays and start at 6.30 pm with the field events, the running events are held later in the evening. There are separate scoring events for both men and women.

The following are dates and venues for the coming season:



Monday	9 May	Battersea
Monday	6 June	Battersea
Monday	20 June	Hillingdon
Monday	18 July	Twickenham

9 May – 100m, 400m 1500m, 2000m walk
Shot, Discus, High Jump, Long Jump, 4 x 400m relay

6 June – 200m, 800m, 3000m,
Hammer, Shot, Triple Jump, Long Jump, 4 x 100m

20 June – 100m, 400m, 1500m, 2000m walk
Javelin, Discus, High Jump, Triple Jump, 4 x 400m

18 July – 200m, 800m, 3000m
Hammer, Javelin, High Jump, Long Jump, 4 x 100m

Do consider coming along, the evenings can be fun.

If you would like to join us or would like further information, please contact:

Pat Jackson 020 8868 5683.

Results

Measured Mile Saturday 5 February 2011			
Nigel Rackham	5.02	Olivia Gill	8.21
Jonathon Collier	5.16	Marion Rogan	8.26
Peter Rackham	6.09	Judy Rackham	8.33
John Gorton	6.11	Sarah Westwood	8.38
Steve Paull	6.22	Eleanor Murray	8.47
Dave Young	6.28	Anne Marsden	8.56
Tom Alder	6.40	Debra Norman	8.57
Adam Leary	6.40	Kath Donaldson	8.58
Peter Beuselinck	7.02	Raquel Russell-Ponte	8.59
Simon Aberly	7.11	Karen Leary	9.07
Kirit Ardeshta	7.19	Bill Carter	9.09
Jackie Cope	7.28	Lily Berman	9.11
Paul Gardener	7.35	Anne Ambrose	9.16
Amanda Beuselinck	7.39	Kevin Eckersley	9.20
Christopher Hudson	7.43	Dave Brown	9.33
Jane Hudson	7.44	Sue Davie	9.44
Andrew Collier	7.47	Leila Du Toit	10.05
Ceri Jacobs	7.50	Gladys de Groot	10.11
Carole Wells	7.54	Stephanie White	10.41
Geraldine Gill	8.03	Irene Paull	10.50
Shelley Patrick	8.05	Charlotte Reed	11.42
Karen Collier	8.12	Jeanne Coker	13.19
Errol Clarke	8.13	Gail Berman	13.34

Good running conditions today for the Mile with dry weather and a milder temperature but a chilly wind which we trust was behind you for at least part of the way. Much to our surprise some sections of the route had been resurfaced with the familiar potholes now missing near the start. Did this contribute to the faster times I noted from some of the runners? Impossible to say but there are some improvements so keep up the training and see you for the next Measured mile in May
Angela and Teresa.

Watford Half Marathon – 6th February 2011

Place	Name	Chip Time	Category	Grading
7	Nigel Rackham	01:14:22	V40M	87.27
90	Kevin Watson	01:24:57	Senior M	69.98
251	Nathan Powell	01:32:00	V40M	67.22
724	Katherine Heracleous	01:44:30	V45F	70.16
978	Jonathan Callard	01:49:31	Senior M	54.01
1079	Harriet Copland	01:51:35	V35F	62.60
1067	Andrew Collier	01:51:41	V40M	56.57
1288	Russell Sessions	01:55:44	Senior M	50.92
1345	Peter Beuselinck	01:57:20	V40M	54.43
1466	Paul Gardner	02:00:25	V50M	55.62
1538	Jane Hudson	02:02:52	V45F	61.09
1645	Pritesh Patel	02:06:50	Senior M	46.40
1650	Amanda Beuselinck	02:07:32	V35F	53.83
1724	Judy Rackham	02:09:51	V45F	57.10
1883	Sue Davie	02:19:45	V45F	51.20
1943	Jane Mayes	02:26:28	V55F	52.65

Nigel Rackham was 1st vet 40 man.



John and Nigel
The Neverley Brothers
plus Fubar



will be playing LIVE at the

Half Moon Pub

(Middle Road, Harrow on the Hill, HA2 0JY)

on Friday 11th March around 9.00pm

Arrive early for a good view

All Metros invited



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Monday 8-9pm

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HA4 7JZ

Wednesday 8-9pm

St John's Pinner Parish Church Hall
Church Lane
Pinner
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£5.00 per class

For further details contact **Dani** on:

07956540785 or

daniellestuckey@hotmail.com

<http://81950.zumba.com/>

Metros Runners!

Receive an introductory
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NOTES OF METROS COMMITTEE MEETING

Wednesday 23 February 2011, Methodist Church Hall, Cannon Lane, 8.00 pm

PRESENT: Jackie Cope, Pat Jackson, Ann Marsden, Marilyn Pickford, Steve Paull, Mike Ransome, Barbara Robson, Al and Jane Scoffham.

APOLOGIES: Dennis Speight, David Swan

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 – 26th January.

Metros Hill Race – numbers have been sent to 113 entrants. David will meet school representatives on Friday. A stop watch will be purchased later.

ACTION: David Swan

Target Races – confirmed up to 5 May.

Summer League – Pat recently attended a meeting of club representatives. Fixture dates were confirmed and will be advertised in Metrolines. **ACTION:** Pat Jackson

Thames Valley League – Jane thanked all who had helped with the Metros host fixture and Jane, Al were thanked for organising.

Participating clubs have been asked if an earlier start ie 10.00 am would be preferred and the season start before November. It was agreed to recommend that start times remain at 11.00 am and the fixture programme started before November.

ACTION: Jane Scoffham

London Marathon Coach – Al confirmed that a note will appear in Metrolines asking anyone interested to contact him.

ACTION: Al Scoffham

Metros Car Stickers – a supply has been found so no new order will be placed at present.

Metros Sew-on Labels – a few have surfaced and will be offered for sale to members.

ACTION: Pat Jackson

Metros Constitution – a final draft was approved. Jane will arrange for this to appear in the April Metrolines for members comments by 27 April, prior to the AGM in May.

ACTION: Jane Scoffham

AGM – Mike will confirm the date and Pat will book the Tennis Club.

ACTION: Mike Ransome, Pat Jackson

Competing Members – Ann has given Jane the completed forms for entry on the England Athletics web site.

ACTION: Jane Scoffham

Charity Donation re Sharon Powell – Al will contact the Ealing, Southall & Middlesex club secretary regarding the charity chosen

ACTION: Al Scoffham

Leadership and Coaching Courses – It is hoped to hold our own course if twelve members participate. Some have expressed interest but more are needed to make it viable. Jane will check the fee for an instructor. **ACTION:** Jane Scoffham

Group e-mail – Jane has set this up to enable Metros members to send messages to other Metros members who had agreed to be part of the group. She is continuing to develop this. **ACTION:** Jane Scoffham

REPORTS OF OFFICERS

Hon. Chairman – Jane had nothing to report.

Hon. Vice Chairman – Mike had nothing to report.

Hon. Treasurer – Mike distributed a report.

Hon. Secretary – Al had nothing to report.

Hon. Membership Secretary – Ann confirmed there are no new membership applications this month. At present there are 215 Metros members which include children and second claim members. Jo Groom was recorded last month as not renewing his membership but this was an administrative error and Jo is still a member.

REPORTS OF CO-ORDINATORS

Cross Country – Al confirmed that the season has ended.

OTHER ITEMS

Marshals Bibs – Marilyn reported that there are few left and it was agreed to order more. Pat will check with the supplier of Metros T-shirts. **ACTION:** Pat Jackson

Metros 5k and 10k events – Mike mentioned that two runners went wrong in the recent Metros 10k run. Jane will produce a large map of each route which will be available for viewing in the Scout Hall prior to the events. Printed instructions will also be available to runners and placed in the race entries book. **ACTION:** Jane Scoffham

Lost Car Key – Mike lost his car key during the recent Metros 5k run in Roxbourne Park. Anyone finding the key please return to Mike. **ACTION: ALL METROS**

Round Norfolk Relay – Jane confirmed that, if 8 weeks prior to the relay it seems unlikely that Metros can raise a team, the entry fee will be refunded minus an administration fee.

Meeting closed at 9.10 pm

Date of Next Meeting – Wednesday 30 March 2011.

DATES OF FUTURE COMMITTEE MEETINGS

27 April

28 September

29 June

26 October

27 July

30 November

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

First Aid Course

1 day Intensive Paediatric First Aid Courses - suitable for general interest and Vol Ofsted Registration.

Sunday 27th March

Saturday 7th May

3 Day First Aid at Work Course

Mon 11th, Tues 12th and Wed 13th April

2 Day First Aid at Work Requalification Course

Mon 21st and Tues 22nd March

All venues are local

Discount for Metros Members

If interested, or wish to know about other courses and dates, see me in the scout hall after the sessions on Saturdays, or contact me on 0208 866 1170. Email address is mcstraining@hotmail.co.uk

Thanks, Margaret

Metros REGULAR RUNS

MONDAY	20.00	Teresa Young	020 8866 3225
		Mike Ransome	07802 839 498
		Email: mondaymetros@yahoo.co.uk	
TUESDAY	20.00	Garry Young	01923 833 726
WEDNESDAY	19.15	Dave Brown	020 8933 1821
THURSDAY	19.30	Sue Davie	
		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			

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

Runners' Recipes

Pancake Day – 8th March 2011

Easy to Make Basic Pancake Recipe

- Basic Batter Recipe - Ingredients for making about 8 pancakes
- 4oz (100g) plain flour.
- Half a pint (250ml) of milk.
- 1 medium egg
- Oil for cooking

Method

1. Sieve the flour and salt into a mixing bowl.
Make a small hollow in the centre of the mixture and drop in the egg (not the shell).
2. Begin to mix while gradually adding about one quarter of the milk.
Continue to mix well until bubbles become visible in the mixture.
3. Gradually pour in the remaining milk while continuing to mix.
(If it's a bit too thick - then add a little water.)
4. Heat a small amount of oil in a frying pan.
5. When the pan is hot, spoon in approximately 1 tablespoon of batter, spread thinly and evenly, cook on one side.
6. Flip the pancake and cook the other side. (Should be golden brown)
7. Serve immediately with lemon and sugar, banana and honey or whatever your favourite filling is.



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Committee Meetings

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

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).

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

Metrolines

Contributions to: Penny and Jane Hudson

Email: metrolines1@gmail.com

Contributions by: 27th 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

Advertising

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

Full page £5

Half page £3

Quarter page £2

Coaching

The committee has allocated a running training budget, so if you are interested in going on a course please contact

Jane Scoffham: tel. 01895 270245