



May 2010

Issue No. 261

DON'T FORGET!
Friday 14 May
AGM 8pm
Lowlands Tennis Club



MIDSUMMER MADNESS IN THE PARK

Saturday 26th June Roxbourne Park at 9am
Annual Midsummer Madness –
a mix of fun, team games, plenty of water and just a small amount of running.

All welcome especially children.

Fancy dress is encouraged, with prizes for the best efforts.

The fun starts at **9.00** and the madness will be followed by refreshments in the scout hall.

Metros Diary

MAY

Mon	10	Vets T&F, Battersea	6.30 pm
Fri	14	AGM, Lowlands Tennis Club	8pm
Sun	16	Sudbury Court 10K TROPHY RACE	11.00am
Sat	22	5K Race, Roxbourne Park	9.15 am
Sun	23	Richmond 10K TARGET RACE	9.45 am****

JUNE

Sat	5	5 mile handicap, Roxbourne Park	8.50am*
Sun	6	SUMMER LEAGUE, Dulwich Park	10.30am
Mon	7	Vets T&F, Twickenham	6.30 pm
Sun	13	Chiltern Chase 10K TARGET RACE	10 am****
Sat	19	Wot no Watch, Roxbourne Park	9.20 & 9.40am**
Sun	20	SUMMER LEAGUE, Headstone Manor Park	9.30am
		Hosted by Metros	
Mon	21	Vets T&F, Uxbridge	6.30 pm
Sat	26	Midsummer Madness, Roxbourne Park	9am***

JULY

Sat	3	10K Challenge, Roxbourne Park	9am
Sun	4	SUMMER LEAGUE, Perivale	11am
Sat	10	5 mile walk, Roxbourne Park	9am
Mon	12	Vets T&F, Battersea	6.30 pm
Sat	17	Wot no Watch, Roxbourne Park	9.20 & 9.40am**
Sun	18	Wycombe Half Marathon TARGET RACE	9.30am****
Sun	25	SUMMER LEAGUE, Regent's Park	9.30am

AUG

Sun	1	Milland Valley 13 TARGET RACE	10.30am****
Sat	7	Measured Mile, Roxbourne Park	9.20 & 9.40am**
Sun	15	SUMMER LEAGUE, Battersea Park	9.30am
Sun	22	Burnham Half Marathon TROPHY RACE	10am
Sat	28	5K Race, Roxbourne Park	9.15am

SEPT

Sat	4	5 mile handicap, Roxbourne Park	8.50am*
Sat	18	Wot No Watch, Roxbourne Park	9.20 & 9.40am**

* Please note new time

** We have so many people entering these races that we now have to run the events as two separate races!

*** Please see details inside

**** Please see details of websites and how to enter inside

TARGET RACES

Richmond 10k

Sunday May 23rd 2010 @ 09:45

£10.00 affiliated/£12.00 non-affiliated

Website: www.richmondfc.co.uk

Click on 10k race for details and entry form

Enter online @ www.runnersworld.co.uk

Chiltern Chase 10K

Sunday 13th June 2010 @ 10:00am

£11.00 affiliated/£13.00 un-affiliated/ £15.00 on the day

Website: www.chilternchase.org.uk to download entry form.

Wycombe Half Marathon

Sunday 18th July 2010 @ 09:30

£10.00 affiliated/£12.00 non-affiliated + £2.00 on the day

Website: www.handycrossrunners.co.uk to download entry form

Enter online @ www.runnersworld.co.uk

Milland Valley 13

Sunday 1st August 2010 @ 10:30

£9.00 affiliated/£11.00 non-affiliated + £2.00 on the day

Website: www.liss-runners.org.uk

Enter online @ www.runnersworld.co.uk



Welcome to Metros

Lucy Allen, Ruislip
Sandra Cobbing, Pineer
Katie Hull, Pinner
Phillip McBride, Battersea
Catherine McMillan, Pinner
Janice Newman, Eastcote
Chonde Nkowani, Harrow

Elected at the April meeting

Harrow Hill Race Sunday 21st February 2010

Name	Time	Place
Rupert Taylor	00:38:08	9
Neal Smith	00:40:38	16
Kevin Smart	00:40:59	17
Patrick Maguire	00:42:51	26
Jan Bek	00:44:57	37
Terry Burke	00:45:11	40
David Young	00:45:35	43
Stephen Paull	00:46:04	47
John Gorton	00:47:27	53
Kate Heracleous	00:48:42	59
Kirit Ranpura	00:48:45	60
Sharon Wood	00:51:22	72
David Pratt	00:53:29	89
Callum Davie	00:53:43	93
David Brown	00:54:16	96
Gemma Wilson	00:55:27	102
Christopher Roome	00:56:52	107
Julia Buckley	00:56:54	108
Gerry Barker	00:56:55	109
Robert Manning	01:01:18	126
Angela Murphy	01:04:59	132
Linda Gaitskell	01:19:00	125
Sonya Grist	01:19:01	153
Vernon Udugampola	01:36:03	154

Following a request from our Salisbury correspondent, I have pleasure in compiling the Harrow Hill results for Metrolines.

David Swan
04 May 2010

10K CHALLENGE, Saturday 3rd April 2010

10K CHALLENGE Saturday 3rd April 2010

Name	10k time	% Effort
Tom Alder	42.24	NA
Steve Paull	45.23	71.1%
Andy Fox	45.43	65.1%
Andrew Collier	46.05	68.8%
Mervyn Stuckey	46.35	69.8%
Dave Brown	54.55	61.3%
Kirit Ranpura	47.29	64.1%
Adam Leary	47.50	62.2%
Carole Wells	55.40	60.8%
Matthew Daniel	51.59	NA
Gordon Valentine	52.03	61.5%
Errol Clarke	58.39	50.7%
Jacqui Bowles	54.23	58.6%
Jackie Cope	54.23	67.1%
Paul Gardner	60.33	51.5%
Sandra Cobbing	60.46	54.4%
Julia Allen	61.30	52.3%
Kath Donaldson	63.39	65.0%
Lucy Allen	63.58	NA
Sarah Westwood	65.10	57.5%
Jason Bowles	62.25	59.3%
John Gorton	60.52	53.4%
Jane Hudson	60.53	57.7%
Gladys de Groot	72.10	54.1%
Penny Hudson	72.10	47.5%

Thank you to Pat Jackson, Emma Collier and Eileen Paull who timed the event whilst I was away. That on its own was quite a challenge by all accounts, as Dave Brown ran anti-clockwise accompanied by Eleanor Murray on her bike and Caroline Day Lewis had two starts, one with a pushchair and one without, we might have had our youngest female runner yet, with Lucy Allen, and as always someone came in the wrong gate at Cannon Lane.

NEWS FROM TERRY BURKE

Hi all you lucky people up there in Middlesex. Just a few lines on my umpteenth Combe Gibbet run. After all the rain and snow since Christmas, the weather has finally dried out and, as this area is mainly chalk, it has all percolated away quickly!

It was nice to meet up with Joanne Tillotson and John Gorton at the start as it's good to see Metros down in deepest Hampshire. Last year I ran along with Tony Jackson, but Pat Jackson had let me know he's injured.

The day was fine and fairly sunny, but with a cool north easterly breeze.

I did enjoy the run but suffered with sore feet from the hard crusty surface.

1 st home	Graham Bungay a V40	1h 41m 50s
1 st lady 16 th	Frances Burge	1h 53m 21s
Terry Burke	98 th	2h 17m 52s
John Gorton	103 rd	2h 20m 33s
Joanne Tillotson	136 th	2h 39m 09s
Last finisher	161 st	3h 17m 57s

Hope to see some of you at Dulwich in June
Terry

THURSDAY NIGHT RUN

The venue for the run at 19.00 on Thursdays is changed to **The Car Park at Old Redding, Harrow Weald for the Summer only.**

A reminder that the session is:

A varied speed play session – not a continuous run. All abilities welcome. Venue may change so runners are requested to confirm with Sue.

Organiser: Sue Davie - sdavie40@yahoo.co.uk

ST LUKE'S HOSPICE APPEAL

Hi there..... Reene here!!

St Luke's Hospice is holding its Summer Fayre at Kenton Grange on 3rd July 11am - 3pm.

There will be lots of sandwiches and cakes, etc plus "welly throwing" contests and "face painting". Come one, come all!

Any unwanted jewellery or presents you have for me to sell to raise a few pounds for this great cause would be most welcome. Please see me in the Scout Hall on Saturday mornings. Thank you.

Reene

Metros WOT NO WATCH 17.4.10

Name	Actual Time	Predicted	Diff.
Nigel Rackham	4.47	4.59	-12
Andy Dickens	5.29	6.15	-46
Jonathan Collier	5.47	6.00	-13
Kevin Smart	5.50	5.50	00
Peter Rackham	5.53	6.00	-7
Andrew Collier	6.16	6.30	-14
Matthew Daniel	6.38	6.40	-2
John Gorton	6.39	6.50	-11
Caroline Day-Lewis	6.48	7.10	-22
Adam Leary	6.49	7.45	-56
Jackie Bowles	6.57	7.20	-23
Ruth Tidder	6.58	7.10	-12
Peter Jose	7.03	7.15	-12
Mark Mulvenna	7.16	7.30	-14
Dave Brown	7.16	7.30	-14
Dave Brown	7.18	7.15	+3
Lucy Allen	7.20	7.30	-10
Mike Ransome	7.21	7.29	-8
Errol Clarke	7.22	7.30	-8
Jason Bowles	7.28	8.30	-62
Julia Allen	7.34	7.40	-6
Mervyn Stuckey	7.35	8.00	-25
Kirit Ranpura	7.36	8.00	-24
Andy Fox	7.37	8.00	-23
Jane Hudson	7.40	8.20	-40
Ceri Jacob	7.47	8.00	-13
Lesley Boatman	7.50	9.00	-70
Janice Newman	8.01	9.02	-61
Carole Wells	8.01	9.02	-61
Ellen Mulvenna	8.04	8.30	-26
Katie Hall	8.07	9.05	-58
Karen Leary	8.08	8.45	-37
Mike Billington	8.14	9.00	-46
Peter Stapleton	8.15	8.10	+5
Kevin Eckersley	8.21	8.10	-11
Judy Rackham	8.25	8.45	-20
Emma Rackham	8.31	9.30	-59
Kath Donaldson	8.41	8.50	+9
Raquel Russel-Ponte	8.45	9.50	-65
Penny Hudson	8.46	9.00	-14

Name	Actual Time	Predicted	Diff.
Debbie Grewal	8.48	12.00	-192
Geraldine Gill	9.09	9.00	+9
Emma Collier	9.10	9.00	+10
Sonya Grist	9.20	9.15	+5
Elizabeth Fernandes	9.22	10.00	-38
Debbie Moynihan	9.37	10.00	-23
Trevor Bark	9.39	11.30	-111
Brian Jackson	13.14	14.00	-46
Brian Jackson	13.25	14.00	-35

This was held on a lovely clear, sunny morning with little wind. Congratulations to Kevin who guessed his exact time and well done Nigel who flew round and made it look so easy.

Welcome to newcomer Debbie Grewal, who didn't realise her running ability. Dave Brown and Brian Jackson ran both miles.

My thanks to Barbara Robson and David Swan for their help with recording times etc and Jane Hudson for helping list the results.

My apologies for not announcing the results in the Scout Hall - they were not ready for some considerable time later!

I've always thought that Teresa had an enormous task in recording this and other Saturday morning events and, now having 'had a go' at recording myself, I'm amazed at how efficiently she does it!

On behalf of all who participate in these events - **thank you Teresa.**

Pat Jackson

LONDON MARATHON 25.4.10

Name	Finish Time	Half Time	Age Group	Place Category	Place Overall
Rackham, Nigel	02:36:05	01:17:28	45-49	3	111
Francis, Richard	02:54:02	01:24:19	45-49	67	646
Powell, Nathan	03:10:51	01:32:16	40-44	431	1950
Rogan, Emma	03:51:19	01:58:40	18-39	877	8465
Evan-Hughes, Jonathan	03:53:51	01:51:59	40-44	1487	9140
Gorton, John	03:56:26	01:50:56	55-59	226	9878
Porter, Gertrud	03:58:54	01:47:43	60-64	10	10658
Paull, Stephen F	04:04:54	01:52:44	55-59	297	12146
Fox, Andrew R	04:10:05	01:50:46	45-49	1501	13465
Warren, Donna L	04:14:16	02:02:17	18-39	1759	14557
Ranpura, Kirit	04:14:39	01:51:40	45-49	1626	14671
Copland, Harriet M	04:14:54	02:06:23	40-44	526	14730
Maguire, Patrick	04:33:05	01:52:40	45-49	2048	19687
Collier, Andrew Paul	04:36:55	02:06:10	40-44	2854	20681
Buckley Julia	05:25:44	02:26:36	18-39	5554	30700
Hudson, Penny A	06:22:30	02:53:35	45-49	1310	35168
Leigh, Anne R	07:35:25	03:26:33	70+	20	36450

6 Minutes point 1257 seconds per year!

I ran my first London Marathon in 2003 with a time of 4:57:27. Seven years later and with a boring hamstring injury I ran this years London marathon in 4:14:39. This is 42 minutes and 88 seconds quicker then my first. An improvement of 6 minutes and 1257 seconds per year!...I am delighted with this time.

I would like to take this opportunity to thank each and every one of you for your kind wishes and encouragement during my training and especially to Dave Swan, Jackie Cope, Al Scoffham and John Gorton for my initial runs in the woods. (Dave, get that heel seen to mate! Al, hope your injury recovers quickly and thanks for organising the coach to the start. John, good run mate! Jackie, you were always there when no one turned up!). Adam Leary for mapping out the routes and running the entire pace runs with me. Cheers Adam! Karen Leary for her sheer heckling. Thanks Karen. 😊

Gertrud, Harriet and Steve Paull for the long Sunday runs. (Gertrud, thanks for the doughnuts. Harriet, great pacing and thanks for running the last mile with me. Steve, sorry could not break the 4 hours, but will still buy you a beer! And lastly, Kerry Jeliaskova, who helped me hobble my way down to Westminster Station after the race. Kerry, thanks for the chocolate 🍫)

Most of all, I would also like to thank every one of you who has kindly sponsored me. With your help, I have raised almost £4,000 for Macmillan Cancer Support. Bless you all!

Be Happy! Kirit

SUMMER LEAGUE 2010

A reminder that this League is a series of races, open to all ages and abilities, held during the summer months. The dates and venues and start times for this year are:

Sunday	6 June	(10.30 am)	10km	Dulwich Park
Sunday	20 June	(9.30 am)	10km	North Harrow Recreation Ground
			HOSTED BY Metros	
Sunday	4 July	(11.00 am)	–	5 mile Perivale
Sunday	25 July	(9.30 am)	–	10km Regent's Park
Sunday	15 August	(9.30 am)	–	5 mile Battersea Park

For those new to league events - at each fixture there are four events:

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

Scoring is age related: children up to 16 - every year, adults over 40 are graded in five year age bands. Participants score points for their club and league trophies are awarded to top scoring individuals. Adults have to complete two out of five races to be eligible for a trophy/medal. For those who complete more than three races, the best three points scores (not times) will be used.

Metros also award trophies to members based on the number of entrants in the various age groups. There is an additional Metros trophy, to be retained for one year, for the best overall adult Metros runner in this league. Children in the Fun Run receive certificates.

Entry is on the day and there is no need to pre-enter. The cost is £1 for adults and 50p for children, with free refreshments after.

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

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

Remember our meeting last year with
Dave Chalfen from Serpentine?



It's over a year since we met with Dave Chalfen to discuss the question of training for those of us who lead Metros training sessions. In particular, Saturday mornings continue to attract more and more runners and we now have two parallel sessions for this event. This means we need more people to lead the sessions.

One of the courses recommended by Dave Chalfen was the Leadership in Running Fitness – a one-day course run by England Athletics. I attended this course last November and thoroughly enjoyed the day. The course was part theory, part practical and it was particularly interesting to meet people from other clubs. I would recommend this course to any Metros interested in leading sessions.

At the meeting mentioned above, I remember nine people who said they were interested in attending a course. Since that time others have said the same. If **you** would like to pursue this interest please contact Jane Young tel: 01895 270 245. The Metros committee has now allocated a training budget for members attending courses so you could apply to be sponsored. If club money is allocated in this way, you would need to commit yourself to leading Saturday morning sessions and standing in for co-ordinators on other Metros' training runs.

Kath Donaldson

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NOTES OF METROS COMMITTEE MEETING

Wednesday 28 April 2010, Methodist Church Hall,
Cannon Lane, 8.00 pm

PRESENT: Jackie Cope, Pat Jackson, Ann Marsden, Marilyn Pickford, Mike Ransome, Barbara Robson, Al Scoffham,
Dennis Speight, David Swan, Jane Young
Non-Committee: Steve Paull

APOLOGIES:

Henry Pickford

CHAIR:

Jane Young

NOTE RECORDER: Pat Jackson

(Any member unable to attend a meeting should inform Jane Young 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 – 31 March.

Metros Hill Race – David Swan confirmed that a profit had been made this year. Regarding changing the prize categories, he has checked many other race entry forms and will discuss with Jeanne Coker. He will review the prizes just prior to the next Hill Race.

ACTION: David Swan

2012 Olympics – Kath Donaldson is our contact re volunteering to help and will report to the committee when she is contacted by the organisers.

ONGOING: Kath Donaldson

Summer League – Pat will inform members of the rule changes via Metrolines.

ACTION: Pat Jackson

Race Entries Book – is available in the Scout Hall. Jackie was thanked for bringing this up-to-date.

ITEM CLOSED

Equipment for Metros Thames Valley League Host Event – David has purchased the tear drop banner. Jane and Al have purchased a waterproof gazebo, 6 x 3m with sides, for use at Metros events. Members can hire it for £15 plus £75 deposit by contacting David Swan. David will place an ad in Metrolines.

ACTION: David Swan

David will purchase a 10 litre urn to be used on Saturday mornings and Metros events.

ACTION: David Swan

Metros 5Km, Roxbourne Park – Marilyn and Henry may not be available to organise the planned run on 22 May. Jane and Al will check their availability.

ACTION: Jane Young/Al Scoffham

Tuesday Night Run – Barbara reported that the ladies showers in the Tennis Club had improved and she would continue to monitor. She will thank the Tennis Club Secretary.

ACTION: Barbara Robson

Accident Forms and Metros Membership Forms – Al has distributed accident forms to run co-ordinators. Ann has distributed membership forms and copies of both forms will be placed in the Race Book.

ACTION: Al Scoffham/Ann Marsden

Dog Barrels for runners information in an emergency – all committee members to source and price plastic barrels.

ACTION: All committee

Health & Safety Guidelines will be listed in Metrolines after the AGM.

ACTION: Jane Young

A General Risk Assessment will be carried out for all runs.

ACTION: Run Co-ordinators

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 Young

Metros AGM –Al has committee nomination forms for the AGM and will display the notice of the AGM.

ACTION: Al Scoffham

Nominations for the committee have been given to Al. Henry Pickford is standing down this year. At present no co-ordinators have said they are standing down, apart from the advertised Metrolines co-ordinator.

It was agreed that Jane will Chair the meeting with Mike Ransome as Deputy.

There was a discussion regarding various sections of the Metros Constitution. It was agreed to have a working party review the document and submit to the committee for approval for members to vote at the AGM in 2011. It will be displayed on the web site.

ACTION: Committee

LRRC Trophies Steve Paull has contacted Graham Haddon, co-ordinator, regarding changing the scoring system for next year. They will discuss and bring proposals to the committee for approval.

ACTION: Steve Paull/Graham Haddon

England Athletics –Al confirmed that the Metros club membership fee is due. Jane had a copy of Metros competing members. Individual registration fees for the coming year are due by 30 June and will be paid after the AGM.

ACTION: Ann Marsden/Al Scoffham

Bus to London Marathon – Al was thanked for organising the transport.

ITEM CLOSED

Water Station – thanks to Garry and Gill Young for organising.

Metros Shed – Dave Brown has agreed to do the necessary work on the Metros shed.

ACTION: Dave Brown

REPORTS OF OFFICERS

Hon. Chairman –Jane had nothing to report.

Hon. Vice Chairman – Mike had nothing to report.

Hon. Treasurer –Mike Ransome distributed the draft annual report. It was agreed not to increase membership subscription and the training budget will be topped up on 1 September each year.

Following a vote, it was unanimously agreed that, to ease administration, a proposal be put to the AGM that competing members who wish to be registered as such with England Athletics will need to register and pay individually in 2011

ACTION: Al Scoffham

Hon. Secretary – Al stated that the SEAA affiliation fee is now due.

ACTION: Al Scoffham

Hon. Membership Secretary –Ann listed membership applications which were agreed: Lucy Allen, Ruislip; Sandra Cobbing, Pinner; Katie Hull, Pinner; Phillip McBride, Battersea; Catherine McMillan, Pinner;

Janice Newman, Eastcote; Chonde Nkowan, Harrow.

Student Membership Fee – Ann reported that she had received a query regarding the Metros membership fee for students. Following a discussion there was a vote on a reduced membership fee of £5 for students who are in full time education and who are aged between 18 and 21. For = 7, against = 1, abstention = 1. Therefore, a proposal will be put to the AGM.

ACTION: Al Scoffham

REPORTS OF CO-ORDINATORS

Target Races – David's suggestions of the Richmond 10k for May and the Chiltern Chase 10k in June were accepted. David will advertise the events in Metrolines.

ACTION: David Swan

OTHER BUSINESS

Harrold Godden Track Shields – Dave Brown had sent a suggestion regarding the scoring system. Mike Godden had approved Dave's suggestion and it was agreed that Dave should implement it this season.

ACTION: Dave Brown

Leadership and Coaching Courses – An application to attend a course was discussed and Jane will contact the member.

ACTION: Jane Young

Criteria for Metros payment will be reviewed.

ACTION: Committee

Kath Donaldson has volunteered to be proactive in finding members who might like to attend a course for Metros members.

ACTION: Kath Donaldson

Committee - Jane thanked the committee for their involvement during the year. Meeting closed at 9.50 pm

DATE OF NEXT COMMITTEE MEETING -Wednesday 30 June

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

AGM - Friday 14 May at Lowlands Tennis Club, Eastcote at 8.00 pm.

COMMITTEE MEETINGS

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

METROLINES DEADLINES

Contributions to: Cynthia Coombe
Email: c.coombe@tiscali.co.uk
Tel: 020 8868 4102

Contributions by: 27th of each month please

If you would like to receive your copy of Metrolines by email, please send your details to Cynthia Coombe at the email address above.

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

Production: Cynthia Coombe
Photocopying: Pat Jackson
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Advertising Rates: Full page £5 Half page £3 Quarter Page £2

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 the details to Kevin at the above email address.

METROS KIT

Metros breathable T-shirts, are available ONLY from Pat Jackson,

Tel: 020 8868 5683. Price £15.

Metros vests are also available from Pat Jackson. Price £12.

The main stock of Metros Vests can still be purchased at Runner's World, 139 Field End Road, Eastcote, HA5 1QH Tel: 020 8868 6997. Runner's World do not have any Metros T-shirts.

Runner's World also have a shop in Rayner's Lane,
333 Rayner's Lane, Pinner, HA5 5EN Tel: 020 8868 7057.
This shop sells only Asics shoes and clothing.

+ 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 incident.

Thank you, Jane: telephone: 01985 270 245

Also if you are you interested in taking a First Aid Course, we may be able to arrange a course.

Are you interested in Coaching?

The committee has allocated a running training budget, so if you are interested in going on a course please contact **Jane Young : telephone: 01895 270 245**