

# THE 38<sup>th</sup> ANNUAL Metros FUN RUN THE BRIAN JACKSON FUN RUN

**Saturday 23<sup>rd</sup> September Roxbourne Park from 8.45 am**

## **PLEASE NOTE THAT THIS EVENT IS INSTEAD OF THE NORMAL Metros SATURDAY SESSION**

This is the longest established Metros event and the club evolved from this event. It was originally designed as a warm-up for the National Fun Run, but it soon became a fixture in its own right. It is named in honour of Brian Jackson, the founder of the event and, for many years, the organiser.

Although this is a fun run, the course has been reasonably accurately measured and times will be recorded in all events except the approximate 200m for children 7 years and under where just finishing positions are recorded.

The event will follow a similar format as previous years – five races - two x 4km, one x 2km, (total 10km), one x 200m and one x 1K walk. However, awards will be age graded instead of in age groups.

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|----------------------|---|
| <b>The Distances</b> | 7 years & under = 200m. Under 11 = 2km. Over 11 = 4km |
| <b>The Surface</b>   | Parkland (almost all grass)                           |
| <b>The Place</b>     | Roxbourne Park, Cannon Lane South, Pinner.            |
| <b>The time:</b>     | 8.45 am Registration. Age as on race day.             |

### **The Programme:**

|                     |  |
|---------------------|--|
| <b>9.15 am 4km</b>  | Male and Female over 11 years.   |
| <b>9.45 am 4km</b>  | Male and Female over 11 years.   |
| <b>10.15 am 2km</b> | Girls, Boys 8-10 plus over 10s who wish to run 2km as well as, or instead of, the 4km<br>These three races total 10km. |

### **Followed by:**

|             |                  |
|-------------|------------------|
| <b>200m</b> | 7 and under      |
| <b>1km</b>  | Walk – all ages. |

**Results** Will not be calculated on the day but available soon after and in Metrolines and the Metros Web Site

**Presentations:** In the Scout Hall after the session on **Saturday 30 September.**

**Fee:** There is no charge

Following a change last year, the awards will be based on age grading. Awards to keep for the first age graded man and woman in the 10km, 4km and 2km and first boy and girl 8-10 years in the 2km and first boy and girl 11-14 years in the 4K. One award only to any runner.

There are also medals to keep for the second and third boy and girl in the 8-10 age bands in the 2km and 11-14 year age bands in the 4K.

Previous awards (previously held for one year) will remain with the last holder.

Toilets will be available in the Pavilion within the park. The Scout Hall will not be open before or after the event so no refreshments will be available, just water.

**Metros PLUS INVITED GUESTS OF ALL AGES AND ABILITIES ARE WELCOME.**

**If you'd like to know more, or can offer to help,  
please contact Pat Jackson on 0208 868 5683  
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