

THE 39th ANNUAL Metros FUN RUN THE BRIAN JACKSON FUN RUN

Saturday 22nd September 2018, 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 an event 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.

The Distances 7 years & under = 200m. Under 11 = 2km. Over 11 = 4km

The Surface Parkland (almost all grass)

The Place Roxbourne Park, Cannon Lane South, Pinner.

The time: 8.45 am Registration. Age as on race day.

The Programme:

9.15 am 4km Male and Female over 11 years

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10.15 am 2km Girls, Boys 8-10 plus over 10s who wish to run 2km as well as, or instead of, the 4km

These three races total 10km.

Followed by:

200m 7 and under

1km 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 29th September.**

Fee: There is no charge

Again this year the awards will be based on age grading. Awards to keep for the first age graded man and woman in the 4km, 2km and 10km 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.

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.

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

See Volunteer page for how to contact Pat if you are able to help – help is needed