



Metros Diary

December

Sat 5	Metros 5 Mile Handicap, Roxbourne PK	08.55 am (tbc)
Sun 6	Perivale 5	Cancelled
Sat 12	Wot No Watch, Roxbourne Park	08.55 am (tbc)
Sat 19	Track 5K – Harrow School	tbc

January

Sat 2	Metros 10K Challenge, Roxbourne PK	8.50 am
Sat 9	Wot No Watch, Roxbourne Park	08.55 am

February

Sat 6	5 K Run, Roxbourne Park	08.55 am
Sat 13	Measured mile, Roxbourne Park	08.55 am

Book your place on all Metros sessions and events on SPOND. Please contact Irene (metros.secretary@yahoo.co.uk) if you want to amend your preferences on SPOND.

For other races refer to the event website.

Metrolines Contributions

All contributions welcome – please send to Anne Ambrose

Email: metrolines1@gmail.com

Articles should consist of no more than 3 to 4 sides of A4 font Arial 14.

Please provide in Word format.

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

Contributions by: 15th of each month please.

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

Full page £5; Half page £3; Quarter page £2

Note from the Editor!

It's great to be back running again with Metros and hopefully our sessions and events will continue without further restrictions.

Thank-you to everybody who donated to this year's charity collection for the Lynda Jackson Macmillan Centre. At the time of writing, we had collected an impressive £375 which I'm sure the centre will be very grateful for.

Christmas is going to be different this year, including far fewer runs and events. Therefore, Metrolines is going to take a break in January and will be back in February 2021. Many thanks to everybody that contributed to this year's Metrolines, with articles, results and photos. It was especially appreciated this year – when there was very little running news.

Wishing all Metros a happy and healthy Christmas and a better year in 2021.

Anne Ambrose



NEW DAY TIME SESSIONS



STARTING ON FRIDAY 4TH DECEMBER

**EVERY FRIDAY AT 7AM -
TRACK WITH 30 MIN STRENGTH AND 30 MINS
RUNNING**

**EVERY FRIDAY AT 12PM -
WALK, RUN OR TRACK FOR 1 HOUR
YOU CHOOSE WHAT YOU FANCY**

**WHERE - KING'S COLLEGE TRACK AT RUISLIP,
KING'S COLLEGE ROAD, HA4 7JZ**

APPLY TO PARTICIPATE VIA SPOND



Welcome New Members

**Kapil Sharma
Rishi Dattani
Patricia Edwards**

Metros Website and social media

www.metros.org.uk

Contributions to Irene Paull at metros.secretary@yahoo.co.uk

We also have a Facebook page, Instagram page and Twitter account – please like or follow us. If you would like to join Metros' group email, please contact Irene Paull at metros.secretary@yahoo.co.uk
Group email address: metrosrc@googlegroups.com



Langdale Marathon - 23 October 2020 - by Chris Shearwood



The race information describes this event as a beautiful, challenging marathon set in England's most spectacular mountain scenery (the Lake District). Comprising a two-lap course and reaching gradients of 1:3, runners proceed anti-clockwise from Great Langdale to Little Langdale and on to the picturesque hamlets of Skelwith Bridge and Chapel Stile. Climbing up to Blea Tarn (twice) and Foulstep (twice) the course is recognised as the toughest road marathon in UK. Apparently the “stunning mountain scenery” would surely take my mind off the

effort. The iconic Langdale fells - Pavey Ark, Harrison's Stickle, Bowfell, Crinkle Crags and Pike O'Blisco - all tower over runners as they wait for the starting gun.

I love those Cumbrian names. Looking at our maps at home to double check the route I saw that, as well as pikes, crags and fells, there was an abundance of *hows*, *knotts* and *tarns*. The only other race I've done in these parts was at the end of our honeymoon some years ago - the Conistown Marathon, a mostly track and trail event where you found yourself “running” full-tilt down what appeared to be dried-up river beds strewn with boulders of such a size that I swear you had to be crossed with a mountain goat to negotiate them successfully. Many a half-man/half-goat actually overtook me but even the winner took over three hours; I took more than four and a half, so basically add 50% to your time for that kind of terrain. Langdale is, however, a road race...but, two hits of a 1:3 incline..?

It was in October 2019 that I applied to take part in the Windermere Marathon which was to take place the following May, one of three planned spring marathons. By mid-March 2020, it was clear that none of them would be taking place then and Windermere was moved to 1 November...which, of course, clashed with the Marlow Half. I was however able to transfer to another local event and I elected to run the Langdale Marathon...with some trepidation as it was billed as much tougher than Windermere would be.

Not so fast...the following day, I got an e-mail stating that the Rotterdam Marathon (another of my spring marathons) had been moved and this now clashed with Langdale, so a quick e-mail to the organisers to request a transfer to next year's Windermere Marathon after all. Entries had not yet opened for that and I just had to sit back and use my discount code at the appropriate time. This year's Windermere meanwhile bit the dust (as did Marlow) but Langdale, because

it involved a far smaller field of runners, would still be going ahead. Rotterdam now also cancelled its autumn date and would take place next spring, which meant that I was free to run Langdale if I wanted. It was either that or wait for Windermere next year...so, I confirmed my transfer to Langdale (again) and Gill arranged accommodation.

All this was happening as infection numbers were rising alarmingly and, a week before the big day, much of the north of England (and Wales and Scotland) went under special restrictions, London and Essex soon joining them. The race is in the district of South Lakeland where the infection rate per 100,000 was similar to that for Hillingdon. Travel wasn't expressly forbidden and the Moor Park 10k showed how a small-scale running event could be managed safely. This would certainly be a different experience...



The Coronavirus situation meant that the event would not have a mass start; runners would start in pairs at one-minute intervals. You had to stay with your car until called to registration which would be exactly 10 minutes before your start time. You were to arrive at registration with all race kit ready to start and it would take approximately five minutes to move through this process where we would receive our race numbers and timing chip. We

were to make use of hand sanitisers and wear a face mask in the car parking field, event centre and at water stations (so carry one with you around the race). A late e-mail from the organisers on the Friday stated that anyone living in a Tier 3 area should not travel into or out of their area to compete: that included the neighbouring county to the south, Lancashire, and the great conurbations of Manchester and Liverpool - no doubt a good chunk of the field of runners.

This being a Saturday race, we went up on the Thursday, slumming it overnight in a Travel Lodge at Stafford Services on the M6. This gave us the following day's lovely weather to suss out that part of the route from the start of the race at the wonderfully named Dungeon Ghyll Hotel - the "ghyll" is a nearby ravine feeding an impressive 40-foot waterfall. Our car is no slouch, but I think even it gulped at the 1:3 climb up to Side Pike. We continued around the south side of the fell and on towards Little Langdale and Skelwith Bridge before heading back to our accommodation at Bowness, a 30-minute drive from race HQ.

The weather forecast for race day predicted rain from the early hours plus gale force winds but although it remained rainy (the promise of intermittent sun never happened) the wind died out and was never a problem. It was nonetheless fresh so I would run with gloves and in a lightweight fluorescent jacket over a long-sleeved top and never felt too warm in this garb.

We parked in a muddy field and paid £5 to do so. The check-in procedure wasn't quite as impersonal as the race blurb implied (I passed a few words with the race director about the apparent need for masks and hand sanitiser at water stations) and, wearing my timing device, merely waited for my Garmin to get a signal before I was off, alone, in my own time. 100 yds down the road I passed Gill who took a photo showing how wet it now was, and presently caught up those who'd set off mere minutes before me. Then came the 1:3...

Good job it's early on (and, second time around, done and dusted after 14 miles). You really had to walk, it was so relentless, but I didn't think my *stride* was much slower than smaller steps running. In fact, my pace fell to 10:14 (and 11:38 on the 2nd lap), my overall pace being 8:30. Strava states that I scaled some 3,442 feet of elevation during the run. Thereafter, even in the rain, which only briefly became a downpour at 9 miles, it was a lovely, if hard run which would be truly delightful when dry and sunny - I wonder how often that happens on race day? The publicity photos of previous races mainly show rain and wet runners. It's so lush - despite the altitude, much of the route is pretty sheltered, and the oak, birch and beech particularly were wonderful in their autumn colours; Gill and I had also seen more than a few really pretty, bright red Japanese Maple trees in the valley. Lots of sheep and moss; waterfalls and rushing watercourses galore.

My hi-vis jacket was extra useful, as it transpired, amongst traffic in gloomy stretches under trees on the southern stretch of the course. Strangely, Alfred Wainwright's guide states that it is the northern stretch which is "probably the most frequented valley in the district" whereas the southern stretch, "although more scenically attractive, seldom sees a soul". In fact, there were plenty of cars jostling with each other around passing points, but we were mostly able to shimmy through them. There were also half a dozen cattle grids to negotiate although sometimes a side gate would be open: it didn't help one's



pace though. At Little Langdale, the Three Shires PH (the former counties of Westmoreland, Cumberland and Lancashire met near here) had looked so inviting yesterday, with walkers quaffing ale outside in the sun: none today in the rain, and the traffic made a post-run drink here seem even less inviting.

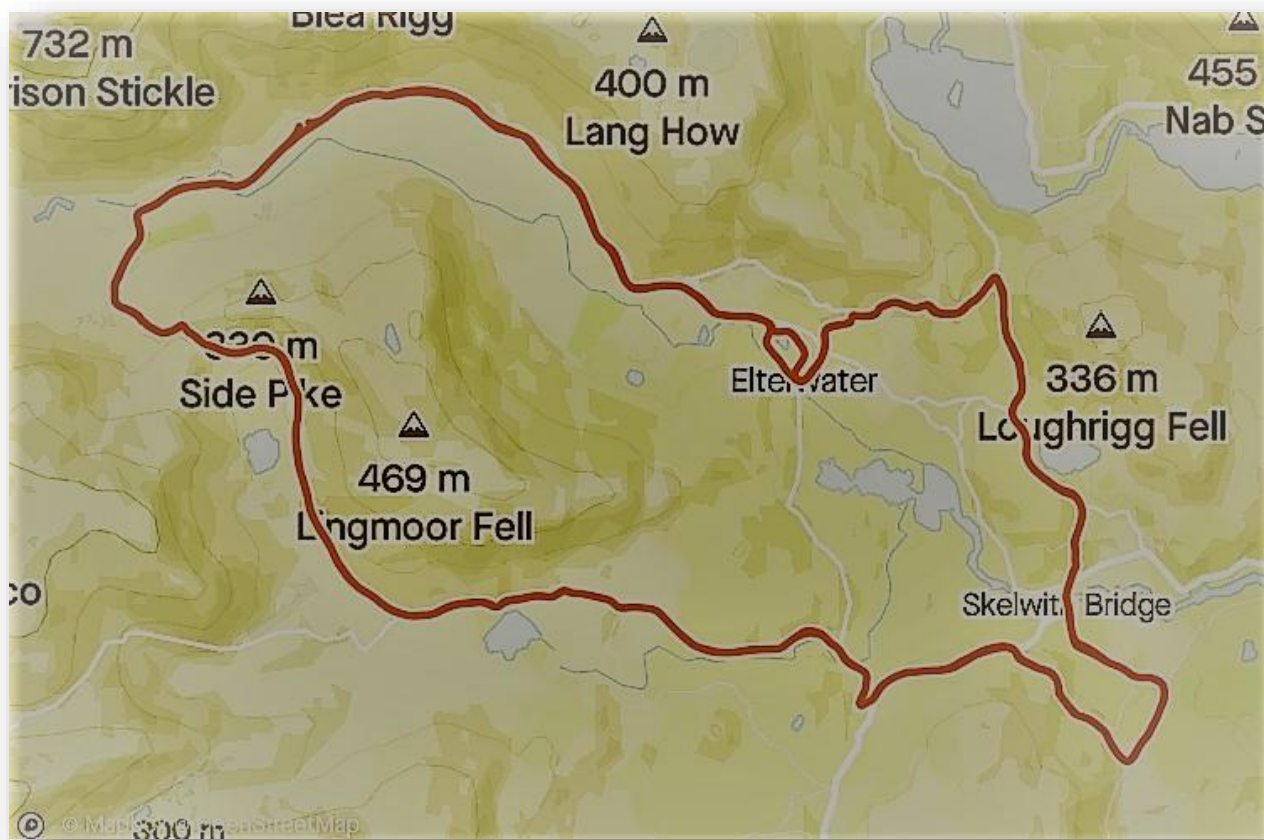
I caught up with an American chap I'd overheard at the start who'd set off before I'd completed my registration - his 4th attempt, aiming for around 4 hours, and his wife doing the half marathon (one lap). I passed other runners and got a fair bit of gruff "well done, pal" as we splashed through the increasingly large amounts of standing water but it was only in the short deluge at 9 miles that I truly got soaked to the skin and even that sensation waned fairly quickly.

There was a section of cones to separate us from traffic at Skelwith Bridge where we crossed the "main" B5343 road to head up a 1:4 incline before heading west on the northern side of the route towards Elterwater - once a centre for gunpowder and charcoal production and also the birthplace of "Ruskin lace" - social reformer John Ruskin encouraged a cottage industry of spinning and embroidery. The route now descends steeply and crosses the main road again to take in the village. Somehow, in the grounds of the Brimstone Hotel, with its classy, slate-built chalets, a few of us took a wrong turn which fortunately added to the course rather than shortening it. Back on the main road, we passed through Chapel Stile, a former slate-mining village containing a modern estate which our guidebook described as "proof that architects can't make good-looking, affordable housing." Those houses had terrific views though...as did the sheep I saw grazing on their front lawns. A mile or so further, and I saw Gill with camera on the approach to race HQ - half marathoners turned into the field and I carried on...as did the rain.

I suppose the puddles were bigger this time around, but my feet were wet anyway. I also think the traffic in the valley was heavier this time around - there was no argy-bargy, but one runner remarked that drivers were lucky we didn't have usual numbers (over 600 last year). Speedier half marathoners overtook me; I overtook slower marathoners. I got the grounds of Brimstone Hotel right this time and fell into conversation with a young half marathoner from Norfolk who was doing the run with his father. As it had done briefly on the first lap, so the rain stopped in the last mile or so before the finish where Gill was again waiting. Norfolk lad crossed the line first but gallantly let me get my timing device logged before him.

I finished in 3:46:26, 1st VM55 and 14th out of 91 finishers. Socially distant racing with phased start times means that they don't know who the winners are until all results are in and they're not allowed to hold an awards ceremony. First placed runners in all age categories receive a prize in the following week. The winner managed 03:11:18 and first lady did 04:19:21. The first half marathoner did 01:18:18, first lady getting 01:44:28 - this race included local MP, Tim Farron, former leader of the Liberal Democrats.

A medal and bottle of water as reward were all that I needed. The good-sized medal depicts a local peak, Pike o' Stickle, site of a Neolithic axe factory whose products have been found all over Britain from Cornwall to Scotland.



I thanked the marshals there for a very well-run event and, reaching our car, we were approached by a chap asking us to take a photo of him with his medal (he even offered us hand sanitiser) - we were happy to oblige. The National Trust cafe was mobbed (including by walkers who were also present in good numbers) so we gave up the idea of sustenance in the valley and headed back to Bowness where I freshened up and we had a bite to eat on the terrace at Mio Mondo ("cafe by day, bistro by night") then later a more substantial meal at the Westmoreland Inn near our B&B.

Spending the much of the following day in the area before heading back seems to have persuaded both of us that a return trip is a good idea and we learned that next year's event currently has a discount resulting in an entry fee in the princely sum of £22. Well, it'd be rude not to, wouldn't it..?

Measured Mile (virtual) November 2020

	Time
Nigel Rackham	6.15
Marcus Weedon	5.26
Christopher Shearwood	5.42
Tian Hollingshead	5.50
Kyie Hollingshead	5.50
Adam Leary	6.36
Simon Abery	6.46
Zahra Bass	6.47
Steve Paull	7.00
Dave Young	7.08
Emma Ponaganti	7.18
Caroline Day Lewis	7.42
Andrzej Warhaftig	7.47
John Gorton	7.51
Tim Oakley	7.56
Steve Alder	8.04
Emma Rackham	8.35
Glyn Watkins	8.57
Nancy Morris	9.01
Karen Leary	9.16
Mike Ransome	9.18
Teresa Young	9.24
Judy Rackham	9.39
Jasia Zimmerman	9.41
Irene Paull	9.44
Monica Shortt	9.47
Sakina Sidik	9.50
Gill Fox	10.20
Andrew Collier	10.26
Carole Wells	10.38
Sarah Westwood	11.44
Carole Lloyd	11.45
Dave Brown + Bolton Brown + Fred Murray	12.48

Sadly, no return to the park for the Measured Mile just yet so this was another virtual mile. Excellent participation from 33 Metros and that's not counting Dave Brown's dogs! Well done to our fastest runner Marcus with his impressive time of 5.26, even beating Kyie and Tian as well as Chris. It was interesting to view routes on Strava and to see some photos, many thanks to those of you who sent maps and images. Special mention for Steve Alder and Mike Ransome who teamed up to do a MM on a rather wet Monday. It was a very rainy week so many of you must have run through drizzle and arrived home damp. And then John Gorton sent me his mile time from 300 miles away in Cornwall! So good to hear from a distant Metro. This virtual approach has its advantages after all. Keep up the running through lockdowns and limitations and maybe we will be back together in February 2021 for the next Measured Mile.

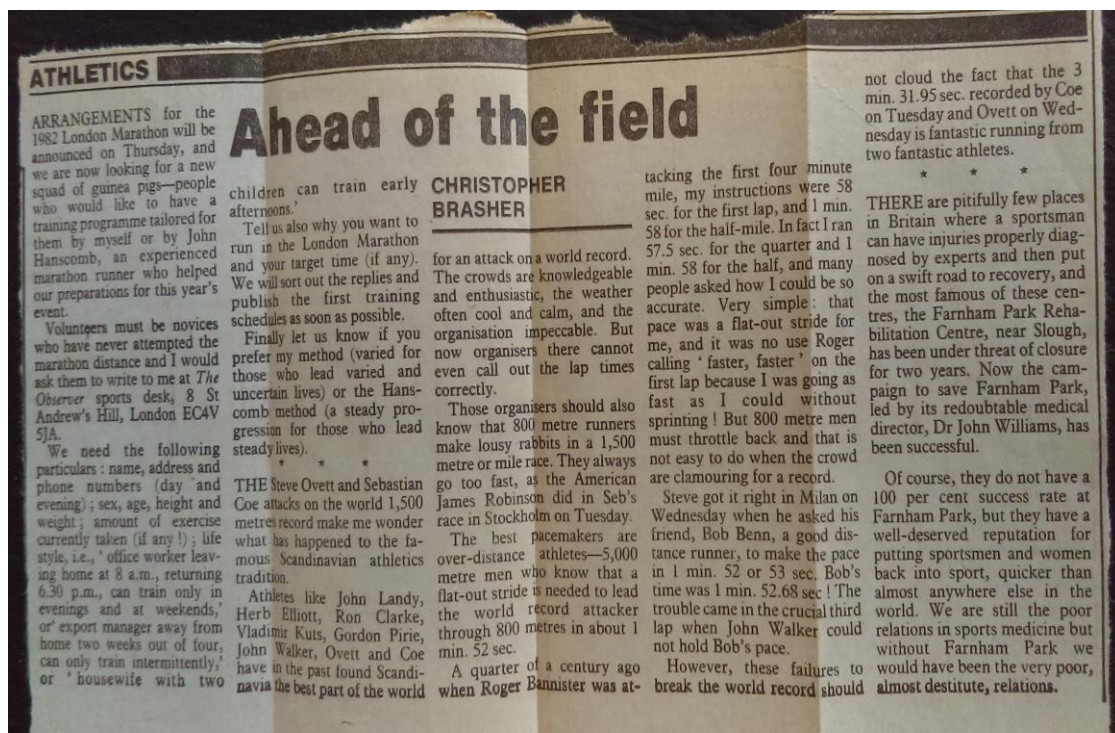
Angela



Dave with Bolton and Fred

From 1981!

Martin Rogan was recently sorting out old books and this piece of paper slipped out, he had used it as a bookmark in what must have been 1981!! He thought the article by Chris Brasher might be of interest to Metros who are old enough to remember the first days of the London Marathon



Metros going the extra mile!

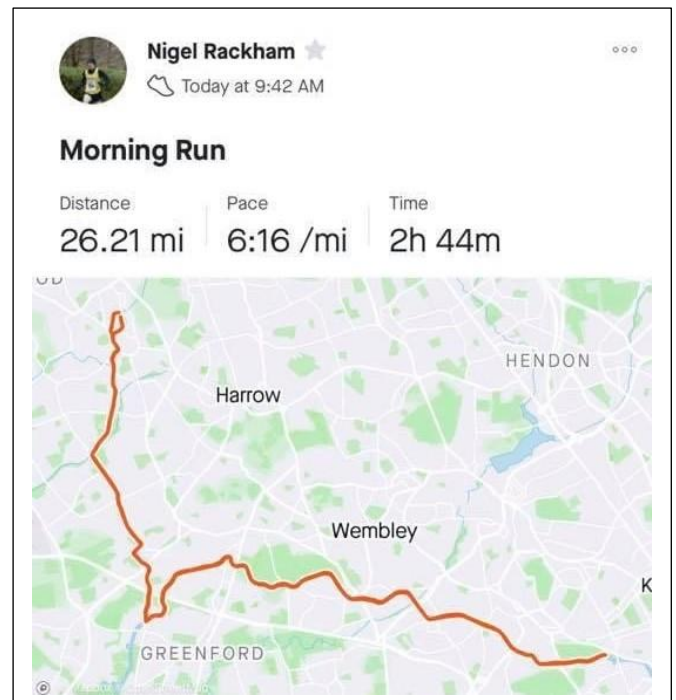
Nigel Rackham

Nigel was due to run the Dorney Lake Marathon on 22nd November. Unfortunately, the race was cancelled, so Nigel ran it virtually to raise money for the Movember appeal. You can still donate:

https://uk.movember.com/mospace/14144522?mc=1&utm_medium=share&utm_source=dynamic&utm_campaign=copy-clipboard&fbclid=IwAR3tmNKm7WiJXDOi0Xmr73kizgBeggXqvg72RgboxUFmEtmdNISvkmGLdEcc



Nigel was able to arrange COVID secure water stations along his marathon route.



Sonny Peart

Sonny ran 100miles over 7 days for the Centurion Running One Community virtual event. $7 \times 14.3 = 100$ miles.



Spencer Millbery

On 27th/28th November Spencer ran a 100-mile ultra by running more than 400 laps of the King's College track in Ruislip.



Spencer Millbery

Yesterday at 5:56 AM

Centurion 100mile virtual event

40(1) laps @ 403m = 161,603m's or 100.415miles 🧐

50mile pb, 100k pb, and 100mile pb 🥳🥳🥳



Congratulations, this activity is your longest run on Strava!

Distance
105.00 mi

Avg Pace
12:49 /mi

Elapsed Time
22:25:22

Elevation Gain
2,333 ft

Calories
13,124 Cal

Avg Heart Rate
144 bpm



Metros Virtual 5k Challenge - November

This month's challenge saw an excellent turnout - well done everyone! As happened last month, the men took the honours in terms of *average* age grading, but the women did so in terms of highest placed individual by age grade and also numbers, although it was a close call: 28/32. I'm sure the decent weather during the week helped with that.

A few stats etc. that I noticed on this occasion – could this be the first time that two members of the same family have topped each table (Annabelle is my niece, for those of you who don't know)? Kudos to Emma Ponnaganti for clocking a PB – hopefully parkrun will be back at some time in the not too distant future and she can aim for a non-virtual PB over this distance.

Nigel Rackham warrants a special mention – this is an entirely acceptable way to record your times, in my view, please note – stout fella was only running a marathon on Sunday morning and “dropped in” one of his better 5K segments (miles 18 - 22 incl.) as his time for this event. No doubt affected by his endeavours on the previous 17 miles, he just missed beating my age grading by a whisker! Talking of narrow squeaks, had Mike Reid done his run on the Sunday rather than Saturday, his age grading would've been a tad higher...although, in this instance, it wouldn't've made any difference to his position in the table. Worth bearing in mind if your birthday falls between 21 - 31 December...

I'm going to suggest those dates as the (slightly larger than usual) window for the next 5K Challenge and I can't think of a better way to run off all that Christmas overindulgence. We're hoping that Nathan's Track 5K will take place as planned on 19 December so there'll be a brief respite before resuming this competition.

Chris Shearwood

Metros Virtual 5k Challenge - Women's Results November 2020		
Name	Time	Age Grading %
Annabelle Suffield	20 mins 06 secs	82.01
Caroline Day-Lewis	23 mins 45 secs	71.92
Jasia Zimmerman	27 mins 18 secs	69.60
Lynne Jones	27 mins 48 secs	68.34
Zahra Bassiri	22 mins 18 secs	67.36
Emma Ponnaganti	23 mins 26 secs (PB)	67.05
Linda Georgiades	27 mins 29 secs	65.85
Ann Suffield	24 mins 58 secs	62.93
Lorraine O'Donovan	28 mins 47 secs	62.87
Annie Birch	31 mins 32 secs	62.61
Judy Rackham	30 mins 00 secs	62.55
Teresa Young	31 mins 52 secs	59.62
Carole Lloyd	34mins 56 secs	55.79
Paula Kanesanathan	27 mins 05 secs	55.24
Sarah Westwood	37 mins 26 secs	54.14
Monica Shortt	31 mins 36 secs	54.05
Ruth Tidder	30 mins 45 secs	53.73
Emma Rackham	28 mins 06 secs	52.86
Gill Fox	33 mins 29 secs	52.79
Anne Ambrose	37 mins 14 secs	52.34
Carole Wells	35 mins 18 secs	51.26
Una Cunningham	31mins 01secs	51.12
Sakina Sidik	31 mins 22 secs	48.36
Gladys de Groot	44 mins 50 secs	47.09
Caroline O'Dwyer	36 mins 19 secs	47.03
Diane O'Reilly	35 mins 13 secs	46.41
Pip Brown	33mins 15 sec	46.18
Joanna Collier	37 mins 28 secs	46.11
Eilish Fernandes	44 mins 02 secs	45.42
Julia Allen	39mins 15 secs	43.52
Jennifer Smith	39 mins 34 secs	42.22
Irene Paull	49 mins 31 secs	38.37
Average Age Grade		55.84

Metros Men Virtual 5k Challenge Results November 2020		
Name	Time	Age Grading %
Chris Shearwood	19 mins 05 secs	81.65
Nigel Rackham	19 mins 15 secs	81.60
Paul Spendloff	18 mins 27 secs	75.37
Marcus Weedon	19 mins 13 secs	75.05
Andrzej Warhaftig	24 mins 06 secs	73.36
Kevin Concannon	22 mins 56 secs	71.39
John Gorton	23 mins 59 secs	70.65
Andy Fox	22 mins 16 secs	69.98
Dave Young	24 mins 16 secs	69.22
Steve Paull	24 mins 51 secs	68.19
Martin Eden	24 mins 38 secs	67.03
Ian Birch	25 mins 32 secs	65.79
Shyam Patel	21 mins 32 secs	63.21
Simon Abery	24 mins 28 secs	63.18
Jeff Suffield	23 mins 18 secs	61.90
Tim Oakley	27 mins 09 secs	59.30
Alok Agarwal	25 mins 06 secs	59.22
Rohan Mascarenhas	25 mins 21 secs	58.64
Mike Ransome	30 mins 40 secs	57.65
Greg Davis	30 mins 40 secs	55.77
Sonny Peart	27 mins 15 secs	54.97
Andrew Collier	28 mins 28 secs	53.87
Mitesh Patel	24 mins 41 secs	53.73
Glyn Watkins	31 mins 22 secs	53.55
Tom Man	29 mins 57 sec	47.80
Mike Reid	33 mins 15 secs	47.63
Dave Brown	48 mins 52 secs	36.65
Average age grade		62.83

5-Mile Handicap, 5th December 2020

	Actual 5 mile time	handicap	Time inc. handicap	Points	next handicap
Paula Kanesanathan	43.56	0	43.56	16	15
Mike Read	49.21	-4	45.21	15	10
Tony Watson	47.07	0	47.07	13	12
Jasia Zimmerman	47.53	0	47.53	12	11
Linda Georgiades	48.49	0	48.49	12	11
Greg Davis	50.56	0	50.56	9	8
Gladys de Groot	63.19	-12	51.19	9	-4
Pippa Brown	48.52	4	52.52	7	10
Dave Young	39.14	14	53.14	7	20
Gill Fox	59.06	-4	55.06	5	0
Andrzej Warhaftig	39.04	17	56.04	4	20
Simon Aberly	39.28	17	56.28	4	20
Caroline Day-Lewis	38.40	19	57.40	3	21
Teresa Young	51.56	6	57.56	2	7
Judy Rackham	50.01	8	58.01	2	9
Stephanie White	59.42	-1	58.42	2	0
Andrew Collier	48.53	10	58.53	1	10
Steve Paull	38.56	20	58.56	1	20
Caroline O'Dywer	59.04	0	59.04	1	0
Chris Shearwood	32.30	27	59.30	1	27
Marcus Weedon	32.32	27	59.32	1	27
Kyie Hollingshead	36.40	23	59.40	1	23
Andy Fox	36.40	23	59.40	1	23
Shefali Rao	59.15	1	60.15	0	0
Adam Leary	38.47	22	60.47	0	21
Martin Eden	43.55	17	60.55	-1	15
Irene Paull	59.05	2	61.05	-1	0
Anne Ambrose	58.20	4	62.20	-2	1
John Gorton	42.57	20	62.57	-3	16
Ruth Tiddler	47.07	16	63.07	-3	12
Kirit Ranpura	48.41	15	63.41	-3	11
Karen Leary	59.15	5	64.15	-4	0
Emma Rackham	55.34	11	66.34	-6	4



Very best wishes to my Metros friends and families who have helped me so much through their interest and kindness to retain some semblance of sanity during this year's pandemic.
From Arnold

Happy Festive Running!
Sonny

A truly happy Christmas & a healthy virus free new year to one & all
Sonya

Season Greetings to all Metros and best wishes for a happy, healthy New Year.
Brian and Pat

Wishing all Metros Runners a Happy Xmas and New Year all the way From Cornwall. John & Kare xx

Happy Holidays to all Metros! Here's hoping for a better 2021 where Metros can run together again! 🇬🇧
 Paula K

Wishing all Metros a very Merry Christmas and a Peaceful New Year!
Kirit xx

Wishing all Metros a fabulous Christmas and a successful and virus free 2021 🏃 Anne A x

Happy Christmas and hopefully a much better new year to you all with best wishes from Kath and David

💖 Wishing you all a healthy, sociable 2021 and success in all your goals, running or otherwise.
 Jane x 💖

Happy Christmas Metros
Hope for a less socially distanced 2021
At least at the start of races!
Andrew and Jo Collier

Wishing all my Metros running mates a Happy Christmas, Happy Chanukah, and a peaceful and, above all, healthy, 2021! Greg

To all Metros who know/ remember me, I wish you a very Happy Christmas. From Peter Hoon



We hope all Metros stay safe and well during the forthcoming strange festive season and that Metros activities can resume as normal in 2021. Very best wishes for Christmas and the New Year from Teresa and Dave

To all Metros
with best wishes for a lovely festive season, and a happy and above all healthy 2021.
Let's keep on running preferably together but if necessary virtually!
Love from Sarah

To every Metro I hope you have a very HAPPY CHRISTMAS and a running filled 2021

**With love from
Caroline**

**Merry Christmas and a Happy 2021 to all you great runners
Al and Jane 😎**

Wishing you all a merry Christmas and a happy and healthy New Year! Steve and Lorna Alder

Wishing all Metros a Merry Christmas and A Happy New Year, Di O'Reilly

🌲 Wishing all our Metro friends and families a Happy Christmas and a Happy and Healthy New Year. 🌲

🌲 With Love From the Rogan and O'Reilly families. 🌲

Merry Christmas to all the Metro members.

Jenny O'Leary 😊

Thanks to everyone for their virtual support and encouragement this year. Wishing everyone a happy, healthy and injury free New Year. Really looking forward to hosting the summer BBQ - let's hope it's in 2021... 😎 Judy & Nigel 😊

*Christmas wishes to all Metro friends and family.
Stay safe and well.
Mick and Barbara Reading*



Merry Christmas and Happy New Year. 🎄 Hope to see many more of you soon. Penny xx 🧑🏻‍🎅

A merry Christmas and safe healthy new year to all Metros and their families from Terry and Diane Burke.

Wishing all Metros and their families a very Merry Christmas and a Happy New Year.

Let's hope we can meet up and run in 2021.

**We have missed you!
Best wishes
The Foxes**

*Dear all Metros and your families,
Have a lovely Christmas 🌲 and a healthy Happy New Year.
Keep running!
With love from Ruth and family xxx*

Wishing all the amazing Metros members and their families a healthy and happy Christmas. Looking forward to being able to run in big groups again in 2021! Best wishes, Anne Nola

Thanks for all your support this year, wishing all the metros club a Happy Christmas and best wishes for 2021. Una Cunningham

Wishing all Metros and their families a very Happy Christmas and New Year. Also, our sincere thanks for the love and concern from our Metros friends during a difficult year.

Here's hoping that 2021 is eventually virus free and Metros can return to running and socialising without restrictions.

**With Love
Marilyn and Henry 🧑🏻‍🎅**



Wishing all Metros, and their families, at Christmas, and in the year ahead, good health, much happiness, the joy of performances that bring deep satisfaction, and great companionship and support.
Mike & Yasmin

Wishing all the Metros a very Happy Christmas and looking forward to running with many of you in 2021.
Lynne Jones

Dear Metros,

2020 has not been a great year with the Virus.... and the Garmin outage!
Wishing all Metros a great Christmas and the best for 2021! 🌲

Shyam

Wishing all Metros a very Happy and Healthy Christmas and New Year. Hopefully we will all be able to run with one another more freely in the new year.

Love Liz Abrahams xxx

Wishing all Metros a very Happy Christmas and a much more interesting New Year with real races and training sessions. Thanks to all the virtual leaders and organisers who have provided the inspiration and the instructions to keep us going.
Angela and Brian

Merry Christmas Metros 🧡
Emma x

Happy New Year to all Metros, hopefully 2021 will be a bit less "virtual" and a bit more "actual"
Adam & Karen



**Wishing all the Metros RC &
family a Merry Christmas & a
runderful new year for 2021 🏃 !
From John, Bernie & Hugo 👨👩👦🎄👴**

🎄 Happy Christmas and 2021 to
everyone at Metros! 🎄 Running with
you has really kept my spirits up this
year - thank you for all your support
and encouragement. Pip Brown

**Happy running Christmas to
one and all. Thanks for all the
support throughout the year.
Let's pray we are all back to
normal before too long.
Best wishes, Mark L**

