

Metros

Committee & Co-ordinator List

2021-22

COMMITTEE

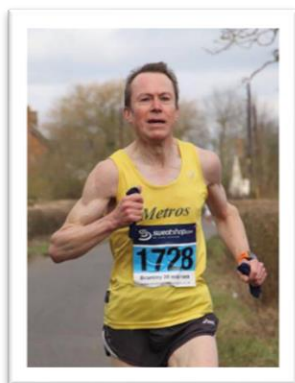
The committee can have up to 16 members, we would particularly welcome newer members who would like to get involved in the running of the club. The commitment is simply to attend – and contribute – at committee meetings and attend the annual general meeting in May.

COMMITTEE MEETINGS

Committee meetings are at the Methodist Church Hall, Cannon Lane. They are open to all but only the committee can vote.

Meetings are held on the first Wednesday of the month at 8 pm six times per year, usually February, April, June, August, October, and December (Dates are published in Metrolines).

Metros Committee



Nigel Rackham
Honorary Chair
Nigel.d.rackham@uk.pwc.com



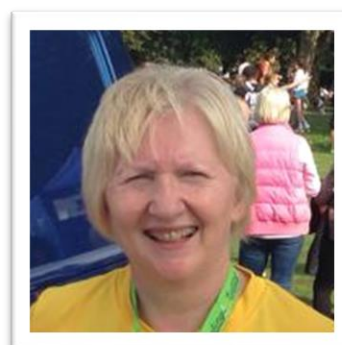
Steve Alder
Honorary Secretary
s.alder@virginmedia.com



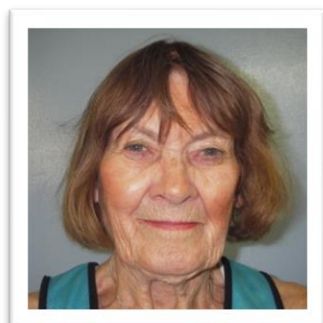
Paula Kanesanathan
Honorary Vice Chair
vpk18@hotmail.com



Teresa Young
Honorary Treasurer
Treasurer.metros@gmail.com



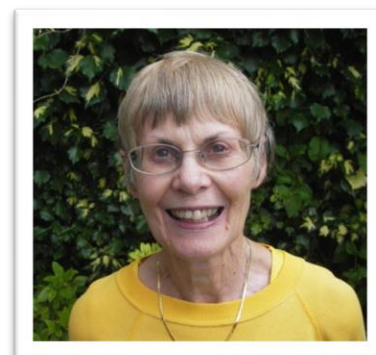
Irene Paull
Honorary Membership Secretary
Tel: 020 8422 6636
metros.secretary@yahoo.co.uk



Barbara Robson
Tel: 020 8866 4930



Emma Rackham
emma.rackham@hotmail.co.uk



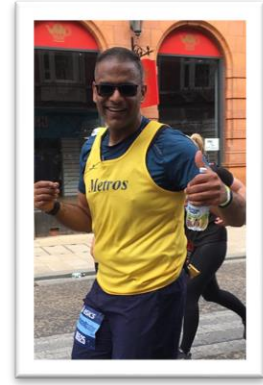
Pat Jackson
Tel: 020 8868 5683
patjacksonhome@hotmail.com



Marilyn Pickford
Tel: 01895 233 778
Pickhm2018@gmail.com



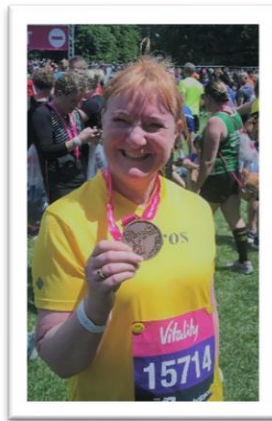
Mike Ransome
Tel: 07802 839398
mw49ran@gmail.com



Ariff Sidik
Abus.stg@gmail.com



Marcus Weedon
marcusweedon@hotmail.com



Anne Ambrose
Metrolines1@gmail.com



Steve Paull
Tel: 020 8422 6636
steve.paull@virgin.net

METROS CO-ORDINATORS

Monday run session	Mike Ransome	07802 839498
Monday core session	Ariff Sidik	07827 668623
Tuesday run session	Steve Paull	
Tuesday walk/jog session	Penny Hudson	pm.hudson@ntlworld.com
Wednesday hill session	Nathan Powell	07510 122288
Wednesday gentle hills	Dave Brown	07939 567561
Thursday mixed running session	Mike Morris	thursdaymetros@yahoo.co.uk
Thursday track session	Dave Brown	07939 567561
Saturday session	Ceri Jacob	07771 636647
	Debra Norman	0208 866 6909

EVENTS CO-ORDINATORS

Brian Jackson Fun Run	Pat Jackson	
Championship Points	Pat Jackson	
Child Protection Officer	Margaret Smith	020 8866 1170
COVID Risk Officer	Tim Oakley	
5 Km Run	Irene & Steve Paull	
5K Competition	Mitesh Patel/Nathan Powell/Emma Rackham	
5M Handicap	Gordon Valentine	07500 118488
Harrow Hill Race	Paula Kanesanathan	
Kit	Pat Jackson	
London Marathon Water Station	Anne Ambrose	
Marathon Week	Emma Rackham & Irene Paull	
Measured Mile	Angela Murphy	020 8866 6056
Metrolines	Anne Ambrose	metrolines1@gmail.com
- Printing	Pat Jackson	
Middlesex County AA	Steve Alder	
Quiz &	Al & Jane Scoffham	
Presentation Evenings	Pat Jackson	
Refreshments	Barbara Robson	

Ride London Water Station	Anne Ambrose	
Summer League Representative	Pat Jackson & Irene Paull	
- Metros Fixture Race Director	Emma Rackham	
- Relay Teams	Dave Brown	
Thames Valley League	Al Scoffham	01895 270 245
- Metros Fixture Race Director	Marcus Weedon	
LRRC Trophy Races	Vincent Cheung	vcheung84@hotmail.com
Vets League (Track & Field)	Wendy Mulvenna	020 8863 4838
Web Site	www.metros.org.uk	
- contributions to	Irene Paull	metros.secretary@yahoo.co.uk
Webcollect (membership records)	Irene Paull	
Wot no Watch, 10K Challenge	Teresa Young	020 8866 3225

There is no co-ordinator for the equipment held at the scout hall. Anyone wanting to borrow equipment should contact the Saturday session coordinator