



June 2021
Issue No. 389



Metros Diary

June

Sat 5	5 Mile Handicap	9.00 am
Mon 7	Vets Track and Field – Hillingdon	6.30 pm
Sat 12	Wot No Watch, Roxbourne Park	9.00 am
Mon 21	Vets Track and Field – Battersea	6.30 pm

July

Sat 3	Metros 10K Challenge, Roxbourne PK	8.50 am
Sun 4	Summer League – Perivale	9.30 am
Wed 7	Vets Track and Field – Perivale	6.30 pm
Sat 10	Wot No Watch, Roxbourne Park	9.00 am
Sun 11	Vitality London 10,000 – Hatfield	9.00 am
Sun 25	Summer League – Regent's Park	9.30 am

August

Sat 7	Metros 5K Challenge, Roxbourne PK	9.00 am
Sat 14	Measured Mile, Roxbourne Park	9.00 am
Sun 15	Burnham Beeches Half & 10K	9.15 am
Sun 15	Summer League- Dulwich Park	9.30 am
Sun 22	Summer League – Battersea Park	9.30 am

September

Sat 4	5 Mile Handicap	9.00 am
Sat 11	Wot No Watch, Roxbourne Park	9.00 am
Sun 12	Moor Park 10K	2.30pm

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

Note from the Editor!

The Sun has finally come out and it looks like we may have a Summer League this year, see details on the next page. With the Sun coming out, I'm more inclined to run every day and someone who inspired me was Ron Hill, who whatever the weather, ran every day for more than 52 years. He sadly, recently died – see page 7. If you want to know what happens on Instagram, see Linda Georgiades article on page 12. Finally, the list of the current committee members and coordinators is included in this month's edition for reference.

Keep on sending your results, reports, and photos.

Anne Ambrose

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

Summer League



The following dates are provisionally booked for four fixtures this year, Covid restrictions permitting:

- 4 July – Perivale hosted by Ealing, Southall and Middlesex and Ealing Eagles
- 25 July – Regent's Park hosted by Mornington Chasers
- 15 August – Dulwich hosted by Dulwich Park Runners with help from Ealing Eagles
- 22 August – Battersea hosted by Serpentine

Unfortunately, Metros are unable to host this year due to the ongoing construction work in Headstone Manor Recreation Ground. It's regretted that Dulwich clashes with the Burnham Beeches Half and 10K and Battersea clashes with The Vitality Big Half Marathon, but this could not be avoided.

At present the Government will decide on 14 June if current restrictions can be eased on 21 June. Club Representatives will Zoom meet during the week prior to 21 June to decide if the event at Perivale can proceed and in what form. Pre-registration maybe necessary.

Awards for 2019 will be presented at the first fixture. It's hoped to follow a similar format as previously with the main 5 mile or 10K race at 9.30 am (including Perivale), a Tenderfoot Race, Fun Run and Relays, although the order of events other than the main race may change. Staggered starts maybe necessary.

The usual water station and end of race water will be available, but runners may prefer to bring their own water to run with. It's anticipated the host club will provide a picnic but probably not in the same format. Runners may be requested to bring their own plates and cups and separate recycling bags will be used. We don't anticipate having any further information, particularly relating to Perivale, until just prior to 21 June. Hopefully, we will have a Summer League this year.

Pat Jackson

Virtual 5K – May

Despite the iffy weather of late, a reasonably good turnout with the ladies beating the men in terms of participants, 13 to 11, but the men edging the age gradings, 64 to 62.

Some nice little battles between some of you. In the ladies' event, Jane tops the table again but run very close by Caroline; Lynne and Jasia weren't far apart from each other, nor were Ruth and Carole. With the men, this month's close tussles were between Steve and Andrzej plus Jeff and Paul.

As we all probably know by now, parkrun won't be returning on the originally proposed date next month; it's now been moved to 26 June. Shall we try to squeeze in another virtual event, say, between 14 - 20 June inclusive? I'll send out a reminder nearer the time.

In the meantime, stay safe, stay dry, stay upright.

Chris

Metros Men Virtual 5k Challenge Results May 2021		
Name	Time	Age Grading %
Chris Shearwood	19 mins 26 secs	80.83
Tony Watson	21 mins 16 secs	76.99
Steve Paull	23 mins 13 secs	72.99
Andrzej Warhaftig	24 mins 19 secs	72.70
James Kerrane	20 mins 48 secs	66.85
Jeff Suffield	22 mins 17 secs	64.72
Paul Spendloff	21 mins 30 secs	64.68
Tim Oakley	27 mins 31 secs	59.00
Rohan Mascarenhas	27 mins 06 secs	55.28
Glyn Watkins	32 mins 31 secs	52.11
Mike Ransome	35 mins 24 secs	49.94
Brian McGrory	34 mins 26 secs	45.99
Average age grade		63.51

Metros Virtual 5k Challenge - Women's Results May 2021		
Name	Time	Age Grading %
Jane Hudson	26 mins 45 secs	71.93
Caroline Day-Lewis	24 mins 07 secs	71.63
Emma Ponnaganti	22 mins 41 secs	69.89
Lynne Jones	27 mins 58 secs	67.94
Jasia Zimmerman	28 mins 05 secs	67.66
Ann Suffield	23 mins 43 secs	66.85
Zahra Bassiri	24 mins 32 secs	61.51
Judy Rackham	31 mins 11 secs	60.18
Sarah Westwood	34 mins 47 secs	58.27
Ruth Tidder	28 mins 59 secs	57.63
Carole Lloyd	34 mins 26 secs	57.33
Sakina Sidik	28 mins 33 secs	53.44
Diane O'Reilly	30 mins 52 secs	52.96
Emma Rackham	31 mins 37 secs	46.71
Average Age Grade		61.71

WEBSITE EDITOR WANTED



We need a new editor for the Metros website. The role involves keeping the information on the website current and refreshing the site every season with new photos, banner headings and up-to-date content. There are sub-editors who maintain the diary and user list so the editor can focus on the overall site.

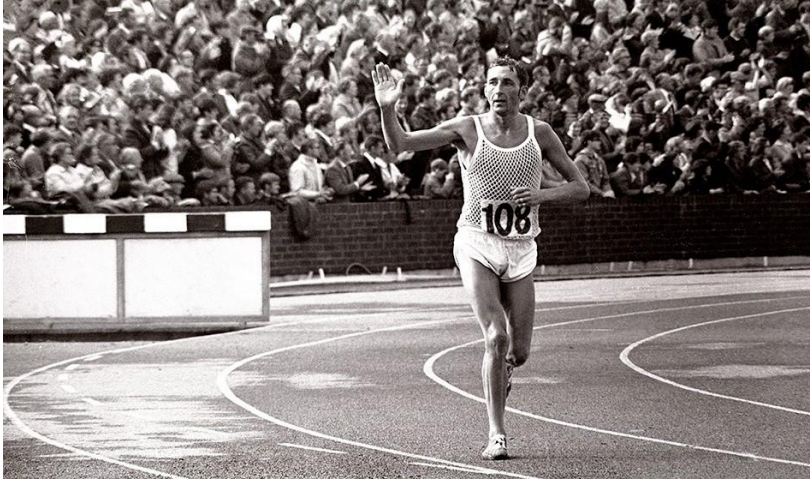
The site is built on Wordpress. It's not essential to know Wordpress as long as you have reasonable IT skills.

If you are interested, the site is about to have a refresh and it's a good time to see what's involved.

Please contact Irene at metros.secretary@yahoo.co.uk to find out more

Ron Hill – Marathon Runner and Entrepreneur

25 Sept 1938 – 23 May 2021



Ron won the marathon at the 1970 Commonwealth Games in Edinburgh in a time of 2:09:28

Ron Hill was born in Accrington and moved to Manchester in the 1960s to study textiles. He was the second man to break 2:10 in the marathon; he set world records at four other distances, but never laid claim to the marathon world record. He ran two Olympic Marathons (Tokyo 1964 and Munich 1972), and achieved a personal marathon best of 2:09:28. In 1970, Hill won the 74th Boston Marathon in a course record 2:10:30. This was probably his greatest race, breaking the Boston record by three minutes in cold wet and windy weather while wearing his trademark string vest and split shorts. He said that at the end of the race he was shocked to hear the finish time and absolutely elated to be the first Briton to win Boston. He also won gold medals for the marathon at the European Championships in 1969 and the Commonwealth Games in 1970. He was interested in nutrition and was a pioneer of carb loading before a marathon to increase glycogen stores.

He put his PhD in textile chemistry to good use by founding the company Ron Hill Sports in 1970. He was convinced of the benefits of synthetic materials for runners and pioneered various products including wrap-over shorts, mesh vests, waterproof running jackets, and reflective strips. He said that he founded the company because he was running to and from work in the dark in winter and wondered what he needed to stay safe. Hill sold out in the early 1990s and later started Hilly Clothing, specialising in technical socks and other apparel.



He did not miss a day of running (at least a mile) between 20 December 1964 and 30 January 2017 – a total of 52 years and 39 days. His streak included workouts after a car crash in 1993 when he broke his sternum, and after bunion surgery, after which he used a crutch to cover one mile in 27 minutes the next day. His streak ended on 30 January 2017, when he decided to take a day off due to chest

pains while running.

Hill achieved his goal of racing in 100 countries before his 70th birthday with races in Panama and the Faroe Islands. His final marathon was the 100th Boston Marathon, in 1996. He completed 115 marathons, 112 under 2:50, 103 under 2:45, and 29 under 2:20. Hill recorded 21 marathon victories in his career, placing second 13 times, and third 8 times.

Hill died on 23 May 2021, at the age of 82.

Ron Hill's personal bests:

Mile: 4:10.1

Three miles: 13:27.2

Six miles: 27:26.0

10 miles: 46:44.0

15 miles: 1:12:48.2

25km: 1:15:22.6

20 miles: 1:36:28

Marathon: 2:09:28

LEJOG



Well done to Sue Davie for walking the Lejog (Land's End to John O'Groats) Virtual Challenge in 8 months, 30 miles per week.



Metros Track 5K – 8th May

Name	Time (mins:secs)
RACE 1	
Mark Smith	19:24
John Norris	19:59
Nilesh Tailor	20:05
Nicky Smith	20:18
James Kerrane	20:27
Tony Watson	21:22
Mitesh Patel	21:42
Mike Morris	21:47
Jeff Suffield	21:49
Nick Russell	21:59
RACE 2	
Malcolm Smith	21:50
Emma Ponnaganti	22:39
Steve Paull	23:32
Caroline Day-Lewis	23:35
Andrzej Warhaftig	24:06
Laure Champreix-Aslan	24:11
Jennifer O'Sullivan	24:18
Ann Suffield	24:24
Andrew Collier	25:36
Paul Hor	25:40
Bruno Croford	25:50
Rohan Mascarenhas	26:10
Barry Nolan	26:25
Tim Oakley	26:49
Bhavini Patel	27:02
Malcolm Salmons	27:46
RACE 3	
Andrew Fox	24:03
Rocco Keene	25:40
Bijan Keene	26:06
Mike Reid	27:34
Ruth Tidder	28:16
Glyn Watkins	29:37
Philippa Brown	29:55
Cath Corcoran	30:12
Tanya Keene	31:16
Chris Shearwood	19:18 (completed at Ruislip running track)

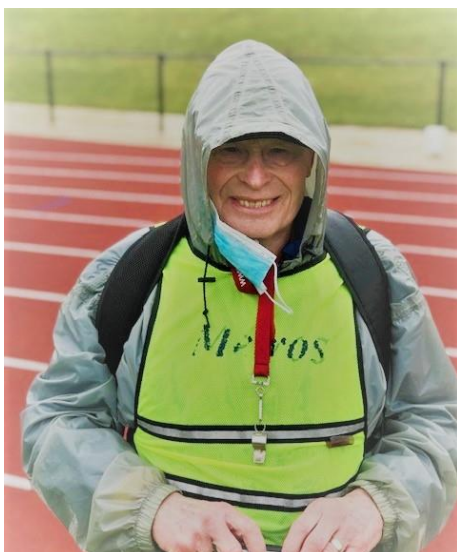
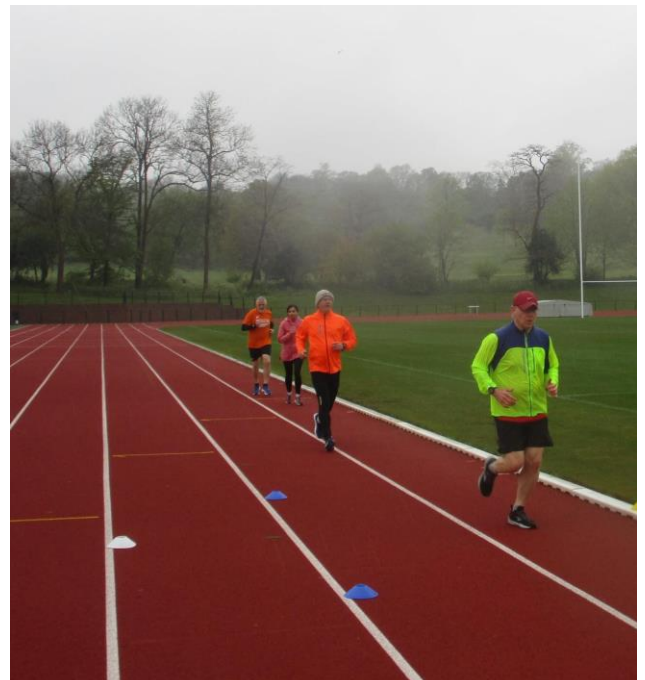
A very big thank you to all the volunteers for making this event possible in horrendous weather conditions.

Well done to everyone who ran.

Great to see members trying 5K on track for first time and a very warm welcome to our new members.

I'm looking to book some more 5K runs at Harrow School throughout the year.

Nathan Powell



Congratulations to Dave Brown and his wife Sharon who celebrated their 50th wedding anniversary on 8th May



Hatfield 5 – 9th May

1		25:11
265	Emma Rackham	46:54
324	Finishers	65:39

Chase the Sun, Brixton 10K - 26 May 2021

1		34:13	
33	Steve Paull	49:46	1 st V65
90	Runners		

Well done Steve 🙌



Lee Valley Velopark 10K – 29th May

1		00:34:52
231	Barry Nolan	00:56:57
385	Finishers	01:49:55

Raising the profile of The Metros Running Club on Instagram – Linda Georgiades

Firstly, for those who are not familiar with Instagram - let me briefly explain:

Instagram is a photo and video sharing social networking platform, not too dissimilar to Facebook. The difference being - you can reach a larger 'target audience' by writing a short (or long) comment finishing by adding hash tags to your image, other users who search by those hash tags (similar interests) have access to see your posts. This way of sharing is enhanced by having followers of your posts, so you don't have to be 'friends' to see anyone's posts (as long as it's not a private account, as opposed to a public account, which Metros Running Club is). It is all about the followers and the hash tags used!

Metros runners have an Instagram account, opened October 2019, that Paula Kanesanathan, Emma Rackham and myself manage, we add hash tags such as #run #motivation #marathon #strength #speed. Currently we have 215 followers (this is probably down to consistency of posting, variety of events, promoting club events and using multiple and varied relevant hash tags).

Our aim is to promote our running club to all ages, aspirations, and abilities - whether it be ultra, sprint, 5k or 10k racing, trial, strength, speed and core work, run/walk, half marathons, or marathons. It is a fun club to belong to and we want to portray that.

During lockdown it was difficult to get photos of runners but since the easing of lockdown we have tried to post at least once a week, download the Instagram app, follow, and support us!



So, here's a taster of what we have been up to!

Friday's Speed/Strength session at Ruislip; we warmed up to exercises of jumping jacks, high knees, and flicks. We then engaged with lunges 5 each side, jump lunges x 5 each side x 1, running on the spot with jumping squats 5 times with last and held for 20/30 seconds x 3 sets and running on the spot



with a jump to the side squats 5 times and holding for 5 seconds x 1 set.

The balance and power exercises were running on the spot with 1 sided lateral bounds 5 (L/R) x 3 sets, single leg forward lateral jumps x 3 sets, double leg lateral jumps x 3 sets and power skips 10m x6.

The endurance was the beep test, 20metres, backwards and forwards in time with the beep which became quicker every 20metres – we hit level 7 on the first set and level 8 on the 2nd set. If you looked this test up on the internet you would find that both the Police and RAF use this as

part of their fitness test. It was certainly competitive and great fun!

The cool down exercises finished with stretches and the whole session lasted an hour finishing at 8am. This kind of session would be ideal for runners who work from home.



Three photos were posted on Instagram from the Friday session the beginning of the session, an action photo of us hopping and the last photo showed a look of concentration in preparation of the beep test, it has had 30 likes already!

We have also promoted both Monday Core and Run sessions, the Tuesday run/walk, the track session and mixed run on Thursday evenings, the measured mile and 5k timed from the track on Saturday.

Please note: If you do not want yourself in any photos, please let me know before the beginning of the session.

If you have any races or events you would like the club to promote, please contact lgeorgiades@gmail.com

5-Mile Handicap – 5th June

		Actual 5-mile time	Correct handicap	Time inc. handicap	points this event	next handicap
1	Olivia Gill	40.22	0	40.22	48	19
2	Richard Jackson	52.00	0	52.00	35	7
3	Jennifer O'Sullivan	41.22	11	52.22	34	18
4	Mike Ransome	52.36	1	53.36	32	7
5	Mitesh Patel	39.20	15	54.20	30	20
6	Robyn Walliser	47.07	8	55.07	28	12
7	Anne Ambrose	55.34	1	56.34	26	4
8	Ruth Tidder	46.42	10	56.42	25	13
9	Nancy Morris	52.36	5	57.36	23	7
10	Martin Eden	42.39	15	57.39	22	17
11	Stephanie White	59.20	-1	58.20	20	0
12	Anne Nola	44.03	15	59.03	18	15
13	Caroline Day-Lewis	39.23	20	59.23	17	20
14	Mike Morris	36.58	23	59.58	15	22
15	Julia Allen	55.13	5	60.13	14	4
16	Simon Abury	40.16	20	60.16	13	19
17	Adam Leary	38.27	22	60.27	12	21
18	Tian Hollingshead	37.37	23	60.37	11	22
19	Steve Paull	40.00	21	61.00	9	19
20	Irene Paull	59.12	2	61.12	8	0
21	Andy Fox	38.19	23	61.19	7	21
22	Gill Fox	65.23	-4	61.23	6	-6
23	Geraldine Gill	56.37	5	61.37	5	3
24	Kyie Hollingshead	41.36	23	64.36	1	18
25	Gladys De Groot	71.02	-4	67.02	-3	-12
26	Karen Leary	65.19	5	70.19	-7	-6
27	Marion Rogan	65.19	5	70.19	-8	-6
28	Linda Georgiades	61.42	11	72.42	-11	-2

NOTES OF METROS VIRTUAL COMMITTEE MEETING

Thursday 13 May 2021 via a Zoom conference call at 7.45 pm

PRESENT COMMITTEE: Steve Alder, Anne Ambrose, Pat Jackson,
Paula Kanesanathan, Irene Paull, Steve Paull,
Marilyn Pickford, Emma Rackham, Barbara Robson,
Mike Ransome, Ariff Sidik, Teresa Young

NON-COMMITTEE: Tim Oakley (part)

CHAIR: Paula Kanesanathan
NOTE RECORDER: Pat Jackson

(Any member unable to attend a meeting should inform Nigel Rackham, Steve Alder or Paula Kanesanathan in advance. If they have an action item outstanding, they should give their report on that item to Nigel, Steve, or Paula).

1. APOLOGIES: Nigel Rackham, Marcus Weedon

2. ACTIONS FROM LAST MEETING – 13 January

Hall of Fame – Marcus had confirmed a taped conversation he'd had with a new recipient and Steve offered to transcribe the script. It will be decided later when the new recipient will be announced. **ACTION:** Steve Alder/Marcus Weedon

New Club 5K series including track event – Emma confirmed this would start in the Autumn and be held between Awards Presentation Evenings with an award for overall top age graded runner. Venues will alternate between Roxbourne Park, parkrun, and Track. Following a request discussed later in the meeting – it was agreed that the parkrun part of the series could be from any parkrun on that particular Saturday.

ACTION: Emma Rackham

Online Strength and Mobility Session – Ariff confirmed this had reverted back to a weekly outdoor session. Ariff and his team were thanked for the excellent online sessions.

Metros Membership and Renewals – Irene confirmed that some members had renewed their membership and were being contacted regarding reimbursement. Some had donated their fee to club funds. Irene confirmed membership was lower than pre Covid levels with around 300 members, which included 0/70 and juniors.

Metros Chess Sessions – Arnold Glickman was thanked for organizing these.

Other Virtual Social Events – It was not thought a virtual social event was needed at present on the basis that lockdown is easing. (Nigel has subsequently confirmed he had not received any suggestions).

Confirmation of new Committee Appointments – Paula welcomed Steve Alder, Hon. Secretary and Teresa Young, Hon. Treasurer to the committee. They will meet with Irene for instruction on the Web Collect system.

3. CLUB EVENTS

Covid Restrictions Tim outlined the changes to the Covid restrictions from 17 May and will update the relevant Metros documents. It was agreed that Monday and Saturday sessions could be increased to 36 with the same format of one leader to 12. Session Co-ordinators would be responsible for ensuring there was one leader per 12. Tim will draft a note on the new process and Paula, or Nigel will inform Session co-ordinators.

ACTION: Tim Oakley/Paula Kanesanathan/Nigel Rackham

5K Track Sessions at Harrow School – It was stated that, if possible, these should not be held in the same month as Metros quarterly competitions, particularly August. The frequency should also be reviewed as lockdown eases. Teresa reminded the meeting that the track charge was £50 per session.

5K at Roxbourne Park – These are held quarterly in May, August, November, and February. Irene stated she'd received a request that these be virtual. It was decided not to accept virtual results but Teresa, co-ordinator for the 10K challenge, stated that this 10K event could be virtual.

ACTION: Teresa Young

Couch to 5K – Irene has received requests for a further course to be held. Following a discussion on the practicality of organizing a course now, it was agreed to review later for a possible course next Spring.

Summer League – Pat confirmed that four events had been provisionally booked. Metros would not host this year due to construction work in Headstone Manor Recreation Ground. Dates are 4 July at Perivale, 25 July at Regent's Park, 15 August at Dulwich and 22 August at Battersea. Unfortunately, 25 July clashes with Burnham half and 10k. 22 August clashes with 'The Big One' – half marathon in London. A Zoom meeting of club representatives will be held shortly to discuss budgets, catering etc. Councils could impose a cap of number of runners and Spond maybe needed for entries. Irene, SL Hon. Treasurer, stated that fees per runner will probably increase due to increased cost of venue hire.

ACTION: Pat Jackson/Irene Paull

Harrow Hill Race – Paula and Marcus confirmed that it would not take place this year. 13 February 2022 is a suggested new date.

Thames Valley Cross Country League (TVXC) – Marcus had sent a report stating fixtures are planned from October. He is checking on hire of the Leisure Centre for our host event. Teresa has an outstanding invoice from the Uxbridge Leisure Centre and will check with Marcus.

ACTION: Marcus Weedon/Teresa Young

4. OTHER EVENTS

Friday morning - Marcus had reported these sessions were well supported and a further session on another weekday could be introduced.

ACTION: Marcus Weedon

Friday lunch time – Marcus had stated that numbers were reduced, and a leader was needed.

5. ADMIN

Treasurer's Report – Teresa gave a verbal report on Metros finances and stated that Mike Ransome is auditing the accounts which will be available soon.

Teresa was thanked for the report. **ACTION:** Teresa Young/Mike Ransome

Irene confirmed that members individual subscriptions to EA can be paid and the current number of Metros members affiliated to EA is down from 85 to 34. Irene also stated that the Bank had given Metros a donation to compensate for poor service regarding changing Bank signatories.

England Athletics Requirements – Irene provided details on various administrative criteria which now need to be met for any club to remain members of EA. Steve will liaise with EA particularly regarding our club requirement that parents are responsible for children at our sessions. **ACTION:** Steve Alder

Log of Metros Current Coaches/Trained Leaders – a list needs to be compiled and an EA Endurance Coach wishes to contact these members.

ACTION: Steve Alder

Use of Spind Beyond Lockdown – Following a detailed report from Irene, it was agreed that this had been excellent during Covid restrictions and it should be retained. However, if payment was required later, continued use would be reviewed. Marcus had made suggestions regarding invitations.

ACTION: Irene Paull

Vacancy for Website Editor – information needs updating post Covid and the whole site needs refreshing. Irene will advertise via the Metros Googlegroup and in Metrolines for someone with expertise.

ACTION: Irene Paull

AED – Metros have use of the parkrun AED until parkrun resumes. It was agreed that Metros purchase a second AED as soon as possible. Teresa will order having discussed a suitable model with Emma and the previous order with Mitesh. Paula will also check on a contact who may be able to purchase at a reduced cost.

ACTION: Teresa Young/Emma Rackham/Paula Kanesanathan

6. AOB

Facebook group with Harrow AC – 'Walk, Cycle, Run, Swim, Harrow'.

It was decided not to join this, and Paula will inform Ian Farr.

ACTION: Paula Kanesanathan

Vets T&F League – Wendy Mulvenna had sent a Googlemail message to members stating a meeting on 7 June at Uxbridge is proposed. However, officials are needed for it to go ahead. Covid restrictions will mean no guests allowed and a reduction of participants. Spond may be needed to arrange the Metros team.

ACTION: Wendy Mulvenna

Meeting closed at 9.07 pm and Paula was thanked for chairing the meeting.

NEXT MEETING – To be confirmed

Metros Website and social media

www.metros.org.uk

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

We also have Facebook and Instagram pages and a 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

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, either monthly or bimonthly, at least six times per year (Dates are published in Metrolines).

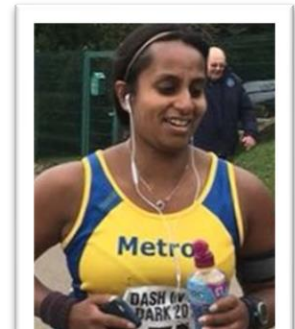
Metros Committee



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



Steve Alder
Honorary Secretary
s.alder@virginmedia.com



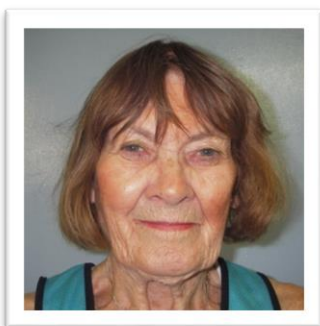
Paula Kanesanathan
Honorary Vice Chair
vpk18@hotmail.com



Teresa Young
Honorary Treasurer
Treasurer.metros@gmail.com



Irene Paull
Honorary Membership
Secretary
Tel: 020 8422 6636



Barbara Robson
Tel: 020 8866 4930



Emma Rackham
emma.rackham@hotmail.co.uk



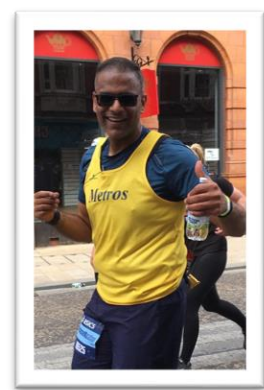
Pat Jackson
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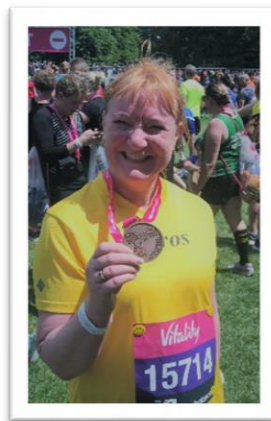
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Ariff Sidik
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Marcus Weedon
marcusweedon@hotmail.com



Anne Ambrose
Metrolines1@gmail.com



Steve Paull
Tel: 07415 064133
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
Friday strength track session	Marcus Weedon	marcusweedon@hotmail.com
Saturday session	Ceri Jacob	07771 636647
	Debra Norman	0208 866 6909

EVENTS CO-ORDINATORS

Awards	Pat Jackson	
Brian Jackson Fun Run	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	Emma Rackham	
Refreshments	Barbara Robson	
Ride London Water Station	Anne Ambrose	
SPOND Administrator	Irene Paull	
	metros.secretary@hotmail.co.uk	
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 Pat Jackson

***Metros* REGULAR RUNS**

MONDAY	19.00	Ariff Sidik, Marcus Weedon, Linda Dunne 07827 66823	
	19.15	Teresa Young Mike Ransome Email: Mw49ran@gmail.com	020 8866 3225 07802 839 498
TUESDAY	19.00	Steve Paull Run / Walk Group	020 8422 6636 pm.hudson@ntlworld.com
WEDNESDAY	19.15	Nathan Powell Kevin Smart	07510 122288 07810 835352
THURSDAY	19.00	Mike Morris mike.morris100.mm@gmail.com	07906 151525
THURSDAY TRACK SESSION		Dave Brown 07939 567561	
FRIDAY STRENGTH SESSION 07.00		Marcus Weedon marcusweedon@hotmail.com	
SATURDAY	09.00	Ceri Jacob Debra Norman	07771 636 647 0208 866 6909

See website for more details: www.metros.org.uk

Please Note: All runners are responsible for themselves.

Book your place for all Metros sessions on the SPOND App. Please contact Irene (metros.secretary@yahoo.co.uk) if you want to amend your preferences on SPOND or are having issues booking with the App.