



October 2021
Issue No. 392



Metros TVXC Fixture – 24th October

Metros Diary

November

Sat 6	Metros 5K Challenge, Roxbourne PK	9.00 am
Fri 12	AGM – Lowlands Tennis Club	8.00 pm
Sat 13	Measured Mile, Roxbourne Park	9.00 am
Sun 14	TVXC – Datchet	11.00 am
Sat 20	Mob Match – Harrow parkrun	9.00 am

December

Sat 4	5 Mile Handicap	9.00 am
Sun 5	Perivale 5	10.00 am
Sat 11	Wot No Watch, Roxbourne Park	9.00 am
Sun 12	TVXC – Reading	11.00 am
Sat 18	parkrun – Northala Fields	9.00 am

January

Sat 8	Metros 10K Challenge, Roxbourne PK	8.50 am*
Sat 15	parkrun – Rickmansworth	9.00 am
Sun 16	TVXC – Bracknell	11.00 am
Sat 22	Metros Track 5K	tbc
Sun 23	Fred Hughes 10	10.00 am
Sun 23	TVXC – Handy Cross	11.00 am

February

Sat 5	Metros 5K Challenge, Roxbourne PK	9.00 am
Sat 12	Measured Mile, Roxbourne Park	9.00 am
Sun 13	Harrow Hill Race	tbc

* Note date change

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 TVXC returned in October and was kicked off with a very successful Metros fixture. Thank you to everyone involved in the organisation, volunteers, and participants.

By the time you have read this, we will probably have had the AGM. However, if you missed it, you could still have your say. A new suggestions and feedback email box has been created – see page 6.

If you are a younger Metro, to ensure that the club meets your needs, you can also speak to Kyie Hollingshead at a session or send thoughts by Spond or the feedback email. Kyie has kindly offered to be a Metros Youth rep.

The next edition of Metrolines will be the last one of the year – and it's time to start thinking of Christmas and New Year. Instead of giving Christmas cards to your fellow Metros – and you may not get to see them anyway- you can have a goodwill message in next month's Metrolines and donate the card money to charity. This year's charity will be the Harrow Foodbank and details of how to donate and contribute will be circulated shortly. In the meantime, start thinking about your greetings and messages for next month's edition.

Anne Ambrose

Terry Turner

I'm sad to report that Terry Turner, one of the very early members of Metros, has recently passed away from Covid. Terry and wife Dorothy were members of Metros for many years and our sympathies go to Dorothy and family at this very sad time.

Pat Jackson

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

Metros AGM

Friday 12th November 2021

Lowlands Hall (Tennis and Social Club), Eastcote, HA5 1TU

8:00pm

Please respond if you are going using the Spond app.

If you do not use Spond (and why not – it is a great app), please respond by email if you are going to: s.alder@virginmedia.com prior to the day, so that we can gauge numbers.



Kyie Hollingshead – Youth Representative

ACHIEVEMENTS



Well done to:

Nigel Rackham and Sasha Birkin –first in their age groups at the Cabbage Patch 10

Anne Nola and Emma Ponnaganti – for completing their first marathon at Dorney Lake on 3rd October

Chris Shearwood - a 5K/parkrun PB at Northala – 18:39, 6th November

Emma Rackham- for completing her first ultra- marathon at Run to the Sea 50K, 17th October

Linda Grimes – for completing her first half marathon at the Royal Parks Half Marathon on 10th October

Rocco Keene – a PB at the track 5K on 23rd October

Metros Feedback and Suggestions email

metrosfeedback@gmail.com

Metros have now created a dedicated email address and a feedback team from members of the committee to help receive and collate your ideas, feedback, and suggestions.

Such emails might for example include:

- Session feedback and ideas.
- Ideas for possible events/mini session events or similar.
- Constructive feedback for club/committee.
- New ideas or discussions to be had with the committee.

This set up gives everyone the opportunity to have their say about the club and help improve it for the future.

Once your email is received it will either be dealt with via the feedback team or passed on for discussion at the next committee meeting.

Members will understand that this is a volunteer led club and we won't be able to respond to suggestions which involve organising new events etc. unless volunteers step forward to take them on.

Please send your feedback/Ideas/Comments to:

metrosfeedback@gmail.com

Members can of course approach any member of the committee to provide feedback at any time. In addition, members are welcome to attend committee meetings. This is just an additional communication forum.

Thank you

Ariff Sidik

Thames Valley Cross Country League



The remaining fixtures for this season:

- Round 2 - 14th Nov 2021 - Datchet, The Brocas
- Round 3 - 28th Nov 2021 - Sandhurst, Lord Wandsworth College
- Round 4 - 12th Dec 2021 - Reading, Ashenbury Park
- Round 5 - 16th Jan 2022 - Bracknell, Lightwater Country Park
- Round 6 - 23rd Jan 2022 - Handy Cross, Bradenham Woods, High Wycombe

All fixtures start at 11am

Metros TVXC Fixture – 24th October





Metros 5K Competition

When & Where: A mix of parkruns and 5K runs at Roxbourne Park and Harrow School track

Remaining fixtures for 21/22:

06 November	Metros 5K @ Roxbourne Park
18 December	Northala Fields parkrun
15 January	Rickmansworth parkrun
05 February	Metros 5K @ Roxbourne Park
19 March	Sunny Hill parkrun
April – date tbc	Track 5K @ Harrow School
07 May	Metros 5K @ Roxbourne Park
18 June	Harrow parkrun
July – date tbc	Track 5K @ Harrow School
06 August	Metros 5K @ Roxbourne Park

Eligibility: Must be a member of Metros and registered with parkrun. Participants are strongly encouraged to wear official Metros kit at all events.

Scoring: Scores will be calculated on an age-graded basis as follows: the runner with the highest age grading in an event is awarded 50 points, 2nd highest 49 points, etc. Final positions will be determined by highest cumulative score over the year with only your top 10 results counting.

A trophy will be awarded to the top male and female overall. There will also be an award for anyone who participates in all 12 events. Participating includes running, walking, or volunteering so please come along, even if you are unable to run.

Any changes to the calendar will be communicated as early as possible

Emma Rackham

Milk Bottle Tops – New Collection Scheme



Have you been saving green bottle tops during lockdown – and now have a large collection?

Thanks to Jeanne Coker for organising this collection over many years, but the charity that previously took the green bottle tops from Metros and recycled them is no longer able to collect these in the London area.

You can, however, still bring your bottle tops to the scout hut on a Saturday and they will be recycled through a contact of the Rackham's and proceeds donated to the Air Ambulance. It's not just green bottle tops – please collect any colour.

If you cannot get to the hut on a Saturday, Lowlands Tennis club also has a box (in the foyer) for collecting plastic bottle tops – all colours.

London Marathon – 3rd October – Correction

Overall Pos		Half	Finish
8244	Mike Morris	1:42:53	3:44:37

Moor Park 10K - 19th September – Result missed from the October Metrolines

60 Simon Abery 00:49:54 00:49:43

The 39th Abbots Langley Tough 10K 2021 - 3rd October

Simon Abery 00:48:04

Stephanie White 01:12:22

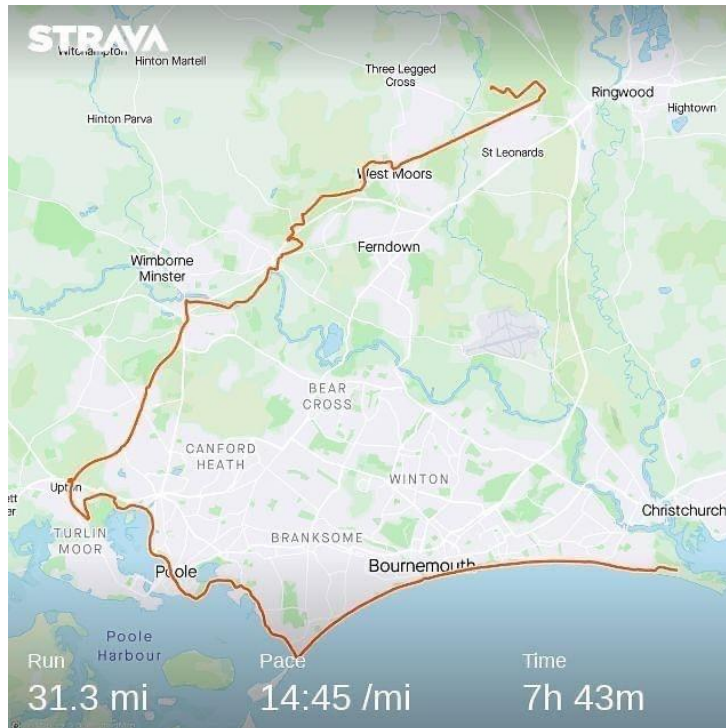
Royal Parks Half Marathon 10th October

1		1:09:14
5465	Anne Nola	2:05:44
6635	Monica Shortt	2:20:00
6755	Lorraine O'Donovan	2:23:48
9294	Mike Ransome	2:42:35
9630	Linda Grimes	2:55:51
9895	Anne Ambrose	3:14:59
10086	Finishers	4:53:41



Well done Linda!

Race to the Sea 50K – 16th October



Well done Emma!

Oxford Half Marathon 17th October

1		1:07:25
2527	Steve Paull	1:53:55
6697	Irene Paull	2:41:00
7218	Finishers	4:09:58

Cambridge Half Marathon 17th October

1		1:06:12
4705	Tom Man	1:58:38
9400	Finishers	4:20:09

Chelmsford Half – 17th October

1		01:15:48
27	Marcus Weedon	01:32:32
356	Finishers	03:54:14

Run Through Chase The Moon 10K Battersea Park, 20th October

1		0:32:06
170	Barry Nolan	0:56:50
237	Finishers	1:14:40

Cabbage Patch 10, 17th October

Pos.		Chip Time	
1		0:48:43	
28	Nigel Rackham	0:57:54	1 st V50-59
93	Sasha Birkin	1:05:56	1 st FV 45-54
120	John Norris	1:07:17	
418	Emma Ponnaganti	1:18:18	
500	Caroline Day-Lewis	1:21:00	
881	Barry Nolan	1:33:43	
885	Vincent Cheung	1:31:53	
1053	Ruth Tidder	1:39:23	
1166	Mike Reid	1:46:22	
1181	Judy Rackham	1:46:59	
1183	Phillipa Brown	1:47:38	
1326	Linda Grimes	2:11:28	
1327	Jennifer Smith	2:11:28	
1342	Finishers	2:36:09	



More cabbage and beer for Sasha and Nigell

Track 5K – 23rd October

Results by time

Nigel Rackham	17.23		
Richard Brown	18.33	Glyn Watkins	29.44
James Kerrane	19.15	Tanya Keene	29.46
John Norris	19.18	Sakina Sidik	29.46
Chris Shearwood	19.26	Judy Rackham	29.50
Nathan Powell	19.29	Pippa Brown	30.21
Nilesh Tailor	20.14	Mike Ransome	30.48
Abi Thomson	20.21	Janice Newman	31.15
Peter Butler	20.37	Phil York	31.15
Tony Watson	20.41	Teresa Young	31.35
Clive Heidrich	20.46	Anne Ambrose	33.27
Mike Morris	21.04		
Nick Russell	21.20		
Malcolm Smith	21.35		
Emma Ponnaganti	21.57		
Andy Fox	22.00		
Mitesh Patel	22.15		
Simon Aberly	22.44		
Steve Paull	22.53		
Rocco Keene	23.09		
Laure Champeix Aslan	23.34		
Linda Georgiades	23.46		
Andrezj Warhaftig	23.57		
Ravi Raja	23.58		
Martin Eden	24.02		
Ann Suffield	24.12		
Jenny O' Sullivan	24.29		
Alok Agarwal	24.55		
Harish Gohil	25.03		
Ruth Tidder	25.32		
Tarana Agarwal	25.41		
Brian McGrory	25.49		
Rohan Mascarenhas	26.01		
Lynne Jones	26.20		
Mark Mulvenna	26.23		
Zaheer Sidik	26.55		
Roshni Patel	27.01		
Ryan Thompson	27.30		
Paul McGrath	29.16		



5K Competition Results

	Time (min.sec)	Age grade	Points
Janice Newman	31.15	81.65%	50
Linda Georgiades	23.46	78.33%	49
Lynne Jones	26.20	76.14%	48
Emma Ponnaganti	21.57	72.44%	47
Ruth Tidder	25.32	66.32%	46
Judy Rackham	29.50	66.15%	45
Jenny O'Sullivan	24.29	65.76%	44
Ann Suffield	24.12	65.70%	43
Laure Champeix Aslan	23.34	65.28%	42
Teresa Young	31.35	63.48%	41
Anne Ambrose	33.27	60.84%	40
Tarana Agarwal	25.41	58.73%	39
Roshni Patel	27.01	55.52%	38
Tanya Keene	29.46	55.43%	37
Ryan Thompson	27.30	54.18%	36
Sakina Sidik	29.46	50.78%	35
Pippa Brown	30.21	50.69%	34

Nigel Rackham	17.23	89.45%	50
Chris Shearwood	19.26	79.33%	49
Tony Watson	20.41	78.57%	48
Richard Brown	18.33	77.72%	47
Nathan Powell	19.29	75.88%	46
Steve Paull	22.53	73.71%	45
Andrezj Warhaftig	23.57	72.86%	44
Malcolm Smith	21.35	72.66%	43
Nilesh Tailor	20.14	71.91%	42
Mike Morris	21.04	70.73%	41
James Kerrane	19.15	70.39%	40
John Norris	19.18	70.21%	39
Andy Fox	22.00	70.08%	38
Clive Heidrich	20.46	68.94%	37
Martin Eden	24.02	68.24%	36
Peter Butler	20.37	67.83%	35
Nick Russell	21.20	67.11%	34
Simon Aberly	22.44	66.64%	33
Rocco Keene	23.09	61.27%	32
Brian McGrory	25.49	60.23%	31

Harish Gohil	25.03	60.01%	30
Mark Mulvenna	26.23	58.94%	29
Alok Agarwal	24.55	58.86%	28
Mitesh Patel	22.15	58.28%	27
Mike Ransome	30.48	56.66%	26
Rohan Mascarenhas	26.01	56.37%	25
Glyn Watkins	29.44	56.22%	24
Ravi Raja	23.58	52.64%	23
Zaheer Sidik	26.55	49.10%	22
Paul McGrath	29.16	47.04%	21

Thank you to the volunteers!
Paul McGrath
Linda Georgiades
Tanya Keene
Alok Agarwal
Mark Mulvenna
Andrzej Warhaftig
Emma Ponnaganti
Teresa Young
Jennifer O'Sullivan
Lynne Jones
Tarana Agarwal
Laure Champeix-Aslan
Roshni Patel
Ruth Tidder
Angela Murphy
Harish Gohil
Nathan Powell



5K Competition – Points after 3 events				
Women				
	Sept	Oct	Nov	Totals
Ruth TIDDER	44	46	43	133
Lynne JONES	41	48	44	133
Ann SUFFIELD	48	43	41	132
Judy RACKHAM	45	45	42	132
Teresa YOUNG	46	42	40	128
Philippa BROWN	39	34	34	107
Sasha BIRKIN	50	0	50	100
Linda GEORGIADES	0	49	49	98
Janice NEWMAN	0	50	46	96
Caroline DAY-LEWIS	49	0	45	94
Emma PONNAGANTI	0	47	47	94
Jennifer O'SULLIVAN	41	44	0	85
Irene PAULL	43	0	40	83
Angela MURPHY	0	42	40	82
Tarana AGARWAL	0	42	38	80
Diane O'REILLY	40	0	40	80
Joanna COLLIER	42	0	36	78
Sakina SIDIK	41	35	0	76
Marion ROGAN	0	0	48	48
Amanda KENNELLY	47	0	0	47
Laure CHAMPEIX ASLAN	0	42	0	42
Roshni PATEL	0	42	0	42
Tanya KEENE	0	42	0	42
Carol DIGGINS	41	0	0	41
Pauline BISHOP	41	0	0	41
Alisha SIDIK	41	0	0	41
Wendy MULVENNA	41	0	0	41
Monica SHORTT	41	0	0	41
Anne AMBROSE	0	40	0	40
Barbara ROBSON	0	0	40	40
Nancy MORRIS	0	0	40	40
Carole VALENTINE	0	0	40	40
Pat JACKSON	0	0	40	40
Lyndsey JACKSON	0	0	40	40
Sue WESTON	0	0	39	39
Linda GRIMES	38	0	0	38
Sue NICHOLLS	37	0	0	37

Amanda HARDY	0	0	37	37
Chloe LEACH	36	0	0	36
Ryan THOMSON	0	36	0	36
Jennifer SMITH	35	0	0	35
Ceri JACOB	0	0	35	35
Emma RACKHAM	34	0	0	34
Bernie CONWAY	33	0	0	33
Gladys DE GROOT	0	0	33	33
Gill FOX	0	0	32	32
Sonya GRIST	0	0	31	31

Men	Sept	Oct	Nov	Totals
Nigel RACKHAM	50	50	50	150
Nathan POWELL	44	46	49	139
Steve PAULL	49	45	41	135
Andrew FOX	46	38	45	129
Malcolm SMITH	0	43	48	91
Nicky SMITH	48	0	42	90
John NORRIS	47	39	0	86
Dave YOUNG	43	0	43	86
James KERRANE	0	40	46	86
Mike MORRIS	0	41	44	85
Harish GOHIL	42	35	0	77
Brian MCGRORY	44	31	0	75
Alok AGARWAL	0	35	40	75
Simon ABERY	0	33	40	73
Mike REID	39	0	32	71
Rohan MASCARENHAS	44	25	0	69
Zaheer SIDIK	44	22	0	66
Mitesh PATEL	0	27	36	63
Mike RANSOME	0	26	34	60
Chris SHEARWOOD	0	49	0	49
Tony WATSON	0	48	0	48
Richard BROWN	0	47	0	47
Kevin SMART	0	0	47	47
Jeff SUFFIELD	45	0	0	45
Chris PARKINSON-BEST	44	0	0	44
Andrezj WARHAFTIG	0	44	0	44
Nilesh TAILOR	0	42	0	42
Simon DADOMO	41	0	0	41
Andrew Paul COLLIER	40	0	0	40
Al SCOFFHAM	0	0	40	40

Peter JOSE	0	0	40	40
Marcus WEEDON	0	0	40	40
Alex LEGGETT	0	0	39	39
Kyie HOLLINGSHEAD	0	0	38	38
Clive HEIDRICH	0	37	0	37
Andrew COLLIER	0	0	37	37
Martin EDEN	0	36	0	36
Peter BUTLER	0	35	0	35
Bill HARRINGTON	0	0	35	35
Mark MULVENNA	0	35	0	35
Paul MCGRATH	0	35	0	35
Nick RUSSELL	0	34	0	34
Gordon VALENTINE	0	0	33	33
Rocco KEENE	0	32	0	32
William BAILEY	0	0	31	31
Dave BROWN	0	0	30	30
Glyn WATKINS	0	24	0	24
Ravi RAJA	0	23	0	23

Metros virtual Committee Meeting - Wednesday 6th October, 8pm.

Present - Nigel Rackham (chair), Paula Kanesanethan, Irene Paull, Barbara Robson, Pat Jackson, Marcus Weedon, Steve Paull, Marilyn Pickford, Mike Ransome, Teresa Young, Steve Alder, Emma Rackham

Apologies - Anne Ambrose, Ariff Sidik

Actions from last meeting

a. Hall of Fame - Marcus/Irene.

No update - carry over to next meeting

b. EA Requirements

Steve Alder has drafted some policy documents to ensure that Metros are in line with EA requirements, particularly regarding safeguarding. Issues to be finalised:

(1) Sessions potentially unsuitable for U18s - Tuesdays, Wednesday hard hills, Dark Wood Runs; (2) Confirming which leaders are trained and DBS checked. Steve will compile a list of Metros who are qualified & have up to date DBS checks (members will be surveyed through SPOND); and (3) Steve will speak to safeguarding leads from other local running clubs (e.g. Ealing Eagles) and also to EA to clarify the position regarding under 18s at Metros training sessions. **ACTION: Steve Alder**

c. Website editor

No further action required

d. Metros AGM

The AGM has been booked for 8pm on Friday 12th November at Lowlands Tennis Club. Members to be informed via Google Groups, Metrolines and social media.

Steve will send an agenda to all members. It is hoped to arrange for virtual attendance IT facilities permitting **ACTION: Steve Alder**

e. Saturday Scout Hall start up

The Scout Hut has been rebooked from Saturday 4th October. Members can leave their bags inside and use the toilets, but we are not yet providing refreshments. This will be revisited in the coming weeks.

f. Youth Committee Representative

Kyie Hollingshead has kindly offered to be a Metros Youth rep. He was unable to attend this meeting, however we are hoping that he will be able to join for a future meeting to give some feedback. Younger members are encouraged to speak to Kyie at a session or send thoughts by Spond or the feedback email (see item below) on ideas and other feedback to help Metros to ensure we are meeting their needs.

g. Members' Feedback Email

A new email address has been set up for members to give feedback throughout the year. Ariff will share this with members via Google Groups and social media. **ACTION: Ariff Sidik**

Club Events

a. Metros Competition Awards

It was decided that the following awards should be ordered and handed out at the AGM this year - Metros Annual Fun Run, TVXC 2019-2020, MBEs from Vets Track and Field 2021, Summer League 2021.

Pat will circulate a list of the other awards and criteria to committee members for discussion. It has been decided not to award the beginner runner or Katharine Herring awards in 2021. The Runners' awards and Aaron Breen awards will be decided by the previous holders. Following the meeting suggestions were made for the young runners and this will be put out to the wider membership for further nominations.

ACTION: Pat Jackson

b. TVXC - 24th October

This is in hand

c. HHR 2022

No update - carry over to next meeting

d. Friday lunchtime sessions

Friday lunchtime training sessions will restart at the end of this month. It will take place on the last Friday of each month. Nathan Powell will liaise with Irene and get an event set up on SPOND. **ACTION: Nathan Powell**

Other Events

The LRRC events series organisation is in hand.

AOB

a. The Middlesex Country Athletics Association will be celebrating its 100th anniversary in May 2022. They are looking for stories or pictures by the end of November.

ACTION: Steve Alder, Pat Jackson

b. It was discussed that in future, meetings may take place on different weekdays to avoid the clash with Wednesday Hills. Meantime if members who cannot attend for a whole meeting express interest in a particular agenda topic, we can reorder the agenda to try to facilitate participation.

Items for Future Meeting

a. Six Harrow Half Free Places

Next Meeting

Another short virtual meeting will be held on 10 November at 8pm to finalise the awards

The meeting closed at 9.10pm

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

Jalebi



In normal circumstances the celebration of Diwali is a time to share sweet treats with family and friends.

To make up for not sharing any sweets this year, a friend sent me this (easy-enough) recipe for Jalebi – enjoy!

Ingredients

- 1 litre vegetable oil, for deep-frying
- flaked almonds or finely chopped pistachios, to serve

For the syrup

- 200g caster sugar
- small pinch of saffron
- 1/4 tsp green cardamom powder, or use regular ground cardamom
- 1 tsp lemon juice

For the batter

- 125g plain flour
- 2 tbsp cornflour
- 1/2 tsp lemon juice
- 2 tsp natural yogurt
- 1/2 tsp turmeric, or a few drops of natural yellow food colouring
- 1 tbsp ghee
- 1/4 tsp baking powder
- 1/4 tsp bicarbonate of soda

Method

- **STEP 1**

First, make the syrup. Put the sugar and 100ml water in a pan set over a medium heat. When the sugar has dissolved, add the saffron and bring to the boil. Continue to boil for 5-6 mins until thickened and syrupy – the consistency should be like honey. Remove from the heat and add the cardamom and lemon juice – the lemon juice prevents the sugar crystallising. Set aside.

- **STEP 2**

For the batter, put all the ingredients except the baking powder and bicarb, in a large bowl. Slowly add 150ml water and whisk for a few minutes until smooth, then add the baking powder and bicarb and stir well – it should be as thick as pancake batter. Pour into a squeeze bottle with a narrow tip, or spoon into a piping bag and snip off the tip so you have a small opening. Pour the oil into a large heavy-bottomed saucepan until it's no more than two-thirds full and heat to 170-180C, or until a drop of the batter sizzles when added.

- **STEP 3**

Carefully squeeze or pipe swirls of the batter directly into the hot oil – do this in batches (you should be able to fry four or five at once). Fry for 1-2 mins on each side until golden. Remove the jalebi with a slotted spoon to a plate lined with kitchen paper to drain, then, while still warm, dip in the syrup using tongs or a fork, turning to coat. Sprinkle over the flaked almonds or chopped pistachios. Serve straightaway or leave to cool.

© BBC Good Food

***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 Run / Walk Group	19.00	Steve Paull Penny Hudson	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	Marilyn Pickford Adam Leary	0208 707 1028 07721456685

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.