



May 2022
Issue No. 398



Metros Diary

May

Fri 6	Sir Roger Bannister Mile	6.00 pm
Sat 7	Metros 5K Challenge, Roxbourne PK	9.00 am
Sun 8	Marlow 5M	9.30 am
Fri 13	AGM – Lowlands Tennis Club	8.00 pm
Sat 14	Measured Mile, Roxbourne Park	9.00 am
Mon 16	Vets Track & Field – Battersea	6.30 pm

June

Sat 11	5 Mile Handicap	9.00 am*
Mon 13	Vets Track & Field – Hillingdon	6.30 pm
Sat 18	parkrun – Harrow	9.00 am
Sun 19	Summer League – Harrow	11.00 am
Sun 26	Hitchin Hard HM/10K	9.30 am
Mon 27	Vets Track & Field – Battersea	6.30 pm

July

Sat 2	Metros 10K Challenge, Roxbourne PK	8.50 am
Sun 3	Summer League – Perivale	11.00 am (tbc)
Sat 9	Wot No Watch, Roxbourne Park	9.00am
Sat 9	BBQ (see Spond)	7.00pm
Weds 13	Vets Track & Field – Perivale	6.30 pm
Sun 17	Summer League – Dulwich	11.00 am (tbc)
Sun 31	Summer League – Regent's Park	11.00 am (tbc)

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 date change – due to June Bank Holiday weekend

Note from the Editor!

I think I am still on a high from the Vitality 10K on Bank Holiday Monday – more about that event next month. It was a fantastic event and great for British running and club running. It was good to see so many Metros taking part and spectating – more than 40!

Hope to see many more of you at the AGM at Lowlands Tennis Club on Friday 13th May. You don't have to wait until the annual AGM to have your say, you can send suggestions and questions to the feedback email box

Metrosfeedback@gmail.com

Anne Ambrose

Metrolines Contributions

All contributions welcome – please send to Anne Ambrose

Email: metrolines1@gmail.com

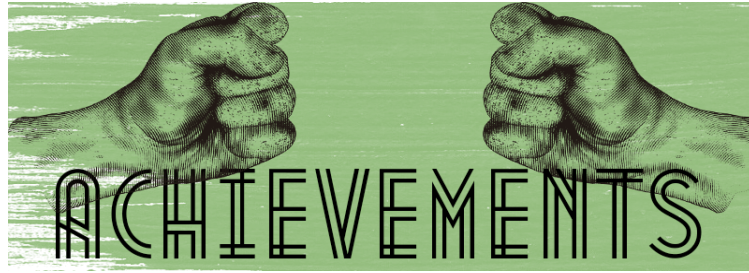
Articles should consist of no more than 3 to 4 sides of A4 font Arial 14. Please provide in Word format.

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



Well done to.....

Sasha Birkin- 1st woman and 3rd overall at Caffarella parkrun, Rome on 9th April

Nigel Rackham – 1st M50 at the MK Festival of Running 20-miles on 13th March in 2:01:51, which puts him in 1st MV55 in British Rankings for 2022

Terry Burke – who completed his 200th parkrun on Saturday 16th April 2022 at Seaton Devon

Chris Shearwood – 1st VM50 and Black Dog Bungay Marathon on 10th April and 1st place at South Oxhey parkrun on 23rd April

Mike Reid – for a PB at the track 5K on 10th April and a 10mile PB at Maidenhead Easter 10 on 15th April

Marcus Weedon and **Jo Collier** also had PBs at the track 5K

Rohan Mascarenhas for completing his first half marathon at Ricky Races on 21st April and for coming first out of the runners that completed the half marathon distance!

Elizabeth Abrahams and **Brian McGrory** for completing their 300th parkruns at Canons Park on 16th April





Caroline Day-Lewis, Linda Grimes and John Norris, for completing parkrun milestones, 50th, 100th and 200th respectively on 30th April all at Rickmansworth parkrun



Summer League – Provisional Dates

19 June	Metros, Headstone Manor
3 July	ESM/EE, Perivale
17 July	Dulwich
31 July	Mornington Chasers, Regent's Park
21 Aug	Serpentine, Battersea

Currently, only Battersea is confirmed, the others are awaiting Council confirmation

Vets Track & Field

The dates for this year's Veterans' Track and Field Meets are as follows:

Monday 16th May... Battersea Park Track 18.30pm

Monday 13th June... Hillingdon Track (Uxbridge) 18.30pm

Monday 27th June... Battersea Park Track 18.30pm

Wednesday 13th July ...Perivale Track 18.30pm

We have an enthusiastic, Metro's team, of over 35's, who take part in this event.

It includes 100m, 200m, 400m, 800m, 1500m, 3000m runs.

Long jump, high jump and triple jump. Javelin, shot putt, hammer and discus.

The competition takes place over 4 meets (as above).



The age categories are 35+, 50+, 60+ (and in some events) 70+

There are separate men's and women's teams. Only one person, in each age category can compete in each event.

Guests are welcome to compete as well. So, if you fancy giving it a go, you can come as a guest.

You must be a Metro member on the 1st of April 2022 to compete in the team and/or as a guest.

Please contact me, with your full name, age, date of birth, and the events you are interested in joining the team and/or guesting and talk to your fellow Metros, many of whom have taken part.

Wendy Mulvenna

Trophy Races 2022



Remaining Trophy Races for **2022**:

Date	Event	Entry Fees	Website
8 th May	Marlow 5M	£25	Marlow 5 – Handy Cross Runners
26 th June	Hitchin Hard HM/10K	£21/16	Entry page for Hitchin Half, 10K, 5K (h3m.co.uk)
4 th Sept	Hillingdon 20	£28	Hillingdon 20 Hillingdon Athletics Club (hillingdonac.co.uk)
18 th Sept	Moor Park 10K	£20	Moor Park 10K - moorpark (activetrainingworld.com)
16 th October	Cabbage Patch 10M	£25	Welcome to the Cabbage Patch 10
23 rd October (tbc)	Ricky Road Run 10M	£16	Ricky Road Run – Annual 10-mile charity run in Rickmansworth and Chorleywood
6 th November (tbc)	Marlow 7mile/ HM	£22/32	Marlow Striders Half Marathon

Points are awarded as follows:

	Maximum Score
5 miles	30
10 K	40
10 miles	50
Half Marathon	60
20 miles	70

The first Metro to finish will be awarded the maximum number of points, the second Metro will be awarded the (maximum – 1) points, the third (maximum-2) points, etc. There will be separate male and female awards.

Points for the competition are awarded from the official results as posted on each organising club's website. If you enter as a Metro and are not shown in the results as such, contact the LRRC Coordinator.

Vincent Cheung – LRRC Coordinator

Metros 5K Competition

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

Remaining fixtures for 21/22:

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



Hatch End - Harrow Triathlon Sunday 15th May 2022 - Volunteer opportunity

We are appealing for volunteers to help with the return of the Hatch End – Harrow Triathlon on Sunday 15th May. This takes place in the fields and pool at the back of Eliot Hall. There is an adult race and five junior races. This has been held since 2000 but this will be the first time the event has been staged since 2019.

We are also looking for **volunteers** to make this happen. We are offering to all our volunteers a substantial brunch with vegetarian options from our new caterer "FreeRangeJane" and unlimited hot drinks from Gary in his van. There will also be a post event early evening social for our volunteers in Hatch End.

Even if you can't enter or volunteer do drop into the event village on main field to watch the action.

All the details are on the event website: <https://www.hatchendtri.com/>

Kevin Concannon

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 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

10K Challenge – April 2nd, 2022 – Roxbourne Park

Name	Mins	Secs	Grading
Marcus Weedon	39	15	75.90%
Linda Georgiades	54	5	70.95%
Kevin Smart	47	27	70.43%
Steve Paull	52	5	67.97%
Caroline Day-Lewis	54	5	67.37%
Barbara Reading	72	39	67.07%
Marion Rogan	72	55	64.65%
Adam Leary	49	54	64.55%
Dave Young	60	39	57.80%
Julia Allen	65	34	55.57%
Jo Collier	65	51	55.33%
Andrew Collier	60	39	52.17%
Karen Leary	72	55	50.61%
Robyn Walliser	63	52	50.35%
Mike Reid	66	7	50.07%
Pippa Brown	66	7	48.23%

Low turn out on a cold but sunny 2nd April for the 10K Challenge. Congratulations to Marcus for achieving an indigo ribbon for the first time (previous best 74.65%) and to Jo Collier for moving to an orange ribbon (previous best 51.04% in April 2021).

Next event will be on 2nd July.

Teresa Young



Bournemouth Bay Half Marathon – 3rd April

1		1:13:02	1 st M50
9	Nigel Rackham	1:19:09	
135	Mike Morris	1:39:38	
231	Simon Aberly	1:47:56	
688	Irene Paull	2:43:07	
718	Finishers	3:32:31	



Bournemouth Bay 10K

1		0:38:45
644	Judy Rackham	01:04:25
884	Steph White	01:16:03
928	Wendy Mulvenna	01:34:27
929	Penny Hudson	01:34:27
930	Sue Davie	01:34:27



London Landmarks Half Marathon – 3rd April

1		01:08:57	PB
5892	Lorraine O'Donovan	02:12:25	
8140	Sonny Peart	02:26:26	
9522	Mike Ransome	02:39:29	
9622	Shefali Rao	02:40:33	
11582	Finishers	04:38:06	



Ricky Races – 21st April

Rohan Mascarenhas completed 13.1 miles in 02:06:49 and was the first finisher of 5 runners who completed the half marathon distance.

MK Festival of Running – 13 March 2022 20-miles

1		01:49:46	1st M50 Currently, 1 st M55 in British Rankings for 2022
7	Nigel Rackham	02:01:51	
375	Finishers	07:06:56	

Bungay Black Dog Marathon - 10 April 2022

*"All down the church in midst of fire, the hellish monster flew
And, passing onward to the quire, he many people slew"*



The legend of "The Black Dog of Bungay" dates from 1577 when a terrifying thunderstorm occurred with such "...darkness, rain, hail, thunder and lightning as was never seen the like..." and at St Mary's Church, the people knelt in fear, praying for mercy. Suddenly there appeared in their midst the Devil disguised as a great black hell hound which tore around the Church, attacking many of them with its cruel teeth and claws before running off to Blythburgh Church about twelve miles away, where it killed and mauled more people.

Bungay's Church was damaged, the tower struck by lightning and the Church

clock broken into pieces. The memory of this horrific event now lives on in the local running club, marathon and a few businesses; the nickname of Bungay Town Football Club is "The Black Dogs".

Bungay Black Dog Running Club (BBDRC) organises this marathon. Last November they held the first of a number of events celebrating their 40th anniversary and welcomed some of the club's founding fathers who spoke of how the buzz of the first London Marathon in 1981 inspired them to start running together. Organised group runs first happened in late 1981, followed by their first marathon. The club itself was officially formed in May 1982.

Some of us might know BBDRC from the Round Norfolk Relay (RNR) (runners, drivers, cyclists and other volunteers still needed, please - contact me, Al, Mike or Marcus if interested!) BBDRC tend to occupy a similarly lowly position in the results

as we often do clearly, they're another club for whom the fun is largely in the taking part (and they have fewer members than us).

It was actually Gillian who found me the race - we had decided to give the Rotterdam Marathon (same weekend) a miss for this year. The day before, we headed off to Bungay, by the River Waveney which forms the Suffolk/Norfolk border. The Waveney Valley is a delightful part of the country where we've been on camping holidays these past two years. The Guardian reckons that there is a peculiarly Suffolk version of the Bermuda Triangle around these parts, where time slows to a trickle and the landscape runs to the pace of the reedy Waveney as it meanders to the North Sea, but I can attest to the good running to be had on the quiet country lanes around here.

We checked into our Airbnb and went out to find the race village at BBDRC HQ on the outskirts of town, crossing the River Waveney on the way. A few of the club were finishing set-up and we chatted with the Race Director about our club (which, when I mentioned John Betjeman, made him think we were from Slough). We then visited the Green Dragon Pub *cum* Micro-Brewery and had dinner at the highly rated Suffolk Stonehouse pizza restaurant.

The marathon (the 38th such) is part of the Bungay Festival of Running which also includes a half marathon, 10 km and 5 km races and a Fun Run of 800m in the Race HQ sports ground. The marathon starts at 9.00, the 10 km at 9.30, the fun run at 9.45, the HM at 11.00 and the 5 km at 11.30.

The longer two races had measurement accuracy certificates until 2013 but, by then, the surface of a 1.7-mile path had deteriorated to the point where measurement accuracy was no longer sufficient although the course itself had not changed. In 2014 both races officially became multi-terrain courses and now have Statements of Course Measurement instead. The 10 km course uses the same path and is also therefore classified as multi-terrain. The marathon course is 2 laps of a 13.1-mile loop through the Waveney Valley. The half marathon is one lap of the same loop and I hoped to stay ahead of the front-runners. The 10 km course shares parts of the same loop.

The marathon was last run in 2019 when the first MV50 (my age group) did 3 hrs 03, a bit faster than me. However, a quick check on "Run Britain Rankings" shows that this chap's most recent marathon was the same London Marathon that I did last October. He did 3 hrs 22 which I beat then and reckoned I was still capable of beating. His HM and parkrun times aren't so different to mine so, if he was running this year, there was a good chance we might be seeing a bit of each other. The previous year, the 1st VM50 did 3 hrs 21, the year before that, 3 hrs 25. So, first MV50 was my target. (Surely, I'm not the only Metro who does this kind of thing?)

On race day, Gillian and I were up early, had breakfast and made our way through the sleepy town to the start with other marathon runners. Gillian had planned to stay in town to get photos of me as the race passed through, rather than come all the way to Race HQ. However, she was persuaded to come along and was rewarded for this by being spooked by the fierce barking of a hysterical black dog (a Rottweiler getting an early a.m. walk), the sound of which echoed loudly in the largely empty streets.

The day was dry and sunny, if somewhat chilly; there were little patches of frost on grass in the shade. So, pretty good running conditions and, before long, we marathon runners were called to assemble on the road outside the sports ground. At 9.00 a.m. we were sent on our way with a blast on an air horn by a special guest, the winner of the inaugural race some 40 years earlier. Gillian took photos as we passed back into Suffolk, and the bells of Holy Trinity finished their peal as we ran through the otherwise quiet streets. It wasn't long before we left Bungay and followed an undulating route along the initially traffic-free B1062. There's no continuous footpath but it never felt unsafe on the road. I wouldn't say it was "hilly" although the locals thought it was - the steepest ascent is 43' which you then descend in the following mile.



The halfway point on the first lap is the Suffolk town of Beccles, whose church can be seen on high from a few miles away - it's known for having clock faces on three sides of the tower, the only side not doing so being that which faces Norfolk ("well, they never give us the time of day"). Gillian and I know Beccles quite well from our camping holidays - she goes swimming at the open-air lido (which we passed en route) while I go for a run along the Angles Way.

Then we cross the River Waveney again and we're in Norfolk, on the quieter country lanes where I'd run several times on our holidays. It's truly delightful running terrain

and, after an initially fast start, my pace per mile varied around the 7 mins 20 mark; a younger chap caught me up and commented on my even pace. The 10k runners joined us shortly before the 1.7-mile path whose surface was gravelly with small, loose stones and enough room to overtake slower folk. By the time the younger chap pulled away from me on the second lap my pace had dropped by about a minute but, even so, back on the “Norfolk” section, I overtook a couple of the marathon runners to lie 13th.

On the rough path again, I was overtaken by the two lead bikes who were just ahead of the first half marathon runner. Remembering my aim to stay ahead of that event, I summoned what reserves of strength I had left and recovered my earlier pace, keeping ahead of this chap until about a quarter of a mile before the finish, by which time was doing about 7 min/mile pace. Back into the sports field, onto the grass running track and over the line just inside 3 hrs 20.

I had flopped down wearily, with Gill, on one of the plastic chairs available, when the Race Director spotted us and came over. I would have been happy with my medal, but he not only got me one of the T-shirts (you had to order these when entering the race, but they’d all been claimed when we did), he also went away to check whether I’d come first in my age group...and I had. So, we hung around for the presentation of prizes (by the Deputy Town Reeve) and we prize-winners got our photos taken. It’s sad to say, but in less than a year, I won’t be in that age group, so I guess I must’ve been one of the oldest.

Gill and I then wandered the mile or so back to town with other finishers, collected our car from the Airbnb and headed home. We paused at Ipswich for some very nice pasta at “Storico”, with a lovely view opposite of one of Ipswich’s oldest and best timber-framed buildings, the C15th “Oak House”.

I’d certainly do the Bungay Black Dog again - very well organised and friendly - it just remains to be seen whether it clashes with the Rotterdam Marathon where we’re also keen to return (not least, because they also have a parkrun now).

Chris Shearwood

Track 5K

Harrow School – 10th April 2022

Name		Time	
Marcus	Weedon	18:19	PB
James	Kerrane	19:34	
Matthew	Nola	20:31	
Russell	Morris	20:55	
Malcom	Smith	20:58	
Mike	Morris	21:04	
Nick	Jones	21:27	
Zahra	Bassiri	22:10	
Emma	Ponnaganti	22:19	
Mitesh	Patel	22:33	
Simon	Abery	23:02	
Alok	Agarwal	23:45	
Steve	Paull	24:04	
Brian	McGrory	24:08	
Harish	Gohil	24:39	
Tarana	Agarwal	24:42	
Andrew	Fox	24:49	
Jennifer	O'Sullivan	25:05	
Ruth	Tidder	26:09	
Anne	Nola	26:15	
Lynne	Jones	26:18	
Tony	Rhodes	26:27	
Andrew	Collier	26:32	
Mike	Reid	27:03	PB
Shefali	Rao	27:16	
Rosa	Walle	28:54	
Reshma	Emmanuel	28:56	
Jonathan	Pang	29:40	
Philippa	Brown	29:43	
Janice	Newman	30:44	
Phil	Brown	30:44	
Farzina	Kapadia	30:47	
Joanne	Collier	30:55	PB
Irene	Paull	34:15	
Nancy	Morris	34:59	



Well done – Zahra & Marcus

Maidenhead Easter 10 – Friday 15th April

1		00:52:24	
91	Chris Shearwood	01:05:59	
102	Sasha Birkin	01:06:58	
163	Clive Heidrich	01:11:13	
311	Vincent Cheung	01:21:04	
581	Mike Reid	01:37:45	PB
583	Jennifer O'Sullivan	01:37:49	
597	Lorraine O'Donovan	01:38:39	
600	Monica Shortt	01:39:00	
617	Ruth Tidder	01:41:12	
757	Anne Ambrose	02:16:11	
764	Finishers	02:29:04	



Beaconsfield 5-mile, Easter Monday 18/04/22

A lovely sunny off-road race, delayed from 2020.

Very dry course this year (for a change) which sounds nice, but it was pretty dusty and rutted. A lot of discussion at the start as to whether people remembered signing up for the race or not. *Adam Leary*



1st Male	28 mins 45s
1st Female	32 mins 58s
60th Adam Leary	40m 44s
77th Spencer Millbery	42m 35s
81st Mike Leigh	43m 1s
171st Linda Dunne	50m 5s
193rd Claire Millbery	51m 34s
224th Glyn Watkins	55m 1s
226th Marion Rogan	55m 5s (2nd in age category)
270th Carole Lloyd	61m 1s
286th Karen Leary	63m 28s
312nd Anne Leigh	80m 5s
Final runner	85m 43s

Ibstone Circle 10K – 24th April

1		00:40:21
31	James Kerrane	00:58:11
59	Vincent Cheung	01:08:10
61	Ruth Tidder	01:09:56
72	Carole Lloyd	01:25:49
77	Finishers	01:35:00



South Downs Way 50 – 9th April

1		06:49:50
	Spencer Millbery	09:55:16



Brighton Marathon – 10th April

1		02:29:07
7807	Sonny Peart	05:45:54
8027	Finishers	05:59:55



Metros Virtual Committee Meeting - Tuesday 26th April, 8pm

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

Apologies - Ariff Sidik, Anne Ambrose, Mike Morris, Marilyn Pickford, Kyie Hollingshead

Actions from last meeting

- a. **Knitted Post Box Toppers** - *No further action required.*
- b. **Hi Viz Kit** - Pat confirmed that the high vis vests have been delivered and ten have been sold so far. They are available to purchase by all members. *No further action required.*
- c. **First Aid** - It is understood that at the moment, we don't have enough interest in running another first aid course. We will revisit this in the future to meet the needs of the club. *No further action required at this time.*
- d. **#runandtalk Mental Health Programme** - Emma, Paula and Marcus have completed training to become Mental Health ambassadors. The website and Metrolines will be updated to include information and details about mental health. **Action: Emma Rackham**
- e. **Snoods** - Marcus confirmed that the snoods have been ordered and we are awaiting delivery. **Action: Marcus Weedon**
- f. **Scout Hut** - Marilyn confirmed that the scout hut is back open again on Saturday mornings. Refreshments are being served as pre covid which is running successfully. Currently we don't have full use of the hall due to nursery equipment left out which is not ideal. Irene has requested that it is completely cleared for 7th May for the Metros 5k so Marilyn will speak to the appropriate groups. **Action: Marilyn Pickford**

AGM - The AGM has been booked for Friday 13th May and a draft agenda has been circulated to all members. Committee members were reminded to seek nominations should they wish to remain on the committee next

year. Irene and Steve Alder will meet separately to go through the constitution and identify any areas to be updated. **Action: Steve Alder, Irene Paull**

EA Requirements - Steve A - carried over to next meeting.

Club Events

a. HHR 2022 - There are two outstanding charity donations to be made. Jasia has offered to audit the HHR account. **Action: Paula Ryan, Irene Paull**

b. Couch to 5k - There have been a few enquiries but at the moment we are not in a position to lead a Couch to 5k course. *No further action required.*

c. Marathon Week - It was agreed to postpone this until 2023. We will revisit plans for this event in the January committee meeting.

d. Summer League update - We are still awaiting confirmation from Harrow Council. Details will be shared with members and other clubs when they are confirmed. **Action: Emma Rackham**

e. RNR - This event will be taking place the weekend of 17th/18th September. The Metros entry has been approved and advertised via Spond. We are still looking for more people to run and volunteer. **Action: Marcus Weedon**

f. Thursday sessions - We have returned to the summer starting point now Masfield Avenue, Stanmore. This change has been reflected on SPOND and on the Metros website. *No further action required.*

g. Metros Annual Fun Run - Pat confirmed that the date for this event will be 24th September 2022. *No further action required at this time.*

Other Events

TVXC - Marcus is awaiting confirmation on a date.

Social Quiz Night - Emma proposed that we hold a social quiz night. More details to follow. **Action: Emma Rackham**

Admin

a. Membership renewals - Members who have not renewed have now been removed from SPOND and will be removed from Google Groups. Irene will present a membership report at the AGM.

b. Any members' feedback - None received. Ariff to provide details to Irene to be shared on the website.

c. Any Youth feedback - None received

d. Committee and Co-ordinator list - The list needs updating which Pat and Anne are working on. It was agreed to slim down the list of session leaders as this is updated on SPOND each week. **Action: Pat Jackson, Anne Ambrose**

AOB

a. Roxbourne Park Bench - Paula and Teresa will investigate costs and share information with members. **Action: Paula Ryan, Teresa Young**

B. Excess stock - We have some excess stock items such as Metros mugs. It was agreed these will be available for sale in the Scout Hut after the Metros 5k on Saturday 7th May. **Action: Pat Jackson**

Items for Future Meeting

a. Hall of Fame - Marcus to follow up at next meeting

b. TVXC - Marcus to follow up at next meeting

c. Six Harrow Half Free Places

d. Calendar for 2023 **Action: Ariff Sidik**

Proposed next meeting - end of May (in person)

Meeting closed at 9.10pm

***Metros* REGULAR RUNS**

MONDAY **19.00** Ariff Sidik, Marcus Weedon, Linda Dunne
07827 66823

19.15 Teresa Young 020 8866 3225
Mike Ransome 07802 839 498
Mw49ran@gmail.com

TUESDAY **19.00** Steve Paull 020 8422 6636
Run / Walk Group Irene Paull/Nancy Morris

WEDNESDAY **19.15** Nathan Powell 07510 122288
Kevin Smart 07810 835352
Gerry Barker 07958 323369

THURSDAY **19.00** Mike Morris 07906 151525
mike.morris100.mm@googlemail.com

THURSDAY TRACK SESSION Dave Brown 07939 567561

FRIDAY STRENGTH SESSION 07.00 Marcus Weedon
marcusweedon@hotmail.com

FRIDAY RUN THEN BREAKFAST 09.25 Jennifer Smith

SATURDAY **09.00** Marilyn Pickford 0208 707 1028
Adam Leary 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.