



July 2022
Issue No. 400



Summer League – Headstone Manor, 18th June

Metros Diary

July

Sat 2	Metros 10K Challenge, Roxbourne Park	8.50 am
Sun 3	Summer League – Perivale	9.30 am
Sat 9	Track 5K – Harrow School	tbc
Sat 9	BBQ (see Spond)	7.00pm
Weds 13	Vets Track & Field – Perivale	6.30 pm
Sun 17	Summer League – Dulwich	9.30 am
Fri 22	Metros Old School Sports Day	6.00 pm
Fri 29	LFOTM – West Harrow Park	11.50 am
Sun 31	Summer League – Regent's Park	9.30am (tbc)

August

Sat 6	Metros 5K Challenge, Roxbourne Park	9.00 am
Sat 13	Measured Mile, Roxbourne Park	9.00 am
Fri 26	LFOTM	11.50 am
Sun 21	Summer League – Battersea Park	9.30am

September

Sat 3	5 Mile Handicap, Roxbourne Park	9.00 am
Sun 4	Hillingdon 20	9.00 am
Sat 10	Wot No Watch, Roxbourne Park	9.00am
Sat 17	parkrun – TBC	9.00 am
17 th /18 th	Round Norfolk Relay	
Sun 18	Moor Park 10K	3.00pm
Sun 25	Leighton 10M	8.30am
Fri 30	LFOTM	11:50 am

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 Queen is not the only one to have recently celebrated a milestone. Harrow parkrun reached 300 events, this is the 400th edition of Metrolines and Glyn Watkins has completed 500 parkruns. Well done!

We have passed the longest day of the year and nights are drawing in, but summer is not over yet and there is a lot to look forward to for Metros. In addition to the Summer League, there is the BBQ on 9th July and the Old School Sports Day and picnic on 22nd July – see spond.

Metrolines will be taking a summer break and the 401st edition will be out in September.

If you're going away have a great holiday.

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 female at Hitchin Hard Half marathon, 26th June

Lynne Jones – a PB at Harrow parkrun, 18th June

Judy Rackham- 1st in her age group at Hitchin Hard 10K, 26th June

Nigel Rackham – 3rd overall and 1st in his new V60 age group at Hitchin Hard Half marathon

Chris Shearwood – 1st in his age group at Hitchin Hard Half marathon

Glyn Watkins – for his milestone 500 parkruns – completed at Black Park on 11th June



Vitality
partners
parkrun



Glyn WATKINS



500 parkruns total

Summer League



Summer League is a series of friendly running events held by a group of 9 like-minded London running clubs each summer. [Summer League \(thesummerleague.uk\)](http://thesummerleague.uk)

Each fixture consists of:

- An all-abilities 5 mile or 10K race for adults (ages 15+).
- A fun run aimed at children under 6.
- A "tenderfoot race" aimed at 6–14-year-olds.
- Relay races. Each leg is about 300-400m long. There are races for men's, women's and mixed teams. Adults and children compete together.
- A picnic provided by the host club.

The first event for this year was the Metros fixture on 18th June. Results to follow in the next Metrolines. Thank you to Emma Rackham and her team for organising a very successful event and, as usual, Metros have set the standard for the host club picnic.

The remaining fixtures for this summer are:

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

Vets Track & Field

The remaining meeting for this season is:
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 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
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)
25 th Sept	Leighton 10M	£20	https://www.leightonbuzzardac.co.uk/leighton10/
16 th October	Cabbage Patch 10M	£26.50	Welcome to the Cabbage Patch 10
6 th November	Marlow 7mile/ HM	£22/30	Marlow Striders Half Marathon

Note: The Leighton 10M online entry will not be available until mid-July. This event will be in place of the Ricky Road Run which will not take place in 2022.

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

Trophy Races – Leader board

	Total	Berkhamsted Rotary HM/5M	Maidenhead 10 miles	Ibstone Circle 10K	Marlow 5miles	Hitchin 10k/HM
Vincent Cheung	200	58	48	39		55
Chris Shearwood	168	59	50			59
Simon Abery	113	29			28	56
James Kerrane	100	60		40		
Mike Reid	74		47		27	
Nigel Rackham	60					60
Michael Morris	58					58
Nick Russell	57					57
Steve Paull	54					54
Clive Heidrich	49		49			
Mitesh Patel	30	30				
Marcus Weedon	30				30	
John Norris	29				29	

Women

Sasha Birkin	170	60	50			60
Ruth Tidder	126		46	40		40
Anne Ambrose	73		45		28	
Linda Georgiades	59					59
Stephanie White	57	30			27	
Jennifer O'Sullivan	49		49			
Lorraine O'Donovan	48		48			
Monica Shortt	47		47			
Carole Lloyd	39			39		
Judy Rackham	39					39
Philippa Brown	30				30	
Bernie Conway	29				29	
Linda Grimes	26				26	
Jennifer Smith	25				25	
Susanne Nicholls	24				24	
Irene Paull	23				23	

Metros 5K Competition

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

Remaining fixtures for 21/22:

9th July

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



Round Norfolk Relay 17th -18th September 2022 – Come and Join Us Chris Shearwood



Thumbing through old copies of Metrolines recently, I noticed that you'd all been spared any articles on the above event for several years now and felt that that ought to be remedied. Usually, such articles comprise a report after the event has taken place so this one takes the form of what we can look forward to, instead. However, allow me to pass the baton to the organisers.

The course of the Round Norfolk Relay follows the county boundary over 198 miles, divided into 17 unequal stages varying from 5 to 20 miles, average length 11 miles. Norfolk's enormous skies, vast sandy beaches, and picturesque towns and villages, with their attractive cottages and medieval churches, will all contribute to making the race a unique running experience for the 60 teams taking part in September. Spectacular skies at sunset and sunrise provide some of the most vivid memories.

A staggered start, based on anticipated finishing times, ensures that teams of similar ability start together (approx. half a dozen at a time) with faster teams chasing. If this system works, all teams should finish the race by mid-morning on the Sunday. With the first teams starting at 5:30 am on Saturday this allows for teams running an average of 8:40 min per mile throughout the course.

The race takes you from the start at the leisure centre in Kings Lynn, through the Sandringham Estate and, from Hunstanton, follows the stunning North Norfolk coastline through multi terrain stages taking the Norfolk Coastal path as far as

Cromer. The next 40 miles to Belton (just beyond Great Yarmouth) are on the road: by the time the teams get there it is already dark.

The course turns south-west following main roads for 62 further miles, all run in darkness. It is during these mostly flat stages through the sandy heathland of the Breckland area that the time stagger breaks down and the teams start bunching up - the handover points are a sea of hi-vis tops illuminated by car headlights. From RAF Feltwell the last 33 miles are run through the early morning mist of the low-lying Fenlands. Finally, runners follow the raised bank of the River Great Ouse back to King's Lynn and on to the finish on the running track at the leisure centre. Breaking the tape is an emotional moment.

Unique in character and concept, the race presents not only a tough physical challenge, but also a test of a club's organisational prowess. Run over 24 hours, without a break (and carrying a baton), the event is much more than just a normal relay - it requires detailed preparation, planning and support. It's often been said that running is the easy part and is not an event for a club without a spirit of adventure. But the sense of satisfaction and achievement after completing the race is second to none, as many Metros have experienced in our club's long history of taking part. Come and join us!



Platinum Jubilee Wot no Watch

4th June 2022 Roxbourne Park

	Predicted	Actual	Difference
Karen Leary	9:23	9:23	0
Angela Murphy	10:10	10:10	0
Dave Young	7:45	7:46	1
Janice Newman	9:48	9:52	4
Ruth Tidder	9:48	9:52	4
Bill Harrington	9:00	8:56	-4
Marion Rogan	9:40	9:45	5
Anne Ambrose	10:02	10:07	5
Kye Hollingshead	5:50	5:56	6
Mike Ransome	8:50	8:57	7
Adam Leary	6:48	6:34	-14
Malcom Jackson	9:30	9:45	15
Dave Brown	14:00	13:45	-15
Andrew Collier	8:00	7:42	-18
Marilyn Pickford	9:41	9:22	-19
Jo Collier	9:35	9:15	-20
Caroline Day Lewis	7:50	7:29	-21
Judy Rackham	9:52	9:23	-29
Judy Rackham	9:52	9:18	-34
Janice Newman	10:2	10:43	41
Ruth Tidder	10:2	10:43	41
Robyn Walliser	8:25	9:08	43
Pat Jackson	20:00	18:51	-69
Carole Valentine	12:5	10:42	-83





Congratulations to Karen Leary for winning the trophy for a second consecutive month, but this time in a tie with Angela Murphy – good to see Angela back running again. Several other close contenders this month with Dave Young only one second out and Janice Newman and Bill Harrington 4 seconds out.

Thank you to John Camprubi for helping me put up the 15 Platinum Jubilee markers, one for every 5 years of the Queen's reign and to Barbara Reading and Linda Georgiades for help at the finish. Plus, a final thank you to the weather for holding off so that the worst we had was a slight drizzle, given that heavy rain had been forecast! - Teresa



Member Focus – Sonya Grist

Regular Metrolines readers will remember that during the Covid lockdown, Sonya Grist was undertaking a virtual rowing charity challenge across the English Channel. She recently travelled across a much larger body of water, the Atlantic (by air) to be reunited with her mother in Toronto after nearly eight decades apart.



In 1942, when she was just 18, Gerda Cole brokenheartedly gave her newborn daughter up for adoption to a German couple living in England. Gerda had recently escaped Austria and the Holocaust and was living as a Jewish refugee in England. She was in a miserable marriage and could not afford to care for a child on her own.

Gerda now 98, knew little about her only child apart from the name she gave her at birth. She wasn't even sure if she was still called "Sonya".

As the years passed, Gerda wondered many times what became of her daughter, but a condition of the adoption was that she would have no communication with her. She was also wary about disturbing Sonya's life. Perhaps, she thought, her daughter didn't want to be found. Sonya also, had tried to search for her birth parents in the past but had not had very much luck.

In a reunion that was many months in the making and just in time for Gerda's 98th birthday, mother and daughter were reunited, when Sonya travelled from England to Toronto to Gerda's care home.

Sonya's son, Steven was instrumental in finding his grandmother. He was looking into verifying his Austrian heritage and became interested in his lineage. Eventually, Steven found someone on Facebook who he believed could be Gerda's stepson from a subsequent marriage. He was right and on contacting the stepson found that Gerda was still alive.

Gerda initially had some reservations, but they eventually agreed on an in-person reunion in May — as they could celebrate Gerda's 98th birthday, as well as Mother's Day, together.

Both women said that the family connection was immediate and discovered many similarities, including their love of travel and learning new languages.

You can read this amazing story as published in the Washington Post, in full at:

<https://www.washingtonpost.com/lifestyle/2022/05/25/holocaust-adoption-gerda-cole-grist/>

Metros 5-mile handicap

11th June 2022

	Actual 5-mile time	hcp	Time inc. handicap	points this event	next handicap
Anne Ambrose	59.11	-3	56.11	26	1
Mitesh Patel	37.56	20	57.56	23	22
Jo Collier	55.31	3	58.31	22	5
Jasia Zimmerman	49.48	10	59.48	20	11
Simon Abery	39.14	21	60.14	18	21
Bill Harrington	45.32	15	60.32	17	15
Harish Gohil	41.41	19	60.41	16	19
Kevin Smart	38.43	22	60.43	15	22
Nigel Rackham	30.50	30	60.50	14	30
Adam Leary	40.00	21	61.00	12	20
Caroline Day-Lewis	44.02	17	61.02	11	16
Judy Rackham	51.38	10	61.38	10	9
Marion Rogan	57.42	4	61.42	9	3
Karen Leary	57.43	4	61.43	8	3
Stephanie White	60.56	1	61.56	6	-1
Dave Young	40.24	22	62.24	5	20
Teresa Young	56.21	7	63.21	3	4
Andy Fox	41.26	23	64.26	1	19
Tarana Agarwal	47.57	17	64.57	-1	12
Tim Oakley	48.12	17	65.12	-2	12
Andrew Collier	49.38	16	65.38	-3	11
Mike Ransome	56.13	10	66.13	-5	4

Hackney 5K - 22nd May – additional result

5K		
563	Jennifer O' Sullivan	27:00

Edinburgh Marathon 25 May 2022

7422 Steve Paull 5:16:20

About 8550 finishers

Tromso Midnight Sun Half Marathon – 18th June

306 Vincent Cheung 01:45:53

Langley 5K 18th May

1	17:32
60 Glyn Watkins	33:39
79 Finishers	44:32

Langley 5K 15th June

1	17:17
55 Glyn Watkins	34:12
64 Finishers	41:46

Osterley Park Summer 10K, 11th June

1	0:34:26
135 Vincent Cheung	0:50:41
591 Finishers	1:43:07

Hitchin Hard – Half Marathon & 10K, 26th June



Half Marathon

		Gun Time	Net Time	
1		01:16:26	01:16:26	
3	Nigel RACKHAM	01:21:44	01:21:41	1 st V60+
13	Christopher SHEARWOOD	01:32:00	01:31:57	1 st V50-59
15	Sasha Birkin	01:32:20	01:32:14	1 st female & 1 st FV 50-59
35	Edward O' Connor	01:41:12	01:41:01	
41	Geetu MIRPURI	01:43:00	01:42:51	2 nd FV 40-49
70	Nick Russell	01:51:08	01:50:52	
75	Simon ABERY	01:52:49	01:52:42	
87	Vincent CHEUNG	01:57:00	01:56:48	
98	Steve Paull	01:59:23	01:59:15	
126	Linda GEORGIADES	02:11:22	02:11:09	3 rd FV 50-59
150	Finishers	02:50:20	02:50:12	

10K

		Gun Time	Net Time	
1		00:36:58	00:36:55	
61	Ruth Tidder	01:04:07	01:03:54	
75	Judy Rackham	01:08:35	01:08:18	1 st FV 60+
100	Finishers	01:33:19	01:33:00	

NOTES OF METROS COMMITTEE MEETING

Monday 6 June 2022 at 8.00 pm at Nigel Rackham's house

PRESENT Steve Alder, Anne Ambrose, Pat Jackson, Irene Paull,
COMMITTEE: Steve Paull, Marilyn Pickford, Nigel Rackham, Ariff Sidik, Teresa Young, Marcus Weedon
NON-COMMITTEE: Henry Pickford
CHAIR: Nigel Rackham
NOTE RECORDER: Pat Jackson

1. Apologies – Mike Ransome, Barbara Robson, Paula Ryan.

2. ACTIONS from last meeting – Tuesday 26th April

- a. **Update on AGM** – Steve confirmed the required resolutions had been passed. Metros constitution and policies now align more closely with the current requirements of English Athletics. Welfare Officers are needed, and Ariff Sidik and Marcus Weedon have volunteered. Steve will arrange training and DBS checks.

ACTION: Steve Alder

- b. **#runandtalk Mental Health Programme** – Emma Rackham, Paula Ryan, Ariff Sidik and Marcus Weedon are Metros Mental Health ambassadors. Details of the programme will be added to Metrolines

ACTION: Emma Rackham

- c. **Snoods** – Ordered by Marcus and now being sold to members.

ACTION: Pat Jackson

- d. **Scout Hall** – Marilyn confirmed that refreshments have successfully returned, and our shared use of the Hall with the Nursery works well. She emphasized the excellent training now on offer and will write an article for Metrolines.

ACTION: Marilyn Pickford

- e. **Park Bench** – Ongoing. **ACTION:** Paula Ryan/Teresa Young

- f. **Excess Stock** – Pat confirmed this is now being sold and will be available at some training sessions. **ACTION:** Pat Jackson

3. EA REQUIREMENTS – covered in AGM Update.

4. CLUB EVENTS

- a. **Harrow Hill Race 2022** – Two charity donations will be made from the Harrow Hill account. Jasia Zimmerman will audit the accounts.

ACTION: Irene Paull/Paula Ryan/Teresa Young

- b. **Summer League** – 19 June. Approval from Harrow Council has at last been received. Professional first aid is expensive, and it's hoped to use Metros first aiders - Steve will check the list. The start/finish area will be remeasured as it's a new course. Steve will arrange for the finish to be filmed. More volunteers are needed.

ACTION: Emma Rackham/Irene Paull/Steve Alder
Dulwich and Serpentine fixtures are confirmed.

- c. **Round Norfolk Relay (RNR)** – 17/18 September. Marcus confirmed arrangements are proceeding well. More runners and help welcome.

- d. **Thames Valley Cross Country (TVXC)** – 9 October. Approval received from the Council, awaiting approval from the Football Club.

ACTION: Marcus Weedon

- e. **Metros Old School Sports Day** – 22 July. Harrow School has approved the booking. Participants will enter via Spond. Marcus will arrange for the event to be advertised. **ACTION:** Marcus Weedon

- f. **Social Quiz Night** – Emma has offered to organise this event.

ACTION: Emma Rackham

5. OTHER EVENTS

- a. **Track 5K** – The date is changed to Saturday 9 July.

- b. **Metros Annual Fun Run** – 24 September. The route is longer due to a new fence around the railway. Teresa will remeasure to keep to the 1km distance.

ACTION: Teresa Young

6. ADMIN

- a. **Membership Renewals** – Irene confirmed five new members and that those who have not renewed have been removed from Spond.

- b. **Members' Feedback and Youth Feedback** – none received.

- c. **Committee and Co-ordinators list** – Anne will publish the list in Metrolines.

ACTION: Anne Ambrose

7. ANY OTHER BUSINESS

- a. **Ride London** – Anne confirmed that Metros were asked to provide 20 volunteers for Ride London but provided only 10. Due to the reduced team, the club may not receive the full agreed donation and two free places for the 2023 event.
- b. **London Marathon** – Anne confirmed that Metros had received one guaranteed place in this year's Marathon for providing the water station volunteers. Steve will confirm the number of Metros places and arrange a ballot complying with the existing rules.
ACTION: Steve Alder

8. Items for Future Meeting

- a. **Hall of Fame** – to be reviewed by end of June.
ACTION: Marcus Weedon
- b. **Six Harrow Half Marathon Free Places** – This event will not be held this year.
ITEM CLOSED
- c. **Calendar for 2023** – Cost of publishing 50 and 100 to be established with the aim of producing the calendar by September. Details to be confirmed.
- d. **Backpack for AED** – It was agreed to purchase a lightweight backpack.
ACTION: Ariff Sidik
- e. **Metros cloth sew on badges** – Pat had received requests and will check cost.
ACTION: Pat Jackson

Meeting closed at 9.00 pm

Date of next meeting to be confirmed.

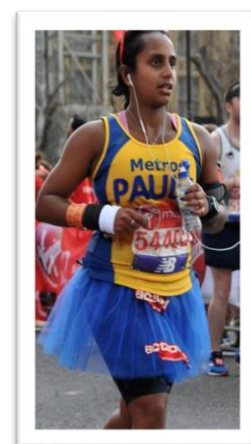
Metros Committee



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



Steve Alder
Honorary Secretary
s.alder@virginmedia.com



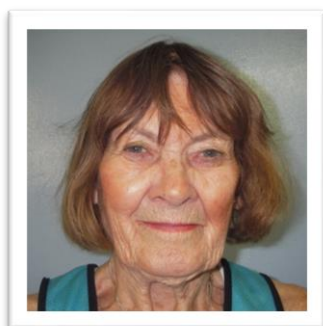
Paula Ryan
Honorary Vice Chair
vpk18@hotmail.com



Teresa Young
Honorary Treasurer
Treasurer.metros@gmail.com



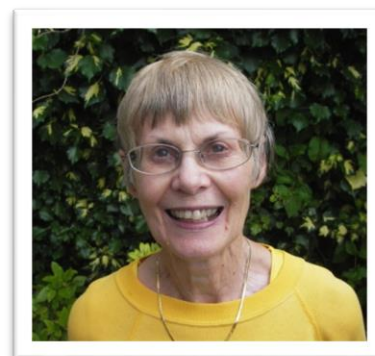
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Barbara Robson
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Mike Morris
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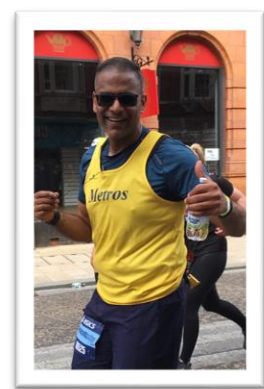
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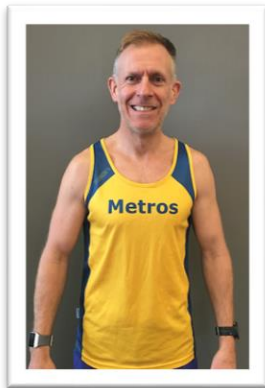
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Anne Ambrose
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Steve Paull
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stephenfpaul@outlook.com

Mental Health Help and Support Services



Telephone: 116 123 (24 hours a day, free to call)

Email: jo@samaritans.org

Website: www.samaritans.org

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.



Telephone: 0300 123 3393 (9am-5pm Monday to Friday)

Email: info@mind.org.uk

Website: www.mind.org.uk/help/advice_lines

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy. Mind also has a network of nearly 200 local Mind associations providing local services.



Telephone: 0300 5000 927 (10am-2pm Monday to Friday)

Email: info@rethink.org

Website: www.rethink.org/about-us/our-mental-health-advice

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs Rethink services and groups across England and Northern Ireland.



Telephone: 0845 767 8000 (6pm-11pm)

Website: www.sane.org.uk/what_we_do/support/helpline

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.



Telephone: 0800 1111

Email: www.childline.org.uk/Talk/Pages/Email.aspx

Website: www.childline.org.uk

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.



Improving mental health through peer support

Website: <https://sidebyside.mind.org.uk>

Side by Side is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, and this is a safe place to listen, share and be heard. The 'Being active' theme helps community members easily share and find content about being active, to motivate, inspire and support each other. To sign up you need an email address, username and to input your date of birth.

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



***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@gmail.com

THURSDAY TRACK SESSION Dave Brown 07939 567561

FRIDAY STRENGTH SESSION 07.00 Marcus Weedon
marcusweedon@hotmail.com

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.

For any feedback for the club in general or on run sessions, or if you have any ideas for future sessions or events. Please email metrosfeedback@gmail.com. All feedback received will be kept strictly confidential.

