



May 2023
Issue No. 408



Metros Marathon Success

Metros Diary

May

Fri 5	Bannister Mile – Harrow School Track	6:20 pm
Sat 13	Metros 5K Challenge, Roxbourne Park	9.00 am
Sun 14	Marlow 5	9.00 am
Mon 15	Vets Track & Field – Battersea	6.30 pm
Sat 20	Measured Mile, Roxbourne Park	9.00 am
Fri 26	LFOTM – tbc	11.50 am
Fri 26	Metros AGM	8.00 pm
Sat 27	Wot No Watch, Roxbourne Park	9.00 am

June

Fri 2 – Tues 6	Metros Marathon Week	
Mon 5	Vets Track & Field – Hillingdon	6.30 pm
Sat 10	5-Mile Handicap, Roxbourne Park	9.00 am
Sat 17	parkrun – Harrow	9.00 am
Sun 18	Summer League - Harrow	9.30 am
Mon 19	Vets Track & Field – Battersea	6.30 pm
Fri 30	LFOTM – tbc	11.50 am

July

Sat 1	Metros 10K Challenge, Roxbourne PK	8.50 am
Sun 2	Summer League – Perivale	9:30 am
Sat 8	Wot No Watch, Roxbourne Park	9.00am
Weds 12	Vets Track & Field – Perivale	6.30 pm
Fri 14	Metros Sports Day & Picnic	5.30 pm
Sun 16	Summer League – Dulwich	9:30 am
Sun 30	Summer League – Regent's Park	9:30 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!

April has been a month of marathon success for Metros, at home and abroad and it's been an inspiration to many of us, even if we do not want to take on a 26.2-mile challenge.

If you don't want to do a marathon all in one go, there is the chance to run a marathon distance over a week in Metros Marathon Week. Start training now for 2-6th June. If you fancy a shorter challenge, come to the Bannister Mile on 5th May – you don't have to do it in 4 minutes!

Hope to see many of you at the AGM at Lowlands Tennis Club on Friday 26th. 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

Enjoy all the bank holidays this month.

Anne Ambrose

Metrolines Contributions

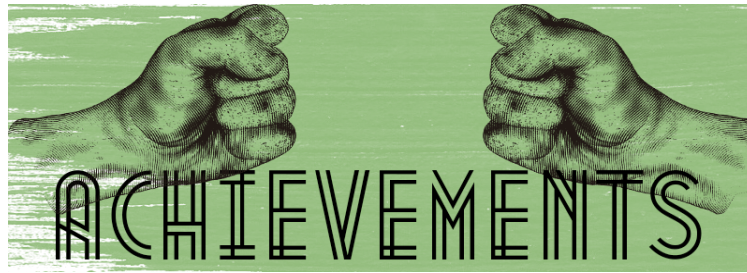
All contributions welcome – please send your results, articles and photos to Anne Ambrose

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.



Well done to.....

Simon Abery – a 10mile PB at Maidenhead 10, 7th April

Sasha Birkin- a marathon PB at the London Marathon, 23rd April

Pauline Bishop – 2nd FV70+ at St Albans Easter 10, 7th April

Farzina Kapadia– a 10K PB at St Albans, 7th April

Sonny Peart – a 50km PB at Camino Ultra Lee Valley 50km – 25th March

Emma Ponnaganti - a marathon PB at the London Marathon, 23rd April

Nigel Rackham – 3rd M60+ at Boston Marathon, 17th April

Raquel Russel Ponte – 2nd FV80 at the London Marathon

Chris Shearwood- 3rd M60+ at Fleet half marathon, 26th March

Yvonne Walker – For completing all the major marathons and receiving a six-star finisher medal

Marcus Weedon – a marathon PB at Newport marathon on 16th April

Email your achievements to metrolines1@gmail.com

HELP PLEASE!

This is a genuine appeal for some help. I'm afraid I'm struggling to keep up and hoping people will step in and help. The main need is for help with events in the next three months.

MARATHON WEEK 2nd – 6th June

This is a 5-day event from Friday June 2nd to Tuesday June 6th. It usually has two organisers, and I've been one of them for the last 3 events. This time, we'd like to make it more of a team effort. The roles I'm looking for other people to do are:

- Timekeeper and results calculator (needed on all 5 days)
- Lap events co-ordinator (Saturday morning and Monday evening)
- Woods run coordinator (Sunday morning)
- Social co-ordinator (Sunday morning picnic and Tuesday evening prize giving)

Apart from the Friday evening where Steve is doing a rework of the route, we plan to use the same routes and venues as last time though we are checking to see if Harrow school track is available on the Monday evening – we've previously used Kings College.

If you can do one of these roles – please email me at metros.secretary@yahoo.co.uk as soon as possible and I'll organise a get together so we can sort out plans and tasks.

SUMMER LEAGUE HOME FIXTURE Sunday 18th June, Headstone Manor

We've previously had a single run director for this event. Experience with the Hill Race has shown that it's better to have a team. We have one person possibly interested in being Run Director and we'd ideally like a second, so you can work as a team. Pat Jackson and I are prepared to run the event this year if we have people to shadow/work with us who can take this on fully from next year. If you've been a parkrun Run Director then you have all the skills needed to do this – please email me if you're interested or would like more info about this.

If you want to help but can't commit any time beyond the event itself, both of these events will also need lots of marshals and other helpers. We'll send out requests on SPOND nearer the time.

Last thing, if you've not already renewed your membership, can you please do that now, the sooner I'm finished with renewals, the more time I'll have to make these events a success.

Thank you – Irene Paull

Update on Harrow Hill 10K



We are pleased to report that we've been able to donate £2,000 from the surplus from this year's race.

More than double the amount we achieved last year.

Donations were made to:-

- Harrow Foodbank £1,200
- Harrow Community Kitchen £400
- MS Therapy Harrow £400

Lynn who manages the MS Therapy Centre said

"Please pass on our thanks to everyone for your continuing support - such loyalty means a great deal to us".

There are (brief) times when as organisers we feel fed up or like tearing our hair out, but then we realise that we are doing something good.

So, thank you all for your help with this race, it won't be the last time we ask for help.

Irene and Marcus

PS. Paula is stepping down as our official Run Director - huge thanks to Paula for all she's achieved.

Marcus takes on the official run director role, and we'd love a third person to join our core team, if you could do this please get in touch.

Date for your diary:

METROS SPORTS DAY AND PICNIC JULY 14TH - 5.30PM

AT THE HARROW SCHOOL TRACK
2 TEAMS TAKE ON THE 100M, 400M, 1
MILE, LONG JUMP AND SHOT PUTT
GET THE DATE IN YOUR DIARY

Trophy Races 2023



The remaining races eligible for the Metros London Road Runners Club (LRRRC) Trophy for **2023** are as follows: -

Date	Event	Entry Fees	Website
14 th May	Marlow 5M	£23	Marlow 5 – Handy Cross Runners
17 th June	Osterley 10k* (Backup race)	£20	Osterley Park 10k – Osterley Park 10k, winner of best 10k in London
24 th Sept	Vitality 10k*	£40 (Possible parkrun discount)	How to enter - Vitality London 10,000 (vitalitylondon10000.co.uk)
17 th Sept	Spitfire 10k	£20.50	Spitfire 10K, London 2023 - RAF Museum
24 th Sept	Moor Park 10k	£14	Moor Park 10K & Junior Fun Runs 2023 - Eventrac
15 th October	Cabbage Patch 10M	£25	Welcome to the Cabbage Patch 10
22 nd October (tbc)	Ricky Road Run 10M	£16	Ricky Road Run – Annual 10-mile charity run in Rickmansworth and Chorleywood
5 th November	Marlow 7mile/ HM	£22/32	Marlow Striders Half Marathon

There are 10 events available to enter with only your best 8 event scores counted to your total at the end of the year.

The scoring will be 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.

Runners entering Marlow (Nov) have the option of a shorter distance. So, there are 5-mile, 10k and 7- mile events available for those who prefer shorter distances.

Some of the events have not yet been confirmed and any changes to qualifying races will be notified as soon as possible. * We will confirm shortly whether Osterley 10K and/or the rearranged Vitality 10K will be included as trophy races.

Any runners completing all 10 events will get a Trophy.

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, get in touch with the LRRC Coordinator.

Vincent Cheung – LRRC Coordinator

Discount for Metros at Active Training World Events

As a club, we have exclusive access to a 10% discount when entering ATW events.

The code is **Metros_10** and is exclusive to Metros members only.



Summer League – Dates for your diary

18 June	Metros, Headstone Manor	(5M) 9:30am
2 July	ESM/EE, Perivale	(5M) 9:30am
16 July	Dulwich	(5M) 9:30 am
30 July	Mornington Chasers, Regent's Park	(10K) 9:30am
13 Aug	Serpentine, Battersea	(10K) 9:45am

Metros Website and social media

www.metros.org.uk

Contributions to Marcus Weedon at marcusweedon@hotmail.com

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



Saturday Sessions at Roxbourne Park – Revision to sessions in May & June Adam Leary

Due to the Coronation in May and Metros Marathon Week in June, some amendments have been made to Saturday sessions:

Sat May 6th-normal Park sessions (Coronation weekend)

Sat May 13th - Roxbourne Park 5k

Sat May 20th - Measured Mile

Sat May 27th - Wot No Watch (Bank Holiday weekend)

Sat June 3rd - no park session - people to be encouraged to run or volunteer at the Marathon Week, Ruislip Lido Beach run.

Sat June 10th – 5-mile handicap

Sat June 17th-normal Park sessions (also designated parkrun at Harrow)

Sat June 24th-normal Park sessions

Metros 5K Competition –2022/23

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

Remaining fixtures for 2022/23

Date	Event
13 May 2023*	Metros 5K @ Roxbourne Park
17 June 2023	Harrow parkrun
22 July 2023	Track 5K
05 August 2023	Metros 5K @ Roxbourne Park

Eligibility: Must be a member of Metros or Sudbury Court and registered with parkrun. Participants are strongly encouraged to wear their official club 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 **9** events counting.

Volunteers: Volunteers will receive the average points for an event for their gender, e.g., if 11 women participated in an event the scoring would go from 50 to 40 points. Any female volunteers would receive 45 points.

Trophies will be awarded to the top male and female overall. There will also be an award for anyone who participates in all events (13 in the 2022/23 competition). Participating includes running, walking, or volunteering so please come along, even if you are unable to run.

* Note date change

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

Nathan Powell, Mitesh Patel



Track 5K, 8th April

10K Challenge – 1st April 2023

	Mins	Secs	% Grading
Pauline Bishop	58	19	78.28%
Caroline Day-Lewis	52	5	70.85%
Barbara Reading	70	19	70.49%
Linda Georgiades	55	24	70.20%
Kevin Smart	48	26	69.64%
Adam Leary	50	32	64.32%
Emma Ponnaganti	52	47	63.43%
Dave Young	57	43	61.33%
Judy Rackham	67	6	60.40%
Martin Eden	58	19	60.11%
Zahra Bassiri	52	41	59.28%
Brian McGrory	56	14	58.33%
Malcolm Salmons	58	43	57.99%
Mitesh Patel	47	54	56.79%
Anne Ambrose	79	3	53.52%
Will Bailey	63	56	50.38%
Bill Harrington	66	17	49.95%
Jonathan Pang	59	26	49.31%
Titziana Spotti	84	54	49.11%
Mike Ransome	78	4	48.12%
Raquel Russel Ponte*	72	4	

*Short course

Well done to everyone who completed the 10K on April Fool's Day and thank you to Angela for stepping in with the timekeeping whilst I was away in a rainy and windy Berlin.

Two "new" runners to the course this month, Brian McGrory and Malcom Salmons, who both start with the orange ribbon for 55-59.9% age grading. Well done to Caroline Day-Lewis who returned to the Blue band (>70%), last held in July 2021 and commiserations to Kevin who just missed out at 69.46%
The next event will be Saturday 1st July.

Teresa Young



London Landmarks Half Marathon – 2nd April

1		1:08:23
9100	Rohan Mascarenhas	2:01:11
17177	Finishers	4:19:53

Reading Half Marathon – 2nd April

1		1:04:35
2987	Ruth Tidder	2:05:15
4606	Finishers	3:58:36

Bournemouth Bay Half Marathon and 10K – 2nd April

Half Marathon

1		1:14:19
223	Simon Aberly	1:48:33
224	Steve Paull	1:48:34
547	Jennifer O’Sullivan	2:10:14
677	Monica Shortt	2:26:50
706	Marion Rogan	2:31:45
749	Penny Hudson	2:50:14
768	finishers	



10K

1		0:38:48
706	Jane Hudson	1:06:54
839	Carol Lloyd	1:14:25
851	Stephanie White	1:15:49
925	Wendy Mulvenna	1:30:04
928	Mark Mulvenna	1:30:03
938	Irene Paull	1:37:40
939	Sue Davie	1:37:40
946	finishers	

Camino Ultra Lee Valley 50km – 25th March

1		3:21:55
75	Sonny Peart	5:49:18 PB
106	Finishers	8:48:18

Ultra X Spring Trails 50km – 15th April

1		3:58:48
124	Sonny Peart	6:47:34
206	Finishers	12:13:21



Fleet Half Marathon - 26 March 2023



		Gun Time	Chip Time
1		1:06:03	1:06:03
261 st	Chris Shearwood	1:28:25	1:28:14*
1757 th		3:09:14	3:07:19

* (3rd M60 out of 41...& enough to win a prize)

Newport Wales Marathon – 16th April

		Gun Time	Chip Time
1		02:19:46	02:19:46
42 (1 st F)		02:49:36	02:49:36
591	Marcus Weedon	03:43:18	03:42:34 PB



Boston Marathon – Monday 17th April

1	<i>Evans Chebet (KEN)</i>	2:05:54
1 st F	<i>Hellen Obiri (KEN)</i>	2:21:38
2247	Nigel Rackham	2:52:50 3rd V60
26557	Yvonne Walker	6:05:35



Maidenhead Easter 10 – 7th April

Pos		Net Time	
1		00:52:30	
105	Nathan Gee	01:06:24	
278	Vincent Cheung	01:17:23	
297	Simon Abery	01:18:50	PB
321	Steve Paull	01:20:17	
502	Ruth Tidder	01:30:15	
752	Penny Hudson	02:05:50	
760	Anne Ambrose	02:22:43	
763	Finishers	02:29:16	



St Albans Easter 10K – 7th April

Pos		Gun Time	Net Time	
1		00:31:30	00:31:27	
289	Andrew BORLEY	00:54:40	00:51:54	
293	Elizabeth ABRAHAMS, Sudbury Court	00:54:53	00:54:11	
370	Farzina KAPADIA	00:58:28	00:57:58	PB
402	Barry NOLAN	00:59:54	00:57:08	
520	Monica SHORTT	01:06:34	01:06:03	
522	Pauline BISHOP	01:06:41	01:06:11	2nd FV 70+
640	Finishers	01:30:46	01:28:45	



Wot no Watch – Easter Weekend – April 8th, 2023

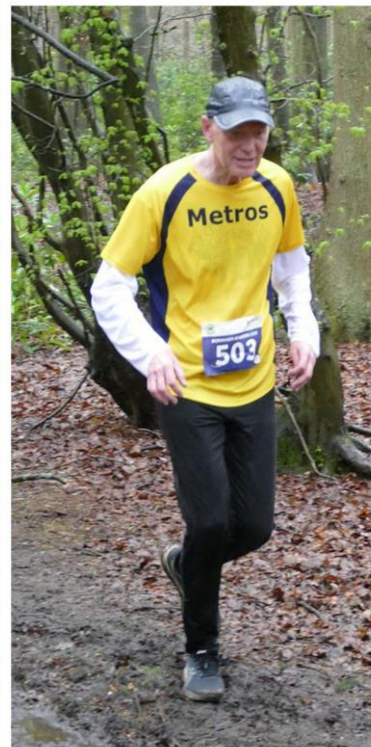


	Predicted	Actual	Difference secs
Robyn Walliser	8:30	8:29.71	0.29
Bill Harrington	7:59	8:00	1
Ceri Jacob	7:58	7:59	1
Bill Harrington	7:59	8:00	1
Marion Rogan	9:30	9:26	4
Sonya Grist	18:0	17:54	6
Dave Young	7:30	7:22	8
Adam Leary	6:43	6:52	9
Barbara Reading	10:15	10:25	10
Carol Valentine	10:38	10:27	11
Eilish Fernandez	10:38	10:27	11
Marilyn Pickford	9:55	9:31	24
Gladys de Groot	12:15	13:00	45
Dave Brown	14:12	15:12	60

Congratulations to Robyn for winning the trophy this month – must have been her perfect warm up with the training session that she was leading that day! Three other runners were also close each being just over 1 second out.

Teresa Young

Beaconsfield 5-mile XC at Hall Barn- Easter Monday 10th April 2023



A very very wet day, it rained all race long (blue skies an hour later!), lots of mud but a great XC course – Adam Leary.

1st M		28m 55s
1st F		33m 47s
70th	Mitesh Patel	38m 12s
99th	Spencer Millbery	40m 14s PB
130th	Adam Leary	42m 11s
346th	Claire Millbery (Harrow AC)	55m 39s
397th	Glyn Watkins	58m 6s
456th	Anne Leigh	86m 0s
Final runner		99m 26s

London Marathon – a spectator's tale

Irene Paull

West Harrow Station: 7:43am. We're aiming to catch the 7:57 train so we're in time to almost catch the train two before that. Wisely our houseguest Sue, refuses to sprint up the stairs so we sit and wait and catch the 7:52.



Our target is Greenwich Park 9am. Two years ago, Steve ran for WhizzKids but there was no official photo; they've invited him to be in the photo this year and given me a place in the charity grandstand (a first for me). It's going to be a long morning for Steve, as his start time isn't till 10:47 – apparently the start is now stretched out over 90 minutes! We find Paul Spendloff and Raj Patel on the train, Raj resplendent in his superhero costume running for GOSH.

Can't tell you which superhero – apparently it's a bald one, hence no beard.

Sue leaves us to head for Aldgate and we continue on the Jubilee line train which by now is almost entirely full of runners and their entourages.

The process at London Bridge is remarkably smooth; we're shepherded to the right platforms; trains arrive like a production line and then we're walking through Greenwich. The WhizzKids photo is taking place at the bottom of the park (at least I'll get plenty of exercise walking up to the Blue start with Steve.)

The WhizzKids group is only one of many charities assembling their runners before the start. Some runners will be standing around for over 2 hours before they set off. And of course, it's about to rain.



I leave Steve at the Blue start just as the heavens open, I manage to find a small coffee bar opposite Blackheath station with a spare seat. Not surprising as a very small latte and dainty croissant cost £6.85. Due to the weather, I'd decided to get the train back to London Bridge and tube to Canada Water. I wanted to see Steve was still OK at mile 8/9 before I cleared off to the finish.

At Blackheath, spectators were flooding the northbound stairs, blocking runners coming up. I decided to bellow "let the runners through" and all the spectators on the stairs immediately did what I asked – superpower?

The least said about the Surrey Quays/Canada Water area the better. What used to be a great viewing spot is now mobbed. I moved a couple of times as younger, taller people pushed through and stood in front of me. I did spot Sasha Birkin and Paul Spendloff through the sea of heads – both looking very focussed. The tracker showed that Sonny Peart, Raj and Steve were near – missed Sonny, spotted Raj and then Steve who was "going to stop soon". As he was still running at a reasonable pace, I decided he was probably OK, and I should head off to the finish. There was a huge queue at Canada Water station, not sure what to do, I walked beyond it and (I'm not proud to say,) spotted I could bunk in at the front – so I did.

The proof of entry to the charity grandstand in the Mall was a QR code in an email. Despite a computer consultancy being lead sponsor, and the marathon taking place every year, there's still no free Wi-Fi or 4G capacity at the finish so the QR code didn't load. Thankfully the security guards decided they'd let me in. The connectivity issue started to impact the tracker but not before I'd managed to

spot Sasha, Paul and Emma Ponnaganti. Still didn't spot Sonny though he finished just ahead of Steve!



Steve managed to finish in 4:32:47 .

This meant we got home by 5pm (our post marathon party started at 6). Unfortunately, a few of our runners who had late start times didn't get home in time to then make it to the party. So, if anyone has any influence, an earlier start next year would be great.

Thankfully most people managed to get to the party and the now annual tradition of the marathon photo shoot. Special mentions to Sasha for her pb, Yvonne for completing the 6 marathon majors, and Raquel for coming second in her age group (80+) in a very credible 6:19. Most of the women at the party were even more impressed with the fact that Raquel turned up in heels!

So well done to everyone, those I managed to spot and those I didn't.



Steve has since had it confirmed that while his time is good for age if he'd been 3 months older, it's not good for age for him for next year, so I've another marathon to cope with before the end of September. Apparently there's Helsinki, Flanders, Berlin or Bedford.....

Irene Paull



Six Star Finisher Medal

Yvonne Walker is the proud owner of a Six Star Finisher medal and has joined an exclusive club of around 8000 people in the world who have completed all six of the world marathon majors – London, Chicago, Berlin, New York, Tokyo and Boston.

London Marathon 23rd April



Place (Overall)	Name	Half	Finish
1	<i>Kevin Kiptum (KEN)</i>	01:01:40	02:01:25
20 (1 st F)	<i>Sifan Hassan (NED)</i>	01:08:40	02:18:33
3207	Sasha Birkin	01:30:03	03:01:41 PB
3462	Paul Spendloff	01:32:06	03:03:50
8048	Ed O'Connor <i>Harrow AC</i>	01:39:11	03:28:15
8671	Emma Ponnaganti	01:42:22	03:30:10 PB
26047	Sonny Peart <i>Black Trail Runners</i>	02:09:43	04:26:25
27973	Steve Paull	02:03:20	04:32:47
29476	Raj Patel	02:01:02	04:38:22
30640	Elizabeth Abrahams <i>Sudbury Court</i>	02:12:48	04:42:28
31805	Shyam Patel	02:04:15	04:46:42
40721	Barry Nolan	02:34:33	05:27:45
42005	Ariff Sidik <i>Black Trail Runners</i>	02:27:44	05:35:47
42484	Shefali Rao	02:40:38	05:39:18
42897	Sakina Sidik	02:44:53	05:42:46
44056	Roshni Patel	02:31:57	05:52:36
46348	Raquel Russel Ponte	03:00:26	06:19:46 2nd FV 80
48629	Finishers	03:27:31	08:10:58



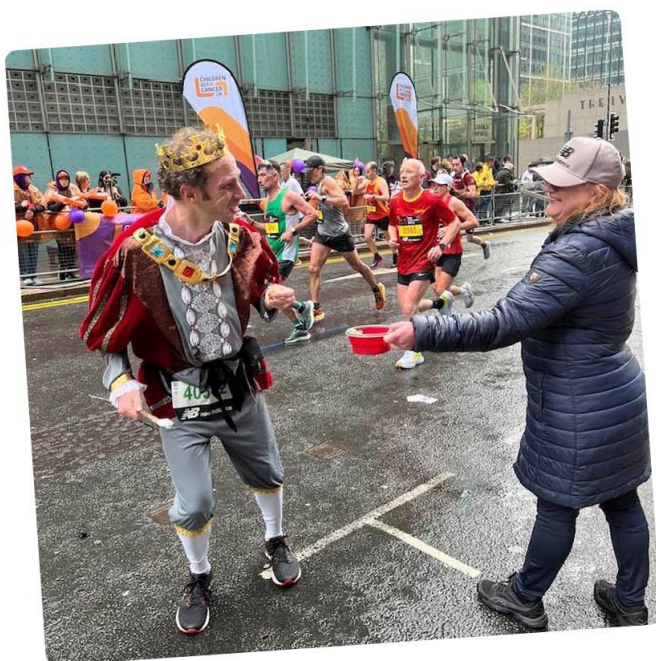
Metro's volunteers at the 30K Elite Athletes drinks station



Raquel celebrates her success at the Saturday Metros session.



2023 winners, Sifan Hassan and Kevin Kiptum



The King stopped for a chat – even though he has a few busy days coming up!



Metros supporters – Chris, Jane and Penny

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

WEDNESDAY **19.15** Kevin Smart 07810 835352
Gerry Barker (Hills 2) 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.