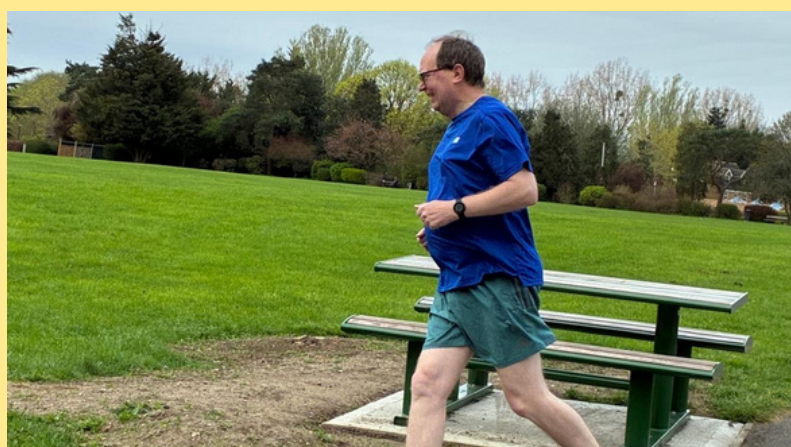


METROLINES

May 2026

Issue No. 441



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CALENDAR DATES

May		
Sat 2	Roxbourne Park 5k (5k comp)	9.00am
Fri 8	AGM & Quiz	7.00pm
Sat 9	Measured Mile (Roxbourne Park)	9.00am
Sun 10	Marlow 5	9.00am
Mon 18	Vets Track & Field (Battersea)	6.30pm
Fri 29	LFOTM - Headstone Manor	11.50am
Sun 31	Run/Walk London (Green Park)	9.00am
June		
1 June	Vets Track & Field (Hillingdon)	6.30pm
Sat 6	5 Mile Handicap (Roxbourne Park)	9.00am
Sun 7	Hitchin HM/10M/5M	9.00am
Sat 13	Wot no Watch (Roxbourne Park)	9.00am
Sun 14	Summer League Headstone Manor	9.30am
Sun 21	Summer solstice run/walk	
Fri 26	LFOTM - Merry Hill Nature Reserve	11.50am
Sat 27	Track 5k Harrow School (5k comp)	8.00am
Sun 29	Summer League Perivale	9.30am
July		
Wed 1	Vets Track & Field (Perivale)	6.30pm
Sat 11	Summer BBQ	6.30pm
Sun 12	Summer League Dulwich	9.30am
Fri 17	Metros Sports Day (Harrow School)	5.50pm
Sat 18	Gladstone parkrun (5k comp)	9.00am
Sun 26	Summer League Regent's Park	9.30am

We would love your contributions to Metrolines. Please email us with your race results, achievements, photos etc, by 25th May.

metrolines1@gmail.com

SAVE THE DATE

AGM & QUIZ

7pm Friday 8th May 2026
Lowlands Tennis Club, Eastcote

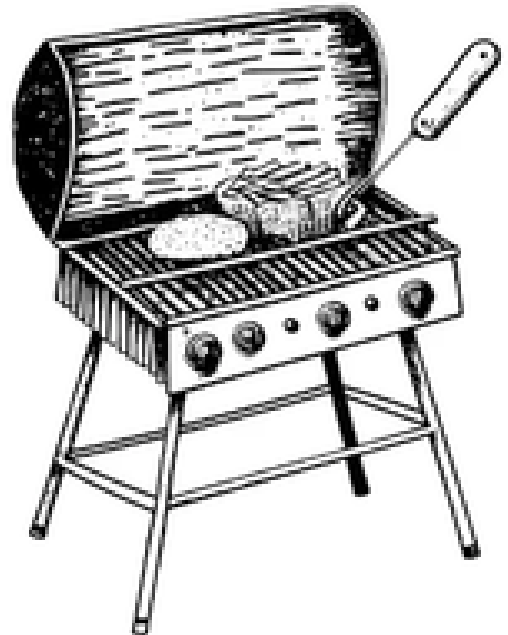


Metros BBQ

Saturday 11th July 2026
From 6:30pm
Hosted by Judy & Nigel

Families welcome

For further details and to sign up, please
see event page on SPOND





Run/Walk London with Metros

Date: Sunday 31st May

Start: 9:00am Green Park Station

A scenic, social, 6.5 mile run taking us from Green Park through the heart of London and along the South Bank. We will pass landmarks including Tower Bridge and view the city skyline, finishing at Canary Wharf Station. Option to extend to Greenwich for those who wish to do so. There will also be a route devised for any walkers who are interested.

See Spond event for more details.



**RECRUITING THE
DREAM TEAM!**

NOW!

**NORFOLK RELAY
ROUND
12/13 SEPT 2026**

Starts: Sat 5:30am

Ends: Sun 10am

@ ave pace 8.40min/mile

legs range from
5.49 miles to 18.88 miles

17 STAGES
200 miles!

**FANCY TAKING PART (RUNNING OR
HELPING) IN RNR 2026 - THEN GET IN
TOUCH WITH CHRIS SHEARWOOD
OR MARCUS WEEDON**

FIRST AID COURSE



**Are you keen to learn lifesaving skills and gain confidence in responding to a sporting injury?
Metros are holding a First Aid course (this includes use of the AED)**

Saturday 11th July 2026

11am-3pm

Roxbourne Park Scout Hut

Cost £20 per person

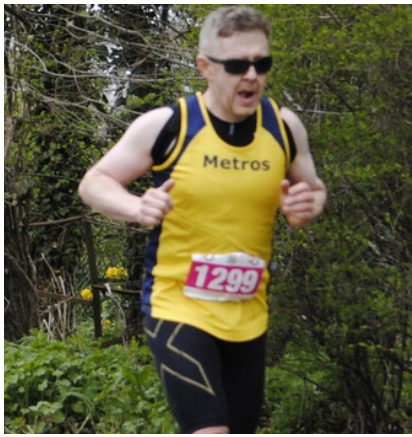
(actual cost is £40 pp - your Metros club contributes half)

While as a club we are under no obligation to offer first aid at our training sessions, first aid is a valuable life skill. Many of our members have chosen to equip themselves with the necessary skills and have on occasions assisted both their fellow runners and members of the public whilst out on runs.

**Do you know how to use the AED?
Would you like to attend the course?**

**If you are interested please contact Gill Fox either through Spond or
07843417240 or email me on
gill.fox2607@gmail.com
I look forward to hearing from you
Gill**

ACHIEVEMENTS



John Norris got a PB at the Oakley 20.



Jane Hudson was 1st FV65 at the Bournemouth Bay 10k.



Stuart Abrahams completed his 250th parkrun



Yvonne Walker was 1st FV60 at the Wildwood Trail Half Marathon.



Chris Shearwood was 1st V60 at the Spring Blickling Half Marathon.



Angela Murphy volunteered at parkrun for the 100th time.



Marc Sindole ran his 250th parkrun at Canons Park.



Lorraine O'Donovan got a PB at the Brighton Marathon



Clive Heidrich got a PB at the Brighton Marathon

Lorraine O'Donovan completed her 300th parkrun

Bruno Croford completed his 150th parkrun.

Judy Rackham completed her 200th parkrun

Kenny Rackham-Kong got a PB at Poole parkrun. 8

RACE RESULTS

Wildwood Trail Half Marathon, 11 April

Stuart Abraham 02:21:43

Yvonne Walker 02:23:13



Oakley 20, 29th March

John Norris 2:30:37

Hershil Patel 2:51:46

Spring Blickling Half Marathon, 29th March

Chris Shearwood 1:34:58



Tissington Trail half marathon 26th April

Yvonne Walker 2:16:00



Manchester Marathon, 19 April,

Bruno Croford 5:43:13



Rotterdam Marathon, 12 April,

Chris Shearwood 3:10:52



Brighton Marathon, 4 April,

Clive Heidrich 3:53:20

Lorraine O'Donovan 5:00:53

Ariff Sidik 5:11:14

Sakina Sidik 5:32:48

Martin Eden 6:53:09



Serpentine Last Friday 5k, 24 April,

Russell Morris 21:31

Rohan Mascarenhas 26:23

RACE REPORT

Standing at the start line of the Manchester Marathon this year felt different. It wasn't just my 15th marathon, it was a special anniversary; 10 years ago, in 2016, I stood on these same Manchester streets to run my very first marathon. Returning a decade later felt like a full-circle moment.

This build-up was the most challenging yet. After foot injury a month ago, I hadn't managed a single run until the race day. On the day before, I was still feeling some pain just walking, making me question if I'd even make it to the start.

The race day morning started with a couple of wins, no pain while walking and a smooth tram journey to old Trafford where the start was. The race atmosphere was simply electric, fuelled by 42,000 runners and over 100,000 supporters. The weather was... let's say, "un-British." It was far too sunny for my liking, but it wasn't too warm, I'll take that. The line up for the start waves was very well organised and my wave started exactly on time. I felt okay for the first half, keeping it at a very conservative pace, but the lack of recent mileage caught up with me at Mile 14. The foot injury flared up with a vengeance. I knew right then that the final 12 miles would be a pure mental game. It was a gruelling exercise in pain management, one mile at a time.

The crowd support was truly phenomenal, it rivals the London Marathon with a more community feeling, even in the residential areas, people were out offering jelly babies, water, and orange slices. It's amazing how a sport like running brings out the best in people. At several points, I heard groups chanting "Bruno! Bruno!" The bib had my name on it, and the name likely ignited some people's love for football since I share it with Manchester United's captain, but it provided a much-needed adrenaline boost exactly when the pain was taking over.

Despite the sun, the month of missed training, and the 12-mile battle with my own foot, I crossed the line, got the medal and the t-shirt!! I might wait a few days until I sign up for another marathon.

Bruno



SATURDAY SERIES: 10K CHALLENGE

Roxbourne Park - Saturday 4th April 2026

	Time	Age Grading
Nigel Rackham	42:20	79.67%
Kevin Smart	49:49	69.69%
Marcus Weedon	45:47	67.31%
Barbara Reading	81:03	64.52%
Simon Abery	52:26	63.14%
Dave Young	59:34	61.40%
Amanda Hardy	61:24	60.88%
Titziana Spotti	84:52	51.35%
Andrew Collier	66:00	49.70%
Bill Harrington	68:47	49.51%
Jonathan Pang	64:15	46.76%



SATURDAY SERIES: WOT NO WATCH

Roxbourne Park - Saturday 11th April 2026

Name	Predicted	Actual	Difference (Seconds)
Shakeel Mawani	10:15	10:08	7
Steve Alder	10:15	10:08	7
Simon Abery	6:55	7:03	8
Amanda Hardy	8:40	8:48	8
Andrew Collier	7:55	8:05	10
Dave Young	8:40	8:52	12
Janice Newman	10:26	10:38	12
Robyn Walliser	10:26	10:38	12
Eilish Fernandez	11:00	11:16	16
Sarah Westwood	12:28	12:10	18
Marion Rogan	11:07	11:28	21
Angela Murphy	12:00	11:35	25
Jonathan Pang	8:45	8:19	26
Jo Collier	9:50	10:16	26
Adam Leary	7:41	8:16	35
Judy Rackham	18:20	17:34	46
Raquel Russel-Ponte	13:00	11:39	81

Well done to the 16 participants in this morning's damp WNW. Just on cue, it started to rain lightly at 9am as the session began! Congratulations to Shak Mawani who took part in the event for the very first time and won the trophy for the month; having only just completed the most recent Couch to 5K programme. Steve Alder offered to lead him round and they were just 7 seconds faster than their predicted time.

Thank you to Barbara Reading for helping with the timekeeping.



Teresa Young

SATURDAY SERIES: 5K COMPETITION 2025 - 26

The Metros 5k competition will run from October 2025 to October 2026, with one event per month.

Event Number	Date	Event	
1	25 Oct 2025	Harrow School track	✓
2	1 Nov 2025	Roxbourne Park	✓
3	20 Dec 2025	Northala Fields parkrun	✓
4	17 Jan 2026	Harrow parkrun	✓
5	7 Feb 2026	Roxbourne Park	✓
6	21 Mar 2026	Rickmansworth parkrun	✓
7	18 Apr 2026	Harrow School track	✓
8	2 May 2026	Roxbourne Park	
9	27 Jun 2026	Harrow School track	
10	18 Jul 2026	Gladstone parkrun	
11	1 Aug 2026	Roxbourne Park	
12	19 Sept 2026	Cassiobury parkrun	
13	10 Oct 2026	Canons Park parkrun	

Click [here](#) to view further information about the 5k challenge and how the scoring works.



SATURDAY SERIES: 5K COMPETITION

Harrow Track - Saturday 18th April - women

Name	Time	Age Grading	Points
Janice Newman	31:12	89.48	50
Sasha Birkin	21:55	80.38	49
Emma Ponnaganti	23:29	72.11	48
Una Cunningham	28:11	60.08	47
Tanya Keene	30:42	57.38	46
Shiri Shah	27:32	57.08	45
Allegra Keene	27:56	55.67	44
Ilayda Brown	26:17	55.42	43
Pippa Brown	30:47	52.3	42
Michelle Tauro	45:47	35.6	41
			Average 45.5



Volunteers

Teresa Young
Jane Hudson
Anne Ambrose

SATURDAY SERIES: 5K COMPETITION

Harrow Track - Saturday 18th April - men

Name	Time	Age Grading	Points
Richard Wilkinson	17:15	76.23	50
Rufus Hodges	21:16	75.08	49
Clive Lucas	22:46	74.08	48
Justin Archer	20:25	73.63	47
Nathan Powell	21:00	72.78	46
John Norris	19:30	71.71	45
Rocco Keene	18:26	71.7	44
Marcus Weedon	21:12	69.73	43
James Kerrane	20:53	68.81	42
Paul Hor	25:10	68.48	41
Mike Morris	22:44	68.4	40
Darragh Daunt	20:28	67.75	39
Nick Russell	22:18	66.82	38
Russell Morris	22:33	66.67	37
Simon Abery	24:00	65.97	36
Bijan Keene	23:34	62.73	35
Mitesh Patel	21:48	61.24	34
Reza Nabuisi	23:27	56.36	33
Mike Reid	29:32	55.53	32
			Average 41

Volunteers

Tanasheh Abrahams (Guide Runner), Rohan Mascarenhas, Nathan Powell

SATURDAY SERIES: 5K COMPETITION

Cumulative Results - Women (Top 20)

	Track	Roxbou rne	Northal a	Harrow	Roxbou rne	Ricky	Track	TOTAL
	Oct	Nov	Dec	Jan	Feb	Mar	Apr	Cumula tive
Sasha BIRKIN	49	50	49	49	50	50	49	346
Ruth TIDDER	47	47	47	39	49	49	-	278
Philippa BROWN	46	37	37	36	36	43	42	277
Tanya KEENE	-	44	41	43	42	46	46	262
Judy RACKHAM	48	43.5	38	42	41	44	-	256.5
Allegra KEENE	-	38	42	41	41	48	44	254
Janice NEWMAN	50	48	50	50	-	-	50	248
Una CUNNINGHAM TAYLOR	-	-	40	35	39	45	47	206
Teresa YOUNG	48	42	-	-	45	-	45.5	180.5
Diane O'REILLY	-	-	39	38	35	40	-	152
Emma RACKHAM- KONG	-	-	32	34	34	42	-	142
Jasia ZIMMERMANN	-	46	48	-	48	-	-	142
Emma PONNAGANTI	-	-	45	-	47	-	48	140
Jane HUDSON	-	-	-	47	41	-	45.5	133.5
Irene PAULL	-	43.5	-	42	41	-	-	126.5
Anne AMBROSE	48	-	-	-	-	-	45.5	93.5
Jennifer O'SULLIVAN	48	-	44	-	-	-	-	92
Caroline DAY-LEWIS	-	49	-	-	41	-	-	90
Sarah WESTWOOD	-	45	-	-	44	-	-	89
Jo COLLIER	-	-	-	-	43	44	-	87

SATURDAY SERIES: 5K COMPETITION

Cumulative Results - Men (Top 20)

	Track	Roxbou rne	Northal a	Harrow	Roxbou rne	Ricky	Track	TOTAL
	Oct	Nov	Dec	Jan	Feb	Mar	Apr	Cumula tive
Russell MORRIS	45	49	43	35.5	48	45	37	302.5
Nigel RACKHAM	50	50	50	50	50	48	-	298
Rocco KEENE	-	47	44	45	46	47	44	273
Chris SHEARWOOD	49	-	48	49	49	50	-	245
Bijan KEENE	-	42	39	35	42	39	35	232
Rohan MASCARENHAS	38	40	-	30	41	35	41	225
Marcus WEEDON	43.5	43.5	-	-	41	44	43	215
Justin ARCHER	-	-	49	48	-	49	47	193
John NORRIS	-	-	46	47	-	46	45	184
Richard BROWN	46	-	45	44	-	-	41	176
Mike MORRIS	-	43	-	43	41	-	40	167
Mike REID	-	-	30	24	32	33	32	151
Cem BROWN	48	-	47	46	-	-	-	141
Peter REYNOLDS	-	45	-	40	45	-	-	130
Paul HOR	-	46	-	-	40	-	41	127
Robert BEVAN	43.5	43.5	-	35.5	-	-	-	122.5
Tanasheh ABRAHAMS	43.5	-	37	-	-	-	41	121.5
Simon ABERY	40	43.5	-	-	-	-	36	119.5
Mitesh PATEL	-	-	29	23	33	-	34	119
Malcolm SMITH	39	-	40	38	-	-	-	117

LRRC TROPHY RACES



The first races eligible for the Metros London Road Runners Club (LRRC) Trophy for 25/26 are as follows:

Date	Cost	Race	Link	
07/12/2025	£20.00	Perivale 5	https://events.kronosports.uk/event/416	✓
18/01/2026	£20.00	Fred Hughes 10M	https://www.atwevents.co.uk/e/fred-hughes-10-mile-10377/	✓
01/03/2026	£35/14	Berkhamsted HM/5M	https://www.entryhub.co.uk/berkorun-berkhamsted-rotary-half-marathon-and-five-mile-run-	✓
10/05/2026	£23	Marlow 5M	https://in.njuko.com/marlow-5-2026?currentPage=select-competition	
07/06/2026	£23/32/20	Hitchin Hard Half/10M/5M	https://my.raceresult.com/344417/info	
09/08/2026	£22-30	Burnham Beeches 10K/HM	https://burnhamjoggers.co.uk/beeches-half/	
30/08/2026	£20	Bovingdon 10K	https://www.gadevalleyharriers.co.uk/bovingdon-10k-and-fun-run/	
20/09/2026	£19	Moor Park 10K	http://www.moorpark10k.org.uk/	
04/10/2026	£31-£39	Welwyn 10K/HM	https://www.atwevents.co.uk/e/atw-welwyn-half-marathon-and-10k-8927	
18/10/2026	tbc	Ricky road race 10 Miles	https://www.rickyroadrun.co.uk/	

Click [here](#) to view the requirements for participating in the league and information about scoring.

LEAGUES: SUMMER LEAGUE

SUMMER



LEAGUE

14th June – HEADSTONE MANOR – 8k
28th June – PERIVALE – 8k
12th July – DULWICH – 8k
26th July – REGENT'S PARK – 10k

CONTACT IRENE PAULL IF YOU WANT TO KNOW MORE
CHECK SPOND FOR FURTHER INFORMATION

LEAGUES: VETS TRACK AND FIELD



VETS LEAGUE 2026

BATTERSEA
Monday 18th May
6.30pm - 9.30pm

TOOTING BEC
Monday 15th June
6.30pm - 9.30pm

HILLINGDON
Monday 1st June
6.30pm - 9.30pm

PERIVALE
Wednesday 1st July
6.30pm - 9.30pm

EVENTS

100m	Hammer
200m	Javeline
400m	Shot Put
800m	Discus
1500m	Long Jump
3000m	Triple Jump
200m walk	High Jump
Relays	

IF YOU ARE OVER 35 AND FANCY SOME BRILLIANT FUN WHILST THROWING VARIOUS OBJECTS AND FLYING AROUND SOME AMAZING ATHLETIC TRACKS, OR WANT TO KNOW MORE, THEN GET IN TOUCH WITH OUR VETS LEAGUE CAPTAIN - MARCUS - MARCUSWEEDON@HOTMAIL.COM OR 07920770547
ALL ABILITIES WELCOME AND EVENTS ON SPOND

PARKRUN TOURISM



IN THE MEDIA THIS MONTH

Runners v robots at China half marathon



You may remember an article in Metrolines last year discussing the robotic entries to the China Half Marathon. In the 2025 event, 21 human-like robots raced against humans over the 13.1 mile course which included slopes, turns and uneven surfaces. The winning robot completed the course in two hours and forty minutes - more than twice as long as the fastest man.

12 months later, technology has moved on and the outcome was very different.

The winning robot in the 2026 race, Lightning, developed by Chinese smartphone maker Honor, finished the race in 50 minutes and 26 seconds, according to race organisers. Uganda's Jacob Kiplimo holds the men's half marathon world record, which he set in March in Lisbon with a time of 57 minutes and 20 seconds. Around 40% of the robots raced autonomously, while the others were remotely controlled.

Watch the BBC video [here](#).

COMMITTEE MEETING NOTES

MINUTES METROS COMMITTEE MEETING

Wednesday 1st April 2026 at 8:00pm

At the Rackhams

Attendees: Jennifer O'Sullivan, Marcus Weedon, Nigel Rackham, Pat Jackson, Irene Paull, Anne Ambrose, Rohan Mascarenhas

Apologies: Andrew Fox & Steve Alder

Chair: Marcus Weedon

Note Recorder: Rohan Mascarenhas

1. Actions from Last Meeting

A. Finance update - EOY budget report has been shared with the Committee and will be published at the AGM on 8th May.

Action: Teresa Young

B. Membership update - As of 1st April there are 349 current members (including over 70s age bracket), 220 members have actively renewed for 2026/27.

To maintain a fair and up to date membership, the Club is considering the following options to be discussed further at the AGM:

- i) increasing the age bracket for free membership (currently at age 70)
- ii) add payment processing fee to membership
- iii) increase overall membership premium

The current membership fee has not been increased since pre-Covid times.

Action: All Committee members

C. Website update - as the club is actively seeking to integrate membership & event management capabilities for an upgraded website, exploratory talks are planned with Spond and other club tracking systems.

Action: Irene Paull & Marcus Weedon

2. Club Events

A. AGM & Quiz Night - Friday 8th May confirmed at Lowland Tennis Club

Nominations for existing members plus updates on new committee members

Agenda and timings TBC via Spond

Action: Marcus Weedon, Rohan Mascarenhas & Nigel Rackham

B. Sports Day - 17th July TBA. EA Community Funding to be sourced for this annual event co-run with Sarries.

Action: Marcus Weedon & Jennifer O'Sullivan

COMMITTEE MEETING NOTES

C. Summer League - first event Headstone Manor on 14th June, hosted by Metros

Action: Irene Paull / Rohan Mascarenhas / Steve Alder

B. Vets League - commencing 18th May at Battersea

Action: Marcus Weedon

C. Round Norfolk Relay - event on 12/13th September. Both the running team and volunteer support numbers are looking healthy. Donation entry to East Anglian Air Ambulance has been approved by the Committee.

Action: Marcus Weedon

3. AOB

A. England Athletics Compliance

The Club is compliant with all seven EA standards required for 2026/27 affiliation:

1. Constitution
2. Committee
3. Grievance & Disciplinary Policy
4. General Data Protection Regulation
5. Inclusion & Diversity
6. Club Safeguarding Code of Conduct
7. Health & Safety

Action: Rohan Mascarenhas

B. Roxbourne Scouts' Shed Repair - A quotation of £400 has been received for materials and labour to replace the shed roof. An EA grant is being sourced to support the work.

A meeting with Harrow Council and users of Roxbourne Park to discuss proposed work in the Park will be held in April.

Action: Marcus Weedon / Pat Jackson

Next Meeting: end of June / beginning of July TBC

METROS SESSION CO-ORDINATORS

MONDAY

- Run Session - Stephanie White
- Core Session - Ariff Sidik

TUESDAY

- Run Session - Steve Paull & Tim Oakley
- Walk/Jog - Irene Paull & Nancy Morris

WEDNESDAY

- Hills 1 - Nathan Powell & Kevin Smart
- Hills 2 - Gerry Barker & Mike Reid

THURSDAY

- Run Session - Mike Morris
- Track Session - Nathan Powell & Marcus Weedon
- Track Session 2 - Sakina Sidik

FRIDAY

- Strengthening Session - Marcus Weedon
- LFOTM - Gerry Barker

SATURDAY

- Roxbourne Session - Adam Leary & Marilyn Pickford

To contact a session leader,
please send a message via spond

Kit

Warmer weather is here - do you need any kit?

In stock

£15 Hi Viz vest

£5 Snood



METROS LIGHTWEIGHT RUNNING JACKETS

These jackets usually need to be pre ordered but we now have a small stock of them. The price is the same as the first order - £55 including VAT. There is a size chart on the Metros website. The lightweight jackets are sourced from Scimitar, the present supplier of our vests and T-shirts. The description on the jacket label reads: 'Qwick-Dri - fabric is designed for ultimate technical performance. Sensitive wicking fibres transport moisture away from the skin, helping to maintain and regulate body temperature whatever the situation'. Scimitar says 'It's a lightweight, shower and wind proof fabric'.

Please contact me if you would like to order any of the above.

Pat Jackson. 07963 551 816. patjacksonhome@hotmail.com

MEMBER DISCOUNTS

Our local running shop, **Runners World** in Eastcote, can help you find the right running shoes and will offer a 10% discount to Metros members – show the Spond app on your phone to prove you are a member.

Looking for running socks or new insoles? Use code ARIFFSIDIK for a 15% discount at **www.enertor.com**

**£2 off race entry
code for any
Runthrough
event:**

CLUB



Vest: Front

Rear view



Tee-shirt: Front



Rear view

Official Club Kit

Please check the [Metros website](#) for details of pricing and sizing for official kit.

Please contact Pat Jackson to order kit.

patjacksonhome@hotmail.com



Standard yellow body, long sleeve T
(front and rear view)



Alternate blue body, long sleeve T
(front and rear view)

Metros Training Tops

These running shirts/vests can be worn to training sessions/parkrun/gym and your solo runs. This [link](#) will send you straight to our web shop page, allowing you to order online, with delivery direct to you.

Please note these are not part of the official Metros kit and should not be worn for league races (Summer League, TVXC, Vets T&F) or trophy races.



RUNNERS' IDENTIFICATION IN AN EMERGENCY

Many runners run with their mobile phone which often can provide necessary medical or contact information needed in an emergency. However, as a back-up and for those who run without their mobile, especially if on their own, we have a supply of 'dog barrels' available. These are 3cm in length and fit onto a shoe lace. Inside is a very small piece of paper which could contain useful information in case of an emergency. Originally sold for £1 each but now free to good homes. A £1 to charity could also be an option.

Please contact me if you would like one.

Pat Jackson

07963 551 816

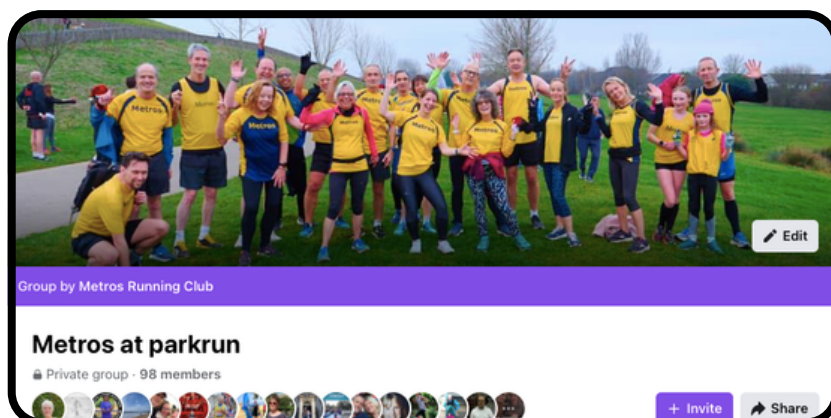
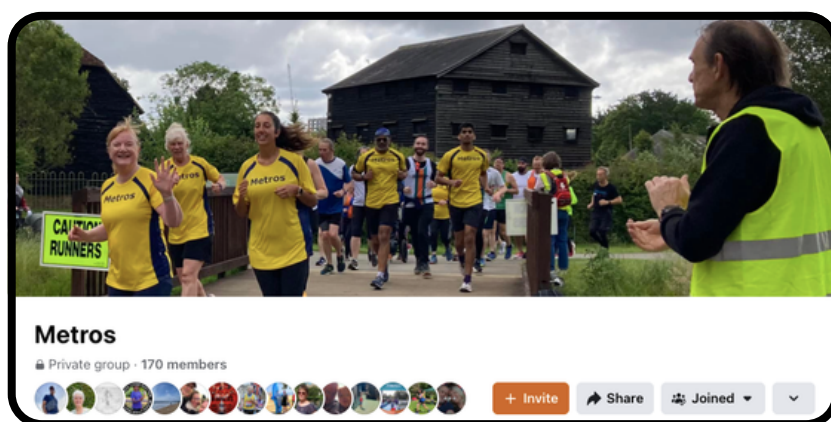
patjacksonhome@hotmail.com



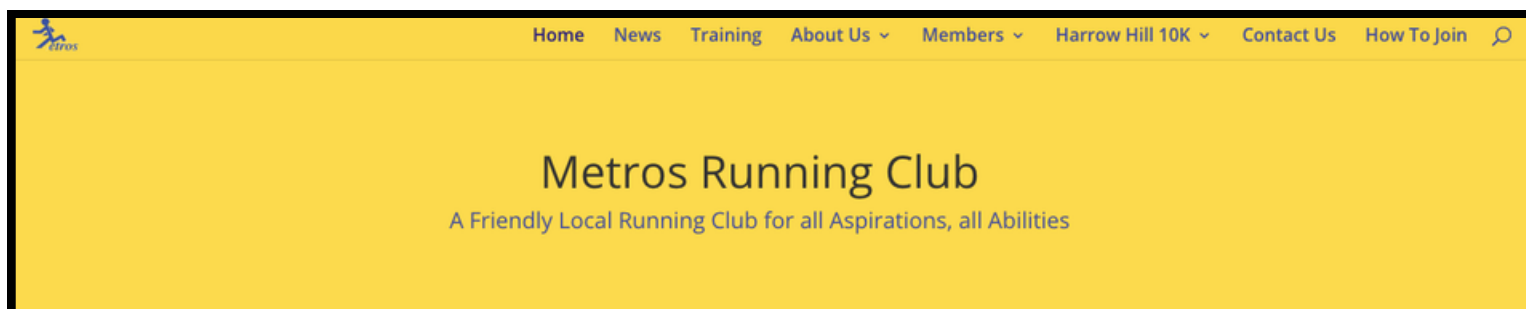
SOCIAL MEDIA

We have public facing Facebook and Instagram pages, in addition to two closed Facebook groups for members only. Please join us online and share your photos and race results with us. We should be grateful if you would like and share our posts to increase our online profile. Thank you!

Send session/event pics via whatsapp to Claire Reid on 07511029168



WEBSITE



www.metros.org.uk