

METRO

Metropolitan Sports & Social Club for the Visually Impaired

Chairman R. F. Smith MBE Tel : 020 8255 7788

Email rsmith@mdagroup.com

Website www.metroblindsport.org

Membership: 01708 456832

Free Membership for Juniors Contact Maureen Brace Email:- maureen.brace@haverling.gov.uk

NEWSLETTER Summer 2004

Well it hasn't exactly been a scorching hot summer thus far, but there's been plenty of sport to keep everyone busy!

Sporting News and Events

Athletics News

The 28th Metro/LSF Athletics Championships were held at Waltham Forest Athletics Track in June. Although we were not blessed with the scorching hot weather of last year we were blessed with an increased number of competitors particularly in the junior sections. We were pleased to welcome groups from Birmingham, Coventry, Hereford and Ireland. I was particularly pleased to see a good turn out from the London juniors and their parents who came along to cheer us all on.

Once again we were delighted to welcome Great Britain triple jumper **Larry Acheike** along to come along and present the medals and importantly encourage and motivated the juniors in their events.

Madeleine Kirkman won the best female athlete for her performances in the under 12s 60metres, standing long jump and ball throw. **Jack Kirby** won the best male athlete; Jack had a very busy afternoon competing in the under 17s 100metres, 200metres, 400metres, long jump and shot. **Conall McNamara** came over from Ireland and won the B3/4 100metres, 200metres and 400metres. Other encouraging performances came from **Joel Robinson**, **Thomas MacMillan** and **Natasha Berry**.

It was good to see even the veterans turning up and competing, I found my spikes and won the 100metres although I found the 800metres a little less to my liking! It was great to see so many juniors attending and we were very grateful

to Sheila Carey for bringing a group of junior athletes down from Coventry. If this event is anything to go by visually impaired athletics is on the up, we have potentially an excellent group of juniors. As for the London group they want me to organise a mini bus to go the BBS Athletics championships in October so athletics, is, I believe on the up,

We would like to thank all the officials and helpers who helped the event run smoothly. Here's to next year's championships and a further increase in numbers.

Alan Whetherly
Development Officer London Sports Forum

Congratulations to brothers Matthew and Gavin Dean, both members of Metro's cricket team, who completed the 2004 London Marathon in order to raise £3000 for the deafblind charity SENSE. Huge thanks to all who sponsored them!

Cricket

Bryn Reynolds' Metro team recently beat Birmingham in a thrilling semi-final clash at Highgate. They will now meet Avon in the final of the British Blind Sports knockout cup at Lords on the 21st of August.

This is the 3rd time in the last 4 years the team have reached the final and they are the current holders. Come along and support them on the day!

Pool

Metro will be hosting the 4th annual Pool tournament on the 16th of October at Kentish Town Pool.Club. The full invitation and details are attached to this newsletter, but remember **places MUST be booked by the 8th of October!!!**

Bowling

Disability Sport England's **Regional Indoor Singles Bowls Championships 2004** is to be held at Havering Bowls Club on Sunday 19th September. The entry fee is £5 and the closing date for entrants is Wednesday 8th September. For details and entry forms please contact **Simon McQuiggan on 020 8460 3813.**

Ever fancied trying Tall Ship sailing?



The Jubilee Sailing Trust is a registered charity that arranges and facilitates voyages on tall ships for people of all physical ability. People will help to crew the ship, and this could be the perfect trip for those of you who enjoy an adventure! Check out the web site at www.jst.org.uk for further details.

Would you like to try gliding, and are you brave enough????

Henry Bufford is interested in arranging a day of gliding at the Kent gliding Club. If you have no fear of flying and think you'd like to give it a go, contact Henry via e-mail at henry.bufford@greenwich.gov.uk

Committee News and Contacts

Here's a full list of the current Metro committee, their contact details and what they do within Metro.

Roy Smith M.B.E. (Chair)

23 Archdale Place,
Kingston Close,
New Maldon
KT3 3RW0

Contact for LSF/athletics/football/cricket

020 8255 7788 – rsmith@mdaconsulting.co.uk

Henry Bufford (Secretary)

07950 115 439 – henry.bufford@greenwich.gov.uk (best to e-mail)

Speak to Henry if you're interested in Tandem riding, sailing or gliding.

Editor Keith Ottaway – 25 Whateley Road, East Dulwich, London SE22 9DA – keith.ottaway@greenwich.gov.uk

Jane Benjamin (Treasurer)

20 Cambourne Road,
Lower Morden
SM4 4JJ

020 8542 0492 – jane.benjamin@scope.org.uk

Contact for donations/fundraising/sailing

Dawn Anderson

5 Chitlern House,
4 Beaconsfield Road
N9 0DY

020 8803 9728 – dawn.amderson@english-heritage.org.uk

Dawn's the person to talk to if you interested in skiing/pool/social events.

Bill Reynolds

Flat 33, Pocklington Lodge
Rylett Rd, W12 9PQ

020 8740 1254

Drop Bill a line if you'd like to try some bowling/ten pin bowling.

Keith Ottaway

25 Whateley Road
East Dulwich
SE22 9DA

07960 408031 – keith.ottaway@greenwich.gov.uk

Drop me a line if you'd like to submit an article for the Newsletter, or if there's an event you'd like me to mention.

Maureen (Mo) Brace,

80 Elms Farm Road, Hornchurch, RM12 5RD
01708 456 832 – maureen.brace@haverling.gov.uk

Mo's the person to talk to about any membership issues/skiing/social events.

Editor Keith Ottaway – 25 Whateley Road, East Dulwich, London SE22 9DA – keith.ottaway@greenwich.gov.uk

Useful Websites

We thought some members may find it useful if we printed some websites that may be of interest so here are a few to have a look at next time you're surfing the net.

www.rnib.org.uk Royal National Institute for the Blind

<http://www.cobolt.co.uk/> A good place to find talking technology such as watches and scales.

<http://www.vip-highstreet.com/> A very useful site written by visually impaired people. Here you can find (amongst other things) details on access and concessions to theatres, sportsgrounds and various other public places.

<http://www.sightconnections.com/>

<http://www.sortit.org.uk/> A site aimed at young people with visual impairments.

TV COVERAGE OF ATHENS

Coverage is 6.30 to 8 each day throughout the paralympics starting on 17th September on BBC2

Last but not least, remember that if you'd like to join Metro you would be welcome. Please contact Mo Brace on 01708 456 832 for details.

KIDS JOIN FOR FREE, SO SIGN UP TODAY!!!!!!

METRO POOL TOURNAMENT: 16TH OCTOBER 2004 AT KENTISH TOWN POOL

BOOK YOUR PLACE BEFORE 8TH OCTOBER!

Metro are pleased to invite you to their 4th Annual Pool Tournament on Saturday, 16th October 2004 at the usual venue, Kentish Town, London (full address and directions listed below). This years tournament will also be open to junior members aged 15 on the day to 17. Entrance Fee – Juniors: Free, Seniors: £3.00 (payable on the day). Food available from the Bar.

To guarantee your place on the day you must pre-book before 8th October. Please telephone me on 0208-803-9728 or text 07789-512216 (but please state your full name) or email: dawney_a@yahoo.co.uk. Competitors must register on the day no later than 11.30 am. Those who are affected by travel delays and have the courtesy to phone and let me know that they will be late may be accepted after 11.30 am. However if you have not arrived by 12.00 noon, you run the risk of not being included in the main draw for a place - so please allow plenty of time for travel. If you get there early, you have the advantage of being able to practice and be nice and relaxed for your games. Prizes and trophies will be awarded based on the number of entries received.

As before, the Tournament will be mixed and we will have a Plate Round so you still get to play more Pool even if you lose. We aim to finish for 5.00 pm but no later than 6.00 pm.

Yours sincerely

Dawn Anderson (Metro Committee)

Address: Kentish Town Pool Club, 301-305 Kentish Town Road, London NW5 2TJ. Tel: 020-7267-2710

Directions: Nearest Tube Station: Kentish Town on the Northern Line
Turn left at the entrance, walk down to the first set of traffic lights and cross over. Turn left again until you come to McDonalds and turn immediately right just by McDonalds and walk up until you see a path on your right leading up to a doorway. You must ring the bell in order to be allowed in.

**Editor Keith Ottaway – 25 Whateley Road, East Dulwich, London SE22 9DA –
keith.ottaway@greenwich.gov.uk**

TARGET, Summer 2004
BBS CALENDAR OF EVENTS 2004-2005

August 2004

1	Cricket: London v Birmingham		Dave Ellingham 01354 656138
1-6	Goalball: European championships, group C	Israel	Head Office 01926 424247
3-6	Bowls: UK championship	Skegness	John Newcombe 01274 652742
7-8	Cricket: England training	Eton	Adam Benjamin 020 8542 0492
14	Cricket: Eastern Vipers v London; Welsh Dragons v Metro Sussex v Avon		Dave Ellingham 01354 656138
19	Cricket: Australian tour starts	Bradfield College	Tim Guttridge 0118 9575591
21	Cricket Cup final	Lord's	Dave Ellingham 01354 656138
21-24	Riding: Bridge 2004	Kineton, Warks	Tim Gebbels 01865 243796
22	Cricket: first Ashes Test	Bradfield College	Tim Guttridge 0118 9575591
22	Football: Yorkshire training session	Sheffield	Kathryn Fielding 01924 279305
23	Cricket: second Ashes Test	Lord's	Tim Guttridge 0118 9575591
25	Cricket: third Ashes Test	Southampton	Tim Guttridge 0118 9575591
26	Cricket: fourth Ashes Test	Horsham	Tim Guttridge 0118 9575591
28	Cricket: fifth Ashes Test	Bradfield College	Tim Guttridge 0118 9575591

September 2004

4	Cricket Cup final reserve date		Dave Ellingham 01354 656138
5-10	Bowls tournament	Lowestoft	Barbara Grint 01502 585295
11-12	Archery: outdoor championships	Lilleshall	Roger Rees-Evans 01792 812212
15-16	Bowls development day	Leeds	John Newcombe 01274 652742
17-28	Paralympic Games	Athens	Head Office 01926 424247
18	Goalball tournament	West Midlands	Rachel Hall 01902 563010

Items in bold type are either funded by BBS, organised by a BBS committee, or both

TARGET, Summer 2004
BBS CALENDAR OF EVENTS 2004-2005

	25	BBS National Council meeting	RNIB London	Head Office 01926 424247
	25-26	Archery development day	Co Durham	Sandra Nesbitt 0191 456 7912
	25-26	Bowls development day	Bromsgrove	Jim Bithell 01253 725734
	26	Football: Yorkshire training session	Sheffield	Kathryn Fielding 01924 279305
October 2004				
	2	Athletics: BBS national championships	Nuneaton	Sheila Carey 024 7631 4836
	9	Goalball: Autumn schools tournament	TBA	Barrie Lane 01902 563010
	16	Goalball tournament	Milton Keynes	Gordon Hodgson 01202 897505
	23	Have-a-Go Day	Bisley, Surrey	Gillian Parker 0779 6367758
	23-24	Bowls development day	Nottingham	Jim Bithell 01253 725734
November 2004				
	6	Goalball: BOLD tournament	Spalding	Nicola Foster 01205 722306
	6	Football: schools' five-a-side	Birmingham	Dave Beardsmore 07968 480824
	13-14	Athletics training weekend	Solihull	Moira Clegg 01387 375822
	20-21	Goalball: AGM tournament and AGM	TBA	Barrie Lane 01902 563010
	27	Tenpin: BBS summer league finals	Bracknell	Brian Martin 01256 478296
	TBC	Judo: Japan Open	Tokyo	Clare Lynch 0161 232 9253
December 2004				
	3-5	Judo squad training	Manchester	Clare Lynch 0161 232 9253
	11-18	Football: World B2-B3 championships	Manchester	Jeff Davis 020 7745 4545
March 2005				
	5	Pool: BBS national championships	London	David Le Poidevin 0117 964 2588
July 2005				
	25-31	IBSA youth world championships	Colorado Springs	Head Office 01926 424247

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