

METRO

Metropolitan Sports & Social Club for the Visually Impaired Registered Charity No. 268076

Chairman: R F Smith MBE Tel: 020 8255 7788 E-mail: kathyandroy@blueyonder.co.uk
Membership Enquiries Tel: 01708 456832 Web Site: www.metroblindsport.org

METRO NEWSLETTER MAY 2007

Summer's here and the time is right for dancing in the street! Well maybe not! But summer's the best time for sports and we have plenty for you. Before we start though, I've altered the format again in the hope that it's easier for those using speech software (I hope it works). So here goes, in this edition we have:

1, Appeal for Lifers. 2, Metro/LSF Games. 3, Metro Social. 4, Metro's First Tennis Tournament. 5, Self Defence/Karate. 6, Do You know Your Metro? 7, Mini Metro Interviews. 8, Ski-ing in Santa's Back Yard. 9, Cricket Matters. 10, Tracksuits. 11, Celebrating Disability Sports. 12, Sporting Photo Opportunity. 13, Ouch! 14, Argos It. 15, Calling All Film Boffs. 16, Artistically Speaking! 17. BikeCircle.

1. APPEAL TO LIFERS: The benefit of life membership means you don't have to think about renewing your membership every year. However will those life members (or if you know of any) who've changed email, address & telephone numbers etc, please, please let Mo know as some of them seem to have gone AWOL which is a shame as we can't get their newsletter to them even though they're fully paid up members! Why miss out on some of these sporting opportunities when it only takes a quick phone call 01708-56832 or email Mo at mo.brace@vision2020uk.org.uk!

2. METRO/LSF GAMES: Yes almost time again for our annual games, being our 31st year! Even if you don't intend to participate yourself, please do your bit for the club by spreading the word, particularly to Juniors! It's on 23rd June at Waltham Forest Track. Contact Alan Whetherley of LSF for more details and to enter! on 020 7354 8666 **OR EMAIL**

alan@londonsportsforum.org.uk). Don't forget the training day on 3rd June, also including juniors! Starts from 11.00 am until 3.00 pm and coaches will be available.

3. METRO SOCIAL NIGHT: Well April's was not a bad wee night. Being only the 3rd one it was encouraging after a somewhat poor start. May's was enjoyable too though not what you'd call a great turn out either. So after some discussion, it's been agreed that yes, it's worthwhile continuing but on a bi-monthly basis and with a Metro flashnews reminder a few days beforehand. So we'll go with this and review things again in a few months time. That means the next one will be the first Wednesday in July which is the 4th (American Independence day) then again first Wednesday in September which will be the 5th.

4. TENNIS FOR BLIND AND PARTIALLY SIGHTED: It's too long a story to explain why we cannot refer to what started off as Soundtennis is now just going to be referred to as Tennis for Blind and Partially sighted. However tennis sessions are going really well despite some disruptions (beyond our control) and we can now announce that we'll be having our first tournament! It will be on 15th July at Southfields Community College. Details are to be finalised and more info will be sent around on Metro Flashnews or if you enter, Rob will send you details individually. So book your place now (see Rob's contact details below).

We've also been asked by the English Tennis Association to give a demo on 22nd June 2007 at Westway and it would be great to have your support. So things are really picking up on the tennis front. However, I regret to inform you that Rob Kershaw has decided to return to South Africa in a few months time. Such a shame after he's put in such a tremendous amount of work promoting and developing the sport as much as he has. He's agreed to keep it up until he leaves in August so we'll keep you posted on how things work out. I guess he'll have to 'hand over' to the newly formed Tennis Committee unless anyone would like to take up the gauntlet and take Rob's place as co-ordinator (with the support of the committee of course). We've got until August though which is something.

Meantime if you've still not had a go, remember your first trial session is free after which it's £5 per session which covers hire of hall, racquets, balls etc. To join in a session in south London, contact Rob Kershaw

07843-203936 or email viballsports@yahoo.co.uk. Though we still don't have sessions in North London just yet (awaiting confirmation), contact myself, Dawn Anderson on 0208-803-9728 or email dawn.anderson@english-heritage.org.uk to put your name down and I'll contact you just as soon as they're up and running! To find out about Juniors Have a Go coaching sessions, contact Alan Whetherley of LSF (contacts details in previous paragraph on Metro Games.

5.SELF DEFENCE/KARATE: Many visually impaired people often feel vulnerable whilst out and about so here's an opportunity to bolster your confidence. Learn some self-defence moves (based on a form of Karate) as Mike Earl, an instructor, now explains:

Welcome to the Tenshinkan Karate Federation. This is a Japanese style of karate which is also studied in the UK as well as in Japan. This style of karate in the UK is mainly studied in Scotland but there is a class in London at the Barbican Y M C A. This class for the visually impaired is connected to the Tenshinkan Karate Federation and we train on a Friday evening from 8pm to 9,30pm. There are karate and self defence lessons which are free for visually impaired and where the instructor is also visually impaired. This means that the training has a lot of verbal instructions.

It doesn't matter if you are unfit because you will soon get fit over a period of time you will also learn how to defend your self and you will find that your self confidence will improve because of this. If you think this is for you and are interested in coming along to train with us all you need is a t shirt and shorts or track suit bottoms as we train in bare feet.

So if interested, contact Mike Earl either by phoning him on 0208-597-4838 or e-mail him at Mda.earl@ukonline.co.uk

Metro Trivia: Q. which large company's Kensington store, made Metro their "charity of the year" and which year was it? A. Marks and Spencer and the year was 1987! 20 years ago!

6. DO YOU KNOW YOUR METRO? Andy McKeating is appealing to members for info on Metro's history to put onto the new forthcoming, revamped **Metro Website**. The years have passed by so quickly that we've never stopped to compile archives of any description and so that time is now. Call Andy on 020 8200 5731 or 07939 183992 (day) or

email: andrew@mckeating.orangehome.co.uk. Some of our members have had some fantastic achievements so we really should pay them homage as well show that Metro may be a small club but it's a significant one in terms of supporting VI sports. This is especially the case with all those involved from fund-raising, admin, coaching, score-keeping, tea-making, organising events at home as well as abroad etc are all non-paid volunteers. So with your help, let's get a great website going and do **Metro** some justice.

7. MINI METRO INTERVIEWS: I thought it would be interesting to bring back mini-interviews of our members and we start off with two of our Scots members. First off, we have Roy Drever whose primary sport is skiing as you may recall from his very amusing article in the last newsletter. We also have Eric Gallacher, a talented Bowls player, a long-standing Metro member and a great fund-raiser who's done a tremendous amount for Metro (for which we are very grateful of course). Interview with Eric first:

Q,1. Has anyone (sporting or otherwise) been an inspiration to you? If so, who and Why?

A,1. When I was young and at the Royal blind school in Edinburgh in the 50s my sporting inspiration was Eddie Turnbull. He was a Hibs forward with a ferocious shot and part of the "Famous Five" Smith, Johnston, Riley, Turnbull and Ormond who all played for Scotland. I remember the evening he came along to the blind school with Willie Ormond to watch us playing football and take the time to sit down and chat to us and answer all our questions. He became the Hibs captain then the Scottish team captain. Later on he became manager of both the Hibs and Scotland teams.

Q,2. What is your idea of a perfect day (sporting or otherwise)

A,2. I would like to start my perfect day with a good healthy fry-up for breakfast. I would then like to laze about on a nice sandy beach and have a swim in the warm sea whenever I felt like it. I often swim at home in the swimming baths but much prefer to get into the warm sea. In the afternoon it would be nice to have a friendly game of bowls or do a bit of sight seeing preferably with audio description to help enjoy it. Then in the evening go out for a good meal, not in an enclosed area, and enjoy some

Country music, a few pints and of course a few fags before going home for Humpty Dumpty.

Q,3. Is it true that Scotsmen don't wear anything under their kilts?

A,3. When I hear this question, why does it always refer to men and not to Scotswomen who wear the kilt? The wearing or not wearing under the kilt is another secret like Nessie, the Loch Ness Monster. If the English wish to find out our secrets, let them go to Scotland and spend lots of money. While walking along Princess Street, after visiting lots of expensive shops, look around on a windy day, there are lots of them, and you will soon be surprised to see what they wear under their kilts. Don't tell your English friends let them go and spend their money to find out.

Thanks Eric but as you'll see from the following interview with 'Rob Roy', we've found out what Scotsmen wear under their kilts, ha, ha! See/hear the following:

Q,1. What advice would you give youngsters today about life in general?

A,1. Get yourself challenged - emotionally and physically - a man unchallenged is a man undelivered.

Q,2. Do you have a sporting hero, if so, who and why are they your hero?

A,2. Sorry, I have no heroes. Maybe this tells you something about me rather than me telling you something about the celebs in the sports world. I believe it is not the height you achieve, but rather the actual distance you climb. I always remember reading in some book or other "It is in the darkness and agony of despair that a man's spirit shines most brightly".

Q,3. What do Scots men wear under their kilts?

A,3. Under our kilts? Our haggis hammock, of course. (hmmm, never heard it put like that before, trust you Roy to come up with that! Ed).

Thanks to Roy and Eric for their insight! Now who's for the next newsletter? We may be a small club but we're quite a varied bunch because though, in the main we have English members, we also have a few Irish, Welsh, Pakistan and even some South African members too?

But to be fair to Metro being a London club, I'll try out a couple of our Cockney members as long as they don't use their rhyming slang on me!

8. SKI-ING IN SANTA'S BACKYARD (As Metro's 'Rob' Roy puts in!). He's kindly provided another account for us on his latest trip though I fear he may put one or two off ski-ing altogether as this one sounds pretty tough-going:

I was one of eight VIPs and eight guides plus a group leader who spent a week cross-country skiing in Finish Lapland. We were based in the Lappish resort of Yllas, well inside the Artic circle. This was a package style trip organised by Vitalise. I have been on their advanced skier trips many times in the past, but had had a few gap years because the Vitalise trips always seemed to overlap with the Ski for Light events in North America. No such problem this year with the Finland trip coming in 11th to 18th March (immediately preceding the Ridderren in Norway).

It quickly became obvious that the stamina and experience of the VIPs varied considerably. In order to give the strong skiers a decent workout, it became necessary to split the group into an advanced team of three VIPs and the others making up an intermediate/improvers party. The two teams were then free to plan their day according to their respective abilities.

The VIPs attending were: Raymond Brough, Ying Chan, Chris Copeman, Roy Drever, Marc Gilbert, Anna Lawson, James Milhench, Dawn Voellner.

The Vitalise trips are very different in several ways from the SFL and Ridderren events. Firstly, the size of the group - we were eight VIPs (plus guides) compared with forty, ninety, and two hundred and fifty VIPs for the SFLs in Canada, US, and Ridderren respectively. Being smaller means there is a closer intimacy within the group and we see a great deal more of each other - as opposed to disappearing into the crowd at the SFL events. Secondly, the group leader tries to allocate us a different guide each day. In fact, this did not quite materialise this year due to the wide mix of age, strength, and experience that existed in the guide and VIP groups. I had one guide for three days, another for two, and one for one. This is an interesting difference with the SFL events where you have the same guide all week. I enjoy both arrangements - but I just enjoy taking on whatever life throws at me. Undoubtedly, some guides

are better than others, be it socially or technically, but I don't believe in faulting volunteers (especially when they are paying their own expenses to help us out). Sometimes you win, sometimes you lose.

Thirdly, the Vitalise trip is very serious cross-country skiing. No skiing round in a 5Km or 10Km zoned circuit with this group. After the first day (a warm-up of about 27Km) we skied 34Km, 36Km, 34Km, 36Km, 38Km, finishing with a 26Km half-day fling on the last day (we had to be on the airport bus at 4pm). We were mostly on a different trail each day - and what trails - we experienced very challenging up and downhills several times each day. But there was also lots of wonderful long straight stretches. Basically, we were on our skis from 9:30 till at least 5pm, even 5:30 sometimes.

The ski conditions were close to perfect with enough variation to keep things interesting. One day we had very strong wind and another we had fairly heavy snow all afternoon (we arrived back at our hotel looking like Yetis).

Even if you could see, there was not a great deal to look at other than trees. The ski trails ran through great avenues cut through the trees. Occasionally we climbed above the tree line and it was possible to see the endless Lapland tundra in the distance. If you want Finland summed up in three words it would simply be "trees and snow".

Another difference from the SFL events was the absence of comfortable/recovery lunch breaks. We had to carry our lunch and extra clothing with us. It wasn't so much lunch, but rather an assortment of energy food - fruit, dried fruit, nuts, energy bars, and water. Most of our eating was done on our hooves or sitting in simple wilderness shelters. There were occasional wilderness cafes that offered unimpressive snacks and hot drinks. We did not have big lunch stop - it was not advisable to stop outside in this environment for long. We made do with a mixture of regular 10 and 30 minute stops.

The strenuous nature of the day's skiing meant that we were all in bed by midnight - another major difference from the SFL events. It is worth noting that this event provided six-and-a-half days of long distance skiing, i.e. you certainly get your monies worth (£650). For more information on Vitalise holidays for VIPs contact:

Tel: 0845 3300 149, Email: violidays@vitalise.org.uk

Talking skiing technology for a minute, I made a couple of interesting new discoveries during this trip. First was using grip tape on my skis rather than the traditional grip wax. In my opinion, the tape was a great success. It might not appeal to ultra fast racers, but it was so versatile in terms of the temperature range it could work in and one application lasted for a whole week. Better still, it makes messy clifter redundant. It is simple to apply, but you need to experiment to establish the correct length needed for your skiing style. My second discovery was the wonder of Merino wool clothing. Because my luggage turned up two days late, I had to purchase some skiing clothing. I bought a thin Merino wool jumper and a pair of same thing ski socks. Brilliant; my best purchase for years. I had read that Merino wool products were supposed to be BO resistant (provided you perform the normal ablution routines in the morning). I skied and sweated in them all week and never washed them. They smelt as fresh at the end of the week as the day I first put them on. I can't wait to get my hands on Merino wool underwear. (thanks Roy, erm, some things we don't need to know I think).

9. CRICKET MATTERS. Does it really? Oh well I suppose it does if you're a fan. Joking aside, some of you may have heard about the achievements of the Cricket section from the Chairman himself, Roy Smith who touched on some of the highlights in a Metro Flashnews. This also had an article from Dave Townley giving us the full account of their well deserved successes which I now include for those of you who don't get Metro Flashnews, enjoy!

It's a warm welcome back to Metro Blind Cricket! The 2007 season begins next month, and let us hope it is as exciting and successful as 2006.

The close season has not been uneventful. Just earlier this month Metro Blind Cricket were voted 'Team-of-the-Year' at the London Sports Forum Annual Awards. Well done to the whole Metro squad, and thanks to LSF for its recognition of a successful season. Metro won the BCEW National League title, and runners-up in the BBS/Primary Club Knockout Cup.

There was also the little matter of the Blind Cricket World Cup last December in Islamabad, Pakistan. The England squad were extremely disappointed at losing to India in the semi-final, but had performed

credibly to firmly establish England in third place in the world rankings. Once again Metro players played a prominent role in the England squad, and we must say, 'Well done!' to, Adam Benjamin, Matt Dean, Rory Field, Tim Guttridge, Hassan Khan, Bryn Reynolds, Heindrich Swannepoel (captain), and David Townley.

And so, to 2007. Metro will, once again, be competing in the BCEW National League, and the BBS/Primary Club Knockout Cup, but first up, it's the Warwickshire Tournament at Marston Green on Saturday 28th April. A great chance for many of Metro players to get a 'run-out' before the defence of the league title begins in earnest with a tough tie away to Warwickshire on Saturday 12th May. The following Saturday (19th) sees the first Highgate fixture, where Cup holders South Wales Dragons are the visitors. Metros cup campaign sets off with an away tie at Northern Galloways on Saturday 9th June.

Anyone interested in playing blind cricket, or just giving it a try, are welcome to attend, and further details are available by contacting David Townley on 0208 563 7126, or e-mail, david.townley@getreal.co.uk .

The main event for England international blind cricket in 2007 is a 5-match home series with India at Worcester in August. With long-standing coach, Andy Sellins, standing down at the completion of the 2006 World Cup, England are currently setting-up a new coaching regime. Earlier this month Metros Rory Field was appointed England Blind Cricket Coach, so congratulations Rory!

Now, let the season commence!

SPORTING TRIVA; Henry VIII wagered his own skill when playing bowls and also incurred financial problems due to the massive bets he made on the tennis court.

SPORTING QUOTATION; Winning is everything. The only ones who remember you came second are your wife and your dog! Damon Hill, Racing Driver.

10. TRACKSUITS: Apologies to those still waiting on their tracksuits but it's all being sorted so those who've not had theirs yet, you should them very shortly.

ONTO OTHER NEWS:

11. CELEBRATING 100 YEARS OF SPORT ON 18TH JUNE 2006;

Marion Richardson School is a large, inner city primary school in Stepney, Tower Hamlets. It has nearly 500 pupils, and is recognised by Sport England as an unofficial centre of excellence for the sporting opportunities it offers its pupils.

Over the last three years the school has been developing an awareness of disability sport and has hosted three Sport For All Days for other mainstream schools in Tower Hamlets. Sports included Wheelchair Football, Goal ball, Boccia and Judo (taught by the coach who trains the Great Britain Judo Squad for the Visually Impaired). Also, the school has worked with LSF in promoting VI sports.

In 2007 Marion Richardson School will be 100 years old. There will be special events throughout the year. Bob Bellew, who works at the school and who was Sport England's Community Sports Coach of the year, will be developing a day demonstrating how P.E lessons have changed over 100 years.

The school would like to host celebration on 18 June 2007 to celebrate 100 Years of Sporting Opportunities for Disabled People. It would also publicise the Paralympics being one of 2012's Host Boroughs.

The school would like to offer those attending the day an opportunity to take part in Wheel Chair Basket Ball, Goal Ball, Boccia, Athletics, Table Tennis and Judo. We would also like to set up displays and interactive quizzes about the history of Disability Sport. A local paralympian living in Waltham Forest, who is a teacher, will be involved with researching the history of disability sport and with producing different displays.

If you can help or would like to attend, please get in touch with Alison Jones who will be co-ordinating it.

12. SPORTING PHOTO OPPORTUNITY? A third year photography student at Brighton university, currently working on her final major project, has been taking portraits of visually impaired people in different environments and situations. She would like to expand on her project and needs your help. Are you interested in having your photograph taken in the sports areas, during and after playing. She's happy to provide professional quality print to anyone who participates and to the sports

club. She can also show her portfolio so you can have a better understanding of her work. Contact Alice Colling: 07786267474.

13. OUCH! I'm sure most of you are already aware of this but for those that don't, Ouch is the disability news section of the BBC's website. It's pretty informative as they do 'podcasts' and have a message board etc and it's bang up-to-date on their news item which you'd expect, being part of the BBC. They also do a newsletter and I was interested to read an article on disability fitness and I quote "that when it comes to exercise, disabled people have staying power – we are almost twice as likely to still be using the gym at any given point in time than non disabled users". Isn't this surprising given that many gyms are still fairly inaccessible or difficult to use. Unfortunately the article did not indicate what proportion of disabled users are VI's. To find out more on this or other disability issues of all kind, check out www.bbc.co.uk/ouch/

14. ARGOS IT; The new Argos catalogue is now available on CD free of charge to any VI person. Bulk orders from TNs welcome. Order by email to irwin.bray@soundtalking.co.uk or telephone Mariette on 01435 862737.

15. MINDS EYE MOVIES: This company have put together four new '[Special Offers](#)'. If you haven't had any involvement with Minds Eye (though they've featured here before) check out www.mindseyemovies.biz to see the new offers and to view the new titles recently released. Also no P&P charges now as they've qualified for 'Articles for the Blind' status.

16. ARTISTICALLY SPEAKING: If you're into the museums and arts etc, check out www.st-dunstons.org.uk for details of a forthcoming international conference on Art, Museums and Visual Impairment. It's entitled In touch with Art and is planned for 28th and 29th November and if you don't have internet access, call Sam at Sussex Arts Marketing Ltd, Tel: 0044 (0)1273 882112.

17. BIKECIRCLE : For our VI cycle enthusiasts, check out <http://www.BikeCircle.com>. They cover everything from advice, equipment, sportswear to cycling holidays!

Thanks to Dave, Mo, Amanda, Alan and everyone else who all supplied items of interest, dates and articles. Again much appreciated. Please,

please keep them coming in to me, Dawn Anderson
dawn.anderson@english-heritage.org.uk . In our midsummer issue we will hear about exploits in Norway as well as a report back on Metro weekend to Bognor Regis! We shall also have a cycling report and more on cricket and Bowls. Don't forget to check our quick reference date list below.

METRO AND OTHER DIARY DATE REFERENCE LIST:
Depending on whether you get this electronically or on black & white print, please note the following:

Dates marked in red or italics means dates have been changed since last newsletter. Those marked in blue or underscored are dates newly added.

Also note SBT (soundball tennis is planned for every two weeks but only booked two weeks at a time!

- *19 May LSF Junior Soundball Tennis, Islington Arts & Media School
- 24 May** **Metro Committee Meeting, RNIB**
- 01 June LCCA Inter-County Tournament, Wallington
- 03 June Metro Athletics Training, Waltham Forest Track
- 3-8 Bowls, English National Championships
- June
- 18 June 100 years of Disability Sport
- 22 June SBT Demonstration at Westway
- 23 June** **Metro/LSF Games, Walthamstow**
- 28 June** **Metro Committee meeting, RNIB**
- 30 June EAST Sailing Trip
- 30 June
- 01 July Bowls, Preston Silver Jubilee Triples
- 04 July Metro Social, George Tavern, Victoria
- 7-8 July** **Bowls, Brenda Simmons Memorial Pairs Competition**
- 14 July BBS National Athletics, Nottingham
- 14-22 EAST Sailing Trip
- July
- 14-29 EAST Sailing Trip
- July
- 15 July Metro Tennis Tournament, Southfields
- 28 July Bowls, Potters Bar

05 Sept Metro Social, George Tavern, Victoria

*August Bowls, date tbc for BBS Triples Final

*August Bowls, date tbc for ENAVHB mixed pairs

25-26 Bowls, Metro Singles, Mary Gallacher Pairs

*August

2-7 Sept Bowls, Lowestoft annual tournament

10-16 LSP Sailing Trip

Sept

21-23 EAST Sailing Trip

Sept

05-07 LSP Sailing Trip (under 25's)

Oct

10 Oct- Bowls, IPC World Bowls, Sydney, Australia

03 Nov

03 Nov Metro Pool Tournament, JFK's Pool Club

10-11 Bowls, Blackpool Triples

Nov

*for provisional dates & dates to be confirmed so check with relevant parties if you intend to participate

METRO

Metropolitan Sports & Social Club for the Visually Impaired Registered Charity No. 268076

Chairman: R F Smith MBE

Tel: 020 8255 7788

E-mail: kathyandroy@blueyonder.co.uk

Membership Enquiries:

Tel: 01708 456832

Web Site: www.metroblindsport.org

➤ INVITATION ◀

31st

Metro/LSF Athletics Championships
Waltham Forest Track, North London
Saturday 23rd June 2007

We are delighted to invite you to take part in our popular 31st Athletics Championships. It was very exciting to see over 100 competitors taking part last year. Lets hope we can attract even more children from main stream education. We need your help to pass on this entry form.

All VI schools are very welcome to take part, and we are looking forward to having a full track and field competition (see extra low cost for Junior Accommodation).

Athletics: The programme will be run under IBSA/IAAF rules and is open to males and females of all ages. Every competitor will receive a free T-shirt along with either a medal or a performance certificate. Prizes will also be handed out to some of the winners. A free packed lunch will be provided for all competitors, coaches, officials and escorts. Transport will be provided on Saturday to and from the accommodation. Guide Runners may be arranged, with advance notice and an estimate of your track times. There will also be Relays and a Fun Run during the afternoon for all including parents and coaches.

- Under 14 and Under 17 athletes may take part in up to three individual events in any one day under UKA rules.

- Senior Athletes may take part in a maximum of 5 events. These will consist of either 3 track and 2 field or 2 track and 3 field on the day.
- Under 17 and Senior B3 and B4 athletes are reminded that competition rules do not allow any concessions to assist performance. Athletes may be escorted to their competition in the interests of safety, but the escort must then leave the competition area before the start of the event.
- The above rule does not apply to Under 12 and Under 14 B3 and B4 athletes. However, those who wish to be considered for selection for youth international events should not use guide runners.
- ALL B1 ATHLETES MUST PROVIDE AND USE THEIR OWN SHADES.
- Throwers wishing to use their own implements must produce them for weigh-in at least 1 hour before the start of the event.

The Athletics Competitions are solely for registered blind and visually impaired people. Guest competitors are welcome but no medals or certificates can be awarded. To enter please complete and return the necessary forms. The closing date for entries, accommodation and evening event places is 1st June 2007.

Accommodation: This will be available on Friday and Saturday night. We are using the University of London at Mile End once again, which is a short walk from Mile End Tube Station. Please note there is a reduction for children under the age of 17 – see form attached. There will also be a three-course evening meal provided at a cost of £5 per person.

Swimming: Free vouchers are available for families on the day.

We would appreciate your help in passing details about these events to anyone you think might be interested in taking part. We look forward to seeing you in June and improving on the numbers from last year.

Regards,

Roy Smith MBE
Chairman

Alan Whetherly
Development Officer Visual Impairment LSF

Please send completed entry forms to:

Alan Whetherly, LSF, Ground Floor, Leroy House, 436 Essex Road,
London N1 3QP. Tel 020 7354 8666. Fax 020 7354 8787

Email: alan@londonsportsforum.org.uk

METRO / LSF ATHLETICS CHAMPIONSHIPS

To be held at: Waltham Forest Track, Chingford Road, London E17

On: Saturday, 23 June 2007

Start Time: 11.00am

Events: Under 12 Boys and Girls Age at 01.01.2006

Called 60m, 60m, Standing Long Jump, Ball Throw

Wheelchair Users: 60m, 100m, Height Beanbag, Ball Throw

Under 14 (3 events only) Boys and Girls Age at 01.01.2006

Called 60m, 100m, 800m, Long Jump, High Jump, Shot, Discus, Javelin

Wheelchair Users: 60m, 100m, Height beanbag, Ball Throw

Under 17(3 events only) Boys and Girls Age at 01.01.2006

Called 60m, 100m, 800m, Long Jump, High Jump, Shot, Discus, Javelin

Wheelchair Users: 60m, 100m, Height beanbag, Ball Throw

Senior Ladies and Men

100m, 200m, 400m, 800m, 1500m, 5000m,

Long Jump, Triple Jump, High Jump, Shot, Discus, Javelin

Wheelchair Users: 60m, 100m, Height beanbag, Ball Throw

Vets Ladies and Men over Age at 01.01.2006
40

100m, 800m, Long Jump, Shot

Wheelchair Users: 60m, 100m, Height beanbag, Ball Throw

Entry: Under 17: Free Over 17: £3.00 Cheques payable to "Metro"

Closing Date: 1st June 2007

To Alan Whetherly, LSF, Ground Floor, Leroy House, 436 Essex Rd, London N1 3QP
Tel 020 7354 8666 Fax 020 7354 8787 E-mail: alan@londonsportsforum.org.uk

✂.....

ENTRY FORM METRO / LSF ATHLETICS CHAMPIONSHIPS 2006

Name..... Date of Birth

Address

E-mail address

Tel: Sight classification: B1/B2/B3/B4 Male / Female

Please enter me for the following events:

.....
.....
.....

Are you a BBS member? Yes / No

Guide runner required? Yes / No If yes state track times

I enclose £3.00 entry fee payable to "Metro" (Under 17 Free Over 17 £3.00)

Signed Date

Signature of parent or guardian for under 18s

METRO / LSF ATHLETICS CHAMPIONSHIPS
Saturday, 23 June 2007

ACCOMMODATION REQUEST FORM

Accommodation requested for:

Bed & Breakfast will cost £20 per night for all competitors and guides/escorts. Competitors under the age of 17 will cost £10 each. All other guests will be charged at the full rate of £30 per night.

**Name(s) of guide/escort:
(if applicable)**

Friday 22nd June	Yes / No
Saturday 23rd June	Yes / No

**No. of places required for the evening meal
(3 course, Saturday only) £5.00 each**

Signed Date

Signature of parent or guardian for under 18s.....

Closing date – 1st June 2007

