

METRO

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

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AUTUMN NEWSLETTER 2006 & NOTICE OF AGM

First off, apologies to anyone who may have got a little confused about our last newsletter. I wrote what I could before I went off on holiday and Roy added a whole bunch of extra items after I signed off. But you got a lot more info, which is the important thing. It may happen on occasions when I send the newsletter to Roy who prints them off and sends print versions out! Mo and Mike still produce the tape versions so a lotta work goes into these newsletters!

And getting on with it, thanks to everyone who contributed to this very full newsletter, we have:

METRO AGM, NEW VENUE FOR METRO POOL TOURNAMENT, MID SEASON BOWLS REPORT 2006, SHOCK HORROR, METRO LOST AT BBS CRICKET KNOCKOUT FINAL, TENNIS FOR THE BLIND, QUICK RECAPS (METRO GAMES & BARBECUE), VOLUNTEERS NEEDED FOR TWO PROJECTS (RADIO RESEARCH AND STREET ACCESS SCHEME)

METRO AGM, 24 NOVEMBER 2006, SEE ENCLOSED INFO FOR DETAILS

NEW VENUE FOR METRO POOL TOURNAMENT 4th NOVEMBER 2006.

Yes, it's with regret that I have to inform our pool players that we can no longer use Kentish Town Pool Club as the owner has decided to sell up! So end of an era really but a fond farewell to Ron and all his staff who've supported both Metro and BBS over so many years. We still have the much needed support of our loyal and faithful referee Brian Dakcombe. In fact it was Brian who found us a new venue for our next Metro Pool Tournament which will be held on 4th November 2006 in Peckham. I fear this location will not be too accessible for many of our regulars as you can't use the Underground. You have to go to London Bridge and get an overground train but it's only 3 stops. The venue is very close to the train station. It's difficult to find suitable venues that meet all our requirements. Good news is that there are 15 tables so check out the venue on www.peckham8ball.com In any case, further details will be sent out to our usual suspects. If you are not on the mailing list for pool tournaments and you'd like to enter, let me know at dawney_a@yahoo.co.uk or call me on 0208-803-9728.

MID SEASON BOWLS REPORT 2006

It's good to hear from our bowls section on their comings and goings and by the sounds of, they're as busy as ever (though I note they still have time for a nice cuppa). Thanks to Steve Simmons who provides this report.

Metro bowls is played throughout the year. In winter games are played at Brixton indoor leisure centre on Thursday evenings, During the summer, they play on Monday and Thursday evenings and weekends at Hammersmith Park, White City.

All members are welcome to have a go and try out the enjoyable and relaxing game.

Metro started the year participating in the Scarborough Indoor Open pairs. Paul Hawkes and Steve Simmons came out winners.

Next came the National Open Triples at Bristol in April. Metro took nine players and one team only just missed out on reaching the final by one point.

One week later, twelve metro players decided to cross Hadrian's wall and play in the Glasgow Triples. Eric Gallacher, Chris Barker and Gail Hepworth played very well and won the 3rd/4th place play off,

May saw the beginning of the outdoor season.

Metro members have been enjoying the use of the Hammersmith Park Bowling Green, White City courtesy of the London Borough of Hammersmith & Fulham.

The green has been regularly used on Saturdays, Sundays, Mondays and Thursdays and many thanks to David Mears and Maureen Ryan for keeping the place tidy and full of tea bags!!

The outdoor season has been a busy and successful one so far.

11 players went to Cliftonville, Margate to participate in the National Singles Championships, Congratulations to the following players in reaching the finals

Ron Flanders for winning B! Men

Eric Gallacher for runners up B1 Men

Margaret Cusker for runners up B1 men

Chris Barker for runners up B2 men

Doreen Flanders for runners up B3 women

Steve Simmons for runners up B3 men

Metro members went to Cliftonville again to participate in the Brenda Simmons Memorial bowls competition. After participating every year since 1992, Gordon Bains and Peter Windsor finally won the competition after a close and intense final against Ken Howell and Philip Martin. The scores were level on the last end with Gordon and Peter's experience telling holding shot wood to the bitter end!

Next came the Hastings Open Tournament. With very few people to help over the week, it was fantastic for Anne and Ken Howells to come down for

a couple of days to assist. Overall everyone did very well with the following results

Open Triples winners Eric Gallacher, Maureen Ryan and Steve Simmons

Open Pairs runners up Eric Gallacher and Steve Simmons

Open Singles Runners up Philip Martin

B1 Singles Runners up George Philips

At the same time as players were in Hastings, several metro members were representing England at a Quadrant Tournament in Scotland. The other countries were Israel and Canada. Well done Margaret Cusker, Ron Flanders and Myrtle Robinson for being selected, Even bigger well done to Ron Flanders who won Silver medal in B1 Men and Myrtle Robinson who won Silver medal in B3 Ladies category.

At the end of July, Metro played against Potters bar bowling club, the day was very enjoyable and the hosts made metro very welcome. Although Metro lost, the challenge has been thrown down for next year already.

FOR more details concerning bowls and joining our very successful team of players, whether you are junior or senior, contact Bill Reynolds on 020 8740 1254

SPORTING QUOTATION; I figure the faster I can pedal, the faster I can retire. Lance Armstrong, Cyclist. (That reminds me, we've not heard from any of our cyclists? Anyone care to do a quick report for the newsletter? Not even a wee paragraph? Ed).

SHOCK HORROR, METRO LOST AT BBS CRICKET KNOCKOUT

FINAL! Yes, you read/heard correctly! Metro LOST at the BBS Cricket KO final this year. What happened I hear you ask? Well I'll hand over to xxxx to explain in just a moment but I'd like to make one or two comments as a spectator. This year for the first time, a new scheme by RNIB was launched 'Ball by Ball' which refers to accessibility to running commentary. This makes it much easier to follow the game when you can't actually follow what's going on. Little gadgets were loaned to spectator's which you either attach to your belt, waistband or put in your pocket which has a hygiene friendly earpiece attached. I should think It may be possible if you know in

advance about such schemes, that you could bring your own earpiece or headphones! I still haven't grasped the concept of cricket, even after all these years but even I was very impressed. I was better able to follow what was going on even though the scoring system is still a foreign language to me. I'm sure this scheme will stimulate interest in spectating terms, not just in cricket but many other sports! That just leaves me to say congratulations to the winners, the Welsh Dragons and so over to Dave Townley for the low-down on what happened. I doubt he'll enlighten us as why he's known as the Ice Man or why Bryn Reynolds is DJ Funkmaster? I think it's an inner circle thing....boys will be boys!

METRO CRICKET 2006: A SUMMARY.

Lords Disappointment,.....

Following a quarter-final concession from Sussex Sharks, and a comfortable semi-final victory over Worcestershire Royals, Metro made their way into their fourth successive BBS/Primary Club Knockout Cup Final, at Lords, on Saturday 19th August, to face South Wales Dragons.

Disappointingly, Metros three-match winning run at Lords came to an end. Put into bat, Dragons suffered a couple of early losses, but their middle order rallied them into a commanding position of 140 for 4 after 20 overs. However, Metro fought back with some fine bowling and fielding to eventually dismiss Dragons for 180 in the 30th over. Heindrich Swanepoel, Rory Field, Amit Amin, and Rob Kershaw, each took 2 wickets apiece for Metro.

In reply, Metro struggled to put runs on the board in the face of a tight Dragons attack. Adam Benjamin (11), and David Townley (8) hung around for a while, without really getting going. Matt Dean (10) was caught in the deep, trying to push the run-rate forward, but it was Bryn Reynolds, who top-scored with 20, that put up the most effective resistance, as wickets fell around him. Metro were finally all out for 126, giving Dragons a 54 run victory.

As disappointing as the result was, all Metro players gave their all on the day, and are determined to be back at Lords again in 2007.

.....BCEW JOY!

Metro made a steady, if belated, start to their campaign in the first season of the BCEW League, with a couple of drawn games. Batting first in the seasons opening game, against Sussex Sharks at Highgate, the top order all contributed in posting a total of 243 for 3. Rory Field with 85, and Matt Dean with 44, were outstanding. In reply, Sussex were stubborn in their resistance and saw the game out at 94-5. With the exception of Heindrich Swanepoel, with 3 for 20, Metros bowlers were not quite in the groove yet. Match drawn.

At Newport, South Wales Dragons were put into bat first, and were determined to bat as many overs as possible. Metro stuck at it, and worked really hard, to eventually dismiss Dragons for 198 in the 40th over. Adam Benjamin was in fine form with the ball taking 5 for 37. Metro sacrificed wickets, and scrambled runs, trying to chase down the total, reaching 92-5, before the heavens opened, and the match was abandoned as a draw.

Metros first league win of the season came at Highgate against an under strength London Sports. Put into bat first, Metro powered away to 269-1 in just 19 overs. Rory hit a magnificent, unbeaten 151, and Rob Kershaw hit a fine 44. And it was Rob K that led the bowling attack, taking 3 for 11, as London were tumbled out for just 30.

Sussex were no match either for Metros bowlers at Blackstone in the next fixture. This time, Rory led the way with 4 for 10, as Sharks were bundled out for 58. Rory (24 no), and Matt (26 no), saw Metro home to win by 9 wickets.

Dragons Metro fixtures are always tight, tense affairs, and the Highgate match was no exception. David Townley (64), and Rory (51), proved to be the mainstay of Metros innings of 230 –8 from 33overs, but Dragons

resisted the hard-working Metro bowlers in comfortably seeing out the draw at 173-4.

Metro now needed to win at London Sports to still be in the hunt for the title, which was now very much a two-horse race, between Metro and Warwickshire Bears. Metro were put into bat first at Seven Kings against the strong batting line-up of London. Tim Guttridge blazed a 100, Rory an unbeaten 79, and Matt 45, as Metro amassed 277-3 in 27 overs. London, in reply, batted with great authority, but Metro dug deep into their strength of character to force the win, built around an immaculate bowling performance from Heindrich. He finished with 6 for 31 when London were finally all out for 173 with just a few overs to go.

Highgate was the venue for the first Metro Bears fixture. Bears got off to a flying start, and were well on top at 130-1, but another brilliant spell from Heindrich (5-21), and Rory (3-30), saw them tumble to 163 all out in 33.1 overs. Metro's innings was nip and tuck all the way to the final over. Matt had top scored with 38, and David with 30, to put them, 8 wickets down, needing 7 to win from the final over, with Rob K and Amit Amin at the crease. Amit drove the third ball of the over for 6, and Rob calmly hit the next for 4, to win the tie by 2 wickets, with just one ball to spare.

Unfortunately, the return fixture was cancelled, and an alternative date unable to be found, the final match was abandoned as a draw. Metro, therefore, are the first BCEW League Champions. Unbeaten through the League season, Metro have fought hard for this title, and is richly deserved. Well done!

Note Cricket AGM will be held at St. Georges Tavern, Victoria, (same place as last year!), on the evening of Thursday 2nd November.

To all junior and potential new players for next year: if you require further details concerning METRO cricket squad please do not hesitate to contact David Townley on: 020 8563 1726 Mobile 07960 428 619
Email david.townley@getreal.co.uk

TENNIS FOR THE BLIND. Yes it's the first I've heard of it too and if you're interested, read on...

Japanese Blind Tennis

Playing cricket one Saturday afternoon I overheard some of my team mates talking about Blind Tennis in Japan and immediately started doing some investigating. As a kid I loved tennis and went through the normal frustrations that we all know too well of wanting to play a sport but not quite being able to do it, especially a fast moving ball sport.

Here I was hearing that totally blind people were playing (in 3 dimensions, that is, a bouncing ball over a net and not just along the floor) and that in Japan there are almost 300 people involved with 10 regional tournaments and one National. Apparently they've been playing tennis for 20 years.

Corresponding with Ayako Matsui, a VI teacher working at a state school just outside Tokyo and a Director on the Japanese Blind Tennis Board was coming to the UK to promote Blind tennis and talk to the British and International tennis federation. They are serious about tennis and want to gain Para Olympic status. They believe that the place to start is the UK, the Mecca of tennis, where Wimbledon takes place.

So we set up a game for the 31st of August. The game is played on a badminton court with a sponge ball the size of a softball with a table tennis ball with four ball bearings inside the sponge. The balls are black for partials and orange for totals. The racquets have a maximum length of 22 inches and the net is 80 cm high. B1's get 3 bounces, 2's and 3's 2 bounces and 4's and normal sighted 1 bounce. The rules are almost the same as normal tennis.

I had a great hour playing Ayako even though I lost. It's fun and competitive with a lot of skill involved and can be played by all. We want to start up a social evening on a fortnightly basis, the first one in the first half of November in a central location in London and see where it goes from there. Team sports like cricket and football are great, here's a sport you can play with just one other person and get as much enjoyment out of it and have a

good workout. If anyone is interested in playing please contact me (Robert Kershaw) on 07843203936 or email me on viballsports@yahoo.co.uk.

January Demonstration

The Japanese Blind Tennis Federation will be having a demonstration in early January, actual date and venue TBC. So please join us for a great day out and support them in their cause. Once again send me your details and I will update you once we know the actual date and venue.

QUICK RECAPS

METRO GAMES:

Seems ages ago already but this 30th year Games were a great success. We had over 100 entrants and the weather was fantastic. All the preparatory work put in by Roy Smith and Alan Wetherley (of LSF) was well worth it. Mind you Alan didn't fare too well on the day as the poor man suffered a groin strain and was attended to by St John's first-aiders. This event was also marked with a special 5000 metre run in memory of Paul Pearce and given that it was a hot day, I was amazed at everyone who participated in that particular event! Don't get me wrong, everyone who competed did great but 5000! Then again what about those who run marathons! I'm missing something I think. Anyway, I think I can safely say that the Metro Games 2006 was one of our best, certainly was for me. We'd like to thank all the officials who were busy the whole day, as was their tea-lady and some Metro members were roped in to carrying out some errands and other small but essential jobs. So many thanks to everyone. All those involved may be interested to hear that Metro got letters of thanks and one in particular highlighted the case of one of our youngsters was so pleased to have won 3 medals, he wore them all the way home (via London Underground and overground train). He'd had a particularly bad year sports-wise and so this was a boost to his confidence! It's so nice to get feedback, especially these 'happy stories'.

Full results and some pictures from the day, see the METRO website
www.metroblindsport.org

BARBECUE AT MERTON

I wasn't able to attend this particular event but it went really well with plenty of food and some propping up the bar until quite late (well there's a surprise). Metro and Merton hope to continue with more joint ventures.

SPORTING QUOTATION; The difference between try and triumph is a little umph! Marvin Phillips, Trinidad Goalkeeper. (that's quite a good one to remember if you're in training for any sports, Ed).

SPORTING QUOTATION; It's a pleasure to be standing up here. It's a pleasure to be standing up! George Best, acceptance speech on being acclaimed footballer of the century.

RADIO RESEARCH Blake Stevenson Ltd is an independent research company that has been asked by the RNIB to talk to blind and visually impaired people across the UK about the radio stations and programmes they currently listen to, what they like about these, and what they would like to hear on a radio station designed specifically for blind and visually impaired people.

The results of our research will be used to enhance and develop radio services for blind and visually impaired people. If you would like to take part in a short telephone interview about this, please contact Ian Christie at Blake Stevenson by telephone on 0131 335 3700 or by email at ian@blakestevenson.co.uk. Ian will take a note of your number and call you back.

STREET ACCESS APPEAL Can you help us improve access for disabled people to streets in London?

Transport for London (TfL) wishes to find out what improvements could be made to streets in London to best meet the needs of disabled people. Steer Davies Gleave will be working on behalf of TfL to carry out this research.

To ensure the information gathered best represents the needs of disabled people, Steer Davies Gleave would like to hear from disabled and Deaf Londoners and their organisations willing to participate in the research.

Taking part will involve a face to face survey which will take no longer than half an hour. As part of this survey respondents will be given choices between two street environments that have different levels of street furniture and different pedestrian crossings.

If you are interested in taking part in this research please contact Sarah Lewis or Joanna Webb by telephone on 020 7919 8500 or email joanna.webb@sdgworld.net or sarah.lewis@sdgworld.net.

Please note a small thank you will be given to respondents that take part.

Please be assured that any information you provide will only be used in connection with this project and will not be used for any other purpose.

METRO/LSF

METRO committee members work extremely closely with Alan Whetherly of LSF and serve on several committees to ensure that as many VI children take part in a variety of events. Some of the events are joint-funded by METRO and we are keen to get your feedback.

LSF Events for Juniors and Seniors

Sunday 1st October

Goalball Leaders Course.

Arsenal VI Football @ Sobell Leisure Centre.

Contact Bill Williams.

11.30am - 1.00pm

Saturday 7th October

LSF Junior Goalball Development & Competition Day @

Kelmscott LC, Waltham Forest.

Charlton VI Football @ Crook Log Sports Centre, Bexley.

Contact Barry Simmons.

12.15pm - 1.45pm

Sunday 15th October

Fulham VI Football @ Raynes Park High School,
West Barnes Lane, SW20.
Contact Susie Williams for times.

Saturday 4th November

BBS National Junior 5-a-side Football Tournament.
Aston Villa Events Centre.
Contact Alan Whetherly @ LSF for further details.

Sunday 5th November

Arsenal VI Football @ Sobell Leisure Centre.
Contact Bill Williams.
11.30am - 1.00pm

Saturday 11th November

Charlton VI Football @ Crook Log Sports Centre, Bexley.
Contact Barry Simmons.
12.15pm - 1.45pm

Sunday 19th November

Fulham VI Football @ Raynes Park High School,
West Barnes Lane, SW20.
Contact Susie Williams for times of session.

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Material for the next issue to be sent to the Editor:

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NOTICE OF ANNUAL GENERAL MEETING

This will be held on Friday 24th November 2006 in the St George's Tavern (downstairs), 14 Belgrave Road, Victoria, London SW1V 1QD telephone number 0207 5929911, at 6.15pm to start at 6.30pm sharp. The nearest tube is Victoria, which is on the Victoria, Circle and District lines. turn left out of the station and down Buckingham Palace Road, take next left into Eccleston Road, which becomes Belgrave Road. St George's Tavern is on the right just next to Hugh Road about 150 yards from when you turned off of Buckingham Palace Road. Alternatively walk down Wilton Road after leaving Victoria station, take first right and the pub is at the end of this road, once you have crossed Belgrave Road.

Please make every effort to support your club and come along, as you are all very welcome. You will have the chance to meet other members and take part in the very successful Christmas Quiz. The bar will be open from 5.30pm walk in at street level to the end of the bar and there are some stairs going down to our private room. Any apologies for absence are helpful.

Any voting member seeking election to the Committee should submit their name, with that of a permitted seconder, in writing to the Chairman NO LATER THAN FOUR WEEKS before the AGM. Only fully paid up members for the year prior to this AGM will be eligible.

Resolutions must carry the names of an eligible proposer and seconder, then be submitted in writing to the Chairman NO LATER THAN FOUR WEEKS before the AGM.

An Agenda and report by the Chairman/Secretary are now enclosed. Please try and bring these along to the Meeting. Copies of our 2005 minutes can be obtained from the Chairman if required. Financial information will be handed out at the meeting.

Marks & Spencer Awards 2006

Members are now asked to make nominations in writing or by telephone to the Chairman NO LATER THAN SUNDAY 5TH NOVEMBER 2006. If we do not receive sufficient nominations, these awards will not be made. All award holders are reminded to keep their trophies in good order and get them properly engraved, ready for presentation at the AGM.

Matters under Any Other Business can be submitted to the Chairman in writing NO LATER THAN FRIDAY 17TH NOVEMBER 2006. This is important because of the start time of the club quiz. The bar will be open until 11pm and there will be food for all players.

Roy Smith
Chairman

A G E N D A

METRO V.I. SPORTS CLUB

ANNUAL GENERAL MEETING 2006

**To be held on Friday 24th November 2006 in St George's Tavern, 14
Belgrave Road, Victoria, London SW1V 1QD Tel 0207 5929911**

1. Welcome, Roll Call and Apologies
2. Minutes from 2005 Annual General Meeting
(copies available on request)
3. Chairman's /Secretary's Report
4. Treasurer's Statement
5. Resolutions and Election of Committee
6. Membership Fees
7. Marks & Spencer Awards
(Item only taken if Nominations made prior to Meeting)
 - a. Best Sportswoman
 - b. Best Sportsman
 - c. Best Achievement
8. Any Other Business

(Only in writing before Friday 17th November 2006)

Club organiser reports will not be taken on the night, as these will only repeat what has been submitted to the club newsletters throughout the year.

CHAIRMAN'S /SECRETARY REPORT 2006

I hope you have found something of interest in the 2006 Newsletters which we have sent out regularly this year on tape, large print or email. Please continue to send material to Dawn and support some of the events.

I would like to take this opportunity to highlight some of the activities that I enjoyed this year. The weekend at Bognor in February with over 30 members and families. The sports day with children in East London in March held in conjunction with LSF and over 40 youngsters taking part in a variety of sports. The Metro / LSF games in June with over 100 taking part and wearing the free yellow t-shirts we handed out to celebrate the 30th athletics games we have organized.

Finally the day with Lashings World Cricket Team, a very professional run fund raising day with the Metro Cricket Team and supporters being fed and free drinks all day!!

I must finish by thanking Jane, Dawn, Mo, Mike, David, Henry, Andy, Bill, Martin and Emmond for all their help running this club.

METRO CHRISTMAS QUIZ

This Christmas Quiz is an excellent opportunity to meet members and friends of the Club, who have helped throughout the past year.

Please bring along partners/ friends etc to make up teams of no more than six, to enjoy a competitive, but fun evening.

Festivities will start after the AGM, so don't be late! Our resident host, the One and Only Dave Griffiths, has once again agreed to test your memories and pick your brain cells with his own brand of mind-teasers.

To book your place, please let me know before Friday 17th November 2006, so catering can be organised. You can either book your team of 6, or as an individual player. Teams can simply be formed on the night.

Each player of a winning team (6) will receive a £10 M&S voucher.

Look forward to seeing you all.

Roy Smith MBE
Chairman