

## London Metro

Includes distribution to newspapers including local press, television, radio and news agencies via PA Media, the national news agency of the UK and Ireland.

### London Metro London Metro Newspapers

Aberdeen Evening Express	Esher News and Mail	Iford and Redbridge Yellow	Paisley Daily Express
Archant	ESI Media (Major Group Name)	Advertiser	Pinner Observer
Barrow - North West Evening Mail	Evening Standard	Iford Recorder	Portsmouth News
Basildon & Southend Echo	Feltham Informer	Ipswich - Evening Star	Press & Journal - Aberdeen
Belfast Telegraph	Financial Times	Irish News	Putney and Wandsworth Guardian
Birmingham Mail	Fulham Gazette	Islington Gazette	Reach
Bolton News	Gibraltar Chronicle	Islington Tribune	Reach Regionals
Bournemouth - The Daily Echo	Glasgow - Evening Times	Jersey Evening Post	Richmond and Twickenham Times
Bradford - Telegraph & Argus	Gloucestershire Echo	Jewish News & Media Group	Richmond Informer
Bristol Evening Post	Greenford and Northolt Gazette	JPI Media	Romford Recorder
Burton Mail	Greenford, Northolt and Southall Leader	Kensington and Chelsea Chronicle	Romford, Hornchurch & Upminster Yellow Advertiser
C N Group Ltd	Greenock Telegraph	Kentish Times	Ruislip & Eastcote Gazette
Cambridge Evening News	Greenwich Borough Mercury	Kilburn Times	Scotland on Sunday
Claverley Group (Midland News Association)	Greenwich News Shopper	Kingston Informer	Sheffield Star
Colchester Gazette	Grimsby Telegraph	Lancashire & Wigan Evening Post	Shields Gazette
Courier & Advertiser - Dundee	Guardian Media Group	Lancashire Telegraph	Shropshire Star
Coventry Telegraph	Hackney Citizen	Leeds - Yorkshire Evening Post	Sidcup & Bexley Chronicle
D.C Thompson	Hackney Gazette	Leicester Mercury	South London Press
Daily Express	Hackney Today	Lewisham Borough Mercury	South Wales Argus - Newport
Daily Mail	Hammersmith & Shepherds Bush Gazette	Lewisham News Shopper	South Wales Echo
Daily Mirror	Hampstead & Highgate Express	Liverpool Echo	South Wales Evening Post
Daily Post - Wales	Harefield Gazette	London Evening Standard	Southall Gazette
Daily Record	Haringey Advertiser	Mail on Sunday	Southampton - Southern Daily Echo
Daily Star	Haringey Independent	Mail Online	Southwark News
Daily Star Sunday	Harrow Leader	Manchester Evening News	Sport Newspapers Ltd
Dartford Messenger	Harrow Observer	Metro	St John's Wood & Maida Vale Express
Derby Evening Telegraph	Harrow Times	Muswell Hill Journal	Staines and Egham News
Dorset Echo	Hartlepool Mail	Newcastle Evening Chronicle	Staines Informer
Dundee Evening Telegraph	Hayes and Harlington Gazette	Newcastle Journal	Stanmore Observer
Ealing & Acton Gazette	Heston and Uxbridge Times	Newham Recorder	Stoke Newington Gazette
Ealing Informer	Hirst Kidd & Rennie Ltd	News & Star - Carlisle	Stoke The Sentinel
Ealing Leader	Hornsey Journal	News UK & Ireland	Stratford & Newham Yellow Advertiser
East Anglian Daily Times	Hounslow and Brentford Times	Newsquest Media Group	Stratford and Newham Express
East London Advertiser	Hounslow and Chiswick Informer	Norfolk Eastern Daily Press	Streatham Guardian
East London and West Essex Guardian	Hounslow, Feltham and Hanworth Times	Norwich Evening News	Streatham, Clapham & Crystal Palace Post
East London Enquirer	Huddersfield Daily Examiner	Nottingham Evening Post	Streatham, Dulwich and Clapham Mercury
Edgware and Mill Hill Times	Hull Daily Mail	NWN Media Ltd	
Edinburgh - Evening News		Olay Gazete	
		Oldham Evening Chronicle	
		Oxford Mail	
		Paddington & Westminster Times	

Sudbury Mercury	The Scottish Sun	Woking Review	NuSound Radio
Sunday Echo	The Sun	Woodford Recorder	Radio Jackie
Sunday Express	The Sunday People	Worcester News	Radio News Hub
Sunday Herald	The Sunday Post	Yorkshire Post	Share Radio
Sunday Independent	The Sunday Sun	<b>News Services</b>	South City Radio
Sunday Life	The Sunday Telegraph	ABC News	Spectrum International Radio
Sunday Life (Belfast)	The Sunday Times	AI Jazeera	Time 106.6 FM
Sunday Mail	The Sunday Times	Bloomberg	Time 107.5 FM
Sunday Mercury	The Times	CBS News	XFM London
Sunday Mirror	The Times	PA Media Group	<b>Online</b>
Sunday Sport	Thurrock Gazette	<b>Magazines &amp; Periodicals</b>	Aberdeen Evening Express online
Sunday Sun	Tottenham & Wood Green Advertiser	Hello! Magazine	AOL
Sunday Telegraph	Tottenham, Wood Green and Edmonton Journal	Independent Magazines	Barrow - North West Evening Mail online
Sunday World	Ulster Newsletter	Lambeth Life	Basildon & Southend Echo online
Sunderland Echo	Uxbridge & West Drayton Gazette	Living South	BBC.com
Sutton Borough Post	Uxbridge and Ruislip Informer	Meridian Magazine	BelfastTelegraph.co.uk
Sutton Guardian	Uxbridge Leader	National Press Publishers	Birmingham Mail online
Swanley Times	Wales - Western Mail	<b>Television</b>	Bolton News online
Swindon Advertiser	Wales on Sunday	BBC	Bournemouth - The Daily Echo online
Teesside - Evening Gazette	Waltham Forest Yellow Advertiser	BBC News 24	Bradford - Telegraph & Argus online
Telegraph Media Group	Walthamstow, Leyton & Chingford Yellow Advertiser	BBC TV General Factual	Briefcase.news
The Argus Brighton	Wanstead and Woodford Guardian	BBC1 Lunchtime News	Bristol Evening Post online
The Citizen Gloucester	Watford Free Observer	ITN	Bristol-link.co.uk
The Daily Telegraph	Watford Observer	ITV	Burton Mail online
The Docklands	Wembley and Kingsbury Times	ITV London - London Today	Cambridge Evening News online
The Gazette - Blackpool	Wembley Leader	LWT	Colchester Gazette online
The Guardian	Wembley Observer	Russia Today TV UK	Courier & Advertiser - Dundee online
The Guardian Observer	West End Extra	SKY UK	Coventry Telegraph online
The Guernsey Press	West London Informer	STV	Daily Express online
The Herald	West Midlands Express & Star	Talksport	Daily Mail online
The Herald (Plymouth)	Western Daily Press	Wireless Group	Daily Mirror online
The Herald - Scotland	Western Morning News	<b>Radio</b>	Daily Post - Wales online
The Independent	Western Morning News on Sunday	102.2 Smooth FM	Daily Record online
The Leader - Wrexham & Chester	Westminster Chronicle	BBC London 94.9	Daily Star online
The Mail on Sunday	Westminster News	Camden Community Radio - CC Radio	Daily Star Sunday online
The News - Barking and Dagenham Council	Willesden and Brent Chronicle	Capital 95.8 - The Sound of London	Dailystar.co.uk
The Northern Echo	Willesden Leader	Choice FM	Derby Evening Telegraph online
The Observer	Willesden Observer	Gold 1548	Dorset Echo online
The Peninsula	Wimbledon Guardian	Heart 106.2	Dundee Evening Telegraph online
The Post - Mitcham, Morden & Wimbledon	Wimbledon Post	Independent Radio News	East Anglian Daily Times online
The Post - Reigate, Redhill, Horley & Epsom	Woking Informer	Kiss 100	Edinburgh - Evening News online
The Press - Hendon, Finchley, Edgware and Mill Hill	Woking News and Mail	LBC 97.3 FM	Express.co.uk
The Press - York		LBC News 1152 AM	
The Scotsman		Link FM	
		London Greek Radio	
		Magic 105.4 FM	
		Mercury 96.6 FM	

gilmourmedia.com	Portsmouth News online	The Sunday Post online
Glasgow - Evening Times online	Press & Journal - Aberdeen	The Sunday Sun online
Gloucestershire Echo online	online	The Sunday Telegraph online
Google.co.uk	Sheffield Star online	The Sunday Times online
Greenock Telegraph online	Shields Gazette online	The Times online
Grimsby Telegraph online	Shropshire Star online	The Times.co.uk
Hartlepool Mail online	South Wales Argus - Newport	TheGuardian.com
Huddersfield Daily Examiner	online	ThePolishObserver.co.uk
online	South Wales Echo online	TheSun.co.uk
Huffington Post	South Wales Evening Post	Ulster Newsletter online
Hull Daily Mail online	online	Verizon
i newspaper	Southampton - Southern Daily	Wales - Western Mail online
Independent.co.uk (Sunday)	Echo online	Wales on Sunday online
indy100.com	Standard.co.uk	West Midlands Express & Star
inews.co.uk	Stoke The Sentinel online	online
Ipswich - Evening Star online	Sunday Echo online	Western Daily Press online
IrishNews.ie	Sunday Express online	Western Morning News online
Jersey Evening Post online	Sunday Herald online	Worcester News online
Lancashire & Wigan Evening	Sunday Independent online	Yahoo
Post online	Sunday Life (Belfast) online	<b>**FREELANCE</b>
Lancashire Telegraph online	Sunday Life online	<b>JOURNALIST**</b>
Leeds - Yorkshire Evening Post	Sunday Mail online	Freelance Journalist
online	Sunday Mercury online	
Leicester Mercury online	Sunday Mirror online	
Liverpool Echo online	Sunday Sport online	
London Evening Standard	Sunday Sun online	
online	Sunday World online	
Mail on Sunday online	Sunderland Echo online	
Mail Online online	Swindon Advertiser online	
Manchester Evening News	Teesside - Evening Gazette	
online	online	
Metro online	Telegraph.co.uk	
Newcastle Evening Chronicle	The Argus Brighton online	
online	The Citizen Gloucester online	
Newcastle Journal online	The Daily Telegraph online	
News & Star - Carlisle online	The Gazette - Blackpool online	
NewsAndStar.co.uk	The Guernsey Press online	
NewsThisSecond.co.uk	The Herald (Plymouth) online	
Norfolk Eastern Daily Press	The Herald - Scotland online	
online	The Herald online	
Norwich Evening News online	The Independent online	
Nottingham Evening Post online	The Leader - Wrexham &	
NWEmail.co.uk	Chester online	
Oldham Evening Chronicle	The Northern Echo online	
online	The Observer online	
Oldham-Chronicle.co.uk	The Press - York online	
Oxford Mail online	The Scotsman online	
Paisley Daily Express online	The Scottish Sun online	
PolishExpress.co.uk	The Sunday People online	