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corre contra o tempo, desafiando e incentivando uns aos outros, tudo isso para alcançar metas e vitórias. Nosso modelo para treinamento conta com uma parte superior mais leve e respirável do que atualmente encontramos no mercado. O provisor de treinamento especializado Thompson tem o prazer de apresentar o produto inovador de ensino de inglês para quem deseja melhorar suas habilidades.

Postcode area in United Kingdom
The E (Eastern) postcode area, also known as the London E postcode area, is the part of the London post town covering much of east London, England. It borders the N postcode area to the west, both north of the tidal Thames. Since the closure of the East London mail centre, its mail is sorted at Romford Mail Centre together with IG and RM postcode areas.

Postal administration [edit]
The current E postcode area was originally formed in 1866 as a merger of the E and NE areas, which had been created in 1858. In 1917, the postal districts were numbered alphabetically by their most important parish, chapelry, topographical or built environment feature. [3] As of 2004, the district names do not form part of the postal address. [2] High demand caused sector 9 of the E1 postcode district to be split and recoded in 1999 to create an E1W postcode district around Wapping, [4] but the rest of the district did not gain an additional character. When districts are used for purposes other than the sorting of mail, such as use as a geographic reference and on street signs, E1 and E1W continue to be commonly classed as one 'district'. The E postcode area contains two non-geographic postcode districts for high-volume business users, E77 and E98. [5]

The Eastern District Office is on Whitechapel Road and was the eastern terminus for the former London Post Office Railway, which has been mothballed since 2003. The railway ran 10.5 kilometres (6.5 mi) to the Paddington Head District Sorting Office.

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