



Festival preparations in full swing

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Other top-class entertainment includes a Dance Show and a kick boxing display from the Minotaurs Thai Boxing Gym.

As usual, there will be an opportunity to support local businesses and charities by visiting the stalls and to talk to the East Finchley Safer Neighbourhood Team and the local fire service.

Helpers still needed

The festival organisers are still after volunteers to help with the organisation and to act as stewards on the day. Can you help? If so, please contact me on 020 8883 4916.

The organisers would like to acknowledge the generous contribution being made by Budgens to this year's festival.

Budgens will be donating food and takings from their stall on the day to the Finchley Community Development Trust.

The organisers are also grateful to the Metropolitan Police and to the co-ordinator of the French Market, which took place recently in East Finchley, for their support.

However, in general, the festival receives no direct funding and is entirely dependent on revenue from advertising, stalls and the raffle to keep running each year. So come along, enjoy the day, buy some raffle tickets and support your local community.

One more thing: keep your fingers crossed for a bright, sunny day!

Festival timetable

Community Stage

12pm: Natascha Leonie
12.55pm: Dhoom Foundation
1.10pm: Martin Primary School
1.45pm: Dance Show
2pm: Community Focus Group, Happy Go Lucky Dance Group
2.20pm: Finchley Children's Music Group
3pm: East Finchley Monday Club
3.20pm: Angels of Kaos
4pm: SWON (Symphonic Wind Orchestra)
4.50pm: Kick Boxers
5.10pm: Simply Saxes

Main Stage

12pm: official opening of festival followed by Dhoom Foundation
12.15pm: The Idles
1pm: Antigua Joe
1.15pm: The Bridge
2pm: Mr Skitz aka UK Reps
2.15pm: Sound of the Suburbs
3pm: Mr Smiley N2
3.15pm: The Last Grand
4pm: Jinx
4.45pm: Festival Raffle
5pm: Applelips Brothers

A friendly welcome awaits you

EAST FINCHLEY METHODIST CHURCH

197 High Road, London N2 (opp. Creighton Ave.)

tel: 0208 346 1700

www.eastfinchleymethodist.org.uk

**Family service and Junior Church
Every Sunday at 10.30 a.m.**

Worship Music Social events Youth Club Wheelchair friendly
e-mail: info@eastfinchleymethodist.org.uk Room hire tel: 0208 444 4453

All Saints' Church, Durham Road, East Finchley Church of England

Sunday masses at 8.00 a.m. and 10.00 a.m.
Weekday masses at 10.00 a.m.
Prayer requests are gladly accepted.

The Parish has a flourishing social life.
Contact the Vicar, Fr Christopher Hardy,
on 020 8883 9315.

All Saints' also has a strong musical tradition and an enthusiastic choir of both adults and children.
Experienced singers are always welcome.
Contact Geoffrey Hanson on 020 8444 9214.

<http://www.allsaints-eastfinchley.org.uk>

Fake leaflets and car thefts

In the past three months the number of apparently abandoned vehicles being removed from the streets of Barnet has increased. These vehicles tend to have either no insurance or no tax and to have been declared 'off the road' to the DVLA.

Recently there have been reports that fake leaflets have been left on cars and, if the leaflets have not been removed within a certain period, an unauthorised removal van has towed the car away.

Barnet police are asking people to be extra vigilant. If you have declared your car off the road, please check it regularly. If you notice a leaflet, remove it immediately, take down all the details displayed (name and contact number) or take a digital photograph of it.

If you do see a vehicle being removed, please record the registration numbers of both the removal vehicle and the one being towed and report the matter to the police.

Police are investigating these incidents and are



Photograph by John Lawrence

appealing for witnesses to come forward. Any person who has information on this matter can speak in confidence. The

number to call is 020 8733 5877 or Crime Stoppers on 0800 555 111.

Where have all the runners gone?

By Victoria Davenport

As I write this one week after the London Marathon, the woods and streets are empty. Where have all the runners gone? Well, like me, they are probably being lazy slobs for the first time in months, guilt-free! The last few weeks before the Big Day are known as 'tapering'. This means that while you're reducing your running drastically, panic is setting in. For one thing, you're convinced all your muscle strength and endurance is seeping into the mattress every night.

Then you start to obsess over what to wear, how to fit all your gels into your bag, and most of all whether you will remember how to walk, much less run, 26.2 miles. You start to have pre-marathon nightmares; mine consisted of being stuck going round and round Canary Wharf, the bleakest part, like a trapped hamster.

Weather woes

This being my second time in the Marathon, while the buzz was still there, the sense of unbearable excitement was dampened down significantly by the weather. Uncertain whether it was preferable to die of heat, or freeze, I compromised with layers.

Foolishly, I abandoned my long-sleeve top at the first loo stop (the sun was out then). Being someone on the verge of hypothermia most of the time, when it started to pour and blow five minutes later I realised that was one of the dumbest things I had ever done. Sure enough, wearing only a bra, charity vest, shorts and soaking wet gloves, within minutes my legs had seized up; within an hour I considered asking a bystander for a sweater, *please!* or even St John's ambulance for a silver cape, although running in one would be tricky. Speed went out the window. All I craved was



Flora - V Davenport

warmth, by any means.

Support and kindness

The sun peeped out briefly, quickly followed by hail and wind. Despite the foul weather, the crowds were as massive and wonderful as ever, and a huge difference that makes. I also remain amazed by the sheer organisation of the Marathon by the Flora people. How do they get all those kids to stand in wretched weather cheerfully handing out bottles of water and personally wishing you luck? I am especially indebted to whoever opened my goody bag for me at the finishing line because my fingers were too frozen. Of course, having sworn never ever, ever to do that again, I was online with millions of others the next day, entering for next year's ballot.

At least when the knees go, when the mind goes (which-ever goes first) I can volunteer to hand out water and put medals around necks at the finish line. And what an honour that will be, as well. Something to look forward to in old age!

Donations for Victoria's good cause are still welcome: cheques payable to The Children's Society, to V. Davenport, 21 Durham Road, or online at www.justgiving.com/victoriadavenport1. Special thanks to Mr & Mrs Patel, East Finchley.

