



When one marathon isn't enough

By John Lawrence

For most runners, one marathon at a time is perfectly sufficient. Teacher Anna Finn, however, has set herself a much tougher challenge. Not only is she planning to run ten marathons in ten days, she's also bidding to become the youngest woman to have completed 100 marathons.

Anna, 32, gets up at 5am and runs up to 15 miles every morning before going off for a day's work as an A-level maths teacher at Woodhouse College in North Finchley. Then, most weekends, she is either training hard or running a competitive marathon course.

All this pounding of the streets is not for nothing. Anna is raising money for Brathay, a national charity that aims to steer young people away

from crime and gang culture by helping them make the right choices in their lives.

10 in 10 challenge

Anna, who lives in Manor Park Road, has been running for nine years. She describes the 10 in 10, to be run round Lake Windermere in Cumbria on ten successive days, as the biggest challenge she's ever faced.

"The most I have done until now is two days running in a row," she said. "For 10 days, I'm going to need good recovery powers and I'll have to listen



Anna Finn aims to run 10 marathons in 10 days.

to my body. The organisers are going to look after our nutrition, and we will get a massage every day.

"I've built up my training so I'm fairly confident I can do what's required. My biggest worry is if I pick up an injury and have to run with that, or not be able to run at all.'

If you would like to support Anna in her athletic quest, and support Brathay's charitable work, you can make a donation online at www.justgiving.com/ annafinn10in10

Staff and children at Holy Trinity Primary School celebrate their Ofsted success. Photo by Lisa Davies.

Thumbs up for Holy Trinity

Holy Trinity CE School is officially a good school with outstanding features, according to Ofsted inspectors who visited the East Finchley primary school last month.

The highly successful inspection is the third celebration at the school in recent months. Last summer saw year 6 pupils achieve the highest-ever SATs results in Holy Trinity's history.

And only last May Schools Minister Jim Knight wrote to congratulate Holy Trinity on being among the top-performing schools in the country for sustained year-on-year improvement at year 6.

Headteacher Tim Bowden said: "We truly believe we are a fantastic school and to get official recognition of this is really rewarding. Our motto is High Standards Together and it is towards this aim we are constantly working with our staff, pupils and the whole school community."

Ofsted inspectors came knocking only three weeks into the new autumn term, grading Holy Trinity



Do you want to sell your old stuff on eBay and turn it into cash? Are you mystified or worried?

as a good school overall, although five areas of the school's work were judged to be outstanding, the highest grade possible.

One area they particularly focused on was the school's nursery and reception classes, of which the report said: "Teaching and learning in the Nursery and Reception class are good. There is a good range of activities led by adults and chosen by children for themselves. Activities are interesting and exciting and the children enjoy all they do."

beginning his fifth year at the one-form entry school, said: "I have a highly committed staff team, a great bunch of hardworking and well-behaved pupils and a fantastically supportive group of parents, carers and governors. As a headteacher I couldn't ask for more.'

NOVEMBER 2009

Prospective parents wishing to tour the school should contact Mr Bowden or School Secretary Ms Karen Peters on 020 8883 1824. The next tours are on Thursday 19th November and Thursday 3rd December, both at 10am.

Mr Bowden, who is just

TELEPHONE FAULTS REPAIRED 50% CHEAPER THAN BT * the POST OFFICE * TALK TALK etc HOME * OFFICE * FACTORY LINES * EXTENSIONS * EQUIPMENT - TESTED & REPAIRED

Call RON COLLINS 0208 883 9325 * 07748 278728 email: roncallsaver@yahoo.co.uk

Virgin London Marathon 2010

If you have a place in next year's Marathon, we would love to have you on our team. There's no minimum sponsorship, just raise what you can.



Art and craft fair returns

By Dina Katz

Sunday 22 November is a special date for your diary. **Once again the East Finchley Open Art and Craft Fair** will be held at Martin School. Visitors will be able to meet the artists, browse their work and possibly buy items that take their fancy.

Entry is free but a voluntary donation of £1 to local charities enters you for this year's prize draw, where the prizes are three art works donated by artists from the EFO. Refreshments will be on offer too

The EFO is an active group of local artists that has had a busy and successful year. It held two wellattended Open House weekends in July, along with a concurrent find unique and exciting gifts. THE ARCHER Calendar will also be on sale. The fair takes place at Martin Primary School, Plane Tree Walk, 11am to 5pm on Sunday 22 November. Find out more at www.eastfinchleyopen.org.uk



group exhibition.

The EFO has been showcasing its work in the Phoenix Cinema and the High Road window of Kokos to honour and celebrate the cinema's 100th birthday.

Do come along to support your local artists and possibly

Midhurst Butchers

Certified organic meat at reasonable prices Free-range poultry Home-made sausages (including Boerwors)

2 Midhurst Parade, Fortis Green, London N10 Tel. 020 8883 5303

Effective Treatment for Conditions of Pain, **Stress and Anxiety** Appointments

07795 203107 Utopia 1A LEICESTER MEWS, N2 16J

Squires Lane Medical Practice 2 SQUIRES LANE, N3 2AU

Fiona Hurlock MRSS MACS www.fionahurlock.com

Let me help you whether it's a car (we usually get better than dealer prices) unwanted items such as cameras, computers, jewellery, furniture or even designer clothes. I work on a no sell no fee basis. Why not email or call me for a free chat. Tony Joseph 07957 494573 - 0208 883 7296 e:- tonyjoseph99@yahoo.co.uk

Counselling and Psychotherapy - Space for Thinking Experienced NHS Practitioner - supervised Provides confidential therapy dealing with depression, anxiety, trauma, abuse, relationship issues and many more ... Offers short and long term therapy. Free initial consultation and competitive rates.

dragana_savcic@hotmail.com tel: 020 8292 9480 mob: 077 3955 8155

Help children with cerebral palsy - contact Sarah on: sarah@bobathlondon.co.uk or 020 8442 2275

BOBATH CENTRE FOR CHILDREN WITH CEREBRAL PALSY

Registered Charity 229663 www.bobath.org.uk The Bobath Centre, 250 East End Road, London N2 8AU