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A 100-mile run round London... in 24 hours!

By John Lawrence

Running a marathon is always a challenge, tackling two back-to-back would be incredibly tough but how would it be to run almost FOUR marathons one after the other in the space of just 24 hours?

Ask 49-year-old father-of-two David Russell and you get some answers. "What I realised was sometimes going up hills you can walk faster than you can run… and a fresh pair of socks has never felt as good as it does after 62 miles," he says.

David, of Vivian Way, N2, set himself the challenge of running 100 miles in a full loop of London inside 24 hours to raise money for the Survivors Fund, where he is UK coordinator in its work supporting women and families caught up in the 1994 Rwanda genocide. He set off from close to his home at an eye-watering 4am and made it back by 3.30am the next morning, after following the twists and turns and ups and downs of the Green London Way, which passes through Hampstead Garden Suburb.

David adds: "What I also took away from the experience is the sense of accomplishing something that I didn't know I could do. I've never run that far before and I had no idea how long it would take."

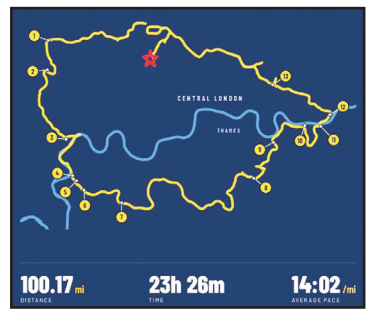
He ran the first 50 miles anti-clockwise via Richmond to Lewisham in 10 hours, effectively keeping up a pace of 12 minutes per mile, before taking a short break and embarking on the second half, where the scale of the task began to take its toll. "The last 20 miles was a run into the unknown," he says. Luckily his running friend Bernie joined him at midnight to give him a morale boost for the home leg. What also kept him going on his solo, self-supported challenge was knowing that every pound of his sponsorship would make a difference to the people of Rwanda. He expects to raise more than £12,000 in total.





David Russell setting off from home in East Finchley and arriving home 100 miles and under 24 hours later

"It was physically hard but I have some wonderful memories," David recalls. "It is amazing how beautiful and calm London's green spaces can be, and I also had some great chats with shopkeepers when I stopped for food and drink. Some of them gave me freebies to see me on my way. They probably thought I was completely mad."



Capital ring: David's anti-clockwise route around London

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Light and Flight by the lakeside

By Diana Cormack

In 2024, sports and fashion brands group Pentland moved from its lakeside office on Squires Lane, N3, to new premises in central London. Set almost on our doorstep, many locals had long wanted to explore this building and its interesting surroundings which have been used for TV and movie filming.

With a long history of involvement with the people of Finchley, Pentland has been working with Barnet Council and the Greater London Authority on a project to create positive benefits to the wider community within this beautiful setting.

Out of this has come a celebration of art, music, performance, heritage and collective fun called Light and Flight. Packed with free events, it takes place at Finchley Lakeside, N3 2QT and is the first time the building is open to the public. With stunning views from its fifth floor and many artistic activities in the surrounding lakeside pine area, why not take a look?

It takes place on the weekend of 14-15 November and is part of a year of creativity, connection and belonging in Barnet. Opening times are Saturday 12-5pm and Sunday 11am -4pm.
Visit **www.lightandflight.co.uk** for further details.

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