



SPORTS PAGE

By Robert Moore

Don Spouse Memorial Cup Final

Five Bells FC produced a tremendous performance in their Cup Final, but eventually were beaten 2-1 by last season's Barnet Sunday League Premier Division Champions, Conyers Park.

Conyers Park, from the division above them were clearly rattled early in the match, as Five Bells launched wave after wave of attacks during the first half.

After 20 minutes of almost constant pressure, the East Finchley side thought they had been rewarded when a long throw from Paul Bromley was misjudged and dropped by the Conyers goalkeeper who clattered into one of his defenders and the loose ball dropped into the net. However, Bells' celebrations were cut short as the referee controversially awarded Conyers a free kick for a foul

on the keeper.

The game remained goalless until half time, then in the fifteen minutes after the re-start, Conyers managed to take a two-goal lead with two headed goals, the second of which was hotly disputed as Bells appealed in vain for an offside flag.

Bells refused to give up; continuing to battle away and deservedly pulled a goal back through midfielder Lee Piercy after 70 minutes.

At the awards ceremony immediately after the final whistle, the Conyers team warmly applauded their opponents from the division below them, whose performance the League officials described as "gallant and brave".

Flora London Marathon

After missing out on The Flora London Marathon last year through injury, I was delighted to be lining up at the start of this year's race with 33000 other runners, feeling fit and raring to go. After a year of hard training, I was relieved to wake up to perfect conditions - a bright sunny day with none of the cold East winds which had been prevalent for the whole of the week before.

My aim was to beat the time that I set in New York last November (3h 57m 57s), and to this end I set off steadily. In fact I didn't have a lot of choice, being at the mass 'Red Start', it took me over six minutes to get over the actual start line and at least a mile of congestion before I could get into a steady stride.

The crowd all the way along the course gave fantastic vocal support, creating a very special atmosphere. For the last six miles I was conscious of the fact that no runners were going past me, and that I was weaving my way past tiring runners in front of me. Psychologically, this gave me a big lift, and I finished in 3h 51m 58s, even managing a sprint finish!

Run for your money

More importantly, having been generously sponsored by many friends, I will now be able to collect in the region of £1,500 for my chosen 'Whizz-

Kidz' charity, who provide wheelchairs and mobility aids for disabled children. Of course any contributions will be gratefully received if you would like to donate by sending in to me at *THE ARCHER*.

Other local runners who took part and who also are raising money for various charities include the following: Sean Hussey (3h 53m), Tom Fothergill (3h 53m), Chris Grey (4h 56m) and Duncan Mills (5h 9m).



Head teacher Duncan Mills with pupil Michael Wiltshire.
Photo by Erini Rodis

Duncan Mills, head teacher of Holy Trinity primary school, ran the marathon for the benefit of one of his pupils, 7-year-old Michael Wiltshire, who suffers from Prader-Willi Syndrome.

He has raised about £2,500 so far towards his target of £3,000. Donations should be made to Holy Trinity School.

MUSWELL HILL BOOKSHOP

Now holds regular author readings and discussions. If you would like further information or to join our mailing list contact us at:



72 FORTIS GREEN ROAD, N10
020 8444 7588

EAST FINCHLEY ELECTRICAL CONTRACTORS
(Est. 25 Years)

We are now stocking:

- Washing Machines from £198.50
- Tumble Dryers from £126.95
- Fridge Freezers from £193.95
- Microwaves from £54.99

Free local delivery

You can even order from our on the counter catalogue
Next Day Delivery

020 8444 5630

115 High Road, London N2.
www.ef-elec.co.uk

SECUREBASE
DOMESTIC COMMERCIAL INDUSTRIAL SECURITY

TOTAL SECURITY SOLUTIONS

ssaib

www.securebase.co.uk
020 8442 0660
Fax 020 8365 2788 email sales@securebase.co.uk
112 High Road, East Finchley, London, N2



Building Insurance

£100,000 Sum insured for only £140 A YEAR

ALSO AVAILABLE

Household Contents, Private Car and Motorcycle Policies

RAMPDALE INSURANCE BROKERS LTD
127 High Road, East Finchley, LONDON N2 8AJ

Members of The General Insurance Standards Council

THE ONLY BROKER IN EAST FINCHLEY PROVIDING YOU WITH INDEPENDENT INSURANCE ADVICE



0870 444 6126 / 0870 444 6125
E.MAIL BIKE@RAMPDALE.COM

