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Vigours. Photograph courtesy of Ben Kelly

## Vigours set to make it big

By James Luxford

East Finchley's creative roots are well known, with a youth theatre and cinema both prominent in the community. However, a young local band wants to do the area proud by making it big.

The Vigours have not been together long. However, 2007 saw them make their mark on the London music scene, as well as winning some fans abroad. Band members Joe Mallon and Andreas Yiannikaris both come from East Finchley.

### From Channel 4 to Korea

The band began performing on the pub and club scene and quickly gained a reputation for their lively sets, which include the energetic *Rave To Remember* and the rousing anthem *Victory March*. Their unique sound attracted the attention of Channel 4, who first featured their music in their *War and Terror* documentary earlier last year. In October, the band was featured in a plotline for the teen soap *Hollyoaks*.

The highlight of their year, however, was headlining the Jecheon International Music and Film Festival in Korea. Their set was met with a rapturous recep-

tion, leading to more dates in the country and a single release via various Korean music sites.

### New release

In 2008, The Vigours are looking to consolidate the success of the previous year by releasing a new EP, entitled *Give Us A Sign*. The release includes new songs *The Naught Sweeney*, *Keep Running* and *The Great Debate*, with old favourite *Victory March*.

Drummer Mats says of the new recordings: "We've got loads of different influences, so I think if we picked four other songs you'd get a slightly different impression of us. But there's some underlying thing that's The Vigours. Not just in the lyrics, but in the instruments you can still very much tell it's us."

The next step for these Indie up 'n' comers will be for the music industry to give them a sign. Until then you can check out their new EP on the internet, at [myspace.com/thevigours](http://myspace.com/thevigours).

## Marathon madness for mere mortals

By Victoria Davenport

Having been rejected three times by the Great Ballot in the Sky (don't give up hope, people do get in), this year I was chosen for a second year and once again find myself running in the Flora London Marathon for charity.

This is to the amazement of family and friends and looks of 'Are-you-totally-insane?' To run 26.2 miles is one thing, to raise a minimum of £1,500 for charity another. Sometimes the latter feels harder (so cough up, folks!).

What does it mean to run a marathon? Well, terrifying, terrific and sheer insanity all rolled up together. The first time is certainly different: harder, more exciting and simply the best thing I'd ever done. You can't beat thousands of people calling out your name for four hours or more. Andy Warhol, eat your heart out.

Second time, I'm slightly more blasé, but have got myself a personal trainer, having been told I don't have a muscle in my body so how can I run at all. Thankfully, he loves his work and has lots of determination and enthusiasm, although I have to remind him that I am a 'mere' 27 years older than him, so, um, can't quite work at the time or pace that he does.

### Strugglers and puffers

We are all out there now, slogging our guts out, fat, thin, fit, unfit, old and young. When I pass struggling and puffing runners, I want to say, "Keep going, you can do it!" I have far more sympathy for them than for the sleek and muscle-bound in their tight-fitting Lycra. So what would I say to all of you who are struggling and terrified? You can do it. Stick to a schedule (the *Runner's World* magazine weekly marathon



Illustration by Victoria Davenport

training is terrific, as is *Marathon Running for Mortals* if you overlook the crazy sub-three hour times). Don't push yourself, get plenty of rest, try not to worry about speed and time.

No, I can't bring myself to say enjoy it, because, let's face it, it's hell. But you will feel terrific for having done it. If you wish to contribute to The Children's Society, for whom I am running, please go to: [www.justgiving.com/victoriadavenport1](http://www.justgiving.com/victoriadavenport1)



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