



Celebrate Silver Sunday week

Silver Sunday celebrates the contributions and achievements of older people in the community. This year East Finchley Altogether Better (EFAB) is putting on a number of events in the first week of October to mark it and is inviting people of all ages to join in.

The week will kick off with a **gardening** session at the community kitchen garden at Martin Primary School, Plane Tree Walk, from 10am to 12noon on Saturday 1 October. Experienced gardeners and novices alike are welcome to join in digging and planting. Kneeling pads and other aids will be available if needed and there will be bulbs to plant and take away with you, as well as refreshments and new friends to be made.

Silver Sunday itself is on Sunday 2 October and EFAB will be celebrating along with other community groups at Hendon Town Hall with afternoon tea, entertainment and information stands.

EFAB members are then taking part in the **Big Walk** on Monday 3 October, where different walking groups throughout the borough will synchronise their steps to tot up some mileage. East Finchley's walkers will meet at 9.30am outside the entrance to Cherry Tree Wood on the High

Road (opposite East Finchley tube) and those wanting to walk for fitness and fun are invited to join in. At 10.30am walkers who'd like to sit down and continue the chat will be able to have refreshments at the Clissold Arms with EFAB's **Coffee and Chat** group.

EFAB's **computer groups** will be welcoming new members with tea and cakes. Anyone wishing to learn how to use a computer, set up an email address or any other computer related questions can go to: The Five Bells Pub, 2-4pm on Tuesday afternoons, Wilmot Close Community Hall, off Tarring Road, 2-4pm on Wednesday afternoons or to Seasons Café, 205 High Road, on Thursdays 10am to 12noon. All sessions are free with drinks for sale to attendees at the pub and café.

If you would like to join in any of these events, please phone Lisa on 07909 998453 or email us@efab.org.uk or to find out more about EFAB in general, go to www.efab.org.uk.

Ivan must be made of iron

Many of us would find a 2.4 mile swim hard enough but how about following that with a 112-mile bike ride and then a full 26.2 marathon run? Ivan Gowan, 40, took on exactly that challenge when he entered an ironman triathlon in Germany.

Ivan, of Lauradale Road, N2, was one of 3,500 participants in the event called Challenge Roth and was cheered on along the way by his wife Sharon and friends from the Serpentine Tri Club competing alongside him.

Amazingly, he completed the whole course in nine hours and 50 minutes, coming inside his target time of 10 hours. He was sponsored all the way and raised £1,700 for Climb (Children Living with Inherited Metabolic Disorders). Ivan and his wife Sharon are both recessive gene carriers of a disorder called Zellweger Syndrome. He is still accepting donations at <http://virginmoneygiving.com/IvanGowan>.

Support kept him going

The father-of-two's memories of the day are vivid. He says: "The swim was a little frantic, but by sticking with a pack of other swimmers it went very well. The bike course was very fast with the famous climb up Sollerberg Hill covered with cheering supporters.

"My wife, Sharon, handed me a fresh bottle of energy drink to keep me going for the second



It's all over: Ivan Gowan reaches the finishing line in under 10 hours

lap. Great to have support on the course and great to finally dismount the bike but a little daunting at the start of the marathon, just over 6 hours after starting. "The run started well after the first couple of kilometres where my body slowly adapted. I saw my wife and her friends at the halfway stage of the marathon. Delighted to see her, I raised my arms with a feeling of happiness

and accomplishment at getting that far and still feeling ok.

"The last 17km were tough. I shouted encouragement at friends and team mates and their encouragement to me spurred me on. When I crossed the finish line a lady put a medal around my neck and congratulated me on completing it in 9:50. I was surprised, emotional and delighted."

Spectacular... but not half tough!

Dan Rickman completed the gruelling 100-mile RideLondon bike ride at the end of July but he didn't get to the finish line totally unscathed. Dan, who raised more than £600 for World Jewish Relief, survived a number of accidents on the route which left him with cuts and bruises.

He said: "It is a great experience to be able to cycle through closed London streets with no traffic, especially for someone like me who regularly commutes to work in London by bike. The Surrey scenery is spectacular and the encouragement from the crowds helps keep you going.

"The finish at the Mall is a highlight. The atmosphere was amazing and it is becoming one of the great cycling events worldwide."

Dan added that his thoughts were with the family of Robin

Chard, a fellow rider who died from a heart attack during the event, and two riders who were seriously injured.

Riders interested in joining World Jewish Relief's 2017 team for RideLondon can contact Samantha Martin on samantha@worldjewishrelief.org or 020 8736 1250.



Hell of a ride: Dan Rickman after finishing RideLondon



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