



The highs and lows of running the Marathon

In our March edition we reported that Freddie Rand, of Bedford Road, N2, was planning to run the London Marathon in support of cancer research and in memory of his parents Chris and Fiona. Here's his brilliant account of exactly what it was like.

On the day before the Marathon, I went down to the EXPO in East London to register. That was when the extent of what I had signed up for really hit me and I was taken aback by the emotion I felt picking up my race number.

That afternoon my housemates joined me on a walk to keep my mind occupied before the race, although that didn't help as that night I think I got about three to four hours' sleep, which is common the night before big races, I found out googling at 2am! On the day, I got up at 5.30am to prepare myself and get down to Greenwich for 8.45am where I began to stretch and eat the pre-race meal I had prepared of porridge, bananas and apples. The race began at 10am although you don't move until about 10.30 so you have another 30 minutes standing around anxiously, which isn't great but luckily the weather was amazing.

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Heat ... and hugs

When you start and you see the crowds you get that unbeatable surge of pride and motivation. They do say that London is the best marathon to run and I'd have to agree. As I was running this race in memory of my parents I made the decision that when I saw my sister Lottie I would give her a hug which I did at mile nine; after the race I found out it actually made her cry.

The race continued to go well from there but the heat was hard. I think I ate my weight in the sweets handed out by the general public; their support makes the difference especially as I had my name on my T-shirt. Hearing people shout "Go Freddie, you can do it!" is immense. It got really hard after mile 20. Earlier in the course I knew my girlfriend was going to be

rewarding. I was ecstatic when I finished although I just missed my target time of under four hours. I blame my sister and my girlfriend for those earlier hugs! After the race 35 of my friends joined me for drinks and food. Lottie made a speech saying how proud she was and how proud our parents would have been, which is where the tears finally appeared. The following day my girlfriend and I went on a well-deserved spa day, which was amazing. However the usual seven-minute walk to East Finchley tube took 40 minutes that morning! Overall I've managed to raise nearly £6,700 for Cancer Research UK which is more than I ever expected but now it's time to think of the next challenge! You can still donate to boost Freddie's fundraising total by going to <https://fundraise.cancerresearchuk.org> and searching for 'Freddie Rand'.



Finishing line: Freddie looks remarkably fit at the end of the Marathon in The Mall.



Inspiration: Freddie's parents Chris and Fiona

I hadn't been able to run for four weeks due to straining a ligament so I had a knee support and was hoping the knee would last the whole 26 miles! I also made the bad decision of thinking my energy gels would fit in

my shorts. They didn't so I had to carry them in my hands all the way round... rookie error!

Reward

When I hit mile 26 and ran over the finish line in four hours and 16 seconds I've never felt euphoria like it. It was the toughest challenge I've ever taken on but the most

around mile 13 at Tower Bridge but I only saw her housemates and not her. Then I saw her unexpectedly at mile 21 when I was struggling - gave her a hug too, and that helped push me towards the finish.

Help with pesky IT problems

By Thalia Pellegrini

If, like me, your expertise in the face of technological breakdown starts and ends with optimistically switching it off and turning it back on again, help is at hand.

N2 resident Faiza Majid opened Intellot on the High Road in February, offering assistance with all problems technological, be it trouble-shooting, virus checks, and the not unfamiliar, "Why won't Windows 10 do what I need it to do?"

Faiza has 14 years of IT experience and her skills are broad ranging, so feel free, she says, to bring in your Android phone or your iPhone, your iPad or your laptop. She has experience with both Apple and PCs. For those who have a desktop computer or just can't get to the shop, she also offers IT support visits to your home.

Noteworthy is that Faiza does not charge for diagnostics and believes that trans-

parency is essential when it comes to IT customer service. She believes in taking time to explain clearly what the problem is, how she intends to fix it, how long it will take and the cost of both labour and parts.

And the feline face?

Intellot also offers internet access as well as digital imaging for those wanting to print photos from any device, up to poster size. For those of you intrigued by the cat's face on the shop sign, Faiza explained that Intellot combines a sense of intellect and knowledge, and a 'lot' of it, with an animal she loves for its intelligence and power - the ocelot. Mystery solved!

Need some muscle?

Are you a charitable organisation or community project that needs some help? The runners at Goodgym Barnet are looking for physical tasks they can carry out during one of their weekly evening runs from the centre of East Finchley. Decorating, gardening, moving and shifting... anything will be considered. Phone Goodgym's Paul on 07768 353108 or Damian on 07525 357369.

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