



# Speed guns being placed in hands of worried residents

By John Lawrence

Residents concerned about motorists speeding down their streets are being urged to set up their own road watch schemes using speed guns supplied by the police.

Barnet's Roads and Transport Policing Team admits it doesn't have the resources to monitor every problem area but says volunteers can help themselves via Transport for London's Community Road Watch (CRW).

PCSO Nicola Pettitt says residents can provide the initial

stood if people didn't want to launch a road watch in their own street where it might bring them into dispute with neighbours. She suggested: "If you think your own road would benefit, however, you could try to persuade a friend or relative to help out."

To take part or to suggest



Speed watcher: Volunteer Brian Ingram monitors vehicles on the A1 in Hampstead Garden Suburb. Photo Peter McCluskie.

assessment of motorists' speeds that informs police where to follow up with an official speeding operation.

"A lot of speeding complaints are down to people's perception of speed and quite often cars that you might think are speeding are under the limit. This is why we like to get the public involved so that they can monitor it and have a better idea of how fast vehicles are actually travelling," she said.

### Training

Being a volunteer for a CRW takes approximately one hour per session time and can be done at most times of the day (light and weather permitting). Community police officers will provide a hi-vis vest for volunteers to wear and train them on how to use the speed guns.

Details of speeding vehicles will be passed on to Transport for London who send out a warning notification in the first instance to the owner. A high percentage of speeding vehicles could trigger a fuller police check.

Nicola said her team under-

# Thirsty trees saved by the cavalry

By Ann Bronkhorst

The prolonged heat wave through July and into August affected trees as well as plants. When Good Gym asked the Friends of Coldfall Wood and Muswell Hill Playing Fields if there was a practical task they could help with, rescuing the thirsty young trees on the fields was the priority.

Good Gym is a national movement for combining fitness, especially through running, with socially beneficial projects. Members of our local group meet regularly at the Phoenix Cinema, then set off together at a run to tackle a useful physical task.

One Friend of Coldfall Wood said it was like the cavalry arriving! The ten runners did a grand job, using jerry cans of water supplied by Haringey Council. Since their visit on 31 July there's been some rain but Good Gym definitely saved those trees. More information from [www.goodgym.org](http://www.goodgym.org).

## Academy open days

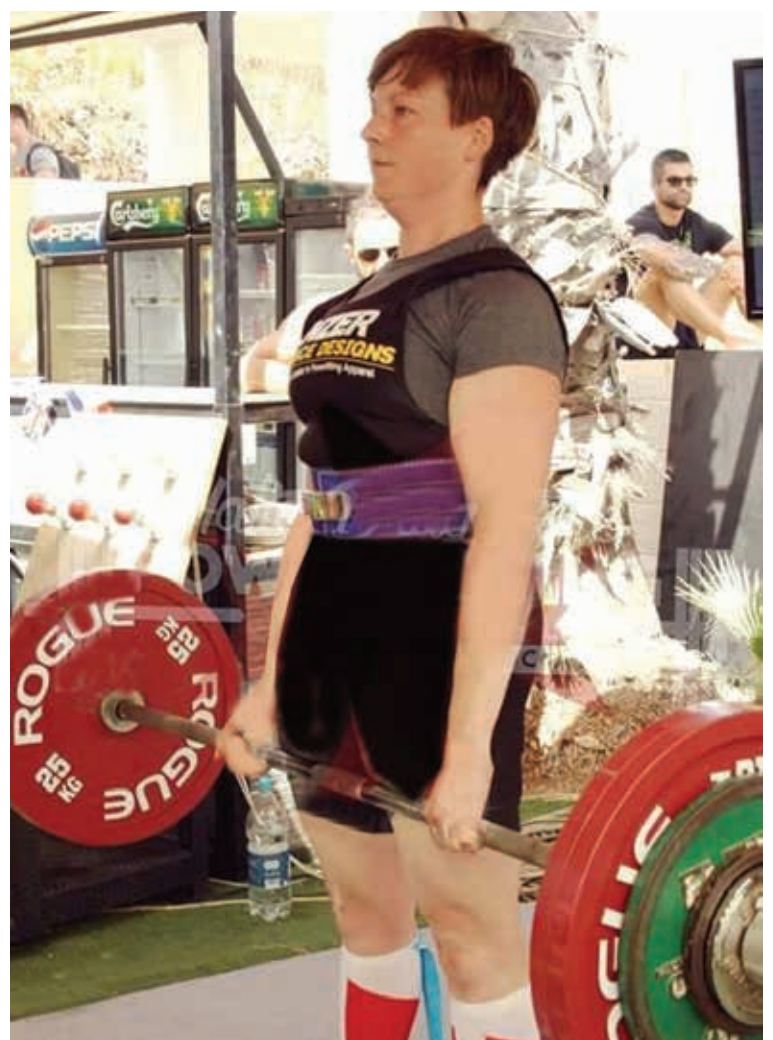
Prospective parents and students are invited to an open evening at the Archer Academy, Lower School, Eagans Close, N2, between 6pm and 9pm on Thursday 20 September. Guided tours led by Year 7 and Year 8 students will take place throughout the evening, and there will be the opportunity to speak to members of staff and governors. In addition, the school will be holding open mornings in the week beginning Monday 24 September.

The school advises that there is no parking available on site; if travelling by car, park a little distance away and approach on foot, and avoid parking on Stanley Road. For further information, visit the Admissions pages at [www.thearcheracademy.org.uk](http://www.thearcheracademy.org.uk), email [office@thearcheracademy.org.uk](mailto:office@thearcheracademy.org.uk) or telephone admissions officer Ms. Walsh on 020 8365 4110.



## Big money walk

This year's Big Fun Walk from East Finchley to Westminster raised £147,310 to support patient care at the North London Hospice. Hundreds of walkers covered the nine-mile route in hot and sunny conditions on May 6.



Lift off: Emma in competition in Malta

# Personal best for powerlifter Emma

By David Melsome

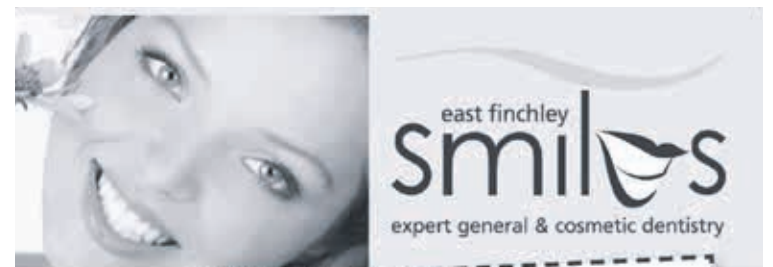
Powerlifter Emma Whiteman put in a personal best lift of 170kg to take second place in her weight category at the World Drug Free Powerlifting Association Deadlift Championships in Malta.

Ex-police officer Emma, of Chandos Road, N2, was up against the best in the world and was just beaten to the title by a competitor from the Republic of Ireland who managed a lift of 175kg.

As we reported in April, Emma only entered the sport three years ago and trains at 5am each morning before taking her daughter Eliza,

five, to school. She also has a three-year-old son, Noah.

She told us: "Team GB as a group won the 'best overall lifters' for our performances over all weight categories in Malta. The next world championships will take place in Orlando, Florida, so my kids are pushing me to train extra hard in order to get to Disneyland."



**NHS CHECK-UPS £21.60**  
(this includes x-rays where necessary)  
**NHS EXEMPT PATIENTS AND CHILDREN UNDER 18 ARE FREE**

**new NHS list now open**

member of the BDA and the BDHF



smile with confidence

**020 8444 3436**

144 The High Road, East Finchley, London N2 9ED

[www.eastfinchleysmiles.co.uk](http://www.eastfinchleysmiles.co.uk)

### Midhurst Butchers

Certified organic meat at reasonable prices  
Free-range poultry  
Home-made sausages (including Boerwors)

2 Midhurst Parade,  
Fortis Green, London N10  
Tel. 020 8883 5303