



Fastest N2 woman: Ana Alves Wood.



First home: Overall race winner Iain Yates

Records smashed as neighbours race again

By John Lawrence

It was a day of individual records and collective best times when the annual Race the Neighbours 10k challenge returned for its fifth year. The course started and finished in Cherry Tree Wood, reaching as far as Alexandra Palace.

Faster than ever

Despite a wet start to race day on Sunday 14 July, conditions were ideal for the 344 runners. The fastest time posted was a course record of 36mins 43secs by visiting runner Iain Yates. And it was N10 who reclaimed the Cherry Tree trophy after its 99 runners recorded a faster average time than the 150 who declared for N2. Overall though, both areas beat their average time for last year. N2 knocked about a minute off last year's time, while N10 came in a huge three and a half minutes faster than last year.

Organisers are already looking ahead to next year's race when they hope to extend the race invitation to runners from our other neighbouring area of N6.

Avi Freeman, from the organising team, thanked all the volunteer stewards who had made this year's event a success, along with local businesses who had donated services or prizes, including Tony's Continental, Bike and Run, Sweaty Betty, MighTeeFit, Fierce Grace Muswell Hill, Stuweb and N8 Health. The race donates to All People All Places, a homeless charity based in the N2/N10 area. Avi told *The Archer*: "The race has become a real fixture in the local calendar and the big surge in numbers we had this year is testament to that. The feedback from runners on Twitter is always positive."

Official results

99 finishers declared for N10, with an average time of

56:44; 150 finishers declared for N2, with an average time of 57:12; Fastest Female in N10, Nicola Vallins (50:54); Fastest Female in N2, Ana Alves-Wood (51:39); Fastest Female Visitor and overall fastest female, Genevieve Ogle (47:52); Fastest Male in N2, Simon Fraser (36:55); Fastest Male in N10, Ed Boden (37:46); Fastest Male Visitor and overall fastest male, Iain Yates (36:43, a new course record).

Emma lifts herself into the world's best

Strongwoman Emma Whiteman faced her toughest competition yet when she took part in the World Drug-free Powerlifting Championships in Kentucky, USA.

Emma, from Chandos Road, N2, faced current world record holder Mary Anderson, from Team GB, and Kyle Reel, from Team USA, in the final round of lifting. The lightest of the three, she lifted a new personal best of 175kg (27st 7lbs) and was only narrowly beaten into second place by Mary Anderson, who claimed a new world record with a 180kg lift.

Emma pulled a 10-tonne truck for 8.7m, won an overhead press medley, won the deadlifts, placed third in the yoke walk and then won the classic atlas stones lift challenge, making her the overall winner of the event.

Empowering

"I was thrilled to win, it was very unexpected," said Emma,



A lorra lorry: Emma hauls a heavy load.

Two weeks later, the ex-police officer took part in her first strongwoman event, competing in the UK Strongest Police Officer competition in North Lincolnshire. Events included pulling a 10-tonne lorry as far as possible in 60 seconds, an overhead press medley, a deadlift, a yoke walk and then picking up and placing the classic atlas stones.

a mother-of-two and a qualified personal trainer with Middlesex Cricket Club's women and girls teams. "I am passionate about getting people into strength work as it is so beneficial. I don't think everyone should be pulling lorries, but I really encourage women to brave the free weights. It's very empowering and you feel such a sense of achievement."

Nick steps out in the struggle against dementia

By Diana Cormack

On one of the hottest weekends this year, *Archer* team member Nick Allan set out to attempt the Cotswold Way Challenge, a 50km trek with climbs equivalent to the height of Britain's highest mountain Ben Nevis.

He was accompanied by his friend Mike along with hundreds of others, all walking for their chosen charities. Nick was doing it in aid of the Alzheimer's Society in recognition of his father's many difficult years of living with dementia.

"I wanted to help continue the work such charities do to transform the lives and prospects of those living with dementia, as well as to honour my father's ongoing struggle," said Nick.

Challenging conditions

Nick himself found he was facing quite a struggle when he got to the Cotswolds. "I was expecting a gentle amble across the English countryside and didn't appreciate how hilly and challenging the terrain would be," he said.

Armed with a rucksack, copious amounts of water and a head torch he spent 14 hours taking 86,000 steps and using up 8,000 calories in energy-sapping weather conditions, raising nearly £1,500. In thanking those who sponsored him Nick said: "The fact that I had so much support and encouragement ensured that I completed the challenge."

As current chairman of N2United Business and Community Group, Nick knows that the Alzheimer's Society is one of a number of East Finchley initiatives providing assistance



Last legs: Nick at the end of his 50km walk.

to people living with the disease and hoping to eradicate it ultimately. If you want to help defeat dementia, donations are still being accepted at www.justgiving.com/NickAllan-London



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