



Ana and Oliver Wood training for their marathon. Photo Mike Coles

Running for real in a virtual marathon

By Diana Cormack

Runners panting their way along pavements and through parkland have increased somewhat since the start of the coronavirus. Often these are people determined to get fit during this time, whilst others have a more specific purpose in mind.

East Finchley couple Ana and Oliver Wood fall into this category, having used time during the lockdown to train for the Virtual New York City Marathon. Their run took place on 30 October, not in The Big Apple of course but on a circuit of streets around their home in Fortis Green Avenue.

Setting off very early in the morning in order to avoid other pavement users in Annington, Lauradale and Lynmouth Roads, they completed the run in a time of 3h:45mins:42secs.

In two other virtual marathons they raised over £1,000 for cancer research, but they were not running for charity in the New York virtual. However, some neighbours who got to know about the run did post donations through their door.

Being a yoga and Pilates teacher, Ana is pretty fit, as is Oliver. Training will continue, for both are planning to do the 50k Ultra Thames Path Challenge in May 2021, hopefully this time running on location alongside the River Thames.

Festival raises £1 million for charity

Proms at St Jude's, the annual Hampstead Garden Suburb music and literary festival run by volunteers, has now raised over £1 million for charity since its foundation in 1993.

The charity, which normally puts on summer concerts in the Church of St Jude-on-the-Hill and literary events in The Henrietta Barnett School, ran an online festival this year, raising £30,000 and taking the festival's cumulative giving to more than £1 million.

"Back in 1993 I'm sure none of us guessed that we might ever reach such a staggering figure," said Proms founder Susie Gregson MBE. "What a wonderful journey of collaborative community effort it has been for the past 28 years. It's humbling to have been able to create the magic of the festival, have heaps of fun and change lives in the process."

The two main beneficiaries have been Toynbee Hall, supporting disadvantaged young people in East London, and the North London Hospice. Both Toynbee Hall and Hampstead Garden Suburb were founded

over 100 years ago by Dame Henrietta Barnett.



Staggering: Susie Gregson. Photo David White

Bringing science and medicine together for nearly 50 years

By Daphne Chamberlain

The last time Maureen Hajdu appeared in an *Archer* photograph, she was holding the boots in which, with her husband, John, she has walked hundreds of miles around North London (*The Archer*, October 2020). This time, she is holding a photo of her late father, Dr Ernest Foulkes, whose Foundation has been bringing science and medicine together since 1972.

It offers Fellowships to people who hold a PhD or equivalent degree, and who intend to take up medical research. This pays for their personal maintenance for up to three years of their medical training.

Investing in people

Maureen told us: "Our interest in them continues after their medical studies end. We keep in touch and know what they are doing. It's important that each Fellow knows the Foundation has confidence and trust in them. We invest in people, not projects, and our network is second to none."

As the branches of research cover a wide area, this means that there is knowledge available to many associated fields. "It is teamwork", Maureen says. "Acorns of knowledge can produce oaks."

Nearly 300 Fellowships have been awarded since 1975. Amongst other noteworthy achievements (honours, awards, prizes), at present over 40 professors, originally sponsored by the Foundation, are working in the UK, North America, Australia, Africa, the Far East and Israel.

Battle against Covid

Being specialists in every field of research, a number of Fellows, whether current, retired or on the brink of retirement, have helped in the fight against the virus. Their work on the front line and in the research laboratory has produced significant results.

Maureen says: "The Foundation is a family affair. The whole family is very proud of it." She herself has been a Trustee from the beginning, and is now the Chair and Registrar.

Many people in Muswell Hill and East Finchley will also know her as an active local volunteer. She has worked for 24 years for the North London Hospice, and 15 years with the Metropolitan Police, for which she received an award.

To find out more about the Foulkes Foundation, or to apply for a Fellowship, visit www.Foulkes-foundation.



Maureen Hajdu with the portrait of her father. Photo Mike Coles

RICKY SAVAGE ... "The voice of social irresponsibility"

Simply the best?

They say there are lies, damned lies and statistics. Well, statistics are numbers and numbers never lie. And that means that Lewis Hamilton must be the greatest Formula One driver of all time because the statistics say so. But is it really as simple as that?

Ever since someone came up with the idea of fitting an engine to a cart and racing it against the bloke-next-door's motorised shed, people have been arguing about who's best on the track. Once car magazines appeared there was no stopping them.

Every period has its star, but what makes a true great is something else, a sense that they can do what others can't, that they are the leader. Back in the 1950s it was Juan Manuel Fangio, who won five world championships, dominated the decade and is still rated the greatest by many. It didn't matter what he was driving because he usually won.

When he retired Stirling Moss became the man most feared, and he never won the world championship, so what does that say about statistics? Next was Jim Clark who was so quick he took your breath away. Ok, so he only won 25 Grands Prix and two championships, but in 1965 there were 10 races with your six best results to count. Clark won six of the first seven and he missed the other one because he was away winning the Indy 500. And why only two championship wins? Back then motor racing was dangerous and he was killed before he had the chance to win any more. Each era has its man. For much of the 1970s it was Niki Lauda, in the 1980s and early 1990s it was a toss-up between Ayrton Senna and Alain Prost. In the 2000s it was Michael Schumacher. With each one the numbers increased. More races in a season mean more wins. Safer cars mean fewer deaths. Although I wonder what target Lewis would have been chasing if Senna hadn't been killed in 1994.

And Lewis? He is the man of his age, more than just a driver, an icon for all the right reasons and the quickest driver out there. Anyone who complains that anyone could win in the Mercedes is missing the point. The best drivers usually end up in the best cars. Fangio, Clark, Lauda, Senna etc all did, and Lewis Hamilton is no different. Statistics have nothing to do with it; he is one of the greats.

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