



Pumped up: Sally Heathcote leads a class at the East Finchley Constitutional Club

Sally strikes out as personal trainer

By David Melsome

Sally Heathcote found it hard to get fit at the gym until she got a little one-to-one advice... and now she runs her own personal training business.

Sally has started her Lunge Fitness sessions close to home at the East Finchley Constitutional Club in The Walks, N2. She already has a small established base of regular customers and hopes more will join her classes.

Formerly in the world of recruitment, Sally admits she struggled to motivate herself at the gym until she began working with a personal trainer. After a while she realised that was something she might be good at too, so she switched career.

"I got work in a gym, teaching classes and lots of clients," she says. "I thought I'd loved my previous jobs but this was just amazing. I didn't feel like I was going to work as I enjoyed it so much, I got to meet some really interesting people and was helping them just as my trainers had helped me."

No pressure

Sally had the idea for her own business to fit better around her family life. "I've been working to create a warm environment where everyone's welcome to give it their best regardless of their fitness level, where people feel comfortable to enjoy a class and not feel pressured if they can't keep up or don't get the moves right during

the cardio classes," she says. Sally currently offers morning and lunchtime classes and one-to-one training. Starter classes are available for those who haven't exercised for a while.

Other classes include Body Weight, High Intensity Interval Training, Body Blast, Core Strength and Body Blast. Find out more at lungefitness.co.uk



Congestion: High Road traffic caught up in the aftermath of the collision. Photo Claire Robinson

Car in collision with pedestrian at traffic lights

By Janet Maitland

A woman was badly injured in a collision with a car while crossing at the traffic lights on the High Road, N2, at the junction with Fortis Green. She was treated at the scene by an ambulance crew who strapped her into a frame before taking her to a major trauma centre as a priority.

The London Ambulance Service and police were called at

11am on Friday 11 February to reports of the collision. The car involved was left in the middle of the junction for several hours before being taken away. Police described the injuries as "not life threatening".

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All change as bookshop owner closes chapter

By Iain Smith

It's hard to believe that Black Gull Books has been in East Finchley's High Road for almost 15 years, but it has. And right now, owner Chris Overfield is hoping it will be here for years to come. But that could be easier said than done, due to his recent move to St Leonards in Sussex, where he plans to retire.

There's no doubt that Black Gull would be missed if the shop were to close. Chris agrees and would like to hand on the business. "Yes, we've had fun here in East Finchley and I think we have added something to the local community," he says. "Anyone getting involved will need to know the book trade, not just books." Chris has long been fascinated by both. "Books can help you fly," he says, "whether that means escaping from everyday routine, picking up knowledge and skills for the future, or inspiring you to do something new."

And it's not just the actual books he has enjoyed; those whose books he buys and sells have been a constant source of inspiration. "I have met many remarkable and wonderful people in this job. Book people tend to be interesting people, perhaps because they are interested in things outside



Black Gull owner: Chris Overfield of themselves."

Use it and hope not to lose it

For now, Brian Schwartz is the more visible face of the bookshop, and a valued member of the East Finchley community, having worked at Black Gull since 2008. Let's hope that a way can be found to enable the bookshop to continue the great Black Gull brand of stocking interesting books, from antiquarian to quality 20th and 21st-century fiction and non-fiction.

More immediately, we can choose to make full use of the resource we have on our doorstep by buying our books from the shop, situated opposite the junction with Huntingdon Road.

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