



Jamie runs the M1 for Type 1

By John Lawrence

Jamie Austin is definitely no ultra runner. He hasn't even run a marathon although he once completed a half marathon and goes out jogging at weekends. Despite that, the 49-year-old dad of two has set himself the challenge of running the full length of the M1 motorway.

He's doing it to raise much-needed funds for research into Type 1 diabetes, after his 12-year-old son Henry was diagnosed with the condition, something which he says turned his family's world upside down.

Jamie is planning to take 10 days to run the 220-mile route, covering 22 miles a day on roads running parallel to the motorway itself, all the way from Garforth near Leeds to north London, finishing no doubt with a sprint to his home in Bedford Road, N2.

10 days in a row

"I wanted to do something to support T1D research and got this idea partly because of the symmetry of

M1 and T1. It's the sort of thing I like," said Jamie. "We still travel up and down the motorway regularly to see

grandparents in Nottingham and for Henry's medical trial in Sheffield."

no idea whether he can do it 10 days in a row until he tries. His parents will be accompanying him by car for vital support.

He says every step of the way he will be spurred on by the thought of Henry's courage in coping with his condition and the way his wife Rachel and 10-year-old daughter Rosie have shown their love and support.

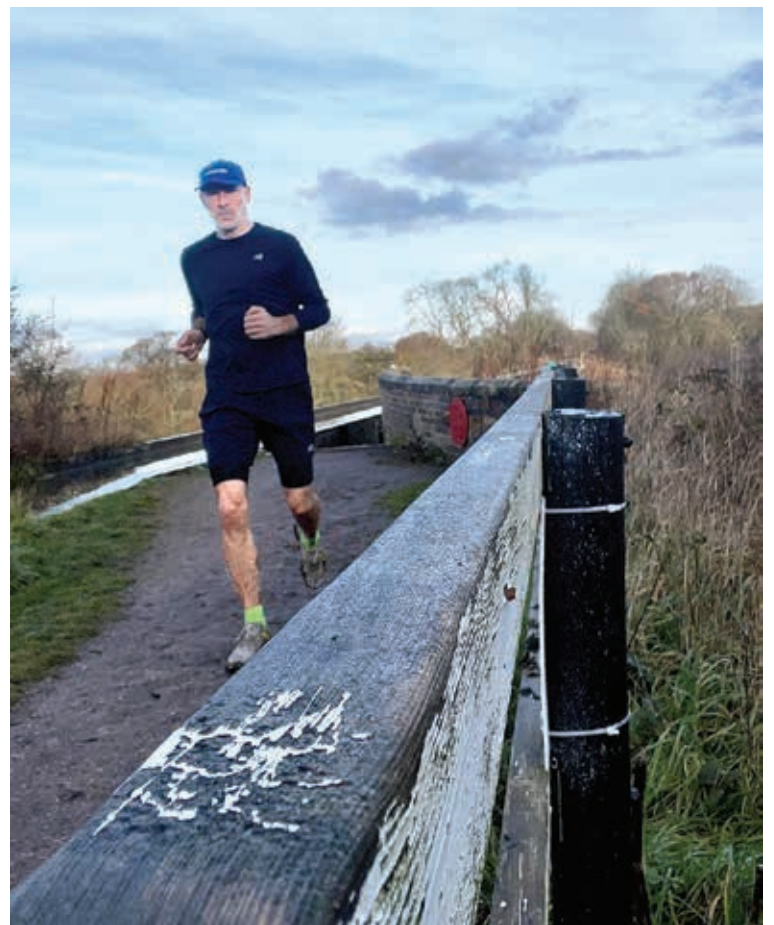
Henry is a pupil at The Archer Academy in East Finchley, plays football for Hinton and Finchley Revolution FC, cricket for Highgate CC and practises karate at Kaishi Karate School in Edgware. "He doesn't let Type 1 diabetes define him or stop him doing the



Always active: Henry, 12, does not let diabetes stop him enjoying his favourite sports

Jamie admits training through the winter has been tough and although he reckons he could run 22 miles he has

things he loves," says Jamie. Jamie's M1 run was starting on 23 January and finishing in the first week of February.



In training: Dad Jamie says the 220-mile fundraising run will be a tough test of his stamina

We'll let you know how he got on in our next edition. To help him reach his £6,000 fundrais-

ing target for research charity JDRF, visit www.justgiving.com/page/m1-for-t1

Food festival reveals joy of shopping and eating locally

The third and final event in East Finchley Town Team's drive to encourage us all to visit the High Road more often gives local businesses a chance to play their part.

Food shops, cafés and restaurants can join the East Finchley Food Fest on Saturday 18 March, which aims to celebrate the different food and cultures on the High Road.

Already Tony's Continental, Cup of Joy and Coffee Bank are interested in some of the proposed ideas, which are based of course on food, and plenty more traders and eating places are expected to take part.

Organisers from the Town Team hope shops, cafés and restaurants will have a table or stall outside with free samples for people to try, and decorate their windows in celebration of food and culture.

The Food Fest will also feature a cake baking competition and a food trail,



Food Fest: Everyone is welcome

with recipes on offer from individual businesses. The Phoenix Cinema will be screening food-related films that weekend too.

On the day there will be High Road stalls run by different local charities, schools and volunteers celebrating food to be found locally. As people walk up and down they can discover and taste what East Finchley has to offer.

So the more people and local businesses that get involved, the better it will be. This could mean you! If you want more information or would like to chat about what you could do, please get in touch now by emailing: eftownteam@gmail.com

Hard decision to fell mature ash tree

After our report last month on the ash tree that was removed from a private garden in East Finchley, we've since been able to review the tree report mentioned in the article and would like to correct a couple of points.

The council tree inspection found that the tree had not been properly maintained for a long time, meaning it was starting to need regular maintenance every one or two years, not five years as reported, and this was making it financially unviable to sustain.

The tree was also not as environmentally sound as first thought. The tree report stated that the ash tree was isolated from other large trees and the necessary tree works would in any case remove any habitat that managed to establish itself on a

regular basis.

In terms of climate change, the tree would contribute to carbon storage, but the need for regular tree works was likely to offset this. It seems the tree was poorly taken care of over the years and the decision to fell it was not taken lightly.

There are many organisations such as the National Trust where a tree can be planted when such felling decisions are made. Find out more at www.nationaltrust.org.uk/support-us/plant-a-tree

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