

» Your cause



■ The Goldschmidt and Howland running team

Estate agents on track to raise funds for youngsters

A team of estate agents is taking part in a 10k run to raise money for a Highgate charity that helps young people with learning difficulties find employment.

Six employees of Goldschmidt and Howland will be taking on the ASICS London run in aid of the Harrington Scheme. The unique programme provides training opportunities, with the aim of work, further education or a more rewarding life.

The team has been training hard for eight weeks by running through scenic routes in Highgate Village, Hampstead Heath and Kenwood. Claire Harman, from the Highgate office, said: "There is someone running

from each of our branches, all of different abilities. Some of us have run marathons, and others have never done anything like this before."

Director Phillip Green is proud of everyone involved. He said: "As a company we try to support people less well off than ourselves, and give something back to the community. Everybody is really motivated, donating time and money to a great local cause."

Members of the public can come and support the team on the day as they run through London past many of the main landmarks.

■ Donations can be made through www.justgiving.com/teamgoldschmidt.

Plumber gets on his bike for marathon Tripp of a lifetime

Dad to cycle from John O'Groats to Land's End for charity

by Ilana Conway
editorial@hamhigh.co.uk

» A Muswell Hill man is soon to embark on the challenge of a lifetime when he cycles from John O'Groats to Land's End in August.

Frank Tripp, 51, will be cycling 1,000 miles over the course of 20 days. This epic test of endurance will raise funds for the Intercountry Adoption Centre, the only specialist centre for inter-country adoption in the UK.

For Mr Tripp the bike ride is a personal trial, first envisaged during a casual chat with a friend who will be joining him on the marathon adventure.

Intense
Not having owned a bike for about eight years, Mr Tripp's interest in cycling was rekindled when his wife gave him a bicycle as a Christmas present last year.

He said: "It's kind of a sec-

ond mid-life crisis. I haven't done anything like this since I was 13, when I cycled from London to the Lake District."

The plumber and part-time maths tutor said he "just wants to get on with it now," after cycling 50 miles each weekend for the past five months, in an intense training programme.

Local celebrities and friends of the father-of-three are preparing to send him off in style at 'Frank's Epic Bike Party' on Saturday at the John Baird pub, 122 Fortis Green Road, between 8pm and midnight.

Proceeds from the party will also go to Intercountry Adoption Centre.

IAC director Gill Haworth said: "We hope that people will be as generous in their sponsorship as he has been in taking on this marathon task."

Every penny raised will be spent in finding permanent families for some of the

world's most vulnerable children."

Among those supporting Mr Tripp on the night will be Tommy Walsh of Ground Force fame and former British, Commonwealth and European boxing champion, Herol 'Bomber' Graham.

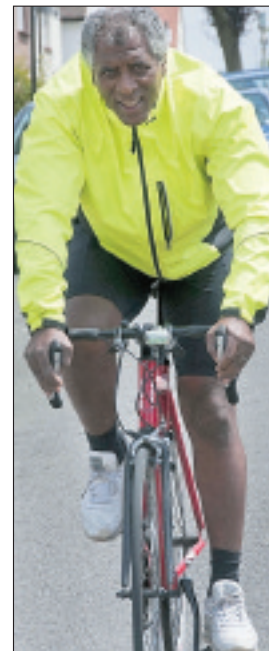
Charity auction

There will also be live music from The Daddios, fronted by Scottish actor George Rossi, best known for his role as detective constable Duncan Lennox on TV's *The Bill*.

Guests can take part in a charity auction and a raffle featuring a selection of top prizes.

Tickets for the event will cost £5 and can be purchased on the night.

■ For more information about the bike ride, please visit Frank's Just Giving site, where people can make a donation to help him reach his £1,000 target - www.justgiving.com/FrankTripp.



■ Frank Tripp will cycle from John O'Groats to Lands End
Picture: Nigel Sutton

For the very latest news, visit www.LONDON24.com



Now there's even more to homes24

MORE PROPERTIES MORE FEATURES MORE TOOLS

WELCOME TO THE ALL-NEW

homes24.co.uk
your local property portal