

Challenge yourself in new year

By COLIN GRAINGER

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IT'S time to start the new year with an exciting challenge. The City of London West Ham Park Run Series 2010.

Registrations for City of London West Ham Park Run Series 2010 have now started.

A Series of four Sunday runs will begin from January 17 at West Ham Park, Upton Lane, Stratford. The Recorder is supporting the runs.

This series is aimed to help get people fit and active through running in the local park and prepare and offer advice to runners to get ready for the popular Newham Classic 10K organised by Tessa Sanderson in 2009 which will be held again this year on April 18, 2010.

Awards

The winners of each Sunday run will receive awards on the day.

The overall winners award will be given to the winner of each category of the entire series, which will be decided on the basis of maximum points scored for each run.

There will be six age categories to compete in the 5K run and interested runners can download entry forms from www.newhamclassic10k.com

History was made last year when the 2009 Newham Classic 10K was the first run to allow local and professional runners to run through the London Olympic Park with more than 1200 runners taking in the view of the London 2012 Olympic and Paralympic Stadium.

The categories are men aged 40-plus, women aged 35+, boys and girls aged nine to 15 years and all entries are free. The start time is noon.

Airport protesters get High Court go-ahead to challenge extension

THE High Court has granted permission for group Fight the Flights to take their legal challenge against Newham Council to a full hearing in the High Court.

The Judicial Review will look at the legality of Newham Councils' decision to approve the expansion of London City Airport.

The Court granted permission to proceed on all three sections of Fight the Flight's case saying that all aspects of the case were properly arguable.

Anne-Marie Griffin, Chair of Fight the Flights, said "This is a positive step towards justice for residents, many of whom we say were simply not consulted."

Phil Michaels, solicitor for Fight the Flights at Friends of the Earth's Rights & Justice Centre, said "We are delighted that the Court has agreed that this case needs to be heard."

"The issues raised are important for local people and for the environment more widely.

"We look forward to the case being heard later this year."

Call for your home fire safety checks

IN a report last week on the availability of home fire safety checks by the London Fire Brigade and free smoke alarms we published an incorrect number to ring. The correct number is 08000 284428.

Showing cancer patients they aren't on their own

A BOWEL cancer information event will be held in East Ham next week.

Manor Park cancer support charity Cancer You Are Not Alone (CYANA) and Newham NHS are hosting the free session from 1pm to 4pm on Monday, January 18 at St Bartholomew's Church, Barking Road.

Specialists from Newham University Hospital and King George Hospital will offer advice on how to prevent and treat the disease as well as how to spot its symptoms.

Information about the free home screening test for the over 60s will also be provided.

An Asian Link Worker at CYANA will be available for Urdu, Hindi and Punjabi speakers.

For more information, call CYANA on 0208 553 5366 or email cyanal@tiscali.co.uk



● Caroline Parker will star at Stratford

Caroline stars as Vegas diva who comes to life at night

WATCH OUT there's a Diva about.

Caroline Parker will be presenting a unique one woman show, Signs of a Star Shaped Diva, at Theatre Royal Stratford East later this month.

Caroline plays mousy undertaker Sue Graves who has an alter ego, Tammy Frascati, writes *KAY ATWAL*.

No-one knows she is a Diva fanatic until the day she is offered a cabaret spot at Harry's Place.

Overnight, Tammy Frascati is born and Sue finds herself hurtling to stardom and Las Vegas, singing the songs of her favourite Divas, Billie Holiday, Dusty Springfield, Ella Fitzgerald and Gloria Gaynor.

But as success beckons Tammy, a handsome stranger pierces Sue's heart. What can she do, can she have both?

Caroline gives a virtuoso performance as

Sue/Tammy as she embarks on a journey of fame, frocks and false eyelashes battling with the true love from Bingley Bridge.

Graeae Theatre Company presents the show at Theatre Royal Stratford East from 27 January 27 to February 6 when it will embark on a tour until the end of May.

Jenny Sealey and Nona Sheppard direct the play. The production is in association with Theatre Royal Stratford East.

The theatre is offering five pairs of tickets to see the show on February 2 at 7.30pm.

All you have to do is answer the following question:

Who is the star of this unique one-woman show?

Send your answer with your name, age, address and phone number to the Newham Recorder, Diva competition, at 539 High Road, Ilford, Essex, IG1 1UD.

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