

Run off to flying start



● On your marks...Tessa, centre, starts Sunday's run

**PICTURES By GEOFF MILLIGAN
STORY By PAT COUGHTREY**

EVEN the weather was kind when the first of a series of Sunday runs brought dozens of joggers and club athletes to West Ham Park, Stratford.

After snow, rain, biting winds and sub-zero temperatures, organisers feared the worst. But they need not have worried as it was a sunny day for those taking on the 5K course.

Newham sport ambassador and former Olympic gold medallist Tessa Sanderson threw down a challenge: Take part in the City of London West Ham Park Run Series 2010 – and get fit while having fun.



● Anthony

Men's winner Anthony Andrews came home in 22mins 45secs on Sunday.

John O'Shea took the Men's 40+ class in 20mins 58secs while Ilona Bagi won the women's event in 23mins 51secs.



● John

Four consecutive Sunday runs, supported by the Recorder, are planned.

There are awards each race day for age group winners with overall winners' prizes at the end of the series.

The dashes also help competitors prepare for the Newham Classic 10K on April 18, organised by Tessa.



● Ilona

Entry forms for all the events can be downloaded at www.newhamclassic10k.com Entry is free. All 5K races start at 12pm – and Tessa will be there to give advice and encouragement.

● History was made when last year's Newham Classic 10K became the first run allowing amateur and professional athletes to go through the Olympic Park, Stratford.

More than 1,200 got a close-up of the 2012 Olympic and Paralympic Stadium.

Health care revolution

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Martin Scarfe, programme director of Newham Whole System Demonstrator, said: "The Demonstrators are exploring exciting possibilities opened up by integrated health and social care working, supported by advanced assistive technologies, such as Telehealth and Relecare."

He added: "The Demonstrators...will help fast-track change by addressing the key implementation barriers and providing solutions for wider NHS and social care."

"Only by piloting such new models of care will we be able to confidently meet the challenges posed by an ageing population and the associated increase in the prevalence of long-term conditions."

The programme is being independently evaluated by leading academics who are considering if the technology is promoting individuals' long term well-being and independence, the quality of their and their carers' lives and the working lives of staff.

The results will be published in early 2011 but Newham GPs are expected to receive feedback this Spring. Further trials will be conducted in the hope that the new technology will save the NHS hundreds of millions of pounds.

SOCCER LAD DREAMS OF ITALIAN JOB

By COLIN GRAINGER

A WANNABE soccer star from Plaistow on Sunday made it through another grueling round of a TV reality show.

Teenager Nathan Simpson progressed into the third week of Sky's Football's Next Star.

Soccer giants Inter Milan have opened their changing rooms to the UK and Ireland's undiscovered footballing prodigies.

Thousands entered the competition but only one lucky youngster will win the chance of a lifetime – a contract with Jose Mourinho's Italian champions.

Nathan impressed the tough Milan youth coaches Marco Monti and Paolo



● Nathan

Migliavacca and was selected for the final 10.

Nathan is now one step closer to achieving his dreams after a series of electrifying nationwide trials.

He flew to Italy, where the hopefuls have just over a month to prove they have what it takes to make it in Italian football.

They are living in a luxury villa by Lake Como, learning the language, immersing themselves in the culture and integrating with the Inter Milan youth team.

Football legends Luis Figo, Patrick Vieira, and Mourinho himself will offer invaluable tips. Throughout their journey, the hopefuls are mentored by Sky Sports' expert and former Spurs and England star Jamie Redknapp.

Nathan was in the bottom two in the first week, but survived. He said: "It gave me the will to carry on, gave me a reality check. Now I going for it."

MURDER ARREST

POLICE investigating the murder of a man in Forest Gate have arrested a seventh person.

A youth aged 17 is in custody at a South London police station over the shooting of Mahmood Jama.

The 21-year-old was found on the first floor landing of Whyteville House, Upton Lane, on January 6. He died in hospital from a chest wound.

Detectives are appealing for witnesses and information. Call (020) 8721 4906 or Crime-stoppers anonymously on 0800 555 111.

Six other men arrested in connection with the killing have been released.

MP's SOS ON HAITI

EAST Ham MP Stephen Timms has backed the Disasters Emergency Committee appeal to help earthquake-stricken Haiti.

The Government pledged an immediate £6million-plus in aid and deployed a search-and-rescue team.

Mr Timms said: "Haiti needs help and it needs it now. There is an overwhelming requirement for food, water, sanitation, shelter and medicine among people who have been made homeless."

He urged people in East Ham to support the appeal. Donate by calling 0370 60 60 900 or visiting www.dec.org.uk

DAGENHAM Sunday MARKET

You can take the girl out of Dagenham.....

By Frank Nash
Published 18th January 2010

But you can't take Dagenham out of Stacey!

Our very own Stacey Solomon, the glamorous single mum from Essex who wowed the fans on X Factor, admitted at a recent premier that her lovely cream chiffon frock was a bargain from her local market.

Stacey went on to say "I got loads of nice, expensive stuff to dress in on the show but when I saw this at Dagenham Market I really liked it"

Dagenham Market is a haven for fashion and there are many bargains to be had at the moment because they are



The sale of sales is now on!

River Road open 9 till 3 every Sunday.