

3 mile run sponsored by a Law firm to raise charity funds

100 lawyers and support staff braved rains and chilly winds to help the cause

Around 100 lawyers from Duncan Lewis solicitors braved extremely wet and windy conditions in order to complete the 3 mile course for Sports Relief on Sunday 16th March. As part of the company's 10th anniversary plans, Duncan Lewis will be conducting a number of charitable events during the course of the year. The company sponsored each of its runners £2.50 per mile and everyone has been out collecting more sponsorship as well. At least one lawyer has raised over £400 on her own - so the total sponsorship raised by the company for the event should be many thousands of pounds - although the money is still being counted.

The company's managing directors, Shany Gupta and Nina Joshi, led the way followed by lawyers, trainees, paralegals and even the cleaner! Before race day there was lots of concern from some people about



Directors and staff of Duncan Lewis & Co at the event.

whether they would be able to complete the 3 mile course. However, on Sunday, everyone there could not wait to get started - as running 3 miles was a much more attractive proposition than standing around in the freezing wind and rain. It should have been a sea of blue, with everyone wearing their Duncan Lewis t-shirts. However, it was not as easy to see the Duncan Lewis runners as hoped - because of the various jumpers and coats on display to protect people against the elements as

the temperature was as low as 2 degrees!

It was a fantastic event with young and old taking part. Alex Ares. Birch (the HR Manager's son) was the youngest person across the finish line at only 7 years old. Head of Family Law, Vanket put many of his younger colleagues to shame by sprinting the 3 mile course and leaving them far behind.

The Duncan Lewis sponsorship money will be added to the £19,640,321 that was raised during the course of the Sports Relief

television show on Friday night and the money raised by the thousands of other runners at the 200 Sports Relief Mile events held around the country. In London there were stilt walkers, street performers, celebrities and people in all sorts of fancy dress. Hundreds of children were running on what was a tremendous family day out as well as a fun way of raising money for a good cause.

Shany Gupta summed up the day, "I am really proud of all of our runners today. The weather certainly meant that it was the kind of day where most people would have preferred to watch the event on the TV, but it was great to see so many of Duncan Lewis' staff out there on the streets raising money for this fantastic cause."

Duncan Lewis & Co solicitors are Asian owned legal company, employes more than 250 staff in their 4 offices in London.

Hair will be 'kept away' from Pakistan matches

As expected, the ICC has confirmed that Darrell Hair will not be asked to stand in any international matches involving Pakistan.

The ICC announced yesterday that Hair would be available to umpire major matches again after completing a mutually-agreed rehabilitation period. It followed his effective removal from big-time cricket in the aftermath of the forfeited Oval Test in 2006.

"We will probably keep him away from Pakistan matches where we can," Dave Richardson, the

ICC's general manager cricket, told the BBC. "We don't want to put umpires in an almost impossible position where any mistake they might make would be under such scrutiny that the pressure becomes impossible."

Hair's reinstatement has sparked outrage in the country, with Inzamam-ul-Haq, who captained Pakistan in the Oval Test, saying he was "shocked and disgusted" by the news. Shaharyar Khan, the Pakistan board chairman during the Oval Test, also expressed similar sentiments.

Rehan Babbar to run London Marathon

Rehan Babbar, the ARY Digital TV presenter has decided to run in the London Marathon to help champion the cause of British Heart Foundation.

In a chat, Rehan gives the reason for his decision, saying South Asians are one of the most vulnerable groups in the UK when it comes to suffering from heart disease and I've also been affected personally as both my parents had heart problems. I also support the BHF's Doubt Kills campaign



Rehan Babbar

which educates people to dial 999 immediately if they think they may be having a heart attack as this greatly increases your chances of survival. About his interests on health issues, Rehan said he is always very particular about his diet and exercise.

Trescothick retires from international cricket

Marcus Trescothick, the England and Somerset batsman, has announced his retirement from international cricket. Having suffered from a stress-related illness since 2006 Trescothick, 32, doesn't feel able to return to the high-pressure world of international cricket.

"I have tried on numerous occasions to make it back to the international stage and it has proved a lot more difficult than I expected," he told the Somerset website. "I want to extend my playing career for as long as possible and I no longer want to put myself through the questions and demands that go with trying to



return to the England team."

It cuts short his career on 76 Test matches, in which he made 5825 runs and struck 14 hundreds, including a top score of

219. He was just as valuable, if not more effective, in one-day cricket where he was able to capitalise on his natural power and timing. In 123 one-dayers, he cracked 4335 runs at 37.37 - second only to Alec Stewart as England's leading one-day run-scorer. "I have thoroughly enjoyed my time playing for England, and I am very proud of having been selected for 76 Test matches and over 120 ODIs. It has been great privilege to represent my country and I am grateful to the game of cricket for giving me the opportunity to excel at a sport that I enjoy so much.

"My desire to play cricket is as strong as it

ever was. But, due to the problems that I have experienced, travelling abroad has become extremely stressful for me. I now think that it is in the best interests of all concerned that the issue is put to rest so that the England team can concentrate on moving forward, and I can concentrate all my efforts on playing well for Somerset."

Trescothick's problems first came to light, albeit under a shroud of secrecy, in February 2006 when he pulled out of England's tour of India, days before the first Test. Weeks later, he dispelled the rumours by admitting he had been suffering from a viral infection.

Navin Patel is 'Kata' champion

Navin Bharat Patel of Finchley, London won the International individual Kata Champion title at Karat tournament held in Nottingham on Saturday, 23rd February. Boys from countries like Denmark, Ukraine, Sweden, Iran, Bangladesh etc. were among the participants of this tourney.

Navin competed in the 10 to 12 years old category for Kata. 'Kata' is a sequence which represents attack and defence moves used in karate. In order to win you are judged on accuracy, technique and strength. His category consisted of 4



rounds and in every round he won unanimously with 3 flags. By winning gold he had earned the title of International Karate Champion for 2008 in individual Kata for his category. Navin is also a member of the British Karate squad.

NHSF Sports Competition: many champions, all winners

The National Hindu Students Forum Sports Competition, 2008 was held at University of Loughborough on Sunday, 23rd February. Students from 26 different universities of UK participated, and in real sense, every student who participated was a winner.

They all came with a ferocious competitive mind, a dynamic sporting spirit and indeed a desire and a vision to ensure that their teams successfully represented their universities. For the first time in NHSF's history the sports competition was held at one of the world's finest

sports universities, the University of Loughborough. All students competed to the best of their abilities and showcased their array of talents to a large number and wide range of spectators, including the Mayor and Mayoress of Loughborough, the BBC Asian Network and Aastha Television. Over 500 students participated in cricket, football, and netball together with more traditional Indian sports such as kho-kho and kabaddi. Many students also took part in classes to learn how the ancient practice of yoga can



improve their daily lives.

National Hindu Students Forum (NHSF) addressed the benefits of teamwork, friendly competition and keeping fit as core attributes needed in

the British Hindu community. NHSF actively encouraged students to gain inspiration and perhaps become the next Monty Panesar or the first successful British Hindu

to participate in the Olympic Games.

Cricket united players from different universities by splitting the teams up into three geographic zones of north, central and south, rather than having individual university teams. After a fiercely fought battle the central zone universities won over the south zone universities. Netball was played with a friendly competitive spirit and with cutting edge tactics, as Leeds University were victorious and for their efforts, they won mobile phones. Football was a highly charged game, and a hard

fought battle saw the final won by Nottingham Trent University against Aston University on penalties. Kho-Kho was also exciting to watch and Brunel University were victorious with Leicester University as close runners-up.

Kabaddi aroused the greatest support and as participants fought hard to pin down raiders and strike points against the defending semi-circle, an electric atmosphere was created in an already highly charged sporting event. In an epic battle Birmingham University won the final against DeMontfort University.