

HOBBIES

Here's something you didn't know about me...



Name: Tony Lashmar
Club: Highgate Golf Club
Age: 32
Hobbies: Marathon running

Tony came to work at Highgate GC as an Assistant Greenkeeper from a local scheme in Highgate Village called the Harington Scheme, in January 1995. The scheme was set up to provide

training to students with severe learning or physical disabilities. Tony is now employed four days a week at the club - part funded by Remploy.

Tony has run 20 marathons in total including Paris, Berlin, New York and London.

In the year 2000 he ran the Paris marathon as a late entrant and one week later ran the London marathon (52 miles in total.)

Last November he ran in the New York marathon and ran his quickest ever time of 2hrs 38mins placing him in 109th position out of over 30,000 entrants. He was running on behalf of the British Airways Team and received a medal from them at a presentation held in New York as the fastest team member.

His slowest time ever was 3hrs 51mins. When training for marathons he will run approximately one hundred miles a week and it is not unusual for him to run into work from his home in the Isle of Dogs which is 13 miles away, and still be on time.

He entered this year's London marathon which took place on Sunday, April 22 and finished in the top 90, with a time of 2hrs 36mins and 53secs to be exact!

He has run many times for charities to raise money for local churches, the Harington Scheme and for a school for disabled children in London.

He is a member of, and represents Victoria Park Harriers which is based in Hackney, London.

Professional biodynamic balancing for harmonious soil life



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The Soil Harmony process - five steps to soil health

Our tried and tested, systematic approach naturally divides into several stages:

- 1** Soil Health Check - thorough analysis to determine the exact status of your soil.
- 2** Nutrient Balancing and detoxification - to correct any deficiencies, breakdown of toxic elements such as pesticides and excess chemical fertilisers and to bring to moderate pH.
- 3** Aeration - a surprising proportion of sports turf suffers from compacting, reducing the amount of beneficial aerobic microbes in the soil.
- 4** Soil Life Inoculation combining carbon based feeds, to stimulate beneficial bacteria into action where sufficient aerobic microbe activity is present or...
Microbe Inoculation using carefully formulated bacteria, fungi and nutrients to increase and stimulate the population of beneficial aerobic microbes.
- 5** Regular feeding of soil and bacteria to maintain the new status quo.

The end result...

An empowered root zone in harmony with the plants it supports results in:

- Healthy vibrant sports turf.
- Better tolerance of wear, temperature and stress.
- Uniform and defined colour.
- Reduced reliance on pesticides.
- Increased pay back for the Soil Harmony client.