

# Observer's going daily

THE RUGBY Observer is going daily. You can now keep up to date with news, views and events in Rugby throughout the week on our new-look website, [www.theobserver.co.uk](http://www.theobserver.co.uk). The site features daily updates with all the latest and breaking news and sport. An interactive section allows you to email the editor with your comments on stories or issues which you feel strongly about. There is a regular column from our MP Jeremy Wright and other special online features as well as links to other groups

and organisations in and around Rugby. Also featured are details of shows, gigs and concerts going on in and around the town and a comprehensive What's On Guide for the area. You can also enter our many exclusive competitions or search through our archives online. Chris Smith, Observer editor, said: "The new-look website is an important part of our efforts to keep the people of Rugby up to date with what's going on. "We also want to make it easier for people to get in touch and have their say about issues and events which affect them. We hope our readers like it."

# Car park attack allegations see three teenagers in court

THREE teenagers have appeared in court in connection with an alleged assault in a Rugby car park. Christopher Coyle, 18, of Pipewell Close in Bilton, was remanded in custody by Rugby magistrates on Monday while Ashdon Harris, also 18, of Steele Street in New Bilton and

Tristan Dickens, 19, of Healey Close in Brownsover, were released on conditional bail. The charges relate to an incident in the car park on Freemantle Road on Sunday, July 9. All three are due to appear at Warwick Crown Court tomorrow (Friday).

# 'Big' Phil turns into Iron Man

HE USED to smoke 15 cigarettes a day, enjoyed a pint and had not run for 16 years but now Rugby estate agent Phil Miller is preparing to push his body to the limit in the ultimate sporting challenge and raise wads of cash for charity in the process.

Report by Ian Dipple

Phil is set to take part in an Iron Man contest in Frankfurt, Germany, on Sunday along with colleague Craig Walford and his boss Sean Newman, who is senior partner of Newman Estate Agents in Regent Street.

Awaiting the trio is the ultimate endurance test - a grueling 2.4-mile swim followed by a 112-mile bike ride and then a 26.2-mile run.

For Phil completing the event will not only see him raise money for the British Heart Foundation but mark the end of an amazing transformation in his life.

The 30-year-old was massively overweight at 21 stone and his smoking was also seriously affecting his health. He could not run, could only cycle short distances and his swimming was limited.

But after being challenged by Sean to compete in the Iron Man contest last October he made a New Year's resolution to get fit so he quit smoking, cut back on the alcohol and started serious training which included swimming through open lakes, cycling from Rugby to Skegness and completing several marathons.

The transformation is amazing as Phil has now slimmed down to 15 stone - losing in weight the equivalent of 82 blocks of lard.

His efforts have amazed family and work mates who have donated to Phil's cause and so far his efforts have raised £4,000.

His boss has also pledged to



Phil Miller, Craig Walford and Sean Newman get ready for the Iron Man event this weekend. 29.06.117.MW

double the final total raised.

Phil told The Observer although he had never attempted anything similar in his life he was looking forward to it and was hoping to finish in less than 14 hours.

"I'm confident I can do it. I did the UK half marathon a couple of weeks ago and my bike packed

up so apart from equipment failure then I'm positive I'll be able to get round," he said.

"I feel myself improving and getting fitter and it's just had a massive benefit on my life."

Anyone interested in sponsoring Phil should log onto [www.bhf.org.uk/sponsor/philipmiller](http://www.bhf.org.uk/sponsor/philipmiller).

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# Dental panel appoints

LITTLE Lawford man Tony Bridges has been appointed to the regional panel of the new Dental Complaints Service.

Mr Bridges will consider complaints that dental professionals and staff from the complaints service have not been able to resolve.

He will hear complaints with another lay volunteer and a dental professional, who will meet with the patient and dental professional involved in a com-

plaint. Resolving complaints may involve recommending an apology, a refund of fees and a financial contribution by a dental practice towards remedial treatment.

Mr Bridges is currently studying part-time at Birmingham University for a Master's degree in art history.

He previously worked as an industrialist and consultant in the aerospace and automotive sectors.

# Walk raises kidney cash

RUGBY'S Hindu Swayamsevak Sangh raised £655 at a walkathon in aid of Walsgrave Hospital Kidney Patients' Association (WHKPA).

Over 170 people took part in an evening walk around the reservoir's five-mile perimeter on June 9 which was followed by picnic and a sampling of homemade Indian cuisine and the playing of traditional games.

The aim of the event, in association with Sewa International (UK), was to raise awareness of the group's work and encourage more people in ethnic communities to become kidney donors.



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