

# Newmans boss scores in fit test

ESTATE agent boss Sean Newman has been named as one of the country's fittest company directors by a national newspaper.

Mr Newman, senior partner in Regent Street-based Newman estate agents, came fifth in the Daily Telegraph's search.

The 39-year-old flew back from Spain especially for the final round of judging in London where he was put through a series of rigorous fitness exercises including a 20-metre run keeping

in time with a beat which steadily increased as well as chin-ups, push-ups and lifting weights with his legs.

Experts from fitness equipment company Life Fitness judged competitors on their performance compared to their age and sex.

Mr Newman said he was delighted to have been named so high up the list.

"I wasn't even expecting to be among the finalists so to be placed in the top five is absolutely fantastic!" he said.

"It was pretty tough going because the standard of entry was so high."

To help keep himself in top shape Mr Newman competes regularly in athletic contests and recently took part in the European Ironman Championships in Germany where he swam through 2.4 miles of open water, cycled for 112 miles and ran 26.2 miles.

He also completed a stage of the Tour de France in June which involved negotiating 150 miles through

the tough conditions of the Alps.

But he said his efforts were not wasted as keeping himself at the peak of physical fitness helped him cope with the stresses and strains of selling houses.

"Racing around the Midlands valuing people's property can get pretty strenuous at times," he added.

"There are often a lot of stairs to climb and boundaries of land to walk around - so I manage to keep pretty active."



Sean Newman pictured after the European Ironman Championships in Germany. (s)

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## Brussels DIARY

Harbury-based Midlands Euro MP Philip Bushill-Matthews writes for The Observer

AT THE end of August I was invited to a wedding in Rheims in central France.

As this was half-way to the European Parliament in Strasbourg I decided to drive over instead of flying and used the opportunity to also make a visit I had wanted to make for many years - to Verdun, one of the major battlegrounds of the Somme during the First World War.

The road to Verdun runs through open countryside with fields of crops on both sides.

Every so often are special fields just of headstones, marking the graves of the young French soldiers who fell defending their homeland. German soldiers are buried with them.

All are finally resting together at peace

alongside those they had given their lives to kill.

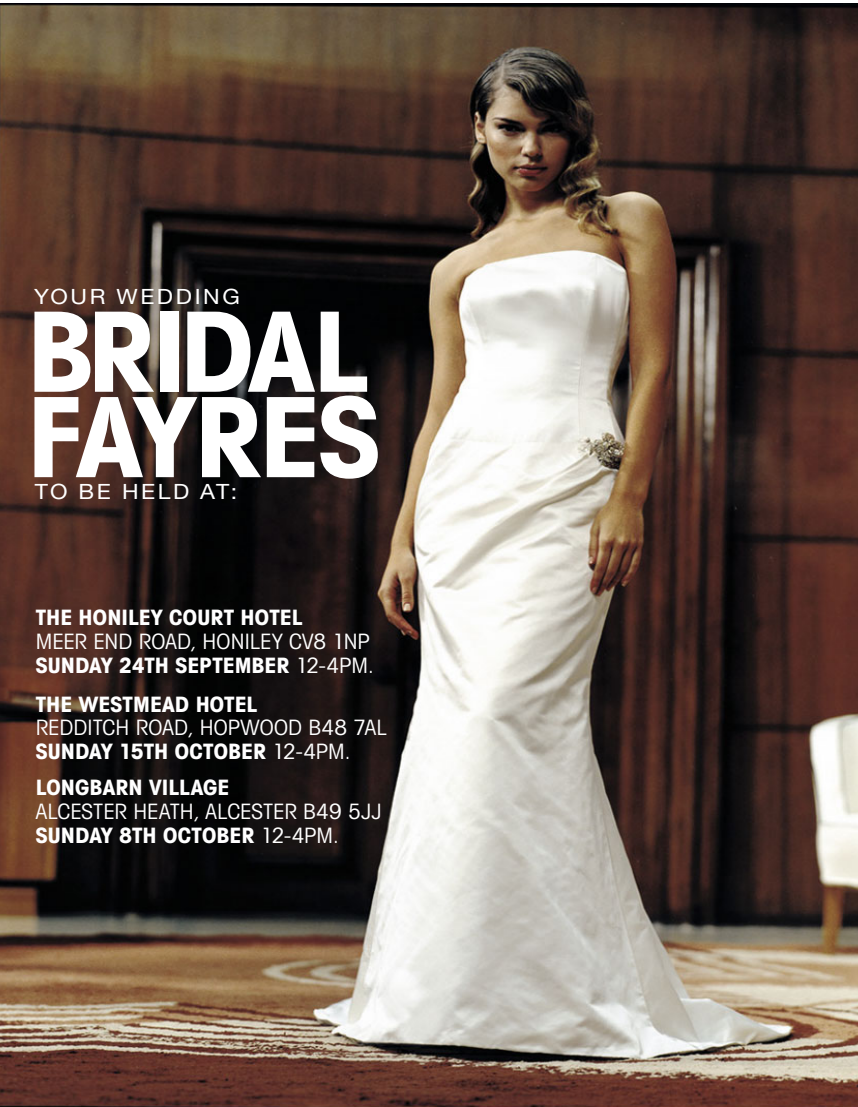
Just outside Verdun I visited the village of Fleury-devant-Douaumont.

This was the very centre of the battlefield. Between March and August 1916, the village changed hands 16 times. The shell-holes remain visible to this day. The village was never rebuilt. There was nothing left to rebuild.

But on the site of the former railway station it was decided after the war to build a small chapel dedicated to Our Lady of Europe, not commemorating the sacrifices of the past but focusing on the need for nations to find other ways of resolving their differences in the future.

Its dedication has this simple prayer in many languages: 'We are praying to you, Our Lady, for Europe which is coming to life - so that it may find and be inspired by the Christian principles of brotherhood, understanding, tolerance and friendship'.

Ninety years on this is the Europe we still strive to build. Much remains to be done. The task is difficult and frustrating, but the alternative is no longer an option. You just have to visit Verdun.



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## CCTV helps police in securing more arrests

THE NUMBER of arrests where CCTV camera footage has been used to collar criminals has more than doubled since the Rugby BID Company took control of monitoring the town's streets.

According to figures released this week, since May the number of arrests involving CCTV intervention has risen from 13 to 30 a month.

Aftab Gaffar, operations manager for Rugby BID, said the number of control room staff had doubled allowing them more time to scrutinise the streets.

He added improved communication between the control room, the rangers and the shop and pubnet systems had also helped bring about the increase.

"When you add this to the special relationship we have with the police and the close liaison between organisations, one is left in no doubt as to why things have improved," he said.

Work is currently being carried out to upgrade the CCTV camera network across the town with the installation of 38 new colour digital cameras which will offer better quality footage able to identify offenders more clearly.

Four specialised emergency help points are also being fitted and the control room is being revamped.

The new system is expected to be up and running by the end of October and Mr Gaffar said he expected arrests to rise again.

## NEWS in brief

● THREE men suspected of dealing hundreds of pounds worth of heroin and cocaine have been arrested.

Officers stopped a car on William Street last Thursday for a routine vehicle check. But after searching the car they discovered enough heroin for 30 deals.

They arrested a 30-year-old and a 29-year-old man on suspicion of possession and intent to supply heroin. The car was also seized as it had no insurance.

The 30-year-old man has been released on police bail to return to Rugby police station on October 10. The 29-year-old man was released without charge.

The arrest was followed by another drugs bust last Friday when officers again randomly stopped a car on Wentworth Road about 1.25pm.

A 38-year-old man was found in possession of 22

deals worth of heroin and five rocks of cocaine. He was arrested and later released on police bail.

Inspector Dale Pritchard described the arrests as positive results.

● A MAN has died from a suspected drugs overdose in a house in Rugby.

Police are investigating the death of Rugby man Lee Preston, aged 26, of no fixed address, at a house in Railway Terrace.

Paramedics were called out at 9.50pm last Wednesday to a report that the man had collapsed with a suspected drugs overdose.

He was pronounced dead at the scene.

A 24-year-old man was arrested on suspicion of possession with intent to supply a Class A drug and later released on police bail pending further inquiries.

## Man smashes his way into police station

A MAN dug up a memorial stone and then used it to smash his way into Rugby police station.

The 35-year-old arrived at the Newbold Road station last Monday about 2.28am to find it locked.

It is then believed he dug up a memorial stone put outside the station as a tribute to an officer and used it as a weapon to smash the outer window of the office.

He then broke his way

through the second door of the station before smashing and destroying the main front desk windows in the foyer of the building.

Officers arrived to find the man still carrying out his attack and he was arrested before later being charged with criminal damage to the windows and a police cell. He was released on police bail and is due to appear before Rugby Magistrates Court on Monday.