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Friday 5<sup>TH</sup> August 2022

Mr OVANDO CARTER-London Parkour Project

## TO WHOM IT MAY CONCERN

I was approached by Mr Carter in early 2013 with regard to using the college sports hall for a regular Parkour session with a number of university students who had shown an interest. He was keen for it to also be available to students at this college.

The session started and flourished, and quite a few LSC students did become regular attendees.

In all my interactions with Mr Carter, I found myself working with a most enthusiastic, friendly and considerate young man. He was immensely popular with his participants. He was also fastidious in his adherence to time, use of and storage of equipment. He also showed himself to be a very knowledgeable and able coach and exponent of his sport.

After a very successful three years based at this college Mr Carter's growing numbers of practitioners, and their need for greater challenge, required him to move on to a much larger facility with more time available than we at the college could offer.

We were very sorry to lose Mr Carter, and of course the Parkour which had helped to broaden our offer to students.

I continue to hold Mr Carter in the highest regard and I am happy to give my strongest recommendation to any venues/establishments that are contemplating engaging with this most charming and thoroughly trustworthy young man.

JIM HOWELL

Head of PE and now Leisure Centre Manager at Leyton Sixth Form College since 1971

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