



Vegpatch

The Newsletter of the Vegetarian
Cycling and Athletic Club



July 2012

Welcome

Hopefully, by the time this edition hits your inboxes, the summer will be firing away on all cylinders rather than the sporadic misfires off the early part of the season interspersed with...well what you can see on the front cover. Noel on the Cornwall Tors Sportive was sharing the same wet and windy conditions as those of us running the Manchester and Milton Keynes Marathons, and doubtless many others racing and training around the country.

The aftermath of the Manchester Marathon has been quite strange for me. The event finished within a normal fifteen minute walk of my work place. This being a vegan grocery that opens on a Sunday half the staff and many of the customers experienced the same dire weather condition we were running in whilst making their way to the shop. The result has been that even amongst those who only know of marathons from the overblown descriptions of the 'courage' of the London Marathoners, and assume everything else must be something lesser, I have been being congratulated on my achievement.

All the stranger since I know in my heart of hearts that notwithstanding the conditions my time was well below par. But a timely reminder that even for us lesser lights who get through races without ever troubling those up at the pointy end, and occasionally doubt whether we are doing the idea of vegetarian fitness any favours with our relatively feeble efforts, that sometimes even we can be both admired by, and even I've been surprised to find, inspire others.

Not sure if they would have been half as impressed if they had witnessed me later on lying shivering on the floor with Len, after what, in a tired and near hypothermic state, had turned into a twenty-five minute stumble home wrapped only in a foil blanket. But we'll keep that to ourselves, eh chaps.

Steve Coote

AGM – As of the time of publication we are currently waiting to hear back from our regular venue at MacIntyre Homes, Milton Keynes as to whether some building work that would prevent us holding our AGM there is to go ahead. Suggested options are to go for another venue in Milton Keynes or to take the opportunity to look for a venue in Bristol. If anyone particularly wants to know the outcome ASAP you are welcome to drop the General Secretary a line or give him a ring – details above - otherwise the official notification with venue and time will be printed in the next Vegpatch.

Keith Hammond - VCAC Athletics Secretary

Looking back over the last few months it's pleasing to see so many club members running marathon races. As anyone who has run a marathon knows, the hard work isn't confined to race day, but takes place during months of training. For those taking part in a Spring marathon a lot of the training can be in less than ideal conditions. Indeed the poor weather was a feature of some of the races.

At the London Marathon Andy Jordan (having achieved a Good For Age time last year) took a well deserved and more relaxed approach, running in full 'city gent' attire, including an umbrella, an item



that would not have been out of place in the torrential rain a week later at Manchester and Milton Keynes. Both of these were inaugural races and hopefully the weather will be kinder in future. Also at inaugural events, Robert Mottram-Jones finished in 3:04:08 (4th MV50) at Hull and David Anderson in 3:05:51 (PB) at the Marathon of the North (in Sunderland), while Mary Davis ran the Vienna Marathon.

At the shorter distance end of the scale Sophia Howard competed at three track and field meetings in April and May, taking part in a variety of events including a 2K steeple chase, 400m hurdles and 4 x 200m relay.

Full details of the results will be on the club's website in due course.

A couple of other results related websites to mention that may be of interest. Run Britain <http://www.runbritainrankings.com/user/claimhandicap.aspx> includes results for all UK licensed events. It also has a handicap system for results, which takes into account factors such as course profile, weather conditions etc. It is necessary to register as a user, but once you have done so you will have access to your own results and those of all other runners.

Some of the VCAC members will already be familiar with the Fetcheveryone website <http://www.fetcheveryone.com> Again it is necessary to sign up to the website. In particular I have found it useful as a place to record my race times. The website also calculates the age grading for each race time.

On the subject of PBs, in the last few months Peter Collins ran PB times at 5K, 10K and Half Marathon, while Bill Balmer achieved a PB at the Mersey Tunnel 10K, followed a week later with another at the Freckleton Half Marathon. Well done to both Peter and Bill.

I will end with the following from a posting on the club's Yahoo discussion group from Paul Horne, (who has worked his way back from injury) that serves as a reminder to all of us to enjoy our running however fast or slow we may be (and regardless of what the weather is like);

“In the last few days the heavy rain has created a serious amount of mud in the tracks around home, suddenly I am feeling better and the fun has started to return”

A Marathon Month for the VCAC – Steve Coote

With the London Marathon taking place, April is always the month when marathon fever grips the runners of Britain. With UK marathons on three consecutive weekends this year things reached a new height, and VCAC runners were out in force.

Ade Gibbon led the way on the 15th of the month with a sub-four hour completion at the Brighton Marathon.

The annual festival that is London saw all six of our members entered finish, with Brynjar Agnarsson leading home the team of Andy Harper, Paul Kerrison, Robert Gibbons, Sid Molyneux and Andy Jordan, the latter running in full pinstripe suit, bowler hat and umbrella.

The final Sunday of the month was notable for stormy conditions throughout the country, with strong winds and heavy rain whipping across the two venues at Milton Keynes and Manchester. Four VCAC runners – Roy Hughes, Jim Cheseldine, Nik Windle and Mark Affuso - completed the Milton Keynes course, while simultaneously John Morris, John Allan and Steve Coote were battling through the weather in Manchester. Given the conditions the crowds were remarkable, and the encouraging shouts of, 'Go on Veggie,' seemed particularly frequent as I ran through Altrincham.

With a total membership of around 120, probably two-thirds of whom compete in various sports and not all of those runners, to get fourteen marathon completions was a real show of strength for the VCAC – in more ways than one.

Who was that idiot running the marathon in a 3-piece suit? – Andy Jordan

As a first time fancy-dress runner, it was an amazing experience! The crowds just go wild all the way round if you put on a daft costume! It was weird, thousands and thousands of people I'd never met and spread along 26 miles of the route somehow spontaneously crowned me as some new superhero called "Suit-man"! Although one or two did shout "go on Banker" (I think ;)

I'd managed to pick a wool suit + a winter woollen waistcoat + genuine bowler, so I was pretty cosy before I even started running! I can see why they settled on vest & shorts as preferred attire for this race.

The umbrella was very useful. It kept the sun off but also kept me dry as I ran through a couple of showers. The VLM organisers have got one over on the Met Office as they even managed large roadside signs accurately predicting the showers.



As I wasn't fit to race, it was great fun to still take part in fancy dress for a change! And I raised a few quid for Grove House. Nothing close to my normal time I'm afraid and yes, I was late for the meeting!

Brass Monkey Half Marathon - David Anderson

Well I was looking forward to this race as it was, can I believe it, 5 years since my last half marathon! I may have done long runs to that distance since then, though not many as my running for the last couple of years has been shorter distances with the advent of Parkrun. This is where I was informed of the existence of this race thanks to fellow Parkrunner, Isau, who did not end up doing it as places were taken up rapidly and gone within a few hours.

Training was going well as I had a lot of time on my hands with no job or much study until last Friday.

Arrived at York there was another guy, Chris, who was lost getting off the train, so we had another addition to our merry crew. A few old ladies biking outside the station were kind enough to give us directions to the racecourse about mile from the station, so we walked, although Robert guided us with the magic of his GPS - modern phones I will have to buy one. Saw lots of Fetchies and Parkrunners but there was not much time to chat as there was the inevitable long queue for the toilets, which left me only a couple of mins before the start time.



Started on my lonesome, as I couldn't see anyone else I knew on the road, but near the back. Weather was dry but blowing a gale. The race went through farmers' fields smelling of fresh country air. Only the left hand side of the road was available to run on as there were oncoming cars! Some at quite a pace, this was the reason earphones were not allowed, though some people ignored this. This made it difficult when throngs of people were encountered; thou shalt not pass. Known as a PB race as it is flat - though not totally as there were three uphill climbs near the end and each time you were told this is the last uphill bit, though that was a complete lie!

Really enjoyed the race and of course getting a new PB felt great. Another grand day's running was followed by a trek into town as the refreshments were rubbish. Past the historic castle and churches, though some would say corner shops in York are better photo opportunities! Delightful nourishment at El Piano Vegetarian Cafe.

When I started out running I wanted to do a Marathon in under 4 hours and a Half in under 1:30, now I have achieved this. What next? Well I have not done any official 10 Mile or 20 Mile races and I am constantly being persuaded to do another Marathon. Finding the other team members times on the Fetch site made me realise that my marathon time needs

improving, the club have a record of 3:10! A bit better than my 3:49 or whatever, so this could be the plan.

Alderney – a runners’ paradise? – Rod Paris

I have lived, worked and run in many countries all over the world, but I believe that for running nowhere compares with my present home on the island of Alderney.

Just 5 km by 2 km, this most Northern of the Channel Islands has about 2000 residents, nearly empty roads and glorious coast paths. I organise 4 races during the year, a 10 mile “Coast Path Race” in May, an “orienteering” race in July, “Race the Train” 2 mile dash in Alderney Week during August and a Half Marathon and 10km race in September.



All races include a walking section with their own prizes to encourage visitors to bring their families to the island and join in. We get about 120 entrants to each race.

Alderney Runners meet at least once a week for a trot round the island and visitors are very welcome to join in.

I have trained all the 11 restaurants on the island to serve vegetarian and vegan food, so you won't go hungry! I will be happy to make recommendations and reservations.

It's not cheap to get here – you have to fly via Southampton or Guernsey - so I recommend that you stay for a few days to make it worthwhile. Cyclists can hire bikes locally.

You can see all the details of the running races at www.runslderney.org and there is lots more about the island on the visitors' website www.visitalderney.com I hope to see you soon on our lovely, friendly island!

Multisport Report – Steve Coote

Steve Wigglesworth has been being lazy. Only a couple of age group wins and qualification for next year's European Sprint Championships to show for the year whilst personally I have been straining every sinew to avoid having to actually take part in an event. I'll think of him getting into his training regime as I settle back with a porkless pie and a pint of something evil over the winter break with another full year of good intentions behind me.

Lazy Days – Steve Wigglesworth

This has felt like a strange year for me so far, and it's probably going to feel stranger.

I fully planned to have a quiet year in terms of competition for two reasons. One reason is that I intend to have a real crack at getting to the absolute peak of my abilities next year when I move up an International Triathlon Union age group cohort and will be in the best position to attack the euro and world championship events. The logic behind the 'quiet year' strategy is that I need this time-out to mentally and physically ensure that come winter I'm ready to fully commit; the second reason is that I'm now in the final stages of finishing my two year expedition vehicle project and am stacking in the hours to make sure that it's ready for our summer holiday.

It's an odd feeling after consistently racing for many years to be soft pedalling in summer with a view to hitting it hard in the winter. It's a pie-and-beer-time reversal plan, if you will.

Anyway, I'm quite enjoying the overweight freedom of not having to hurt myself too hard and have done just a handful of multisport events just to make sure I, and my carcass, don't forget what it's all about.

My first outing was on 29/4 at the Grantham Sprint Tri (Swim 400m / Bike 18K / Run 5K) and what a baptism. It was unfeasibly cold and was bucketing down. I fully expected the event to be cancelled but, unfortunately, it wasn't. The rain was merciless and it was comfortably a new PB for the coldest tri I've ever done. There was standing muddy water several inches deep on a couple of parts of the bike course and the transitions were just miserable. Undoing helmets and changing from cycling to running shoes was just impossible for many without help and the whole thing was utter madness. It took a full 20 minutes with my camper van heater on full at the end just to stop the uncontrollable shaking. I was an early-stage-hypothermia 6th overall and won my age which at least made the next two days of drying and cleaning things slightly more tolerable. I felt sorry for the many who punctured who endured all the negatives but didn't even get to record a time.

Second up was an important event for me, a European Triathlon Union qualifying event for the 2013 European championship to be hosted in Turkey. It was held on 13/5 at Grendon Lakes (Swim 750m / Bike 24K / Run 5K) in Northamptonshire and is a course I usually go alright on: I didn't though. I guess the pies and beer and lack of training don't really help when competing amongst euro championship hopefuls, neither does not having swum in open water at all since last September. I was, at best, an also-ran with a particularly poor also-run. We won't discuss the finer points; suffice to say I did just enough to qualify for next year's championship race, by which time I absolutely will be better prepared. This race was the only important race of the year for me and it felt distinctly odd to have peaked and (just) accomplished my entire season's goals by early May.

20/5 saw me at the Newmarket Sprint Tri (Swim 300m / Bike 22K / Run 4K). This event is custom made for me with a bit of a splash to start with, a long exposed bike leg, and a shorter-than-usual run to cap it off. In spite of it once again being cold and drizzly, the extra few pounds, and lack of race-face I managed a good bike and reasonable run which saw me fourth overall and winning my age. I would have been 3rd but made a fluff of my second transition and then dropped and had to stop, run back, and retrieve one of the obligatory-to-collect lap-counting elastic bands. Ah well.

And so to what is one of my favourite events, the Woodhall Spa Sprint Tri (Swim 400m / Bike 24K / Run 5K) held on 3/6. Once again though the weather took its toll with a return to a deluge and cold reminiscent of – but not as bad as – the Grantham event. It still made for grim going and the contradiction of three layers not being enough at a time of year when one is usually too many was not lost on me. The race itself followed a familiar pattern with a dire swim, strong bike, and passable run. In spite of once again shredding my feet by running with no socks in abrasively innered running shoes through standing water I managed a 12th overall and an age group win.

In terms of the sheer quantity of multisport results it's been a relatively dry season so far, in spite of the seemingly constant wet.

I've also been doing a bit of time trialling, of the 72" medium gear variety. For those who have never heard of this, the events are a normal time trial but competitors are only allowed to have a restricted gear size – which equates to about a 52 tooth chain ring and a 19 tooth rear sprocket. The upshot is that it's all about revving as fast as possible for the full duration; the specialists can average 130+ RPM. They are superb for cardio-vascular fitness but don't half take their toll. The constant bouncing around that such high revs inevitably lead to makes for a very uncomfortable saddle-interface experience.

The Club has a very old tradition of competing in MG events with members such as the esteemed Dave Keeler taking many a victory. I've done three such events this year and suffice to say I am no specialist. They are good for training though and anyone wanting to sharpen up their pure cycling speed should seriously consider giving them a go.

I don't have any racing plans for the remainder of this season but will probably knock off a few more sprint tris before the season ends just to ensure I keep my eye in.

Henry Light

Steve mentioning time trialling and our club's long and successful history in cycling I must thank a lady called Beverley Davies who both offered and sent me free of charge a photo she was sent by mistake from The National Archives. The picture is labelled, 'Henry Light, Founder Member and Captain of the Vegetarian Cyclists Club', and dated 3 June 1897. Henry Light is of course

the man who set up the Henry Light Trust Fund, currently administered by Mike Stanton and Dave Keeler, which disburses funds to help vegetarian athletes.



CLUB CYCLING REPORT by Noel Molland

CYCLOCROSS

There is some great news from Lincolnshire. Proudly wearing his VC&AC jersey, John Bateman finished 5th in his category of the Lincs Cyclo Cross League. The competition comprised of thirteen events at venues in Lincolnshire and Yorkshire running from late September 2011 until Christmas 2011. VegPatch looks forward to bringing you further news of John's cyclocross activities when the 2012 races start.

OFF ROADING

In April Talitha Burnett took on the HONC (Hell of the North Cotswolds) a mass participation off road & on road cycle challenge. Describing the day as "great fun" Talitha did the 50km route completing it in 4h 10m. But her actual moving time was 3h 15m. Unfortunately Talitha suffered a puncture a mile after the feed stop, but despite this she was the third woman to finish the ride overall.

TIME TRIALS

In April 2012 Steve Wigglesworth returned to 25 miles MG (medium gear) time trialing after a seven year break from doing this kind of event. The course was described as undulating (read hilly) and Steve rode the event on a fixed wheel (rather than opting for a free wheel/single gear). However despite everything that was against him, Steve finished 3rd overall with a time of 1h 5m 23s.

ROAD RACING

In June 2012 VC&AC supporter, Sally Newman, was helping to recruit marshals at the Stannington Road Race in Yorkshire. Unfortunately Sally had to work that day so missed out on the big day herself.

VELODROME TRACK

In April 2012 Talitha Burnett took part in her first Velodrome track event. Joining a group of friends from Bath who had hired a time slot at the Cardiff Velodrome Talitha reported having a very enjoyable time on the boards.



SPORTIVES/AUDAX

Sportives and Audaxes continue to be one of the most popular cycling activities undertaken by Club members. In March 2012 Talitha Burnett completed her first ever Sportive, the Lionheart Sportive at Longleat, finishing in a Bronze position and reporting that she really enjoyed the ride. Meanwhile in April I undertook the 2012 Cornwall Tor. Last year I said "never again" to this Sportive but in a fit of madness I signed up for the Cornwall Tor again.... The weather was horrific. Torrential rain, very strong winds and freezing cold temperatures. Trees were literally being uprooted from the ground and police advised caution to travellers. And the route was still as hilly as ever with over 1,300 meters of climbing.... However despite all this I finished in a respectable 4h 29m 52s which given the weather I feel is a positive outcome.

FORTHCOMING CYCLING EVENTS

In June Paul Kerrison is taking part in the Peak District 100 miles whilst Talitha Burnett is doing the Bike Bath event and I'm having my second go at the Dartmoor Classic 100k. In July Steve Coote is riding the Velo29 Endeavour Sportive 61m whilst Talitha takes on the Great Western Ride and I try out the new Jurassic Classic. Then in August Talitha is taking on the famous Exmouth Exodus, a bike ride from Bristol to Exmouth that takes place at night. 100 miles in the dark cycling.... we look forward to receiving her report!

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WHEN TWO WHEELS ARE NOT ENOUGH by Noel Molland

If you say the word tricycle you might imagine a young child's toy vehicle before the child moves onto a bicycle. Or maybe a small wheeled vehicle for older people, pedalling along a Sustrans style traffic free route. Sports wise you probably imagine the specialist market of hand cycles ridden by disabled athletes, or maybe a snazzy looking, low based, fast moving recumbent shooting along the ground at breakneck speed.

The tricycle now a days is a niche vehicle, not used by the masses. Certainly you won't see many tricycles on a Sportive or at a Skyride. However this was not always the case. Back in the late Victorian time, before the Modern Safety Bicycle was invented, the tricycle stood proud as the means of transport.

Originally invented in 1680, as a hand cycle created by German watch maker who was himself disabled, the tricycle came into its own during the period of bicycle evolution when the Ordinary Bicycle, or Penny Farthing as it's more commonly known, was the bicycle of the day.

Due to its shape and design the 'Penny Farthing' was a vehicle for tall young athletic men. Due to Victorian dress codes women were unable to ride the Penny Farthing. Likewise short or unfit men also found it difficult to ride the high bike. Therefore the tricycle, with its lower seating, more stable riding position, and dress friendly design, made it the ideal vehicle to ride. By 1884 there were 120 designs of tricycles in Britain alone. But after the invention of the Modern Safety Bicycle, with the classic diamond shape we know today, tricycles started to fall out of popularity.

Today tricycles are a specialist and niche market. But despite this, there is a core group of people

who strongly advocate the tricycle as a vehicle for racing, touring and general social activities.

The Tricycle Association was founded in Britain 1928. The reason the Tricycle Association is an Association rather than a Club so that Cycle Club members from existing Clubs can join the Tricycle Association but then race or ride in their own Club strip. When I contacted the Association and asked if they'd ever heard of the VC&AC not only had they heard of our Club they said that there had been some prominent VC&AC members in the Tricycle Association, including Dave Keeler, Dorothy Tuffnell, Peter Duncan, etc.

The Tricycle Association membership covers the whole of Britain and the country is broken down into regions. Each region has its own committee which organises social events, races, timetrials, etc. Members receive a quarterly publication, The Tricycle Association Gazette, which is a black & white A5 publication containing a mixture of articles including news from around the regions, obituaries, articles about favourite rides, historic articles from previous issues of the Gazette, a For Sale section, a diary of forthcoming events, etc.

I personally find the black & white format a bit off putting preferring colour photos. Likewise I found the historic articles a bit nostalgic for my liking. I would prefer more emphasis on the future direction of tricycle racing/touring in Britain and more information on the international scene. However that's just my personal opinion.

Membership of the Tricycle Association costs £10 a year with an initial £3 registration fee for new members. If you either own or are interested in tricycles then this is the group for you. For more information on the Tricycle Association check out their website at <http://www.tricycleassociation.org.uk/Home.html>

STRAVA..... WHATS IT ALL ABOUT? By Talitha Burnett

If you have a GPS device, you may have heard about Strava. It's a brilliant free web application which allows you to post your workouts - running or cycling - online, and lets you analyse your performance in a simply and quite aesthetically too! It's also got a 'social fitness' aspect - you can follow other people to keep updated about their workouts, add comments, or 'give kudos' for effort. There is also a great feature called 'Segments', which highlights part of your route that are categorised hill climbs, or just challenging / fun sections which people want to improve on. Your time for these sections is then added to the communal leader board, and if you are the fastest, you become King (or Queen) of the Mountain.

The segments feature allows you to easily make your own too - so if you have a particular route you run/cycle often, or a particular part you enjoy, you can check up on your own PRs and see how you improve. It's a wonderful motivator, especially if you don't go out with a club. Although I'm not a competitive or highly competent cyclist, I am a very happy owner of a Garmin 500. I love uploading my rides and pushing myself just a bit more on parts that I know are 'segments'.

The site is extremely easy to use, and allows anyone with a GPS device, or the (free) Strava app for Android or iPhones, to easily upload their workouts. It caters specifically for both runners and cyclists - or mixed disciplines.

There is a VCAC club page already up, so feel free to join in with the fun! The link is: <http://app.strava.com/clubs/4680>

A 3 Peaks Round - Steve Coote

In the car park in Glen Nevis after a few beers in Glencoe's Clachaig Inn the night before – sipped to the accompaniment of a folk singer who made up with enthusiasm what he lacked in talent as he belted out a few old Pogues numbers - I was surprised to realise it was 5 years since my last 3 Peaks round. This time up it was for Tameside Animal Shelter - a few of the 9 in the team worked together, others knew each other by tenuous links and had been drawn in to make the weekend affordable; I knew no one.

The foul weather forecast for the weekend hadn't materialised as yet and we set off up the Ben's zigzag path in a group. This didn't last too long. One girl suffered from the humidity, heat and midges and our leader, Simon, and Darren who had suggested the whole thing dropped back to walk with her while the rest of us headed on up. The gap eventually grew too large and as we were spending as much time waiting around as we were walking as mobile communication wasn't working my offer to our leader's girlfriend to run back down the hill to see what was going on was gratefully accepted.. The upshot was that we were to carry onto the top and Simon and Kath would either do it in their own time or turn back when they met us coming down. Darren and I managed to catch the rest of the team with our message some way below the only unavoidable snow slope, and being on a bit of a high by now I carried on through with a couple of the guys to summit first. As a mobile call now got through and we heard that Kath was still heading up we opted to wait the 45 minutes it took her to join us. As I listened to a chap playing the pipes that he had carried up with him I could only think that seldom had stamina and stoicism been so hard tested; it's been a long while since I've been within spitting distance of someone playing bagpipes without succumbing to the desire to throw a rock at them.

I guess we all had our highs and lows on the trip. My lows were on the mini-bus as it wound it's way along twisty roads. I seldom throw up on buses these days but childhood memories of school trips are still only too real. For most, though, the trip up Scafell, and more particularly down, was **the** low. It had started raining heavily somewhere after the borders and we didn't reach Wasdale Head until 9.30 at night. The tightly packed rock slabs of the conservation path were horribly slippery, another team member was having his bad patch (Kath had opted to sit this one out in the hope of recovering for Snowdon), and visibility was already poor. Simon, asked me to stay at the back of the group to ensure no one fell off the pace in the dark. Well that and he claimed the fluorescent yellow, long sleeved t-shirt I was wearing - given at this year's Stockport 10 - was affecting his night vision. About two-thirds of the way up we finally had to turn on the headlamps, which should have helped but the cloud and rain we were in just smeared the light into a blur. The Peak was successfully found and after a quick photo - picture a black sheet with water droplets on it and you'll about have it - we started the descent. 2 hours up, not bad, two and a half down. Two members of the team damaged themselves in falls to the extent that they couldn't do Snowdon. From my view at the back it was like looking at a group of physically dyslexic gymnasts capering about as arms, legs and walking poles flailed in all directions. At least my break dancing was done in relative privacy. I have to admit that as an experienced hillwalker the whole episode was the best bit of the weekend for me; but it's not something I was keen to pass on as people tried to stay positive in a very gallows humour sort of a way but often lapsed into downright swearing and misery. Simon dropped back as we came off the route somewhere towards 2 in the morning and asked me how I felt. I pointed to a bunch of squaddies just passing us on their way up, 'tempting to tag on the back and have another go'. Simon laughed - he did a lot of that - it had been an excellent piece of team leading.

Back on the coach for the trip to Snowdon, bleary memory of lapsing in and out of sleep, until it was time to get the boots on again as we neared Pen-y-Pass. The Pyg track both ways

it was to be, and as the weather had cleared giving another beautiful day. Simon told us that as long as we stayed in groups we could just go for it. Scott and Lee set off at a heck of a pace which for awhile I thought I might have misjudged that they couldn't possibly keep up. Happily, 15 minutes in and we were still moving at a brisk pace but I was able to take a turn in front rather than just hanging on. Not much to say about Snowdon. Took us about 90 minutes to summit, the reflections early on of the mountain tops in the tarns were beautiful, and the final part back to the car park that I did with Kath who had managed to get up to over halfway before waiting to walk off with whichever of our groups came down first just went on and on and on.

Wonder what sort of nick I'll be in in another 5 years.



Subscriptions at the Last Chance Saloon

Every once in awhile, and not just around spring, it's time for a good old clear out. Individual reminders have been sent and Vegpatch has continued to be delivered for some time after subs were officially due in the hope that those who still hadn't renewed would do so, but we all have other concerns besides the VCAC and there reluctantly comes a time in even the most committed committee member's life when the assumption just has to be made that if someone hasn't hitherto renewed there's a fair chance it's by intent rather than accident.

In saying thanks to those who have renewed, and welcome to all the newer members, I would just add that we would still be delighted to hear from any lapsed members who wish to continue membership or assume it anew. For more details, please contact Steve Wigglesworth or go to the membership page of the website.