

Rutherford Appleton Laboratory Recreational Society August 2019 Newsletter



Sports and recreational activities, clubs and facilities for health, well-being and social interaction at RAL and beyond.

Summer Garden Party

The RecSoc will be hosting a summer party in the R58 garden and lounge on Friday 30th August from 12:00 until 15:00. The party is open to all RAL staff and RecSoc members are welcome to invite their family and friends.

There will be a complimentary buffet and assorted party nibbles as well as the usual selection of inexpensive cold beverages available from the Lounge bar.



We will have live music from the Music Club, the Tennis Club will be holding their official 'Grand Opening' of the newly refurbished courts, and the Arts & Crafts Club will be displaying some of their recent work and holding an open session for anyone who'd like to have a go.

Team Prevent's Health Trainers will also be in the Lounge during the day offering free health checks and advice on general health matters, pain of movement, nutrition and sports training. They will also run a free 60 minute "Core and Stretch" class in the Sports Hall at 14:00.

We're reliably informed the weather will give us a typically glorious British August day so please come prepared in summer attire with sunscreen, a suitable floppy hat and a pac-a-mac.

For more information on the summer garden party please contact [Tristan Youngs](#).

Tennis & Netball

The RecSoc Committee is pleased to report that the RAL tennis courts have recently been refurbished and now include a netball court.



Repairs, surface cleaning, painting and new line marking means the tennis courts are better than ever before, and having both courts available again will enable more Tennis Club members to play and take lessons with the club's qualified instructor.

The new netball court also means we'll be organising informal friendly lunchtime games on Tuesdays during August.

The Committee would like to thank Estates for providing these much improved facilities that will greatly benefit our members.

For more information about the Tennis Club please contact [Elliot Oram](#) and if you're interested in playing netball please contact [Sarah Needham](#).

Associate Membership

Associate Membership is available to long term visitors or students of the Laboratory, staff from Harwell Campus organisations, and others interested in joining specific RecSoc clubs or participating in RecSoc organised activities.



The membership year runs from 1st September to 31st August and all Associate Members must renew their membership on an annual basis.

From 19th August Associate Membership can be applied for or renewed online and payments can be made by BACS, credit or debit card in the R58 Lounge, and by cash or cheque to the Honorary Treasurer, Joe Moxon (cheques should be made payable to RAL Recreational Society).



Associate Membership now costs £5 per calendar month, payable in advance. Membership can be purchased from one to 12 months, though membership is subject to availability so may be declined if over-subscribed.

To apply or renew your Associate Membership and for more details please see our external website <https://www.ralrecsoc.com/>

Table Tennis

The RAL Table Tennis Club is a small, friendly club, and is keen to attract new members to play. The club has good facilities in the RecSoc Building (R58) and organises play on two levels – lunchtime and evening league.

Lunchtime play - Club facilities are available at lunchtime throughout the year to all RecSoc members who wish to play table tennis.

Lunchtime table tennis is run informally.

Evening League play - The Club enters teams into the local Didcot and Oxford leagues. The evening league games can have a more competitive edge, yet also have a friendly and sociable side. The season runs from September until April.

All standards of player are welcome from complete beginners through to advanced, so why not come along and join in. Playing table tennis is a fun and sociable sport, and is excellent for improving general fitness, core muscle strength, dynamic balance and hand-eye coordination.

Additional information can be found on the Table Tennis web pages.

Internal: <https://staff.stfc.ac.uk/people/rec/RAL/clubs/tt/Pages/default.aspx>

External: <https://www.ralrecsoc.com/clubs/table-tennis>

External: <http://ralttc.ddtta.org.uk/>

If you're interested in playing, or would like further details, please contact [Tom Griffin](#) (Chair), [Brian Wyborn](#) (Secretary) or [Anders Markvardsen](#) (Treasurer).



Walking Football

During Active Wellbeing Week two immensely enjoyable and highly amusing Walking Football matches were played on the RAL Sports Field.



Flashes of ball skills, 2-touch precision passing, bursts of 'speed walking' and the resulting fits of laughter, some excellent team play and sportsmanship made the games invigorating but not physically demanding.

Those who hadn't tried Walking Football before were pleasantly surprised at how exciting and stimulating strolling around kicking a ball with a bunch of like-minded people can be.



Walking Football is easy to play, it's low impact and we play a no contact version so it's great for all ages, men and women, novices and experienced players alike. Informal matches will be starting in September on the RAL sports field from 12:45 to 13:30 on Wednesdays.

If you'd like to join in or would like more information please contact [Ronnie Brumfitt](#).

Womens Football

Following the success of the Lionesses, England's Women's Senior Football Team, at this summer's landmark Women's World Cup, with it's record UK television viewing figures and new heights of exposure for the sport across the globe, our own female footballers are looking forward to getting back on the pitch in preparation for the start of the Harwell 6-a-side League in September.



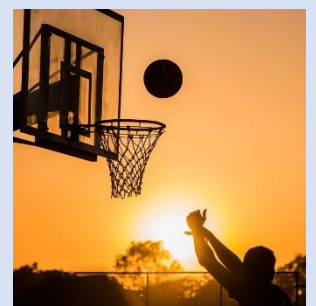
Last season we had 6 women and 9 men play in our "All Mixed Up" team which competed in the Harwell league and had it's best season since forming in 2012.

Starting in September we will holding training sessions and friendly practice matches on the RAL sports field on Thursdays from 12:30 to 13:30 for anyone who'd like to join in. The training sessions combine fitness, ball skills and team play and are suitable for all abilities, from "I've never kicked a ball before" beginners through to "I hung up my boots years ago" veterans.

If you'd like to join in or would like more information please contact [June Callison](#).

Basketball

The RecSoc has been asked to support the introduction of basketball as one of its lunchtime activities. Whilst we don't have a proper basketball court, the new netball court could be used for informal games or training sessions, once the required equipment has been purchased and if enough people are interested in playing on a regular basis.



If you're interested in giving basketball a go please contact [Amy Fawcett](#).

RAL RecSoc Activities List – August / September 2019

Monday:

R58 Lounge:	12:30 – 13:30	Arts & Crafts (Every other week)
Sports Hall:	12:00 – 13:00	Circuit Training (£4 payable to the organiser)
Sports Field:	12:30 – 13:15	Bootcamp (£4 payable to the instructor)
Sports Hall:	13:05 – 14:00	Zumba (£4 payable to the instructor)

Tuesday:

Sports Hall:	12:05 – 13:00	Yoga (£7 payable to the instructor)
Tennis Courts:	12:00 – 13:00	Netball
Sports Field:	12:30 – 13:30	Football

Wednesday:

R58 Lounge:	12:30 – 13:30	Lunchtime Quiz
Sports Hall:	12:00 – 13:00	Pilates (Block book with the instructor @ ~£5/class)
Tennis Courts:	12:00 – 13:00	Tennis Coaching Sessions
Sports Field:	12:30 – 13:15	Bootcamp (£4 payable to the instructor)
Sports Field:	12:30 – 13:30	Volleyball
Sports Hall:	16:30 – 18:30	RAL Fencing Club
Tennis Courts:	17:30 – 18:30	Tennis Coaching Sessions
R58 Lounge:	19:15 – 23:00	Bar open for Aunt Sally Evening League home matches

Thursday:

Sports Hall:	12:00 – 13:00	RAL Fencing Club
Tennis Courts:	12:00 – 13:00	Tennis Coaching Sessions
Sports Field:	12:30 – 13:30	Football & Women's Football Training
Sports Hall:	13:05 – 14:05	Lepton Morris (RAL Morris Dancing Club)
Tennis Courts:	17:30 – 18:30	Tennis Coaching Sessions

Friday:

Sports Hall:	12:15 – 13:15	Adult Beginners Ballet (£5 payable to the instructor)
Sports Field:	12:30 – 13:15	Bootcamp (£4 payable to the instructor)

Sports Field by ESA: 12:30 – 13:30 Touch Rugby