

Rutherford Appleton Laboratory Recreational Society December 2019 Newsletter



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

Season's Greetings

The RecSoc Committee wish a very Merry Christmas and Happy New Year to all our members. We hope you have a peaceful, loving and joyful festive break, and that this Christmas ends the present year on a cheerful note. We look forward to seeing you in the New Year and in the New Decade!



We would also like to thank all the volunteers who have helped with the events and activities we've hosted during the year. Without your assistance we couldn't offer such a wide range of sports, leisure classes, health and wellbeing opportunities and social events to our members and STFC staff.

Christmas Raffle

The Christmas Raffle on Tuesday 17th December consisted of a fabulous selection of prizes such as seasonal hampers, gift baskets, sweets, biscuits, chocolate tubs, a plethora of drinks, and a star prize of £300 Amazon Gift vouchers.



This year's lucky winners were...

Matt Kenyon	£300 Amazon Vouchers
Kieran Fowell	Glenlivet Malt Whisky
Sonia Conway	Jura Malt Whisky
Susan Coates	Aerstone Malt Whisky
Oli Basoba	Famous Grouse Malt Whisky
Joe Moxon	Gordon's Gin
Andy Frackiewicz	Gordon's Gin
Sarah Needham	Bombay Dry Gin
Emma Belcher	Candy Cane Gin Liqueur
Stuart Brown	Bramble Gin & Tonics
Katie Mordecai	Blueberry Gin & Tonics
Katie Dore	Absolute Vodka
Gbenga Omirinde	Smirnoff Vodka
Carol Halls	Smirnoff Vodka
Gurdip Matharu	Redberry Vodka & Tonics
Tim Folkes	Tia Maria
Liam Brennan	Tia Maria
Alex Lay	Baileys Original & Coffee
Dave O'Hara	Baileys Original & Orange
Miyuki Langton	Bailey's Coffee & Orange
Richard De Salis	Bacardi
Lauren Mowberry	Bacardi

Steve Hopkins	Malibu
Craig Phillips	Malibu
Gill Steep	Capt. Morgan Spiced Rum
Jan Curry	Courvoisier Cognac
Steve Payne	Martell Cognac
Sarah Brooks	Southern Comfort
Ryan Lithgo	Port & Sherry
Denise Nevins	Port & Sherry
Gareth Harris	Prosecco
Rob Washington	Prosecco
Harry Moore	Champagne
Mike Shepherd	Prosecco & Cava
Dave Rippington	Jack Daniels Original & Fire
Max Roland	Jack Daniels Original & Honey
Bob Knape	Jack Daniels Honey & Fire
Gary Diamond	Pistonhead Lagers
Steph McCall	Brewdog & Vocation Ales
Dickie Down	Mixed Ciders
Helen Towrie	Non-Alcoholic Beverages
Abraham Seruwagi	Non-Alcoholic Wines & chocolates
Karen Summers	Red, White & Rose Wines
Steve Hook	Red, White & Rose Wines

Helen Towrie	Red, White & Rose Wines
Dave Neely	Red, White & Rose Wines
Katie Mordecai	Assorted Sweets
Stuart Brown	Assorted Sweets
Ed Haynes	Assorted Biscuits
Alistair Sharp	Assorted Biscuits
Jason Sainsbury	Assorted Biscuits
A. Way	Assorted Biscuits
June Callison	Assorted Sweets
Jack Bowden	Four Tubs of Sweets
David Farrell	Four Tubs of Sweets
Steve Gallimore	Lindt Lindor Chocolates
Angela Baker	Lindt Lindor Chocolates
Steve Payne	Christmas Hamper
Kay Belcher	Christmas Hamper
Jeane Cope	Christmas Hamper
Paul Sedwards	Christmas Hamper in a Bag
Sarah Dennis	Cheese & Wine Tray
Andy Black	Cheese & Wine Tray
Paul Clayson	Three bottles of wine
R. Crook	£25 Tesco Voucher
Andy Black	Hangover Cure

Our thanks go to Ann Turner and Joe Moxon for arranging the prizes and to the numerous volunteer ticket sellers.

Christmas Quiz

The Christmas Quiz on Wednesday 18th December was very well attended with 14 teams pitting their wits and nous against Bob's eclectic selection of brain-teasing trivia and general knowledge questions.

Much laughter ensued, with possibly some dubious "I need to phone a friend" and "I just have to send a work related text" indiscrete mobile device usage.



At the end of the Christmassy brain teasing the 'Big Girls' were declared winners, making off with the grand prize of chocolate Selection Boxes and, of course, bragging rights for the year.

Our thanks go to Bob Knappe for compering the quiz in his usual inimitable style and to Ann Turner for arranging the assorted prizes and nibbles.



Offshore Sailing

Each year there is a CSSC yacht racing regatta in May / June and in 2019 two teams from Diamond entered the competition.

The team organisers are now looking for any RecSoc members who are qualified skippers, mates or sailors, as well as any enthusiastic novices, to make up crews for sailing events next year.



If you're interested in taking part in offshore sailing or would like to try sailing for the first time please contact [David Burn](#) or [Mike Courthold](#).

Annual Report

The RecSoc Annual Report 2018-19 précisés some of the highlights from the last twenty months and includes reports from various clubs, classes, activities and events that the RecSoc organises and supports.

It is now available to download from the STFC intranet and our external website. Hardcopies will be available in the New Year.

We hope you enjoy reading this summary of our activities and events through 2018 and 2019.

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

<https://www.ralrecsoc.com/>

Rutherford Appleton Laboratory Recreational Society Annual Report 2018-19



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

RAL RecSoc Activities List – January 2019

Monday:

R58 Lounge:	12:30 – 13:30	Arts & Crafts (Every other week)
Tennis Courts:	12:00 – 13:00	Basketball (Weather permitting)
Tennis Courts:	12:30 – 13:15	Bootcamp (£4 payable to the instructor)
R58 Sports Hall:	12:00 – 13:00	Circuit Training (£4 payable to the organiser)

Tuesday:

R58 Music Room	10:30 – 14:30	Guitar Lessons (Block booking required)
R58 Sports Hall:	12:05 – 13:00	Yoga (£7 payable to the instructor)
Tennis Courts:	12:00 – 13:00	Netball (Weather permitting)
Tennis Courts:	13:00 – 14:00	Tennis Social Session (Weather permitting)
Sports Field:	12:30 – 13:30	Football

Wednesday:

R58 Music Room	12:00 – 14:00	Saxophone & Clarinet Lessons (Block booking required)
R58 Lounge:	12:30 – 13:30	Lunchtime Quiz
R58 Sports Hall:	12:00 – 13:00	Pilates (Block book with the instructor @ ~£5/class)
R58 Sports Hall:	13:00 – 14:00	Football Circuit Training
Tennis Courts:	12:30 – 13:15	Bootcamp (£4 payable to the instructor)
R58 Sports Hall:	16:30 – 18:30	RAL Fencing Club

Thursday:

R58 Music Room	10:30 – 15:00	Piano Lessons (Block booking required)
R58 Sports Hall:	12:00 – 13:00	RAL Fencing Club
R58 Sports Hall:	13:05 – 14:05	Lepton Morris (RAL Morris Dancing Club)
Tennis Courts:	12:00 – 13:00	Tennis Social Session (Weather permitting)
Sports Field:	12:30 – 13:30	Football & Mixed Football Training

Friday:

R58 Sports Hall:	12:00 – 13:00	Ballet
Tennis Courts:	12:30 – 13:15	Bootcamp (£4 payable to the instructor)

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

If you would like to submit content for the next newsletter please contact [Ronnie Brumfitt](#).