

The Magazine

The quarterly magazine of the Avon Outdoor Activities Club

www.aoac.co.uk

Autumn 2007



**Aping Around –
new members
experience their first
club weekend**

**Ducks, cider, wild orchids
and large lunch boxes –
walking with the AOAC
this summer**

**Going Underground –
stepping back in time
in Redcliffe Caves**

**Sea Kayaking
in Pembrokeshire –
wind, waves and wet bottoms!**

The Chairman's Bit

By the time you read this it will be September, when it seems like only a few weeks ago that I was advocating walking amongst the bluebells.

Club wise, it has been as busy spring and summer with activities taking place most evenings and on the majority of weekends. It is unfortunate that a number of events had to be cancelled due to the inclement weather, but I hope you've taken the opportunity to participate in at least some of these events that did take place. I've thoroughly enjoyed making the most of the lighter evenings to go on: a variety on walks to discover the some of the secrets of Bristol; and cycle rides along quite lanes that are very close to the city.

Looking forward to the autumn, the calendar is looking fairly busy. A few people have expressed concern that activities are being booked up very quickly. While this is disappointing to those wishing to participate, it does mean that we as members should not hesitate to organise additional events to supplement those that are already fully booked - after all there is clearly the demand. I've had to do this for a weekend trip in September. If you would like information about organising an event please talk to activities co-ordinators Clare Gundry or Rob Giles, or talk to any other member of the committee.

As a committee, we are negotiating discounts for members at a few retail outlets. We will provide you with more details about these as and when they become available. If there is an outlet you regularly use then please drop us a line about it, and we can see whether we can negotiate discount there for you.

If you have any other suggestions for the club in terms of activities, improvements etc. then please get in touch.

Finally, if you haven't already had your summer holidays for this year, *bonne vacances* to you!

Richard Hiscock

PS: Please let us know if you'd like to continue to receive this magazine in hard copy format, or if you would be happy to just read it off the website in glorious technicolour. Please email liz"@aoac.co.uk if you would like to register your name and address on the hard copy mailing list going forward.

AOAC 2007 CHARITY BALL

SATURDAY 10th NOVEMBER 2007, ASHTON COURT MANSION, BRISTOL



Tickets are now on sale for the 2007 AOAC Charity Ball which is a celebration of 30 years of the AOAC.

Dinner Tickets cost £40.00 each and includes a five course dinner & a £3.00 donation to our chosen charities, The Calvert Trust & The British Heart Foundation, as well as a live band "Doing Time" & a disco until 2am. If you are not able to attend the whole evening, Dance Only Tickets are available at £15.00 a ticket, on sale from 1st September 2007.

*This is **THE** social highlight in the AOAC calendar definitely one event where fleeces and walking boots are to be left at home as the dress code is strictly Black Tie.*

*Dinner Tickets are expected to sell out so to avoid disappointment, please reply promptly by filling in the application form (found on the AOAC website) and enclosing a cheque(s) made payable to AOAC & sending them to: **AOAC, PO BOX 2750, BRISTOL BS5 5BY***

Redcliffe Caves Visit – 24th July 2007

Bev Smith describes one of the more unusual activities organised by the AOAC this summer

After reading the club's open invite for people to organise events I almost instantly thought of the Redcliffe Caves Tour, having visited them myself in 2004. I had forgotten most of the interesting stories but remembered the enthusiasm of the guide, the eerie atmosphere within the caves and also their unusual location.

It was with this in mind that I volunteered my services as organiser and set a date for a tour that seemed an age away. I did initial online enquiries and came up with a website for the caves; (www.bristolstours.com/Redcliffe.htm - 6k) and Alan Gray's telephone number. I called Alan Gray and we set the ball rolling.

After displaying a poster in the Landogger Trow and publicising the event in the weekly email the response from the AOAC members was quite astounding and as time passed by I had to turn the booking sheet over to enable all the names to fit. I became slightly concerned, especially when Alan, the tour, guide said he usually did tours for a max of 25 people! I was also troubled by the BCC's announcement that there would be an artificial beach in front of the caves entrance opening the Saturday before – how would my group navigate a beach bar without being spellbound by the thought of cocktails and that most voyeuristic of sports, beach volleyball?!

The day dawned with what was possibly the only sunny day so far in July, this continued on into the evening, things were looking good. I arrived at the Hole in the Wall at 7.15pm to find a flurry of familiar faces and a few I'd never seen before, we had just enough time for everyone to drink up and we sprung off towards the caves.

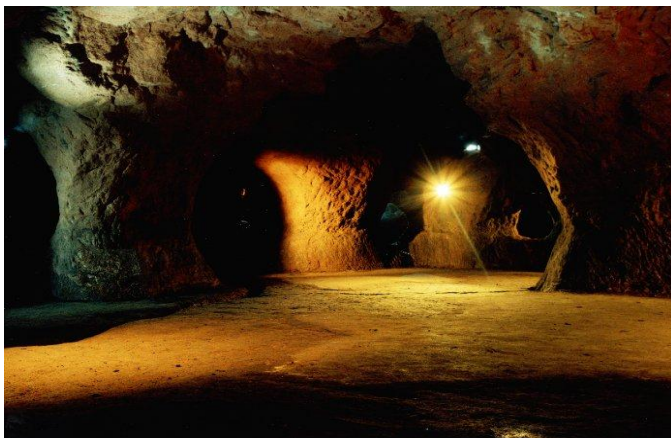
Once outside the caves we milled around for a moment until Alan arrived, he was just as I had remembered him, smiling and looking hugely enthusiastic. I handed over to him to ensue with the most enlightening tour given by the most extraordinary man. I cannot stress

enough the energy and humour Alan has, his tours have been delighting the people of Bristol for the past five years and the money we paid (only £4 each) was well worth every penny.

The caves are surrounded by mystery, rumour and ignorance, there are many entrances to them and the full extent of them is unknown. In the 18th Century Bristol was the largest glass making centre outside of London and the caves' main product was fine sand perfect for making glass. Bottles for beers and spirits were produced and the fine sand was also used for ships' ballast. As well as glass being produced for the domestic market Bristol even exported to America. Goods for African and West Indian trade were stored here in the caves. There is a barred section in the caves and there are tales that slaves were housed there.

Alan's caving group, the Axbridge caving group, have discovered some interesting artefacts during their digs, including a scoop used for filling the canvas sacks at the Lead Shot Tower which was situated, on Redcliffe Hill, roughly where the Coliseum Pub is now (in 1782, William Watts perfected the manufacture of lead shot by pouring molten lead from a great height into water). Their excavations also produced a small crucible for pouring molten lead, broken pottery, an ink pouring bottle and old clay pipes. They have also accessed three small chambers with writing on the walls, one as early as 1761 with the signature of Joseph Coles, confirmed as genuine. Near the older part of the caves is a hole through a brick wall dug by Captain Thomas King in order to claim the caves as his part of his property.

All in all the tour was completely engrossing and enlightening and we all felt that we had learnt an immense amount about the history of Bristol. We retreated to the beach for a swift beer and lots of discussion of the evening's tour, then everyone departed home, quite overloaded with information and new found knowledge.



Photos courtesy of John Brewer



New Members Weekend – 6th-8th July 2007

Charlotte and Nicki Oakley give a new member's perspective on a weekend designed for the uninitiated...

The latest 'New members' Weekend' was a camping trip to the Forest of Dean. We were lucky with the weather; it was hot and there was no rain!! After getting to know one another around a BBQ on the Friday evening, on Saturday some new members went walking, while some went biking through the forest.

We chose to go on the walk, which turned out to be a 10 hour epic (nothing like getting new members off to a challenging start!) across the Black Mountains in Wales. We started at Lord Hereford's Knob and walked across the peaks to the edge of the forest. The views were amazing and we descended to an old monastery. By that time we all needed a drink and so stopped at Llanthony Priory for some local brew... which was well deserved!! We can definitely recommend the brew and Thatcher's cider!



Photo: Ben Edwards

There was a barbecue on the Friday and Saturday nights. Rob brought the new club gazebo which was christened by us all. It kept us snug and warm in the unseasonably cold evenings, so we could stay up for longer. Thanks also to Susie for her delicious homemade chocolate brownies and banana cake!

On Sunday some brave members did the 'Go Ape' course (see next page for a write-up).

Thanks to Rob and Susie for organising the weekend. We all really enjoyed ourselves and it was a great opportunity to get to know other new members and some old hands too.



Next New Members Weekend Friday 16th - Sunday 18th November – Dartmoor

OMG, WOW this place is a real find, tucked away on south Dartmoor is a 19th century mansion with a sauna in the garden!!! Yep, this is going to be a truly magical weekend for new members and some old timers (lol). Unfortunately there are only 20 places in the house so you will need to be quick!! The weekend will start with a casual drink into the early hours on Friday evening followed by a full day on the hills either mountain biking or walking, then it's back to relax, take a sauna or chill out around the house or gardens. Saturday evening will be a special catered 3 course dinner (included in the price – yes, that's right, included!!), all you need to bring is your favourite tippie. Sunday will be a relaxing breakfast followed by a shorter day ride, walk or just chilling. If you would like to check out the site please click on the link below www.oldminehouse-dartmoor.co.uk. The cost for this magical weekend is a mere £55. So if you fancy going on this magical weekend then simply email robertgiles212@btinternet.com and you will be sent the address to which to send the cheque. All cheques to be made payable to AOAC for £55 (full non returnable deposit) but remember this includes a great 3 course dinner (casual clothes, no black tie!!!). PLEASE PUT CONTACT NO AND MEMBERSHIP NO ON REVERSE.

AOAC “Aping Around”



...while Andrew Morgan and Jennifer Eddy get up to some monkey business at Go Ape!

As a finale to the new members weekend in July in the Forest of Dean, AOAC went to the “Go Ape” high ropes course. Once at the site we were all quickly hustled by the instructors into our harnesses and taught the basic ropework skills. These instructions were not taken lightly once we were told that *“you will only be supervised for the first section of the course, then it’s all yours!”* Technique then became important and we all started helping each other and some good teamwork developed.

After the first few obstacles, at low level, the confidence within the group generally grew and we started to enjoy ourselves. Obstacles involved various different bridge type passes, high wire rope slides and balancing challenges. The first “hitch” to proceedings coincidentally involved me and a zip line obstacle...a slight error in my rope connections resulted not in me flying through the air like a speeding bullet but more like an unripe banana hanging aimlessly 5 metres from the platform not being able to get back. A rescue procedure was undertaken to get me down and embarrassment grew as I de-rope from the zip line in front of a small audience.

Rob Giles also made a big impression on the zip line, never has a man glided through the air with such grace and form creating a wonderful 10m long furrows in the ground on his landing. Now you may think this maybe a slight exaggeration but a steward did have to rake his landing area as a reservoir could have formed in the furrow he left!

Jenny, Suzie, Liz and Isabelle definitely had the upper hand on the precision balance obstacles putting mine and Rob’s more basic (grab on and pull) technique to shame. Andy, Ben and Jerry all deserve a special mention for the amount of courage they showed while completing the tasks with all of them not being too confident with heights.

The course was completed with a 120m long zip line (yes, I roped in properly this time!) on which speeds of 25mph have been recorded. Lunch was taken by the nearby lake with Suzie and Rob distributing their still overstocked food supply around us newbies before departing.

On behalf of all the participants we would like to thank Rob, Suzie and Andy for organising such an enjoyable weekend!



Ducks and cider in Bath – 5th June 2007

Michelle Anderson shares her experiences of two summer walks with the AOAC

My first AOAC walk started with a run, well more of a sprint. The train was due to leave Bristol Temple Meads and I'd abandoned my fitter looking fellow walkers at the ticket office. Sure enough they bounced onto the train with seconds to spare and we were off to meet the rest of the group in Bath.

Naturally the walk finished in a pub, but before we were allowed to put our feet up with a pint Jan Humber took us on a 2 hour meander through Bath's picturesque streets and parks while dispensing history, gossip (Bath related, of course!) and bread (more on that later).

The group that evening was a mix of Bath locals, newbies (like me) and walking regulars. We set off through the town centre via Bath Abbey – have you ever noticed the stone Angels going head first down the ladders? Then past Sally Lunn's house where unfortunately time did not allow us to sample the famous Sally Lunn Buns, but next time you're there for lunch they did look good! Crossing over Pulteney Bridge and walking down beside the weir we came upon the Bath Festival Maze which the whole group decided to tackle. We all ended up in the centre, somehow!

We headed along the canal and up to the botanical gardens, stopping briefly for a play on the swings. Aside from the gallimaufry of flowers, trees and shrubs the gardens include a Roman Temple, built for the British Empire Exhibition in 1924, so not as old as you might think! After narrowly escaping being locked in the gardens we wandered down through Royal Victoria Park to the pond where we started a duck feeding frenzy with Jan's bread supplies, thank you Jan.

A walk along the Royal Crescent and around the Circus provided some star studded gossip then it was a hop, skip and a jump through town to a good pub near the railway station. Pints safely in hand we relaxed and reviewed Jan's map of Bath. Apparently we were due to walk quite a bit further that evening, almost enough for another entire walk at our average pace!

Thanks again Jan for organising and leading such an interesting walk.

Wild Orchids – 19th June 2007

The next walk I went on was at Burnham-on-Sea with Dave Murdoch (flora and fauna guru) and a bunch of intrepid people who'd braved rainstorms and flooded roads out of Bristol.

We met in a car park, near the petrol station which sells ice cream (for future reference). The car park is also near the pub, naturally, but we walked past it and...onto a golf course. Not the first place I would have thought of for an evening walk, I thought we were going to the beach!

Apparently this golf course is more than just a place to pretend you're Tiger Woods, it's one of the few areas in England to be home to the endangered Lizard Orchid. You might expect them to be fenced off with a big warning sign but no, they're growing in the middle of the course in a rough patch of grass, just about sheltered from the wind.

I have to tell you (and Dave will not like this) they're unusual but not very pretty, not like your average buy-it-in-a-shop, pink or white, orchid. These orchids are spiky and stumpy and unless someone had pointed them out I wouldn't have given them a second glance. Thank goodness Dave was there! [Since I wrote this I have found a picture of them in the spring with lovely pink flowers, so they're not like that all the time!] The plus about them growing on the golf course is that, unless they're taken out by a rogue golf ball, they're protected.

We meandered across the rest of the course looking at other plants with enthusiastic commentary from Dave, keeping an eye out for the occasional golfer and gradually getting closer to the beach, excellent!

Linking the golf course and the sea is a long marshy area which is a prime place for conservationists (including Dave) to catch and ring birds for future tracking and identification. We weren't trying to catch any that night but we did have a go at identifying some, with varying success! Quote, "is it a sparrow or a starling?"

Then onto the beach, hurrah, at last! Sadly no one had a beach ball, must remember that and the rounders set next time. But it was getting dark so after a wander up and down the beach we headed back to the pub for a pint and a chat. Hopefully next time we'll have longer for beach games and remember to check out the Lizard Orchids on the way, but don't step on them!

Thanks again to Dave for an interesting and entertaining evening in the sand dunes!

AOAC walks usually take place every other Tuesday from 7pm. They last a couple of hours and invariably involve a pub. See you on the next one!

Matt's Malvern Meander – 3rd June 2007

There's many a time when I've driven up the M5 and seen the Malvern Hills and thought that I must walk them one day! That ambition came to fruition when Matt Routledge organised a Sunday stomp to the Malverns. I arrived bleary-eyed having travelled up from the wilds of Wiltshire for a 9am kick off from Bradley Stoke – eek! Sadly there were only a small number of us but after whizzing up the M5 and through picturesque towns and villages, we arrived at the start in glorious sunshine.

We started with quite a steep climb but all the pain was well worth the effort as we were rewarded with stunning views across to the Welsh Mountains, not to mention a quick rummage through Mark Athay's snack box! And let me tell you, Mark's snack box is very impressive, clearly acquired by spending hours on auto pilot!

I digress! After a few hours we eventually walked the entire length of the Malverns and descended into a valley, picking up meandering streams and a model railway en route (no cheap day returns available though!). The walk culminated in a well-earned drink sat by the river in Upton upon Severn. Thank goodness the walk wasn't planned for a few weeks later, we would have needed flippers, Speedos and a snorkel due to the floods – and that wouldn't have been a good look! All in all a great day walk and definitely one to be repeated sometime – thanks Matt for organising such a fab walk and to Mark for being a chocolate monitor!

Ali Hobbs

Camping at Porlock – 17th-19th August 2007

So there we were...our first weekend away with the AOAC. We find ourselves in Porlock, struggling to make out the sea views, avoiding rain clouds and putting our tiny tent up in front of an audience. No pressure then. But thankfully the crowd was friendly, the welcome warm and a quick sojourn to the pub helped us feel right at home!

The following day it became clear that the weather would be "unsettled", at best. Kitted out in our waterproofs we set off on our walk, route provided courtesy of Mike (who pilfered it from Pandora's Box). The 10 or so mile walk showed us the delights of Hawk Combe, open moorland and then onto the coastal path to Porlock Weir via Culbone Church. Oh, did I forget to mention lunch in a heated yurt in a pub garden? Toasty. I would like to say that all went to plan and rain did not stop play. However, after a visit to a sacred standing stone one person mysteriously disappeared during the walk. Legend has it he was later found propping up the bar in a local pub. And did I mention the one that defected that night to a B&B?

But all's well that ends well. After a hot shower and hearty meal in a local pub we almost forgot that the rain had barely stopped all day. We left the camp site the following day in high spirits and keen to book onto our next weekend. Thanks to all who made us feel so welcome. And I hope you remain suitably amused as to how a six foot (plus) man can fit into such a small tent!

Chris and Becky Carter

Elan Valley – 22nd-24th June 2007

The bunkhouse was nice and snug, which was fortunate as storms swept down the valley shortly after arrival. But it didn't matter, with 16 of us gathered round the bunkhouse table we were soon nice and snug, and the beer flowed freely.

On Saturday we split into two groups of bikers and walkers. I went on an awesome bike ride led by Andy Lock. I know how welcome it was to sit in the late afternoon sun sipping ale at one of Rhayader's many excellent pubs.

Sunday found us on a grueling march through miles of relentless bog and waist high wet ferns, up and down the valleys, led by Clare Gundry. However all was forgiven when we arrived at the inevitable teashop, just in time for generous helpings of carrot cake.

Paul Thomas



Sea Kayaking in Pembrokeshire 13th – 15th July 2007

Richard Macpherson paddles through choppy waters into calmer seas near St David's

On the first day it started off too windy for beginners' sea kayaking, so some of us spent the morning walking on the coastal path that led from our campsite at Rhossog Ganol, St David's (sighting seals and birds of prey & eating ice creams) and some went boogie boarding (& eating ice creams).

In the afternoon the wind had died down enough for us to start kayaking. With the club's 2 sea kayaks snapped up by the more experienced kayakers amongst us (while other keen paddlers had even brought their own), the rest of us fitted ourselves into the club's river kayaks, and we were off. We launched from a local slip, where the tide was very helpfully coming in, so we could just climb into the boats and wait to get floated off!



After a pep talk from Fraser on the dos and don'ts of sea kayaking we set off bathed in the late afternoon's golden light up the sheltered inlet. Once we got out to the open sea it soon became apparent that the river kayaks were very good at pirouetting, especially when the wind caught the nose, but not as easy to keep in a straight line. We headed down the coast, exploring coves, caves and channels between small islands. It was a beautiful time of day to be on the sea, especially by the Pembrokeshire coastline, though with all that pirouetting I was very happy when we rounded the harbour wall once more, and no longer had to battle to keep a straight line in the choppy sea.



The evening barbeque and associated fluid refreshment was definitely well earned, and made all the better by sitting in camping chairs watching the sun set over the sea and Ramsey Island. However, we had realised that we were paying for the views rather than the facilities at the site!

On Sunday the sea was calmer, and we headed up the coast to Porthgain. We had a great morning pootling along, exploring caves and paddling through channels (which got progressively narrower during the day as our confidence grew). After a beach stop at Abereddy (with only 1 slight dunking when beaching) to refuel from the organic, fair-trade coffee & hot dog van, we set off on the return leg. All was going smoothly until we rounded a headland, and found we were trying to go on a travelator the wrong way. The sea kayakers were able to get back to the harbour at Porthgain, but for anyone in a river kayak it was a great way of expending energy to go nowhere fast. Eventually the main group returned to the lunch stop beach, and much shuttling of cars ensued.



Pre drive home re-fuelling came courtesy of the nearest pub, with entertainment provided by the local tarantula! Many thanks to Fraser for organising the weekend, and transporting most of the kayaks, and all those experts who guided us novices.

Sailing trip to Guernsey 28th June – 1st July 2007

A gale warning delayed our departure 'till Friday morning, when a brisk breeze and accurate navigation brought 'Nahli' safely to St Peter Port by 6.00 pm. The crew showed a mutinous lack of nautical discipline by wandering off to the pub leaving the skipper marooned aboard without the dinghy!

Saturday was spent sightseeing in Guernsey, before departure in the early evening. The return crossing was quite exciting with strong winds and lots of large ships to dodge. Daybreak found us in mountainous seas, but with the reassuring sight of Start Point lighthouse and the skipper grinning manically as 'Nahli' surfed down the waves and with five dolphins riding the bow wave for a few minutes.

Breakfast was made at anchor in a quiet reach of the river Dart before handing the boat back to its owner. Many thanks to Andy Lock for organising this trip.



Paul Thomas

Planning an activity

We do need people to start thinking ahead and planning new things for us all to do BUT in order to make things happen effectively there are few guidelines to follow....

- ✓ Contact me at claregundry@googlemail.com to check the activity is okay for AOAC insurance to cover and to let me know the proposed date so we don't end up with everything happening at the same time
- ✓ Book the activity and send me notice confirming date, time, place, cost etc. If there is a deposit to be paid I will get the treasurer to sort it with you.
- ✓ Do a risk assessment form, generic ones exist for most activities, to be returned to the policy officer (Paul Thomas) - if you need any help filling it in, just yell.
- ✓ Fill in an income & expenditure form (on website). This needs to be returned to the treasurer (Andy Lock) with any money immediately after the event. a_lock@hotmail.com
- ✓ Send me an advert for the event and I will ensure it goes into calendar, the newsletter and weekly events list
- ✓ At this point you need to put something on the notice board to advertise the event.

If you need advice about an activity talk to one of the organisers - identified on the website or the club notice board.

Looking forward to a fantastic year packed with loads of activities that are well attended and lead by loads of different people, after all variety is the spice of life and that is what the club is all about!

Cheers!!

Clare Gundry

BCU Kayak 1* Courses

Liz Catchpole reports back from one of four 4-week courses run for AOAC members this summer

This July I was one of about 32 lucky club members who managed to get a place on one of the four 4-week BCU Kayak 1* courses run by Dennis Stanfield (Joint Membership Secretary) over the summer.

That first Monday evening we gathered at the sailing club at Baltic Wharf, where we kitted ourselves out with waterproofs, buoyancy aides, spray decks and helmets before going outside to do some practice paddling standing up. After a few minutes of arm waving in the rain Dennis deemed us ready to get on the water.



Next we unloaded the kayaks from the trailer and, lined up in a semi-circle, we practiced getting in and out of them, adjusting the foot rests and generally getting a feel for the kayaks. Getting the spray decks on was no easy feat, you need arms of steel to get those things over the cockpit! By now we were itching to get on the water, so off to the slipway we went. One or two of us learnt the hard way that there's a right and a wrong way to get into a kayak, ending up with a dunking in the docks before we had even started.



Eventually we were all safely launched, spray decks on the right way round, and paddles in the correct position. As we glided through the docks, practicing going forwards and backwards, sideways and stopping, the uncertainty of being in a wobbly plastic boat gave way to a real feeling of enjoyment. We even managed to race each other that first night and have a very loud game of "kayak netball" with an old tennis ball, which caused a few twitching curtains and grumpy stares from the residents of the luxury flats in the marina.

Dennis obviously decided that we had been too good a group that first evening, with only one of us "going under", so at the end of the session he made us all capsize. Thanks Dennis! I can report that the water in the docks is not that bad. Hot showers at the sailing club were most welcome after that, as was the beer in the pub afterwards.

Over the next 3 Monday evenings (all 3 wet and cold, brrrr!) we refined our paddling skills and successfully passed the 1* course. I had a great time, it was lots of fun and I now have a new activity to add to the collection. Hopefully they'll be run again next year.



Photos taken of the 4th course when it was actually sunny!

Club Bits

Club Equipment

The club's stores are located just off Tackley Road, near Muller Road in Horfield. These premises hold our containers and give us a secure and covered loading area.

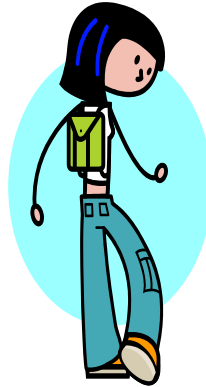
The stores hold various items of equipment for club members to hire at very cheap rates. Equipment available for hire includes:

Mountain Bikes
Whitewater Kayaks
Canadian Canoes
Sea Kayaks
Wetsuits
Volleyball Kit
Rounders Kit
Tents
Boogie Boards
OS Maps
Walking Guides
Caving Gear
GPS

To hire equipment please email equipment@aoac.co.uk. We are carrying out an audit of the club equipment and when this is complete a full list will appear on the website.

I'm also looking to purchase new equipment so if there is anything that you think the club will benefit from then please let me know. I will be looking to expand the library of maps we have and purchase more walking guides and books. Let me know if you want the club to purchase specific ones.

Phil Webster



Kit list for walking

- waterproof walking boots
- selection of thin, breathable undergarments (so you can remove them if hot)
- socks which are comfortable with the boots (test them before the weekend and carry plasters!)
- waterproof lightweight jacket with hood
- waterproof trousers to go over....
- lightweight walking trousers (jeans not a good idea)
- energy snacks
- daysack (for carrying energy food, spare clothes)
- water bottle/Camelbak (and flask if you want one)

Please be aware the wrong equipment can spoil the day for everyone so the organiser may not allow you to participate if you are not able to wear suitable boots or rainwear or do not have a water bottle. Check out the weather forecast before you set off and come prepared for the conditions (eg, woolly hat/gloves if cold, sunscreen if sunny, etc).

Kit list for biking

- * bike and helmet!
- * puncture repair kit & spare inner tube
- * pump
- * water bottle/Camelbak
- * waterproof
- * appropriate cycling clothes
- * energy snacks
- * daysack



We need more activities organised!



This summer has seen a great number of weekends and events planned - thanks to all those who have spent time and effort organising these. But we need more events organised!

Please can all members look at the calendar on the website and think about organising a weekend or day activity on one of the free dates. There are several spaces at the moment in October and November, not to mention the whole of the new year.

Try and help us with our target of something happening every weekend of the year!!

<http://www.aoac.co.uk/calendar.html>

The Back Page

Committee Contact Details

Chairman	Richard Hiscoke chair@aoac.co.uk
Secretary	Carrie Stone secretary@aoac.co.uk
Treasurer	Andy Lock treasurer@aoac.co.uk
Membership Secretaries	Susie Orr Dennis Stanfield membership@aoac.co.uk
Policy Officer	Paul Thomas policies@aoac.co.uk
Activity Organisers	Clare Gundry Rob Giles activities@aoac.co.uk
Development Officer	Dave Murdoch development@aoac.co.uk
Communications Officer	Liz Catchpole communications@aoac.co.uk
Equipment Officer	Phil Webster equipment@aoac.co.uk

Activity Organisers Contact Details

Badminton	Neil Lyons (advanced) Jo Murphy (beginners) badminton@aoac.co.uk
Climbing	Paul McCloy climb@aoac.co.uk
Mountain Biking	Stuart Redwood biking@aoac.co.uk
Cycling	Fraser Bridgeford cycle@aoac.co.uk
Walking	Keith Clausen walking@aoac.co.uk
Skiing	Mark Athay Karen Brittle Lesley McCoy Rachel Dunn ski@aoac.co.uk
Sailing	Matt Hughes Andy Lock sail@aoac.co.uk
Tennis	Steve Grant tennis@aoac.co.uk
Canoeing	Phil Webster Dennis Stanfield canoe@aoac.co.uk
Adventure Racing	Sophie Masey sophie_masey@hotmail.com

Saturday 13th October – First Aid Course Charterhouse Centre, Mendips



This one-day course is another chance for members to get some basic first aid training, following the highly successful course we ran in January.

We will be covering what to do when things go wrong when we are out walking, probably in inclement weather to give you a taste of reality!

Cost for the course is £12 which will cover the standard first aid handbook. The other 'charge' is that everyone who attends the course commits to running an event for the club as a kind of 'pay back'. This does not have to be done on your own, it could be helping organise an existing event or pairing up with a mate to run a new one. To come on the course, send a cheque payable to AOAC ASAP to:

David Murdoch, Flat 3, 5 Eaton Crescent, Bristol BS8 2EJ