



Coventry CHA Rambling Club Newsletter December 2023

January Holiday to Eastbourne

Everything is in place for the January holiday from Sunday 21st to Friday 26th.

Angela will send out details for the holiday to all concerned, nearer the time.

AGM 2023

This year's AGM took place at the Friends Meeting House on 20th October. There was a new innovation, care of Dave Roper, and all the proceedings (spreadsheets, agenda etc) were shown on screen rather than using the usual printed paper format.

The election of officers went unopposed and they are as follows:-

Chairperson. Dieshy Purewal. **Club Secretary.** Angela Whelan. **Treasurer.** Dave Roper. **Membership Secretary.** Debbie Brown. **Sunday walks organiser.** Theresa Westwood. **Saturday walks organiser.** Theresa Westwood. **Thursday walks organiser.** Malcolm Smith. **Sunset Strolls Organiser.** Sue Goodwin. **Events organiser.** Terry Stamper. **Newsletter Editor.** Chris Buchanan. **Additional committee members.** Diane Tibbitts and Graham Nabb.

During the meeting some slight changes to the constitution were explained by Angela. Other topics discussed were Sunday coach rambles and the length of rambles generally. Sunday coach rambles are still running at a loss and will remain at one per month. Hopefully numbers will pick up soon, however we are now fast approaching the winter months when there is usually a lower turn out.

Also discussed was the length of other walks. Some members felt that the mileage which they usually expect to be around 5 miles was more often much longer 6-6.5 or more. Malcolm suggested that it is not always possible for walk leaders to keep to 5 miles all the time, due to terrain or other factors, but that he would make the leaders aware of the concerns raised. Those raising the issue understood that some walks may by necessity need to be longer, but felt that there were too many longer walks and they were becoming the norm.

As you may remember at the AGM in 2022 Dave Roper took over the long held position of Treasurer from Richard Satchwell. The role of club treasurer is not one that can be easily picked up, so Richard kindly offered to keep hold of the reins whilst details were sorted out with the bank, etc. The handing over has taken rather long than originally envisaged, however, Dave is now in full control. The main change you will notice is the change of bank from Santander to Lloyds Bank.

Richard is a long term member of the club, and he has for some **14 years** been our Club Treasurer. His handling of our financial affairs has been exemplary, and we would like to extend our many thanks to Richard for his diligent work and wise council on the committee.

Report on Games Night



Terry organised a games night on Friday 10th November in conjunction with the Beechwood Lawn Tennis Club in Beechwood Avenue, Earlsdon.

Around 60 people joined teams comprising of tennis club members and CHA members. We competed at darts, quoits and table skittles. The competition was intense, with much shouting, laughter, enjoyment and jollity. Two sessions were organised and in between these an extremely nice buffet was provided.

A very pleasant evening concluded with an auction of numerous donated items. This was very ably carried out by one of the ladies from the tennis club who encouraged rivalry with the bids and much laughter. In total £653.00 was raised and this will be donated to the Prostate Cancer charity.

Many thanks to Terry and our club members who took part, and those who volunteered to help with the catering

Terry has more events in the pipeline. There will be a skittles night on Friday 22nd March, another games night and a Barn Dance. Details to follow!

Debbie Browns charity run



Debbie our Membership Secretary signed up for this year's Coventry Half Marathon, This is her story.

I would like to thank everyone who sponsored me for the Coventry Half Marathon. I finally raised £900 for the British Heart Foundation in memory of my husband who died of a heart attack in April 2020.

I had done some 5k runs for the Myton Hospice over the years, but did not class myself as a runner

I enrolled for the Half Marathon and thought there would be plenty of time to train, but it is amazing how quickly time flies. I started doing short runs on a Tuesday and Thursday evening after work and then, if I was not walking, try and do a longer run on a Sunday. But we had a warm summer and autumn so it was too hot to do any long runs. In September I did manage to get 3 long runs in, but then only managed to get to 9.5 miles. Everyone said just train up to 10 miles and the crowd and adrenaline will get you through the last 3 miles.

Luckily on the day it was dry, as I had not done any training in the rain, and it was quite warm for a late October morning. Before the race started I would have liked to finish in less than 3 hours, but realistically I just wanted to make sure I completed the race and crossed the finishing line, whatever the time.

It was lovely to see lots of people that I knew around the course cheering me on, with one friend even coming with a banner. I was able to run all the way round until I got to Hollyfast Lane which was a winding lane, and every corner was another incline. My legs were so tired, and as I had hit my 9 miles limit of training, I decided to walk and preserve my energy for the rest of the race.

Once I hit the Tamworth Road everyone said it is downhill all the way now, but there was still a fair distance to go. My legs were like jelly the nearer I approached the end, To make matters worse, at the end we had to run on cobble stones up a hill, but I managed to put a spurt on and sprint across the finishing line in 2hrs 44mins.

Debbie Brown

Christmas/New Year walk

Date for your diaries, Dieshy will be leading a walk on Thursday 28th December around Warwick University. Those interested please meet 10.30am at The Phantom Coach, Fletchamstead Highway. CV4 7BA.



Best wishes to everyone for a Merry Christmas and a
Happy New Year

