West Bromwich Mountaineering Club Newsletter



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Member details form

Please fill this in if you haven't yet given consent for us to keep your details on record

The WBMC meeting place



Cricketers Arms

43 Trinity Way, West Bromwich, B70 6EA Join us every Thursday night from 9pm for a chat and a drink.



The BMC recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions.

www.wbmc.org

Hello readers,

Apologies for the delay this month, normal service will be resumed next month (or rather, this month, as it's now already September!)

Huge thanks as always to this month's contributors: John Edwards, Geordie Hind, Graeme Stanford, Anthenia Dimitrou, Gary Coates, Nigel Tar, Vanessa Bidulph, Paul Brindley, and Pete Poultney.

If you have anything that you'd like to be featured in next month's newsletter – whether you're selling gear, looking for a climbing or walking partner, you've seen an event that members might be interested in, anything at all – send it to newsletter@wbmc.org (or through our website if it's an article) *before the 6th of the month. Note the new date!*

If you've never written an article before, why not give it a go?

Cheers, Joe

Noticeboard

Mont Blanc Summit!

Congratulations to Pete Poultney, Andy Grosvenor and Sam Grosvenor on summiting Mont Blanc! The team made the summit at around 8:30am on Monday 20th August. Well done!



Scottish Weekend 2019

The committee would like to thank Guy Harris for organising the previous Scottish Weekends. Currently nothing is planned for that weekend in 2019 – would anyone be interested in running a replacement weekend? It doesn't have to be in Scotland. Get in touch with the committee if you'd like to organise something.

Computer Help for members

If you'd like any help with how to use your computer, tablet, or smartphone, come along after a committee meeting (the first Thursday after a coach meet) and I'll be happy to help you.

Tent for sale

Vango Icarus 500 tent, awning and footprint, 4000 HH. 4 to 5 berth. Mint condition, used 4 times. ± 250 or nearest offer. Contact 07813392066.

Hut donations



Note the new prices: Members - £6.00 Guests - £10.00 5-17 - £4.00 Under 5s - Free

Stamped addressed envelopes are provided in the hut for payment.

To book

Phone or email Alison Whitehead:

07903 584450

hut-secretary@wbmc.org

Please contact Alison before going to the hut.

WBMC members can purchase a hut key from Alison at a donation of £4

Coming up

21st – 23rd September Make A Difference (MAD) Weekend



Photo from snowdonia-society.org.uk

From the Snowdonia Society website:

Join us as we work together with other organisations to really make a difference in Snowdonia in partnership with National Trust, North Wales Wildlife Trust, Woodland Trust, Keep Wales Tidy and many more. Booking essential by 5pm on 14 September 2018.

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For more information, contact Claire on 01286 685498 or email claire@snowdonia-society.org.uk

14th – 16th September Skills Weekend – The Hut

Course Aim: To equip club members and potential members with the skills, confidence and competence to walk in the British hills during summer conditions.

Course content:

- Clothing and equipment
- Navigation skills using map and compass
- Route planning
- Mountain Weather
- Mountain hazards and avoidance
- Dealing with Emergencies and Rescue Teams

So, if you would like to participate on the weekend, learn more and be independent on the mountains or just want further information please contact David (Geordie) Hind on either 07505 364318 or geordiehind@gmail.com.



21st – 23rd September Lakes Bunkhouse Weekend



Photo from wikipedia.org

Bunkhouse weekend in the lakes at Chapel Stile £30.00 per person bed and board For more information contact Nigel Tarr on 07703 45729

Coming up

28th – 29th September Women's weekend



New and old members alike are welcome. We cook a communal meal on Saturday night.

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For more details and to book, contact Vanessa Biddulph on 07709 514180

11th – 16th March 2019 Cairngorm trip – Rothiemurchus Lodge





Photos from rothiemurchus.co.uk

For the last three years a large group of club members have visited a bunkhouse just south of Aviemore for a spot of winter climbing / walking in the Cairngorms. The bunkhouse, at Feshiebridge, is run by the RAF and can be booked by serving personnel and veterans. Due to a lottery grant this facility is being refurbished and will not be available this coming winter. With that in mind we have managed to secure a 20-bed bunkhouse, run by the Army, which is in the forest opposite Glenmore Lodge. The facility is called Rothiemurchus Lodge and is in a remote spot giving access to all the Cairngorms have to offer. For more info visit: https://rothiemurchus.co.uk

If you are interested in joining us. It's not exclusively a climbing trip and the group is fairly well mixed between climbers and walkers. I don't need to sell the area and the facilities and company are second to none so come and join us.

We're in the accommodation for 5 nights, 11th to 16th March, which means driving up on Monday 11th and

driving back on Saturday 16th . This gives 4 full days on the hills. A bargain at £75. A £15 deposit will be required to secure your place and the balance will need to be paid nearer the time. I'll keep you informed of when this needs to be in. There will be plenty of folk going so if you haven't got transport there should be a few options.

As with our own hut the sleeping and cooking facilities are all provided you just need to bring your own food, drink and bedding. The rooms are shared 'bunkbed' accommodation but there are a few rooms so we can hopefully sort things out for privacy etc. There are separate ladies and gents showers and loos. Wi-Fi is available for a small charge and there is a bar onsite although this is only open by request.

All members welcome but, as there's only 20 beds, it's first come first served.

For more info and to book your place, contact Graeme Stanford on 07846 281878 or grim830@virginmedia.com

West Bromwich Mountaineering Club Newsletter September 2018

A Different Sort of Sunday Walk

By John Edwards



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The Moelwyns coach meet of 12th August had been on my calendar since the new Meet Card was issued, but on 21st June I heard of another walk due to take place that same day and this caused me to miss the WBMC Meet. I hope everyone on the coach enjoyed themselves, but the other walk was a one-off chance and I thought Cnicht etc would always be there for another day. This article is by way of an apology and, who knows, maybe some other WBMC members (e.g. Flowerpot Man and dan_is_fun) may be tempted to try this crazy walk out on the Severn estuary. I completed the Morecambe Bay crossing back in 2012 but a couple of years ago spotted a multicache called 'Flotsam & Jetsam EXTREME' on the geocaching website. This involves a 3 mile walk out through the mud to two old barges sunk in WWII to provide target practice for the British fighters defending Bristol, Cardiff, Newport & Taunton. These wrecks are only completely clear of the water at extreme low spring tides so the walk is only possible on 3 or 4 days each year as it is not recommended to go after October nor before March. Once out there it is necessary to collect a couple of clues which will hopefully enable an old ammo box to be found somewhere on dry land. Because of the risks of getting cut off by the incoming tide, of getting stuck in the mud or accidentally disturbing unexploded ordnance, people cannot do the walk solo or at night. It is recommended to go barefoot, as the mud sucks off most kinds of footwear, and each person in the group has to wear a fluorescent vest and carry footwear as the wrecks contain sharp, rotten metal plates. At least one rope, one mobile phone and one GPS needs to be carried by each group and it is necessary to inform the coastguard before setting off and on return.



One is a direct "Leap of Faith" into waist deep mud and water or you can head upstream a bit to just above the waterfall to cautiously do the "Indiana Jones Traverse". I chose the latter route and got across relatively easily; some who tried the leap ended covered from head to toe in mud and were struggling to escape the deep mud on the streambanks for 30 minutes or so.





So I met up with 21 other 'Lunatics' (our group's name) just before noon on the sea wall SW of Clevedon and we set off at 12:15pm. The mud was surprisingly deep, warm and musical – if you like rude gut noises you'll love this walk! We headed on the recommended route straight out towards the sea, then turned SE parallel to the shore until a river with a small muddy waterfall has to be crossed.

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Many times I skidded or slipped but never fell once and, unlike some others, never felt the need to crawl on my hands and knees. Most dangerous part of the walk (unless you cross the river at the wrong point) was the wrecks which cut my feet in a couple of places and it's impossible to apply dressings or plasters out there; they'd come off in the mud on the way back to the shore anyway! My progress was helped by a stout wooden staff that I managed to snap off a stranded tree that lay on the seawall at the start. We reached the first wreck at 2.50pm, 20 minutes before low water and then headed directly back to the shore through very deep and cloying mud in order to beat the incoming tide. The last person was safely back ashore just after 4pm and by 4.30pm on the wrecks was already surrounded by water. After a bit of a wash in a muddy pool behind the seawall we head back to where a 'base crew' had been sitting, minding our gear for 5 hours. At the end Dave the Womble, the first to suggest the walk on his date, asked if anyone fancied doing it again sometime and only one hand went up – and it wasn't mine! And in case you're wondering we did find the cache and I did tell Carol. She's still not divorced me so I'm afraid I'll be missing the next coach to Thirlmere as well....it falls on our 46th wedding anniversary!

The Gower Weekend

Club trip - July 2018

Since last year I really wanted to go to the Gower Weekend as it's a summer meet, climbing outdoors and you also get some water activities, such as bodyboarding. Unfortunately I couldn't make it last summer so I was very excited I would go this time!

Nigel and I set off on a Friday after work. We had plenty of snacks on the way to Gower and singing in the car - no one would want to be there! We stopped at the pub with the other guys at Rhossili Bay where we had a pint and dinner watching the most beautiful sunset I've ever seen! After the pub we went to settle at the bunkhouse where there was a great atmosphere, sharing jokes and listening to the music.

Next morning we set off to the beach with our climbing gear. We decided to abseil from the top of the cliff as the tide was still high instead of climbing from the beach. To be honest I was a bit scared of the heights so Ken had to hold my hand to get me to the start of the climbing spot. I was also terrified of abseiling but I really wanted to give it a go. The view looked amazing, the rocks were inviting and I was with the most experienced climbers. It was now or never. Mel and Mark (Stumpy) tied me up on a safety rope and I started the abseil. Then we climbed up. My fear had disappeared and I knew I wanted to try more climbing on these rocks. I was carefully listening to instructions, advice, info and I was observing what the others were doing, getting as much knowledge about climbing and abseiling I could. Now I even have great stories to tell!

After the climbs Peter and Ken asked me if I'd like to abseil down a cave. I thought it couldn't get much better! We went for a swim first as it was a hot day and the sea looked ideal. Then Graeme helped me abseil down the cave which was one of the most terrifying and awesome things I've ever done!



Words by Anthenia Dimitrou

With pictures by club members

In the evening we got our wet suits and bodyboards and head off to the beach. The sea was ideal for swimming and it had a few waves for bodyboarding. It was my first time bodyboarding too but I found it quite easy, especially watching the kids floating meters away on every wave. We were a big group of people in every age but we all had fun trying to catch the waves!

Fish and chips time! As an annual occasion we had fish and chips for dinner at the bunkhouse which was tasted better than a Michelin star restaurant after such a long and active day.

Next day some early birds woke up early to go for a run. We had breakfast and then we all headed to the beach. The most adventurous of the group continued with climbing at the Three Cliffs Bay. Myself and few others went swimming, played with the frisbee throwing it to the dogs to fetch it, and chilled in the sun.



The Gower Weekend was one of the most amazing weekends away with the club. I met new friends, I've learnt so many things about climbing and abseiling and I've had practice at the most beautiful place. Most importantly we've all had fun together and we made unforgettable memories. I want to thank everyone there for making my weekend

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Why is all this GDPR nonsense important for us and our communication with you?

By Paul Brindley

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I'm sure you will all have received numerous letters and emails over the last 6 months for all sorts of organisations about this horrendously complicated issue of GDPR and personal privacy. Unfortunately our club, like every organisation who sends anything to or maintains virtually any information on a person, is bound by it. The law is the law, and the club is no exception!

As a club, especially as it is involved in what can be a hazardous activity, we have to maintain a certain amount of information on members, member to communicate properly with members and to deal with emergencies. Unfortunately, this doesn't fall within the "lawful need" definition in the law – for which your approval would not be needed. So we need your consent to maintain copies of your data. Sorry, this is a legal technicality but as you've probably gathered, the law is complex.

As a matter of principle, the club tries its best to:

- only maintain information it needs other information is not gathered
- protect that information internally only committee members, and members who need information for a specific purpose, have access to it

The message you need to take away is that we do not abuse your data.

The said, we still have to comply with the law. And where the law says we need your approval to keep data such as your email or physical address etc., the law trumps anything that the club's rules may contain. The fact that the club's rules say we must send two newsletters to members per year is irrelevant; if we don't have your consent, we simply cannot send you newsletters, emails, or correspond with you in any way. You can pick up what we put on the website, but we cannot communicate directly with you.

So far we have received the appropriate consent from two thirds of the membership. Please can we have consent from the remaining third? You can give your consent by either returning the form at the back of this newsletter to any of the committee, or by posting it to 30 Nicholds Close, Coseley, WV14 9JS.

Long Coach Meet – Ingleton

Saturday 8th September 2018

Depart

07:00 – West Brom. Edward St Car Park (B70 8NN) 07:20 – Penkridge Stone Cross (ST19 5AS) (Short stop at Charnock Richard Services)

Drop off

Ingleton	(695730)
Ribblehead Viaduct	(765793)
Horton In Ribblesdale	(807726)

Pick up Horton In Ribblesdale (807726)

Required maps OS 1:25 000 Outdoor Leisure No 2 – Yorkshire Dales Southern And Western Areas

OS 1:50 000 Landranger No 98



FROM INGLETON

Route 1 (~9.5 km / 6 miles)

Head East on the Crina Bottom (722735) and climb Ingleborough (741745) Descend Eastwards to Sulber Nick (777735) and pick up the coach at Horton in Ribblesdale.

FROM VIADUCT

Route 2 (~32.5 km / 20 miles)

Less classic 3 Peaks route. Follow route 3 from the Viaduct, then route 4 from Horton.

FROM HORTON IN RIBBLESDALE

Route 3 (~40 km / 25 miles)

Classic 3 Peaks Challenge Route. Clock in at the Penn y Ghent cafe to register your time climb up Pen y Ghent (838734) via Brackenbottom (817722) leave the summit on the Pennine Way continue to (838742) go W near Hunt Pot continue over boggy ground (823743) to re-join the Pennine Way at Sell Gill Holes (811743) Top Farm to Birkwith Cave (803769).

Follow Ribble Way past Nether Lodge (792777) Thorns (782793) continue over footbridge to join Blea Moor Road (776797) left along road by Viaduct to Inn



Fares

Photo from wikipedia.org

9

Members £20.00 Guests £22.00 Under 16's and full-time students – £8.00

To book contact Nigel Tarr on 07703 345729.

Should you need to cancel do so no later than the Wednesday prior to the coach date or a ± 5.00 fee will be charged. Fail to turn up and the full coach fare will be expected.

(764791) follow path N crossing rail track at (760816) follow path bear left at (757824) go W then SW (748826) at (741823) go S to Whernside summit.

Continue S to Philpin Farm and the road Head up the road past the Hill Inn take path at (774766) go S to Ingleborough (741745) go E (744746) past Nick Pot (768737) continue E to Horton.

ROUTE 4 (~10.5 km / 7 miles)

If you fancy a shorter day, head for Brackenbottom (817722) and pick up the path through Bracken bottom Scar (826726) to the ridge which leads to Pen y Ghent (836734) Return to Horton by heading N on Pennine Way to (838742) go W past Hunt Pot at (823743) go S back to Horton.

ROUTE 5 (~15.5 km / 9.5 miles)

Head S out of Horton along the Ribble Way (806725) to Helwith Bridge (812695) Cross over the river using the road then take a left .When the road turns N go straight on at a track signposted Dale Head At a path junction take the left path which climbs to the summit of Pen y Ghent (838734) Return to Horton as route 4.

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Coach Meet - Thirlmere

Sunday 7th October 2018

Depart

07:00 – West Brom. Edward St Car Park	(B70 8NN)
07:20 – Penkridge Stone Cross	(ST19 5AS)
(Short stop at Charnock Richard Services)	

Drop off Throllold

Threlkeld	(325254)
Thirlmere Reservoir	(316169)
Travellers Rest	(336089)
Grasmere	(339073)
Pick up	

· · · · · · · · · · · · · · · · · · ·	
Grasmere	(339073)
Ambleside	(376047)

Required maps

Os 1: 25000 Outdoor Leisure Maps 5 & 7

The English Lakes NE And SE Areas

Suggested routes

Route 1 (~22km / 13 miles)

From Threlkeld (325254) work your way S to Clough Head (334225) A grassy path S takes you over the rocky Calfhow Pike (331211) then change direction slightly SE then E to Great Dodd (342345)

From here a lovely but demanding ridge takes you over the summits of Watsons Dodd Stybarrow Dodd Raise (343175) Whiteside Bank Lower Man and finally Helvellyn (342152) The high-level ridge continues S and ends at Grisedale Tarn (352122)

An easy path now takes you down to the road(335092) and on to Grasmere and the coach.

ROUTE 2 (~11.5 km / 8 miles)

Leave the A591 adjacent to Thirlmere Reservoir (315170) and follow the ridge passing Helvellyn Gill (325165) to the summit of Helvellyn (342152) Pleasant walking S leads over Dollywaggon Pike (346131) then descend steeply to Grisdale Tarn (352122) An easy path now takes you down to the road and on to the coach



Fares Members £20.00

Photo from wikipedia.org

Guests £22.00 Under 16's and full-time students - £8.00

To book contact Nigel Tarr on 07703 345729.

Should you need to cancel do so no later than the Wednesday prior to the coach date or a £5.00 fee will be charged. Fail to turn up and the full coach fare will be expected.

ROUTE 3 (~17km / 11 miles)

Follow route 2 to Grisedale Tarn (352122) then ascend Fairfield (359117) and continue over Hart Crag to Dove Crag (375105) Follow the Sridge back to Ambleside and the coach pick up.

ROUTE4 (~10.5km / 6.5 miles)

From the Travellers Rest follow the bridle path up Little Tongue Gill (342105) then climb steeply W (338106) to the ridge and onto the summit of Seat Sandal (344115) Descend east to Grisedale Hause then continue on to the summit of Fairfield (359117) Follow the ridge S to Great Rigg (356104) then descend SW to Stone Arthur (347092) Follow a good path down to the road (338085) were a short road takes you back to the coach

WBMC Annual Away Dinner

Friday 15th - Sunday 17th March 2019: 2 nights at the Briery Wood Country House, Windermere

Following very positive feedback from this year's event we are returning to Briery Wood with a similar package to this year. To get the prices we have agreed deposits must be paid in November 2018 and so please book ASAP.

Moments from the eastern shores of Lake Windermere and set in seven acres of beautiful secluded gardens and woodland lies Briery Wood Country House Hotel. Briery Wood was built at the end of the 19th century and housed the Earl of Lonsdale's Estates main gardener who developed the stunning grounds that we still enjoy today.

Briery Wood is within easy reach of the popular villages of Ambleside, Bowness and Windermere, so it's a great base for exploring the Lake District. Walking options directly from the hotel include Wansfell, Baystones and Troutbeck. Being close to the A591 also opens up many other walking options and the nearby Brockhole, The Lake District Visitor Centre also offers a wide variety of options for all ages including taking a boat on Windermere giving other options including different walks. As in previous years the weekend therefore offers the opportunity to climb different peaks that you would not be able to do on coach meets.

Here's a link to their website if you want to know more: http://www.lakedistrictcountryhotels.co.uk/brierywood-hotel and it has 4.5 out of 5 on Trip Advisor: http://www.tripadvisor.co.uk/Hotel_Review-g186330d574824-Reviews-Briery_Wood_Hotel-Windermere_Lake_District_Cumbria_England.html We have a similar deal to previous years – Bed and Breakfast on the Friday night; Dinner, Bed and Breakfast on the Saturday night:

- The hotel has 23 twin or double rooms including some which can also accommodate singles and families.
- The price is £144.50 plus disco contribution (see below) per adult for the weekend in a twin or double room.
- The hotel will give up to 4 single rooms for £155 for the weekend plus disco contribution. If people could share where possible that would allow the maximum amount of people to go.
- Child, family room, dinner only price and extra night cost on application (Call Richard Cooksey on 07950 087911)

As before the disco cost would just be divided between everyone who attends the meal.

Further information and booking form overleaf.





WBMC Annual Away Dinner

A non-refundable deposit^{*} is required (£25 per person). This can be either be paid by cheque payable to Briery Wood Hotel and sent with the booking now or Credit Card by phoning the hotel (tick box on booking form) when advised by the WBMC, the balance is payable by you before leaving the hotel. *Please don't pay by credit card yet - WBMC will advise you when credit card deposits are to be paid.*

Send the following booking form (including cheques if you want to pay the deposit by cheque) by 10th November to:

Richard Cooksey 24 Lydford Road Bloxwich Walsall West Midlands WS3 3NT

Menu choices, contact details & data protection consent for all guests must be on the booking form

Starters

CUMBRIAN HAM AND PEA SOUP- White truffle oil and golden croutons

CHICKEN LIVER PARFAIT- Cumberland sauce, melba toast

DUO OF MELON, SEASONAL FRUITS- Longtons of Skiddaw gin and tonic foam

Main Courses (inc Extra veg)

GRILLED FILLET OF LAKELAND CHAR (FISH)- Beetroot and horseradish potato cake, tarragon and saffron sauce

LUNE VALLEY SHOULDER OF LAMB SLOW BRAISED FOR EIGHT HOURS

Boulangere potato, roast leek, lamb reduction sauce

ALLERDALE GOATS CHEESE AND RED ONION TARTLET- New season potatoes, salad

Desserts

WARM CHOCOLATE SPONGE- White chocolate sauce, Kendal mint cake ice cream

DAMSON GIN JELLY, DAMSON GIN SORBET-Raspberry meringue, shortbread

BLACKBERRY CHEESECAKE- English Lakes apple crumble ice cream

WBMC Annual Away Dinner Booking Form

15th – 17th March 2019

Party leader's name:

				M	enu Cho	ice		Data	
<u>Guest</u> <u>name</u>	Room Type (twin/ double or single)	Guest Contact Details (Email or Phone)	Cheque or Credit Card Deposit (Select CH or CC)	<u>Starter</u>	<u>Main</u>	<u>Dessert</u>	(Eve mu sele	otecti onsen ery pe st clea ct 'Ye enable poking	tt** rson arly s' to e
Total			CH/ CC CH/ CC CH/ CC CH/ CC CH/ CC CH/ CC				Yes Yes Yes Yes Yes Yes	/ / / / /	No No No No No
Deposit (£25 per person)*									

*WBMC takes no financial responsibility or liability for this event

**I consent WBMC to share my name, whether Adult or Child, menu choices, any other requirements and any deposit cheque with Briery Wood Hotel to arrange this event.

If consent is not given the WBMC would not be able to book for you. Any personal information specific to this event will be held securely and will not continue to be held when no longer needed to arrange or analyse the WBMC Away Dinner.

Member Details Form

The West Bromwich Mountaineering Club is committed to safeguarding the personal details of its members. We will store these details securely and will not pass them onto third parties.

By signing this form you provide your consent for West Bromwich Mountaineering Club and the members of its committee to store your details for the purpose of communication. You can withdraw your consent at any time by contacting our Membership Secretary: membership-secretary@wbmc.org.

The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions.

	Your Details	
Last Name	Membership no.	
First Name(s)	Address	
Date of birth		
Con	ntact Information	
Email Address	Mobile No.	
Landline No.	Newsletter preference Email Post	
Em	ergency Contact	
Name	Address	
Relationship to you		
Contact No.		
Si	ignature & Date	
Signature	Date	
 I want to Gift Aid any donations I make in the future or have made in the past 4 years to West Bromwich Mountaineering Club. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. 		