

Bulletin

of the Rutherford Appleton Laboratory

Summer 1982

Rutherford Appleton Laboratory Recreational Society

The Recreational Society exists to promote various recreational and sporting activities at the Laboratory. It also takes part in sporting activities arranged with other SERC establishments and competes in Civil Service events. New members are always welcome to all clubs, and an ever widening range of activities is catered for. Anyone wishing to start a new club is encouraged to do so.

Officers

Chairman	P E Craske	Ext 6273
Vice-Chairman	A Forster	Ext 6300
Hon General Secretary	M J D Courthold	Ext 6462/6559
Hon Treasurer	B E Wyborn	Ext 589
Minute Secretary	K W Pavitt	Ext 6438

Committee

N G Angold	R25	Ext 6508
J D Gilbert	R25	Ext 6530
T Morgan	R18	Ext 563
J Varley	R25	Ext 6516/6505
C L Wrench	R25	Ext 6427/6422/6421
Mrs G W Stuart	R1	Ext 6172
Mrs D J Barrand	R1	Ext 6172

Club Representatives

If you wish to join any of the clubs please contact the people listed below:

Bridge	H Shah	Ext 6518
Bowls	(W L Harding (T Morgan	Ext 420/6644 563
Camera	B J Maddison	Ext 555
Chess	P E Craske	Ext 6273
Crib	(T Morgan (A J K Lubbock	Ext 563 217

Cricket	R G Jones	Ext 6178
Croquet	M J D Courthold	Ext 6462/6559
Darts	A Forster	Ext 6300
Fishing	P E Craske	Ext 6273
Football	Dr R G Roberts	Ext 259
Golf	R Bell	Ext 6137
Model Railway	R W Roberts	Ext 269
Music	E G Sandels	Ext 6373/ 538
Music for Pleasure	N G Angold	Ext 6508
Netball	Mrs S Merrifield	Ext 585
Radio	J D Gilbert	Ext 6530
Remap	P D Hey	Ext 432
Sailing	K W Pavitt	Ext 6438
Table Tennis	J Varley	Ext 6505
Weight Training	J J Darius	Ext 6339
Yoga	Dr K Paler	Ext 6108
Barn Dancing	D Cragg	Ext 6620

Main Events

There are two Inter-SERC Sports Days per year; an Indoor event held at Easter time, and the Outdoor Sports, which will be held this year on



20 August at Loughborough University. Most sports are covered by these two events, and RAL usually acquits itself well.

Facilities

In the past year or two, playing facilities have increased and improved considerably, and with the addition of the Appleton resources we now have, 2 football pitches, a hockey pitch, tennis court, croquet lawn, pitch and put course, an outdoor volley-ball court, enlarged table tennis facilities, music room, cricket pitch and nets and a billiard table. The Rec Soc Committee continues to work and plan for further improvements.

Club House R58

Final plans for the modifications to the Rec Soc Clubhouse are being prepared, and their completion is imminent. The main details have already been agreed between Management and the Rec Soc Committee, and the facilities that will be available are as follows:-

Male and Female Changing Rooms and Showers, Camera Club processing and developing darkrooms, Club bar and Lounge, Billiards room, Table-tennis

room, Model Railway club room, Music room, Kitchen and Store, Equipment store, Committee room, Games Hall, and Training gym.

Some work has already started, and the Billiards room is now complete. Other facilities will become available in stages, and their completion will be reported in the *Bulletin* and elsewhere.

Angling

The angling club are hoping to have a series of matches this year.

The RAL Championship will be fished over two legs; one on the river and one on a still-water venue.

We hope to retain our SERC team title. This year a strong challenge from Daresbury can be expected as it is being fished on the River Trent. We are also hoping to put teams into the following Civil Service Events:-

Southern Area Championship - team event
Civil Service National - Individuals

The Upper Thames Championship is another match we are hoping to enter again this year.

Any angler wishing to take part in any of these events, please contact Peter Craske, R2, Geoff Kidd, R40, or Tony Ferrari, R6.

Barn Dancing

If you would like a 'fun' lunch hour which at times borders on the hilarious, why not come and join us at the Barn Dance Club? For those who don't know, barn dancing is a mixture of English Folk and American Square Dancing put together in a way that provides a real opportunity for people to enjoy the company of everyone else present. If you can walk, you can do it - and beginners are especially catered for!

It all happens in the Rec Soc Building R58, every Tuesday lunch-time starting at 12.15 - just follow the music!

If you fancy joining us just turn up, or contact Derek Cragg R65 Ext 6620
Kay Knight R1 Ext 6602

Bridge

From the information available, it seems the Rutherford Appleton Laboratory with a complement of nearly 1600 people NEVER had a Bridge Club or Society!

This is not meant to sound like a boast. At Appleton Laboratory there was a thriving Bridge Club with up to three teams of four playing in the local league and doing very well, to the extent of winning in their league on several occasions.

However, that is past - it is history. What is required, even appealed for, is to form a Bridge Club NOW. The axioms "It is never too late", "now is better than never" etc are particularly apt to the situation in hand and one would like to think that out of nearly 1600 people, there must be a few, even one percent, who would like to play this established and most popular card game.

RAL Bridge Club - when it can come into existence with your active support - would like to

- (a) welcome talents at all levels including those who would like to learn
- (b) organise lunch hour and/or evening playing among the members
- (c) enter local leagues if there is sufficient demand.

You can take Bridge as seriously as you like, so do not be put off by the usual discouraging phrases. Only you can find out how you would like it and this can only be done by actually playing the games. Bridge can be played and enjoyed by people of all ages. I once played against two ladies in their eighties and they were good. So don't be discouraged. It is only with your active support that Bridge Club can be formed and once formed continue to prosper.

For more information contact Hari Shah on Ext 6516/6505 or come and see him in R25, NW wrapround, Room 1.119 or drop him a note.

Camera

A photographic club has recently been formed and although not active at present, hopes to be so by the autumn when facilities become available in the R58 Rec Soc Building. If you would like more information please contact B Maddison R25, Ext 427.

Chess

After a record 14 years it looks as if the Lab's chess tournament has finally ground to a halt.

The number of entrants has slowly decreased over the years, and with the new short lunch break for the industrial staff, which would reduce the number even more, coming into effect shortly, it is time to call it a day.

Still if individual players would like a game, there are still a few enthusiastic players on site who can be contacted through Peter Craske, R2 Ext 6273.

Croquet

RAL Rec Soc has been granted permission to use an area of lawn close to the Restaurant as a croquet lawn, and also possesses a croquet set. Would all persons interested in forming a croquet club to play lunchtimes between 1230 and 1330 please contact Mike Courthold, R12, Ext 6462 for further details.

Cricket

The Club has enjoyed another successful season, and with the improved practice facilities our game has had a slightly keener edge to it this year.

The Club entered two local leagues. In the AERE Evening League Competition we won through to the semi finals for the third consecutive year but being unable to field our regular stronger? side we paid the penalty. Our Downs league side started well but faded drastically at the end of the season and ended up in the mid way position. We had our usual number of games against friendly local sides and this gave all members on our books the chance of some games, as well as those fixtures on Sports Day when we were represented by two sides and won the cup with our 'A' side.

The merger has seen the arrival of a heavy roller, 2 hand rollers and a mower as well as supplements to our equipment and the Club now has a satisfactory amount of equipment and the facilities are slowly improving. The changing rooms (Portakabin) have been completely refurbished and we have the use of R58 for teas for our Sunday fixtures. A practice wicket is available (currently Tuesday evenings).

The Club has 43 members at present, and its policy is to offer all members the opportunity of playing in a match during the season.

May I take this opportunity to extend the members' thanks to the Committee of the Rec Soc for their efforts on our behalf, it is most appreciated.

Reg Jones

Golf

The present membership of the Golf Section is 50 and the annual subscription is £1. The subscription entitles members to free use of the six hole pitch and putt course at the back of the site mound, also to participate in the competitions arranged by the Section. An additional 50p is charged for entry into the Section's Matchplay Championship.

Over the past year members have competed in:-

The Bateman Catering Silver Cup Golf.
The CSSA Pairs Competition.
The SERC Annual Tournament.
The Rutherford Appleton Matchplay Championship.

A similar programme has been arranged for this year.

Work is progressing on the greens of the 6 hole pitch and putt course to bring them to a satisfactory condition. A grass cutter is in order and members will shortly be asked to assist in grass-cutting on a regular basis.

Anyone wishing to join the Golf Section should contact Roy Bell on Ext 6137.

Football

The Club organises a league of 7-a-side teams made up from players at RAL, AERE and NRPB.

The matches take place during lunch-time keenly watched by a large band of dedicated spectators. There is a knock-out cup competition as well as the league competition.

New teams are encouraged to join in. The organisation is informal but some of the people involved include such famous names from the football world as Ken Paler, Nick Moore, Kevin Lewis, Pete Smith, Peter Hemmings and Dick Roberts.

Music

The music club has maintained a steady level of activity throughout the year, the music room being used regularly by individuals for practice and by three Groups, each on a once weekly basis for quartets and quintets plus, occasionally, music for larger groups. They meet as follows:

Wind Quintet - Mondays 12.20 to 1.20pm
Strings and Woodwind - Wednesdays 12.20 to 1.20pm
Clarinet Quartet - Thursdays 12.00 to 1.00pm

Practice by individuals is arranged through E G Sandels Ext 6373. There is a piano which is maintained by a club member and the room is available to all members of the Rec Soc. When the new Music Room is available it is proposed to set up a notice board and a regular booking system, leaving room for individual bookings by occasional players.

REMAP

Within the broader scope of the British Council for the Rehabilitation of the Disabled, there has been established an organisation known as Rehabilitation Engineering Movement Advisory Panel (REMAP) which aims at harnessing the voluntary services of engineers, doctors and others in providing research, advice and assistance in the solution of specific problems of personal mobility encountered by the physically disabled. The small group of people at RAL assists the work of the Thames Valley section of the Panel.

The workshop at RAL was set up in 1976 under the wing of the Recreational Society and generous assistance of the RAL Management. Three volunteers have kept up a steady output of work by attending on one evening per week (with very few breaks) since the workshop opened.

Currently, useful articles are being produced for patients who are recuperating from major crises - eg amputations or strokes. These items assist in rehabilitation training in local hospitals and they range from arm rests and transparent trays to fit wheelchairs to folding kneelers, leg stump supports, and manipulative games. There is a constant demand for such items which are not available through the National Health Service and which, although very simple, greatly assist the well being and happiness of people in times of distress.

More volunteers are required to assist in this work. If you are able to offer your help, however infrequently, please contact P D Hey Ext 432 or A C Peters Ext 6203.

Radio

The RAL ARC was formed as a new organization from the separate Rutherford and Appleton Clubs. A new facility was sought comprising towers and equipment from both sites. A club hut and antenna area was allocated, and to date tower bases have been installed and one small telescopic tower erected. This has been used to test aerials and site conditions prior to the erection of a second fixed tower.

The hut is now in a functional condition with most of our equipment installed. A multiband vertical antenna is available for general operating. A great deal of work has been done by club members in getting the site going although there is still much to be done before the site is complete. Once the second tower is installed the club will have excellent facilities, particularly for competition working, but also for all types of worldwide contacts. Most of the aerial work should be complete by late 1982.

Two major contests were entered during the year, mainly to assess the site take-off and noise levels. First or second placings are anticipated in these events, promising good results in the future when all facilities are fully established.

Sailing

The newly formed RAL Sailing Club is now under way and sailing evenings have been well attended for the past three weeks. Eleven staff members new to sailing have been initiated into the delights of Farmoor Reservoir and all seem keen to return. Our boats are the Fireball racing dinghy, complete with trapeze and a more sedate Graduate, previously used by the Appleton sailing club at Datchet. Very generously, two members have made their own boats available for use, so experience has also been gained on both Mirror and Enterprise class boats. Our experienced sailors have been kept very busy and things look very encouraging for the future. We have already had to extend to two evenings a week and, no doubt, the weekends will soon also be included.

Snooker & Billiards

The RAL Rec Soc is pleased to announce that RAL management recently arranged for the full size snooker table to be brought from the Ditton Park Site to the RAL Rec Soc building (R58), where it has now been installed and levelled. The Rec Soc also had the table re-covered and re-cushioned, and will be supplying a new set of balls.

Anyone interested in forming an RAL Snooker/Billiards Club should contact Mike Courthold, R12 Ext 6462 for further details.

Tennis

Following the merger of the Rutherford and Appleton Laboratories, and the consequent loss of the AL Tennis Club court (which wouldn't quite fit into the removal lorry), SERC offered compensation to the Rec Soc which enabled RAL management to arrange for a tarmac-surfaced tennis court to be built on the main staff car park. The court is now ready for use, and anyone interested in forming an RAL Tennis Club should contact Mike Courthold, R12, Ext 6462 for further details.

Table Tennis

At the AGM in June, the Club amended its rules to take account of the merger with the Appleton Laboratory and to regularise its sub-committee structure. We have welcomed one or two members from Appleton but would like to see more.

Lunchtime play continued to be very popular with two tables in action in the R58 Games Room on most days.

This tends to be rather cramped, especially for doubles play and we look forward to the new table tennis room. Our required specifications for this room were discussed by the committee and forwarded to the RAL Recreational Society.

This year we organised the table tennis event at the SERC Indoor Sports Day which proved to be very popular for the 7 teams which entered. The success of this event was due in no small measure to the hard work put in by John Varley who acted as controller on the day and many thanks are due to him. Rutherford's only team gave a good performance, getting to the semi-finals and only just losing to Daresbury 'A'. However, another RAL team masquerading under the name of Atlas 'A' proved much too strong for all the opposition, beating Daresbury 4-0 in the final.

The strength of the Club this year can be judged by the big increase in teams in the evening league. We entered 7 teams in the Didcot League, 4 more than last year, and 2 in the Oxford League for the first time.

Some very good results were obtained in both Leagues. In Oxford our 'A' team finished 2nd in the 2nd division and this gained promotion. In Didcot our 'A' and 'B' teams finished near the middle of the 1st division and the 'C' team finished 2nd in the 2nd division, also gaining promotion. The 'D' team were comfortable winners of the 3rd division and two further teams in this division finished near the middle. Our 'G' team in the 6th division also acquitted themselves well, finishing in the top half of the table.

Yoga

The Rutherford Appleton Yoga Club has a membership of 10 to 15 enlightened souls who usually meet for 1 hour on Mondays in Conference Room 3 at 12.30 pm.

The sessions, which loosely follow a course described in the classic work on yoga - "Light on Yoga" by B K S Iyengar, are lead by the club's Guru - Mandy Sakar.

The aim of the club is to introduce members to the benefits and enjoyment of yoga and encourage them to develop their own yoga regimens.

The club secretary is Ken Paler who will be pleased to handle any enquiries about the club.

Bulletin

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Deadline for insertions:
