



An Autumn view of Trvfan from Caseg Fraith. taken at the August Bank Holiday Meet

## Subs time

'Tis the season to renew your ULGMC membership. Please send a cheque (payable to 'ULGMC'), make a bank transfer (acc no 04145127 and s/c 52-30-40) or set up an authorisation for a Direct Debit: <https://dashboard.gocardless.com/api/paylinks/0QNYCBJ71A>

Subs are £20 singles, £35 joint and £8 to add BMC liability insurance for children. There are discounts for non-UK residents of £13.25 as the BMC insurance doesn't cover them (making overseas prices £6.75 single, £8.50 joint).

The new postal address is: Stephan Tietz, ULGMC Membership Secretary, 1 Braishfield Road, Havant, PO9 2HS.



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## New Committee Members Needed!

**Seeking a fulfilling role in the outdoor sector?**  
**ULGMC needs you! We're currently looking to fill several vacancies.**

**President -- Treasurer -- Secretary**

**Newsletter editor**

**Committee members without portfolio**

Being a ULGMC committee member is a great way to boost your organisational, leadership, team-working and social skills. As a committee member of nearly 9 years I can genuinely say, it's really satisfying. Now is the time for those who are looking to make their mark on the club – make it yours.

Email Heather Rumble: [president@ulgmc.org](mailto:president@ulgmc.org)

## Upcoming Meets

### 27-29 Jan, Peak Snow?

Possibly the only time of year you can walk up an E6? Only if there's snow! Whatever the weather, the first meet of the New Year should be a must go. It's a great opportunity to work off some of the

**Want to submit a report?**

**24<sup>th</sup> March at the latest**

Editor: Heather Rumble (interim)

Email: [president@ulgmc.org](mailto:president@ulgmc.org)

Web: [www.ulgmc.org.uk](http://www.ulgmc.org.uk)



excesses of the festive season if was not for the communal meal! Join Keith at Fallcliffe Cottage.

Keith Mott: [saymellon@gmail.com](mailto:saymellon@gmail.com)  
<https://www.facebook.com/events/240660789704937/>



### 10-13 Mar, Winter Mountaineering

Three day winter mountaineering meet. Winter walking and climbing in Scotland. Planning to stay at Aite Cruinnichidh (<http://www.highland-hostel.co.uk/>). This gives us options for the Ben, Aonach Mor, Creag Meahaidh (and the Norries at a push). Cost is £16 a night.

Robbie Pineda: [robert.pineda@nottingham.ac.uk](mailto:robert.pineda@nottingham.ac.uk)  
<https://www.facebook.com/events/1048038648638393/>



### 24-27 Mar, Joint ULGMC/ULMC Meet

A chance to catch up for some climbing with our sister club ULMC. Staying at Fallcliffe Cottage. Please email us if you're interested in coming and if you'd be interested in taking on this meet in the future.

Mark Stitson: [mark@stitson.com](mailto:mark@stitson.com)  
<https://www.facebook.com/events/362526740797909/>



### 14-18 Apr, Easter Meet

ULGMC always greet the Easter break with a visit to Snowdonia. Staying at our hut, Caseg Fraith, this

weekend could be brilliant sunshine, deep snow or both! Always a cracker. 🐣

Heather Rumble: [president@ulgmc.org](mailto:president@ulgmc.org)

### 26 May-2 Jun, Cornwall

Now is the time to book your place at Trevedra Farm for the Spring Bank Holiday Meet. Where climbing, walking, fishing, surfing, and sand castle building go hand in hand with cream teas, pasties and pints, saffron buns and fish and chips amongst other delights

We have several pitches booked for ULGMC, so please let me know if you are coming to join us as we have to confirm how many will be on site. Even if you are a regular, please drop me an email ([francesmott@gmail.com](mailto:francesmott@gmail.com)) or ring 01379 677238 to let me know you are coming.

May seems a long way off at the moment and we currently have long nights, strong, cold winds and driving rain, but long days, strong winds and driving rain will soon be here (it isn't true - the weather in Cornwall is not always bad – last year we had sun all week and no rain at all!) and everyone needs a great break at the end of May so join us in Cornwall.

If ULMC are thinking of a meet at Trevedra, as they did last year, it would be great to be able to pitch next door. Do let me know and we will see what is possible.



### 15-29 Jul, Alps Trip!

Two weeks Alpine mountaineering. The idea is to start in Saas using it as a base but potentially moving to Chamonix for the second week. We are looking to hire guides for the first two days for first

timers to Alpine or for experienced people wanting a refresher.

Robbie Pineda: [robert.pineda@nottingham.ac.uk](mailto:robert.pineda@nottingham.ac.uk)  
<https://www.facebook.com/events/1249947951693288/>

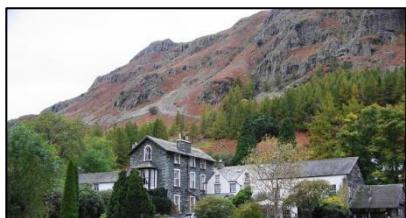


## 22-24 Oct, AGM, Lake District

The AGM this year endorsed the proposal to hold the next one in the Lakes. The Old Dungeon Ghyll Hotel, <http://www.odg.co.uk/>, has been booked. We intend to book a hut to accommodate any overspill. There are bunkhouses, B&B and other hotels available locally.

Keith has reserved all the rooms for Friday and Saturday so please let me know if you would like to stay with how many places and whether you are prepared to share as most rooms are either doubles or twins. I have both male and female singletons already wishing to stay. If, like us, you would like to extend your stay at the hotel before Friday or from Sunday, please contact the hotel reception on 01539 437272 or [olddungeonghyll1@btconnect.com](mailto:olddungeonghyll1@btconnect.com).

Keith Mott: [saymellon@gmail.com](mailto:saymellon@gmail.com)



## Anyone for a run?

As many of you may know, Stephan and Heather have started running a lot more than climbing nowadays. There seems to be a growing interest in the club, so we thought we would start letting people know which races we are doing when, in case anyone wants to join us. So far, we think we'll be on the following in 2017:

[28-29 Jan: Marmot Dark Mountains](#)

[29 Apr-1 May: GL3D](#)

[23-24 Sep: RAB MM](#)

[28-29 Oct: OMM](#)

We could also be convinced (possibly) to do the V3K, Saunders, Might Contain Nuts... Or whatever else is long and interesting!

Heather Rumble: [president@ulgmc.org](mailto:president@ulgmc.org)



## Meet Reports

### End of Term Escape, Brecon Beacons

#### Keith Mott

The End of Term Escape, in July, inaugurated by Neil Brindley around 15 years ago, continues to survive despite being little more than a family meet. This year the meet, in order to accommodate commitments by Rachael, was held in the Brecons, not far from Crickhowell.

In olden days there was a meet here every two years organised by John and Valerie Burrows. I so wanted to go back to see what changes had occurred. Apart from a couple of new roads it appeared that very had changed.

We spent the week walking over the moors, along canals and visiting a large number of castles, abbeys and ancient monuments. On one of the last visits we passed a vineyard but fortunately had to return the same way! If you get a chance, try the dry rosé from the White Castle vineyard between Abergavenny and Monmouth.



## AGM, Snowdonia

### Heather Rumble

The AGM was held at The Royal Oak, Betws-Y-Coed this year, with a large group of us staying at Caseg Fraith.

Phil and Graham trotted off to Senior's Ridge, with another plan (see ABH report) to wave at climbers (Robbie +1 this time) in Nameless Cwm. This failed, of course, this time because they were on Cneifion Arête, among hordes of parties, of course. So they descended back down the Gribin. Stephan, Mike and I (for some reason) went up Carnedd Llewelyn. I think we had planned to do the "flat" 3000's on the plateau, but made it as far as the refuge on Foel Grach before realising we had better get back down and run the AGM.



The AGM itself was fairly short, though we had an excellent discussion about the BMC's attempted name change to "Climb Britain". Like many clubs have engaged in as a response, this turned to a robust discussion of our place within the BMC membership and what the organisation means to us. Most members agree that it is a national body that we should be a part of, but as a collective I think there was recognition that we need to be more active participants in this.

The dinner at The Royal Oak was lovely as usual. It was made extra special by John Burrows sale of his classic climbing equipment, in aid of mountain rescue. Many of our younger members were enthralled by

this, snapping up clothes that have been on many expeditions with John. I went away with some long distance walking books that I'm sure will come in handy in the future. To me, as an outgoing President, this was a really special moment, with knowledge, stories and experience being passed to a new generation in a very visually symbolic way. Thanks to John for providing that special moment and sorry to be cheesy!

Sunday was fairly uneventful for your Pres and Membership Sec, as a broken car meant we had to leave early (stuck in 4<sup>th</sup> gear, there was a long journey ahead of us!). We assume others had a better day!

## Bonfire Meet, Peak District

### Keith Mott

We had a mixed weekend with some excellent food and fireworks. Shane Williams turned up with three friends and went climbing and Mark and Graham went walking between Bamford and Stanage. Lizzie Porter from ULMC turned up on Saturday morning only to be recruited to help build the bonfire. Carol Bristow joined us a little later and helped Frances prepare the feast for the evening.

In the afternoon Elanor, Lizzie, Jack and I went for a walk through Longshaw before driving up around Burbage and Stanage before returning to light the fire. There were just 2 rounds of fireworks between the courses with Elanor lighting the final volley. Thanks to all who brought fireworks.



Sunday was a case of clearing up before lunch at the Robin Hood and the long journey home. I hope all enjoyed the weekend, especially those new to Fallcliffe. You are all invited to the January meet, with a distinct possibility of snow.

**Fancy running a new meet?**

**Contact the meets secretary:**

[meets@ulgmc.org.uk](mailto:meets@ulgmc.org.uk)

## News from Members

### Hills family complete the Thames Footpath

Simon Hills



At the end of October this year, after 2 ½ years and 42 day walks we (The Hills family) finished walking the Thames path. We started at Crayford Ness and walked all the way to the source near Kemble. We walked sections ranging in distance from 2 miles in central London up to 10 miles from Marlow to Henley. We did it all by public transport, but this became increasingly difficult once we got past Oxford as we had booked train tickets in advance and timed them to connect with buses we needed to catch, but by the time we travelled cuts to the bus services meant the some of the busses didn't exist. This meant we had to resort to using a taxi on three occasions. We decided to stay in Swindon for a week during October half term so that we could complete the last 3 walks from Lechlade to Kemble. We celebrated by taking the

children to Alton Towers the following weekend and watched the fireworks.



### Going High

John Coote

British mountains are low enough to avoid the problems associated with 'thin air'. Once we aim for peaks in the European Alps or more ambitiously those in the Andes or Himalayas the nature of the air we breathe becomes a big issue. Anything over 3050m (10,000ft) can be a challenge to performance even if the terrain is relatively easy. The problem is that our body takes time to get used to the lower oxygen breathed so initially the performance of muscles in



limbs and the heart and cells in the brain is impaired. The time for this acclimatization varies between individuals and going high too quickly may result in severe headache, nausea, unsteadiness, visual and auditory impairment as well as tissue edema (swelling) and disturbances in heart rhythm. Any one or more of this group of symptoms is called Acute Mountain Sickness or simply AMS. The effects can proceed to more life threatening conditions such as pulmonary edema or even brain edema when lungs or brain fill with fluid.

The risk is great. Therefore I with my colleagues in Hangzhou China and the Chinese Military have been trying to find a method for predicting susceptibility to AMS particularly important to the Military.



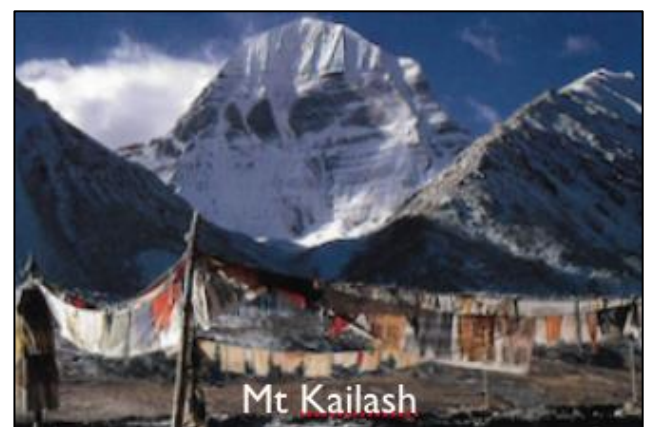
This has given me the opportunity or excuse you might think to climb in the Himalayas over a number of years. However, rather than describe the few mountain ascents, which might be rather boring, I thought I could give you a flavour of what has been achieved medically.



We measured changes in stress hormones in the blood and saliva of 230 HAN Chinese stationed at Chongqing (450m; 1480ft) or Chengdu (450m; home of Giant Pandas) and showed that these hormones increased when groups were measured in Lhasa (3600m; 11,520ft) or Rikaze (3840m 12,600ft) or even higher at Ngari (5500m; 18,045ft) west Tibet.



This site was near to the holy mountain Mt Kailash so I was able to visit the area.



Some 25% to 50% of these groups had AMS and in these the stress hormones were greatly increased. We found that up to 90% of those with AMS had previously shown high levels of stress hormones after severe exercise done at the base altitudes in Chongqing or Chengdu. So exercise stress in normal air would appear to indicate susceptibility to AMS at high altitude. Such a measurement is of importance to the Chinese Military and normally would only be available for military personnel or research groups. So the message is whoever you are its better to travel slowly to high altitude whether it's the Alps or

elsewhere, but if you can't, take a prophylactic like Diamox (250mg per day) two days before you travel and continue this for at least four days whilst at high altitude.

Remember climbing or trekking is meant to be enjoyed.

## Club News

### A note from the Newsletter Editor

#### Heather Rumble (interim)

Apologies for the late delivery of this newsletter, which we had planned to get to you in December. Stephan and I had to move house in December, fairly unexpectedly, and so had to divert our attention elsewhere. Thank you for being patient!

### Presidents Report

#### Heather Rumble

A short and (hopefully) sweet report from me in this edition as I think the last N/L and the AGM featured far too much of me!

Whilst the start of this year has been somewhat tardy in terms of getting the N/L out (sorry!), I am really excited about the year to come. We have two new trustees, who seem raring to go. We also have two new committee members who, as you will see from the Meets List, have already brought in some new and exciting meets for the year. I'm particularly looking forward to the Scottish Winter Meet.

So, while the rest of the World seems to be getting crazier by the day, I will leave you with a New Year message:

Run to the hills (run for your life)!



## Membership Sec & Treasurer's Report

### Stephan Tietz

From my personal experience I have to say that AGMs in Snowdonia – or is the Royal Oak? – seem to bring out the best of our club. They are the AGMs with the most diverse attendance and feel very inclusive and representative. We are struggling more in the Peak and Lake District. As I mentioned during my membership secretary report, I believe strongly that this is something we need to address to ensure new members don't just join the club and come to meets, but also start to engage into the 'politics' of running the club. I have heard a few opinions on where and when the AGM should be, but if you have an opinion then please do get in touch.

However, we won't be able to resolve this for the coming AGM when myself and our President are stepping down - and one should never act in unjustifiable haste. While Heather has to step down as she is quickly approaching the maximum tenure granted by our constitution, I could spend a few more years in a different function to being the treasurer. My personal ambition is to continue to contribute to the clubs development, which will involve meets, recruitment and the webpage/newsletter. However, I hope that we have volunteers for my position (Treasurer and Membership Secretary) and Heather's (President) who are keen to shape the club. When they step forward, they need the support of the whole club, which I believe also means that the old leadership has to make some space unless they decide to co-opt us or ask for our support.

Please, take a few minutes to read the AGM minutes. I will only summarise the headlines here. The membership of the club continues to be stable. We have seen a small drop in membership, but this is in line with the normal churning and turning. The club continues to be in good financial health and I am happy that the AGM has approved to top up the

unclaimed Expedition and Training fund, so that we will be able to have a total fund of £400 for the coming year.

This leaves me with only with one more thing to say:

**Please, renew your membership now!** As usual, you can send me a cheque (payable to 'ULGMC'), make a bank transfer (acc no 04145127 and s/c 52-30-40) or set up an authorisation for a Direct Debit: <https://dashboard.gocardless.com/api/paylinks/0QNYCBJ71A> (and I will add you to a payment plan).

Please email, if your contact details have changed or fill in the attached renewal form. Please note, that we have moved and the new postal address is: **Stephan Tietz, ULGMC Membership Secretary, 1 Braishfield Road, Havant, PO9 2HS.**

The membership fees for 2017 are unchanged: £20 for single membership, £35 for joint membership and £8 to add BMC liability insurance for children. There are discounts for non-UK residents of £13.25 as the BMC insurance doesn't cover them (making overseas prices £6.75 single, £8.50 joint).

If you have multiple memberships with the BMC, you can claim this portion back. See the website for details.

For any other comments or questions, please email (members@ulgmc.org.uk) or telephone (07984 583146, evenings and weekends) me.

## A note from the Club Archivist

**Jill Bennett**

The May Newsletter 2016 included obituaries of Club members Edward Williams and Bill Bristow – with the plea that these should be noted in the Club annals.

I quite agree that there should be such a record, in fact I've been planning to continue a synopsis of Club events similar to that which formed part of the Club history, in 2000. This will I hope, eventually be added to the website, so that members can search for a

person, or an event, a summit etc. I am only just starting to research this - it's a winter job when I'm not gardening! But I will be compiling notes & sending them for the newsletter as and when I can.

## Hut News

**Mike Pollitt**

As was announced at the AGM, Mike Parkinson and Mike Warden have decided to step down as trustees for Caseg and Fallcliffe. Mark Stitson and Keith Mott will be taking over, with Keith "looking after" Fallcliffe and Mark looking after Caseg. I would like to thank Mike & Mike for all of the work they have put into the huts over the last 20+ years, most of which is behind the scenes and un-noticed. I would also like to thank them for the support they have given Mike Hale and I over the last 3-4 years after we became trustees.

## Caseg Fraith News

**By Phil Tarr (Hut Warden)**



The WiFi log-in details should be on the whiteboard in the hall, but are also given below:

Network: CasegFraith

Password: Tryf@n917

As might be expected, the broadband is quite slow and unreliable, as signals have to go through 3 miles of copper to reach the nearest BT cabinet, but thanks to Mark Stitson we can now monitor broadband performance with a Raspberry Pi. The broadband is only really suitable for email and low speed browsing. If it's not working at all, check that the phone line has dial tone and try rebooting the router by switching it



off at the socket in the cupboard under the stairs. If it still doesn't work, then you can report as a fault to BT Business Faults on 0800 800152 giving the status of the router lights. They may ask for the account name (ULMC Caseg Fraith Hut) and the account number (GP 00073585). Alternatively, you could contact Phil Tarr (the Warden) on 07766 306120 who will report the fault. Contrary to what was said in the last newsletter, please leave the router powered on when you leave the hut, so that it can continue to be remotely monitored.

## BMC News

### BMC members area, Summit magazine and lost membership cards

ULGMC is affiliated to the BMC, which means that as ULGMC member (resident in the UK) you are not just covered by third-party liability insurance, but you also have access to the Summit magazine, discounts and some other goodies.

If you have never used the member area of the BMC webpage then you will need to register first. Visit <https://www.thebmc.co.uk/register> and enter your name, choose a username, your email address and choose a password. You will receive an email with a validation link you need to click on (this confirms that you own the email address you've entered).

You can log in via <https://www.thebmc.co.uk/login> and you will be greeted with "Link your membership to this account today". Click on it and enter your BMC membership number (you received this via your Summit magazine or it is also printed on the ULGMC membership card) and your date of birth.

Hopefully, that will just work but if not you will be provided with some information of how to contact the BMC support to resolve it.

You will now be able to "View your online membership card" (in case you signed up after Q1 or

lost the old one), watch exclusive short documentaries and instruction on "BMC TV", get access to exclusive offers and also find instructions on how to access Summit magazine (Membership > Summit Magazine).

On that note, as you are aware you will (as a club member) only receive the first annual issue of the Summit magazine each year in print. But you can easily read the other three issues online (latest issue here:

<http://content.yudu.com/web/2p8f9/0A2p8gr/SummitNo81/index.html> or via the app. Here are the download links for the Android App <https://play.google.com/store/apps/details?id=air.com.yudu.ReaderAIR4536603> and the iOS App: <https://itunes.apple.com/us/app/summit-magazine-climbing-walking/id850480265?mt=8> You will need to login using the emails and password you used for registration above.

## ULMC News

### ULMC Meets

ULMC members are always welcome at ULGMC meets and ULGMC members are welcome at ULMC meets (although where accommodation is limited members of the hosting club have priority in booking.)

ULMC freshers season got to a good start and has now passed. ULMC have had a number of successful trips already this academic year, including their usual New Year Scotland trip.






Over recent years more ULMC members have become interested in climbing which means more experienced climbers are needed to teach them. **If you are interested to help out please get in contact with Rob (robhardy.hardy@gmail.com).**

**ULMC also climb every Tuesday during term time at Mile End climbing wall. If you'd like to join them, pop along and look out for their ULMC hoodies or t-shirts.**


Dates 2015/16	Location/Meet	Meet Leader
29 <sup>th</sup> Dec – 2 <sup>nd</sup> Jan	Caseg Fraith, Snowdonia – New Year	Elanor Mott
27 <sup>th</sup> – 29 <sup>th</sup> Jan	<a href="#">Fallcliffe, Peak District – Peak Snow?</a>	Keith Mott
10 <sup>th</sup> – 13 <sup>th</sup> Mar	<a href="#">Aite Cruinnichidh, Scotland – Winter Mountaineering</a>	Robbie Pineda
24 <sup>th</sup> – 27 <sup>th</sup> Mar	<a href="#">Fallcliffe, Peak District – ULMC/ULGMC Meet</a>	Mark Stitson
14 <sup>th</sup> – 18 <sup>th</sup> Apr	Caseg Fraith, Snowdonia – Easter	Heather Rumble & Stephan Tietz
12 <sup>th</sup> – 13 <sup>th</sup> May	Caseg Fraith, Snowdonia – Alps Training	Robbie Pineda
6 <sup>th</sup> – 13 <sup>th</sup> May	Ardmair Point, Scotland – Scotland Trip	Janet Hellen
19 <sup>th</sup> – 21 <sup>st</sup> May	Fallcliffe, Peak District – Peak May	Robbie Pineda
26 <sup>th</sup> May – 2 <sup>nd</sup> Jun	Trevedra Farm, Sennen – Cornwall Meet	Frances Mott
12 <sup>th</sup> – 16 <sup>th</sup> Jun	TBC, Mid-Wales – Mid-week Camping	Sue Esten
16 <sup>th</sup> – 18 <sup>th</sup> Jun	Caseg Fraith, Snowdonia – Alps Training/Welsh 3000's	Robbie Pineda & Heather Rumble
23 <sup>rd</sup> – 25 <sup>th</sup> Jun	Fallcliffe, Peak District – Peak Summer	Robbie Pineda
15 <sup>th</sup> - 29 <sup>th</sup> Jul	Saas Fee (but may move around) - <a href="#">Alps Trip! Email asap!</a>	Robbie Pineda
21 <sup>st</sup> – 28 <sup>th</sup> Jul	TBC, Yorkshire Dales – Dales Camping	Keith Mott
25 <sup>th</sup> – 28 <sup>th</sup> Aug	Caseg Fraith, Snowdonia – August Bank Holiday	Graham Cunningham
20 <sup>th</sup> – 22 <sup>nd</sup> Oct	Old Dungeon Ghyll, Lake District – 67 <sup>th</sup> AGM and Dinner	Keith Mott & Graham Cunningham
3 <sup>rd</sup> – 5 <sup>th</sup> Nov	Fallcliffe, Peak District – Bonfire Meet	Frances Mott
<p><b>Please check the website for the most up to date meet info:</b>  <b><a href="http://test.ulgmc.org.uk/meets">http://test.ulgmc.org.uk/meets</a></b></p>		
<p>If you would like to attend a meet, please email the meets secretary (<a href="mailto:meets@ulgmc.org">meets@ulgmc.org</a>). For ULMC meets, please contact Rob (<a href="mailto:robhardy.hardy@gmail.com">robhardy.hardy@gmail.com</a>).</p>		

## Committee 2016/17



### Full officers

 <p>President Heather Rumble</p> <p>07876690979 president@ulgmc.org.uk</p>	 <p>Vice President Mike Hale</p> <p>07850937386 Mikejhale+ulgmc@gmail.com</p>
 <p>Secretary (interim) Mike Pollitt</p> <p>07717392304 secretary@ulgmc.org.uk</p>	 <p>Meets Secretary Graham Cunningham</p> <p>meets@ulgmc.org.uk</p>
	<p>Treasurer/ Membership Secretary Stephan Tietz 0798453146 members@ulgmc.org.uk</p>

### Officers without portfolio

	<p><b>YOU ?</b></p>
<p>Robbie Pineda</p>	

### Non-committee roles

	<p><b>YOU ?</b></p>	
<p>Jill Bennett Club archivist jill.bennett@waitrose.com</p>	<p>Vacant! Newsletter editor</p>	<p>Rob Hardy ULMC liaison robhardy.hardy@gmail.com</p>



## ULGMC Huts

### Fallcliffe



Lead Trustee

Mike Hale

Mikejhale+ulgmc@gmail.com



Trustee

Keith Mott

saymellon@gmail.com



Hut Warden

Dave Morley

trylinedave@live.co.uk

Fees include fuel and electricity, and are £5.50 for ULGMC members and University of London students, £6.50 for other students and £9 for guests, per person per night. No individual bookings accepted except for ULMC & ULGMC members.

Bunk space available for parties of up to 15 people.

To book the hut or check availability, visit:

[http://www.ulgmc.org.uk/fallcliffe\\_availability.html](http://www.ulgmc.org.uk/fallcliffe_availability.html)

### Caseg Fraith



Lead Trustee

Mike Pollitt

pollitt@talk21.com



Trustee

Mark Stitson

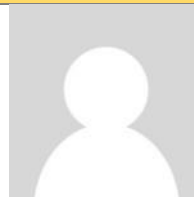
mark@stitson.com



Hut Warden

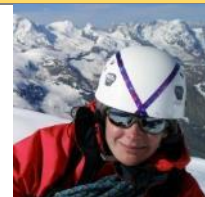
Phil Tarr

p.tarr@gold.ac.uk



Hut Sub-Warden

Sally Brown



Hut Booking Secretary

Sam Hardman

casegfraith@gmail.com

Fees, which include fuel and electricity, are £6 for ULGMC members and University of London students, £7 for other students and £9 for guests, per person per night. Bunk space is available for parties of up to 40 people.

Wifi Network: CasegFraith; Password: Tryf@n917

**Strictly limited to 8 parking spaces.**

To book the hut or check availability, visit:

<http://www.ulgmc.org.uk/casegbooking.html>

## **MINUTES OF THE 66TH ULGMC AGM** (unconfirmed)

**22 Oct 2015, Royal Oak Hotel, Betws-y-Coed**

**Heather Rumble in the chair**

### **1. Apologies for absence**

Carol Bristow, Geoff & Margaret Batten, Mike & Liz Parkinson, Jill & Dave Bennett, Tim & Caroline Marshall, John & Rosemary Bevis, John & Joy Parsons, Stephen Olivant, Edwin Byron Davies.

### **2. Adoption of the Agenda**

Proposed: Francis Mott, Seconded: Sam Hardman. Accepted by consent

### **3. Minutes of the 2015 AGM**

Proposed: Elanor Mott, Seconded: John Coote. Accepted by consent

Noted that Keith Mott has volunteered to run next year's AGM in the Lake District.

### **4. Finance**

a) Treasurer's report and presentation of accounts 2015

ST reported on the club's financial performance. Last year the club obtained funding from the BMC for the webpage and general marketing, which is not yet all spent (as the money was received at the end of the year). In 2015, the club made a surplus of £384 and is in good financial health. Scrutiny of the accounts for 2013 & 2014 has not yet been completed. Mark Stitson will scrutinise 2015 accounts.

b) Motion to accept the accounts presented (noted accounts have not yet been scrutinised):

Proposed: Francis Mott, Seconded: Janet Hellen. Accepted by consent

c) Agreement on membership subscription rates for 2017 – unchanged from 2016. Noted that the BMC subscription rates are unchanged.

Proposed: John Coote, Seconded: Sue Esten. Accepted by consent

d) Motion for authorisation for expenditure of funds 2017

For the expedition fund, only one application received in 2016 but not accepted as it did not meet the criteria. It is proposed to continue to expedition fund into 2017.

Proposed: Geoff Williams, Seconded: Sam Hardman. Accepted by consent

### **5. Officer's Reports**

5a. President's Report (Heather Rumble, HR)

HR welcomed Laura Dempsey as president of ULMC. Over the course of the year, the club has continued to try to improve recruitment, including joint meets with ULMC. In particular, there has been development the Alps trip, which in 2016 had 14 participants (50:50 mix ULMC:ULGMC). Much of the membership base is around London, so some meets have been held around London (walks & socials). The website has been worked on, including the hut booking system. The website will be slowly migrating to a more up-to-date version. HR intends to step down from the committee next year.

The BMC attempted to rebrand to Climb Britain and useful feedback was received from members which was fed back to the BMC. The BMC subsequently reversed the decision to rebrand. Indoor climbers would identify well with the name Climb Britain but hill walkers would be offended. Noted that the BMC is starting a hill walking section and that the Summit magazine includes 50:50 hill walking – climbing articles. There was general comment that the BMC need to be clear as to what their aims / strategies are and that the "Climb Britain" issue has highlighted the disconnect between clubs and the BMC. There was discussion about BMC area meets. In the London area, ULGMC is one of the ten biggest clubs.

5b. Secretary (Mike Pollitt, MP) – no report

5c. Membership Secretary (Stephan Tietz, ST)

Membership is 166 (slightly down from 175 from last year). Reminder that direct debit is available to pay membership. ST discussed the desire to engage members on the committee, including "silent" members who use the huts but do not come on meets. ST intends to step down as membership secretary next year.

5d. Meets Secretary (Graham Cunningham, GC) GC reported that it was easy to fill the meets list for spring and summer months but there were some gaps in Autumn. GC would be delighted to hear from people about new meets. GC thanked Janet Hellen and Francis Mott for taking on regular meets.

5e. Hut wardens / trustees. MH announced that Mike Parkinson and Mike Warden were stepping down as trustees and were being replaced by Mark Stitson and Keith Mott. MP thanked Mike & Mike for all of the work they had done over the last 20+ years. Sam Hardman had been booking secretary since 01 Jan 2016.

Mike Hale, MH reported on Fallcliffe cottage. Mostly the hut has had a good year. The issue of the retaining wall remains, which will be investigated with a surveyor.. Two quotes have been received in order £15-20k and there will be a fundraising campaign for the wall. MH would like to renovate the toilet and shower facilities at Fallcliffe.

Phil Tarr (Caseg Warden) reported on Caseg Fraith. The water supply problems in early 2016 were caused by a small piece of plastic stuck in the ball valve; if anyone knows where inlet pipe is please let PT know. Relations with farmer at Gwern Gof Isaf have improved largely thanks to the parking permit scheme: calls have reduced from every two weeks to only one since January.

There was a vote of thanks for all those involved / previously involved with the huts, Proposed: Heather Rumble, Seconded: Francis Mott. Accepted by consent



## 5f. BMC Area Meetings

Trefor Owen (Wales Region). BMC meetings had discussed litter, such as spray paint and bottles at the top of Snowdon. On Cadair Idris, less useful cairns are being removed. Some big rockfalls have occurred in the quarries and there had been some access issues with First Hydro. The BMC Mend the Mountains campaign had done some work at the upper end of the Watkin Path. There is a Welsh government proposal on access is a Scottish type access arrangement. Noted that there were over 150 hydroelectric proposals are in the area: issue of the scheme themselves and the getting the electricity to the grid.

## 6. Meets programme for 2017

HR thanked SH & GC for putting together the meets program and to meets leaders. Keith Mott thanked the Battens for running the Cornwall meet since ~1987. A letter of thanks will be written to Margaret Batten.

The date for the next AGM is 21 October 2017 at the Old Dungeon Ghyll in the Lake District. Rooms in the ODG hotel are reserved for the club.

Proposed: Keith Mott, Seconded: Sue Esten. Accepted by consent

## 7. Committee Elections

- a) President: Heather Rumble (HR)
- b) Vice-President: Mike Hale (MH)
- c) Secretary: Mike Pollitt (MP)
- d) Treasurer/Membership Secretary: Stephan Tietz (ST)
- e) Meets Secretary: Graham Cunningham (GC)
- f) Member without portfolio: Robbie Pineda

All committee considered together. Proposed: Geoff Williams, Seconded: Sue Darling. Carried unanimously.

## 8. Other Elections

Scrutineer of the accounts: Mark Stitson. Proposed: Elanor Mott, Seconded: Sue Darling

BMC Reps: Trevor Hellen, Trefor Owens, Geoff Williams

ULMC reps: Rob & Francis Hardy

## 9. AOB

HR had been newsletter editor and thanked the contributors. Next year HR will produce a list of honorary / life members for AGM minutes as no definitive list has been found.

# University of London

## Graduate Mountaineering Club

Dear members and new climbers,

The 66<sup>th</sup> Annual General Meeting of the University of London Graduate Mountaineering Club decided to increase our '**Expedition and Training Fund**' to £400, to support young and new climbers and mountaineers.

Herewith, I invite you to apply by the 28<sup>th</sup> February 2017. Please, check the following details before completing the attached form:

- Subsidy can cover an expedition (accommodation, transport, insurance, permissions for an overseas trip) which includes at least 4 established ULGMC members, or a training course (from a certified trainer who is not a ULGMC member) for at least 2 established ULGMC members (or their children).
- Established means they need to have been a member for at least two years, in which time they must have attended meets. These rules are meant as a guideline - the committee can decide not to award the fund even if there are no other suitable applications.
- Decisions for awarding the fund will be made by the ULGMC committee. The committee aims to award the fund by 31<sup>st</sup> March 2017.
- The fund can be split across multiple applications. Applications benefiting newer and/or younger members will be looked upon more favourably. Similarly, if it benefits a group with a higher proportion of ULGMC (and University of London undergraduate clubs) members. Applications will not be considered if the proposal is dangerous or unsustainable.
- Applicants need to propose an individual, who will manage/receive the funds. Successful applicants will have to submit expenses receipt within 12 months of receipt of the funds, as well as write a newsletter report and/or document their expedition/training on social media.

Please, submit your application via <http://test.ulgmc.org.uk/fund>, email the attached form to [members@ulgmc.org.uk](mailto:members@ulgmc.org.uk) or post the form to Stephan Tietz, ULGMC Treasurer and Membership Secretary, 1 Braishfield Road, Havant, PO9 2HS by 28<sup>th</sup> February 2017.

With kind regards,



Stephan Tietz  
*ULGMC Treasurer and Membership Secretary*

Stephan Tietz  
Membership Secretary & Treasurer  
07984 583 146  
[members@ulgmc.org.uk](mailto:members@ulgmc.org.uk)

1 Braishfield Road  
Havant  
PO9 2HS

# ULGMC Expedition and Training Fund

Application for University of London Graduate Mountaineering 'Expedition and Training Fund' to support young and new climbers and mountaineers

<b>Main contact for group</b>	Name: Telephone: Email: Address:
<b>Sum requested</b>	
<b>What for/How will the money be used?</b>	
<b>Additional supporting information (e.g. Why is the money needed? What does it mean to your group?)</b>	
<b>Have you been awarded for any other grant/moneys for this training/expedition?</b>	
<b>Bank details</b>	Account name: Account number: Sort code:

Please, return the form to [members@ulgmc.org.uk](mailto:members@ulgmc.org.uk) or post it to Stephan Tietz, ULGMC Treasurer and Membership Secretary, 1 Braishfield Road, Havant, PO9 2HS by 28<sup>th</sup> February 2017. Alternatively, visit <http://test.ulgmc.org.uk/fund>.



# UNIVERSITY OF LONDON GRADUATE MOUNTAINEERING CLUB

## MEMBERSHIP RENEWAL 2017

Data Protection Act 1998: The club will store your details on the club's electronic membership list. We will use this information to stay in touch, identify you to the BMC and make your contact details accessible to other members.

Please fill in (or tick) all starred fields and any other details which need updating using **BLOCK CAPITALS**.

### Section 1a - Your Personal Details

This information will be used to identify you to the BMC.

Title	<input type="text"/>	Membership No*	<input type="text"/> 0 <input type="text"/> 9 <input type="text"/> 9 <input type="text"/> 9	Date/Year of birth	<input type="text"/> D <input type="text"/> D <input type="text"/> M <input type="text"/> M <input type="text"/> Y <input type="text"/> Y <input type="text"/> Y <input type="text"/> Y
First name*	<input type="text"/>	Landline	<input type="text"/>		
Surname*	<input type="text"/>	Mobile	<input type="text"/>		
Email	<input type="text"/>				

☐ I do not want to share my landline, mobile, email and address on the members-only area of the club's website.

### Section 1b - Partner's Personal Details

Only applicable for joint/family membership.

Title	<input type="text"/>	Membership No	<input type="text"/> 0 <input type="text"/> 9 <input type="text"/> 9 <input type="text"/> 9	Date/Year of birth	<input type="text"/> D <input type="text"/> D <input type="text"/> M <input type="text"/> M <input type="text"/> Y <input type="text"/> Y <input type="text"/> Y <input type="text"/> Y
First name	<input type="text"/>	Landline	<input type="text"/>		
Surname	<input type="text"/>	Mobile	<input type="text"/>		
Email	<input type="text"/>				

☐ My partner does not want to share their landline, mobile or email on the members-only area of the club's website.

### Section 1c - Personal Details of Your Children

Children's details will never be shared with other members.

I wish to add BMC liability insurance for my children (under 18 years, £8 each):

First name	<input type="text"/>	Membership No	<input type="text"/> 0 <input type="text"/> 9 <input type="text"/> 9 <input type="text"/> 9
Surname	<input type="text"/>	Date/Year of birth	<input type="text"/> D <input type="text"/> D <input type="text"/> M <input type="text"/> M <input type="text"/> Y <input type="text"/> Y <input type="text"/> Y <input type="text"/> Y
Email	<input type="text"/>		
First name	<input type="text"/>	Membership No	<input type="text"/> 0 <input type="text"/> 9 <input type="text"/> 9 <input type="text"/> 9
Surname	<input type="text"/>	Date/Year of birth	<input type="text"/> D <input type="text"/> D <input type="text"/> M <input type="text"/> M <input type="text"/> Y <input type="text"/> Y <input type="text"/> Y <input type="text"/> Y
Email	<input type="text"/>		

### Section 1d - Your Address Details

Only UK residents are eligible for BMC liability insurance.

Address	<input type="text"/>		
	<input type="text"/>		
	<input type="text"/>		
Town	<input type="text"/>	POSTCODE	<input type="text"/>
County	<input type="text"/>	Country	<input type="text"/>

☐ I wish to continue to receive the newsletter by post and not by email.

### Please renew my/our membership for 2018:\*

Single	<input type="checkbox"/> £20 or <input type="checkbox"/> £6.75 for non-UK residents	Plus £ <input type="text"/>	to insure my children (£8 each)
Joint/Family	<input type="checkbox"/> £35 or <input type="checkbox"/> £8.50 for non-UK residents	Plus £ <input type="text"/>	for 2018 (optional)
Please find enclosed a cheque payable to "ULGMC" for the sum of £		<input type="text"/>	

☐ I/We would like to set up a direct debit You will receive an email to set up your direct debit via GoCardless.

☐ I/We have paid by bank transfer to ULGMC (Acc No 04145127, S/C 52-30-40)

Please return the completed form (and your cheque) to **Stephan Tietz, ULGMC Membership Secretary,**  
**1 Braishfield Road, Havant, PO9 2HS**. Thank you.

Alternatively, you can renew online: <http://members.ulgmc.org.uk/renewal> (user 'london', password 'caseg').