

# South Kilworth News

September 2022



<https://www.southkilworth.co.uk>

 South Kilworth  
Village Website



# South Kilworth Directory

Name	Contact details	Description
<b>Allotment Committee</b>	Michael Langman 07811 111854	For the green-fingered aspirants
<b>Bowls Club</b>	Gerry Byrne 01858 575080	gerrypatrickbyrne@gmail.com keithrickhuss@gmail.com
<b>Café</b>	Tina Morley 07786496041	Community café held monthly in the village hall - see posters around the village for details
<b>First Saturday Weavers at SK Village Hall</b>	Helen Brotherton 01455554647 helen.brotherton@icloud.com	An informal group of hand weavers who meet on the first Saturday of the month
<b>Kid's football</b>	Brian Robbins 07795105591	On the village hall playing fields
<b>Kilworth Village Facebook page</b>	<a href="https://www.facebook.com/groups/1052827924913620/?ref=share">https://www.facebook.com/groups/1052827924913620/?ref=share</a>	Digital news and more
<b>KOIL</b>	Mark and Sarah: admin@koil-group.com	Group ordering of Oil
<b>Korks (ladies only)</b>	Contact Claire Hubbard 07590254043 to be added to the Korks WhatsApp group	A ladies' social group from the Village meets monthly. Add your name to the mailing list.
<b>Luncheon Club</b>	Rita Hallam 575449	
<b>Lutterworth Library</b>	<a href="http://www.leicestershire.gov.uk/leisure-and-community/libraries/find-a-library/lutterworth-library">www.leicestershire.gov.uk/leisure-and-community/libraries/find-a-library/lutterworth-library</a>	Use the free digital library services to download eBooks, eAudiobooks, eMagazines eNewspapers using a smartphone, tablet, Mac, or PC
<b>Parish Council</b>	Parish Clerk: Karen Brown parishclerk@southkilworth.co.uk	Meet on the second Tuesday of each month at 7:15 pm Chair: Phil Alcock 575978 philalcock@aol.com
<b>SK Security WhatsApp group</b>	Gary Aram 07799894207 Kate Millington 07990504734 Graham Rutter 07721442561	Alerts regarding security issues in the village are posted with a link to Community Police
<b>Skittles Teams</b>	Ray Dorman 07780846002 Tracey 07733235306 (Ladies team)	Games take place at the pub
<b>South Kilworth Art Group</b>	Maggy Roberts 07912031816 and 01858682173 magsroberts@yahoo.co.uk	Thursdays, 9.30 am to 12.00 Midday, Village Hall
<b>South Kilworth Neighbourhood Plan</b>	Contact the Parish Council	Information on the plan: <a href="http://www.harborough.gov.uk/directory_record/2256/south_kilworth_neighbourhood_plan">www.harborough.gov.uk/directory_record/2256/south_kilworth_neighbourhood_plan</a>
<b>South Kilworth News</b>	sknews@southkilworth.co.uk	Community news for the village – contact us with ideas & news.
<b>South Kilworth Village Website</b>	Kevin Coyne: admin@southkilworth.co.uk	southkilworth.co.uk
<b>St Nicholas Church</b>	Sharon March (Minister): 07889 88038 <a href="https://www.avonswift.co.uk/">https://www.avonswift.co.uk/</a> <a href="https://www.facebook.com/avonswiftenefice">https://www.facebook.com/avonswiftenefice</a>	Administrator: Karen Morgan: 01858 882032 PCC Secretary Joanna Wilson: 01455 558 372 Email Joanna.wilson17@btinternet.com
<b>Table Tennis</b>	Bob Morley 575832 bobjmorley1953@gmail.com	Thursday at 7 pm in the village hall
<b>Travelling lunch club</b>	Alison Anderton: 0870 240 6993	Lutterworth Age Concern currently has two travelling lunch clubs, travelling to a different pub each month.
<b>Village Email circulation list</b>	southkilworthlist@gmail.com	Send an email to become a member of this list - It is a postbox that doesn't reply! If you send something through for circulation, please put contact details on the email. Email addresses are never shared and cannot be used for commercial purposes.
<b>Village Hall Committee</b>	Chair Mark Tottman: 01858 575157 07990813784	Village Hall bookings contact: Gail on woodgail11@icloud.com or 01858 575064
<b>Women's Institute</b>	Gaye Duncombe Tel 01858 880650 or gduncombe1@gmail.com	3 <sup>rd</sup> Thursday of each month at Belgrave Village Hall, North Kilworth LE17 6EZ at 7. 30 p.m.
<b>Youth Club (SKY) (8-16yrs)</b>	Ruth Cross (Youth Projects Coordinator) 07921 847347; Avril Da Silva (Play and Youth Work Leader) 07933899700.	SK Youth club meets in the village hall every Wednesday @ 6:45 pm

## From the Editorial Team

Autumn may be upon us, but at least we have the Safari Supper to look forward to. Check out the details in this edition. The SK News is published every other month. The electronic version can be found on the South Kilworth website. Please send news, photos, and articles to [sknews@southkilworth.co.uk](mailto:sknews@southkilworth.co.uk). The submission deadline for the next edition is 17 October 2022. News that does not coincide with the printed SK News can be uploaded to the South Kilworth website.

# A story about three women, a family business and a couple of influencers.

What do you get when you cross superwoman power with regenerative bling? NUE Hoops, of course! NUE Hoops is an internet-based jewellery business located in our very own South Kilworth.

Victoria Darby, or Tory as she is known, was working as a Sales Director for a lighting company when she went on a jewellery-making course. It was out of this serendipitous event, that the jewellery business was born. Tory also previously ran her own business, making baby shoes. So all her experience came together when she decided to open a jewellery business in March 2019 together with her two daughters, Emily Roberts and Camilla Upson.



The unique and sustainability focussed offering of their business is to provide their customers an opportunity for personalisation – you select the hoops and the charms to go on your hoops, and then mix and match!

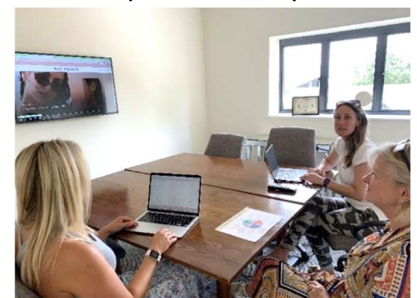
There have been some key factors along the way that have helped Tory, Emily and Camilla to boost their business to where it is today. One of the more arduous activities is attending trade or industry-related shows. It usually involves a lot of preparation, manning a stall for several days, and then one is lucky to cover all your costs! It was after one particularly fraught trade show, with little tangible results, that their internet site started going a little bit crazy with purchases! After enquiring from one of their new customers, they discovered that Soph... yes, the Soph from 'Soph does life', a makeup YouTube influencer with 1,36million subscribers - shared

with her followers her Christmas gift list and the fact that her boyfriend bought her earrings from NUE Hoops! This was completely unprompted by the NUE Hoops team and they don't know quite how this happened. On another occasion, following a purchasing spike on the NUE Hoops website, it turned out that Dr Hazel Wallace, 'The Food Medic' (also on social media), had been asked by a follower about the lovely earrings she was wearing.... also, NUE Hoops creations.

A critical success factor has been to ensure that the NUE Hoops online ordering system and business processes are automated as much as possible. That, together with sufficient stock, has meant they can keep up with the demand. Emily confirmed that having one's own business provides the freedom that working for someone else doesn't give. On the other hand, as it is your business, you are never 'free' of the responsibility it also brings. As anyone who has their own small to medium business will testify, that together with the big stuff, the 'someone' who changes the light bulbs and the toilet rolls, is often the owner. Emily has also been certified with the London Piercing Academy to do piercings which can be done on-site in South Kilworth.

One may ask about the dynamic of family working together, where the usual office boundaries are blurred by familial and personal insights that have the potential for conflict. Tory, Emily and Camilla have found a successful way and this has become their strength. Their obvious respect for each other and their distinct responsibilities in the business are built on a foundation of trust. Emily's portfolio is Finance and Operations and Camilla is responsible for Marketing and Public Relations. Tory is the CEO and is responsible for product ideas and creativity.

Family is the cornerstone of their business and this is supported by their large extended family - Tory is one of 9. It was also one of Tory's sons who came up with the name 'NUE Hoops'. The unusual spelling of NUE (rather than new) differentiates them in the market. I asked Tory what the dream is for the business: "It is to grow and become a household name. NUE Hoops empowers people to create jewellery that brings joy".



We wish them every success!

**Toni Snell**



# First Saturday Weavers at South Kilworth Village Hall

We are a small informal group of hand weavers who meet on the first Saturday of the month at SK Village Hall, hence our name.



We started as a small group that knew each other from other groups or events. Our numbers have grown steadily since we first started using the hall in January 2018. We now have 17 members, but it's not often that everyone can make the meetings. We meet to enjoy the camaraderie and the encouragement we get from each other as well as to share our latest successes and sometimes disasters! We help each other with problem-solving too. During the Covid lockdowns, we kept our first Saturday for weaving, albeit at home and met on Zoom for our coffee break, but were so glad to get back to meeting in person.



We chose SKVH for the lovely large space, good lighting and brilliant facilities. We love it even more now the refurbishment has finished. We do need plenty of space for our equipment, at least 1 long table each and sometimes more if we are setting up a loom.

We all weave on various types of looms but the ones we bring to our meetings have to be portable, or at least fit in the boot of a car! Some of us have bigger floor looms at home, it's probably safe to say that we all have more than one loom! We all produce handwoven cloth in its various guises, from small narrow braids to scarves, towels, blankets, wall hangings and more.

On a normal Saturday, we will always have work in progress to show and quite often something finished that we had been working on at the last meeting. We welcome visitors to have look at what we are doing, the pictures show some of the



things we have made. We don't offer any teaching at the group but can signpost to people who do if seeing what we do piques someone's interest.



**Helen Brotherton**

*A member of the editorial team, Rob, wearing one of the weaver's creations!*

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## TWO DEAD DISSIDENTS

JAMES MEAKIN



Written by James Meakin (from our village), *Two Dead Dissidents* is a tense yet entertaining story, packed to the brim with unexpected twists and turns. With unusual settings in a unique period of time, this novel is a fresh and enjoyable new take on a well-loved genre. *Two Dead Dissidents* is available on Amazon in paperback for £7.99 and on Kindle for £3.99.

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**Saturday 10 September**  
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**Sunday 11 September**  
**11am - 2pm**  
Adults £5 Children free

More information at [ngs.org.uk](http://ngs.org.uk)

## South Kilworth Snippets

### SK Village Hall Committee Volunteers - please come forward

The Village Hall committee is looking for willing volunteers to join the committee. All roles are voluntary and would suit community-minded, enthusiastic people willing to give up some of their spare time to help run the Village Hall. No particular skills are required - just an enthusiastic approach and willingness to help. We are seeking to fill the roles of Secretary and Treasurer. From April next year we will also seek to change the role of Chairman. The Secretary is a member of the committee who arranges the meetings, publishes the agenda, takes the minutes, keeps the records and ensures that the routine formal administration for the Village Hall is completed in a timely fashion. The Treasurer is a member of the committee who would, in an ideal world, be able to undertake all of the formal accounting functions, including issuing the annual accounts to the Charities Commission and running the bank account on a day to day basis, including cash handling and credit card resolution. The Chairman runs the committee and is a trustee, responsible for the functioning of the Hall as a village asset and ensuring that all legal standards are met in the day to day running of the small business.

If you have any questions or would like more information, please get in contact: Mark: 01858 575157; 07990813784

**Mark Tottman**

### KOIL: Thank you Amanda!

After 11 fine years of service to KOIL, Amanda has decided to hang up her Watchman and spend more time with her grandchildren.

Amanda has tirelessly logged on each day to check the emails, acknowledge orders and welcome new members. KOIL has amassed over 300 members to date and she's going to be sorely missed! Although Amanda can never be replaced, Sarah's husband, Mark, will help out to keep KOIL the great community service it's always been.

*Editors – see the directory for those interested in joining the KOIL group, a heating oil bulk buying group – Sarah, Amanda and now Mark provided the service voluntarily, for free and derive no benefit from it.*

### CPR and Defibrillator Training

Following the success of the courses at the end of 2021, Dr Simon Vincent has offered to run CPR and Defibrillator training on Thursday the 6th October, 7.30 in the Village Hall. Enquiries for a place on the course to:

[parishclerk@southkilworth.co.uk](mailto:parishclerk@southkilworth.co.uk)

**Parish Council**



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## The Hollies Bed & Breakfast South Kilworth

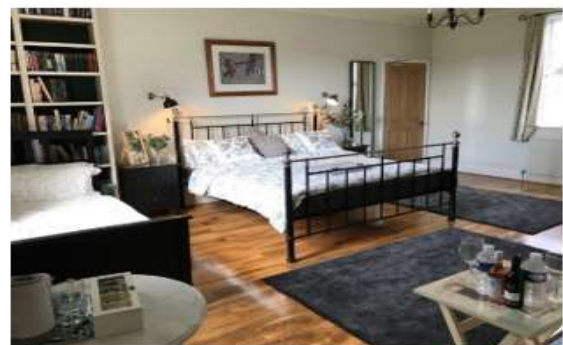


Host Tim Mills would love to welcome visiting family and friends of South Kilworth residents to his lovely 200-year-old upmarket bed and breakfast guest house and venue. Situated next to the pub, Tim has 6 beautifully appointed smoke-free

guestrooms with all the expected amenities, including a barbecue and a terrace area. He offers a Full English/Irish breakfast daily.



There is no excuse for not having family and friends over for a visit with this home from home location on our doorstep. Please call Tim on 07811 652267 or email: Mills.Tim3@icloud.com to check on availability.



# Korks August Event – Gin Tasting Evening

What a great turn out for the gin tasting evening! Fifteen Korks gathered together on a lovely evening in August to blind taste four gins. Could we spot the more expensive premium brand gin on taste and smell alone and was the alcoholic free gin easy to identify?



I think it's fair to say the non-alcoholic gin was probably the easiest to spot, especially if you tried it without a mixer! With juniper being the only botanical used in the 0.0% Gordon's Gin it was uncomplicated and likened by many as more like pop than gin!

The alcoholic gins sparked more debate, and it was really evident that we all have



different opinions and views on what makes a great G&T. It was a lovely fun evening and a great opportunity to catch up with friends old and new. To soak up the gin we enjoyed a BBQ and a couple of gin-themed desserts!

**Claire Hubbard**

All ladies are welcome to join. You need to join the KORKS WhatsApp group to find out about events. You will be notified at least a month before the event of all the details. You can then sign up for the event if you are interested. If you are not on the KORKS list please WhatsApp Claire on 07590254043 to be added.

Month	KORKS Event
September	Long alley bowling at Bulls Head Cosby
October	"Pop up" Bistro at Lynton. Come and cook your own supper (or just watch)!
November	Wreath making - with The Plant Yard /Pink Peony (Gail)
December	Christmas Dinner. Grey Goose /Attic? etc
January 2023	Aromatherapy



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# Birds - Stanford Reservoir

## Breeding success – Common Terns

Despite the fact that we only have one tern raft in operation (offering a safe breeding area) the Common Terns have had a successful year with 3 pairs raising at least 8 young.

What I find amazing about birds such as Common Terns is the distance they travel to breed here. After the breeding season, a lot of the Common Terns that are present during the Spring and Summer migrate to West Africa with many wintering in the Gulf of Guinea. They have one of the longest migrations of all birds, and this is illustrated by the following story of a Common Tern ringed in Leicestershire in 2017. This bird was ringed as a juvenile with a colour ring (code: Yellow U26) fitted, by a good friend of mine, Andy Smith. Colour rings are very useful indeed as they can be read, even at distance, in the field. In March 2018, it was sighted at Mile 4 salt works, near Swakopmund, Namibia - even in a straight line from where it was rung in Leicestershire the distance this bird had already covered was 5,288 miles!



Hopefully, we can secure funding to increase the number of platforms over the next few months to give these terns an even greater chance of breeding successfully when they return on their epic migration in the spring. After such a journey, encountering various man-made and natural hazards along the way, it would be great for them to return to our area and have a safe, predator-free area for breeding.

## Low water levels = waders

With the lack of rain over the past few weeks, the water level at the reservoir has been slowly dropping. This creates a good habitat for wading birds that are on their migration and in the last issue I mentioned that we had 3 Black-tailed Godwits visit the site briefly at the end of June. Since then, the total has increased to 54 birds that have passed through, the largest groups being 17 and 10. In addition, we have had Common & Green Sandpipers, Lapwings, Dunlin, Little Ringed Plover, 14 Redshank and a few Snipe.

## ‘Wet-my-lips’

On the 7<sup>th</sup> July whilst returning to the car after an early morning walk, I heard the distinctive song of the Quail, a tiny game bird that is a summer visitor to the UK and is more often heard than seen. Its song is best described as a rhythmic, trisyllabic phrase, repeated rapidly and likened to ‘*wet-my-lips*’. I was able to get a really clear recording of the bird – a distinctive and unmistakable song when you have heard it. This is the first record at the site since 2014 and definitely one of the surprises of the year so far. Have a listen to the song on the internet – the surrounding fields around South Kilworth provide a perfect habitat for this threatened species in late spring and early summer.

## Other sightings

After a couple of blank years, we have now had 3 Garganey in 2022 (a species of duck that is a summer visitor to the UK), with 2 of these turning up in the last 4 weeks. The ringing group is in full swing and has recently ringed their first-ever Hobby at the site. There have also been regular sightings of Osprey, Marsh Harrier, Little Egret and Kingfisher.



The overall site species list for the year has moved on to 135 with the addition of Tree Pipit, Redstart, Spotted Flycatcher and Quail in the past few weeks. Hopefully more to come over the next few months.

Chris Hubbard

[c.hubbard2@icloud.com](mailto:c.hubbard2@icloud.com)



## Leicestershire Historic Churches Trust Ride + Stride 2022

Nearly 320 churches and chapels are participating in Ride+Stride 2022 on Saturday 10th September. The list of Churches and Chapels, a sponsorship form and advice on setting up a JustGiving page can all be downloaded from the Leicestershire historic Churches Trust page – and St Nicholas, South Kilworth is on the list!

The List of Churches and Chapels will be updated periodically until 10 September as further registrations are received. The online registration form is on our web page here: <https://www.lhct.org.uk/>

Ride+Stride 2021 raised a grand total of £35,241, a great achievement in the second year of the Covid pandemic! All funds raised for the Trust through Ride+Stride 2021, together with other funds, have provided around £35,000 for our grants to churches and chapels in 2022. Your support for Ride+Stride 2022 is fundamental to our grant-giving in 2023 and enables you to raise some funds for your church too - thank you so much!

Sharon March

## AVON SWIFT Group of Churches SERVICES SEPTEMBER 2022

Sunday 4<sup>th</sup> September **GREEN**

Lectionary Page:881 Deuteronomy 30. 15 – 20 Philemon 1- 21 Luke 14.-25 - 33

9.30a.m.	Stanford on Avon	Holy Communion (CW)	Rev. D. Hebblewhite
11.00 a.m.	Gilmorton	Holy Communion (CW) with Baptism	Rev. A. Micklethwaite
4.00 p.m.	Peatling Parva	Songs of Praise	Local Team

Wednesday 7<sup>th</sup> September

7.30 p.m.	Shawell	Compline	Local Team
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Sunday 11<sup>th</sup> September **GREEN**

Lectionary Page: 886 Exodus 32. 7 – 14 1 Timothy 1. 12 – 17 Luke 15. 1 - 10

8.30 a.m.	Kimcote	Holy Communion (BCP)	Rev. A. Micklethwaite
9.30 a.m.	Swinford	<b>**Harvest Service</b>	Rev. T. Colling
9.30 a.m.	South Kilworth	All Age Service	Beth Rogers
11.00 a.m.	Misterton	Holy Communion (CW)	Rev. T. Colling

Sunday 18<sup>th</sup> September **GREEN**

Lectionary Page:891 Amos 8. 4 – 7 1 Timothy 2. 1 – 7 Luke 16. 1 - 13

9.30 a.m.	North Kilworth	<b>** Harvest Service</b>	Rev. Canon B. Davis
11.00 a.m.	Peatling Parva	Holy Communion (BCP)	Rev. A. Micklethwaite
4.00 p.m.	Shawell	<b>** Harvest Service</b>	Rev. Canon B. Davis

Sunday 25<sup>th</sup> September **GREEN**

Lectionary Page: 896 Amos 6. 1a, 4 – 7 1. Timothy 6. 6 – 19 Luke 16. 19 - 31

8.30 a.m.	South Kilworth	Holy Communion (BCP)	Rev. Canon B. Davis
9.30 a.m.	Catthorpe	<b>**Harvest Service</b>	Rev. Canon D. Jennings
11.00 a.m.	Ashby Magna	<b>**Harvest Service</b>	Rev. D. Hebblewhite

Sunday 2<sup>nd</sup> October **GREEN/WHITE**

Lectionary Page:901 Habakkuk 1. 1 – 4, 2. 1 – 4 2 Timothy 1. 1 – 14 Luke 17. 5-10

9.30 a.m.	Stanford on Avon	Holy Communion (CW)	Rev. D. Hebblewhite
11.00 a.m.	Gilmorton	<b>** Harvest Service</b>	Rev. A. Micklethwaite
6.00 p.m.	Peatling Parva	<b>** Harvest Service</b>	Local Team

**\*\* HARVEST READINGS LECTIONARY PAGE 1043; Deuteronomy 26. 1 – 11; Philippians 4. 4 – 9; John 6. 25 - 35**

# AVON SWIFT Group of Churches SERVICES OCTOBER 2022

Sunday 2<sup>nd</sup> October

GREEN/WHITE

Lectionary 901   Habakkuk 1. 1 – 4, 2. 1 – 4   2 Timothy 2. 8 – 15   Luke 17. 5-10

9.30a.m.	Stanford on Avon	Holy Communion (CW)	Rev. D. Hebblewhite
11.00 a.m.	Gilmorton	<b>** Harvest Service</b>	Rev. A. Mickelthwaite
6.00 p.m.	Peatling Parva	<b>** Harvest Service</b>	Local Team

**Wednesday 5<sup>th</sup> October**

7.30 p.m.	Shawell	Compline	Local Team
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**Sunday 9<sup>th</sup> October**

GREEN

Lectionary Page: 906    2 Kings 5. 1 – 3, 7 – 15c    2 Timothy 2. 8 – 15    Luke 17. 11 - 19

8.30 a.m.	Kimcote	Holy Communion (BCP)	Rev. A. Mickelthwaite
9.30 a.m.	Swinford	Holy Communion (CW)	Rev. T. Colling
9.30 a.m.	South Kilworth	<b>** Harvest Service</b>	Beth Rogers
11.00 a.m.	Misterton	Holy Communion (CW)	Rev. T. Colling

**Sunday 16<sup>th</sup> October**

GREEN

Lectionary Page: 911    Genesis 32. 22 – 31    2 Timothy 3. 14 – 4.5    Luke 18. 1 - 8

9.30 a.m.	North Kilworth	Holy Communion CW)	Rev. Canon B. Davis
11.00 a.m.	Peatling Parva	Holy Communion (CW)	Rev. A. Mickelthwaite
4.00 p.m.	Shawell	Holy Communion (CW)	Rev. Canon B. Davis

**Sunday 23<sup>rd</sup> October**

GREEN

Lectionary Page: 917 Jeremiah 14.7-10, 19-22 2 Timothy 4. 6 – 8, 16 – 18 Luke 18. 9 - 14

8.30 a.m.	South Kilworth	Holy Communion (BCP)	Rev. Canon B. Davis
9.30 a.m.	Catthorpe	Holy Communion (CW)	Rev. Canon D. Jennings
11.00 a.m.	Ashby Magna	Holy Communion (CW)	Rev. D. Hebblewhite

**Sunday 30<sup>th</sup> October**

**Celebration of All Saints' Day** GOLD

Lectionary page: 931   Psalm 149   Ephesians 1.11-end   Luke 6. 20-31

10.30 a.m.	Gilmorton	Benefice Service	TBA
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## Sunday 6<sup>th</sup> November

RED/GREEN

Lectionary Page.:936 Job 19. 23 – 27a 2 Thessalonians 2. 1 – 5, 13 – 17 Luke 20. 27 - 38

9.30 a.m.	Stanford on Avon	Holy Communion (CW)	Rev. D. Hebblewhite
11.00 a.m.	Gilmorton	Holy Communion (CW)	Rev. A. Micklethwaite
4.00 p.m.	Peatling Parva	Songs of Praise	Local Team

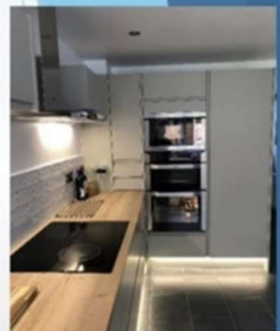
**\*\* HARVEST READINGS LECTIONARY PAGE 1043; Deuteronomy 26. 1 – 11; Philippians 4. 4 – 9; John 6. 25 – 35**

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"We employed Jason to revamp our hotwater system , bath and shower room. The quality of his work and Jason's attention to detail is exceptional. Everything Jason said he would do, he did. He was totally reliable. The whole project was completed on time and on budget. We are delighted with his work and have no hesitation in recommending him."

Graham and Julie Fish | North Kilworth

"Jason was a great help when we were choosing the fittings for our bathroom and downstairs cloakroom. He started and finished the work in line with the agreed programme dates. The quality of the work carried out was first class and we could not be more pleased with the completed job. We have no hesitation in recommending Jason."

Phil & Barbara Lawrence | North Kilworth

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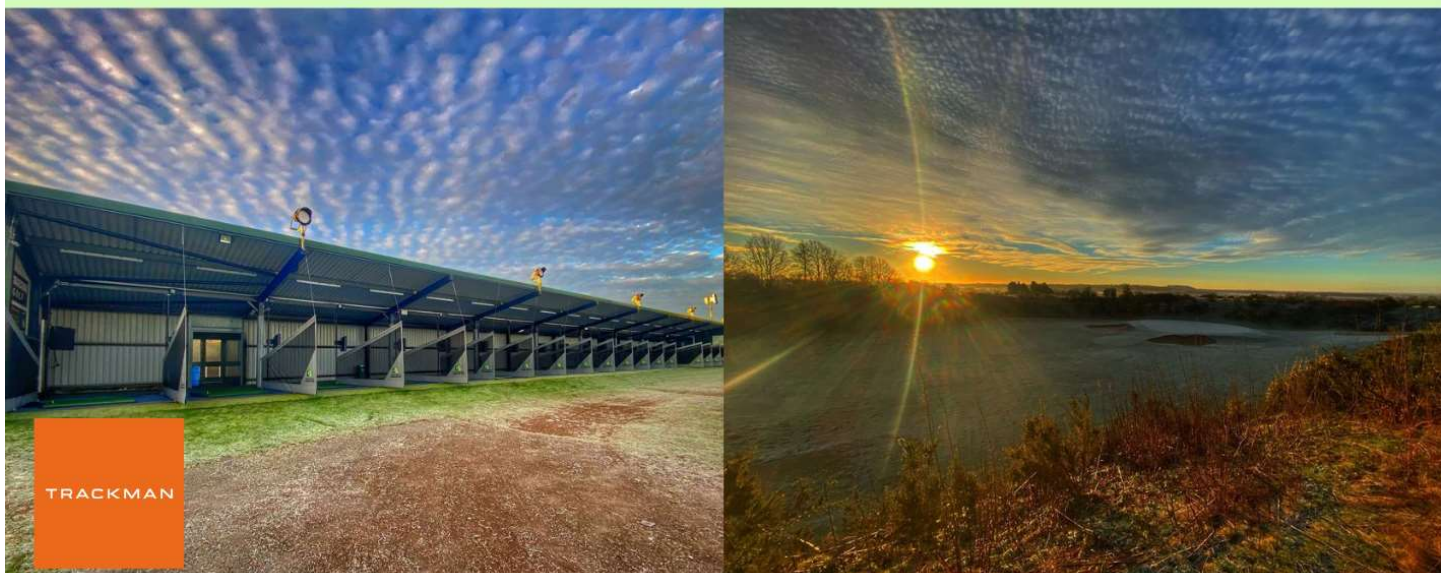




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# St. Nicholas's Church and the Forthcoming Concerts

The Editors of the SKN asked, "Why are you holding a concert in our Church". "And why are you supporting 'Mind'". Perhaps the answer is simple...To create a smile or two!

But perhaps not so simple...the aims are to both breathe life back into St. Nicholas' Church, for the church once again to reverberate with the sound of music, after the long isolated days of Covid, and to raise much-needed funds for the infrastructure of the church, the most urgent of which is repairs to the chancel roof.

Not only do The Parochial Church Council wish to reach out to our village, but others, and will donate some of the monies raised by the concert to the charity, 'Mind'. There are many consequences of Covid, one of which has seen visitor numbers to our church dwindle, but also, there has been a dramatic rise in mental health problems in many communities, to whom 'Mind', offers a support network. The outcome we hope is to raise funds for both. Our church is woven into the fabric of the village, past, present and future. St. Nicholas' has sat in the heart of South Kilworth since the late 12<sup>th</sup> Century. In earlier times, the church would have been the beating heart of the community, and despite our increasingly busy lives, should remain so. The architectural history of St. Nicholas' is there for all to see. The tower is 14<sup>th</sup> Century and the spire was added in the 15<sup>th</sup> Century. Both the tower clock and the carved pulpit were paid for and installed as poignant memorials to all those locals who died in the First World War, by the residents of the village at the time. A wander through the graveyard brings to light many links to South Kilworth families.

The Northampton Male Voice choir has been raising smiles on people's faces with their performances for many years, and so it is appropriate that they are our first guests in what we hope, with the support of villagers, is to be a series of regular concerts from a variety of guests, spreading into the future. First formed in 1946, the Northampton Male Voice Choir aims to perform in Concert, bring pleasure to their audience, and raise funds in support of Charities and the Community. The choir was awarded a Northampton Coat of Arms badge in recognition of the Choir's fund raising for local charities. We are pleased that they can come and sing for us. And so, an evening of rousing music, that we hope, will fulfil that feel-good factor!

## St Nicholas' Church, South Kilworth

Presents

### A Fabulous Evening of Entertainment

With

## Northampton Male Voice Choir

(Musical Director, Stephen Bell)

Saturday 22 October 2022 – 7:30pm



The multi award winning Northampton Male Voice Choir, under its charismatic Musical Director, Stephen Bell, will be performing at St Nicholas' Church, South Kilworth, LE17 6EE in a concert to raise much needed funds for both the Church and the charity, Mind. The programme will include a wide range of popular songs from the choir's current extensive repertoire ranging from musical theatre to former chart-topping hits and much, much more.

**Tickets £10 pp**

(inc. wine or soft drink)

To reserve your tickets, please contact Colin on 07711 054622

Email: [coliniderrick@btinternet.com](mailto:coliniderrick@btinternet.com)



**Colin Derrick**



## **DRAFT MINUTES OF A PARISH COUNCIL MEETING FOR SOUTH KILWORTH**

A copy of these minutes will be published on the South Kilworth Website, no later than thirty days from the date of the meeting.

**Held on Tuesday 9<sup>th</sup> August, 2022 at 7.15pm Minutes Ref 819/0822**

### **1.0 To confirm Members present**

Cllr P Alcock (PA)- Chairman

Cllr G Byrne (GB)

Cllr T Wood (TW)

Cllr E Derrick (ED)

### **2.0 To receive Any Apologies received**

Cllr K Coyne (KC) – Vice Chairman

Mrs K Brown (KB) – Parish Clerk

### **3.0 Disclosure of Member's Interests**

Mr TJ Wood, as an immediate neighbour, expressed an interest in the planning application for Old Rectory and abstained from the discussion.

### **4.0 To Confirm other Attendees**

None

### **5.0 To Confirm Minutes of Previous Council Meeting, held on Tuesday, 12<sup>th</sup> July 2022**

These minutes were confirmed to be a true record of matters discussed and decisions reached, by the Parish Council, and duly signed.

### **6.0 Public Participation / Correspondence**

**6.1** The PC received an update re overhanging trees in parishioner's garden in Grange Gardens, carried forward from previous meeting. PA to action, and will engage a professional tree surgeon.

**6.2** Following on from previous meeting, KC met with the two residents who had raised complaints regarding noise and nuisance caused by children climbing on the large Sycamore tree in the play area, and also of gardens being overlooked by children playing on the zip wire: The PC agreed to obtain professional advice regarding the resident's concern about the Sycamore tree. Action: PA to speak about how best to resolve the size of the tree with the tree surgeon.

The PC agreed to raise the fencing by 2 feet to the second resident's garden and to explore the option of adjusting the playground fence to prevent climbing by children. Action: GB

**6.3** The PC discussed the concern raised by a resident regarding the number of heavy vehicles cutting through the village and requesting the installation of further signage to restrict heavy vehicles. The current weight restriction is 7.5 tonnes. The PC discussed that signage would be the responsibility of LCC, and that several signs were already in place. However, as has been previously discussed with the police, HGV's are given 'leniency' when there is a problem on the M1 that requires the traffic to be re-routed via the A14. Action: PA to respond to the resident.

**6.4** The PC discussed recent complaints from residents re the condition of lower section of The Belt, in the area that leads on to the golf course, as it has become difficult to pass through. It was noted that the owners of land subject to footpaths and bridleways etc are responsible for the upkeep of the same and for ensuring that they are passable. Action: PA to write to the landowner.

### **7.0 Parish Council Procedures**

**7.1** No update.

### **8.0 Planning Matters (to include any applications received after agenda issued)**

**8.1** New planning application/s received: 22/01299/FUL, 05/07/22, conversion of redundant agricultural building to a dwelling, South Lodge, Walcote Road, SK. The Parish Council questioned why the applicants haven't applied for the conversion of the building under Class Q ie agricultural building to dwelling. This Class appears to require a pre application together with satisfying other criteria e.g. was the building in agricultural use in 2013.

The Parish Council would ask Harborough Planning to consider if this application has been submitted appropriately. The Parish Council also wish to point out that this development is well outside the permitted area as defined in the approved Neighbourhood Plan and therefore should be considered in this light.

**8.2** Planning Applications received regarding works to the Old Rectory.

22/01388/FUL

22/01389/LBC

22/01390/FUL

22/01391 /FUL

22/01405/FUL

22/01406/FUL

The PC resolved that all of the applications for the Old Rectory should be approved providing that the planners are satisfied that the applications meet the requirements outlined in The Harborough Local Plan, which contains relevant policies – 'GD8 Good Design in Development and HC1 Built Heritage' which are of relevance to these applications

**8.3** To receive any planning decision updates: None

### **9.0 Accounts/Finance Matters**

**9.1** The PC approved the following payment schedule:

Nett	Vat	Total	Details / Comments
218.00	0.00	218.00	Annual Website CMS Hosting
3,575.00	715.00	4,290.00	Hol Sports Club, 2 weeks, 18/07-29/07/22
50.00	0.00	50.00	To Plant Jubilee Indian Bean Tree
90.00	0.00	90.00	Bus Stop Cleaning Dec'21 to July'22
640.00	0.00	640.00	Walcote Road Bus Shelter Maintenance

- 9.2** KB circulated electronically, prior to the meeting, for PC approval, the cash balances held at 31/07/22, along with Bank reconciliation and bank statements. The PC approved the same.
- 9.3** PA updated the PC re the CIC reimbursement of £1430.44, as per the HCYC for youth club services covering the period of Jan to Mar'22. Furthermore the PC agreed to increase their previous approval from £500 to £650, regarding the Table Tennis Club funding application from CIC, first approved in June'22.
- 10.0 Highways and Footpaths**
- 10.1** The PC received an update re risk assessments on the Mobile Vehicle Activated Sign (MVAS) to be installed in the village - PA has consulted with 3 residents on Welford Road re the siting of signs. Action: PA to seek advice from LCC whether further consultations are required re Walcote Road and Rugby Road.  
PC resolved that metal posts are the preferred option for the installation of the MVAS.
- 10.2** The village street light on Welford Road has now been removed by Western Power. Western Power have failed to refit the light when they installed the metal pole despite specific requests to do so – apparently they don't have a suitable bracket. Action: KB to write to WP regarding recovering the light .
- 10.3** Walcote Road Bus Shelter Maintenance: The PC received an update regarding the bus shelter which has now received significant repairs and maintenance and is looking in a good condition. PC to explore the possibility of the Defibrillator being moved there and small recycling bins being sited in the shelter. Action: GB/KC
- 11.0 Grounds and General Outside Maintenance**
- 11.1** Memorial Benches maintenance: TW confirmed that the contractor has now been given the go ahead with the required maintenance repairs to the quoted cost of £255.
- 11.2** PC resolved that it will carry out maintenance work as and when required for the memorial benches and other like items, in and around the village. Resolved.
- 11.3** Village Litter Pick: GB advised that mowing 'below hedge' grass, around the playing field, allowing access for rubbish removal, will be carried out in the autumn. Action: GB/EAD
- 11.4** KB has tried to contact HDC in order to discuss reviewing the grass cutting contracts held with HDC, in order to establish details of each of the three individual contracts. KB will endeavour to arrange a meeting with John Kemp, HDC, re contracts and also clearance of pathway leading from the children's play area to North Kilworth. Action: KB
- 12.0 Recreation / Children's Play Area**
- 12.1** Monthly Play Area Safety Inspection review: TW reported that he had inspected the area recently and found no defects. ROSPA to carry out an inspection imminently.
- 12.2** Holiday Club, The first two clubs run by Finding Fitness in July had gone well. The next session is due shortly in August.
- 13.0 Village Website**
- 13.1** Upgraded village website: No report
- 14.0 Future Spending Options from the S106 and CIC Funding**
- 14.1** S106 / CIC funding plans: The PC resolved that it wishes to move forward with a Questionnaire in order to canvas opinions and priorities. In the meantime, the PC is still interested in hearing of possible opportunities from residents and for submissions to the PC for grant funding for suitable projects.
- 14.2** HDC have confirmed that S106 monies cannot be used for funding the Proposed plans for the landscaping of Walcote Road corner verges as the fund is intended for links and pathways around the village. GB provided plans of a possible scheme and it was agreed that the scheme, costings and possible funding options will be considered at the next meeting. Action: GB
- 15.0 South Kilworth News**
- 15.1** No report
- 16.0 Her Majesty's Platinum Jubilee 2022 Celebrations**
- 16.1** Community Grant Jubilee Fund Application to build a MUGA (Multi-Use Games Area): An application for £70,000 has been submitted to HDC for funding towards the project. The PC resolved that it will apply for the remaining funds, approximately £18k, from the S106 Sports Fund. Action: KB to prepare application.
- 17.0 HDC Green Spaces Poll –**
- 17.1** Action PA to respond to HDC. Resolved.
- 18.0 Any Other Business.**
- 18.1** None
- 19.0 To confirm Date of next Parish Council Meeting: Tuesday 13th September 2022 at 7.15 pm meeting ended 9.30pm**







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# Finding Fitness South Kilworth Summer Sports Club



"Coaching the children at South Kilworth has been incredibly enjoyable – we managed to do plenty of activities each day, and all the children got really involved and were very enthusiastic. The facilities at South Kilworth were brilliant – so handy to have the park and field on the doorstep!!" **Ella (Assistant Coach)**



"It's been a pleasure to be the Lead Coach at South Kilworth this summer. The facilities we have had access to have been fantastic which has meant we have been able to do a wide variety of sports and activities. The children were all well behaved and a joy to coach. " **Ben**



"This club was absolutely amazing for me; I struggle to afford childcare for the 6-week holiday as I work full time. This was brilliant and my son had the most amazing time. The staff were really good with all the children and I was really impressed. I do hope you can offer the club next year!" **Gillian**  
 "My children attended for a week in July and absolutely loved their time at Finding Fitness. They were kept busy at all times and never told me they were bored. They came out excited daily to tell me what they had been doing. Different activities which was great & it kept them entertained. Thanks to Ben & the team. We hope you come back again next summer holiday." **Jo**



"My 5 year old absolutely loved attending the Summer Sports Club at South Kilworth, he was raring to go every morning. He enjoyed all the varied activities. The club was a Godsend this summer because we don't have a car at the moment, so my son has been able to access activities I wouldn't have been able to get him to otherwise. Also, a big thank you to the coaches, they were really attentive to the kids and my son thinks they're 'awesome'. Great role models!" **Emily**



"I just wanted to pass on my thanks and say what a huge hit the camps were with my 3 children. All three Children (aged 6, 9, 11) loved every day at the camps. I think the coaches were amazing and all of my children commented on how much they liked them. For our family to have access to 5 days of physical exercise had such a positive impact on my children's experience during their summer holidays. I would not be able to afford to send 3 children to a 5 day camp so I am hugely grateful for this opportunity but also so impressed with the quality of the coaching. Thank you to the parish council for supporting it." **Yvette**



## What to do in the Garden in September and October

**Perennials:** What to cut back and what to leave?

By September many perennials will look tired, and as frosts strike, many of the herbaceous perennials will collapse into brown heaps. Some plants look good as they fade, such as sedum where the flower heads hold their own for weeks, others such as Hosta, look a mess. There is no hard and fast rule. A good idea is halfway house; cut back plants that look a mess, such as Hosta, Crocosmia, and Delphinium leaving in place those which still add to the border, and help wildlife. It also spreads the work in the garden over the winter months.



### Spring bulb Time

Autumn is bulbs planting time. Daffodils are planted first during September, Tulips are best left until October/ November. The correct planting depth is important to ensure a good display of flowers in the spring. Planting bulbs too shallow is a common cause of the bulbs failing to flower. An easy rule of thumb is to plant the bulb at least 3x its own depth.



Early autumn is an ideal time to collect seed from annuals and vegetables for free seeding next year. Wait until the seed is ripe, (brown looking,) collect it, clean and store in a cool, dry place, over winter.

[www.sundaygardener.co.uk](http://www.sundaygardener.co.uk)

**Carol Bartlett**





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Are you looking forward to the autumn with its beautiful colours – oranges, reds, yellows – too?

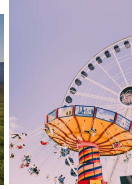
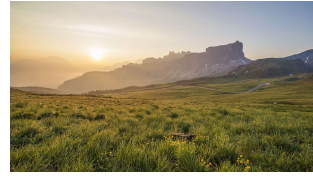
These chili truffles will make you feel warm and cosy as the weather starts to turn. With my other comforting flavours – Biscoff Caramel, Chocolate Nougat and Blackcurrant Jellies dipped in dark chocolate – these are included in my boxed truffles this autumn.

Jump into my new website to find your special treat and gifts.

*Nenette*  
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## Everyone's a photographer – so why not share your pictures?



You don't have to be a professional photographer to take fantastic pictures.

All of us carry our mobiles around with us and every now and again, you really are at the right place and time to capture something special.

We would love you to share these photos with us (obviously with the relevant permissions) and if we get enough of a selection, we thought of displaying them at a Pop-up Café in the SK Hall, using them on the front cover of the SK News, and on the SK website.

Please send your photographs (and any suggestions) to us at:

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# 100 Years of the North Kilworth Women's Institute



The North Kilworth WI, which is now an amalgam of members from North and South Kilworth, Husbands Bosworth and several other parishes, was formed back in 1922. What a different time that was! It was the year that wives were legally allowed to inherit property equally with husbands. Only two years earlier the Sex Discriminations Removal Act allowed women access to the legal profession and accountancy. However, women would need to wait a further 6 years to gain equal voting rights with men in 1928.

Gaye Duncombe who is the president of the North Kilworth WI, joined the WI in Lutterworth 47 years ago. Gaye said that she thought this would be a way to meet other women in the community. Gaye had stopped formal employment for about 6 years to raise her two children full time before returning to work as a district nurse and later becoming a Diabetes Nurse. A couple of hours each month at a WI meeting was and still is the welcome break Gaye says she looks forward to, especially enjoying the comradery of interacting with other women from the community.



The WI movement started in Canada in 1897. The thread of empowerment of women was at the core of the formation of the WI in the UK and the first meeting took place in 1915 in Anglesey, Wales. Two years later, the National Federation of WIs, a democratic, non-party political and voluntary organisation, was formed and mainly led by women who were involved in the suffrage movement. Interestingly, the song 'Jerusalem' was specially arranged by the composer Hubert Parry for the National Union of Suffrage Societies (NUWSS - organised by Millicent Fawcett) and when the NUWSS was wound up in 1928, the executors reassigned the copyright to the WI until 1968, when it entered the public domain. (See the link for the audio under the original title: [https://en.wikipedia.org/wiki/File:HWW\\_And\\_Did\\_Those\\_Feet.ogg](https://en.wikipedia.org/wiki/File:HWW_And_Did_Those_Feet.ogg))

The WI was instrumental in preparing for the evacuation of children to the countryside in 1939 and for looking after evacuees during the war, as well as for growing and preserving food.

Today, the WI continues to represent the interests of its members. At a national level the WI focuses on key campaigns such as reduction of food waste, raising awareness of the plight of bees and lobbying politicians on climate change, to name but a few. Membership is open to women of all ages.



The WI in North Kilworth meets every 3<sup>rd</sup> Thursday of the month in the North Kilworth Village Hall (LE17 6EZ) at 7:30 pm. Either different guest speakers talk on a wide variety of topics or there is an event that is organised. Visitors are welcome to come along for a few meetings before deciding if they would like to join. For any questions, please contact Gaye on Tel 01858 880650 or [gduncombe1@gmail.com](mailto:gduncombe1@gmail.com). Congratulations to the North Kilworth WI on the last 100 years and with the support of current and new members, may the next 100 years go from strength to strength.

**Toni Snell**

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<p><b>Macmillan Coffee Morning</b>              It's time for the Coffee Morning and you're invited. Let's do whatever it takes to support people living with cancer.              Place: South Kilworth Hall</p>	
<p>Date: Friday 30th September              Time: 10.00-12.00              To donate, volunteer or have a stall              Contact Liz 07802154593</p>	
<p><small>FR</small> <small>Financially Responsible</small> <small>REGULATOR</small></p> <p><small>In aid of</small>  <b>MACMILLAN CANCER SUPPORT</b></p> <p><small>Organised in aid of Macmillan Cancer Support, registered charity in England and Wales (501117), Scotland (262080) and the Isle of Man 5495. Also operating in Northern Ireland.</small></p>	



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At the last Pop-up Café, we had a whole box of apples donated and available to everyone. If you have surplus fruits/veggies from your allotments or homes, why not share them at the next Pop-up?

## 'Pop-up' Community Café survey - What next?

*In May and June we circulated a survey in the village about our monthly Community Café, which opened last September. We wanted feedback to see if we should continue the Café and what should be changed.*

### **Results**

- 44 people/around 20% of households in South Kilworth replied
- The group where we didn't get replies, were under 30s, and there was a poor response from Mums and Dads with kids at home
- Everyone had heard of the café which was good news and showed our PR is working
- Different communication channels were mentioned from word of mouth /posters /leaflets /SK News articles/ the village email system /local Facebook groups etc
- Two thirds of the respondents had attended the café

### **Those who had been to the café ....**

- Gave it 4.9 stars
- They said it was friendly, open and welcoming and served "very good cake"
- Suggestions were made for improvement but these were always individual /lone voices i.e., no trends for change were noted
- Food and drink are presently free but donations are asked for, and this was welcomed
- Suggestions for improvement at the Café included ...
  - more entertainment - they enjoyed it the Christmas one and this in fact was the best attended
  - extension of hours opening in the afternoon
  - provision of lunch
  - providing children with some sort of children's area /activity

### **Those that don't come**

- Indicated that whatever we did they wouldn't come as they were either working, busy or not interested

### **Summary**

The survey indicated we were doing a good job and that there is little we need to do or change in terms of the café, but could look at the times it is open. We are slightly disappointed with number attending and want to increase this to keep the café going

### **Changes**

The Café Group decided therefore .....

- Will run it until the beginning of next year 2023 and then review.
- Our County Council grant has now run out, but we have money in the bank to continue (from donations)
- We will pilot afternoon cafes (and maybe even look at lunch!)
- We will specifically ask parents for more feedback
- Will link more with other village groups in the future
- We will provide activities for children, and look at other activity opportunities



**South Kilworth Café Group**

**THE NEXT CAFÉS ARE ON SEPTEMBER 13<sup>TH</sup> and October 11<sup>TH</sup> 2022 IN THE VILLAGE HALL  
FROM 2pm – 4:30pm Please note the time change ☺**

## **SOUTH KILWORTH SAFARI SUPPER – SAT 26<sup>TH</sup> NOVEMBER**

The date for this year's Safari Supper has been confirmed as Saturday 26<sup>th</sup> November. For those of you who haven't taken part before, it is a sociable and fun way to spend the evening. The perfect way to meet other people in your village.

It takes the form of an informal dinner party in which each successive course is prepared and eaten at the residence of a different host. This can be anything, from soup, to lasagne to cheesecake. It can be shop brought or homemade. The important bit is about getting to know others that live near yourself. Not worrying about what food to prepare.

The evening starts at the village hall from 7pm where the bar will be open for pre-dinner drinks and the location of your first venue will be revealed.

Approx. eating times are as follows:

Starter: arrive 8 pm eat at 8.15pm – Its usual to provide a choice

Main Course: arrive at 9pm eat at 9.15pm – We suggest you cook something that can be left in the oven.

Pudding: arrive at 10.15 eat at 10.30pm – Its usual to provide a choice

Following your safari around the village and dining with different people at each course. The evening ends when we all meet up and you will have a chance to catch up with anyone you've missed along the way. If you would like to join in and see what it's all about without cooking, we have a few spaces for non-cooks. But be quick!

I know it can be quite intimidating when joining in on an event like this. Any questions. even if you think they are silly let me know. Hope to see you there. Any questions please get in touch.

**Vicky Storey 07708 382165**



**SOUTH KILWORTH'S 16<sup>TH</sup>**

# **SAFARI SUPPER**

**SATURDAY 26<sup>TH</sup> NOVEMBER**

THE EVENING STARTS AT 7.00PM AT THE VILLAGE HALL

(BAR OPEN & WINE AVAILABLE TO PURCHASE AND TAKE AROUND FOR THE EVENING)

7.30 PROMPT YOU LEAVE TO GO TO YOUR FIRST HOUSE.

MEETING UP AT THE END OF THE EVENING 11.30/11.45PM

TICKETS £15 PER PERSON (OPEN TO SINGLES & COUPLES)

ONE PLACE FREE FOR MAIN COURSE COOKS & ONE AT £5 FOR STARTER AND PUDDING COOKS.

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## **SAFARI SUPPER REPLY SLIP (PLEASE RETURN BY 9<sup>TH</sup> NOVEMBER)**

NAME: \_\_\_\_\_ MOBILE NO: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

DIETARY REQUIREMENTS/ALLERGIES: \_\_\_\_\_

I WILL COOK FOR 8 PEOPLE (INCLUDING MYSELF & PARTNER)

STARTER

☐

MAIN

☐

PUDDING

☐

DON'T MIND

☐

SORRY CAN'T COOK

☐

WE WOULD LIKE

£15 TICKET

☐

£5 TICKET (IF COOKING STARTER/PUD)

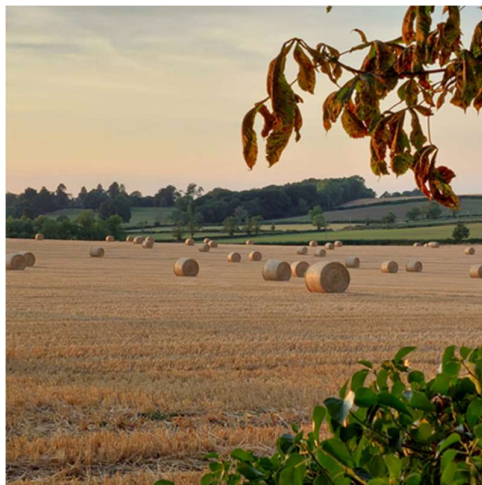
☐

FREE TICKET (IF COOKING MAIN COURSE)

☐

CHEQUES TO BE MADE PAYABLE TO "SOUTH KILWORTH VILLAGE HALL"

PLEASE GIVE TO VICKY STOREY (CULZEAN HOUSE, RUGBY RD 07708 382165)



# Walking to Ironman



The reason I am telling you this story is twofold and these reasons will appear at the end of my account.

In 2018 my dad was diagnosed with Parkinson's and as I was in my 40's, had given up smoking, changed my diet, and started running, I thought I'd do the Paris Marathon to raise awareness for Parkinson's UK in 2019.

During the final few weeks of the training, in particular a 20-mile race through Milton Keynes, I started to get what I thought was a groin strain. This got particularly bad during the Paris Marathon and having finished and back in the UK, I thought I'd better get it checked out. It turned out that the head of my femur was not round and the rubbing had caused part of the cartilage in my hip to become disconnected.

I was in good spirits going into the operation to smooth the head of the femur and repair the damaged cartilage, the surgeon knew the goal was to run again, especially as I had been given a bike and had learned to swim the previous year, which culminated in a sprint triathlon, so maybe more of these!

Coming round from the operation, the surgeon informed me that they had had to take more cartilage than he was expecting, but he was very pleased with his work, the only thing was, it was probably best that I did not do any more running, oh and also lay off the walking up or down any hills!!!

I assume I was on quite a lot of drugs at the time, because my immediate reaction was a bit sweary, and I basically said "I will show you" and I signed up for the Copenhagen Ironman for the 23<sup>rd</sup> August 2020 - this was on the 23<sup>rd</sup> August 2019. This may have been a bit of a stretch, especially considering that I had breaststroked my way through the aforementioned 400 m swim in the sprint triathlon and had never ridden a bike further than 40 km.

I had 12 months to get from the hospital bed, to walking, to an Ironman - for those who do not know, this is a 3.8 km swim, followed by a 180 km bike and then finished off nicely with a 42 km run. It started pretty slowly, but 100 m walks soon progressed to 500 m and then to 1 km, but it was very slow going and by Christmas, it was clear that I was going to struggle to get my fitness where it needed to be. As you may have heard, the World came to a grinding halt early in 2020, when Covid took over and brought a halt to training indoors and sporting events in general - I had got a reprieve, the Ironman had been cancelled and my entry would move over to 2021 - phew.

Some people may think I'm a little injury prone and when I took a tumble off the bike in September 2020 and again in October 2020, both times the result of me not clipping out of my pedals quick enough and doing a comedy kersplat on the road, I was starting to think they may be right. Especially as these little spills resulted in operations 5 and 6 in the last 10 years to try and rebuild me once again. The operations to my shoulder and wrist went well in April 2021, but the recovery was again very slow, and I could not swim for months. So, I decided to defer my Ironman entry (you can do this once) to 2022 - my last opportunity.

I decided that as this was my last chance to do the Ironman that I had signed up for in 2019, I would once again do it to raise awareness and funds for Parkinson's UK. However, I felt that I should perhaps up the ante a little and set myself the target of completing a different challenge each month, leading up to the Ironman in August.

January and February saw the completion of a half marathon and a trail run of 44.6 km. March was my longest ride to date with the Cambridgeshire Classic 130 km bike, closely followed in April with another trail run of 48.5 km. Back on the bike in May and June for a 117 km bike from Cambridge to Norwich and a 163 km ride in prep for events to come. July saw the biggest challenge to date with The Great Kindrochit Quadrathlon, a 1.3 km swim across Lock Tay, a 23.8 km (with over 2,000 m in elevation) hike over 6 Munros in





the Ben Lawers range, before kayaking 9 km back up to the start and finishing off with a 54 km cycle around the Loch.

Although I had managed to complete the challenges I had set at the start of the year, training had been slowed by food poisoning (2 weeks of a very upset stomach – you do not need any further detail) and just when I had recovered from this, I was finally floored by Covid, it meant that I had missed some key long training sessions, but I felt like I had done enough to at least get on the plane and start the Ironman in Copenhagen and hope for the best.



I could not have asked to a better day on the 21<sup>st</sup> August 2022, almost exactly 3 years since I was advised to stop running, it was warm, but not too hot and there was very little wind. The lagoon in Copenhagen where the swim takes place was calm and the temperature was perfect. The goal for the Ironman was to get around within the cut-off time of 15hrs 30 mins, but I had talked about 1hr 30mins for the swim, 6hrs 30min to 7hrs for the bike and then just to complete the marathon. I was absolutely delighted to complete the swim in 1hr 31mins, especially as I seemed to zig-zag my way through the course and actually complete just over 4 km rather than the 3.8 km I was supposed to. I took my time in transition, getting ready for the bike and set out through the Copenhagen streets before hitting the coast road and heading north on the first of two loops to complete the 180 km bike leg. I had left my salt tablets at home and the heat took more of a toll on me than I realised at first and cramp really started to settle in on the second loop, making it even more pleasing to complete the bike in 6hrs 34mins.

Another lengthy change over to the “run” leg saw me staggering out of transition, dizzy and a little disorientated, but determined to get the marathon over and done with. The plan for the marathon was to run for 8 ½ mins and walk for 1 ½ min and repeat. I think I lasted 2 of these before I was completely cramped up and doing my best impression of the Tin Man from the Wizard of Oz. I soon resorted to walking 8 ½ mins and running 1 ½ just to

try and get the distance done. It was not pretty and it certainly was not fast, but I finally made it over the finish line some 14 hrs 19 mins and 6 seconds after I started, with the words “Michael Langman, you are an IRONMAN” ringing in my ears.

So, to my motivations for this journey and story:

One is again to raise awareness and funds for Parkinson’s UK – which you can do here: <https://www.justgiving.com/fundraising/Michael-Langman2022>

And the second reason is to invite any current and/or would-be runners and riders to join an SK village WhatsApp group aimed at finding people of your ability level to run, ride, train and chat with. It would be great to get more people in the group as I have found it is so much easier to get my exercise done when doing it with other people – if you would like to be added to the group, please let me know on 07811 111854. I think it would be great if we could get at least 3 groups; beginners, intermediate and advanced.

I could not have done this without the support of my wife, Angela and daughter Harriet, allowing me the time to train and recover and being supportive in all the challenges. There are so many other people that I could and should be thanking, but I would take up the whole edition of the SK News; hopefully, you know who you are. I do, however, need to say an extra special THANK YOU to Toni and Rob Snell. These guys were at my first marathon and they have been with me every step of the way since, which has seen us take 2 trips to Paris, 1 to Scotland, a weekend in Peterborough and now a particularly memorable adventure in Denmark – thank you Crew, I could not do it without you. **Michael Langman.**





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