

CENTURYAN



Clyde Wind Farm

Issue 11
December 2016

Never Say Never

Welcome to the December 2016 edition of Centuryan. Too quickly it seems we are approaching another year end and another half year point for Centura and all of its companies. It is too early to comment on our detailed six month performance but it is a great opportunity to look back over a very busy and interesting trading period.

We have seen some momentous changes on the world stage. Following Brexit in June we had the unexpected selection process for a new UK prime minister and cabinet. More recently the Presidential Election in the USA seemed to go against all expectations with Donald Trump being selected after a democratic vote. These events suggest that many people in both countries are hungry for change and an end to the so called "Status Quo". I do not believe that anyone now can accurately predict how the next months and years will turn out. It is certain that we are entering a period of great change and it is up to all of us to be ready to adapt to those changes. How true is the saying "Never say never"!

Our companies have always been able to manage change. We do not have too many layers of bureaucracy and

we are able to make decisions and act upon them in a short space of time. We have successfully traded through many challenging times and what might be ahead of us now will be no different. Our year end in June was successful.

"We are a resourceful and adaptable group"

Our overall sales were below the KPI targets that we had set for ourselves but our cash generation and margin targets were in line with expectations. As we move forward in the new financial year all group companies report adequate levels of enquiries in line with their plan targets. It is fair to say that some tenders are being closely examined as clients consider the return on their investment and need to be assured that they are getting value for money. In short the market is very competitive.

In 2017 and beyond we will continue to be asked to demonstrate best value to our clients. Our clients will be looking to us for innovation and professionalism. We will need to assure our customers that our group companies embrace diversity and that we trade with the very highest

levels of honesty and integrity. We must continue to provide not only the very safest places of work but also the most interesting and challenging workplaces for our staff. We must motivate our teams and provide exceptional levels of training and career progression.

We have to consider opportunities for growth. As we generate cash reserves we are able to reinvest and support fresh ideas and opportunities. This may include new activities or new geographical regions. Our experienced support teams are able to provide professional guidance to new colleagues who may be recruited or who may join us through acquisition.

10 years ago our sales were all generated through CRL. As we move in to 2017 our subsidiary companies will contribute more than 10% of group sales and each of those businesses has growth potential in their own areas. And more importantly nearly all of those sales have grown from almost nothing.

As a group we have exciting times ahead. We are reinvesting our cash into future growth opportunities. We have many opportunities for career progression. And because of the nature of all of our businesses I don't think anyone ever has the time to get bored!

Thank you all for contributing your time and enthusiasm to this group. Your resourcefulness never ceases to amaze.

As we approach the year end I hope that most of us will be able to relax a little and enjoy some time with friends, family and loved ones. Please enjoy your break, thanks for everything you have given in 2016 and come back prepared to really push forward in 2017.

A Very Merry Christmas and Prosperous New Year to all.



Tony Rimoldi
Chief Executive

the numbers

A regular feature in this newsletter is to publish a scorecard showing how the group is performing. The following tables has gathered together all the latest information from the current financial year.



Customers & Markets

526

No. of tenders submitted

£66.8_m

Value of tenders submitted



280

No. of new contracts awarded

£11.7_m

Value of contracts awarded



Learning, Quality & Innovation

491,526

RIDDOR free man hours

100%

CSCS carded site workforce

97%

Employees H&S Training Compliant

0

Suggestions submitted in the Innovation scheme

Operational

100

% of performance questionnaires showing client satisfaction

115

No. of contracts in progress

102

No. of contracts ahead of target

Financial & Stakeholders

Turnover year to June



Profit year to June



Overhead costs year to June



Cash Flow



Group Business Plan Sales Target for Year to June 2017

	Target	Total
Concrete Repairs Ltd		
Bristol	£5.7m	
Chesterfield	£8.5m	
Falkirk	£5.0m	
Mitcham	£9.4m	£28.6m
CRL Surveys Ltd	£1.5m	£1.5m
Buxton Associates Ltd	£1.1m	£1.1m
Equilux Ltd	£1.5m	£1.5m
TL Fire Ltd	£0.15m	£0.15m
Lifespan Ltd	£0.2m	£0.2m
Total Sales Forecast		£33.05m

group gossip

THE GROUP WOULD LIKE TO WELCOME...

ADAM GREEN, CRL MIT
ALFIE SMITH, CRL MIT
ANDREW GEDDES, CRL FAL
ASHAM (ASH) SHARMA, CRL MIT
BEN COFFEY, CRL MIT
DANIEL HEWITT, EQU
DANNY SYKES, CRL CHE
DENNIS SMALL, CRL CHE
DYLAN BAIN, CRL MIT
FIONA DAVIE, CRL FAL
FREDDIE WILLIAMS, CRL BRI

GRAHAM BORLAND, CRL FAL
HAMID FOLAD, BUX
IVAYLO PETROV, BUX
JAS SANGHERA, CRL SUR
JONATHAN BURTON, CRL MIT
JORDAN HEWITT, CRL MIT
KELLY-ANN FISHER, H/O
MARCIN DYLOWSKI, BUX
NOEL BRODERICK, BUX
PIRRIP (PIP) SPENCER, CRL BRI
SANDRA MAY, CRL BRI

SARAH RICHARDSON, H/O
SHANE HOMER, CRL MIT
STEVE LAMBERT, CRL BRI
SUkses ZENELI, EQU
THOMAS MCGREGOR, CRL FAL
TOM OSBORN, CRL MIT
ZAKHIYA KARA-NEWTON, H/O

SAY GOODBYE TO...

ANGELA ELLISTON, H/O
CHRIS DAWSON, CRL MIT
CLAUDIA WING, EQU
ESTHER DAYKIN, CRL BRI
GARY STOCKDALE, CRL CHE

JASON SHARP, H/O
JOHN MCADAM, CRL FAL
JULIEN COLSON, BUX
KRZYSZTOF GOLEBIOWSKI, CRL MIT
MARTINE BERRIEDALE-JOHNSON, H/O

PAUL DENNING, CRL BRI
SCOTT MORGAN, CRL BRI
TAMMY ROSE, CRL BRI

PROMOTIONS...

DANIEL CROWLEY, EQU - CONTRACTS MANAGER
JAKE LOVELL, CRL CHE - IMPROVER
SAMANTHA CROWLEY, EQU - ELECTRICIAN
CSABA REKASI, EQU - MECH. & ELECTRICAL ESTIMATOR
SEAN O'CONNOR, CRL SUR - SENIOR SURVEY TECH L3
FRASER DUNCAN, CRL SUR - SURVEY TECH L3
SHAUN SWINBOURNE, CRL MIT - SITE MANAGER

ADRIAN ROOK, CRL BRI - SENIOR TRADESMAN
EINARS VITOLS, CRL BRI - SENIOR TRADESMAN
TERENCE SMYTHE, CRL CHE - SENIOR TRADESMAN
ROBERT WEBB, CRL FAL - SENIOR TRADESMAN
SCOTT FERGUSON, CRL FAL - SENIOR TRADESMAN

Buxton Associates Update

We've had a busy year and have been continuing to grow our team. The following highlights give an idea of the projects we've been working on.

YMCA, East Surrey

Working alongside CF Architects we have been appointed to design a new inclusive sports facility for YMCA East Surrey.

The new building will offer accessible sport and physical activity to address three priorities:

- Disability sport for people with physical or learning disabilities, or sensory impairments.
- Health rehabilitation for those with health conditions such as heart disease, joint problems, MS, mental health issues, COPD, strokes or diabetes.
- Health promotion and wellbeing for the elderly, obese and sedentary.

The building forms part of the existing Sports and Community Centre in Redhill and will include: a 500 sq m extension to the main building; sprung floor sports arena with two dedicated boccia courts; rooms for training, therapy, consultations and counselling; viewing gallery; café and terrace area; sensory garden and chill out area; and improved parking.

Construction should start in early 2017. We aim to include exposed glulam beams for the roof structure and to remain faithful to the architects' CGI drawings.



Garden Reach, Weybridge

We have been appointed by Plaza Construction to provide structural and civil engineering design services for a new luxury house containing a substantial basement, with a build value of approximately £11m. Some of the design work had been done previously, but a number of subsequent architectural changes were made requiring us to revise the structure. We substantially improved the drainage design and changed the proposed foundations from a 500mm thick reinforced concrete raft to a 250mm thick ground bearing slab with piles under columns and walls, which is better suited to the site's ground conditions and sloped topography.

Runwell Hospital Site, Wickford

We have been appointed with Hexzagon Developments to work on a large residential development on the former Runwell Hospital site in Essex. The 1930's hospital administration building is being converted into eight apartments, while another eight will be provided through two new steel-framed extension blocks and elevated above the ground floor parking undercroft.

In the administration building we need to add an extra floor; the roof is a complicated steel truss system that will need to be chopped about in order to accommodate the new floor and windows.

Construction has started on site.



Providence House, Hook

Providence House is an £8.5m development we were appointed to work on by Planning & Consulting Ltd, involving conversion of an existing building from office to residential use, with the existing roof space converted to provide an additional floor of residential accommodation.

Construction has started on site.



Image taken from <http://pineviewproperty.co.uk/developments/providence-house/>

snapshot

Buxton Associates Update cont'd

Westgate School, Slough

Westgate is a secondary and sixth-form school being expanded to accommodate another 350 pupils. Working with Re-Format architects, we have been appointed to work on RIBA stages 3-6, providing structural design for the new £7m extension, comprising a two-storey classroom block and multipurpose hall.

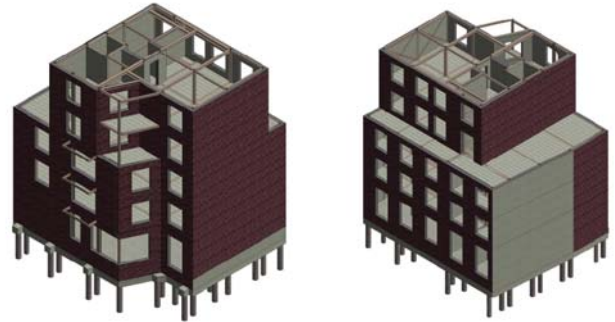
Construction is scheduled to be complete in time for the start of the 2018-19 academic year.

Tudor Road, Hackney

At Tudor Road in Hackney we are designing a five-storey, steel framed, mixed use building. This includes 10 residential units with a green roof terrace and winter gardens, and commercial space at ground floor. The desire for clear spans at the ground floor means we have to incorporate some transfer structure at first floor; we have also spent some time rationalising the stability bracing so that it can all be concealed within the cladding zones.

A steel frame seems the logical option here because of the complicated load paths; we have used hollowcore planks for the floors which bear on ledger angles or the bottom flange of the beams. This keeps the overall floor depth reasonably compact.

We are working with Hexzagon Developments and construction is scheduled to start in January 2017.



Tudor Road, Hackney

Rushmore Road, Hackney

We worked with Massingbird Architects on this private domestic extension to open up a gloomy, dark, east facing kitchenette, to create a light, bright family day room that would open out on to the garden and integrate the home office into the lower ground level accommodation.

*Kaily Fox
Engineer*



CRL Bristol projects

Sand Street MSCP, Jersey

Extensive car park refurbishment to 14 levels including 12,600m² of Triflex waterproof coatings, anti-carbonation coatings, concrete repairs, joint and anti-suicide fencing replacement over a 24 week duration.

Final Value 898,000.00

NCP Exeter Road Basement Car Park, Bournemouth

New build basement car park, which formed part of a 45 million redevelopment of Bournemouth Town centre built by Vinci Construction for NCP. Extensive testing regime due to basement construction below water table and application of Triflex DCS-C coatings including a detailed pedestrian route and complex one way system.

Final Value 184,200.00

Bristol Parkway Train St. MSCP

Removal of existing failed waterproof deck coating and application of new Triflex ProDeck along with installation of Radflex S150 mechanical expansion joints, 7 week contract period.

Final Value 247,723.00

Ikea Southampton MSCP

Removal of existing failed top deck coating and application of new Triflex Deckfloor partial reinforced waterproofing to approx 5,500m² during a 6 week programme duration.

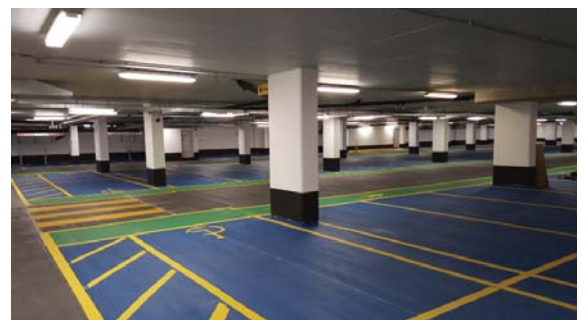
Final Value 246,900.00

CRL Bristol would like to pay special thanks to Martin Neale, John Marsh and James Rowles for running these difficult, fast moving projects.

Martyn Lewis
Contracts Manager



Sand Street MSCP, Jersey



NCP Exeter Road, Bournemouth

snapshot

Lifespan Structures, Bird Ridding

The original Bird Ridding Footbridge was a 15m long bridge close to Coverham in the District of Richmondshire, North Yorkshire. The bridge crossed the River Cover and was removed late 2015 due to continued use even after being closed as the bridge being deemed unsafe to serious corrosion issues. The bridge was a single span steel bridge built which was built on a concrete abutment 1m deep which was then sat on a stone wall.

Fig. 11 Original Steel Footbridge at Bird Ridding

In February 2016 North Yorkshire County Council tendered a design and supply project for a replacement FRP Bridge, which was won by Lifespan Structures.

Design

The contract required that the bridge should be designed to the requirements BD90/05 and relevant Eurocodes. The proposed bridge was based on a resin infused FRP system utilising Infracore technology. The span was 14.7m with a 200m longitudinal radius, a total section depth of 600mm and a clear width of 1.2m between parapets. The FRP bridge deck allows for the installation of a 1.15m high, powder coated, galvanised steel parapet to be installed on the outside end of the deck.

Fig. 12 New Bird Ridding FRP Bridge Details

The outputs from the design process were;

- The maximum deflection under a characteristic live load of 5kN/m² was 34mm, less than span/300.
- The minimum natural frequency was 5.0 Hz, Greater or equal to 5Hz
- All strains were kept below allowable limits under ULS load cases.
- Bolted connections shall accommodate an allowance of at least +/-7mm for thermal expansion.

Manufacturing and Installation

The installed bridge deck weighs 3500kg and the galvanised powder coated steel parapet weighs 1050kg. Access to the remote location meant that installation method needed to be considered, and the lightweight nature of the FRP deck allowed the bridge to be lifted into position using tracked mechanical excavators.

Figure 13 Bird Ridding Bridge – Installation and Completed.

The FRP bridge deck was lifted into place and the handrail installed insitu. A slip resistant surfacing material is applied to the wear surface of the bridge during the manufacturing process.

Martin Richardson
General Manager

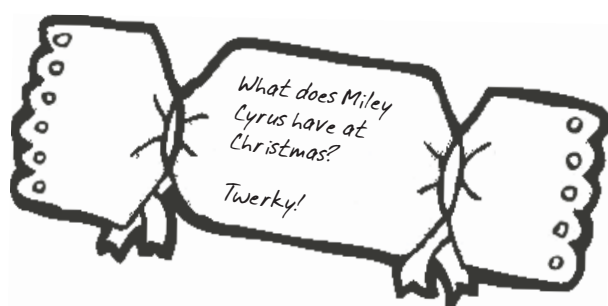


Fig. 11

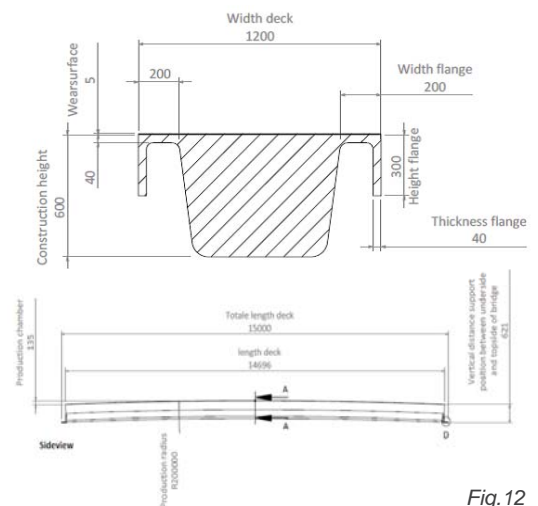


Fig. 12



Fig. 13



Fig. 13

snapshot

Glen Tarbert Power Station

In September and October this year Falkirk took on one of its most challenging projects and Glen Tarbert in the West Highlands.

This project is located near Strontian on the Ardnamurchan Peninsular to the west of Fort William. Access to the site is not easy and involves crossing Loch Linnhe on the Corran Ferry then heading into the hills towards Strontian. Once at Strontian the site is then accessed by an unmade very steep road which can only be accessed by Land Rover or tracked vehicle.

CRL were employed by RWE to install a new penstock through this small dam and to add a new face to the dam to improve the integrity of the structure.

One of the key aspects of this project was controlling the river water that collects behind this dam. This was done using multiple 6" pumps set up on the upstream side of the dam and pumping the water over the dam and discharging downstream. These pumps worked well in normal conditions but when it rained all works had to be abandoned until the water subsided.

At the start of the project our plans were to core through the dam and install the penstock and then shutter the face of the dam ready for the concrete. Once the formwork was in place a helicopter would be used to carry the concrete from the road to the dam.

We were all looking forward to this pour and needless to say, had our photographer on standby to get some great shots of the helicopter at work.

One of the first things we had to do was to remove all of the loose material from the face of the dam to allow the shutters to go all the way to the base of the structure. When we completed this excavation we found to our surprise that the dam had no foundation and that significant quantities of water were passing under the dam. This discovery was

very concerning as water passing anywhere through a dam structure can lead to weakening and possible failure of the structure.

We reported these findings to our client and a decision was taken that we would no longer be able to simply pour a new face onto the dam and the first thing we would need to do was to stop the water passing under the dam and create a new foundation for the new dam face.

Much to our disappointment this meant no helicopter and the photographer was cancelled.

After much discussion CRL came up with a novel solution to this problem where we used spray concrete to fill all of the voids under the dam and create a foundation for the new dam face. Once this had been completed we fixed mesh to the face of the dam and sprayed a new face onto the dam.

Using spray concrete allowed us to work in this remote location as all of the bagged materials could be carried to the worksite using our tracked dumper and as you only need to mix what you need we could reform the dam face in sections to suit our works programme.

This was the first time our client had seen spray concrete and he was most impressed with the quality and versatility of this repair technique and given that they have numerous small dam structures similar to this throughout the country, he sees this as an excellent solution for other future projects.

The project was completed at the end of October and all flows were returned to power generation on the date expected. We had a happy client suitably converted to the benefits of spray concrete for repairs in remote locations.

*Murray Soutar
Regional Manager*



New dam face ready to spray



Pumps working hard



The finishing touches



Replacing the stone rip-rap

snapshot

Kilmahew St. Peters (Cardross Seminary)

I make no apologies for liking concrete and, occasionally, my job. We generally look at 'crapcrete', with all the usual and accurate derogatory comment (from others, of course). The buildings at Kilmahew St. Peter's, described architecturally as 'brutalist', illustrate what can be, although thankfully for our sustainability only rarely, achieved with concrete.

A Gillespie, Kidd and Coia designed Seminary College in Cardross, 18 miles West of Glasgow. Opened in 1966 but abandoned in the late 1980's when it became a focus for vandals who, together with the ravages of time and exposure, reduced the three buildings to ruins.

The buildings are now category A protected, including some of the graffiti on the walls, and on the World Monument Fund's watch list of the 100 most endangered buildings.

CRL Surveys, working with Conisbee, Avanti Architects and The Archdiocese of Glasgow, were involved in 2007, undertaking some limited testing on the derelict and overgrown site, including assessments of concrete material condition and assessments of the pre-cast, exposed aggregate cladding panel fixing details. We were subsequently asked and are now on the cleared site to undertake more extensive testing, with CRL involved with trial removals of at least some of the 'poorer quality' (profane and obscene) graffiti.

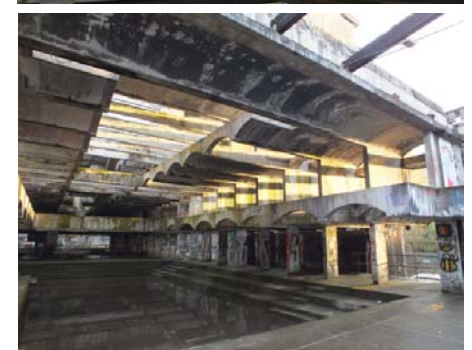
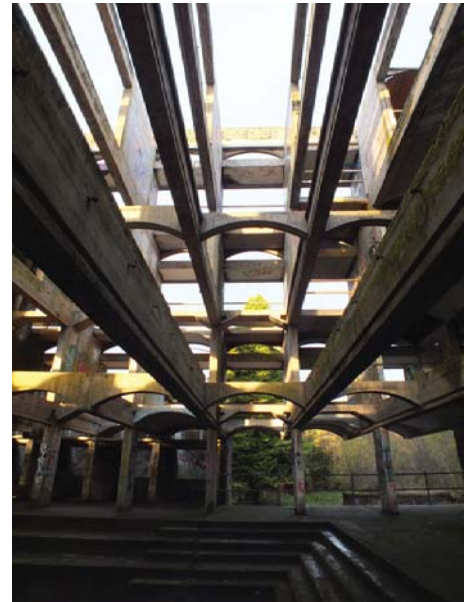
Certainly not to everyone's taste, but occasionally we have the pleasure of working on something special, and regardless of the who's, whys and what for, we can take pride in an albeit small part we play in helping to save a building worthy of saving.

The Main and Convent buildings with their pre-cast panels are perhaps not of particular interest to us, we come across many similar buildings, they just look incongruous in this setting. However, the now open, in-situ, board-marked framework of the Main Building indicate the detail with which the buildings were both designed AND constructed. Considering the dereliction, the in-situ concrete is almost pristine (sorry Murray) with the board-marking, a repeating feature in other areas, revealing thought, care and attention to the finish. The external elevations of the Teaching Block are particularly impressive, having been cast with inset panels of board-marked in-situ concrete, with the board-marking criss-crossed. This detail is made even better, by the deviation it forces on the surface water run-off and the resultant staining / patina. The teaching Block also includes an amazing, large, concrete staircase, which springs up and down from a central pair of columns, without touching either the floors above or below.

Again, not to everyone's taste, but the graffiti, at least in some locations, is spectacular and has taken time and effort to craft.

A short video:
<http://nva.org.uk/artwork/kilmahew-st-peters/>

*Simon Bladon
Survey Manager*



Main Frame (3 photos above)



Graffiti



Teaching block board marking



Teaching block staircase



What is the best Christmas present in the world?
A broken drum, you just can't beat it!

snapshot

Equilux - various projects

Swan Lane West Bromwich.

Refurbishment of offices and warehouse for National Grid.

Project Value £ 196,000- 10 week programme. Design and Build.

This project involved a back to shell strip out then installation of new electrical services, small power, lighting, emergency lighting, external lighting and Fire Alarm.

New mechanical services were also installed including a new water supply to the site and new washroom and WC services and staff welfare area.

Equilux installed a new air-conditioning and ventilation services to offices and WC areas.

Guildford Borough Council – Car Park lighting replacement.

£206,000

Equilux are currently replacing all of the existing lighting at 5 MSCP's in Guildford for modern and efficient LED lighting.

The first car park at Farnham Road has now been completed with the next due to start in January. Equilux also provides a maintenance and call out services to Guildford Borough Council for the duration of this project.

Tandridge District Council

£60k

Equilux has recently been appointed as the term maintenance contractor to provide electrical services to the council housing stock and associated property.

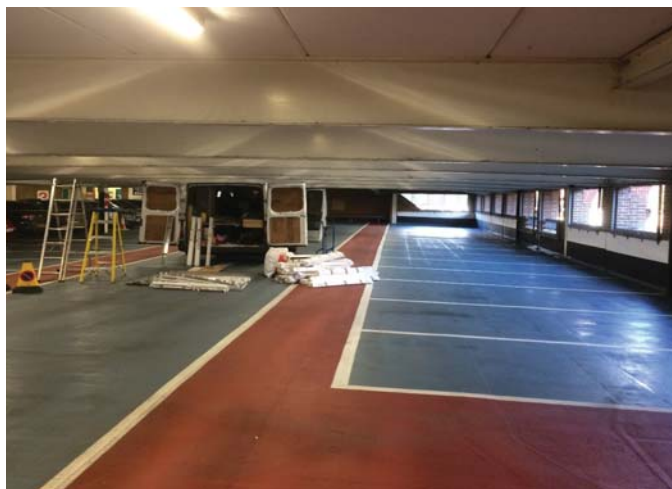
*Barry Danielson
General Manager*



Left: Swan Lane Before

Below: Swan Lane After

Below Right: Guildford Borough Council MSCP



CRL Safety Days

In November CRL carried out 'safety days' at Chesterfield and Falkirk. The sessions were held at local venues and were attended by all regional employees.

During the events presentations were given by CRL staff and included topics such as health, safety environment and quality. Presentations were also given on current tendering opportunities, forthcoming contracts and past projects highlighting the positive and negative experiences and lessons learnt.

The attendees all played their part in the annual objectives by completing a health, safety and environmental culture survey.

CRL would like to thank the presenters and attendees who all helped to make the events enjoyable, interesting, informative & interactive.

Further 'safety days' at Mitcham, Bristol and Kenilworth are being planned for 2017.

*Nigel Roper
Group Safety Advisor*

snapshot

Coronation Parade Project *progressing well*

In February this year CRL Mitcham were awarded the contract to repair the spalling concrete and install a cathodic protection system to the Coronation Parade promenade/breakwater in Folkestone.

This is the second such breakwater to be built on this site (the first being built in 1920). The current structure was built in the 1930's and is enjoyed by thousands of locals and tourists to this day...the arches provide a great picnic area and shelter from the wind and sun (we should be so lucky!)...and those who wish to stay away from the sand and sea can have a relaxing stroll along the upper walkway.

The structure consists of a series of concrete arches and a promenade with a retaining wall to the rear. It's primary purpose is to stop the cliff from eroding and protects a significant number of homes and businesses. The breakwater also acts as a roadway which allows vehicles access to carry out maintenance and emergency repair work to the sub-station at the end of the promenade.

All things being considered the breakwater has stood up remarkably well to the harsh conditions it is subjected to, however, as can be seen from the photos it is now sorely in need of some TLC! CRL Mitcham are proud to have won this contract under some fierce competition from our competitors and to be working with Shepway District Council to return this iconic 1930's structure back to its former glory.

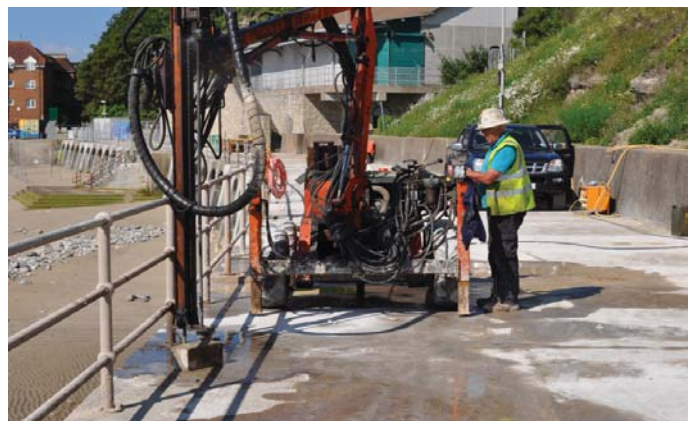
The contract, which was initially awarded at £2,0 mil began on the 23rd May and has a programme duration of 35 weeks. Unfortunately this has now taken us into the winter months which is making working conditions extremely difficult, - if not impossible at times! However with careful planning in the early stages of the contract we are now able to work on the top of the promenade when the conditions are too bad to work inside the arches.

Two innovative techniques are being used on this contract. The first is the extensive use of large drilling rigs to form the holes in which to install the CP anodes. The depth of these holes varies between 200mm and 2,8m (7000 no. in total) and the use of the rigs have substantially reduced our liability with regards Hand Arm Vibration. The use of these diamond tipped drill bits is not only cheaper than diamond coring the holes, but also a lot quicker than normal percussion drilling. The second technique entailed the use of hydrodem robots. The use of these robots not only again reduced our exposure to Hand Arm Vibration, but also allowed work to continue from the promenade deck when the tide was in thus ensuring continuity of work for the hydrodem crews.

The amount of repairs that need to be carried out has also increased substantially and the final contract value now stands closer to £3,0 mil with no increase in programme time! With the increase in repair quantities it is thought that this is the largest concrete repair contract in terms of volume that CRL has ever carried out!

The works consist mainly of marine management, winter working, tidal working, extensive sympathetic structural repairs and the installation of an impressed current cathodic protection system.

Mike Balletta
Infrastructure Manager



group gossip

Trek to Everest Base Camp

Mike Balletta (Infrastructure Manager CRL MIT) has recently returned from Nepal where he trekked to Everest Base Camp.

This is what he had to say:-

'I have always been fascinated by Mount Everest and so after talking about it for years, when my wife said why don't I trek to Everest Base Camp I jumped at the chance.

My journey started off with a flight to Istanbul then on to Kathmandu. After spending a day sightseeing in Kathmandu we caught a small plane to the town of Lukla where the trek was to start. Lukla, the gateway to Mount Everest, is also well known for having one of the world's most dangerous airports. Thankfully we landed safely and after meeting our guide and sherpa (porter) and a quick cup of coffee at one of the lodges we began our trek.

The first day was easy as we trekked down from Lukla (2,886m) to a little village called Phakding (2,610m) where we stayed the night. Unfortunately the next 10 days were to be a lot harder! From Phakding we settled into a routine of waking early, packing our bags and after a hearty breakfast (you need it to keep walking all day!) we headed off to the next village. Our next stop was Namche Bazaar (3,440m) which could be termed the 'capital' of the SoluKhumbu district. It is the largest of the villages in the region and the last place to do any real shopping. We spent two nights in Namche to aid with the acclimatization process, and on our second day (which was supposed to be a rest and acclimatisation day!) we trekked up to the Everest View Hotel (the highest placed hotel in the world!) for our first real sight of Everest. What they didn't tell us was that the hotel was 520m higher than where we were staying in Namche Bazaar!

From Namche we trekked to a village called Tyangbouche (3,867m) and after staying the night moved on to Dingbouche (4,260m) where we again spent two nights and a 'rest and acclimatisation' day. Again on our rest day we were required to climb to an altitude at least 500m above where we stayed the previous night to aid with the acclimatisation process, so unfortunately not much chance to rest!. At this point we were now 'above the tree-line' as our guide pointed out and were susceptible to Acute Mountain Sickness (AMS).

After leaving Dingbouche we made our way to Lobuche (4,930m) and our first glimpses of the famous Khumbu Glacier which starts at the base of Mount Everest and Lhotse. At this stage we knew we were getting close, - mountains that had been in the far distance for the last few days were now right ontop of us in all their splendour!

The following day we were up really early as we had to trek to Gorak Shep (5,164m) have lunch and also get to Base Camp (5,380m). After 7 hours of trekking we finally arrived at Base Camp. I can honestly say this was one of the hardest days of my life and you just have to keep pushing yourself to keep going. With an oxygen level of only 50% of that at sea level, it becomes really difficult to keep moving, especially when you are climbing! Your head pounds, you battle to catch your breath and your legs feel like rubber. That evening we stayed at Gorak Shep (the worlds highest permanently inhabited settlement) and to top it all were struck by a magnitude 5.7 earthquake tremor. Quite frightening when the building starts to shake at 3.00am when you are trying to sleep!

The next day started our journey back down and although we had all thoroughly enjoyed the trek up, we were all looking forward

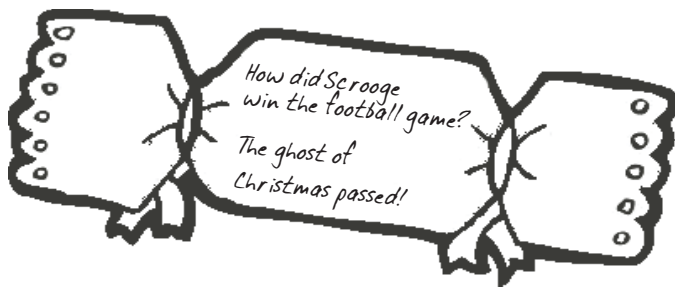
to getting back to Katmandu, a hot shower and some 'decent' food. The only problem was that it had taken us 8 days to get up to Base Camp from Lukla, and we now had to get down in 3! This necessitated trekking over 22km a day over some really rough and mountainous terrain and by the time we reached Lukla again I think we were all really glad the walking was over.

After staying overnight in Lukla we caught the first flight out to Khatmandu and back to all the things we had missed for the last 11 days. I can truly say it was an adventure and an experience I will remember for ever.'



group gossip

CRL SPONSORS New Road Under 8s Football Team



Congratulations
to Karen Cummins (Centura) and husband Rob,
on the birth of their handsome baby boy
Dylan Robert Cummins born 11th December
weighing 8lb 2oz.

Thank You

Lyndsey, Stefan and their Grandson Teddy would like to thank the CRL Directors for their kind donation to the School for Parents Charity Casino Night held on Friday 25th November we would also like to thank all CRL Employees who bought raffle tickets and a big thanks to Gavin Lyons from CRL Surveys who gave up his Friday night to DJ (Free of Charge) at the event..

Total Funds raised £4000.00

Our Grandson Teddy was born on 20th September 2014, he was born early and suffered a massive brain haemorrhage. Teddy attends the School for Parents in Nottingham which helps children with motor learning difficulties or motor development delay caused by damage to the part of the brain that controls movement.

They encourage children to develop basic motor, sensory and self-help skills such as sitting, standing, touching, listening, looking, eating and playing. Parents learn alongside their son or daughter, and are provided with information, practical and emotional support.

Their early intervention support gives disabled children the opportunity to gain the confidence, key skills and quality of life that many non-disabled people take for granted.

School for Parents enables disabled children and empowers parents.
www.schoolforparents.org



Thank you for helping
School for Parents Nottingham
Teddy Nutt (Aged 2)