

## The Great BCS Bake Off

We may not have had a tent, bunting and Sue Perkins providing a running commentary, but the 20 cakes and biscuits that were entered into our Great BCS Bake Off, in April, would certainly have made Paul Hollywood and Mary Berry proud.

**BUT WHOSE SPONGE** was light as a feather? Whose rise was the most impressive? Who delivered a flavour sensation, as well as a showstopper? The answers are Alex Dillon (London), with his Dime Bar Cheese Cake and Pete Champion (Peterborough) for his spectacular carrot cake!

With donations on the day and pre orders for BCS Bake Off Books, containing all the recipes entered into the event, we have so far raised £215 for our two charities. Thank you to everyone who baked, ate, voted or who watched their waistslines and simply donated. The good news is that not only will we be repeating the challenge later on in the year; you can still order your copy of the unique BCS Bake Off Book by emailing BCS\_CSR.



## THE BIG BUCKET SHAKE

Fundraising Success for Friendship Works.



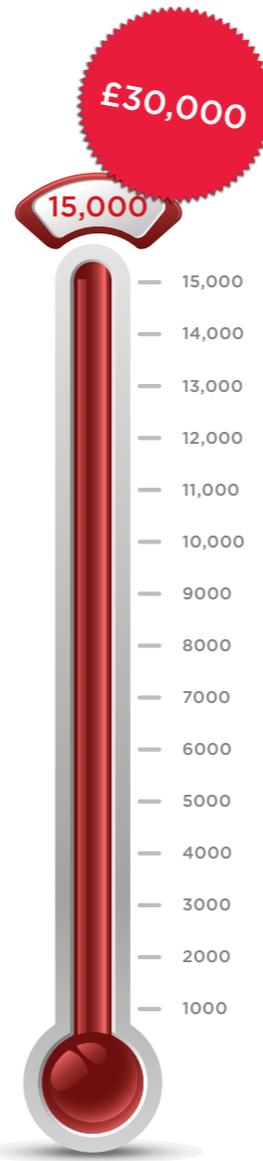
**ON 15TH MAY** at Holborn Tube, Simon Coleman, Donna Hendry, Amanda Simpson, Adrian Somerville, Paul Irwin, Mat Wills, Andy Smyth, Kate Robinson, Hitesh Parmar and Alastair Hegarty gave up their time to encourage the travelling public to donate spare change for a good cause.

With the addition of 20% Gift Aid, the team raised a staggering £1,294.34, surpassing last year's effort.

Well done and many thanks for all of your support!

## You smashed it!

Well done, we've hit our target of raising £15,000 for charity this year (we even exceeded it a little). The Company is, once again, matching your commitment which takes the grand total to just over £30,000!!!!



## CYCLING SHORTS, SAILOR HATS, A BUTTON AND SOME FLUFF

Simon Coleman sums up our fundraising day's achievements.

**ON THE 7TH** August, 13 brave BCS souls donned their purple and white Friendship Works t-shirts (and, in some cases cycling gear and sailor caps - I know!?!), picked up their collection boxes and proudly started making some noise at Bank Underground Station to raise money for Friendship Works.

I am very pleased to report that the day was a resounding success, raising a grand total of £729.16 plus a button, some fluff and a few telephone numbers! Thanks to everyone who took part: Adrian Lee, Alastair Hegarty, Amanda Simpson, Amy Parekh, Ben Nadel, Ben Poulton, Chris McMeekin, Kate Robinson, Mark Androsiak, Matt Howard, Rob Crewdson and Stephen Williams.

The next morning, I gave all of my spare change to the Help for Heroes collectors at Old Street station. I realised then, that while the day was a great experience, it would also be a costly one, as I don't think I will ever again be able to shuffle past a collection box without emptying my pockets!



## THE HEAT WAS ON AT THIS YEAR'S JP MORGAN RUN

**FIRST AND FOREMOST**, we'd like to say a huge 'thank you' to everyone who took part in this year's JP Morgan Run. Despite soaring temperatures, in boiling hot sunshine, our team still turned out in force to run their way round a 5.6km route in Battersea Park. The post-run beers and burgers were certainly well earned, especially as the event raised over £300.

## A trying triathlon

Another hot day tests five hardy BCSers at the Bananaman Triathlon 2013.



**KATE ROBINSON**, Ben Mason, Faye Raw, Niall Lehane and Helen Laybourn all shone in the blazing sunshine at this year's Bananaman Triathlon. Ben and Niall bravely under took the 'Bananafitter' and managed to do extremely well, posting impressive times. Ben also donned his now infamous 'bananaman suit' for the final leg much to everyone's amusement! Kate, Helen and Faye were doing it for the girls and also completed their relay team triathlon with a good time.

Well done everyone for raising over £600.

## The BCS six complete the first ever Ride London 100

Commentary by Krishen Shamasani.

**"THE DAY BEGAN** early for all of us and it was a surreal experience riding to the Olympic Park and seeing bikes converging from every side. As our team, including Ben Nadel, Ben Poulton, Gavin O'Rourke, Marc Rinagl, Rob Crewdson and myself duly shuffled into our start pen, we were all excited by the challenge ahead.

We had a good group ride for the first 30 miles or so, with our six BCS jerseys riding in two disciplined columns, before making our first refuelling stop at Hampton Court. After the next 45 mile stretch to Weybridge, we were soon into Surrey 'proper' and that meant we were nearing the Surrey Hills, three of which featured in the ride.

Newlands corner was the first. It wasn't too bad a climb, but it certainly felt tough for me after 60-odd miles of cycling and I was glad to catch up with the BCS front runners for a break at the summit, before setting off again.

After another stretch of undulating miles there was a hard left into the bottom of Leith Hill. For those of you who didn't see it on the TV, it's a single lane road resembling a funnel, with high banks and, critically, a sharp incline stretching ahead of you. With minimal overtaking and a degree of encouragement from those who were finding the climb easier and only a few pushers (of bikes, not amphetamines), I'm pleased to say that, as I reached the top, I caught up with our front four, before we all began the descent.

And what a descent! The pros went down at speeds of greater than 50mph, however, I was content with just under 40mph. To be honest, it was a bit nerve

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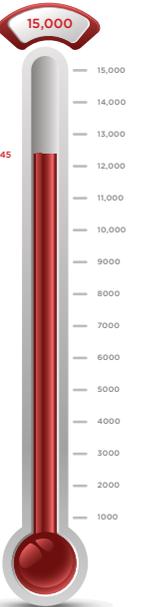
racking with dropped pumps, water bottles and post-financial crisis pot holes littering the route.

Next came Box Hill - a well-known challenge for cyclists in Surrey, even before the 2012 Olympics highlighted it to the nation and the World. Luckily, it is considerably 'simpler' than Leith Hill. For one thing it has new tarmac; it also has a relatively constant gradient. About half way up, Gavin called me (from the Box Hill summit) and I was elated to be able to take the call as I climbed and arranged to meet the front four for a photo opportunity at the top.

Around that point was when I really lost the front four and I didn't see them until the end. My aim was to finish and to be able to report that to my sponsors. The rest of the ride was, therefore, a careful cycle, punctuated by a fantastic three minutes as I stopped at Kingston to see Helen (my wife), Annabel (nearly 6), Laura (4.5) and my mum, all standing at the bottom of my parents' road.

Finally, the last half mile arrived, a ride into Fall Wall and a real feeling of achievement. I'm sure, was felt by each of us at that point. As well as being a fantastic day that we'll all remember, we managed to smash our target and raised a staggering £4,397.12.

Well done the BCS six!"



## Donate the Difference

Will Hartshorn inspired people to fundraise, without asking for sponsorship.

**WILL HARTSHORN** WAS the leading light behind the recent 'Donate the Difference' campaign that saw eight BCSers commit to reducing their spending for a week and donating the difference saved (compared with an average week) to Friendship Works.

Will hopes that next year the concept gets even more support. He says, "I realised how I could give a lot to charity by being more careful with my spending. I can't honestly say I noticed a significant difference by



switching from buying coffee to using the vending machine and bringing in my own lunch."

Thank you to everyone who took part in this unique event which raised over £750 for Friendship Works.

## WATER, WATER, EVERYWHERE!

There's nothing like a 10km swim in December, according to Michael Cribbin.



**BACK IN DECEMBER**, Michael Cribbin and Helen Laybourn swam 10km at the London Fields lido, raising over £800 for Friendship Works in the process.

Michael explains, "It was an amazing experience which I enjoyed a lot more than I expected. With so long to perfect my stroke and technique (3 hours 25 minutes), the final kilometre actually felt the smoothest. The next day, my shoulders and arms felt destroyed and I couldn't stop sneezing due to all the chlorine!"

Well done both of you.

## The Great BCS Bake Off

**THE ART OF** baking returned to BCS at the end of April, in the shape of the BCS Bake Off. This year's theme was 'Banking and Finance' and volunteering bakers not only had to come up with tasty offerings, but also provide a name for their creations.

A big thank you to everyone who took part in this year's competition. At the final bite, Jon Digby came out victorious in London with his Gingerbread Banker's Ginger Chocolate Cake and Nick Page (coin shaped scones, aka 'scoins') and Carriann Aprigliano (Pie Chart Cheesecake), tied for 1st place in Peterborough.



BELOW: Scoins, Nick Page



ABOVE: Gingerbread Banker's Ginger Chocolate Cake, Jon Digby  
BELOW: Pie Chart Cheesecake, Carriann Aprigliano

## HR gets dirty

Philippa Rees and Jane Dickinson take part in The Rat Race Dirty Weekender, 10th May, Burghley.

**THANKFULLY** Jane and Philippa survived the Rat Race obstacle course, enduring tough, wet and cold conditions to raise £690 for Friendship Works. Well done both of you!