

Shipton W.I. Triathlon

Jam, Jerusalem and Triathlon - not what you would usually associate with the Women's Institute? Well you can now! Back in April, I suggested the possibility of entering the 'WI



TRI' to the ladies of Shipton WI, a show of hands indicated some interest so the gauntlet was down and the challenge began. By the end of September every member completed some or all of the walking or running, cycling and swimming challenges set by the National Federation. All 59 members took part in a variety of ways, although I hasten to add the distances set as a *combined* contribution for each challenge were 50, 20 and 5 miles respectively.

59 Varieties meet the Challenge

'Less is more' was the motto to encourage and enable as many members as possible to take an active part. As well as regular organised walks, where the coffee break was longer than the actual walk, some set off with family or friends to complete their walks in other parts of the country and even further afield in Seattle, Spain and St Petersburg whilst holidaying abroad. One member walked in the Old Prebendal and another around her garden on fine summer days. Thanks to Anne Matthews a recumbent exercise bike (akin to an armchair with pedals) sat in

splendour in my garage and then in my sitting room for anyone to drop in and use to clock up their cycling mileage while others went to a gym or did road cycling. Those wanting to swim

did impressive distances in local pools or with grandchildren whilst on holiday.

640 Miles by Various Means

The aim of the challenge was 'motivation.', this certainly inspired the members, as after a slow start in late spring, between us all we clocked up 538 miles walking/running, 82.5 miles cycling and 19.75 miles swimming, very remarkable for a group of amazing ladies? What fun we had and a huge 'well done' to everyone for their enthusiasm. We should soon know if we qualify for entry to the NFWI Elizabeth Bell Cup which will be awarded to the WI nationwide with the highest percentage of participants in all three disciplines - watch this space. If you are interested in coming along to Shipton WI the meetings are on the **second Thursday of each month at 7.30pm in the New Beaconsfield Hall.**

You now know it's rather more interesting than just Jam and Jerusalem!

Jennifer Leyland

Stop Press Shipton WI are now the County champions for WI-TRI and go through to the national finals. Well done!

Thanks to David

A BIG thanks to David Trollope, Roving Photographer extraordinaire, for stepping into the breach after our own Alan Vickers was taken ill.