

## Capital Region

The founder of the Olympics, Baron Pierre de Coubertin, once said: “The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well.”

Capital did not win the Inter-Regional Bowling Competition, held in Lowestoft in April, but we tried very hard. Like top-notch football teams, injuries and illness plagued us in the weeks before the event and some of our star players were not available. The overall scores for the four teams involved were Broadlands 2,511, Essex 2,362, Kent 2,098 and Capital 2,066. Well done to Broadlands.

Individually, we featured in the top scores for Men and Ladies, so well bowled Yetti, Nigel and Hilary. The highest scores over the two games for the Men were Brian 280 (Broadlands), Yetti 247, Mike 246 (Essex) and Nigel 237. For the Ladies, it was tops for Linda E 278 (Essex), then Shirley 258 (Broadlands) and Hilary 220.



*Inter-Regional Bowlers*

Thanks go to all who played and supported us on the day especially to Jane from Joe’s work, Barry’s Auntie who stepped in at the last moment and to Nigel and Hilary for organising the venue. Capital did win one medal thanks to Dani as the most improved bowler.



*Dani's Medal Winning Style*

It was all great fun including the social get-together and raffle on Saturday evening. Broadlands will be hosting the Competition next year.

A number of Capital members ventured out to the Hunstanton Light Parade in March and it was good to see Richard and Carol come over from Spain for the event.



My thanks go to Adrian who has sent in his own personal report on the weekend.

“It was my first trip to the Light Parade at Hunstanton. It was very enjoyable all round but was made especially enjoyable by the lovely hospitality given to myself and Barry by Carol and Richard. We had nowhere to stay but Carol and Richard kindly offered us a room in the lodge they had rented. On our arrival, Carol treated us to a full English which was fantastic and she even cooked for us in the evening. We were treated like kings. I would like to say a big thank you and I know Barry feels the same.”

“It was also nice to spend time with the rest of the gang. The bikes were displayed on the promenade green on Saturday afternoon for the public to view. It was a very wet, sloping field and I soon found out how wet when moving off. I had too much throttle, back wheel came round, and big bluey and I had a lie down together on the grass. No damage except that I felt the biggest wally getting it so wrong in front of so many people. My thanks to everyone who helped me get the rubber right-side down.”

“The Light Parade went well and I thought it was very well marshalled, and the public came out in force to enjoy the whole spectacle.”

Here’s a photo of Adrian’s 1800 on display before he started to hum Simon & Garfunkel’s song ‘Slip Slidin’ Away’.



*The Wet Grass of Hunstanton*

Rocky celebrated his 60th birthday at our Mole Night on 4<sup>th</sup> April. Sporting a pair of new eye lenses - some joked that he had visited Specsavers in his lunch hour to get a two-for-one deal - he drew out the raffle tickets and informed everyone that there had been heavy snow falls in the area of Switzerland they will be visiting in July. Maybe a good idea to pack the snow shovel then.



*Rocky celebrates his 60th*

We all enjoyed the Rocky Road Cakes and the raffle prizes which included Easter eggs and Easter shaped pasta (bunnies, chicks and eggs). Another joker asked: “What’s the definition of a diabetic cake?” “Don’t swallow.”

We’ve had a few poorly Moles of late due to illness and injury, so we wish Alison, Jo and Johnny speedy recoveries and look forward to seeing them out on their Gold Wings very soon.

Diary date: Capital AGM on Saturday 1<sup>st</sup> June 2019 at The Woodbine.

Happy traveling to you all.

Miss (Helen) Whiplash