

# The Notley Review 2018

Last year ended with the four of us on holiday in Senegal with *Liz et famille* – it's the first time we've spent Christmas together in six years. Liz laid on all sorts of trips and adventures for us, including the camel ride! We had an absolutely fantastic time. *[Trip Advisor: "Highly recommended – 5 stars!"]*



Adam is still working for the AA, but in September he moved from Leamington to Edgbaston to cut down his daily commute. Running remains his top priority. This year was his first entry in the London Marathon – the unseasonably hot April weather scuppered his chances of a personal best, but it was great for his supporters.

In July he ran a 55 km 'ultra' in the Lake District; in August he completed his first triathlon; and in October he ran the Amsterdam Marathon – conditions were a little better here, and he finished in under 2:50 hours. *[Mo Farah: "Wait for me!"]*



Mark is now in his final year at East 15 in Southend-on-Sea. We've seen him perform a few times over the year. Here, he's playing Mamaev in a very entertaining interpretation of 'Too Clever By Half' by Ostrovsky.

In August, he made his (near) West End debut in 'Feel The Fear' at The Cockpit theatre, as part of the Camden Fringe Festival – an amazing piece of

physical theatre, devised and performed by Project Lockout, the theatre company Mark has formed with four of his fellow students. We even managed to drag along some family and friends for a great night out.

*[Time Out: "Exhilarating theatre!"]*

Very sadly, at the end of February Laura's brother, Robert suddenly passed away. Having re-evaluated her priorities, Laura left Hays after 15 years in June. She re-joined the workforce a few weeks ago, on a temporary contract at McLaren's: test driving next season's F1 car.

Meanwhile, I'm still at Dell after 12 and a half years.





In July, we had a short two-stop vacation in Copenhagen and Malmö. We'd done our homework, watching the first two seasons of The Bridge, and we were ready for a bit of Scandi noir. Instead we arrived in their



hottest summer for 25 years – I even went for a swim in the Baltic. We loved both cities, particularly Copenhagen, and I'm sure we'll be back at some point. *[Hans Christian Andersen: "Wonderful, wonderful!"]*

Despite some great trips in 2017, we really missed our annual walking holiday with Peter and Rachel, so we were delighted to reinstate it to the calendar. This year's destination was the Zagori region of northern Greece.

The Vikos Gorge – the deepest in the world, according to the Guinness Book

of Records – was spectacular, and we saw it from almost every angle. We stayed in some lovely guest houses along our five day walking route, though Laura was less keen on our night in the bunk room at the Astraka Refuge, almost 2000 m up into the mountains. *[National Geographic: "Absolutely breath-taking!"]*

From Greece, we headed to Dubrovnik in Croatia, supposedly for some R&R! We stayed in a fantastic apartment, high above the old town – we walked the 365 steps, down and back up again, once or twice each day. To rest our legs on one day, we kayaked the 7 km from the old town around Lokrum Island. We also took a day trip to Mostar in Bosnia and Herzegovina, but none of us dived from the Stari Most bridge. *[Westeros Weekly: "Reminds me of King's Landing!"]*

Final score for the fortnight: 125 miles walked and 1,500 floors climbed.



And finally, we hope that 2018 has been good to you. We wish you a very Merry Christmas and a Happy New Year, and we look forward to seeing you in 2019!



*With love,  
Richard, Laura,  
Adam and Mark*

*xxx*

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