

## **ABSEILING OFF THE LLOYDS BUILDING** **- FOR THE LORD MAYORS APPEAL**

I decided to do the abseil only a few days before, so had little time to worry but... on arriving early, I watched, and wondered what I'd got myself into! One hour later, we'd completed a brief training session, where probably the key instruction was 'relax and smile'!



It seemed, we'd all abseiled a bit before, but for my part a limited rock face and tall tree didn't bear much similarity to the almost 300' we were about to launch ourselves from. Kitted out in hard hat and big gloves (usefully marked L and R) we moved to the roof and queued for an hour squeezed between the various pipes and ducts pipe of the 'inside out building' as the Lloyds Building is also known.

While we waited, conversation included horror stories of other ego/adrenaline driven challenges - fortunately the view towards the river was distracting - with Gherkin to left, Shard to right and Cheese Grater under construction adjacent.

My initial concern about kicking a hole in the glass was short lived and with dubious technique I twirled my way down.

Very many thanks to all the sponsors for their very generous financial support and words of encouragement! The Lord Mayors Appeal has benefitted by £1000.

