

ABSEILING OFF THE LLOYDS BUILDING
- FOR THE LORD MAYORS APPEAL



...d to do the abseil a few days before, so had little time to worry.

...early and watched, wondering what I'd decided to do this for. One hour
...e had a brief training session, where probably the key instruction was 'relax
...le'! It seemed, we'd all abseiled a bit before, but for my part a limited rock
...d tall tree didn't bear much similarity to the almost 300' we were about to
...ourselves from.

...ut in hard hat and big gloves (usefully marked L and R) we moved to the
...d queued for an hour squeezed between the various pipes and ducts pipe
...inside out building' as the Lloyds Building is also known.

...ve waited, conversation included horror stories of other ego/adrenaline
...hallenges - fortunately the view towards the river was distracting - with
...to left, Shard to right and Cheese Grater under construction adjacent. We
...empty pockets of cameras, phones, etc so sorry, no pics.

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
just under £1000.

