

**Overton  
Harriers**



**&  
Athletic Club**

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March 2011 Issue 403

Visit us on our Web Site at [www.overtonharriers.org.uk](http://www.overtonharriers.org.uk)

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April	3 <sup>rd</sup>	<b>Combe Gibbet 16 miles MT</b>
	10 <sup>th</sup>	Brighton Marathon      Houghton 11k MT
	14 <sup>th</sup>	<b>AGM</b>
	16 <sup>th</sup>	<b>Hurstbourne 5 miles</b>
	17 <sup>th</sup>	<b>London Marathon</b>
	22 <sup>nd</sup>	Maidenhead 10 mile
	23 <sup>rd</sup>	Compton 20 / 40 mile MT
	30 <sup>th</sup>	<b>Southern Athletics T&amp;F League</b>

*Also remember the Park Run 5k's at the War Memorial Park, Basingstoke on Saturday mornings.*

### **FRANNY'S BITS**

I have received 2 complaints regarding inaccuracies in two of last month's reports and my sincere apologies go to Steve & Andy for this, one was down to me and another was down to someone else whose name is not Piers.

I do realise that your comments are partly tongue in cheek.....I hope.... but sadly the newsletter does not just appear by magic and quite a few hours work goes into it. Any assistance from club members by forwarding race reports is a great help and very much appreciated. It also gives more variety and makes for more interesting reading. This month is a big edition and thanks to all who have sent in reports, especially those who have not done so before.

The men's team picked up excellent league points at Salisbury and currently lay mid table in division 1 and with the B team also completing a team they stay just above the drop zone. The ladies have been struggling to put teams out and have sadly slipped down the table and are now facing possible relegation. This can be easily rectified with good turnouts at Alton & Netley in May. Please sign the entry sheets on the notice board and finish the season with a flourish. Don't forget there will be a club BBQ after the Netley Race.

Congratulations to Moira who won the Veteran Lady Sportswoman Prize at the recent Basingstoke & District Annual Awards Presentation. She is due back from Portugal later this month and is looking forward to the forthcoming track season.

## **TRAINING WEEK 2011**

*from Richard Francis*

*Despite several requests no one has come forward so here is my waffle on the training weekend.*

About 30 adults and a dozen children descended on Weybourne for the club's annual training weekend with almost a 50 / 50 split between the weekenders and those staying the full week. Some of us were using the trip as a steady return from injuries while others were obviously there for multiple miles at high speed. The Friday evening run saw the 2 Richards checking out the 5 mile route, this was ample for Franny but Mr Clifford insisted on a loop of the relay route (just to make sure it had not disappeared since the recce trip in November). The two Richards' finished, one very chipper, the other a gasping wreck. I will leave it to you to work out which was which.

The Saturday run was more crowded as the new arrivals went out on the same loop, while Clare completed her first training run for several months of injury woes. Everyone seemed happy with the running conditions and a good meal at the local pub was enjoyed by all with most grabbing a second helping. The Sunday morning saw the early birds setting out for a long walk closely followed to the beach by the main pack of runners who soon split up into groups along the shingle. This was a well planned run with numerous cut offs to allow distances between 5 and 16 miles. The terrain covered everything from road, shingle, muddy track, sandy track, dirt & grass and anyone who thought that Norfolk was flat soon learnt otherwise.

After everyone had worked up a good appetite we drove to Well Next to the Sea for a very enjoyable meal, Neil enjoyed it so much that he had it again that evening !! but this was the only down side over the weekend. Piers displayed his culinary skills that evening with an excellent buffet where team selections for the following morning's relays took place with certain runners coming out with their excuses in anticipation of their forthcoming bad runs.

The relays were a great success for some as Lee captained his team to victory and set the inaugural lap record which he promptly equalled on the next lap. On the jog back Richard Clifford was heard to say "I still hold the lap record at Bideford", a phrase he repeated several times over the next few days. The following morning saw a final run before the weekenders started making their way home, some taking things that did not belong to them.....John Hoare, and some without things that did belong to them..... John Hoare. At least he made sure Monique was in the car before he set off.

The remaining days were spent with families taking excursions with the kids while the single people among us took excursions to the pub. There is quite a lot to see & do in the area and no one seemed to suffer with boredom, although two days with a circling Apache attack helicopter overhead did fray a few nerves. I managed to chill out with 2 days beach fishing and actually caught something with photographic evidence to prove it. One of the highlights of the trip was the killing Thursday night Rep session with the local North Norfolk Beach Runners. Lee, Richard, Neil, Sean, Kerri & Piers did the club proud and put everything into the session, perhaps that morning's run was not such a good idea lads??? The session was a very well thought out & included Reps in a variety of locations close to their club house in Cromer. I have been looking at several likely spots around the village & hopefully we will attempt a similar session later this spring.

A huge thanks to Richard Clifford for all the work he has put into making this trip so successful. The running routes (planned with the help of Sally, our host and member of the Beach Runners) were the best I can remember since Padstow some years ago. There were numerous loops that catered for runners of all abilities. Having the pub and shop on the doorstep and the beach only a short walk away was simply too much to expect but he managed it. Well done Richard and here's to next year.

**FOXDOWN HANDICAP****10<sup>th</sup> March***from Richard Francis*

Only 5 points covered the top 6 runners in the handicap league before this race so all was set for an interesting race. Keith Vallis was not in the running for league honours but noticeably set off at a fast pace, he kept it going to run out a convincing winner clocking his fastest time since October 2009. Robin took second with a 24 second PB thus improving it in every race this winter. In third place Richard Clifford was another to turn the clock back as he ran his best time since March 2007 and was only 12 seconds above his PB. Martin recorded the second PB (8 sec) of the night in fourth ahead of Lee & John Castelli.

Talking point at the start line was Sean missing his start by 26 seconds, with the handicapper playing by the rules; would this wreck his chances in the league?

Lee was again fastest on the night and ran out a convincing victor in the Time League ahead of Sean who was again second fastest on the night. Richard's fine run gave him third on the night as well as third in the league. The improving Robin and rejuvenated Keith clocked identical times to tie for fourth spot which promises some interesting races between them this Spring.

**And so to the final Handicap placings:**

Robin's ability to stay one step in front of the handicapper saw him sneak in and take the title but he only got the vital point by re-passing Richard on the run in.

If Sean had finished 5 seconds earlier he would have won and been the only person to win the league 3 years in a row had he not missed his start time.

Lee dropped from first to third while Eric took a gallant fourth place after an excellent season with Kerri & Richard tying for 5<sup>th</sup>.

Before the season started some people were suggesting making changes to the handicap system but this year has been the closest ever so as they say, "if it aint busted....."

Many thanks to the two Johns for standing out there on some very cold evenings and also to the odd few who have also stood in. Dates for the Summer League will be posted soon.

Pos.	Runner	Fin. Time	H'Cap	Act. Time	Time Pos.
1	K.VALLIS	29.25	7.06	22.19	=4
2	R.OAKLEY	30.38	8.19	22.19	=4
3	R.CLIFFORD	30.44	9.22	21.22	3
4	M.GROUNDSELL	30.54	6.43	24.11	7
5	L.TOLHURST	31.06	11.01	20.05	1
6	J.CASTELLI	31.27	6.32	24.55	9
7	S.HOLMES	31.31	11.01	20.30	2
8	E.TILBURY	31.35	2.55	28.40	12
9	K.BARTON	31.59	5.19	26.40	11
10	S.McNAIR	32.52	6.40	26.12	10
11	M.BLISS	33.02	10.10	22.52	6
12	N.MARTIN	33.12	8.47	24.25	8
13	D.WICKE	35.58	0.47	35.11	13

## FINAL HANDICAP LEAGUE.

	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
R.OAKLEY	12		2	7	6	2	29
S.HOLMES	7	8	6	3	7	7	30
L.TOLHURST	6	4	5		10	5	30
E.TILBURY	5	6	11	13	3	8	33
K.BARTON		1	7	9	9	9	35
R.CLIFFORD	9		9	6	8	3	35
N.MARTIN	4	3		10	11	12	40
S.McNAIR		11	12	11	12	10	56

## FINAL TIME LEAGUE.

	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
L.TOLHURST	1	1	1		1	1	5
S.HOLMES	2	2	2	1	2	2	9
R.CLIFFORD	5		3	2	3	3	16
N.MARTIN	4	3		5	4	8	24
R.OAKLEY	9		4	6	5	4	28
S.McNAIR		7	8	7	6	10	38
K.BARTON		6	10	9	9	11	45
E.TILBURY	14	9	12	13	13	12	59

## SALISBURY 10 miles

13<sup>th</sup> March

*from Richard Francis*

Perfect weather for fast times made for some excellent performances over a course that was much easier than the previous 10 miler at Ryde. Lee had a super run to reverse the Ryde placings and get one over on Sean in their battle to be the Road Race League top dog.



Richard seemed very happy with his run and came home just in front of Neil who completed the team that finished in a very satisfying 4<sup>th</sup> place. Lee had put out a call to arms to prevent the Men's B team from being relegated and they got off to a great start with Keith and Robin battling it out for first counter. Once more Keith got the upper hand but only by 2 seconds and Robin must be wondering what he has to do to beat his nemesis.

Piers had a funny old run initially running with Kerri but once I caught up with them he was off like a stabbed rat. Dave was close behind Piers and was quite chipper on the way home. I was the most surprised with my run after only 6 hours sleep in the previous 48 but after going off much faster than planned everything just clicked. I just need to do it more often now.

Kerri was first lady home but was a bit below her best while Lucy ran another super run considering it came at the end of a high mileage week.

Karen put in a gutsy performance and ensured we finished a ladies team. She has not raced much recently but her competitive edge was apparent as she pushed herself hard over the final 200 metres to ensure she ducked inside 96 minutes.

<b>Harrier</b>	<b>Gun Time</b>	<b>Position</b>
Lee Tolhurst	56:56	12 <sup>th</sup>
Sean Holmes	57:44	16 <sup>th</sup>
Richard Clifford	1:02:39	58 <sup>th</sup>
Neil Martin	1:03:02	63 <sup>rd</sup>
Keith Vallis	1:06:11	92 <sup>nd</sup> (22 <sup>nd</sup> V40)
Robin Oakley	1:06:13	93 <sup>rd</sup>
Piers Puntan	1:11:23	170 <sup>th</sup> (48 <sup>th</sup> V40)
Dave Titcomb	1:11:45	175 <sup>th</sup> (36 <sup>th</sup> V50)
Richard Francis	1:15:55	229 <sup>th</sup> (48 <sup>th</sup> V50)
Kerri Barton	1:17:15	27 <sup>th</sup> Lady
Lucy Griffiths	1:23:29	49 <sup>th</sup> Lady
Karen Burton	1:35:17	119 <sup>th</sup> Lady (41 <sup>st</sup> V35)

*564 finished*

## **GLOUCESTER 20**

**13<sup>th</sup> March**

*from Steve McNair*

Having been given a club entry for London, this was the first race that I decided would be part of my training calendar. I ran this in 2008 with Ryan Wakefield as part of his London preparations and as a result of the good run decided to take someone else's number and run with him in London.

I remember this as being a fairly flat course of two loops after the first 3 miles so was looking forward to it. When I received the race information I discovered it was not two loops, but three, and now located in a completely different part of Gloucester. It now starts in an industrial estate for the first mile or so, and then goes out into the countryside for around 18 miles, with a shorter run back to the finish.

I started at a sensible pace and soon settled into the first loop. There were a couple of hills on each lap, but nothing drastic, although the second drinks station was missing. I found different people to run alongside for the first two laps, but eventually pulled away.

Feeling good up to 15 miles the last two hills took their toil, so for the final 2 miles I was starting to slow. Much to my surprise the last mile was my quickest at 7.15, but by that time I was just trying to get to the end as soon as possible. A minute slower than last time, but 3 years older.

<b>Harrier</b>	<b>Gun Time</b>	<b>Position</b>
Steve McNair	2'33" 34"	81 <sup>st</sup> (6 <sup>th</sup> V50)

*301 finished*

**BANBURY 15****20<sup>th</sup> March***from Steve McNair*

When I set my training programme the best way I could see of getting my long runs at the right pace was to enter long races as training runs. After the failure at Bramley and the success at Gloucester this was number three.

The instructions stated undulating with hills at 1.25, 2.5, 6 and 11.5 miles and they weren't wrong, but omitted the 'Bastard' of a hill at 8 miles, although it was followed by a very gradual 2 mile decent.

The start was close to the Leisure Centre in a small park with a congested first mile on a narrow path. I decided to play safe and follow the leader, which I did for the whole race. Didn't see him though, but followed him all the way.

The first hill was a ¾ mile climb which I took steady, the second hill was ok, and at 3 miles the long decent was welcome, but knew we had to come back up later.

I was now starting to settle into a comfortable pace, but as previously mentioned the hill just before 8 miles took me by surprise. I can only compare it to Station Hill, and when you are not expecting it's a bit of a shock. Having got over this and the long decent I started to pick up the pace. The last drink station at 10.5 miles indicated the climb back up to the earlier descent.

Those who know me will realise that I no longer look at my watch in races, instead I prefer to run as my body tells me how I feel. Half way up the hill the device being carried by the runner I was passing suddenly came to life. In a loud audible voice it stated "you have been running for 1 hour 25 minutes, you have covered 11.5 miles, at an average pace of 7 min 20 Sec". I didn't appreciate that information at the time, but half a mile later as I finished the hill realised by brain had worked out a finishing time of approx 1 hr 50 min.

The next mile was fairly flat then a mile downhill and a final flat mile in. I tried to pick up the pace and started to pass other runners. The last mile was hard work, but at the finish I was very pleased with my time. My last 3 miles were 6.59, 6.25 and 6.37, not bad for an old bloke, actually felt like I was racing.

<b>Harrier</b>	<b>Gun Time</b>	<b>Position</b>
Steve McNair	1' 48" 02"	82 <sup>nd</sup> (8 <sup>th</sup> V50)

*377 finished*

**Worthing 20****20<sup>th</sup> March***from Steve McNair*

This was the first 20 mile race that I ever did, as preparation for my initial Marathon in 1991, and was very grateful to Paul Wheeler who drove me down to the South Coast and ran around with me. I was only 30 then and produced a surprising 2'13"30"

I did not expect to get anywhere near that, and my race plan was to use this as a marker to run 8 min pace getting to the finish feeling that I could do another 6.2 miles ok. So much for race plans!!!!

Despite us staying local the night before, I arrived with only 30min to spare stressed and looking for the toilets. As a result I started too fast (memories of Bramley).



This is a flat 4 lap course and is the same as in 1991, many of the runners using this as final run for the Brighton Marathon.

The first lap was far too fast 36.16, and the second not much better at 36.55. I didn't get a split for 15 miles, but finished the second half 2 min slower.

Five minutes quicker than Gloucester, so very pleased with the time, but couldn't run a mile more. LONDON. Well we will see!!!

Harrier	Gun Time	Position
Steve McNair	2' 28" 28"	84 <sup>th</sup> (11 <sup>th</sup> V50)

*377 finished*

### **QUOTE OF THE MONTH**

Thanks to Neil Martin for this little gem from Eric to Richard Clifford after the Eastleigh 10k

**How was your race Richard? Did you manage to go under 40 minutes?**

There are no reports of Richard's response

### **FLEET HALF MARATHON**

**20<sup>th</sup> March**

*from Claire Parsons*

*Many thanks to Claire for her first ever race report*

From the perspective of a beginner runner.

Well after months of training and 4 days of waking up early and having nightmares about the race the day had finally arrived.

I was awake at 6:30 (mind couldn't let me sleep any longer) feeling the best I had in days. The furthest I have run at a race before today was 5k at the Race of Life a few years ago so to go from that to a half marathon was quite a leap.

I got to Calthorpe Park and met up with some others from the club at 9:30, the hour before 'take off' seemed to fly by. Before I knew it we were on the start line and I was raring it go, no nerves and I felt quite good. The first two miles were slow as the runners were so compact but then it opened up a little. The worst miles for me were 7 due to flashing lights appearing in my left eye, thinking I had a migraine coming on and then 12 because I was so near but yet still so far and that last hill was a killer for a lot of people. The idea of sprinting to the finish line just couldn't be achieved but at least I knew I had pushed myself as far as I could. Afterwards I was due to join the others members of the team at a local pub for lunch but I just felt too ill, and didn't I know about it when I got home ☺. I don't think my body is used to suddenly stopping after exerting itself for so long and hopefully more long runs should help me realise what I need and don't need nutrition wise for runs of this length.

The whole day though was a great experience and something I can now tick off my list. So what's next...Eastleigh 10k next Sunday, which will hopefully feel like a walk in the park after today.

**Franny's bit:** There were a glut of PB's with Martin leading home the club interest, Hannah scored a big PB and was close behind. I believe Kate's run was also a PB while Lucy was a few minutes outside hers.

<b>Harrier</b>	<b>Gun Time</b>	<b>Chip Time</b>	<b>Position</b>
Martin Grounsell	1' 32" 54"	1' 32" 34"	294 <sup>th</sup>
Hannah Oliver	1' 34" 38"	1' 33" 43"	356 <sup>th</sup>
Kate Groundsell	1' 47" 13"	1' 45" 59"	805 <sup>th</sup>
Claire Parsons	1' 57" 22"	1' 56" 07"	1275 <sup>th</sup>
Lucy Griffiths	1' 57" 53"	1' 56" 17"	1285 <sup>th</sup>

*2,309 finished*

## **READING HALF MARATHON**

**March 20<sup>th</sup>**

*from Robin Oakley*

Apart from Andy and me the only other Harrier in attendance was Becks who was in the Sweatshop tent desperately trying to deal with 19,000 people taking advantage of their Adidas sale!

Conditions were ideal, although my cold wasn't going to help me in my aim of getting under 90 minutes for the first time. There was a brief delay at the start when, having moved the field forward a few yards following the start of the wheelchair race, the starter realised he didn't have room to get the elites in at the front, so everyone had to shuffle backwards again!

Once the race started I tried to keep with Andy, although his impressive dodging and weaving skills got him easily through the early congestion and he soon built up a lead and I didn't see him again until we passed each other going in opposite directions at Green Park at around 11/12 miles. He took the Harriers honours with an impressive time of 86 mins 30.

Despite feeling a bit rough around 6 miles after taking a carb gel, this soon passed and I was able to maintain a fairly even pace throughout, and was very happy to finish in a time of 88 mins 25, 5 minutes quicker than my Gosport time and 9 minutes quicker than my time in the previous year's race.

*And from Andy comes his version of events:*

I know some people get sniffy at the whole 'big event' / corporate style / £30 a race thing. Actually, I quite enjoyed it. I did this event because there was a few from work doing it and I wanted to prove I was still alpha male (I am afraid this is true, but as there are no wars locally, nor sabre toothed tigers left to kill and bring back to the staffroom so all I have left is running faster than anyone else. Testosterone, it really is a curse). However much to my horror the rather portly Head of Year 7 turned his ankle in a mysterious trampolining accident and gave his number to the Head of PE just days before the big event.

The Head of PE is a former county runner who dropped into conversation a few days before that he had a PB of 1.15 although he was more a 400m runner. Now 47 he seems to run everywhere including doing the school x-country course several times a day in Jan and Feb. "Game on" as they say at the darts.



Robin, myself, the Head of PE and one of my sixth formers (another pointless bit of pecking order whereby I prove I am better than the fastest boy in school.” I hope you feel proud of yourself” I hear you say) met at the start and after the endless introductions we got going. The first mile was jostling for position but actually I still got a 6.42 mile in and stayed more or less on that pace throughout. The atmosphere was really good fun throughout and there was lots to put a smile on your face as you ran. The crowds were great, I saw lots of friends, colleagues and former colleagues watching, there was music at regular intervals, the route was traffic free and flattish with lots of wide roads and smooth surfaces. It was almost worth £30!

The last miles see you run back towards the Madejski Stadium along the A33. By then you are suffering and the breeze felt head on. Fortunately I seemed to be able to overtake many but by the time we did an agonisingly annoying loop close to the stadium I was really hurting. My anxiety was compounded by seeing my colleague- the aforementioned Head of PE- about 30 seconds behind me as we turned for home. The finish, entering the stadium, and doing about 150 metres round the pitch was brilliant.

Anyway, **I WON**. 1 hour 26 minutes and 30 seconds. I beat the Head of PE by just over a minute, Robin by 2 minutes and the sixth former by 2 minutes 30 seconds but it was great we were all so close. I returned home, the rut was over and my antlers were still magnificent.

<b>Harrier</b>	<b>Gun Time</b>	<b>Position</b>
Andy Hartley	1' 26" 30"	<i>Ahead of anyone that mattered</i>
Robin Oakley	1' 28" 25"	

*Lots finished*

## **EASTLEIGH 10k**

**27<sup>th</sup> March**

No reports have been received from any of the runners at the event, though the times look reasonably good for what is always a fast course.

<b>Harrier</b>	<b>Gun Time</b>	<b>Position</b>
Lee Tolhurst	34:35:00	38 <sup>th</sup>
Sean Holmes	34:57:00	49 <sup>th</sup>
Richard Clifford	37:48:00	119 <sup>th</sup>
Neil Martin	38:25:00	141 <sup>st</sup>
Robin Oakley	39:16:00	171 <sup>st</sup>
Bob Hawrylak	41:32:00	259 <sup>th</sup>
John Castelli	42:22:00	286 <sup>th</sup>
Dave Titcomb	42:22:00	287 <sup>th</sup>
Kerri Barton	45:04:00	75 <sup>th</sup> Lady
Eric Tilbury	45:27:00	422 <sup>nd</sup>
Stephen Edwards	49:25:00	633 <sup>rd</sup>
Lucy Griffiths	49:27:00	143 <sup>rd</sup> Lady
Claire Parsons	49:28:00	145 <sup>th</sup> Lady
Liz Sandall-Ball	51:13:00	173 <sup>rd</sup> Lady

## HURSTBOURNE TARRANT 5

16<sup>th</sup> April

*From Martin and Greg*

This is the third year that we have been organising this race and in order to make it the success that we have seen in previous years, we require volunteers to help marshal the course, or help out with other activities on the day. If you or your family are able to help, please speak to either Martin or Greg.

Alternatively, if you would like to run, entry forms are on the notice board. We look forward to seeing you all there!

## TRACK TRAINING

*from Monique*

You will probably have noticed by now that the club has entered the Southern Athletics League as a composite team with Andover AC. First meeting will be at Andover on 30<sup>th</sup> April. I would like to encourage everyone to have a go at Track and Field. It is something different and very enjoyable. We have set up an additional training session every Wednesday evening at Andover for all of you that would like to have a go on the track (any distance from 100m to 5000m, Hurdles or Steeplechase), or at any of the jumping and throwing events, be it as a member of the team or as a non scorer. Everyone is welcome to compete at the matches as a non scorer, which should help gain experience and confidence. But even if you don't want to compete come along to the matches and support the team. It is always a good afternoon out with a family atmosphere.

First training session will be this coming Wednesday 6<sup>th</sup> April from 7.00pm to 8.00pm. The Andover coaches will be there to help. If you are coming please email me (mvannueten@gmail.com) or phone (07500 476995) and I will co-ordinate the transport to Andover. Please try and make it.

## BUPA LONDON 10K

30<sup>th</sup> May

We have been offered the chance to enter men's and ladies teams at the BUPA London 10k which takes place on 30<sup>th</sup> May. The race, which is organised by the same team that run the London Marathon, takes in the sights of central London and is reported to be a good event. We can enter for teams of up to 6 men and women and there is **no entry charge**; anyone interested contact Piers.

### *And finally from the men's captain*

Hello Harriers,

The HRRL is now drawing to its conclusion with only 2 races left and it seems that we are likely to be mid table for both of our A-Teams, but the Men's B-Teams need a boost to make sure we are not relegated.

The next fixtures are:

**8<sup>th</sup> May - Alton 10;** an undulating course just down the road, a good test at the end of the season.

**15<sup>th</sup> May - Netley 10k;** a three lap course around Royal Victoria Country Park, with a club BBQ afterwards in one of the parks dedicated areas. This will be fun for the runners and spectators with plenty of room for the kids to run around.



The forms are on the notice board, put your name down and make sure we finish the season with a bang!

**CLUB PRESENTATION DINNER**

**RED LION, OVERTON**

**FRIDAY 6<sup>TH</sup> MAY 2011**

**7.30pm for 8.00pm**

**MENU**

Soup of the day with warm bread

Breaded French Brie with a Pineapple and Pepper Chutney

Smoked Salmon Salad with Avocado and Garlic Mayonnaise

\*\*\*\*

Roast Chicken Breast with Cheesy Leeks and Pressed Potato

Toulouse Sausage with Mashed Potato, Grilled Onions and Gravy

Creamy Risotto with Artichoke Hearts, Roast Pepper, Spinach and Mozzarella

\*\*\*\*

Crème Brulee

Croissant Bread and Butter Pudding

Chocolate Walnut Brownie

Cheese and Biscuits (£1 supplement)

\*\*\*\*

**PRESENTATION OF CLUB TROPHIES AND AWARDS**

**£20 per Head**

Bookings and choices to John Hoare together with a £5 deposit