

September 2013 Issue 433

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Email your reports to me at PiersPuntan@overtonharriers.org.uk

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October 6 th	Basingstoke ½ Marathon, Clarendon Marathon
13 th	SOLENT ½ MARATHON (HRRL)
19 th	XC LEAGUE, READING
20 th	Tadley 10 mile
24 th	WINTER HANDICAP
27 th	Fleet 10k, Great South Run

Also remember the Park Run 5k's at the War Memorial Park, Basingstoke, Greenham Common, Newbury and Charlton Sports Ground, Andover at 9:00 Saturday

ROUNDUP

A month of highlights; an excellently organised Overton 5, then the Test Way Relay with Overton entering their first Ladies Team, Triathlon performances and Victory 5.



We've a full report from the Ladies Test Way Relay, though nothing from the Men's team though they did come 2nd.

John has already started to organise the Christmas Meal so please could you provide him with your menu choices. Finally could you put your name on the notice board lists as soon as possible if you wish to run Solent Half Marathon.

READING TRIATHLON

1st September

from Martin Groundsell

According to all of the advice you should rest for two weeks after an Ironman and then take two weeks of easy training before getting back into the swing of things. I have never been good at taking advice so four weeks (only resting for one week) to the day after the ironman I am toeing the start line of Reading Tri. As this was a bonus race for the year due to feeling good (or thought I was) after Bolton I was in a relaxed blasé mood whereas others around me were the usual nerves and excitement.

The swim was always going to be interesting as it was two laps and the gap between the waves was only ten minutes. Knowing I can go a lap in eleven minutes meant I was expecting to be right in the mix with the slower swimmers of the wave after me as I started lap two. The swim start was narrow and the first buoy is only 1-200 meters from the start. The sprint to the first buoy was frantic with a few blokes thinking they are faster than they really are. This meant there was a lot of white water and swimming over each other, this acted as a wake up call for me. It all calmed down after the first buoy but it got the adrenalin running which till then had been missing. As I started lap 2 a few idiots were warming up without noticing a small pack of three of us coming through to start lap 2. My advice to one of them when I swam into him was heard by Kate and a few people on the bank as apparently my "dulcet tones" are distinctive when shouting abuse.

As I exited the swim in 3rd place from my wave I saw Lucy and Chris's mate Steve who had been in Wave 1 and we entered T1 together. As I exited T1 he shouted that he would catch me up, this added a bit more fire to the belly as like hell I would let that happen. The bike course is relatively flat and fast so the TT bike was in full swing and with the motivation of catching people one by one from the Wave before me I averaged 22 mph covering the 27 miles in just over an hour.

I entered T2 thinking I had been DQ'd for not stopping at a right turn, in my defence I had un-clipped, put my foot down for maybe half a second. However I heard the marshal say "right" as I cycled off which I expected to mean my number had been taken down. This left my mind as I nearly went head on into a car as I entered the transition area; I didn't know I could get the back wheel that far off the ground under breaking and not crash.

As no one stopped me and said I was DQ'd I started the run, it was here that the Ironman took its toll, my legs were like lead. I soon realised that this feeling would not pass as I warmed up so I settled for a 6.30 mile pace and gritted my teeth to hold it for the 11km run. For once the trail run around the lake was not soaking wet mud as it has been on every other year that I have raced Reading. I paced myself to the line knowing that I had nothing left to give and hoped I had not been DQ'd.

To my surprise I had come 10th overall and wasn't DQ'd so a pretty good way to end the season. Roll on next year and the aim to qualify for the Ironman 70.3 world champs in Canada.

A MONTH OF EVENTS

from Kate Groundsell

After barely racing in the past two years and certainly being a long way off PB's, this summer I seem to have finally found some speed again and really got back into racing. Conveniently for my anti social work the trend for Wednesday night races is ideal.

The season for triathlons started late for me at the Dorney Lake summer series.

21st August Dorney Lake Sprint Tri

I'd run 20 miles the day before in training for the Royal parks Ultra I am doing early in October and had a rather achey butt cheek before I started but it was all forgotten about during the race. I found the swim pretty slow. I started in the right position but then loads of eejits swam past me only to then sit right in front of me so the first few minutes weren't that enjoyable and I tried my best not to get freaked. It was a glorious summers evening, making visibility a little tricky as the sun was right in our

eyes after the second buoy. My transition was laughably slow, as always, as I'd given away my trainers with the elastic laces still attached and hadn't realised till it was too late. hey ho. The bike was decent for me, but terribly slow by most triathletes standards. But I enjoyed the flat, smooth course after the real roads of Hampshire. Then out onto the run (again after another fuff with my laces). At first my legs were like jelly and I felt I was all over the place, but I soon got into a rhythm and ran the 5km in a respectable 23.11. My total time was 1.18.02, an improvement of 6 minutes on the previous year.

28th August Lakeside 5k series, Portsmouth

Another lovely sunny summers evening. I thought after the previous weeks 5km during the tri, it was worth seeing if I could go any faster without a little swim and bike first. Again my legs had been pushed the day before, this time doing 23 miles. I worked my arse off and was happy to finish in 22.51 on my watch. The real time was a few seconds slower due to a chocker start.

1st September Reading Triathlon Olympic Distance

A nippy morning had a number of us racking our bikes in transition ready for another days racing. It was so cold my teeth were chattering so I got into my wetsuit earlier than I would normally. The swim was busy but it didn't hinder me, it was actually easier to just go with the flow. My bike was decent for me but again terribly slow by most peoples standards. I was over taken by what seemed hundreds!

Then out onto the run where I worked my arse off. Yet again, its not a 10km, it was nearer to 11 but after last year it was so much easier as the ground wasn't soggy. It was so hard I actually turned my ankle twice. There are 6 laps of the lake to do. On my 5th Hannah cruised on past me, which almost broke me, even though she was a lap behind me, but then for the final lap I ramped it up again and was very chuffed to finally finish with a total time of 3.05.18 , knocking about 8 minutes of my time from 2011.

7th September Overton 5

I'd run 27 miles the day before and woken with a puffy knee and aches all over, but after a lazy morning then a decent warm up I ran really well. Not a pb but only within a minute off one. Happy with that

11th September Dorney Lake Sprint Tri

Boy, was the weather a tad different. Rain and 13 degrees. Emma and I got very soggy just getting our kit ready in transition. The wave was really small in comparison to the previous months. I think there were possibly only 5 ladies this time. It was nice getting in the water after the chilly race briefing. Apparently it was 17 degrees but it felt cooler but as soon as we got started it was forgotten. I felt like my swim was better this time though my times weren't much different. My transition was loads better (I invested in more lock laces). Out on the soggy bike where again I pushed it as hard as I could. I caught up with Emma who'd left transition about half a minute ahead of me, then we bullied each other along, overtaking constantly and yelling encouragement. We finished at the same time and racked our bikes. I set out on my run a teeny bit after Emma after difficulties undoing my helmet clip as my fingers were a little cool and wet. But I finally made it and my legs felt less wobbly than the previous two tri's. I got past Emma and passed a few others including a little bloke who I passed but then stuck behind me for the whole run till within 100 metres from the finish then he beat me good and proper. I finished in 1.16.26 a PB. My run was the fastest I've run 5km in 22.28.

I was first lady in my age group...admittedly there were only Emma and I in our age group but still sounds good. And 5th lady overall out of 14. I can't wait to get back there next year. A great end to my 3 week triathlon season!!

Now the next race is the Royal Parks Ultra-a 50km race that Lucy and I did last year. My time then was 5hrs08 which I was happy with as it was so hard work I was just happy I was still jogging, but this year I am aiming for sub 5 hours and hopefully with all these races I've just done I'm in good stead.

OVERTON HARRIERS - 25 YEARS OF THE OVERTON 5

The idea of a road race around the streets of the village appeared as a 'twinkle in the eye' of a small group of Harriers whilst they were enjoying post race celebrations during a visit to Germany. The 'birth' took place in September 1989 with the first OVERTON INTERNATIONAL 5. This was the Harriers way of saying thank you to friends in foreign parts for their hospitality and, more importantly, to bring to the village some top class athletics

The event has grown over the years and has continued to have an international flavour with runners from Belgium, Czech Republic, Germany and Poland, The emphasis is also very much on encouraging local people to participate.

Just a quick synopsis of the race history:

1989 - Separate Ladies Race and Men's Race - started and finished on Winchester Street. Two laps of village

1993 - Overton Harriers Festival of Running - Separate Vet Men, ladies and Vet Ladies and Senior Men Races - race started in Winchester Street and finished at Recreation Centre.

Mid 1990s – Added Children's Races and One Lap Fun run

OLD COURSE RECORDS

Senior Men - Dave Laughlin - Chelmsford AC 23.09 1991
Senior Ladies - Caroline Herbert - Arena 80 AC 27.14 1996

2003 - New 5 Mile course – starting and finishing at Recreation Centre – Children's Races followed by Overton 5 miles Road Race and 2 ½ miles Fun Run. This year is the 10th running of this course.

**COURSE RECORDS**

Senior Men - Toby Lambert - Winchester and District AC 24.08 2007
Senior Ladies - Louise Damen - Winchester and District AC 26.59 2013

Everyone is thanked for assisting with this year's Overton 5 - a very successful day. I'd like to give a big thank you to you all, not forgetting those that helped with the evening party, a most enjoyable occasion. It is anticipated that this year we will make a profit of around £3000 for Club funds, a fabulous achievement.



The 25th annual five mile road race and fun run took place in pleasant conditions with little wind which ensured great racing conditions. There was a high turn out with 482 runners completing the 5 mile course. This is very much a local community event and was well supported by spectators cheering around the route.

It was a great afternoon for Winchester and District Athletics Club with Chris Powner winning the men's race in 25.16 and Louise Damen winning the ladies race in a new course record of 26.59. The Club also won the team prize for both races.

Many clubs in the south of England participated in the race. Overton Harriers was the 6th team in both races. Race results on website.

Next year's race will be on Saturday 6 September

Harrier	Time	Position
Sean Holmes	0:27:58	16 th (2 nd V40)
Mike Bliss	0:28:48	26 th (1 st V55)
Martin Groundsell	0:29:25	41 st
Neil Martin	0:29:33	46 th (7 th V40)
Keith Vallis	0:30:35	64 th (7 th V45)
Richard Clifford	0:30:59	71 st
Stuart Searle	0:31:10	73 rd
Robin Oakley	0:31:23	78 th
Cath Wheeler	0:32:37	109 th (1 st V50)
Hannah Bliss	0:33:22	127 th (2 nd Senior Lady)
John Castelli	0:34:39	173 rd
Paddy Keenan	0:38:16	283 rd (9 th V60)
Steve Edwards	0:38:23	288 th (45 th V40)
Emma Edwards	0:38:41	299 th (7 th V35)
Kate Groundsell	0:38:45	300 th (8 th V35)
Claire Boyle	0:39:05	304 th (21 st Senior Lady)
Richard Francis	0:39:14	309 th (30 th V50)
Steve Spence	0:41:18	356 th (8 th V65)
Rachel Hessom	0:41:45	364 th (25 th Senior Lady)
Sarah McCann	0:42:29	372 nd (20 th V40)
Monique Van Nueten	0:42:54	379 th (5 th V55)
Neil McCann	0:46:33	426 th (59 th V40)
Mark Bulpitt	0:50:13	456 th

482 finished

1st Leg Lucy Griffiths

This was the third year which I had done leg one of the Test Way Relay. This year it seemed autumn had arrived early and having arrived in shorts and vest thinking that it was still summer I was suddenly wondered should I have also worn a t-shirt due to grey clouds and wind.



There was the usual mixture of ladies and men at the start and at 10.30am we were off. As the mixed teams start when the ladies do it is always difficult to know if the lady in front is part of a mixed or ladies team. Everyone shot off up the hill up to Gibbet, by which point the pace slowed and I was able to move up in the pack.

Leg one consists of a number of steady inclines which then results in a steep downhill, followed by a flat path which then turns up through the trees resulting in a massive steep hill - which everyone always ends up walking before clambering over the stile at the top. Then it is through the trees, pass the church and down the road - waving at the Harrier bus to the change over point. All done for another year!

2nd Leg Cath Wheeler

2nd leg of the Test Way took me gradually downhill for at least half of the run but unfortunately it had rained so the lovely dry tracks we'd checked the week before were slippery and full of puddles!!

Couple that with the horrendous hill up to the finish and I actually found it pretty tough!

Was great to run as part of the team though and it's always a buzz when you get to the hand over point (and a relief!) Think I managed to bring the Ladies in 1st position having caught the last lady as we came off the last hill. She was obviously feeling worse than I was!!

3rd Leg Emma Edwards

10km (or 6.49miles by my phone!).

After the recce debacle I had with Piers the weekend before (I left my car keys in the drop off car – oops!), I was feeling pretty confident about the route for Leg 3. Unfortunately this confidence seemed to disappear the closer the race came, until on race day itself I was completely convinced I'd get lost! Oh the pressure of letting the rest of the team down!

It was a grey, drizzly morning when I arrived at the start of the leg. Slowly more people joined me as we eagerly awaited the Leg 2 runners. Lucy had already sent me a text to say she had completed Leg 1, so I knew Cath was well and truly on her way. Eek!

Suddenly the shout of 'Overton' rang clear and I knew I had to get my sh*t together! Out of the mist (a little dramatic I know), came Cath, looking like she meant business. Before I could say 'nice day for it', we had high fived and I was off.

The first bit was easy. Run in a straight line and go over multiple styles. Then a funny thing happened and I started to recognise my surroundings. I could do this.

I dropped down into the valley with a fellow runner close on my heels. It was then that I encountered my first obstacle, a horse. Damn it. Stood right in front of the gate! As far as I know, you shouldn't run directly at horses, but what else could I do? I made a few clicking horsey noises and continued on. The horse seemed completely unmoved by the severity of the situation and remained docile in front of the gate. Didn't it know there was an important race on? Luckily there was enough room to squeeze past and I was safely past. Yey for me!

I was not dropping my fellow competitor, (who unfortunately did not have a fear of horses), so I reverted to the Countryside code and dutifully closed each gate behind me. This continued for quite a while, with the sound of slamming gates ringing out through the peaceful valley.

Then a crazy thing happened. A lady in black from Winchester zoomed past us. Wow, where did she come from?!

The next bit I'll keep short. What goes down must come up and the hills began. One big mother of a hill for starters. And that is all I want to say about that.

After figuring out my weaknesses, my fellow competitor overtook at about 3 miles. Noooooooooo! And then she took a wrong turn! Hooray!! I continued left feeling pretty smug. Unfortunately she realised her error, turned around and took chase again.

Finally she put me out of my misery and overtook me again (I fear it was inevitable). My head went down and I lost sight of her coming up to a three way turning. When I looked up I suddenly realised I had absolutely no idea which way to go. (Serves me right for being smug earlier). A couple walking a dog behind me must have felt my pain, as the word 'right!' was bellowed in my direction. With a quick thumbs up I turned right and was on the home straight.

The last bit is a blur. I could hear the shouting of competitors and spectators at the start of leg 4, but what I could not see were ANY Overton Harriers!

I had visions of having to run the next leg. Suddenly like a mirage Liz appeared in the middle of the throng. With new focus I sprinted to the end and we performed the obligatory high five / tag thing and it was all over for me. Bring on 2014.

4th Leg Liz Sandall-Ball

Guy was happy to take me to the start and pick me up later at Wherwell, the weather was perfect and I was looking forward to my run.

I did a recce with Gwyneth the week before, and all went well, (I had a hamstring problem a few weeks ago and was a bit nervous)

I touch hands with Emma and off I went, I kept a good steady pace and met Gwyneth along the route giving me some great support. I finished strong handing over to Monique in Wherwell. I did about 43 minutes, so pleased with that.

5th Leg Monique Van Nueten

This was the third year I was going to run this leg so I was rather relaxed about not having had the time to get a recce run under the belt. To be honest it was actually more the certainty of having been able to charm good old reliable Franny again into being my running partner on the route that I didn't feel a bit nervous at the start.

I was quite excited when I saw Liz appearing in the distance and shouted to her an encouraging "come on Lizzie" and just ignored someone's stiff upper lip comment of "she's not gone run any faster because of that".

We squeezed hands and off I went through the very narrow start of the leg between a long row of hedges and met Franny at the other end where I had to cross the road. We got nearly flawless through the first twisty parts at Wherwell and Chilbolton apart from one turn where he was trying to test my female reaction ability on the difference between left and right turns.

I ran as hard as I could and Franny's encouragements really spurred me on. He also kept an eye on the pursuit of a black Winchester shirt which turned out to be a very tall male runner of the mixed team who when he finally passed me towards the end of the disused railway line track gasped that he had to work flipping hard to catch me.

That gave me a real boost to finish the last bit along the road and past the roundabout to, cheered on by the rest of Harriers and John, hand over to Hannah. Now it was me who bent over was gasping for air. I was happy with my time as I was nearly a minute quicker than last year.

6th Leg Hannah Bliss

What an unusual but enjoyable race! I ran leg 6 and was very lucky to have such a flat course (with just a small climb to the finish). I waited at my start line with a Lady from the Winchester mixed team, who set off about a minute or two before I was greeted by an exhausted Monique (well done!) and then, I was off!

As I started, I was anxious if I could catch up to the Winchester lady, but within the first half mile I managed to overtake her and for the rest of the race, I was running alone. As I ran through the beautiful scenery, I had to remind myself this was actually a race and not a leisurely run (like the recce I did with my dad. Although, the fact I didn't have to stop and wait due to a 'Blissy' helped with that). After passing an arrow pointing the wrong way, I'm glad I did a practice run! As I eagerly approached the finish, I picked up the pace but ended up with a foot down a rabbit hole. Next thing, I was flying (with style, of course.)

After not knowing whether to laugh or cry, I immediately got up and continued. A couple of dog walkers having a chat were blocking the bridge, but as I ran towards them, my arms flying, I shouted 'It doesn't look like it, but I'm in a race!' With puzzled faces, they kindly moved. I then saw Mother

and Dad Bliss at the bottom of the hill (which was a pleasant surprise) and then a handover to Annette and I finished, I was greeted by the rest of the Harriers (and the dog walkers again in my warm down.) It was an interesting but great race, and the support was truly lovely.

7th Leg Annette McInnes *from Piers Puntan*

Annette was chaperoned, if that was the right word, by me as she wasn't able to take part in the recce runs beforehand so everything was new to her. She took over from Hannah and we were soon getting into a rhythm down through Mottisfont before what is about three miles of broken running with lots of styles and kissing gates made all the more tortuous by the sharp turns.

Annette was worried about going off too fast but once we got onto the tracks and fields she settled into sub 8 minute mile pace and things were going well, we then crossed a road and into a field when, o bugger, where is that junction, yes the one which Greg missed a few years ago; we were then passed by the leading Stubbington Men's Runner diving off the main path into the woods leading the way.

The next miles were quite tough as the path is very undulating, muddy and a tangled mat of tree routes and bushes out to catch the unwary. Annette was starting to feel the pace though she was gritting her teeth getting kilometre count downs to go from me to keep her mind on the task.



We came out of the woods with the finish in the distance, Annette sped up, we got to Greg shouting encouragement, she upped the pace again and then, with a bit of a sprint, it was up the lane to hand-over to Audra.

8th Leg Audra Dennison

I have run for club for 27 yrs but not once taken part in the Test way relay, so it was great to be part of such a local fun event against our rival clubs, even better for us to have a ladies team out! Thanks to Monique and Sean for organising and for Paige for driving the Minibus.

Sean had taken me on the recce run the week before and we had run back and I was hoping this would be enough for me to remember the route on the day. A few turnings off here and there but otherwise a nice flat route that suited me perfectly given my injury woes this year.

On the day, I was still having breakfast as the first leg runners set off from Inkpen Beacon. I aimed to be there at least 45 mins before my leg started and there were some traffic holdups due to the Romsey show but otherwise we arrived in plenty of time, though no sign of any Overton contingent, so I did a warm up back on the route to see if any runners were arriving...none. Kaye from Winchester said her

changeover was estimated half hr earlier and still no sign and I sensed the handover times were not easy to predict and I could be there some time!!

Shortly afterwards more runners appeared and runners from ladies and mixed teams arrived. We were reported in third place so I had to make sure we held onto this placing! I had given Alan the Sat Nav for the finish but he didn't really have a clue where he was heading and I wondered if I might arrive before him if he got lost!

The changeover was across the bridge for safety reasons, so I didn't actually tag Annette when she handed over instead she had to tag the timekeeper and I was off! Steady I was saying and as I ran off down the rd I realised I wasn't sure where the turning left was but kept going in the hope I had not passed it already.

The route was wetter and muddier underfoot than the recce run, Sean passed me early on and then a Winchester runner speeded past. I was going along nicely until my IT band tightened after about 25 mins. I had to stop and stretch for half minute then on my way again, I didn't dare look back I just ran as hard as I could, focussing on the each section, the finish was upon me before I knew it.

I could see from my watch it was slow, I am not race fit but it did not seem to matter as I ran up the hill to finish and crossed the line with a smile and a round of applause, I seemed to have all the glory but it was the whole team that had finished. Well done all we finished 3rd team!

The day finished off nicely with a meal with everyone at the White Lion, Wherewell.

Thanks again for all those that organised the day and helped out, great fun.

Harrier Team	Time	Position
Overton Men	4:27:23	2 nd
Overton Ladies	5:46:04	3 rd

BRITISH MASTERS ATHLETICS CHAMPS

14th September

from John Hodge

After all the minor injuries leading up to previous races, I was glad to be able to get some proper training in during the couple of weeks before the Championships in Birmingham. I only competed in the 400m, and there was quite a strong field of five, including the current British record holder Winston Laing and last year's winner Terry Faulkner.

I had a good race, finishing behind both of these to claim Bronze, in a time 3.7 secs quicker than my winning time in Ireland; a very satisfactory finish to the competitive track season.

M 70 400m

1. Winston Laing 67.15
2. Terry Faulkner 73.37
3. John Hodge 74.04

Moira West had a very successful couple of days in the W60 category, getting 2nd in 100m (15.23), 2nd in 200m (32.33), 1st in 400m (79.61) and 2nd in Long Jump (3.89m) !

VICTORY 5

15th September

from Piers Puntan

I've got to be honest I hate Victory 5; it's not that is a bad course or the organisation needs improvements it's just that it promises a PB but yet hardly ever delivers. 2013 was again no exception with a stiff south-westerly meaning that the last mile and a half were going to be tough going.



Ironically the only year I have run this race when the wind held off the course was short.

After running with Annette at the Test Way the day before I thought that I would give the race a bit of respect and not go off too fast keeping just ahead of Keith Clark. This was going quite well until the route changed from what I was used to and suddenly we were doing laps of a Subway car park and I lost focus. This is when Keith went past me, sod that I thought and I upped my pace significantly and without looking back I forced the pace all along the dual carriageway and back onto the prom. It was then that the wind hit me and as there was no-one of my size to hide behind my pace slowed significantly.



A Denmead Strider came past me and I was determined to stick with him, this worked though he then slowed and I was forced to overtake and take up the "head" of the peloton, I slowed and he took up the pace again. We alternated the lead over the next mile and although my pace wasn't near the sub 4min kilometre pace I wanted it wasn't far off.

I came into the stadium and thinking of all those summer reps near sprinted round to just get under 33 minutes, not great but better than my last few performances.

Harrier	Time	Position
Sean Holmes	27:38	16 th (2 nd V40)
Mike Bliss	28:46	34 th (1 st V55)
Neil Martin	29:19	43 rd (5 th V40)
Robin Oakley	31:31	94 th
Piers Puntan	32:47	126 th (23 rd V40)
Hannah Bliss	33:11	139 th (7 th Senior lady)
Keith Clark	33:25	145 th (26 th V40)
Stephen Edwards	36:50	243 rd (39 th V40)
Sarah McCann	40:55	333 rd (14 th V40)
Monique Van Neuten	41:16	335 th (5 th V55)
Mark Bulpitt	46:29	424 th
Julia Leavey	52:29	474 th (32 nd V40)
Kate Edwards	58:17	483 rd (62 nd Senior Lady)

490 finished

CYCLISTS RACE

SUNDAY 22ND DECEMBER 2013
10.30 AM
AT OVERTON RECREATION CENTRE

Followed by

CHRISTMAS LUNCH

AT TEST VALLEY GOLF CLUB
1.00 PM FOR 1.30 PM

MENU

Homemade Tomato and Basil Soup
Smoked Test Valley Trout
Venison Pate
Portabello Mushroom with Goats Cheese

Choice of Roasts with all the Trimmings
or
Nut Roast

Xmas Pudding
French Lemon Tart with Chantilly Cream
Profiteroles with Hot Chocolate Sauce
Fresh Fruit Salad in Meringue Nest with Chantilly Cream
Cheese & Biscuits

Coffee with Mini Mince Pies

£20
Under 12's £10
Toddlers £5

Orders to John Hoare with choice of starter and pudding as soon as possible (please advise if Nut Roast option required)