

STRATFORD UPON AVON ATHLETIC CLUB



NEWSLETTER

Issue No 19 January 2008

Good News 1

After a period of enforced closure for extensive refurbishment following the floods I am pleased to announce that the Sports Club is now open again. Thank you to FISSC for providing us with a temporary home for the past couple of months but Wednesday Night Club runs have now returned to our permanent home.

I am sure that all you who been to the Club since its reopening will be impressed with the work that has been done so far – but we all recognise that there is still some work to be done before it is complete. Work is continuing as I type and hopefully the showers / changing areas will be complete very shortly. In the mean time your cooperation in managing with what we have got is much appreciated

Good News 2

Following last editions appeal for help with the club website I am pleased that Kim Johnston has stepped forward. This has enabled Steve Kirk to make significant progress in redesigning and updating the website.

The new version - which looks excellent - has just been launched to the 'world' to coincide with the publication of the results for the NTRIX which usually results in 'hits' to our website being at their yearly high. Go to stratfordac.co.uk to see the improvements.

Good News 3

Hot off the press so to speak is that this years NTRIX again proved to be a fantastic success with two added bonuses

- 1) In addition to everything else that Ashley organises he also managed to negotiate with Mother Nature for a dry day amidst the rain and floods that have been plaguing us recently
- 2) We finally managed to get a member of Stratford AC onto the podium. Congratulations to Rob for coming second – an even more remarkable feat bearing in mind his exertions in the mud the day before in the XC.

Thanks to everybody who contributed their help and make this event so popular with the competitors that they voted it 30th in a Runners World poll of the top events in the country for 2007

Good News 4

Even hotter off the press - At the recent Stratford District Council Sports awards we had two winners including one from the Senior Section – Go to the Junior Section to read more (Our senior winner wanted complete a complete news blackout – which is a clue to his identity!!)

Tony Jackson
Editor

Contact the Editor - Articles / Feedback Wanted

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Talk to me* @ training on Mondays, Wednesdays or on a Sunday Morning

“Debut”tantes

After a year of listening to Paul recruiting for Track and Field every week from March to September it seemed that it was a good idea to give it go, if only to shut him up really. So back in April last year I did, and realised that they were all right, you don't need to be good or experienced to do it, you just need to be completely unfazed and a quick learner!

You see there is something about joining SAC that they don't tell you. Since I joined I seem to have spent a significant time in situations where I had absolutely no idea what I was doing, but somehow I seemed to be representing the Club.

I mean I would consider myself pretty unflappable, but when I stood at the start of the 100m I suddenly realised I had no idea whether the starter was going to say “On your Marks” and then fire the gun, or if he was going to fit “Get Set” in between. As a result I hopped about so much I caused a false start anyway. Still at least I knew what was going to happen when we lined up the second time. (He did say Get Set).

Like me most people at the club are pretty relaxed about doing new things as they are used to it, so with just a few practices at the track with some invaluable help from Paul, Paul Bearman and Sandy we had a pool of ladies willing to don their Stratford vest in the name of Track & Field.

For the final event in the series of three we had fielded the biggest team ever and when I sent Paul the list a couple of days before he tweaked it to ensure that we had two entries in just about every event. I didn't dare tell Maxine and Helen that they were making their debut in the Hammer until they got there and I knew where their car keys were. I need not have worried, they were not bothered and after a key bit of coaching from Paul and an umbrella off they trotted to pull in the first points of the day.

While these two were hammering, Yvonne picked her first high jump points and then it was Emma Bexon and I out for our first appearance in the 400m hurdles. Neither of us had any idea what to expect, but – Hey – what's new! I found much to my surprise that it felt good, and even more to my surprise I found myself in the front. What wasn't quite so surprising was that I was not fit enough to go that fast for 400 metres though, and at 300 metres I had a terrible shuffle into one of the flights and lost the lead. Luckily I managed to hang on for second, and Emma was catching me all the way to finish third.

With barely 10 minutes rest Emma found herself back on the track, this time with Sarah Odell. Together they put on our best show of the day in the 3000m with a fine one two and thus wins in both the A race and the B race.

Max and Helen meanwhile had clocked up more points in the Javelin and our fine team of juniors had also been piling them on too.

As you can see it was a completely miserable day, it rained continuously. Spirits in the Stratford Camp were not dampened though. After six events the speakers gurgled and spluttered and we heard that were in the lead.

Fantastic support came from our big team of officials, (Paul and Daff, Keith, Tony and John Turner) who also earned us points for coming along with us. Possibly slightly over zealous, Keith managed to get sent away from watching the hammer (well, alright, telling them what to do)! All of them stayed the whole day, which was brilliant.

Yvonne was beaten by GB star Emily Pigeon in both the 1500 metres and the 800 metres, but we decided to let her off reproach this time.

The rest of the day passed along in similar style with yellow vests in every event (apart from the pole vault and I am sure if Paul had found a spare tent pole or tree branch he would have had someone in that too). We scored points in every race, throw and jump.

Fairly late in the proceedings Emma Bexon and I went down to the start of the 100m hurdles to find that it was about to start without us - the two girls from Gloucester had told the official that no-one else ever did this race. However we were somewhat alarmed to discover that the hurdles were at least two notches higher than we thought they would be, but as usual – too late to back out now and whilst we didn't beat Gloucester we got to the end unscathed for a valuable pair of second place points.

Finally we came to the end, and yes, we had enough to put out teams in all three relays. The under 15 girls made a fine effort in the 4 x 100 to be runners up, and the seniors (Yvonne and three juniors!) were third. In the 4 x 400m (Max, Sarah O, Emma and I) we managed fourth.

So a win was on the cards and with 379 points it was a resounding win, pulling the team up to fourth overall for the year. In spite of the awful weather there was a great team spirit and we all enjoyed ourselves. Who knows what we can manage next year!

Post Script January 2008

To all SAC Ladies

As you might have gathered this article was destined for the last newsletter but I forgot to send it to Tony!

However, it is particularly good timing to remind everyone of the fun we had just before we begin the 2008 campaign. This year the Track and Field League system has changed and instead of being in one as a Ladies and Juniors team, we are now in one as a team with the Senior Men. So for Stratford to do well its essential that we put out a full team across the board. We can't let the boys down! However there are lots of good things about this:

- We only have to find officials for half the number of events compared with previous years.
- Its much more fun going to events as a whole club and supporting each other.
- There may well be some decent male totty to watch while you are there girls...

Shortly then we are intending to begin some training sessions at the track, and would love you all to be able to join in and get some training for one or two events that you feel you might enjoy.

Be prepared for an email.....Sarah Bland (Editors Note See also article below..)

Midland Men's & Women's T&F Leagues

The AGM's of the Midland Men's & Women's Leagues were held in December followed by the first meeting of the combined league.

The league has opted for the same weekends as the old men's league and included one Sunday fixture. We are in Division 5 which should be interesting as from the men's point of view we should be one of the stronger teams whereas the women are up against one very good team (Solihull), one pretty good (Leicester) and three who should be of a similar standard to us last season. We will, of course, be stronger in 2008 though. I have to emphasise that we are one team though, so being good in one area but not another is not acceptable. We have to push up the overall standard of the team.

The league make up for our Division is:

Solihull	Previously Men Div 6, Women Div 2
Stratford	Previously Men Div 2, Women Div 5
Cannock & Stafford	Previously Men Div 3, Women Div 3
Worcester	Previously Men Div 3, Women Div 4
Leicester	Previously Men Div 6, Women Div 3
Shrewsbury	Previously Men Div 4, Women Div 5

The dates & venues are:

Saturday	3 May	venue TBA
Saturday	7 June	Solihull
Saturday	5 July	venue TBA
Sunday	3 August	Leicester

Shrewsbury (at Telford) and Cannock & Stafford will probably be hosting the May & July meetings.

This should act to focus our minds on further developing the women's part of the team. Plans are provisionally in place for coaching the throws plus another jumps/hurdles session probably on a Monday.

All we need is to get some athletes to commit to the sessions. Sarah will be in touch see above...!

BAL Cup.

In addition to the Midland League this year, for the first time, we have entered a Men's team in the BAL Cup (Think of it as the FA Cup of T&F)

Full details of the event – format etc will follow but here are the Dates for your diary

1st Round	24 May
Semi Final	19 July
Final	6 September

Track Races

To encourage people to move over to the 'dark side' of track running we will be giving everybody the opportunity to run selected events during the early part of 2008. There will be a series of Track Races at 6.30pm on a Wednesday which hopefully will be a low key introduction to track racing that will encourage participation in future events.

The fixture list is:

19 March	1500m
26 March	3000m
9 April	800m
23 April	5000m
14 May	Mile

We are also hoping to include a steeplechase race albeit without the water jump!! – Further details and confirmation of dates to follow

Health & Safety

I appreciate that H&S is not an exciting topic but this is important information.

The Committee have identified a number of potential hazards that we could encounter on our training runs either in the town or in the surrounding countryside. There are a number of mitigating steps that we should all follow and we need to make sure you are all aware of what we – as a club – expect from each individual member.

PLEASE READ and adhere to the guidelines below at all times

Identified Hazard	Mitigation Measures
Injury through trip or fall or slip	Runners advised not to run in unlit areas in the dark Runners are advised to wear suitable training shoes for the terrain Runners advised not to run too closely together in rugged terrain Runners advised to only use gritted pavements in icy conditions
Collision with pedestrian(s)	Runners should avoid heavily populated streets eg during Street Fairs, late night shopping etc Runners should round pavement corners with caution.
Hit by vehicle	When running in low daylight conditions runners strongly advised to wear reflective clothing. If a runner arrives without one a supply is available for borrowing. Group sizes must not be over- large when crossing roads. Individual runners advised that they must make their own decisions when crossing roads and not just follow. Runners should avoid crossing heavily trafficked fast roads
Collision with cyclist	The above mitigation measures apply All runners must be aware of other road users when crossing roads
Livestock released	Runners must obey the Countryside Code when running in rural areas. All gates must be closed even between closely following groups.
Injured by livestock	Runners must obey the Countryside code Runners should be aware of stock likely to be defensive (bulls, female cows with young calves) and avoid them.

Club Development

Can I remind you that any ideas on how we could improve the Club are much welcomed and appreciated. Suggestions still arrive in my 'inbox' on an irregular basis and these are all considered by the Committee.

A common theme has been based around the idea of inviting potential new members via an open evening similar to what has been arranged in the past. Obviously the closure of the club has been a problem in organising something but plans are in hand for when the club is fully operational. Full details will follow shortly so watch out / listen out for details.

A spectators view...

I went to Senneleys Park mainly in my official capacity as Regional Manager and it was the first XC I'd been to since my daughter used to do XC for Thomas Jolyffe 14 years ago and what a great spectacle it was.

Seeing the relatively small fields of youngsters in the previous races (junior newcomer Nienke Verwer and her brother Jelle competing for Tipton ran very well) didn't quite prepare me for seeing the hordes of senior women and then the men going up the incline from the start and then turning into the first downward stretch with everyone jockeying for position....it was just like scenes from the film Zulu. And there in amongst the masses were the Stratford contingents, many familiar faces some new one's to me, already stretched out but with steely determination etched all over their faces.

It made me feel proud to see all those Stratford vests and I kept jogging the arm of anyone who happened to be the unfortunate one standing next to me... there's Kate...there's Emma ...there's Keith ...oh sorry I had moved onto the means race there, I think!

I took up my position to observe the brook to see what all the fuss was about partly because I want to try and influence getting this race back into the UKA Challenge. What a fantastic 20 minutes of entertainment I enjoyed. I was enthralled by the sheer guts, willpower human spirit and determination of everyone that jumped, ploughed, crawled and some who almost had to swim across the brook. I got splattered, I cheered and yelled for the Stratford athletes and I ooheed and aaahed with the rest of the crowd as the athletes went through the brook and then pushed themselves up the steep incline sliding all over the place, all of it happening in a wonderful spirit and camaraderie on the course and off of it.

The adrenalin and excitement was still pumping after the finish as everyone gathered, mud splattered, exhausted and soaked in their respective club packs and relived the good (!!!) bits and the bad bits of their individual nightmares, sorry I meant runs. I lost count of how many times I was asked if I felt inspired to get involved and in a nano second it took the word **No!** to slip from my lips every time.

Driving back I turned my thoughts to shall we do Med Ball, 150 metre fast turn abouts and circuits or perhaps some Triple Jumping at the next training session for my sprints and jumps group and to the warmth of the next Sportshall League match, but in the back of my mind I kept going back to the sneaking admiration I have for all those who choose the muddy, wet, cold world of XC to get their jollies on a dank Saturday in Brum. No what am I talking about it's not just a sneaking admiration it's a massive one.

Congratulations to everyone who took part, I may even come and watch again but not wait another 14 years to do it -

Paul Bearman

100 different Marathons!!

As some of you may know Chris Seeney completed his 100th different marathon when he completed the Berlin marathon a couple of months ago. Here are some of nostalgic views as he looks back.....

First Marathon was April 1991 at London, travelling down with John Dell, Malcolm(ex-club Auditor), and Don Humphries. 3:57 approx. I vowed I would never run another marathon, and started Triathlon for about a year.

Having got bored with swimming, I opted to do Potteries in 1994, breaking my vow. That was 4:07 about, and I went on to run that event again in 2002 & 2003.

The event that actually spurred me into marathon running was a chance meeting with a South African guy in the Post Office at Stratford, in 1997, when I was working there. I noticed the sweat-shirt he was wearing bore a logo "2 Oceans Marathon". I asked him about it, and he explained about it being in the Cape Town area, and 35 miles long. Having recently completed a 31 miler event of Rory Coleman's, along the Canal, albeit very slow, I knew I stood a chance, and asked him if he would please send me an entry form. Thought nothing more of it, but about a month later, a letter arrived from RSA. This guy sent me all the details, and so I started about 8 months of training.

Gloucester, Dublin(3:55. PB), Cornish and the Northern Triangle long distance off-road events were good preparation for the 2 Oceans on the Saturday of the Easter week-end 1998. Notable Easter for the Good Friday Peace Agreement, and the floods around here. This year's floods were an unwanted first for me! Got round in just under 6 hours in the running high-light of my running career, but 2 Oceans is not one of my different 100, as it is a 35-miler.

After that, I lost all motivation for a time. I got round London again for the only other time, and did another couple of off-road marathons, but nothing again till 1999, when I ultimately did the Chicago Marathon, for Muscular Dystrophy Association. When I first did London, I raised money for the Shakespeare Hospice. 1995, I ran New York for Arthritis Research Council, and my 4th of the BIG 5 Marathons, Berlin, I am running for British Heart Foundation.

Should anyone wish to donate, I will happily accept cash or cheque, or you can donate on-line at www.bhf.org.uk/default.aspx?page=6901&p=81035. Thanks.

The picture on the web-site is of me rubbing sun-tan lotion on to my head, wearing a 100 Marathon Club vest. The picture was taken by a Canadian cousin in Longford, Ireland, 2006. My membership of the 100 Club came about in 2005 at Okala in Florida, one of 7 marathons in the USA. I have run Vancouver and Ottawa in Canada. Belgium is the country I have run in most, 9 times. 5 of those have been at the "Night of Flanders" marathon at Torhout. I like running in Germany best, and Berlin is appropriate for 100th different marathon event. Warsaw will be 99, and the 12th country outside GB, I think, all being well. Also it will be 150th overall, I hope.

My favourite marathon in Britain would have to be Loch Ness, although only run once. Still in Scotland, Moray would probably be next best, even with my diabolical preparation. 6 or 7 pints the day before, fresh strawberries, raspberries and blueberries for raceday breakfast do not make a good combination. I have certainly left my MARK! New shoes also which were not properly run-in, led to my having to walk the last 5 miles, and finish in 5:35.

I can recommend www.100marathonclub.org.uk as an excellent web-site for all long distance events. There are a number of links to take one to other relevant sites The 100 Club are an odd lot, but some of the very best company possible. There are a number of very hard drinkers amongst them, as well as those who strive for perfection at all times. I hope we will maybe see someone else from Stratford joining the regular marathon runners, and hopefully passing my totals. Kim is achieving some remarkable FEETS, doing far greater distances.

Chris

2009 SHAKESPEARE RACE SCHEDULE?

As anyone unlucky enough to sit in on the monthly committee meetings will tell you, I'm a big advocate of handicap races. Any system that occasionally shakes the finishing order up, and provides some fun at the same time, has to be a good thing in my book. So, I got to thinking if it would be possible to stage a whole year's worth of races where the gazelles don't have it all their own way.

January: Handicaps based on your pace. Standard stuff – Ashley estimates your finishing time for a set course based on the last few Shakespeare races, everyone moans they've been hard done by, people are set off in reverse order time intervals and everyone finishes within 10 seconds of each other (give or take 20 minutes!).

February: Handicaps based on your 'blind pacing' skills. You give your estimated time for a given course, everyone has to take their watches and Garmin's off, and places are awarded according to how close to your time you were.

March: Handicaps based on hashing. There are sawdust / flour trails laid around the unpublished course, one of which follows all the way to the finish and some of which just stop. This means the first runners down the dead ends have to retrace their steps back to rejoin the correct route, which nicely gives the others a chance to catch up. I've run in one or two Shakespeare races like this over the years, but I don't think that at the time we called it hashing!

April: Handicaps based on orienteering. Navigational and route-planning skills as well as just fitness come into play, with bonuses for the amount of checkpoints visited and penalties for coming back in after the cut-off time. As the ability to map read is a big advantage this guarantees that no female can win Disadvantage – I have a feeling that Rob Minton is just as good at this discipline as he is at the usual races. Advantage – there's usually a chance for someone to see at first-hand how efficient the rescue services are, especially since you've now kept going on the same compass bearing for 12 hours, convinced that the obelisk will be visible just as soon as dawn breaks.

May: Handicaps based on horse racing. You are allocated specific gym weights to carry on the run, you check into the weighing room at the end to ensure no cheating, and it's all based on your previous form (running not criminal). An excellent way to completely destroy what little is left of your knees. Ensuring the route includes a lap of the racecourse gives Paul H an opportunity to spot potential talent in the steeplechase and hurdle races for the T&F season

June: Handicaps based on your late night skills. Registration is at 7:15 in the West End, the warm-up gets going in The Windmill at 9:30, but the real race begins around half past midnight after a curry in Avon Spice. Quicker runners sit furthest from the door, and when the bill comes the last one out not only gets the least points but also has to settle up. If nothing else, although I don't believe that this has been included in the club development plan, as an athletics club we should at least be half-decent at doing a runner from somewhere.

July: Handicaps based on supermarket sweep. Points are awarded on the value of goods collected in a shopping trolley in the space of two minutes. Stronger runners get Tesco's, the middle group get Debenhams and everyone else gets George Pragnells the jewellers.

August: Handicaps based on fancy dress characters. At the quicker end of the market I was thinking about allocating ones like Long John Silver (having only one leg), King Kong or the Teletubbies, whilst at the other end of the field maybe Road Runner, the Bionic Woman or Forest Gump? I couldn't work out whether Jake the Peg with the extra leg would be a good one to get or not – any clean thoughts on the subject would be appreciated – and I did think about allocating Lady Godiva, but I'm not sure that was really anything to do with this.

September: Handicaps based on combining all aspects of a Shakespeare race. The queue for registration sees the speedier folk at the back, and this is then followed by neatly pinning the number to your vest before you can cross the start line. At each mile marker you have to load more chips and sandwiches onto your plate, with larger portions for the faster runners, all of which has to be eaten before you finish (there are of course time penalties for poor table manners, spillage and vomiting). The latest odds from Ladbrokes show that they have now officially stopped taking bets on Allan Coldicott winning this event.

October: Handicaps based on being unable to see anything. A night race over the Welcombe Hills using only head torches to either navigate the course or between specified checkpoints. Same advantages and disadvantages as April's, with the added disadvantage of always tripping over cows as they slept, and I definitely think that this wouldn't be one to volunteer to be the sweep bike on. (One variation on this is to have it as the annual race against Kenilworth, and once everyone has set off then we all just sneak off home in the dark and leave them up there! Tee hee.)

November: Handicaps based on track and field. The usual mind-blowing track hour finale to the year's racing, with the idea being to complete as many laps as possible in 60 minutes, but with a slight difference. Competitors now have to stick to an allocated lane based on their performances in all the previous races i.e. the quickest will be in the outside lanes and therefore each lap will be longer. In addition, lanes 3 and 4 will have low hurdles, lanes 5 and 6 will have high hurdles, with lane 6 also having to perform a field event of their choice at the end of every mile.

December: A new exciting team competition to end the year based on the principle of a three legged race with size, sex and speed taken into account to ensure that couples are unevenly matched. Special bonus points for married couples competing together and finishing without a marital tiff. Plenty of opportunity to be tied up to the man / woman of your dreams for 40 mins and for nobody to question your motive.

It's not going to happen is it?

Keith Hawkes.

Where are they Now?

Stratford is a lovely place to live and provides fantastic running opportunities with rural Warwickshire and a wide variety of routes on our doorstep. Nevertheless the lure of the wide world is too much for some people and (sadly) some of our members move onto pastures new – following the trend by our President John Dell who now resides in Menorca.

From slightly closer to home a couple of exiles have recently been in touch and their contributions follow. Its good to know that running continues to part of their daily lives.

Life After Stratford AC (A contribution from Colin & Jenny Green)

The Dale Half and 10k, run on Sept 28, is an annual event organised by the Pembrokeshire Triathlon club. Dale, for those of you who's geography of Wales stops at the Severn Bridge, is a small fishing village located on the SW corner of Pembrokeshire, just inside Milford Haven. The race was so handy for the small band of geriatric Stratford runners who have recently retired to that beautiful corner of Wales - Colin and Jenny Green, Mick Warner and Dave Phillips (ex. Massey Ferguson, semi-retired)), that they had no excuses not to take part .

The race was very demanding with lots of very long steep climbs and headlong descents but the spectacular coastal scenery provided ample compensation. One section of the course followed the cliff top track along the narrow penninsular track leading to St. Anne's Head and the lighthouse. As we ran along there was sea to the front of us, to the left and to the right. It gave you a tremendous feeling- it was like running in the sky. The wind was blowing a force 7 gale and waves crashing onto the rocks at the base of the Head sent showers of spray high over the cliff top. I got round in 1.49 with Mick and Dave both coming home at 2.05. with Jenny, running the 10k finishing in 0.59.

If any of our old running mates are ever in this part of Wales please pop in and see us. We would love to see you.

Colin and Jenny.

Life After Stratford AC (A contribution from Tessa Faure)

Hello from Derbyshire

Just thought I'd let you know it's freezing here in Derbyshire and that I have already found a couple of quite hilly routes. There are two running clubs that I am going to run with before I join. I am on the lookout for a nice hilly run for you all to come and do with me....

All the best to everyone!

Cheers,

Tess

Grand Prix 2008

Month	Date	Race
Feb	Sun 10th	Dursley Dozen
Feb	Sun 24th	Bourton on the Water 10k
March	Sun 9th	Banbury 15
March	Sat 15th	Draycote 5
April	Sun 6th	Wright Hassle 10k
April	Sun 27th	Stratford Half/Full Marathon
May	Sat 17th	Redditch 10k
June	Sun 1st	Northbrook 10k
June	Wed 25th	Godiva Midsummer
July	Sun 27th	Gloucester Half
Aug	Sun Tbc	Hooky 6
Sept	Sun 7th	Nuneaton 10
Oct	Sun 12th	Kenilworth Half
Oct	Sun 19th	Rugby 10

14 Races 8 to count

Can people please contact me by phone or email if you have any P.B.'s or C.R.'s after any race so I can write up peoples results. If you don't tell me they will not be recorded.

Cheers,

Malcolm Bowyer

2007 Awards

The winners of the senior awards went to:

Rob Minton	(Athlete of the Year),
Kate Wright	(Athlete of the Year and Grand Prix competition female),
Joe Brocklehurst and Dawn Davies	(XC),
Helen Monk	(Most Improved female),
John Turner	(Most Improved male and Club Personality),
Debbie Cooper	(Triathlete of the Year),
Karen Holmes	Chris Claxton Memorial Trophy
Emerson Mayes	Grand Prix competition male.

The monthly Shakespeare competition

winner were: women -Kate Wright (Div 1), Naomi Whittaker (Div 2) and Jane Mason (Div 3);
Men – Rob Minton (Div 1), Andy Cockerill (Div 2), John Turner (Div 3) and Dave Maundrell (Div 4).

Sports Club

I am pleased (personally – as well as on behalf of the Club!) that the kitchen is up and running, and that food will again be available on Wednesday evenings after our club run. We have had a lot of feedback and discussions over this subject to try and get more people to use this facility.

Two key changes are that food will now be served until 9.30pm (But please order before you go out training) and the menu has been revamped – see below.

The Sports Club are very open to ideas so if there is any particular 'dish' you would like on the menu please shout up.

MENU 1	PRICE
Side orders & Extras	
Garlic Bread	£1.50
Large Chips	£2.30
Small Chips	£1.15
Side Salad	£1.50
Jacket Potato With Cheese & Beans or Chilli or Tuna & Sweetcorn	£3.95
Sandwiches Tuna or Egg or Cheese or Ham	£2.00
Toasties With Ham & Cheese or Cheese & Tomato or Cheese & Onion (served with Salad Garnish)	£2.25
Also Tea, Coffee, Chocolate	
MENU 2	PRICE
Scampi, Egg & Chips	£5.00
Beef Lasagne & Salad	£5.00
Vegetable Lasagne	£4.75
Cottage Pie & Peas	£4.95
Mushroom Stroganoff	4.95
MENU 3	PRICE
Gammon Served with two eggs and chips	£5.50
Steak & Kidney Pie Served with Peas & Chips	£5.50
Cod in Batter Served with Peas & Chips	£5.50
Medium Hot Curry Served with Rice & Naan	£5.00
Medium Hot Chilli Served with Rice or Chips	£4.75