# West Bromwich Mountaineering Club Newsletter



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### Hello readers,

Following the quiz night in October, John Edwards has sent in a mountain-related trivia question – see the Noticeboard page overleaf.

As always, plenty to do in the coming months, including Mitch's Meet, The Scottish Weekend, Hostel Weekend, Cairngorm Trip, plus our Indoor Evening Meets!

Huge thanks as always to this month's contributors: Owen Tandy, Paul Brindley, Geordie Hind, Nigel Tarr, John Edwards, Iris Cooksey, Rob Cox, Ken Priest, Nic Piotrowski, Richard Cooksey, Graeme Stanford, Anthenia Dimitriou, and Andy Brown.

If you have anything that you'd like to be featured in next month's newsletter – whether you're selling gear, looking for a climbing or walking partner, you've seen an event that members might be interested in, anything at all – send it to newsletter@wbmc.org (or through our website if it's an article) before the 6<sup>th</sup> of the month. Note the new date!

If you've never written an article before, why not give it a go?

Cheers, Joe

## The WBMC meeting place



Cricketers Arms 43 Trinity Way, West Bromwich, B70 6EA

Join us every Thursday night from 9pm for a chat and a drink.



The BMC recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions.

www.wbmc.org

# Noticeboard

### Club Book Wanted

If anyone has a club book (50 Years of Mountaineering) they are prepared to sell could you please contact long-serving member Owen Tandy on 0121 553 3404.

### Tent for sale

Vango Icarus 500 tent, awning and footprint, 4000 HH. 4 to 5 berth. Mint condition, used 4 times. £250 or nearest offer. Contact 07813392066.

### Computer Help for members

If you'd like any help with how to use your computer, tablet, or smartphone, come along after a committee meeting (the first Thursday after a coach meet) and I'll be happy to help you.

### Headtorches

Dave 'Geordie' Hind has contacted Unilite – a head torch company in Redditch – and they are willing to let us purchase these head torches at a vastly reduced rate.

Take a look at the Unilite website (<a href="www.unilite.co.uk">www.unilite.co.uk</a>) and contact Geordie for more details on 07505364318 or email <a href="mailto:geordiehind@gmail.com">geordiehind@gmail.com</a>.

# WBMC Social Evening

Friday  $30^{th}$  November – Akash Balti, 385 High Street, West Bromwich, B70 9QW. Choose from the menu & pay your own tab. Call Nigel Tarr on 07703 345829.

#### Letters to the Editor

### Mountain Trivia By John Edwards

What are the 4 UK summits (of any height) that have over 200 km of isolation from their parent peak, (i.e. their nearest HIGHER mountain)? There are only 4! For bonus marks, can you list them in order of isolation (not height)?

Answer in next newsletter!

### Hut donations



Note the new prices: Members - £6.00 Guests - £10.00 5-17 - £4.00 Under 5s - Free

Stamped addressed envelopes are provided in the hut for payment.

## Re: The Cantilever (July 2018)

By Iris Cooksey

This feature on Glyder Fach is an obvious spot for a "photo-call". I used this one a number of years ago when I was compiling the Newsletter. This photograph was taken sometime during the 90's; I can't remember by whom. The members I can recognise are Malcolm Vaughan, extreme right, myself, Ursula Woodhouse and Vilma Mitchell (Andrew's mum). I can't recognise or remember the two people on the left – any answers?



# Re: Showering by Candlelight (August 2018) By Iris Cooksey

Yes Pete – I experienced a similar occurrence, but not with candles in the shower, but "DARKNESS".

It was an Away Dinner weekend in February during the 80's. We knew many people would be at the Dinner, so we correctly assumed there would be spaces at the Hut – no one except Ray, Alison, Richard and myself were there.

After a good day on Snowdon via the Watkin and down the South Ridge, we settled in for a cosy evening. I was last to take a shower, and, low and behold, in the middle of my ablutions, all went dark! After a few minutes I heard a voice – "Mum, are you alright?" It was 9 year old Richard. "Yes" I replied, as I felt around for my towel and clothes.

The fuse box had burst into flames, so Ray had to go down to the 'phone box and call out the Emergency Electricity Service. Personnel arrived and repaired the fault. Meantime we had served and eaten our gas cooked dinner by "Candle Light".

### To book

Phone or email Alison Whitehead:

07903 584450

hut-secretary@wbmc.org

Please contact Alison before going to the hut.

WBMC members can purchase a hut key from Alison at a donation of £4

# Coming up

## Indoor Evening Meets - The Cricketers Arms, 8pm

8<sup>th</sup> November – Via Ferrata in the Briancon Area, by Rob Cox

Having visited the Briancon area for the past 12 years, mainly to kayak the rivers, Rob has also climbed most of the Via Ferratas in the area.

6<sup>th</sup> December – The Ascent of Ama Dablam, by guest speaker Dave Holland

Dave Holland, Chair of the Bromsgrove and Redditch Mountaineering Club, will be visiting to give a slideshow and talk on his ascent of Ama Dablam, in the Himalayas.



### 18<sup>th</sup> - 19<sup>th</sup> January 2019 Scottish Weekend

A booking of two rooms has taken place at the Callander bunkhouse. A female-only room for six and a mixed room for eight. The cost per night is £18.

Callander is 320 miles and 5hrs from West Brom as opposed to Glencoe (381 miles and 6.5hrs), Braemar (385 miles 6hrs 40) and Fort William (397 miles and 7hrs) so is a more user-friendly weekend outing.

Callander is great base to explore local Trossachs hills like Ben Ledi, Ben Vane, Ben A'an, Ben Venue, Ben Vorlich and the back of Loch Lomond.

40 mins away is Tyndrum, Crianlarich, Ben Oss and Ben More, and 40 mins the other way Ben Lawers and the Tarmachan ridge.

Callander has some very good cycle trails and local walks around Brig o Turk and Loch Katrine.

If you car share and keep to dried biscuits you could have a weekend cost of just £75 or you could enjoy the delights of Callender's 3 good alehouses and evening meals for maybe £130 over the weekend. You could go for a weekend of beer, wine and song, and maybe even try for the club weekend record of £868 held by Andy Brown.

Contact for the weekend is Nic Piotrowski on 07775914822. Please text or call with your expressions of interest by the beginning of December.

# Coming up

### 25<sup>th</sup> – 27<sup>th</sup> January 2019 January Hostel Weekend – YHA Castleton Losehill Hall

After a successful first year this year we are returning to the Peak District as this hostel offers:-

- A wide variety of rooms from including dorms, private rooms including ensuite rooms and also 3, 4, 5 & 6 bed rooms (check exact prices when booking)
- Easily accessible by road and also by train to Hope via Manchester or Sheffield
- Lots of walking options around Castleton, off Snake Pass and around the nearby Derwent Dams taking in centuries of history from Robin Hood to the Dambusters
- A bike store (double check with hostel) and lots of road and mountain biking options in the area
- Other options some of which can be combined with walks such as Peveril Castle and local caverns
- Catered or self-catering options and is also licensed and lots of other great pubs around



There are so many different rooms options it's better if people book themselves booking using the club's YHA membership which should give discounted prices (select members discount when booking). The hostel details: <a href="https://yha.org.uk/hostel/yha-castleton-losehill-hall">https://yha.org.uk/hostel/yha-castleton-losehill-hall</a>

If you require further information contact Richard Cooksey on 07950 087911 – contact him you book so he knows you are going.

### 11<sup>th</sup> – 16<sup>th</sup> March 2019 Cairngorm trip – Rothiemurchus Lodge

For the last three years a large group of club members have visited a bunkhouse just south of Aviemore for a spot of winter climbing / walking in the Cairngorms. The bunkhouse, at Feshiebridge, is run by the RAF and can be booked by serving personnel and veterans. Due to a lottery grant this facility is being refurbished and will not be available this coming winter. With that in mind we have managed to secure a 20-bed bunkhouse, run by the Army, which is in the forest opposite Glenmore Lodge. The facility is called Rothiemurchus Lodge and is in a remote spot giving access to all the Cairngorms have to offer. For more info visit: <a href="https://rothiemurchus.co.uk">https://rothiemurchus.co.uk</a>

If you are interested in joining us. It's not exclusively a climbing trip and the group is fairly well mixed between climbers and walkers. I don't need to sell the area and the facilities and company are second to none so come and join us.

We're in the accommodation for 5 nights, 11th to 16th March, which means driving up on Monday 11th and

driving back on Saturday 16th . This gives 4 full days on the hills. A bargain at £75. A £15 deposit will be required to secure your place and the balance will need to be paid nearer the time. I'll keep you informed of when this needs to be in. There will be plenty of folk going so if you haven't got transport there should be a few options.

As with our own hut the sleeping and cooking facilities are all provided you just need to bring your own food, drink and bedding. The rooms are shared 'bunkbed' accommodation but there are a few rooms so we can hopefully sort things out for privacy etc. There are separate ladies and gents showers and loos. Wi-Fi is available for a small charge and there is a bar onsite although this is only open by request.

All members welcome but, as there's only 20 beds, it's first come first served.

For more info and to book your place, contact Graeme Stanford on 07846281878 or <a href="mailto:grim830@virginmedia.com">grim830@virginmedia.com</a>

# My first experience of Trailffest

22nd September

By Anthenia Dimitriou

I'm not a runner. This is what used to say every time I was going for a run. I never ran fast and I was never the first to finish the race either. Long distance runs always make my heart beat faster and my legs feel like feathers that can't stop moving.

One day like any other day Peter Poultney said 'Hey, would you like to join us at Trailffest in September?". I checked my diary and I had nothing planned for that day. I thought – or maybe I didn't think at all – "Yes, why not!" So I booked my place on the same day.



Excited and terrified, I planned my training before the race. I had about 6 months to train myself to be able to run more than 8 miles. That was the longest distance I had ever ran till then. An amazing journey of training started since then. I met marathon and ultra-marathon runners and asked them for their tips. I started running with the running club every Monday and I planned running routes of various distances for when I went on a holiday to Crete in April. During the journey of training I've learnt a lot and I've made some of the most awesome memories including getting lost in the wild with no signal. One day I woke up and said to my mom 'I'm going to run to the other side of the island, see you there in a couple of hours'. No I hadn't gone mad. I had become a runner!



From all the tips I gathered during the training I kept the most precious one "less is more". Less clothing, less preparation, less thought about it, less stress – just get out there and do it.



Chris Dean ran with me the first mile. I think he pressed the nitro button after this and joined the others. My aim was to finish the race. It was a 40 minute journey on the train to get to the start and we had to run all this distance back to the train station. Sara Winton was very supportive, she kept telling me it'll be fine and that I really don't need my coat on, although it was freezing! She was so right! Remember, 'less is more'.



The journey on the steam train was another experience like on these old films my dad watches, see Sherlock Holmes. We got some hot drinks mainly to warm up before the race. Sara and Garry went down on the train and we were catching up with them as we were running down the mountain. They were cheering us up whilst running which really boosted my confidence.

# My first experience of Trailffest (continued)



It was a spectacular route up and down slippy rocks, mud and roots. My 'hype' playlist was blasting into my ears and I couldn't help but thinking we were all wild animals running into the woods searching for our prey.

I finished the race, sprinting in the last mile -another tip I gathered during the training period. The others looked refreshed, ready for more afterwards. Chris said casually I'll run back to the hut' as if he didn't have enough running 13 miles. Not sure how many miles it is in total but it was

about an hour's drive from that point to the hut. They say you become who you spend time with. If that's true, I can see myself as a superhuman one day!

The aftermath is I got the Half Marathon bug! I want to run them all! Looking forward to the next year's Trailffest. Fantastic experience, awesome company. Thank you all.

- The Greek





# Coach Meet - Cader Idris

Saturday 10<sup>th</sup> November 2018

De	рa	rt

07:00 - West Brom. Edward St Car Park	(B708NL)
07:20 - M54 Junction 2	

### Drop off

356150)
29113)
'14182)
10158)
,

### Pick up

Barmouth	(610158)
Dolgellau	(728180)
Cross Foxes	(766166)

### Required maps

Outdoor Leisure OS 1: 25000 - Cader Idris Dolgellau Sheet 124 1:50.000

### Suggested routes

#### FROM DINAS MAWDDY

A chance for the rock climbers to get an early drop off and late pick up which should give a chance to tackle routes on Craig Cywarch about 5km north of the village. For details of routes see Rock Climbing in Snowdonia by Paul Williams

### Route 1 (~19km / 12miles)

Try a large chunk of the Mid Wales Marathon Walk up to Bwlch Sigien from Dinas Mawddy and then head W and N to Maesglase (whose top has been moved from (823152) to (817150) !!!! Then turn SW to the narrow ridge of Craig Forlas (802141) and then head N to the flat tops of Cribin Fach & Cribin Fawr (795153) SW again to the col at (790130) and then to Waun-oer (786148) Then drop down to NW to Cross Foxes and await the coach at hotel or use minor road to reach Dolgellau.

#### FROM MINFORD

# Route 2 – The Cadair Via Cwm Cau Classic (~14 km/8.5 miles)

Follow the path through the gate into woodland On emerging it curves left to Lyn Cau but just before the lake(721124) take the left fork up a stony track to the rim of the cwm Turn W and onto the summit of Craig Cwm Amarch (711121) curving N with one sizeable descent before rising to Pen Y Gadair (711130) - the highest point of Idriss Chair Then head W then NW to Cyfwy (704134) & descend Pony Path to the col at (691135) then head NE to Dolgellau.



Fares Photo from wikipedia.org

Members £20.00 Guests £22.00 Under 16's and full-time students – £8.00

To book contact Nigel Tarr on 07703 345729.

Should you need to cancel do so no later than the Wednesday prior to the coach date or a £5.00 fee will be charged. Fail to turn up and the full coach fare will be expected.

#### Route 2a (~18.5 km/11.5 miles)

As route 2 but from Pen Y Gadair (711130) continue W along the grassy ridge over Tyrrau Mawr (677136) and Craig Y Llyn (660115) from where you drop down using rights of way and roads to Barmouth.

#### Route $3 (\sim 15 \text{ km} / 9 \text{ miles})$

Start at a layby on A87 (753135) and head for the white post at (755151) and then turn W to climb up onto Gau Craig (744141) the easternmost peak on the Cadair plateau Then head SW & W to Mynydd Moel (728137) and reach Pen Y Gadair (711130) from the East Nearest pickup is then Dolgellau via Pony Path or Foxes Path if you like denuded scree runs.

#### 4 - Mawddach Trail

Leave at junction of A493 (713183) along the old railway to road toll bridge and pub (694184) continue along estuary to Arthog (640148) continue on to Morfa Mawddach Station (628141) cross the footbridge into Barmouth through the town to coach park near the Fun Fair (610158).

# Coach Meet - Abergavenny

Sunday 9th December 2018

### Depart

07:00 - M54 Junction 2

07:20 – West Brom. Edward St Car Park (B70 8NN) Please note the first pick up is M54 Junction 2. West Brom is second pick up.

### Drop off

Llanfoist	SO 2924 1356
Pysgodlyn	SO 2667 1556
Llanwenarth Hotel	SO 2526 1613
Coach Park – Abergavenny	SO 3010 1390

### Pick up

Coach Park – Abergavenny SO 3010 1390

### Required maps

OS 1:25 000 Outdoor Leisure No 13 - Brecon Beacons



Fares Photo from wikipedia.org

Members £20.00 Guests £22.00 Under 16's and full-time students – £8.00

To book contact Nigel Tarr on 07703 345729.

Should you need to cancel do so no later than the Wednesday prior to the coach date or a £5.00 fee will be charged. Fail to turn up and the full coach fare will be expected.

Please note the first pick up is M54 Junction 2. West Brom is second pick up.

### Suggested routes

#### From Llanfoist

Route 1 (~ 6 miles / 9.6km, 550m ascent)

Follow the main road back to Llanfoist bearing right at the roundabouts until the footpath is reached at SO 286 132. Follow south then south west to Cwm Craf and then start the steep climb to Blorenge. Either follow the route back or to lengthen the walk continue south west to the lake Pen-ffordd-goch Pond and turn north to follow the footpath back to Llanfoist and the Abergavenny.

#### From Pysgodlyn

Route 2 (Led Walk, ~7 miles /11km, 600m ascent)

The Led Walk climbs Sugar Loaf from Pysgodlyn following footpaths north up to the car park and then to Sugar Loaf before turning south east back to Abergavenny.

#### From Llanwenarth Hotel

Route 3 (~5 miles / 8km, very little ascent)

Follow the A40 back towards Abergavenny for 300m and look carefully for a gate and style on the right which leads down to the bank of the River Usk. Follow the river back to Abergavenny. Keep your eyes open for the rarely sighted Father Christmas who may come along to keep you company.

# Mitch's Meet - New Year's Walk & Social

Bredon Hill – Sunday 6th January 2019

### Depart

09:00 – West Brom. Edward St Car Park (B70 8NL)

### Drop off

Ashton under Hill (SO 997377)

Others by request and agreement prior to the day with Richard Cooksey on 07950 087911

### Pick up

The Star Inn (SO 997377), leaving by 7pm – *Please be back at the pub to allow time to eat and drink before the coach needs to leave* 

### Required maps

Explorer 190 (1:25k) or Landranger 150 (1:50k)

Thanks to 'Geordie' Hind for this meet – I believe a new venue for the WBMC – Bredon Hill (SO 95762 40267) 299m/981ft, Vale of Evesham, Worcestershire.

This Marilyn can give nice 360 degree, long distance views including the Malvern Hills, Vale of Evesham and the Cotswolds. The summit has an Iron Age hill fort and is adjoined by Parsons Folly – you may have seen the tower from the M5 (to the East near M50 junction). There are also many artistic, literary and musical connections with a poem and a musical composition about it.

The Star is a great inn with real ale (Black Sheep and Sharps Atlantic when we visited) and cider. We may even walk across land where some of the food you eat is farmed!

To cater for the numbers, the inn will serve people on the coach first and anyone not on the coach will have to arrange food with the inn themselves on 01386 881325.



Photo from the times.co.uk @ Adam Stanford

### **Fares**

Members £14.50 Guests £16.50

Under 16's and full-time students - £10.50

To secure your place, please contact Richard Cooksey on 07950 087911 (evenings 8-10pm and weekends) or via bookwbmc@gmail.complease state if member, guest or under 16 or Full Time student when booking

£5 cancellation fee applies after 02/01/18 – Full payment will be expected if you fail to turn up on the day. If paying by cash please bring the correct change.

### Suggested routes

Please have appropriate footwear (waterproof with heel support) and clothing (waterproof jacket and trousers and warm clothing including jacket, hat & gloves) for a winter walk up to nearly 1,000 feet

Route 1: Bredon Hill; Approx. 7 miles (medium)

Up from Ashton under Hill on the Wychavon Way up to Bredon Hill and then to the South West from the summit before heading West and winding around to eventually come back onto the Wychavon Way.

Route 2: Bredon Hill; Approx. 8 miles (slightly longer)

Up from Ashton under Hill head to trig point at Holcombe Nap (163m) and on lower path before joining route 1 at the Wychavon Way up to Bredon Hill and then as route 1.

Route 3: Bredon Hill; Approx.6 miles (shortest route)

Up from Ashton under Hill on the Wychavon Way up to Bredon Hill and return on the same route.

#### Shorter routes

There are also lower level and shorter routes such as up to the Holcomb Nap (163m) trig point and another low level route to Sedgeberrow with its 14th Century church and the River Isbourne

Route 1 will be the main walk

# Mitch's Meet Pub Menu

# The Star Inn Sunday Lunch



### <u>Starters</u>

Soup of the day

Prawn and Smoked Salmon Cocktail with Brown Bread and Butter
Deep Fried Breaded Camembert with Homemade Gooseberry Chutney
Chicken Liver Pate with Crusty Bread and Red Onion Chutney

### Sunday Roast Dinner

Our Sunday roasts are all served with roast potatoes, seasonal local seasonal vegetables and rich homemade gravy. Completely delicious, today's choice of roast meats is:

Roast Grafton Pork- Family Reared Pork from the Family Farm just ½ a Mile up the Road! Accompanied with Sage and Onion Sausagemeat Stuffing, Crackling and Cider Apple Sauce

Roast Aberdeen Angus Beef- with Yorkshire Pudding and Rich Roast Gravy

Free Range Chicken Breast - with Sage and Onion Sausagemeat Stuffing and Pig in Blanket

The Mixed Meat Roast – Can't Choose? Have it all! All the meats and all the trimmings.

Or choose from:

### Fish of the day

(V) Nut Roast - Mixed Nut Roast with Yorkshire Pudding and Vegetarian Gravy

### Desserts

French Apple Tart - Served hot with custard or vanilla ice cream

Bourbon Pecan Pie – Classic indulgent Pecan Pie served with Vanilla Ice Cream

Banoffee Cheese Cake – Layers of deliciousness served with Vanilla Ice Cream

Summer Berry Crumble – Served with Vanilla Ice Cream or Lashings of Hot Custard
Strawberry Shortcake Sundae – Strawberry and Vanilla Ice Creams, Coulis, Fresh
Strawberries, Whipped Cream and Shortbread

Snickerbockerglory – A Sundae stacked with salted caramel and vanilla ice cream topped with whipped cream and peanuts, oh with bits of Snickers in there too!

Cheese Board Selection: with Grapes, Apple and Ale Chutney and Crackers

Enjoy all 3 courses for only £18.95 or 2 courses for £14.95.

Main course only £10.95 Mixed Meat Roast £2.00 surcharge

Children under 12 £5.95 for main course and £2.50 starters and desserts

The Star Inn, Elmley Road, Ashton under Hill, Nr Evesham, WR11 7SN, Tel: 01386 881325

# WBMC Annual Away Dinner

Friday 15th - Sunday 17th March 2019: 2 nights at the Briery Wood Country House, Windermere

Following very positive feedback from this year's event we are returning to Briery Wood with a similar package to this year. To get the prices we have agreed deposits must be paid in November 2018 and so please book ASAP.

Moments from the eastern shores of Lake Windermere and set in seven acres of beautiful secluded gardens and woodland lies Briery Wood Country House Hotel. Briery Wood was built at the end of the 19th century and housed the Earl of Lonsdale's Estates main gardener who developed the stunning grounds that we still enjoy today.

Briery Wood is within easy reach of the popular villages of Ambleside, Bowness and Windermere, so it's a great base for exploring the Lake District. Walking options directly from the hotel include Wansfell, Baystones and Troutbeck. Being close to the A591 also opens up many other walking options and the nearby Brockhole, The Lake District Visitor Centre also offers a wide variety of options for all ages including taking a boat on Windermere giving other options including different walks. As in previous years the weekend therefore offers the opportunity to climb different peaks that you would not be able to do on coach meets.

Here's a link to their website if you want to know more: <a href="http://www.lakedistrictcountryhotels.co.uk/briery-wood-hotel">http://www.lakedistrictcountryhotels.co.uk/briery-wood-hotel</a> and it has 4.5 out of 5 on Trip Advisor: <a href="http://www.tripadvisor.co.uk/Hotel\_Review-g186330-d574824-Reviews-Briery\_Wood\_Hotel-Windermere Lake District Cumbria England.html">http://www.tripadvisor.co.uk/Hotel\_Review-g186330-d574824-Reviews-Briery\_Wood\_Hotel-Windermere Lake District Cumbria England.html</a>

We have a similar deal to previous years – Bed and Breakfast on the Friday night; Dinner, Bed and Breakfast on the Saturday night:

- The hotel has 23 twin or double rooms including some which can also accommodate singles and families.
- The price is £144.50 plus disco contribution (see below) per adult for the weekend in a twin or double room.
- The hotel will give up to 4 single rooms for £155 for the weekend plus disco contribution. If people could share where possible that would allow the maximum amount of people to go.
- Child, family room, dinner only price and extra night cost on application (Call Richard Cooksey on 07950 087911)

As before the disco cost would just be divided between everyone who attends the meal.

Further information and booking form overleaf.





# WBMC Annual Away Dinner

A non-refundable deposit\* is required (£25 per person). This can be either be paid by cheque payable to Briery Wood Hotel and sent with the booking now or Credit Card by phoning the hotel (tick box on booking form) when advised by the WBMC, the balance is payable by you before leaving the hotel. *Please don't pay by credit card yet - WBMC will advise you when credit card deposits are to be paid.* 

Send the following booking form (including cheques if you want to pay the deposit by cheque) by 10th November to:

Richard Cooksey 24 Lydford Road Bloxwich Walsall West Midlands WS3 3NT

Menu choices, contact details & data protection consent for all guests must be on the booking form

#### Starters

CUMBRIAN HAM AND PEA SOUP- White truffle oil and golden croutons

CHICKEN LIVER PARFAIT- Cumberland sauce, melba toast

DUO OF MELON, SEASONAL FRUITS- Longtons of Skiddaw gin and tonic foam

### Main Courses (inc Extra veg)

GRILLED FILLET OF LAKELAND CHAR (FISH)- Beetroot and horseradish potato cake, tarragon and saffron sauce

LUNE VALLEY SHOULDER OF LAMB SLOW BRAISED FOR EIGHT HOURS

Boulangere potato, roast leek, lamb reduction sauce

ALLERDALE GOATS CHEESE AND RED ONION TARTLET- New season potatoes, salad

#### Desserts

WARM CHOCOLATE SPONGE- White chocolate sauce, Kendal mint cake ice cream

DAMSON GIN JELLY, DAMSON GIN SORBET-Raspberry meringue, shortbread

BLACKBERRY CHEESECAKE- English Lakes apple crumble ice cream

## WBMC Annual Away Dinner Booking Form

15<sup>th</sup> – 17<sup>th</sup> March 2019

### Party leader's name:

				Menu Choice		<u>Data</u>			
Guest	Room	Guest	Cheque	Starter	<u>Main</u>	Dessert	<b>Protection</b>		<u>ion</u>
<u>name</u>	<u>Type</u>	Contact	<u>or</u>				Consent**		
	(twin/	<u>Details</u>	<u>Credit</u>					(Every person	
	double	(Email or	<u>Card</u>				1	must clearly	
	or	Phone)	<u>Deposit</u>				select 'Yes' to		s' to
	single)		(Select				enable		e
			CH or				booking)		g)
			CC)						
			CH/ CC				Yes	/	No
			CH/ CC				Yes	1	No
			CH/ CC				Yes	/	No
			CH/ CC				Yes	1	No
			CH/ CC				Yes	/	No
			CH/ CC				Yes	/	No
Total									
Deposit (£25 per person)*									

<sup>\*</sup>WBMC takes no financial responsibility or liability for this event

<sup>\*\*</sup>I consent WBMC to share my name, whether Adult or Child, menu choices, any other requirements and any deposit cheque with Briery Wood Hotel to arrange this event.

If consent is not given the WBMC would not be able to book for you. Any personal information specific to this event will be held securely and will not continue to be held when no longer needed to arrange or analyse the WBMC Away Dinner.