



Loughton Lines

It's Back!

Welcome to the new-look *Loughton Lines*! Yes, after a lengthy lay-off, *LL* is back, and will bring you news and views from around the club, plus details of forthcoming races and recent results. If there's anything you'd like to be included, please say – this is your club, and your newsletter.

Thanks, Captain Barclay

The new *LL* team couldn't possibly hope to emulate Captain Barclay's unique editorial style and wit. Thanks for running *LL* for so long, Capt B, and we hope that us young whippersnappers don't disappoint you too much. Those of you who can't stomach the prospect of *LL* without Capt B should turn to page 7, where you can read his and Baglady's walking report (poor Pauline W – she was probably hoping she'd seen the back of that nickname!).

EGM on 1 November

The LAC Committee called an Extraordinary General Meeting on 1 November to discuss the club's future participation in the various summer and winter leagues. A discussion paper was distributed to all members prior to the meeting, with the proposal that: 'The Club should continue with membership of all current summer and winter leagues for one more season only (including the 2010/11 winter season) but the Club Committee is authorised NOT to renew league membership/affiliation for subsequent seasons if there is insufficient involvement from club members.'

The meeting was well supported, and healthy discussion ensued over our participation in the Southern Men's League (SML), Southern Women's League, Eastern Vets League, Chingford League and Essex League. Pauline W tabled an amendment, asking members to consider ending the club's participation in the SML immediately; however, the amendment did not get a seconder. Those attending agreed unanimously with the original proposal, but shared Pauline's concerns over the levels of participation in the SML, especially as our officials have begun to outnumber our athletes at SML matches.

The club is now looking to encourage all members, whatever their ability, to have a go and support the club by turning out to compete at the various races. Don't think that you're not good enough – you are, and you'll see the improvement if you start turning out to race. Other points raised in the meeting included increasing the number of social activities (as members recognised that a more sociable club was

December 2010

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likely to lead to more members attending races), and re-launching *Loughton Lines* as a vehicle for publicising the club's achievements and spreading the word about upcoming events. If you have any more ideas about how the club can encourage more members to get out there and compete, please speak to a committee member (see page 4 for the contacts list).

Hooray for Us!

Thanks to everyone involved in the home Chingford League match on 23 October. It takes a lot of organisation to put the races on and, once again, the usual suspects stepped up to the plate and made sure that the afternoon was successful. If anyone fancies helping out at forthcoming home races by being a marshal (the high-vis jackets are very on-trend), marking out the course or making tea and coffee, please let Tony M know (see page 4 for contact details). You'll need to provide a good reason as to why you're not racing, though!

Good month for...Michelle Hurley, who became a vet on 1 December and is thus eligible to be part of the most successful running team in the club – the veteran women's team! Congratulations, Mich!

Bad month for...Helen Real, who 'stole' Lorna's car parking space from under her nose at Hog Hill, only to break down on the way home. I think that's called karma, Helen!

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Please send any LL articles/feedback to Mary, and any photos to Tony.

Brains of Loughton

The quiz on 8 October raised £509.89 for the club. Well done Shaun DSB and Doris DSB for organising, the kitchen hands for a lovely Ploughman's and Tony M for being quizmaster. And, most importantly, thanks to the 12 teams who came and answered questions ranging from the location of prime ministers' constituencies to the ingredients in an eggs Benedict recipe. Us LAC members are clearly cleverer than we look. Look out for the next LAC social event, on 22 January. Pencil it in and watch this space for further details.

The Pitter-Patter of a Tiny Hurdler

LAC's newest member, Martha Rose Richardson, was born on 13 September, weighing in at 6lb 7oz. Mummy Jo Richardson is the club 100mH and 400mH record holder, so we're hoping Martha will be following in her speedy footsteps! Congratulations to all the Richardsons from everyone at LAC.



BBC Sports Personality Unsung Hero Nomination

John R, Joanne R and Mary K put their heads together and nominated David H for the national BBC Unsung Hero award this year. The award recognises someone who is dedicating their life to promoting sport in their community, taking no reward from it other than the pleasure of helping others to take part and enjoy their sport.

Joanne said: *'David has been giving up his time to coach me since I was 13, and travels to many of my competitions, however far away, at his own expense. He is a constant source of encouragement and I fully support his nomination for this award.'*

Even if he doesn't win, David is a hero in our eyes – as are all our running and walking coaches for giving up their time for our benefit.

Results From Here and There

Rather than include the results from every race this season, LL will publish results from the last Chingford and Essex League races, plus those from any one-off races that have taken place. If you want to see the results of any other races, have a look on the club website, www.loughtonac.org.uk. Webmaster Tony M makes sure that the results are up there almost as soon as they appear in his inbox. There are some lovely action shots of our runners on the website, too.

The winter season kicked off with the annual club 5-mile cross-country in the forest. Every year, the Steve Hall Trophy is awarded to the athlete judged to have given the best performance (not necessarily the winner) on the day. This year, the trophy – presented in honour of our late friend and committed club member Steve Hall – was awarded to newcomer Heather Newman. On presenting her with the cup, John C said: *'Heather has been working hard on the track all summer and I'm delighted to see from this 5-mile cross-country race that her training has paid off.'*

The Chingford League is well under way this season. The last road race at Hog Hill, on 2 November, saw a great turnout from club members.

S = senior; V = vet; W = super vet.

Men 5k: D Tyson (S) 20:53; T Babbs (V) 22:10; T Maycraft (W) 22:19;
J Hart (W) 23:27; S Childs (W) 24:50; S Reeve (S) 24:59;
D Hobbs (W) 25:15; G Georghiou (W) 25:28; B Reeves (S) 25:46;
S Hurley (S) 25:48; S Desouza Brady (V) 26:02;
B Chapman (W) 28:42

Women 5k: M Knapman (S) 21:51; L Gaffney (V) 21:58; H Real (S) 23:45;
M Hurley (S) 25:04; J Ryan (S) 25:54; A Gibbins (V) 26:26;
G Tovey (W) 27:23; H Newman (V) 27:30; J Hobbs (W) 27:33;
A Harrison (S) 28:21; M Davis (V) 29:14; I Petersen (W) 31:27

The men's team was ninth, with the B team fifth. The men's vets were eighth. The women finished fourth, as did the women vets.

The young athletes have been turning out for the Chingford League this season, ably led by U15 Anna Clark, who continues to improve at a rapid rate. She's been supported at U13 level by Laura Barritt, Laura Childs, Victoria Coakley,

Megan Walsh and Georgia Edmondson, who are making up a good team and currently lie in fifth place in the league overall. Keep it up, girls!

There have been three Essex League races so far. The latest one was at Hockley. I'm happy to report that no one fell into the ditch this time.

Men 8.5k: C Veall (V) 35:20; T Maycraft (W) 37:30; J Whiffen (W) 39:12;
J Ryan (S) 39:24; D Hobbs (W) 41:05

Women 6.3k: L Gaffney (V) 29:05; G Shillaker (W) 31:30; H Real (S) 31:41;
J Ryan (S) 32:39; J Hobbs (W) 35:45; M Davis (V) 40:58

The men's team finished eighteenth (although if they had had one more finisher they would have been fourteenth – come on, boys, let's try and get six athletes at league races); the women were eleventh.

There was an excellent turnout for the Veterans Inter-Club Race on 6 November – the men even outnumbered the women. Good work, lads. How about trying the Essex League, too?

Men 5m: C Veall (V) 35:10; T Babbs (V) 37:24; T Maycraft (W) 37:31;
J Whiffen (W) 39:55; D Rayney (V) 40:12; G Georghiou (W) 40:15;
S Childs (W) 40:21; D Hobbs (W) 40:36; James Ryan (Guest) 41:13;
S Desouza Brady (V) 43:35; John Ryan (W) 44:31;
B Chapman (W) 47:05; C Warren (V) 47:11

Women 5m: L Gaffney (V) 35:37; G Shillaker (W) 39:11; A Heeks (W) 41:47;
A Gibbins (V) 41:59; J Hobbs (W) 44:25; J Tavin (V) 45:22;
M Davis (V) 50:22; I Petersen (W) 52:02; Julie Ryan (W) 56:35

The men's team was fifth; the women's team second. Well done all!

LAC athletes were in action again for the Ware Cup on 20 November, competing against other local teams.

Men 5m: C Veall (V) 34:57; T. Maycraft (W) 38:10; T Tovey (V) 38:40;
J Hart (W) 38:49; D Rayney (V) 40:26; D Hobbs (W) 40:41;
J Whiffen (W) 41:02; G Georghiou (W) 41:48

Women 5m: G Shillaker (W) 39:00; H Real (S) 39:25; J Ryan (S) 41:18;
H Newman (V) 44:38; J Hobbs (W) 45:03; J Tovey (W) 46:53;
J Whiffen (V) 47:01; M Davis (V) 49:36; I Petersen (W) 52:59

The men finished fourth; the women were second.

As ever, the women's team would like to thank Ted C for managing them so wonderfully.

Club Contacts

Chairman:	George Richardson 020 7435 0010 <i>george@richardsong.fsllife.co.uk</i>
Membership Secretary:	Tony Maycraft 07958 903842 <i>tony.maycraft@talktalk.net</i>
Club Secretary:	Gavin Harper 07745 206589 <i>gavinruns4fun@live.co.uk</i>
Press Officer:	David Hobbs 020 8508 7654 <i>djhdroftarts@yahoo.com</i>

Interview

Each issue, a 'victim' will be chosen at random to be quizzed on their sporting life and times, as well as their little quirks. First to step up is John Hart. If you're not sure who he is, he's the one wearing industrial-strength insect repellent, which you can smell from at least the other side of the track in the summer! Thanks, John, for agreeing to be interrogated – whoops, I mean interviewed.

Name: John Hart

Age: 65

Where were you brought up? East Yorkshire

PBs: Marathon: 2hrs 50m 03s (that 4 secs still hurt),
half marathon: 1hr 20m 13s (ditto the 14 secs),
10 miles: 60m 58s (this could get boring), 10k:
35m 23s ... 100: yards 11.3s

How long have you been a member of LAC? Since 1984

What are your greatest sporting achievements?
The marathon PB and running right across Essex from Epping to Harwich with club colleagues (over two days)

What's the best thing about LAC? The happiness of its members at being together, whether running or not

And the worst? Our facilities, particularly that we have nothing to offer young runners in the winter

Which sportsmen/women do you most admire and why? Joss Naylor, who like fellow fell-running legend, John Cash, is an outstanding athlete content to remain in semi-obscurity; Clive Sullivan OBE, GB and Hull Rugby League captain, who was a fine human being and a great inspiration to a youthful JH; and Jo Ryan, for her achievements and for wearing her LAC top on the TV

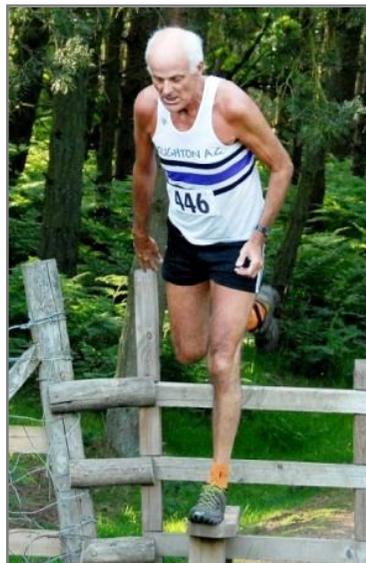
If you were Chief Executive of UK Athletics for a day, what would you do? Give LAC a big cheque to improve its facilities and persuade the BBC to give Brendan [Foster] a rest. The other things would take longer than a day!

Do you have any other hobbies and interests? Yes: they include music, swing dancing, rugby and leading Ted Martin off the beaten track on our forest cycle rides

Who or what makes you laugh? Morecambe & Wise; Vince Cable; Dave Tyson (who not only washed his legs *during* a fell race but also then missed out on the dirtiest legs spot-prize) and T-shirts with slogans in random English emblazoned on them (latest sighting: 'Moods of Norway Cocktail Farming')

Which three living people would you invite to a dinner party? Vince Cable, Aung San Suu Kyi and Steve Cram

What would be on the menu? I am assuming Jennie would be there to help me produce a sumptuous vegetarian repast. My choice would be tricolore salad, pinenut roast with all the trimmings and stewed fruit in a pie or crumble



If you were stranded on a desert island what two items would you take with you?

Jennie and sun cream

What's your favourite song/piece of music? 'C Jam Blues' by Duke Ellington, but before you take my ashes up to the Lost Pond, play 'Vanishing Point' by Boz Scaggs

Tell us something about yourself that your fellow club members don't know.

I played rugby league for a London Select XIII

Describe yourself in six words or fewer. I keep running

Forthcoming Events

December

Sat 4	Essex Cross Country Champs (Vets M & W)	Chigwell Row	12:00(*)
Sat 18	Essex Cross Country League (all)	Braintree	12:00(*)
Mon 27	Mince Pie Relay	Loughton	11:00

January

Sat 8	Essex Cross Country Champs (S, U/15, U/13, M & W - including 7-mile men's club cross country champs)	Hadleigh Wood	11:00(*)
Sat 22	Chingford League (all)	Chingford	13:30(*)
Sat 29	South of England X-Country Champs (all)	Parliament Hill	11:00(*)

February

Sat 5	Chingford League Road (all)	Victoria Park	13:30(*)
Sun 6	London Walks Champs (promoted by Loughton AC)	Victoria Park	13:00
Sat 12	Essex Cross Country League (all)	Chingford	12:00(*)
Sat 19	National Cross Country Champs (all)	Alton Towers	
Sat 26	North of the Thames Champs	Kingsbury	13:00(*)

March

Sat 5	Orion Harriers Mob Match	Chingford	<i>tba</i>
Sat 12	Inter Counties Cross Country Champs	Nottingham	
	Chingford League X-Country Relays (all)	Highams Park	13:00
Sat 19	Essex Road Relays (S/V/U20, M & W)	Chelmsford	14:30
	Orion 15	Chingford	14:00
Tue 29	Physical Shield Road Relay	Loughton	20:00

(*) denotes time of first race. Contact your team manager for start times of specific races. Remember to wear your club vest in all races. Contact Paulette Regan on 020 8502 1975 to purchase one.

Social Events

The next club social event is now booked for 22 January 2011. Pencil it into your diaries. Doris DSB will be circulating further details soon.

The Race Walking Department

Since Captain Barclay threw his pen across the room and gave up *Loughton Lines* (having actually handed in his notice two years before), the Race Walking Department has continued much as previously, with its activity going up and down.

Naturally, we have continued to finish second overall in the Essex League and Loughton ladies have continued to win their section of it, as they have every year except one since it was inaugurated.

We make an occasional foray into the wider arena and the biggest success there was Jackie Cox's second place in the National Long-Distance Championship last year, held over 24 hours at Newmarket Racecourse, in which she covered well over 90 miles in the time. It was an excellent performance and we hope that she'll do even better next year at Lingfield Park and become a Centurion, one of the illustrious band who have covered 100 miles in 24 hours. Before you ask, no, the Championship isn't always at a horse-racing course; it's sometimes in such exciting places as Battersea Park or Lower Castle Park, Colchester; the advantage of enclosed premises like racecourses – or the Metropolitan Police Training School, where we once had it – is an absence of traffic and midnight jobs, which makes things much easier all round.

We continue to officiate at all kinds of events from small local ones upwards and Captain Barclay and Baglady were surprised last year to be appointed to their positions *at the airport on the way to manage an England team at an event*. They were waiting at Gate X at Gatwick when a mobile phone call asked them to be Chief Judge and Chief Recorder respectively at the Dublin Grand Prix the following day. Leaping groaningly into the breach they managed it – with some degree of sweating and hair-tearing.

Loughton's promotion of the London Open Walks continues to be a success – that is, everyone enjoys it and it makes a bit of money for the club – and this year we again put on the National Younger Age Groups Championships in Victoria Park. The English Commonwealth Games Trials were held in conjunction and thanks are due to the club members who turned out to help on the day.

Most recent of the 'big' officiating jobs was the 'last chance' Commonwealth Games trial event at Bedford, where Capt B and Baglady were Chief Recorders; this was combined with an international match involving several overseas teams. There were *two* England teams and the event included the Irish – yes, *Irish* – National Championships: don't ask! The most exciting thing about that day was that the first lap times were so fast that it became obvious that there was something wrong with the measurement; having 40 or 50 walkers of that standard on a 1km course was bad enough, but having to work out how to change the number of laps made it especially stimulating. Checking and rechecking produced a solution and all was well. Well, it stops us from getting old and silly, or perhaps brings it on sooner!

Watch this space for more exciting walking news.

Pauline 'Baglady' Wilson
Peter 'Captain Barclay' Cassidy

Physio Update: The Real Deal

Each issue, club member and professional physio Helen Real will treat us to an update based on both the latest research and her practical work. In this issue, she challenges us to think methodically about our stretching.

To Stretch or Not To Stretch?

We probably stretch just because we've always done so and it's part of our routine, but is there a little more to it? What we know in the sports medicine world is that there are few good studies out there that prove the benefit of stretching one way or the other. However, knowing the physiology of muscle and with the studies available to us, we can make a good assumption about how stretching can be of benefit and when we should do it.

Most Common Types of Stretching

There are two types of stretching that help improve flexibility: static and dynamic (ballistic). Static flexibility involves the degree to which a joint can be moved passively to the end of the range of motion. Dynamic (ballistic) flexibility is the range of motion a joint can be moved through by muscle contraction. If this sounds a bit complicated, don't worry: read on!

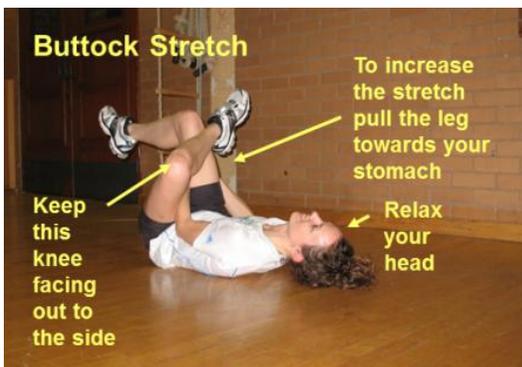
Static Stretching

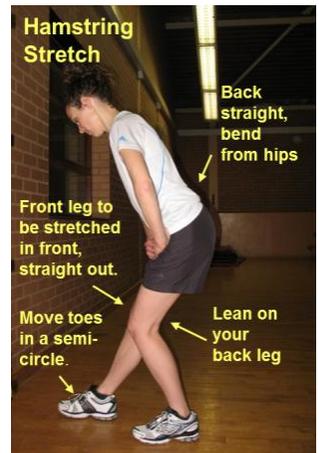
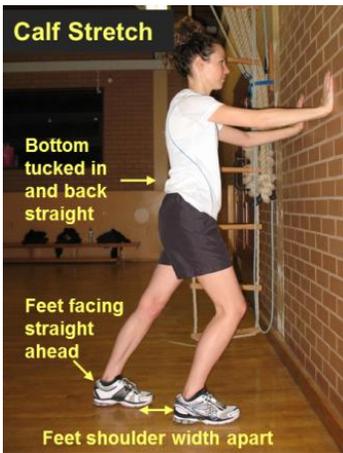
This is where you move into a particular position to put a muscle on a gentle stretch and hold it. The point in your exercise regime at which you stretch and the time for which you hold the stretch are important in order to have a beneficial effect. Research has shown that if done before activity (e.g. a race), stretching can actually *reduce* physical performance because it does not prepare the muscles for the running action.

It is recommended that stretching be carried out *after* training or a race to help elongate the muscle fibres and prevent injury. Stretches should be held for 30 seconds, 2–3 times, and performed on the main muscle groups such as the hamstrings, quadriceps, calves, buttocks and back.



Static stretches are the best form of stretches to be performed on an injured muscle. It is important to stress here that at no point should these stretches be painful: a gentle pull is all that should be felt.





If you have any queries relating to this article, do speak to Helen or to one of the club coaches. Note that the information given above is of a general nature. If you want medical advice tailored to your individual circumstances, consult a medical professional.

Ballistic (or 'Dynamic') Stretching

These types of stretches have, in the past, been controversial, because if they're done incorrectly they can cause injury. The modern form of ballistic stretches is modified to limit this risk. However, they should only be performed under supervision of a coach, to minimise the risk of injury. Ballistic stretches have been shown to decrease stiffness, improve the nerve conduction rate, increase the muscle temperature, improve the force-velocity relationship and improve the energy of the muscle, thus getting the muscle ready for running. Ballistic stretches should only be performed after a good warm-up of about 5–10 minutes of jogging. The stretch is performed by moving the joint through its full range into tension and then back out again. The stretches should be performed in repetitions of 6–12 and include exercises such as high-knee walking, straight-leg walking, lunge walking and heel flicks, to name a few. Once again, these stretches should not be painful and if the muscle starts to tire, move on to the next one.



Summary

- Warm up with a slow jog followed by ballistic stretches, 6–12 repetitions, under the supervision of a trained instructor.
- Warm down with a slow jog followed by static stretches for all major muscle groups: hold for 30 seconds and do 2–3 sets.
- For injuries, perform static stretches.
- All stretches should be pain/discomfort free.

Helen Real

Across the Pond

Each issue, our friend across the pond, Caroline Real, will send us a report on her exploits. Here's her first instalment!

Just over a year ago I packed up and went to work in California. On arrival I went on a search of the local running club, only to find that they don't really do that here – it's more kids' clubs, or professional athlete clubs, and nothing in between. So I found a kick-boxing club, and then ended up just training out on the trails and entering races every few weeks.

So, the races: well, I have done some on the road, some on the trails and another at the beach. The trail runs are great – they're sort of like fell running without the mud (all the trails are on mountainous sand tracks) but with an extra edge in that you have to keep your eyes peeled for snakes. We have only seen one rattlesnake so far and that was earlier in the season; the snake was cold, so it didn't do much, thank goodness! I did a trail run in the Malibu Creek State Park back in April – it was 14 miles; a breeze, I thought, just like doing day 3 of Isle of Wight fell weekend...I hugely underestimated the challenge.

Firstly, it was freezing cold to start off, but within half an hour the sun was out, and we hit about 80 degrees, steadily climbing. Then at mile 2 we started a 4,000ft ascent – for the next 4 miles solid – and every corner just led to more incline. Once I arrived at the top, it was a rocky ridge with further undulations (as David H would call them) – although clearly they were mini mountains. So, while trying to enjoy the view over the Pacific Ocean, which was amazing, I was slowly cooking in the heat, trying to work out how there could possibly be another 7 or so miles to go! Anyway, it was a great run – I ended up fourth overall, so not bad given the lack of training. After the race, to my disbelief, the food stands at the end included a barbecue with burgers and the like – the last thing I fancied after such a run...where was the Battenberg cake when I needed it?

Now, you know the guy (very nice man) who grunts all the way through the Chingford League – it's very off-putting – well, anyway, we have one of those guys here too – very strange. He is a grunter, but more than that, he insists on running with no shirt, and he is possibly the hairiest person I have ever seen, and I *always* end up running just behind him. It's an interesting view. Next race he won't be there, as we are off to Texas for Thanksgiving and we're doing a 'turkey trot' on the way over in Denver – it'll be cold, I bet, it being the ski season, but I'm informed that the road will have been cleared of snow – a new experience, at least. So with that run, I might be somewhat ready for the UK cold when we get back for the infamous Loughton AC Christmas Eve run and the Mince Pie Relay. Wouldn't miss it for the world...looking forward to seeing you all very soon! Happy running!



Caroline Real

Nutrition Notes: We Are What We Eat!

I'm one of those people who use exercise as a trade-off so that they can eat what they like (chips!). This is all very well, but if you want to improve your performance, it pays to feed your body the right fuel. This new LL nutrition feature taps into the knowledge of expert nutritional therapist Rachel Davis, takes us through the basics and challenges us to think about what we're putting into our bodies.

The Basics

A well-balanced diet is essential for anyone undertaking an exercise programme. This means:

- eating a wide variety of foods
- eating plenty of carbohydrate-rich foods such as pasta, bread, potatoes and rice
- eating protein, such as lean meat, fish, eggs, beans or tofu, with every meal
- eating at least five portions of fruit and veg every day
- reducing or avoiding foods that are high in fat and sugar
- drinking plenty of fluids
- using carbohydrate to refuel as soon as possible after exercise (for example, a sports drink, a banana, a toasted bagel, a smoothie, a cereal bar or a tin of baked beans).

In this issue of *LL*, we're concentrating on your five a day. You might have heard the phrase and wondered what constitutes a portion, so here are some guidelines to help you.

Getting Your Five a Day

Eating *at least* five portions of fruit and veg a day is one of the most important things you can do to improve your diet, and can help to improve your physical performance. Fruit and veg are full of vitamins, minerals, antioxidants and phytonutrients, which are essential for all sorts of body processes, including energy production; tissue growth, healing and repair; maintaining healthy bones and teeth; and fighting and preventing disease.

One portion is equivalent to:

- one apple, orange, pear or small banana
- one small glass (about 100ml) of fruit juice
- one small tin of fruit
- one handful of grapes or berries
- one tablespoon of dried fruit
- one small bowl of salad
- one small tin of beans
- two tablespoons of vegetables, such as peas, carrots or broccoli.

Frozen, canned and dried varieties all count towards your five a day. If you opt for tinned fruit, choose fruit kept in natural juices, rather than syrup. Also, you can't cheat and drink five glasses of juice a day: juice is high in nutrients but low in fibre, and extracting the juice releases sugars which are bad for your teeth. Another thing to bear in mind is that potatoes don't count – but sweet potatoes do, so try substituting those. Variety is the spice of life, and a good rule of thumb is to eat

fruit and veg of different colours. Often the chemicals that are responsible for the colours are the same ones that are good for health.

Next time, we'll have a look at carbohydrates, the body's favourite source of fuel.

Rachel Davis is a nutritional therapist who is due to complete the final part of her four-year training in December. If you have any specific questions or would like an in-depth consultation, contact her at: rachel.nutrition@googlemail.com.

Note that the information given above is of a general nature. If you want medical advice tailored to your individual circumstances, consult a medical professional.



Mince Pies Galore



If you've never taken part in a race, the **Mince Pie Relay on 27 December** would be a good one to try.

Many an LAC career has been launched at this illustrious event (Jean H, circa 1990!), and tales of the exploits of those such as Peter C (wading through icy floods, grumbling incessantly that he's a race walker, not a runner) go down in LAC folklore. You never know – you might enjoy it, and you'll definitely feel smug for running off that turkey dinner.

The teams are drawn according to who turns up on the day, with each team of three runners splitting six laps of the 1k field between them. So, provided that you can persuade one of your team to run three laps, you need only run one! It's a very relaxed occasion, finishing up with mince pies and a cup of tea brewed from the club's Official Tea Bag.



See you there at
10:45am
Don't forget to bring
some mince pies.

