



## *Parish Council Matters*

There are no council minutes to include in the July issue of the *Bircham Times* since the July council meeting is not scheduled to take place until the 24th, at 7.30pm, in the Social Club. Members of the public are welcome to attend. We will of course include the minutes from that meeting in our August issue.

As ever, if you wish to raise any issues with Council in the meantime, please contact the Clerk at: [clerk@bircham-pc.gov.uk](mailto:clerk@bircham-pc.gov.uk) or by post at 7, Glebe Avenue, Hunstanton, PE36 6BS.

## *Newsletter Thoughts*

It's midsummer (no, honestly it is) and we've already had the Wimbledon tennis, Euro 2024 football tournament and various other sporting signposts that tell us that summer is advancing. We've got the Paris Olympics and Paralympics on the horizon but yet, as we write, no real sign of the sun or warm temperatures. Indeed the day of posting of the *Bircham Times* (ie July 15) sees the marking of the feast day of St Swithin. You wouldn't bet against 40 days of rain now would you?

As happenstance would have it, we decided this month to go with a bit of local historical connections to the *Titanic* disaster (including a couple of local families affected by the event) and to reproduce in the Foodie Fare column a piece on the fateful "last suppers" taken that evening. Even third class fare seems reasonable. We spared you a menu from earlier in the Atlantic passage of "snipe on toast". We think we'll stick to Cheddar thank you very much. Happenstance? Well only today we read of the renewed three-week mission to map and photograph the *Titanic's* wreck site.

Our peek at *From the Annals* looks at some very Dickensian, to our eyes, punishment for young ne'er-do-wells, especially compared to the justice meted down to some adult criminals. We also take a quick look at herbalism, embrace a poetical lament to the advance of mechanisation in farming, and marvel at the wonder of oystercatchers. We also have a further new business to tell you about as well as all the regular features.

Our masthead ident this month celebrates the 2024 Olympic Games, 100 years on since Paris last held the sporting extravaganza. You'll remember it, even though you weren't even born, since it was immortalised in the Oscar-winning *Chariots of Fire* movie.

Do remember that the *Bircham Times* can be delivered to parishoners by email and is also available, thanks to the Parish Council, from its website at: <https://bircham-pc.gov.uk/2023/09/20/newsletter-archive/>

In addition, we publish on the 15th of every month on our website [www.thebirchams.uk](http://www.thebirchams.uk)



## Foodie Fare

Much has been said about the unsinkable *Titanic* that hit an iceberg in the North Atlantic in April 1912; less so about the Bill of Fare for the passengers' last meals at sea. Here we reproduce the day menu for Third-Class passengers and the final banquet for those in First Class.

### THIRD-CLASS PASSENGER MENU FOR APRIL 14, 1912

#### BREAKFAST

Oatmeal Porridge & Milk  
Smoked Herrings                      Jacket Potatoes  
Ham & Eggs  
Fresh Bread & Butter  
Marmalade      Swedish Bread  
Tea      Coffee

#### DINNER

Rice Soup  
Fresh Bread      Cabin Biscuits  
Roast Beef      Brown Gravy  
Sweet Corn      Boiled Potatoes  
Plum Pudding      Sweet Sauce  
Fruit

#### TEA

Cold Meat  
Cheese      Pickles  
Fresh Bread & Butter  
Stewed Figs & Rice  
Tea

#### SUPPER

Gruel      Cabin Biscuits      Cheese

### FIRST-CLASS PASSENGER DINNER MENU FOR APRIL 14, 1912

Hors d'oeuvre Varies  
Oysters  
Consommé Olga                      Cream of Barley  
Salmon, Mousseline Sauce, Cucumber  
Filet Mignons Lili  
Sauté of Chicken Lyonnaise  
Vegetable Marrow Farcie  
Lamb, Mint Sauce  
Roast Duckling, Apple Sauce  
Sirloin of Beef                      Chateau Potatoes  
Green Peas      Creamed Carrots  
Boiled Rice  
Parmentier & Boiled New Potatoes  
Punch Romaine  
Roast Squab & Cress  
Red Burgundy  
Cold Asparagus                      Vinaigrette  
Paté de Foie Gras  
Celery  
Waldorf Pudding  
Peaches in Chartreuse Jelly  
Chocolate & Vanilla Eclairs  
French Ice Cream



## From the Annals

### JUVENILE SENTENCING

Taking a snapshot of the local penal code in the mid-1860s, it seems that children were unduly harshly treated compared to adult miscreants. Beatings, whippings, floggings seemed to be *de rigueur* for children who stole. Pleading guilty doesn't seem to have been seen as a mitigating factor. Their adult contemporaries seemingly "got away with fines". The children presumably not having the wherewithal to pay fines. Or maybe the beatings were, as the French would say, "pour encourager les autres"?

### 1866

#### Lynn Advertiser – April 7, 1866

"Charles Painter (12) of Brancaster, laborer, was brought up in custody of p.c. Hart, charged with having, in July last, stolen a pair of boots, the property of Mary Ann Jennings, of Choseley, servant. The prisoner pleaded guilty to the charge, and was sentenced to one day's imprisonment in the police station, and to be whipped before being discharged."

"David Greaves (13) of Great Bircham, laborer, was brought up in custody of p.c. Howard, charged with having, on the 23rd January, stolen 13 hen's eggs, the property of Mr E. Kitton, farmer of the said parish. The prisoner pleaded guilty to the charge and was sentenced to one day's imprisonment and to be whipped at the police station."

### 1867

#### Lynn Advertiser – March 2, 1867

"Robert William Fray (13) of Heacham, laborer, was brought up in custody of p.c. Hewitt, charged with having, on the 22nd inst., stolen two cast iron wheels, of the value of 3s, the property of J. M Spinks of Sedgford, farmer. Sentenced to be flogged 12 strokes with a birch rod."

[Anyone notice how you *needed* a surname beginning with H to become a local p.c. in the 1860s?]

The final case, a very lengthy and wordy one where the judge truly felt his voice was to be heard (and why we paraphrase here) concerned two terrible crimes. In the first, a 21-year-old stood accused of manslaughter, having thrown a gridiron at his wife in an argument, an implement that bounced, and struck a 14-month-old child, killing it. Next, a 17-year-old labourer was taunting his niece with a loaded gun, which went off and killed her. The former was committed to three months' hard labour, the latter to one month's imprisonment (no hard labour). The former's harsher sentence derived at because he'd done the crime "in anger". The latter was largely forgiven since he had merely been "careless" and he only received a sentence at all as "a warning to persons not to play with dangerous instruments... and they should never be used in sport [ie in joke or in jest]". Indeed!!

### Dates for the Diary

**Bircham Windmill** summer season. Tearooms open daily 9-4pm, Bakery and attractions open daily 10-4pm

**KL Stars speedway season**, Adrian Flux Arena 01553 771 111 for events <http://www.kingslynn-speedway.com/>

**King's Lynn Guided Walks** Tues to Sat @2pm from Saturday Market Place. £5

**Thursford Collection Summer Season**, Sun-Wed, 11-4pm 01328 878477

**Houghton Hall and Gardens** (Suns, Weds, Thurs). Antony Gormley *Time Horizon* exhibition runs Apr 21-Oct 31

**Sandringham House and Gardens** Mar 23-Oct 11 (exc July 19-Aug 4)

**RAF Bircham Newton Heritage Centre** Sundays fortnightly from June 23. 10-4

\* \* \* \* \*

**July 14-27** King's Lynn Festival, various venues, box office 01553 764864

**July 15** onwards Sandringham Mini Golf [https://visit.sandringhamestate.co.uk/#event\\_33](https://visit.sandringhamestate.co.uk/#event_33)

**July 19** NORFOLK SCHOOLS BREAK-UP

**July 20-21** Folk in the Town, Tuesday Market Place, KL 10.30-5pm

**July 24** Bircham Parish Council Meeting, 7.30pm at Social Club

**July 26** Beer, music and food evening at Barsham Brewery, West Barsham NR21 9NR. From 4pm

**July 26-28** Old Hunstanton Flower Festival 10-4pm

**July 27** *Wonka* @ Village Screen Cinema, Syderstone, 7.30pm



## Digital Digest

### **For reminiscing, maybe over an imaginary pint**

This intriguing website lists pubs that have closed. Titled "The Lost Pubs Project", it is arranged by county and then by town and details pubs that have gone to the wall for multitudinous reasons. There are comments about the pubs' modern-day usage (many have been turned into private residences or been demolished) and users are encouraged to leave reminiscences about their visits to their favourite drinking establishment, be that as an impoverished student in York, or as a city worker in London. There are numerous photos to help jog your memory.

<https://www.closedpubs.co.uk/index.html>

### **For Olympian details (and more besides)**

If you need to solve an argument about where a particular Olympic Games was held or where the sailing was held at the 1960 Rome Olympics (A: Naples), or how many rowing events were at the 1948 Games, then this website will guide you along. It also lists gold medallists by event, country and by sport as well as providing biographies. In addition to Olympic details it also supplies handy information on other sporting events as well as a sporting calendar.

<https://www.olympiandatabase.com>

### **For comparing prices — from the past to the near-present**

Courtesy of the National Archives we present a currency converter that shows purchasing power from 1270 onwards. It only goes up until 2017 but that's good enough isn't it? So, £10 in 1950 was worth £312 in 2017. The same £10 in 1270 would be equal to £7,298 in 2017, and in 1270 you could buy 13 horses, or 28 cows, or 76 stones of wool, or 1,000 days' wages for skilled tradesmen with that £10.

<https://www.nationalarchives.gov.uk/currency-converter/>

### **For current currency conversions**

For journeys abroad and for accurate conversions in many currencies try this site, where you'll discover that £10 is worth 51,026 Colombian pesos....well as of today!

<https://www.xe.com/currencyconverter/>

## History Corner

### **TITANIC PASSENGERS AND STAFF FROM OUR CORNER OF NORFOLK**

There cannot be many who have never heard of the *Titanic* Disaster, the incident when an "unsinkable" cruise liner collided with an iceberg in the North Atlantic on her maiden voyage from Southampton to New York in the early hours of April 15, 1912. Among the 1500 lives lost were many from Britain as well as the United States and from further afield still.

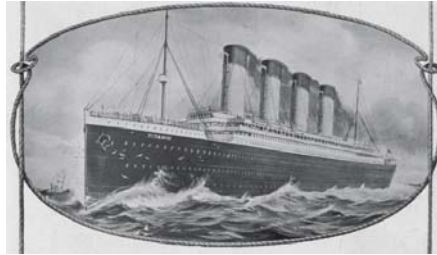
To our knowledge there were a number of local deaths too among those who drowned or died of exposure that night. First, among the passengers, was a large family, the Sages, consisting of parents John George and Annie Elizabeth and their nine children. Three of those offspring — Elizabeth Ada Sage (10), Constance Gladys Sage (7) and Thomas Henry Sage (5) — were born in Wootton when their father was employed as the publican at the New Inn in Gaywood (today the Orb & Sceptre on Wootton Road).

The family was living in Peterborough when they decided to travel, as 3rd-class passengers, to Jacksonville, Florida where John had bought a plot of land where they intended to grow pecans and fulfil the American Dream.



Walter Thomas Boothby was born in East Street, Docking, on August 13, 1874 and was serving as a 2nd-class bedroom steward aboard *Titanic* on that fateful passage in April 1912. He seems to have had misfortune follow him around for many years, or maybe this was standard for Victorian/Edwardian times. We first find mention of him in the *Lynn Advertiser* in December 1881 as a 7-year-old who broke his arm while playing near a sawpit.

Boothby joined the Orient Line in 1897. He was aboard the *Dunottar Castle* when it went missing at sea due to a navigational error; was part of the crew of the *St Paul* when she collided with the *Gladiator* during a snowstorm in April 1908. He served as a bedroom steward on the *Olympic* (sister ship of *Titanic* and *Britannic*) and was present when that vessel was in collision with the cruiser HMS *Hawke* in September 1911. Incidentally, his brother was aboard the *Hawke* that day.



We don't know exactly how Walter met his death that evening – possibly his duty was to help load the lifeboats — but his body was recovered, before being buried at sea on April 24, 1912.

As an ironic postscript, the records tell that his father had been a member of the lifeboat crew at Hunstanton.

## Curl Up With a Good Book

***Should We Stay or Should We Go*** (2021) by Lionel Shriver.

Shriver came to prominence with her excellent novel *We Need to Talk about Kevin*. In *Should We Stay or Should We Go* she tackles the subject of how to approach the prospect of old age and potential infirmity, something that is, I'm sure, far from the average *Bircham Times* readers' thoughts!

Kay and Cyril are both NHS professionals in their 50s when they make a promise that they will not become a burden to each other and that they will "die with dignity". What unfolds is a set of possible scenarios that are both thought-provoking and, at times, extremely funny. We all like to think we have some control over our own individual destinies, but this book demonstrates that the best-laid plans are seldom foolproof.

I realise the subject-matter may not sound immediately appealing, but I can assure you that, in Shriver's capable hands, you will be stimulated, entertained and amused from start to finish.

Alan

## Dates for the Diary

**July 27-28** Knights of Honour @ Castle Rising

**July 31** Sandringham Flower Show 9-6pm £19

**August 4** U11 girls' cricket Norfolk v Suffolk @ Bircham CC

**Aug 8-11** Houghton Music Festival

**Aug 9-11** Run Sandringham 24 Hour Race

[www.runsandringham.co.uk](http://www.runsandringham.co.uk)

**August 11** The DixieMix Jazz Band, Westacre Theatre Grounds, 12-3pm £12

**August 16** ECB Vitality Girls' U18 League Norfolk v Lincs @ Bircham CC

**August 17** *The Wind in the Willows*, Westacre Theatre Grounds 2-4.30pm £16/£10

**August 18-24** Hunstanton Tennis Tournament

**August 22** Open Air Shakespeare at Dalegate Market — *The Merry Wives of Windsor* 6-10pm £14.50/£9.50

**August 24-25** King's Lynn Beer & Cider Festival, South Quay 12-11pm

**August 24-26** Black Knight Historical @ Castle Rising £10/£8

**August 25** Ride North Norfolk, from 8am, starting Fakenham

**August 25** Family Archery Day at Sandringham £30

**August 25** Sheringham Shantymen Summer Picnic at Westacre Theatre Grounds 12-3pm £12

**August 26** Fakenham Ukas playing at Sandringham. 12pm

**September 3** Bircham in Bloom meeting at Bircham Stores, 9.30am

**September 5** Stanhoe & Barwick WI "Life With My Guide Dog"

**September 8** King's Lynn Heritage Open Day





## Norfolk Dialect

It's quite difficult to find authentic texts written in Norfolk dialect. By "authentic" I mean content that has not been written to deliberately exaggerate the dialect, usually for comedic effect. However, the following from 1947, I think, falls into the "authentic" category. It was written by C.L. (Charlie) Smith, who began his working life as a country blacksmith. It presents the feelings of a team-man (the man who drove a team of horses, usually for ploughing) about the mechanisation of farming, where the teams of horses were being replaced by tractors. The year is quite apt too, as the Agriculture Act of 1947 meant that there would be much increased investment in UK agriculture, leading to a boomtime for tractor manufacturing in the UK during the late 1940s and early 50s.

### The Team-man's Lament

I arnt agin tractors. Not at all.  
They du git over some ground.  
No doubt we want more on 'em.  
But I miss my hosses.

You carn't call a tractor good company.  
Will that hear ye come inter the yard  
An' let ye know tha's pleased to see ye?  
That ha' got lugs med o' steel  
But du they tahn backwards to listen  
Ter ivery wahd you say to 'em?  
No I fear they don't, not them.

That earnt no good sayin' 'Whoosh'  
Nor yit 'Cubbear' to a tractor.  
That hearnt got a nice sorft nose  
Like welvet  
What snubble up agin yer pocket  
Fer a napple or a bit o' sweet.

Why, a hoss is werry near a Christian.  
That know Sunday from week-day.  
Go you inter the yard a Sunday mornin',  
You'll find 'em all layin' down.  
They know werry well thass Sunday.



D'you remember them two brown 'uns?  
Prince and Captain we naamed 'em.  
I was there when they were born.  
Exactly a twelvemonth atwin 'em.  
I browt 'em up, I brook 'em in  
By the side o' thar old mother.

Ah, they wor a pair o' hosses,  
The best round here for miles,  
Lovely ringles all over their coats,  
Dapples our old man useter call 'em.  
Thar coats were like a bit o' silk.

You carn't curry-comb a tractor  
Nor yit you carn't coax it.  
If you du that'll bahn yer hand  
Or else freeze it.

Ah, tractors are werry well.  
They wholly git over some ground.  
No doubt we want more on 'em,  
But still thass a masterpiece  
How much I miss my hosses.

LR



## In the Garden

### CULPEPER'S HERBAL

England's most famous herbalist was Nicolas Culpeper. Influential in the 17th century, he started his career as a field surgeon for the Parliamentarians during the Civil War. His knowledge of the uses of plants was intertwined with his belief that they were associated with celestial bodies. His most famous tome was *The English Physitian* (known more familiarly as *Culpeper's Complete Herbal*). In it he spoke about our beloved birch trees and their use as remedies for maladies.

"It is a tree of Venus; the juice of the leaves while they are young, or the distilled water of them, or the juice that comes from the tree being bored with an auger, and distilled afterwards, any of these being drunk for some days together, is available to break the stone in the kidnies [sic] and bladder, and is good also to wash sore mouths. The leaves have been used in the itch, dropsy, &c, either externally applied or taken in decoction. Birch wine, made from the juice of the tree, is an excellent remedy for consumptions, and also for scurvy; and the fungus which grows on the tree, is a good styptic."

Sadly, Culpeper's knowledge did not extend to his own health, dying aged 37 of tuberculosis.

## A Further New Business Venture

### BREAKFAST AND BROWNIES

Our new cafe "Breakfast and Brownies" has just opened in Heacham! Focussing on quality, we offer lovely single-origin coffee, indulgent hot chocolate, gourmet toasties, freshly made pastries, artisan brownies and more, including vegan and gluten-free options. We chose to start Breakfast and Brownies as my business partner and I thought there was a gap for a family-friendly cafe in Heacham. The cafe is in partnership with my other business, Simply Cake Co., an e-commerce bakery based in King's Lynn. We have a big local following who are always asking us to open a cafe, so when this quaint little cafe became available in Heacham we jumped at the chance!

After a much-needed renovation, we opened the doors on June 22 to a very excited crowd. We've had a lovely reception so far, including great feedback on our simple, yet high-quality menu. We are open Wed-Sun 8am-4pm and you can find us at 28 High Street, Heacham, PE31 6EE. For further information, please email [hello@breakfastandbrownies.com](mailto:hello@breakfastandbrownies.com) or find us on social media!

I hope to welcome you here soon!

Susie

## Bircham in Bloom

The next meeting is at 9:30am on Tuesday September 3 at Bircham Stores. All are welcome.



**VILLAGE SCREEN CINEMA**  
at Amy Robsart Village Hall, Syderstone



**Wonka** (PG) on July 27 at 7.30pm £4 per film (advance booking/pay on door).

Based on the extraordinary character at the centre of Roald Dahl's beloved children's book *Charlie and the Chocolate Factory*, Wonka tells the wondrous story of how the world's greatest inventor, magician and chocolate-maker became the Willy Wonka we know today. Young Willy Wonka is full of ideas and determined to change the world one delectable bite at a time.

Starring Timothée Chalamet, Olivia Colman and Hugh Grant

Contact 01485 578171 or [syderstonecinema\\_ARVH@outlook.com](mailto:syderstonecinema_ARVH@outlook.com) for further details.

Save these dates for future movies: September 28, October 26, November 23, December 14.



### **MOBILE POST OFFICE**

The scheduled stop at Bircham Social Club, Church Lane are as follows.

Monday 10:45-11:30  
Tuesday 10:45-11:30  
Thursday 10:45-11:30  
Friday 12:10-12:55

### **MOBILE LIBRARY SERVICE**

Friday July 19/August 16  
Stops at:

Monks Close 15:15-15:35  
Village Shop 15:45-16:00  
Social Club 16:05-16:15  
Windmill Hill 16:20-16:35

### **BUS 33/33A**

To Hunstanton (from King's Head): Mon-Fri  
07:36 10:36 13:36 17:16; Sat 8:21 10:36  
13:36 15:41  
Return from Stand A Bus Station

To Lynn (from Bircham Stores): Mon-Fri  
07:22 09:23 12:23 15:38 15:43; Sat 09:23  
12:23 15:38 17:08  
Return from Stand E Bus Station

### **GREAT MASSINGHAM AREA COMMUNITY CAR SCHEME**

Offering a reliable door-to-door car service,  
7 days a week for anyone without personal  
transport. Book on 01485 520823  
Please give at least 2 days' notice

## *Bircham Weather*

Ne'er cast a clout till June be out would probably have been more appropriate as it began with a strong northerly wind and a top temperature of just 13.7°C, which set the standard for most of the month as, until the 20th, only one day exceeded 20°C. Until the 11th the wind blew consistently from the north or north-west with the temperature topping at just 12.4°C on the 10th, making this not only the coldest day of the month but also the wettest with 15mm of rain, although most of this fell overnight. From the 20th the temperatures were more representative of a summer month with the warmest day falling on the 25th when 25.5°C was recorded, but the average maximum was 0.8°C down at 19.2°C, this being significantly below last year's 23.0°C. After all the wet months though it came as some relief to have 18 dry days and around half the rainfall average with 31mm, most of this occurring between the 10th and the 16th.

There followed a period from the 18th to the 29th which was completely dry, although sunshine was still limited with many days during the month starting on a promising note only for the cloud to develop during the morning, leading to overcast afternoons. The exception to this came on the 25th when the only completely sunny day was noted, but then summer should have come to power when the elder is in flower.

Bryan

## *St Mary's 100 Club Draw*

Please contact John or Sally on 01485 779669 or email [lsallyjohn@gmail.com](mailto:lsallyjohn@gmail.com) for details of how to enter each month's draw

**JULY RESULTS:** 1st prize no. **35**; 2nd prize no. **63**.

## *Readers Sought*

Can you help? We are looking for readers to attend St Mary's Church. If interested, please text or email me, Dawn-Marie, on 07759 930239 or [dawnmarie\\_bird@msn.com](mailto:dawnmarie_bird@msn.com) to express your interest.





## Words on Birds

### OYSTERCATCHERS

You cannot live in any of the Birchams without knowing the loud piping call of the oystercatcher. These striking black and white birds are fiercely territorial and require a good feeding area close to their breeding site, which they defend with vigour. The male performs a noisy aerial display flight in the spring but will also be extremely vocal in chasing off any neighbours or non-breeding birds that get too close throughout the breeding season.

Despite the name, oystercatchers eat a variety of food. In their more traditional coastal habitat they use that sturdy bright orange bill to force open mussel shells. However, around our villages they can often be seen probing grass for worms and other invertebrates. There are ten species of oystercatcher throughout the world, and ours is one of only three that breed inland as well as on the coast.



Oystercatchers have one very unique feature amongst other waders. On many birds the normally circular black eye pupil is misshapen due to black flecking. This occurs mainly (but not exclusively) in females although the purpose of it is not known. In the winter Eurasian Oystercatchers (to give them their correct name) gather on the Wash in their tens of thousands, joining even more waders to form part of the "Snettisham Spectaculars". Best seen from the RSPB reserve, dates of the best tides and times can be found on the RSPB website, and if you have never witnessed this amazing avian show right on our doorstep, it is well worth a visit.

<https://www.rspb.org.uk/days-out/reserves/snettisham>

Steve

## Houghton Festival

It's August so it must be our very own doorstep music festival at Houghton. Hundreds of music acts across numerous stages and a visual arts presence return to the grounds of the Houghton Hall estate. Day tickets are available to villagers for £40 and weekend tickets are set at £100.

See [www.houghtonfestival.co.uk/residents](http://www.houghtonfestival.co.uk/residents) and [info@houghtonfestival.co.uk](mailto:info@houghtonfestival.co.uk)

## Stanhoe & Barwick WI

Thursday August 1: Annual Summer Meeting. Sorry, this one's for members only, but please do come and visit us in September.

Thursday September 5: Gill Southgate, "Life with my Guide Dog".

Visitors are always welcome. Our charge is £5, which includes refreshments. Please contact Valerie (01485 576261) for further details.

## Bircham Banter

Next Banter session is at St Mary's, Great Bircham on Thursday August 1 from 2.30 to 4pm. Come along for a relaxed chat among friends, with drinks and sweet stuff available.

Sue



## Back Page Sports Reports

### Hunstanton Tennis

Hunstanton's lawn tennis tournament has been a diary fixture since 1920. Dubbed "Wimbledon-on-Sea", it is arguably the biggest tennis tournament in Britain. Competition is open to all from the under-12s to the over-75s, with more than 50 different competitions being held over 38 grass courts. It's a little late to enter this year's competition but do go along and offer your support or just eye up your potential competition for 2025. The tournament is held on the recreation ground, just off the A149, and runs August 18-24.

### Olympic Games

As far as we can tell we have no local sportspeople competing in the Paris Olympics this summer, but that was not always the case.

We can claim tenuous links to rower Sir Matthew Pinsent, since he was born at Holt in 1970. But perhaps the closest Olympian was Kath Johnson, a hockey player. Raised in Grimston, she played hockey in the county before reaching three Olympic Games in 1992, 1996 and 2000. She didn't just participate, Kath was part of the 11 who managed to win a bronze medal at Barcelona in 1992. Oh and when Kath wasn't playing hockey to the highest possible level she was working at CITB (for more than 20 years).

### Sandringham Mini Golf

For groups of up to four at a loss for something to do this summer, why not take part in 18 holes of mini golf, played at a specially constructed course at Sandringham. Available daily 11-4pm until mid-September. Adults £7 and children £5.

### Ride North Norfolk 2024

You'll need to get some practice in for the Ride North Norfolk event held on August 25, and starting from Fakenham. The routes are of varying lengths from 102 miles down to just 15. Under-16s can participate at the 15- and 25-mile distances; everyone else can attempt 33 and 66 miles as well.

Participants receive free drinks and food (flapjacks!), map, photos, GPX/Garmin files, souvenir water bottle, support and mechanics, and a rescue service!!

And while you can decide to enter on the day, take advantage of the cheaper entry fee by registering online at <https://www.britishcycling.org.uk/events/details/292684/Ride-North-Norfolk-2024>

If you're unable to don the lycra or celebrate at the finish in Fakenham, then do stand by the roadside in the villages (Tofts and Great Bircham) shouting your encouragement à la Tour de France.

