



Parish Council Matters

There was no meeting held in February but the next meeting of the Council is on March 25. If you wish to discuss a Parish matter, please attend the meeting or write to the Clerk. See contact details below.

Email: clerk@bircham-pc.gov.uk

Post: Hall Farm, Sedgeford Road, Docking, King's Lynn, Norfolk, PE31 8LJ

Website: bircham-pc.gov.uk



Newsletter Thoughts

We're closing in on spring, the days are getting warmer (just) and with sunnier days the mood is picking up (we'll sidestep the war for the present). The jolly daffodils that have been planted around the village bring cause for optimism and the Easter break is just around the corner. We bring you a recipe for a Norfolk Lenten bun that is a companion to the X-cross variety. And talking of buns, Elly has given us a timely update of progress at the windmill and highlights for the season. We should all pay a visit and support this unique treasure on our doorstep.

Additionally, we throw forward to the summer with both bowls and cricket news, as well as the RHS Sandringham Flower Show – a new festival to rival Chelsea.

We take a look back at a local notable – who was a First World War flying ace among other things; we point you in the direction of detailed maps that show where in the world those Great War combatants came from (a boon for amateur historians); and delve into the lives of curlews.

Finally, the book this month is a practical guide to "chopping, stacking, and drying wood the Scandinavian way". Happenstance – since we chose this a number of weeks ago, but the way fuel supplies are going, this might be one of the most important reads you can undertake!

Do remember that the *Bircham Times* can be delivered to parishioners by email. You can email us at news@thebirchams.uk to request that (or for any other matter). In addition, we publish, in advance of the paper copy, on the 15th of every month on our website: www.thebirchams.uk



More than 95mph in the Village!

Over the past winter the Speed Watch team has been involved in an average of five sessions per month. Most of these are undertaken from the Spinney, close to the junction between Lynn Road and Crow Lane, but some are taking place at The Pond and Docking Road, these being the sites approved by the police.

We have had several requests for sessions to be held in the Honeyhills area of Bircham Newton. We are only allowed to operate in positions approved by the police and there are no such approved positions in that part of the village. However, we will raise this issue again with the police.

We have noted that since the Strand Developments residential scheme on Lynn Road commenced, traffic entering the village from the South has slowed down somewhat. Statistics from both the Speed Watch sessions and the Sam2 camera, which records time and speed of passing vehicles (but not registration numbers), indicate that the average speed of traffic through the village is actually reducing. So, perhaps our endeavours are having some beneficial effect.

Notwithstanding, we still do have some serious issues, such as the vehicle which left the village on Lynn Road **at over 95 mph** at 7.25am on February 26!

In conjunction with the Parish Council, we are endeavouring to liaise with Norfolk Police and Norfolk Highways on possible measures that could be taken to calm traffic in the village. A tripartite meeting was set up to take place in January, but unfortunately Norfolk Highways did not turn up on the day. Notwithstanding, there is a note from Highways which does indicate some willingness to consider certain measures and we hope to follow up on this shortly.

Hugh Kemsley – Speed Watch Co-ordinator

Houghton Festival 2026

There might be no Glastonbury Festival this June but the Houghton estate will be opening its doors again this summer over the long weekend of August 6-9. By now you should have received a circular from the organisers providing details on such things as road closures.

If you are interested in concessionary tickets for the event (for local residents) they may still be available but experience from last year suggests you'd better be quick!

www.houghtonfestival.co.uk/residents

A Host of Golden Daffodils

Maybe it's because the winter days have seemed particularly grim this year but first the snowdrops and now the daffodils in the village have heralded the start of spring and warmer, happier times ahead. While many individuals tend their frontages and bring colour to the roadsides we also have the volunteers from Bircham in Bloom to thank for planting efforts in the autumn that have led to many of the dazzling displays in the village.

Richard Ellis, BiB's chair, tells us that 100 Tenby native daffodil bulbs were bought and planted in the Spinney. Additionally, a whopping 60 kg (around 1,700) of Tamara daffodil bulbs were purchased for general use around the villages, with the vast majority being used in Bircham Newton. Some were also planted in the border at the Church gates and at the sign on the Docking Rd/Stanhoe Rd junction.

This is no small undertaking, so we send cordial thanks to all the diggers and planters involved for their time and effort. And what's more, unless the rabbits and voles get there first, we've got them for many years to come. If you would like to get involved in BiB this coming season, do drop in to the next meeting: Tuesday March 24 at 9.30am at Bircham Stores.



Latest Windmill News

Hi everyone, spring is here (oh yes it is) and it is time to reopen the windmill. So excited to see you all and fire up that coffee machine – it's been a long winter. We have been busy as usual, creating a new seating area to enjoy, we have a new bakery door, new tearooms window and quite a bit more work done on the windmill.

The verandah is in place so you can walk round the mill – except for a small section we are leaving off until the sails are fixed. We are working on the curb at the moment – the ring of wood that sits on top of the tower, upon which sits a ring of cast-iron teeth, upon which sits the cap. The circle of cast-iron teeth allow the cap to turn a full 360° so it can always face the wind. The weight of the cap is spread around the tower by small wheels and one or two of these can be removed to allow us to replace the sections of curb. The curb is made up of ten sections of oak, each of which needs two men to lift it. We've shaped four so far and needed to employ a chainsaw woodcarver as they are too heavy to go into any local sawmills. The wood came from Barwick Estate, great to be able to have used wood so close to us. We have made space for the new sections at the top of the mill; next we have to lift them up outside and in through a window, then up one more ladder to the top of the tower.

Once we have done the curb we will turn our attention to a new cap frame which can be made on the ground prior to lifting off the old cap, plus four new sails can be made and a "lid" for the tower to go on when we lift the existing cap off. All of which will keep us busy over the summer for sure!

We will be baking our bread daily again: wholemeal/white/multiseed, plus our traditional bakers cakes/buns/doughnuts.

We still offer free entrance to the tearooms, gift shop, bakery and lots of lovely outside seating areas, so do come and enjoy the ambiance, share a coffee with friends, or just come on your own. One thing I have often noticed is how people who don't know each other will often have a chat with each other here and many have become friends over the years, how lovely is that?

For the windmill and garden, we have kept our entrance prices the same as last year: Adults £7.25, Children £5, Retired £5.85 and our season tickets, we hope you will agree, are reasonable at £18 for an adult, £12.50 for a child and £14.60 for the retired.

Whilst the work on the windmill is expensive, we have proved we can do it with your support, so if you would like to be part of the journey, come and have a coffee or buy a season ticket, it's as simple as that. Thank you for sharing our journey, can't wait to welcome you back.

Elly

Dates for the Diary

Bircham Windmill Reopens
Mar 28

RAF Bircham Newton
Apr 5, 10-4pm

RAF Sculthorpe Reopens
Apr 5 (Easter Sun)

Anmer Social Club Coffee, cake and chat, Mondays 10-12, 07947 580555

Snettisham Park Open daily
Houghton Hall & Grounds

Reopens Spring (tba)

Walled garden from Apr 11

Sandringham House and gardens reopen Mar 28

Mar 15 Sponsored Skydive on behalf of Tapping House at Beccles Airfield. Call 01485 601701 for details

Mar 16 KL Library Opens

Mar 19 Mini Museum Under-5s Club, "The Farmyard", Lynn Museum, 10.30-11.30am, 50p

Mar 20 *The Choral*, Stanhoe Village Screen, 7.30pm, £6

Mar 20-21 Fakenham Gin & Beer Festival, Fakenham Community Centre, Oak St, www.fakenhambeerfest.co.uk

Mar 21 Snettisham Flea Market, Memorial Hall, 9-3pm, 50p

Mar 21 Norfolk Goldwing Motorcycle Club Light Parade, Hunstanton, from noon on the Green and around town

Mar 24 BiB Meeting, Bircham Stores, 9.30am

Mar 25 Parish Council Meeting, Social Club, 7.30pm

Mar 26, Wolf Folk Club, Flitcham Social Club (plus participation), 7.30pm

Mar 27 Rag Rugging Coffee Morning, Lynn Museum 10.30-11.30am

Afternoon Talk – Growing Up in the 50s and 60s in Rural Norfolk, Lynn Museum, 2-3pm, £2



Foodie Fare

COCKEELS

This month we bring you a recipe from several hundred years ago for a sweet bun peculiar to Norfolk.

The cockeel is very similar to today's hot cross bun, apart from the fact it does not bear a cross and was sold at Lent rather than Easter.

There are numerous attempts at explaining the derivation of its name, most of which are complete hogwash, of course. The most likely is that it was simply connected with cockle bread, a cheap wheat or corn bread around at that time.



As with most things of that era, there is inevitably an associated bawdy tale involving buxom wenches. The *Bircham Times*, recognising the sensitivities of some of its readers and striving to be the model of propriety, will not reproduce the details here. Those of an "enquiring" mind might like to research "modelling cockle bread" to satisfy their curiosity.

Ingredients

List 1

450g white bread flour
100g caster sugar
2tsp dried yeast
1/2tsp salt
100g butter
2tsp ground nutmeg
1tsp ground cinnamon
1/2tsp ground cloves

List 2

150ml water
150ml milk
1 large egg

Method

Thoroughly combine the ingredients from List 1 either manually (old school/authentic) or with an electric mixer.

Warm the milk and water from List 2 to body temperature (to help activate the yeast) and whisk in the egg.

Combine the milk/water/egg mixture with the List 1 ingredients.

Cover, and allow to rise in a warm place for one hour.

Knead on a flour-dusted surface, adding more flour as you go, until you can separate and shape the mixture into 16 balls.

Place the balls on a greased baking tray (or line with greaseproof paper), allowing room for expansion.

Cover loosely and allow to rise for a further 30 minutes in a warm place.

Brush the tops with a little milk and bake in an oven at 180°C for 20 minutes.



Words on Birds

CURLEW

The curlew is our biggest wading bird, having a mottled grey-brown plumage and a distinctive down-curved bill. Its Latin name, *Homenius*, is derived from two greek words – new moon – and refers to its crescent-shaped bill. Curlews are a reasonably common sight on the North Norfolk coast in the winter while further inland around Bircham they can be seen on agricultural fields, often in flocks of 50 or so.

Once common, and even for sale in butchers' shops up to the 1940s, today they are in severe decline and red listed, being considered one of the UK's highest conservation priorities.



A combination of intensive farming, drained wetlands, the conversion of moorlands into forests and natural predation has made them an increasingly scarce breeding bird nationwide.

There is a winter influx of curlews from Fennoscandina in the High Arctic to the salt marshes and mudflats of the Wash, which offers rich feeding grounds. Most of our coastal marshes will resound to their "cur lew" sounding call. Feeding on invertebrates in the mud, their long bills can probe deeper into areas where other waders can't access. The end of the bill is particularly sensitive and detects worms, small crabs and insects, which are often washed before being eaten.

The late spring sees them move to grasslands, moors and bogs to breed.

Over the past few years a local conservation initiative has been quietly giving the curlew a helping hand. Eggs laid on Ministry of Defence airfields – once destroyed because of flight hazard concerns – are now collected, hatched and carefully raised by the Deepdale Conservation Trust before being released back into the wild. It's a remarkable project and more details can be found on its website www.deepdaleconservationtrust.org.uk

Richard Campey,
Owner of The One Stop Nature Shop
Burnham Deepdale

Sandringham Flower Show 2026

Sandringham has traditionally held a day-long flower show in July each year, notably attended by the late queen and latterly by King Charles and Queen Camilla. As from 2026 there's been a shake-up with the show coming under the RHS umbrella and the one day becoming a five-day affair, running July 22-26. Tickets start at £38.90 for daily admission (with discounts for RHS members).

www.rhs.org.uk/shows-events/rhs-sandringham-flower-show

Dates for the Diary

- Mar 27** Anmer Social Club Quiz, 7.30pm, £3 pp
Mar 27 United Services Club, Hunstanton, Decoy Duck Race Night, 6.30-10pm, £5
Mar 28 Hunstanton Craft Fair, Hunstanton Town Hall, 10-4pm
Mar 28-29 Pop-up Indoor Market, Stanhoe Village Hall, 10-3pm
Mar 28-Apr 6 Easter Garden & Egg Hunt, Pensthorpe. See <https://tickets.pensthorpe.com/book> for prices
Mar 29 CLOCKS GO FORWARD
Mar 29 Easter Crafts and Bonnet Competition, Snettisham Mem Hall, 2-5pm
Mar 30-Apr 13 NORFOLK SCHOOLS EASTER BREAK
Mar 31 Royal Opera: *Siegfried*, Majestic Cinema, 5.15pm
Apr 4 Farmers' Market, Creake Abbey, 9.30-1pm
Apr 4 Wardens' Walk at Sculthorpe Moor, 10-12pm, £10/£16
Apr 9-11 We Will Rock You – Queen Musical, Princess Theatre, Hunstanton princesshunstanton.co.uk/
Apr 11 Sheringham Viking Festival, 7pm
Apr 11 Spring Gift Fair, Creake Abbey, 10-4pm
Apr 13 *The Choral*, Stanhoe Village Screen, 7.30pm, £6
Apr 16 Mini Museum Club Under-5s "Shops", KL Museum, 10-30-11.30am, 50p
Apr 17-19 Burnham Market Intl Horse Trials
Apr 17 Discover Bird Songs & Calls, Pensthorpe 10.30-4pm, £25
Apr 18-19 Norfolk Artisan Spring Fair, Fakenham Racecourse, 9.30-4pm, £6/£5
Apr 19 Norfolk Marathon/ Half-marathon, Cromer
Apr 24, Dusk Chorus, Pensthorpe, 7-9.30pm, £16.95



Free Admission at Lynn Museum

There is still free admission until Tuesday March 31. Go and see Seahenge – the Bronze Age timber circle – the collections from the Romans to the 1950s, and May The Toys Be With You Star Wars special exhibition.

Pop in anytime Tuesday to Saturday, 10am-5pm.
<https://trk.cp20.com/click/gqxq-6y8k7-nf1b6-5378011/>

St Mary's 100 Club Draw

MARCH RESULTS: Here are the latest results for 2026: 1st prize no. **96**; 2nd prize no. **2** (1st prize wins £25; 2nd prize £10).

Many congratulations to the winners!

Sally

Bircham Banter

Next Banter session is on Thursday April 2 from 2.30 to 4pm in St Mary's, Great Bircham. Do come along and join with the regulars for chat, tea/coffee and cake, especially if you are new to the village. You'll be made very welcome!!

Pauline

Stanhoe & Barwick WI

Forthcoming events to be held at the Stanhoe Reading Room, Cross Lane, PE31 8PS at 2pm.

April 2 James Chung: Barclays Scam and Fraud

May 7 Simon Smith: Owl Rescue

Visitors are always welcome. Our charge is £5, which includes refreshments.

Contact stanhoeandbarwickwi@gmail.com for more details.

Causeway one.network

You can get advance notice of roadworks (telecoms, water and so on) and other traffic disruptions as they happen by consulting Causeway one.Network
Zoom through the maps and you can see closed carriageways and roads, diversions and the reasons for any incident.

<https://one.network/>

Sky at Night

Apologies for the no-show of Artemis last month. NASA has revised its date to early April but a helium leak (probably quite important) delayed the planned March launch.

April 22-23 is the best time to see the Lyrids Meteor Showers. The Lyrids are named after the constellation Libra. The fireballs in the meteor showers are created by debris from comet Thatcher (!), which takes about 415 years to orbit around the Sun. And if you miss the Lyrids, then the Eta Aquariids are close on the proverbial tail as they will be seen May 5-6. And the origin comet that these are derived from you will definitely have heard of: Halley's Comet.

JBB



Curl Up With a Good Book

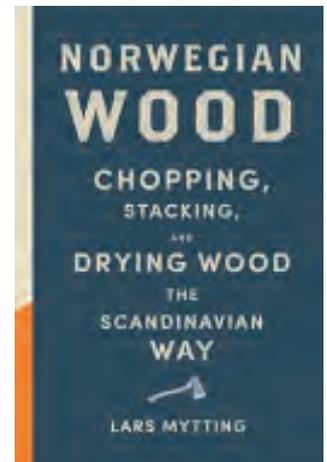
Norwegian Wood – Chopping, stacking, and drying wood the Scandinavian way (2011)
by Lars Mytting

Well here's something a bit different for you this month.

After originally being published in Norwegian in 2011, it was later very expertly translated into English by Robert Ferguson, winning the British Book Industry Awards Non-fiction Book of the Year in 2016 – good job too, as it would have taken me a very long time to read in the original language!

It is very much not as dry a read as the title might suggest, hence why it has sold more than 700,000 copies worldwide in various languages.

Yes, it does describe chopping, stacking, and drying wood the Scandinavian way. But it is much more than that. Although, on the face of it, the themes cover the practicalities of the titular firewood-related activities and include thorough discussions and comparisons of hardware such as axes and chainsaws, as well as the qualities and merits of various wood species, it goes way beyond that and explores mankind's long relationship with fire and wood and its importance in the fight for survival. And of course it is illustrated.



At times it takes on an almost philosophical nature and the wood-chopping acts as a medium for exploring the author's relationship with his fellow countrymen – his elderly, stoic neighbour Ottar in particular. It even includes snippets of poetry and tales of folklore.

It reminded me a little of the current Men's Sheds movement in the UK that uses practical activities to foster improved social and mental wellbeing of a gender often culturally conditioned not to express feelings.

If you do prepare your own firewood, as I do, then you may pick up some practical knowledge or at least marvel at the expertise on display here. If you don't, it's nonetheless still an engaging read.

As a postscript, a revised, expanded and updated edition is due to be published in English in November. (The publisher is Abrams.) Worth getting your Christmas gift list started now?

LR

First World War Mapping

Should you enjoy maps and historical research, and the First World War in particular, then the mapping of fatalities from that war could be right up your street. The website "A Street Near You" pulls together records from the very many casualties of the Great War and plots them across the world. Full family details, as well as regiment details and where the military man died are included.

So at a glance you can see where soldiers, sailors and airmen came from and make links between families. It is also sobering to see in certain city streets that there were fatalities from nearly every residence. Similarly, there are the "thankful villages", where all their combatants survived. Sometimes it takes mapping to make the bare facts more impactful.

* As a footnote, there are no known Thankful Villages in Norfolk.

<https://astreetnearyou.org/>



MOBILE POST OFFICE

Scheduled stop at Bircham Social Club, Church Lane is 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

Fridays Mar 27/Apr 24
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

RECYCLING CENTRE

For pre-booking your visit at **any** Norfolk centre:
<https://www.norfolk.gov.uk/article/62632/Norfolk-Recycling-Centre-bookings>
Or phone 0344 800 8020

Bircham Weather

Although February is a short month it still produced 63 mm of rainfall which is around one and a half times the monthly average. Only five days passed without any recorded rain, largely due to the influence of low pressure systems that were either over or close to the UK until the 21st and, in what would be a rare occurrence, atmospheric pressure never rose above the standard level of 1013 millibars throughout the entire month. Conditions were generally stagnant and, whilst no named storms affected the country, almost continuous cloud cover prevailed. It was not until the 4th that there was even a brief glimpse of sunshine and beyond that the sun did not reappear until the 14th.

Temperatures were also suppressed until the 21st and only the 9th and 11th recorded maximum temperatures above 10°C. A particularly cold spell occurred between the 13th and 20th when the highest temperature during that period was just 6.8°C on the 16th. One advantage of the persistent cloud cover was that it limited nocturnal cooling and, as a result, only two overnight air frosts were recorded, these being on the 14th and 18th with the lowest temperature of the month being -1.4°C on the latter date. Snowfall was largely absent too, apart from a brief fall of wet snow on the morning of the 15th, which quickly thawed.

From the 21st onwards the Atlantic influence became established, bringing a different type of unsettled weather. Temperatures responded accordingly with maxima exceeding 10°C each day until the 27th. For a change there were also occasional sunny periods to be had and on the 24th a southerly airstream combined with clear skies to raise the temperature to 14.8°C – almost spring-like conditions. Overall, the mean maximum temperature for the month was 8.5°C, about 0.5°C above the long-term average, while the mean overnight minimum was 4.9°C, a notable 3.8°C above normal. Fortunately, the milder conditions towards the end of the month prevented a frost on the night of the 24th; otherwise, followers of St Matthias might have predicted another month of freezing weather!

Bryan

BUS 33/33A

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

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

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Please give at least 2 days' notice



STANHOE VILLAGE SCREEN

Stanhoe Reading Room/Village Hall



The Choral (15)

Ramsden, Yorkshire, 1916. The chorus-master and most of the men of the ambitious local choral society have volunteered for the front, so under the direction of the demanding, driven Dr Guthrie (Ralph Fiennes), the Choral recruits a crop of teenage boys and girls. Together they discover the joys of singing and the urgency of desire as the new boys come to terms with their imminent conscription into the army.

Monday April 13 at 7.30pm (doors open 7pm). £6 per ticket includes a complimentary drink. For further information visit the website: Stanhoe.org (or call 01485 518191)

Forgotten Local Notable

Robert Samuel Herring was born in July 1896 in Heacham. He enlisted into the 16th (County of London) Battalion (Queen's Westminster Rifles), The London Regiment, part of the Territorial Force, before the outbreak of the war, and was sent to France in November 1914 to fight on the Western Front. Next, he joined the fledgling RAF (the Royal Flying Corps) in August 1917, where he trained as an observer/gunner before being assigned to 48 Squadron, flying the Bristol F.2.

He won the Military Cross for five victories in shooting down enemy aircraft in just three months in the spring of 1918 before being severely wounded in an aerial dogfight. He was injured once more in early 1919 and relinquished his commission.

The award of the MC was gazetted with the following description: "For conspicuous gallantry and devotion to duty. He carried out a valuable reconnaissance under heavy fire from the ground, obtaining valuable information and engaging enemy troops with machine-gun fire with good effect. On another occasion, while on a photographic reconnaissance he was attacked by six enemy triplanes. He drove them all off after a hard fight and returned with his photographs. He has driven down four enemy machines out of control and has set a splendid example of determination and resource."

We lose track of him in the inter-war period but he was commissioned as a pilot officer and stationed in the Far East during the Second World War before being captured by the Japanese at the Fall of Singapore. Released after the surrender we lose track of him once more but we do know he arrived back in London from Fremantle, Australia, in 1951, and his voyage details describe him as "a planter" from Malaya. He seems to have departed again shortly afterwards, possibly to have ended his days in Rhodesia.... a long way from Heacham.

Local Elections on May 7

They're back on again (!), so you'll be entitled to vote in person at the May 7 election as long as you are on the electoral register and bring along a piece of photo ID: think passport, driving licence, bus pass...

You can of course vote by post instead (not as well as) but you need to apply by April 21 and then you'll receive a pack of instructions. The other way to vote is to appoint a proxy (someone who will vote as you have instructed them). The deadline for applying for this method is April 28. Full instructions are available at:

<https://www.electoralcommission.org.uk/voting-and-elections/voter-id>

but no doubt Norfolk County Council will be keeping us all abreast of the developments, and political parties will be getting their literature together to encourage us to put an "X" against their names.



Bircham Bowls Club 2026

We held our AGM at the King's Head on February 12 to prepare for the coming season.

Thanks to a surge in interest we now have a playing membership of 24. Spouses and social members take this up to a total of 40. To cater for this increase we have had to introduce a 3rd division which gives 8 players in each one – Elm has been added to the existing Ash and Oak of last season. At the completion of the league matches the top 2 in each division plus the 2 highest scoring 3rd-placed players will enter a play-off competition while the remaining 16 will contest the Knockout Trophy.

This is the 5th year of our competition and as usual all matches will be contested at the tranquil surroundings of Houghton Hall. The green becomes available on April 18 and will close on the first Saturday of September. We thank the Hall authorities for kindly hosting us once more.

Chris Weldon

Bircham Cricket

Junior Cricket/Social Night Training starts again on Wednesday April 22. Open to men, women and juniors, these evenings are all about bringing together our players, members and supporters in a relaxed and welcoming environment. Whether you're an experienced player or picking up a bat for the first time, come along and be part of our growing cricket community.

6-7.30pm (finishing slightly earlier for the youngest ones).

New players are always welcome – no experience needed!

On Monday April 27 we've booked a first aid course to run in the Social Club from 6-9pm. If anybody from the wider village community wants to come along to boost their skills then please contact James on 07776 248471 and we'll fit you in subject to availability.

Norfolk Coast Mighty Hike for Macmillan

Fancy walking the North Norfolk coast in May for a good cause? Then you might be interested in the full marathon or half-marathon events starting from Cromer on behalf of the Macmillan Cancer Support charity. The full marathon of 26 miles will be on May 9 and the half-marathon... 14 miles in this instance... on May 10. The full marathon follows the coast westwards to Holkham Hall; the half-marathon ends at Blakeney. Registration fees are £25 and £20 respectively with a fundraising pledge of £250 necessary in both cases.

Your registration fee includes a T-shirt, medal, water and edibles on route and at the conclusion of the walk, as well as all the necessary assistance and waymarkers. Macmillan suggests walking singly and making friends en route or getting together with friends for the day.

Sign up at: <https://www.macmillan.org.uk/mighty-hikes/choose-a-hike/norfolk-coast-hike>

Hunstanton Bowls Tournament

Hunstanton Bowls Tournament will run from July 4 to 10 at Cliff Parade Bowls Club on the front at Hunstanton. There are competitions for singles, pairs and triples as well as a tournament for juniors.

Looking ahead all you bowls enthusiasts: remember that competitive bowls and para bowls form part of the Commonwealth Games repertoire of sports and that you can currently buy tickets to watch in person in Glasgow July 24 to August 2.