



TR Register Shropshire Group

Autumn Run

Sunday 3rd November 2019



Autumn brings with it a riot of leaf colour ranging from deep butter yellow through to orange, red and crimson as well as an abundance of berries.

This year we will enjoy:

- A run along the top of the Long Mountain which effectively separates our part of England from Wales and provides great views.
- A visit to the gardens at Powis Castle. Admission £12.00 (Group of 15+ inc NT Members). National Trust Members - free. Parking free. There will be a wet weather option to visit Coe-y-dinas Retail Complex at which there will be a Food & Craft Fair.
- A drive along The Avenue at Linley Hall. We have received permission to drive along the oak lined avenue at Linley Hall. The owners have asked that we make a charitable donation for this. A donation of £5 per car is suggested and all money received will be given to The Lingen Davies Centre in Shrewsbury.
- Sunday Lunch at The Crown Inn in Wentnor. We need to pre-order food and a copy of the menu is attached. Would you please advise Roger of your choices and of any dietary requirements. **The deadline is Friday 25th October.**

We will meet at Salop Leisure, Emstrey, Shrewsbury, SY5 6QS - just off the A5 Shrewsbury Bypass on the B4380 - at 10:00am for a **prompt** 10:30 am start.

Itinerary:

10:00	Meet at Salop Leisure, SY5 6QS - see above
10:30	PROMPT - Start of run.
11:30	Arrive Powis Castle, Welshpool, SY21 8RF (or Coed-y-dinas, Welshpool, SY21 8RP)
13:00	Leave Powys Castle (or Coed-y-dinas)
14:00	Arrive The Crown Inn, Wentnor, SY9.5EE Lunch at 14:30

This is a non-competitive social run organised under the latest instructions of the TR Register. It will be necessary to sign the TR Register's disclaimer before the start of the run.

Contacts:

Roger Critchley recritch@aol.com

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The Crown Inn, Wentnor, Shropshire

Menu for The TR Register Shropshire Group
Sunday, 3rd November 2019

Starters

Garlic mushrooms served on garlic bread & salad garnish (v)	£5.50
Homemade tomato & basil soup with a baguette chunk	£5.50
Prawn Cocktail in Marie-rose sauce with salad garnish and brown bread & butter	£6.00

Mains

Sunday roast - <u>choice of beef or turkey</u> with all the trimmings	£10.95
Scampi, chips & garden peas	£11.50
Mushroom stroganoff served with rice & chips (V & GF)	£11.50
Steak & ale pie with a <u>choice of chips, mash or new potatoes</u> , served with seasonal veg and gravy	£11.50

Desserts - all £4.50

Baked vanilla cheesecake with fresh whipped cream

Rhubarb crumble and custard

Lemon meringue pie & ice-cream