

UPTON & NEWTON, CHESTER
NIGHT STREET EVENT - TUESDAY, 7 JANUARY 2020

VENUE

The Bear's Paw, Dickson's Drive, Newton, Chester, CH2 2BT

DIRECTIONS (see map on page 2)

By Car

At the roundabout at the junction of the A56 and A41, go north on the A41 (signed for Chester Zoo). At the third set of traffic lights (not counting the pelican) by a parade of shops, turn left onto Heath road [or, if coming on the A41 from the north, at the first traffic lights after the zoo roundabout, turn right onto Heath Road].

Go straight on at the mini roundabout and take the 4th turning on the left (0.8 miles from the traffic lights) into Egerton Drive. At the end of Egerton Drive, turn right into Rosewood Avenue and left onto Dickson's Drive. The pub is 200m on the right.

By Train

650m walk from Bache Station on Merseyrail. Take the exit from the Chester-bound platform. At the road, turn right and walk up the hill. Take the first right into Egerton Drive and then follow the directions above.

PARKING

Parking in front of and behind the pub. You can also park in the area behind the small parade of shops adjacent to the pub. DO NOT park in the spaces outside the local supermarket.

If the parking above is full, you can park on Ellesmere Road opposite the pub.

FORMAT

Usual DEE/MDOC/SROC Night Street League format Score event with choice of 40, 60 or 75-minute courses.

Control points are marked by various items of street furniture – lamp posts, telegraph poles, fire hydrants, crop dusters, etc. In most cases you need to complete a number provided on the clue sheet.

MAP

Chester North by Northeast, map scale 1:13000, produced by planner Graham Nilsen with acknowledgements to Alfred Hitchcock

TIMES

Registration 18:00-19:15

Starts 18:15-19:30

When planning your run, be aware that last orders for food are taken at 8:30.

ENTRY FEE

£3 per person

SAFETY

No unaccompanied U16s

16 & 17 year olds allowed to run only with Parents' written permission

High Viz top & light required. Back-up light advised. Bring a pen/pencil to write down answers on the clue sheet.

BOOKING FOOD & MAPS

The pub (not a very big one) would like to know numbers planning to eat in advance and, to ensure that they can meet your menu choices, have asked that you advise beforehand what you would like to eat.

Please e-mail Jane Mockford (orienteingj@gmail.com) by 1st January stating:

1. Names of people competing (so that we can print an appropriate number of maps & clue sheets) and
2. If you plan to eat & your menu choice (see pages 3 & 4).

MAP



FOOD MENU

Starters

Soup of the day with crusty bread	£3.95
Smooth chicken liver pate with red onion chutney & toast	£3.95
Salmon fishcakes with salad	£3.95
Chicken wings with BBQ or Peri Peri sauce	£4.95
Classic prawn cocktail	£4.95
Platter for 2: Onion bhaji, samosa, spring roll, papadoms & Dips	£8.95

Sandwiches & Lite Bites

Served on white or brown bread with salad garnish

Honey roast ham & mustard	£4.95
Club style chicken and bacon	£4.95
Cheese with tomato & onion chutney (v)	£3.95
Original fish finger butty	£4.95
Tuna mayonnaise or cucumber	£3.95
Prawn marie rose	£5.95
Add fries	£1.00

Global Starters

Papadoms (2) and Dips	£3.00
Onion Bhaji	£2.95
Samosa	£2.95
Spring Rolls	£2.95

Global Fusion Curries

VEGETABLE
£8.95

CHICKEN
£9.95

LAMB
£10.95

PRAWN
£10.95

Thai Thai

Thai Green – Medium

Thai Red – Hot

Mumbai Mossalla – Mild

Mango pulp, fruity coconut with tandoor spices

Goan Peri Peri – Hot

Jaggery, white wine vinegar and dried red chillies

Jamaican Dutchy - Medium

Meat ball cooked in tomato based sauce

Sri Lankan Shek Shek – Medium

Ground coconut, Coconut cream and spicy garam mossalla

Sides

Garlic bread with cheese (v)	£2.95	Fries (v)	£2.50
Battered onion rings (v)	£2.75	Coleslaw (v)	£2.00
Chunky chips (v)	£2.75	Seasonal vegetables and new potatoes (v)	£2.95

Mains

Beer battered fish & chips with mushy peas	£9.95
Wholetail scampi with chips, garden peas & tartare sauce*	£8.95
Breaded chicken burger with fries and coleslaw*	£8.95
Sausage & mash with onion gravy*	£7.95
Chefs pie of the day with potatoes and garden peas	£8.95
Hand carved ham with egg and chips*	£8.95
Lasagne with garlic bread and salad*	£8.95
Vegetable lasagne with garlic bread and salad* (v)	£8.95
Beetroot or sweet potato burger with fries & coleslaw* (v)	£8.95
Chicken Caesar salad*	£7.95
Dish of the day*	£7.95

MONDAY TO SATURDAY 12:00PM - 6.00PM
2 MEALS FOR £13.00*

Grills

Gammon steak with egg grilled pineapple, chunky chips & garden peas	£9.95
8oz Ribeye with tomato, mushrooms & chunky chips	£13.95
8oz Grilled sirloin with tomato, mushrooms and chunky chips	£13.95
Steak sauces: Peppercorn or Creamy mushroom	£2.00
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Chefs Beef Burger with Cheese and Bacon	£8.95
New Yorker Beef Burger Cheese Bacon BBQ Sauce & onion Rings	£9.95
All served with Fries and Coleslaw	
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Grilled Salmon with Teriyaki Sauce Rice and Vegetables	£10.95