

NEWSLETTER

CHARITY

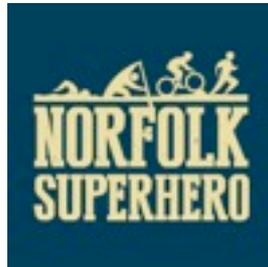
We have had a tremendous response from all of you to return in 2014 and we really appreciate your continued support, especially as this year we have asked you all to raise at least £150 for our wonderful charity, [Nelson's Journey](#).

We will be fielding a record number of Zimmer Teams and we have had an impressive increase in the number of teams taking part in the Lady Hamilton (all girls) Cup which is great.

We have set up a charity account at the Virgin money website please follow the link for more details. [Virgin Money Fundraising Page](#) If you ask people to search under Norfolk Superhero you will find it also.

WINNING ENTRY FORM

The prize for the clearest handwriting on their entry form goes to Damaris Hitchcock. Congratulations!



CHRISTMAS IDEAS

We have very kindly sorted out your Christmas presents ideas for you, or at least this is what we would like;

[Aquazone goggles](#)
[Sealskin gloves](#)
[Finisterre merino layers](#)
[Urban Armour bracelet](#)
[new bike](#)
[Norfolk Etc vouchers](#)

BIKE ROUTE CHANGE

Just to feel on top of our game we have got a new bike route for you. You will leave the field West along the coast road and drop back down on to the original route after Burnham Market therefore missing it out. [View Map](#). This is due to safety fears with all you lot whizzing haphazardly through a busy market town on a Saturday afternoon in the Summer.

LUNCH IDEA FROM HQ

Jess and I would like to share our favourite HQ midday snack with you. This Autumn we feel we may have perfected the 'fishfinger sandwich'.

6 fish fingers (baked)
 2 plain bagels (toasted)
 rocket leaves
 tartare sauce
 salt and pepper

This has been a laborious process and has seen off competition from pita based, spinach orientated and tomato ketchup alternatives. John the Fish in Holt has proved the source of our favourite tartare sauce.

WINTER TRAINING TIPS

Caffeine loading, beetroot juice, indoor rowing, using your wetsuit in your local pool, investing in a garmin and to keep yourself really motivated hiring Rachel Symington of Interactive Fitness on 07919354698 are all possibilities, but the best tip - don't eat too much over Christmas!

Merry Christmas

