

August/September 2022 Issue 147



CAMPAIGN
FOR
REAL ALE

InnSpire

THE MAGAZINE OF CHESTERFIELD AND
DISTRICT CAMRA



Chesterfield Summer Pub of the Season 2022
THE GLASSWORKS



INSIDE...

Real cider and perry

Brimington delights

Pub companies

Walkabouts

CAMRA discounts

...and more!!!

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If you have any queries about the Walkabout Festival or Winding Wheel Beer Festival, please contact the festival chair, Rob Taylor at:

Walkabout,

chesterfieldcamrawalkabout@gmail.com

Winding Wheel,

chesterfieldcamrabeerfestival@gmail.com

Views expressed do not necessarily represent those of the national Campaign for Real Ale or the local branch.

SHORROCK'S SHOUTS!

One of the most respected beer gurus in our CAMRA region is Mr Roy Shorrock, a 'master brewer' who has had a hand in producing many of the beers we enjoy today. These days, in retirement, he doesn't brew so much but BOY does he know some interesting facts!

In this edition of *InnSpire* we have a few gems from that vast wealth of knowledge—look out for **Shorrock's Shouts** around pages 11-15!

Please send any letters, pub news or articles to the editor, at:

innspireeditor@chesterfieldcamra.co.uk

CAMRA BRANCH MEETINGS

**These normally take place on Thursday evenings at 8pm.
For details see the branch diary at: <https://chesterfield.camra.org.uk> (3rd item down on list on left)**

Everyone is welcome!

Pubs giving CAMRA discount and other loyalty type arrangements

Below is a list of pubs offering discount to CAMRA members and other types of loyalty arrangements. If you know of any we've not included please email us: lensmith11@btinternet.com or mervyn994@btinternet.com

All Saints Tap (Chesterfield): 15% discount with CAMRA membership card.

Brimming with Beer (Brimington): 50p per pint discount on cask beer for CAMRA members every Wednesday.

Burlington (Chesterfield). 20p per pint discount with CAMRA membership card.

Crafty Dog (Brampton): 20p per pint discount for CAMRA members, plus a free pint when they sign up for a loyalty card.

Derby Tup (Whittington Moor): 20p per pint, 10p per half, discount for card carrying CAMRA members.

Glassworks (Whittington Moor): beer of the week at £2.50.

Jaceys (Whittington Moor): 10p per pint, 5p per half, discount with current CAMRA membership card.

Joiners Arms (Bakewell): 40p per pint discount with either CAMRA card or Hulleys X70 bus ticket from Chesterfield.

Lockoford Inn (Tapton). 10% discount with CAMRA membership card.

Nags Head (Newbold): £2.30 per pint on Tuesday night; 15p per pint discount for CAMRA members.

Ours (Cresswell): buy a half, get it made up to a pint for free on production of CAMRA membership card.

Peacock (Brampton): 20p per pint discount on cask ales on Tuesdays.

Pig and Pump (Chesterfield): 10p per pint, 5p per half, discount for CAMRA members.

Rectory (Chesterfield): 20p per pint, 10p per half, discount with CAMRA membership card.

Rykneld Turnpike (Clay Cross): £2 per pint on selected ales and Stowford Press cider, also selected gins with a free measure of the house tonic on Tuesdays.

Shoulder of Mutton (Hallfieldgate): 10p per pint, 5p per half, discount with CAMRA membership card.

Smithy Pond (Wingerworth): 10% discount with CAMRA membership card.

Tap House (Brampton): Three real ales reduced to £2 per pint every Tuesday.



LOCAL BREWS...

The Chesterfield CAMRA website contains a list of local pubs selling beer from in and around Chesterfield, at:

<https://www.chesterfield.camra.org.uk>

(click on 'LocalAle' in the list on the left)

Pub News

After 32 years in the same hands **The Lamb** at Holymoorside has changed hands. It is now the pub tap for **Peak Ales Brewery** so expect lots of lovely *Chatsworth Gold* in there.



The Grouse on Chatsworth Road, Brampton has undergone a refurb. Freshly painted with new upholstery it is now called **The Dizzy Duck**. Hand pulled ales are promised in the near future.

It has been reported that a new tenancy has been agreed for **The Three Merry Lads** in Cutthorpe, though this is as yet unconfirmed.

Chesterfield Panthers Beer Festival—Rugby Ale

CAMRA members...

There will be a 5% discount on your entry fee, so remember to bring your membership card (see page 9)

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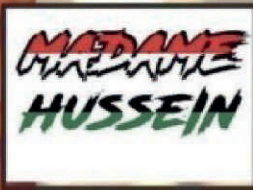


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OR BEHIND THE BAR

Pub Companies – Who They Are and What They Do

Pub operating models

This is the third in a series of articles that provide the facts on pub company practices and operations, explaining in particular how their business models work and what this means for both licensees and, ultimately, us as customers.

According to the British Beer & Pub Association, in 2019 there were 47,600 pubs in the UK. Of these, 22,750 were free houses, 15,650 were tenanted or leased and 9,200 were managed. In this article, we'll look at the latter two categories along with a newish 'hybrid' model which the BBPA probably counts as a form of tenancy.

Tenancies

As a tenant, you rent the pub premises from a pub company or brewery and acquire the right to occupy the pub for an agreed period – usually two to five years. You will generally be 'tied' for beer and other drinks, i.e. you can only purchase the stock from the owning company, though some companies offer partial or free of tie deals (but invariably demanding a higher rent for the privilege). You are self-employed and responsible for all the staff. Responsibility for building repairs will usually be confined to internal, non-structural work. A big attraction of the tenancy is the relatively low cost of entry, though you still need around £15k to properly operate a start-up; a downside is that if you build the business up you may well get no reward from the pub company other than an increased rent. Indeed, the 'reward' might be a refusal to renew the tenancy because, for instance, the company wants to take the now-successful pub into direct management. The Pubs Code of 2016 was designed to give tenants and lessees greater protection by requiring fair and lawful dealing by pub companies and ensuring that tied tenants were no worse off than if they were free of tie. We'll have a close look at how the Code is working out in a future article.

Leases

Having a lease means you're entitled to occupy the pub and run your business for a fixed term, often between 10 and 25 years. You'll still usually be tied for beer and other products and will be responsible

for repairs, maintenance, insurance and other running costs. Unlike with a tenancy, you have the option to sell the business, including a sum for goodwill.

Managed Houses

In this model, the pub is owned and operated by the pub company, who employ all the staff on the premises. The manager is likely to be eligible for performance-related bonuses in addition to their salary. Many managed pubs are branded e.g. Hungry Horse, Ember Inns, Slug & Lettuce. The obvious advantage to the company is their complete control over every aspect of the operation. On the other hand, they incur all the costs and accept all the risks, instead of sharing those with a tenant or lessee. Companies whose pubs are all or nearly all managed include Wetherspoons, Mitchells and Butlers, Sam Smiths and Loungers. Many other companies have a mix of models though the overall growth trend is definitely in the managed direction, especially if you include the next arrangement...

Retail Agreements

This is the new kid on the block and goes by a variety of names – Manchises (Management Franchises) being an increasingly common term. The model was pioneered by Marstons but most of the bigger companies have now adopted it, each with their own brand name e.g. Stonegate have Craft Union, Star Pubs & Bars have Just Add Talent, and Greene King, Pub Ready.

Unlike in conventionally managed pubs, the licensee is supposedly self-employed. In most cases, their remuneration comes from a percentage (usually 18-20%) of the pub's net turnover. From this, as licensee, you pay yourself and all your staff plus incidentals like employer's liability insurance and Council Tax.

So, what freedom do you have to run your own business? In truth, not a lot. The pub company sets the opening hours and the prices, decides what products you sell, prescribes the menu for any food offer and provides all the equipment. You can also be chucked out at pretty short notice (immediately in the case of Just Add Talent). If there's a stock deficit then you're charged for it and these can be mysteriously large. The advantages for the licensee are the low ongoing costs (Pub Ready require £5000), you get a roof over your

The advantages for the licensee are the low ingoing costs (Pub Ready require £5000), you get a roof over your head and have a prospect of making money. To do the last, though, you'd probably need to be taking over £10k a week. Urban, sports-oriented pubs seem to do best under this sort of regime. There are, though, many disgruntled ex-licensees who found the scheme a quick way to lose their dosh – try googling Sam Peeps Diary Marstons for a flavour. The current number of these agreements is unknown but they have certainly been growing rapidly. Many tenants have been effectively thrown out of their pubs so that the company can convert the pub to what, for them, are more lucrative arrangements. You can see why the companies love this model. It frees them from the responsibility of employing staff whilst retaining full control over what the pub actually does.

However, there's suddenly a cloud on their horizon. Early in 2021, the Supreme Court ruled that Uber drivers were definitely not self-employed. The parallels with Retail Agreement licensees are striking and Her Majesty's Revenues and Customs are known to be taking a keen interest. Given the amount of control that the companies exert, can they really argue that these licensees are self-employed?

Watch this space.

SHORROCK'S SHOUT NO.1!

A beery snippet...

Did you know that the hops (*humulus lupulus*) in your beer are a close relative of hemp and marijuana, the family name is Cannabaceae? The buzz you get from beer is due to the alcohol, as hops do not contain THC. Tetrahydrocannabinol (THC) is the principal psychoactive constituent of cannabis.

RDAS

Chesterfield and District CAMRA

Summer Pub of the Season 2022

THE GLASSWORKS



Congratulations to Sam and the team at The Glassworks who, from taking over the pub just before the lockdown, have gone on to have been voted CAMRA Summer Pub of the Season 2022.

SHORROCK'S SHOUT NO.2!

A grainy snippet...

Barley has many varieties, but my very favourite has a beer named after it! Castle Rock cleverly named their beer Elsie Mo after the main ingredient Low Colour Maris Otter (LCMO) – brilliant!

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The Barley Mow



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What is Real Cider and Real Perry?

Such a simple question...not such a simple answer!

CAMRA 'recently' (now some 14 months ago) produced a revised definition of real cider and perry to, in their words, "reflect the current practices and process of cider and perry makers across the UK". In my personal view, the definition probably hasn't changed too much except, believe it or not(!), made it simpler to understand. Where it is different is that there is more emphasis on what is NOT regarded as Real Cider and Perry, with some shiny new resources outlining producers on the 'in-list'.

The CAMRA definition

CAMRA defines real cider or perry as being fermented from the whole juice of fresh pressed apples or pears, without the use of concentrated or chaptalised juices. 'Chaptalised' (for those unfamiliar with the word!), refers to a process whereby the alcohol level is increased by the addition of sugar to an unnatural level for storage, before it is diluted with water to the desired alcohol content for sale.

What that means is that some large scale produced ciders and perrys don't meet 'real' credentials.

And what about 'fruit' cider?

Some ciders can be flavoured with additional fruit. However, these should not be concentrates, extracts or essences.

CAMRA have created two lists/maps of producers in the UK, one for real cider and perry,⁽ⁱ⁾ and the other for "fruit and flavoured producers".⁽ⁱⁱ⁾ These are a guide to producers which ONLY make real ciders and perrys, and are not exhaustive, as some producers will make *a* product (plus...there's always the chance they've missed one!).



Where can I get more information?

CAMRA have a wealth of resources if you want to know more...see their website for more detail. Otherwise, drop me a line (ciderandperry@chesterfieldcamra.co.uk), turn up at a branch meeting and collar me, or perhaps you'd like to vote for 'Cider and Perry, what makes it real?' as a keynote talk at a meeting.



The final word

My view, is, folks should have choice and it's important to recognise what sells. I, for my sins, am a bit of a purist (some say cider snob!) but not everyone has my (some say exceptional, others say terrible) taste. It's a tough time for pubs out there, there is a large market demand for fruit concentrate/essence ciders, and the larger brands may well need to store and distribute in ways that lead to the loss of 'real' status. I'd like to think though that there's space for both. There are some really great (local and non-local) real ciders and perrys out there, that could and should be supported and championed for the wonderful flavours they create, and for that reason alone there's a need for a distinction. The challenge... can YOU tell the difference?

Kat Morrow

(i) [producers.camra.org.uk/?producer_types\[0\]=1](http://producers.camra.org.uk/?producer_types[0]=1)

(ii) [producers.camra.org.uk/?producer_types\[1\]=2](http://producers.camra.org.uk/?producer_types[1]=2)

SHORROCK'S SHOW NO:3!

A beery factoid...

The hardest worker in the brewery is female! Sugars are converted into alcohol by yeast (*saccharomyces cerevisiae*) and this organism is all female. The yeast reproduces by 'budding' and only has daughters – what delight these girls bring to us.

RDAS

After our successful Walkabout earlier this year
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October 2022

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Whittington Moor and Brampton

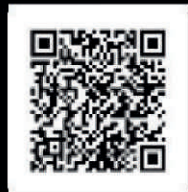
Look out for list of participating Pubs
and more details coming soon.



Chesterfield CAMRA @ChezCAMRA
for more information



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Chesterfield Walkabout February 2022

Covid restrictions prevented the annual Winding Wheel beer festival taking place in February this year. Instead the team who usually organise the festival put on the 'Walkabout Festival'. Around 30 pubs from Chesterfield town centre, Whittington Moor and Brampton got involved, with some having 'tap takeovers' and others having a different variety of beers as well as food and entertainment. Our plan was to attempt to visit every pub taking part over the two days.

There were far too many beers to mention (and by the end of both days to remember!) but easier to remember where we visited.

Friday saw a good turnout of people who volunteer as bar staff for the Winding Wheel meeting up in **The Portland Hotel** and as the day wore on we met with many familiar faces who normally attend the festival. The plan for Friday was to visit the participating town centre pubs, and then slowly make our way out and onto Whittington Moor. Establishments we visited included **The Market, The Barley Mow, The Hidden Knight** (which had just opened prior to the festival—good timing on their part!) and **The Spread Eagle**. From here we gradually made our way to Whittington Moor visiting **The Industry, Chesterfield Arms** and **The Neptune**. Finishing off on Whittington Moor visiting **The Glassworks, The Beer Parlour** and **Jaceys Micropub** before ending the evening in **The Derby Tup**, who had live music from Slim Wilson and the Swamp Brothers. We were fortunate with the weather for our day out, it was a beautiful dry day even though we weren't dry towards the end.

Saturday again saw a good turnout as we started off at **The Peacock** at Brampton and moved our way down through Brampton visiting each pub in turn, including **The Rose and Crown, The Britannia, The Anchor, Brampton Brewery Bierhaus, Tramway Tavern** and **The Real Ale Corner**, to name a few, before completing the last few pubs in the town centre that we hadn't visited on Friday. Unfortunately, the weather wasn't as kind to us on Saturday as Friday and we were drenched on the outside as well as the inside by the end of the day.

Overall it was a really good couple of days and we are look forward to doing it all again in October.

Rob Taylor

The Hop Lamp

In the works since January 2021 and opened officially in March 2022, The Hop Lamp is Chesterfield's newest craft beer bar. The two owners, Darren and Ben, who have had experience in the craft beer scene for some years both own and manage bars in Derbyshire and Yorkshire, most notably **Industry Tap** in Sheffield and **Brimming with Beer** in Brimington, Chesterfield.

Situated within Chesterfield's first and only (so far) food hall the beer selection was chosen to compliment the vast range of food on offer within The Batch House.

Whilst there are nine dedicated brewery lines there are also up to six more lines available to stock any beer that might fit the season. Breweries you can expect to see permanently on the bar include *Thornbridge* (two lines), *Buxton* (two lines), *Henry Weston's* (two lines), *Duvel Moortgat* (two lines) and *Purity*.

A decision was made to not offer cask due to space restrictions on the build, however plans are in place to offer up a small beer festival with free pouring casks in the colder months.

A selection of wines and prosecco, Belgian bottled beers, as well as a range of draught and bottled soft drinks are also on offer.

On top of this up to 14 cocktails are available, ranging from pre-mixed to handmade cocktails, all freshly garnished.

If you'd like to visit The Hop Lamp it can be found on Whittington Moor directly opposite the Technique Stadium. A family friendly venue that is also hugely accepting towards dogs. Great disabled access throughout the entirety of the building and free parking is available on site for up to two hours (90 minutes on a match day).

[The above article is a sponsored editorial]



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Brimful in Brimington

If you're currently holding this brilliant magazine in your grubby paw, you may be sat in your local pub, having a crafty pint or two. And hopefully the beer gods are looking down kindly on you and the selection of ales are in your favour. It's a great time to be a real ale connoisseur. IPA, Pales and Bitters have moved from niche products to the mainstream and whilst the aforementioned may not all meet the real ale requirements, what it does mean is that it's easier than ever to get a decent pint. The craft beer movement and of course CAMRA has awakened the taste buds of the nation and more people are celebrating good beer.

After recently moving back to Chesvegas, I set out on a mission to explore my local drinking establishments and find pubs that served more than Carling. Not that I'm a beer snob. I like a pint of Moretti as much as the next person. But nothing hits the spot like a juicy IPA or moreish Pale Ale. Now apologies to the purists, not every beverage sampled on this tour may fit the Real Ale label. For me it's not about just cask vs keg but rather decent beer, a friendly welcome and the joy of a mischievous and flatulent pub dog.

I set only one rule: All pubs must be within a responsible walking distance and unlike my drinking partner, who remarked before setting off that "all your beers taste and smell like wet Labrador", I hoped for many a fine ale around our route. We headed towards Brimington.

The first two pubs were an early setback on our quest. Little or no choice. In fairness, one pub had only just reopened. The other had just the one cask beer but it was not to my taste. They had also just stopped selling 61 Deep due to a lack of sales. Still, I pushed forward, heavy in heart but not defeated.

The Butchers Arms was our next port of call and something of a salvation on our until now barren journey. Having visited a while back, it appears the real ales and cask beers are regularly updated and rotated. First up was a pint of *Farmers Blonde* (4.0% ABV) by Bradfield Brewery, a trusty and dependable old favourite. It's a very smooth and easy drinking ale.

Resisting the temptation of a pint of *Doom Bar*, I next went for a pint of *Dancing Dragonfly* (5% ABV) by Pheasantry Brewery, a Golden Ale, which they describe as dangerously drinkable!

Having downed our pints, we next went to **Brimming with Beer**. A



micropub that more than lived up to its name. The selection was a beer lovers' paradise. An oasis of luscious ales. "Is this heaven?" I asked. "It's Brim mate," came the reply, "but if you brew it, they will come". A few weeks before, *Jaipur X* had proved to be popular.

A huge, hazy Imperial IPA, this beast had a 10% ABV. Not a session ale for sure.

Today, I braved a pint of *Escape* (5% ABV). A Pina Colada Pale which was a surprisingly balanced and a great summer drink. You could taste tropical fruit with notes of pineapple and coconut too but it was not overwhelming at all. A nice mix of sweetness with a bitter aftertaste. Lovely. This is part of Thornbridge Brewery's 'Cask Year of Beer 2022' with new beers released throughout the year.

Finally, I went for the *Pop Shuvit* by Utown. An ultra-pale Session IPA (4.3% ABV), Very refreshing again with hints of tropical fruit plus mango, lychee and melon. Yummy. It certainly helped to work up to the IPAs, with their sharper and more unusual favours.

So, a somewhat mixed bag of nuts but enough tasty treats to make our beery adventure worthwhile. Next time, me and my thirsty travellers are heading to the **Arkwright Arms**, who's fine selection of Thornbridge beers is spoken of in hushed tones. Happy beer hunting everyone.

Chris Fox

Pick up a slice of history

CAMRA's 36th National Breweriana Auction

Saturday 22 October 2022

After a great time in October 2021, we are back to the Burton Town Hall for our 36th event.

For those of you who have never been to a Breweriana Auction, read on about our 2022 event!

Ever fancied owning a slice of brewing history? Then this auction is just the thing for you. Run by the Campaign for Real Ale, the National Breweriana Auction returns to Burton on Trent's Town Hall to celebrate its 36th event on Saturday 22 October. It will have around 150 interesting auction lots, everything from mirrors to trays, advertising signs, water jugs, flagons, bottles, books and pump clips as well as a few more unusual items. Plus we expect there will be a number of stands selling brewery memorabilia adding to the atmosphere in this wonderful Victorian venue.

There are all sorts of items from all over the country to decorate your home. Included in the trays will be one from Star Brewery Co. Ltd of Eastbourne, which was founded in 1886, although the brewery itself dates from 1777. It was acquired by Courage, Barclay & Simonds Ltd. in 1965 with 43 tied houses. Brewing ceased in 1967 and it was demolished in 1971.

Also from the south is a Young's Brewery sign. Although, reputedly, there has been brewing on the site since the 1500s, Young's began its life in 1831. It closed in 2005 and brewing moved to Charles Wells Ltd of Bedford, forming Wells & Young's Brewing Co. Ltd. In 2011 Young's sold their brewing interests to concentrate on retailing. Sambrook's Brewery has now moved onto the site so brewing continues.

Travelling to the Midlands, there will once again be an item from Offiler's, this time a water jug. This Derby brewery was set up in 1876 and once owned 238 pubs. It became a subsidiary of the Charrington United Breweries group in 1965 and closed the following year.

As usual, we'll have a number of items from Burton such as an Ind Coope's Double Diamond sign. This beer was trademarked in 1876 by Allsopp's who merged with Ind Coope in 1934. By 1958 it was the fastest selling bottled beer in Britain. It was also a favourite tippie of the Duke of Edinburgh. The brewery is now owned by Carlsberg.

The auction is great fun to take part in and is an opportunity to get some great bargains plus many of the items on sale can appreciate in value. And, of course, like any CAMRA event, there is some good beer on sale all day (from a local brewery).

Burton on Trent is easily accessible by train. It is around 40 minutes by train from Chesterfield; the Town Hall is just a short walk from the railway station. The event starts at 10.30am with the opportunity to view the lots and browse the breweriana stands that will also be there. Bidding starts at noon and is normally finished by 3pm, giving a chance to have a final perusal of the stands before visiting some of Burton's iconic pubs and heading home. Entrance is by catalogue (£3.00), available on the day, or £4.45 (includes postage) in advance, by post from Bill Austin:

07789 900411 or baustin1951@btinternet.com.

If you can't get there, postal bids are accepted, just contact Bill. Wheelchair accessible. For more details see: www.gandc.camra.org.uk.

As we don't know how the situation will develop in the autumn, we will continue with our measures including bigger distances between seats and with such a big hall, we feel comfortable that we can keep everyone safe.



Rail Ale Helpers' Trip 2022



Following a hugely successful Rail Ale 2022, the helpers trip this year was to Ossett Brewery on 2 July. As is tradition a large group of volunteers were to be found in the Spa Lane Vaults at 9am partaking of breakfasts, and for some of the hardier amongst us, a pint or two to 'whet the whistle'.

Meeting outside Poundstretcher there was a huge cheer as the vintage double decker arrived to transport all 49 of us to Ossett. We were easily recognisable to the bus driver due to the plethora of Hawaiian shirts. Reminding some of us of a school bus, it was no surprise that some of the behaviour from those on the top deck was slightly juvenile (and even worse on the way home!!).

Stopping to collect Merv and Alexa (whom we needed for the beers) we made good time despite the age of our transport and arrived at **The Brewers Pride**, which was to be our first watering hole. The bar staff here were incredibly efficient to deal with the influx of such a large group of us and were very accommodating. The pub offered a selection of Osset and SALT brews as well as a large range of ciders and gins for those who wanted something a little more summery (it was one of the nicest days of the summer so far!) As well as the ciders the SALT Jute IPA was a popular choice for many.

Our trip coincided with the **Osset Brewery** open day, in which the brewery gives something back to the local community; all proceeds were donated to the Forget Me Not Children's Hospice, which supports 150 children and their families with life-shortening conditions. It therefore seemed the right thing to do to try and

generate as much profit for the open day as possible to support this cause, and the Rail Ale volunteers were all so willing to help the brewery achieve as high a donation as possible.

The beers on offer were very similar to those served in **The Brewers Price** with a range of Osset and Salt ales. Osset's core range of brews were available in the tap house. These included *White Rat*, *Butterley*, *Silver King* and *Yorkshire Blonde*. In addition to these some of the highlights were a new pilsner brewed with fresh ginger which again with the heat was a refreshing alternative to some of the heavier brews. There was a collaboration with RedWillow Brewery to produce a seasonal summer pale ale called *Galaxy*. At only 3.8% it was fruity and refreshing, just right for the hot summer's day. For those that liked something pale but a little stronger the brewery had recently collaborated with Varvar Brew to produce *Skarb*, a Ukrainian Golden Ale which is described on their website as 'delicately hopped...with aromas of strawberry, bubble-gum, and tropical fruit'. Once again the brewery shows its caring side as all proceeds from this brew were again to be donated to charity – this time to Hospitallers (www.hospitallers.co.uk), a voluntary organisation providing medical assistance on the front lines of Ukraine. For those liking something a little darker, there was a nice malt stout from The Rat Brewery called *Anthrats* which at 4.5% was a good session beer, along with the 5.0% *Voodoo* chocolate orange stout.

Pizza and street food were available and many of the volunteers were to be found – and I use this term generously – dancing to the bands / musicians that were playing throughout the afternoon. The open day was an excellent showcase for the brewery and, all too soon, like the shepherd he is, Mark was rounding us up to catch the bus back home. After a slightly more riotous journey home (including an unscheduled toilet stop) we arrived back in Chesterfield to once again visit the local establishments.



Rob Taylor



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Nurse sets hopes on breaking unique world record at London Marathon

A nurse is challenging himself to break a unique running world record in support of Ashgate Hospice – by running the London Marathon dressed as a pint of beer. We're proud to bring you his #Run4Ashgate story in his very own words below:

“Running has helped me win my mental health battles and I’m eight stone lighter!”

It’s been just over a year since I was diagnosed with PTSD following my redeployment to work as a nurse during the COVID pandemic.

The world around me was crumbling and I was struggling with my mental health. I was already on medication for my anxiety attacks and the next step was to start antidepressants.

But as a last resort before taking more pills, my therapist suggested trying out running. I was quite overweight and the

thought of running horrified me but I decided to give it a go.

Most people start with the couch to 5k programme, but I decided to do couch to marathon in eight months. To motivate myself, I put my name down to run the London Marathon for Cavell Nurses Charity.

First time I tried to run I lasted less than a mile; I thought I was going to pass out. My heart was pounding, and I couldn't breathe properly. The worst part was the following morning when I tried to get out of bed – every inch of my body was painful. I could barely move.

I had a couple of days rest and tried again. This time I ran a bit further. Then after a week I noticed something I hadn't managed to do for a long time: I was sleeping for eight hours. My body was so tired that I slept all night through. For the first time in months, I was not waking up in the middle of the night from nightmares.

Running broke the vicious cycle. Because I was rested in the morning, I was able to concentrate more. My mood swings improved and suddenly I felt better.

The first time I managed to run 5k was exhilarating. It took me nearly 45 minutes but reaching 5k was a moment of euphoria and pride! My body was broken but my spirit was healing.

When the restrictions were lifted at the end of March 2021, the first thing I did was to join North Derbyshire Running Club. That ended up being one of the best decisions I made in my life. On days that I felt down, the support from my fellow runners was tremendous. It didn't matter that I was struggling at the back or that I couldn't run uphill, they were always there with words of encouragement.

Then a friend randomly suggested dressing up for the London Marathon – and trying a Guinness World Record! I found the idea quite intriguing, and started to do my research. When I discovered that nobody had the Guinness World Record for the fastest pint of beer, it was a eureka moment!

What I didn't know is that Guinness World Records have a minimum standard and to be the fastest pint in the universe I needed to finish in less than four hours.

Running became a bit of an obsession, and I entered a few races locally. As preparation for London I ran the Sheffield Half Marathon

2021. I was euphoric when I managed to cross the line in two hours and four minutes! Suddenly I thought that my dream of completing the marathon in under four hours was possible.

My first attempt at beating the GWR at the London Marathon didn't go to plan, but I felt on top of the world. The closer I was to the finish line, the louder the crowds; plus, the encouragement was fantastic. I felt like I was winning the race.

I managed to go from couch potato to completing a marathon in eight months. Thanks to running, I was also winning my battle with PTSD; I was also almost eight stone lighter and a lot healthier.

As New Year came and went, I continued to get faster. Then someone asked me if I was going to try the record again. My initial reaction was: "no way, Jose!" ...but somehow it made sense. I had already done the hard work and transformed my body.

The four hours target didn't seem that impossible and after a few weeks of deliberation I decided to try again.

On 2 October 2022, I will attempt to beat the Guinness World Record as the fastest pint to complete a marathon!

This time I have decided to support Ashgate Hospice whilst taking on the challenge. Ashgate is my local hospice, and I became aware that hospices across the UK only receive about a third of their income from the UK government and the rest from the public through donations and fundraisers. I want to do my bit to help.

Ashgate Hospice is a unique and special kind of place that supports families who are experiencing an advanced life-limiting illness.

I'm hoping to raise £5,000 in total so Ashgate can be there to support patients and families in its Inpatient Unit and out in the community.

CAMRA Chesterfield has decided to support Joan's #Pint4Ashgate Challenge. Also a few pubs and breweries have decided to advertise Joan's costume. If you own a pub you can still put your PUB logo into the costume for a small donation. Just contact Joan at joan.ponslaplana@gmail.com

If you like to enjoy a pint and would like to support Joan's Guinness World Record Attempt you can donate at:

<https://www.justgiving.com/fundraising/Pint4Ashgate>



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