



Result of paella eating contest undecided

The result was too close to call in the paella eating contest held this August in Castello d'Empuries. Tom for the Scaifes and Ray for the Monks did particularly well with this Costa Brava favourite.

(In the picture: Helen, Andrew, Laura, Ruth, Tom, Richard, Sarah, Ray, Paul).

Descent of Samaria Gorge "agony" says grandmother

Crete was the venue for the trekking event of the year when Andrew and Ruth descended 1,250 metres in 18 Km. New boots and inappropriate socks made this an uncomfortable experience.



Olympic triumph

Un-phased when not selected for team GB this sailor enjoys a pint of un branded "ale" while watching the Olympic Match Racing at Weymouth.



Tom, Ray and Laura enjoy the swings at Poundbury near Dorchester. Ruth and Anne look on.



Travel feature - Seoul, South Korea and Kyoto, Japan

Kyoto is just a 90 minute flight from Seoul so a 2-centre business trip and holiday is very feasible. This stream runs for 6 kilometres across the centre of Seoul. Just below street level, it is popular with families because it is quiet and safe - a sort of linear park. The temple is Todai-ji in Nara, a short train ride from Kyoto. It is the largest wooden structure in the world and contains a magnificent bronze Buda.

