

SHEEP TAILS

Welcome...

...to 'Sheep Tails', the Summer Special Edition.

Mmmm, cold beer...

Summer time, cold beer they go together like Hand and Glove, Horse and Plough and many other pub names. It's that time of year that you just have to have a great beer, cold, ready in the fridge to come home to, or come in from the garden to.

Well ok so we may not have the hot dry summer we would normally associate a cold beer with but we have been doing our research non the less and have come up with a cracking little beer which we are sure The Flock would love.

KWAK - Belgian Amber Speciality, 8.0%. KWAK is a dark, warming beer with liquorice-like flavours and a slightly spicy character.



In this issue...

Cold Beer and more cold beer.

We ask the questions of one of our flock and they give us the *truthful* answers.

More from 'Behind the Bars' by Hamish.

Social Ride & Events Calendar for the month ahead.

Recipe/Drink of the month. *A must read for any serious athlete!*

-Gadge

How to get in touch:

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SUMMERS HERE! Thanks Dave





15 QUESTIONS WITH.....COOPS

Welcome to our regular feature, 15 Questions, where we ask the questions and our riders answer them. This month we get to know a little more about Simon Cooper.

Favourite Movie: Apocalypse Now, Silence of the Lambs (too many to list)

Currently Reading: MBR, Ranulph Fiennes autobiography

Tea or Coffee: Tea, or fruity tea

Milk, Dark or White: Chocolate.....White

Hard or Runny: ??? Eggs.....Both

Mac or PC: Technophobe but PC

One person to be stranded on a desert island with: Ray Mears (too easy)

Three things to be stranded on a desert island with: is this a survival situation...? mirror, water, magnifying glass OR pleasure.....? beer, beer, beer

Interesting fact about yourself: errrrrr.....???? 20+ years with Peel Coastguard, now Deputy Station Officer.

Name: Simon Cooper

Nick Name: Coops

D.O.B: 12th August 1969

Home Town: Crosby

Bike/s: Cove Hustler, Cove Stiffie

Favourite Drink: Alcoholic: Traditional Ales
Soft: Monster, Relentless,

Pepsi Max

Favourite Food: Starter: Pate, Soup
Main: Steak or something

hot and spicy

Dessert: Belgium Waffles

with ice cream

Favourite Colour: Black (but thats not really a colour) so green

Lucky Number: 7

Musical Influences: Punk, Metal, Grunge.....
anything with a lot of noise

LOAGHTAN LOADED LADIES HIT THE TRAILS



.....AND THEN WE CLIMBED SOME MORE! - BY FOXDALE

Riders :-Pete, Neil, Coops, Skippy, Foxdale, John, Seamus and Father Sinbad
 We were honoured tonight to have Sinbad out first time for a while, apparently he's found God (he was under the stairs) and been doing missionary work in Willaston.

The meeting place was Kirk Michael which can only mean up straight from the start, a couple had never done the Baltic before, and they can't wait for it to come round again. A short rest at the gate to regroup and for Skippy to cough his lung up, then on to pick up the E2E course and left down to Ballacob, the tops ride really well this way.

We turned right at the first gate towards Ballaugh plantation, were Coops told us tales of witchcraft in the area (bones, blood and pentagons) just seemed like a normal Saturday night to me in Foxdale. The climb out of Ballaugh was great, it was fun to hear a man of the cloth swear so much. By the time we had got to the top Sinbad had promised to unsubscribe from the ride notifications and block Coops from the email list. The climb was worth it in the end if only to see the islands new tourist attraction 'the biggest stile in the world'.

At the top it was a short climb up the Druidale Rd over towards Mount Karrin, Sinbad was now panting so bad he took the oppurtunity to ring a 0845 number 'Dirty Mbr's-come and check my Nobby Nic out', Skippy was close behind Sinbad in looking like a rabid dog on heat till he remembered it could be chippy van day in Ballaugh, suddenly he got a second wind, it was then onto Ballacubaragh, Skippy made the descent look easy till we realised his bike (pre industrial revolution made of pig iron) was on block brakes and couldn't stop.

With the legs now starting to feel heavy it was decided to stay on the road back to Kirk Michael, Neil led the way back, I just about hung onto his tail with the rest in close behind. A nice recovery/energy drink in The Mitre, guest beer 'Riders on the Storm', hit the spot. Seamus passed the test that me and Coops set him with flying colours by managing to open all the gates without any problems, unlike a previous fiasco.

Special mention to Sinbad and John who did well considering they haven't been out much recently.

Foxdale

JOKE OF THE MONTH



Son: Dad! Dad! Can I have a glass of water please?
 Dad: But you've had ten glasses of water already!
 Son: *I know, but my bedroom's still on fire...*

If you have any funny jokes or quirky tales to tell then we'd like to hear from you. Simply drop an E-mail to info@loaghtanloaded.com and we'll get them published in the next issue.

COME RIDE WITH US

If you would like to join the Loaghtan Loaded Flock on any of their social rides, then be sure to head on over to the club website www.loaghtanloaded.com and check out what the flock get up to and keep an eye on the regular news posts for up-coming rides.

Why not join our Facebook Group and follow us on Twitter for up to date social rides and other great activities!

RECIEPE OF THE MONTH

Rack of Manx Lamb with a Herb Crust, Bubble and Squeak, Shallots and a Red Wine Jus (serves 4)

Preparation time : 40 minutes. Cooking time : 45 minutes.

INGREDIENTS

- 1 double rack of lamb 'French' trimmed - fat removed and bones cleaned (your butcher will do this if you ask nicely)
- 1 tablespoon whole grain mustard
- 25g (1oz) fresh dried breadcrumbs
- Chopped fresh herbs - rosemary, thyme, lavender etc
- Half pint lamb stock - made from bones & trim from the rack
- 1 glass full bodied red wine
- 6 potatoes for mashing - King Edward is ideal
- 6 leaves of Savoy cabbage
- 1 small onion
- 12 small shallots
- Knob of Manx butter
- Dash of olive oil
- Salt and pepper
- 2 sprigs of rosemary to garnish

**METHOD**

1. Make mash by boiling peeled potatoes for 20 minutes, drain and mash until light and fluffy.
2. Slice cabbage and boil for 2 minutes, cool and squeeze dry.
3. Peel and finely dice onion, sauté in a small knob of butter. When cool mix the potatoes, cabbage and onion together with seasoning and form into 'cakes' ready to pan-fry later.
4. Coat the trimmed racks - cut into 4 portions - with the mustard and seasoning, then cover with the herbs and breadcrumbs which have been mixed together. Place in a roasting tray, drizzle with olive oil and roast in a hot oven for 12 to 15 minutes for medium or 20 minutes plus for medium to well done.
5. While racks are roasting reduce the red wine and stock by half, remove lamb and let rest for 2-3 minutes in a warm place, add any juices from roasting tray to the jus and pass into another pan adding a small knob of butter to give a shine to the jus.
6. While the racks are roasting, also pan fry the bubble & squeak for 2-3 minutes on each side, poach the peeled shallots in a dash of seasoned water with a small knob of butter for 8-10 minutes.
7. To assemble the dish place a bubble & squeak cake in centre of plate, carve the lamb into three cutlets and arrange around the cake with the glazed shallots, pour over the jus and garnish with the rosemary.



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CAPTION COMPETITION



Submit your captions to info@loaghtanloaded.com by no later than the 31st August to be in with a chance of winning a prize.

The winning and best captions will be published in the next issue.

Calendar

August 5th, Gadge & Clare's Wedding Anniversary

August 6th, Sinbad & Jacqui's Wedding Anniversary

August 12th, Coops' Birthday

August 17th-19th, Ritchey Trail Masters, Llanwrtyd Wells (Central Wales)

August 18th, Da Cooley Thriller, Ireland

August 25th, Coops & Rachel's Wedding Anniversary

Throughout August

Social Rides, check website for further details

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