



The Three Colts

We have a chat to Adam Brooks, the landlord of The Three Colts, Buckhurst Hill.

Where did you grow up? Debden, Loughton. In my dad's pub, The Gunmakers Arms.

What school did you go to and were you a good student?

Bancrofts School, in Woodford Green. Was I a good student? Yes and no. I wasn't allowed to stay on to do A levels put it that way!

What was your first job and how long did you last?

My first job was with Tullet and Tokyo as a financial 'runner' on the LIFFE exchange. I was 16 years old and I stayed there until I was 19.

Why did you choose 'the pub game'? I grew up in pubs all through my early life. The Bridge House, Maida Vale, until I was two years old, then The Gunmakers Arms in Debden until I was 13. I lost my dad in horrible circumstances and it was my dream to carry on his good name.

Why The Three Colts? There aren't many traditional pubs left and this little gem was crying out for some love and attention. It's a pub that's perfect for people who don't want to be harassed by youngsters, unlike so many of the High Street type pubs.

Tell us a bit about the CTZN bar in Chelmsford. CTZN was something I was approached about by two

friends in the industry. They wanted me on board and I liked their vision, so I invested. Chelmsford has a huge catchment area so I knew my formula would help them there and it's going great. It's a 700 capacity 'clubby' bar over two floors.

Name a place you wouldn't be seen dead in. Can't really be too rude about other venues, but Wetherspoons epitomise everything I hate about this industry.

Favourite holiday destination? I love the Island of Mallorca; it's one of the only places I feel truly relaxed. I met my wife there at 18, got married there and have been back every year since. I have recently bought a holiday property there too.

Are you a family man? Family is the most important thing in life in my opinion. I have a 5 year old boy and 10 month old girl, they are my world.

Do you entertain at home? Not really. I work unsociable hours, so while I'm at home I like to just spend time with my family.

What's your favourite local restaurant? I love Sheesh locally and further out I like the Blue Bridge in Writtle a lot. My friend at Catch, in Buckhurst Hill, also does some great fish!

Social media platform of choice? My wife says she is a Twitter widow. It's a platform I've been very active on for over 5 years – I've even presented a seminar on it! I must be doing something right as I've gained 84000 followers. I use it mainly to showcase my businesses.

Ever won anything? I once won my dad's memorial golf day which was great. Apart from that I can't really think of much else, except for maybe a couple of football accumulators – I'm good at those!

Have you got any hidden talents? I do a mean Donald Duck impression!

Do you have any annoying habits? Bad habits? Maybe checking my phone at the meal table. I do need to keep tabs on things to be fair, but my wife doesn't agree!

What's the best advice you've ever been given and who gave it to you? My dad always said, 'Don't be swayed by fool's gold', and also 'It's nice to be nice'.

