These iron balls are grape shot, found by Reg Trant in the garden of Ringmore Vean. They are thought to be from the English Civil War period when it is recorded that Parliamentary forces landed at Ayrmer Cove and 'plundered the valley of Awmer.' Plymouth had declared for Parliament but William Lane, Rector of Ringmore was a Royalist and declared his allegiance from the pulpit. His two sons were captured, but the Rector after attempting to raise a fort at Aveton Gifford, was forced to hide in the church tower where he remained for four months, looked after by his parishioners until he was able to escape to France.

(You can read a fuller version of these events in the RHS publication The Church Of All Hallows)