

LARRY SHINES IN CLUBS ANNUAL PILGRIMAGE TO GRIZZLY

Gt. Bentley Running Clubs annual pilgrimage to Devon took place once again last weekend with many seasoned veterans of Grizzly making the return trip , and a few newcomers .

This year saw the harshest conditions ever seen at Grizzly with a gale and torrential rain at the start on the beach and over 2000 trying to keep warm . The weather was so bad that the organisers had to cut 3 miles of the route out as it was far too dangerous , the section would have been the long beach section at Beer.

To add to the problems a few of the club also had their own problems to deal with - Frank Gardiner probably having the toughest job as his new trainers specially made for such terrain - promptly fell apart at half way leaving Frank to finish in just under 4 hours with just one sole hanging off one trainer - the other is still somewhere in Devon perhaps .

Larry Wise ran the cub run in 2 hours 4 minutes - his biggest run since heart surgery last year.

John Cottis finished the 17 mile route in 2 hours 20 minutes , John Gwillim was exactly an hour behind but had stopped to cover other club members in mud during the now customary mud fight (you just don't get fun like this in London marathon).

Graham Sheward made light of conditions in 3.24 .Nikki Bennett did 3.29 to add to her victory the day before in the pre Grizzly race beach run . Lindsay Horton and Barbara Law were back in 3 hours 39 minutes - with Barbara not feeling to well the night before . Brian Telford ran 3.48 followed by Jon Bolton in 3.49 , but having pulled a calf muscle on the Friday evening . Indi Allen was back in 4 hours and was followed in by Keith Scrivener also just over 4 hours - all in all a superb weekend for the club .