

GBRC NEWS

November/December issue

THIS ISSUE :
Cross country results
Fixtures
Gt Bentley at Grizzly

AND MERRY CHRISTMAS TO EVERYONE

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Great Bentley Running Club V.E.'S News

Website www.gbrc.co.uk

December 2001 Edition

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Big Club turnout sees John Cottis 8th at Mersea 10 & 5

- 14 Great Bentley runners competed in the Mersea 5 and 10 mile events over the Autumn Bank Holiday.
- 1 The first in the 10 mile event for the club with an excellent 8th overall was John Cottis in a time of 60 mins. 10 secs. Paul Burton was not far behind in 65-57 and Andy Smart who may have made his final run before moving was 3rd Bentley man with 71-33. Running his debut run for the club was Paul Southernwood with a very respectable time of 76-01. Following on in a battle royal was a battle of the Triathletes Graham Sheward and Keith Scrivener. Keith getting his revenge on Graham for last year but there was only a 1 second gap between them.
 - 2 There were also 2 ladies in the 10. Barbara Law was the first to finish and was 5th lady and 1st vet in a time of 77-38. Lindsay Horton working her way back into the frame was 2nd with 84-36.
 - 3 We had 6 runners in the 5 mile event being led in by Matt Anderson with an 11th overall for 32-02. Another debut runner for the club, John Webber had a very respectable 40-04. Steve Harnett had a good comeback run from injury with 46-38. Unfortunately for Frank Gardiner he picked up an injury but battled on for 50-12 and our very own male supervet Ray Pipe ran in for a time of 51-28. Ann Crawshaw was the only Bentley Babe but she ran well for a time of 47-28.
 - 4



Is this part of Peter Reeves latest training

Coming up next year

- Reduced Membership fees for 2002
- New best 9 of 15 Handicap Club Championship for next year — details to be announced
- Will Bentley win Pool B next year. Only you can make it happen
- Can we win at Ekiden next year? Geoff will be after you all to try and make sure we do.

John does it again at Diss 15

The Club Championship at the Diss 15 saw 1 male and 2 Bentley Babes out in competition for the awards. John Cottis once again had an excellent time finishing 7th overall with 1-34-48 to become a worthy Men's Champion.

The Ladies Champion for the club and also 1st Lady Vet for the event was another back to back eventer Barbara Law with a time of 2-01-07. Lindsay Horton also had a good run with 2-08-04.

Essex Geoffs do Bentley proud at the Intercounties 10k

Geoff Tomlinson had originally gone to the Intercounties 10k to support his friend Geoff Day on his Essex debut. He ended up running for Essex himself too though and they both done Bentley and Essex proud with p.b. times. Geoff Day came home with a superb 31-17 and Geoff Tomlinson not to be outdone did a superb 34-33. It just shows what you can do against top quality opposition to influence you.

Bentley Babes out en force at Grunty Fen

The Grunty Fen is a flat half-marathon course but when you are out on the Fens on a windy day it makes a theoretically easy course anything but and this years event was no exception. 2 of our Bentley Babes Barbara Law and Lindsay Horton were out there. Barbara finishing over 35 vet winner for the 3rd time running with 1-41-13. Lindsay not to be outdone came home in 1-48-14.

Matt Anderson is not so Grizzly at Devon

6 of our runners took to the annual pilgrimage (albeit late due to foot and mouth) to Seaton in Devon for the Grizzly multi terrain battle to finish.

Matt Anderson on his first attempt at the event was a superb 2-55-08 to be 118th overall. John Cottis running slightly injured still finished with an excellent 2-59-43. The battles between Keith Scrivener and Graham Sheward were on again for this with Graham coming out victor this time with 3-40-52 to Keith's 3-44-35.

There were those two ever travelled Bentley Babes Barbara and Lindsay out as well with them coming in together for a time of 4-07-33.

Next years race is 10th March and all those who took part from the club are eager to try it again.

Washout at Tiptree does not deter Bentley at the 5

Sadly the bad weather took it's toll at this event at Beckenham Business Centre with the 10 mile event being cancelled with only the 5 going ahead. This affects the Club Championship which was for the 10 but is now rescheduled for Hadleigh.

There were 7 runners from Bentley for this event with Peter Pearce first home for the club with 5th overall for 28-50. Paul Southernwood was next home for the club with 34-03. Eric Dunne and Frank Gardiner came in close together for 40-44 and 40-48 respectively.

There were 3 Bentley Babes also being led in by recent discovery Mary Lenihan first home for a very good 39-29. Kate Riley just pipped Eric and Frank for 40-41 and the Ladies Captain herself feeling very pleased with her time of 43-53.

Bentley Runners run 3 Marathons for Charity

Some may say they had a great idea. Others would say they are mad, but Martin Whitmill and John Gwillim had an idea to take on 3 consecutive marathons. That sounds amazing enough, but when you consider the 3 marathons were Seven Sisters, Snowdonia and the Dublin Marathons it is all the more remarkable.

They were doing the epic challenge for St. Helenas Hospice so there was much arm and leg pulling for sponsors for which they achieved between them over £2000.

They have many stories to tell you like the man at the hostel that looked like Hannibal Lecter and they ongoing impersonations of him that went on. However it is an incredible achievement from these 2 runners. Apparently Fish and Chips are a good refuelling food if you fancy taking on the challenge next year yourself.

John Gwillim was the star as Martin put it with times of 4 hors 46 for Seven Sisters, 4 hours 24 for Snowdonia and 4 hours 17 for Dublin. However Martin had very consistent times of 4 hours 55 for Seven Sisters, 5 hours for Snowdonia and 4 hours 56 for Dublin.

Are they going to try next year? Only they can answer that.

Quiet start to Cross Country season at Wrabness but good result all the same.

There has been many injury problems at Bentley recently and so a weaker but just as determined team showed up at Wrabness Village Hall for the first of the McNeils Intersport Cross Country League events. There were 9 men and 7 ladies competing in the event. First home with a real Captains effort was Geoff Tomlinson with 8th and John Cottis on his return from injury came 31st. That ever reliable stalwart Fred Bees was 48th with Jeff Wharton 54th. The fifth scorer for the men was Dave Mills with 73rd and just behind him in 79th was the wily old Chairman himself Jon Bolton. The final scorer for the men was Brian Telford with 103rd just edging out Frank Gardiner working his way back to fitness again. For the Babes were in 22nd was Barbara Law followed just behind in 24th was Lindsay Horton who seems to be coming into top form again. The third of the ladies to score was Mary Lenihan with a fine debut attempt with 28th just pipping Kate Riley. In the results Bentley were both 7th in the Mens and the Ladies with 394 and 74 points respectively making us again an overall 7th behind Colchester and Tendring for 2nd place in Pool B for the 1st event. Here is a full list of the finishers for Bentley.

MEN

GEOFF TOMLINSON
JOHN COTTIS
FRED BEES
JEFF WHARTON
DAVE MILLS
JON BOLTON
BRIAN TELFORD
FRANK GARDINER
ED PAGE

6TH
31ST
48TH
54TH
73RD
79TH
103RD
106TH
122ND

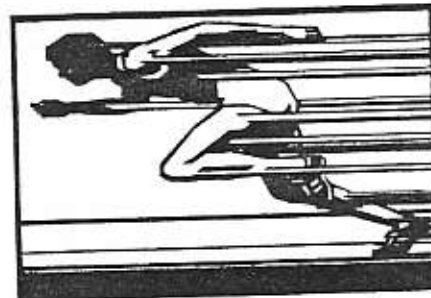
Pool B (After 1 event)
Colchester and Tendring
Bentley
Halstead
Hadleigh
Witham

5
4
3
2
1

LADIES

BARBARA LAW
LINDSAY HORTON
MARY LENIHAN
KATE RILEY
PAULA BUGDEN
RITA PAGE
CLAIRE PAGE

22ND
24TH
28TH
29TH
33RD
38TH
39TH



Geoff Day on a fast camera speed

A word or two from the Vice-Chairman

Another year has now passed us by and 2001 is now drawing towards a close. There has been so much happening at the club this year and it has been hard to keep up with it all.

We battled hard to stay in Pool A of the Cross Country only to have the foot and mouth upset everything at the start of the year even putting the London Marathon in doubt and it robbed our chance of staying up. However we are more determined than ever this year to get straight back up again this season and qualify for a trip to Ashby-de-la-Zouch for the finals again.

There has been some terrific runs by the club. Frank has regularly competed for the club I believe nearly every week. He is fast getting like our other globe trotter Dave with all the runs he does. Unfortunately when I last heard Dave had hurt his back. Hope all is well soon Dave. Barbara has been running regularly too and has steadily improved throughout and Geoff Day has represented the club as an Essex runner and winning many times for us along with Geoff Tomlinson the Men's Captain who has led by example all season achieving endless p.b's. He has already established himself as an accomplished runner how he continues to improve so consistently amazes me and I am sure his deserved representation for Essex he will continue to get better.

The highlight of the year in my opinion was the effort made by our runners at the Ekiden Marathon Relays in July where we were so close to beating the mighty St Edmunds Pacers and lost out by only seconds in the end. Let's go for the big one next year if you can boys.

The Ladies Team or rather Bentley Babes have had a wonderful influx of talent this year and I am sure it's only a matter of time before the Ladies are also holding their own against the others as I know they are capable of doing. Perhaps the unluckiest runner this year has been Nikki Bennett. She done so well recovering from injury to run The London Marathon and when a chance of the Mickey Edwards Memorial Handicap Trophy was within her grasp she succumbed to injury again. She is my tip for next year and I think she has all the talents to go far next year. Let's hope you have more luck next year Nikki.

It has been a frustrating year for myself too. It started badly when Mickey died for me and it has not really recovered from there. My training started to get going only for the latest injury to happen. I am on the mend though and I hope to run either the North or South Downs I hope. Mickey wanted to run one of those with me this year before what happened and I would like to do one. Not for any promise but to feel he is still an influence to me. Still I will go and say Merry Christmas to him soon it will be sad in a way not to have him pop round with presents for the kids this year. I wanted to try for something special this year not because of anything I feel I owe him but so I can do something that makes me feel he is saying "Well done mate you did well today". The only regret I have is that I never told him more how much of a friend he was to me. I suppose I never needed to you might say he would know, but between you and me you should say what you feel about someone, you regret it if you don't. Still I wish everyone a Merry Christmas and a very successful New Year.

Tfth, Dean

Runs from December to end of February 2002

DECEMBER 2ND – NENE VALLEY 10 – Bretton Wood School, Bretton Centre, Peterborough – This is a flat, town course with a mug for the finishers. £5 before 26/11 and another £1.50 on the day (1000 limit). 1.00 start. For more details check out their website on www.nenevalleyharriers.fsnet.co.uk

MCNEILS INTERSPORTS CROSS COUNTRY SERIES EVENT 3 – Landseer Park, Ipswich – The usual £1 on the day 11.00 start.

DECEMBER 16TH – WAVENEY VALLEY AC TURKEY TROT 10 – Denes Oval, North Lowestoft – This is an undulating course with a seasonal Christmas pud for all finishers. £6 before 12/12 or another £2 on the day. 10.30 start. Their website is www.waveneyvalleyathleticscl.fsnet.co.uk

MCNEILS INERSPORTS CROSS COUNTR SERIES EVENT 4 – Gosfield School, Halstead – Details as for December 2nd event..

DECEMBER 31ST – ELY NEW YEARS EVE 10K – Cricket Club, School Lane, Little Downham, Ely – A nice easy flat course to ring out the old year with a drink for all finishers. £5 before 17/12 or another £1 on the day. 1.00 start.

JANUARY 1ST – WYMONDHAM AC NEW YEARS DAY 10K – Wymondham Central Hall – Ring in the new year with this undulating course. It's £5 before 24/12 or £6 on the day (400 limit). 11.00 start. Their website is www.wymondham.cjb.net

JANUARY 6TH – TURKEY BUSTER 5 – Harlow Showground – Work off the seasons over-eating with this flat multi terrain course with an extra t-shirt to go with the medal for the first 100 finishers. £6 before 28/12 or £7 on the day. 10.30 start. All proceeds in aid of the Chernobyl Children Lifeline.

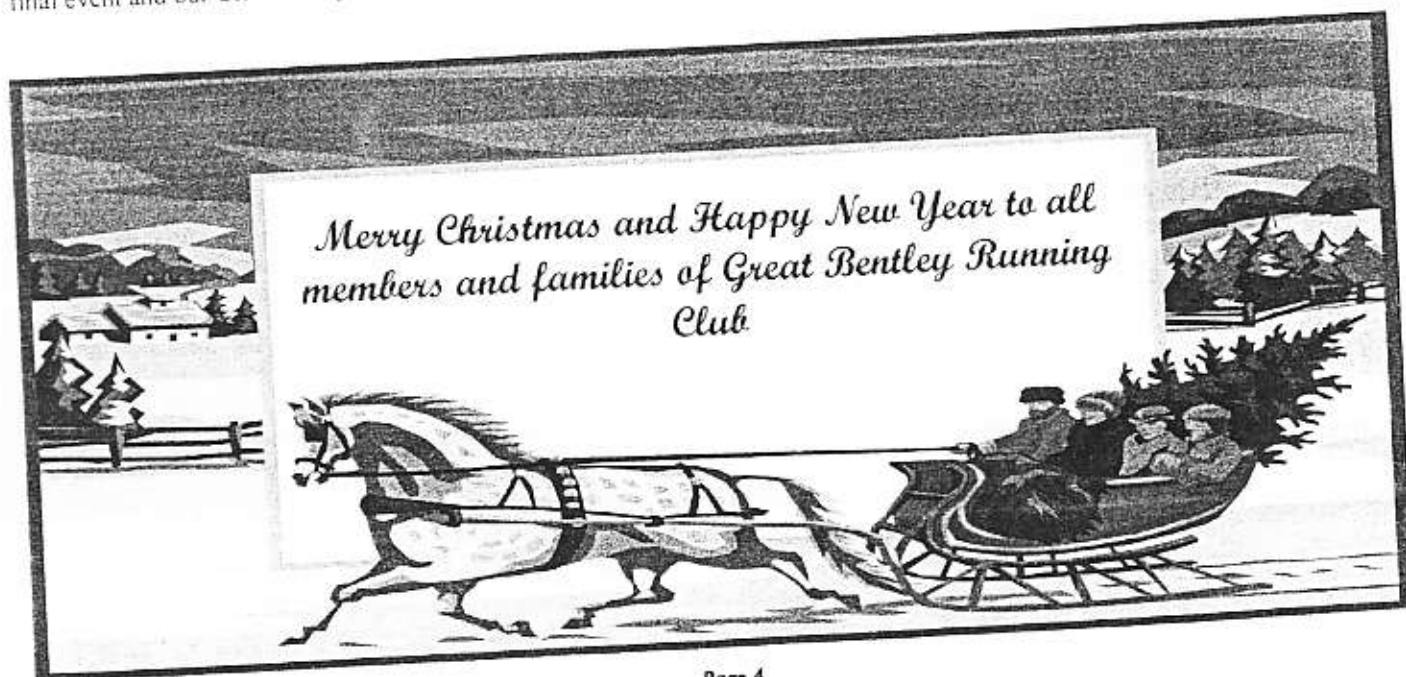
JANUARY 13TH – MCNEILS INTERSPORTS CROSS COUNTRY SERIES EVENT 5 – Hadleigh F.C. – The first event of the new year. Detail as December 2nd.

JANUARY 20TH – FOLKESWORTH 15.3 – Folkesworth Village Hall, Peterborough – Here is the first of a series of longer runs ideal for those building up for the London Marathon. An undulating course this with a long sleeved t-shirt for all finishers. It's £7 before 5/1. No entries on the day. 11.00 start (500 limit). Their website is www.burk.demon.co.uk

JANUARY 27TH – BENFLEET 15 – Canvey Island Rugby Club – Another good 15 miler here. This time it is undulating and multi-terrain. It's £6 before 20/1 or £7 on the day. It also has a t-shirt for finishers. 10.30 start. Their website is www.geocities.com/benfleetrunningclub

FEBRUARY 3RD – ESSEX 20 – King Edmund School, Vaughan Close, Rochford – This is also Essex Championships. It is an undulating course at £3 before 26/1 or £5 on the day. 11.00 start (350 limit).

FEBRUARY 20TH – MCNEILS INTERSPORTS CROSS COUNTRY SERIES EVENT 6 – Layer-de-la-haye – This is the final event and our Club Championship. Details as December 2nd.



A blast from the past

Colchester half marathon . There , I've said it . Every year , for about 6 years I vowed never to run it again but somehow always ended up back there for more (Sometimes there was more than expected too , but I didn't do that one) . The half marathon used to run in conjunction with a marathon in the mid - late eighties , the marathon probably saw its last run around 87 or 88 . The half marathon originally took in much of Colchester town centre - starting in Berechurch Hall Road , it progressed past St Boltolph's station and into Castle Park , then progressing along Avenue of Remembrance before getting to Stanway and returning into town . Hythe was next followed by a long run back to Berechurch and the finish . The problem usually with this run was that it was not organised by runners - hence a midday start - in June/July - it coincided with the town's carnival , so the weather was usually very hot , yet it would still attract over 1000 runners in its peak .

By 1989 a new course was run , this took runners through Layer across to Peldon (almost) then back up Mersea Road to Berechurch , a rather undulating route , yet again run in the heat of summer at midday and the same old medal was given - a tacky red Evening Gazette medal - it never changed , only the year was different but the runners still turned out in their droves .

1994 saw the funniest - and the last ever - half marathon in Colchester . A new start at Fingringhoe ranges was found , probably to keep the runners out of the town centre . It started poorly , what was meant to be an early start was delayed for nearly an hour as traffic congestion in the car park mean't many runners were late . A 5k was also run and went without hitch , apart from a dog show in the middle of the race route . The half marathon , after being almost an hour , maybe more , late went off and many runners finished from different directions - somewhere , something had gone wrong . Some of the lead runners , or potential lead runners , had done as much as 14 or 15 miles . It was a great shame really as there has not been a race to replace the half in Colchester . A 10 was run for a few years but it was hardly ever on the same course , then a 10K took that's place but was a dull 3 lap course - now there is nothing . It was such a great shame - other historic cities and towns have races which use the history of the places - Bath (Roman) , York (Viking) Hastings (1066 etc) , surely as England's oldest town , Colchester could have had one of the *classic* races . It didn't .

CONISTON

In 1996 a group of runners from the club decided to go somewhere different . Nothing unusual in that really , the chosen place - the Lake District , the event- Coniston 14 . Dave Nugent , Derek Cook , Steve Baldwin , John Turner and myself all decided we fancied a change and as London was not on for any of us , either rejects or did not enter , we decided to head north . Steve was a 'local' , being from Kendal but now living in Wivenhoe and he was keen to show the sights , there are plenty . The journey up was a long one , Derek had no idea what lay ahead , I had visited the Lakes once at the time so knew it was a little more than just hilly , Derek was under the impression (unknown how) that we were doing a flat race . We passed Preston on the M6 (not the prettiest route up there - try the Yorkshire Dales for that) and eventually large hill like objects loomed into sight . As we got nearer , the hills became mountains , Derek was now worried .

" Have we got to run up those ? " Derek said , or something like that . It wasn't a flat race at all . We had a great weekend , stayed in a lovely B&B (still to this day one of the best I've been in) and we had a hard race . The route starts out for the first 2-3 miles uphill , they breed men like goats up there , then a long downhill section to the lake itself and around the lake . There never seems to be a flat bit - you go up or down . This must however be one of the most scenic runs in the country and a unique distance - try finding a 14 on road anywhere else . It can't have been that bad though , eight of us went back the next year . Derek included

McNeills- Intersport Cross Country – Wrabness 4/11/01

The first fixture of the 2001/2002 cross country season saw us put on an excellent performance despite missing many of our best runners – those that ran performed brilliantly and kept us in contention for the league .

Geoff Tomlinson was first home and confirmed his brilliant form at present by finishing in his highest position ever – 6th . John Cottis was 31st , despite still carrying an injury . Next up was Fred Bees in 48th (Fred was ill too) . Debut runner Jeff Wharton was 54th – running in *road shoes* on a tricky course .Dave Mills and Jon Bolton were 73rd and 79th while Brian Telford completed the scoring in 103rd – his debut cross country . Frank Gardiner was 106th – close to the points and Ed Page was 122 .

The women were very tightly bunched and a superb turnout too , nearly as many women as men were in the blue vests – in fact we were joint top turnout of women with Jaffa with 8 runners . Barbara Law , Lindsay Horton , Mary Lenihan and Kate Riley were very tightly bunched – 22nd ,24th , 28th & 29th and very little time between them. Following these were Paula Bolton (33) Pam Earle (35) Rita Page (38) and Claire Page (39) – a great team effort and well done to Michelle for getting so many out – we might get double numbers soon and that will hit any teams with no women !

The course was a testing 2 lapper through Wrabness woods and along the shore line . Some extreme climbs were to be found , especially the first as you headed up and into the woods , not a course for the runner who likes a nice easy time (it found me wanting a bit) while in the woods there was plenty of mud , tight corners , tricky bridges , hidden posts. Adding to this the fact that the course was longer than most – almost 6 miles – it was a very hard race – a true test of stamina . A lot of imagination has gone into this route and I think it is a welcome addition to the league .

Despite missing so many scoring men , we held onto the opposition , this must be the first occasion in years that C& T have got a team together , but with so many due to return , it is surely only a matter of time before we overhaul them .

We must not get complacent though , we still have work to do !

TEAM	MEN	WOMEN	TOTAL
Jaffa	139	15	154
Harriers	93	75	168
Springfield	148	23	171
Harwich	244	42	286
Tiptree	305	35	340
C&T	383	28	411
Gt Bentley	394	74	468
Halstead	407	341	748
Hadleigh	403	486	889
Witham	482	486	968

Pool A

Ipswich	10
Harriers	9
Springfield	8
Harwich	7
Tiptree	6

Pool B

C&T	5
Gt Bentley	4
Halstead	3
Hadleigh	2
Witham	1

A WORD FROM THE LADIES CAPTAIN

Hi, Babes, a bit of news that most of you will have heard already, guess who's Ladies Captain again???? Yes, me! I know that no one stood against me but I take that to mean that you're either happy with the way the job gets done or.....nobody actually wants the job. Personally, I prefer the former! I have to say, I'm delighted. I'm very proud to be Ladies Captain and to be a member of GBRC.

Now then, there doesn't appear to be a lot of news to report. I didn't realise that Jon had used my previous article for the last *two* newsletters but that will have given everyone the chance to moan about it, learn it or read it (if they missed it first time round!). Good thinking Jon!

We had a good Ladies team for the first X/C on the 6th November and we look set to field another good time for Nov 25th at Springfield. Unfortunately, Barbara and Rita cannot make one of the next X/C's, so all hands to the deck (incidentally, when I say 'good' team I am not only referring to some of our fastest runners being out there for us, but also the *number* of runners.

I truly believe that it's not always the winning that is important but the taking part especially in a team event. Yes, we need fast runners to help us on our way and they need to have the support of us slower runners to motivate them to want to run and try and win for us but we need the slower runners to knock the other teams back, to show the rest of the running world (at least in this area) that regardless of ability, everyone is part of our team, and because everyone club member is important. Another aspect of all of this, is the social side. Getting a 'good' team out adds to the fun and enjoyment of an event such as X/C (a lot of people don't like X/C much but do them because they feel they should) and knowing that we are all there supporting each other should hopefully, spur us on! Unfortunately, I didn't run the last X/C, on 6th November, because, although rumour has it that I didn't coz I don't like them, I had a debt to pay and went off to pay it! Try to remember, that as Ladies Captain (did I mention that I'm Ladies captain again?) I have a life and if I can't get to a run, I just can't. I never ask any of you *why* you can't run if you can't only if you can! It's my job, according to the Constitution, to field a team, not to run in every one! On a final X/C note, we are hoping to go to the final, next year, depending on how our X/C season develops!

We have new Bentley Babe called Antonio or Toni (are these both spelt correctly, apologies if they're not) and Pat. Welcome to you both and may you enjoy your 'many' years of running with us (it will be many won't it?).

There are two trail runs in December (27th) at Gt Blakenham and is 5 or 10 miles starting from 9.30am onwards and January (6th) at Ardleigh which is 5 or 14 miles, 9.30am start onwards. I know that some of you do Witham on Boxing day, so may not want to do both but the choice is yours! Apparently, they are like a leisurely X/C, a bit different and a lot of fun! Can you let me know if you are interested? I'm even thinking about having a go and there's no medal!

I think that may be everything at the moment. No..... nearly forgot to remind you that the Xmas meal is on the 21st December at Great Bentley Country Park. If you have any ideas for any social events please let Graham and Anne know as, jointly, they are our new Social Secretaries.

Keep up the good work everyone; you are all Great Bentley stars!

Love Chelle xx

PS I know that this is the Ladies corner, but I don't think that any of you would mind me just saying congratulations to Martin and John in their amazing 'marathon' achievement. A marathon in more ways than one! Well done, guys!!!!!!

Footrace round Mersea

Sunday 7 October 2001



Graham

By

The day was forecast to be windy and wild, but it started sunny and warm. A large entry turned up at the Victory Inn on the front at West Mersea. From Great Bentley Running Club we had six members ready for the run, Paul Burton, Andy, Paul, Frank, Lindsay and myself. After the usual chat with other runners two trips to the loo we were ready for the start at 10am.

At 10am we started, about eighty of us, going clockwise past the Dabchicks sailing club and along the sea wall. The last few days the path had dried out and the going was very good. When we got to the road the group had spread out so there were runners as far as the eye could see both in front and behind. We then got onto the old sea wall off the East Mersea road although this had dried out a lot; it was still a bit slippery enabling me to slowly work my way through the field. I soon found myself behind my old hero Peter Thomas who was dancing a jig on the mud. It was so funny that I had a job to control my laughter, I *slipped* past him knowing that he would catch me if he could when we got on firm ground. Soon we were past the rough part and on the good part of the sea wall. A lot of those I had passed on the rough were slowly overtaking me again, Peter was putting a lot of effort into getting past me, I said as he slipped passed "*I knew you would bust a gut to beat me, see you later*".

The day was wonderful with the sun shining, little wind and all enjoying themselves, the runners could be seen as far as the eye could see both in front and behind. Of the club members I could only see Andy Watt and Paul Southernwood who were about half a minute ahead. At Stone point [about 2/3 the distance] the wind was now strong and we were running straight into it. Peter was just about 60seconds in front of me. Time to make my move, I increased my pace and slowly caught Peter and others passing him just past the youth camp, now feeling very good and getting near the end I pushed my pace making many places but not catching Paul and Andy. All too soon we came to the finish at the Victory Pub.

Paul Burton V40, 11th in 1.30.18 ; and first club member in, with Paul Southern 30th in 1.44.52s ; next shortly following; Andy Watts 35th in 1.46.46; Myself V60, 46th in [1.48.42] ; Lindsay Horton V35 lady hot on my heels 50th in 1.53.50 ; a wonderful effort. Frank Gardener V40 5^{1st} in 1.54.00.

We had intended to have breakfast after the race at the waterside restaurant near the jetty, but Lindsay was having troubles with her shin. We decided that it would be best to get a ice pack on the shin as soon as possible, so Frank, Lindsay and I went back to 'Akaroa' for coffee and toast. We all had a very good and enjoyable race.

Next the Grizzly in Devon

The grizzly tale of the Bentley Gang

The bear facts

by Graham

Sunday 21st October 01

In the wettest weekend that Essex had seen in years, Devon was enjoying superb weather, warm dry and windless. A small group of intrepid club members had gone to 'Grizzly'

Tracy and John Cotts were leading the Gang of innocents, Matt, Barbara, Lindsay, Keith, and myself, along with support from Anne and Terry, astray. We were going we thought for a gentle trot in the Devon countryside. Ha!

The friendly trots round Mersea Island and up the hill of High Woods were not quite enough, to prepare these innocents for what they were to encounter on 'the Grizzly'. But what else could we have done.

Seven of us Tracy, John, Matt, Barbara, Terry, Anne and myself were staying at a very nice guest house in Lyme Regus, while Lindsay was to stay with her Mom-in-law and Keith and Meryll slept on the beach at Seaton.

After breakfast on the Saturday the seven of us went round the big city of Lyme Reges and did a bit of shopping but the main object was to book a place for dinner for both Saturday and Sunday evenings. After this we seemed to loose each other for a while, when we did meet up again, Barbara and Matt decided to come for a swim with me. Anne held the camera. Matt was first to run into the sea, that is up as far as his knees, he then achieved a record short swim [*As a fish may jump out of the water and re-enter, so was matt in reverse*] it was so short that Anne was unable to catch him on film with 1/100sec exposure. This from a man who only at breakfast—declared! "*Of course the Grizzly isn't a proper race*" "*What!*" every one said. "*Well it has no swim, in it*" was Matt's reply. Matt's excuse to Anne, for why his swim had been so short was "*Of course I hadn't got any goggles*" but Barbara also hadn't got any goggles, she hadn't got a swimsuit, either and she did okay.

That evening the seven of us went out to a super restaurant and had a first class meal but we only had three glasses of wine between us, and five jugs of water.

The Grizzly Sunday morning

After a quick breakfast the runners set off in Johns car, while Anne and Terry after a slow relaxed breakfast came in with the boss Tracy.

We were in plenty of time and met up with Lindsay as soon as we got there. Lindsay and Barbara went off to where ever girls go, and we did not see them again until the finish. I met up with Keith and we had a walk and chat until it was time to

start. The start was on the road next to the beach, and there was to be a warm-up with an aerobics instructor who encouraged the runners to dance and wave our arms about. Matt gave us all a treat as he danced with great enthusiasm with a **seven foot banana!** Some warm up! Some a guy!

At 9.30am we were off, straight down on the pebble beach and along for about ½ mile this was hard and energy sapping, I took it easy and was amazed how many overtook me in this short distance, about 3000 out of the 2000 entries. Matt, John and Keith were soon out of sight, I decided to conserve my energy for the hills and let them go, however it might have been a error as the first to the first style had less time to wait. Soon we were on the 'Old' road to Beer, the next village, it was steep up and steep down. The village was full of the most enthusiastic crowd, of spectators with bands; on every corner, it was wonderful. We then went straight up a very steep hill on grass to the top of the cliffs. These overlooked the beautiful Lyme Bay and the sea was blue and calm. I had decided that I would walk all the steep hills. Every one else was also walking, however my walk up hill is quicker than my run and I was over taking people all the way to the top. Along the cliff top for a while, then straight down a equally steep grassy hill, back to the beach. I love down, [down is free] and over-took people all the way down to the beach. [Pity I can't run on the flat] Bet you don't believe this, it was another stony beach. Just to add to the fun we were directed through a large pool, crutch deep, but there was music playing, so that was okay. From the beach we then went up another steep hill, can you believe it, with a piper in full Scots regalia playing, a wonderful sound, and onto a drinks station [but no whisky though] I wasted time stopping here to have a 'Maxim' with my water, when I could have had it at the style which was few metres from the water station, the first of many styles. This first style we had to wait about five minutes which was a bit of a pain but after this the waits at styles was not very much, giving us a little rest.

The course continued up and down these beautiful hills and I was enjoying it very much, there were many places where they had bands or groups playing music. Another little fun touch was, fixed to many of the trees were little notices saying fun things eg *'Go with the flow' or 'Edge of sanity running at it's best' and 'Better to light a candle than curse the Darkness'* It was amusing to read them as we ran along. Another one of the little treats they had in store for us was 'the bog' where we were directed off the muddy path through a two foot deep mud bath, which came up to our knees leaving everyone looking as if they were wearing black knee boots.

I was just dashing down one of the hills and going round a corner when I almost fell over Keith, a surprise! as I had not seen him ahead of me. We ran and chatted for a while down this hill when we come onto a short peace of road with a pub and a couple cottages, and dozens of people cheering and dancing to a band also a water station [with only water]. Keith and I ran on changing places several times with me passing him on the hills and he passing me on the flat, which included the beach with that same pool in the middle again. [this washed some of the mud off our legs]. As there were more hills than flats I slowly drifted ahead of Keith.

Soon I running down the hill back to the village of Beer, I now knew where I was and how far to go. Feeling good and strong was able to increase the pace down to, and along the beach, which was still just as hard but there was no necessary to conserve energy. Along the beach just before the finish Anne and Tracy with the others, Matt, John, Terry were shouting me in, I finished in 3hours and 40min just ahead of Keith and 45minutes behind Matt and John's splendid runs. Keith and I joined the others to cheer in Lindsay and Barbara who ran the whole race together having a grand time singing loudly all the hill songs they could think of.

Anne and I went back to Lyme Reges with John and Tracy, I had a shower and we went down to the beach for a walk in the still beautiful sunshine where I had, needed and craved a Cornish pastie. After the day's efforts I was starving. We stayed on the beach until the sun went behind the hill, you would have thought that I had enough of beach's that day, but it was so beautiful down there.

It was a shame that Lindsay, Matt, Meryll and Keith had to go back that night so missing out on a wonderful evening going for a good meal with lots of drink at yet another good restaurant, before going back for a early night.

At breakfast next morning we said our goodbyes and agreed that it was the best event any of us had ever taken part in. The reason I thought it was so good was that it was just such good fun. Running just for the sheer joy of running. No best times.[as the route changes each year] No best position [as its not a normal type race as you may stand around talking at a style etc.] No wonder it is hard to get in, however we have all entered in next years event some in the Grizzly and some in the Cub[9mile] including Terry Law, who although we all know is a super cyclist does not run! Until now. Tomorrow he will start training. *Good luck to you Terry.*

GBRC 10 MILE RACE - 28 OCTOBER 2001

Message From: Cynth - Race Director
To: All Members of Great Bentley Running Club

CHEERS and a huge thank you to all club members who turned up early and willingly on the 28th October to help set up the course and the Village Hall in readiness for the race. To name just a few - Dave Nugent and Dean for setting up the course, Tracy and John Cottis for getting the hall ready and then doing late entries and the car park (with assistance from Michelle and Barbara) and to Rita for supplying us with endless cups of tea and coffee before the race began.

CHEERS again to all the marshalls (too numerous to mention by name but you all know who you are) for being at your marshall points early and for the encouragement you gave to the runners on their way round the course and to the water-stop marshalls who ensured there was enough water ready for all runners when they passed and for clearing up all the used cups afterwards.

CHEERS finally to Keith (Rita's husband) and Geoff T for timekeeping and again to Barbara for running the timing and finish places to Jon to enable him to do a superb job on producing the results in a short space of time.

JEERS to those members of the club who every year always seem to find a lame excuse for not turning up and supporting this race or the club. Again, you know who you are and so do I!! We now have 60 members in the Club so should be inundated with offers of help but only one-third of the club members actually turned up. It's strange that you can all manage to find the time to come to the Christmas dinner but not to the race????

GBRC 10 MILE RACE - 28 OCTOBER 2001

Next year's dates are: 5 mile race - 12 July 2002

10 mile race - 3 November 2002

so get these firmly noted in your diaries NOW and help the Club out.

TEARS to those in the Club who wanted to run the 10 but were unable to do so because they were otherwise engaged in assisting with the race. It would have been great to have entered both a ladies and men's GBRC team in and also to see the two Geoff's battle it out with their rivals in other clubs. My money would have been on Geoff D beating Dave Miller home but it wasn't to happen in 2001. Let's hope we can change the situation in 2002.

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It was agreed at the AGM that the 10 mile race in 2002 would start and finish at Great Bentley Village Hall with parking on the Village Green. Ray Broad and Jon are currently looking at modifying the route to ensure that it stays on the Village Hall side of the railway line. When this has been done we will have fix a date and time for you, the club members, to run this new route and make comments as to suitability etc. We then have to get it accurately measured and work begins again to, hopefully, make the event even more successful than it has been in the past but IT CANNOT BE DONE WITHOUT YOUR WILLING HELP AND SUPPORT.

Thanks.

Cynth

Race Director