

MAY/JUNE ISSUE

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Once again , London marathon has been and gone , some of the competitors will be disappointed with their times , others will be over the moon . This years is the first time I have ever watched it live , at the event , I have always been happy to watch it on TV and then do my own thing . I think it was obvious from the moment Paula Ratcliffe passed at Tower Bridge that something special was in the offing . It did confirm one thing for me having watched the event – it has no attraction for me to run it whatsoever , just confirming what I always thought.

Grizzly is another kettle of fish , we had a good amount of competitors here , the organisers must have thought however that all Gt Bentley were dropping into the cub run with our walking wounded or ill runners . Be aware , if you are reading this , next years event is already looking more popular than ever , so when forms come out in September , send them off straight away , otherwise , you WILL miss out . Entries close within 2 weeks normally . Accomodation is booked at the farmhouse , where many of us enjoyed our stay this year – room so far for 14 but we can book more should it be needed in other units there , this is the best Grizzly I have been to yet , next years looks even better from a club point of view . It was nice to doss/relax in our own pool at the end of the race , John G enjoyed a guiness and swim at the same time . Some fine sights in Dorset and Devon too , make this a superb weekend .

A new idea (have to admit its poached from Stowmarket) – you will see attached to the mag are “Race Report “ forms . I have putt his on in an attempt for feedback on races entered by members to give feedback on events worth doing or not doing etc – it gives a good idea of what to expect at certain events . At time of writing I have had 4 returns on Sudbury and one on Nicola’s 5mile in Canvey .

Sudbury has averaged 64% score , Nicola’s 5k 71% .

Sudbury was found lacking on per race details especially . Our race managed 72 % on Stowmarkets assessment , which I think will average fairly high . I hope this will prove a useful sevrvice to members . I am keen to see what Frinton scores in view of increased cost this year – should get a lot of feedback on this , I hope it proves useful to new members and also possibly for race directors .

Well , another year is flying by , I am already half way through the last year of my time as chairman – I must admit – I am really looking forward to retiring so that I can sit in meetings at the end of a clubnight and happily disrupt the meeting and just generally make a noise . I guess people will listen to me as much as they do now ! Still , I have a brief while when I can nag about cross country , so I must make the most of it ! Then – its someone else’s task to perform the impossible and get a decent turnout of men at cross country .

Busy times ahead , some of you will be glad when summer is over – Harwich 5ks are now up and running , I think we might have a few with a chance of winning . Friday night 5’s will be up soon , our own club handicap , relay and club championship will be well under way . We will be looking for marshall’s etc for the 5 mile next (July 11th) – so beware – Rita will be after you .

The clubs 2nd trail run made a modest profit for the club , but as costs are minimal , that’s not difficult . I have a 3rd one planned for Autumn some time and am looking for a tough course . I anticipate it being at Alton Water or in that vicinity and fully intend on making it not very easy – distance – not yet known . At least I can now get out and run the course again after 6 months injury . What a frustrating time , especially at cross country watching everyone else running these , when I wanted to and couldn’t . I don’t recommend getting injured to anyone - its not fun .

If members aren’t busy on Sunday’s with races or other things , we have had a few nice training runs lately and it would be nice to keep these going - we have run at Alton Water , Brightlinsea trail , Graham has done runs around Mersea (That’s West Mersea , Essex , not the Liverpool Mersea – you can tell as he still had the tyres on his car) . We will arrange more of these at different locations but sometimes races may take precedent .

Talking of which – Frinton/Walton half and 5 approach , indeed you will know the results etc by the time you are reading this . Harwich are boycotting the event as far as I know due to the team event last year being awarded to us – it isn’t a protest about us , its due to the fact they had 5 of the first 10 , yet we won with no one in the first 10 – its due to no teams on the day , but with a team performance like that , I think they may have a point . This years may prove important for GBRC too , there are dissatisfied rumblings about the organisation at Frinton – pick up numbers on the day , team details aren’t clear – lots of little things - price - £10 for Frinton half is a lot to say the least . The Gt North it is not . If this event loses Harwich and us , it will have lost the last bit of quality it had in regular support , but I can see it going that way . Harriers haven’t bothered with it for years – the event will struggle to survive if we also drop out of it , but from words I have heard , it could be going that way . It will be interesting to see the race report forms returned on this one – especially the Value for money – cost & memento categories . Another thing to remember - this is not an officially measured course , so the distance is unconfirmed . Can Sudbury’s low score of 64% be beaten , I may be wrong , but I think it will be .

Well , I have run out of things to ramble on about now , this is just filling space at the bottom of the page , Dean seems to cover everything in his 6 pages . At least I get to do the cover though – currently trying to come up with a more interesting one but I guess I will end up with a similar design as normal

Four Events in the Month of March

By Graham

Keith has a long record for doing lots of events, having over 50 marathons under his belt

Two World Quadrathlon Championships.

Three Iron-men Triathlons.

And dozens of other events, over the years and now he is sixty.

Last year while taking part in the 'Grizzly' that infamous Devon race that goes through '*The Bog!*' Keith had lost some skin off his feet from doing a race the previous weekend. Through the broken skin he contracted the dreaded 'Weal's disease, well know to canoeist, it is a very serious illness and takes a lot of getting over if you don't die first. Keith is now fighting his way back to fitness, and going very well too.

This month [March 03] with his usual determination, Keith set himself a stiff program of '**The Grizzly**' followed by '**Brentwood Half Marathon**' the '**Worthing 20mile race**' rounding off the month with '**The Black Dog Marathon**'

Well done 'Super Man Keith'. You are Back.

Contact your Vice-Chairman on 01206 364457 at home, on his mobile on 07905 239321 or e-mail dean.king@ardwood.com

MAY 2005

Volume 5 Issue 2



G.B.R.C. NEWS

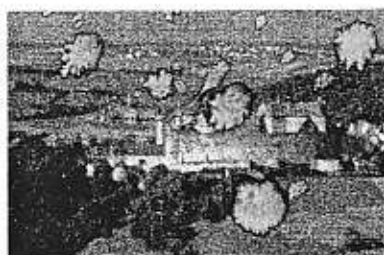
4 RUNNERS IN ACTION AT WYMONDHAM 20 AND RODING VALLEY HALF

Inside this Issue:

Thriftwood, Hastings	2
Joe Cox 10, Essex pb 5	2
Our trail and Bungay	2
Canvey and Sudbury 5s	3
Bentley Summer Events	4
Clacton 5 and London	5
Your local Race Diary	6

There were many events in the first Sunday in March and there was 2 Bentley Runners were out at the Essex Championship Roding Valley Half Marathon and 2 at the Wymondham 20.

The Roding Valley Half was Club Championship and the Club Ladies Champion and also Essex Ladies vet55 Champion



was Barbara Law hot from her holiday in Mallorca with a time of 1-53-17.

Men's Champion was Peter Howden with a time of 1-50-14.

On the tricky Wymondham 20 course John Cottis had a fine run of 2-10-37 to finish 8th overall with Dean King improving on his Essex 20

time four weeks ago with 2-44-43.

GRIZZLY 2003 REPORT

Once again the annual trip to Devon took place and many Gt. Bentley members returned to one of the most gruelling races in the running calendar, some first timers taking part this year, having heard much from other members who have done the race in the past. With injuries and illness, quite a few members dropped down into the cub run, a shorter version of the main race but still 10 miles long and taking in many tough climbs. Matt Anderson was first in, training for Paris marathon in April. Matt finished 12th overall despite a recent illness. Next was Nikki Bennett, who finished 35th in 1 hour 28 minutes. Indi Allen and Barbara Law followed in 1hr 40 and 1hr 50 minutes, then Anne Crawshaw and Jon Bolton as the Gt Bentley sick notes all

crossed the line - all enjoying the shorter run.

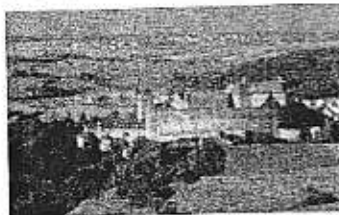
In the long run Graham Sheward was first home in 3 hours 40 minutes, amazingly he was still fresh enough to cheer the rest of the club runners home. John Gwillim was next in 4 hours 18 mins, followed by Lyndsay Horton in 4 hrs 26 minutes and Richard Clark, Brian Telford in 4.37, John Webber in 4.39 and Keith Scrivener in 4.43. Some of the club actually stopped for a mud fight in one of the two sections of bog, John Gwillim deciding that Brian Telford was far too clean and rugby tackling him to the ground. The final section of pebble beach, about half a mile long meant not many runners wrestling at the finish but no doubt most will be back again next year. A fantastic event and weekend for all involved.

Special points of interest:

- Calling all runners on Vice Chairman's Page
- Diary from May- August on Page 6
- Jon and Nikki run trails through the Easter Hols
- Let us know of any ideas you have for the club for our next committee meeting on May 12th

PETER PEARCE SHINES AT JOE COX 10

4 Great Bentley Runners travelled to the Stowmarket 10 on Sunday With the conditions being mild but windy, the runners found it hard going over the hilly course. First home for the club in an excellent 6th place was Peter Pearce 58.43. Jeff Wharton was next home in 17th place in his first ever 10 mile race 66.17.



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Running in her 2nd ever 10 mile race and still very new to running was Michelle Van Looy 77.29. Taking a creditable 5th ladies place. Steven Cartwright ran 88.29 very much enjoying his running and finishing just out side the top half of the field

We're on the web
www.gbrc.co.uk

GREAT BENTLEY EFFORTS IN LONG RACE WEEKEND

Great Bentley Runner Mark Ross headed to Hastings to compete in the Hastings Half Marathon. The race has a reputation of being very Hilly, and is also known to attract a big field of 4000 runners Mark completed the course in the top 500 runners just outside his P.B. in 1.33.49.

Geoffrey Tomlinson Travelled to Norfolk at the weekend to compete in his first 15 mile race, the Broadlands 15. He ran a steady time of 1.38.48. finishing in 15th position. This being his first race

of the year.

At the Brentwood Half Marathon Tom Geddes was our fastest runner home with 1-44-55 and making her first ever Half Marathon attempt was Bentley Babe Caroline Goldesworthy with a solid run of 2-19-05.

Martin Whitmill was out running with Jenny Luckin and both came across the line together for 2-31-40.



Steve Cartwright ran
88-29 very much
enjoying his running

GREAT RUN BY PETER AT ESSEX PB5

Peter Pearce travelled to Basildon on Sunday to take part in the Essex PB 5. The 5 mile race was a fast flat course made up of a

few tight turns. Peter had a great run to finish 12th in a time of 27.52, just 4 seconds outside his PB.

4 RACES MAKE IT A BUSY MOTHERS DAY FOR GREAT BENTLEY RUNNING CLUB

Four runs over the weekend saw a busy Mothers Day. There was the Clubs Trail Race at Thorpe-le-Soken with 8 Bentley runners competing, 3 runners for the Bungay half and full Marathons, two runners in the Thriftwood 5km and 4 runners in the Feet Forward 10km at Hastingwood.

At Hastingwood on a fairly flat course apart from the 2 hills the Club was led home by Dean King in a time of 44-52 his best time for nearly 3 years. Frank Gardiner using the event as a sharpener for London was the next home in 47-15. Peter Reeve came third of our runners with 52-17.

At the Thriftwood 5km Paul Felton ran a fine time of 24-01 with Michelle Robinson just behind in 25-03.

It seems surprising to say this for the end of March but the conditions were a little too hot for the Bungay Marathon. Graham Sheward and Keith Scrivener battled on bravely however. Graham finished in 4-33-25 and Keith crossed the line in a time of 5-01-28. In the Half Marathon Barbara Law finished the course in 1-52-32. In our trail race Peter Pearce won the event in 56-39, Geoff Tomlinson had a time of 1-35-51 and Steve Cartwright finished the men's contingent from the club with 1-50-15. The Ladies from the club were led home by Lucy Westcott and Nikki Bennett both finishing in 1-30-50 followed by Caroline Goldsworthy with 1-50-45 and Ann Crawshaw and Rita Page coming home in 3-04-10.

A GOOD FRIDAY FOR PETER PEARCE AT SUDBURY FUN RUN

Seven runners from Great Bentley took part in the Sudbury Fun Run on April 18th hoping to defend their team title last year. The tricky course was made harder by the hot conditions and the undulating 3rd and 4th miles took their toll on one or two of us.

This however did not affect Peter Pearce who was 5th overall with a fine 28-50 followed by Geoff Tomlinson with 30-27 and Jeff Wharton finishing a strong Bentley Team with 31-11. In next was Dean King for the men with 37-53. This gave us third team behind Harwich and the



Caption describing picture or graphic.

winners Ipswich Harriers who were in unmatched form. A fine run by Michelle Van-Looy with 38-17 must have been a very pleasing run for her with Cindy Gosling finishing a remarkable 41-00 considering she had ran the London Marathon only the previous Sunday. Caroline Goldesworthy finished the Bentley contingent with 49-54.

This event was part of our Handicap series and earn the following points for our competitors

Caroline Goldesworthy	12
Michelle van-Looy	8
Jeff Wharton	6
Dean King	6
Peter Pearce	5
Geoff Tomlinson	2

JON AND NIKKI HAVE AN EASTER TRAIL EGGSTRAVAGANZA

Jon Bolton and Nikki Bennett were busy running in the Eater series of Trail Races over that weekend. Jon and Nikki competed together round the Terling race of around 8 miles on Good Friday with both finishing in 1-38.

On Easter Monday Jon also competed in the Wal-

nut Wonder, a race of 9 miles approx. and finished in a time of 1-52.

This was Jon's first attempt back from injury and was pleased with his progress and is considering doing the first Harwich 5km race on 29th April.

KEVIN BOWLES MAKES WELCOME RETURN AT CANVEY ISLAND

4 Bentley runners took part in the Nocola's 5 at Canvey Island on 27th April. The course is an out and back seafront route which might have been a little easier if the wind was not so strong blowing in your face along the front on the return. However everyone put in their best efforts.

First home working back to fitness was Geoff

Tomlinson in a time of 30-40 and making his first run competitively for nearly a year was Kevin Bowles finishing in 31-40.

Dean King improved by over 2 minutes on his Sudbury time to complete the course in 36-15 and Michelle Robinson was pleased with her first sub 42 minute run this year with 41-47.



Cindy Gosling ran a remarkable 41-00 considering she had run the London Marathon only the previous Sunday

RUNNERS OF THE MONTH FOR FEBRUARY AND MARCH

Congratulations to the following runners for their runners of the month awards.

In February the award went to Caroline Goldesworthy who has raced nearly all the Cross Countries and is actively racing in the Handicap. She is fast becoming one of the Clubs most regular runners.

In March we awarded the prize to Peter Pearce who although cannot make it to the Club on Clubnights has always been one of the most regular runners for the Club and has been running particularly well recently.

GEOFF DAY ROMPS HOME IN 5 MILE RACE ON CLACTON SEAFRONT

12 runners from Bentley came out to compete in a 5 mile race along the Clacton scaffront organised by a former Bentley runner Henry Emerton. The wind was quite gusty in your face on the way out but helping you along on the return.

Bentley had 5 male runners in the first seven home and the first 2 lady runners on the day. Romping home with a time of 27-20 was Geoff Day with sparring partner Geoff Tomlinson 2nd with 29-51. Fred Bees returning to form was 4th with 33-44 just 10 seconds ahead of

fellow runner Mark Ross with 33-54. In 7th place overall was Brian Telford with 36-12 and finishing the Bentley Male contingent were Frank Gardiner with 40-24, Peter Reeve 42-13 and Stuart Baggs 43-41.

In 1st place for the ladies was Michelle Van Looy with 37-48, just under a minute ahead of Nikki Bennett with her time of 38-32. Barbara Law was also just off these two with 39-23 and finishing the Ladies challenge from the club was Rita Page with 50-39.

JOHN COTTIS MAKES IT 3 SUB-3 HOUR LONDON TIMES IN A ROW AT THE 2003 MARATHON

While everyone else marvelled at another outstanding run by Paula Radcliffe and an exciting sprint finish battle for the men for the elite in near ideal conditions it was not quite so good for the main band of Club runners in the 2003 Marathon.

The course was humid in the sheltered parts and a firm breeze in the more exposed places making the course a little more tricky than at recent London Marathons but some good performances were to be had by the 7 Bentley runners competing this year.

First home for his third sub-3 hour run in succession was John Cottis beating the club runners target with 2-58-50.

Running his first London was Peter Howden who finished with a

fine time of 4 hours 15 minutes just ahead of Frank Gardiner at 4-19-05.

For the Ladies a superb run by Lindsay Horton saw her finish in a time of 3-57 and debut runner for Bentley was Cindy Gosling running an excellent 4-14-52. Indi Allen also had a fine time of 4 hours 30 minutes.

So now the 2003 London Marathon has drawn to a close with all our runners deserving their break before the rest of the years challenges and reflect on whether they will be there for 2004. Well done all the Bentley runners who took part.

A FEW WORDS FROM THE VICE-CHAIRMAN

Now that the Cross Country, Grizzly and The London Marathon are over what next some of you may ask. Well your challenges have only just begun with all that goes on through Spring and summer.

In the summer there are the Harwich 5km handicaps at Dovercourt where you can push yourself for that vital bit of speed and improvement. They are only £1 to enter and well worth a try.

Another series is the Friday Night Five Series. This is another series of 5 races of 5 miles for you to earn a further series medal. They are pretty much all off-road apart from ours and make a change from the usual Sunday runs. They are also better equipped for families with many having events and stalls for children to be amused while Dad or Mum do their run.

We also have two relays over this period the Harwich Relay on 8th June and the Ekiden Relays at the end of July. Now as you know I am always blowing my trumpet about relays and this year is no exception. I feel they are what Club running is all about. Instead of just running for yourself you run for each other and with each others support produces great camaraderie and despite last year often gets the best out of me. They are a long event however but well worth it in my opinion.

At the club we also have the Mickey Edwards Handicap. This event is in memory of a very dear runner to many of us. Many of you are new to the club in recent years and you may say to yourself who is Mickey Edwards? Well heres a few words about him. He was never lets say your Peter Pearce or Geoff Day but he was a man who loved the club and was

always there to support us whether in helping to organise our runs or making up a team for a relay. He hated relays too as he never felt he was good enough but without Mickey we would never had a team at times and he always gave 100% and as a Captain for the Men's Team I felt as proud of him as say Geoff Day who may have done his distance in nearly half his time and this would follow right down to Geoff Day himself. He always used to feel too much attention was made to our top runners and rightly pointed out that a Club should make everyone important not just the top runners and this is why we have the Relay in his Memory. We feel he just goes to show how you don't always need a Paula Radcliffe to influence you in running.

Finally with the longer night we can make your evening more structured with proper training sessions and wander more on our runs going further and do more different ones for you to try. We try and make this fun as well and try and split your abilities so you do enough but will not get disillusioned running with our faster runners. We do hope you will take part and enjoy them all.

Well I hope that whets your appetite and look forward to seeing you all around. If your interested in the relays just see the Captains who will advise and help you. Just a last bit of News I have heard rumour that Peter Reeves wife Michelle has just bought a new 28" wide-screen T.V. She says it is just in case Peter does the London Marathon next year and then she knows the kids will see all of their Dad if he gets interviewed by the B.B.C.

TTTN Dean

The 'Grizzly get Muddy'

9th March 2003

By Graham

The Full 'Grizzly' is 20miles of beach and hills, the 'Grizzly Cub' is very similar and 10miles.

This year we were all looking forward to a good race, the weather forecast was interesting, gales sweeping over the West Country with heavy rain expected, temperature warm.

On the Saturday after a super breakfast we went to the race HQ for a orgy of spending, buying running kit. Several of us bought running shoes and other kit. As is our custom before doing the Grizzly, we went out with Terry and Barbara for a jolly good meal and a bottle or of wine.

From the Gt. Bentley club we had seven entries for the 'Grizzly' and six for the Cub, although some of the runners were doing the Cub as they were recovering from injury. Some recovery run! If you wanted a first race after injury this must be about the toughest that could be done.

Before the start most of the club members met up in the big headquarters. Anne, Indi, Nikki, Barbara were all doing the 'Cub' as were Jon, Matt. Those doing the Full Grizzly are; Lindsay, John Gwillim, Brian, myself, and Keith [who slept on the beach as usual] I did not see John Webber or Rich Clark, but they were around somewhere. After chatting for a while we all went off to get ready and line up for the race. At the moment, the weather was good in spite of weather forecast.

The Race

The race started in the usual place on the sea front road, but instead of first going along the beach with its energy sapping loose stones to run on, then back along the sea road, it was to go the other way round. This presented a tactical opportunity of starting at the front of the field instead of at the back as happened to me last year. Many had not realised the change so went to what they thought was the front only to find themselves at the rear. *I had a cunning plan, get there late so to be at the front!* This worked a treat except before the start I was unable to find any of the others from the club. Soon it was the '*Off*' and fifteen hundred bodies started running, I was near the front and going well but gosh all those guy's were running as if it was a 5k race. I let them get on with it and ran at my own pace all the time expecting the other club members to pass me. We turned onto that beach and so fast runners kept going past. Even though it seemed that I was going slow compared by the pace of the others; my HRM showed that for me I was going too fast, as we went onto the road and started up the hill to Beer I slowed down to a steady pace. By now we had caught up with the 'Cub runners' and it had become crowded, I saw several of our club Barbara and Anne both going well Jon taking it easy nursing his injury. Soon we were over the hill

and going down to Beer, this beautiful little town really takes the race to its heart and big crowds cheered us through the streets and up the hill to the steep muddy hills that we were to challenge us. As we went up the first of these, a new born lamb lost and wearing a little plastic jacket had lost his Mom and was running round in panic. *I explained to it that there were lots of sheep in wolf's clothes but not his Mom.*

We passed the 'Highland Piper' playing and went up, down, and around. The ground very wet and muddy with many runners falling in the tricky places. We came to a small tourist centre with a live 'Irish Band' playing and people dancing, it was wonderful. On looking back from where we had come was a long trail of runners trailing for miles up, down and round the hills. Every one was in a good mood laughing and joking, the sun had come out, and it was mild dry with little wind, in fact perfect.

After 7 miles we arrived at the top of the steep hill where the cub runners turned back for home, and clean dry clothes. The Grizzly runners sprinted down the steepest hill on the course down to Branscombe beach. Lots fell before getting to the bottom. [Many a sore bottom I fear]

Brian told me;

"As he reached the top of this hill he was so excited he put his arms up like Superman as he started to run down soon to find he was out of control and so was John so both of them were running down the hill out of control. The Marshal standing on the bottom seeing John running out of control jumped to safety. Brian and John managed to survive the hill" [We are not sure about the marshal]

On reaching the stony beach we were directed through a waist high pool, then along two miles of beach. I had decided to walk the energy-sapping beach but it seemed to be a mistake as hundreds passed me on the first mile so I again started running. At the end of the beach we were all waiting in a queue [over 15 minutes] to leave the beach by a steep path. The path very steep and narrow so no over-taking until reaching the top.

About this time the 'Cub' runners were running back along the beach. From our club Matt did a super run taking 12th place, Nikki with a gallant effort was our first lady in. Indi not far behind, Barbara who was not well struggling to catch Anne up. Unbeknown to Barbara, Anne had stopped to tie a shoe it must have been then that they passed. Anne who with here usual nonchalance had taken the whole event very casually and only done a few training runs but still was able to sail through in a reasonable time. Once Jon had finished getting changed into warm cloths and a drink in the warmth of the race centre until it was ready for the rest of us to come in. When we did they with Terry and Meryle gave us fantastic support.

Once over the top we went up and down even steeper and muddier paths and through streams. Ahead we could hear people laughing loud and nervous. *About here Lindsay says "While John was running down one of these hills he made a spectacular fall; the story goes; that John made a dramatic fall! rolled up back on his feet a little like a gymnast doing a floor show!! for this was given a standing ovation by all those who saw it. The crowd then awarded him points between 1 and 10}* Soon we were at the infamous bog! Now the 'bog' this year was very challenging being deep, wide, and quite long. It was amusing to see the runners struggling, some up to their thighs in thick black sticky mud, most were laughing or grumbling all struggling. I was able to make several places while many just seemed to get *bogged down* [The runs round Mersea Island must have helped] The course carried on along up and down round and round

until soon we were at another *bog*. Well what do you know, they said in the instructions that 'Dung beetle' had been upset at hearing, that some of last year's runners had thought the course too easy. So this is the revenge of the 'Dung beetle' and a exceedingly good bog it was too. The idea was as I understood, it for the bog to make the course harder and to get through it as soon as possible but John, Lindsay and Brian seemed to think that it was put in as a playground and proceeded to have a mud fight. Even with this they were not nearly as muddy as some we saw run in, these must have fallen over and then done a roll.



Soon it was back on the beach and through the pool, this was a bonus as it washed off most of the mud, as the water was waist deep, going through a small lady grabbed hold of my arm for me to help her through the water [that's my story anyway] then up the hill which seemed steeper than ever, once on the top it was down hill all the way to Beer. There were still crowds of people to cheer us through the town and then it was up the steep steps to the top of the last hill and then down one last very steep hill, which was on road to the beach. Having fell shoes on running on the road was just a bit dodgy and I took care not to fall, on the beach it was just a short run to the finish which could be seen, getting there seemed to take forever. Just one last push to the finish. As I started running up the last slope Anne and all the others who had done the 'Cub run' as well as Terry and Meryl were there shouting me in. What super support what a smashing club.

As soon as I finished I went to the car to put on some warm clothes on as it had now turned cold after what had been a super day, Anne soon joined me and we then walked back to the finish to watch the others come in. Once we were all safely in we went to the race HQ to have some tea before going back to the guest house for a very hot bath. Before we went out we opened a bottle of Champaign were a toast was drunk to 'Anne' who had put up with me just 12years to the day. Eight of us Lindsay, Keith and Meryl, Barbara, Terry and there daughter Vickie and of course Anne and I then went to the 'The Mad Hatter' restaurant going out for a super meal and just a little wine.

We are all looking forward to the next years Grizzly, but before that there are many things to do.