



# CRAPAUD H3 REPORT

<b>Run No.:</b>	1840
<b>Date:</b>	20/04/25
<b>Hare(s):</b>	Wendolene

The interpretation centre at Les Mielles des Morville in St Ouen's Bay was the venue for this week's hash. The wood and glass building was named in honour of local amateur naturalist, Frances Le Sueur an expert in local flora and fauna and a lady who was also instrumental in documenting Jersey's wildlife.

A new runner this week was Layla and she was duly welcomed to the run by the Grand Master who, following in Steptoe's footsteps, proceeded to give us the local football and rugby scores but was soon pulled up by Fuzz for omitting the success of the English ladies rugby team from his report. Tut tut!

Once again it fell to Wendolene to lead the small but significant pack but I have very little to report back except that there were hills, vales, streams, the beach, more hills and of course lots of flora and fauna and field upon field of our lovely Jersey Royals just waiting to be dug. Also please note that our lady runners for once out numbered the men...I'm putting that down to the men being unable to move after eating too many chocolate eggs for breakfast.

Please check out the Strava photo for more information on the route.

The walkers headed straight for the coast with an opportunity to check out the waves whilst walking along the sea wall. Vulva Viv had a slight mishap and slipped off said wall but she was soon assisted back to her feet by none other than our gentlemanly Smuggler. It wasn't long before we turned inland and made our way back to the centre via Le Chemin du Moulin. A shortish stroll today but then we were back in plenty of time to organize the food for our weary runners on their return.

Thanks to Wendolene for getting permission for us to use the centre and for providing a tasty spread and to Vital Statistics and Twin Peaks for selling cakes and raising money for the Gurkha Welfare Trust Jersey. A big THANK YOU from us for all of the donations.

Down Downs were awarded to Capt Pooch for having his chicken hat on when the Grand Master was speaking and to Vital Statistics for having another birthday. Wendolene our hare didn't escape punishment either and neither did our newcomer, Layla -although it remains to be seen whether she'll be a returning newcomer next week! We hope so.

Twin Peaks



Suggestions please for this week's caption competition.....

STRAVA

Mont Pinel

Route

Ru

St. Charles

Lunch Run

Run

3.9 mi

Pace

14:32/mi

Time

57m 3s

JERSEY  
NATIONAL  
PARK





Taking to the great outdoors.....



Striding out.....





A tough climb.....



Has anyone seen Layla?





Wind in her hair.....





What a bunch.....



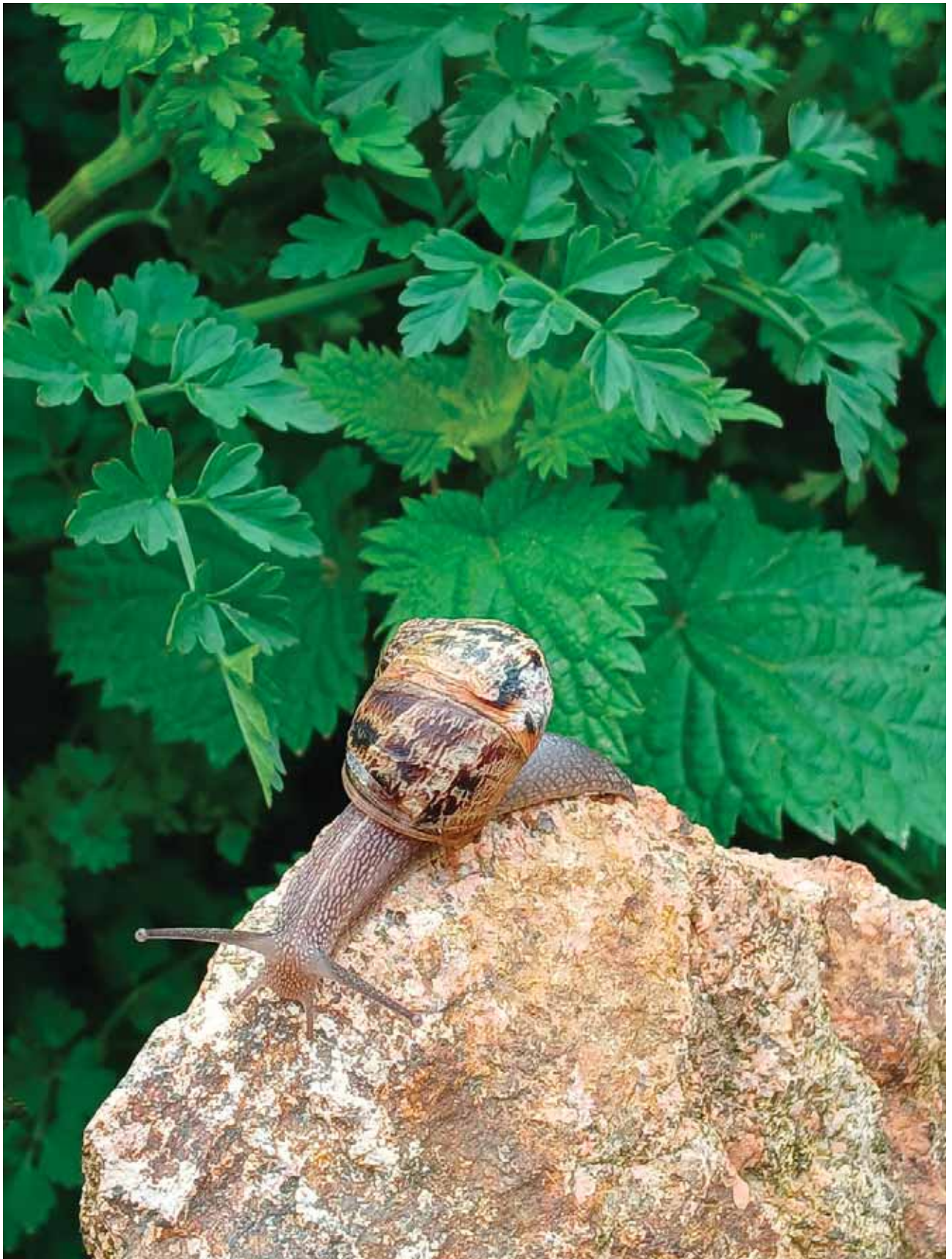


Oops.....

















Food preparation.....





Easter Hat competition.....





You can do it.....





If that's the chicken I'd love to see the egg!