



CRAPAUD H3 REPORT

Run No.:	1859
Date:	31st July 2025
Hares:	Rampant Rabbit & Vulva Viv
Scribe:	Smuggler

Anything but a Grey day

This week saw a long awaited return to the Earl Grey at First Tower for our down downs. But before we got to that there was the small matter of a trail to be run and walked. So we met at the mini multi-story car park on La Route es Nouveaux. Our hares were Vulva Viv and Rampant Rabbit, both wearing identical bright orange t-shirts from the great Dutch Bike Bash. After the GM had given his usual round up of the weekend's sporting events Rampant Rabbit stepped into the circle to describe, in magnificent detail, the trail. He also explained that it had been laid in extremely expensive sawdust purchased from a local pet shop! Then it was on-on.

The runners route can be seen on Steptoe's Strava in the last of the pics. The walkers followed some of the same route and we all crossed paths a couple of times. It was a lovely day to be out in Jersey and we avoided the strong winds by keeping to the pretty lanes and valleys in rural St Helier.

As mentioned we then gathered in the Earl Grey which is a very welcoming real pub. The food was also of the highest order – posh sarnies, buffalo wings, sausage rolls and chips. Rampant rabbit introduced us to the chef and his lovely assistant behind the bar and we greeted them warmly.

Then it was the down downs to be sorted. Hash Rev said there were no sinners which just left our wonderful hares – well done both!



Rampant Rabbit in full flow

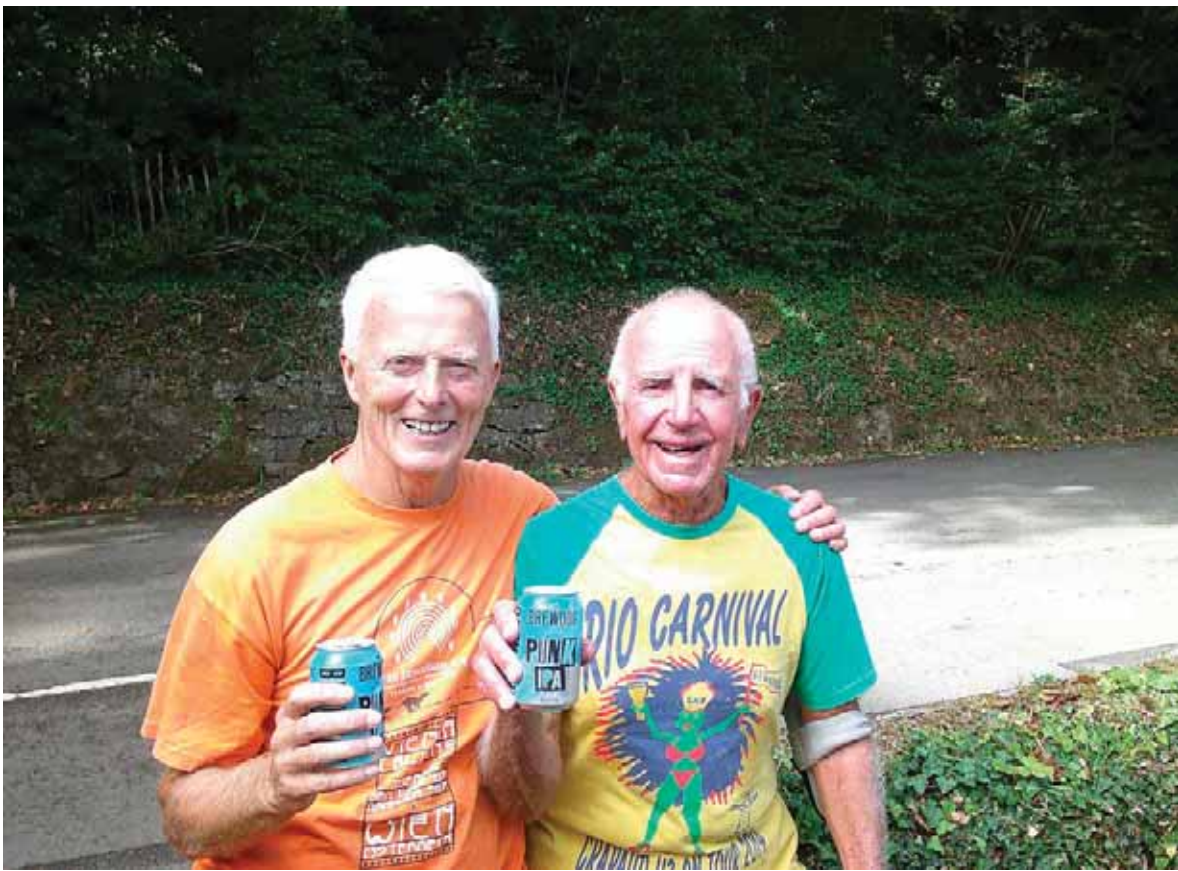


En garde



Top: a trio of lovelies

Bottom: a trio of unlovelies



Top: Climbers up

Bottom: Bottoms up



Walkers (and a couple of crouchers!)



Underneath the arch



Our lovely hosts



The hares



Lunch Run

Distance

4.63 mi

Time

1h 4m

Elev Gain

501 ft



West Park