

BH7 HASH TRASH

Compiled, edited and printed by John Biggins

Issue #1 1993

SHOCK – HORROR – REVOLT – MUTINY!!!

As the weekly subscription soared by an unprecedented 150% on Monday 18th January, questions were inevitably asked of the bearer of this news.

“How can you justify such an increase, Bob?”

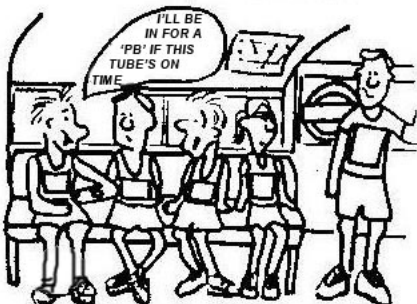
“Well you get all the benefits of a mainstream running club without having to pay an annual fee. For example, as we are members of the AAA you save 50p for each AAA approved race you enter, and everyone receives a club award on reaching an anniversary run. Furthermore it is necessary for the club to maintain a fluid financial situation in order to purchase club kit for which the outlay may take a little while to be realised, and finally to cover costs incurred in staging our own race in the Fun Run League.”

“But Bob, we had all that anyway.”

This in essence is basically what was said. Clearly people were in a wind-up Bob mood and since I’m the kind of guy who likes to knock out newsletters I suggested that such an addition to the club may not go amiss, and it (theoretically) ought to quell any rebellion about the increase.

The idea was met with with various comments some favourable and some non-committal so I thought why not give it a bash. Your thoughts would be appreciated and if you like the idea let me know and I’ll keep it going. Suggestions and contributions will be very gratefully received.

Now read on...



I am hoping to be able to run this years London Marathon but would be grateful of a bit of company in the long training runs leading up to April 18th.

If you’ve been accepted or intend to run a marathon shortly or just want someone else to train with I’m available after 8pm most weekdays (except Mondays when something else has my full attention!) and anytime at weekends.

John Biggins



COULD CATCH ON

In an attempt to confirm his belief that some customers will buy any sort of drink if they think that it is the “in” thing, the landlord of a Hampshire pub claims to have hung a sign in his saloon bar advertising “Our speciality: Brandy and chopped onion, £1”. In four hours he sold seven, and one young customer complimented him on “the best brandy and onion I’ve ever tasted”.



FOUNDER OF THE HASH

A.S. Gispert
1903 - 1942

Can you take it the night before
the Brighton half-marathon??



BEER FESTIVAL FEVER HITS HOVE

Buy your tickets early for this years Third Sussex Beer Festival to be held at Hove Town Hall, Hove on the 26th – 27th February 1993. That's the message the organisers are giving following the success of last

years festival when over 3000 people attended.

Again, only beers from Britain's Independent Brewers will be on sale and this year there will be at least 100 different real ales available. Twenty new breweries started up in 1992. In Sussex alone there are three such ventures, from Arundel, Lancing and Brighton, with others in the pipeline. All these beers should be available at the festival.

A wider selection of traditional ciders and perries is being made this year, after being sold out last year!! Real cider is becoming increasingly more popular and there is a growing interest in perry (like cider but made with pears). Some German brews and, for the first time, Belgian bottled beers will also be on sale plus Harveys low alcohol beers, Bill Brewer and John Hop.

Away from the beverage side of the festival, there will be live music at all three sessions. Food will be available in the best pub style, and will include vegetarian meals, along with soft drinks, teas and coffees.

If you are not as yet a member of CAMRA and feel you would like to rally to the cause, there will be a special festival rate at the products stall of only £8.00 (a saving of £2.00). This will include beer tokens to be used at the Festival for three free pints of beer.

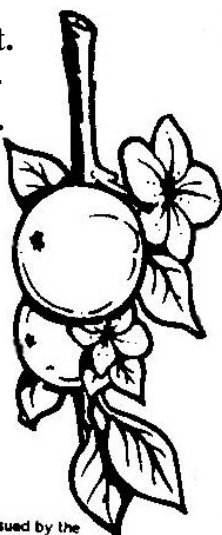
Tickets for this popular event are now available from Peter Mitchell, 26 The Drive, Shoreham-by-Sea, West Sussex BN43 5GN (S.A.E. appreciated) and are priced at £3 which includes a festival glass, programme and £1.00 worth of beer tokens.

Hove Town Hall is very well serviced by public transport, both bus and train, so leave the car at home, make a date for this weekend, and don't drink and drive.



HOW TO MAKE 'COMPANY CIDER'

1. Import concentrate apple juice from South Africa & France.
2. Buy reject Cox & Bramley from Kent.
3. Press out the dessert apples, add Sodium Sulphite to kill off natural yeasts.
4. Dilute the concentrate with water.
5. Add an Australian wine yeast.
6. Four weeks later, fermenting is over.
7. Dilute with water to lower alcoholic strength.
8. Add sweetener, then Pasteurise it.
9. 'Fizz' with Co₂, add caramel to colour, filter to brightness.
10. Call it 'TRADITIONAL WEST COUNTRY CIDER'

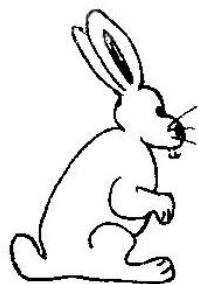


Issued by the
Save Our Scrumpy
Campaign

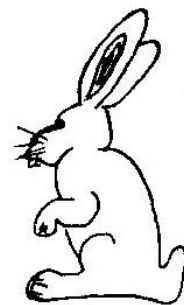
A WARNING TO ALL LAGER DRINKERS

Eric Spiggot, while a lad,
Would go out drinking with his dad,
Who caring for his only child,
Brought him up to drink draught mild,
But at the age of seventeen,
Young Eric hit the disco scene,
And met new friends who made him think,
That lager was the thing to drink,
He tried it once, he tried it twice,
Ignored his fathers stern advice
He shrugged it off with a laugh,
Drank lager a pound a half,
His white haired mother begged in vain,
"Don't throw your money down the drain,
Oh give it up, it turns you blind."
But he did nothing of the kind.
One night he took the fatal step
Of drinking with the Fosters rep.
All through the day and night they drank,
And pints of lager Eric sank,
Until too late he cried "Alas!
Oh woe is me I'm full of gas"
Indeed his words were all too true,
Ten pounds per sq'inch of CO₂
Inflated him four times his size,
So listen as the poor lad cries
"Oh look my friends, behold my fate,
Give lager up, it's not too late.
Don't let me die to no avail,
Pledge yourselves to drink REAL ALE."
And then poor Eric staggered home,
And blew up in a cloud of foam.
So learn a lesson from this song,
Drink lager and you won't last long!

Hasher: n. The hasher is a multisized, perpetually drunk organism, and probably the oddest thing in the universe. It feeds on physical abuse absorbing vast amounts of booze, then running tortuous distances fueled only by the desire to consume more booze, thus being in almost constant state of oblivion; the practical upshot of which is that if you meet one, it can instantly understand anything said to it in any form of language, then direct you to the nearest supply of alcoholic beverage. Now it is such a bizarrely improbable coincidence that anything so mindbogglingly useful could evolve purely by chance that some thinkers have chosen it as the final clinching proof of the nonexistence of God. The argument goes something like this: "I refuse to prove that I exist" says God, "for proof denies faith, and without faith I am nothing." "But," says Man, "the Hasher is a dead giveaway, isn't it? It proves you exist, and therefore you don't. QED". "Oh dear", says God, "I hadn't thought of that" and promptly vanishes in a puff of logic. "Oh that was easy" says Man, and for an encore he proves that black is white and gets killed on the next zebra crossing.



RECEDING HARELINE



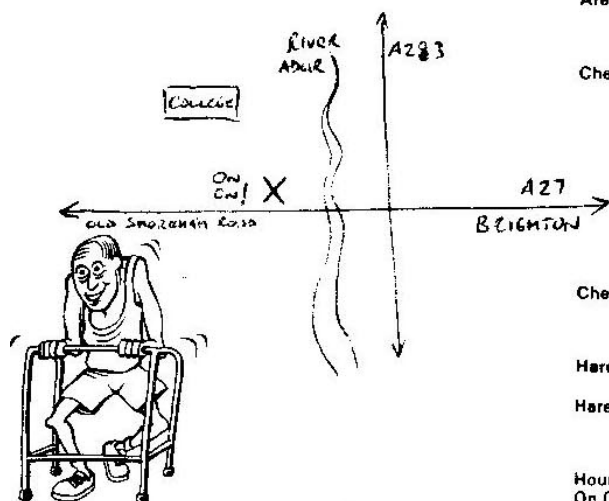
BRIGHTON HASH COMES TO AN AREA NEAR YOU! - FORTHCOMING RUNS:-

DATELINE: 1ST FEBRUARY, 1993

Run #763 - SUSSEX PAD, LANCING

HARES: SARAH & ROSEMARY

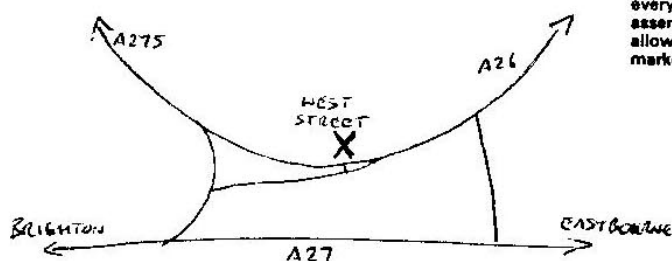
(SARAH'S 250TH!)



DATELINE: 15TH FEBRUARY, 1993

Run #765 - POLICE STATION, LEWES

HARE: DAVE MILLYARD



DATELINE: 1ST MARCH, 1993

Run #767 - HARE REQUIRED

REMEMBER! ALWAYS CHECK THE BOARD FOR FUTURE RUNS

Jargon

Are you On?: A hashing call meaning "Have you found the right trail?"

Check: A hashing call meaning "I've found a checkpoint"; also means the checkpoint itself, which consists of two or more arrows in the same place, pointing in different directions - only one of the arrows is correct.

Checking: A hashing call meaning "I'm still searching for the correct trail."

Hares: Those who set the trail/run.

Hare-raisers: Person responsible for finding people to set the run each week.

Hounds: The pack of runners.

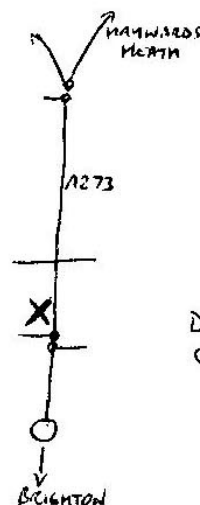
On On: A hashing call meaning "I've found the correct trail." This call should be used every time a frontrunner sees a new marking arrow. It's a means of keeping people together.

Regroup: A hashing call given by the Hares to get everyone to assemble together; allows time for back-markers to catch up.

DATELINE: 8TH FEBRUARY, 1993

Run #764 - BREWERS ARMS,

BURGESS HILL HARE: JOHN



PARK IN
DO-IT-ALL
CAR PARK

DATELINE: 22ND FEBRUARY, 1993

Run #766 - VENUE T.B.A.

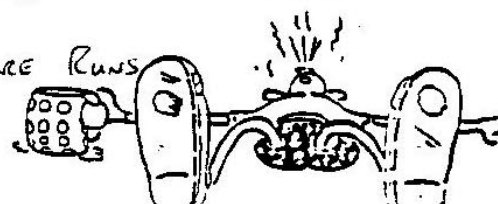
HARE: NIEL ROBINSON

WATCH
THIS
SPACE

DATELINE: 8TH MARCH, 1993

Run #768 - VENUE T.B.A.

HARES: LIN AND MARIE ANNE



THE FOLLOWING WAS STOLEN FROM AN ANCIENT COPY OF RUNNING MAGAZINE WHICH HAD THE BIT ON THE BOTTOM ABOUT NOT STEALING FROM THEM " ... or else..." RIPPED OFF. HONEST.



LATE STARTER

BY ANDY BLACKFORD

An idiot's guide to winning a marathon

If I had a pound for every time I've been asked for my secret marathon training schedule I'd have three pounds.

Like the recipe for Coca Cola, it is known to only two men. Needless to say, we never travel on the same plane. This is because we don't know each other.

I just happened to divulge my secret marathon training schedule to someone in the snug of the Severed Hamstring last New Year's eve. He was on his way to a fancy dress party as Hammy the Hampster in *Tales of the Riverbank*. He slipped out to get some wood shavings for his nest box and never returned.

I live in dread of hearing that the world marathon record has been smashed by a giant rodent. And so I have decided to share my secret with the world – to follow the example of the Bruce Tulloh and Cliff Temples who have given us the benefit of their experience so freely. (Yes, freely. I write for *RUNNING*, too, so I know what I'm talking about.)

Anyway, here are the edited highlights of my training log.

October 1 Weight, 14st 4lb. Really, must start running again. Fitness at all-time low. Climbed stairs in search of running shoes. Driven back by exhaustion. Pitched camp on second landing. All things being well, will make all-out bid for summit at dawn.

October 14 Switch to training diet. Breakfast: dew. Lunch: stones, grass. Supper: bark. Still things could be worse. Contrary to orthodox theory, I believe that alcohol, taken in moderation is not a bad thing. Indeed, the Numbskulls club medical supremo-in-residence, the noted sex therapist Cosmo X. Rommel, B. Med. (Witt-watersrand) (disbarred), has proved that downing a six-pack of Beaster's Old Night Nurse

without opening the cans is not necessarily fatal.

November 1 Commence rigorous programme of interval training. Disciplined repetitions are the key to speed and strength. To start: 2X200m with a fortnight's interval.

November 10 My first cross-

So this time, I'm an unemployed octogenarian millionaire hermaphrodite social worker of mixed Polynesian and Apache descent, resident in Liechtenstein, married, divorced and cohabiting with a Hindu-Catholic single parent who once did 29 minutes in the Open University



country race of the season. Unhappily the country turns out to be Chad. Rather like Camber Sands with self propelled artillery. After bitter fighting, the Libyans seize the third drinks station and I surrender to Colonel Gaddafi in person.

December 27 Weight is 16st 6lb. My clothes shopping now restricted to Cyril Smith's local Oxfam shop. Was lucky enough to find a Goretex running suit on Hampstead Heath. Fitted me fine once, I'd evicted two homeless families from the jacket.

January 1 Received my acceptance for the London Marathon. This supports my theory that the organisers go for the widest possible spectrum, of marathon entrants, according to age, nationality, socio-economic class, occupation, etc. Last year, for instance, I sent in my application identifying myself as a London-based sports journalist, and the computer instantly spat me out.

Vegetarian Society 10km.

January 15 As part of my build-up to the great day, I run the Gallows Hill Half. This event pre-dates the jogging boom – so no mile markers, feed stations, marshals, medals or certificates. Most of the competitors are real runners – smelly old kit, varicose veins, no socks and lots of spitting. I make the mistake of running in the pink and turquoise spandex Wayne Sleep aerobics one-piece I picked up at the Mothers' Union jumble.

I try to strike up a conversation with a knotty ancient in a Cumbrian Fell Runners vest. I ask him if he happened to catch the last episode of "Howards Way". He replies, "Aw yer gred wussock, geet thurn wi' yer gorm faggot an' be doon!"

Sound advice, I suspect, which we would all do well to heed.

February 10 Have increased my mileage to an impressive 30 per week. Consequently am

racked by terrible pains, the result, I am convinced, of skeletal die-back.

It must be obvious to any fool with a quack's ticket that I have shin splints and compound stress fractures to both feet. Also I am terrified in case I might have hypochondria.

I am worried too, that the constant pounding has driven my spinal column into the base of my brain. My intelligence has diminished to that of a salamander.

At work, I struggle to recall my own name. I am stumped by simple problems, such as, "Who composed Beethoven's 5th?" I am beginning to regress. Only yesterday I cried because I wasn't allowed to take my red fire engine to the office. Why, any day now, I could be offered a place on the editorial staff of *Athletics Weekly*.

March 10 Six weeks to go. Drop into "Running Scared" for a pair of shoe laces. Leave after four hours with six pairs of shock-absorbing socks in expanded polytetrafluoroethylene, enough second skin to rebuild Joan of Arc, a pedometer and a wrist computer that divides how far you want to run by how far you ought to run, then tells you how lazy you are.

Managed to resist the bright green New Ecology "Prince Charles" shoe that automatically plants a tree with every step.

April 22 Go out for a jog with Numbskull club mascot, Roger. He envies me my marathon place, being banned for life after the distressing incident in the '86 London with the drum majorette and the celery.

April 23 Marathon day. Oversleep. Miscalculate number. Too late for special train to the start. Call cab. In panic and confusion, almost go to Bexleyheath in error. Realise mistake at last moment.

Arrive Blackpool, 11am.

WEST SUSSEX FUN RUN LEAGUE 1993 FIXTURE LIST

(All Events on Sunday Except where Stated)

	Location	Distance	Date	Time
WORTHING HARRIERS	Worthing	4m	JAN 31	11.00
HORSHAM JOGGERS	Christs Hospital	3m	FEB 14	11.00
THE ARUNNERS	Tortington	10km	APR 4	11.00
LEWES AC	Lewes	5m	MON APR 12	11.00
PORTSLADE HEDGEHOPPERS	Portslade	5m	MAY 16	11.00
ARENA 80 AC	Hove	5km	JUNE 20	11.00
WSFRL - RELAY EVENT	Christs Hospital	1m each runner	JULY 4	11.00
STEYNING AC	Steyning	6m	WED JULY 7	7.30pm
BRIGHTON HASH HARRIERS	Stanmer Park	5m	JULY 18	11.00
SAINTS & SINNERS	Crawley	5m	AUG 22	2.00pm
FITTLEWORTH FLYERS	Fittleworth	5	SEPT 5	11.15
HENFIELD JOGGERS	Henfield	3.5m	SAT SEPT 25	5.00pm
LANCING EAGLES	Lancing	4m	* OCT 17	11.00
GORING ROAD RUNNERS	T.B.A.	5 miles	NOV 7	11.00
SOUTHWICK STROLLERS	Southwick	4m	DEC 5	11.00

NON-SCORING

GORING ROAD RUNNERS	Lancing College	10km	MAY 30	11.00
SHOREHAM COLLEGE SHUFFLERS	Shoreham	10km	JUNE 27	11.00

Unless this clashes with Barns Green, in which case run will be on October 24th.

Please make your best effort to attend these fixtures as the hash needs your score. The more who turn up to run, the higher the score.

If you can help out with the organisation and staging of our own leg on Sunday 18th July at Stanmer Park please contact Dave Taylor.

Finally, for the relays at Christs Hospital teams of six are required consisting of at least one junior, one veteran and one lady (in addition to junior/ veteran). Make a day of it by bringing your gear for a swim afterwards, and enjoy a picnic in the grounds.

BH7 EVENTS DIARY January to June 1993 (excluding West Sussex Fun Run League)

DATE	LOCATION	DISTANCE	OTHER INFO.
Sunday 7 th February	Chichester	10km	Grand Prix
Sunday 14 th February	Chanctonbury	26.2/13.1 miles	
Sunday 28 th February	Brighton	13.1 miles	Grand Prix (10 a.m. start)
Sunday 14 th March	Hastings	13.1 miles	Grand Prix
Sunday 21 st March	Newick F.C.	10km & Fun Run	
Sunday 21 st March	Worthing	20 miles	Grand Prix
Saturday April 10 th	Henfield	3.5 miles	
Sunday April 18 th	London	Marathon	
Sunday 25 th April	Mendip	40 miles	
Sunday 2 nd May	Three Forts	Marathon	
Monday 3 rd May	Burgess Hill	6 and 2 miles	Grand Prix
Saturday 29 th May	Turners Hill	Fete 5 miles	
Sunday 30 th May	Goring	10km	
Monday 31 st May	Lindfield	Fete 6 miles	
Saturday 5 th June		South Downs relays	
Wednesday 9 th June	Worthing	5kms/ 10 kms	Grand Prix (7.30 p.m. start)
Saturday 12 th June	SDeaford	10 kms	
Saturday 12 th June	West Chiltington	5 miles	
Sunday 13 th June	London to Brighton	Bike ride	
Wednesday 16 th June	Chicester	5 miles	
Saturday 19 th June	Southdowns	80 miles	
Sunday 27 th June	Shoreham	Shufflers 10kms.	
End of June	FAMILY HASH TO BE ORGANISED		Date T.B.A.

Entry forms for Grand Prix races and other events will occasionally be available on Monday nights. As with the West Sussex fun Run League please try to run the Grand Prix races. Brighton Hash has won this series in the past and could do so again with the right support. Even if you don't feel you could score reasonably yourself you may be holding up scorers from other clubs by your presence. It's a rotten trick but hey-ho, this is WAR!!



FURTHER DETAILS AVAILABLE FROM JOHN (EXPENSE JUSTIFICATION ETC.) IF KEEN...

THUNDER INTERHASH 1994

DOWN UNDER



PO Box 1277
ROTORUA
NEW ZEALAND

THUNDER DOWN UNDER

25, 26, 27 February 1994

Registration Form

PLEASE PRINT IN BLOCK LETTERS

SURNAME:		FIRST NAME:	
HASH NAME:		TELEPHONE HOME:	
MAILING ADDRESS:		M/F	DOB:
		PASSPORT NO:	
		NATIONALITY:	
		NEXT OF KIN NAME:	
PHONE NO:		CLUB NAME:	

PLEASE TICK THE APPROPRIATE BOX

Fri 25/2 Registration and
Welcome
Sat 26/2 Interhash Run
Sun 27/2 Interhash Run

T-shirt sizes:

80 cm	<input type="checkbox"/>
90 cm	<input type="checkbox"/>
100 cm	<input type="checkbox"/>
110 cm	<input type="checkbox"/>
120 cm	<input type="checkbox"/>
130 cm	<input type="checkbox"/>
Odd sizes	<input type="checkbox"/>

Run choice:

Long - 2.5 hrs	<input type="checkbox"/>
Jockstrappers	<input type="checkbox"/>
Medium - 1.5 hrs	<input type="checkbox"/>
Short - 45 mins	<input type="checkbox"/>

INTERHASH REGISTRATION FEE:	UNTIL 25 FEBRUARY 1993	\$US80.00
	UNTIL 30 AUGUST 1993	\$US100.00
	UNTIL 30 NOVEMBER 1993	\$US150.00
	1 DECEMBER 1993 ONWARDS	\$US180.00

EACH REGISTRATION FORM SHOULD HAVE A BANKDRAFT ENCLOSED FOR PAYMENT TO
"INTERHASH 1994", PO BOX 1277, ROTORUA, NEW ZEALAND

IF YOU'RE IN THE AREA AND ENJOY A RUN AT INTERHASH BUT DON'T WANT TO SLASH YOURS TRASH, TAKE A FLIM?