

OPINION

Ray informs me that he is a Virgo (?) and was startled by the accuracy of the Fat Puffs Horoscopes last issue (actually 3rd generation having been stolen from the WANKH3 who stole it from the FUK Full Mooners – talk about desperate!). he continues to deny having ever been to Miri Hash but simply 'came by' the tshirt often seen on Mondays. I'd like to know where all these Capricorns are eagerly waiting to write future issues of the trash, as you may not be surprised to learn I am Pisces!

Our 800th run is fast approaching and it's probably worth thinking about a special way of celebrating. I arrived at BH7 too late to enjoy the 750th run and as a new face don't feel it's my place to make suggestions on what to do but will be keen to help out if any arrangements for a bash need to be made.

Whether or not people think it's a good idea for October 18th I would be interested to know numbers for a potential brewery trip. A hashing friend of mine is of the opinion that all hashes should have at least one such trip every year and as this area offers such a wealth of opportunity I can't help but agree with him. In Brighton we have the Kemptown Brewery at the Hand-in-Hand, and another brewpub in the Hedgehog and Hogshead at Hove Station. There's also the Arundel Brewery not too far away, but whether any of these open their doors or not, Harvey's does. It's restricted to just a couple of days a week morning and afternoons, and unfortunately is fully booked until the middle of next year. King and Barnes (where I understand East Grinstead actually have an account!) is open morning and afternoon Monday to Friday and are quite prepared to take evening trips if we fancied incorporating a run in Horsham. The cost inclusive of beer is £2.50 a head and they can take a maximum of 30 at one go. King and Barnes do not do trips at weekends but the Hogs Back brewery (Guildford) does if that's more convenient for people. I'm sure there's plenty of other options around that could offer potential.

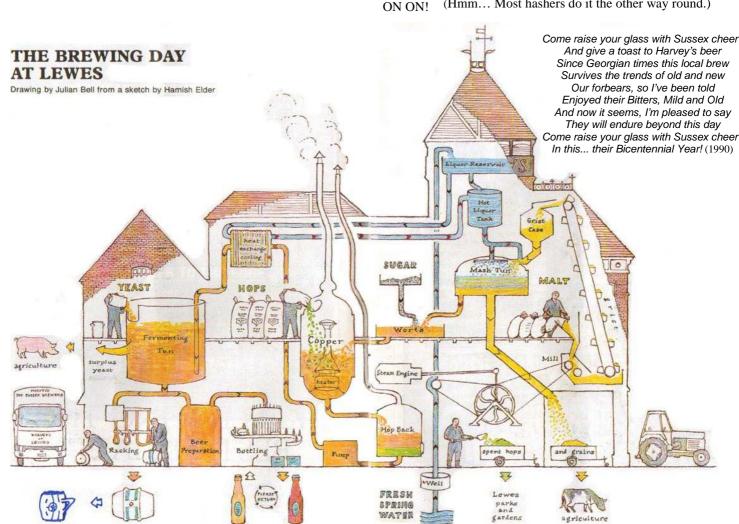
Finally congratulations to Bob and Corinne Wallace on the birth of their son. I understand the dog has now taken to sleeping downstairs where his beauty sleep doesn't get disturbed!

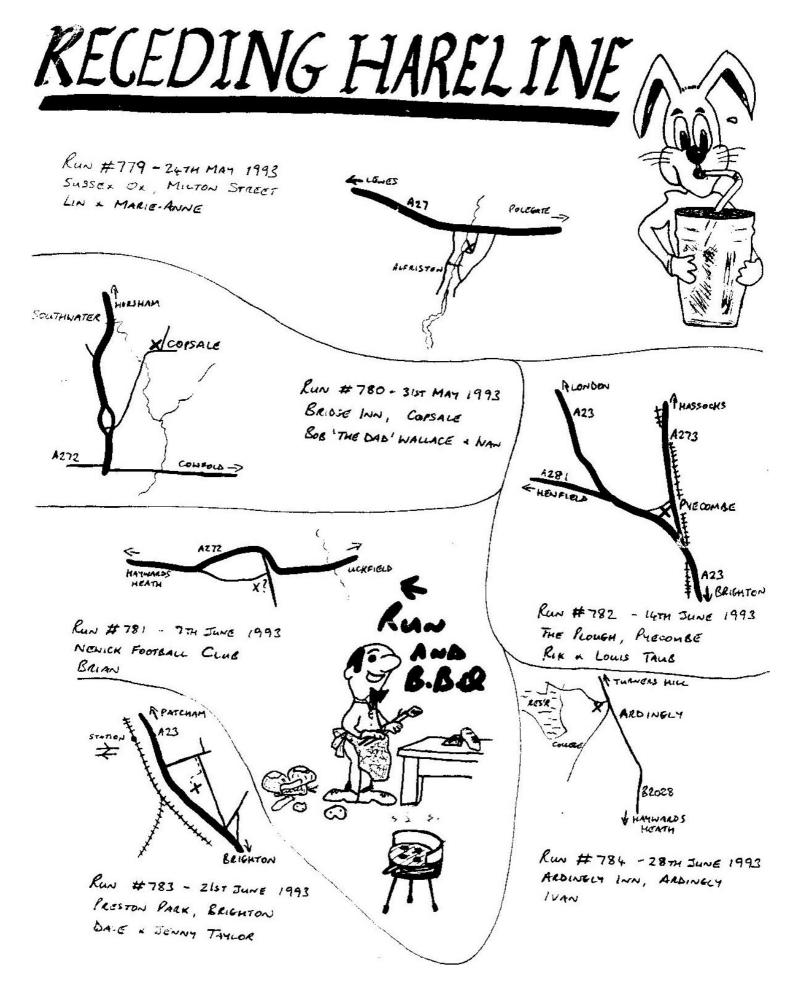


Oh I have been to Ludlow fair And left my necktie God knows where And carried half way home, or near, Pints and quarts of Ludlow beer: Then the world seemed none so bad, And I myself a sterling lad; And down in lovely muck I've lain, Happy till I woke again.

A.E. Housman

(Hmm... Most hashers do it the other way round.)





After two recent clashes with East Grinstead hash at Ardingly and Warninglid I'm attempting to get a copy of their runsheet sent to me on a regular basis to try and avoid future potential cock-ups. I shall make this available to hares on request so that they can work around any likely clashes. Personally I favour joint runs very much and it may be that other hares feel the same, in which case it's worth knowing that our runs share the same day and start time as Guildford as well as EGH3, although our other neighbours at Chichester run on Sunday mornings at 11 a.m.

REHASHING

RUN #771 29th March 1993 - NEW INN, HURSTPIERPOINT

Billed as a Bob Wallace run with the Curry Night concept by Dave Milyard neither of them managed to make their bit. Bob obviously had other things on his mind and the run was laid at the last minute by Bob and Sheila Luck. Dave at least made it for the run but SCB'ed on the Curry when the original set menu plan failed to reach fruition. Simon Brown and myself anticipating a piss-up decided against driving and took along bikes instead. The run was good pottering about either side of the A23 which I had to do carrying a BH7 vest Don had flung at me early in the run. Ivan kept falling over and whipping off his shoes and socks, but the rumoured snakebite turned out to be nothing more than a thorn or something. Excellent pub and a reasonable if expensive meal which unfortunately took rather longer than otherwise because of the pot idea falling apart. I was completely knackered having hashed for three straight days, but we still kept an average of about 20mph on the cycle ride home. Not recommended after such an evening!



RUN #773 12th April 1993 – RAVENSWOOD MANOR

I've got no idea what the run was like other than wet, having done my annual training run for the London Marathon in the morning. What I do know is that it incorporated a lot of my favourite features in a hash being a point-to-point run finishing at West Hoathly where there was a beer stop before everyone was ferried back to the Ravenswoood. Excellent location too as this is a regular live venue (nothing this evening as they'd opened up just for Les). Les had knocked up his own presentation plaque for his 600th run which he handed to Bob Luck who then handed it back with a beer and the instructions to put it away in the time honoured fashion. Although it took Les three efforts I'm sure it was still quicker than my usual effort at the down down and at least there was no spillage (no.1 hash sin!).

RUN #774 19thApril 1993 - YEW TREE, CHALVINGTON

Being a wimp I couldn't manage this the day after the London Marathon but went along to the pub anyway. Nice pub, fine beer and a good evening. No report for this run as with Litlington, but I got the impression that everyone thought it reasonable though how Tim managed to get lost 50 yards from the pub on the return when he set the trail does make you wonder if we should trust this man again!

RUN #775 26th April 1993 - 0WHTE HORSE, ROTTINGDEAN

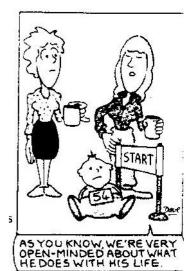
This was Navy Nigels first attempt at setting a trail and followed a seriously wet weekend. I was convinced that we were in for a drenching along the seafront but instead we headed inland and uphill past Rottingdean Windmill. We then dropped down again into a lovely part of the village which Nigel had just found the day before. A long drag out into the country via Saltdean followed splitting the pack into little pieces as Nigel attempted to recreate the South Downs Way all in one day. Up more hills a drop in Telscombe and then back into Saltdean by which time I was alone and lost. Nigels able assistant and sweeper Mike appeared just I time to point out the direction down to the prom for a long run home. Good run but far too long at about 8 miles with all the hills, and far too fast as well with few runners beating the 9 o'clock mark.

RUN #776 3rd May 1993 - OAK INN, ARDINGLY

The rumour the week before that East Grinstead were planning a joint run with us in the near future precipitated a phone call to find out why we knew nothing about it! Turned out the idea had been abandoned, I hope just temporarily as it could be fun, but one result of the call was that we were running in similar areas over the next couple of weeks amyway, as Ardingly the pubs being a very short distance apart. Don called their hare before to see what they should do and the result was that it was left as it stood to see what would happen. There was only one moment where there was any real danger when Navy Nigel and myself picked up EGH3 marks straight after our first check and eventually Don's frantic shouting persuaded us to come back! Naturally we headed to the reservoir (scene of EGH3's water sports should they host the 2004 Olympics), then wandered over to the viaduct at Balcombe, before slapping back for a long run on inn through the college grounds. Army Nigel proved reliable and only failed to find the trail on one deliberate occasion (?). Don's clever use of the same bit of trail twice brought the pack back together brilliantly when the front runners headed back up eth hill convinced they'd lost it! Once again this appears to have been a training run for the South Downs Way next month with loads of hills.

BH7 EVENTS DIARY June to December 1993 (excluding west Sussex Fun Run League)

DATE	LOCATION	DISTANCE	OTHER INFO.
Wednesday 9 th June	Worthing	5kms/10 kms	Grand Prix (7.30 pm)
Saturday 12 th June	Seaford	10 kilometres	*
Saturday 12 th June	West Chiltington	5 miles	*
Wednesday 16 th June	Chichester	5 miles	*
Saturday 19 th June		South Downs Relays	
Saturday 19 th June	Heathfield	10 kilometres	
Sunday 20 th June	London to Brighton bil		
Sunday 27 th June	Shoreham Shufflers	10 kilometres	*
,	FAMILY HASH TO B		Date T.B.A.
Sunday 11 th July	Rottingdean	8/10/27 miles	
	Windmill		
Sunday 1 st August	Henfield	5.5 miles	*
Saturday 7 th August	Slinfold	10 kilometres	*
Sunday 8 th August	Adur	10 kilometres	*
Saturday 21 st August	Brighton Jog Shop	20 miles	
Sunday 29 th August	Arundel	10 kilometres	*
Monday 30 th August	Family Fun Day at Cry	stal Palace	See Ray Noakes
Sunday 5 th September	Worthing	Half marathon	*
Sunday 12 th September	Hellingly	10 kilometres	Grand Prix
Sunday 19 th September	Brighton	6 / 2 miles	Grand Prix
Saturday 25 th	Buxton	Otter 40 miles	*
September			
Sunday 26 th September Sunday 3 rd October	National Fun Run Hyd	e Park	See Ray Noakes
Sunday 3 rd October	Lewes Downlands	10 miles	*
Sunday 3 rd October	London to Brighton	53 miles	*
Sunday 10th October	Eastbourne	10 miles	*
Date t.b.a. $-24/10/93$?	Barns Green	Half marathon	Grand Prix
Saturday 30 th October	Seven Sisters	Marathon	
Sunday 31 st October	Hastings 1066	10 miles 66 yds	Grand Prix
Sunday 7 th November	Phoenix Preston Park	7 kilometres	Grand Prix
Sunday 14 th November	Brighton	10 kilometres	Grand Prix
Sunday 28 th November	Crowborough	10 kilometres	Grand Prix
Sunday 5 th December	Worthing	10 miles	Grand Prix
Sunday 12 th December	Peacehaven	10 miles	*
Sunday 26 th December	Preston Park	5 miles	*



THEN & NOW PICTURES OF IVAN LUCK AS HE STORMS TO $2^{\rm ND}$ PLACE IN THE BURGESS HILL RUN.

Where marked with * races and dates are unconfirmed (based on last year).

RESULTS.. RESULTS.. RESULTS.. RESULTS

HASTINGS ½ - 14 th March 1993							
83	Keith Pomfrett	1.19.36					
161	Terry Avey	1.23.34					
175	Terry Smith	1.24.02					
183 rd	Bob Luck	1.24.20					
657 th	Michael Cockcroft	1.35.57					
923 rd	William Gasson	1.40.17					
973 rd	John Biggins	1.41.18					
992 nd	Steve Ledward	1.41.40					
1082 nd	David Ranger	1.43.14					
1102 nd	Sid Wells	1.43.33					
1176 th	Hugh Martin	1.44.56					
1242 nd	Sarah Noakes	1.45.55					
1488 th	Lin MacCallum Stewart	1.50.40					
1566 th	John Scott	1.51.56					
1596 th	Elaine Scott	1.52.30					
1721 st	John Garvey	1.55.15					
1957 th	Michael Biddulph	2.01.08					
1960 th	Marie-Anne Osbourne	2.01.11					
2259 th	John Gasson	2.14.09					
10 miles	Ivan Luck	DNF					

TORTINGTON 10km April 1993 2^{nd} Keith Pomfrett 35.24 11^{th} Simon Russell 38.52 13^{th} Steve Ledward 44.14 86^{th} 40th Ray Noakes 44.57 41^{st}

 23^{rd} 79^{th} 109^{th} Sarah Noakes 47.08 155th M.Maxwell 51.59 159th Rosemary Noakes 52.59 190th Phil Mutton 62.41 198th Jenny Taylor 76.02

Winners:

A. Brown (Worthing) 34.11 D. Holdstock (Worthing)41.12

 $42^{nd} \\$

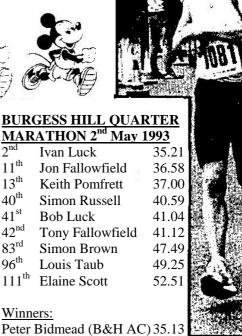
 $83^{rd} \\$

 96^{th}

 111^{th}

Winners:

Dianne Hepplewhite



39.46

ABOVE: Cuckfield's Ivan Luck takes second place, just eight seconds hind the winner

Winners: Eammon Martin (Basildon) 1.02.52 Andrea Wallace (Torquay) 1.11.13

BOUNCER STRIKES AGAIN!!!

Unbelievably after six attempts and only one prior acceptance my cheque for this years London Marathon was presented to my bank for cashing (I can't help thinking that if you tick the donation box they'll reject me anyway because they've got the money regardless!) the day after a direct debit was called a week early. Result? Rejection! Several attempts to explain that I'd been ousted through no cause of my own failed -I reckon brasher hasn't forgiven me for the row we had when he asked me to move the coach I was in charge of some years ago. This was before I knew who he was but he gave me the impression then of being a stroppy git! Could be they'd just heard of Bouncer

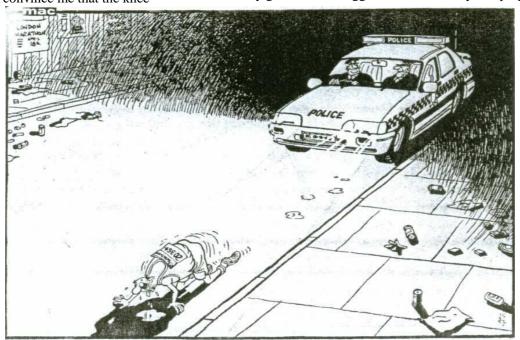
Come the end of February I managed to secure an entry through a guaranteed charity entry running for Tusk Force and there followed several good weeks of training before I blew a gasket in my knee at the Hastings half-marathon. couple more attempts at training followed before I gave up with just over a month to go and took a three week sabbatical (even giving up hashing for Gods sake!). Bank Holiday Monday, 6 days left and one last effort to see if I stand any chance of finishing and raising money for the charity. An 18 miler mostly cross-country was enough to convince me that the knee

would be okay and so I found myself on the start line (well ½ mile behind it) on Sunday 18th April wondering if 4 hours might be optimistic in view of the lack of sleep the night before.

My wife, Alex, was going to be crossing London with my old club Pitsea Running Club so we had to meet up with them before the race and it was with some of their runners that I setoff, playing cat and mouse for the first few miles. Running for a popular charity such as Tusk Force meant there were plenty more people to chat to on the way, and I also saw a few other hashers from Old Coulsdon and Milton Keynes amongst other clubs.

The early miles were taken at a fairly conservative 7 ½ minute pace and I felt very fresh when I saw Alex at 6 miles. The pace slowed a little to pass through half-way on 1.45 on the clock (1.41 on the watch). This was probably still faster than I hoped but a thorn in my foot from the previous week soon slowed me down, causing a painful blister to develop at about 14, just a short while after seeing Ray at about 13.5 miles and being encouraged by his cheerful shout "ON,ON the HASH!". The next three miles were little more than a hobble as i looked out for St. Johns. At last just before 17 I spotted them and resolved the problem. It was hard to get going again but a walk at each drink station was useful.

Saw the wife again at 21, then heard that Eamonn had won, and the London Hash beer stop shortly after all inspired me to pick up the pace and there then followed 3 very good miles again about 8 minute pace. I was well beyond my usual length run by the time I reached Trafalgar Square and slowing down again to the old walk/jog routine. Inspiration came when I saw Les Courtney marshalling in the Mall and nearly gave the old bugger a heart attack by creeping



"We'll let him go another five miles then nab him for kerb crawling"
"We'll let him go another five miles then nab him for kerb crawling"



Well didn't you see the recall flag John
It was a false start!

up behind another runner and knocked his hat off. From there I wandered on to the finish ambling across the line in 4.22.01. no problem with the injury but very tired because of the length of time out there. Personally I think that the time spent running can be a greater enemy than the speed and this was certainly true of this years run having suffered very little in the past.

After a quick recovery and a cup of tea and sandwich in the Tusk Force room we went over to the Wellington Tavern (some kind old dear took us in a cab she'd just managed to get) to meet hashers from everyplace and have a quick beer. Just as we were leaving I was grabbed and ushered outside here all hashers who had completed the run were given a celebratory down-down! It took a few minutes to get the cab back and that, your honour, is the case for the defence in the trial for those who were last on the bus (it had to be someone and it had to be me). Seriously though I do apologise to all those bodies who we held up by our laxity.

On the sponsorship front I did a deal with John to pay him 10p per minute under 5 hours. I failed to get him to sponsor me but I didn't worry about that when I heard his time 4.59 and I owed him 10p! A similar deal with Rosemary ran on a 10p per minute to whoever won between the two of us, that one cost me £1.30.



Max shows early signs of the strain as he develops symptoms of being delirious (the fuzzy movement, the attempt to drink an imaginary pint). Fortunately help is at hand – the London hash beer stop at 21 miles!

I can't remember everyone who ran in the London or their times but the approximate finishing order was something like this:

Bob Luck	3.01
Chris Dauncey	3.01
Rosemary Noakes	4.09
Lin MacCallum Stewart	?
Max	?
John Biggins	4.22
Elaine Scott	?
Hugh Martin	?
John Garvey	4.59

LONDON MARATHON 1993

Under the warn haze of the Monday evening post-hash pub atmosphere, Rosemary's invitation to book a seat on the trip to support our runners in the London Marathon seemed to be an offer for a relaxing and interesting day out. At dawn on the Sunday, this image slipped more than a little. The journey went quickly, however, especially as I was probably half asleep.

Arriving at Blackheath Common – usually such a large empty patch of green – was a busy fairground of activity. Out intrepid runners left the coach to track down their starting points, and we continued on to our dropping zone. I understood that Ray had planned a "good route" for seeing the race at several points, and so I joined his crew. We walked a long way via some toilets which were as fenced in a a Northern Ireland police station, to a quiet looking spot on a bare road near the Surrey Quays station. This was it – our base for the next hour and a half. Nothing much happened at first, but then a smell of food drifted across the road and several of us had the most delicious bacon rolls, served by a friendly cafe owner and his wife who had forgotten the second frying pan.

The tension grew, and more people were arriving at the roadside. Virtually all traffic had ceased, and a fair-to-middling band struck up from a stand in the car park nearby.

Then a helicopter appeared over the empty street, now thickset with nearly motionless people on each side. A faint sizzling sound began, and grew stronger. Clapping! It was about to begin.

The first runner came on closely followed by a peculiar low-slung go-kart of a vehicle. The leading woman was running steadily, and still looked fresh after 9 miles! The strange object turned out to be a racing wheelchair, powered only by the arms of the leading handicapped entrant – quite amazing to think that armpower can level-peg with leg-power.

More of the women's runners came on each accompanied by her "Mexican Wave" of applause, as did further wheelchair racers. Another helicopter puttering towards us heralded a new wave of competitors – this had to be the leading men. And so it was. This for me was the high point of the day, to experience such easy graceful, powerful movement slipping past us. These men, the front-running group of about eight were amongst the best in the World, and it showed! Economy of effort, produced by years of dedicated training on bodies born to be the best –

this was like watching ballet, it was so beautiful. In a few seconds they turned the corner and were gone.

Now the road bore more swift figures dotting the grey tarmac with splashes of moving colour. More came on and as the minutes went by the road up which we were looking became alive with bobbing runners, eventually becoming a packed mass of straining athletes. The professional ease and gracefulness of the leaders was not so evident here, but intensity and determination showed, along with a feeling of relaxed concentration – these people were achieving something, which for many , had taken up a good proportion of their thoughts and time or months or even years.

Our little band of race-trotters spent the rest of generally enjoyable and happy day, cheering on almost everyone, but particularly our valiant and worthy friends whose faces popped up from the undulating stream from time to time. It was very rewarding to be able to give them some sort of a boost particularly when it came top Elaine and John. They happened to have become rather tired by the time we caught up with them, but a large (and loud) dose of encouragement did appear to help.

Rosemary was clearly in good shape and high spirits when we caught up with her well after the 20-mile mark, as was Lin with her cheerful smile. Our enthusiastic support may have helped both Bob and Chris, who were spotted several times. Max and Hugh only passed by once, bearing quite serious expressions. Poor old John Biggins was only seen once from the rear, as he pounded past in the gutter, and had to make do without our psychological techniques. Other friends and acquaintances were given the treatment, along with many other passing runners. Those with clown outfits, funny hats, furry suits, rhino costumes, heavy ladders, the Sussex police squad, and especially those with their names on, came in for a good deal of light-hearted abuse.

A trip by the river to the finishing area was very welcome, and after watching some of the successful, knackered and even delirious competitors making their was along Westminster Bridge, we turned to our coach. Our most excellent, careful and Scottish driver Jim got us all back to Brighton, generally a tired but happy bunch of people who had seen and experienced some of the best that ordinary human endeavour can offer.

DON ELWICK

SOUTH DOWNS WAY RELAY RACE – SATURDAY 19TH JUNE 1993

At the time of going to press teams stood as follows, in no particular order:-

RIFF RAFF 'A'

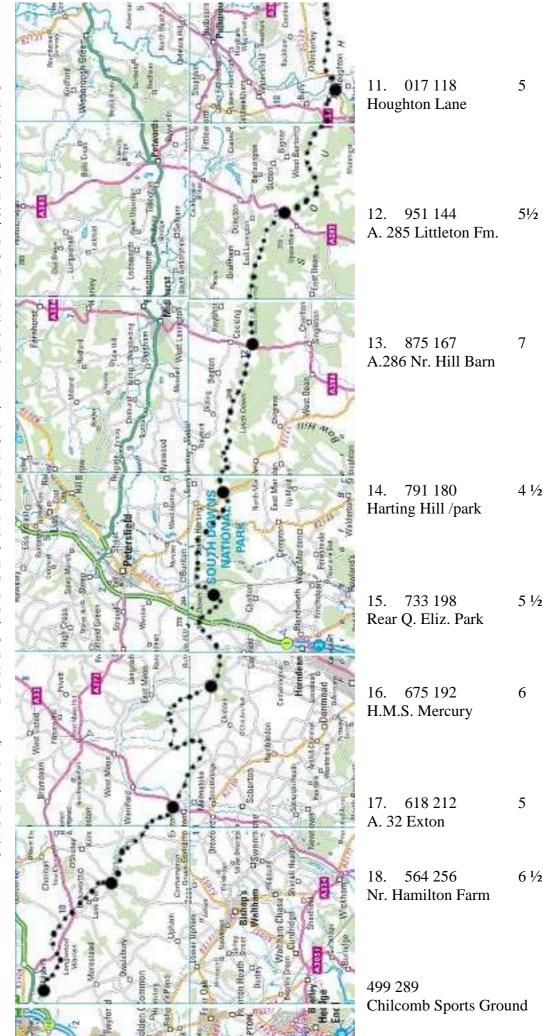
	•	•		·		
BH7 'A' TEAM	BH7 VETS TEAM	BH7 LADIES TEAM	<u>PEP TEAM</u>	Barry Purchese (Non-running Cap	RIFF RAFF	<u>'B'</u>
Ivan Luck	Tim Carter	Tomer Dountman	Don Elwish	Niel Robinson	Max	
Jonathon Fallowfield		Terry Pountney Lin MacCallum Stew	Don Elwick	Steve Ledward	Phil Mutton	
	Dave Jiggens		22			
Bob Wallace	Nigel Adams	Alison Deacon	Brett Hughes	Oz	Joe England	1.1
Nigel Wilce	Tony Fallowfield	Sarah Noakes	Dave Evans	Graham Cooper	Phil Letchfie	eld
Simon Russell	Chris Dauncey	Marie-Anne Osbourn		John Garvey	Greig Lloyd	
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The maps on these two pages are intended as a guide only to the start and finish points of each stage. No credence should be allowed them as to accuracy of route or even to the exact location of the start of each leg but hopefully the major roads shown will be useful in getting you to within a short distance from where the local map should be used. In other words they are just as vague and useless as the maps shown in the receding hareline for any practical purposes.

If you are not familiar with your own stages it is your responsibility to rectify this ultimately in your own interests to do so as the rest of the team may want to lynch you if you take too long. Oh and you wouldn't want to spend any longer than necessary out on the Downs anyway when there's so far to go in the first place. Remember that the distances are also only intended as a guide and as I probably got them muddled up in the paste up are likely to be completely wrong

Finally the importance of locating map references rather than place names cannot be overstressed or else you'll end up at the wrong place and become overstressed. Good luck everybody and don't go home without me!





HAZARDOUS MATERIALS DATA SHEET: WOMAN

Analysis

Element: Womanium Symbol: WO₂
Discoverer: Adam

Atomic Mass: Accepted as 55kg, but known to vary from 45kg to 225kg

Occurrence: Copious quantities in all urban areas with trace elements

in outlying regions

Physical Properties

1. Surface normally covered with film of powder and paint.

2. Boils at nothing, freezes for no apparent reason.

3. Melts if given special treatment.

4. Bitter if used incorrectly.

5. Found in various grades ranging from virgin material to common ore.

6. Yields to pressure if expertly applied.

Chemical Properties

- 1. Affinity to gold, silver, platinum and all precious stones.
- 2. Absorbs great quantities of expensive substances.
- 3. Explodes spontaneously without reason or warning.
- 4. Softens and takes on a rosy glow when soaked in hot water.
- 5. Greatly increased activity when saturated with alcohol.
- 6. The most powerful money reducing agent known to man.

Common Use

- 1. Highly ornamental, especially in sports cars.
- 2. Can be a great aid to relaxation.
- 3. Can be a very effective cleaning agent.
- 4. Essential to man's long-term perpetuation and Long term health.

Tests

- 1. Pure specimens turn bright pink when found in their natural state.
- 2. Turns green when placed alongside a superior specimen.

Get a life, boy!



"Why don't we go to my place and replace our lost body-juices?"

After publication of the first Trash there was a lot of talk from the ladies about writing a womens page, incorporating an agony column for all those poor men who can't cope with life as the weaker sex!



So far none of it has seen the light despite persistent badgering from your hack. Consequently I feel no remorse about this page devoted entirely to women. Hopefully they won't like it and will get writing to avoid future derogatory articles.



"I'm not wearing a bra. What's your excuse?"



"There goes young Janie Lovejoy - still very self-conscious but anyone can recognise that behind a mile away!"