

The magazine of Brighton Hash House Harriers (twinned with Bangkok Hash House Harriers) R-ns/trash #179 April 2012

http://www.brightonhash.co.uk/

All r*ns are on Mondays meet at 19.30 for 19.40 start unless stated. All directions/ timings are approximate and start from Patcham roundabout A23/A27 junction unless stated).

DATE #NO ON ON **REF HARES**

2nd April 2012 1763 Ladies Mile, Patcham 307 089 Eddie

Directions: A23 south into Brighton. Just past Black Lion take half left on to Old London Road then left again Ladies Mile Road. Pub opposite on left at t-junction. Est. 1 minute 37 seconds.

9th April 2012 1764 Friars Oak, Hassocks 303 165 Prince Crashpian Directions: Up A23, filter off at A273 over Clayton Hill. Pub on right 1k after Stone Pound traffic lights. Est. 10 mins.

Trevors 30th anniversary of hashing!

16th April 2012 Wickwoods Country Club, Albourne BN6 9DY George Baxter

Directions: A23 north and take 2nd exit for Henfield. At roundabout turn right up to a sharp left-hand bend. Go straight ahead on to Shaves Wood Lane and club is on left approx. 600 metres. Please car share. Est. 15 mins.

23rd April 2012 1766 The Moon, Storrington 087 144 Wiggy

Directions: A27 west to Shoreham. A283 north past Steyning. Straight on at Washington roundbaout 2.5 miles. Pub on High

Street. Est 25 mins.

30th April 2012 1767 067 057 The Woodmans, Hammerpot Ivan & Pat

Directions: A27 west through Worthing. After going down the hill at Hammerpot, take u-turn at next break in the central

reservation, and return east. Take next left at sign to get to the pub. Est 25 mins. Bluebell hash.

7th May 2012 Horns Lodge, South Chailey 1768 398 183 Pete Beard

Directions: Take A27 towards Lewes, Left at first roundabout on A275, then left at the traffic lights. Pub is about 6 miles on right hand-side. Est. 20 mins.

RECEDING HARELINE

1769 14/05/12 Matthew tha 21/05/12 Brett & Jo tba 1770 1771 28/05/12 Adrian tha

CRAFT HASH #47 13th April 2012 The Station, Horsham. FRIDAY 13th H3 joint. Grisly tales from Horshams dark past.

THOUGHT FOR THE DAY:

No Origami people were harmed in any way to produce this hash trash.



BH7 HASH EVENTS DIARY & NOTICES

Friday 13th part XXXIV - April 2012

HORSHAM'S HORRIBLE HISTORY

Combined Fri 13th H³ and C R A F T - Hare = Bouncer

7pm - The Station - 57 North Street, Horsham, West Sussex, RH12 1RB P Trail from Horsham Station to The Station Pub

Accommodation is available at several places including Queens Head and Premier Inn.

The Hare describes the trail: "Not a huge run but lots of pubs available and short cuts for walkers" -You need no more information than that !!

Please forward the following to all your hashers/bashers etc. Thanks

Nash Bash 2012 will be held 22 - 24 June 2012 in the leafy lanes of Berkshire and Hampshire. This is a hash weekend on a bicycle! You do not have to be a regular "basher" but be someone who enjoys mountain biking and would like a weekend away with like minded fools!

Check out the web page on www.nashbash2012.co.uk. Theme - midsummer madness. For those who like dressing up - it's a mad hatter's tea party and anything goes. Camping, good food and pay bar.

Price goes up to £80 on 1 April 2012 [but if I have your form emailed to me around that date I will honor the £70 - but don't tell Foghorn]

Do come and join us.

DragonLady - Berkshire Bash

From: Emma Spencer-Goodier

Email: iowyogawithemma@gmail.com Subject: Yoga for Runners Workshop

Hi,

I'm organising a specialist Yoga for Runners Workshop in Brighton next month on the 14th April, to relax and stretch out some of our runners prior to the Brighton Marathon and give some guidance to those who are interested in using yoga as a cross training activity. Do you think that this is something that your members would be interested in? If so, please email me back and I can forward you some details.

Many thanks, Emma

www.yoga4runnersuk.co.uk Tel 07880 558599

10th September 2012 - Hastings H3 Portugal Hash - Poço Redondo, Tomar, Portugal

Cost - £180. Includes 3 nights accommodation; meals as per itinerary *(full itinerary available on request)*, circle drinks; transport to/from runs and vineyard; Vineyard tour; Shirt.

All bookings will be co-ordinated by Brent 'Keeps It Up' Crowle (crowleb@btinternet.com)

To guarantee a space £50 is due at time of booking; balance due 31/05/2012

Classic Southdowns Relay 2012: Start Buriton 8am Sat 20 May 2012. E-mail phil.mutton@btopenworld.com for more. Time to start getting your teams organised for this much anticipated fixture in the hash calendar - a good combination of r*nning and drinking skills should get you through the day, but emphasis is on enjoyment of the day so the r*nning is generally very social and non-competitive, seen just as a way to earn your pint!

LAST CHANCE: Runners still required for hash A and vets teams in the 100 mile relay on Saturday 2nd June. Let Dave 'Spreadsheet' Evans know if you can make it for the vets or Brent 'Keeps It Up' Crowle for the A team.

Inside З Today



FLORIDA COURT SETS ATHEIST HOLY DAY

In Florida, an atheist created a case against Easter and Passover Holy days. He hired an attorney to bring a discrimination case against Christians and Jews and observances of their holy days. The argument was that it was unfair that atheists had no such recognized days. The case was brought before a judge. After listening to the passionate presentation by the lawyer, the judge banged his gavel declaring, "Case dismissed!"

The lawyer immediately stood objecting to the ruling saying, "Your honour, How can you possibly dismiss this case? The Christians have Christmas, Easter and others. The Jews have Passover, Yom Kippur and Hanukkah, yet my client and all other atheists have no such holidays." The judge leaned forward in his chair saying, "But you do. Your client, counsel, is woefully ignorant."

The lawyer said, "Your Honour, we are unaware of any special observance or holiday for atheists."

The judge said, "The calendar says April 1st is April Fools Day. Psalm 14:1 states, 'The fool says in his heart, there is no God.' Thus, it is the opinion of this court, that, if your client says there is no God, then he is a fool. Therefore, April 1st is his day. Court is adjourned.." You gotta love a Judge that knows his scripture!

IVAN LYONS 50 MARATHON CHALLENGE: To donate follow link: http://www.webjam.com/50marathons

Countdown to the 50th Marathon

Life sometimes leaves me feeling a bit blurry around the edges, like an out-of-focus photograph. Running restores my focus and gives me clarity. If it's a good run, I might even get to experience the rest of the day in glorious Technicolor.

Solitary pursuits such as running are often seen as a way of stepping outside of yourself, momentarily pushing the rest of the world aside. But sometimes it can feel more like stepping into yourself, with every stride bringing you closer to who you are.

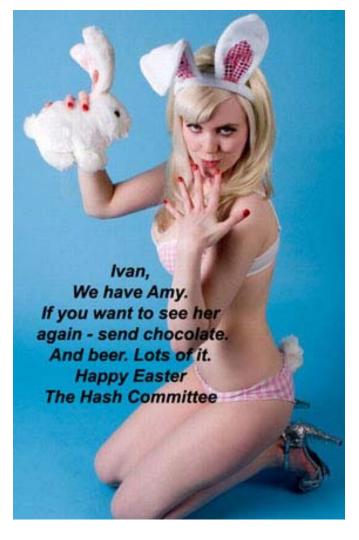
I log all my runs & races, whether solo, with another runner, a group of fellow runners or if I have raced. I have kept a running diary for the last 9 years.

For all its portrayal as a sport for the loner, I have never found camaraderie in short supply in running. Does that mean, then, that we runners who crave the solitude of running alone are missing out? I think not. Even though I often hit the road alone, I do so with a sense of being part of something much bigger. So if when pounding the streets of our city I fail to acknowledge a shout or wave from you, it's not that I have ignored you, but am in my own peaceful world, oblivious to what or who is around me!

Of course there are times when one cannot fail to be alone when running. Marathon 50, on 15th April will see me taking to the streets of our city with up to 15,000 other runners. The 50 Marathon appeal may end at the finishing line on the 15th, however one week later it will be London's turn with up to 33,000 others.

When asked 'What distinguishes a group of runners from merely a crowd of people?' a runner replied, If you feel you are part of a group, then you are. We runners might have fallen for a solitary sport, but I suspect we'll never be lonely.

Waddle on friends.



REHASHING THE CRAFT

CRAFT #46 Shoreham

For a short while it looked as if the hash crash pad would be bursting but Malibog & Clever Dick baled out after the former caught a nasty cold getting home from the Brighton Hash on Monday. That'll learn you to wear shorts in March! KIU & Wildbush arrived at Bouncers but would not be staying as Brent was on call so it wouldn't be much of a beer night for him! Leaving a trail for Ging Gang to follow to pub #1 the Buckingham Arms the advance guard headed in for a small sample from the extensive board. With no grub available KIU & Wildbush opted for the local chippy and the pub kindly allowed them to scoff in the garden. Somehow hare managed to get lost on the way to pub #2, the Royal Sovereign, where Cyst Pit was located lurking round the gents toilets. Some excellent Harveys later we were joined by Come Again, but moved on pretty soon to #3 the Marlipins. Here we found man with guitar playing some good ole toons and were joined by Wiggy and Angel. It would've been very easy to stay here but hare was anxious to get to the Welly for the main event band Eastfield, so went wandering off on his own. At #4 the Duke of Wellington we were joined by Lee and friend. Also already here were serial Eastfield fans & occasional CRAFTies Mark & Sharron Halls with Barney & Steve. Yet more ale was consumed and much dancing to the 2 bands who hit the hot spots with Wiggy and others but weren't to everybody's taste. The probable highlight came from the first band who sounded a bit American but did a cracking version of "End of the World..". All too soon yet another great CRAFT night came to it's conclusion as people headed off to get trains, cars, or in Julies case a McDonalds (failed). That's because you're not allowed without a car so she should have called for a cab! Another great craft...



OSBORNE HAS SPOKEN AND HE'S STILL TAKING A THIRD OF YOUR PINT...NOW HAVE YOUR SAY.

SIGN THE E-PETITION

SAY NO TO THE BEER TAX ESCALATOR TO MAKE BEER MORE AFFORDABLE AND SUPPORT THE GREAT BRITISH PUB. TO SAVE YOUR PINT THE E-PETITION NEEDS 100,000 SIGNATURES.

WILL YOURS BE ONE OF THEM?



In today's Budget speech George Osborne announced the Government's intention to continue its damaging approach to Britain's beloved pubs as a further inflation plus 2% increase on beer will bring about yet more price rises at the bar, and further job losses in the sector.

Around £1 on every pint goes to the tax man in beer duty and VAT - we urge you and your beer drinking friends to fight back and sign the e-petition.

The beer and pub industry supports almost 1 million jobs and contributes £21 billion to UK GDP. It's time to speak out against the Government to stop damaging pubs, real ale, and your pocket.



Please <u>sign the e-petition</u> and <u>forward this email</u> to your friends or share using the buttons below to save your pint and the Great British pub.

save your pint and the Great British pub.

Upcoming CRAFT activity:

Extracurricular CRAFT - Bob's trail by rail around St. George's Day TBC.

May - Ale trail launch - This may result in a couple of extracurricular trails so keep your ears to the ground!

June - Annual CRAFT crash Milton Kenya

28th / 29th July - CRAFT 50th trail, Alfriston

Pardon the hash intrusion but this is one cause dear to my heart (and taste buds)! If you care about the Government using the great British pint as a cash cow the now is the time to say so!!

On-on!

KIU

Stop the beer duty escalator

Responsible department: Her Majesty's Treasury

Every year, the beer tax escalator increases the tax on beer by 2% above the rate of inflation, thus adding considerably more pressure on the British pub, the cornerstone of many of our communities. Removing the beer duty escalator at the next budget will help keep beer more affordable and go a long way to supporting the institution that is – the great British pub.

Going to the pub is a core British tradition and so is enjoying great beer. If you want to continue enjoying your fresh pint in your local pub then it's crucial that you support our campaign to grind the beer duty tax escalator to a halt.

If we don't show our support for the great British pub, we risk losing more pubs and more jobs within our local communities.

Support great beer in the great British pub and sign our e-petition now..... British Pubs Need You.

http://epetitions.direct.gov.uk/petitions/29664/?friendly_id=saveyourpint

NEWS FROM OUR BOTTOM DWELLING PAL MUDLARK:

Hi all,

Been a while I know since the last update, but I have been kept quite busy down here with a few teething troubles with the new base, to be expected I suppose, but I'm the only electrician here now so the work load is fairly high, compared to the beakers (scientists and there support staff) coupled with that I am on evening watch this week which means I do full base round checks at about 8pm 10pm and midnight with a Met' weather observation at midnight and in between I do a few communal jobs to keep the base tidy, that's as well as doing my normal job, oh and on Friday I was chef for the day as he has gone out on his winter trip with three others, one of which is the plumber so me and the generator mechanic are covering his chores until Tuesday when hopefully he returns, I've got the sewage treatment plant to look after--nice!

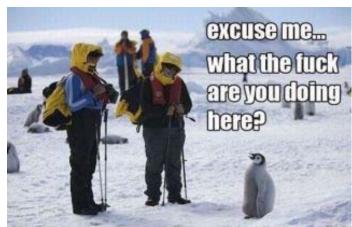
It was nice to have (most of) the day off yesterday, and me and a couple others went outside in the afternoon and did some kite flying, not your normal ones these are big wing kites mines a 8metre one, the doc was brave enough to don her skis and get dragged around by it, which is the intention, me and the other guy just practised flying figure of 8's with ours and a bit of bum sliding until our fingers and other bits got too cold, you just get reminded after a while that you are in -15c even if you wrap up well!!

Just in case any of you don't yet know my blog is now up and running and I update it when I can, if you google tumblr.com nigel wilce coldsparks antartica (or something similar) that should get you to it.

Well that's about it for now, hope you remembered to put your clocks forward to bst, we stay on gmt down here, still got up early thou, to try and keep track on the Malaysian g.p. unfortunately the only way is by internet live! report updates which is like a scrolling blog, oh well!

Bye for now Nigel (coldsparks)

NIGEL's Blog is available at: http://www.tumblr.com/tagged/nigel+wilce



Dear Mum.

Our Scoutmaster told us to write to our parents in case you saw the flood on TV and got worried. We are okay. Only one of our tents and 2 sleeping bags got washed away. Luckily, none of us got drowned because we were all up on the mountain looking for Adam when it happened. Oh yes, please call Adam's mother and tell her he is okay. He can't write because of the cast. I got to ride in one of the search and rescue Jeeps. It was great. We never would have found Adam in the dark if it hadn't been for the lightning. Scoutmaster Ted got mad at Adam for going on a hike alone without telling anyone. Adam said he did tell him, but it was during the fire so he probably didn't hear him. Did you know that if you put gas on a fire, the gas will blow up? The wet wood didn't burn, but one of the tents did and also some of our clothes. Matthew is going to look weird until his hair grows back.

We will be home on Saturday if Scoutmaster Ted gets the bus fixed. It wasn't his fault about the crash. The brakes worked okay when we left. Scoutmaster Ted said that with a bus that old, you have to expect something to break down; that's probably why he can't get insurance. We think it's a super bus. He doesn't care if we get it dirty, and if it's hot, sometimes he lets us ride on the bumpers. It gets pretty hot with 45 people in a bus made for 24. He let us take turns riding in the trailer until the policeman stopped and talked to us. Scoutmaster Ted is a neat guy. Don't worry, he is a

good driver. In fact, he is teaching Horace how to drive on the mountain roads where there aren't any cops. All we ever see up there are huge logging trucks.

This morning all of the guys were diving off the rocks and swimming out to the rapids. Scoutmaster Ted wouldn't let me because I can't swim, and Adam was afraid he would sink because of his cast (it's concrete because we didn't have any plaster), so he let us take the canoe out. It was great. You can still see some of the trees under the water from the flood.

Scoutmaster Ted isn't crabby like some scoutmasters. He didn't even get mad about the life jackets. He has to spend a lot of time working on the bus so we are trying not to cause him any trouble.

Guess what? We have all passed our first aid merit badges. When Andrew dived into the lake and cut his arm, we all got to see how a tourniquet works. Steve and I threw up, but Scoutmaster Ted said it was probably just food poisoning from the left-over chicken. He said they got sick that way with food they ate in prison. I'm so glad he got out and became our scoutmaster. He said he sure figured out how to get things done better while he was doing his time. By the way, what is a pedal-file?

I have to go now. We are going to town to post our letters and buy some more beer and ammo. Don't worry about anything. We are fine and tonight it's my turn to sleep in the Scoutmaster's tent.

Yours, Charlie

REHASHING...

A great HASH last night from the **Royal George in Shoreham** set by Pat. It was dry, cold and windy but OK for running; some back doubles around the houses to start with (traffic noise made the on calls difficult to hear - the on-backs particularly so!) but then we set off over the A27 into the Downs for a long slog up, along and then back down over Southwick Hill and to the footbridge over the old Shoreham Road and ON IN. I recken it was just under 6 miles, well marked and good and firm underfoot. The only downside to the evening was the fact that there was no HARVEYS due to an engineering problem (leaves on the line?) in the pub ...otherwise a great time was had by all. Well done Pat. *Who's Shout?*



Dun Horse, Mannings Heath

"Thou shalt not set trail with kids in tow. Thou shalt not set trail without checking the distance, thou shalt not blah blah" went hare Bouncer making excuses before we even set off as we mustered* outside! The pub looked good with barrels of beer in evidence behind the bar, but the menu was limited as the usual chef was down with pneumonia. *insert own 4 seasons joke.

On was called up the road to first check, which went left, then took a pointless loop around the village green before heading down the hill. Keeps It up came unstuck at the next check after using his knowledge of the hare being a lazy sod and never putting false trail marks, in error on this occasion! Past the grapevines and fishing stream trail led on up to another road but



this time hare had found a horse track through the trees, sending just Bob & Chris off down the road. There was then a bit of buggering around in St. Leonard's forest which saw the Cardinal measuring his considerable length in the stream. Pack had missed the check, but were soon all back in touch as Charlie charged off calling enthusiastically. Check at the car park was found easily enough and off we went again before a lovely stretch through the woods at which hare called a regroup. With various reports from GPS's and concern about a trespass later on hare decided to short-cut but first we had to wait for Charlie who had enthusiastically gone off trail. Pirates new boot mate started to struggle as we ran on up the road to pick up trail later on, despite Brents concerns about the road sign pointing Mannings Heath in the other direction. From here on pack became more and more spread out as the excessive road section took its toll. Luckily hare had opted for another SCB taking us back to the crossroads and first check again for a gentle jog home, which seemed to go against logic, and is the only explanation why various pockets of people were appearing from all over the place at the end! Another Great Hash...

Royal Oak, Barcombe Cross

There was a rumour that Spreadsheet had a hand in this first outing for Rich as hare. An unfortunately short notice change due to the lack of grub at first choice, the Newmarket. Lack of beer or atmosphere either I shouldn't wonder! Quite a few

new faces were present at the start with Adrian bringing a few and James a few more! The run itself seemed to start with a large amount of checks but soon gave way to some very long stretches without a break. At one point we were trapped on a narrow path and held to a really nice steady pace by Rik on his return after yet another nasty bike accident. A large slice of the pack managed to cock up at the end missing the off-road return in favour of the tarmac. Nothing in it distance wise but they had the bit between their teeth and were gunning it for an early return to get stuck into the full Harveys range on offer. In the pub down downs went to the virgin hare Rich, to Dave Evans for an exceptional PB at Hastings Half the day before (but failing to meet his own target for the relay runners of 1.45, by one minute), and Black Stockings celebrating her #0th birthday.



Another great hash and great first effort on mostly new terrain...

Muamba's awake, they told him Torres scored 2. He said, 'fxxk me how long was I out?'

Wayne Rooney has visited Muamba in hospital. "Its great, he can almost string a sentence together" said Fabrice.

When I told my missus Davy Jones died, I didn't think she understood "...and then I saw her face"

It's Good Friday this week & thoughts turn to a man with long hair who will always be remembered for dying on the end of a cross HAPPY EASTER ANDY CARROLL

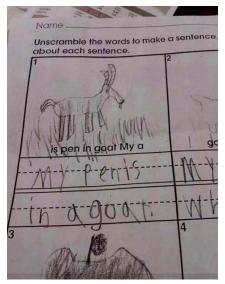
The latest dance craze called the politician... It's two steps forward, one step backward, and then a sidestep

GRAHAMES SILLY PICTURES PAGE - CELEBRITIES



Dad: Hey did you here about that actress who got stabbed? Me: Really? Who was it? Dad: Resse... Reese something... Me: Witherspoon? Dad: No, with a knife!





Being told there is a cure for dyslexia is music to my arse

I went to the pub last night and there was this fat girl dancing on the table. I walked past and said 'amazing legs' The girl giggled and said with a smile 'Do you really think so?' I said 'definitely, most tables would have collapsed by now'

Arnold Schwarzenegger was asked if he wanted to upgrade to Windows 7. He replied "I still love Vista, baby".

Children in Church

A little boy was attending his first wedding. After the service, his cousin asked him, "How many women can a man marry?"

"Sixteen," the boy responded. His cousin was amazed that he had an answer so quickly. "How do you know that?"

"Easy," the little boy said. "All you have to do is add it up, like the pastor said, 4 better, 4 worse, 4 richer, 4 poorer."

After a church service on Sunday morning, a young boy suddenly announced to his mother, "Mum, I've decided to become a minister when I grow up."

"That's okay with us, but what made you decide that?"

"Well," said the little boy, "I have to go to church on Sunday anyway, And I figure it will be more fun to stand up and yell, than to sit and listen."

A boy was watching his father, a pastor, write a sermon. "How do you know what to say?" he asked.

"Why, God tells me."

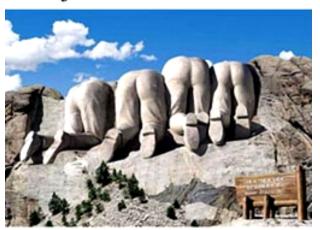
"Oh, then why do you keep crossing things out?"

A little girl became restless as the preacher's sermon dragged on and on. Finally, she leaned over to her mother and whispered, "Mummy, if we give him the money now, will he let us go?"

The Sunday School Teacher asks, "Now, Johnny, tell me frankly do you say prayers before eating?"

"No ma'am," little Johnny replies, "I don't have to. My Mum is a good

You know, there are some things that you just never think of like Mt. Rushmore from the Canadian side.



cook."

A little girl was sitting on her grandfather's lap as he read her a

A little girl was sitting on her grandfather's lap as he read her a bedtime story.

From time to time, she would take her eyes off the book and reach up to touch his wrinkled cheek. She was alternately stroking her own cheek, then his again. Finally she spoke up, "Grandpa, did God make you?"

"Yes, sweetheart," he answered, "God made me a long time ago."
"Oh," she paused, "Grandpa, did God make me too?"

"Yes, indeed, honey," he said, "God made you just a little while ago." Feeling their respective faces again, she observed, "God's getting better at it, isn't he?"

A 6-year-old was overheard reciting the Lord's Prayer at a church service, "And forgive us our trash passes, as we forgive those who passed trash against us."



And on that note