

The magazine of Brighton Hash House Harriers (twinned with Bangkok Hash House Harriers) R-ns/trash #240 May 2017

facebook or at 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.

DATE #NO ON ON **REF HARES**

2028 Paiges Wood Car Park, Haywards Heath 317 247 Keeps It Up & Wildbush 1st May 2017 Directions: A23 north, A272 to Haywards Heath, left at Dolphin pub and 3rd left Lucastes Avenue. Left at T junction then 2nd right for car park. Est. 20 mins. Bank Holiday run 5.30pm start.

2029 Red Lion, Ashington 132 158

Directions: A27 to Shoreham, A283 north. Left at roundabout stay on A283 past Steyning and take 2nd right for Wiston. Under A24 and pub is on left. Est. 25 mins.

Stand Up Inn, Lindfield 15th May 2017 2030 347 255 Psychlepath Rik

Directions: Follow A23 north to Bolney junction with A272. Turn left and back under A23 to Ansty. Stay on A272 until Haywards Heath then left towards the station. Straight on at station roundabout and left at the next into village. First left after pond for village car park. Pub slightly further up. Est. 20 mins.

22nd May 2017 2031 Hampden Arms, South Heighton 452 028 Dildoped Matt

Directions: A27 past Lewes. Right at Beddingham roundabout on A26. Take 4th left, signed South Heighton 1/2, follow round to right and pub on left. Est. 20 mins.

29th May 2017 2032 Lockhart Tavern, Haywards Heath 331 242 Bogeyman or Keeps It Up

Directions: A23 north to Bolney junction with A272. Turn left and back under A23 to Ansty. Left again still on A272, right at next two roundabouts, left at next, then straight on for one-way system. Follow round to the right past the Star pub and park in council car park on right. Pub down the Broadway on left. Est. 25 mins. Bank Holiday run - but normal time.

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RECEDING HARELINE:

05/06/17 Cock Inn, Wivelsfield - Errol 12/06/17 Star, Steyning - Anybody Seen 19/06/17 PEP, Ditchling - Local Knowledge

26/06/17 TBC - Bouncer

Bent Arms, Lindfield - Ross 03/07/17

HASHING AROUND:

HASTINGS H3 - Thursday 11/05/17 6.30pm

The Green off Cornwallis Gardens, Hastings

Hare: ASBO. Walking hash with an extra loop for runners, following clues rather than a trail.

Curry at Wetherspoons afterwards.

CRAFT 101 - 7pm Friday 12th May P trail from Portslade station. Get return tickets to Southwick!

HENFIELD H3 - Sunday 14/05/17 11.30am

Bolney Stage, Bolney RH17 5RL - pre-order roasts

Hares - Split Pin & Bollocks

Thought for the day:

Will June be the start or the end of May?



BH7 HASH EVENTS DIARY & NOTICES

DIARY DATES - see full list of events being attended by Brighton hashers on website under Away Hashes:

25-28/08/2017 UK Nash Hash Easton College, Norwich http://uknashhash2017.co.uk/

09/09/17 **Brighton hash relay** - See Prof, Bouncer or Ride-it-Baby for details.

25-27/05/2018 World Interhash - Nadi, Fiji

Sept. 2018 Mother Hash 80th Anniversary event - see BS#226 or visit www.motherhash.com for more details.



BRIGHTON & SOUTH DOWNS CAMRA BRANCHES present the 25th ALE TAIL:

Sunday 28th May, 7.30pm, Ale Trail Launch at The Queen Victoria, 54 High Street, Rottingdean BN2 7HF. Come and collect your 2017 Passport for 'Cask Marx – a Real Ale Revolution'.

A few of us from CRAFT H3 are likely to be popping along so why not join us!

South Downs 100 mile relay - Saturday 3rd June - Rumours abound that we now have a full team, but unfortunately not from regular hashers. Boggy Shoe wishes them all the very best of luck, and also wishes we could get on top of this early for next year! Let Rich know if interested in taking part at some stage (and why not as it's always a fun, albeit challenging, day out), diary the date 2nd June 2018 and keep it free until the team is confirmed (with numbers this can be done by February / March allowing plenty of time to book something else up if you don't make the final squad).

SUNDAY JUNE 4th - Beer Lovers Marathon - 2nd edition

Princess Albert from London Hash has organised a squad of 150 to take part in this event including Angel, Bouncer, Keeps It Up and Wildbush. There are still a couple of places available if interested:

The Beer Lovers' Marathon (Liège/Belgium) is a road race of 42,195 km, limited to a maximum time of 6h30. This race mainly aims at being fun and accessible to any motivated sportsman. In addition to conventional water and energy supply, all runners will have the opportunity to discover and taste 16 different Belgian beers along the way (no obligation of course). Each stop will also be accompanied by a musical animation (fanfare, percussionists, DJs, ...) in order to guarantee an unforgettable atmosphere and to motivate the marathon runners throughout their effort!

THEME 2017 - FRUITS & VEGGIES

For this second edition of the BLM, we have decided to honour fruits and vegetables! Be crazy, go wild, and dress up in your favourite fruit or veggie to help you achieve the 42 kilometers distance of this marathon! One thing is for sure ... we'll have a lot of fun. A costume contest will reward the best and most original costumes!

If you enjoyed the Brighton hash weekend and fancy touring there's a couple of great low-budget events this summer, including CHELTENHAM & COTSWOLDS H3 2345 see right.

Also coming up is the NORTH HANTS 2000th on 29^{th} - 30^{th} July at Aldershot & Fleet RUFC.

Apart from being rather more local this is just a 2 day event so may be more suitable as a taster. £40 gets you camping, 4 meals, 2 runs including transport and circles and an evening party/disco. Pay bar and t shirt £6.50 extra.

See http://www.nh4.org/2000th.htm if interested, or grab a form from Keeps It Up or Bouncer

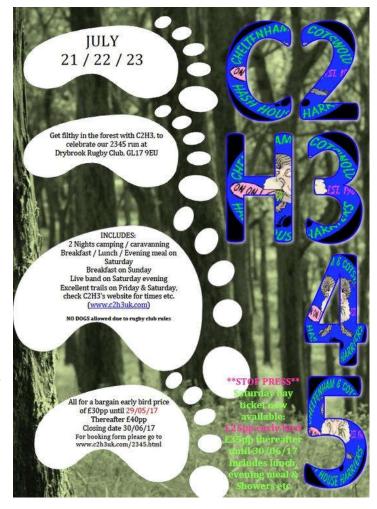
Beer day Britain 15th June 2017

This year, we are working with the national beer organisation 'There's a Beer For That' to extend Beer Day Britain into a long weekend called 'Say Cheers To Beer' ending on Father's Day June 18th. Pub companies and brewers across the land have signed up to host a variety of beer related events in their pubs and breweries.

Beer Day Britain is always on June 15th and that is also the date Magna Carta was sealed in 1215. Article 35 of the great charter stated:

Let there be throughout our kingdom a single measure for wine and a single measure for ale and a single measure for corn, namely the London quarter.

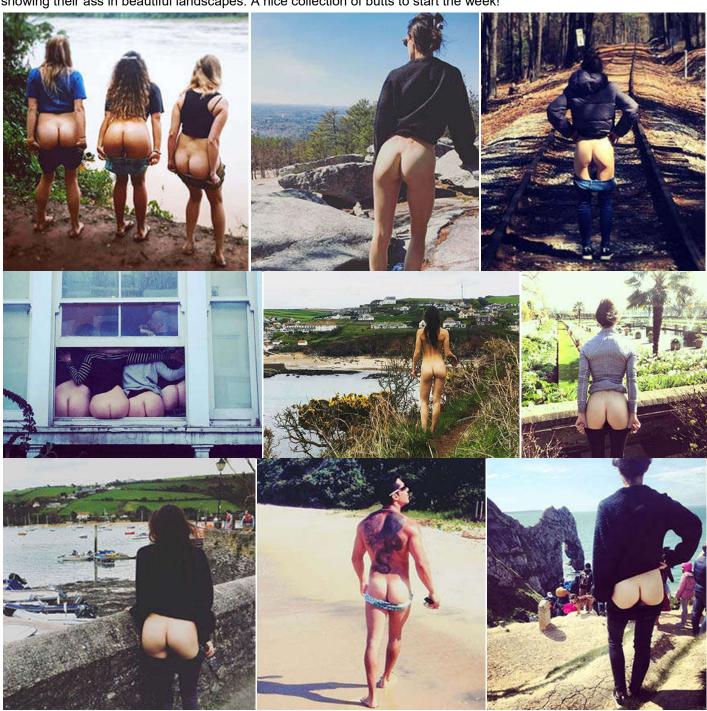
Ale was so important in England in 1215 that it was mentioned in one of the most significant legal documents in history. Today beer and pubs are still central to British life. Raise a glass at 7pm and say 'Cheers to Beer'!





Showing your butt in beautiful landscapes is the new trend 2017-04-24

Showing your butt in the most beautiful places in the world, a new amazing trend appeared recently on Instagram! It's the account Cheeky Exploits which launched the trend, publishing the photos of the participants from around the world, showing their ass in beautiful landscapes. A nice collection of butts to start the week!



All very nice but call me old-fashioned as I think I still preferred the days of the roller-coaster flash. Mind you, I could definitely go for other areas being shown off! *Ed.*

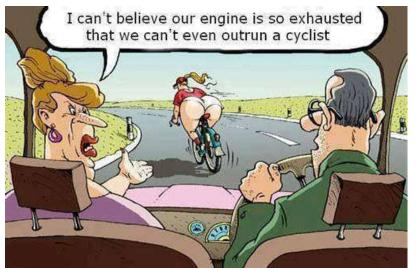


REHASHING

Sportsman Withdean Having lost Pondweed last week, it was encouraging to find he was still about to set his 100th marathon trail, which worried more than a few. Further news as we arrived that the pub was shutting at 10 for staff training didn't go down well either, so it took the hare promising trail wasn't long and a sip stop to settle the pack. Things seemed to improve dramatically as we headed directly to hares car but calls for an early sip were ignored and we carried on up Tongdean Lane towards hares house and calls for an early sip! Disappointed a second time, pack carried on to head through the copse behind Withdean and drop down to the A23, where checking attempts were hampered by a police blockade due to a nasty accident. After FRB's checked all the options, and having had no call back (later discovered that the bulk of the pack had SCB'd), steps were retraced, although Gomi and Whose Shout never did make it back on trail. We then went on a jolly jaunt through Westdene with occasional woody bits, and even more occasional marks, the first for some time being a fishhook! A decent off-road stretch followed as we ran across the rec and up through the woods towards the Mill (some actually making it even though pack had cut-off to the RFC). Final phase was over the A27 for yet more Westdene before we dropped back to the car park for the long awaited, but nonetheless excellent, sip with cakes, poky beers and snowballs! Down downs were awarded swiftly in the car park to Pondweed as hare, Pondweed for his 100 marathons, Pondweed celebrating his 50th birthday, Pondweed for 'cheese' after asking a woman dishing out jelly babies on the 2000th ballbreaker if she was 'the beauty spot', Pondweed for picking a pub with early closing, and finally, the numpty went to Pondweed for getting lost last week on his home turf! He didn't drive home. The only other contender for anything was Mr. Nuisance for thinking a traffic light turned red because he'd removed his seat belt but he was in the pub, which stayed open to a reasonable hour after all! Another great hash!



Devils Dyke Thanks are owed to Charlie as local rep for the NT, who waived the £3 parking fee as we pulled up, "That would be me collecting but I'm busy"! Ride-It, Baby had pinched this run from him but announced at the start that we would be having a sip at Charlies place, cardinal error with this lot, especially when trail then heads in the opposite direction for a quick loop. At the check, St. Bernard tipped the nod that it was south, with the result that I found the fishhook first and had to return, rough call as I was in post-marathon wimp out mode and supposedly walking. From there I was well at the back of the field so decided to take a short-cut to Charlies using my excellent knowledge of the area. In other words, I went straight on, crossed the Dyke road, and hit the Saddlescombe road before I realised my long-cut error, while everyone else had a jolly golf course crossing and the lovely South Downs Way route to sip. Eventually making it as the pack was about to leave, there wasn't a lot left other than hundreds of the energy drinks from the weekend, but reports of the usual high standard prevailed as, somewhat shaken, I joined the SCB'ers in following Charlies frogmarch up the south side of the Cwm while main pack went home north via the woods. In the pub it was business as usual until, deciding that we wouldn't be getting anything from this chain pub, I got the beer leavings poured into a glass by the very helpful lads. The manageress got wind, threw a wobbly, and tried to grab my own pint back (I of course refused to let go), before announcing that I was banned. Oddly, there was no effort to expel me from the pub, possibly because she realised her own pettiness, so we cracked on with the circle awarding hares RIB & St. B, the latter moaning that there was lemonade in his beer. That discovery was enough to give Wildbush's 16 year-old nephew (and hash virgin, Cameron, on a visit from Oz) a downer. Mention was made of the marathoners which, as One Erection observed, seemed to have reversed expectations other than the ever reliable Keeps It Up, with Lily the Pink 2nd, One Erection 3rd, myself 4th, Pondweed next (okay as 4.45 pacer he had an excuse), followed by Peter Pansy (allegedly pacing a friend), and finally Penguin Shagger who was expected to finish close to 3 hours but according to Tim's app, was still out there! With a brief mention of St. Bernard for entrapment (making me do the fishhook), the Numpty award went to Peter



Pansy for only going back halfway, despite the fact that he usually goes yapping up and down the pack when there is no fishhook! Having spent probably a good hour in the pub since my banning, it was quite surreal to have one of the lads pass a message as we were leaving, that she was serious, not a bad result to be fair as the pub's only real redeeming factor is location, so another great hash!

BOUNCER

In a postscript, as Ride-it, Baby wellied it down the road on her bike, a long line of hash cars were getting increasingly frustrated at the first of the queue refusing to overtake, then went through the noentry sign, before signalling left and turning right at the end! At least Pat was happy: "Thanks for the full beam escort along Dyke Approach. That road is so dodgy with all the late night 'dog walkers'!"

PONDWEEDS PAGE - more great jewish humour...



Bar Mitzvah Bee

Two bees ran into each other. One asked the other how things were going. "Really bad," said the second bee, "the weather has been really wet and damp and there aren't any flowers or pollen, so I can't make any honey." "No problem," said the first bee, "Just fly down five blocks and turn left and keep going until you see all the cars. There's a Bar Mitzvah going on and there are all kinds of fresh flowers and fresh fruit." "Thanks for the tip" said the second bee and flew away.

A few hours later the two bees ran into each other again and the first bee asked, "How'd it go?" "Fine," said the second bee, "It was everything you said it would be." "Uh, what's that thing on your head?" asked the first bee. "That's my yarmulka," said the second bee, "I didn't want them to think I was a wasp."

Torah and Smoking

Two Yeshive Bocherim, Yankel and Moyshe, discuss whether it is allowed to smoke while learning Torah. But they disagree. Yankel says "I will go and ask the Rebbe." Yankel to Rebbe: "Rebbe, is it permitted to smoke while learning Torah?" Rabbi states in a severe tone: "No!" Moyshe: "Rebbe, let me ask you another question. May we learn Torah while we smoke?" Rabbi, benign: "Yes!"

Hats Off

A Rabbi is walking slowly out of a Shul in New York when a gust of wind blows his hat down the street. He's an old man with a cane and can't walk fast enough to catch his hat. Across the street a goy sees what has happened and rushes over to grab the hat and returns it to the Rabbi. "I don't think I would have been able to catch my hat." the Rabbi says. "Thank you very much." The Rabbi places his hand on his shoulder and says, "May G-d bless you."

The young man thinks to himself, "I've been blessed by the Rabbi, this must be my lucky day!" So he goes to the Racetrack and in the first race he sees there is a horse named Stetson at 20 to 1. He bets \$50 and sure enough the horse comes in first. In the second race he sees a horse named Fedora at 30 to 1 so he bets it all and this horse comes in first also.

Finally at the end of the day he returns home to his wife who asks him where he's been. He explains how he caught the Rabbis hat and was blessed by him and the went to the track and started winning on horses that had a hat in their names. "So where's the money" she says?

"I lost it all in the ninth race. I bet on a horse named Chateau and it lost." "You fool, Chateau is a house, Chapeau is a hat."

"It doesn't matter," he said, "the winner was some Japanese horse named Yarmulka."

Have you got the time?

An old Jew and a young Jew are travelling on the train. The young Jew asks: "Excuse me, what time is it?" The old Jew does not answer.

"Excuse me, sir, what time is it?" The old Jew keeps silent.

"Sir, I'm asking you what time is it. Why don't you answer?!"

The old Jew says: "Son, the next stop is the last on this route. I don't know you, so you must be a stranger. If I answer you now, I'll have to invite you to my home. You're handsome, and I have a beautiful daughter. You will both fall in love and you will want to get married. Tell me, why would I need a son-in-law who can't even afford a watch?"

Kollel Student

A girl brings her new boyfriend, a serious Kollel student, home to meet her father. The father takes the boy into his study and begins to ask him questions.

"So", says the father, "You're a Kollel student. How do you plan to support my daughter?" "Don't worry", says the boy, "G-d will provide."

"And where will the two of you live?", asks the father.

"Don't worry, G-d will provide."

"And how will you support your children?"

"Don't worry", says the boy, "G-d will provide"

The father finishes his discussion and the young man leaves. The daughter then comes in and asks her father, "So, what did you think of him?"

"I like him", says the father, "He thinks I'm G-d."

Funny You Should Come To Me...

A Jewish father was troubled by the way his son turned out, and went to see his Rabbi about it.

"I brought him up in the faith, gave him a very expensive bar mitzvah. Cost me a fortune to educate him. Then he tells me last week he has decided to become a Christian! Rabbi, where did I go wrong?"

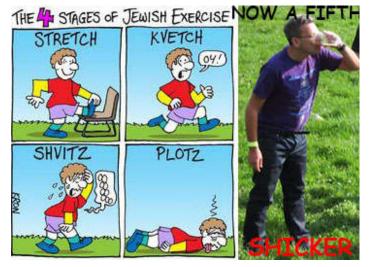
"Funny you should come to me," said the Rabbi. "Like you, I too brought my boy up in the faith, put him through University. Cost me a fortune, then one day, he too tells me he has decided to become a Christian."

"What did you do?" asked the father.

"I turned to God for the answer" replied the Rabbi.

"And what did he say?" pressed the father.

"God said, 'Funny you should come to me...'



REHASHING (continued)

Scribe: R*n 2026

Where: The Old Boot Seaford

When: Mon (as ever), 17th April 2017.

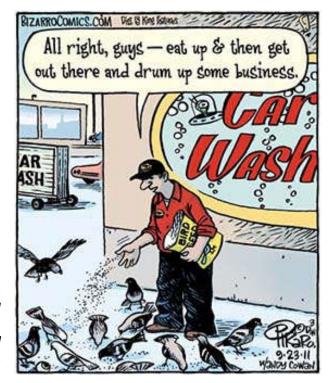
Hares: Knightrider and Prof assisted by Mudlark.

In attendance: Those that were! Scribe is not interested in chasing down a list from Hash Cash. Hell, if you can't remember! What happened? Arrived at Pub (no shit Sherlock!). It was kindly asked, as we have on previous occasions, "Can we bring take-out food in, as the kitchen is closed, please we have done it before?" "Sure" came the reply... Until the full numbers ~30 of us looked like filling the place and "It won't look good if you are all sitting in here eating food from elsewhere", so the initial kind gesture was retracted. Never mind we are here to hash, food is secondary, or even tertiary.

The hash... On out for 'chalk talk'? No chalk talk, just straight out for the r*n. Using the usual hasher mentality of "We've got to head to the coast, we wouldn't be here if we weren't going straight up to the headland", so Mudlark marked it as Kit said, "Not sure why he has marked through there, it's the wrong way", as trail went nowhere near the headland. So there we were...Heading away, or at least parallel to the coast. Through the 'burbs of Sunny Seaford. Sunny? Okay, I am sure it has seen some sun, but not after 7pm in the middle of April, and definitely not while there were dark clouds overhead. At least it wasn't raining. It started raining! So we cross the golf course, do a funny crossing of trail... (during which Mudlark was seen

attempting to chalk on grass, Ed.), up a bit.. "now we are heading to the headland"... as we head back down again. Third time lucky, headland here we come. Lovely hares, putting a fishook at the top. Okay, not the top, just the top of the steepest bit... further on to the headland, before descending, for once, not into Chaos. Other than that, I remember the 3 Doctors talking about 1 of their weddings coming up soon and wedding dress & presents etc. but somehow couldn't get away. Rain getting quite thick now. All ready for the on inn.

At the on-Inn: Beer. More beer. Pay hashing fees... Small indoors circle. Crimes/rewards? Pompette was 'awarded' a down-down after confessing it was her that would not overtake Ride-It, Baby cycling home last week, much to the annoyance of the 6 cars behind her. Trail abuse was St. Bernard's crime, for peeing in the centre of the path after necking the Nut Brown pre-run... Over achieving B*stard! With an honorary mention of trail abuse to Just Julia for mooning all, as well as picking up Sasha's runners. Numpty award went to Mudlark for not knowing his own trail. And a beer for Super-guest MeMe, who also provided his own song: Oh the pigeons they fly high in Seaford town, Oh the pigeons they fly high in Seaford town, Oh the pigeons they fly high in Seaford town, Ch the pigeons they fly high in Seaford town... (and being your scribe;)). Then a hardy few hit the curry house, and why not! OnOn, MeMe



Horns Lodge, Chailey Cliffbanger had voiced concern about extinct wild cattle rampaging across Sussex when Keeps It Up's hurried web directions spelt Aoorox instead of Approx. and he interpreted that as Auruchs! That sorted, the next shock was seeing Pirate actually on time for a hash, parked up and ready, as we wandered into the pub for a light aperitif of the beer variety! Assisted by Bob's Crutch, Angel announced her 500th hash with a promise of lovely bluebells, orchids and a sip. What she didn't say was that Bouncer knew less than nothing about the trail other than it started heading west, with the result that he was like the pied piper with the hash following as he gamely checked wrong until the pack got the message as he insisted on the field route when our foreknowledge of bluebells meant trail was bound for the woods. Sadly the early bloom meant that light was against us and, although we dipped in and out of woods, we couldn't enjoy them in the same glory the hares had when setting. Eventually Angel realised to her horror that Bouncer hadn't been seen for quite some time, mainly as he had the key to the car, so it was with some relief that he reappeared with Bushsquatter and Cliffbanger just a short distance before the sip having missed the signs at the road after being called back from checking. Although the beer was limited, the sip itself was well received due to Angels chocolate fudge cake (to a Wildbush recipe!). Bouncer meanwhile was wandering round offering a hip flask of whisky claiming it was the Angel's share! The pub was a short loop home from here. Come the circle, Angel was presented with her tankard downer, before Penguin Shagger, who had finally finished the marathon and was back on the beer, was awarded. A good crowd had joined East Grinstead H3 for a memorial run on Sunday to their founder Tim 'Grand Old Man' Waller, raising a substantial amount for charity. This had been hared in part by Gromit who joined us this evening but he'd left early so we recognised his efforts with a beer to EGH3 colleague Chaos to the tune of Grand Old Duke of course! At last, Angel and Bobs Crutch received their hares reward, before Cyst Pit was called after making lewd comments to the barmaid. When she offered to give You Stupid Bastard some beef, he offered her some! Mudlark called a joint numpty for Bouncer (obviously!) and Angel (again!) for setting a bluebell run in the dark, pointing out white bluebells, failing to realise there was more than one bridge and giving the key to Bouncer then losing him. Spare a thought for Bogeyman who got so far ahead he missed the sip completely. Another great hash.

APRIL FOOL'S DAY 2017: all the best fake news and pranks Helena Horton; Adam Boult - Daily Telegraph

Usually only observed by children, that 'really hilarious' person in your office and journalists who have to write about it. In a time of fake news as well as weird and wonderful real news, you'd be forgiven for thinking some of these were real.

New 'urban' camouflage for British Army

If soldiers are deployed in built up areas, wouldn't it make sense to make them look like bricks? No, seriously though, wouldn't it? No. It would not.

"Developed in secret with some of the UK's biggest homebuilders and fashion houses," says British Forces News, "UP camo is designed to give British troops the advantage when fighting in built-up areas such as European towns and cities. Depending on where troops are deployed they'll be issued with either Brick, Stone or Pebble Dash clothing, kit and body armour."



Coca-Cola Helium All the taste of Coke, all the fun of inhaling a helium balloon and speaking with a squeaky voice. "By carbonating Coca-Cola Classic with a small shot of helium the drink alters vocal cords by allowing sound to travel faster, and makes them more responsive to high-frequency sounds." Coke spokeswoman Kate Miller said: "We're delighted to be launching Coca-Cola Helium this year – it really inflates our range of drinks and lifts our fans spirits. Popularity of Coca-Cola continues to balloon and this new variant is set to be a flyaway success."

Royal Mint to introduce 99p coins Days after the release of Britain's new 12-sided pound coin, the Liverpool Echo reports that a 99p version is on the way, to help begin the phasing-out of copper coins,

Flight-sized lager File under 'April Fool's stories a large number of people will wish were true'. "Pleased to announce our brand new Flight Size 100ml Tennent's cans are now available at all good Scottish airports. Ideally shaped and sized for your hand luggage. Quantity must fit inside one of those wee transparent bags, mind... Thank us later."

University of Dundee to offer Penguin Studies MSc OK, not the most outlandish of offerings here - surely there are lots of people already studying penguins in the name of science. However, a closer look at the course contents reveals this too-good-to-be-true nugget: "Each student will receive one adult penguin to raise over the year." Plus one of the listed course modules is: "Penguinese – the language of penguins."

UK to withdraw from Eurovision Pink News gives a knowing nod to the UK's withdrawal from the European Union with the arguably more shocking revelation that the UK will also be pulling out of the Eurovision Song Contest! "Pink News understands that the withdrawal will come into effect in the first few months of 2019, meaning the UK will have just two more shots at the trophy," claims the LGBT+ news org. "Plans are afoot for Scotland to compete by itself."



Meh-Mite - the new, blander Marmite that's impossible to love or hate Nice, nice, can see what you did there Marmite. It's immediately recognisable as an April Fool, ties in with established brand messaging, and is nowhere near as pleased with itself as some of the other insufferable nonsense on this page. We give this April Fool six out of ten.

The Beano to drop words in favour of emojis Kids these days have no need for conventional words put together using the boring old alphabet. Get with the programme oldies - it's all about emojis these days.

England Rugby Sevens squad trains with ostrich eggs England captain Tom Mitchell says: "We've been training with ostrich eggs for a couple of months after the coaches hatched a plan to help us improve for the rest of the season."

Second chalk figure discovered near Uffington White Horse The National Trust claims that experts have discovered a second ancient work of art close to the famous White Horse - and this one's a duck:

Paddy Power to stage seahorse race The gambling firm roped in champion jockey Ruby Walsh to add credibility to claims they're sponsoring a new event which "features all the thrills of normal horse racing, but underwater".

Domino's letterbox warmer The pizza chain said: "The 'Doorminos' invention is a must for anyone who wants pizza waiting for them when they get home from a long working day or big night out – or for those who just don't like answering the door. It is set to be rolled out nationwide from this Saturday 1 April."

New jobs for George Osborne

In the wake of recent unexpected news that George Osborne is to be the new editor of the Evening Standard, the Guardian reveals he has yet another iron in the fire - he's planning to launch his own clothing line: In a letter to the House of Commons authorities, seen by the Guardian, Osborne told the advisory committee on business appointments that his new fashion firm would design "high-quality, hi-visibility industrial garments aimed at the multitasking CEO". His ideal client, he said, would be someone who "takes note of fashion while taking care of business". The firm has been registered at Companies House with the name "Georgio".



Rehashing the CRAFT

No CRAFT H3 this month, in theory due to marathon training, although truth be told my own training seems to have been geared more to the Beer Marathon in June than April's Brighton, and probably goes a long way to explaining the slower than hoped for time. That's what Angel says anyway, but I'm sticking with the heat and not the enthusiasm with which I tackled the ales on my birthday weekend; the amount we put away at the HRH prog rock festival in North Wales the weekend after; the Sussex beer festival and BH7 2000th weekend; the post Hyde Park Last Friday 5k pub crawl (crawl round pubs beginning with Ye Olde - Cheshire Cheese; Cock Tavern; Bank of England and Druids Head where we sang "we're all living in a Jaipur Wonderland"); or the 10 pints enjoyed in 12 pubs when a bunch of hashers arrived on the Friday before race day choosing exactly the wrong weekend and city for their annual lads weekend! **BOUNCER**



So here's some beer/pub/drink related pics instead:





was shocked to realise I was drinking more alcohol than recommended in Department of Health guidelines. I decided I ought to do something about it, so I quickly drew up my own set of guidelines and I am now well within the recommended level of intake.

> D Haslam e-mail



I'm going to The Gym tonight for another 6 hour session. Anyone coming with me?



Part of me says I can't keep drinking like this. The

other part of me says 'Don't listen to her, she's drunk'.

thongs-n-things.com

















IN THE NEWS

Brighton and Hove Albion fans' joy at Seagulls promotion BBC News Sussex 18 April 2017

Nothing will ever top Brighton and Hove Albion's promotion to the Premier League, the club's former defender Adam Virgo has said. Thousands of fans celebrated on the pitch at full-time after the Seagulls beat Wigan. The promotion came 34 years after the club reached the FA Cup Final but was relegated. The club's chief executive Paul Barber said a 25,000-strong crowd remained at the stadium after the game on Sunday. Virgo said the scenes of euphoria at the Amex stadium followed the heartache and "dark, dark times" since 1983. "Nothing will ever top this success in the history of the football club," he said. "They're not just going into a big



league, they're going into a worldwide league and the club now will be seen all over the world."

Mr Barber said: "We stayed in the ground for quite a long time because we had about 25,000 people we had to look after. "We can never encourage people to go on the pitch, but we knew they would and we knew that people had waited a very, very long time for this moment and we certainly weren't going to spoil it." Describing the scenes as "unbelievable", he added: "They'll last in people's memories for a lifetime."

Setting out the club's plans before the next season, he said managers had to look at players' contracts and the stadium needed infrastructure improvements of up to £5m, including floodlights, media facilities and improvements to the players' area. "We're going to have some of the biggest clubs in the world visit the city and no doubt all of them will be bringing huge numbers of fans as well - so this is a special time, not just for the football club but for the whole city."

The club last played in the old First Division in 1983 - they reached the FA Cup Final that year but got relegated. In 1997, the club had to sell the Goldstone Ground to pay off some of its debts. It spent two seasons 70 miles away at Gillingham's Priestfield Stadium. The club then moved into the Withdean Stadium in 1999 - a council-owned athletics track on the suburbs of Brighton. Chairman Tony Bloom's arrival eight years ago paved the way for their new permanent home at the Amex stadium and the success that followed.

DJ and Albion fan Norman Cook, better known as Fatboy Slim, who has been an Albion fan for more than 30 years and lives in Hove, said he was going to enjoy the moment "from now until the middle of August". "I'm going to make the most of it and enjoy it because reality will kick in. In the middle of August we could get pasted, but it's going to be part of a learning curve," he said.

On Twitter, Brighton council's leader Warren Morgan tweeted the club's chairman Tony Bloom should be given the freedom of the city. Hove MP Peter Kyle posted that he was "bursting with pride".

SHOCKING FOOTAGE SHOWS THOUSANDS OF WHITE PEOPLE CHASING GROUP OF BLACK MEN AROUND LONDON by Chief Reporter - April 24, 2017

Metropolitan Police detectives have promised an immediate investigation after footage emerged on Sunday of a group of black men being chased around London by THOUSANDS of white people.

According to sources at the scene, enquiries are now underway to see if a hate crime has been committed. One witness said: 'I couldn't believe what I was seeing – those poor men! Credit where credit is due though, they just rose above it and went about their business as if nothing was wrong – nobody caught up with them throughout their ordeal. They showed huge dignity in the face of such hatred and intolerance. Some of the people chasing them were covered from head to toe in outfits, and I assume that this was a pathetic attempt to hide their identities



for CCTV cameras. It's hardly inconspicuous though is it, heading out dressed as a giant chicken to incite racial violence. We hope that thermal imaging will identify these bastards.'

Another witness said: 'This is what Brexit Britain is all about now. It's crazy! Kenya isn't even in the EU. Farage and Gove have a lot to answer for.'

Unconfirmed reports from the scene have also revealed that the would-be attackers were being cheered on from the pavements of London. One Facebook user posted: 'They were handing out water just in case their rabid hatred was leaving them dehydrated. Surely this would make these people accessories to any offences that have been committed.'

The shocking scenes were first reported on Twitter by the user @pajoflynn, who admitted that he holds Theresa May personally responsible for the incident. newsdesk@southendnewsnetwork.com

REHASHING the BEVENDEAN PARKRUN HASH TAKEOVER 8/4/17...

With the Brighton marathon on Sunday there was a mixed field amongst both runners and volunteers this week, with some opting out of the run due to the endeavour the following day, while others, from outside the area, were using the opportunity to tick another parkrun off!

The volunteers this week once again came thanks to **Brighton Hash House Harriers**, which, as a non-serious running group you wouldn't necessarily expect to have many in the 26.2, but amongst them was 4.45 pacer for Sunday, and one of the newest members of the 100 marathon club having just completed in Jerusalem two weeks earlier, **Ivan 'Pondweed' LYONS**.

Making his debut in the role as Run Director was **Tim 'Lily the Pink' JONES**, who engaged us all with the usual pre-run chat, before the stroll down to the slightly altered start point and off they went for a beautiful sunny run.

At the end of lap 1, **FRB** Alistair WATSON, down for the marathon, had the edge, but the man on his shoulder, Tony MACDOWALL, who had cycled down from London the previous day for a stag weekend (!), took the tape at the finish. These two were some way ahead of the rest of the field, but this was obviously a weekend for extreme endeavours as another nutter, Andrew HOWARD had also cycled, setting off from Forest Gate at 2.30am to make the 9am start! His very respectable 24:13 finish time was all the more impressive given that he still had the return cycle ride to make, but he had a plan - to pull over for a kip in CLAIR PARK Haywards Heath, setting for another Sussex parkrun in which he'd taken part the previous week.

Bevendean regular Caroline WOOD, getting tantalisingly close to the female course record, nevertheless set a new female age graded record with an astonishing 80.08% today! Elsewhere, the junior prize was up for grabs with usual winners and **HASH HORRORS Louie 'the Lip' PEGLEY** and **Vincent 'CoF' PEGLEY** both seeing action later in the day in the mini-miles so taking volunteer roles, but there were no takers.

Amongst all the first timers at the event, several regular runners recorded new PB's (whatever the hell they are) so well done to Emily DEFRIES, Ash HEAD, Mary FREESTONE, Colin POOLE (edging under 29 minutes for the first time), Felicity ALDER (23 runs here), and Gerard GRIFFIN.

In a light-hearted moment **Gabrielle 'Angel' BIGGINS**, taking her first go as Tail Runner, found herself faced with the perennial problem of having to sprint to catch up with the next runners when her previous mark was forced to pull out **(SCB'd!)** after the first lap. That brought her in touch with two runners down from Wolverhampton for the marathon, Ruth BENZIMRA and Gina BIGGS, the former recording her 152nd DIFFERENT parkrun, some 9 more than founder Paul SINTON-HEWITT. Gina very kindly joined in with the volunteering, helping out with token sorting after the run, which proves the point that there are any number of roles available and you can do many of them without needing to miss the run, and all help is gratefully received no matter how late in the day you offer!

Next weeks volunteers **(HARES!)** come courtesy of the Peacehaven team, currently working towards becoming Sussex's newest parkrun with the launch of their junior run on 16th April, followed later in the year by the main event. Whilst parkrun UK are very keen to emphasise that they would rather people didn't swamp inaugural runs, we were also honoured with the presence of non-running Paul NOLAN who is responsible for the rather marvellous facebook group New parkrun, well worth a look if you are interested in seeing what new events are coming up, and of course will feature Peacehaven as soon as the official starting date is announced.

Well done to all 33 finishers, and thanks to all the volunteers (also including **Virginia 'Random Sparkles' PONSFORD**) and supporters of Bevendean parkrun, and to the wonderful community pub, **ON INN** the BEVY, for continuing to provide us with an excellent HQ and superb post-run brekkies and recovery drinks!

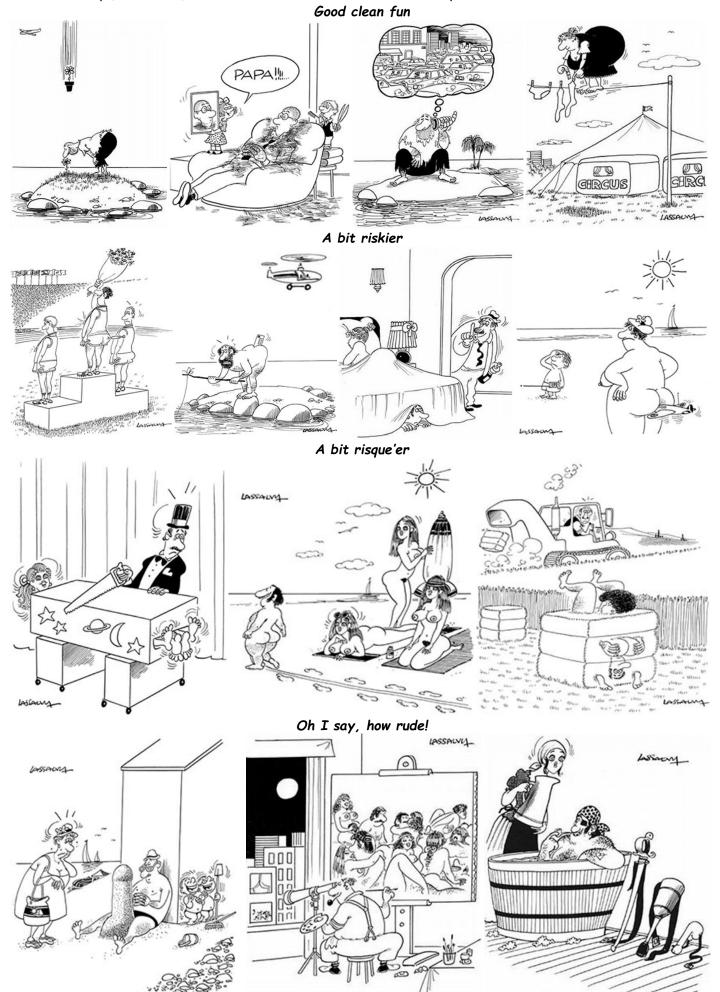
No doubt the Hash will be back soon (watch our web-site for upcoming social runs every Monday from a different pub in the Sussex vale, starting at 7.30pm, and suitable for all abilities), but in the meantime, please refer to Asha's report from run #61 for a description of higher level volunteer roles that need to be filled to ensure the long term continuation of Bevendean parkrun.

Michael 'Cyst Pit' PEGLEY, and John 'Bouncer' BIGGINS in action at the finish VVV



Featured artist Lassalvy (received by e-mail!)...

Robert Lassalvy (1932-2001) was a French cartoonist, caricaturist and painter born in Cournonterral, Hérault.



THE END END



A man wonders if having sex on the Sabbath is a sin because he is not sure if sex is work or play. He asks a priest for his opinion on this question. The priest says after consulting the Bible, "My son, after an exhaustive search I am positive sex is work and is not permitted the Sabbath."

The man thinks: "What does a priest know about sex?"

He goes to minister... a married man, experienced... for the answer. He queries the minister and receives the same reply. Sex is work and not for the Sabbath! Not pleased with the reply, he seeks out the ultimate authority -- a man of thousands of year's tradition and knowledge: a rabbi. The rabbi ponders the question and states, "My son, sex is definitely play."

The man replies, "rabbi, how can you be so sure when so many others tell me sex is work?"

The rabbi softly speaks, "If sex were work...my wife would have the maid do it."

Bless This Car

A rabbi, a priest and a minister have their houses of worship side by side, so they decide to carpool. On the first day, the other two are shocked to see the pastor lay hands on the hood and pray silently. "What are you doing?" the priest asks. The pastor looks up. "I'm just dedicating the car to the Lord's service." "Good idea! Be right back!" the priest exclaims, running into his church. He emerges with a bulb on a short stick, shaking water out of it onto the car. The rabbi stares. "What are you doing?" he says. "I'm consecrating it with holy water," the priest replies. "Great idea!" the rabbi says, and runs into his synagogue's tool shed. He emerges with a hacksaw and takes an inch off the tailpipe.

The Smiling Jew

A well known Anti-Semite, walks into a bar and is about to order a drink when he sees a guy close by wearing a Jewish cap/kippa, a prayer shawl/tzitzis, and traditional locks of hair/payos. He doesn't have to be an Einstein to know that this guy is Jewish. So he shouts over to the bartender so loudly, that everyone can hear, "Drinks for everyone in here, bartender, but not for that Jew over there"

Soon after the drinks have been handed out, he notices that the Jewish guy is smiling and waving to him and says "Thank You" in an equally loud voice, so that everyone can hear.

This infuriates the Anti-Semite and in a loud voice, he once again orders drinks for everyone except the Jew. But as before, this does not seem to worry the Jewish guy who continues to smile, and again says, "Thank you."

So the guy asks the barman, "What's the hell is the matter with that Jew? I've ordered two rounds of drinks for everyone in the bar except for him, and all that the silly bugger does is to smile and thank me in such a loud voice. Is he nuts?"

"Nope," replies the bartender. "He owns this place."

A Good Porking

A catholic priest and a rabbi find them sitting next to each other on a long journey, and so after some hesitation start to talk to each other. After discussing the weather and the cricket, the priest turns to the rabbi and says that he thought it was rather strange that he was not allowed to eat pork, and asked him whether he ever had. The rabbi replied, "Well, when I was a small boy, I did in fact taste a small piece of bacon." "What was it like?" asked the priest.

The rabbi replied: "Not nearly as good as sex."

