



**R-ns/trash #262 March 2019**

**The hash started in 1938, so our hash starts at 19.38, unless otherwise indicated.**

**All directions/ timings are vague and start from Patcham roundabout A23/A27 junction unless they don't.**

[illegible]

**RECEDING HARELINE:**

**08/04/19 The Fox Inn, Patching - NickO**  
**15/04/19 *Eager Hare* required!**  
**22/04/19 The Cock, Wivelsfield – Keeps It Up - 7pm start - Joint EGH3**  
**29/04/19 The Flying Fish, Denton - Prof**

## HASHING AROUND SUSSEX:

**17/03/19 11.00am W&NK H3** – The LONG Ashdown Forest car park located just South of Wych Cross on the A22 past the Llama farm and opposite the Brooklands nursing home RH185JN ( nearest postcode )  
On Inn is the Roebuck at Wych Cross. RH185JL. Hashers wanting food should contact the pub directly on 01342 823811.  
Thumper and Two Left Feet ***St. Patrick's Day run.***

**07/04/19 1066am HASTINGS H3**  
**Quackers and Routemaster – On Inn TBA.**

**on**



*Fukarwe (aka Pondweed) finally gets to the beer!*

**Thought for the day:** We could all run 100 marathons but Proverbs 28:1 - The wicked run when no one is chasing them.

# BH7 HASH EVENTS DIARY & NOTICES

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

15-17/03/2019 **Worthy Winchester H3 Annual away weekend**, Chichester Lakeside Holiday Park <http://www.worthyh3.co.uk>  
 17-19/05/2019 **Interscandi HALLSTAHAMMAR, SWEDEN** – <http://wagh3.vpsite.se/INTERSCANDI-2019.html>  
 16-19/08/2019 **EURO HASH 2019** – On to cruise Scotland. <https://eurohash2019.com/> Full: register for cancellations.  
 23-26/08/2019 **UK Nash Hash 2019** – Caledonia H3 Kelso, Scottish Borders <http://www.uknashhash2019.co.uk/>  
 24-26/04/2020 **Trinidad, Interhash** - <https://www.interhashtrinidad2020.com/>

## From Chopper, sad news:

Max (Malcolm Maxwell), a stalwart hasher from the early days, creator of logos and hash run books etc, died peacefully last night (6th February). He is fondly remembered.

**Update:** The funeral was held at the Downs Crematorium, Bear Rd BN2 3PL 4pm Thursday 21st Feb, followed by a gathering at The Good Companions , Seven Dials BN1 3TE

*Sadly the numbers of hashers from those important founding days of the hash are dwindling through fitness, life's direction, old age, or the great certainty, so there are not so many left who will remember Max from those early halcyon days. I joined Brighton hash in 1992 by which time they had already been going for 14 years, and remember Max, along with many of his contemporaries, as occasional hashers by then, although he always came out for the hash relay. The relay itself suffered a few challenges, not least the closures caused by foot and mouth, but also being hijacked for other worthy reasons, and we were left only seeing Max at Christmas do's. The last time he joined us was in Christmas 2009 but according to the known hash stats he had over 150 runs to his name, although it is likely to have been quite a bit higher as we are missing much of the info for the first 150 plus runs. I was pleased to hear that a good number from those early days were able to get along to say goodbye. Once a hasher, always a hasher, so with those words I'm sure you'll join me in sending our condolences to the friends and family of our latest casualty. Rest in Peace Max. **Bouncer***

**on**

**From Prof:**

It's been a few years since the hash relay was last run, as Chopper finally ran out of reasons to disqualify all the other teams and had to accept that he is no longer the force that he once was. Then we had the figure of 8 Monarchs Way and South Downs Way replacement, but nothing at all happened last year. With that in mind, Prof has proposed a re-launch of the original 80 mile route from Buriton to Beachy Head to take place on 18<sup>th</sup> May.

We are blessed to have had a lot of new blood to the hash since this last took place, so it is worth recapping on what is involved: Taking a far less ~~and~~ serious approach than the South Downs 100 relay, the hash version allows teams of at least 6 runners, but with 18 stages, this could be up to 18! At each changeover the runners are all set off as the first from the previous stage arrives, with the result that runners tend to run with each other making it much more social, and meaning that you get lost together. Invariably there are those who fall through the door of the pubs on the way, but there is always a great social at the end to look forward to anyway. Even if you can't make the whole day and enjoy the craique of the chase as the cars try to negotiate country lanes to stay ahead of the runners, you are welcome to make your own transport arrangements and dip in as and when you can. Chat to Prof if you want to know more or to put your name down. The more the merrier!

### From Keeps It Up (Brent):

The run counts have been updated on the website. Although the page currently says "up to December 2016", they are as of run 2112 (10/12/2018). Please review your personal count and if there are any errors (i.e. duplicate names, missing hash names, run counts incorrect, etc.) please advise me.

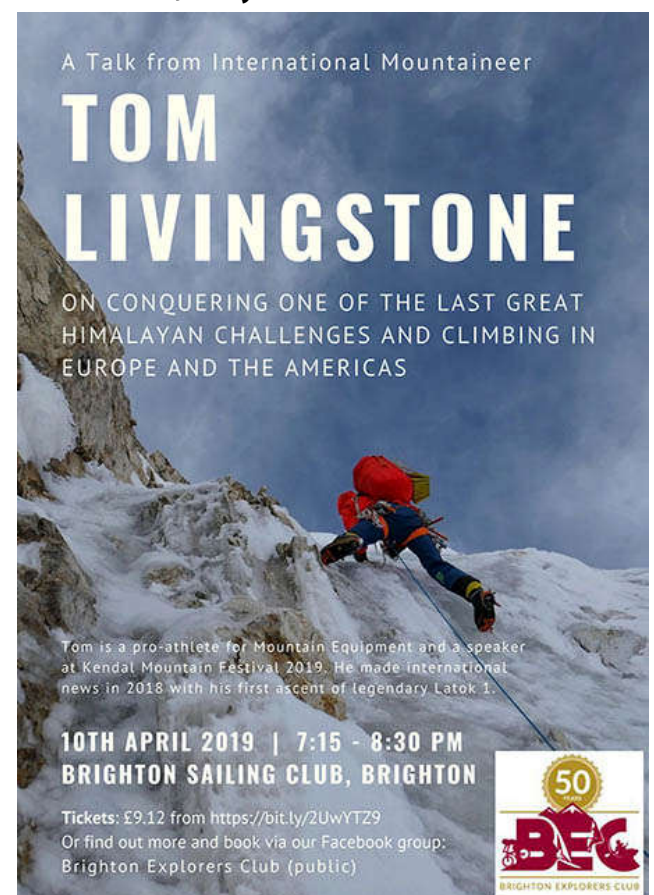
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## CRAFT campout 2019 – Henfield 150<sup>th</sup> France – 21<sup>st</sup> to 23<sup>rd</sup> June 2019

Something else that didn't happen last year was the CRAFT campout which was overshadowed by the 40<sup>th</sup> anniversary celebration weekend and parties. It's back with a post-Brexit bang this year, as we've been invited to join Henfield H3 as they mark their 150<sup>th</sup> r\*n with a weekend camping, drinking, running and drinking in France at Bollocks and Split Pins place near Gorrion (twinned with Hayling Island!). There's even a Red Lion pub in Desertines nearby! Let us know if you can make it, and your transport arrangements. Masses of camping available, but bring a trowel!

[illegible]

### From Ride-It, Baby:



*Woo hoo, I got 56 Valentines cards! Can't believe it, never got so many in one go before... That security guard in Asda can't run for shit!*



# INSIDE PAGE 3 presents: THE BOOBY TRAP (part 1)

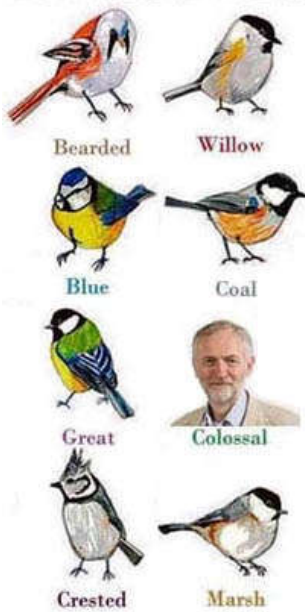
It starts in all innocence,

but because of this,

up pop double entendre's,

and before you know it:

## British Tits



### Scientists: All men look at porn

Researchers at the University of Montreal have come to the stunning conclusion that men look at pornography. All of them.

The Canadian scientists originally wanted to compare non-porn viewers with their visually-randy counterparts, but stumbled upon a problem: They discovered that the former group doesn't exist.

"We started our research seeking men in their 20s who had never consumed pornography," said professor Simon Louis Lajeunesse. "We couldn't find any." METRO



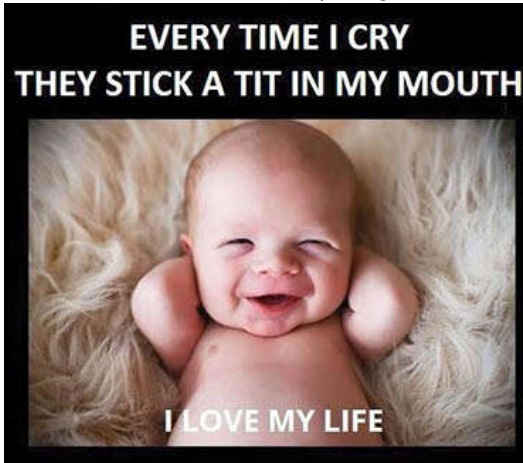
Rosa Heikkinen, a member of the Finnish Chapter of the Royal Tit-Watching (Ornithological) Society of Britain, proudly displays her 'Nice Tits'.



The obsession starts young,

and stays with us.

Girls as well as boys!



But men will always be the ones to get caught by the booby trap.

ARE MEN HELPFUL?



NO

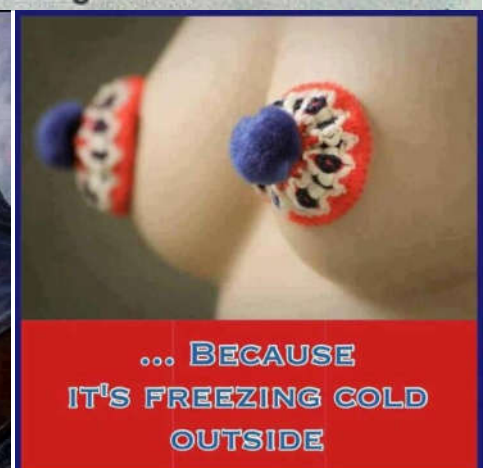
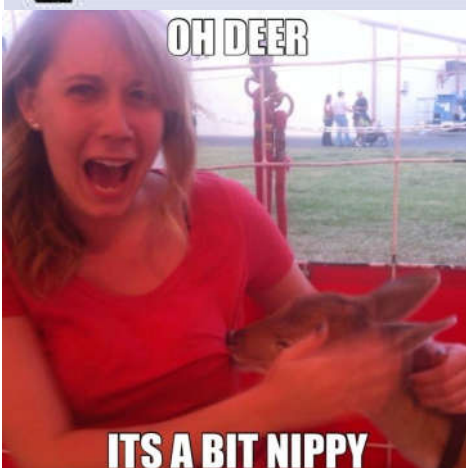
YES

Dear Deidre

WILL playing with my breasts make them bigger? My boyfriend insists it will.

He's 22 and I'm 19. He spends the evenings fondling my breasts to see if his theory works.

I don't think there's any truth in it and I really wouldn't mind them having a rest.





# REHASHING

**Giants Rest, Wilmington** - What a brilliant concept for a hash! Inspired by the film the Running Man from 1987, starring Arnold Schwarzenegger and set in 2019, Rainbow Balls thought it would be fun to have a hash where we set off a couple of lit-up runners to find the trail, the pack following on shortly afterwards to hunt them down. With Peter Pansy and Penguin Shagger both in the form of their life's having run sub 3 hour marathons in 2018, and neither having a particularly brilliant sense of direction they made a natural choice to be hunted. Sadly the evening was to be marred by cock-ups which meant that ultimately the pack failed to get anywhere near their marks, however an enormous amount of fun was had by all regardless! The first challenge was that our hare fell ill with some

Prof and Peter Pansy lit up as the "Running Men"



nasty chest thing requiring the secondment of stand-in Simon to assist with trail and be the packs advantage afterwards. However, the weather was not kind with non-stop rain leading up to kick-off compounded by a thick mist in the hills, which meant that Simon was pretty useless in assisting. Then Penguin Shagger did the unforgivable and cried off because of the rain, meaning a number two was required at extremely short notice. Enter Prof, boosting the "runners" chances with his local knowledge and heightened awareness. Lit up with multicoloured LED strips the "runners" looked impressive and from the walkers point of view it seemed difficult to understand how the pack could miss them but watching from below we had a reasonable view of both pack and runners with the former clearly heading off the wrong way! Our route was simple, along the road to meet the South Downs Way, down towards the river, and along the road to the sip near the Sussex Ox. There was a brief distraction with the van as we left the road at Chapel Hill and we were overtaken by the "runners" shortly before the lovely sip manned by Rainbow Balls' mum, Freya, and featuring hare's own home made cider, but the pack were still messing about on the hill apparently spending 20 minutes getting the van out of the mud, so a call was made to Wilds Thing to say game over, either come down SDW the way we had or follow the van and put Milton Street in satnav for the sip. Unfortunately that got lost in translation and pack reached On Inn just about bang on 9 while we were still strolling back, causing Wildbush to get anxious about her food being left. Circling up, Rainbow Balls and Simon were awarded for the trail, although the hare had made a slight miscalculation in setting, basing the length on Garmin returns from other hashes at 12k. Those Garmins of course include all the extra running that the wearers

usually stick in rather than the true route for non-checkers! The noble assistants were then called being Freya for the sip (who has hashed overseas) nominating RB again but attempting water too, and Lily the Pink for his supremely effective LED outfits. And finally, the victorious "runners", Prof and Pansy. RA Bouncer was roundly chastised as a party pooper for calling the pack off the chase, but even more for nearly losing the walkers by not knowing a red dot from a blue blob on his technology. The pub landlady was a friend of Angel's niece and it's worth mentioning her review of the evening to said niece: *"Got lost in the fig, and helped some people off their faces stuck in the mud in their can"*, but then she did have three ciders at the re-sited sip outside the pub, as well as taking full advantage of Whose Shouts brandy flask on trail. Another great hash!

**Red Lion, Shoreham** - With hare still out on trail as 1938 rolled around it was down to yours truly once again to call the pack to order and dish out the words of wisdom, which included a brief tribute to Max Maxwell. One of our early stalwarts, Max had died during the week after a number of years of failing health. Wiggy had given me strict instructions to make sure that everyone got to the sip stop by 8.30 at the latest, although having not run on the hash for a while I'm not sure how much influence I could really exert over the pack, so I took the walkers to one side and gave them the location and rough directions. There have been a lot of flood defence works around the Adur in the last few months which stopped hare using his planned route down the airport side, but the path on the east is much improved so, once they caught up after the dummy over the bridge, FRB's were soon charging ahead as we approached Ropetackle. Check here worked well before we crossed Norfolk Bridge and headed around the rec, then round the overflow and on to the Brighton Road. With time already rushing on and we were still heading away from the sip I considered SCB'ing on my own to check marks were clear but carried on and caught most of the pack after the bridge at the Widewater. Another long charge ensued (where were the fishhooks?!) so pack was quite split by the Church of the Good Shepherd. Wiggy had mentioned a return via the houseboats but I wasn't sure how he'd taken trail to them so took the view that, with checkers returning from the left, and most of the pack having gone ahead they were probably right, but we found no more marks as we took various directions back to the Ferry Bridge, avoiding the houseboats completely! The secret of the sip was revealed as the Old Star micropub which we made almost bang on 8.30 despite taking a small short cut and Wiggy, who was waiting here for us with co-hare Belcher, generously bought the entire pack a half. The pie and a pint deal back at the Red Lion meant the pack didn't wait for an in-trail, although a few of us appreciated the ales for a bit longer before returning to get stuck into the grub. Circling up, glasses were once again raised to the memory of Max as well as to original hash founder 'G' Gispert, who was killed in action on this day (11/2) in 1942 during the Battle of Singapore whilst serving the Argyll and Southern Highlanders. Wiggy was driving the mile home so stuck with a lime and soda and a head start was called for given his history when it comes to downing! Meanwhile, with Valentine's day imminent, the suggestion to wear red had been made but only Roaming Pussy, Dangleberry, Anybody and myself had complied so we drank our own health. It's unusual for Just Dave to still be in the pub this late so Lily the Pink suggested he was due a naming. He's a pretty measured guy so there was no obvious mischief to use but after Roger Lloyd-Pack passed 5 years ago, fans created a "Call everyone Dave" day on his birthday after his character Trigger suggesting one possibility. Another would be connected to "Call me Dave" Cameron, but the pack had a better idea given that he always leaves early, and thus Cinderfella was born! Wiggy had by now finished his drink so interjected at the end to insist that I should down for trail abuse, by leading everyone astray so they missed the lovely flowers on the towpath. Oh well, if I must! Another great hash!



**Bouncer**

## The Antarctica diary of Prince Crashpian (abridged):

**9/2/19** - My plan to do a weekly blog is not possible due to very limited link whilst at sea. Once we cross the Antarctic Circle we are in the most isolated part of the planet! If you want to follow our progress check out the Heritage Expeditions web page for the Captains blog (How come he can do one?) He's the Captain!

**15/02/19** - Had a great day today on Macquarie island, very up close with Royal penguins and Elephant seals. An amazing day and lots of pictures and video to show you when I get back. We are now at sea for 4 days heading for Ross sea and Antarctica. Weather has been fantastic, clear skies and sunny days. However the sea has been fairly rough with 10 meter waves and a rolling sea, so fun getting round the boat. You cannot let go for a second. Starting a series of lectures tomorrow regarding the history of this part of the world. **18/2/19** - It's a big place, the Southern ocean. Temperature is dropping fast now. I have abandoned my shorts for my polar coat. Getting exciting now, we should be in the Ross sea within two days. Saw our first iceberg today. According to the forecast, we will be able to land at Hut point and visit both Scotts and Shackletons huts. Plan to trek up Mount Erebus and go to the Scott memorial at Observation point. Also hoping to stop at Adare point- great place to see Adele penguins. Our stop on Macquarie island gave me a great opportunity to get some pictures of seals and penguins. Weather has generally been good apart from the sea swell. Got to go now, the bar is open!

**20/2/19** - We are now fast approaching Cape Adare our first port of call on Antarctica. The weather has been kind and we should be able to land at all our planned points within the Ross Sea including the huts and McMurdo base camp. Weather outside is around -12c with windchill. Need to wear all the gear when stepping out. After leaving the closest Belleny Islands, we tracked a pod of humpback whales south for a while, amazing sight, but difficult to get a decent picture. Been watching from the bridge which offers a great view. We crossed the Antarctic Circle yesterday and celebrated with the Ceremony of the Penguin, Great fun! Have attended some interesting lectures whilst at sea relating to the history ecology and exploration of this part of the world. Not many icebergs which is a good sign, the weather can change rapidly here, so still hoping no problems with the landings. This a very remote place!

**22/2/19** - Great day planning for our landing on Antarctica, we will be visiting both McMurdo base (US) and Scott Base (NZ) later tonight. Hope to talk to the science team about what is happening this season. The bases are at 77degrees south. In addition planning a trek to Shackletons hut just over a mile from our landing site. The weather has been very good since we entered the Ross sea, but temperatures are dropping and the expedition leader is worried about the Cabatic winds tomorrow which can drop the temperature by 20 degrees in a few minutes. Also took a picture on deck with one of the guides reading a copy of Michael Palins Erebus. Plan to send to MP when I get back (You never know, he might respond!) Fantastic views of the volcano smoking at the top. Hopefully some good shots for the evening presentation when I get back. Must go now to get my gear ready for the zodiac trip and landing in about an hour.

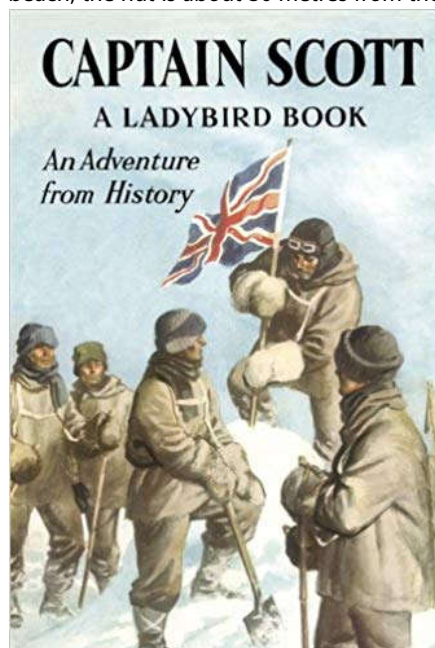
**23/2/19** - Update from day 13 at sea, I finally stepped onto Antarctica at 11.55pm on Friday 22 Feb! Wow what a place. We visited the Discovery Hut at midnight and walked up to the Memorial for the sailors lost in 1902. Took lots of pictures evidence of 100 year old dead sheep still in the hut. Today we took a zodiac ride in -25c temperatures across to McMurdo base (USA) and Scott Base (NZ) they showed us around and at Scott Base got involved in some science they are doing, amazing stuff, on wildlife (seals) The Ozone layer, Glaciology. Scott base has a team of 13 overwintering now, with a summer complement of 90. Amazing trip back in the zodiac, our expedition leader was just a standing ice block by the time we got back to the ship, sea was high and winds blowing, wanted to take a photo but daren't let go off the boat! Hoping to visit Observation Hill tomorrow with the Memorial to Scott, this will be quite moving for me, and then its on to Terra Nove Hut (1911) this will be the highlight of the trip for me. I will let you know how it goes. The weather has a big part to play down here even in the summer!

**24/2/19** - Just come back from a trip onto an ice flow with penguins, seals and Orca's WoW! Furthest point south 77 degrees 55' minutes. And just to top that we are now heading for Cape Evans and Scott's Hut. The weather is sunny and clear with temperatures around -15c. So we should be able to land and visit the hut. The highlight of the trip for me>

**25/2/19** - The big day arrived on Sunday 25th. Did I get to Scott's base... Well it started well and then due to weather conditions it was decided to make two landings over a 4 hour period. I was supposed to be on the 2nd landing but sneaked into the first zodiac to leave at 1.30pm. I was not going to wait when we were only 300 metres from the beach and I could see the hut. So near yet so far! Arrived on the beach, the hut is about 50 metres from the landing site, I could not believe I was here. A very emotional moment for me. Our historian guide

Peter McCarthy understood, his grandfather was Helmsman on the Terra Nova. I decided to head for WIND VANE HILL first and good a view over the site. It was amazing, there are artefacts lying everywhere, boxes where you can clearly read 1910, numerous bones of seals included a mummified version. The atmosphere was amazing the weather was fine and sunny and there were seals and penguins all over the site. I then took the opportunity to visit the hut. There was very strict Bio Security ( I will outline that more in my presentation) What a moment for me to actually step inside the hut. I paused at the door that Scott had emerged from to start his trip to the pole. I was quite emotional inside, I could not believe I was there! I spent the next 4 hours in the hut, the last hour with just me and Peter. It was very moving standing next to Scott's bed and desk with his personal belongings there, and by his chair at the wardrobe table. I was worried that the renovation programme might have "sanitised" the interior. It hasn't, it felt like they had just left. (1913) Over 4000 artefacts within the hut, including the skeleton of one of the dogs(in the stables) and tins of food, Pontings darkroom with all the equipment still there. I cannot explain how I felt, Peter appreciated the emotional moments and we shed a tear or two together. They had to almost drag me out to catch the last zodiac to the ship, got back at 7pm. This was my reason for the trip and I cannot express my feelings now back on board. And as if that was not enough we then upped anchor and went to visit Shackletons hut ( more later) further up the coast, got to bed at 1.30am. One amazing day.

**26/2/19** - just keeping in touch with another dy, for those following the Captains blog, we had the opportunity to complete the "Polar Plunge" meaning jumping off the ship gangway into Terra Nova Bay, water was said to be 5c but there was floating pancake ice ! so cold enough , great fun and 15 of us took the plunge and into the sauna afterwards. Other than this some fantastic weather and visits to both Gondwana and this afternoon Inaccessible Island, both stunning landscapes and the island has not been visited for 5 years! Hope to land at Cape Adare tomorrow if weather good.



**Reminder:** A date for your diary is Friday 5th April at 7.30 pm in the Garden room at the Village Hall, where I will be showing video and pictures of the trip including Flora & Fauna and of course my visit (hopefully) to Ross Island. (Scott's Hut). Entry £3 on the door, all proceeds to The Haven.

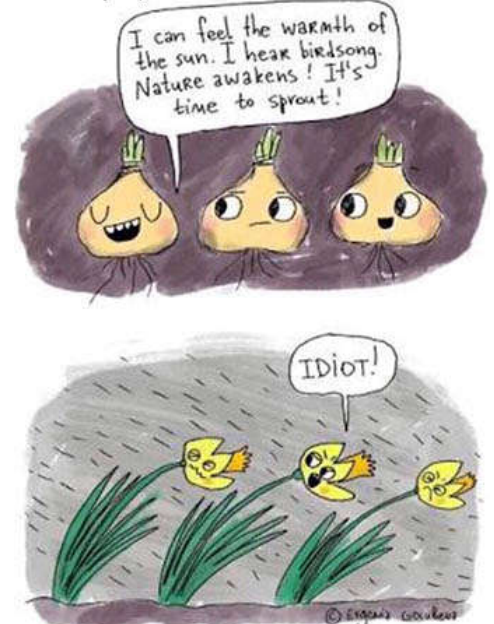


## REHASHING (continued)

**The Lintot, Southwater** – A very short notice pub change was forced on our virgin hare as original choice, the Cock, was lights out - no-one home! **Wilds Thing** assured us we were expected but obviously the Lintot over the road hadn't heard about us and not only allowed the relocation but were very welcoming, even keeping the pizza oven going and giving us 20% off! Their proximity meant no alterations were required to the trail though, so as pack set off for a jaunt around the Country Park and along the edge of the A24, the walkers took a massive short-cut straight to the woods. We floundered somewhat with the lack of detail on the map but found our way past the first couple of checks until we were stymied by the third and could already hear the pack approaching so turned the torches out to see what they did. Naturally they found a hidden path in the opposite direction to splosh around more soggy woodland, before a section on road, a meander through to the Downs Link and on to the sip stop. Meanwhile the walkers had taken a town option, ignored co-hare **Keeps It Up's** obviously wrong 'x' = sip, and tried to locate it using the map again, which it turned out didn't show that part of the trail correctly either. While **Wildbush** took a few round to attempt a reverse trail approach to finding the sip, **Swallow** and **Local Knowledge** retired, and **Bouncer** determinedly kept looking for marks. All this activity enabled the runners to catch up just as beers were being poured and, with beer donated by **Roaming Pussy** from the **Bogeyman** collection, we finally shared with **Mudlark** the 1000 r\*ns flask of friendship, as we got stuck into the excellent bites. Back at the pub the pizzas were so good **Prof** had two, but only because he couldn't decide so ended up with small ones with his 2 choices on. There was a limited circle to award Wilds Thing and Keeps It Up, reminding them that it wasn't 1<sup>st</sup> of April so no need for the joke, and advertise details of **Max's** funeral. Another great hash!

**Snowdrop, Lindfield – Psychlepath** promised a short \*r\* of 4 miles but your scribe was on trail with the walkers hare **Summer Lady**, who had other ideas! So while the main hash trail set off down Lyoth Lane, ran round the open space, wriggled past Criplands over to the Scrase Valley, then round the back of Franklands Village for an early On Inn, the walkers were frogmarched down Snowdrop Lane and along the B2117. We met trail briefly by Criplands then finally hit Lyoth where we were given the option of an early return, which we declined for a longer route out to the Lewes Road. It was a strange sight to see the members of the main hash coming back up the hill, several of whom had been hanging around waiting for their key holders to return! The truth was out in the circle when, as a number of trackers put the trail at a paltry 3.5 miles, hare confessed that he'd forgotten about the false trails when he was setting, doh. As RA put it, we had just twice broken the record for the hottest ever February day since February's began, but it was unclear whether this was Summer Lady's influence on the weather, or if she'd been drawn out in winter because of the unseasonable weather. New boot **Laurence** had been brought along by returnee and other half **Abi**, so both received a welcome beer, although he confessed to cheating as it was in his backyard! Dangerous words in view of the fact that we appeared to have some kind of Hash Audit going on. "Is that even a thing?" said **Dangleberry** for, after eliminating the similarly besuited **Spurtacus** and **Knight Rider** who had actually done trail, it was indeed he who'd done the walk without changing from his work clothes! Also from the walk we had the gruesome sight of **Chipmonk** wearing his Monty Python boxers on the outside superhero style having thought they looked like hole later! There was a surprising amount of racism mentioned after the Brighton made of **Cinderfella** who'd completed his first race after being persuaded to take a

Summer Lady's early appearance  
plays havoc with nature:



**VouchedFor's 2019 Guide to the UK's Top Rated Financial Advisers**

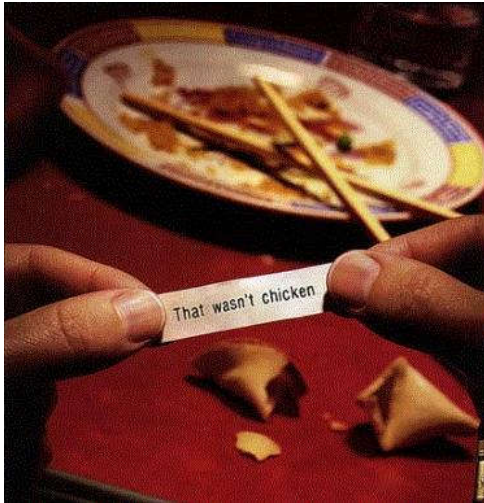
medal off to the kids and posing for photographs in front of complete strangers (NLTT etc). **Eat my Cucumber** also got a worthy mention for an excellent PB which he was particularly proud of due to an ongoing banter with a work colleague, which received far more wordage than the greater achievement of **Just Kick'im** who'd knocked 20 minutes from her time (both of whom also ran to the hash!). In the mini-marathon **Cyst Pits** kids **Coff** and **Louie the Lip** had dominated a tough field to take 1<sup>st</sup> and 3<sup>rd</sup> places receiving decent beer token rewards in the process, then being made to do downers from their trophies by bad loser dad, which earned him the Twat award given that the other nominee, **Wilds Thing**, had already left having run out of beer after pouring it on the floor in the classic checking the watch manoeuvre. **Spreadsheet** had discovered a photo of **Fukarwe** in civvies in the Times league table of the top financial investors, which may just have restored credibility with the auditors as he told us about next week's trail. And in other news, **Hash Gomi** discovered a rare form of dandruff as his head brushed the hops on the ceiling. Another great hash!

[illegible]

*Ordered some Chinese grub the other night. When the delivery man said "£20", I said, "Do you know what Jordan's son is called?". When he said, "Harfev Price", I said, "Cheers ting tong, here's a tenner! Happy New Year."*



# Chinese New - Year of the - Pig Pancake - Valentines - Marathon stuff...



What do you call a Chinese woman on fire?  
Mel Ting.



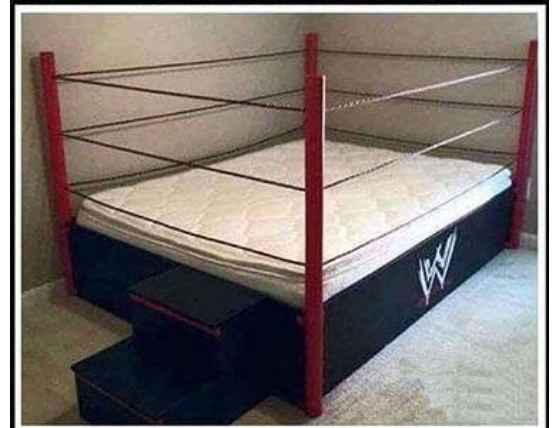
## Secret of successful relationship is getting pissed together

Daily Mash 6th February 2019

COUPLES who share regular marathon drinking sessions are more likely to stay together, it has been claimed. According to research, couples are more likely to split if there is a disparity in the amount they drink. Plumber Stephen Malley said: "I've been with my missus for 15 years, and she's great because she can really put away a ton of sauce. It's what I look for in a lady. I love boozing but my previous wife was all like, 'you've been sick on yourself again', or 'you shouldn't be asleep in that bush', yadda yadda yadda. She was no fun." Malley's long-term girlfriend Nikki Hollis said: "Yesterday we went out at midday and woke up at 4am this morning lying on a roundabout with only one shoe between us. The magic's still there. "They say the best memories are the ones you can't remember."

Drink-based relationship counsellor Emma Bradford said: "You should both clear your diaries one evening per week, get a babysitter and make it 'session night'. Match each other drink-for-drink and then try to steal a fruit machine. A loving couple should prop each other up emotional and physically, particularly if one of them has fallen over in the road and their legs aren't working properly."

**MY GIRLFRIEND SAID "NO MORE SEX IN OUR BED UNTIL YOU PUT A RING ON IT"**



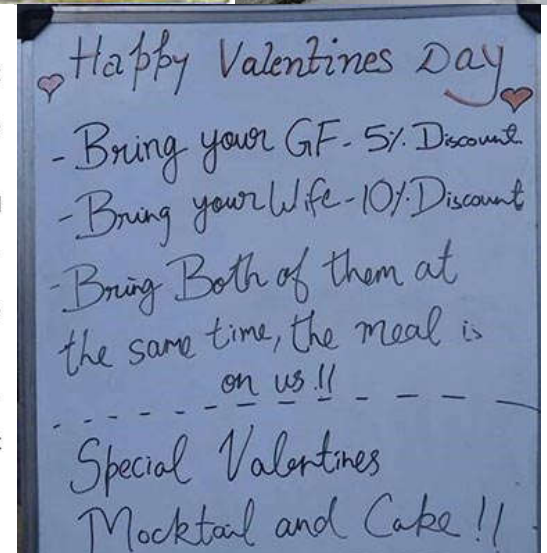
**I REALLY HOPE THAT SHE LIKES IT**



Wow, spring is just around the corner!



A man and a woman were having a quiet, romantic dinner in a fine restaurant. They were gazing lovingly at each other and holding hands. The waitress, taking another order at a table a few steps away, suddenly noticed the woman slowly sliding down her chair and under the table - but the man stared straight ahead. The waitress watched as the woman slid all the way down her chair and out of sight under the table. Still, the man stared straight ahead. The waitress, thinking this behavior a bit risqué and worried that it might offend other diners, went over to the table and, tactfully, began by saying to the man: "Pardon me, sir, but I think your wife just slid under the table." The man calmly looked up at her and said: "No, she didn't. She just fucking walked in."





## REHASHING the CRAFT

For many years CRAFT has been an ongoing joke but time is catching up with us and it's now a reality. We really Cannot Remember A Freaking Thing, such as, for example, having the odd trail! CRAFT H3 #116 was another short notice affair, and I can't even remember what started it, but we ended up arranging to meet at **#1 the Lord Nelson** simply because Roaming Pussy was there meeting another group and fancied joining us later on. From that seed came the idea to repeat the Worthing micro pub crawl of December in Brighton, I mean, if there's 5 micro's there, there has to be a few in the city right? Wrong! The only one is Watchmakers over in Hove, so a quick rethink, and as its February, the Febrewery trail was borne. The Lord Nelson of course is the **Harveys** Brighton Tap which gave us the starting point where Roaming, who was first to arrive, said a quick hello to myself and Angel before slipping away to join her other group. In no time we were joined by parkrun Louise, Dangleberry (who produced an impressive short-notice 'tankard'), Radio Soap and her neighbour Sadegh, Wildbush, Keeps It Up, Spurt. move on Dangleberry realised his see through container wouldn't quite work as he Circus. Originally based at a farm in Uckfield, the brewery moved to Brighton although we felt somewhat caged in the garden with its high fences. There were



offered! Radio Soap enthusiastically dragged us through the door of Grubbs burgers where many of us ate, while others moved on to **#3 North Laines brewhouse**, another brewpub with the coppers behind the bar, this was another busy pub with loud pumping music, enough to put us off staying more than a few minutes. Walking on Wildbush was starting to feel rough with a heavy cold and others were thirsty so we decided to skip the long walk to the Hand-in-Hand and head straight for **#3 the Bierhaus**. This is the taproom of Brighton Bier, a short distance from the actual brewery, and provided a very different experience from the last two as the welcoming barman accepted the CAMRA cards to give us 10% off the round. Sadly Kayleen was now feeling very ill so her and Keeps It Up decided to call it a night and head home, and the party was reduced further on the way to **#4 Evening Star** via the SILO restaurant in Upper Gardner Street. This was the home of **Old Tree brewery**, but although they occasionally stock the beers, we discovered that the brewery has now moved on. And so to the final pub, where the worthy Dark Star brewery was started many years ago by Rob Jones, and stories of the tours consisting of 2 people at a time peering down at the mass of pipes crammed into the cellar when the hash ran from here 20 plus years ago. The brewery moved on to Moonhill Farm Ansty, then again to Partridge Green, but has recently been taken over by Fullers, who themselves have now been taken over by Asahi. The future appeal of Dark Star is uncertain but this pub was not part of the Fullers deal and remains in the hands of Pete 'Humper' Halliday for the time being. Daryl joined us for a couple more here before trains called us home after another great craft hash!

[illegible]

## New Balance opens a pub, where you can exchange your miles run for pints

At last, our prayers have been answered. By JANE MCGUIRE 20/02/2019

New Balance have opened the doors to its first ever Pub, 'The Runaway', where the currency used is miles run and logged on Strava. New Balance and Strava have teamed up to launch four challenges, focused around marathon training milestones for runners taking on a Spring marathon. When runners join the Strava challenge, they'll receive a Runaway Card, which they can add to the wallet on their phone. The card will automatically fill up with the miles they've run, and can be used to exchange miles for pints in the pub. Amazing. The Runaway is located on Charing Cross road in London, and is part of New Balance Everybody's Race campaign, supporting marathon runners through their training. Upstairs at The Runaway, you'll find a fully stocked bar and pub setting, yet if you want to also use this as a strength training session, downstairs, runners will find a gym and weights area to stretch and work out.



### ***When can I exchange my miles for beer?***

Challenge 1 at The Runaway - Run 40 Miles for Pints To be redeemed on either 24 February or 3 March 2019: 50% Badge: 2 x drinks each for you and a friend. 100% Badge: 3 x drinks each for you and a friend.

Challenge 2 at The Runaway - Run 13 Miles for Pints To be redeemed on either 10 or 17 March 2019: 50% Badge: 2 x drinks each for you and a friend. 100% Badge: 3 x drinks each for you and a friend.

Challenge 3 at The Runaway - Run 60 Miles for Pints To be redeemed on either 24 or 31 March 2019: 50% Badge: 2 x drinks each for you and a friend. 100% Badge: 3 x drinks each for you and a friend.

Challenge 4 at The Runaway - Run 10k for Pints To be redeemed on either 14 or 21 April 2019: 50% Badge: 2 x drinks each for you and a friend. 100% Badge: 3 x drinks each for you and a friend.

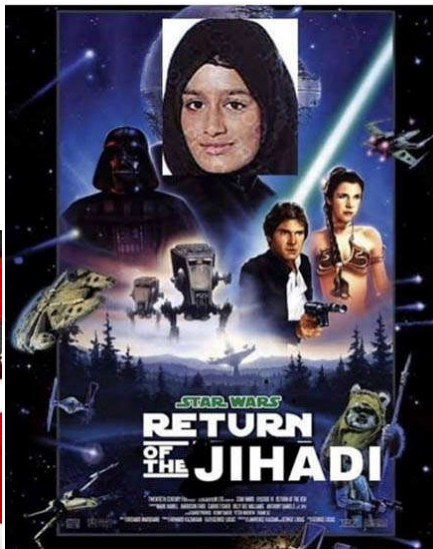
Samantha Matthews, Senior Marketing Manager at New Balance UK & Ireland said; "We're excited to open our very first New Balance pub and look forward to welcoming runners to the bar to exchange their miles for pints. The Runaway pub brings our Everybody's Race campaign to life and aims to empower runners throughout their weeks of training, offering an escape and reward when needed and a hub for the running community to come together and support each other." Only the first 300 for each challenge will receive a "Prize".



# IN THE ALTERNATIVE NEWS...

Almost a clean sweep of the memes from Shamemea Begum this month:

BREAKING NEWS: Plans are underway to bring Shamima Begum back to the UK. Cardiff City are arranging the flights. Prince Philip will pick them up from the airport, Kate & Gerry McCann are to adopt the baby, and Diane Abbott is to sort the timetable for it all to happen.



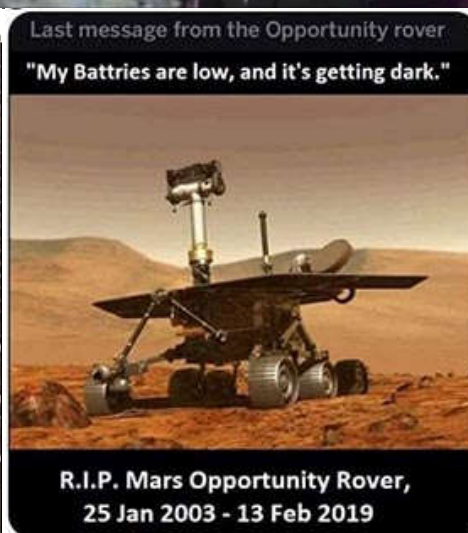
**LITTLE MISS TROUBLE**  
By Roger Hargreaves



Ffs ! She's in the garden .. phone the police



BREAKING NEWS  
Isis bride decides to stay in Syria after been offered a council house in **Moulsecombe**



ISIS bride, Shamima Begum, has had a little boy. The bomb squad were on standby to cut the umbilical cord, just in case.

Join the 3 days challenge!



NO ALCOHOL ON  
FEBRUARY 29, 30 and 31!



# parkrunning hashers



**I RAN MY MOUTH OFF** I lied to workmates that I had done a 5km run – how do I get out of this mess? 25th February 2019

DEAR DEIDRE:

I LIED to workmates that I had done a 5km run. I am 21 and they are all in their 20s and go on about their fitness training, so I said I was a runner, too. I don't know why I said I'd run a 5k - and I'm pretty sure they know it was a lie. The story escalated and I lied about doing a run at the weekend when it was just a jog round the park. I think they are on to me. They have asked me to produce a certificate or photographic evidence but, of course, I don't have either. Should I come clean and lose face, or shall I print off something online and hope they believe me?

**DEIDRE SAYS:** They are sending a warning shot across your bows. The chat will move on – and you can help it. Starting this coming weekend, get involved in your nearest park run ([parkrun.org.uk](http://parkrun.org.uk)). These are 5km runs on Saturday mornings and anyone can take part, no matter how unfit, or volunteer as a helper.

[illegible]

**BEVENDEAN DOWN's THIRD BIRTHDAY RUN on 2nd February 2019 was an auspicious occasion.**

While events across the country were cancelled due to the snow, Bevendean never has and lived up to the tagline on the certificate of thanks given to the Bevy pub in the awards later for hosting and feeding us:- **Small But Unstoppable!**

- **Blackhill parkrun:** Due to snowfall paths are unsafe to run.
- **Bodelwyddan Castle parkrun:** Very icy paths throughout course, unsafe to use
- **Bognor Regis parkrun:** DUE TO SNOW AND ICE,
- **Bolton parkrun:** Ice on the course
- **Boston parkrun:** Snow and ice slippery paths
- **Bournemouth parkrun:** Weather concerns, paths unsafe.
- **Bradford parkrun:** adverse weather ice on paths
- **Bradford parkrun:** Polar bears on the course. Actual polar bears!
- **Bramhall parkrun:** many key paths are unusable due to ice and snow.
- **Bramley parkrun:** essential repairs in the park pavilion
- **Brierley Forest parkrun:** Sheet ice on back half of course
- **Brighthouse parkrun:** Ice on the course
- **Bryn Bach parkrun:** Icy conditions
- **Buckingham parkrun:** Icy conditions on paths



It was also Angel's 150<sup>th</sup> parkrun and at the hash on Monday, we'd had some discussion on how best to celebrate that deciding to wear animal onesies, much to the bemusement of the other parkrunners. Cyst Pit played the part well, while Angel herself chose a Minion as did Louie the Lip. We're not entirely clear what type of animal that is but as it was her show...



**Back: Angel, Bouncer, Just Sue (named Cobblers the following day at East Grinstead H3!), Roaming Pussy, Cyst Pit, Front: Ben, Louie the Lip and Coff.**



**Trouble, Coff, Cyst Pit, Angel and Louie the Lip, Bouncer, You Stupid Bastard (the dog), Lily the Pink, Swallow and Spurtacus.**

On Inn to the Bevy, Swallow presided over the annual awards, while we eat cake and drank beer. Another great parkrun (wait, what?)!

[illegible]

- I once started running but came back after 2 minutes because I forgot something. I forgot that I'm fat and can't run.
- What I like most about parkrunning is meeting new people. In my case, paramedics.
- During sex you burn as many calories as running 5 kilometres. But who the hell runs 5 kilometres in 30 seconds?



# THE TEN YEAR CHALLENGE...

**Hash health warning #1:** Posting pictures of yourself on social media as you were in 2009 and as you are now in 2019, may have a sinister element to it. Worry not though as there's always someone who will find a funny side Here at trash towers we bring you some of our favourites:





# THE END

## Hash health warning #2 – bad joke alert:

We ordered a Chinese takeaway from a local place (I won't name them). I'd just been to pick it up and as I was driving home, I heard the bags rustling and moving!! WTF??!! I thought what the hell is that? Has something got in the bag, I thought I could see a little pair of eyes peering out at me. I was driving so I leaned forward, picked up the bag, put it on the passenger seat and there it was again, more rustling and little eyes looking out behind the prawn crackers, I thought it's got to be a rat or a mouse or something, so I carefully pulled the bag down ...

And there it was ...

... A Peeking Duck!!!

Groan. But all he wanted was a bit of bread —————→



## Message from Bouncer:

I'm flattered that there is so much interest in the ongoing knee problems that have prevented me from joining the r\*nnng pack for some time now. As you can see from the attached x-ray they have finally identified the issue with my knee and I hope to have this resolved before very long so that I can get back to r\*nnng in time for Eurohash and Nash Hash, and of course Brighton Hash later this year.

*How do you confuse a Geordie physiotherapist? Tell him you have knee problems.*

Gabrielle and John took their six-year-old son to the doctor. With some hesitation, they explained that although the little lad appeared to be in good health, they were concerned about his rather small penis. After examining the child, the doctor confidently declared, "Just feed him pancakes. That should solve the problem." The next morning when Crackerjack arrived at breakfast, there was a large stack of warm pancakes in the middle of the table. "Wow, Mum," he exclaimed. "For me?"

"Just take two," Gabrielle replied. "The rest are for your father."

**"It was the worst day of my life"** Lonnie Hensley told a jury in Charleston, West Virginia. "One minute we were joking how she'd be better than Dolly Parton. Next I was covered in blood and standing with nothing but the waistband of my pants on."

Lonnie was giving evidence at the trial of Denny Ray Gullett, who was accused of murdering his business partner, Masel Hensley, in order to collect \$250,000 life insurance. "Denny called me into his office and asked me to give a box to Masel. He said it was 'an inflatable doll with Dolly Parton's body and Ronald Regans head' and promised Masel would 'get a real bang out of it'. I took it to Masel, who was a big Dolly Parton fan, and we thought we'd \*\*\*\* it there and then. The instructions on the box told us to hook the wires up to a car battery so it could inflate, and we were joking about who'd go first while he fixed it to his pick-up truck. Then everything just blew up."

A forensic expert later testified that the box had not contained an inflatable sex doll. It had, in fact, contained six sticks of dynamite powerful enough to crack the foundations of a nearby house and rip the clothes from both men, depositing the remnants on power lines overhead. Masel was killed outright by the explosion, Lonnie had his testicles blown off and was later found wandering the streets singing 'Stand By Your Man' in a daze.

Gullett's defence - that the gift wrapping department of his local store had "obviously screwed up and give me the wrong package" - was not accepted by the jury.

