

The magazine of Brighton Hash House Harriers R-ns/trash #264 May 2019

Find us on facebook or at http://www.brightonhash.co.uk/

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.

DATE #NO ON ON Post Code HARES

6th May 2019 2133 White Hart, Henfield BN5 9HP Prince Crashpian

Directions: A23 north to Pyecombe. A281 left towards Henfield (c. 5 miles). Right at mini roundabout into High Street. Pub is on right opposite Church Street, approx. 1/4 mile. **Est. 20 mins**.

13th May 2019 2134 Plough & Harrow, Litlington BN26 5RE Knightrider & Mudlark Directions: A27 east past Lewes and Beddingham. Take 2nd right after Alfriston roundabout past the Giants Rest pub. Pub approx. 2.5 miles on right. Est. 25 mins.

18th May 2019 (Saturday) HASH REGAL RELAY 8am Buríton Church to Eastbourne Golf Club

Finishing approximately 6:20pm and followed by ale + meal at John Harvey Tavern, Lewes from 7:00pm.

20th May 2019 2135 Hampden Arms, South Heighton BN9 OJJ Rebel Without His Keys Directions: Directions: A27 past Lewes. Right at Beddingham roundabout on A26. After 4.0 miles take 4th left (The Hollow) signed South Heighton. After 0.2 miles left onto Heighton Road. Pub on left. Est. 20 mins.

27th May 2019 2136 The Lintot, Southwater RH13 9LA Wilds Thing

Directions: A23 North 9 miles to A272, 6 miles east through Cowfold, right (north) on A24 1.6 miles, left on Mill Straight, pub 1 mile on right. **Est. 25 mins**

3rd June 2019 2137 Fukarwe & Ríde-ít, Baby Gardeners Arms, Sompting BN15 OAR

Directions: A27 West, through tunnel, straight on at traffic lights, over roundabout at north Lancing to next lights. Straight on again, 2nd left opp. Sompting church and right at roundabout. Pub 100m. on left. **Est. 15 mins.**

RECEDING HARELINE:

10/06/19 Heath Tavern, Haywards Heath Psychlepath

17/06/19 Queen Victoria, Rottingdean Prof

24/06/19 Beardsfield Nursery, Ditchling Local Knowledge

HASHING AROUND SUSSEX:

03/05/19 19.00pm Burgess Hill Runners Friday pub run Cock, Wivelsfield - Including visit to the Bogeyman stile.

05/05/19 10.66am (11.06) HASTINGS H3

Catsfield Public Carpark (TN33 9DP) On on after at the Whitehorse. - Derry Air and Muppet.

19/05/19 11.00am W&NK H3 Big Yin

26/05/19 11.00am Henfield H3 Royal Oak, Wineham BN5 9AY Tosser \mathcal{E}_{r} Moneypenny **GM Dave the Dog memorial** r^*n

Thought for the day: The answer may not lie at the bottom of a pint glass, but you should always check just in case.



what the knights in white sat in?

BH7 HASH EVENTS DIARY & NOTICES

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

17-19/05/2019 Interscandi HALLSTAHAMMAR, SWEDEN - http://wagh3.vpsite.se/INTERSCANDI-2019.html

Henfield H3 & CRAFT campout 2019 - Desertines, Mayenne, France - See Trash 263 April 2019 21-24/06/2019

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 - Caledonía H3 Kelso, Scottish Borders http://www.uknashhash2019.co.uk/

24-26/04/2020 Trinidad, Interhash - https://www.interhashtrinidad2020.com/

onononononononononononononononon

Message from Bollocks, Henfield H3 - 9/3/19

news from sad yesterday, our GM Dave had to have an assisted passage to Dog Heaven last week. He had been ill for a short while and wasn't going to improve.

We will have a memorial circle when Henfield return hibernation, meanwhile more regular Hash Kennels might like to give the old boy a Down Down next time they meet.

RIP Dave. GM, Henfield Hash. ON ON.

onononononononononon Hash Regal Relay - from website:

This year's Hash relay will start from Buriton Church at 8am on Saturday 18th of May (and finish at the Eastbourne Golf Club at approximately 6:20pm). followed by ale + meal (John Harvey Tavern, Lewes 7:00pm).

Legs + estimated changeover points are on website as an Excel or PDF.

Please let Prof know if you can make it

SOUTH DOWNS WAY 100 - 1st Tune 2019 - A plea has also gone out for hashers to take part in the hash team for the 100 mile relay on 1st June. Please let Lily the Pink know availability urgently as he needs to submit the team asap.

timwjones@yahoo.com



BARNES H3 XMAS WEEKEND



BLACK TIE DINNER & DANCE 22-24th November 2019 The White Hart Hotel, Salisbury. SPI 2SD

THE PRICE FOR THIS FANTASTIC WEEKEND OF FABULOUS FUN & FRIVOLITY INCLUDES:

B&B FRIDAY &/OR SATURDAY. COMPLIMENTARY FRIDAY AFTERNOON TEA WITH CAKE. SATURDAY AFTERNOON COUNTRY RUN WITH SIP STOP & BUFFET FOOD AFTERWARDS. SATURDAY BLACK TIE DINNER & DANCE, (inc. wine). SUNDAY MORNING HANGOVER RUN. (Plus the traditional Barnes Friday evening pub crawl & curry - at your own expense).

ALL OF THE ABOVE FOR THE AMAZINGLY GREAT PRICE (when sharing a twin or double room):

FRIDAY & SATURDAY: £154 pp for Barnes members & £166 pp for non-members. SATURDAY ONLY: £107 pp for Barnes members & £113 pp for non-members. Single rooms available for an additional £25 pp per night. First come, first served.

A £30 per person deposit by cash, cheque or BACS secures your booking. (Or pay the full amount!)

Annual direct debit membership of £20 covers weekly run fees & discounts for a variety of Barnes events including this weekend. Download a blank mandate from the Barnes H3 website.

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	BARNES H3 CHRISTMAS WEEKEND IN SALISBURY	22nd - 24th NOVEMBER 2019	
NAME(S):		BH3 members? YES / N	0
HASH NAME(S):			**
MOBILE(S):			
EMAIL(S):			•••

PLEASE RESERVE A DOUBLE / TWIN / SINGLE ROOM (Delete as applicable)

FOR FRIDAY & SATURDAY / SATURDAY NIGHT ONLY (Delete as applicable)

Hand cash or cheque for £30 per person to Stonker at any Barnes trail on a Wednesday evening. Cheques should be payable to 'Barnes Hash House Harriers'.

OR post to Stonker (Steve Bateman), 45 Waldegrave Gardens, Strawberry Hill, Twickenham, Middx. TWI-4PH. OR e-mail the above information to (Stevebateman2@yahoo.co.uk) & also transfer £30pp direct to the Barnes Lloyds Bank Account. Sort code: 30-97-06 A/c no: 0142 3087 Please use your hash name as the reference.

Message from Layby:

Proxy and his band The Columbian Drug Barons (aka Main Vein from our 2000th r*n and 40th anniversary weekends) will be performing on Horsham Bandstand as part of the Great British Festival on Sunday 12th May from 2.30pm to 4pm.

The concert is free, but is in aid of the Samaritans, so there will be plenty of opportunities to make donations in appreciation of the great sounds! There's all sorts of activities going on throughout the day, so perfect for hashing then coming along for some Proxy dancing music! The beer tent and lots of food tents will be nearby too!

Not an official CRAFT but this will be followed by a visit to the local hostelries, so the more the merrier!

INSIDE PAGE 3 presents: THE BOOBY TRAP





Not sure I'm keen on these late Easters. All my chocolate melted in the heat.





of the many excellent parkrun April Fools japes on Facebook, one of my favourites was from Ashburton (see page 8), who were allegedly trialling facial recognition technology. In order for this to work they asked all runners to supply a current photo along with their barcode. There is an amusing obsession with boobies among 'parkrun laughs' members (particularly the girls before you start!) so, spotting the April Fool, I gave my number as 5318008, which is of course the calculator version of BOOBIES, and attached the 'Homer Simpson' lookalike below. This may come as a surprise to you but I'd never had anything removed by Facebook before! I was in double trouble though as it turns out that number has already been used by parkrun too!

Bouncer









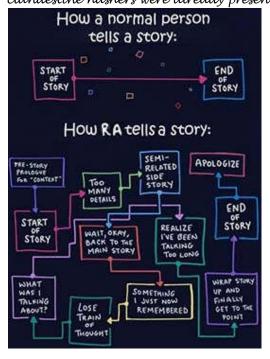
REHASHING

White Horse, Maplehurst - A muddle on the runsheet had Whose Shout and Cooperman down for this one while Pirate had diaried it after Fukarwe press ganged him. The former stepped aside as this is the latter's local and thus we gathered, parking in the orchard famed for its wassailing and scene of Roaming Pussy's fruity extracurricular activities. Pirate trails are rare so as a bit of fun this was promoted as a 'dress like a pirate' hash and the pub name being redolent of the wave tips prompted a comparison to a life on the seven seas. The discovery of pirate booty, including an octopus, at the pubs portico added to the atmosphere! So with a cry of 'avast me hearties', or 'tally ho', or perhaps just 'On On', we set sail on a heading of ENE towards our Cap'n's stronghold. The main crew spotted potential plunder off to port so diverted for a trip round the bay, while a scouting party maintained their heading eventually passing the hideout, as hands Keeps It Up and Eat My Cucumber reappeared. The compass went a bit askew here as those on a direct heading missed their bearing only to spot the crew to starboard enabling a more accurate positioning to be ascertained. And so the adventures continued, through the ward of the South Lodge for the crew, but on a shipping lane for the scouts, circumnavigating clockwise to follow the same route homewards, and attaining shore reunited for well deserved grog. Called to order by the provost it was time to swab the rapscallions, scallywags and picaroons

but first our swashbuckler Pirate and his strumpet wench Soggy Crack I wanna know who the pirate girl is were enticed to walk the plank whilst imbibing, which sounded a better idea on paper than the final result. Also better on paper was the justification that technically we are within the 200 mile fishing zone for French trawlers so having established that we are at sea, piracy is an inevitability! Sad news had been reported during the past days of the loss to the World of (Jolly) Ranking Roger so the knave known as Wilds Thing took a beer for him under the pretext of holding the shipping charts the wrong way up according to the lookout. Joining him for some Maple Syrup connected theme was Keeps It Up who had been in his own little world. And finally, since it was never really the intention to dress up and the suggestion was merely April 1st high jinks by the bilge rat Bouncer, all those who'd been scammed were required to hove* to - Fukarwe, Anybody, Chaos and especially Ride-it, Baby (*yes, it was mainly the Hove car that fell for it!). Another great hash!



Royal Oak, Newick - A good crowd gathered despite co-hare Shoots Off Early spreading nasty rumours of an 8 miler but Hot Fuzz claimed it was just 6 as he advised us to keep our eyes peeled for the camel! Spurtacus swiftly took control of the walkers map as returnee Dougal grumbled, "Are we running tonight?" before realising he was with the wrong group! Crossing the A272 north we soon headed west past some new houses, but chit chat meant the gap in the hedge was nearly missed. Chaos was evident at the tail end of the main pack as Lily the Pink appeared from behind playing catch up, but our paths soon went separate ways as the walkers short-cut the short-cut, to head down the road and re-cross the A272. Continuing past several footpath options we returned to trail after the cross roads. The main pack, meanwhile, went further west before a long trail south, eventually completing the rectangle to follow us on in past the curry house, which actually looked as if they could have served us this time unlike a couple of visits back when the Crown had no grub and they'd shut early. Knightriders charm faltered on the new and otherwise friendly landlord, but he eventually got it and donated a jug of spare beer for the circle. As opinion was sought, Psychlepath declared it the best hash ever, which prompted RA to call Chaos to drink with the hares, having been telling everyone that he'd set the worst hash ever in Newick for East Grinstead H3, the pack disappointingly short cutting to 7 miles of the original 11. Yin and Yang, but mention was made of Hot Fuzz's wife, Just Julie, who was pressed for trail info but Mike had refused to tell her anything! Dave Chase was another returnee and had slipped into the pub dressed in his work suit earlier before a swift change into running gear in the Gents, hoping to be unseen, but clandestine hashers were already present. This being the 30th anniversary of the Hillsborough tragedy, Ride-



It, Baby was called to represent her town of Sheffield, against Dave's red top for Liverpool, but as she was driving Little Spurt happily stood in. A parkrunning hashers meet up on Saturday had ended up breaking Spurtacus resulting in him taking control of the walk and getting us lost, all the while moaning about last week's downer for racism. Trouble, on the other hand, no-showed the meet-up but ran all the way tonight! Just Kick'im and Eat my Cucumber hadn't made it tonight due to work, but both received honourable mentions, Kim for being the 'best girlfriend ever' as she'd dragged herself out of bed to drive Ross and his bike down so that he could do the 50km pre-marathon bike ride with Lily the Pink, both of whom went on to do the full marathon, including all the beer stops and getting marathon drunk afterwards (photo evidence was available). In other Marathon notes, Fukarwe was proudly showing off his 10/10 shirt and medal having completed every Brighton marathon since it started, much to the envy of both lightweights Lily and Keeps It Up who have only managed 9/10 but as Ivan pointed out, they'd saved themselves fifty quid! Lily confessed to throwing his 2nd beer trying to get away from Peter Pansy who was out in support of Penguin Shagger (whose time was impacted by refusal to take a beer) and KIU had broken Wilds Thing in the first half, but the lad recovered well to finish respectably after a beer. And finally, the Twat mug was awarded to Angel who'd said to Dougal, "I thought you were a dog?" Another great 'best ever' hash!

APRIL FOOLS 2019 - parkrun special

Ah, 1st April: the only day of the year that people critically evaluate things they find on the Internet before accepting them as true.

[A little background: The way parkrun operates is by registration online, where you are allocated a parkrun number and barcode. This should be printed off and taken to parkrun. At the end of the event you are given a finish token with another barcode on. Present both of these to the finish scanners and return the finish token. Non-return causes problems for the Run Directors. *Ed.*]

Catton parkrun

The ethos of parkrun is that it remains free. However, due to the rising cost of missing tokens, it is with some regret we have to introduce a deposit system. From April 6th's event, you will be required to leave a deposit with the core team until your token is returned.

Because of the parkrun code, we are unable to handle cash directly. Therefore please leave an item of value such as car keys, wedding ring, Smartphone / Laptop or any other item of similar value.

You will be handed a receipt. Please do not take the receipt home with you, but turn it into the scanner along with your token and bar code. The scanner will then issue you with a collection note.

Please do not take the collection note home with you, but hand it in to the new volunteer role of "parkrun Bursar" that is being developed for this deposit system. The parkrun Bursar will then issue you with a key.

Please do not take the key home with you, but use it to access the "parkrun locker system" that we are having installed just outside the lodge. The "pLS" locker will contain a small hospitality style pager.

Please do not take the hospitality buzzer home with you, but wait in the assigned deposit return area where currently we have "Brett's shed".

Once your item is ready for collection, your buzzer will go off, and you may collect your item.

However, please do not take your item home with you. Security is important to all of us here at Catton parkrun, so we are using modern retail technology to apply a security tag to each item that is deposited. In order to have this tag removed, please take your item and the barcode back to the parkrun Bursar who will remove the security tag and issue you with a notice of deposit return.

Please do not take this notice of deposit return home with you, however, as we require you to sign it in triplicate. We require you to hand one copy to the run director, and another copy to Sue or Matt at the Friends coffee counter. Thank you in advance.

Core Team

Isabel Trail parkrun

Good morning all. Due to overwhelming demand from parkrunners from further afield, parkrun HQ have taken the unusual step of renaming the Isabel Trail, to ZISABEL TRAIL - for one week only!

Come and get your "Z" folks, and be equally thankful that it WASN'T a "J" $\,$

Portobello parkrun, Edinburgh - 1 April at 06:38

Important announcement

After much consideration we have decided to trial a new system of finish tokens from next Saturday, 6th April. This will operate on a "lucky dip" system of picking your own finish token from the bucket at the end of the funnel. This will free up 3 roles (2 finish tokens \mathcal{E}_1 1 number checker) on the volunteer roster and also save the need to sort tokens back into the correct order at the end of each run which requires 2-3 pairs of hands in the cafe.

which requires 2-3 pairs of hands in the cafe. We need to speed up the efficiency in how parkrun operates and with our increasing number of runners every week this should help to improve the speed at which people move through the finish funnel and we pack up at the end of the run.

Your parkrun time is linked to your finish token position by matching it with the same number finish time on the stopwatch, so we hope that this will give some runners the chance of a much desired Personal Best. Whilst others may feel that they lose out, we have done some number crunching and feel that overall, if you run at Porty at least once a month the numbers should balance out over the year and not skew your parkrun stats average too much.

Please ensure that you take a token and move out of the funnel as quickly as possible. Do not stop to rummage through the bucket to select a token you want or swap tokens with other finishers before you scan them. As ever, please do not take your finish token home!

Severn Bridge parkrun

Wow-just Wow!

A Bespoke alternative course!

Highways England are closing the Bridge so this coming Saturday we have SPECIAL permission to run our alternative course on the Motorway! Actually on the M48 over the Severn Bridge! Once in a lifetime opportunity for parkrun!

At 9am we will start as usual

P lease remember your barcode

Remember-no dogs!

In case of emergency 999

L ove parkrun 🕊

First timers welcome

Only one chance to do this!

O utstanding opportunity

Lose out if you don't come!

[*Ed:* Alphabeteers are parkrun tourists attempting to visit a parkrun starting with every letter. Obviously Z & J are rare.]

Giant inflatable boobs (not more! Ed.) have popped up all over Shoreditch - James Manning Time Out Monday April 1 2019
Yes, it's April Fool's Day. No, this isn't a joke. Inflatable breasts really have appeared on several east London rooftops. Five boobs of various sizes and skin tones popped up yesterday for Mother's Day, as part of awareness-raising by women's tech company Elvie. The start-up launched a wearable breast pump in September and its #FreeTheFeed campaign aims to make more British women feel comfortable breastfeeding in public.



The boobs can be found bobbing over Shoreditch Grind, Village Underground, Columbia Road, Ely's Yard and Bethnal Green Road until the end of today, when they'll sadly be deflated and Shoreditch will return to having its regular number of massive tits. Wahey!

REHASHING (continued) by Bouncer

Fox Inn, Patching - In the absence of a run report what do we know about this trail? Well let's start with the hare, NickO, late of Kirton H3 in Devon, a hasher of many years experience, his one previous very entertaining trail for BH7 was set to KH3 rules and managed to squeeze a lot of trail out of a very condensed area. Angmering Woods offers the potential for a similar style of hash, although the website map looks as if it may have featured rather longer stretches between checks. Hare has become very familiar with this area and

WHAT MADE YOU
WANT TO BECOME WELL,
AN EDITOR?
A LONG
STORY SHORT...

optimistically anticipated a bluebell trail. Despite early blooming though, NickO advised on Facebook there would be just a hint of blue and to bring torches as it would be dark by 8.30pm. Through gleaning, RA Lily the Pink seems to have suffered some form of stage shock and was unable to recall very much, although Spurtacus confessed that his downer was probably well-deserved as he had covered more ground than anyone else, zipping effortlessly through the pack and up and down false trails. Keeps It Ups GPX suggests that he wasn't alone though and it looks suspiciously like an anti-clockwise route up Selden Lane, out towards Patching, through the woods and Angmering Park for a cheeky fishhook dropping down for a sip stop at the top of Dover Lane barely 2/3rds in before returning via the Woodmans. There you go, see how easy it is to knock out a run report and I wasn't even there! So next time, someone who was give it a try. Please! Another great hash (aren't they all?!)

Cock, Wivelsfield - Our Easter Monday joint hash with East Grinstead H3 was very well attended and much appreciated as we took in a route to see Bogeyman's stile. I'm hoping EGH3 will have a report I can steal and

stick in next time, but briefly on the circle we were treated to a short history of Wivelsfield by Jonathon, who went on to award Cardinal and Asbestosser for using dogs to hash. I then thanked Keeps It Up and Wildbush, before a big group was called by Layby including visitors from London (Caboose) and Durban (Cabbage Patch Kid and Trailer Trash); our very own Afrikaan Trouble/Tumble; and little Ben's Dad Rod; plus Big Jaws Abi and Lawrence (who changed into their running gear and walked directly to the sip stop from home. Bushsquatter and Cliffbanger had run in identical St. George's outfits in honour of our Saints day, and they drank with George who met the qualifications to be a saint: the first criteria of being dead recognised by the pack, and the second, of a miracle being that despite the first he hasn't stopped talking! Another great hash!



While you wait...

Flying Fish, Denton - Entertainment was to be had for bystanders watching hashers grappling with the limited parking space available as the pub is currently in the centre of temporary traffic lights! We were treated to a few notable appearances at the pub-returns for David Harris (who also had a hand in setting trail), and Black Stockings (just for a walk, having broken her arm skiing recently), a rare appearance of your scribe in actual running gear (though I'd misjudged the onset of summer and was hinting heavily to Ride It, Baby about borrowing her spare jacket which prompted her to return it to the car, Anybody rapidly doing likewise), and finally, Profs daughter Eleanor making her adult debut with the hash! A cheeky look at the route map revealed not so much a flying fish as some strange sea-dragon type critter from the depths, so I knew I was on my own if I ran and lost the pack, but the first hill blew all the wind out of my sails and I decided to stick to the walk. Catching up at the check though and spotting the downhill, stupid kicked in and I ran on as we dropped down to the roundabout and crossed to follow a route round the Seaford flats. With a bit of construction going on, the proper footpath wasn't available so I took a cheeky SCB down the road while the rest of the pack floundered, then got caught by the unusual check marks thinking they were false trails. Re-crossing the A259, my next SCB through the crops failed dismally, and I started to drift behind the pack along Poverty Bottom. With torches starting to appear, no two runners followed the same route up the hill, putting the horses in a playful mood. St. Bernard kindly waited, as we passed the walkers, to give me a commentary on the terrain I'm sure he usually reserves for guiding Little Spurt! On Inn and grub was already appearing but we'd overwhelmed them as there were at least two extra dishes, while others including Spurtacus sporting his own personalised "I Am Spurtacus" t-shirt had to wait an inordinate amount of time. Circling up, Mr H having already gone and Spreadsheet and Knightrider both driving, Prof and Mudlark, were called to represent the hares and test the lager/beer blend having both been seen with chalk in hand on the run! We refrained from asking the questions but Eleanor expertly put away her introductory downer commenting "Is that all?", just like her Dad who usually scoffs at anything less than a pint. There had been a few other amusing quotes on the run including Cinderfellas "There's a real smell of rape in the air tonight". Hot Fuzz had been advising on the road to ruin, but reckoned the train was quicker. I think he was talking about Rouen, but I was reminded of a fella who always got drunk very quickly: "If you know where you're going, you might as well get there by express!" Angel had said she expected it long and hard, promptly adding, "I wasn't talking about you Bouncer", Dave H rapidly interjecting, "Unless you meant the marriage?" Grrr. Prof had covered his back when the Newhaven Ferry announced its presence, saying "that's not the hash horn", because there are those who get confused, don't they Angel? I'd mentioned to One Erection how nice it was to be running with the pack only for him to turn around and say, "Well one of your legs is running!", so he got the beer. And finally the Twat mug went to Mudlark for refusing to mark trail at the nettles, then misdirecting pack later. Another great hash!

A final word on Easter:

Waitrose pulls chocolate ducklings from sale after complaints of racism - Telegraph 8th April 2019



Waitrose has apologised over "racist" Easter ducks after customers complained that the dark brown one was labelled as "ugly". An £8 trio of white, milk and dark chocolate Easter ducklings caused offence among a "small number" of customers for being labelled as "fluffy", "crispy" and "ugly".

The complaints centred around the dark brown one being described as the "ugly" one, with some implying it was racist. Following the feedback, the supermarket temporarily withdrew the ducklings from sale while it redesigned the packaging to remove the labels. The redesigned packs are now back on sale in stores and online. The names are likely to have been inspired by

the song "the ugly duckling", from the literary fairy tale by Danish poet and author Hans Christian Andersen, later adapted by Disney. The song is about a small, brown ugly duckling who is mocked and excluded by the other ducklings. Later he discovers he is not a duck when he sheds his brown feathers and grows into a beautiful white swan. The lyrics go: "There once was an ugly duckling, with feathers all stubby and brown, and the other birds said in so many words, get out of town." A Waitrose spokesman said: "We are very sorry for any upset caused by the name of this product, it was absolutely not our intention to cause any offence. We removed the product from sale several weeks ago while we changed the labelling and our ducklings are now back on sale."

"Jesus died for our sins." Except he didn't actually STAY dead. So what did he sacrifice? His weekend? Jesus gave up his weekend for your sins.









Why chocolate is good for runners

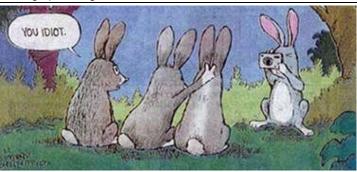
No need to deny yourself the good stuff, here's why you should indulge guilt-free the smart way. By RUTH EMMETT 20/04/2014

- 1. It keeps you trim After two weeks of 100g daily dark chocolate rations, study subjects at the University of L'Aquila, Italy, showed lower insulin resistance than white-chocolate chompers. Why do you care? Because insulin resistance hampers your body's ability to regulate blood sugar, potentially leading to weight gain and type 2 diabetes.
- 2. It lowers your blood pressure Just 30kcal of dark chocolate per day (two squares of a little Green & Black's 70% bar) can lower your blood-cuff stats, found a German study at University Hospital of Cologne, Germany. Adults were given a daily dose of dark or white choc for 18 weeks - the white stuff had no effect on blood pressure; those on the antioxidant-rich dark side came back with a three-point drop in systolic blood pressure.
- 3. It boosts your staying power From reducing your cholesterol levels to easing inflammation, the antioxidants in chocolate could help tackle your risk factors for heart disease - which in turn means you can exercise safely, for longer. One Harvard University study found apples to be the only food with a higher antioxidant count per 100kcal.

RUNNING AND EASTER EGGS 5KM = 352 CALORIES IOKM = 700 CALORIES HALF MARATHON = 1500 CALORIES MARATHON = 3200 CALORIES

As if you needed another reason... 4. Dark chocolate is packed with antioxidants - Leeds University researchers looked at the total antioxidant content of the nation's three favourite chocolate flavours. Here's how the bars stack up in terms of procyanidins, a heart-healthy flavonoid: White: 0g; Milk: 40.6mg per 100g; Dark: 93.5mg+ per 100g*





Parkrunning hashers Narnia meet up:



Banstead Woods - 13th April - Under the pretext of needing a new cover photo for the groups Facebook page, but also because it's been a long winter with precious few opportunities for hash weekend get togethers, a meet-up was arranged, picking Banstead Woods for its accessibility. Another reason was that it is Daffy Dildo's local and home parkrun, and he'd promised to join us if Angel and I let him know when we were going, but the fact that it was his birthday the day before threw a spanner in the works. This is the first time a meet-up has been arranged outside of a hash weekend, but the concept was greeted enthusiastically albeit with apologies from Somerset, Edinburgh and South African members! Sweeping up Yogi on the way there were two free car parks to choose from so it was down to the Sat Nav's to b*gger things up, but you can't hide 300 runners forever and we caught them lurking around the corner, arriving at the same time as a car full from Essex and Mersea Island H3's (Vicky Vomit, Bullshit and Mother

Sucker) who had allowed, and needed, plenty of extra time! It was a good walk up the hill to the start where, to my delight, Daffy was waiting, along with Swallow and Spurtacus, and we raised a cheer when we were recognised in the briefing! The course itself was a lovely woodland route with one small lap and one large lap past some lovely bluebells just beginning to show, and a number of Narnía sculptures, with a bit of a sting on the hill in the middle. At the end we met K-nine, another hasher Jo who also runs here regularly but made a point knowing we were coming, before jumping into cars and heading off to Wetherspoons in Sutton to toast the meet appropriately with beer and breakfast. A thoroughly enjoyable day and hopefully the precursor of many more. Angel and myself always try and have at least two reasons behind our parkrun tourism and today was no exception as we had business to take care of at IKEA afterwards, so here's a special cartoon which seems strangely apt:



I CAN SEE NARNIA BUT IT'S THE WRONG WAY UP

THE LION, THE WITCH AND THE FLAT-PACK WARDROBE

FROM PAGE THREE - Ashburton parkrun - 1 April at 00:01.

Good news for some of you (especially the more absent minded few) is that Ashburton parkrun has been selected, among 50 different events in the midlands (Ashburton, Shongweni, Dusi, Hilton and Piggly Wiggly) and elsewhere, to try out new facial recognition technology for the results processing.

This means that they are planning to move away from the barcode scanning method of processing results, which is the bane of many parkrunners' lives, although it is so simple. The new system will combine the photo stopwatch app with facial recognition and all the funnel volunteers will have to do is ensure they get a photo of the runner crossing the finish line. All the runners have to do is make sure they are looking at the camera when they cross the line.

In order for us to get this up and running, please comment below with your BARCODE number AND attach a (normal) SELFIE of yourself so that we can load it onto the app's database. If you pull a

face in the selfie, you will have to pull the same face every time you cross the line, but hey, that's up to you. You will be able to use this system at any of the participating events in the midlands for now. Please just bring your barcode in case there are any glitches. We will be doing normal scanning too, until we have confidence in the new system.

If it succeeds here, the system will be expanded world wide, so all you have to take with you is your face. The RD will be telling everybody, "no face, no result, no exception":):).

And of course you can't expect it to work if you are off your face when you do the parkrun (excuse the little joke -couldn't resist). Wish parkrun luck as they try to make everybody's life easier.

This Trash is suitable for SWEDES according to our Swedish person!

In recognition of the Brighton and Hastings contingent attending the Interscandi hash weekend in HALLSTAHAMMAR, SWEDEN later in the month, here's a page of Swedish related humour and observation.



English words transla	ted into Swedisl
Vomit	Spy
Speed	Fart
Good	Bra
Six	Sex
Pee	Kiss
Kiss	Puss
End	Slut
Poison	Gift
Married	Gift
272	

A young Swedish au pair had been working for the Woods for more than a year. While hardworking and efficient, she still struggled with English. One day, she told Mrs. Wood that she had received good news from her boyfriend Sven. "He is coming visit me from army next week!" "That's wonderful," the woman replied. "How long is his furlough?"

"Oh," the young woman said, blushing, "About as long as Mr. Wood's. Just a little thicker.'

STOCKHOLM (Reuters) - A Swedish police officer has confessed that he robbed a bank and later investigated the crime himself, telling reporters at the time police had no clues. The 36-year-old was officially charged on Monday by Bollnas district court in central Sweden for the December 17 armed robbery, according to court documents obtained by Reuters on Tuesday.

How much money the policeman stole was not disclosed but described as sizeable. An hour after the crime he returned to the bank as a leading police investigator handling the case. Colleagues became suspicious in mid-November when he bought a new car, paying 219,000 Swedish crowns (16,700 pounds) in cash using banknotes from the robbery, the court said.

Malibog was visiting a Hanover brothel. The madam asks him to be seated and sends over a young lady to entertain him. They sit and talk, frolic a little, giggle a bit, drink a bit, and she sits on his lap. He whispers in her ear and she gasps and runs away! Seeing this, the madam sends over a more experienced lady to entertain the gentleman. They sit and talk, frolic a little, giggle a bit, drink a bit, and she sits on his lap. He whispers in her ear, and she too screams, "No!" and walks quickly away. The madam is surprised that this ordinary looking man has asked for something so outrageous that her two girls will have nothing to do with him. She decides that only her most experienced lady, Lola, will do. Lola has never said no, and it's not likely anything would surprise her. So the madam sends her over to Malibog. They sit and talk, frolic a little, giggle a bit, drink a bit, and she sits on his lap. He whispers in her ear and she screams, "NO WAY, MISTER!" and smacks him as hard as she can and leaves. Madam is by now absolutely intrigued, having seen nothing like this in all her years of operating a brothel. She hasn't done the bedroom work herself for a long time, but she's sure she has said yes to everything a man could possibly ask for. She just has to find out what this man wants that has made her girls so angry. Besides she sees a chance to teach her employees a lesson. So she goes over to Malibog and says that she's the best in the house and is available. She sits and talks with him. They frolic, giggle, drink and then she sits in his lap. Malibog leans forwards and whispers quietly in her ear, "Can I pay in Swedish Crowns?"

Dot

In Norwegian, you don't refer to your romantic partner as a "boyfriend" or "girlfriend". You say "kjæreste", which is gender neutral and literally translates to "the dearest". and in swedish you refer to your boyfriend/girlfriend by saying "älskling" which translates into "my beloved one" And in Finnish we say "mulkvisti"

much as the others"

which means "one I don't hate as

'squints at finland'



the 12 pubs of Christmas CRAFT. Note ghosts of Bouncer and Wildbush!

Two Swedish sailors get off a ship and head for the nearest bar. Each one orders two whiskeys and immediately downs them. They then order two more whiskeys a piece and quickly throw them back. They then order another two apiece. One of the men picks up one of his drinks, and, turning to the other man, says, "Skoal!" The other sailor turns to the first and says, "Hey, did you come here to talk, or did you come here to drink?"

Keeps It Up was in Stockholm and found himself needing to take a piss something terrible. After a long search he just couldn't find any public convenience to relieve himself. So he went down one of the side streets to take care of business. Just as he

was unzipping, a police officer showed up. "What are you doing?" the officer asked. "I'm sorry," our friend replied, but I've really got to take a leak.'

"You can't do that here," the officer told him. "But if you follow me I can help." The police officer led him to a beautiful garden with lots of grass, pretty flowers, and manicured hedges. "Here," said the policeman, "Piss away." The tourist

shrugged, turned, unzipped, and started pissing on the flowers. "Ahhh," he said in relief. Then turning toward the officer, he said, "This is very nice of you. Is this Swedish courtesy?" "No," retorted the policeman. "It's the Norwegian Embassy."

When Sweden 🎏 is playing Denmark It is SWE - DEN. The remaining letters not used are DEN - MARK.



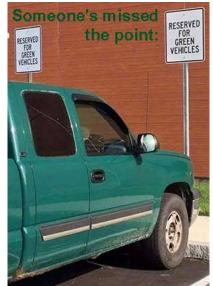




IN THE NEWS...

There were rumours that April Fools Day was cancelled this year as no prank could match the unbelievable shit happening in the real world right now. But that was probably just an April Fool!

Starting activities on April 1st wasn't the brightest of ideas for Extinction Rebellion, especially when it's a nude protest in the House of Commons, which went largely unnoticed as it's been full of tits* and arseholes for a while now.



Most people reckon Extinction Rebellion is nu metal band. Daily Mash 26th April 2019

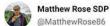
THE British public has admitted it is hesitant about backing climate activists Extinction Rebellion in case they are the new Limp Bizkit. Following a week of action by the group, which demands immediate action on global warming and climate change, voters are still unsure about supporting what they fear are American men with piercings, baseball caps and cargo shorts.

Nathan Muir of Coventry said: "I think I've seen their logo on the back of a T-shirt. Kind of in spiky writing? Announcing the 'NO FUKZ GIVEN TOUR 2004'?

"If they're against climate change then I'm all for that, because it's really very worrying and we're starting to see extreme weather events and the time to act is now, but I was tricked into seeing System of a Down once and it's not happening twice. I'm going to need a written guarantee that no white men will be rapping over guitar riffs before I go any further.

"Come on! If anything's worse than global warming, it's Slipknot."

Someone's missed the point part 2:

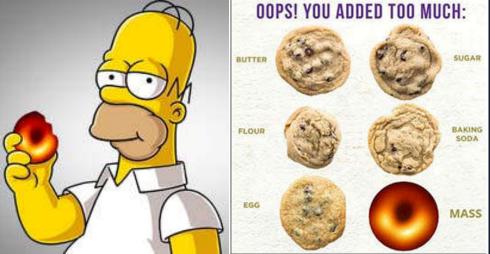


And I would jet 5,000 miles And I would jet 5,000 more Just to be that woman who flew 10,000 miles To change environmental law (ba-da-ba-ba)

#EmmaThompson



Then there was the first ever photo of a black hole, which literally sent that part of the internet that makes the memes mental! Everything was lampooned from the eye of Sauron, to donuts, to cats eyes to cookies. Over to you Prof!





...and they just kept on coming with the Notre Dame cathedral fire:



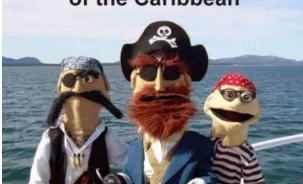




Arr! Tis the Pirates page, so tis.

A chicken pie in Jamaica costs £2.00 A chicken pie in Trinadad costs £2.40 A chicken pie in St Kitts costs £2.15

These are the pie rates of the Caribbean







Whenever I buy a DVD I have to sit through a trailer telling me not to watch pirate movies. Yet Johnny Depp stars in one and the posters all say 'Must See'. Make your minds up, Hollywood moguls. John Scone, Bonne

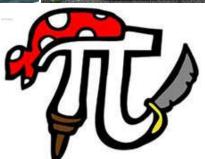
gudroo

hey did anyone hear the news that scientists have actually been able to figure out the most common key that old pirate shanties were sang in

imo it's really interesting? like, they found and analysed lots and lots of sheet music that they suspect was inspired by all these old shanties, since all the music was written by people who are believed to have been former sailors or even former pirates, and the neat part is that statistically speaking almost 90% of them are written in the same key. i mean, obviously it's not confirmed 100%, but it looks like almost all pirate shanties were sang in a high C

A pirate and his parrot, were adrift in a lifeboat following a dramatic escape from a valiant battle. While rummaging through the boat's provisions, the pirate stumbled across an old lamp. Secretly hoping that a Genie would appear, he rubbed the lamp vigorously. To the amazement of the castaways, a Genie came forth. This particular Genie, however, stated that he could only deliver one wish, not the standard three. Without giving any thought to the matter the pirate blurted out, Make the entire ocean into rum! The Genie clapped his hands with a deafening crash, and immediately the entire sea turned into the finest rum ever sampled by mortals. Simultaneously, the Genie vanished. Only the gentle lapping of rum on the hull broke the stillness as the two considered their circumstances. The parrot looked disgustedly at the pirate and said, "Now you've done it. We'll have to pee in the boat!"

A pirate and a sailor were exchanging stories. The sailor pointed to the pirate's peg leg and asked, "How did you get that?" The pirate said, "Aye, I wrestled a shark and lost me leg." The sailor pointed to the pirate's hook and asked, "How did you get that?" The pirate said: "Aye, I fought Red Beard's crew and lost me said: "Aye, I fought ken bearns crew una ws me hand." The sailor pointed to the pirate's eye patch and asked, "How did you get that?" The pirate said, "Aye, a bird came by and left droppings in me eye." The sailor said, "That's not as impressive as the other two." "Aye," the pirate answered. "It was me first day with the hook."



Your fingers have fingertips but your toes don't have toetips, yet you can tiptoe but not tipfinger.



Why does the pirate wear a black eye patch? His white formal one is at

Have you heard about the new Pirate movie? It's rated AAARRRRRGGG There once was a pirate named Bates, Who danced the Fandango on skates.

He fell on his cutlass Which rendered him nutless And practically useless on dates!

> As the crusty old pirate captain is breaking in a brand new sailing navigator, he reaches down and pulls out his sharpened cutlass and rests it on the map table. Then he asks the navigator, "Know what this is for matey?'

"No, sir," replies the young newbie.

"I use it on navigators that get us lost," explains the captain, with a wink. The navigator then opens his coat, pulls out a pistol, and sets it on his chart table.

"What's THAT fer?" queries the surprised captain. "Well, sir," replies the navigator, "I'll know we're lost before you will.

On a pirate ship in high seas, the First Mate was on lookout for hazards from the crow's nest.

Suddenly, the ship was broadsided by a rogue wave, tossing the Mate from the nest!

He crashed through the upper deck and landed square into the Captain's quarters.

The Captain, surprised, says "Matey, ye be hurt!?"

"Narrr Cap'n," replied the First Mate, "I've been through hardships before!"

A cruise ship passes by a remote island, and all the passengers see a bearded man with an eyepatch running around and waving his arms wildly.

Captain, one passenger asks, "Who is that man over there?"

"I have no idea", the captain says, "but he goes nuts every year when we pass him."



What do you get if you cross a pirate and a paedophile? Arrrr Kelly!



Returning from sea, a pirate walks into the tavern of a village on the African coast. As he is about to order his drink, he hears someone behind him say "Hey Cap'n, haven't seen you in awhile, let me buy us a round." As the Captain turns about, he is approached by a crooked, toothless, scabbed and pockmarked specimen of a man, with just a few strands of hair on his ugly head, who stands less than three foot tall. The Captain stares at him for a moment confused then says "Argh, Do I know you?" The bartender brings the two men their drinks while listening to their conversation. "Come on now Cap'n" says the little man "Tis your old First Mate here, Smithers" The stunned Captain shakes his head in disbelief saying "That can't be matey, Smithers is a handsome, rugged, virile man, towering over six foot in height. Last I saw him he was leading an expedition into the jungle in search of plunder." Then

the repulsive lil man begins to blabber on bout how he courageously lead his men into the countryside, looting, pillaging, and desecrating the local population as they went along. The bartender interrupted, "Never mind that now Smithers. Tell the Cap'n about that day you told the old witch doctor to Go Fuck Herself."

Everything is a dildo, if you're brave enough!



There once was a lady named Jill who tried a dynamite stick for a thrill they found her vagina in North Carolina and bits of her tits in Brazil



The photo on the left is of Lisa, taken 2 years ago. Back then she weighed 300 pounds, and her boyfriend eventually dumped her because of her weight problem. This event made her think long and hard about changing her lifestyle, dieting, exercising and ditching junk food.

She's still thinking about it.

Meanwhile, her ex has started banging the



There was once a Danish man and a Swedish man who lived next door to each other. The Danish man owned a hen and each morning would look in his garden and pick up one of his hens eggs for breakfast.

One day he looked into his garden and saw that the hen had laid an egg in the Swede's garden. He was about to go next door when he saw the Swede pick up the egg. The Dane ran up to the Swede and told him that the egg belonged to himself because he owned the hen. The Swede disagreed because the egg was laid on his property. They argued for a while until finally the Dane said "In my family we normally solve disputes in the following manner: I kick you in the balls and time how long it takes you to get back up, then you kick me in the balls and time how long it takes for me to get up, whomever gets up quicker wins the egg."

The Swede agreed to this and so the Danish man found his heaviest pair of boots and put them on, he took a few steps back, then ran toward the Swede and kicked him as hard as he could in the balls. The Swede fell to the floor clutching his nuts howling in agony for 30 minutes.

Eventually the Swede stood up and said "Now it's my turn to kick you."

The Dane said "Keep the fucking egg."

