

JOEY Jnr

"It's not Big and it's not Clever (or Funny)"

The monthly club Newsletter of the Harvel Hash House Harriers - The Drinking Club with the Running Problem!

October 2005 - Issue 1 (Could this become a collectors issue?)

Dear fellow Hashers/Runners this is to be the new format of the club newsletter, simpler but more regular (A bit like me - ed). The intention is to print it for the start of each month. It will not be as funny as the old Joey, but at least it will be informative. Any articles for future issues should be sent to me by the 25th of the month for inclusion - Editor (Contact Details at the end)

Next Club Meeting It has recently been agreed that we should hold monthly club meetings again. This will be in the village hall on the first Tuesday of the month starting at 9.15pm. The meetings are to be chaired by Padge (Club Chairman) & Popeye (Captain). The meeting is to discuss such issues as training, racing, social events, etc Next one is **TUESDAY 4th OCTOBER 2005 9.15pm**

Winter Training Yes the light has finally gone for this summers running! The proposed night runs are as follows, starting with the old favorite.

Kings Hill - 3.7 miles flat Starting Asda Car park

Gravesend - 3.4 miles flat Starting Cascades Car park

Blue water - 3.2 miles with hill reps Marks & Spencer Car park

Rochester- 3.6 miles With one hill Esplanade by castle

All these runs are lit and safe we normally do two laps but it is up you what you do! If any can come up with any others that would be great!

To check which runs we are doing on Tues please call Padge on 01732 823060 or mob 07885 804 092 Start times 7.30

Dartford Track Night - To start again with effect from Thursday 6th October, meeting at 6.30pm in Harvel or 7pm at the track. For more details contact Popeye.

Dartford Half Marathon - July 2005and they thought the Great North Run was hot!!! In temperatures of over 28c saw an 'insane' team of H4 runners not only battle with a hilly course, but also soaring temperatures.

PB's from Iron Man and Shaggy, and a special performance from Mole who ran her first Half Marathon within 6 months of starting running in a fantastic time of 2.29!!!

182 Popeye	1:43:55
529 Shaggy	2:29:16 (PB)
530 Mole	2:29:25 (PB)
534 Humpty	2:31:15
540 Iron Man	2:32:54 (PB)
573 Runners	

Red Lion 10k - August 2005 Hard 10k course, but still good performances all round, PB for Fish (Well it was his first ever race) New club record for Popeye and Yes Ironman did beat Humpty!

125 Popeye	46:46:00 (CR)
197 Steve Dunn	50:52:00
231 Fish	53:54:00 (PB)
295 Ironman	01:02:22
300 Humpty	01:03:36

Wingham 10K - September 2005 Well organised race based in a small village just outside Canterbury. This was a scenic but undulating course (not flat as advertised on the Runners World website), which went along scenic country roads and a small section of trail.

In a field of 142 runners saw Popeye's best finish for over 10 years where he finish 9th!!! Sunday also saw PB's from Fish and Duracell, plus strong performances from Rub-a-Dub, Humpty and Iron Man! (Yes Humpty beat Ironman easily this time)

Popeye	42.27 (SB)
Fish	52.53 (PB)
Durcell	54.10 (PB)
Rub-a-Dub	56.31 (PB?)
Humpty	58.09 (PB?)
Iron Man	63:56 (Well Hungover)

Robin Hood Marathon - September 2005 - The loneliness of long distance runner by Pitch

4.00am	Alarm Clock
5.00am	Leave for Nottingham
7.40am	Arrive at Nottingham
10.05am	Race Starts
3.27.45pm	Race Completed
14.00pm	Leave Nottingham
17.35pm	Arrive Home

The Marathon was well organised with drink stations on the second half equipped with energy drinks & Gels (Very welcome) The course started with a steep hill from the River Trent upto the Castle then ups-downs to the 12 mile, after that it was pretty flat.

The only problems were a strong headwind on mile 21 for a mile and the sharpe direction changes in the last 2 mile which I felt on my legs.

I really enjoyed this Marathon (Ah! - Ed) it had good scenery (One for Duracell then - Ed) including Nottingham City Centre, River Trent, Wollaton Hall, Nottingham Forest Football Stadium & National Water Sports Centre.

I finished in 3.27.45 and I felt better at the finish than the London Marathon. My position was 259 out of 1204 (Well done Pitch - Ed)

Great North Run - No club entry but Ironman wishes he had entered because as a minimum he would have finished 5th to last. (That takes into the account the known non-finishers!)

Sweatshops - Newham Court Shopping Village, Bearsted Road, Maidstone & Fitness First, Princes Road, Dartford. H4 club members can get a 10% discount (5% if you pay by credit card. Doesn't apply to sale items) at Sweatshop. You need to show you club membership card, if you haven't got one of these ask IronMan and he will supply. (Eventually!)

Also you can use your Harvel 5 number (I have spares) at the Dartford branch (But not Maidstone - Sorry Jeff) and get a 12.5% discount.

Website - Check it out at www.HarvelH3.org

The Race For life by Duracell - The last time I lined up for a race at Blackheath it was April 13th 2003 and I was running the London Marathon to celebrate my half century. This however was a very different race but an equally poignant one.

10,000 women running for women, in the hope of a breakthrough in the treatment of cancer. For Em, her mum Annie and Isla it was their first experience of such a race, the first ever race in fact for Annie. This was a fun run with a difference....where else would you get Tampons in your Goodie Bag !! 5K around Blackheath with 10,000 female runners.....No Kevin, you can't run next year, not even if you do wear your Red Dress and wig, I think someone might just notice the difference.

I did this particular 'race for life' a couple of years ago and I wasn't prepared for the depth of emotion generated by this series of races. I wasn't expecting the minutes silence at the start of the race, in memory of those who had died of cancer and I made a mental note that if I ran the race again I wouldn't read the messages pinned to the runners' backs commemorating those who had died and celebrating those who hadn't. It's hard to think about how you are going to run your race when you are crying your eyes out and incidentally you can't run when you are crying because you can't breathe properly!

This year I was better prepared and even had my own messages pinned to my back as did Isla. We were running to celebrate those women in our lives who survived as well as those we had lost and I thought it was important that Isla felt part of that process. However I hadn't said too much to Em and Annie, and noted that like me, they couldn't help but be touched by the devastation that cancer can cause and overwhelmed by the number of people affected in some way by this illness.

There was no clock to tell you your time, that wasn't the point. The point was to participate and be part of an extraordinary women's movement that will in time help win a race for life.

Both Isla and I would like to thank every one who sponsored us. We raised over £100 and have donated this to the "Race For Life" series. It would be great if we could get some more women and girls to 'run' next year, as it is a very special and unique event. I would like to do the Mote Park 'race for life' in Maidstone, but this gets booked up quite early so I'll make sure I am better organised for 2006, especially if more of us are interested, so watch this space....

OnSec - Wizard to stand in until next AGM in February (Agreed by all other current committee members)

Forthcoming Races/Events

2nd October - Handicap Harvel 5 10am

23rd October - Maidstone $\frac{1}{2}$ Marathon 9.30am

29th October - Halloween Disco (If we get it organized!)

30th October - Wilmington 11am

6th November - Harvel Hash 11.30 am (Hares Pitch & Padge)

4th December - Thanet Coastal 10m 10am

11th December Handicap Harvel 5 10am

Kit - Now have 8 (6 large & 2 small) blue training tops in stock, Cost £15. Also H4 woolly hats @ £5 and a stock of running vests at £10.

Next Issue - Tea-bagging exposed. Any other articles to the Editor by 25th October

Open Invitation to Harvel Share Club If there is enough interest Wizard has decided to start a share club, we will start with HHHH members but anyone who is interested are welcome.

For those of you who don't know what a share club is I have lifted an article from the internet. Money & Finance -

Guide to Share Clubs. People from all walks of life join share or investment clubs, discovering it's a sociable hobby and a way of earning extra money. Work colleagues or friends pool their time and money to play the stock market on a regular basis, normally monthly. It's a fast-growing phenomenon - there are 12,000 investment clubs in Britain with an estimated 100,000 members meeting regularly to try to pick winning shares.

Members contribute an average of £25 to £30 a month. Under Inland Revenue rules and club guidelines, you shouldn't have more than 20 members, or your tax position and administration will get complicated. As with most clubs, it's crucial that you pick the right people to join. Not only must they be willing to devote time and money, but it helps if everyone has roughly the same investment objectives. Mixing high-risk takers with conservative investors is likely to store up trouble in the future.

Most people join a share club when it is first set up. Joining halfway through may be problematic when it comes to who owns what. Most members pay an initial lump sum - somewhere in the region of £100 each - to get the ball rolling, then contribute a regular monthly amount after that. A direct debit or standing order with your bank will make life easier.

Proshare, the organisation which promotes share ownership, has a manual costing £25 showing you how to get a club started and then to run it. It also publishes a model constitution and draft rules. Some stockbrokers also provide examples of rules and constitutions. Members should designate a secretary, chairman and treasurer. The treasurer's role is vital, as the club must keep accurate and up-to-date

records of how much its shares are worth and how much money there is to invest.

Members also need to divide themselves up to research particular companies and sectors. Sectors could include banks, retailers, pharmaceuticals and oil and gas. In many ways, the same rules apply to share clubs as to private investors. When investing in shares, be prepared to tie up your money for at least three to five years. Before you start trading, build up a fund of at least £500 or the cost of buying and selling shares becomes too high. Typically, you should have enough money in the kitty to buy at least five different stocks before you start trading.

Share clubs give you the scope to be a bit more adventurous in your stock selections. Barclays Stockbrokers, whose services are used by 6,000 share clubs, finds members treat clubs as educational, so they don't mind making a few mistakes. The ideal portfolio will be made up of about 30 stocks, but this might be unrealistic for a share club. More than ten stocks is desirable but the closer you get to 30 the better the risks will be spread. Online trading is the cheapest way to buy and sell shares. Proshare's website has a section on stockbrokers who will open accounts for investment clubs. Execution-only brokers offer clubs a flat fee - normally about £12.50 per trade on average.

Although some people with considerable knowledge have already asked to get involved, there is no need to have any particular skills, we shall all learn as we go along, it is meant to be a enjoyable evening but you will be expected to take an active part within the meetings and to do some research etc outside the meeting, you can not just come along for the ride.

Please contact Wizard (Craig) by the middle of the October if you are interested.

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