

"Joey"

THE

THE DRINKING CLUB WITH A RUNNING PROBLEM
HHHH NEWS



The Rabble from the First Club Hash
Sunday 6th January 2002

STOP PRESS STOP PRESS STOP PRESS

Vote for the Boundary Man
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This Month.....

Presidents pennings - To follow!

New Recruits

Tunbridge Wells - Full report inside

HHHH updates

London Marathon 2002 - Update

Hash updates

Club News and Information

New Recruits.....

After three years as a running club, it took just one hash to persuade Jessie Spacey (19 year old daughter of our beloved LANDLADY), to join up ! Yes, she was Head Girl at school, any other connotations regarding her nickname are left purely to the imagination of the reader (and having to answer to her mum ! - Ed).

Alison Reed - Nickname 'Alibi'

Better bit of our very own Nathan 'DONNATELLA' Pike. Ali is now a regular at the Harvel fitness class on Tuesday evenings 8pm to 9pm. (I'm not too embarrassed to miss the chance of a cheap plug - Ed) ALIBI is more than capable of holding her own (down fellas, we're talking drinking ! - Ed) so Head Girl tells me.

'Ali' , obviously her name, 'bi', bi-lingual?, bi-annual?, bi-cyclist? bi-sec...ond hand ?

.....No, its 'Bad Influence'.

Annemarie Wright - Nickname ' Breezer Babe'

The third new recruit from the local fitness class (Tuesdays 8pm-9pm). Watch out, this is one feisty lady, she's already threatening to beat up the local fitness adviser and she's only just signed up. The source of her name is fairly obvious.

Tanya Willis - Nickname 'Ice Maiden'

This lady drinks Smirnoff Ice like its going out of fashion, hence the name !

CLUB NEWS

Jessie Spacey - Nickname 'Head Girl'

The eagle-eyed among you may have noticed that the local elections in Snodland had a familiar name standing for Tony's Cronies (aka New Labour). Our very own Jerry Hayes, not known as a shrinking violet when it comes to political matters, is now a local Councillor, so if your Council Tax has gone up, you're your road's full of potholes or dumped cars, he's your man.

Quote of the month (and its straight into action for Breezer Babe ! - Ed)

"When I woke up, I was on top of the Dyson! " !

This after a nights Breezer bashing in the Amazon and Tiger. Way to go, BB !

JANUARY HASH - 2002

Yes ! We've done it, we've held our own hash !

"I'll be round at 9, tomorrow morning" Fozzie told the Chair, as the hares plotted their first attempt at trail setting. Sure enough, on the stroke of 9.15, he arrived, and they were plotting again. Hare Herrington emerged from his garage ready to deliver the local papers, but no, his old newspaper round bag had found another use, it was full of the flour they were to use for the trail. All set, with the Observer under one arm and the Sunday Sport under the other, off they went and the trail was set.

10.45am - they return and the beer for the 'sip stop' is taken down to Gadge 1's house, where the stop was planned. "Time for a cup of tea?" says the Chair and Fozzie, never known to refuse a cuppa, thought this was a very good idea. Token Totty arrives 10 minutes before the 'on on', to declare "there's a load of people outside the Ammy", which is totally dismissed by the hares as a wind up, as they had only then been contemplating possible participants and couldn't get past the fingers of one hand.

Refreshed and raring to go, out they went, to find a load of people outside the Ammy! There must have been 20+ there (24 to be precise - Ed). We were joined by our buds from the W&NK H3, along with others we didn't know, from East Grinstead, Swanley and Maidstone, amongst others. "Shit!" said Fozzie, "we haven't got enough beer". Luckily, Gadge 1, being Unwins' No. 1 customer, was well stacked (with beer, nothing else, I checked with Loopy - Ed) and arrangements were made to top up the stock.

11.30am and Jessie 'Head Girl' Spacey sticks her head out of the Ammy's bedroom window (it's OK, she lives there!) to find out what all the noise is about. "Come and join in!" a wag shouts out to her and sure enough, having just got up, not long having gone to bed, she does !!!

Top girl, our Head Girl !

We're off and the pack set off in pursuit of the trail. An 'On On' here and an 'Are you' there, the pack find their way around the trail.

'Hairy Ken' and 'Pepperami' Meadows were usually up front, trailblazing away, with an occasional blast of a hunting horn to be heard. (either that, or Bidy's curry from the night before - Ed).

The 'Sip Sop' (cheers for the lingo, Layby - Ed) was arranged for Gadge 1's place, as the route takes us past there and Gadge 1 was too busy polishing his Ferrari mower, to take part in the hash, so it was an ideal place to have it. Fozzie, apparently one of thousands, asked an athletic looking runner "Which hash club do you belong to?" only to be told "Yours !" How embarrassing ! This was the famous Steve 'Pepperami' or 'El Rapido' Meadows, but the trouble is, he is usually so quick, us mere mortals and pissheads don't get to see him for long enough to recognize him.

All refreshed, we carry on to the end (On In), where Big Yin, volunteered to administer the 'Down Down'. Usual initiation of the Virgins, (bet Alibi and Head Girl haven't been called that for a while, come to think of it, neither has the DFV ! (David Maxwell, from Vigo). Pepperami, Bidy and Padge are 'called in' for trespassing, when straying off a footpath, only to be shouted at by the landowner. The DFV was spotted defacing the countryside by taking some of the brambles with him (in his leg). Outrageous !

General consensus was that the event went off really well, although there was a few that thought the course covered too many roads and could have been a little longer.

Lost Property

Has anyone lost a black HHHH sweatshirt ? Fozzie has one he has unwillingly acquired and would be more than happy to part with, (or at least the smell). Potential claimants should be able to describe the garment in close detail (including odours!) in order to ensure it finds its rightful owner.

Quote for the Marathon runners.....

"I just run as hard as I can for 20 miles, then race for 10K" - Steve Jones

(Not to worry, he's now securely under lock and key - Ed)

MASH HASH - Limpsfield Chart, Sunday 10 February 2002

Our intrepid team, The Chair (driver), Token Totty, Head Girl, Fozzie and Alibi, were there and ready to go at 10am, except ALIBI, who arrived promptly at 10.30. Never mind, it was only 40 minutes drive and the ON ON wasn't 'til 11.00am.

The team arrived in good time, at 11.15am (they got held up asking a local for directions, who had obviously lost the gift of fluent speech in favour of that up and coming language, Moronic). For those sharp minded among you, yes, they missed the start by 15 minutes.

Never mind, in the best hash traditions, they pick up the trail left by the Hare (the famous BOGGERS) and make their way off, in pursuit. A blob here and a check there, they made their way through the lovely woodland and forest for about 45 minutes, only to be greeted by the pack meeting them head on. Yes, they had managed to pick up the end of the trail, rather than the start and had followed it backwards ! Never mind, they found them.

This slight misdemeanor obviously didn't go unnoticed and one by one, the team was summoned into the circle by CRYSTAL BALLS, for the DOWN DOWN. How unfair, after all we covered the same distance, but just did half the course twice. The resulting DOWN DOWN would normally be acceptable, except for the fact that FOZZIE (Ed and article writer) was drunk under the table by TOKEN TOTTY, who knocked her pint back in one, without it touching the sides. (Cow ! - Ed).

Into the pub and a local 'mut', sniffing around any bare flesh it could find, prompted ALIBI to enlighten the team on the delights of having her toes sucked by LITTLE FLIRT (an associate member of HHHH by way of the fact that four legged members are warmly welcomed into hash circles), or DONNATELLA, on a good day. Her hunger for the gratis cheese, biscuits and tortilla chips was unfortunately slapped down by the bar staff, who were heard to remark, "We do sell food as well, you know". (Adda girl, Alibi ! - Ed).

The team, feeling they had not circulated too well up to this point, moved their position in the bar, but found little more stimulation in the group that was left in the pub, so made their way back to the A&T, where the customary 'one for the roads', were administered.

Excel-lent Injury Prevention

Strengthen those knees

1. Hold a weight (eg 5 litre containers of milk) in each hand and "step up" with one leg at a time on a stair.
2. Sit on a table with a weighted bag over your ankle and extend your leg straight out.

Do three sets of 10-15 reps two or three times a week.

Club Meetings

Club Meetings are held on the first Tuesday of each month in Harvel Village Hall. Usual start time is 9pm to 9.15pm, depending on how long it takes the local fitness instructor to clear the hall. There are some serious bits and pieces that have to be discussed in amongst the drivel and there's always the free beer !

Forthcoming Events.....

MARCH 2002

9th Bethersden 5, Bethersden School (Dibley's doing this one !)

24th Paddock Wood Half Marathon (Paddock Wood AC)

10th Reading Half Marathon (Reading Council !)

17th Bath Half Marathon (Armitage Shanks)

APRIL 2002

7th 20th Bungay Black Dog Marathon and Half Marathon, Suffolk (Battersea dogs

Home) 11am

7th The Chiltern Hills Darent Valley 10K (Swanley AC) 8.30am !!! £7 on the day.

14th Flora London Marathon (1 club entry available to qualifying members)

MAY 2002

6th Hildenborough 10, Hildenborough Recreation Ground, 10.30am (B/H Monday)

Sevenoaks Seven (Sevenoaks AC)

12th Leeds Marathon/ Half Marathon (David O'Leary) £9.50 No entries on the day.

JUNE 2002

1st HARVEL 5

North Downs Run (Hills R Us)

Courtesy of 'Snapper' Barry....

A herd of buffalo can move only as fast as the slowest buffalo. When the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular culling of the weakest members. In much the same way, the human brain can only operate as fast as the slowest brain cells. **Excessive intake of alcohol**, we all know, kills brain cells, but naturally it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine.

That's why you always feel smarter after a few beers (or rat arsed in some cases).

QUOTE

"I do everything I can to win" Said Aouita

FLORA LONDON MARATHON - Sunday 14 April 2002

Our four intrepid marathon participants are now in full training. Drinking has gone up to three nights a week (to boost carbo levels). Mileage is also not doing too badly. The group are currently running, on average 40 miles a week and hope to reach Aberdeen by the end of March. Hairy Ken, (Turkish Kenyan and probable marathon winner), is powering through his training. Slim Grassick, Padge and Fozzie are powering through their carbo loading.

EXCEL - ENT TRAINING TIPS..... (courtesy of the local fitness instructor)

Alternate hard days with easy days - If you need to adjust the training schedule because of travel, time conflicts at home or work, or weather problems, remember to follow an easy day/hard day pattern. (Run easy today, hard tomorrow, easy the next day, hard the day after, etc.) Don't run hard two days consecutively to compensate for lost training. And be sure to view your 'long, slow run' day, as well as any speed work, as a hard day - and thus never do speed work and a long run on successive days.

Ain't no mountain high enough - Regular runs on hilly terrain are an important component in building strength and stamina. Also, try concentrated hill reps, i.e. a series of runs up (and back down, of course) a hill or incline. This is a great way to increase your VO2 max, your ability to take in oxygen efficiently.

www.HarvelH3.org

Our website, under the stewardship of 'the Chancellor' AKA Hard Cash, Hash Cash, Squeaky, Snapper (is this a record for the most nicknames for one member? - Ed) is probably the most entertaining and up to date, of any Hash club website. There are now many photos of the club members (Tiger Church and El Capitain are worth a look), along with articles, links to other hash club sites, hash songs, news of last years' and this years' Harvel 5 and much more. If you haven't had a look, give it a try.

Tunbridge Wells Half Marathon - Sunday 24 February 2002

The Church bus was brought into club service (no offence, Dibley), again, this time to ferry the lads to Tonbridge, for the Tunbridge Wells Half Marathon. 8.30am THE TIGER said and 8.30am, it was. We were off. THE TIGER himself,

BIDDY, HAIRY KENYAN, GADGE 1 and a club guest for the day, RSM CARR-BROWN.

FOZZIE and BIDDY had been witness to THE TIGER'S driving skills on the trip to Newcastle last year for the Great North Run, so when directions were asked for, they both feigned sleep and dreamed of the A19. No problem we got there in good time to find the usual chaos. This is a lovely run but the organization could be better. Still, all paid up and entered, our battalion of foot soldiers head for the start. 10am and we're off. HAIRY made his way to the front line for a photo opportunity and will definitely in the local papers. Not only that, he was (so he tells us), hanging on in the first 6 for the best part of the first mile ! BIDDY got lost finding the loo and THE TIGER was apparently boxed in at the start (a bit like Seb Coe in the Olympics, not ! - Ed) the first 4 miles or so seem pretty good, then, the hills. They go on for ever (and ever, amen ! sorry DIBLEY !). Still it's the same for everyone and the lads chug round and it will be no surprise to regular readers that HAIRY WINS THE TUNBRIDGE WELLS HALF MARATHON ! in a cool time of 1 hour 38 minutes, swiftly followed home by THE TIGER in 1 hour 42 mins, FOZZIE 1:43, BIDDY 1:44, with GADGE 1 and RSM CARR-BROWN coming in around the 2 hour mark.

Next stop, Paddock Wood.

Training Night

You can join up with the others every Tuesday. Contact Padge for venue details. Next Spring, our new training HQ, Harvel Cricket Club, will be operational, with brand new shower facilities available to blokes and ladies. Usual training time is 7.00pm for a 7.15pm start. Please make as many sessions as possible. We are only a small club so it's important that we get as many out to each session as possible. Padge has some great training sessions planned for this winter.

Another little gem of a quote.....

"If that thing ladders my tights, I'll kill it!"

Fozzie on a training run, seeing a dog bounding towards him.

Its staying ! - Ed)

Beware.....

Police warn all male clubbers, party-goers & unsuspecting pub regulars to be more alert and cautious when accepting a drink offer from a girl. There is a date rape drug going around called "beer" and it appears in liquid form. The drug is being used by female sexual predators at parties to convince male victims to have sex with them.

"Beer" is available virtually anywhere. All girls have to do is persuade a guy to consume a few units of "beer" and simply ask him home for no-strings-attached sex. Men are rendered helpless against such attacks. After several "beers" men will often succumb to performing sex acts on horrific looking women who they would never normally be attracted to. Men often wake up after having "beer" with only hazy memories of what happened to them the night before, just a vague feeling that something bad occurred.

At other times these unfortunate men might be conned into a familiar scam known as "a relationship" - apparently men are easier victims for this scam after the "beer" has been administered and they have already been sexually attacked. Forward this to every male you know.....

However, if you fall victim to this insidious drug and the predatory women administering it, there are male support groups where you can discuss the details of your shocking encounter in an open manner with a bunch of similarly affected guys.

For your nearest support group just look up 'Pubs' in the yellow pages.

Courtesy of 'Dover'

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