

QUOTE from the Barns Green Half Marathon (courtesy of BIDDY)

"Do you want a muffin ???"

(BIDDY to FOZZIE after the run, when he was in no state to refuse - Ed)

JANUARY HASH

Far too long ago to remember, but it was obviously the best one of the year as I was the hare !

I also remember that we managed to lose a mere 4 hashers on route and nearly lost another in the shape of HAREFLICK, who managed to lose the plot and the trail around Vigo. MR ANGRY came up trumps again with a marvelous Sip Stop.

LONDON MARATHON 2005

Not long to go now and our best ever turnout for the London Marathon are all reaching the climax of their training. Long miles, high mileage and giving up a lot of their time to prepare for a good run will for all of them, prove to be worthwhile and very rewarding. For those doing it for the first time, enjoy the atmosphere and don't be overawed by the day. For those doing it for the umpteenth time, give it your best effort to turn in your PB. The rumours coming back through the grapevine is that everyone is going to achieve and exceed their expectations.

Those of us too wimpy to give it a go will be there to down a pint with you afterwards!

Good Luck to **PADGE**, RICHARD (SLIM), KATIE and MARK GRASSICK, GOLDEN NUTS, THE HAIRY ONE, PITCH, BANZAI, FATNAT, T-T-T TONY THE TIGER, DIBLEY and WINO !

TRACK TRAINING

Wednesday evenings, Dartford Track.

Meet outside Harvel Village Hall 6.30pm SHARP or at the track 7pm.

It's floodlit and anyone can do it. £2 charge, payable to the lady with the sweets !

More details from FOZZIE.

THE HARVEL HANDICAP 5 (HH5)

Next Round - 10th April 2005 (11.30am)

13th February 2005 Results							
Position	Club Name	Scratch	Race Time	PB	Points	PB Bonus	Total
1	TokenTotty	42.10	41.04	YES	30	5	35
2	Iron Man	52.54	52.03	No	29	0	29
3	Rocky	44.24	45.51	No	28	0	28
4	Fozzie	35.06	37.36	No	27	0	27
5	Humpty	45.38	49.03	No	26	0	26
6	Hareflick	59.18	68.20	No	25	0	25

Overall League Position							
Position	Club Name	08-Aug	03-Oct	12-Dec	13-Feb	Total	PB
1	Iron Man	23	35	26	29	113	49.29
2	TokenTotty	26	21	27	35	109	41.04
3	Rocky	0	35	35	28	98	42.27
4	Humpty	0	34	28	26	88	44.20
5	Psycho	24	33	29	0	86	43.46
6	Hareflick	27	28	0	25	80	59.43
7	Fozzie	0	22	0	27	49	35.05
8	Shaggy	35	0	0	0	35	44.08
9	Padge	34	0	0	0	34	43.07
10	Duracell	0	32	0	0	32	46.16
11	Bimbo	0	31	0	0	31	40.53
12	Alcopops	0	30	0	0	30	58.35
13	Gadge	0	29	0	0	29	39.39
14	Banzai	28	0	0	0	28	37.45
15	Dover	25	0	0	0	25	35.31
16	Biddy	0	21	0	0	21	34.23
17	Em	0	20	0	0	20	49.11

MEET YOUR NEW MEMBERS !

'Ed' gives you an in depth insight to the new committee members.....

Club Captain - POPEYE. Liverpool supporter but not a bad bloke.

Vice Captain - HUMPTYDUMPTY. Kiwi but not a bad bloke.

Field Marshal - ROCKY. Getting on a bit, but not a bad bloke.

Chairman - RABBLERouser PADGE. Married to SPEEDY but not a bad bloke.

Kitbloke - GOLDENNUTS. Goes on a bit but not a bad bloke.

SocSec - TADGE.....married to MR ANGRY and he's not a bad bloke.

All other positions as they were.

MARCH HASH

Hats off to the WIZ and old DURACELL for managing to muster up the coldest Harvel hash since the beginning of time. Clever use of spray paint made the trail easy to follow, even through the snow and puddles. Hashers from as far afield as Dartford, Gravesend and Strood made this an international little jog around the North Downs and a sneakily planned Sip Stop in old TWIKI'S garage (masterminded by Kelly Bid) was as much of a surprise to TWIKI as it was to FOZZIE, who accused him of trying to sneak home early !

Picture on Web site www.HarvelH3.org

Quote

"I'm making proper provisions, I am not going to rely on a state pension when I'm dead !"

(IRONMAN, bless him)

CIRCUIT TRAINING

Don't forget there's circuit training (by FOZZIE)

in the Harvel Village all on Tuesday & Thursday

(except 2nd Thursday of each month) 8pm, £3.50 per session

Forthcoming Events.....

MARCH

- 20th Adidas Breakfast Run 16. Kingston, Surrey. Details in Runners World Magazine
Gatwick Half Marathon. Redhill, Surrey. Details in Runners World Magazine
27th Wimbledon Premier 10K. Details in Runners World Magazine
Paint Ball Organised by Dave Pops

April 2005

- 3rd **Paddock Wood Half Marathon**
Fullers' Thames Towpath 10. 9.30am. Chiswick, W4. University of Westminster
Sports Ground, Hartington Road, W4. £10 o/t/d only. 600 limit.
Bungay Black Dog Marathon and Half Marathon
8th **Golf Day**
9th **Harvel Village Hall Quiz Night**
10th Darent Valley 10K. Farningham, Kent. Details in Runners World Magazine
Harvel Handicap H5
17th **Flora London Marathon**

May 2005

- 1st **HARVEL HASH**
8th Sevenoaks Seven. 10.30am. Sevenoaks Rugby Club, Plymouth Drive. £6/£9
22nd Larkfield 10k. 10.30am. Larkfield Leisure Centre. £8/£10

June 2005

- 4th **THE HARVEL 5**
12th **Eltham Park 5**
Southend Half Marathon. 10am.
Southend tennis & Leisure Centre, Eastern Avenue. £8/£11
19th Mascals 10k. Paddock Wood
26th Orpington 10k
North Downs Run (30k) 10.30am. Cascades Leisure Centre. £12/£14

HARVEL HARE LINE

	2005	
6 March 2005	WIZARD & DURACEL	Amazon & Tiger 11.30am
1 May 2005	FATNAT & GOLDEN NUTS	Amazon & Tiger 11.30am
3 July 2005	<i>GADGE</i> (oh fuck! - Ed) RED DRESS HASH	TBA 11.30am
4 September 2005	SHAGGY & IRONMAN	Amazon & Tiger 11.30am
6 November 2005	PITCH & PADGE	TBA 11.30am

.....apply early for 2006 !

AMAZON & TIGER

Opening hours:-

Monday to Thursday 12 Noon to 3pm and 6pm to 11pm

Friday & Saturday 12 Noon to 11pm

Sunday 12 Noon to 10.30 pm

CLUB MEETINGS

Quarterly (if we can be bothered), Harvel Village, 9.10pm ish.

Liquid refreshments provided.

CLUB RECORDS

Any comments/Corrections/Additions welcome (Taken from H4 Website)

Event	Member	Month	Year	Distance	Hrs	Mins	Secs
Ashford	Popeye	Feb	2004	10 Km		41	19
Barns Green	Biddy	Oct	2004	13 + Miles	1	37	
Bethersden	Popeye	Mar	2004	5 Miles		32	30
Bristol	Fozzie	Sept	2004	13 + Miles	1	38	
Canterbury	Popeye	Jan	2004	10 Miles	1	11	43
Cliffe Woods	White Wino		2002	10 Km			
Croydon	Wizard	Oct	2004	10 Km		48	0
Crowborough	Wizard	Nov	2004	10 Km		52	15
Dartford (10)	The Tiger	Jan	2001	10 Miles	1	12	33
Dartford (13)	Hairy / Tiger	July	2002	13+ Miles	1	35	
Dedham (10)	Wizard	Sept	2004	10 Km		45	36
Dedham (Fun Run)	Little Madam	Sept	2004	2.2 Miles		27	53
Dulwich (5k)	Shaggy	June	2004	5 Km		26	55
Dulwich (10k)	IronMan	Oct	2004	10 Km		59	45
Eridge Park	Hairy Ken	Sept	2004	10 Miles	1	22	
Great North	Hairy Ken	Sept	2003	13 + Miles	1	32	
Harvel 5	El Rapido	June	2001	5 Miles	-	30	2
Hempstead Valley	Bamber		2002	13 + Miles	1	26	49
Isle of Wight	Boundary Man	May	2002	26+ Miles	3	52	50
Great South Run	Hairy Ken	Aug	2002	?	1	11	
Jersey	White Wino	May	2002	13+ Miles	1	55	
Larkfield	Boundary Man	May	2002	10 Km	-	42	15
Loch Ness Marathon	White Wino	Oct	2004	26 + Miles	4	3	58
London Footbeat	Shaggy	May	2004	10 Km		58	49
London Marathon	Pitch	April	2004	26+ Miles	3	37	52
Maidstone	Hairy Ken	Sept	2002	13 + Miles	1	34	-
Maidstone	Hairy Ken	Sept	2003	10 Km	-	41	21
North Downs	Boundary Man	June	2002	30 Km	2	46	29
Paddock Wood	Hairy Ken	March	2002	13+ Miles	1	34	50
Sevenoaks Seven	The Tiger	May	2002	7 Miles		50	54
Sharon Norbury	Humpty	June	2003	5 Miles		49	21
Sidcup	Olive Oyl	Feb	2004	10 Miles	1	31	
Sittingbourne	Hairy Ken		2001	10 Miles	1	11	-
Thanet	Sam	Dec	2004	10 Miles	1	6	50
Thanet	Wizard	Oct	2004	10 Km		46	
Thanet Seaward	The Tiger	March	2001	20 Km	2	37	-
Tunbridge Wells	The Tiger	Feb	2001	13+ Miles	1	33	53
Willmington	Popeye	Oct	2004	10 Km	-	42	17

SWEATSHOPS

Newham Court Shopping Village, Bearsted Road, Maidstone, Kent, ME14 5LH.
01622 735 520

Fitness First, Princes Road, Dartford, Kent. 01322 311 119

(Sponsor of the Harvel 5 - They are paying for the race numbers and giving spot prizes)

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.

MEMBERSHIP SUBSCRIPTIONS

ARE NOW DUE = £15 PER ADULT MEMBER (£5 UNDER 18)

Please pay Ironman ASAP

CLUB MERCHANDISE

Running vests (£10), Contact Fozzie to order.

T-Shirts, Polo shirts (£7), hats (£5) and all manner of new kit,
Contact GOLDENNUTS

Next HASH

Sunday 1 May 2005. Hares - FATNAT & GOLDEN NUTS

On On 11.30am, from the AMAZON & TIGER

October 2004 - Wilmington 10K

Two party animals (Humpty and Ironman partying in the Village Hall until 2 am) and one sensible runner (Popeye or 'boring bastard' who was in bed by 9 pm) turned out for the 'very undulating' Wilmington 10K.

With the 'party animals' head in hands (which head is up to you) and 'boring bastard' returning from 'runners knee' (yes another injury) the team stormed around the course. Popeye first home in a new club record of 42 Minutes and 17 Seconds, and Humpy just pipping Iron Man at the finish in times of 58 and 63 Minutes respectively.

HARVEL 5 UPDATE

5 Entries to date (In line with previous year for this time of year)
Marshals, Police, Council, MPC, Park ranger, St John Ambulance, cadets,
lead bike, ice cream man, WI for teas & coffees have all been contacted
Village Hall, Gazebos, PA System been booked
Occasional License and race permit application forms have been submitted
H4 Website, Runner World website, entry form and posters all updated
Trophies ordered, Sweatshop are providing race numbers
Designing our own medal this year
Mail out to other club to be done by end of March
Result software to be purchased
Club may have to organize the timekeeping this year

CLUB DINNER & DANCE 2005

Good turn out with 39 in attendance. Thanks to those for organizing it, I won't name them all as bound to miss someone (plus I can't remember - Sub Ed) and thanks to LANDLORD MICK for providing all that wine ... hic. Special thanks to TADGE for clearing up on the Sunday. Awards/Trophies Winner were:-

Best Club Performer (Ask Olive Oyl)	Popeye
Best Club Improver (Well he was shit to start)	Humpty
Best Hare (Or lack of it his case)	Gadge
Best Club Arse (Backside, derriere, bum)	FatNat
Club Muppet AKA Sad Git (No surprise there)	Ironman

And not forgetting best club Swearer - Banzai !!

Picture on Web site www.HarvelH3.org (Previous event button)

2005/06 club do - Fuck knows

CONTACT HHHH...

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