

JOEY Jnr

"It's not Big and it's not Clever"

The monthly club Newsletter of the Harvel Hash House Harriers

The Drinking Club with a Running Problem!

March 2006 - Issue 4

Dear Fellow Runners/Hashers - A belated Happy New Year, this is the first Joey Jnr of the year as Ed has been a bit busy, what with Skiing, Stag do in Bratislava, a trip with schoolgirls and believe it or not being busy at work!

Welcome to new members - Angie "LBOS" Whincop, Claire "Chips" French, George "Del Boy" Mitchell, John "Orange Man" Gorringe. Welcome back to WhiteWino and family.

WhiteWino & Vino Tinto do Torremolinos ! February 2006 - Viva la Spaniards.... They are noisy, loud, tanned, smell of b.o. and stink of garlic...but they put on a hell if a race, half or marathon or even 10ks. Benidorm November 2005, half and marathon, a lovely pre-Christmas warm and sunny run, the course is quite flat apart from a long slow hard (how I like it) hill at 9 miles, most of the runners seemed to be Brits, the crowd northerners....bless em! the pace was fairly even and not too fast, a lot of charity runners, all in all was a nice run, along the sea front and around the town, finishing with a goody bag and a plaque, which was nice!

Gotta say the best bit was the pacers on road bikes, in lycra, know what I'm saying girls..mmm nice butts. Torrielinos Feb 5th 2006, now we're talking Spanish, loads of them, harder course, but faster pace, very challenging FLAT course, which means undulating, beautiful weather, warm (21 degrees), just the job for training in, no chips for your time in this one unlike the Benidorm but very well organised, we ran along the beach, all around the outskirts of torrie, thankfully not up the surrounding mountains! oh and the highlight was running down the policed motorway! yea you heard me right, Vino whinging about the pollution, it was all good fun, towards the end of the race one of the

marshals (an old lady) who was wrapped up for winter waved us on and said "urry up"...Vino and myself both suffering from injuries (honest) ran it as a training run, taking in the views and chatting away, we finished on a sprint (well we thought it was!) the crowd roared and we got a better finish than the speedies, collecting our well deserved bright orange t-shirts. We have to tell you that overseas running is the best, we have travelled on our own several times but the last two we went with a company called runningcrazy, it's fairly new, run and organised by a very socialable guy called Malcolm, his father helps out too and he has a few others that pitch in, they are all runners who love a bargain and a drink so I thought he was worth a plug, you get the flight and he does the rest, hotel, half board, transfers and race entry all for under £150, check out his web site www.runningcrazy.co.uk Keep on running....drinking WhiteWino Times 2 hour 10 for both WW & VT.

NEXT CLUB MEETING - Normally first Tuesday of the month, HVH 9.15am, proposal to change it to another night, starting earlier - watch this space!

QUOTE - "Joey isn't on yellow paper anymore, I noticed it on my desk at work, it was white" - Token Totty "That's because I emailed it to you, it depends on the colour of paper in your printer" - Ironman

WINTER TRAINING The proposed night runs are - 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 7.30pm.

White Wino & Vino Tinto do Brighton $\frac{1}{2}$ Marathon (Is anyone else actually entering races ? - Ed) - February 2006 - I must be slowing down I ran my socks off!!! but a very hard wet and windy race..with a second half undulating course, first half along the sea front and around the lanes of Brighton, second half a long slow incline head winds and then down hill on the muddy grass....need more training!!! Bring Hastings on!!!! WW 2.09.02 VT 2.12.39

FORTHCOMING RACES/EVENTS

5th March - Club Hash

12th March - Hastings 1/2 Marathon

2nd April - Paddock Wood 1/2 Marathon

9th April - Harvel Handicap - TBC

23rd April - London Marathon

3rd June - Harvel 5

25th June - North Downs (Club to man water Station again)

2nd July - Bewl 15 Mile

6th July - Ironman is 40 !!

24th September - Toronto Marathon

QUOTE - While at the Club annual dinner (about 10pm) Padge said "Skipp should have started the Marathon in India by now" Whitewino - "Are they running at night?"

SUBS - Are now due £15 adults, £5 under 18 and OAPs. If you wish to remain a member of the club please forward your readys (Securitas notes accepted) to Ironman, there will be no further reminders.

CLUB CONSTITUTION - Can be found on the website, if anyone wants a hard copy ask Ironman

HARVEL 5 2006 - Organisation on schedule, most jobs have been allocated.

HARVEL HANDICAP 5 - Sunday 11th December - A good turnout on the cold but sunny winters day. Duracell wins with a personal best. The Chair and token Token turn up late but still complete the course. This was the final race in this series, so trophies were presented to Ironman (1st), Humpty (2nd) and The Chair (3rd).

IRONMAN IS 2005 WINNER !!

| Overall League Position | | | | | | | | | | | | |
|-------------------------|-------------|-----|------|-------|------|------|------|------|------|-------|-------|-------|
| Pos | Club Name | 7/8 | 3/10 | 12/12 | 13/2 | 10/4 | 19/6 | 21/8 | 2/10 | 11/12 | Total | PB |
| 1 | Iron Man | 23 | 35 | 26 | 29 | 35 | 30 | 28 | 28 | 28 | 262 | 46.32 |
| 2 | Humpty | 0 | 34 | 28 | 26 | 28 | 0 | 29 | 25 | 27 | 197 | 44.20 |
| 3 | Rocky | 0 | 35 | 35 | 28 | 26 | 0 | 0 | 0 | 25 | 149 | 42.27 |
| 4 | Popeye | 0 | 0 | 0 | 0 | 25 | 29 | 30 | 24 | 29 | 137 | 34.07 |
| 5 | Token Totty | 26 | 21 | 27 | 35 | 0 | 0 | 0 | 0 | 26 | 135 | 41.04 |
| 6 | Duracell | 0 | 32 | 0 | 0 | 32 | 0 | 0 | 34 | 35 | 133 | 42.17 |
| 7 | Hareflick | 27 | 28 | 0 | 25 | 24 | 0 | 0 | 0 | 0 | 104 | 59.43 |
| 8 | Psycho | 24 | 33 | 29 | 0 | 0 | 0 | 0 | 0 | 0 | 86 | 43.46 |
| 9 | Rub-a-Dub | 0 | 0 | 0 | 0 | 34 | 0 | 0 | 31 | 0 | 65 | 42.38 |
| 10 | Fozzie | 0 | 22 | 0 | 27 | 0 | 0 | 0 | 0 | 0 | 49 | 35.05 |
| 11 | Shaggy | 35 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 35 | 44.08 |
| 12 | Vamp | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 35 | 0 | 35 | 41.28 |
| 13 | Padge | 34 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 34 | 43.07 |
| 14 | Fish | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 32 | 0 | 32 | 40.17 |
| 15 | Bimbo | 0 | 31 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 31 | 40.53 |
| 16 | Alcopops | 0 | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 58.35 |
| 17 | Gadge | 0 | 29 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 29 | 39.39 |
| 18 | Banzai | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 28 | 37.45 |
| 19 | Dover | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 35.31 |
| 20 | Biddy | 0 | 21 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 34.23 |
| 21 | Em | 0 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 49.11 |

QUOTE - Tadge to IronMan "That's a bit of a mouth full!" IronMan had just said "My new club name is to be middle syllable", as in accountant, to put it into context.

SANTA PUB CRAWL - Sunday 18th December - Excellent turnout with other 30 Santas! £250 was raised for the Vigo Playground equipment fund - Thanks to Del Boy for the outfits. Thanks to all the pubs we visited, except The Cricketers who were miserable bastards!

NEXT HASH -. Sunday 5th March, Start time 11am. On On Amazon & Tiger. Back to basics hash! Hares by Padge & Speedy

CLUB ANNUAL DINNER - Excellent night was had by all with over 40 people attending. Thanks to Kevin & Nina Sparkes for the excellent food and for Bertie for the excellent disco - Did it really go on to 3am?! - hope there's no complaints from the neighbours - ah bollocks that's me anyway and I was still there at 5.30am !! (Ironman). Also thanks to Breezer Babe & Tadge (AKA Club rear of the year 2005) for doing the raffle. Also a big thanks to those who turned up on Sunday (on time!) to clear up the hall - Same again next year!

WEBSITE - Check it out at www.HarvelH3.org

Harvel Handicap 2006 - February 2006

| Place | Handle | Time | Points |
|-------|-----------|-------|--------|
| 1 | Popeye | 46.19 | 30 |
| 2 | Vamp | 47.59 | 29 |
| 3 | Fat Nat | 48.00 | 28 |
| 4 | Fish | 48.32 | 27 |
| 5 | The Chair | 49.50 | 26 |
| 6 | Iron Man | 54.42 | 25 |

Next Round April 06. Date TBC

KIT - New Kit Bird, White Wino has done a stock take

| | |
|---------------------|--|
| Running vest yellow | Ladies Medium x6 Ladies Small x1 Mens small x2 Mens Medium x1 |
|---------------------|--|

| | |
|------------------------------|---|
| Running Vest (better colour) | Mens large x5 Mens Medium x12 Ladies size 14 x5 Ladies size 12 x1 Ladies small x4 |
|------------------------------|---|

| | |
|---------------|----------------------|
| Training tops | Small x3 Large x1 |
|---------------|----------------------|

| | |
|-------------|-----------------|
| Polo Shirts | large yellow x1 |
|-------------|-----------------|

| | |
|------|-----|
| Hats | x14 |
|------|-----|

| | |
|--------------------------|-------------------------|
| Blue t-shirts (Harvel 5) | Large x11 Medium x10 |
|--------------------------|-------------------------|

To order any kit please contact White Wino, LBOS or Ironman

WW is also getting prices and opinions about other stock, such as:-

Gels

Fleeces

Rugby Shirts

Gloves

Running Bottles

Sweatshirts

Pens

Padge is on the case with Hi-Vis jackets

The Great British Getaway - Running Holidays abroad - cheap and easy!

| Benidorm | Alvia, Majorca | Torremolinos |
|--------------------------|--------------------------|------------------------|
| Marathon & Half Marathon | Marathon & Half Marathon | Half Marathon |
| Sunday 26 November 2006 | Sunday 10 December 2006 | Sunday 4 February 2007 |

If trudging around those miles at the local park seems pointless, or slogging out the kilometres on that treadmill at the gym is proving a little soul destroying - here is a way to give you a little extra skip in your stride! Give yourself the goal of a race abroad.

Great British holiday getaways during the summer in Spain are also proving popular destinations for running trips during the winter too. The infrastructure is there, the hotels, the transport, the entertainment, and they are crying out for people to visit 'out of season'. There are probably no more better known Spanish resorts than Benidorm, Calvia (covering Magaluf & Palma Nova) and Torremolinos, all within 30 minutes of the continental airport. All 3 races have been in existence for nearly 20 years and are organised by the respective local Councils. There are varying distances too, a Marathon and a Half Marathon are on offer at both Benidorm and Magaluf, and a Half Marathon only at Torremolinos. All are held on traffic free roads, which are well marshalled, well policed and well supported! Due to the high local British population, many of your shouts of support will be in English too!

Getting to these resorts could not be easier. Most of the low cost carriers such as Easyjet, Jet2, Ryanair, BMI Baby, MyTravel lite and Flybe operate to Alicante for Benidorm, Palma de Mallorca for Calvia, and Malaga for Torremolinos. Even the scheduled carriers offer competitive prices to these destinations. In addition the low cost carriers are expanding their network to accommodate the growing number of Brits now living abroad. They are flying from regional airports such as Bournemouth, Coventry, Doncaster, Blackpool, Exeter, and Durham, as well as the international airports that we have been used to using. You can book flights at some amazing prices. ie last year Newcastle to Palma was priced at just £6.49 each way! The low cost carriers also have regular sales of flights throughout the year, and you can pick up cheap flights at a time when few other people are looking to travel.

The weather at that time of year can be surprising too. The climate is generally mild with temperatures around 12-14 degrees, but it is almost

certainly going to be better than at home in the UK. Even if it does rain, at least it will be warm rain! Each of these resorts offers great entertainment in any event, and you can relax in style after the race. There are many bars, cafes and restaurants, not to mention the cabarets, discos and shows, many of which still operate out of season.

If a Half Marathon at 13.1 Miles seems a bit far as your first expedition abroad, then there are 10K (6 Miles) races to consider too. The 'Cursa San Silvestre' is a race held in Barcelona at 5-30 pm on New Years Eve - What better way to mix your running with a great party afterwards!

Running Crazy operates packages to all these races and is busy expanding its programme to cover more. Director Malcolm Hargraves said ' Running is becoming a more and more popular pastime in the UK, you can see people jogging everywhere. Many runners have got themselves fit for a particular race in the UK, be it the London Marathon or one of the BUPA Great Runs, and then want to move on to something a little more exotic and exciting - whilst they still retain their fitness level. It is so easy to book cheap and convenient flights nowadays, and by mixing a cheap holiday together with a race it gives a sense of purpose to the break. Many runners are visiting areas of Europe that they hadn't thought of going to previously - particularly at the moment, cities in Central and Eastern Europe (ie Prague, Budapest, Bratislava). What is more the runners get to visit parts of the city that other tourists don't get to see! Some people will take longer to run around than others, but they just claim to have seen more sights on the way! Some of these races are mass participation events, and you really feel as though you have taken part in something special - whatever the reason for competing, just finishing is a good excuse for a celebration afterwards. Many of the runners perform better at the after race party than at the race itself!

For more information check out www.runningcrazy.co.uk, or contact Running Crazy Ltd, 18 Octavius Court, Waterlooville, Hants, PO7 8LY (02392 255033).

NEXT ISSUE -. Any other articles to the Editor by 25th March.

**CONTACT DETAILS:-
(Following February 2006 AGM)**

| | |
|-----------------------------|---|
| Chairman | MARTIN 'PADGE' PAGET Mobile: 07885 804 092 e-mail: Padge@HarvelH3.org |
| Captain | JASON 'POPEYE' VANDER e-mail: Jason@khr.co.uk |
| Vice Captain | LEE "FISH" McCARTY e-mail: Fish@HarvelH3.org |
| OnSec | CRAIG "WIZARD" MURPHY e-mail: Wizard@HarvelH3.org |
| Joey Editor | KEVIN 'IRONMAN' BARRY |
| Hash Cash | Work: 020 8299 8423 |
| WebMaster | Mobile: 07900 244 669 (Until take Home: 01474 814 934 E-mail: IronMan@HarvelH3.org e-mail: Editor@HarvelH3.org |
| Social Committee | WENDY 'TADGE' PHYALL (Chair) ANGIE "LBOS" WHINCOP CLAIRE "CHIPS" FRENCH JO-ANNE "WHITEWINO" BURCHFIELD NATALIE "FATNAT" GORRINGE |
| Kit Bird | JO-ANNE "WHITEWINO" BURCHFIELD e-mail: Whitewino@HarvelH3.org |
| Club HQ Sponsor | AMAZON & TIGER Home: 01474 814705 |

SORRY NO JAM RECEIPE THIS MONTH - 2 NEXT MONTH