

NEW RECRUITS

Rebecca Mulligan - Club Name Mole (AKA Shaggy's Shag)

Lee (I Can't believe he's younger than Ironman) McCarthy - Handle Outstanding

LONDON MARATHON BY OUR VERY OWN CHAIRMAN - PADGE

Best turn out ever for club runners this year and a fantastic effort by everybody especially the virgins. I was absolutely gutted when I had to defer my place this year! The training had to be the wettest and coldest 3 months I have ever known, 1 Month not drinking and no medal to show for it all! Still always next year if Speedy lets me!

Pitch : 3.28

Stronger than ever. 😊

Banzai : 3.41

Photo in Evening Standard shows the effort he put in. 😊

Hairy Ken: 3.47

Shaved a minute off his last marathon - suspected over-training 😊

Golden Nuts: 3.47

Brilliant time worth all the effort (virgin). 😊

Dibley : 4.11

Slow towards the end - pulled muscle - better things to come (virgin) 😊

Fat Nat : 4.18

Great effort should have run own race (virgin) 😊

Tony the Tiger:

Real bad luck - damaged muscles - had to pull out at 6 miles - wish him a speedy recovery. 😊

White Wino: 4.28

Missed her this year - steady time. 😊

Jurassic: 5.06

Came back from rugby injuries - true Hasher, stopped for pint at sip stop (virgin). 😊

Katie Bimbo: 5.06

Run with family - predicted time own race 4.06 next time (virgin). 😊

Slim : 5.06

Lost one and a half stone training - on for a good time went over on water bottle... end of story! 😞

Thanks to **Padge** for organising the minibus, which cost the club £170 and for **Tadge** and **Landlord's bit of stuff** for the food in the evening.

WHITSABLE 10K (MAY 2005) BY OUR VERY OWN CAPTAIN - POPEYE POPEYE BEATS OLYMPIC CHAMPION!

I bet you can hardly believe it, but yes, **Popeye** has beaten an Olympic Gold Medallist! The after shocks are still being felt around the athletics world. Ok, so he might be 72 and he may have won his gold medal for the 50K Walk at the 1960 Olympic Games in Rome, but Don Thompson is still an Olympic Champion and a win is still a win!

This truly historic moment took place at the Whitstable 10K on Bank Holiday Monday. This was a well organised race, with a fast course, scenic views, and an excellent race T-shirt! However, Popeye was not alone in flying the Harvel H3 flag, Iron Man was also in attendance as the Harvel boys took on Thanet's finest.

Popeye was first back in a Club Record of 42.36, with **Iron Man** bringing up the rear or trying to stop it coming out of his rear (another boozy late night) in a time of 64 mins.

QUOTES (Anonymous)

"Running is like sex sometimes you have to do it yourself"

"I have a huge problem. A friend has put a screensaver on my computer, but every time I move the mouse, it disappears! "

QUOTE

"I've already entered Wendy" - Ironman saying that he had pre-entered Tadge for the Eltham Park 5 mile run the week after the Harvel 5. This race gives those who didn't run the H5 a chance to run a 5 miler the following week.

A VIRGIN'S TALE BY SEAN McGRATH (VIRGIN HASHER) BOZO !

I was sweaty, my legs hurt and I was being forced to down half a pint of lager whilst a circle of strangely clad onlookers chanted at me. This was the end of a five mile Hash through the countryside surrounding Harvel and it was probably the furthest I had run in years.

As a teenager I was a keen runner. I took part in Sport Aid in 1986 and ran a half-marathon in Germany when I was in the army. This was all about ten years ago though and when the Paget's (whose household I am currently part of on the proviso that I marry their firstborn child) asked if I wanted to join in a Hash I thought 'Why not!'. Now the Paget's, and it seems all the other fitness-loonies in Vigo and the surrounding areas, run a lot! The thought of having to keep up with a group of experienced and well practiced runners initially put me off. I was assured though that the Hash was not a competitive thing but a social event and I was pleasantly surprised to find this to be the case.

We set off at a steady pace through Harvel village and quickly turned off the road and into the countryside following, what were to me, strange and esoteric markers daubed in flour. I think it was flour anyway. It may well have been class-A narcotics, as whenever it was chanced upon certain people became very lively and dashed off in various directions shouting out what sounded like battle-cries whilst others stared at the substance on the ground looking bemused.

After a couple of miles I found to my great relief that I could keep up and was even enjoying myself. My legs were holding up, my lungs were not imploding and the sun was shining. The pace was comfortable, there was no pressure to over-push my limitations and everybody was very friendly. Whenever I did start to feel a bit tired we were never far from a rest point - sometimes stopping to find the next direction, sometimes waiting for everybody to catch-up, sometimes slowing down to wade through thigh-high stinging nettles and at least once stopping to watch one of the guys try to steal some poor bugger's dog!

A drink stop near the end was very welcome. Not knowing it was near the end and not desiring to have lager chugging about in my stomach I made the erroneous decision to have a can of Diet Coke... a mistake that earned me one of my penalty lagers at the end. All in all I had a lovely morning and was made to feel very welcome - so thank you! It's given me the incentive to get back into running and, as soon as I can be bothered, I will!

BBC World News - 2nd May 2005 (True story, not a joke!)
Lion Mutilates 42 Midgets in Cambodian Ring-Fight

Spectators cheered as entire Cambodian Midget fighting League squared off against African Lion. Tickets had been sold-out three weeks before the much anticipated fight, which took place in the city of Kâmpóng Chhnăng.

The fight was slated when an angry fan contested Yang Sihamoni, President of the CMFL, claiming that one lion could defeat his entire league of 42 fighters. Sihamoni takes great pride in the league he helped create, as was conveyed in his recent advertising campaign for the CMFL that stated his midgets will "... take on anything; man, beast, or machine."

This campaign is believed to be what sparked the undisclosed fan to challenge the entire league to fight a lion; a challenge that Sihamoni readily accepted. An African Lion (*Panthera Leo*) was shipped to centrally located Kâmpóng Chhnăng especially for the event, which took place last Saturday, April 30, 2005 in the city's coliseum.

The Cambodian Government allowed the fight to take place, under the condition that they receive a 50% commission on each ticket sold, and that no cameras would be allowed in the arena.

The fight was called in only 12 minutes, after which 28 fighters were declared dead, while the other 14 suffered severe injuries including broken bones and lost limbs, rendering them unable to fight back.

Sihamoni was quoted before the fight stating that he felt since his fighters outnumbered the lion 42 to 1, that they "... could out-wit and out-muscle [it]."

Unfortunately, he was wrong.

QUOTES

"If I'm going down, I'm not getting up again" - Popeye

"Your helmet is really mankie" - Olive Oyl to Popeye

April 2005 - Paddock Wood 1/2 Marathon

7 Club members completed the course, Golden Nuts wins for the club, with Shaggy & Ironman both achieving personal bests, well it was the first time they had run that distance. Ironman actually wasn't last, as he beat 16 other runners, just overtaking the old biddy (Not Twiki) with the zimmer frame on the line. The men's teams (first 4 men from club) came 35th as a team. Katie & Fatnat were the 115 & 116 ladies to finish out of 499 lady finishers, which is pretty impressive. Times were as follows-

Place	Club Name	Time	PB
419	Golden Nuts	1-43-22	Yes
665	Katie Bimbo	1-50-58	
666	FatNat	1-50-59	
746	Slim	1-53-22	
1073	Padge	2-06-04	
1463	Shaggy	2-36-03	Yes
1504	IronMan	2-48-31	Yes

SEVENOAKS SEVEN

Can't be arsed to write this one up maybe in the next Joey! - Sub Ed
But **Ironman** did a really good 69!

LARKFIELD 10K

Good attendance - Popeye, Katie Bimbo, Duracell. Humpty, Shaggy & Ironman

Popeye was first club member in just over 42 mins (Seconds outside Boundary Mans club record) and **Ironman** came up the rear in an acceptable time of 60.45 (3 minutes better than Whitstable), which wasn't bad as it's a rather hilly 10k with the last 1km is all up hill!

Can't be arsed to list all the other time - Sub Ed

THE HARVEL 5

Another impressive field (and the one we used to park cars in) again this year of both club and fun runners, with 439 runners crossing the finish line (Which we remembered to paint this year!). This number was down on last years when there were 508 finishers but the Harvel 5 was part of the Kent Grand Prix in 2004, but was up on 2003 when there were 380 finishers.

The Harvel H3 H5 club record was broken this year by **Sam** in 29.15 finishing 18th overall. The clubs first female to finish was **Token Totty** in 38.07.

This year was the first when we had team trophies, in both male & female teams Dartford Road Runners won, Harvel H3 managed 12, 22 & 24 places, not bad considering most of our runners were not running due to being involved in organising the event. **We only did team trophies this year because Dulwich Runners said it was as good idea and they thought they were going to win it - tossers !!**

Place	Time	Runner
18	0:29:15	Sam
68	0:33:10	Pitch
107	0:34:57	Dibley
125	0:35:59	Popeye
136	0:36:24	Superman
174	0:38:07	Token Totty
197	0:39:18	Katie Bimbo
202	0:39:29	Mark
213	0:39:57	Slim
309	0:44:59	Landlord Mick
347	0:47:49	Vicki
348	0:47:59	Mole
349	0:47:59	Shaggy
366	0:49:57	Bush Whacker
374	0:50:21	Em
377	0:50:54	Banzai
436	1:04:27	Dover
439	1:09:01	Hair Flick

A time elapse camera was used to picture hare Flick crossing the finish line.

**Threads and ratings from the Harvel 5 events page on the Runner's World Website
www.runnersworld.co.uk**

"If anyone is thinking of entering on the day, I think there should still be places left. I spoke to the event organiser and sent off my form yesterday and was told my number is 318. So hopefully, there will be places left. Apparently you will need to go to the village hall opposite the pub to sort out race entry. It'll be £8 on the day. Email Kevin Barry (details on the Events page), very quick response and helpful."

"In all my excitement I forgot to say thanks to the HHHH for organising this - you guys always do a great job! That atmosphere is wonderful and you all clearly take great pride in your race. And the organisation is smooth and efficient (from the outside!). We love this friendly, local race and we'll be back in future years (gunning for the course record, hopefully)"

"Superbly organised scenic 5 miler! What a great race! All local races should be aiming for what the HHHH put on today...Free jellies babies before during and after the event....Beer at the water stations and a great fete atmosphere at the finish with cakes, beer, raffle etc...A really friendly and welcoming atmosphere. A superb event, well done I'll definitely be back"

"A magnificent local race that sets the standard A friendly local mixed terrain 5M. Well organised, fun and friendly with something for everyone regardless of ability. Sets the standard for other smaller local races. Highly recommended."

"Great atmosphere, very enjoyable. A very enjoyable afternoon out. HHHH are to be commended for putting on an "event", not just a race. The course is scenic and challenging and the organisation first-class. The atmosphere on the green before and after the race was very friendly and great fun and it's a race to look forward to."

AND THEN THERE'S ALWAYS ONE TOSSER

"Great race, good atmosphere, but.... No water available before the race so got directed up to the tiger and amazon pub where the big sign outside said " plastic bottle of water - £1 " went and paid my £1 and got the TINNIEST bottle (330ml) and the publican was smiling! The words captive market, ripped off and must bring more drink are now synonymous with the Harvel 5!" (Handle Falcon)

BUT PR PETE WAS ON THE CASE

"Falcon - disappointed you found it necessary to 'diss' Harvel because you weren't organised enough to bring your own pre-race fluid with you. I don't know too many events that provide free water before the run (bupa runs usually do) and I'm sure if you were desperate, the tea stall, the burger van or even one of the race officials would have been able to get you some tap water or let you have a bottle from the race finish stock. The pub doesn't usually sell bottle of water, so if they have accommodated your lack of preparation, I guess a quid is the price you pay. Maybe the Harvel 5 just isn't for you ???"

AND IS THIS ONE FOR REAL (From someone who actually wanted to join our club but we really didn't want him to join, PR Pete to the rescue again!)

"An excellent race, specially since I achieved my target time with a couple of minutes to spare. One *small* niggle. When I finished I was desperately thirsty, got to the end of the funnel, and was handed a bottle of water I couldn't open; luckily a bystander came to the rescue! Next year perhaps, whoever hands out the water could also snap the seals? Thanks." (Sent to Ironman by Email) - Below is a picture of the tosser who wrote this email:-



Captions contest entries were:-

"F*ck can't stop my stop watch, maybe a bystander will help" (Ironman)

"F*cking W*nker" (Fozzie) (When he email the Sub Ed - I thought he meant me!)

"A new PB! That's my fastest ever post-race complaint!!" (Popeye) - That one wins !!

LANDLORD MICK FINISHES THE HARVEL 5



Captions for this picture so far:-

"I still ran under 45mins and I was carrying this f*ucking pot plant!" (Ironman)

"By night I'm the bondage/wife swapping guy from the League of Gentleman" (Popeye)

"This pot plant is cheaper than bottled water!" (Ironman)

As per normal not many people could be arsed to contribute

AMAZON & TIGER (Club Sponsor)

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

A new restaurant has also opened, Thursday to Saturday evenings, from 6pm with last orders being taken at 9.30pm. Any enquiries telephone Kerry on 01732 823898 or email Amazonrestaurant@aol.com. For booking please call 01474 814705

SOME LIGHT READING

I have been handed a copy of an extract of House Keeping monthly from way back to 13th May 1955, thought it may be of some interest!

Love Land lords bit of stuff xx

THE GOOD WIFE'S GUIDE HOUSE KEEPING MONTHLY 1955

- Have dinner ready. Plan ahead, even the night before, to have a delicious meal ready, on time for his return. This is a way of letting him know that you have been thinking about him and are concerned about his needs. Most men are hungry when they come home and the prospect of a good meal (especially his favourite dish) is part of the warm welcome needed.
- Prepare yourself. Take 15 minutes to rest so you'll be refreshed when he arrives. Touch up your make-up, put a ribbon in your hair and be fresh- looking. He has just been with a lot of weary people.
- Be a little gay and a little more interesting for him. His boring day may need a lift and one of your duties is to provide it.
- Clear away the clutter. Make one last trip through the main part of the house just before your husband arrives.
- Gather up school books, toys, paper etc. and then run a dust cloth over the tables.
- Over the cooler months of the year you should prepare and light a fire for him to unwind by. Your husband will feel he has reached a haven of rest and order, and it will give you a lift too. After all, catering for his comfort will provide you with immense personal satisfaction.
- Prepare the children. Take a few minutes to wash the children's hands and faces (if they are small), comb their hair and, if necessary, change their clothes. They are little treasures and he would like to see them playing the part. Minimise all noise. At the time of his arrival, eliminate all noise of the washer, dryer or vacuum. Try to encourage the children to be quiet.
- Be happy to see him.
- Greet him with a warm friendly smile and show sincerity in your desire to please him.

- Listen to him. You may have a dozen important things to tell him, but the moment of his arrival is not the time. Let him talk first - remember, his topics of conversation are more important than yours.
- Make the evening his. Never complain he comes home late or goes out to dinner without you. Instead, try to understand his world of strain and pressure and his very real need to be at home and relax.
- Your goal: try to make sure your home is a place of peace, order and tranquillity where your husband can renew himself in body and spirit.
- Do not greet him with complaints and problems.
- Do not complain if he is late home for dinner or even if he stays out all night. Count this as minor compared to what he might have gone through that day.
- Make him comfortable. Have him lean back in a comfortable chair or have him lie down in the bedroom. Have a cool or warm drink ready for him.
- Arrange his pillow and offer to take off his shoes. Speak in a low, soothing and pleasant voice.
- Do not ask him questions about his actions or questions his judgement or integrity. Remember, he is the master of the house and as such will always exercise his will with fairness and truefulness. You have no right to question him.
- A good wife always knows her place.

NEXT HASH

Sunday 3 July 2005. Hare - GADGE (Oh f*ck - Sub Ed)

On On 11.30am, from the AMAZON & TIGER

DRESS CODE : RED DRESS !!!

FORTHCOMING EVENTS

JUNE

Sunday	19th	Harvel Handicap	Harvel	11.30am
Sunday	26 th	North Downs Run 30k	Gravesend	10.30am

JULY

Sunday	3rd	Harvel Hash (29)	Harvel	11.30am
Saturday	9th	Harvel Village Fete (+ Fun Run)	Harvel	2.00pm
Sunday	10 th	Rhino Challenge 10k	Hythe	11.30am
Sunday	10 th	Cliffe Woods 10k	Rochester	T.B.C.
Sunday	17 th	Dartford Half Marathon	Dartford	09.00am
Sunday	24 th	Dinosaur 10k	Deal	T.B.C.

AUGUST

Sunday	7 th	Harvel Handicap	Harvel	11.30am
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SEPTEMBER

Sunday	4th	Harvel Hash (30)	Harvel	11.30am
Sunday	11 th	Faversham 10k	Faversham	11.00am
Sunday	25 th	Quicksand 15 Mile	Margate	T.B.C

TUESDAY NIGHT TRAINING

After much discussion over recent weeks and a few beers it has been decided that we will carry on with Tuesday training starting at 7:30, Harvel Hall.

With Golden Balls help aka Sat-Nav we have measured with a very long tape measure distance of runs - and named them, so everybody should know where and approximately how long it will take to get round (apart from Ken who always likes to go further than the measured runs). The actual runs are between 5 miles and 8 miles so we are always going to be within an hour and quarter from leaving Harvel.

If you feel like joining us on Tuesday nights it is open to everyone of ALL ability - If you run there will always be someone to run with you (if you want them to).

If you need to contact me please use mobile no: 07885804092 and at last email: martinpaget@aol.com

SUNDAY MORNING TRAINING

9AM OUTSIDE HARVEL VILLAGE HALL

(Unless otherwise advised of another event e.g. HH5)

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

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 sweeties and a very large broom !)

More details from FOZZIE.

SWEATSHOPS (Harvel 5 Sponsor)



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

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

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.

With your H5 race number you get 12.5%
(See Ironman if you have 'lost it' and he will give you one !)

MEMBERSHIP SUBSCRIPTIONS

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

If you haven't paid you shouldn't be reading this !

CLUB MERCHANDISE

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

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

Contact GOLDENNUTS

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