

NEW RECRUITS

John (the Plasterer) Porter

Mark Mickelburgh

Vicki Ballard

SEPTEMBER HASH

The HARES for the day, PSYCHO and GOLDEN NUTS decided that this little outing should commence from that most friendly of local hostelrys, the Vigo Inn. The warm welcome of "Oi, you're taking up all my car parking space!" kind of set the only to be expected tone, but what the hell, did we care???

The three innocent interested runners who, allegedly hadn't run for some years and didn't know what to expect on a hash, turned out to be the warm-up wind-up of what turned out to be a group of about a dozen (check the website if you want the exact numbers, I can't be arsed - Ed) raiding hashers from the HARE AND HOUNDS HASH, better known as the PARASITIC HASH (from somewhere in deepest Bedfordshire). SHAGPILE and his band of raiders (including RINGKISSER !) announced themselves at the ON ON.

Anyway, enough of them and back on the trail and what a trail! Some of the best countryside Kent has to offer was included in this very picturesque run, but the highlight was undoubtedly MICHELLE NUTS' sip stop stopper, the hot curry stop. The curry, along with a can of Stella Artois, was more than the average hasher could bare and made the last mile home something of a slow affair, but what the hell, it was worth it! Well done to the HARES, a big thank you to MICHELLE and as for the PARASITIC HASH, well they've already been warned that they probably haven't seen the last of HARVEL H3.

CLUB MEETING - 7 September 2004

18 idiots with obviously not enough to do in their life, attended the meeting, which majored (sorry MAJOR - Ed) around the Harvel 5 debrief, then went on to discuss winter training, new t-shirt designs, options for a Christmas bash and Tough Guy 2005. AOB produced an observation and request by GOLDEN NUTS that there was a lack of club ladies (except DURACELL) on the last hash and he would like to see more. (I'm not sure where he's coming from on that one - Ed)

Quote

"Moderation is where you drink so little, you don't enjoy yourself" - HareFlick

BRISTOL HALF MARATHON

FOZZIE and BIDDY flew the Harvel Flag (well, they would have, if we had one - Ed) and took on the best the Kenyans and the Bristol in-breds could throw at them. Running surprisingly sober, with only a smattering of a bad head, FOZZIE reckons he definitely won! Well, he must have, as when he passed all 3 Kenyans between 5 and 6 miles, there was no-one in front of them, so he must have won! 12,700 runners this year, against 10,000 last year, makes this the second largest half in the country, behind the Great North Run and there's a nice bridge too! Well organized and well worth doing.

ERIDGE 10M TRAIL

Nice little Sunday morning run this one. BANZAI, HAIRY, BIDDY and FOZZIE trekked off to deepest East Sussex, to take part. Hilly and muddy, just what we like!

.....First person to mention caves gets a thump.

LARKFIELD 10K

A big contingent, HUMPTYDUMPTY, WIZ, DURACELL, IRONMAN, PITCH and THE BOUNDARYMAN, to name but a few, had a bash at this and all came out winning. All 6 Club members running this year improved their times on last years race, and 5 achieved personal bests. IRONMAN (Who ran as 'Compo of Harvel'!) was the greatest improver knocking 6 minutes off his previous time, but this was due to DURACELL dragging him around the course, thinking he was Nelson! (That's her dog) However BOUNDARYMAN's club record of 2002 (42.15) still stands. There were 176 entries and no beer tent or down downs.

Club Member	Place	2004	2003	Change	PB
Pitch	26	43.20	44.11	(0.51)	Yes
Wizard	41	45.45	47.46	(2.01)	Yes
Boundary Man	61	47.55	49.03	(1.08)	
Humpty	150	59.37	62.28	(2.51)	Yes
Duracell	151	59.53	61.08	(1.15)	Yes
IronMan	152	59.53	65.53	(6.00)	Yes

HARVEL HARE LINE

7 November 2004	PITCH & HUMPTY DUMPTY	Amazon & Tiger
	2005	
2 January 2005	FOZZIE	Amazon & Tiger
6 March 2005	space to let	reasonable rates
1 May 2005	DURACELL & WIZ	TBA
3 July 2005	GADGE (oh fuck! - Ed)	TBA
4 September 2005	roll up, roll up	Make your bid!
6 November 2005	space for hare	baldies not barred

.....more (preferably new) HARES required

**LOCHNESS MARATHON, THE LOCHNESS 10K AND 5K.
SUNDAY 3RD OCTOBER 2004.**

Four HHHH successfully completed all three races, all getting a personal best, Dude 28mins, Taz 30mins in the 5k, VintoTinto 55mins in the 10k and Whitewino completing the longest, slowest, hardest, hilliest (wuss - Ed) marathon so far in 4:03:58.

A fantastic weekend, lovely place, well organised, very scenic and you get T-shirt, medal and a goodie bag, what more do you want! There's also plenty of men in kilts, bag pipes and baxters soup. Well worth the 1hour and 15min flight to Inverness.

Next stop La Rochelle 27th November.

ww

THE HARVEL HANDICAP

Results - 3rd October 2004

Finishing Order	Club Name	Scratch Time	Race Time	Bonus for PB	Total Points
1)	Iron Man	54.42	49.29	5	35
1)	The Chair	0	44.24		30
2)	Humpty	47.06	44.20.	5	34
3)	Psycho	46.29	43.46	5	33
4)	Duracell	48.10.	46.16.	5	32
5)	Sandra	42.42	40.53	5	31
6)	Alcopops	0	58.35	5	30
7)	Gadge	40.00.	39.39	5	29
8)	HareFlick	0	59.43	5	28
9)	Fozzie	35.05	35.08		22
10)	Biddy	34.23	34.54		21
11)	Emily	49.11	50.04		20
12)	Token Totty	42.42	41.27	5	24

Overall League

Position

Position	Club Name	07-Aug	03-Oct	Total	PB
1	Iron Man	23	35	58	49.29

2	Psycho	24	33	57	43.46
3	HareFlick	27	28	55	59.43
4	TokenTotty	26	21	47	41.27
5	The Chair	0	35	35	44.24
6	Shaggy	35	0	35	44.08
7	Padge	34	0	34	43.07
8	Humpty	0	34	34	44.20.
9	Duracell	0	32	32	46.16.
10	Bimbo	0	31	31	40.53
11	Alcopops	0	30	30	58.35
12	Gadge	0	29	29	39.39
13	Banzai	28	0	28	37.45
14	Dover	25	0	25	35.31
15	Fozzie	0	22	22	35.05
16	Biddy	0	21	21	34.23
17	Em	0	20	20	49.11

DULWICH 10K

Old IRONMAN turned in another barnstormer of a performance to outwit the best brains Dulwich could put out. A personal best achieved in 59.45 and the club record ! He claimed afterwards, in his interview with Steve Cram on BBC1 that there was nothing really funny to report, however he managed to slip in that Wizard did a Paula, as he wasn't to get under 45 minutes, so he waited for Ironman at 6km, "F*ck have you already finished" he said, thinking he had done an all time record, but old WIZ was too slow to accept the accolade and owned up. (bloody idiot ! I would have claimed to have won it in 35 mins in his position ! - Ed)

TUESDAY NIGHT TRAINING

7.00PM OUTSIDE HARVEL VILLAGE HALL

(SEE CONTACT PAGE FOR DETAILS)

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

CROYDON 10K - 17 October 2004

WIZ and IRONMAN navigated their way to chavvy Croydon to do this. (god knows why - Ed)
WIZ whizzed round in about 48 minutes, narrowly beating a snappy SNAPPY (aka IRONMAN) in a dip finish, old IRON coming home in about an hour.

HELLRUNNER - 17 October 2004

A max 800 runners assembled at Longmoor Army camp to take on this pleasant Sunday morning run which could be likened to a slightly shorter version of one of GADGE's hashes. Strangely (well, to me but probably not them), not 'that' many running club runners there, but more adventure runners. Ok, not surprising for an adventure run, I suppose, but FOZZIE felt more at home when he met Ray Pierce (previous H5 winner and all round fast fucker - Ed) and another of the I&IH. Ray only managed to complete the course in 68 minutes, finishing only 22nd overall, which was of course, a bit shabby by FOZZIE's standards. Plenty of sand, water and hills.

Worth the visit.

FORTHCOMING EVENTS

November

7th **HARVEL HASH - A&T 11.30**

7th Billericay Striders Adidas 10K. Hannakins Farm Community Centre, Rosebury Ave.
9.45am, £5/£6

7th Deal Castle 5 (miles) Deal Seafront. £6/£7

7th Rainforst Foundation 10K, Cadogan Terrace, E9. £7 adv entries only.
Contact 10k@rainforest.com

14th Bexhill Seafront Half Marathon. 10.30am. £8/£9

28th Crowborough 10K. Beacon Community Centre, Green Lane. £6/£10

December

5th Thanet Coastal 10 (miles) 10am. Margate Pavilion. £7/£9

12th **HARVEL HANDICAP**

12th Christmas Caper. 4.2m Swanley AC. Starts and finishes in the town centre.
£4.50/£5.50. Closing date for postal entries: Mon 6 Dec 04.

January 2005

2nd **HARVEL ANNIVERSARY HASH. On On The Ammy, 11.30am HARE by FOZZIE.**

15th **H4 CHRISTMAS DINNER. Harvel Hall. Black tie, three courses, disco 'til early hours (fucked if I'm running any course in only a black tie - Ed)**

16th Dartford 10 (miles) 9.30am. Princes Golf & Leisure Club, Darenth Rd. £8/£9.

February 2005

- 1st **CLUB AGM. Harvel Village Hall. 9.15pm(ish) (Subs due on the night)**
- 6th Ashford & District 10K. 11am. Sandyacres, Sandyford Lane. £7/£9.
- 27th Tunbridge Wells Half Marathon. 10am. Tunbridge Wells Sports Centre, St Johns Rd. £8/£11. Entries on the day close at 9.30am

March 2005

- 6th Greenwich Meridian 10K. Greenwich. Details in Runners World Magazine
- 20th Adidas Breakfast Run 16. Kingston, Surrey. Details in Runners World Magazine
- Gatwick Half Marathon. Redhill, Surrey. Details in Runners World Magazine
- 27th Paddock Wood Half Marathon.
- Wimbledon Premier 10K. Details in Runners World Magazine

April 2005

- 3rd Fullers' Thames Towpath 10. 9.30am. Chiswick, W4. University of Westminster Sports Ground, Hartington Road, W4. £10 o/t/d only. 600 limit.
- 10th Darent Valley 10K. Farningham, Kent. Details in Runners World Magazine
- 17th Flora London Marathon

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

SWEATSHOPS

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.

CLUB MEETINGS

Quarterly, Harvel Village, 9.10pm ish.

Liquid refreshments provided

