

## NEW RECRUITS

Scott Coulter - Nickname 'SIGNPOST'

I dunno, our visiting hashers love us so much, they just have to sign up !

JULY HASH - (Red Dresses to the fore !)

Now, I'm not one to cast aspersions, but you have to wonder about a HARE who takes any opportunity to jump into his red dress. Ok, I know, old ED has been known to don a tight outfit and blonde wig before now, but that was different, ok, so don't start! Luckily, the club is not totally full of transvestites as only 20 odd were there, but what the hell, they had fun.

## QUOTE

Unknown hasher to GADGE - "You could get a fat bird in that dress!"  
Another unknown hasher to first unknown hasher - "There's one in there already!"

Thanet 10k - 2004

We left this one to Billy no-mates WIZARD to venture down into darkest Thanet, but it proved to be very worthwhile as he whipped their in-bred arses with a barnstorming run to win the event in a stonking time of 46 mins. Well done to the WIZ !

JULY HASH - Men In Tights

The last thing I wanted to do on Sunday morning at 6 o'clock was get out of my nice warm bed & help lay the trail for Gadges' hash (according to the receding hare line, it was GADGE and LOOPY's hash ? - Ed) but it turned out to be worth it. What a sight it was to see so many "ladies in red" running towards us at the sip stop later on. It was hard to tell girls from boys, so enthusiastic was the response to everyone having to wear a red dress for the 4<sup>th</sup> July hash! Some of the men (& I use that term loosely!) had really warmed to their subject and stopped just short of going for an operation, with the exception of Nadia who did go for the op of course (sorry I mean Iron Man!). There were blonde wigs (Fozzie's could have run on its own so many events has he worn it for now - I think its time for a new image love!), brunette wigs, red wigs, an assortment of jewellery (Wizard lost an earring, poor darling, though he seemed happier in the pub when us girls were asking him for make up

tips - where DID you get that long lasting lipstick?), lingerie (Fozzie again), not to mention nightwear - poor Mary is STILL allegedly looking for her red silk kimono. The Chair went home from the pub & reappeared later on still wearing it, I'll leave you to draw your own conclusions! It was a strange sight to see Humpty looking part Sumo wrestler (minus the gut of course, the skinny bastard!) with his hair up, & part transvestite football supporter in his red dress & stripy socks. Even stranger to glance across the pub & see Psycho nonchalantly supping a pint whilst leaning his very substantial "falsies" on the bar, he looked as if it was something he did every day.....

Well done to all the girls too for dressing up, but for once the "boys" stole the show - well, we have to let them once in a while don't we? Everyone seemed to enjoy it but perhaps them more than us on that particular day. I think they're all a bit jealous that we get to legally wear dresses on a regular basis, don't you?

Loopy

FOZZIE - "How do you manage to keep it out of your mouth?"

OLIVE OYL - "I don't!"

(luckily, it was only his blonde wig and her long hair he was talking about - Ed)

#### DARTFORD HALF MARATHON - 18 July 2004

What idiot decided that this race should start at 9am ! Anyway, not to be put off, as it was obviously an attempt by the Dartford Harrier bastards to start the race without the dynamic H4 duo of BANZAI, FOZZIE and BEERTRIX as they were worried they were going to make a clean sweep of the medals ! Ha! A lot of good it did them. The deadly band of raiders had it well sussed, BANZAI running there, to warm up, BEERTRIX camping out overnight and FOZZIE parachuting in, under heavy groundfire.

9.03am and they were off, giving the wheelchair runner (what's all that about ? Ed) an 8 minute start to get round the track before the flood of Harvel flyers came through. Hats off to this man though, pushing his disabled son in his wheelchair. This might not seem so bad, on the face of it (well, actually, it does!) until you consider the fucking great hill you go up in Darent at 3 miles and another at 9 miles, taking you through a park, around Darent Hospital. There's one or two runners (well, one in particular) I can think of that had trouble running up those hills on his own, let alone pushing some other bugger at the same time ! What the hell, it's all worth it for a horse brass, I suppose.

BANZAI - "I'm going to treat this as a Sunday run !"

FOZZIE (puzzled) - "It is a Sunday !!!"

## THE HARVEL HANDICAP

This is going to grow into a show stopper ! The initial entry of pioneers made this a great day. Marvelously marshaled by POPEYE 'VICKY' Vander, the entrants mustered on the start line and were all captured by the feeling of anticipation of the coming run. The atmosphere was very tense, but in an enjoyable way. HAREFLICK lead them off, followed by IRONMAN, then SHAGGY (accompanied by guide dog, FOZZIE), PSYCHO was hot on their heels, with PADGE not far behind him. TOKEN TOTTY was next away, chased hopefully, by BANZAI, with DOVER bringing up the rear. Personal bests by SHAGGY and PADGE saw them race to the top of the handicap table, but will they be able to stay there ??

Anyone who interested in joining in the next round, which takes place on 3<sup>rd</sup> October, shouldn't be put off by having missed the first round. The 'scratch time' (your start time) is based on an average of previous runs, so you will be competitive, even if you only run a couple of rounds.

League Position	Club Name	Scratch Time	Race Time	Points	Bonus for Pers Best	Total Points
1 )	Shaggy	45.16	44.08	30	5	35
2)	Padge	43.07	43.08	29	5	34
3)	Banzai	37.45	37.55	28		28
4)	Hareflick	59.53	1.00.39	27		27
5)	TokenTotty	41.35	43.50.	26		26
6)	Dover	33.11	35.31	25		25
7)	Psycho	45.00 est.	47.58	24		24
8)	Iron Man	52.03 est.	57.2	23		23

....something to think about.....

As you do, while walking the dog on a Sunday afternoon in Trosley Country Park, I happened to bump into Anthony Forsythe, who happened to finish 16<sup>th</sup> in this years' Harvel 5.

Although he's a member of Maidstone Runners, he made it clear that they had nothing to do with Medway & Maidstone AC (which is probably just as well ! - Ed). Now, old Anthony, being a bit of a chugger, only managed to complete the Harvel 5 in 28 minutes 25 seconds, which of course is pretty ordinary by our Club standards.

What was quite interesting was is prep and thinking behind his training.

He was really disappointed that he didn't beat Andy Forder in the H5. (That says it all, to start with) and he didn't seem overly enamored with his North Downs time of 2hr 05 mins (smart fucking arse- Ed), however, this is the interesting bit.....

Even with 5 kids (or is that a good enough reason???) he runs twice a day, averaging over 100 miles a week. He is not interested in all the events going on, concentrating all his efforts this year, into a couple of events each year, which this year, were the Harvel 5 and the North Downs Run. I asked him why he doesn't enter other organized runs, but he said in his opinion, you can't peak for every race, therefore he preferred to pick out a couple and put all his effort into training for those.

Going by his times, I wouldn't like to say he's got his strategy wrong  
...unless, of course, you know different !

## **TUESDAY NIGHT TRAINING**

*7.00PM OUTSIDE HARVEL VILLAGE HALL*

(SEE CONTACT PAGE FOR DETAILS)

## **KENT CROSS COUNTRY LEAGUE**

Commences on Saturday 9 October 2004, the first venue being Sparrows Den, Hayes at 3.00pm. Subsequent dates and venues as follows:

Saturday 30 October - Capstone Park, Chatham (3.00pm)

Saturday 27 November - Danson Park, Bexley (2.30pm)

Saturday 12 February 2005 - Parkwood School, Swanley (2.30pm)

Saturday 12 March 2005 - Somerhill Park, Tonbridge (3.00pm)

Entries either individually or team, but all entries must be made in advance and for the whole season. £1.20 per individual per season. Applications have to be received by KCAA a min of two weeks before the first event, so if you want to enter, get your finger out and your cheque (made payable to 'Kent County AA') in !

## **CIRCUIT TRAINING**

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

in the Harvel Village all on Tuesday & Thursday

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

## Forthcoming Events.....

### SEPTEMBER

- 5<sup>th</sup> Kent Coastal Marathon/Half Marathon. Both starts 9.30am. Thanet Roadrunners.  
Palm Bay, Margate. Half-£8/£10, Marathon-£10/£12. T-Shirt.
- 5<sup>th</sup> Shorne Wood 5. 10am. Shorne Wood Country Park. Istead & Ifield Harriers. £6/£7.
- 5<sup>th</sup> The Lingfield Dry Hill Ten. 10 furlong handicap for maidens!
- 12<sup>th</sup> Great Bardfield Charity 10K. Great Bardfield, Essex. No more details.
- 19<sup>th</sup> Eridge Park 10M. 10.30am. Sham Farm, Eridge. T/Wells Harriers. £6/£7.  
Faversham 10K. No more details.  
Larkfield 10K. No more details.  
Quicksand 15. 8.30am. Marine Sands, Margate. Thanet Roadrunners. £8/£10.  
Langham 10K. Colchester, Essex.
- 26<sup>th</sup> Boughton 10K. 11.30am. Boughton Village Hall, Boughton Under Blean. £5/£7.  
Cancer Research UK 10K. Leeds Castle.  
Bexhill Seafront 10K, Bexhill on Sea. No more details.

### OCTOBER

- 3<sup>rd</sup> Sittingbourne 10M. No more details.  
Sevenoaks Charity 5K fun run. Knowle Park.
- 17<sup>th</sup> Hellrunner. 11am. Weavers Down, Longmoor Camp, Hants. The best 10 miles of adventure running you'll ever face (or so they say- Ed). [www.trailplus.com](http://www.trailplus.com)
- 24<sup>th</sup> Maidstone Half Marathon. 9.30am. Valley Park Community School. £8/£10.
- 31<sup>st</sup> Wilmington 10K. 11.00am. Wilmington School for boys, Common Lane. £7/£9.  
Barns Green Half Marathon. 11am. £8/£12

## FAIRSEAT CHARITY HASH

What a plucky little lot, the good folk of Fairseat are ! In their attempts to raise money for the restoration of the Village Hall, whilst also raising money for bereaved children (we never could get our head round that one - Ed) thoughts turned to hashing ! The skill and experience of our very own GOLDEN NUTS were at last put to some use, as he 'hared' the little jaunt around the Fairseat countryside. Judging by the lack of flour laid, he must obviously have been given this task at very short notice and didn't have time to buy any, having to use up poor old Michelle's supply and depriving the kids of a lovely sponge cake (callous bastard! - Ed), or he was just too tight to buy enough! Take your pick.

Anyway, 11.30am, or thereabouts and the assembled pack of 22, including our very own PSYCHO, RABBLEROUSSER, FOZZIE, GADGE, IRONMAN, MARKONE, HAREFLICK and WIZARD. All the usual goodies were evident, including a jelly baby stop and very nice sip stop, manned by Michelle NUTS and the rest of the Fairseat funds raisers. The sausage rolls were very nice !

The Fairseat coffers were swollen by the donation of individual hash cash, as well as an H4 Club donation.

## So Last Year!!!!

When i decided to write this piece the weather was crap, no sunshine at all, we managed a fortnight of hot weather, now look what's happened.. bloody raining again, I' m well into my marathon training which is why i want to tell you the story that so sticks in my mind, it helps me through those lonely miles, keeps a smile on my face, well it's more of a girl story really. .It was last year(hence the title)when i was out there... pounding the miles slow but sure, now we had a lovely summer ,last year if you remember, lots of hot sunny days, so i always went on my long runs early, this particular morning i decided to go down along the beach which is quite rare for me these days, armed with water and the dog(remember him?) i set off nice and early, but unusually i found my training hard, some what boring, i decided to run along the beach and not on top of the sand dunes,(too much like hard work!) i have to fill you in what goes on in the dunes, mostly a lot of nude sunbathing, i know it's disgusting, this is why i chose to run along the beach, anyway as i ran along the beach i spotted from the corner of my eye a lovely pair of golden.....retrievers, next to them stood a stunningly bronzed man and what a perfect specimen, there he stood in all his glory looking out to sea, stark bollock naked, wow what a pleasant sight so early in the morning, now being British and very shy and retiring i thought as i passed by i would do the honorable thing and pretend i hadn't seen him!! yea right.. i don't think so, you don't get many of these opportunities, so as i slowly passed him, i gave him the thumbs up, which he returned gorgeously. What a lovely sight i thought as i continued on my run, i could run home now and be back with a nice cold bottle of wine in half an hour, so why did i continue to run another two hours, some times the decisions we make in life are so wrong!! I guess deep down i just hoped that maybe he was gay.....

Happy Running  
white wino

## **AMAZON & TIGER (Club Sponsor)**

Opening hours are now:-

Monday 12 Noon to 11pm  
Tuesday to Thursday 12 Noon to 3pm and 6pm to 11pm  
Friday & Saturday 12 Noon to 11pm  
Sunday 12 Noon to 10.30 pm

Quote from Paula

"Fozzie, can I come to your class when I get back from Athens ? I need to work on my stamina."

- Phoning the day after that horrible day

## **SWEATSHOP**

Newham Court Shopping Village, Bearsted Road, Maidstone, Kent, ME14 5LH 01622 735 520  
Fitness First, Princes Road, Dartford, Kent (look the number up yourselves, I can't be arsed - Ed)  
Don't forget that 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 as follows:- November 2004, February 2005 (AGM), April 2005.  
The meetings are on the first Tuesday of the month in the Harvel Village at  
9.10pm. Liquid refreshments will be provided.

## MEMBERSHIP SUBSCRIPTIONS

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

## JOEY QUOTES AT THE LAST GOLF DAY

"I've got no balls" - Olive Oyl

"Our balls were together" Landlord Mick to Ironman

**CLUB MERCHANDISE** - Running vests (£10), polo shirts (£7) and hats (£5)  
Contact Fozzie or IronMan to order.

## CONTACT HHHH...

RabbleRouser /      Padge (AKA MARTIN!!) - 01732 823060 (home)  
Captain              07 885 804 092 (mobile)  
                             e-mail: Yer right!

OnSec                  Pete 'Fozzie' Foster, 01732 822464 (24 hour libel line)  
                             07 931 515 290 (24 hour slander line) e-mail: [Fozzie@HarvelH3.org](mailto:Fozzie@HarvelH3.org)

Hash Cash /          Kevin 'IronMan' Barry - 020 8299 8423 (work)  
Webmaster            e-mail: [IronMan@HarvelH3.org](mailto:IronMan@HarvelH3.org)

'Joey' Editor                              Fozzie, 01732 822464,  
                                                     07 931 515 290 (24 hour slander line)  
                                                     e-mail: [Ed@harvelH3.org](mailto:Ed@harvelH3.org) (24 hour libel line)

'Joey' Sub Editor                              IronMan, 020 8299 8423 (JAGS Printing Press)  
                                                     e-mail: [Sub@HarvelH3.org](mailto:Sub@HarvelH3.org)

General e-mail:      [Info@harvelH3.org](mailto:Info@harvelH3.org)      [Info@Harvel5.com](mailto:Info@Harvel5.com)