

**AH3 = ADELAIDE HASH HOUSE HARRIERS**

*A drinking Club with a Running Problem!!*

(.) (.) (.) (.) [www.ah3.com.au](http://www.ah3.com.au) (.) (.) (.) (.)

**Hash Trash - 28 October 2024**



**AH3 Committee**

Grand Master	Bigus Dickus	
Religious Advisor	Bus Stop	0415 276 608
Hash Cash	Inherendo	
Hash Trash	EooSe ChangE	
Trail Mistress / Facebook	Olive Oil	
Keg Master / Hash Splash	Mc Taf	0419 288 101
Hash Horn	Chesty	0412 368 340
Memorabilia / Hash Haberdash	Unstoppable	0403 053 800
Choir Mistress	Betty Boop	
Website Dude	Moped	Not a committee member, but a bloody legend.

*Disclaimer:*

*The numbers in italics are fictitious.*

*Any resemblance to real sex line numbers is purely coincidental - yet highly likely. Phone at your own risk.*

**\$10 sign on for Non-Drinkers - \$20 for Drinkers**

RECEDING HARELINE	HARE	RUN LOCATION	COMMENTS
Run 2566 4 November 2024	ELF	17 Warrigal Street, Para Hills	
Run 2567 11 November 2024	Baxter	Payneham RSL 360 Payneham Rd, Payneham	
Run 2568 18 November 2024	Bigus Dickus	20 Charles St, Valley View	<b>MoPed's 1000th run</b> (see details in announcements)
Run 2569 25 November 2024	Icecan & Chesty		

*Note change of date*

## Run Report for Run 2565

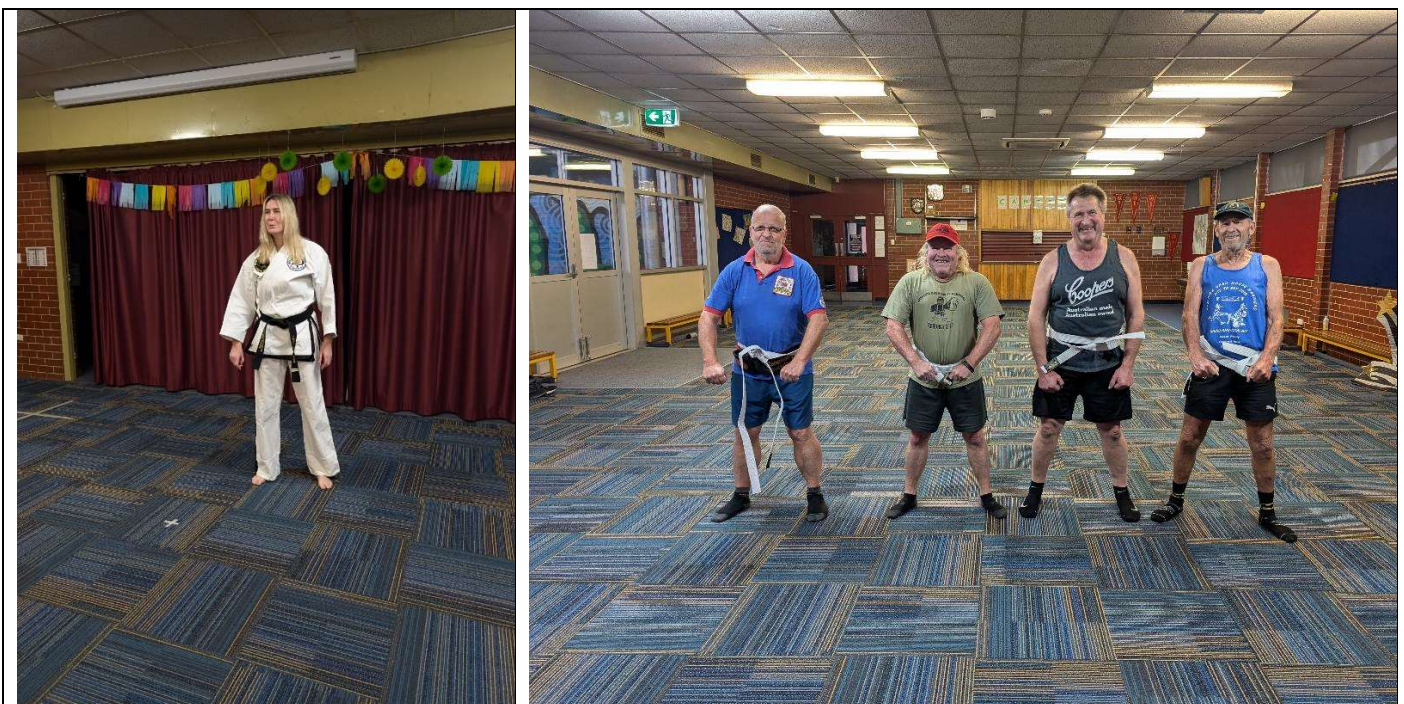
**Hare: Loose Change**

**Run Site: Loose Change's place – Para Vista [ 16 Runners and 1 Dog ]**

As the runners and walkers gathered for the hare's briefing, the sample trail markings were clearly laid out on the driveway, although the inconvenient location of McTaf's four-wheel drive may have obscured the view for some walkers. For the runners it was straightforward – just follow the bloody trail, but for the walkers some instructions regarding wide and backward arrows would need to be followed.

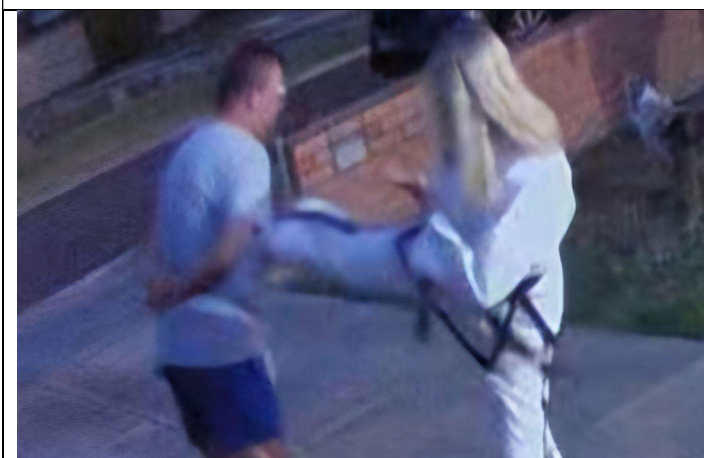
With a running pack of only four (Buddha, Bus Stop, Nifty and Elf) we diligently followed the trail which took us across Nelson Road and towards the Ingle Farm Shopping Centre. At what appeared to be the half-way point of the run we turned into the Ingle Farm Primary School. The four of us were confident that we would soon be enjoying the drink stop, although it did seem a little unusual to be having a drink stop inside a primary school!

As we turned into the school gymnasium, it appeared that we had accidentally crashed the school's Tae Kwon Do training session – or had we? The instructor, who bore a remarkable similarity to the evening's hare, demanded we put on the newbie white belts and proceeded to take us through a range of warm up exercises leading up to a full workout with kicking pads. Finally, the instructor demanded that we contact the walkers to find out what the fuck had happened to them.



Needless to say, the walkers, despite their combined thousands of runs running experience, had failed to execute the clear and explicit instructions that the hare had provided, and instead had found their way to the drink stop (although, thankfully, the drinks had not yet arrived as they were in the boot of the hare's car).

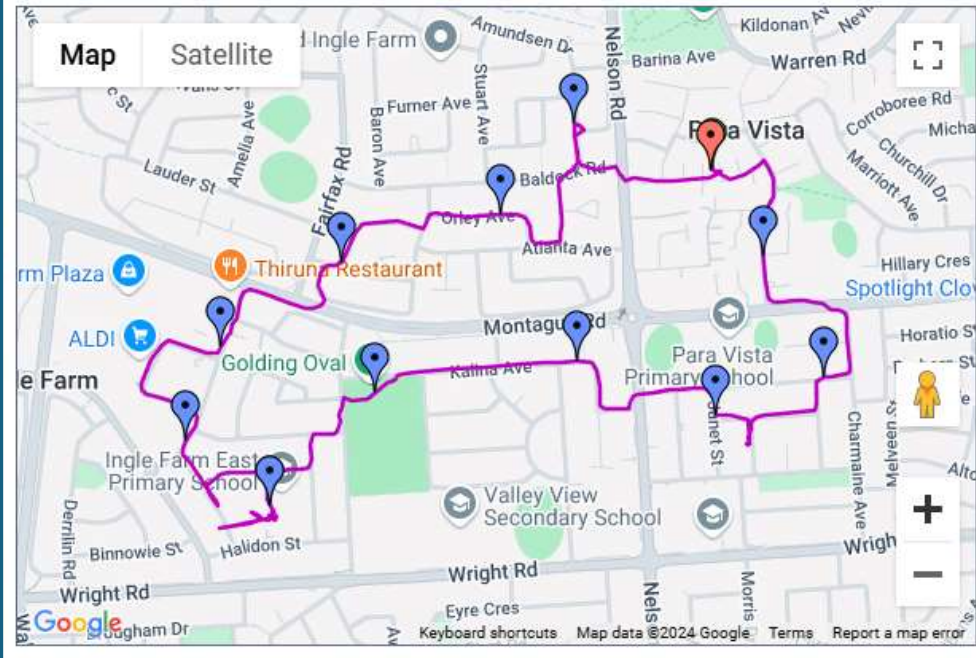
After conveying the Instructor's demand that the walkers remain at the drink stop, the sore and exhausted runners embarked on the long journey to the actual drink stop. After quite a long stretch on trail, we were amused to arrive at the drink stop and find the walkers undertaking their obligatory Tae Kwon Do training before enjoying a very welcome glass of port.



Monday, October 28, 2024

Date	Distance	Time	Pace	Speed	Calories	
Mon, Oct 28 7:08 PM	6.43 km	1:26:14	13.4 min/km	4.5 km/h	0	<a href="#">Edit</a> <a href="#">Delete</a>

Details



As we casually made our way back to the run site, both walkers and runners alike remarked on how those Tae Kwon Do exercises highlighted how rigid and inflexible some of our tired, short-cutting bodies had become. There was also general agreement that the mean and assertive Instructor bore an amazing resemblance to our own Loose Change whom we could only assume was back at home cooking up the nosh!

Back at the run site, the hare advised that she had “conjured up” the nosh and that a short circle would ensure hot food. Accordingly the circle was quickly formed and rapidly proceeded to dispense brief but fair justice:

DD	McTaf (122) Nifty (1815) Bus Stop 655) Buddha (1080)
Triple Digits	Moped (999)
Virgin/Visitor	Retard
Anchor	Bus Stop
Grandfathers, Great Grandfathers	Elf, Retard
Shit Run	Loose Change
Song	Happy Birthday
Nosh	Nibbles, Many Pizzas, Cakes

**Many thanks to the hare for a most entertaining evening!**

Announcements:

**ON UP** On - Up Tombstone



What : **Harriettes 2400<sup>th</sup> Run**  
 When : Sunday 17<sup>th</sup> November  
 Where : 1D Maturin Road Glenelg  
 Time : 12pm  
 Info : TOGA PARTY!!!  
 Throw on your best sheets and join in.  
 Food provided. BYO grog.

Cost : \$5 if you are in a Toga / \$10 if you are not



What : **MoPeds 1000<sup>th</sup> Run**  
 When : Monday 18<sup>th</sup> November  
 Where : Bigus's Place - 20 Charles St, Valley View  
 Time : 7pm  
 Info : 'M' themed party.  
 Come dressed in anything 'M' you can think of...('M' for Mo-Ped)

Cost : \$10 non-drinkers (or BYO – softies/water provided) / \$20 drinkers



What : **Fat Bastards Run**  
 When : Saturday 30<sup>th</sup> November  
 Where : Meet at the corner of Albert Pl and Esplanade - Victor Harbour.  
 Time : 10.45am  
 Info : This is a ONE WAY RUN.  
 The run location is actually from the lookout in Hayward Court, McCracken at 11am  
 – those who are staying the Friday night will drive past and collect the others from the meeting place above.



This run is for; (you guessed it) Fat Bastards. People of over 100kgs. Never fear.... If you are not 100kgs, you are still welcome to participate. Attendees are weighed down - bricks and other weights are added to you until you weigh 100kgs. It's only a walk, so you won't be running with bricks.

Cost : It's a free run. Includes pies, beer/cider on the run.  
 Free accommodation – you MUST book with the Hare  
 Buy your own at pub stops and tea Sat night. Free breaky Sun.

\* Date was changed from the original 23<sup>rd</sup>, due to coinciding with Schoolies. The pubs would have been full...it was deemed too problematic.

R.S.V.P: **You must RSVP to Flash if you are attending.**  
 on either 0438 374 846 or [maslinnt@netpac.net.au](mailto:maslinnt@netpac.net.au)  
 (This is so you can book accommodation OR negotiate transport from the meeting place).

Accom : Flash's place: 79 Inman Valley Rd, Back Valley.  
 You may stay Saturday night (and Friday if you are real keen)  
 There are a few beds available and some space for caravans and m/homes.



**Congrats to Snitch on the safe and joyful delivery of our newest Hasher; Percy.**

You are going to such a great mum, which is good for the planet, because the world doesn't need any more @55holes.

*"Some people will do anything to become a MILF" - Ed*



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Fun Pictures: Sorry...None this week.

# Boobie Pics: *after all, it's the only reason you are all here....*



**NOTICE:**

IF THESE PICTURES LOOK VERY FAMILIAR  
IT'S BECAUSE YOU ARE READING LAST WEEK'S TRASH!

ON ON

