

**Ah3.ADELAIDE HASH HOUSE HARRIERS**  
*A drinking Club with a Running Problem!!*  
 (.) (.) (.) (.) [www.ah3.com.au](http://www.ah3.com.au) (.) (.) (.) (.)

**Hash Trash 29th January 2024**



**AH3 Committee**

|                          |              |              |
|--------------------------|--------------|--------------|
| <b>Grand Master</b>      | McTaf        | 0419 288 101 |
| <b>Religious Advisor</b> | Bigus Dickus |              |
| <b>Hash Cash</b>         | Inherendo    |              |
| <b>Hash Trash</b>        | Bus Stop     | 0415 276 608 |
| <b>Trail Master</b>      | Bearded Clam |              |
| <b>Keg Master</b>        | Dickhead     |              |
| <b>Hash Horn</b>         | Buddha       |              |
| <b>Memorabilia</b>       | Unstoppable  | 0403 053 800 |
| <b>Choir Master</b>      | Chesty       | 0412 368 340 |

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

| <b>RECEDING HARELINE</b>                      | <b>RUN LOCATION</b>                            | <b>Comments</b>                                    |
|---|--|--|
| Run 2526 – Chesty & Icecan<br>5 February 2024 | Bridgewater Oval, Mount Barker Rd, Bridgewater |  |
| Run 2527 – Moped<br>12 February 2024          | TBA  | Volunteer co-hare required to help set the trail** |
| Run 2528 – Wet Spot<br>19 February 2024       | TBA  |  |
| Run 2529 – Olive Oil<br>26 February 2024      | TBA  | Joint Red Dress Run                                |

\*\* Moped is still recovering from an injury and would appreciate if anyone can help him lay trail on Monday 12 February.

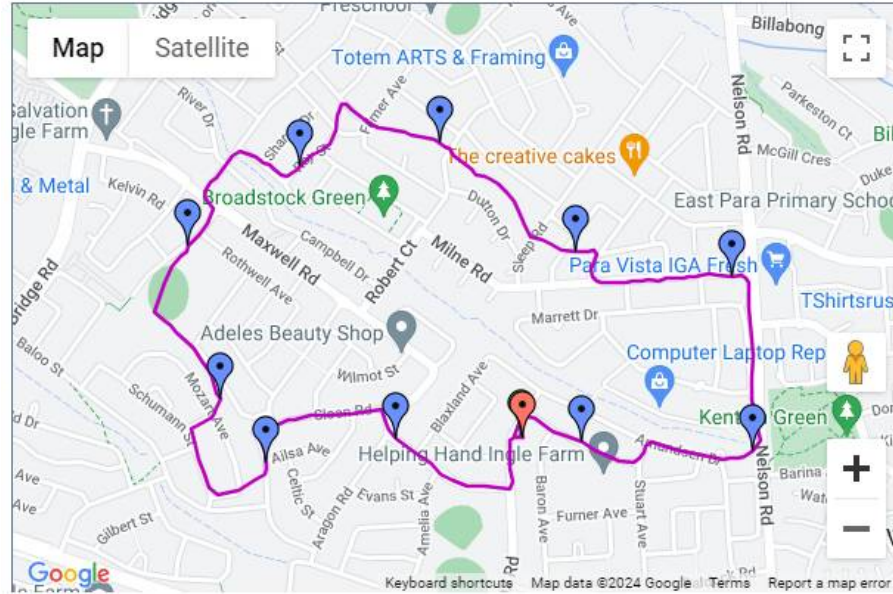
| Run Details                 | Run Report – Gout’s Place, Ingle Farm<br><br>Hare – Gout<br>18 Runners  |  | Unfair and subjective Run Score |
|-----------------------------|---|--|---------------------------------|
| 29 January 2024<br>Run 2525 | <p>With two overseas visitors on the run who looked like serious runners, we could only hope that cunning checks would slow down these athletic bastards allowing the rest of us to keep up.</p> <p>As we took off down Fairfax Road. the first check raised the first question for the run – “Is this really trail or do the birds in Ingle Farm shit in an amazingly unique pattern only 15 metres from the check?”</p> <p>Turns out there is nothing unique about the birds in Ingle Farm and they simply shit in random patterns just like birds do everywhere else in Adelaide! Being a trained biologist, and sporting high tech running shoes, our visitor Frog Spawn quickly realised this and quietly sprinted off in the distance, alongside “He who cannot be named” who actually has a hash name, but his hash name is “he who cannot be named”. This sounds like a pretty fucking ridiculous scenario although the AH3 does have an equivalent in “she who cannot be stopped”!</p> <p>If you have managed to continue reading this shit all the way down to here, you clearly have too much fucking time on your hands (recommend you scroll down to the tits now!) and you are probably wondering – why the fuck has “he who has been named after the place where a passenger transportation vehicle comes to a halt to pick up passengers” not rambled on about the cunning checks, challenging false trails, intricate loops, and diverse terrain that the hare must surely have laid?</p> <p>Well, to put it simply, “he who has been named after a form of inflammatory arthritis characterized by recurrent attacks of a red, tender, hot and swollen joints, caused by the deposition of needle-like crystals of uric acid known as monosodium urate crystals” opted to focus on ensuring that the two diet-specific varieties of lasagne and three diet-specific varieties of rice pudding were cooked to perfection, seriously impacting on the available time he could devote to confounding those front running bastards.</p> <p>Amazingly, this was one of the more interesting trails that “he who has been named after a form of inflammatory arthritis characterized by recurrent attacks of a red, tender, hot and swollen joints, caused by the deposition of needle-like crystals of uric acid known as monosodium urate crystals” has laid, incorporating some parts of Ingle Farm that we have not previously encountered. The inclusion of some challenging checks (Flash style) and a welcome drink stop (Chesty &amp; Icecan style) may have seen this run high in contention for one of the runs of the year.</p> <p>If you have managed to get all the way down to here (you clearly missed the advice from Buddha and Bigus recommending that reading the Trash should always commence at the last page) and feel you would like to:</p> <ol style="list-style-type: none"> <li>a. Complain about last week’s shit run. Or</li> <li>b. Complain about this week’s shit trash</li> </ol> <p>Please complain in writing (in triplicate) to “he who is the 45<sup>th</sup> and considered by many (himself included) to be the greatest GM of the Adelaide Hash House Harriers. Rest assured, the buck stops there, and any complaint will be given the due consideration it more than likely deserves.</p> |  | <b>7</b>                        |

Monday, January 29, 2024

| Date                   | Distance | Time    | Pace       | Speed    | Calories |
|------------------------|----------|---------|------------|----------|----------|
| Mon, Jan 29<br>7:10 PM | 5.27 km  | 0:51:11 | 9.7 min/km | 6.2 km/h | 0        |

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Details



**Charges from the Circle:**

|  |   |
|--|---|
| No checks, no false trails, no drink stop, no beer     | Gout  |
| BFD  | Bigus, Thumpa, Olive Oil, Buddha, Noballs, Poledancer |
| DD   | Elf, Poledancer                                       |
| Auspicious Run Number                                  | IceCan (1814)   |
| Palindromes  | frogspawn (1), He who shall not be named (1)          |
| Kangaroo Island trip only one turned up                | Multiple lookalikes                                   |
| Lost Thong #1  | Unstoppable & Thong Master (Chesty)                   |
| Shortcutters   | Whole pack  |
| Lost Thong #2  | Unstoppable   |
| Shortcutters   | Whole pack  |
| Impersonating First to Come (Finisher)                 | Frogspawn   |
| Competitive with super light "running shoes"           | Frogspawn   |
| Too many "Trump" charges                               | McTaf   |
| Unstoppable Diarrhea Medicine                          | Unstoppable   |
| Shit Run with 7 deficiencies (even Gout hated the run) | Gout  |
| Song   | Adelaidean Girls                                      |
| Nosh   | Nibbles, Lasagne, Rice Pudding                        |

Many thanks to the Hare for a bloody terrific evening!



| Fair and Objective Run Score:                 | Criteria Max | Score     |
|---|--------------|-----------|
| Well planned/researched run location          | 10           | 7         |
| Decent run site, shelter, fire bucket         | 10           | 9         |
| Varied running terrain                        | 10           | 7         |
| Good use of available terrain                 | 20           | 16        |
| Well-marked trail                             | 10           | 8         |
| Good checks/false trails – kept pack together | 20           | 8         |
| Runners back on around the hour               | 10           | 8         |
| Piss Stop (Bonus 5)                           | 5            | 0         |
| Piss Stop Topless (Bonus 10)                  | 10           | 0         |
| Decent Nosh                                   | 10           | 9         |
| <b>Total</b>                                  |              | <b>72</b> |

ON ON  
EMAILING OF TRASH:

If you wish to have your TRASH delivered electronically  
Please give Hash Trash your email address.

