

Ah3.ADELAIDE HASH HOUSE HARRIERS
A drinking Club with a Running Problem!!
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Hash Trash 22nd April 2024



AH3 Committee

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

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

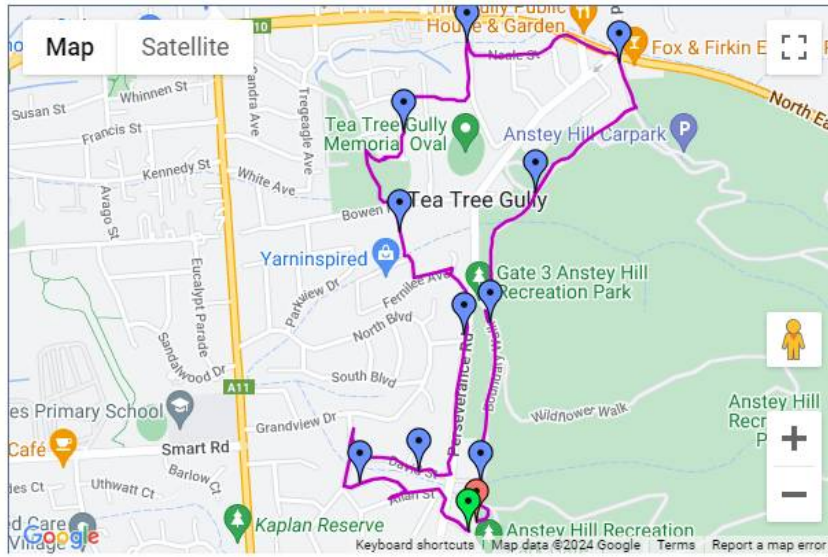
RECEDING HARELINE	RUN LOCATION	Comments
Run 2538 – Moped 29 April 2024	The Cow Shed Harry Wierda Reserve Dairy Shed, Sir Ross Smith Blvd, Oakden	
Run 2539 – Crunchy Crack 6 May 2024	TBA	Crunchy Crack's Eifel Tower Run
Run 2540 – TBA 13 May 2024	TBA	Hare Required
Run 2541 – TBA 20 May 2024	TBA	Hare Required



Run Details	Run Report – Dennis grove, Vista Hare – Dickhead & Tight Lips 19 runners & 3 dogs	No hills or 'roos run	Unfair and subjective Run Score
22 April 2024 Run 2537	<p>Occasionally hares make promises about their run which would be almost impossible to fulfill. Imagine some dickhead living in the area bordering Anstey's Hill claiming he could not only set a good run, but also ensure "no hills and no roos". Surely bloody impossible!</p> <p>In the days leading up to Monday night's run the locals noticed a strong decline in kangaroo numbers and wondered what the hell was going.</p> <p>As the pack gathered at 7:00pm sharp, the hare stood by the claims of no hills and no roos, and additionally warned runners to be especially wary when running close to the main road.</p> <p>Heading away from the conservation park, we threaded through the housing areas, past the RSL Club and then found our way back across the road into the conservation park. Plenty of good checks, plenty of nice terrain, plenty of kangaroo droppings, but WTF no bloody kangaroos?? As we headed up towards home we doubted that that the hare could resist the temptation to take us up that bloody heartbreak hill, despite his earlier promises. With Olive and Loose Change up the front competing for the prized anchor, the expected uphill deviation never appeared, and we were soon approaching the welcome beers taking pride of place in Dickhead's man cave, arriving back from the run in just 52 minutes having seen no sign of hills, kangaroos or drink stops.</p> <p>From this point Tight Lips took over, ensuring we enjoyed an extensive range of nibbles, excellent curries for nosh complemented by apple cakes and chocolate cake with cream.</p> <p>Overall consensus was that it had been a well-set run with great nosh. The Tea Tree Gully Residents Association, however, was not so happy, and want to know when they will be getting their fucking much-loved kangaroos back!</p> <p>All pressure is now on next Monday's hare, Moped, who must surely take on the challenge of setting a no hills, no cows run from the Oakden Cow Shed!</p> <p>Here's where the Runners went:</p>		8

Monday, April 22, 2024

Date	Distance	Time	Pace	Speed	Calories
Mon, Apr 22 7:06 PM	5.15 km	0:52:27	10.2 min/km	5.9 km/h	0



Here's where the Walkers went:

HASH WALK VISTA 22/4/24 DH & TIGHT LIPS

Distance: **3.36 km** Time: **40m 39s** Elev Gain: **39 m**

Start and end hidden

Charges from the Circle:

BFD	Thump, Tadhg, Wena, Poledancer, Who Gives, No balls, Dickhead, Tight Lips
DD	Thumpa (191) Poledancer (119) Bigus (787) Tight Lips (131)
Palindromes	Thumpa, Bigus, Tadhg, Tight Lips
Special Number 1234	Elf
Imitating a bin chicken	Ninja (Loose Change)
Inventive Parking	Unstoppable
Branch on the Bridge	Dickhead
If I didn't get that check wrong I would have got the anchor	Buddha
Secret training at Norton Summit	Olive Oil
Running on the walk	Wena

Fair and Objective Run Score:	Criteria Max	Score
Well planned/researched run location	10	7
Decent run site, shelter, fire bucket	10	8
Varied running terrain	10	8
Good use of available terrain	20	15
Well-marked trail	10	8
Good checks/false trails – kept pack together	20	15
Runners back on around the hour	10	8
Piss Stop (Bonus 5)	5	
Piss Stop Topless (Bonus 10)	10	0
Decent Nosh	10	9
Total		78

Announcements

1. Registration – Freo Nash Hash 2025 – Mid-Price Registration until 30 June 2024

<https://www.freonashhash2025.com/>

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

