

Ah3.ADELAIDE HASH HOUSE HARRIERS
A drinking Club with a Running Problem!!

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Hash Trash 24th June 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 2547 – Committee - AGPU 1 July 2024	DH's Workshop 25 Braeside Ave, Holden Hill	AGPU (Flyer attached)
Run 2548 – Buddha 8 July 2024	TBA	
Run 2549 – Iron Knob 15 July 2024	TBA	
Run 2550 – Inherendo 22 July 2024	TBA	

Run Details Run 2546 24 June 2024	Run Report - Mctaf's Place Wynn Vale	Hares – McTaf & Crunchy Crack 13 runners & 0 dogs	Unfair and subjective Run Score
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A sensible run in bloody cold conditions provided the perfect warm-up for the AGM, with the promised drink-stop enticing walkers and runners alike to take part.

After a stretch of road running along the Golden Grove Road and the Grove Way, the trail finally turned left into the area surrounding the Wynn Vale Dam, where a continuous series of two-ways and three-ways frustrated the front running bastards and gave the slower runners and walkers a chance to catch.

Surprisingly, the hares found a point early in the run to spring the surprise drink stop which comprised a festering brew of mulled wine, complemented by potato chips and liquorice all sorts – a combination guaranteed to inspire runners and walkers alike to soldier on for a few more kilometres.

Takin a convoluted around the dam, the front runners arrived back at the run site in just under the hour with the rest of the pack arriving not long after. Despite the doomsayers donning their raincoats, the RA pissed off the rain allowing us all to keep dry for the upcoming democratic convention.

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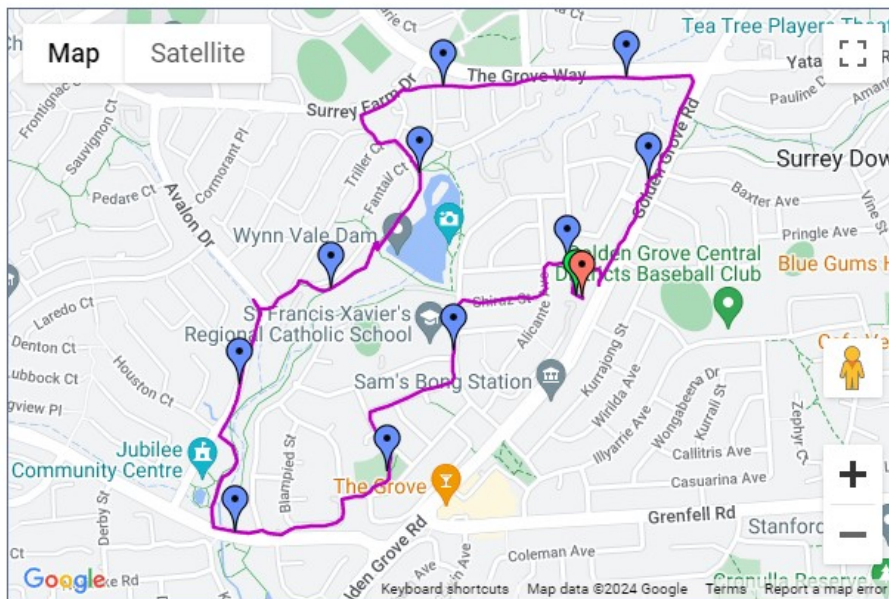
Monday, June 24, 2024

Date	Distance	Time	Pace	Speed	Calories
Mon, Jun 24 7:12 PM	5.13 km	0:59:36	11.6 min/km	5.2 km/h	0



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Details



At the Circle:

No faith in RA	Loose Change
BFD	Chesty, Icecan. Buddha
Almost BFD (use of cash is declining)	Nifty. Loose Change, Crunchy Crack. McTaf
Having their own circle	Olive & Unstoppable
DD	Nifty, Icecan
Paid but didn't sign on	Elf
Not stones - gravel	Olive Oil
No rain or wind on the run	Icecan
Anchor	Unstoppable
Shit Run	Hares
Song	That was a Horrible Song
Nosh	Nibbles, Lasagna & Veggies, Quiche

At the AGM:

Haberdash	Unstoppable
Hash Cash	Inherendo
Hash Horn	Chesty
Hash Trash	Loose Change
Trail Master	Olive Oil
Keg Master	McTaf
RA	Bus Stop
Choir Master	Betty Boop
GM	Bigus Dickus

Many thanks to the hares for a good challenging run and great nosh. A most enjoyable evening!

Fair and Objective Run Score:	Criteria Max	Score
Well -planned/researched run location	10	8
Decent run site, shelter, fire bucket	10	9
Varied running terrain	10	7
Good use of available terrain	20	14
Well-marked trail	10	7
Good checks/false trails – kept pack together	20	14
Runners back on around the hour	10	9
Piss Stop (Bonus 5)	5	5
Piss Stop Topless (Bonus 10)	10	0
Decent Nosh	10	8
Total		81

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SIMPLE H3 AGPU HABITS THAT WILL MAKE YOU FEEL HAPPIER

WHAT IS HAPPINESS?

Drinking beer, wearing cool shiggy socks, going for a non-competitive run and looking at tits. \$50. **JULY 1, 7PM**
23 Braeside Avenue, Holden Hill



BE POSITIVE

Drink beer positively, go for a short run, come to the AGPU, eat great nosh and look at lots of tits. Talk shit all night.



EAT HEALTHY FOOD

It's an AGPU, so there will be plenty of healthy nosh 7pm July 1st. 23 Braeside Ave, Holden Hill



GET ENOUGH SLEEP

will be drunk so that won't be a problem



EXERCISE MORE

Of course! A short walk/run, followed by building biceps by chugging beer and eyes on stalks from looking at tits



HOW TO BE GRATEFUL



By paying your \$50, coming to the AGPU at Dickhead's Magic Workshop, drinking beer, looking at tits and gratefully taking home your award.

WHY DO SOME PEOPLE FEEL UNHAPPY?



Because they didn't spend \$50 to come to the AGPU on July 1st at 7pm at Dickhead's Magic Workshop. 23 Braeside Avenue, Holden Hill



SPEND TIME WITH YOUR LOVED ONES

And beer. And tits at Dickhead's Magic Workshop 23 Braeside Ave, Holden Hill July 1, 7PM

www.reallygreatH3AGPUsite.com

Announcements

NOTE: Make Some Payments TODAY to save some money!!

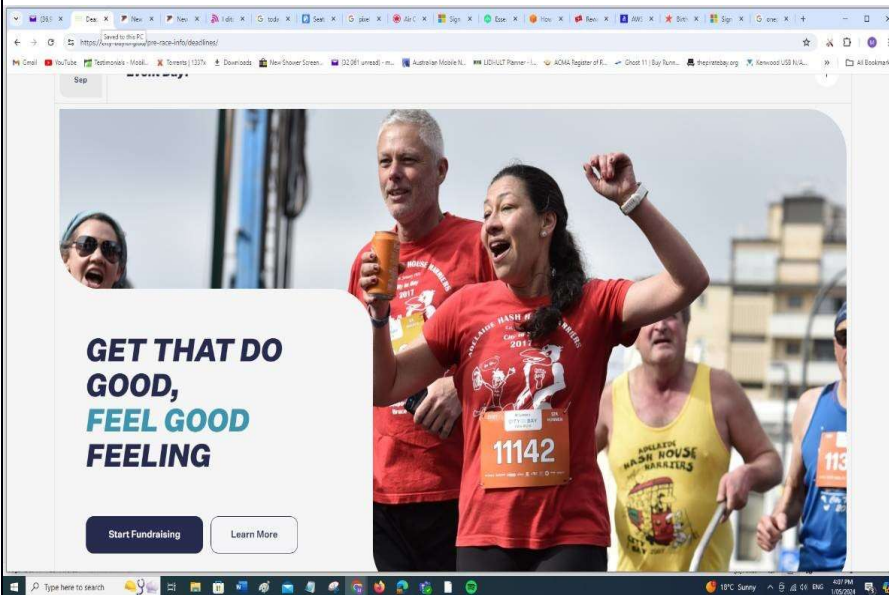
1. Freo Nash Hash 2025 – *** Rego price to 30 June 2024 ***

<https://www.freonashhash2025.com>



2. C2B City to Bay 2024 *** Early Bird closes 30 June 2024 ***

**\$50 FOR 50TH EARLY BIRD DEAL.
2024 ENTRIES OPEN!**



EMAILING OF TRASH:

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

