

Berkshire Hash House Harriers

Run Number: 2122 23Jul18
Venue: The Hare and Hounds
Sonning Common
Hares: Rampant, Dunny

Visit the website - <http://www.berkshirehash.co.uk>
Website Email - iceman@berkshirehash.co.uk

Party Guests



Foghorn NappyRash Donut Hashgate OldFart Swallow SlowSucker Ms Whiplash PennyPitstop SweetPee Agatha TC Whinge Desperate Shifter BillyBullshit HappyFeet Spot Florence Zebedee Itsyor Mr Blobby NonStick C5 Mr Blobby Motox Slapper Iceman TinOpener Twanky Phantom Dumber BlindPew Randy Mandy ChocChuck NoStyle SkinnyDipper Lungs Spex LoudonTasteless Posh Bomber

Rampant's Big Birthday Hash

One minute you're rocking along nicely, getting on with your life. Then, BAM! You realise you're just getting on. Tonight, we celebrated Rampant's 60th with a heatwave Hash from (and to) an excellent pub. WaveRider, NappyRash, Donut and I went there on Saturday night and thoroughly enjoyed the local ambience, friendly landlord/lady (no, not a gender indetermination. There was one of each), good beer and excellent food. We chatted with the landlord just before the Hash tonight and he advised us that his farmer locals reckoned that the hot weather is going to last until September. There you go – weather reports now in your Gobsheet. ☺

Before the off, NappyRash was sitting and chatting outside the pub. Minding his own business essentially. Billy had other ideas and he carefully poured some water from his water bottle over the back of his head. Now in January there might have been a sudden rising and a mite more than an expostulation from NappyRash but, of course, the sun was still very hot and he merely turned to give Billy the arched eyebrow and his grateful thanks for providing some cooling.



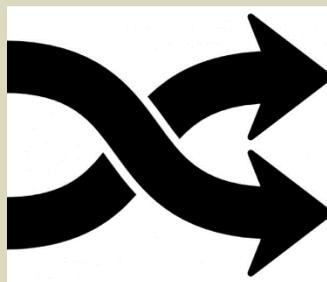
Would that we could have had a cold shower or hose on the way round the Trail. It was, as Johnny Cash and June Carter sang, "Hotter than a pepper sprout". The

thing that was particularly awkward was running towards the sun – something we seemed to do a lot of. You couldn't see a darned thing. Itsyor had obviously planned for the evening since he had on a pair of sunglasses. He was telling me this during the On Out when he almost ran into the back of a car...

The On Out was actually most unusual for this Trail. All the most recent from this pub have gone the opposite way so it was a nice change to run West. Albeit a large tranche of us managed to get lost as we entered the first bit of woodland. As we ran back to the split in the Trail Dunny stood there looking somewhat smug. As well she might.

We ran across the beautiful, undulating grass fields (not that you could see much more than three feet in front of you) for some time. Until our FRB's managed to find the Bar Check our playful Hares had laid so thoughtfully. Useful for the rest of the Pack to catch up. As it was near that now well-known road to The Unicorn pub that we ran along during Pyro's Hash a few weeks ago. There was much puffing, panting and sweating. Rather like a porn film but without the porn. Roads, tracks and woodland came and went and still we ran on. Twanky eased the pain by telling me about one of his ideas for the Christmas Hash do. It's a good one and all I can say is that it's not a turkey. Enjoy when it turns up.

In a particularly arid forest Dunny offered a short Short Cut. Why Not? I thought. It will help me gather my thoughts for some Gobsheet content (any excuse will do). So I took it. It only cut out about 100 metres and I found myself greeting the FRBs as they came up to me. Florence offered me a sound verbal battering (quite rightly) for being such a wimp. Desperate a half-hearted one; then conceded she wished she had Short Cutted too.



A little later, running with Dunny and Twanky, we found a flour arrow, laid by Rampant, that purported to indicate the way from a Check. It kind of did but it pointed more towards a track that split off from the one we should have been taking. Twanky put it down to old age and we readily agreed. We also agreed when we found another, same style, after the Regroup. Doh!

After that pleasant trot past the delightful Kidmore End cricket club Iceman and I found our selves in simply beautiful barley field. The swathes of it looked like white hair that undulated softly towards the darker greens of the trees at the edge. Above was the cloud-free, light-blue vault of the sky, the sun's fiery rays spread across it and the $\frac{3}{4}$ silver moon lounging there insouciantly. "This is a beer farm." Said Iceman, cancelling his aesthetic club membership in an instant. It was certainly lovely to run through. As was the next field. And the next. Fortunately, our appreciation was not dulled by familiarity since we popped out on to a no-through road and a flour sign that read 'On Inn'. Hurrah! Our sauna saunter could finish and we could start enjoying the birthday fish fingers and chips that Rampant and Dunny had arranged for us at the pub. HappyFeet, RandyMandy and I trotted happily in along the melting tarmac.

An excellent Trail by today's old boy and his lady. Our thanks for the effort on this hottest of days.

Happy Birthday Rampant!

On On. **Hashgate.**

BH³ Hash Blog

60 is obviously the new 40. How many of us in our 6th decade can remember our parents skittering along the roads in running gear? They'd generally have been laughed at as too old to run about like children. The first London Marathon was held in 1981. Imagine any non-athlete (especially women!) thinking they could run that distance in the 1960s. And besides, everyone was too busy watching The Billy Cotton Band Show and Man In A Suitcase.

She was beginning to "feel her age"

But fortunately she remembered.

She was beginning to "feel her age". Looking after the family was not getting any easier, and there had been times when her nerves had showed signs of letting her down. She wasn't getting any younger — well over forty now. *Forty!* Then she remembered: *Phyllosan fortifies the over-forties!* Soon after she started taking Phyllosan she

was aware of a lightness in her step, new energy, new health, new vigour. *Her whole constitution was being revitalized.* What a difference it made to family life.

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by restoring digestive and metabolic tone
strengthening the nerves and increasing energy

Prices from 3/6

And who can forget (ok younger people than us) Phyllosan Fortifies The Over Forties?! By the way, if you can't read the text in the advert to the left you either a) need glasses due to your age, or b) should buy some Phyllosan (and don't forget to take it).

So Rampant can be assured that age is no barrier to doing what he wants. He still runs faster than most of us and, with Mr Blobby, C5 and OldFart as role models it seems to me he has many, many years to go (not being rude you chaps 😊).

I read in no less than The Daily Telegraph (so it must be true) that one ingredient for looking younger is plenty of sex. Add to that, Rampant (appropriately named, I'm sure) plenty of Hashing and you can't go wrong. I'm expecting you to look younger every week from now on. 😊

Down Downs

RA Foghorn presented the below in the pub's fine garden.

Who Got It

Why

Rampant, Whinge, TC, All have birthdays on or near today. Happy ones to them.
C5

OldFart Awarded his 600 Runs badge. At his age he said he's not sure whether to hang up his running shoes or buy some new ones.

RandyMandy A couple of weeks ago she had Spot in front of her with his trousers down around his ankles. Her 'excuse' was that she was applying first aid...

SkinnyDipper,
Desperate Apparently, they are both bottom fetishists!

BillyBullshit Was awarded the 'La Pecarina' apron by SlowSucker for allegedly kicking out some Checks incorrectly.

BlindPew Had a good look at a map tonight but still managed to get every Check wrong.

ChocChuck She apparently has two left feet..?

Florence, Desperate Awarded by Motox for alleging that he didn't give them a beer during the Fun Run. Desperate asked if she might have Motox's 'little stubby'.

Rampant, Dunny Tonight's birthday Hares!

Up and Coming

Run	Date	Grid Reference	Venue	Hares
2124	06Aug18	<u>SU611624</u>	The Pelican, Silchester Road, Pamber Heath, Tadley RG26 3EA	C5 Mr Blobby
2125	13Aug18	TBA	TBA	SlowSucker Swallow