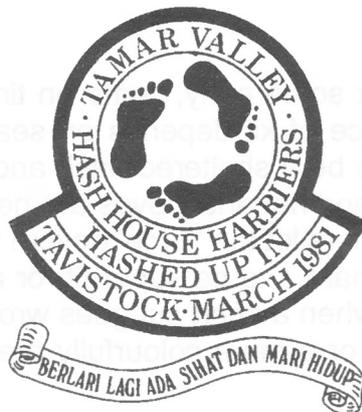


Grand Master
 Jess Hilton (Raunchy)
Joint Masters
 Stirling Way Spike
 Paul Ames (Aimless)
Scribe Master
 Paul Waters (Stopcock)
Hasherdabber
 Heather Smyly (Sister Sludge)
Hash Horn
 Paul Storey (On the Khazi)
Beer Master
 Charlotte Watson (Footloose)



Chamber Pots
 Kate Glanville (Biff)
 Simon Snowdon (Slush)
On Sec
 Chris Hall (Squits)
Hash Cash
 Jon McGurk (Nipple Deep)
Hare Master
 Brian Martin (Naughty Boy)
Hash Flash
 Paul Glanville (Glani)

Life Pee'ers

Angus Colville (Agnes) Chris Laurence-King (Bloodnock)

Hereditary Pee'ers

Simon Trehane (Trehanrehan) Sara Laurence-King (Shortcut)

Email:
 tvh3@blueyonder.co.uk

Facebook: www.facebook.com/Tamar-Valley-Hash-House-Harriers -114194325261427

Web: www.tvh3.co.uk

Next Run No: 1957
Date: 5th February 2018
Start: Swingletree Pub – Kelly Bray
On Down: Swingletree Pub
Hares: Slush
Scribe: TBA

A good Hash

Tonight's Hash (22nd at Milton Abbot) was a good hash, but why was it a good hash. Well there are many elements, a good hash is one that stretches the fit but does not defeat the less fit, a good number of obstacles are required, water features, mud, a quiet road, and moorland. We are spoilt in this part of the world in that we have such a rich variety of hill and moor to choose from that each and every hash is different. So, what does make a good Hash: -

Planning

Planning the hash means that the Hare Master gives the Hare sufficient notice to prepare to lay the hash, something I have not done too well, sorry Slush. The Hare will plan the hash by checking the map for several suitable routes, for both longs and shorts, then to walk the route to check for obstacles and safety hazards. Laying the course preferably in Flour or sawdust on the Monday afternoon and finally, to run it and check the flour is still in place and not eaten by ponies, slugs or washed out by the rain.

On the night of the hash, it is checking everybody out and then back in again, getting the drinks bucket, keys and money sorted and handing them all back. Checking on missing people and sending out search parties.

The planning also includes the choice of Pub for the "On Down", some are on the banned list as the landlord is not a welcoming land lord. The pub must be reasonably close to the Start and not too out of the way for the journey home.

Hashers

The Hashers turn up every week some early, some on time, and some that have to race after the pack to catch up. Choice of kit depends on season, weather and temperature. You can never tell if it is going to be a sheltered hash and a tee shirt and shorts or in the teeth of a gale and full thermals and hat and gloves are needed. Head torch is essential in the winter that is to most of us others let the 'force' govern their footsteps.

The hash is where you can run hard and be super fit, or a bit gentler and chat and catch up with friends. Laugh and joke when a short cut goes wrong and a bog is encountered as in my case several months ago, or a more colourfully dressed companion hurtles past in fancy dress.

Hash Tactics

There is a lot of tactics employed by 'In the Know' Hashers:-

- The 'on to check', finding the On-On arrow, but holding back and pretending to walk back towards the check before turning and shouting "On On".
- Claiming it is an 'on short' when in fact it is an 'on long' as well 'On-On'
- There is the tactic, my favourite and one I employ regularly, of hanging back in the pack so you don't get to the check too early and have to run off and check all routes.
- The short cut, especially employed on the moors when you can see the fit hashers running well out in front, when the course bends you can cut across the open moor and short the corner.
- Then there is the tactic employed by the very fit of not only running out in front, and completing the entire course, but usually running up and down many of the 'Check backs' and still passing me several times on the course.

The 'On Down'

The 'On Down' is a critical part of any Hash and it is unthinkable that we would have a hash without one. This is where the business of the Hash is conducted, the Grand Masters Speech where words of wisdom are spoken to the collective, notices are given, and awards made with celebratory cups of ale.

The 'On Down' is where good companionship is found and where the Hash virgins are made a warm welcome. Birthday wishes are sung, beer is drunk, food consumed, and a happy landlord has a full pub on a Monday night.

A good Hash

So what is a good Hash? Well it is a well-planned, well-laid course, a good pub and good food. But it is also far more than that. I joined the Hash in the autumn 2015 and was immediately struck by the friendship and warmth the Hash provided. The Hash is most definitely a family. A family of likeminded individuals keen on fitness, but also friendship, companionship, and helping others.

To-nights hash was a good hash.

ON On
Naughty Boy