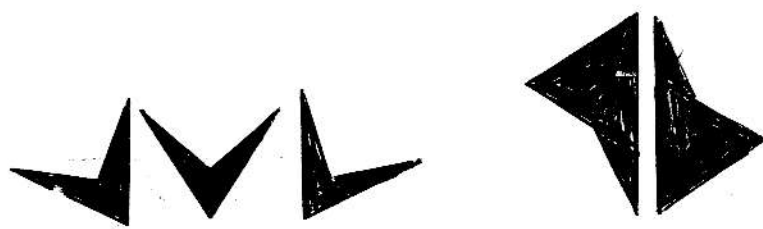


# Rash Hag

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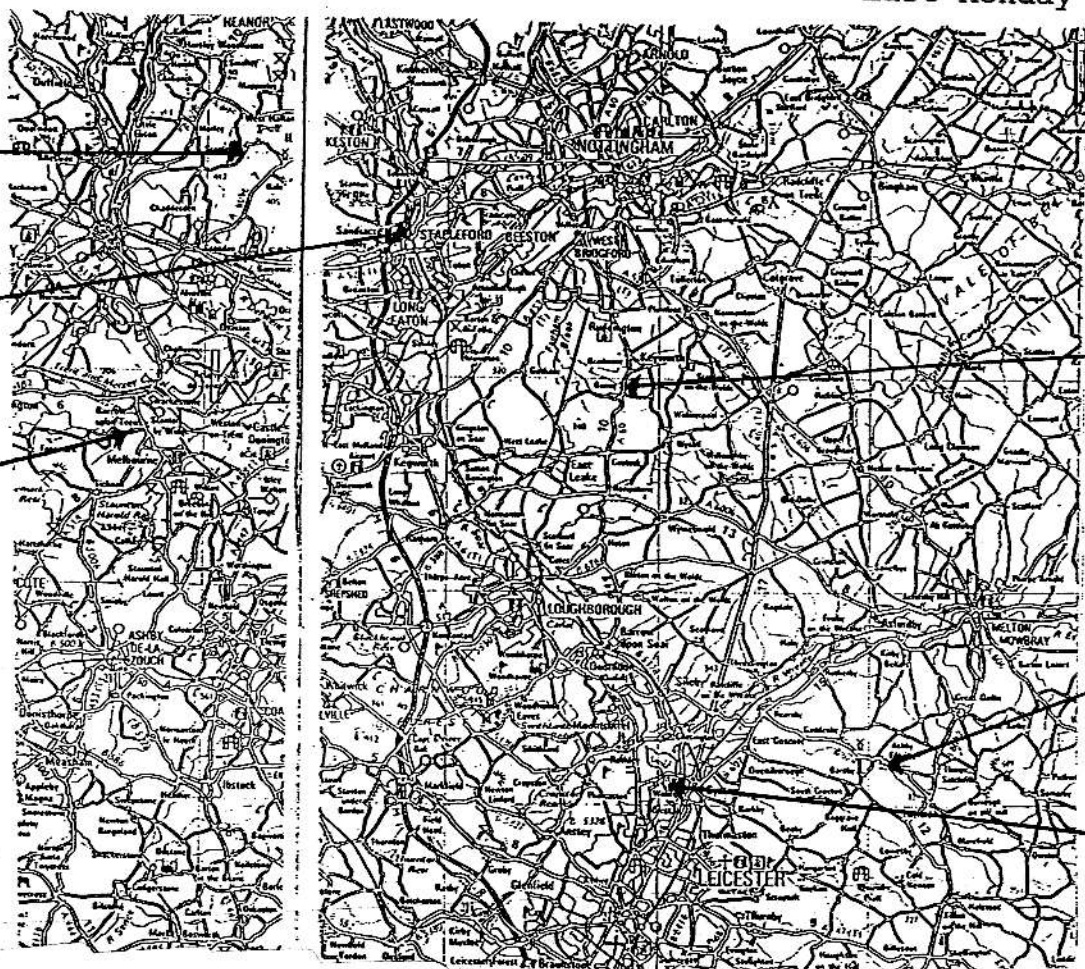
# QUORN HASH HOUSE HARRIERS MIS-MANAGEMENT

G.M.	- Too Tuff	(H)	0115 937 4505
R.A.	- Paxo	(H)	0115 925 2075
ON SEC	- Barritone	(H)	0115 922 6050
HASH KASH	- Pleasure Gnome	(H)	0115 937 4505
MASTER OF THE PISS	- Lightning Rod	(H)	01332 751580
ORGAN GRINDER	- Pigeon Shit	(H)	01780 51615
HASH FLASH	- False Fart	(H)	0115 981 9566
HASH HORN	- Horny	(H)	0115 925 2075
POETUS LAUREATUS	- Oriface	(H)	01332 691195
HASH SUPERGRASS	- Gobalot	(H)	01332 691195
HASH LECH	- Butt End	(H)	0115 922 7873
MEDICAL ADVISER	- Doc Crippen	(H)	0421 509602
HASH HOUND	- Sam	(H)	0115 928 6532

HASH HOTLINES: -

01509 415134  
0115 922 6050

RUNS: - Thrice monthly  
1st & 3rd Sunday 11 am  
Last Monday 7 pm



## RECEDING HARELINES

Run	Date	Venue	Hares
179	Sun 21 July	The John Thompson, Ingleby Grid: 354269	Miss Whiplash
180	Mon 29 July	The Rancliffe Arms, Bunny (784294)	Too Tuf & Pleasure Gnome
181	Sun 4 August	The Carrington Arms, Ashby folville (706120)	Doc Crippen
MH3	Mon 12 August	The White Hart, Stanley	Barritone
182	Sun 18 August	The Alexandra club, Station Rd, Sandiacre	Dr Who
183	Sun 1st Sept	TBA	Bleat & Dame Shame
184	Sun 15 Sept	The Hope & Anchor, Wanlip (600102)	Mango
185	Mon 30 Sept	TBA	Big Phut & Warmers

### Hash news

1. Welcome to yet another fairly lean edition of the Rash Hag. Rest assured, anything you give me (within reason) will be included. Particularly welcome are write-ups, write-ups and write-ups!
2. As you can no doubt see, a democratic decision was reached to cancel the Monday Run in August. However,, if you are desperate for a Monday Night run in August, Yours Truly will be laying a Mickleover Run on **Monday august 12th**. This may possibly acquire the status of a joint run, in which case all subsequent run numbers will be incremented by 1. In the meantime, Monday night runs are scheduled for the last Monday in September and October. It will be dark by then, so don't forget your torch!
3. If you fancy laying a trail, October is still free!
4. The current outbreak of Wedlock affecting the Hash appears to be highly contagious. Should you be scratched by a piece of Wedlock while on the Hash, don't panic. See a doctor - he knows all about it, as he's getting married himself on July 27th.
5. Open up this fine organ and you will find an article about Hashing found in Sunjet - the In-flight Magazine for Cyprus Airways. If you missed Interhash - bet you're cursing yourself 'cos it was great. Meanwhile there are several events to look forward to - most notably Barnes 600th next week. See back page for details of other events.
6. Some people have enquired about the QH3 Mailing List. This hasn't been updated for some time, so it's a bit out of date and incomplete. I have a copy with me, so if you're not on it and you think you should be, you know what to do.
6. Next Rash Hag: Run no. 181 (Sunday 4 August)  
Deadline for contributions: Thursday 1st August  
Address: 4 Clifton Crescent, Attenborough, Nottingham NG9 6DA



RUN NO. 173

VENUE: The Malt Shovel, Worthington

DATE: 2 June 1996

HARE: Lightning Rod & Oriface

SCRIBE(S): Big Phut and Warmers

OK, apologies up front for this write-up after the Cyprus Interhash. Our memories are severely damaged by the long week of dissipation and writing this the Sunday morning a month later just before the hash in Beeston). We swear will do better next time

First, it was a beautiful spring day. The run started toward Breedon on the Hill and wound through fields with beautiful views. Green everywhere. (Fond memories of running in England kept us going on the HOT dry trails of Cyprus. England is the best place to hash in the world.) The hounds were in about an hour after the start.

Down-downs were well presented by Doc Crippen in the absence of PAXO. John Whitmarsh was named Whiplash. (Had run all the way from Notts and had enlisted Gopalot to run back with him after the hash).

Gopalot was awarded one for not stopping at a holding check. Too Tuff for the long continuing saga of sperm genocide. Wallington (welcome back after too long an absence) for bemoaning the length of the run. Visitors, Twin Cam and Cycologist (brother of Rockhopper). Springcock, laying trail for a DIY run. presented a touching poem. And of course the hares for a well laid run. The usual false accusations of terrible run, but we all knew it had been a grand lay.

"We screamed 'No!' but it was too late," Sgt. James Manios told reporters at a press conference in Eureka, California. "We were explaining to her that you just can't do that in public, when she suddenly pulled her left boobie out of her halter top, asked me if I could still remember the taste of real mother's milk, and began squirting it in my face."

The unnamed woman had been detained by Eureka police after an incident in Angelo's Pizza Parlor, 2115W Seventh St. The owner called his because the woman was jumping from table to table, annoying customers by making mooing

noises and telling them she was an old cow. She still produce milk four years after giving birth and she was giving them a squirt to prove it. We knew straight away who it was, because it's the third time we've detained her this year. In February, she squirted milk at a man and his baby in the Adorni Memorial Recreation Center, while shouting 'bet you can't do this, sonny'. Then in April she was found squirting over books in the child-care section of the county library. She now promises to stop doing it. I hope so because she's started to squirt the files in my desk and this is starting to stink.





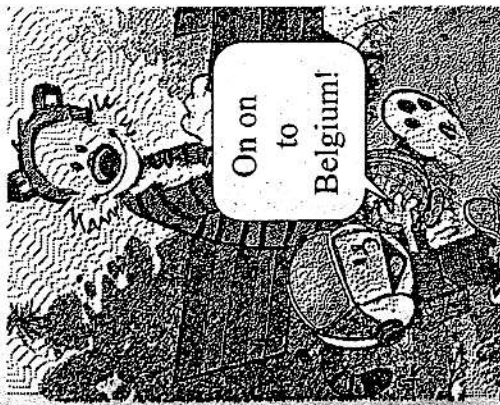


The Worst of the Worst

# 2nd Inaugural Three Frontiers H3 September 20 - 22, 1996 In the Belgian Ardennes

✓ Friday night run starts @ 22:00 sharp !!

- Three days of debauchHHery in great hashing country
- The worst of the worst from Brussels Manneke Piss H3, West Rhine H3, Grand Duchy H3, F.I.L.T.H. H3 and the notorious Oostende G.O.N.A.D. H3
- Chalet accommodation with champagne breakfast served by topless West Rhine Harriettes. Pool, bar and "Alpine lunacy - Heidi & the 7 Dwarves" theme party on Saturday night
- Friday collation, Saturday dinner and Sunday lunch



**BEF 2,500 ONLY ... Until AUG 31**

BEF 3,000 afterwards

Friday and Saturday night beer costs BEF 40 at the bar  
Includes accommodation, running shorts, beer ~~on~~ runs,  
food plus any other crap we can find.

**REGISTER NOW AND PAY WITH VISA !!!**

## MISMANAGEMENT MEMBERS

- |                      |  |
|----------------------|--|
| Hash Master:         | Tony 'Try A Fuck' Fryer (BMPH3)              |
| Hash Beer:           | Richard 'Boulders' Wiltshire (WRH3)          |
| On Sex Belgium :     | Mary 'Want Bonk Now' O'Neill (BMPH3)         |
| On Sex Germany :     | Sarah 'Malteser' Wiltshire (WRH3)            |
| On Sex Luxembourg :  | Danielle 'Sitting Bull' Goldschmidt (GDH3)   |
| Master of Disaster : | Pierre-Marc 'Higgins' Lefebvre (H.I.D.Exec.) |

**TURN OVER FOR REGISTRATION DETAILS**

limited to first 100 registrants !!

## FILL IN THIS BOX

Hash name :  
Nerdy name :  
Postal address :

Home Hash :

Daytime phone :  
Evening phone :  
E-mail :

Running Shorts size (please circle) : Small / Medium / Large / XL / XXL Veggie : Yes / No

Payment by :  
☐ Cash  
☐ EuroCheque only (in BEF, payable to "3 Frontiers HHH")  
☐ Credit Card (VISA - EUROCARD - MASTERCARD)

Card Holder name :  
Initials :  
Card number :  
Expiry Date :

Signature : \_\_\_\_\_

Three Frontiers HHH c/o Mary O'Neill

Rue Colonel Van Gele, 101

B-1040 Brussels

Belgium



For further details call/fax Higgins on +32 2 345 88 09

E-mail Try A Fuck on 100334.1253@compuserve.com

## VENUE DETAILS

**Petite Suisse, Dochamps.** tel: +32 2 (0)84 44 40 30. Ask for Roger, the manager.

(near La Roche en Ardenne)

Coming from Holland, Germany, Brussels or Luxembourg, get on the E25 highway and take Exit 50, **Baraque de Fraiture**. Take direction **La Roche** until you reach **Samree**. Turn right toward Dochamps, and you will see the sign for Petite Suisse on your right.

Look out for **On On** signs at junctions !

"DARN! HE IS LETTING HIS FAT WIFE GET ON TOP AGAIN!"



WE HAVE  
BEEN DESCRIBED AS  
'A DRINKING CLUB WITH  
A RUNNING PROBLEM'



A word of warning however: if you are planning such an excursion during the first weekend of June, you may find that some five thousand others have already had the same idea! Indeed you may find that your peaceful foray from the tourist areas becomes your first ever

This is not to suggest that the sizeable areas of forest, beach, plain and hinterland that make up this large island cannot accommodate that number. On the contrary, the Cyprus countryside could swallow up thousands more. But have in mind that this fun-running, fun-loving, multi-national group will be scaling mountains, traversing valleys and jogging through some of the most unlikely bundu and gullies in

• "I DON'T know what to say really," Police Captain Baird Davis told reporters in Muncie, near Indianapolis. "The thirty-eight-year-old woman, Bonnie Booth, told us that she'd started drinking in her back yard on Monday, because the callus on her foot was hurting bad. She tried to cut it off with a razor, but that didn't work, it just made it worse, and she got worried that it might get infected. So, after about a gallon of vodka and two or three beers, she thought she'd try to shoot it off with her husband's .410-gauge shotgun."

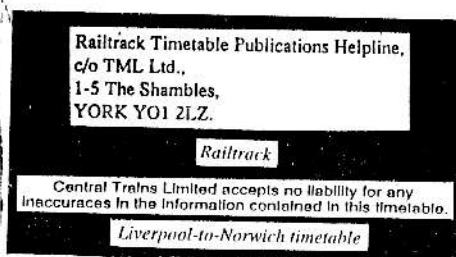
"She lost a lot of blood, but the hospital tell us she's generally in good condition now, and we don't intend to file charges. Her neighbour was having a barbeque and didn't go a bomb on finding two of her toes and part of her heel on his lobster tray. But, frankly, her remedy worked a treat. Still, she won't let the hospital chiropodist near the stump. Keeps saying the professionals are a bunch of quacks, and that home remedies are always best."

numerous locations islandwide ...

They call themselves the Hash House Harriers, and they belong to a worldwide club, for want of a better word. Every two years members from all over the world assemble to partake in a three-day international gathering. This year, for the first time, Cyprus happens to be playing host. And with 'hashers' descending on the island from every part of the globe 'Interhash 96' will rank as one of the largest sporting events ever staged in Cyprus.

'Hashing', should you be unfamiliar with the phenomenon (as many are), has its roots steeped in tradition. In the 1870s a sporting group in London, known as the Thames Hare and Hounds, used to stage regular paperchases. Today's hashers follow much the same general pattern whereby a 'hare' lays a trail, using shredded paper or flour, for a group of runners known as the 'pack'. Their progress is likely to be a stop-start affair, for a cunning hare will lay a number of false trails, making good use of the local terrain to test the ingenuity of the pack.

Hashing historians widely recognise that a certain Albert Stephen Ignatius Gispert (known as 'G' to his friends), founded the modern day 'Hash House Harriers' in British colonial Kuala Lumpur in 1938. Well before the fitness era, and with none of today's sporting opportunities at their disposal, the group that formed in Malaysia ran for fun, as a means of occupying themselves in their spare time. The gatherings fostered camaraderie, and the enjoyment of the post-hash social get-together was as much a part of the concept as the running itself.



Over the years the idea of the hash has caught on in almost every country in the world. Cyprus, for example, has six 'kennels' or hashes and even a full-moon hash that runs once a month when the moon lights up the night sky. Groups run regularly in Limassol, Larnaca and Nicosia, while two of the island's hashes, in the British garrisons of Episkopi and Dhekelia, are the oldest surviving 'kennels' outside the Malaysian peninsula, having laid their first trails back in 1967.

Hashing is emphatically not about competing. Members move at exactly the pace that suits them. Some sprint, some run at an even, regular tempo, some jog and others bring up the rear of the pack at a stroll. Indeed athletic frames are in no great evidence among hashers, most of whom are everyday folk who love to unwind from a hectic week at the office with a

Right: The 'hare', dressed in full hash regalia, enjoys his after-run refreshment. Left: "On-on!" is the cry as the pack follow the trail. Far left: After hash punishments or 'downers' - foaming tankards of ale - prepared and ready to be awarded.



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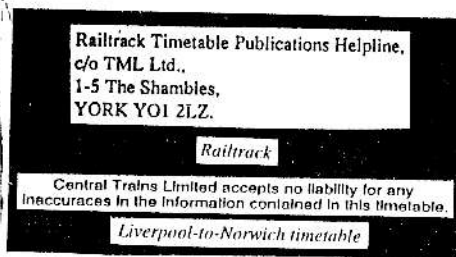
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# "I DEAL HASHING COUNTRYSIDE, WONDERFUL FOOD AND, MOST IMPORTANTLY, EXCELLENT BEER"

regular weekly run. But tricky terrain is par for the course, and hashers think nothing of scrambling across hillsides covered in dense bramble that tears and cuts into their shins as they search for the indistinct trail of shredded paper.

They're a jovial bunch and they tackle the important aftermath with equal gusto. At the mere mention of transgressing a trumped-up, unwritten rule during the run they'll oblige by paying the ultimate penalty: downing a tankard of ale in ten seconds.

Trevor Evans is one of Cyprus' hashing veterans who recalls running through "boulder strewn ravines and cliffs, and surviving scary hop-skip-and-jumps through snake-infested gullies. I got lost one hot summer's evening," he fondly



On a hot summer's day the arrival at the 'beer check' is welcome relief.

remembers, "and I ended up blundering through Erimi Village. Through a blinding film of sweat I saw all heads in the coffee shop turn in disbelief towards me. Prominent among them with his chimney top hat, cassock and broad black beard was the portly village priest. As I shambled by he crossed himself and exclaimed to his flock, 'This sight is a bad omen... Drink my children to turn away the Evil Eye!'"

The official hosts of Interhash

problem'," he beams, "and this is because we place as much emphasis on the post-hash socialising as we do on the run itself."

The organisers, all volunteers, are expecting up to 5,000 hashers to wing their way to the island from 60 countries, with Cyprus Airways acting as a major sponsor for the event. And the Interhash is certainly going to introduce Cyprus to faces from some far flung points of the globe.

Besides many European and middle eastern entries there are registrations from as far afield as Papua New Guinea, Swaziland, Trinidad and Vietnam; from Iceland, China, Honduras and Vanuatu (a group of islands in the Pacific) ...

What exactly does the Interhash involve? For the running itself the hashers are to be divided into ten runs that will take place at different run-sites, all of them within an hour's drive of Limassol. These are organised for Saturday and Sunday, June 8th and 9th. Then there are three evenings of festivities, including

'96 are the Amathus Hash House Harriers (AHH) in Limassol. John Jackson, the Interhash chairman, explains why Cyprus lends itself so well to the occasion: "Ideal hashing countryside, wonderful food and, most importantly, excellent beer - it's the perfect venue for the Interhash."

"We have been described as 'a drinking club with a running

June 7th, which will be staged at the municipal gardens in Limassol. Hashers will be feted with local culinary delights, endless supplies of beer (not surprisingly one of the island's major breweries is a co-sponsor) and entertainment including music and sideshows. Some of the visitors will be arriving with partners and families and many are expected to stay on the island for a fortnight. Hash house 'harettes' and even a few 'pups' are likely to number among them on the runs.

How will Cyprus fare from this fun-running invasion? The reaction of the Interhash '94 host country, New Zealand, puts the experience into perspective. The General Manager of Rotorua tourism recalls effusively that it was a privilege to host the event. "Culturally Rotorua residents were treated to an enjoyable week of open and warm camaraderie on a scale not often seen. Come back anytime!" ■

For more information or registration forms, contact the Interhash office on (05) 361228.

# H ASHERS THINK NOTHING OF SCRAMBLING ACROSS HILLSIDES COVERED IN DENSE BRAMBLE





**NASH HASH 97**  
**REGISTRATION FORM**  
22nd - 25th AUGUST 1997

PLEASE COMPLETE IN BLOCK CAPITALS

SURNAME:							
FORENAME:							
ADDRESS: (INC POST CODE)							
TELEPHONE NO	HOME				WORK		
DRINK PREFERENCE	BEER	LAGER	RED WINE	WHITE WINE	CIDER	SOFT DRINK	
FOOD PREFERENCE	MEAT		VEGETARIAN				
HASH CLUB							
HASH NAME							
ARRIVAL PLANS (provisional)	FRIDAY PM		SAT AM		SAT PM		DON'T KNOW
ACCOMMODATION		TENT			CAMPER / CARAVAN		
OVERSEAS VISITORS ONLY		Nationality			Passport No		
IF ACCOMMODATION WERE TO BE MADE AVAILABLE - WHAT WOULD YOU NEED?							
RUN LENGTH PREFERRED	SHORT 1 HOUR	MEDIUM 1 1/2 HOURS	LONG 2 HOURS	WHEN WILL YOU RUN?	SAT	SUN	MON
T-SHIRT	SMALL(36)		MEDIUM (40)		LARGE(42)		X- LARGE(44)
DATE RECEIVED (OFFICE USE ONLY)					DATE ENTERED		
Complete and Post to: PO BOX 97. DAWLISH. DEVON. EX7 9YW							

£65 BEFORE 1ST APRIL  
£70 BEFORE 1ST JULY  
£75 UP TO 1ST JANUARY 1997  
£80 UP TO 1ST JULY 1997  
£99 AFTER 1ST JULY

HASH HOUSE HORRORS - AGED 15 AND UNDER, £30 INCLUDING A JUNIOR GOODY BAG

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**** HASH AWAY EVENTS - INTO 1996		
Event	Date	Contact
Barnes 600th	13 - 14th July	Silent Knight 0181 423 1330
Lundy Island	3-4 August	0117 932 6480
Stockholm Absolut H3 10th anniversary	23-25 August	08 91 14 90 (Sweden)
Wirral & chester 500th	24-26 August	BJ 0151 342 1079
Teign Valley 600th	26 August	Fax: 01626 865159
Nicosia Horrible H3 400	27 August	Dax 2 453165 (Cyprus)
Berlin 777 Rocky Horror Ball	30th Aug - 1st Sep	Hamshanker! +49 30 801549
Brighton H3 950th	2nd Sept	Bouncer? 01444 230903
Swiss Nash Hash	6 - 8 Sept	Meal Ticket 061 697 7904
Ankara H3 Cappadocia Weekend	7 - 8 Sept	Fax 312 446 7562 (Turkey)
Friday 13th H3 Jack the Ripper Run	13th Sept	Robocop 0181 892 4803
Aarhus H3 8th festival Hash	13 - 15 Sept	Erik Fax: +45 862 99487
Grand Bru Trois Frontieres Weekend	20 - 22 Sept	GDH3 352 46 46 41 41
Munich H3 Oktoberfest 4	27 - 29 Sept	AC/DC +49 89 45118160
The Hague H3 Run 777	27 - 29 Sept	Neptunus? +70 172 424285
North Herts 600th	28 - 29 Sept	Fliptop 01920 468181
East Lancs H3 Illuminations Run	October???	Captain Rabbi Haddock 01254 385971
Churn Valley H3 666 (Gloucestershire)	October???	01285 644715
Italian Nash Hash (Gloucestershire)	Oct 11 - 13	Higgins

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