



RUN NO: 145
VENUE: THE TRENT BRIDGE INN, NOTTINGHAM
SCRIBE: MANGO
HARE: PISSCOPHRENIA

There was a pack of 16.
We gathered outside the pub.
It was hot.
Pigeon Shit and Josh were back from Warsaw. Yawn.
Derrick was a visitor from Outer Space.
It was hot.
We set off.
We ran by the river.
We saw lots of canoes and oars.
We looked at the Nottingham Forest Football Ground.
It was certainly hot.
We ran down streets.
The tree blossom was pretty.
We shouted ON ON loudly.
A male appeared in the street.
"Is this a hash?", he asked.
"Yes", we replied.
"Hold on a moment, I'll get my running shorts and Hash T-Shirt".
His name was False Fart.
"Hello" we all said.
It was getting hotter.
Rough Passage had a bare midriff.
She was getting cooler.
The men were getting even hotter.
We ran by a smelly canal.
We saw some flour.
The trail zig-zagged through streets.
We eventually arrived ON IN.

Down downs just about for everyone:-

Rough Passage - for her "Stars in her eyes
recording session

Derrick - for visiting us mad fool

Titlicker (Amnesia) - Could not remember how
he got his name

Bummer - For just being a bummer

Barritone - Blues Brothers Impersonation

False Fart - Picked him up

Profalactic - Lost orienteering. Bumped into
trees. Fell off mountains

Mango - Called Piss Off as last RA ritual

Bleat - First Aids' Kit applied for dribbling
snotty nose. In fact her body was
definitely out of order.

Pisco - Fucking awful trail.

New words

Midriff - The middle part of your tummy

Smelly - False Fart

Nottingham Forest - Crap!

Flour - For fuck's sake use it!

Canoe - I don't fucking know!