

QUORN HASH HOUSE HARRIERS
HASH TRASH
RUN # 432

When: Sunday 1st June 2003. 11.00 hours
Where: The Greyhound, Botcheston
Hare: **Wallington**

Beautiful day and 11 hashers and a little white mutt turned up before 11am. It then took about 10 minutes to synchronise watches and debate whose watch was correct. **Tuf**, **Chikki** and another mutt called Lucy showed up 30 minutes late and eventually made it in time for the Down Downs, even if **Chikki** claimed to have sprained both ankles

When will I ever learn that if the Hare is wearing long trousers on such a fine day then the trail and Hashers are guaranteed to be fighting their way through thistles and nettles - and boy did those nettles sting. Someone should tell the "**Bugga**" that the call is "On On" and not ouch - ooh - aagh - bloody hell etc. etc.

Here's something not many people know :-

The Nettle

The Stinging Nettle (*Urtica Dioica*) is full of vitamins and minerals with high levels of iron and calcium. It also contains vitamins A,C,D, and K, potassium, phosphorous and sulphur.

Then why the bloody hell don't all those Vegetarians, Vegans and other anaemic looking alternative food eaters get out in the countryside and clear the paths of this painful weed !!!!!

Also the Nettle helps people with urinary problems and helps increase the urinary output. Hashers don't need any help as we have already come to rely on Carlsberg and Marstons Pedigree.

Anyway back to the run, a very good cross country run of about an hour, which must have been too much of a challenging prospect for "**Blow!**" as he allegedly suffered a sprained ankle after about 15 minutes and had hobble back to the pub. Magically all was well by the time of the circle - surprise - surprise !!

The Circle and Down Downs

Blow!	Rape Diver - even the GM didn't believe he had sprained his ankle
Fox Glacier Mint	Newcomer - who was recruiting for the new Rugby Rats HHH
Baritone	Sheep Shagger - for advertising for a room mate
Betty Swollacks	PE. 's Pillion Totty - oh but what a lovely moustache
Goblin	GM abuse - apparently he already has enough at home
Chikki	Winging - claimed she can still take it like a man (pillow biter ??)
Wallington	Hare - for a good ankle cracking run

ON ON

Ballcrusher