

## FIRST EVER NEWSLETTER for RUN NUMBER 1 - 7th May 1980

Chairman - Wendy Ozanne  
Secretary – Pam Rondel  
Treasurer – Cindy le Bideau

### RUN NO. 1

HARE: 'Windy'

Welcome to the Hash House Harriettes.

Hope you' enjoyed this first run and to managed to walk without a stick the next day. If you did you won't next week after Cindy and Wendy have finished with you.

"Windy" Secretary – Pam Rondel

Ozanne(on loan from the Hash House Harriers) kindly!!! set the trail and after explaining the rules there was immediate confusion as the hounds set off in all directions. Suddenly 'ON-ON!' was heard and the Harriettes were off.

Nigel (the Harriers Horn) and 'Windy' laughed when half way around the course the front" runners stumbled into a large field but were unable to find the next 'ON-ON' until after slight prompting from the Hares a large blob of flour was seen.. Meanwhile the back-runners took a short-cut through a marsh to catch up and got plimsolls and stripy socks slightly wet!

At one time it was thought that a local cow and her calf, together with a young horse were going to join in as when we all ran past with Cindy blowing on the horn, they seemed to get a bit over excited.

At last the home marker was spotted and everyone attempted to step up the pace with the lovely thoughts of liquid refreshments at 'The Lodge'.

### HASH RULES

PRIORITY RULE NO. 1. Future discussions regarding venues, etc will be held in nearest public house.

OTHER RULES -

1. Hares take your run seriously. Everyone is depending on you to make it interesting.
2. Plenty of chalk on the roads as the slower ones like to see plenty of trail.
3. Runners – lots of shouting to tell those behind what is going on. O with X means 'End of Trail, go back to the last check. O with arrows This is a 'Check' mark choose a way and look for the signs. ON-ON with arrow means you're on the correct trail – SHOUT IT.
4. Slower runners, remember Hashman (Hashwoman) has short cut at some time. If you think you've done enough, cut the corners, nobody gives a F\*\*K, it's not a race.

(Please note, any similarity this last paragraph may have to one of the Harriers letters is purely coincidental!!!!)

HASH TRASH A recent snippet from a ladies mag. –

Jogger's nipple. This may be regarded as a hazard or a conversation piece. Some medical experts have spotted this new and fashionable ailment; a soreness caused by bouncing chest on vest. Advice: do not remove vest or you may be arrested.

NEXT WEEKS RUN – NO. 2.

Hares: Cindy – Wendy  
Venue: Longfrie Hotel  
Time: 7. p.m. Wednesday 14<sup>th</sup> May  
NB Food will be available, (we hope)