



"Joey"

February 2024



Semper Excreta - 'Always in the sh*t'

GUEST EDITED BY POTTY

SAVE THE DATE
Harvel 5 2024

This year's H5 is our 25th Anniversary (our very own silver jubilee). As ever, it is on the 1st Saturday in June (June 1st this year) please **SAVE THE DATE**.

This year's event is going to be a belter and we cannot emphasise enough how we need ALL of the club (plus any of your friends & family) to help pull it off safely and professionally.

In years to come, when your grandkids ask, you will be able to say "I was there!!!"

Lots of fun and games planned for the day (with a 1999 theme). If you've ideas for things to include please let SKID or POTTY know. There's going to be an awesome post-event 'after-party' featuring a band, even more booze, plus even more carbohydrates than last year.

General entries (for the grubby masses) will open March 25th, and as per prior years, we will covertly open up earlier (probably March 1st) for your friends and family members. Entries via the 'revamped' RunBritain website

If you are a new club member (joined us after June 2023) and want a free club entry to the race, please let SICKNOTE know asap. Giving you a free 'one time entry' is our way of brainwashing you to support the event until you get carted off to a retirement home. It's often a great intro into club racing (and of how club events should be conducted). We would still ask you to help out on the day. No lounging around at home in your hypobaric oxygen chamber pre-race or personal ice bath, post race. You can stack the chairs, like the rest of us.

See you there.

*****Charity Fund Application Form OPEN*****

As a club we raise a significant amount of money from events such as H-Fest and the Harvel 5. The aim of the Charity Squad is to help distribute these funds to charities and local initiatives which we feel align with the values of the club and which could really benefit from some financial support.

It could be that you are taking part in a race or running challenge as part of some fundraising which is important to you, or perhaps you know of a local initiative which requires some funding. All members can now apply to be considered for funds from the H4 Charity pot.

Please complete the Google Form here to apply >
<https://forms.gle/jMJ4u5oMb8j9Y3Y4A>

Quote of the month

"Please can I come in the
bedroom?"
BEAVER impersonating POTTY at
home

New Hashing Names

Mike Bullen - HUNT
SANDO changes to PAXO



Weekend Long Runs with DURACELL

A couple of us were talking about resurrecting the long runs on a Sunday morning in preparation for London (or whatever)...

They will be slow, (as I'm running!) but that's not such a bad thing...

The aim is to get the miles in our legs and have some 'fun' as well.

So the usual plan is to run sections of the NDW, typically starting at Holly Hill car park. It will be hilly and muddy, especially at this time of the year but it does work, it's really good training and sort of enjoyable.

Details will be shared on the club Whatsapp group ahead of each run.
See you there! DURACELL

**HHHH Annual Awards
Given at the Dinner & Dance**

Supporters of the Year 2023
THE BADGER & ENGINE

XC Team Player Award 2023
HITCH

Harvel Round 2023
Male Winner - CLOCKWORK
Female Winner - BELLE END

Handicap 2023
1st TOKEN
2nd SLOPEY
3rd CAT FLAP

Male Performer of the year 2023
DATA

Female Performer of the year 2023
5TH ELEMENT

Male Improver of the year 2023
HITCH

Female Improver of the year 2023
BEAR

Best Hash 2023
Gash Hash - BEAR, DATA & SHREK

Congratulations to all the winners.

Kent Cross Country League

Final KXCL Meet - Norman Park, Bromley

The Cross Country season finished on Saturday 10th February at Norman Park, Bromley. We managed to field a large squad with both men's and ladies teams scoring for the team table. There was lots of mud, particularly for the men who ran second, but that did not deter everyone from putting in a great performance.

Shout out to CLOCKWORK... 11th in his age category over the season!
Also to HITCH - 66th out of 452 across the season in Senior Males.

Many thanks to COMMANDO, XC Team Captain for organising us all.

Cross Country is open to anyone who is an affiliated HHHH member and wants to have a go. It is a great way to come together as a team, support other runners and helps you maintain fitness over the winter. As well as being super cheap at £6 for the whole season! Entries open in September.



Anti-Fogmatics Hash 4th February 2024

Hares - TRIGGER, SPREADERS, DATA and WOLVIE



The post Dinner & Dance Anti-fogmatics Hash was conceived in an alcoholic haze and seemed like a good idea, after all, we were coming down for the D&D so it was obvious.

With a clear head the next day, it seemed a brave idea - the last one we set was years ago when I could still run and the stress of being my co-hare had TRIGGER in tears. While considering if we should retract the

idea, DATA informed us that he had put it in the hash diary and we 'were on'!

On a positive note the ever enthusiastic WOLVIE offered to help. On a negative note a trip to do 'hearts and minds' with The Cock at Luddesdown (the intended Off-Off) revealed that they do not open very often and certainly not before 2pm on Sunday - the hash was in jeopardy and a re-think was required.

On a positive note WOLVIE and SPREADERS had arranged a fact finding trip to the Moot Brewery for Friday and so we hatched a new plan to run from the Moot.

On a negative note Andy now advised he hadn't been able to run since October, so we were down to 2 walkers and an emotionally fragile hare.. On a positive note, DATA offered to assist if I promised to fix his wall lights which had only half worked since he attempted some DIY several months previously. A deal was done.

On Saturday we managed to set the hash and toddled off to the D&D..

On Sunday - hash. First job was to hand over the HHHH Semper Excreta seat to NIL for incorrect wardrobe (shorts). Then followed a Hair of the Dog toast with a spiced Whitehaven rum. The hash was very muddy and hilly, and despite a well stocked Percy Pig stop there was a lack of enthusiasm and general mal-a-la-tete. Order was restored to H4 with an excellent turn out at the Brewery, hills and mud seemed forgotten.

Special mention to Newbie Non-Hasher PHOTOBlast straight in from Benin



(Nigerian town rather than the country) who found his way here from Nigeria but couldn't find the hash.

SPREADERS / EL PRESIDENTE

A few words from EL PRESIDENTE



I was honoured to receive the El Presidente badge and I shall wear it with pride. I'm not entirely sure as to the requirements of the role however I shall be stationed at any bar regaling tales of daring do to any audience within earshot. On a serious note, thank you for this recognition which is much appreciated. I may not be able to run any more but I intend to offer kind words, support and guidance whenever and wherever the opportunity presents.

On On!
EL PRESIDENTE

*From the club RA:

El Presidente, I cannot think of anyone more deserving to be a club ambassador and receive this prestigious award. Your impact on this club reverberates within it no matter how far away you are.

As for the role, well, you will undoubtedly grow into it. We raise a toast, to you and yours, with a glass of sherry around the mantelpiece & with an owl.

POTTY

The Club Handicap 2023



A big congratulations to our 2023 Handicap winner TOKEN.

So last year we changed the format for the Handicap splitting the competitors loosely into pace/time based groups. We weren't sure how many groups we could form but after the first few races settled on three groups. The idea being that the top 3 from each group would take part in an end of season grand final for the Handicap Trophy. The final saw the nine finalists GROPER, PRINCESS ZOLA, SLOPEY, CAT FLAP, DOWN, UNCLE VESTA, ROIDS, COUNTY

LINES & TOKEN battle it out for the Trophy. TOKEN was first one home to take the prize closely followed by SLOPEY in 2nd and CAT FLAP in 3rd place.

Across the heats the finishing times were generally around ten minutes from first to last one back. The plan always being to ultimately have everyone finishing as close to one another as possible.

We would be interested to know people's opinion of the group and grand final format. Looking at the table the same nine people would have been at the top and therefore in the final with or without the groups.

We are planning to start the 2024 HC soon and possibly bring back some Sunday morning trail heats!

CLOCKWORK & DATA

The Harvel Round - A Reminder

The Harvel Round is a 5.5mile route which starts and finishes at the steps on the side of Harvel Village Hall.

Any club member can run it any day, any time during 2024. Record your attempt, upload to Strava and send it to WOLVIE (andygplummer@gmail.com)

At the end of the year, he collates all the finish times, notes the runners ages, and then uses an age grading calculator to give every attempt an age graded score.

The winners are the male & female H4 members with the best age graded score - not the fastest finisher. Everyone is in with a chance of doing well on the Harvel Round. You can run as many attempts as you like and send WOLVIE your best at the end of the year.

The route is as follows, running clockwise...

<https://explore.osmaps.com/route/14473146/hhhhtheharvelround>

The results from 2023 Harvel Round attempts are as follows.

Name	Male/Female	Date	Age	Pace min/mi	Time	Age Graded Score
Sue Cameron	Female	07-May-23	58	09:53	53:32:00	62.01 (1st F)
Ian Dickson	Male	06-Oct-23	67	10:07	54:51:00	54.93 (1st M)
Emily Plummer	Female	25-Feb-23	35	08:53	48:06:00	54.57
Neil Woolcombe	Male	22-Apr-23	46	10:23	56:13:00	44.82
Paul Sanderson	Male	13-Aug-23	45	10:49	58:36:00	42.66
Simon Prestige-Jones	Male	12-Feb-23	51	11:22	61:35:00	42.57
Nicola Vander	Female	12-Feb-23	36	13:06	70:59:00	37.12

WOLVIE

In the next Joey ...

Please send any race / hash write ups, quotes, photos and other news to EMBAA to be added into the next Joey by 31st March.

Upcoming Events

Sun 3rd March March Hash - HARES NEEDED See Hash Squad
 Fri 8th March Clockworks Charity Murder Mystery
 Sun 7th April April Hash - Hares PRINCESS ZOLA & S&M
 Sun 21st April London Marathon
 Sun 28th April Crossness Pumping Station Trip
 Sun 5th May May Hash - Hare SLOPEY. OFF OFF Plaxtol
 Sat 1st June **HARVEL 5 ***SAVE THE DATE*****
 Sun 2nd June June Hash - HARES NEEDED See Hash Squad
 Sun 7th July Red Dress Hash - HARES NEEDED See Hash Squad
 Sat 13th July Leeds Castle Classical Concert

H4 WORDSEARCH

C V G U C A T F L A P G H S L
 E B L A C K T O E N A I L S Y
 L T F W C A N T B E A R S E D
 E V M P A B M M A R A T H O N
 C U D X O L U H H T M M B S I
 T C V H J X K T B J M D I O N
 R Q H P K X Y I J O V K M R T
 O V Q A M J S P N G S N B E E
 L A T Q F G A H L G Q D L N R
 Y S E Y W F Z Z O O D L E I V
 T E M G I Y I Q L R O E R P A
 E L P J H M W N Q P T P A S L
 S I O J F L G D G K Y C Z D S
 H N T R A I N E R S A M U C A
 L E J U Q S P R I N T K D T Z

Blacktoenails	Electrolytes	Walking dead	Jog
Cantbearsed	Trainers	Sorenips	
Shortcut	Chaffing	PoxyPLoop	
Marathon	Sprint	Catflap	
Intervals	Vaseline	Bimble	
Tempo			