



"Joey"

September 2023



In this issue
Message from the Chair - Squad Updates
September Hash - London Marathon Ballot - Handicap League Table

A message from the Chair...

Welcome to our club newsletter, "Joey".

When I first joined HHHH in 2002, Joey was a bi-monthly club newsletter. Paper copies were printed onto yellow paper and were sent out by LITTLE UNT to all club members via Royal Mail*. I hope we can bring it back to life and it can be informative and (hopefully) entertaining. If it's not you can simply keep the back page as a useful reminder for upcoming events and line your food bin with the rest.

Thanks to everyone for your support in my role as the new Chair, and a special thank you to Potty for his incredible contribution to the club. I know I have some big barefoot shoes to fill!

As a reminder, the Mis-Management Group will meet on the ~~first~~ second Tuesday of every month after the run. If you have anything to raise with us please do let myself or SICKNOTE know ahead of time. We will be updating the club website in the near future, to ensure new (and old) members are aware of who's who and what's what when it comes to HHHH.

On on,
EMBAA

*Word is that when we started to email them out instead, TOKEN TOTTY became confused that since she had printed her copy out at work 'it wasn't yellow anymore?'.
.

New Squad Leads

We are pleased to announce the full list of squad leads for the upcoming year. Please feel free to approach any of them if you wish to get involved in a squad or share ideas for the club.

Hash Squad - DATA Lead, POTTY Co Lead

Run Squad - CLOCKWORK Lead, CAT FLAP Co Lead

Social Squad - BEAVER, TITCH & PRINCESS ZOLA jointly leading

Charity Squad - DAME Lead, VAMP & CAT FLAP Co Lead

Thank you to all the previous squad leaders for their time and effort over the past 2/3 years.

Quote of the week

"I can't get my leg over"
BROWN NOSE at a stile on a Tuesday run

Doggy's Canterbury Run Weekend Explained

With the Harvel to Canterbury run coming up (16-17th Sept) here is Doggy's reminder of how the run will happen. This is an event all club members can take part in - simply let DOGGY know if you wish to take part.....

'It began with a flippant remark that I made whilst a group of us were training for the 2010 London marathon and the following year it became a reality. It was repeated in 2015 & 19 so 4 years later (like the World Cup and Olympics) it's due again and this is how it works.

We set off from H.Q. at 11.00am on the Saturday 16th Sept., drop down Holly Hill and pick up the Pilgrims' Way, heading east. crossing the A228 at Snodland, over Peter's Village bridge and on to the first regroup/refreshment point the Windmill at Burham approx. 7 miles.

From there we continue on the P's Way to Detling for the second pit stop at the Cock Horse, just over Jade's Crossing approx. 13 miles. Continuing along the P's Way the first day would end at the Dirty Habit at Hollingbourne - unfortunately, this grand old venue has burnt down and will probably not be rebuilt in time for our run so the (another) Windmill in Hollingbourne will be our day 1 finishing point, probably involving beer and chips then back home again.

On the Sunday we meet at H.Q. at 10.30 am and are ferried to the re-start point, The Windmill, aiming to start running for 11.00am. The first 'service station' is at Hubbards Hill, Lenham, approx. 5 miles - no pub but the gallant support crew will meet us. From there, still following the P's Way we trot along to the Flying Horse, Boughton Aluph at about 13 miles.

Leaving there, still on the P's Way we branch off at approx. 1 mile onto the N. Downs Way, haul ourselves up the escarpment and regroup at the White Horse, Chilham about 5 miles short of Canterbury.

We leave Chilham and pick up the Stour Valley trail for a very welcome and flat riverside track to the Westgate Towers gardens on the edge of Canterbury for a re-group before trotting *en masse* up the High Street, turning left and

tumbling into the Buttermarket Square at the gates of the cathedral - and the Buttermarket pub where one or two of us enjoy half a shandy.

All participants can stow a kitbag containing whatever they might need to sustain them (fresh socks, shirt, towels, energy gels etc) on a support vehicle which will follow us.

PLEASE NOTE there is no obligation to run the whole distance - approx 18 miles Sat. 24 miles Sun. ie 42 for the whole lot; you can run a section here and another one there to suit yourself. The support crew will also come to the rescue of injured/knackered runners.'

London Marathon Club Ballot Results

Here is a full list of the results from the Club ballot for the LM.

For the information of those newer members, as a club we are allocated one guaranteed place in the London Marathon each year. We hold a ballot for this place. We also provide a sum of money to the second and third out of the hat to use for a charity place in the London Marathon.

Congratulations to NIL on winning the club place, BELLE END and DOWN on funds towards charity places.

- 1st - Matt Fairclough Club Place
- 2nd - Sue Cameron £1000 for a charity place
- 3rd - Neil Woolcombe £1000 for a charity place
- 4 - Marc Lev'y
- 5 - Clare Collings
- 6 - Steph Jenner
- 7 - Karen Wisby Thomas
- 8 - Jason Vander
- 9 - Ian Dickson
- 10 - Justin two balls Barrett

Kent Cross Country League

Cross country season is almost upon us and this year we will be taking part in the Kent Cross Country League once again.

The league is a series of meets across the Winter - see the back page for dates. We have taken part for the last 6 years and number of runners from HHHH has grown each year.

The league is run by Kent County Athletics Association and may come across as slightly too serious for us but don't be put off!!

The races are a chance for us to all wear our club tops and get together as a team.

Men's and woman's races are run separately and a good chance to support one another.

The seniors men's and woman's races are both 8k. The younger and more senior runners get slightly shorter distances.

We do not yet have the confirmed entry fee for this year. But last year it was £10 each for the whole season (not per race) with a potential subsidy from the club.

You do not need to run all the races, just whichever ones you can make.

If you wish to take part in one, a few or all the meets, or have any questions then please let COMMANDO know by Sunday 24th September.

A view from the Potty Sunday 3rd September Hash Old Coulsdon Hash House Harriers - Off Off from Shoreham

For those newer H4 members that think that H4 are a 'bit odd', OCH3 raised the bar considerably!

A good turnout from H4 (parking ended up not being an issue, despite the Horse-gig next door). Our attendance both doubled their numbers plus halved the average age of the overall group! They had Hashers in their 80's who made it around the (v hilly) course with no issues. Their Hare (VULCAN, also easily in his 70's) had partially set the course on his bike, then acted as a 'live hare' still

on his bike & just marking the checking circles with the course direction, to make sure no octogenarian got lost.

No false trails, plus several short-cuts, for those with medical issues. The route was simply marked with one dot (pre-set) for ON ON. It was a simpler approach, that worked, especially if we are short on time/ manpower in future.

No RG's, fishhooks, JB stop or even a sip stop! It was pretty lightning fast (despite the age demographic). Start to finish about 90mins and about 5miles! It was like a turbo-Thursday. I'm yet to write to Shoreham Golf Course to publicly apologise to the 4 ball trying to tee off, as I emerged (late) from the bushes as we crossed hole 4.

On On to the down downs. That's when it got even weirder. Their RA 'PROXY' called us to order after some nice Speckled Hen and liberal bags of crisps all round. Chipped enamel mugs added a nice retro touch.

Misdemeanours were marked by simply calling certain Hashers into the circle for one big down down (rather than individually). This however had to wait, till after Proxy regaled us with 3 or 4 'gags' he read off of his phone.

So bad were the gags, we couldn't resist chucking in our own CLOCKWORK, who rose to the challenge perfectly. He nailed it.

The oddness finished, we headed to the local, The Samuel Palmer, which was excellent. A great venue, a fairly unique approach to hashing which we should consider utilising and the OCH3 made us feel extremely welcome With them located further west of Shoreham, they are unlikely to attend H4, though they were serious Hashers with lots of national hash tee shirts on display.



Next hash Oct 1st. Details TBA

POTTY

Hash History (Hashtory)

After looking through the old Joeys we have calculated that the first Harvel Hash took place in 1998. Therefore, this year, **we have been hashing for 25 years**. The Hash Squad have decided that it is about time we start keeping a record of our hashes. August hash was hash APO01 (AP = After Potty). Anything prior to this can be classed as Prehashtoric.

The Hash Calendar or Colendar (because it's full of holes) is open for 2024. If you wish to hare a hash next year please contact DATA or anyone on the hash squad.

The Club Handicap

This year we decided to change the format of the club handicap. The main idea was to try and encourage a greater participation across the members.

The idea was to create leagues/groups of runners competing in those groups with the top runners moving forward into a grand final race to decide the winner. As you now know the final will be on the 19th November.

Deciding on the format of how to sort runners into groups was a little more tricky than we initially thought. Groups based on age, or pace or a combination of the two. In the end we decided to run the first few heats and then look at the details in order to see if a system was apparent. In the end we decided to sort the group who had taken part in events up to that point into groups based on their times to run the route. The number of runners we had meant we needed around ten runners to compete in the final. Therefore we split the participants into 3 groups from which the top three from each would compete in the final. Points awarded for 1st to ?? place as well as for PB's.

Lastly the final race would still give each runner their handicap allowance for the final. On each heat the plan has always been to get all runners back to the finish as close together as possible.

CLOCKWORK & DATA

Handicap Standings 2023

First Name	Surname	Hash Name	Race 1 Time	Race 2 Time	Race 3 Time	Race 4 Time	Race 5 Time	Race 6 Time	Groups
Ian	Carey	Doggy	60:26	0:00	0:00	0:00	0:00	0:00	A
Sue	Graham	Parker or Ffs	60:43	0:00	59:37	0:00	0:00	0:00	A
Carol	Murphy	Durracell	0:00	0:00	0:00	58:10	0:00	0:00	A
Craig	Murphy	Craig	0:00	0:00	0:00	58:07	0:00	0:00	A
Jessica	Beadle	Puddles	54:42	0:00	0:00	0:00	0:00	0:00	A
Paul	Sanderson	Sando	54:43	0:00	0:00	0:00	0:00	0:00	A
Kathy	Herrington	Herrington	0:00	52:56	51:06	0:00	0:00	52:58	A
Clare	Collings	Cat flap	60:44	50:48	48:09	0:00	49:13	51:23	A
Simon	Perry	Shrek	0:00	0:00	0:00	48:10	0:00	50:24	A
Sarah	Williamson	S&M	0:00	44:17	0:00	44:56	0:00	43:37	A
Matthew	Fairclough	Nil	0:00	0:00	44:49	0:00	0:00	0:00	A
Karen	Hill	Hill	0:00	0:00	0:00	44:10	0:00	0:00	A
Emma	Fletcher	Roids	0:00	0:00	0:00	44:24	44:08	46:18	A
Dave	Wellard	Dave	0:00	0:00	0:00	0:00	42:53	0:00	A
Lisa	Bowring	Brownring	43:28	40:37	0:00	0:00	0:00	0:00	A
Marco	-	Marco	0:00	0:00	0:00	41:34	0:00	0:00	A
Adam	-	Adam	0:00	0:00	0:00	41:40	0:00	0:00	A
Kat	Harris	Nips	0:00	0:00	0:00	43:01	40:38	0:00	A
Nicky	Swindlehurst	Nicky	0:00	0:00	0:00	0:00	40:39	0:00	B
Zoe	Rekert	Princess Zol	43:20	40:14	38:59	39:40	38:47	38:55	B
Sue	Cameron	Belle End	42:08	40:03	39:50	40:12	40:28	40:40	B
Darren	Lawrence	Groper	41:58	39:41	40:56	0:00	39:17	0:00	B
Kate	Barrett	Dora	0:00	45:00	39:51	40:50	0:00	0:00	B
Steve	Rich	Filthy	40:33	50:47	0:00	0:00	38:19	0:00	B
Gavin	Braithwaite	Slopey	41:30	39:45	39:23	37:50	0:00	0:00	B
Simon	Prestige-Jon	Treaders	36:18	0:00	0:00	40:28	38:31	0:00	B
Nicola	Vander	Commando	38:25	37:18	0:00	37:07	0:00	37:00	B
Andrew	Plummer	Wolvie	36:44	0:00	38:59	0:00	0:00	38:16	B
Neil	Woolcombe	Down	39:01	36:30	38:49	36:03	36:04	0:00	C
Justin	Barrett	Uncle Vesta	0:00	37:16	36:20	36:16	0:00	37:01	C
Kevin	Wibrew	Wibrew	0:00	0:00	37:58	36:19	36:15	0:00	C
Rich	Heath	Heath	0:00	0:00	35:26	38:07	37:51	35:38	C
Connor	Gorrard-Smi	Gorrard-Smi	38:16	35:55	34:36	0:00	0:00	0:00	C
Alexandra	Crockford	County Lines	35:43	33:56	35:11	0:00	35:39	36:47	C
Chris	Miller-Hanna	Fleece	35:49	34:19	35:05	0:00	0:00	0:00	C
Emily	Plummer	Embaa	0:00	35:04	0:00	0:00	0:00	41:23	C
Marc	Lev'y	Skid	0:00	32:18	33:00	33:46	34:19	0:00	C
Jason	Vander	Popeye	0:00	32:59	0:00	33:43	0:00	0:00	C

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. Now we have resurrected Joey we'd like to find an editor to put issues together. Please let EMBAA know if you are interested.

Upcoming Events

16 th -17 th Sept	Doggy's Canterbury Run - See DOGGY
24 th Sept	Not Eridge 10 Run - See whatsapp
Sun 1 st Oct	October Hash TBC
Sat 14 th Oct	Kent XC League - Footscray Meadow's, Sidcup (all)
Sat 28 th Oct	Kent XC League - Somerhill School, Tonbridge (all)
Tues 31 st Oct	Halloween Night Hash
Sun 5 th Nov	November Hash TBC
Sat 11 th Nov	Kent XC League - Danson Park, Bexley Hill (Sen M)
Sun 19 th Nov	Club Handicap Grand Final
Sat 25 th Nov	Kent XC League - Swanley Park, Swanley (Sen W)
Fri 1 st Dec	Ladies Christmas Party - HCC
Sat 2 nd Dec	Kent XC Vets Championship, Dartford
Sat 9 th Dec	Kids Christmas Hash - Venue TBC
Sun 10 th Dec	Turkey Run - Enter at maidstoneharriers.co.uk
Sun 17 th Dec	Santa Hash
Thurs 28 th Dec	Lads Christmas Drinks
Sat 6 th Jan	Kent XC Championships, Brands Hatch
Sun 7 th Jan	January Hash
Sat 3 rd Feb	Kent XC League - Norman Park, Bromley (all)
Sat 3 rd Feb	Annual Dinner & Dance, The Knowle, Higham