



## 186 - The Plough, Nr Faringdon - 20<sup>th</sup> February 2005

Our scribe today is Brian the Bold:

The last time I was at this pub was to celebrate Her Majesty's Jubilee, her silver jubilee. To be honest I don't remember that much of it but there was plenty of beer, singing, beer, jokes, beer, crowds of revellers and, I'm pretty sure.....more beer.

This time it was to celebrate the joy of running. To be honest, again, I wasn't feeling particularly joyous as the biting arctic wind whipped around me as I tightened the laces on my trainers. I could have celebrated the joy of lying in with the Sunday papers and hot tea. Jeremy suggested we run together in a huddle to keep warm.

The way was pointed by Katrina (resplendent in an enormous yellow fluorescent jacket) and we were off, running down the grass verge on the side of the A420. After two minutes doctors could have performed surgery on my face and I wouldn't have noticed. A sharp turn right and we were heading out across open country. Heading out across muddy open country. Heading out across muddy uphill open country.

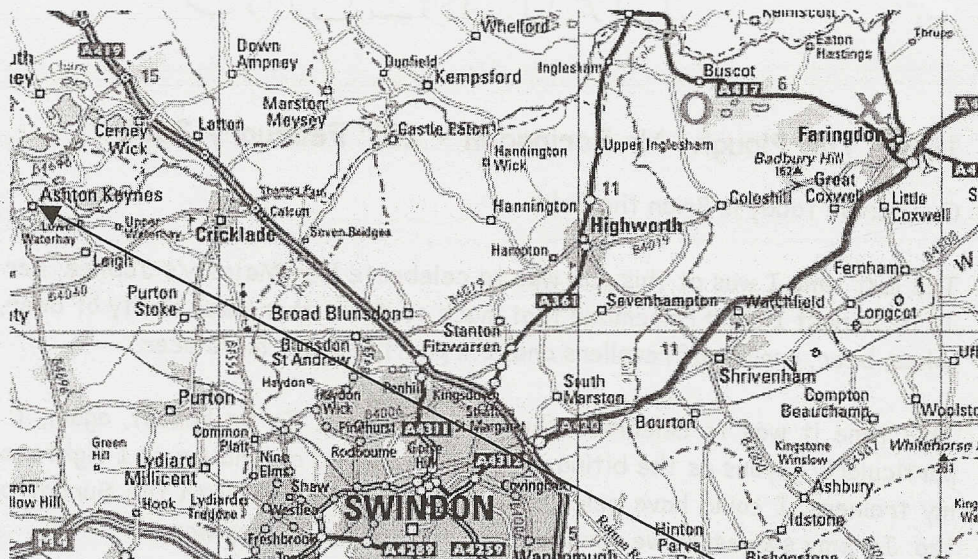
I have heard real runners say that when running you need to stay totally focused. For the first fifteen minutes I was totally focused. Totally focused on being able to continue breathing. As we ran through a golf course my breathing became easier and my limbs less leaden. We entered Great Coxwell and ran past the Great Barn. The Great Barn at Great Coxwell was built in the 13<sup>th</sup> century by the White Monks (so-called from their unbleached woollen habits) to store the produce from the vast estate. It has been described as the finest of the surviving mediaeval barns in England, and one of the most impressive structures of its kind in the whole of Europe. So there.

Running much freer now and enjoying the warmth the exertions were giving me, we ran into open countryside once again and after almost circling a field found ourselves back in Great Coxwell. Unfortunately we shouldn't have been back in Great Coxwell but further into the countryside. So retracing our foot strides we found ourselves on the most panoramic part of the run. Views to the north, east, south and west.

As we neared the end we could see the walkers a little ahead. A final burst of speed and into the car park. A very quick change of shoes and jeans and into the pub to celebrate still being alive. Thanks to Katrina, horn to Keith2, home to lunch. All in all a jolly good run.



**Advance Notice:** The Hash on 1<sup>st</sup> May will be a *race* for the runners, practice for the Ridgeway Relay. Runners will start from the Bell at Ramsbury, walkers (not racing!) from the Red Lion at Axford, so we will need to arrange a bit of car shuffling. There will be no false trails, circles, checkbacks - just a straight - and very pretty - marked trail alongside the Kennet - in the valley of which we will not have Hashed for 3 months.... There will be a staggered start for the runners - and a staggered finish too, for some! 5.75 mile run, 3 mile walk - should be good fun. More details later.



## Second Coming Hash Runs

- 187 - 6<sup>th</sup> Mar - The Lamb, Buckland - Brian
- 188 - 20<sup>th</sup> Mar - The Horse & Jockey, Ashton Keynes - Steve
- 189 - 3<sup>rd</sup> Apr - The Buggers Arms, Wanborough - Keith2
- 190 - 17<sup>th</sup> Apr - The Check Inn, Wroughton - GOM & Mike
- 191 - 1<sup>st</sup> May - The Roebuck, Marlborough - The Late Keith  
(in the Kennet Valley - remember where that is?)

If you want to have a bash at a Hash, or find out where The Bugger's Arms is please ring GOMargaret on 01793 703744, or the late Keith Mitchell on 01672 511530 - email [keith@pallettfs.co.uk](mailto:keith@pallettfs.co.uk) - website <http://kvhash.mysite.freereserve.com>