



Hash 194 - The Red Lion, Baydon - 12th June 2005

Was it only a week ago (as I write this) that we were plugging round the wilds of Baydon in fairly grey weather? My mind is so full of the sub-Saharan heat of the Ridgeway Relay (of which more anon) that I can scarcely remember as far back as eight days ago.

Jeremy was the Hare, I'm sure of that. We were definitely outside a pub, and No1 son Toby was with us. There were more runners than walkers. Katrina wore funny green bloomers with bells on; I much prefer the schoolgirl outfit - or the nurse's outfit - or the frog...[that will do! Ed], I seemed to run all the false trails. When we went through Aldourne, Mike complained that we were getting ever further away from Baydon. There were lots of long hills, which strangely went up more than they went down. I came last.

I do remember sitting outside the charming pub, trying to persuade each other that it was in fact summer, and the Hare thanking himself fulsomely for laying such a wonderful trail - which, as he ran it again himself, he was quite entitled to do. Margaret was awarded the green knickers. Phwoar. Roll on the 26th June!

Hash 195 - Ridgeway Relay: Bucks, Berks, Oxon & Wilts - 19th June 2005

At no extra cost, you lucky people have extra editions this week - mine (below) & GOM's (attached)

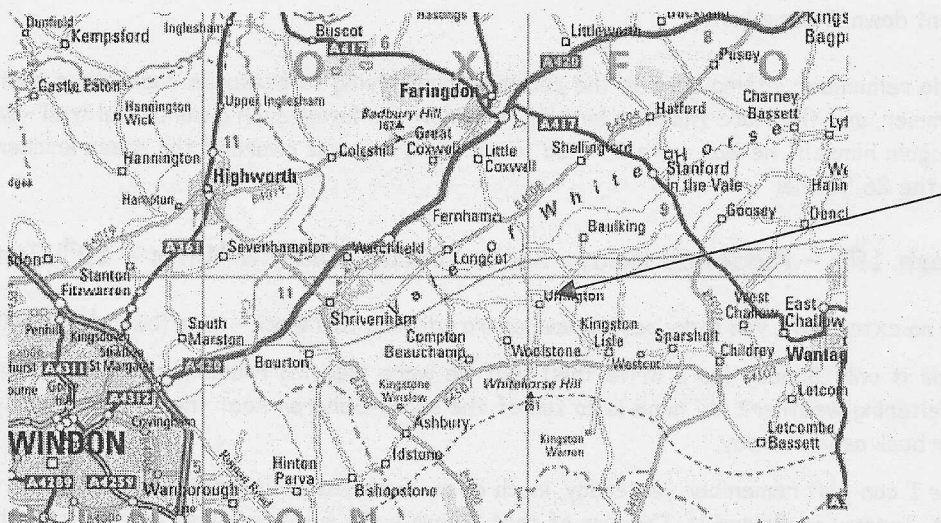
Was it only Sunday (as I write this) that we were plugging round the wilds of ancient England in sweltering weather? My mind is so full of the supra-Saharan heat that I can scarcely remember as far back as yesterday.

Yes I can just remember yesterday, much as my frazzled brain's defence mechanism tries to blot it out. Jeremy organised it, I'm sure of that. There were more runners than walkers, although several of those released into the community for the day were in fact walking for a ~~goodly~~ badly part of it. Lots of people - mostly skinny, round-shouldered blokes - were wearing funny green bloomers, although I didn't notice any bells. As Mad Mike Fisher had blagged his way out of running leg 2 (well volunteered Margaret), we didn't have to get up at half-past o'clock to take him to bloody Wendover - although that did mean we couldn't have a lunchtime beer together, which was a shame. Jeremy and Margaret had run so well that Brian (in long black jogging bottoms!) didn't start in anything like last place, and on my third attempt at leg 4 there were actually still four runners behind me when Brian and I did a high 5. I had never started in anything other than last place, and I would like to have said that this was the spur to a sterling performance by your scribe. However, this would be far from the truth. The temperature had risen to 31°C by the time I started, and 33°C (that's 92°F in sterling) by the time I eventually finished. I did look round after three minutes, but couldn't see anyone, and so it was for the third consecutive time that I ran the leg entirely on my tod. I use the word 'ran' in its loosest sense, as I was unable to extract any oxygen from the air, and wound up walking, jelly-kneed, for half the course. After the long flat bit, there were lots of long hills, which strangely went up more than they went down. I came last-ish, but miraculously no-one from the Oxford Uniped, Pangbourne Pensioners or Marlborough Morgue running clubs managed to catch me - and so I handed over to the ever-cheerful Ray.

Once I'd wrung the sweat out of my socks, we repaired to the Rod, Pole and Perch at South Stoke to find Maurice panting in the shade, where he had been since at least 1.00pm and was still there at 3.08 when our little Ray of Sunshine turned up, still beaming and just in time for a beer before closing time.

We came across a rather subdued Steve shortly after he finished leg 7, and saw Rew in an impromptu mass start at leg 9 shortly before Mike sprinted to the finish of leg 8 into the bosom of his worshipping family (unfortunately a little black girl one-third his age sprinted somewhat faster and overtook him at the line). Mike then astounded me by refusing beer! So we went home, shaking our heads sorrowfully at the change that time and the married state had wrought upon this once-hardy drinker...

Time for a shower, then off to Marlborough to watch Laura sprint gamely for the line. We hung around waiting for the final results, but we got thirsty waiting, and pushed off to sit in the garden of the Wellington Arms. Those of a morbid disposition can see our results on http://www.marlboroughrunningclub.co.uk/ridgeway_relay_results_2005_final.xls - we came 36th out of 39, and managed to improve by one place despite taking an hour and 56 minutes longer - it was the heat! Even the top teams took an hour or more longer - and many apparently took several hours longer - so no disgrace. Especial mention of Jeremy, who ran his leg at under 7 minutes per mile to finish in 18th place, and to Ray who finished 28th on his leg, and to Rew who ran at just over 9 minutes per mile. All huge fun of sorts, as few of us would agree, and we can hardly wait for next year.... Many thanks to Jeremy!



Fifth Coming Hash Runs

197 - 10th July - The Fox & Hounds, Uffington - Mike

198 - 24th July - The Buggers Arms, Steve

199 - 7th August - The Buggers Arms - Iain

If you want to have a bash at a Hash, or find out where The Bugger's Arms is please ring GOM Jeremy on 01672 521064; email jer@xyz.port995.com or the late Keith Mitchell on 01672 511530 email keith@pallettfs.co.uk - website <http://kvhash.mysite.freemove.com>



KENNET VALLEY HASH HOUSE HARRIERS – KVH³

Hash 0195 – Sunday 19 June 2005 – Ridgeway Relay

Kennet Valley were this year's runaway victors in Division 1 of the Marlborough Running Club All Comers Ridgeway Relay.

Despite weather conditions imposed by MING the MERCILESS and the absence of Flash Gordon to save us, Kennet Valley triumphed over its three long standing rivals - Swindon Striders Hasbeens, Marlborough Running Club C and the dastardly SLOG Locos. Team camaraderie and the fantastic support from the road crew (**Catherine, Dee, Katrina, Iain, Annie,**) were the driving forces behind this sensational result by KVH3.

Jeremy led off at Ivinghoe Beacon in the cool early morning conditions. A gentle run across National Trust land and then it was down towards Wendover. **Margaret** took over the baton and rushed off to Chequers to discuss EU strategy with Tony, then continued onto Princes Risborough, where she rose to the occasion (i.e. just one of many great hills on the Ridgeway) and handed over to **Brian**. With temperatures rising, Brian, dressed for winter conditions, battled on against all odds and various ends. **Keith** was waiting to take over at the M40 and, despite placings of 2-1 against, was seen to proceed all the way to the top of the next hill without stopping once. He then undulated to Swyncombe Church where we were so busy admiring the six Red Kites flying around that we forgot to abuse him as he struggled up the final hill. **Ray**, cunningly substituted by Iain, disappeared over the horizon on the leg down to the Thames while the rest of the early runners transported themselves to South Stoke, in anticipation of his arrival, for team building activities at the pub. **Maurice** was by this time raring to go, and eventually around 3pm, took over the mantle and headed off across the Thames and up onto the Ridgeway proper as temperatures continued to rise. Things then got a little complicated, since **Steve** had already started an hour earlier; rumour has it, so that he could stop off along the way for drinks and refreshments with some of the other teams. **Mike** was waiting, watching the others arriving and collapsing, but he then took it in his stride when his turn came. **Rew** had the penultimate leg, and after a mid-leg shower in Ogbourne St George, had the privilege of the grind up to Barbury Castle. **Laura**, impatient as ever, demanded to leave early as part of a mass start with some 30 other teams. Water was getting scarce by this point, but with her arrival at Marlborough Leisure Centre, we could happily say that all runners had now been counted back in without loss, and only limited injury.

It was then off to the Wellington Inn where many of the runners and backup crew were able to meet to reflect on the day's events and generally relax and recover.

It is impossible to quote individually from all of those involved, but team captain Jeremy summed it up afterwards as follows; "We all understood the importance of this race and, given the conditions, I am proud at everyone's total commitment. It brings tears to my eyes that, even now, all of them are talking to me about the future and what we can do to ensure even greater success next year. It couldn't have happened without their determination to succeed. We are all looking forward to 2006"

Full results are available online at <http://www.marlbroughrunningclub.co.uk/> but extracts are copied overleaf.

Position	Team	Overall Time
Premier League		
1	Reading Road Runners A	10:29:49
2	Headington R.R. A	10:43:43
3	Bearbrook Joggers A	11:09:04
4	Newbury A C A	11:28:33
5	Abingdon Amblers A	11:51:33
6	Marlborough RC A	12:05:20
7	Thame Runners A	12:12:01
8	Swindon Striders Wantabees	12:25:40
9	Fairlands Valley Spartans	12:28:02
10	Compton Harriers	12:39:29
11	Handy Cross Runners A	12:44:45
12	Headington Ladies	12:46:50
13	Pewsey Vale R C	12:48:06
14	White Horse Harriers	12:49:47
15	Handy Cross Runners B	12:50:53
16	Reading Road Runners B	13:04:28
17	Headington R.R. B	13:08:34
18	Reading Road Runners C	13:09:59
19	Bearbrook Joggers B	13:28:33
20	North Herts R.R. Saviours	13:34:37
21	Swindon Harriers B	13:38:16
22	Headington Vets	13:45:14
23	RWE N Power	13:48:39
24	Marlborough RC B	13:51:55
25	Minehead Running Club	14:18:09
26	Bearbrook Joggers Ladies	14:19:18
27	North Herts R.R. Frodo	14:33:08
28	Newbury A C B	14:35:44
29	Handy Cross Runners D	14:37:00
30	Thame Runners B	14:40:30
31	Oxford Brookes University	14:49:13
32	Abingdon Amblers B	14:57:23
33	Highworth Running Club	15:08:30
34	Handy Cross Runners C	15:44:01
35	Reading Road Runners Vets	16:10:37
Division 1		
36	Kennet Valley H.H.H	16:19:04
37	Swindon Striders Hasbeens	16:37:31
38	Marlborough RC C	16:40:19
39	SLOG Locos	17:09:45

Leg	Runner	Approx Distance	Time	Approx Pace	Individual Position	Team Position	Weather Conditions
1	Jeremy	11.2	1:21:50	7:03	18	18	Warm
2	Margaret	5.8	1:16:08	13:51	34	29	Warmer
3	Brian	9.4	1:50:44	11:47	35	36	Hot
4	Keith	5.4	1:08:58	12:46	38	36	Even Hotter
5	Ray	10.1	2:00:30	11:56	28	36	Extremely Hot
6	Maurice	10.4	1:46:51	10:16	30	35	Baking
7	Steve	9.1	1:48:30	11:55	38	34	Baking
8	Mike	7.8	1:32:14	11:49	30	34	Baking
9	Rew	10.7	1:39:00	9:15	30	35	Very Hot
10	Laura	9.4	1:54:19	12:10	39	36	Hot
Totals		89.3	16:19:04				