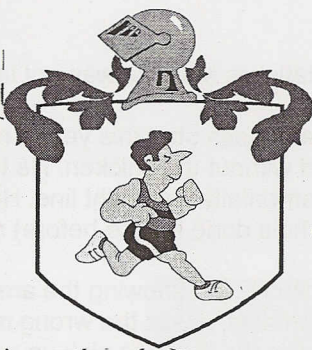


KENNEDY HASH HARRIERS



Hash 303 – The Ridgeway Relay – 21 June 2009 - Memories of a Day Out

It was **Kevin's** turn this year to lead us off, and he arrived at 6:30 together with a couple of other runners they'd picked up on route, in time to see the druids who had been celebrating the Midsummer sunrise at Ivinghoe Beacon depart. He'd spent the previous week with Anne designing a chicken harness out of Velcro and elastic which he now intends to present on Dragon's Den. At the start the usual maniacs rushed down off the Beacon and disappeared into the distance,, as Kevin paced himself to ensure safe arrival at the end, ahead of schedule – aided and abetted by various re-fuelling stops en-route, courtesy of Anne.

Mairi took over what was by now a somewhat sweaty old chicken, strapped it on, and within minutes was stopping to retrieve and re-tie it with advanced double knots. The exuberance of the first 8 minute mile over, she settled into a steady pace, on through the PM's residence at Chequers, and then towards the end where she actually overtook another competitor, so that, for a few minutes at least, we were no longer last. What with running all the way up the final ferocious hill she logged the fastest time ever achieved by KVH3 on this leg.

Vivien's memories of the event were still jaded some days later. The early miles were fine, but as the distance increased the motivation was challenged, not helped when passing an elderly gentleman coming in the opposite direction, who, having seen several runners ahead, muttered something about her being 'terribly slow'. However, later she met a group of about 30 cyclists, who all called out 'well-done', which was the inspiration needed to get her to the end.

Jackie was happy to not have had leg 2 this year and so set off with great gusto chasing the invisible runners ahead. Whilst most of us waited for her to appear, and even more importantly for Brian to arrive, Ray set off back along the Ridgeway to encourage her along. Soon they were seen appearing over the horizon, dipping down into the valley for the final hard slog up to the gate – and yet again we had another best ever performance by KVH3.

With great relief **Brian** had arrived with just minutes to spare and was able to take off immediately over one of the more complex routes to navigate – but being a regular for this leg he knew the way. Unfortunately his hamstring wasn't up to it and he needed some assistance to get the end. Notwithstanding this, he was credited with a credible time and hobbled off home to soak both his leg and his pride.

Gary was our secret weapon for 2009; young, fit and our best placed runner this year and very close to our best time for this leg, gaining an individual placing of 25th. The long lonely grind up from the Thames to the Ridgeway will probably remain a memory for quite some time. We just need to ensure he remains available next year for a repeat performance.

Maurice was convinced they had put all the elite runners on his leg. After 500m he was last and just kept following the dust cloud as it moved further and further away. It was a moment to contemplate jumping into a ditch and committing hara-kiri. But he got over it until realising he was completely disorientated – no white circles, no white double blobs, just rolling bloody hills, sneering buzzards and cat-whistling rabbits. He was apparently going so slow, relatively, that even the rabbits hardly bothered to jump out of his way. And so it went, mile after mile until he saw a red shirt in the distance and realized he could catch someone. It was an elite runner hopping on one leg as his knee was gone. Maurice offered to help but he was determined to

hop the last mile. So despite the statistics Maurice was not last, the cripple was!

For some reason **Keith** had a private mass start this year – rumour has it that this was the result of bribery to allow him to run ahead without the chicken. He tried looking for shortcuts, but that's rather difficult on a leg that is fundamentally a straight line. However, he came in close to his previous best time for this leg (OK he's done it once before) and so should be well pleased.

Jeremy, having run the leg twice before and knowing the area well, had the route all mapped out in his head beforehand. Unfortunately, it was the wrong map, and he thus became the one and only person out of all the teams in the event to pick up a 10 minute penalty – but at least the climb up to Barbury Castle this year seemed much easier – was it his fitness, the cool weather or perhaps just Popsy pulling him up Smeathe's Ridge that helped?

By this time **John** had already left, now with a chicken on board again, and his memories after his mass start are primarily of desperately trying to keep up with the guy in the yellow tee-shirt ahead of him, so that he didn't lose his place (or his way!), and the elation he felt when he arrived at the Leisure Centre to such a rousing welcome from all those who'd turned up to cheer him in!

So yet again an excellent performance, with all of us achieving a first this year:

- Mairi and Jackie for running their legs in our best ever times,
- Gary, Maurice, John and Vivien for their first attempts at the Relay (OK, Mairi as well, so she gets a double first)
- Keith for joining us again for the first time in 5 years
- Kevin for running the first leg
- Brian for being the first to run a leg in both directions
- GOM for picking up his and possibly KVH3's first ever penalty,

And finally, for the very first time we were amongst the prizewinners; wooden spoons all round for being the last team. So well done all of us – there's only one way to go next year and that's up the charts!

UpBecoming Hash Runs

305 - 19 Jul White Hart, Oare

- Jeremy

306 - 02 Aug Prince of Wales, Shrivenham

- John, Vivien

307 - 16 Aug TBA

- Kevin

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@cannelle.plus.com ; Website <http://www.kvhash.co.uk/>

2009 Summary

Leg	Runner	Distance	Time	Min/mile	Individual Position	Team Position
1	Kevin	11	01:42:25	09:19	41	41
2	Mairi	6	00:58:22	09:44	31	40
3	Vivien	9.4	01:52:32	11:58	41	41
4	Jacqui	5.4	00:54:34	10:06	34	41
5	Brian	10.1	02:00:00	11:53	39	41
6	Gary	10.4	01:21:15	07:49	25	41
7	Maurice	9.1	01:49:15	12:00	41	41
8	Keith	7.8	01:22:59	10:38	40	41
9	Jeremy	10.7	01:37:36	09:07	38	41
10	John	9.4	01:25:26	09:05	36	41

Overall History

	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Leg 6	Leg 7	Leg 8	Leg 9	Leg 10	Total	Place
2000	01:35:45 Jason	00:59:52 Martine	01:05:46 Jeremy	01:13:54 Mike	01:49:13 Ray	01:43:21 Ian	01:47:14 Brian	01:20:29 Richard	01:28:20 Steve	01:38:54 Margaret	14:42:48	30 / 35
2003	02:03:27 Laura	01:04:25 Mike	01:22:24 Keith P	01:29:31 Keith M	01:36:06 Ian	01:39:21 Jason	01:17:32 Steve	01:25:49 Paul	01:32:32 Jeremy	01:31:26 Margaret	15:02:33	34 / 35
2004	02:26:04 Laura	01:08:15 Mike	01:38:35 Brian	01:01:15 Keith M	01:07:19 Rex	01:44:11 Iain	01:12:37 Maurice	01:14:53 Keith P	01:20:50 Jeremy	01:31:22 Margaret	14:25:21	37 / 39
2005	01:21:50 Jeremy	01:16:08 Margaret	01:50:44 Brian	01:08:58 Keith M	02:00:30 Ray	01:46:51 Maurice	01:48:30 Steve	01:32:14 Mike	01:39:00 Rex	01:54:19 Laura	16:19:04	36 / 39
2006	01:23:06 Jeremy	01:22:06 Laura	01:23:22 MBA Mike	01:05:04 Keith M	01:51:43 Brian	01:55:07 Phil	01:12:16 Andrew	01:35:39 Mike	01:33:01 Rex	01:18:21 Becky	14:37:45	32 / 34
2007	01:35:34 David	01:05:48 Jackie	01:28:24 MBA Mike	01:06:15 Keith M	01:32:32 Andrew	01:18:48 Oilly	01:08:26 Jeremy	01:19:31 Brian	01:36:27 Rex	01:15:09 Becky	13:26:54	37 / 41
2008	01:24:34 Jeremy	01:05:18 Jackie	01:22:37 Clive	00:57:24 Pauline	01:49:06 Brian	01:30:41 Ray	01:23:38 Kevin	01:26:12 Mike	01:28:50 Rex	01:16:36 Becky	13:44:56	33 / 38
2009	01:42:25 Kevin	00:58:22 Mairi	01:52:32 Vivien	00:54:34 Jacqui	02:00:00 Brian	01:21:15 Gary	01:49:15 Maurice	01:22:59 Keith	01:37:36 Jeremy	01:25:26 John	15:04:24	41 / 41