



### Hash 305 - The White Hart, Oare - 19 July 2009

Several of us arrived quite early at The White Hart, not only because we were keen and raring to get started, but because we were unsure how long it would take to find Oare! We were met by Jeremy who was laying the trail, and Sebastian, who was immediately recognisable as Jeremy's son, even though he was two inches taller and had less hair. Popsy who had also helped lay the trail, was looking rather muddy, but this did not deter the intrepid group of 25 walkers and runners assembling in the carpark.

The weather was unseasonable and unpromising for mid July, with a forecast of lots of showers and very little sun, as we set off. But this was soon forgotten as we encountered some of the most magical landscape we are likely to find anywhere in the South of England. After running through some quiet country lanes, we approached the Giants Grave and the lower slopes of Martinsell Hill.

It was too optimistic to think that we would be able to avoid any steep hills on the trail, but after climbing the slope we were rewarded by the superb views of the surrounding countryside, with the fields now turning yellow as the corn ripened.

We circled the top of the chalk hills through some woods, and then eventually caught up with the walkers. Shadow, the Welsh Collie, did think about joining the runners at one point, but eventually decided it was safer to stay with his owner who feeds him! As we descended the steep side of the chalk hill, Clive gave Tim and John a demonstration of how to run down hill with the least amount of effort, and by the time they were at the bottom of the hill, Clive had disappeared into the distance.

True to form, the weather stayed dry, apart from a few spots of rain, and we even had some brighter periods of sunshine. One advantage was that the cooler weather made it easier for running up the steep hill!

Most of the runners returned to the pub in just around the hour mark, shortly followed by the walkers. This proved that the route had been well-designed and well-marked! Jeremy was duly praised for providing such a delightful trail, which will remain in our memories for a long time.

The bar staff were cheerful and efficient, the drink prices moderate, and we returned home feeling very satisfied and relaxed after such a perfect Hash.