



## **REPORT ON RUN 436 ON 5<sup>TH</sup> NOVEMBER 2023**

H4 joined forces with the Chichester Hash House Harriers (ChiH3) for an exciting and challenging run in East Dean, West Sussex. The run, which took place in the midst of the beautiful woodland, provided an exhilarating and muddy adventure for all participants.

The run commenced in the heart of a very muddy car park, setting the tone for the challenging terrain that lay ahead. As the runners set off, they were immediately met with a slippery and muddy path, presenting an invigorating test of agility and perseverance.

The route wound its way through the dense woodland, offering a picturesque yet demanding landscape for the runners to navigate. The numerous checkpoints and false trails added an element of surprise and strategy to the run, keeping the participants on their toes and encouraging teamwork and camaraderie among the runners.

The overall experience of the run can be best described as fun and confusing, as the challenging terrain and clever trail markings combined to create an exhilarating event for all involved. Despite the muddy conditions, the runners embraced the adventure and pushed themselves to overcome the obstacles, resulting in a truly rewarding experience.

The run hosted by the ChiH3, provided an excellent opportunity for H4 to test their skills, enjoy the natural beauty of the surroundings, and strengthen their bonds as a running community. It was an event that will be remembered for its unique challenges and the sense of accomplishment it brought to all who participated.

In conclusion, the run was a resounding success, thanks to the efforts of the ChiH3 and the enthusiastic participation of H4. It was a thrilling experience that showcased the spirit of adventure and camaraderie that defines the Hashing community.

The Hash ended with the traditional Hash Circle, and numerous down downs to be endured along with several raucous Hash songs! The On On was held just down the road at The Partridge in East Dean, with its traditional atmosphere and great beer. The chips went down a storm too!!!

**Alex 'Forgetmeknot' Hughes**