



REPORT ON RUN 430 ON 7th MAY 2023 – LED BY THE BLIND!

“If you run 100 miles a week, you can eat anything you want. Why? Because (a) you’ll burn all the calories you consume, (b) you deserve it, and (c) you’ll be injured soon and back on a restricted diet anyway.” – Don Kardong

Seven of H4’s finest arrived at the rendezvous point in deepest darkest West Sussex for a joint run with the Chichester Hash House Harriers. Spring sunshine greeted the runners at Amersham, with soggy conditions under foot. Your scribe was very impressed to see the majority of Chi HHH in team uniform of yellow T-Shirts!

Immediately the pack got lost heading along the road rather than up the hill opposite the car park. A upward trail led onto mixed woodland and took in some beautiful heathland, where the water running down the trail was a black as Guinness. A magnificent amount of check points had the pack scattering in all directions to pick up the scent. Part of the trail took us past a disused railway line and the serpents trail, that has its beginnings in Haslemere.

Towards the end of the trail, your scribe, Ravenous Curls and ChillyWillie, committed the ultimate hash sin of blindly following the runner in front! Consequently we found ourselves revisiting parts of the trail, that we had run on the way out. It was a sheepish group that arrived back at the cars!

When your scribe eventually returned to the car park, Coronation goodies had been generously laid on by CHI HHH. A thoroughly enjoyable hash excellently laid by Kinky and Turkey Tail.

H4 look forward to the return match in July.

Alex “Forgetmeknot” Hughes