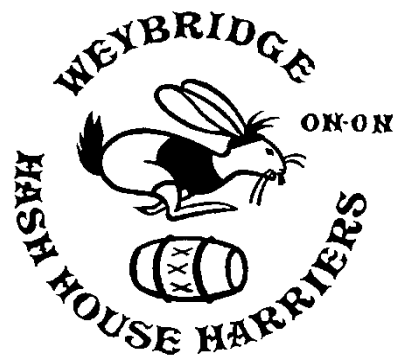


Runs Start 8pm Tuesdays – Visitors Always Welcome ***

Grand Master : Tosser
Joint Masters : George, Ruth & Kung Foo Panda
Hare Raiser : Naked Chef
YPO : Spanish Mistress
Hash Cash : Sausage
Horn : Tequil'Over
On Sec : Simon
Scribe : Ding a Ling
Remote Advisor : Mother Brown



weybridgehash@hotmail.com www.weybridgehash.org.uk

Run	: 1560	18 th March 2014
Hare	: <i>Matt</i>	WALTON ON THAMES
Start	: The Weir Hotel, Towpath, Waterside Drive. KT12 2JB	
Dir'ns	: From Scilly Isles to Hampton Court, just before the bridge go left Hurst Rd A3050 by the Thames towards Walton. Past reservoirs on your left and then approach roundabout. Go right into Waterside Drive, road bends right past Leisure Centre and pub at end of road. Turn into Car Park on your right beside the pub.	
On-On	: The Weir	

Run	: 1561	25 th March 2014
Hare	: <i>Calamity</i>	HORSELL BIRCH
Start	: The Cricketers, Horsell Birch. GU21 4XB	
Dir'ns	: Junction 11 M25 take A320 towards Ottershaw and Woking. Follow Guildford Road to Six Crossroads roundabout, take the last exit A245 Shores Rd, then continue on and bear right onto the A3046. At about take 2 nd exit Littlewick Rd. At next about take first exit Horsell Birch and pub on right.	
On-On	: The Cricketers	

Run	: 1562	1 st April 2014
Hare	: <i>Tosser</i>	OCKHAM
Start	: The Black Swan, Old Lane, Martyr's Green. KT11 1NG	
Dir'ns	: A3 heading south towards Guildford. A3 exit at Junction 10 with M25. Take the 2 nd exit, heading back towards Guildford on A3. Keep left on the slip road, DO NOT GO onto A3, and turn left into Old Lane just before joining A3. Pub on left after 1.5km.	
On-On	: The Black Swan	

Run	: 1563	8 th April 2014
Hare	: <i>All up Front</i>	LEATHERHEAD
Start	: Young Street car park, KT22 9BS, near Bocketts Farm.	
Dir'ns	: Jctn 9 M25, take Leatherhead Bypass Rd A24. Over first about and at 2 nd about go right Leatherhead Bypass Rd. At bottom of hill, straight over into Young Street A246. Approaching roundabout uphill, you will see a small car park on your left, drive in here. Do not go back downhill to Bocketts Farm car park.	
On-On	: The Anchor, 161 Lower Rd, Bookham KT23 4AH	

Run	: 1564	15 th April 2014
Hare	: <i>Top Man & Naked Chef</i>	LONG DITTON
Start	: The Ditton, Ditton Hill Rd. KT6 5JD	
Dir'ns	: From Tolworth Jct A3 head towards Surbiton A240, Tolworth Broadway, into Ewell Rd. At traffic lights take left turn Ditton Road. Cross over the Brighton road, Hook road junction behind The Maypole pub, into Ditton Rd, follow as it bears right down Ditton Hill and pub on your left.	
On-On	: The Ditton	

1555 **Simon** **@ The Queens Head, Weybridge** **11/02/2014**

Considering we are experiencing the wettest Winter for over 200 years, our trusted Hashers decided no weather or floods were going to stop their 2014 Fitness regime. Many turned up, hoping to run by the river, not IN it, our best views of the river Wey, were purely from a short distance! Simon set us off along the riverside, no fallers, then into the fields back across the river and around the town and much beyond. Great use of footpaths, linking up, all along the route, much flour was laid and checks all marked through for latecomers, keeping us all together. Wasser and Tosser were galloping along for this one, very commendable! We had a South African visitor tonight who ran with us last Summer whose Hash name sounds like atishoo !! We survived the elements, and started the party in the warm of The Queens Head, and very convivial it was, lovely chips....thanks Simon, and much banter flying hither and thither.....beer and lager too. What a night we had! Come and join us for Spring 2014! Rain, storms, floods.....pah (16th century)we're (https://www.youtube.com/watch?v=FkF_XpA5P48) BRITISH!!

1556 **Kung Foo Panda** **@ The Railway, Hampton** **18/02/2014**

The railway bell, the numbers swell and all is well,
The pack departs, to unknown parts with the hash dark arts,
young Matt then Tight Git looking fit doing his bit,
a check ahead, put to bed the signs well read.
Who else was there ? of course Great Bear, and somewhere I did see Claire
Sausage then and Pig Pen, and right at the start was spotted Len,
and Alan explainin', how his trainin', had in fact, done his brain-in,
Tudor this and Tudor that, the route at least was pretty flat,
like lambs to the slaughter across the water, off into the rich man's quarter,
outward still to Hampton Hill, by now the pack had had their fill,
then in the dark, back through the park, led by Linda or maybe it was Mark,
to Ormond Drive, and saints alive, back at the pub we did arrive.
The night was cold, the pub was old and many lovely beers were sold.
A good meander, I cannot slander, so well done to Kung Foo Panda

1557 **Pig Pen** **@ The Old House at Home, Dorking** **25/02/2014**

Dorking is a great area for our Weybridge Hash runs, lots of sprawling hills & great alleys, and long winding footpaths that lead you somewhere, but you are not quite sure! Gradually more runners are coming out of their winter slumbers. Pig Pen delivered a cracking run tonight, taking us up to the very top of the hills, by the Bandstand, with great views overlooking the town, glorious ! Also Spanish Mistress regaled us with stories of the night sky, it was clear as a bell tonight. She said.....that is 'The Seven Sister's', then the 'Horn of Taurus', over there is Jupiter and Venus too. (Ed no mention of Uranus!) Pig Pen took us through the beautiful Milton Heath & The Nower, a woodland reserve, just lovely, winding back down through the forest towards the town, with an inviting pub to come! Visitors tonight, were Fish and Chips, good to see her again. George, Simon & Neil, all leaping along tonight. Pub was lovely and warm, with Louise busy conjuring up more greats like this! See ya soon...

1558 **George** **@ The Rowbarge, Woking** **04/03/2014**

Back to reality tonight, many runners turned up for this Mud Fest Galore from the wicked George, checks in cul de sac's, up private roads, none up trees though. He had us all over the place, Woking Golf Club , St John's Lye, and lots of shaggy, whoops, shiggy I mean, to slide around in. I think Molesey Matt & Dingaling would prefer the former!! Enuf said!! Did you know.....? The village gets its name from the Church of England, St John the Baptist's church built here in 1842, from designs by the famous Sir George Gilbert Scott, who built The Albert Memorial, and 800 other buildings, Yesirreee ! Lots of news tonight, Karen, aka Holy Shit, returned from 12,000 miles in Melbourne to join us, GREAT to see you again, before she goes off to Italy to see Florence ! Lucky girl. Also, a newby tonight, Rachel found us on the Net, we were top of local searches for running...good. We welcome you to our pack, hope you like us! Also, the chirpy chatterer Kerry, was back with us again, first since October we think, always a pleasure, able to run with her good friend Tracy, amongst many others. Our good Hare, even had the presence of mind to bring a pair of Wellington Boots, when the mud got really bad ! George laid on loads of chips in the pub....THANKS a lot, delicious they were too. Good to see Rupert, Tosser & Wasser all up for our fun night out. See you soon !

Setting off from the middle of Woking town centre, we raced past H.G.Wells alien statue, and a very interesting route was created, many saying they were not sure where we where? Our many checks were well chosen, and of course, Woking is mainly residential, not loads of woodland here, but it was entertaining, seeming to go everywhere. Our Newby Rachel was back again, we don't lose our visitors! Tracy, Louise, Top Man and Neil, everyone was out tonight, as they should on a glorious dry night, for all to enjoy. Back in the pub, Great Bear & Alan were basking in the glory, of FINISHING their Woking Half Marathon on Sunday.. Huge congrats to them, thighs aching from all their efforts. Both have raised loads for Charity.....WELL DONE TO YOU BOTH! This giant sprawling pub, full of people munching on their dinner, or supping beers, and Sausage bought us loads of chips, thankyou ! Don't miss next week's run.

You still donate to their valiant efforts:

<http://www.justgiving.com/ruPERT-devereux>

<http://www.justgiving.com/Alan-Dolby>

As if any evidence was needed. This from CAMRA:

Beer is good for you

BY TIM HAMPSON

DRINKING in moderation, not enforced abstinence, is better for your health says CAMRA.

The Campaign has challenged the supposed benefits of drinkers bowing to health lobby pressure to abstain from drinking for a month – such as Dry January – saying enjoying alcohol, especially real ale, in moderation all year round, is better for you.

The claim is part of CAMRA's initiative to use scientific evidence to challenge spurious health claims about alcohol consumption. According to the Campaign, while it's clear drinking too much is bad for us, research shows the advice to not drink at all for a month might be counterproductive.

Moderate drinkers live longer said Professor Charles Bamforth of the University of California, Davis.

"It's well known that drinking too much can cause serious health problems," said Bamforth. However, he says many people don't realize that drinking in moderation has significant health benefits and that moderate drinkers have a longer life expectancy than non-drinkers.

"Regular moderate intake of alcohol is good for the heart and blood circulation," said Bamforth.

Bamforth, author of the book *Beer*,

Health and Nutrition, emphasised, however, that just because you took a month off from imbibing doesn't mean you can go "hog-wild" for the rest of the year.

"The key is a little and often," Bamforth stressed. "You are seriously mistaken if you think that having a month without drinking will protect you from the effects of excessive drinking for the rest of the year. The best advice is to drink moderately throughout the year."

And, it is not just the amount that you drink but what you drink as well. Bamforth says beer – and in particular, real ale – offers nutritional benefits.

"The great thing about beer is that it is low in alcohol and brewed from natural raw materials so it's a good source of important nutrients such as antioxidants, B vitamins and dietary silicon that promotes strong bones. Indeed beer used to be known as liquid bread," he says.

Meanwhile, Britain's brewers have hit back at more inaccurate scaremongering by the *Daily Mail*, which claimed a pint of real ale contained nine teaspoons of sugar.

The claims were nonsense said the British Beer and Pub Association, which was quick to rebut the story saying "a pint of ale typically contains less than a teaspoon".

"We are investigating where these figures came from," said a spokesman for the BBPA.