

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

Grand Master : Tosser  
Joint Masters : George, Wurzel & 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



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<b>Run</b>	: 1535	24 <sup>th</sup> September 2013
<b>Hare</b>	: <i>Giles</i>	<b>EPSOM</b>
<b>Start</b>	: The Assembly Rooms High Street. KT19 8EH	
<b>Dir'ns</b>	: A3 Tolworth Jctn, take A240 Kingston Rd towards Ewell. Continue to Epsom and road becomes East Street. As you enter town bear right and follow High Street and pub on left. Parking on roads	
<b>On-On</b>	The Assembly Rooms	
<b>Run</b>	: 1536	1 <sup>st</sup> October 2013
<b>Hare</b>	: <i>Sausage</i>	<b>BYFLEET</b>
<b>Start</b>	: The Queens Head, 2 High Road, Byfleet KT14 7QG	
<b>Dir'ns</b>	: From Painshill junction A3 take Byfleet Rd towards Byfleet. Continue into Parvis Rd, straight over next 2 rabouts into High Road. Pub on left.	
<b>On-On</b>	The Weir Hotel	
<b>Run</b>	: 1537	8 <sup>th</sup> October 2013
<b>Hare</b>	: <i>Simon</i>	<b>WEYBRIDGE</b>
<b>Start</b>	: The Volunteer, Heath Road, KT13 8TJ	
<b>Dir'ns</b>	: From M25 Jct 11 take A317 St Peters Way and at 1 <sup>st</sup> rabout take 3 <sup>rd</sup> exit A317 Woburn Hill. Straight over next rabout into Weybridge Rd and continue straight on following A317. As it becomes Balfour Rd turn right turn into Heath Rd B374 and pub on left.	
<b>On-On</b>	: The Volunteer	
<b>Run</b>	: 1538	15 <sup>th</sup> October 2013
<b>Hare</b>	: <i>Calamity</i>	<b>WEST BYFLEET</b>
<b>Start</b>	: The Catherine of Aragon, 2 Station Road, KT14 6DR	
<b>Dir'ns</b>	: From Painshill junction A3 take Byfleet Rd towards Byfleet. Continue into Parvis Rd and at Byfleet Corner lights in West Byfleet go sharp right into Camphill Rd, under railway line and go left into Station Rd. Pub by station	
<b>On-On</b>	The Catherine of Aragon	
<b>Run</b>	: 1539	22 <sup>nd</sup> October 2013
<b>Hare</b>	: <i>Pig Pen</i>	<b>MERROW</b>
<b>Start</b>	: The Horse and Groom, Epsom Road, GU1 2RG	
<b>Dir'ns</b>	: A3 Burpham junction take A3100 London Road. Over 3 rabouts and at 4th go left Boxgrove Road. At end of road go left Epsom Rd. Pub on right	
<b>On-On</b>	: The Horse and Groom	

**1530**                      **Tosser**    **@ Newlands Corner**    **20/08/2013**

Fantastic venue tonight, atop the Surrey Hills, with a Full Moon beaming down upon us too, what more could you ask? A massive pack of 30 + arrived to enjoy the journey. New visitors tonight were Alex aka 'This Way', son of Belgrano great to meet you, do come again.....his brother is called...'That Way' ! Marvellous to see Cathy aka All Up Front, who also brought her brother Andy again with four teenage boys up for it too. They usually come on Bank Hols. Worzel, Calamity & even Alanah turned up for this one! Oh er ....good. Belinda, and Great Bear, helped to make up a goodly gathering. Tosser sent us off into the hillside, torches at the ready, super trail, just forest and hillside galore, very well knitted together. Afterwards, we were guests at Tosser's Round Table, well square anyway lots of delicious bread and cheeses, plus Len kindly brought Garlic bread and an assortment of tasty vegetables, carrot sticks, celery, tomatoes .Yummy and a BIG thank you to you both, and anyone else who brought stuff to eat. The teenagers got lost, but thank goodness, back safely, a bit later than hoped for. We will see you next week! Adios Amigos .....On ...On

**1531**                      **Ruth and Alan**    **@ The Weir**    **27/08/2013**

A lovely Summer's evening for all to enjoy, and down by The Thames, as well. Rumor has it, we have been treated to 3 Hares tonight Ruth, Alan and Belinda who added clever little tweaks here and there! You little devil you..... Off along the Thames footpath then, and well, they could not resist the splendors off water all the way to the NEW Walton Bridge just built, and freshly painted, hopefully to last another 80 years! Alex...aka This Way was back again from Guildford, good to see ya plus young Matt aka Eros....at 14 years young! Keen as mustard. Brother Stuart too, at 16, aka Genie....giving Dingaling some verbal, he he. Claire rejoined us with her son Dan, having his first Hash, which he seemed to enjoy a lot. Wasser was on best behavior tonight, nearly. I hear Tosser got lost in a building, with some barbed wire, not a welcome retreat as he had hoped, no Hawaiian dancing girls for him this time round! George was wanting to join Dingaling on a trip to Thailand, must be something in the air tonight, or the beer perhaps. Could have been the 'Hot' barmaid curdled his erm.....! Very Nice though!! Tracy was amusing as ever, she's a dark horse that one bet she's a millionaire! We will see you soon .....

**1532**                      **Dingaling**    **@ The Roebuck**    **03/09/2013**

A tour de force by Ding a Ling around Bushy Park. Bicycle bells tinkling merrily as commuters made their way home, dears barking (or whatever they do) in the bracken. All on a fine autumnal evening. In through Laurel Road gate and out through the High Street gate an hour later. On to that great pub, the Roebuck, for a pile of excellent chips generously laid on by the hare and a few pints of the good stuff covered by individual subscription.

**1533**                      **George**    **@ The Plough**    **10/09/2013**

Another magical Weybridge Hash evening, a slight dewy chill in the air as Autumn comes upon us. You feel yourself putting leggings on, and a sweatshirt cause it's gonna rain! Nice big pack for this Run in the dark, torches at the ready. Visitors tonight were Debbie and Linda, for the very first time, congrats to you two! Also No Nookie, our Surrey Hasher was back with us, Tracy is her real name.....good to see her smiling face again. Off we scampered, keen to warm ourselves up, and it did work, we searched Horsell Common high and low, finding flour, as we go, successfully too. Curious George took us off onto Fair Oaks Airfield, in fact all round the perimeter just to keep us fit. Tosser was having none of that nonsense! Tonight we were also honored with the presence of a previous Grand Master....in the name of...Briain.....as he reminded me...two 'I's ' he said, with his daughter Hazel, now a food expert. What a treat to see them both, he used to run with us 20 years ago, back in the day, 1993 eh? Kerry and Tracy were here, and all was well.....Make sure you join us.....such fun. Remember, these woods were where they made 'War of the Worlds' the H.G.Well's movie but no one was taken this time....thank goodness. On On!

**1534**                      **Lunchbox**    **@ The Plough**    **17/09/2013**

Well, I ask you ....would you Adam and Eve it? Another big pack turned for this week's Run, set by Lunchbox who is always quality. Loads of flour and a great Trail. But tonight, the heavens opened, and him upstairs started playing games, we had traversed, car parks, greens, many streets and we got half way round the course, when a mini Monsoon rained down on us, all soaked to the skin within no time at all. Lunchbox was most accommodating and kindly gave us the option Short cut or continue ...On Trail??? Sadly, a no brainer tonight. We scampered back to the pub, drenched through. The Barley Mow seemed strangely DRY, very welcome indeed! Visitors tonight, were Pardip, his son Aaron, and daughter Amandeep. Emma joined us again too, great! Curious George, lovely bloke that he is knows everyone..... Hare supplied some nice chips too, thank you very much. Little Bear was busy munching on a giant beef burger, which she shared with Daffy, juice dripping everywhere. Wasser.....rude boy that he is, was given a giant marrow to take home and possibly.....with instructions to 'Shove it where the Sun don't shine! In the Garage of course .....Sausage and Chipolata were racing on apace tonight, fitter and fitter they are. A fun Weybridge night as always, but dampened by the weather. See you soon!

# The Telegraph

A beer after playing a game of football, a long run, or a strenuous round of golf can be good for the body, scientists say.

In a rare piece of good news for those who like a pint, Spanish researchers say beer can help someone who is dehydrated retain liquid better than water.

Prof Manuel Garzon, of Granada University, also claimed the bubbles in beer help to quench the thirst and that its carbohydrate content can help to replace lost calories.

Prof Garzon asked a group of students to do strenuous exercise in temperatures of around 40°C (104°F). Half were given a pint of beer, while the others received the same volume of water.

Prof Garzon, who announced the results at a press conference in Granada beneath a banner declaring "Beer, Sport, Health", said the hydration effect in those who drank beer was "slightly better".

Juan Antonio Corbalan, a cardiologist who worked formerly with Real Madrid football players and Spain's national basketball team, said beer had the perfect profile for re-hydration after sport.

He added that he had long recommended barley drinks to professional sportsmen after exercise.

Previous studies have shown most alcoholic drinks have a diuretic effect – meaning they increase the amount of liquid lost by the body through urination.

Dr James Betts, an expert on nutrition and metabolism at Bath University, said a moderate amount of beer might be just as good as water at helping the body retain liquid, but that he doubted it could be any better.

Dr Betts said: "If you are dehydrated to start with following exercise, a beer, as opposed to a spirit, probably does not have a high enough concentration of alcohol to induce a diuretic effect."