

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	: 1570	27 th May 2014
Hare	: Call Girl & Pickled Fart	KINGSTON
Start	: The Boaters Inn , Canbury Gardens, Lower Ham Rd KT2 5AU	
Dir'ns	: From Hampton Court go over Kingston Bridge, follow 1 way system under railway line Wood Street and then keep straight on – Kingsgate Road don't follow 1 way system to right. Follow road to left into Richmond Road. Then go left into Bank Lane then right into Lower Ham Road	
On-On	: The Boaters Inn	

Run	: 1571	3 rd June 2014
Hare	: Tight Git	EPSOM
Start	: The Derby Arms, Derby Arms Rd. KT18 5LE	
Dir'ns	: A3 Tolworth Jctn A240 head towards Epsom. Take A240 left Reigate Rd and at Drift Bridge traffic lights go right Fir Tree Rd B291. At about straight over into Grandstand Rd and pub at next about on right	
On-On	: The Derby Arms	

Run	: 1572	10 th June 2014
Hare	: Great Bear	FRIDAY STREET
Start	: The car park Friday Street	
Dir'ns	: From Dorking take A25 Westcott Rd, through Westcott and just before Wotton Hatch pub take left into Sheepphouse Lane. Continue south and at Noons Corner take sharp right into Friday St. Car park on right	
On-On	: The Stephen Langton RH5 6JR	

Run	: 1573	17 th June 2014
Hare	: Lunchbox	OXSHOTT
Start	: Car Park Sandy Lane	
Dir'ns	: From A3 Oxshott/ Esher turn off take Warren Lane A244 to Oxshott and then turn right into Sandy Lane. Car park after 100 yards	
On-On	: The Victoria, High Street, Oxshott KT22 0JR	

Run	: 1574	24 th June 2014
Hare	: Kung Foo Panda	VIRGINIA WATER
Start	: The Rose and Olive Branch, Callow Hill, GU25 4LH	
Dir'ns	: Jctn 13 M25 take A30 south to main about, go over (2nd exit) onto Egham Bypass A30. Straight over next Rabout, Egham Hill Rabout and at Royal Holloway College go left Bakeham Lane. Road becomes Callow Hill and pub on right	
On-On	: The Rose and Olive Branch	

1565	Dingaling	@ The Sir Douglas Haig, Effingham	22/04/2014
-------------	------------------	--	-------------------

See page three for Nigel's school report

1566	Spanish Mistress & Mark	@ The Sun Inn, Englefield Green	29/04/2014
-------------	------------------------------------	--	-------------------

Well, what a treat, our Hares , Mark & Spanish Mistress chose a delightfully beautiful location for tonight's run. The Savill Garden, created in the 1930's by Eric Savill, and now part of Windsor Great Park. It felt like we were on an Anneka RiceTreasure Hunt, without the helicopter, of course. We checked out every tree, lake, countless Magnolias even a giant Sequoia, originally from the redwood forest in California, teased us with her red bark, but no flower was found on this tree ! We saw the Totem Pole celebrating the birth of Canada as a nation, 1 July 1967same birthday as Baywatch's Pamela Anderson, some symbolism there, ahem.....!! Cracking trail folks, and then off to The Sun Inn, to down some ale and lager with delicious chips too ! Visitors tonight were Hanging About and his friend Raoul from East Grinstead Hash and our local Science wiz, Dashing Dave, and Great Bear, Tight Git and Pig Pen, were leaping along. So, come and have a laugh, lots of gossip as always. See you soon !

1567	Simon	@ The Thyme and the Tavern, Chertsey	06/05/2014
-------------	--------------	---	-------------------

Considering Chertsey is not blessed with green farms to run through except by the river Thames, this was a cleverly constructed run. We went everywhere man ! , and back in the pub by 9pm after a 5 miler. Visitors tonight, regulars now really, Yogi Bare, Briain, Call Girl and even Dishy Dave again! Dingaling said to George 'I think it would be boring being a Greek God, looking down on earth at all those little people, and living for three thousand years, Nah, not for me. George piped up, 'I wouldn't mind' he said. Call Girl bemoaned the fact that there were no 'hot' MALE Breakfast TV presenters, only flirty women! Perhaps men are just not hot in the morning eh ?? In the friendly pub, offering excellent ales, we were given some tasty chips too....yummy ! The three wise men.....Mother Brown, Briain and Long Tall Len were still solving the woes of the World at 10.30pm. Another fun Weybridge night for all !

1568	Wasser	@ The George and Dragon, Thames Ditton	13/05/2014
-------------	---------------	---	-------------------

Another humour filled evening with Weybridge Hash! Visitors tonight were Drain Oil, now back from Malaysia, to enjoy the comforts of England again. Mother Brown here every week now, not in OZ for a few months ! Call Girl back again, excellent news, always interesting to talk with. We ran through Churchyards, car parks, sports clubs, and most of the local roads too. We noticed The Plough & Harrow pub has gone from Weston Green, two houses have sprung up, well I never! Onto the Thames Ditton & Esher golf course, but our jovial Hare did NOT take us over into Claygate Woods, which would have been nice. Tut tut. Tight Git, Pig Pen and Alan & Ruth were enjoying their running as always. No topless women in the middle of the lake for Ding a Ling tonight !! A few mumblings on the run, too MANY checks, and way too close, but overall a happy night from our Host, plus yummy fat roasted chips !! Bar staff in the pub were very good as well.

1569	Alan & Ruth	@ Laleham Park Car Park, Laleham	20/05/2014
-------------	------------------------	---	-------------------

Well, this was a well supported run, on the banks of the Thames. We set off by the riverbank, and ran all the way to Chertsey bridge then across it into Dumsey Meadow, a site of special scientific interest, rare plants and insects are around, and also where all the birds were.. careful! Doubled back to cross the M3, and running through the middle of the lakes very nice indeed! Our Hares were pretty good on the flour, and we raced round at quite a pace ended up doing a 10K, what with all the checking too. We saw a Heron, on our travels, and many interesting boats, and houseboats. Afterwards our very kind Hosts, laid on a lovely Summer Picnic, with fresh baguettes and cheeses, flapjacks, chocolate brownies, soda, juices, and we had beers to wash it all down with ! A cracking night was had by all !

Great to see Cathy, all Up Front as usual, happy and tanned, plus Spanish Mistress & Mark returned from France, similarly tanned up. Lots of 'Usual Suspects' enjoyed their evening, Dishy Dave, Neil and Genie, Louise & Top Man with his gorgeous new Chelsea trainers ! Ding a Ling wants some ! See ya soon , don't miss out.....

REPORT FOR NIGEL'S RUN 22/04/14

TRAIL (Trailmistress)

Actually, it was very good. Lines were remembered well
No ad-libbing needed!

FLOUR USAGE (Hash Cash)

Once again ~~right~~ this term Nigel seems to
like to drop a good load and seems partial
to an occasional ring, C+

CHECKS (On Sec)

THE "ON-ION" was TEXT BOOK PERFECT.

SARTORIAL AWARENESS (Spanish Mistress)

Nigel's turnout has been exemplary this
term. Unfortunately we are not a school of
tramps. B-

PUNCTUALITY (JM Ruth)

Nigel is easily ^{led} astray, by the other
boys and girls.

PHYSICAL CAPABILITIES (JM KFP)

A little witted and not keeping up with best
terms efforts. and often comes early!

RELIGIOUS OBSERVANCIES (Wazzer)

Nigel tries hard but still doesn't understand that the aim is to keep
the pack together. Still he seems to be making progress & actually
not flout this time & seemed to know where he was going.

PASTORAL (GM)

This boy has done very well as a prefect. He
can never do better as a Hare, Ever!
Very bad false trail board poles den
lacey

More excellent news regarding the health benefits of beer (Camra, What's Brewing May 2014).

CAMPAIGN

Beer's just as good for you as wine

BY TIM HAMPSON

MOST people think wine is healthier than beer – but they are wrong says CAMRA.

People in the UK are five times more likely to believe wine is healthier to drink than beer according to a new CAMRA survey.

The survey of 1,000 people showed 67 per cent thought wine drinking is most healthy, compared to only 13 per cent for beer.

It's a myth that wine is healthier than other alcohol says Professor Charles Bamforth of the University of California, Davis and author of *Beer, Health and Nutrition*.

He said the fiction dates back years to research carried out in France, which suggested moderate wine drinkers were healthier than non-drinkers.

"The crucial point is that it was a comparison with non-drinkers. When similar studies were carried out in the Czech Republic, a nation of beer drinkers, just the same protective effect was seen with beer," said Bamforth.

"This study showed the lowest risk of heart attacks in men who drank almost daily or daily consuming between seven and 16 pints of beer a week.

"The difficulty of measuring the effect of drinking on health is that differences can be masked by other aspects of lifestyle, such as smoking, diet and exercise," said Bamforth.

A paper from the Harvard School of Public Health in the USA reanalysed the results from a large number of previous studies from around the world to take these differences into account.



Bamforth said: "This research showed strong evidence that moderate consumption of any alcoholic drink is linked with a lower risk of heart disease and that most of this protection comes from the alcohol rather than any other component in the drink".

"There is nothing magic about wine and heart disease; the benefit comes from moderate alcohol consumption."

However, Bamforth warns moderation is the key word.