

**Barbados  
Hash House  
Harriers**

**Hash Mistress's  
Mischief**

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**Mismanagement Committee**

Hash Mistress	Francie "China Brush"
Asst. HM/Hash Cash	Damian "Dr. Dish"
On Sex	Tracy / Michelle
RA/Asst. RA	Mark / Ian "Haggis"
Hash Woodman	David "Fry De Ass"
Haberdasher	Avril H.
Booze Master	Chris T. "Puddin' & Souse"
Hash Geek	Chris "If I May"
Hash Horns	Rene "Weenie"/ Nigel

**Barbados Events**

**• Editorial Staff:**

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Please sign up for Hash notifications on the website (<http://www.barbadoshash.com> (Yahoo Group))

Look out for Friday night limes, game nights, movie nights

**Kadooment Lime** on Monday 7th August—see Mike "Baron Tongus" for details. 234-7014

**MOBH3 Run # 60**—Wednesday 9th August @ 7pm. Hares: Cat, Dani and Ian "Haggis"  
Location: TBA

**Hash Treasure Hunt** on Sunday 13th August —see Ian "Megabytes" for details. We need volunteers to assist Ian. 12 noon start at Underwater Barbados.

**WIBISCO STARS 4 x 2 Mile Relay: Sun 27<sup>th</sup> August @ 6:00 AM**

*Loop from Gills Rd, through Strathclyde, Barbarees Hill, Baxters Rd, Broad St, Prince William- Henry St, Coleridge St. & White Park Rd.*

**Hash Sleepover: at "High Winds" in Cattlewash—September 16-17—No cost. Bring sleeping bags/air mattresses/twin sized sheets.**

**Let's give something back to the hash!** Volunteer to write a trash, hare a run, assist at the bar, take home coolers, etc. See any committee member.

## Hash Trash (Run 1 200) - Scribe—"Haggis"

**VENUE:** Conrad Hunte Pavilion, , St. Andrew

**DATE:** 29th July 2006

**HARES:** Andrew B. and Ian "Haggis"

<b>Time 09:00</b>	Woke up to a clear blue Caribbean sky. Leapt from bed, knocked out 50 press-ups, drank three raw-eggs, sprinted two miles along the South Coast road, and swam home.
<b>Time 09:05</b>	Woke up with hangover after strange dream about drinking and swimming. Or swimming chickens. Or chasing drunken chickens through Oistins. Or something. Removed pizza from face. Took shower.
<b>Time 09:30</b>	Set off for the East coast.
<b>Time 09:35</b>	Returned to put on shorts
<b>Time 09:40</b>	Set off for the East coast.
<b>Time 10:30</b>	Arrived at the Conrad Hunte Sports Pavilion. Ordered a beer. Remembered that we'd forgotten to recce the Hash. In stroke of genius, found young Bajan with local knowledge and asked him to set the hash for us. After much negotiation we agreed to help him (the lazy bugger), and team of three set off towards the beauty of the Greenland landfill site.
<b>Time 11:30</b>	In just under sixty minutes cleverly laid trail into the Bajan cactii pit that time forgot. Stuck. Rain began. Scrambled from pit after being rugby tackled by particularly fearsome cactus. Returned to Pavilion to dress wounds. Ordered beer as anaesthetic.
<b>Time midday</b>	Fired local expert and set off in search of cactus-free trail. Rested awhile under shady tree and rewarded with blistered arms. Slipped in cow-shit whilst bravely fleeing from rabid dog. Cow-shit mashes into shirt as keep-sake. Flour empties over head and rain completed conversion into human bread roll.
<b>Time 13:30</b>	Set avant-garde 'shifting' trail by placing flour on backs of goat herd. Trail wandered into the hills and was lost forever. Fine-tuning required. Runners take just 50 minutes to complete. No-one believed that trail was originally a three-hour marathon. Follow the goats, follow the goats.
<b>Time later</b>	Drank beer, ate fantastic fish cakes, doubles, samosas, rotis.... Drank beer.

If you want to be a hare, contact Andrew or Haggis for more tips on how to organise the perfect hash.

## Caribbean Events

**November 2006** - Marabana Marathon and Half-Marathon, Havana, Cuba. [www.cuba1tours.com](http://www.cuba1tours.com)

UWI/SPEC International Half-Marathon, St Augustine, Trinidad [www.sta.uwi.edu/spec/marathon/index.asp](http://www.sta.uwi.edu/spec/marathon/index.asp)

**December 2006**—Reggae Marathon and Half-Marathon, Negril, Jamaica [www.reggaemarathon.com](http://www.reggaemarathon.com)  
Run Barbados Marathon and Half-Marathon [www.runbarbados.org](http://www.runbarbados.org)

Cingular Cayman Islands Marathon, Half-Marathon, and Relay, George Town, Grand Cayman [www.caymanislandsmarathon.com](http://www.caymanislandsmarathon.com)

**POSHHH Tobago—Sept. 22-25**  
**Airfare (Caribbean Star) is \$323.50**  
**Bds pp. while available.**

**Tobago package is \$320 Bds pp (incl. accommodation, some food, drink, transport)**

**Apartments sleep 4**

**See Francie if interested**

### Virgins

**Run # 1200**

Stuart & Noni Hope

## Hash Trash (Run 1201) - Scribe—"Gazelle"

**VENUE: Welches Beach, Oistins**

**DATE: 1 August 2006**

**HARES: Rene "Weenie"**

WHAT A RUN!

The picturesque setting in Oistins, waves lashing breathlessly on the shores, with the easterly winds slapping gently on our faces, we began the run under the most historical rootful tree ever encountered (the Barbados tree—thank you Mark for the history lesson). Just imagine the stories it could tell. If only trees could talk, however, since they cannot speak just ask China Brush about "mucho gato, back, sack and crack and the Brazilian"—the laughter could be heard for miles and .....

Our fabulous hare began the run by stating bluntly "the run starts over there", so being equipped with the Caribbean skills of giving directions, we all followed his hand to allow ourselves the opportunity to begin the run in the right direction. On On ! And so we went. What a trek! What a run! Sweating buckets! Up the hill, along the road, down the hill, and ooh!!!! On On we're home. Disappointed faces, stunned remarks but in the midst of it all I shouted "fantastic run, we can do it again", but to my dismay and to the rest of the crew, the run was over.

The lime however, was great. We drank, we ate, and many others swam. It was an intimate crowd, the conversation flowed with depth and meaning. However, we lingered for a very lengthy period on various parts of the female and male anatomy. The remaining ladies were given homework or should I say a project. I must apologize that due to the continued STANDING OVATION from my study, I was unable to finalize my findings. I will, however, publish the results on our webpage soon.