

The Avon Causeway, 4.46 miles 398ft climb, 1hr 02 mins. Calories 757 average heart rate 138, maximum 163.

It a Bank Holiday so, no surprise, where's the sun is.

Do we chance driving with all the great un-washed from London about? Logic says they should be at the Beach, Radio 2 Car rally or Blandford. So, as I need to burn off a few calories, and its cooler today, we decide to go for it.

Only Grettle and his bike on Hare duty today so no ones keeping an eye on the parking so it naturally goes well even with a good turn out.

Hare report involves Grettle waving a bag of dust around, saying part of the trail is over the road in Parley, partly laid by him and the last trail from Matchams is still visible. Distance, 3miles for Mini and 5 miles for the main, honest.

So out the car park and turn right over dual carriageway. One way false trail off right so it must be left and into the trees. Up the hill we follow winding sandy trails to the view point. Ram leading the pack so we were strung out which gives us time to chat to a family about Hashing. Grandad family member was even aware of Kuala Lumpur, good man.

Back track from view point to descend the hill again, I go right contouring, but get called back, descend further down another track to then get called back again to go where I first went ☹ More dust has now appeared by the magic Hare fairy.

TP grumbling about having a migraine, sounds like it was self inflicted or helped by Ferret getting him toooo drunk last night.

Chase back through the pack and is surprised to see Bianca, I thought I read she was done for shipping £80m drugs into the country, or was that the name of the boat? Well she's here on the Hash so it must have been the boats name, but it would explain how she can afford a house in Sandbanks! And Biancas new limpy friend could be her probation officer! Hmmm

Running back to the front again, it dawns on me that I keep passing Penelope Pitstop? Plus she's running ahead of Navigator. Are we running slow or is she getting fitter?

Trail now becoming straight on. We try side tracks but its effectively an undulating curve.

Hornblower checks backs from an unfulfilled attempt of trail finding, so we start to chat. Apparently he is disappointed his facebook write up last week didn't get many 'likes'. Come on guys, we got to support our younger talent, they need to be nurtured with care to ensure the creative juices flow, or, we need to just give him more beer so he doesn't care. But the bottom line is I'm away for a few weeks so its either Odd Socks or Horn Blower reporting, so get with the plan ☺. So where is Oddsocks anyway?

Across the road and we are heading towards the Ski slopes. We, the front runners, pick up the old Matchams trail so eventually we have to back track to follow Grettels lead onto the ridge line.

I recognize a circular feature down the hill, so it must lead to the "one way" bar near the bridge.

Have the jump on Ram so go for it, and get back before him. We've done quite a few false trails but we still only done 4.5miles. Never mind, more time to queue at the bar whilst the mizzle starts. Short run and still Beaky gets back before anyone else. Apparently his leg still playing up. So why does he get himself a dog, don't they have to be walked :/

Any way, didn't get stuck in traffic, good field of runners and nobody lost.

So what do you think?

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