

Haymoor, 7.3ish miles, 505ft climb, 2hr03mins. Calories 1400ish.

Annapurna crew must be in the middle of no where, as nothing on social media, didn't they organize a satellite phone to keep us updated. Hmmm, poor planning.

Brought Hotspur today, so with Ram in attendance these two will be vying for the running Alpha Male. The rest of us will have to settle for third place or higher, not that the Hash is a race.

Spotted Dick is the hare today, he has only brought 19 guests, he could have his own Hash with these numbers.

As the majority are newbies, lots of big flour signs are laid down for the explanations including fish hooks and regroup (in a circle with RG and not an X, weird).

So we are off, through the underpass and left. Alpha Males make a quick start, with a highly marked early trail, they leave the rest of us to just chase, the Mini disappears into the distance quickly.

With an amount of tar mac that would bring tears and teddies to hand for some aquatic runners we finally make it to the heath. Obvious route is straight up the hill, second route is up the hill to the right. Jock Strap and myself run this trail and find a check point, only to see and hear Grette disappearing off further to the right. One of the Grocers small contingent is with us and has problems with the gorse. Jock Strap and I give him a piggy back so he doesn't get too scratched. Bad idea, short cut is plagued by deep holes and thick hedging. But we succeed only to be left way behind as the small one leaves Jock Strap and I for dead, to a long trudge to catch up. Luckily the Main went right as opposed to left at top of hill.

Slowly past cows and man with what looks like a wolf and a lot of big flour arrows.

Enter the woods to find a rope on the side of a bomb crater. Do the right thing and go for it, arms and weight nearly do for me but I managed to ascend, advantage of going first. Take the time to look smug as the Hares guests make the following attempts. Alpha Males seem to find another route avoiding climb so wimp out.

Trail gets a bit confused by good signs of S's whilst the L's are less distinct. Ram, Hotspur and Wurzle get away again only to find a fish hook, so they dutifully run back allowing us remainders to find the next check.

Find a regroup, try to make it more interesting, so make it a photo shoot. Didn't realise how many tail enders were way behind us. After a long wait we are all back together for a big group photo. Off we go across the Gravel Hill road, very busy so we need Hotspur to help direct traffic away from the frail.

Into deepest Broadstone Spotted Dick seeds a manky pond with a rope to help us cross the

water feature. After a lot of dithering by hashers, most go for a swim (where's K9, this is his territory), Jock Strap cares for non water proof items and takes the dry route. Surprisingly we aren't as frozen on exit as we would expect, so morale is not dented.

More running around the heath, until we find another big puddle. This one is only waist deep so some playful splashing takes place.

Out onto the main road and off around the back of the crematorium. Cute cycling lady stalks us until we encounter a large group of trainee off roaders with silly hats.

Up a steep hill to another fish hook, allegedly ignored by the front runners, surely the dust was eaten by cows.

View point, and another regroup. Where is everyone, only five of us there. No sign or sound of any followers so we continue leaving a hare groupie staying behind.

Lose Ram, Hotspur and Wurzle for a while, but eventually catch them as they go wrong.

Wibble through more tar mac to get back to the pub as the tail end Mini arrive.

Check details of distance run, only to find both phone apps running had issues (probably due to swims) so stats are not as accurate as they could be, hence 'ish' distance.

Short run compared to last week, quick pace, tar mac, lots of gorse, swimming, wadding and a view point.

So what did you think?