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Unless indicated, all r*ns are on Mondays at 19.00pm and all directions/ timings are approximate starting from Patcham roundabout A23/A27 junction. Please adjust journey time accordingly from your location.

DATE	#NO	ON ON	Post Code	HARES
6th April 2026	2460	Beech Hurst Harvester, Haywards Heath	RH16 4BB	Psychlepath
Directions: Follow A23 north to Bolney junction with A272. Turn left and back under A23 to Ansty. Left again still on A272, right at next roundabout and right again at next (still the A272). Straight over the last roundabout, turning onto Bulter's Green Rd (B2272), and pub on right after 1km. Est. 20 mins				
13th April 2026	2461	Saddlescombe Farm	BN45 7DE	St. Bernard
Directions: A27 west to first exit. Right at roundabout back over A27. Straight ahead at next roundabout. Turn right in dip after 2 miles. Est. 10 mins				
20th April 2026	2462	Jack & Jill, Clayton	BN6 9PD	Whose Shout
Directions: North on A23, stay in left hand lane and filter on to A273. Pub on left after Clayton Hill. Est. 10 mins.				
27th April 2026	2463	The Downs Hotel, Woodingdean	BN2 6BB	Ride-It, Baby
Directions: A27 east to Falmer. Right on B2123. Pub is on right hand corner at traffic lights. Est. 10 mins.				
4th May 2026	2464	The Bull, Shermanbury	BN5 9AD	Prince Crashpian
Directions: A23 north to A281. Follow through Henfield. Pub on left just after Picnic Area. Aka Pizza hut! Est. 20 mins				

11/05/26	2465	White Horse	Ditchling
		Peter Pansy & Penguin	Shagger
18/05/26	2466	The Fox	Sharphthorne
		On On Don & Pompette	
25/05/26	2467	Red Lion	Lindfield
		Keeps It Up & Wildbush	
01/06/26	2468	Hillside Inn	Crawley
		Little Swinger	

10/04/26 Worthing Tap Takeover 2026 – P trail from station
6pm onwards.

CRAP UK H3 - r*ns start at 11am: No hash this month.

12/04/26 Hollington Oak Pub TN389LB –
Sh#t Stirrer and Snake Hips

Now on Summer schedule of Monday evenings at 7pm – see website for r*ns.

19/04/26 Carpenters Arms, Limpsfield Chart - Ringpull

Thought for the day: Hashing: *Putting the 'run' in 'drunk' since 1938!*



Mothers Day/ Mothering Sunday - 15th March 2026

Treat Mum to a Margarita this Mother's Day. Remember, you're the reason she drinks!



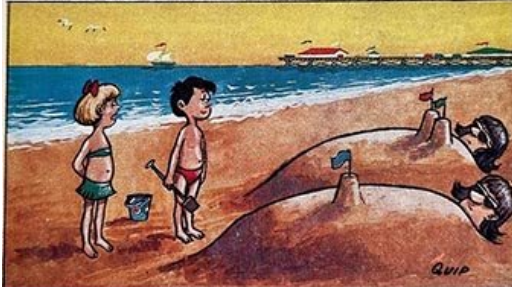
Just because she's your mom and she's going to love you forever, no matter what – you can't treat her just any old way and think it doesn't matter. Don't treat the person who loves you the most... the worst. Don't take her for granted. She may not let you see it, but your shortness, impatience and harsh words make her steal away to a quiet place and cry. Her heart hurts to understand why you seem angry with her. She will not always agree with you, but she will always love you. And it doesn't matter how old you are, or how old she is, treasure your mom. You'll never have another one.

When your Mum tries to yell out *your* name...

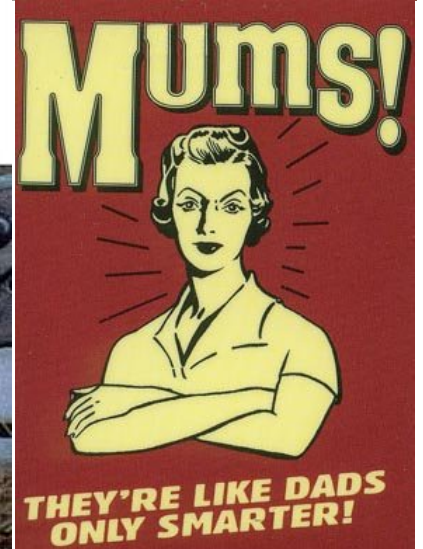


but she calls out the name of every other family member before she gets to yours

"WHICH ONE IS MUMMY—AND WHICH IS DADDY?"



RARE PHOTO OF MOTHER WRENCH FEEDING HER YOUNG. ABSOLUTELY BREATHTAKING!



THOSE ARE ANDY'S MOM'S TOYS



"In honor of Mother's Day, I'm going to do all the stuff that you usually do, but will make a much bigger deal about it because I am doing it."

HOW TO PISS OFF A MOM



When my eldest son first started going out with girls he said, "I want to marry a good woman, a smart woman, one who'll be a good mother to our kids, a woman who will make me happy." I told him he'd better make up his mind which he wanted.

REHASHING I

No matter how old we get,
if one of us trips, the other
will be there... to take a
picture first, laugh next,
then help.



#2455 - The Plough Inn, Pyecombe - What a difference to the Sunday - the sun was shining and the temperature had hit double-digits. But Tripsy Daisy had already forewarned everyone that it would be muddy, so would the warm and sunny day have made much of a difference? Er, no, to put it bluntly. What followed was a hash that delivered numerous hills, ankle-breaking cow-hoofed ground, mid-calf deep shiggy, lost hashers and an angry farmer! But I'm getting ahead of myself... The pack had headed straight up Church Ln and immediately on to a check, with true trail being L (W) down Church Hill, over the A23 and (after a check at the turn by the farm) followed the SDW up the hill, with fishhooks and checks enroute. Trail ran straight through all the checks up and then down towards Saddlescombe Rd before turning back N. The field here became an ankle-breaker with the pace slowing significantly and a (thankfully short) FH at the stile at the end of the field. Trail turned stepper uphill, swinging N then NE and mid-calf deep in rather yellow-looking mud in many places, turning down Cowdown Ln (not that you could actually see any lane here) where a local resident berated us for 'not sticking to the footpath'! What surrounded us was simply a massive field of mud...

Dropping out of the field and away from angry locals, the check here would take almost everyone over the A23 footbridge, with a quick shoe wash in the giant puddle before turning R (E) down Pyecombe St then up the footpath, through the E edge of the farm and up the hill diagonally before a FH at the top. Ah, wait... I said 'almost everyone' in that last sentence... It turned out that Psychlepath was nowhere to be seen... The assumption was that he had turned right at the check and back to the pub, although Shirker Ninezing did turn back to confirm as the rest of the pack carried out. Perhaps not the best idea as a confusion reigned here when WT led the pack astray down to the fence when true trail was in fact simply straight on. With the stile found a little further up-field, the pack turned R (S) at the footpath back down and along The Wyshe and On Inn.

Back at the pub, all fed and watered, the amassed hashers were asked for their feedback and of course the usual sarcastic comments were provided (too flat, not enough mud), although it was noted by me that this had been the hash with everything. And so the hares (TD and SN) were called up, only to find that TD had left early, so a solo DD for SN to "The Grand Ol' Duke of York" (as voted on by the hash). Next up, and telling SN not to go anywhere, DDs for all the stuff that happened towards the end of the hash: SN (for not even following his own marks), WT (for so confidently taking the pack off-trail) and PsyP (for just plain old getting lost at the end); DDs to "10,9,8". Next up, 'stupid' stuff: Oral Hooker (for directing people up the field to the right and then commenting about people up the field to the right!) and Private Dancer (for commenting 'Who is the hare?' whilst stood next to SN!); DDs of course to "Stupid". And last on the DDs, a rare treat to get to award Hot Fuzz & Shoots Off Early DDs for turning the conversation crude when Little Swinger had joined a number of runners and commented about 'coming in'... DDs for both to "Little Willy".

Finally, AOB - a reminder about the Plumpton College Centenary 11.5km run (29th March), details for next week's hash were provided (Half Moon, Plumpton, hared by OH & PD), a 50th anniversary celebration for London H3 at St James Park on the 4th April, and Chichester H3 Camping Weekend 24th-27th July. And with that, glasses were raised in the toast to the hash.

Post-circle notes: For those not aware, it was OH's birthday Tuesday but I forgot to mention this. Also, in less-than-ideal weather, LS ran a HM PB at Brighton on Sunday (as did I, in fact), joining the sub-90 club, but we elected to forego our DDs. And no, we still didn't get Spreadsheet's watch to sync!

Nasty Nips

Nasty Nips

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During a recent international meeting in South America a competition was held to find the President who could tell the biggest lie.

During a recent international meeting in South America a competition was held to find the President who could tell the biggest lie. First of all President Cyril Ramaphosa came to the stage and said: "In South Africa we are working hard to protect the interests of the white farmers." He received a standing ovation.

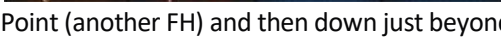
Next Oma al-Bashiro of Sudan came on the stage. "I think that if it were not for the aid provided by the United States of America, our people would be dying of starvation." "Bravo!" shouted the audience, and rose to their feet to applaud him.

After which Xi Jinping came to the stage. "We in China have eradicated child labour, have introduced free speech, and are leading the World in maintaining Human Rights." He received a tremendous acclaim of approval.

Finally, Trump came to the stage. He fumbled around with his notes for a while, cleared his throat and said: "I think...."
He won first prize.

Donald Trump's father once advised his son to get a better understanding of American Agriculture, so he was sent to a Texas farm to gain some firsthand experience. The farmer decided to give him a tough time, so he showed him a large pile of manure and a four-acre field, gave him a fork and a shovel and told him to get on with it. To his surprise, the whole field was spread by the end of the first day. Next day the farmer decided to give him a simpler task. So he told him to sort out a huge pile of potatoes into small, medium and large. At the end of the day the farmer returned and found Trump Jnr. Sitting with his hands on his head and very few potatoes sorted. Asked to explain, he replied. "Look, I'll spread bullshit all day long without any trouble, but it's these damned decisions that get me down."





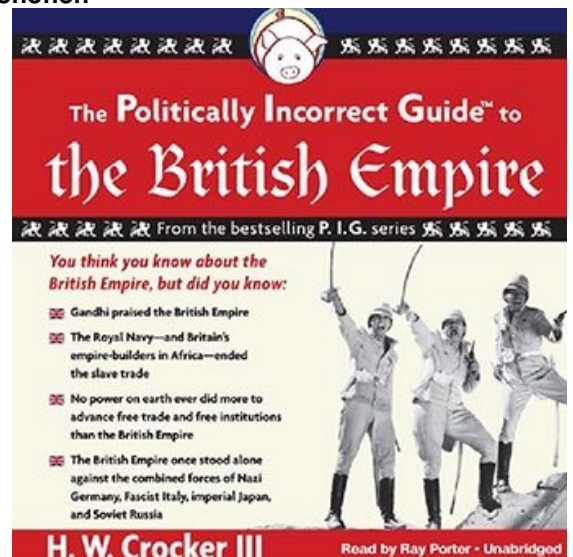
Back in the pub, it was noted that today was Commonwealth Day, and a day of controversy after the UTMB Snowdown route was changed (reducing elevation gain) and re-opened even though previously listed as Sold Out, and also the controversy of the LA Marathon (where, due to the heat, runners could turn off at mile-18 and get a finishers medal!). The hares were then called up, noting that OH was late to her own hash, with DDs to "Here's to the Hares". Pondweed was heard to ask how OH

had earned her name, receiving flak from various corners! "Hashy Beerday" was then sung to OH (last Tuesday) and Shirker Ninezing (yesterday). Having just sat back down, racism charges were then levelled against Shirker for Steyning Stinger (yesterday), which apparently had a rubbish wooden medal... Pondweed and Wilds Thing would join him as recent additions to the 'Marathon Maniacs' list; DDs for the three to "Get A Life". A welcome back was extended to St Bernard, and it was noted that after his recent run-in with a dog (leading to 36 stitches - ouch!) his comments of "They're fine, they're friendly" about the cows on trail were met with some scepticism by myself! Joining him, just because there was an extra DD (and for moaning about the lack of marks) would be KIU; DDs to "10,9,8". Finally from myself, a pleasure awarding PD his 100th hash tankard (this being his 101st hash), which felt long overdue; DD to "Get A Life". Handing over to Wilds Thing for the Numpty Mug presentation, a number of potential candidates were mentioned (I think WT might have mentioned all the runners at some point!) but ultimately the mug went to Hash Gomi for not having a torch but complaining about getting lost (this being nominated to ML as HG driving); DD to "Why Was He Born So Beautiful?". Next Week: The Sportsman at Withdean (Brighton), with Pondweed haring. For some reason, Pondweed insists on referring to it as "The Stadium" and he had to be corrected once again. And finally, the evening was closed with a toast to the hash. On On

Nasty Nips

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A potted guide to the Commonwealth of Nations (formerly the British Commonwealth), a voluntary association of 56 independent states. While historically rooted in the British Empire, membership is open to any sovereign country as long as they recognize the British monarch as the symbolic Head of the Commonwealth. While the majority of these nations, which span the globe representing over 2.5 billion people, are republics or have their own monarchies, 15 (Commonwealth Realms – including UK, Australia, New Zealand and Canada) recognize the monarch as their head of state,. Most have a historical constitutional relationship with the UK, but 4 current Francophone members do not: Gabon; Togo; Mozambique; and Rwanda. A further 5 prospective states are applying for membership, including Zimbabwe, who previously left and want back in. Talking of wanting to join, a further 13 states have expressed an interest in joining, including the USA! The only other ex-member is the Republic of Ireland, however, a further 7 states formerly part of the British Empire remain outside of the association: Egypt, Iraq, Jordan, United Arab Emirates, Oman, Qatar, and Hong Kong (now part of China).



REHASHING III



"You getting athlete's foot is about as ridiculous as a coal miner with sunstroke!"

followed NN's earlier route for some considerable distance, including FH's, with just a couple of variations – lower path through Withdean woods, and a cheeky U loop off Station Road that led to the undoing of YT. A FH at the gate had a few overstretching in search of Psychlepath and Whose Shout who, it later transpired, had been given the nod to swerve the U so were already ahead. Getting separated, I missed true trail under Preston Park station, instead picking up NN's marks down to a check on London Road. Thinking pack must've tracked round to Surrenden Field or Withdean Park I ended up returning early. Meanwhile, with 4 pairs of eyes on the job, the other FH'ers caught up with the pack up to Withdean Road and along Wayland to a nice sip at hares house to see his owl before crossing out-trail to return down Tongdean Lane.

Food receiving mixed reviews, beer limited, and staff announcing bar closing at 9.30 meant moving swiftly on circle up, which probably accounts for RA getting his numbers muddled having hare down to Alright, instead of GoD! Next up was a 'mum's' downer (*as we have no St. Patrick's people present and being stuck between the two days!*), with Come Again first up announcing that Sunday had coincided with her mum's 88th birthday. Tripsy was next apropos not a lot, although Little Swinger (who'd done a hash and dash) was mentioned in dispatches after her daughter tried to give her breakfast in bed at 5 in the morning! Angel was sure she'd get flowers from at least one of her three but that only happened after a late Lidl leftovers dash. Completing the set was step-mum Pussy Galore for her fur babies, and the story about the daffodils on the Saltings roundabout by the Longshore pub in Shoreham being picked by a number of the male punters one year after a very hashy naked run late on Mum's eve, same being presented to all the mum's in the pub whilst the protagonists were still au naturel. Unable to procure daffs, a small bunch of some ranunculi were presented to each along with their downer and the apology that the 'nice' ladies song had gone so they got stuck with the 'nasty' Kitchen number. RA's work was concluded with KIU for his fall and Hash Gomi who'd missed his Numpty beer last week when Mudlark took it for the team. HG stayed to pass the mug on to hare for his pub fail after a couple of dispatches mentions to wrap up another great hash. **Bouncer**

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MOTHERS DAY – NINE MONTHS AFTER FATHERS DAY!

Mum ism's:

***"If you fall off your bike and break your leg,
DON'T COME RUNNING TO ME!"***

I don't want to hear another word out of you!

NOW WHAT HAVE YOU GOT TO SAY FOR YOURSELF?!

Children should be seen and not heard...

NOW GET OUT OF MY SIGHT!

If I've told you once I've told you a million times...

STOP EXAGGERATING!

I've only got ONE PAIR OF HANDS!

Violence never solved anything, now stop fighting or

I'LL BANG YOUR HEADS TOGETHER!

What time do you call this? IT'S ELEVEN O'CLOCK AT NIGHT!

Stop telling tales or I'LL TELL YOUR FATHER!



Prince Crashpian sent his regards
from Melbourne City Hash.

I can remember the first time I had to go to sleep. Mum said, "Stephen, time to go to sleep." I said, "But I don't know how." She said, "It's real easy. Just go down to the end of tired and hang a left." So I went down to the end of tired, and just out of curiosity I hung a right. My mother was there, and she said "I thought I told you to go to sleep." - Stephen Wright

A three-year-old went with his dad to see a litter of kittens. On returning home, he breathlessly informed his mother there were two boy kittens and two girl kittens. "How did you know?" his mother asked.

"Daddy picked them up and looked underneath," he replied. "I think it was printed on the bottom."

IN THE NEWS - What's Donald gone and done today?

Supreme leader of Iran, Ali Khamenei, killed by strikes results in attacks on US bases across Middle East.

Spare a thought for the Ayatollah's heartbroken widow



Iranian Generals Kicking Themselves For Not Just Meeting Over Zoom



Iran has appointed Samali Alardays as interim Ayatollah until the end of the season.



UNDER OBAMA'S IRAN DEAL:	AFTER TRUMP BACKED OUT:
• 0 AMERICAN SOLDIERS KILLED.	• IRAN ACHIEVES 60% ENRICHMENT LEVELS.
• 0 IRANIAN CIVILIANS KILLED.	• 15 AMERICAN SOLDIERS KILLED, 700 WOUNDED.
• 0 U.S. BASES DESTROYED.	• 1900 CIVILIANS KILLED.
• 0 U.S. AIRCRAFT & SHIPS DESTROYED OR DAMAGED.	• 13 U.S. BASES DESTROYED.
• \$0 SPENT ON WAR.	• OVER 30 AIRCRAFT LOST
• IRAN'S URANIUM ENRICHMENT LEVELS NEVER EXCEEDED 3.67%	• 1 AIRCRAFT CARRIER DAMAGED.
	• \$45 BILLION SPENT ON WAR

AND MAGA CALLS OBAMA'S DEAL A "DISASTER" AND TRUMP'S CEASEFIRE A "VICTORY."



Iran closes Straits of Hormuz in retaliation, causing major downturn in the global economy.



The price of petrol is so bad at the moment, I ended up putting vodka in the lawnmower. Now the grass is half cut.



Trumps NATO insults backfire as the peacekeeping organisation refuses to join his Epstein war.



EXTRA EXTRA!!! - BREAKING: The United States has threatened to drop their biggest bomb on Iran. B-52s are being loaded with DVDs of the Melania documentary.

REHASHING IV



#2458 The Railway, Burgess Hill – A hastily reorganised venue after food fails everywhere else had us returning to this Greene King establishment for Shoots Off Early's 250th hash, and a timely reminder that the sign-up sheet is there for a reason and has been proven to help when booking pubs. It is becoming harder on Monday evenings, but if we can assure them of numbers we stand a better chance of getting places with food (as well as tapping them for down down beer!). Setting off, the mark was quickly established with a returning Peter Pansy and Penguin Shagger shooting off past the turn through the station to pick up the line path for the first of many fishhooks. Left at the check, Nominator queried the validity of the path over to Batchelors Farm, before we crossed the railway line for a stint in Nightingale Lane Meadows. A missed check found me heading from front to back and a legitimate claim that the regroup had expired by the time I rejoined pack a few feet ahead of St. Bernard at London Road. Crossing, trail continued by the stream to a check north up Hammonds Ridge, a second regroup at Jane Murray Way and continued through Henry Burt Wood to a long townie on inn that saw the pack disintegrate somewhat.

Circling up, apologies went to Shoots Off Early as I'd forgotten his bonus beer, so he and co-hare Hot Fuzz downed together to 'Get A Life' as he received his 250 tankard. With a special mention to Just Lydia on her first appearance at a hash (no beer was offered for reasons that will become clear), welcomes continued to a large amount of returnees tonight: PG Tits; Special Delivery (Sue being named since she last joined us); Anybody; Nominator and Dora Sexplorer; as well as PP & PS, all being wished happy new year. The latter pair took the beers for requesting chalk at the beginning for bonus FH's, as well as ignoring trail and taking the long way home, I've since discovered courtesy of Strava, but boy, can PS neck it! With the Numpty mug absent I survived a mutiny as final beers went to the weekend racists: Nasty Nips setting a 50 mile PB (what!); and Shirker Ninezing and Little Swinger surviving Moyleman, the latter claiming she wasn't running tonight but not only doing the first FH, but also doing her thing on a swing in the final children's play park. As hare, I gave a briefing on next week's trail, as everyone clamoured to make their own announcements, before some serious business. As sadly announced at the Cleveland recently, Dynorod passed away in February, but it was good to welcome PGT back on her first hash since, with support from SD and Lawrence's sister JL, so we had a moment of reflection and raised our glasses to a true blue hasher and lovely man. Circle was closed with a reminder that annual subs would be due at the beginning of April, being retained at the same level as last year - £35 to include £5 discount off the Xmas party. Another great hash!

Bouncer

A photograph showing three men standing around a small table in what appears to be a pub or club. The man on the left is wearing a dark jacket and is looking down at something on the table. The man in the middle is wearing a dark jacket and is looking towards the camera. The man on the right is wearing a light-colored shirt, a dark vest, and glasses, and is holding a glass. There are several glasses on the table, and a small flag is visible in the background.

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As we mark International Women's Day, remember, don't be sexist. Birds hate that.



A WOMAN'S RANDOM THOUGHTS

Women over 50 don't have babies because they would put them down and forget where they left them.

One of life's mysteries is how a 2 pound box of candy can make a woman gain 5 lbs.

The older you get, the tougher it is to lose weight because by then, your body and your fat are really good friends.

I gave up hashing for my health when my thighs kept rubbing together and setting my pantyhose on fire.

A friend of mine confused her Valium with her birth control pills. She had 14 kids, but she doesn't really care.

They keep telling us to get in touch with our bodies. Mine isn't all that communicative but I heard from it the other day after I said, Body, how'd you like to go to the 6am class in vigorous toning?" Clear as a bell my body said, "listen witch... do it and die."

The trouble with some women is that they get all excited about nothing and then they marry him.

IN OTHER NEWS?

Crisis for Hashers...



Bank of England to drop historic figures,



Ongoing fuel issues



Dubai...



Armed Forces...



and crisis for prices:



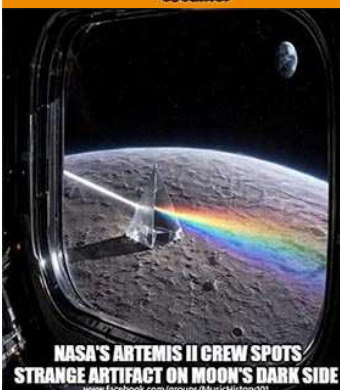
while Trump to appear on US notes:



Epstein release redacted:



Artemis 2 delayed again – The Boggy Shoe looks at other possible mission issues:



Oh no, it's him again!

British Premier Starmer and the Israeli Prime Minister Netanyahu went to Chicago to discuss an extremely important security matter with President Trump. For security reasons they took a rowing-boat to the middle of Lake Michigan. Some distance from the shore the boat began to leak. So much water seeped in that they decided the boat could hold only one. They held a secret ballot to find out who would stay on board. President Trump won by three votes to two.

President Trump is out walking one evening and falls into the Potomac River and is on the point of drowning. At the last moment a young black man jumps and rescues him. Only after he has pulled the half-drowned president to the riverbank is he aware of his identity. In order to show his gratitude, Trump grants the man a wish.

"I have only one wish," says his rescuer. "Don't tell a soul it was me that pulled you out!"

President Trump is in one of the depressed Iron Towns of Pennsylvania giving a speech about the virtues of hard work.

"Look at me," he cries, thumping his chest. "I'm a self made man."

A voice from somewhere in the crowd calls out: "And when are you going to finish the job?"

er 24, 2026, at Scheumann Stadium in Muncie, Indiana.

Inside II Today - Mum's

Mothering – an anagram of Hot Minger according to 8 out of 10 cats!



There are NO risks linked to breastfeeding past infancy. Not psychological, not social, not physical. Breastmilk DOES provide immune support right up to weaning - at whatever age. The view that its "weird", "sexual" or "for the Mother's benefit" is not backed up with evidence, or the experience of breastfeeding families.



Lucy Ruddle IBCLC

When the restaurant next door looks more appetizing.



The Original Happy Meal



And they're fun to play with!

DRANK TOO MUCH

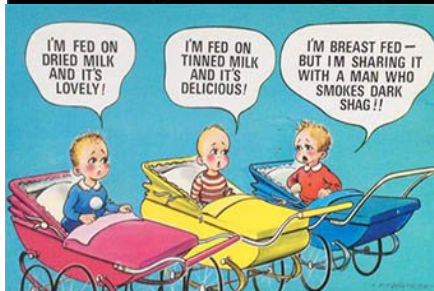


PASSED OUT ON THE BAR

ALL I CARE ABOUT IS BOOBIES, POOPING, AND NAPS.



AND ONCE I ADD HASHING TO THAT LIST, I'LL BE JUST LIKE DADDY.



Attention: anyone missing a child in an orange coat...come to the Lingerie dept. Your child is hungry! 🤔🤔🤔🤔





CINEMA The Christmas bonus...



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