



PORT OF SPAIN Hash House HARRIERS Trinidad, W.I.

a drinking club
with a running problem

poshhh.org

Port of Spain Hash House Harriers

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Members	Betty Agostini, Diane Henderson, Marguerite Aanensen, Joanne Esdale, Jordan Scheer, Gerry Soogrim		

Run: 856	Date: 1 Feb 2014	Site: Chaguaramas	Hares: Martin, Dave, Buddy, Peaches	Scribe: 23924319 Private Parts
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PORT OF SPAIN Hash House HARRIERS 30 years still On On... 1984 - 2014

Well bwoy, 30 years dun gone already an ah still running. Mind you there are some Hashers from the 80s and a few from 84 in particular, who still turning up and Hashing on Saturdays, like yours truly. To name a few I can remember;- Michele Redon, Doc and Barbara Paton, Dave Jamison, Chris Mawer, Gail and Arthur Seebalack, Steve Kisoan, Dave Blunden, Joanne Darwent, Betty and Haniff, Numb Nuts,

Enrique Huggins, Mike Mc Gee, Nick Drew, Derek De Freitas, Uncle Ray Wyver., Richard Marley, Gerry Soogrim Dave Papa Smurf, and Peter Dixon. Interestingly enough, the children of those who have them, were carried to the Hash as toddlers, and as they grew up hashed at some stage., and some still do. I am sure there are more 80s Hashers, but do not come regularly, to coin a phrase. I come regularly an ah not bragging.

It was good to see Steve Lewis make an appearance after many years of absence, and he is threatening to run again. Steve was one of the original Hashers and a member of the White Shadows football team. He was off White. I am sure those great friends and Hashers, sadly departed, would be so proud we reach 30 years, so I hope John Rudden, Peter Rees Watkins, Gary Phillips and Terrance Jagdeo are smiling down on us.

I think congratulations are in order to Marita and Eric, who has decided to make an honest man out of Eric at last. I was a bit disappointed actually, because I thought she had the hots for me. Anyway now she hear I still come on every second Saturday, maybe she will change her mind. I mean, does Eric come regularly? Nick and Penny Ribeck turned up on the Hash at Xmas, which was really great, and as a matter of interest, they ran on Hash no1, and were Hash Booze. They returned to the UK years ago, but still support us.

I pickin up the Indian ballet dancer an takin him to de Hash coz Sharon gone to re-hab, oh no no. So lets see what surprises are in store when we get there. I hear dey havin a ball buster Hash for the young and the breathless, well dey can keep dat one coz, I been dere done it and got de T shirt, nuttin to prove.

Well we arrived safely at de run site and all the aspiring Ball Busters were ready for the off. A vap take the Indian Ballet dancer, and he decide he doing the Ball Buster, after telling me all

week he not in that. Boy I was surprised at some of de people who decide dey was fit enough to do it, but take nuttin away from dem, it took some Balls, or Boobs as the case maybe, so well done to them all. They all got in safely and in good time.

De HM,Sorry-arse, gave some secret and mysterious briefing to the participants before the off, speaking in hushed tones and poring over maps and drawings, and then they were gone.

I just had a walk around seeing who turned up for the real run and had a chat here and there before Tall Dark and Have Some called us to order for the pre Hash lies aided and abetted by Ronald, and one man and his dog, Fat Dave. It was the usual bullshit, no hills, no mud and no water. Well for once it was mostly true, as it was the first Hash I been on and never got wet feet. So Griff called On On and away we went.

We ran East across the field, then turned right into de bush and a rude awakening, up, up, up de hill, and so early in the Hash it was a little strenuous as we had yet to warm up and get in our stride. A few new keen Hashers went tearing past everyone on the ascent, but soon got their come uppence and were left for dead later in the run, so they must learn to pace their selves. We milled around at the top of the hill whilst front runners went down and across the hill looking for the trail, and it was eventually found to be a descent down to de road and the ammunition bunkers. It was a bit of a tricky down hill even though it was dry conditions , so one had to pick their way carefully down the very uneven trail. Down on the road confusion reigned as we ran up and down de road looking for de trail , and confetti was mixed with shredded paper, and on calls of On On, Griffin was shouting are you sure? Once again the real trail was up up up, followed by a tricky descent. Once down, we Hashed across the fields, in the woods on the well worn bikers and walkers trails, into the fields again and back into the woods, and this was all interspersed with some good checks. Mad Dog Dave decided his leg was not quite up to front running coz he was trying a thing with some Harriet from UK , but I saw thru that one. I ran a while with Griff de Hare, then Simon and engaged in small talk, as you do, although some one complained about constant chatter. All I can say is get fit baby, then you will have enough breath to chat as well. The running thru the woods and fields was very nice and a chance to stretch the legs, although the pace and heat was taking its toll , with a lot of walking and a distinct slowing down. Those of us who know the woods felt the ON IN was fairly predictable, as it proved to be. We ran back to the ARBORETUM, then On In along the road, back to the start point. Doc Paton was determined to beat me, but I had a lot on my mind thinking about what to write, so he got away, but had the immense satisfaction of running in with Zia, (his daughter in law) and passing her on the last 30 yds. All in all , a well set Hash , lots of running and a good sweat. So well done Martin, Dave and Ronald.

I must say how nice it was to see Wilko, Paul, Hans, and El Bullador, from Suriname Hash, not forgetting all the lovely ladies in their group, who we met in Tobago 2 years ago, but their names I cannot recall. Thanks to Francie from Barbados Hash for supporting us.

So in closing , thanks to all the 80's Hashers who still attend the Hash, and anyone post 1990 who hashes regularly, well done and thank you all for keeping our sport going all these years.
ON ON.

POSH3 QUICK DETAILS

Kennel name: Port of Spain Hash House Harriers

Country: Trinidad & Tobago

Date Founded: 1 Feb 1984

Site First Hash: Caura

Founded by: Peter Frearson, Robin Foster-Brown

Number Hashes to date: 857

Hash runs: Every other Saturday at 3:30PM

Website: <http://posh3.org>

The Ball Buster Run by Hearty

I was very concerned from approximately a month before about doing this and didn't have much option about actually doing this simply because..... my brother known as " the Biafran" would be taking part in the Hash's 30 Anniversary and surely he would be doing "The Ball Buster", I can just hear it now " how could you not do it as your brother..... your brother.....yada.... yada... I won't have heard the end of it.

So here I was thinking how best to get into shape in 4 weeks, wow that was going to be a real task, regardless it was going to be near impossible. Well as it turned out my brother couldn't manage the trip and I was let off the hook, having put so much thought about doing it I just more or less decided to just go ahead and give it my best.

The day came and the optimistic runners met by the big samann tree in Chaguaramas for 2.30pm in order to get an early start, there were around 40 runners ready to have their parts tenderized. After the normal talk by the HM and hares we meandered off on our venture to overcome this momentous buster.

The trail took us south of the big tree crossing the road and onto a trail on the other side which turned out to be a X, back to the main road heading south and then left onto another trail, well so far so good starting to feel a bit more comfortable. We followed the trail somewhat and it looped back around a full circle and headed north exiting back onto the same road we had just crossed but a bit higher up, there was a check somewhere and with a call of on on the pack took off following the leader along a wirefence but soon came to a halt as there was a well placed X preventing us from going further, we made an about turn and ended coming back to virtually where we had started.

We again ran past the large Samann tree this time heading north and entered a trail leading off to the right, up a slight incline to some old ruins where there was another X. The pack was kept together and mingled around trying to find the correct trail. A shout of on on alerted us and we all took off on the right path. No one quite knew what was in store up to this point but we were soon to find out. Shortly after we headed up a trail which seemed pretty normal, well it wasn't, after what seemed to be an eternity that is 45 minutes of uphill climbing, legs and chest burning at that point the trail forked and the one to the left headed downwards, the right trail had an X so with a sigh of relief a few of us proceeded to the left and down, wow this feels better! But that was only temporary 3 to 4 minutes and starting feeling good again we came upon a check with a hare standing melancholy and then smiling. What the ass! A check! No way, where can one go from here, those of us who were here didn't quite like the smart ass look (having seen it many times before) and said Nah it car be dat weywith that deduction we headed back to where the trail split, by then there were a few others who had made it up the long climb and again started looking for shredded paper to follow.

It turned out that the trail to the right was the correct way to go so there we were starting to climb again, oh no! impossible there cannot be any more hill we have to be at the top, well I just cannot remember too well, another 5 minutes it seemed that the ball buster had done its job, all I can say is I remember a call to the right and down hill, mama, just at the right time, as the old saying what goes up, up, up must come down, down and down and so it was to be. Fortunately it had not rained for if it had, the downhill would have seen many fallen by the wayside as it was pretty treacherous descending, one had to tread with care as there were many vines waiting to trip you up.

Oh! So much better moving downhill and been able to catch my breath, my legs, my chest, great. Eventually coming to the bottom where a small river was flowing onto another check, I can hear the shouts coming from upstream but it somehow didn't compute and with a little help from the birds managed to disregard the calls and headed instead in the opposite direction with several others leading the way, we picked up paper and took off downstream through an area known as the gorges, an amazing piece of geological workmanship where the river cut into the rock leaving a narrow space for the water to run through.

The time at this point 2 hours another 30 mins to go if the hare's statement at the start was correct, true to form we came out close to the Arboretum and from there another mile to go. The run was completed in 2hrs 12mins and myself in 2hrs 16 mins an accomplishment . WOW. A great effort by everyone and kudos to the hares in setting a very challenging Ball Buster.

The Ball Buster Run by Alicia

30th Anniversary Ball Buster run! Woot, woot, excitement in the place! My journey, that early afternoon, was a late start which was compounded by Glencoe traffic.Aaarghh!! I was so tempted to turn the car around to head back home but I guess that was not meant to be as a fellow hasher (a good friend of mine) pulled up beside me and yelled 'let's still try for it- ON-ON!' That was all I needed- good vibes&a heavy foot on the gas- to barely make the start of the run. Thank God they started a lil late!

The run started off mostly along the bike trails and I must admit I was a bit frustrated because I hate those trails. My expectations were still high nonetheless; after all it was anticipated to be one of the longest and best hashes of all times so I know we couldn't only be running around those boring trails.

After bypassing the starting point again, the pressure started. I instantly recognized the trail, talk about déjà vu. Fusion's 2013 first leg! Woosah! This trail went uphill for almost an hour. Hashers were panting, sighing and cussing for so. Even Betty scolded someone for constantly calling out her name since at this point, EVERYBODY was frustrated. Off course at one point, there was a ridiculous back check. It was only then that I realized that Curtis was participating in this run. He was so far ahead of everyone, that man could run!

Finally, after taking forever to figure out the right trail, we ended up at some beautiful gorges and rivers. Trinidad never ceases to amaze me. What a moment of pure bliss! Anyways, ON-ON we continued to the treacherous downhill. Even though the trail took a winding route, us hashers 'the invincible ones who think we are mountain goats' were running and sliding straight ahead, grabbing onto any and everything for support. Eventually, we arrived at the Arboretum, I guess this is when Mr. Andre decided that he should abort the run for his swim at the pool (poofter behavior I call it).From this point, I knew the end was near. After 2hours of running, I wasn't surprised to see the ON-IN. I was dying!!

Everyone was seen rehydrating themselves thoroughly after that run. The music, drinking and liming followed soon after.

Many thanks, to all the hares for their tremendous effort in setting a remarkable run. It will definitely be remembered by all who participated. A job well done!

Virgins:- Chris, Roger, Jason, Derrick, Mervin, Melanie, Kendall, Scott, Kyle, Gabriella, Vanessa, Manuel, Gerard, Antoneff, Prerit, Cherise, Simone, Ravi

New Shoes: Kevin, Simone, Cherise, Terza, Paul **Birthday:** Sonja Mango Chow

Poofter Nominees: Marlon Newallo, El Bulador, Andre Asche, Rawl, Nicholas Marsan

Poofter: Andre Ache bathing in the Aboretum and not finishing run



Run:	Date:	Site:	Hares:	Scribe:
857	4 Feb 2014	Caribs' Rugby Club	Paton/ Jamison	The Bald and the Beautiful

30th Anniversary Run

The Hash faithful gathered on the 30th Anniversary of the first hash set in Trinidad. The hares consisted of two surviving stalwarts of the first run 30 years ago, long before most people on the hash were born except of course for the old farts and regulars who still make it to the runs, though a lot slower and with less hair than they did in the past.

The setting was perfect, by the Zoo at the famous hash stomping ground, Carib's Rugby Club and was supposed to be a live run set by two ole fogeys, in their 60s, yeah right! It was a pre-set run, no less! Dem ole guys could not have set such a long, fast run without getting ketch by the front running bastards like Hartie, Homey, Betty Boobs and Devon aka Biscuits.

There was a good turnout for an official hash run on a Tuesday, lots of regular faces and a few new ones... so off we went. As expected thru the Botanical Gardens, up the hill, down the valley towards St. Ann's. We then spent a long time by Coblentz Avenue trying to figure out where the trail went... was it up Hololo, into Cascade, down the river? Eventually someone found some well hidden flour way down Coblentz Avenue so we all went running back down towards the Savannah, thru the narrow lanes of Belmont then back out to the Savannah.

It was a good run, congrats to the stalwarts, but just too predictable. Thru the streets of uptown POS, then Newtown into St. Clair we went. Eventually most of the front runners got caught by an X near to the Wild Flower Park. Imagine Cyril found the right trail on Flood Street and the On In, and came in first!!

The rest of the front pack followed shortly and stage was set for the usual post-run proceedings.

Well done Hares and Colin and his team for a fantastic week of activities and excuse to lime and drink! Congrats to the Hash Posse. We have survived 30years and the rumors of our demise are vastly exaggerated. ON ON for the next 30 years!



HM's Hunkering

Heartfelt thanks to all who came out to support the POSHHH on the occasion of its 30th Anniversary. The weekend was filled with activities, and the POSH and its foreign visitors came out and ran, drank and had lots of fun. We hosted visiting hashers from Suriname, Barbados, Grenada, Canada, the UK and one holdover from the Philippines. Their response to the activities has been one of exuberance. We of the POSHHH are grateful for having been able to provide such energy filled atmosphere – one in which we talked, laughed and made fresh acquaintances.

Thanks to the 30th Committee Mags, Jo, Arlene, Miche & Enrique whose planning made it all happen. Allan who supported hugely throughout the weekend. Other hash committee members who assisted when needed. The Hares for the Pub Crawl, and the Pub Crawl committee for organizing such a fantastic fun filled event. Definitely one for the books! All other 30th Hares who made the runs possible. Pricktor and Robin's uncle for the boat taxi assistance. Ivan Charles for hike guide & transport liaison. Mark, Ashe & others who supplied photo/video.

Special mention to our generous sponsors for the weekend – **Bermudez Wheat Crisps, Ministry of Tourism, Carib Draft Lager, Blue Waters and El Pecos on the Grill**, who made this a reality.

Thanks to our foreign visitors who took precious time off to make this a vacation hash weekend.

And thanks again to all members of the POSHHH who participated - you have really led from the front.

Committee Changes

Demission: Eric De Silva – we thank Eric for his sworn service to the hash committee

Appointment: Gerry Soogrim – we welcome Gerry to the hash committee

Event Photos & Video

Stay tuned to our website at <http://posh3.wordpress.com/category/30th-anniversary/> for all event photos and video.

Hareline 2014

RUN#	DATE	INFO/ HARES	SITE
858	Feb 15	Nico Kersting	Blackjack Marine, Chaguaramas West
859	Mar 1	Carnival Hash Run - Betty Agostini	BG/Scotia Stand, Queen's Park Oval
860	Mar 15	Ronald McDonald	Leilani Estate, Maracas Valley, St. Joseph
861	Mar 29	Arthur/ Harold/ Papa Smurf - Big Bus Ride Hash	Moruga

Directions to the next run – Carnival Saturday Hash Run

Date: Sat Mar 1st 2014

Time: 3:30PM

Hared: Betty Agostini

Site: Queen's Park Oval

Run site is underneath the BG/Scotiabank Stand at the south-western end, of the Oval. Use entrance on Tragarete Rd. , obliquely opp. Illuminat. Hang a left (west) and proceed towards BG Stand. There is limited parking within the Oval or park on Havelock St., Tragarete Rd, Elizabeth St. Food on sale. Beer van. Stay for the after hash activities.



30Yrs

To ALL POS hashers Congratulations and Celebrations
30 years of hashing is indeed a GRAND occasion
That many years in life would consist an era
How many remember the first run in Caura

We look back and we think what did it all mean
Running then drinking yet being fit and lean
Some who were there in the beginning are still with us
Not as fit as back then but do not make a fuss

30 years of hashing what do we really celebrate
30 years of love and unfortunately some hate
30 years of unforgettable lasting memories
30 years of friendship and some camaraderie

We have been to all parts of our twin island state
Also through the Caribbean and even to the States
We even hashed in South America but that is old news
On two different occasions we went on a cruise

30 years of all types of terrain we have had our fill
Rivers, trails and valleys and up many a hill
Running, bending, jumping are normal on a run
Working almost every muscle and we call it fun

The first ever Inter-Caribbean was hosted in 1995
Back then talk of Inter-am was old talk and jive
So the old talk back then was changed into action
So we became the smallest nation to host Inter-Am in 1997

For 30 years we are thankful and most of all grateful
Each HM would surely say their time was more than a handful
To the HMs past and present we say thanks for a job well done
And to all who have attended a hash we say thanks for joining the fun

To EVERYONE who has hashed with us we say a hearty thank you
Try hard as we can, we could not do it without you
Your participation is always welcome on each and every run
WE really enjoy your company because you are so much fun

So now we look forward to many more years to come
Running, followed by drinking and having fun
Casualties, we have not had many, this we cannot afford
This I think is a true blessing for which I thank the Lord

A stranger is a friend you have not met as yet
So join us to meet your friends and get a sweat
We welcome young and old, big and small, short and tall
It does not matter who you are, we welcome one and ALL



[TALL DARK & HAVESOME]