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° Run 1676

# Nairobi Hash House Harriers

# hash trash

Nairobi Hash House Harriers  
P. O. Box 61752-00200, Nairobi  
Website: [www.nhhh.co.ke](http://www.nhhh.co.ke)  
E-Mail: [nhhhscribe@gmail.com](mailto:nhhhscribe@gmail.com)

*Hares must critique the run following theirs so as to qualify for a hare mug. Send your critiques by Wed Morning*

## MONDAY RUNS

Date	Run #	Location	Hares	Critic
Aug 31st	1676	SummerHouse Pub in Langata, Southlands	Miroo and Plumber	Anthrax and Kamisi

**Directions:** From town, take Uhuru Highway. At the Nyayo Stadium roundabout, take Langata rd. Pass Carnivore junction, pass the next roundabout. Pass Langata Army Barracks then immediately turn right. Pass Langata Police station, then take second right turn on a murram road. Summerhouse is about 200m from the tarmac (located within a shopping mall)

## MWEA CLASSIC Half Marathon:

Sep 12 2009

For more details see Don Bother and Antelope

## WEEKEND RUNS

Date	Run	Location	Hares
Aug 29th	Mt. Kenya Run	Sportsmans Arms, Nanyuki	Mismanagement
October 3 <sup>rd</sup>	Naivasha Relay	Crayfish Camp, Naivasha	Mismanagement



## Run 1674

Vet Lab Sports Club

17th August 2009

Hares: Original Hash House Harriers

A slightly cold evening saw a pretty large turnout of hashers gather round at a bit before 5:45. Munchy, the ONH3 GM welcomed runners from both hashes and informed that this was the 500th run for the ONH3, which was received with a great cheer. Announcements were made by GM Joe Big and included the Half Marathon on 22nd August; Mt. Kenya run on 29th August; and a new Mwea run on 6th September (I think). Long is about 8.5 km and short is 5 km.

On on was out the gate and to the right, the first check at about 50m before on on to the main road, next check after about 20m then left onto the gravel road. First split soon after where the longs go straight on while the short turn right. Round and down with several checks then the longs and shorts join up to go up a short steep slope and on to the first hold. Water, beer and melons were available and songs by RAs Kichwa and Missionary. Long and short split at the hold and short went through farmyards and maize field, down a steep slope and up then up a long very steep hill to the 2nd hold at the top, where the view was very scenic. More beer and water but no melons (but no matter). Then downhill for a short distance before another long long steepish hill to on home.

Very good run with plenty of checks to keep hashers together, and clean air and no tarmac particularly from the 1st hold. Those hashers heard groaning about the hilly topography forgot the adage “what goes up must come down” and vice versa, though I understand the real hash version is “what goes up and down must come”.

Down downs were outdoors in the cold and were conducted by RAs Kichwa and Missionary. There were many to get down downs including sinners, returnees, a baptism for “Womaniser” (something to do with his profession) and the hares. Missionary got hashers warm with a familiar hash song, which was interrupted by Kichwa but all took it in good spirit and no blood was shed. The circle concluded with this scribes favourite hash song .... Ale Aleluya!

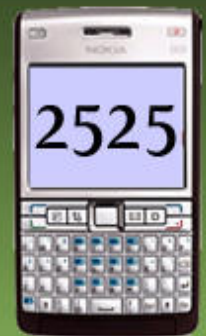
Registration was 200 bob and included dinner, a great treat from the ONH3. I understand the food was good. The dinner was “al fresco” though the chilly night dampened the enthusiasm, so most hashers rushed to the bar to stay warm with drinks and to watch the World Athletics Championships. I hereby predict the defection of Desire to ONH3 as he probably correctly observed that they have more “babes” than the NH3.

Very good run and kudos to Munchy, Fishkiller and the other ONH3 hares.

**CHECK OUT**  
our website and  
give comments



Do you know anyone who  
doesn't receive the trash?  
Please forward his/her  
email address to  
nhhhscribe@gmail.com



Send text to 2525 with for  
the following info:

for Sunday run text \*311#

for Monday Run text \*312#

for Weekend Runs text \*313#

**5/= ONLY**

## World Interhash Borneo 2010 - Travel Plans

Kuala Lumpur is the gateway to Malaysia, and most flights to and from Kuching originate in KL. The cheapest flight to Kuala Lumpur from Nairobi for the period we are looking at is with Egypt air for \$748.00 inclusive of all taxes. The next nearest fare is coming to \$1,160 with Ethiopian, a difference of \$412!! When purchasing this ticket from Egypt air, quote the following fare basis: LRTAFAS and the fare construction would be: NBO MS X/CAI MS KUL 312.00LRTAFAS MS X/CAI MS NBO 312.00LRTAFAS NUC 624.00 END ROE 1.00 FARE USD 624.00 XT 20.00TU 2.00EQ 14.40MY 10.00YQ 78.00YR

Assuming you wish to attend the event without any pre or post-amble, the itinerary with Egypt air would be as follows:

Monday, June 28th

MS850 Depart Nairobi 05h15 Arrive Cairo 10h10

Tuesday, June 29th

MS968 Depart Cairo 04h50 Arrive Kuala Lumpur 22h15

Monday, July 5th

MS969 Depart Kuala Lumpur 23h45 Arrive Cairo 06h50

MS849 Depart Cairo 23h20 Arrive Nairobi 04h15

Egypt air offices are located at the Nairobi Hilton and the ticket can be purchased with cash or credit card.

To travel from Kuala Lumpur onward to Kuching, I recommend Southeast Asia's best budget airline, Air Asia ([www.airasia.com](http://www.airasia.com)) which has its hub in Kuala Lumpur. If you book your flight now, you can get a return ticket from Kuala Lumpur to Kuching for only US\$40 per person all inclusive!! There are roughly 8-9 flights per day in either direction, so there are options.

Please note that you cannot check bags from Egypt air straight onto Air Asia, and you must change terminals in KL. Book your ticket online with either Visa, MasterCard or American Express.

### Accommodation

The best no-frills accommodation which is clean and comfortable that I've managed to find in Kuching is the Tune Hotel Group ([www.tunehotels.com](http://www.tunehotels.com)), which runs a number of clean no frills hotels around Southeast Asia. In Kuching, it's called the Waterfront Kuching (135 rooms (113 Double & 22 Single) on 4 Floors). A double room with AC for 5 nights goes for just under MYR400 (which is \$112) - or \$11 per person per night. You really can't beat that!

If you consider \$748 for the return airfare to Kuala Lumpur, \$40 for the return airfare to Kuching and \$55 for five nights stay in Kuching, this comes to an incredible \$843!

My suggestion to hashers is to book now to realize the greatest savings and avoid disappointment down the line.

On! On!

**Gunslinger**

**HUMOUR**



<b>Mismanagement</b>				
	<b>Title</b>	<b>Name</b>	<b>Social Line</b>	<b>E-mail</b>
1	<b>Grand Master</b>	<b>Joe Big</b>	<b>0722-207203</b>	<a href="mailto:jkamau@emc-corp.net">jkamau@emc-corp.net</a>
2	<b>2012 World Interhash Bid Master</b>	<b>Mpira</b>	<b>0722-522892</b>	<a href="mailto:mainakariuki@gmail.com">mainakariuki@gmail.com</a>
3	<b>Trail Master</b>	<b>Strungi</b>	<b>0722747712</b>	<a href="mailto:JKanyarati@yahoo.com">JKanyarati@yahoo.com</a>
4	<b>Kitty Keeper</b>	<b>Watchie</b>	<b>0722-660535</b>	<a href="mailto:esther.chege@africaonline.co.ke">esther.chege@africaonline.co.ke</a>
5	<b>Religious Adviser</b>	<b>Gun Slinger</b>	<b>0735-5555500</b>	<a href="mailto:GUNNAR@kobo-safaris.com">GUNNAR@kobo-safaris.com</a>
6	<b>Recorder</b>	<b>Dreams</b>	<b>0722-647939</b>	<a href="mailto:pngugi@insurancebrokers.co.ke">pngugi@insurancebrokers.co.ke</a>
7	<b>Habberdasher</b>	<b>Brainless</b>	<b>0722-415005</b>	<a href="mailto:anita_lohnberg@yahoo.com">anita_lohnberg@yahoo.com</a>
8	<b>Flash &amp; Horn</b>	<b>One Night</b>	<b>0734-679089</b>	<a href="mailto:Kristaserves@yahoo.com">Kristaserves@yahoo.com</a>
9	<b>Social Secretary</b>	<b>House Keys</b>	<b>0724-053756</b>	<a href="mailto:claudine_agp@yahoo.com">claudine_agp@yahoo.com</a>
10	<b>Scribe</b>	<b>Nyamakima</b>	<b>0721-857620</b>	<a href="mailto:nhhhscribe@gmail.com">nhhhscribe@gmail.com</a>



*World Inter Hash 2012  
Mombasa, Kenya*

<http://www.interhash2012kenya.com>