

FRIDAY HASH HOUSE HARRIERS



COMMITTEE 2023-24

GM: Horny Flasher 0439 600 625
Hash Cash: Inspector Gadget 0419 953 827

Trail Mistress: Wenchy 0419 967 433
Hash Splash: Mel Adjusted 0407 360 053
Hash Flash: Sir Fumbles 0415 551 650
R,A: Sheep Shunter 0419 916 742
Web Mistress: Zip it 0412 651 889
Web Address: www.fridayhash.com

On Sec: Ding 0417 184 139
Piss Pourers: Mental & Menstrual Disorder
0498 375 942
Hash Horn: Bulldust 0478 611 948
Hash Splash: Cookie 0419 937 819
Haberdash: Slugger 0412 109 247

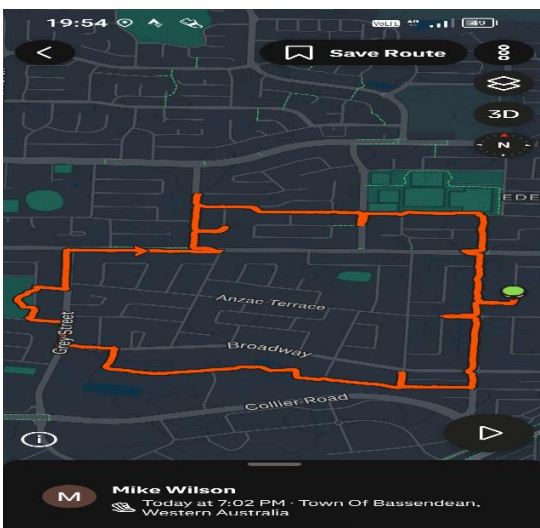
Songstress: Buttered Buns
Facebook: [Friday Hash House Harriers](https://www.facebook.com/FridayHashHouseHarriers)

RUN: 1804

Date: 10/04/ 2026

Hare: Menstrual Disorder (C0-hare Wenchy) Venue: 14 Carman Way, Bassendean.

39 FH3 Harriers attended this week's run – limbered up, showing absolute peak physical fitness and chomping at the bit to take off around the streets of Bassendean – where the Pack was assured there was a 7km trial set out worthy of testing their incredible levels of stamina and athletic prowess.



The Run



The Hare: Menstrual-Disorder

The Circle:

This Week The **GM (HF)** was feeling better – but was on holiday. So **Radar** filled in as stand in GM. **Horny Flasher** having given her apologies. The pack wished her a lovely break and look forward to her return.

Runners Report:

Bulldust said: “Obvious the trail was set by a woman”, It was fast paced without false trails- ... or anything supprising or unpredictable – the hare had obviously wanted it short and quick. ... But the women of the pack as one shouted : “wrong” ... said they believed Bulldust has an obvious misconception of what women wanted.



he gave it a 9.5 out of 10

Walkers Report:

DIY, said “It was very good”, she reported that the runners burnt past them at one point looking as if they were on a completely different trail – some walkers having to duck and weave to avoid being run over, by runners including a **Troppo** moving at high speed – apart from that lovely walk

She scored the run: a 9.7 out of 10.

Reporters had a down down to the tune of :”Hairs on their dickie di-doe”.

Visitors & LTNS:

Hawkeye, Mullaway, Luxxe, Disgraceful, Jam Jar – **Visitors** this week.

Tallia and Christopher – **Virgin runners** joined us and certainly fitted in – with great humour and getting into the spirit of the night.

Arsoleo, Biggus Dickus, Bag Lady, Bell boy, Skippy, Biro, Mouth Organ, and Ball wrinkle were all back for a run as **LTNS**

R.A. Charges:

The **R.A.** started by telling us that FH3 members had made a mention in the Paper this week – **Deliverance** and **Shadow** were among passengers on a cruise ship that had been left behind when they arrived back to port late – just to watch their ship leave port – as they were not here to face a charge “look a likes” were chosen to have a down down on their behalf – **Phantom**, and **DIY** were chosen as stand in’s for the late arrive-ee’s

They received a Down down to :” here’s to these two – their a horses arse ”.

R.A. then proceeded to Charge on **Gadget**: Apparently it’s the 100th day of the year – Gadget was chosen as looking like the Pack Centurian? (Harsh call !)
he received a Down down to :” All things bright and beautiful”. – and a couple of calls of he doesn’t look a day over 95.

R.A. then laid a charge on **DIY**: Today is National farm animal day – DIY has a dog, so she can have a drink on animals behalf – but in shouted the **FH3 PACK** – surely **Cowpat**, and **Animule** should be included in this charge – and so it was done !
They all received a Down down to :”Old McDonald had a farm”.

R.A. next laid a charge on **Menstrual Disorder**: After 4.5 km’s the R.A thought the fast walk was forming a perfect square – and had no False trails or checks – in a rare form of dissent against the R.A. the **FH3 PACK** shouted the R.A down says the charge was “Bull S..t” there were plenty of both – but looking at the run diagram above – was it a square of sorts leaving the walkers behind ?
In the end She received a Down down to” In heaven there is no beer”.

Charges from the Floor:

Phantom on **Bull Dust**: Disrespect for FH3 horn -(He is the current FH3 Horn blower)
First he lost the horn, then when it was miraculously returned – decided he wasn’t happy with the FH3 heirloom and disrespectfully replaced it with a new one that “sounds like Sh..t” - Gadget who donated the original horn was calling for a “hanging” but eventually.
he received a down down to : “trees are green”

Mental Disorder on **Bag Lady**: who apparently works in a Dr’s surgery and upon seeing Mental disorder walk in shouted “ Hi there – are you still doing Hash” – Mental thought he would be arrested ?
She received a down down to : “She’s a piss pot so they say”

Mental Disorder on “**The Virgins**”: who were seen shopping – instead of running. But on a technicality it was pointed out “Virgins” can’t be charged !!! – reversal – down down for Mental Disorder !!!
he received a down down to : “Zippity do Day”

The Entire **FH3 Pack** on **Ding**: His FH3 Rags are getting more and more outrageous – and he was warned FH3 may at long last decide to adopt the tradition of public Icing if he’s not careful.

Special Run/ Zero Hero

Light My Fire : clocked up 350 Runs

Book Ends

None this week.

Birthdays

None this week

Dummy Shorts

Gadget: - Nominated **Mel Adjusted:** who was seen a short distance into the run to aimlessly wonder into oncoming cars – “danger ... danger” !!!

Mel Adjusted - Nominated **Mental disorder:** Charging “Virgins” – not allowed !

Biro nominated **Wenchy:** Announcing to the Pack “ don’t follow me -I’m lost” – and she was listed as Co-Hare ? – (but Wenchy had a defence : trail had been changed after she helped set it !) - this appeared to be accepted by the Hare.

This Weeks Winner is: Mental Disorder: was honoured with wearing the shorts this week – with the ruthless FH3 Pack screaming “ learn the F..kn Rules”. – I was almost going to throw the Pack a juicy bone to chew on !

The Dummy shortie received a down down to “He’s stupid, he’s stupid” (the pack took several moments to come back to order!)



General Business

Remember the **Rocky City Pink Breast run 28th April 2026.**

Rocky City (announced by Mel Adjusted) : Donations will be gratefully accepted from those that can’t attend the Run on the night.

Special Business and Future FH3 Events

CLOSE TO YOUR HEART RUN: 18 September 2026 - Willetton Sports Centre

AGP: 27 November 2026 - No Venue booked at this stage.

Other Hash Events:

Mandurah H3 – 40th Anniversary Saturday 18th April 2026.

Inter hash 2026: 8-10th May, Yogyakarta, Indonesia

<https://interhash2026.com/> log on to website to complete registration.

Busselton HHH 2000th Run, June 6th 2026.

Jokers

Our usual Jokers: **Cookie, Gadget and Troppo** told us a few jokes each this week, it's about time some of the rest of the pack remembered a few jokes to tell us – its getting to the stage were these hashers will have to declare the “free drinks” on their tax returns !!

The Jokers received a down downed to “For they are Jolly hashers”



Song

Zip It was called on to start the FH3 Song – The pack joined in and the song was sung joyfully by all !



Receding Hairline

17-04-26 Run 1805 : Shadow – 53 Hamilton St. Stirling.

24-04-26	1806	Cow Pat	TBA.
01-05-26	1807	Light My Fire	TBA.
08-05-26	1808	Phantom	Moolanda Park, Harness St, Kingsley.

Note to hares: If you need BBQ, stove, or lights, please notify Hash Splash in advance, the trailer is not always available on site.

***Please notify Trailmaster, Wenchy ASAP with the details of your run.**

QR code for can/glass refundable to go to FH3 - C 10446611

Scenes from this week's Fh3 Pack:



**ON ON
DING
FH3 - On SEC**

FH3 bank account: Friday Hash House Harriers - Westpac BSB 036-000 ACC 615552

Members are requested to bring their own cutlery and plates to Friday Hash.
For those who forget or are visitors and do not have plates or cutlery, a small number of suitable plates and cutlery will be held by Splash for these circumstances.