

Beer-loving runners make a total hash of it in round Lerwick chase

■ Singapore guests have a great time taking part

■ Simmer Dim event will be held this weekend

"It's a jungle out there" ran the headline in *The Shetland Times* on 6th August 2006, as the Herrerislea Hash House Harriers celebrated their second hash run in four years – the first run being held in 2002.

Hashing was started in 1938 in Kuala Lumpur by British officers and ex-pats who decided to do something about their lack of fitness.

Based on the hare-and-hound British paper-chase theme, the "hares" lay a trail and "hounds" follow it and solve various clues. It is not a race; it's all about fun.

There are currently almost 2,000 "hashing" chapters in all parts of the world enjoying both the physical and social side of hashing.

It returned to Shetland after an eight-year sabbatical at the weekend – and this time with a truly international flavour.

Jim Jackson, a well-known former isles resident, returned from Singapore with a field of 13 runners from the Kampong Hash of Singapore. The pool included four children.

A total of 31 runners completed the 5.5 kilometre run. A winding trail of arrows (sometimes laid with flour) set by the hares Michael Bradley and Mal Smith, took the guests through the best of Lerwick's scenic views, ending at the Clickimin Centre where sandwiches, beer and snacks were enjoyed.

The traditional "circle" then followed. The circle provides the opportunity through humorous ban-



The Herrerislea Hash House Harriers and their guests from the Singapore Kampong Hash pause for a photograph at Gilbertson Park.

ter for runners to comment on the run as well as being singled out at the whip's discretion for any particular recognitions or actions – all in good fun.

Following the circle the hashers moved on to the Lerwick Boating Club to enjoy a feast cooked by Marjorie and Gordon Williamson.

The run this year saw a number of local runners taking part for the first time.

Quite a few Shetland folk have enjoyed hashing in Singapore over the years including Terri Watt and Laurence Smith.

The Kampong Hash is the "mother hash" to the Herrerislea Hash. This family expansion came about

in 2002 when the first Herrerislea Hash took place. The hares at that time were Mal Smith and Marjorie Williamson. Smith was a member of Kampong H3 (HHH) at the time, therefore Kampong gave birth to the Herrerislea HHH.

Meanwhile Saturday's run was joined by Matthew Lemmon from the Aberdeen Hash House Harriers. He was in Shetland to plan the second of the Simmer Dim hashes being organised by the Aberdeen club this weekend.

To celebrate the Simmer Dim, 60 hashers will be coming up on the ferry from all parts of the UK, including Aberdeen, Edinburgh, Glasgow, London, Hertfordshire,

Essex, Isle of White and even some from Singapore and Tanzania. They will run on the island and attempt to drink it dry of Valhalla beer. There may also be late entries from America.

The Simmer Dim event was first run last year. Twenty-eight people were on the inaugural event which is now set to be an annual event.

Mr Lemmon said: "Hashing is a great way to get out and see different parts of an area, meet new people and improve/maintain your fitness in a fun sociable manner.

"It's open to all of any ages and ability due to its non-competitive nature. Anyone wanting to give

hashing a go is more than welcome to come along and give it a try."

The Simmer Dim runs will start and finish at Fort Charlotte from 11am on both tomorrow and Sunday.

Mr Lemmon added: "Runs can be off-trail so running gear you don't mind getting a bit mucky is recommended. There will also be a walkers' route for those looking for a less strenuous option.

"With a number of last week's hashers looking forward to joining in the Simmer Dim runs it will give a great opportunity to discuss and develop the Simmer Dim event and hashing locally."

Contributed