

CAMBRIDGE HASH HOUSE HARRIERS



THE HASH HOUSE HARRIERS started in colonial Kuala Lumpur at the Selangor Club Chambers in 1937. Based on the traditional Hare and Hounds that had become extinct this new concept laid as much stress on the subsequent beer consumption as on the pure and austere running. The name **Hash House** was a mock allusion to the institution that housed and fed the original founders i.e. making a hash of it.

CAMBRIDGE H3 was formed in 1978 and is one of many suchlike clubs worldwide. We meet EVERY Sunday for an 1100hrs start to follow a 4-6 mile trail known only to the 'hares' who have within the previous 24hrs laid a challenging course with sawdust/flour/chalk across fields, muddy tracks and the occasional water crossing.

There is no finish line, only a pub. Nobody wins nor loses and the whole idea is that you get out of it only as much as you wish to put into it. It is definitely not a race and the trail allows for 'harriers' to run, jog, walk, and shortcut.

There is no membership and your first run is free. Subsequently you can turn up whenever you wish, paying £3 per run which goes towards beers for the traditional après-run circle. We look forward to you joining us on:

SUNDAY