



# Convict Trash

Run 1788 – 1<sup>ST</sup> March 2021

Hare: Pig – Heathcote Hotel



## Pig's Pie and Pea less, Pleasurable Pilgrimage

### Starters Gun

Blondie, Dish. Doc, QR, Slotcard were waiting in the car park, Pig was marking some final arrows. Where were the other usual suspects, at the Sty perhaps, had they not read the change of venue.

No. Inside the Hotel were Bingo, Bowerbird, Cannon, Dundee, Hannibal Lector, Hot Dick (who said he had never been this far south before) Ice Box, Joker and Taxing checking out the menu.

Soon we were joined by Canookie, Hellismeller, DoubleBanger, always good to see the Bucket Master arrive; Merkin, Moa Goa, Grewsome, Scotch Mist, Cameron and Andrew, and Goon and Tickle completing the group.



### Run Review by Canookie

A long run, but a beautiful run through the bush, a good 8k's long, and a lot of up and down along bike trails, not many places to take a break, definitely a run only the fittest. Awarded a 9 less .3 gives a score of 8.7

### Visitors – White Pointer – our annual visitor from W.A.

**RA's Report** – presented by Hannibal Lector, a stand-in for Cold Duck who was away at the health "fat" farm losing weight.

### Heathcote

- Discovered in 1789
- Aboriginal meaning "a good place to build a road through"
- Originally there was talk of calling it West Liverpool, North Helensburg or South Engadine
- Some even wanted to call it New Kogarah
- At a council meeting in 1933, a local pensioner, Dundee suggested Heathcote
- The Heathcote Pub is consistently voted Number 1 in the Shire

**Easter Raffle will take place on Monday 29<sup>th</sup> March so please bring along some eggs, chocolate or whatever you fancy giving.**

## Run Report

The pack assembled in the car park of the Heathcote Hotel - Although we have run annually from Heathcote this is my first visit to the hotel since 1998 and I thought we may be in for some new hashing territory.

Pig pulled me aside to explain that there is no map but it should be straight forward - he had found a couple of new trails that he thought would lead to one place but 1-2 KM later he had found himself somewhere else, the result is a trail that is almost 9KM long - sounds like a typical H3 recee.

The pack set off on an initial shortcut of the looping trail in Heathcote to cross the highway and railway line and into the more familiar territory of East Heathcote - as we crossed the road Andrew and I decided to carry out an experiment on the time to go up in the lift vs running up stairs. Happily Canookie was happy to be the guinea pig running the stairs and proved that the time taken is exactly the same.

Once in East Heathcote the pack explored the area behind the RFS station and we were all following Dundee into the bush.

The hare's instructions of an On Back down to Karloo Pools was navigated but at the 2nd On Back I encouraged the pack to check in the wrong direction. Luckily Pig was only 50m away swimming in his pool and managed to shout advice.

The trail was found down a bike track and Sir Les lead the pack over all the gap jumps with ease. The trail looped enough for the back markers to find a short cut to the front runners and we stuck together for a while - at the next check I pointed Hellismeller and DoubleBangher in the direction for the main trail and at a short while later Scotch Mist, Canookie and Andrew were after a similar short cut. This left me well behind the front runners but thankfully there were a few checks that I managed to navigate quickly and finally caught up to Dundee, Merkin, Joker and Cameron. Apparently Sir Les and Bingo had decided to take a left when everyone went right a little earlier and I was a little worried that they may not make it back to the bucket.

Finally our bush running came to an end as we circled the rear of East Heathcote and crossed the highway at McDonalds - from here it was a quick run along the highway to a much needed bucket.

A quick headcount uncovered all short cutters except Bingo at the bucket, this caused some concern as we tried to figure out where she could have gone. At this point Bingo appeared from the opposite direction and did not look all that happy with Sir Les for leaving her stranded.

An excellent bush run awarded 9/10 by Canookie - I have attached screenshot of the trail laid by the hare, the trail run by the TM and the short cutters trail.

Hare Trail:

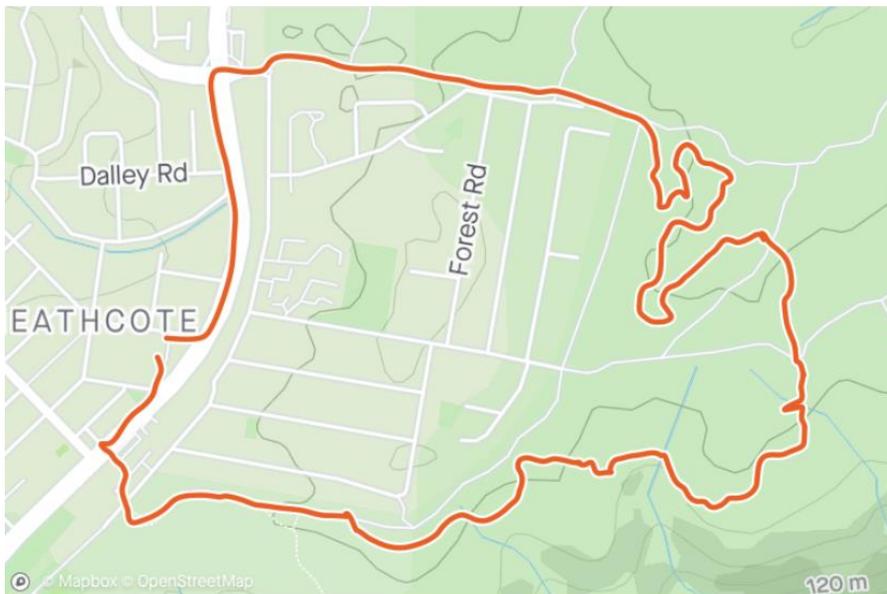
## Afternoon Run



Distance  
**8.61 km**

Avg Pace  
**11:20 /km**

## B2H3 with Cameron



Distance  
**6.89 km**

Avg Pace  
**8:57 /km**

Moving Time  
**1:01:46**

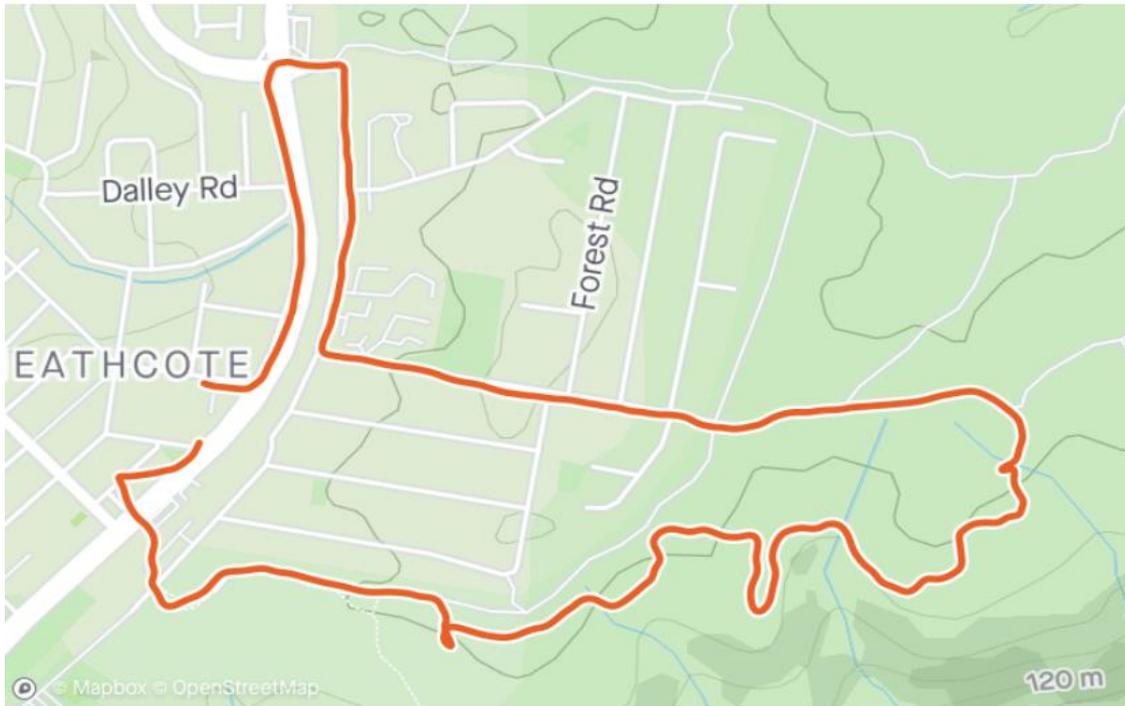
Elevation Gain  
**106 m**

Calories  
**631 Cal**

Avg Heart Rate  
**130 bpm**



## Evening Run



### Prickette

Pig nominated Slotcard and Bowerbird who walked all the way to my place, then ducked through my back yard to take a shortcut back to the Hotel.

Moa Goa nominated Taxing for taking lift up on the overbridge.

### Prick

Scotch Mist nominated Hannibal Lector for also taking the lift on the overbridge.

Hellismellher nominated Pig for not providing a map, and for saying don't go that way, or that way, calling out where to go from his backyard pool.

Hannibal Lector nominated Pig for micro-managing the Trail

Prick Pig Prickette Slot Card Again the long and short of it

Athletes	Birthdays	New Shoes
	Cold Duck	

Hare Line



Committee Details - Website [www.botanybayH3.com.au](http://www.botanybayH3.com.au)

**Next Week's Run - Hare - Bingo - Caringbah Hotel  
Bucket in the Library Car park**

**AGPU 2019-2020 - Date: Saturday 13<sup>th</sup> March 2021**  
**Venue: Sylvania Bowling Club Theme: Disaster**

- Arrive at 4pm for afternoon drinks
- 4:30 –6.30pm Barefoot Bowls and Drinks
- 6:30 – A 2 course sit down dinner followed by our Hash Awards
- 8:30 -10:00 Trivia
- 10:00 Club Closes

**WANTED**

Woman to Cook,  
Clean Fish,  
Dig Worms,  
Catch Yabbies  
Wash Boats & Make Love

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Must Have Good Boat and Motor

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Please enclose Picture of boat & motor

**When you think you have seen everything**



A wife leaves their baby girl with husband each day as she goes off to work. A few months ago, he got tired of her texting to check on how he was doing with the baby. So, he started photo shopping responses to text back to her, and it has become a worldwide Instagram sensation. Here are a couple of them.



*Old lady goes to a dentist.  
Sits down, drops panties,  
and lifts legs.  
He says: "I'm not a  
gynecologist!"  
She says, "I know, I need  
my husband's teeth back!"*



**MY EX TRIED TO  
HUMILIATE ME BY  
TELLING ALL HER  
FRIENDS THAT I GOT A  
SMALL DICK.  
GUESS HER REACTION  
WHEN THEY ALL  
DISAGREED.**

