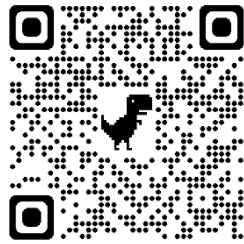


Hash
House
Harriers
Herts official Website: hertshash.co.uk

How to burn 800 calories in
30 minutes...



Run No.2005
16 October 2022
Venue: The Red Cow
Location: Cheshunt
Beers/Cider: No Real Ales
Hare/s: Waragi
Runners: 9
Virgins: 0
Visitors: 0
Newies: 0
Après: 0
Hash Hounds: 0
Total: 9
Membership: Carving out a Trail!



A lot of the usual suspects were away for this Trail, with some up in the Midlands playing at scaring the locals of Stratford-upon-Avon (Known to the locals as Strap-on! – Ed) by playing at the Peaky Blinders H3 weekend, which included a visit to the local Race Course.

Thankfully Waragi stepped in to pick up the reigns as Hare for the Trail, now that she & Hash Test Dummy had the time return to the Hash after completing [Cough! – Ed] some proper running by partaking in a couple of consecutive Marathons (including London & Berlin) so it would be no surprise that there could have been some who expected this to the along Trail [Only if they look at the Herts Facebook Page, it may have helped narrow this down! – Ed]

The Pack gathered at the Red Cow, this week saw the return of Moss Key Toe after his first Hash the week before, & also **TBT OBE** who hasn't been seen for an age. Also out on this fine morning were Where's Wally? & Tent Packer, even with his aching Achilles, both of whom weren't expected to be there, but for the sake of the Hash put in a stoic appearance.

So, those gathered would head away out eastward toward the level crossing & over to the Pindar Car Park, near to the Youth Hostel where over a 1,000 runs ago Herts had their 1,000th Weekend, an event that happened well back in the last Century.

The Trail would head southward by the Small River Lea, with a CHK by the path off over to ???, the Hash would now cross over & lead on down by the Giant's Chair, a large wooden structure that Super-trouper managed to clamber up, or get an assist like in a line out? The likes of **TBT OBE** & Tent Packer were sensible enough not to clamber upon this timber frame.

The Pack would continue southward down to the northeast corner of the large expanse of Bowyer's Water, which has several islets within, these act as a haven for wildlife & there is plenty of it around the 'Lea Valley Park'. The Pack moved on from a CHK by the network of paths to the east & Friday's Lake, with Dust being found heading out toward the River Lea Navigation before moving on down toward the Lea Valley White Water Centre.

On the way there was a Held CHK, on a track that it is very popular with cyclists, hopefully **TBT OBE** kept a civil tongue? Anyhow, with chance to for the Hash to practise their long jump skills on a 'Jump Here' point, complete with q-code, where the a measured distance was marked out on the tarmac path. This is one of the three new 'Placement' features in the Lea Valley, that have been added this year to celebrate the tenth anniversary of the 2012 Olympic & Paralympic Games in London. The others are 'Sprint' of 100 Metres & 'Run' which is 5,000 Metres & used by the local 'Gun Powder Park Run'

With the 10 metres are marked out, which no doubt confused those who still use Yards? At least that didn't prevent all from having a go, with the exception of Tent Packer, who had 'a note from his mum' to miss games for the day. Moss Key Toe, Sludge & **TBT OBE** all took part to represent one end of the age scale, but were well off of Greg Rutherford's Gold winning distance of 8.31 Metres.

Amazingly, American Bob Beamen's 1968 Mexico Gold Winning Olympic Jump of 8.33 Metres, or 27 Feet & 4 inches in old money! A feat that happened well before Supertrouper was born, but was probably witnessed on a Black & White TV by Tent Packer, **TBT OBE**, Where's Wally & Sludge?

Back to the present. Of course the long jump brought out the competitive side of the Hash, though **TBT OBE** seemed confused as he attempted a Triple Jump, or in his day a 'Hop, skip & jump'! At the end of the day it was a case of Youth winning out over experience [Age, surely? – Ed], with Supertrouper & Waragi putting in the best efforts.

With the long jump over it was time to head further toward the Olympic 'White Water Centre', here TBT OBE spotted the 'Disk Golf' a combination of Frisbee & Golf, was he tempted to partake at a future date? Or he could create his own in a Blue Peter style with a Frisbee & a couple of 'remodelled' abandoned shopping trollies!

Now, it was just beyond here that the jollities of the fun at the Held CHK were soon replaced by one a cold chill for some of the Pack, as Milf, Where's Wally? & TBT OBE all approached the River Lea Centre, where haunting memories came 'flooding back' [Pun intended! – Ed] of when they took part on some rafting at the 2012 London Olympic White Water Centre.

Yes, you too can be tossed off [Steady Pebbledash! – Ed] of a large raft on the fluming rapids on a 'Team building' exercise, [Team Building Exercise my arse, when all were thrown out & scattered around the course when it capsized, the only 'building exercise' was for their sphincter muscles! (Calm down Pebbledash!) – Ed]

Anyhow, the Trail was now at its furthest point & about to turn, with the Trail crossing the 'Show Ground' where the Hash could admire another of the Park's Sculptures, this time it was 'The Banded Demoiselle, which is a large metal Damsel Fly on a Water Lilly, if you go there at the right time of day & the sun is setting, then the light catches the lustre of its wings.

This area is famous for the spotting of Dragonflies, hence the sculpture, & the discovery as recently of the Hairy Dragonfly. Time to move on as the Trail would now take to the tow path of the 'Flood Relief Channel' [Well, we all get to that age! – Ed] opposite the former & very secretive ground of the Royal Gunpowder Mills experiment section. The flood relief channel is there to prevent flooding of Waltham Abbey by way of the Radical Gates Sluice.

The Hash now made their way up to the way the seriously built structures of the Snipe & then the Teal Hides, the Trail was becoming a real ornithological education of the many species that call the wetland their homes of migratory stop. More was to come as the Trail led up through gravelly track on Hooks Marsh & on toward Fishers Green, one feature not to do with wildlife was a large broken lump of granite that had a mosaic set in it, this is one surviving part of the Old 1831 London Bridge that was not shipped to the USA when it sold to the Americans in 1958.

Robert P McCulloch, oil tycoon of McCulloch Oil, paid \$2,460,000 for the Bridge, then an extra \$240,000 to ship the 10,000 tons in batches, plus several million Dollars to rebuild it at Lake Havasu City, Arizona. All of which strained his finances, but like most rich Americans he didn't pay tax on it, as CBP's legacy Customs Service declared the 137-year-old London Bridge to be an "antique" and therefore duty-free. In doing so, Customs followed legal precedent that historic pieces over 100 years old are antiques and not subject to tariffs-taxes or "duties" on imports and exports.

The Tail would now head on northward on the east of Seventy Acres to the Bittern Watch Point Centre up at Fishers Green, this is one of the big draws to the wetland of this parkland, as the extremely elusive Bitterns have been spotted among the reeds around the 70 acre lake. On average they have between four to six pairs hidden amongst the reeds each season.

A weaving trail up from the Lea Valley Wildlife Centre up to the Waltham Cross Substation, a buzz of High Tension power lines could be heard as the Trail turned eastward, here TBT OBE & Moss Key Toe were hesitant to wade through the flooded path just before the bridge over the River Lea Navigation, but eventually they braved wading in & avoiding the play off leash dogs. Even Supertrouper couldn't balance upon the few narrow planks of wood scattered on one side to act as stepping stones & gave up to just wade through like the rest of the Pack.



A place for TBT OBE to visit?

Up over the high footbridge & then down to a CHK, would it be straight back from here? Oh no, the Trail would be found down the tow path of the Navigation to the south where it would pass Cheshunt Lock. Another westward turn on to Cadmore Lane & it seemed to be a straight run back but again the Trail would deviate as at the southwestern corner of the North Met Lake the Trail would head up through the trees, but not before there was a change for Moss Key Toe & TBT OBE to straddle an Otter [Clam down Pebbledash it was a wooden carving! – Ed]

Having straddled a ~~Beaver~~ sorry an Otter the Keenies moved on up northward between the North Metropolitan Pit & the Small River Lea into the southern tip Nightingale wood, there it would turn in a hairpin over the Small River Lea & then back southward.

On the way there was a chance to stop at the Paly Boulders area, or for **TBT OBE** to catch his breath as Supertrouper clambered upon this fun structures. The last section of Trail would be back down over Cadmore Lane & down beside the Cheshunt Lake, which is home to the Sailing Club & the YHA.

The Pack returned to the Red Cow, where most seemed to enjoy a rather splendid Sunday Roast (Cow?) & it seemed that they had a right feast.

