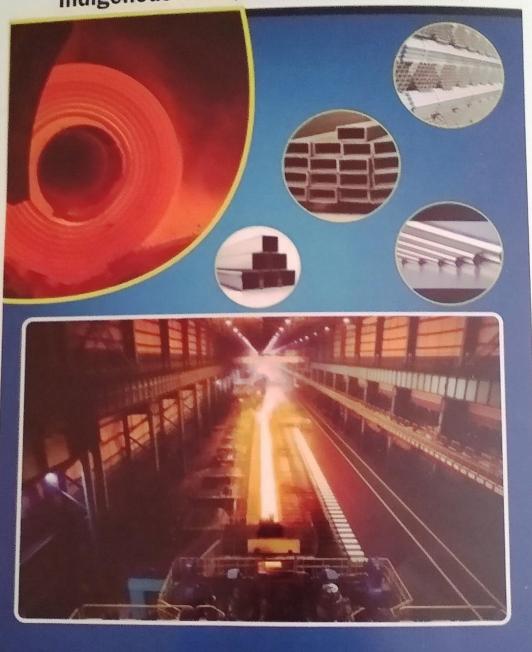




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Word from the Editor





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Where is the next regular KH3 Run -

Pan Africa Hash Kampala 2022

The Goody bag

Throughout PAH years, expecting a new goody bag has become a ritual. That is why we always head to the best store for the bag that best represents our "mind your business" brand for the upcoming Kampala PAH.

This time we bring you a sleek, practical bag. This cute, branded bag, oh-so-trendy and self-contained backpack will get you pumped for the run ahead.

This year's goody bag comes with stuff such as 3 T-Shirts is a no-brainer that will create memorabilia that you'll look back on.

The bag also comes with a water bottle cooler that has the great quality of keeping the water oh sorry I mean beer mellowed out for a long time. It's crafted in double-walled stainless steel with a matt finish. The bottle is meant to keep our environment clean as we all know Hashers never Litter.

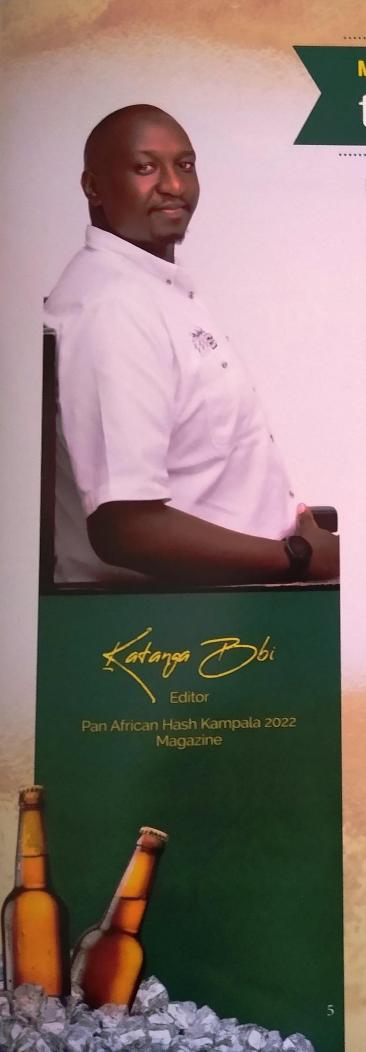
The goody bag also comes with a printed magazine showing a wider perspective on our mad culture as well as so much more of the juicy good stuff that savvy readers like you crave.

The bag also contains PAH branded shirt which is soft on touch and skin.

Have a great Pan Africa Hash

Maama Kadiidi Hachmattress KH3 2022





Message from the Editor

thought it was going to be an easy thing to put this magazine together, but it was not.

I wish to thank the one and only Conman for having given to me the algorithm for putting the PAH Magazine together.

Not one to cowardize, I woke up one day and heard the words,

"Katanga, you are going to do the magazine". Two weeks later, another phone call came through,

"Katanga, how far have you gone with the magazine?"

"Eh nga bantwala supeedi" I thought to myself - "These guys are driving me at terrific speed"

I hadn't done much but was not really worried since I had that magic bullet from Conman that would make the Magazine happen. In hindsight, I think I relaxed too much and did most of the work in the last month of PAH I OC.

I wish to thank the many contributors to this magazine who include Headmistress, Federo, Hazukashii, Short Cutter, Maama Kadiidi, Chair LOC – GM Machinery and that incredible team of LOC who had so much faith in trusting me with such a huge project.

But most of all I would like to thank the New Vision's Design Guru Catherine Kansiime. She has been absolutely fantastic and once again rose to the occasion in such spectacular fashion. Without her magic touch, this magazine would never have happened! She has put in so much work to get it to what it is now.

I hope you enjoy it.

I hope PAH Kampala 2022 leaves you with indelible memories.

Cheers and on on





Chairman LOG GW Machinery

wonderful opportunity to welcome hashers from all over the world to Uganda amidst what have been truly unprecedented times as we all adjust to our new normal in living with COVID 19.

This event should have taken place in July 2021, however, our diligent plans were thwarted by the pandemic.

We are sincerely grateful for the wankers who are coming to attend this Pan African HASH in 2022 in Kampala MWEBALE! In true hash spirit we rise again from the ashes to celebrate the gift of life and friendship

This year's PAH event will take place in and across two cites; Kampala and Jinja. Wankers will experience the thrill of participating in the true adventure that is the Mighty Kampala-Jinja relay! It has always been and will be an 89Kms fun filled journey of nothing but running ,drinking and partying.

Traversing villages, sugarcane plantations and tropical rain forested areas of the country to our destination, the source of the river Nile.

We encourage our visitors to take advantage of this event to explore our diverse Ugandan heritage. Each city will offer a distinct flavour of Ugandaness. Please enjoy every moment.

As a committee we've endeavoured to provide enough opportunities to bring you a thrilling and delightful experience from the Bus & Party cruises to the journey to the source. There will be a memory for everyone to revel in and take away with them.

I am indebted to the Local organizing Committee for the time, resources and commitment they have focused since 2019 when we started the all consuming journey of organising this event. This has been fraught with fatigue but I am glad we have offered and made the best possible in the circumstances.

We thank our sponsors without whom this event would not have been possible. We want to recognise the following:

Uganda Breweries Ltd our

main sponsor, Coca Cola, Civil Aviation Authority, Legends Events Ltd, Eco Petrol, Team Impala and Case Hospital. Also a vote of thanks to the individual hashers that have contributed to the event. To mention but a few who include, Hot pants, GM Pisser, Hashmaster Mupakasi, Deuces, Pussy Broker, GM Warm Beer, GM Bin Laden, GM Tumboicide, Yellow Piglet, Vuvu Dick, Wet Fuck, Kazi Loo, Sir DLS, Driller and Tuzo teats.

As a Local organising committee (LOC), We still encourage you to take care of yourself during your stay with us in Kampala. We do still have some cases of COVID being reported.

I wish you all the best of luck and enjoyment with every moment in Uganda, The pearl of Africa.

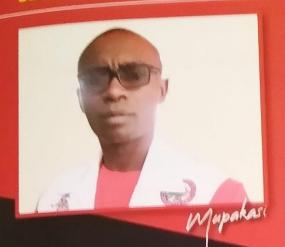
On on

Chairman PAH LOC 2022

GM Machinery



Hashmaster's Welcome Remarks



Allow me welcome you all to the Pearl of Africa Uganda. As you will come to know, we are known for our hospitality and propensity for the brew in equal measure.

The Pan African Hash has been a labour of love. A three year project that has tested our commitment to extending our hospitality to you and many of our sister kennels that have so graciously hosted us years before.

It has also tested our propensity for continuity and seeing through the will of those who came before us and today we take a down down in thanks to the GMs who made this endeavour possible through their tenure, GMs Machinery, Bin Laden, Tumbocide & Warm Beer. The same thanks are extended to your respective MMCs.

The Covid-19 pandemic definitely threw a few spanners into the works but we've never withered from an opportunity to share a beer and make merry.

What was meant to be PAH2020 is now miss managed in 2022. It is a befitting celebration of our cultural diversity starting from our capital

Kampala and through the humid & vibrant Mabira forest to the source of our continent's life giving Nile river.

Brace yourselves for four fun filled days of Uganda's spirit.

I encourage you to interact within the many teams we have, ready to be your surrogate Kennels. Make sure you leave with a Ugandan name or at the very worst a wanker's number. Absence always makes the heart fonder.

I wish you a wonderful time here.

On On
How Mupakas





Can definitively say the PAH Local Organising committee is the most lathergic and scatter brained lot I've had the honour to be miss managed with and this is equalled by their will to pull off the PAH in Uganda.

I can only liken our LOC to a two legged relay, often eager but firing out of sync in different chambers when handed the batton. Gingerly and very awkwardly prancing on to the next runner pack that just as blindly, and eagerly, flys into a clueless but keen fray fraught with obstacles! But what would the hash be without miss management right?

Over the three year period, we've gotten over what was probably an ambitious nomination also probably fueled by a good number of cold beers and sexy glances into hosting our other bunch of roudy and similarly awkward cousins. Suffice it to say our LOC had awkwardly been the wrong people for the right job.

In true relay nature, we have greatly and proudly honned our miss Management skills and handed over this clearly unaware but eager baby to come to term! With vast drunken experience from the Kampala-Jinja relay, the always overly subscribed Kampala 7hills and highly charged, jungle fevered Sese (Sexy) Island we felt boldy up to the task.

Our first fumbling lot were under his drunken highness GM Machinery: stumbling in with a "honey I won the bid to host PAH!" His MMC quickly swung into action rather puzzled but with an optimistic bunch of kids! (could be GM Binladens MMC that actually swung into action) let's confirm.

Roll forward we geared for a celebration, groom and best men stood at the alter ready to receive our drunken maidens to boot. Only to be informed that one of our cousins GM Miro lost the car keys enroute to the venue (God rest him)! Scrambling on, miss management hired a few donkeys neighing by to get the merry lot to the venue. On arrival with tails wagging we were stunned that a monsieur COVID pronounced himself and very bodly so! Wedding indefinitely post ponned we whined sadly and away we marched with our blue balls.

We then despondently handed the poisoned chalice on to GM Binladen, a soberish GM slow to stir but with lots of bottle to see through any fight, if tickled right! Eagerly but slightly hung over we light footedly skipping over imaginary holes and edged closer. Wouldn't you believe it, we made it back to the alter only to be assured our rings (covid extended) were missing we were not to consummate the union just yet!

Pants down and still as eager (okuchiggusa) we cojoled GM warm beer to take a sip too. That's when I believed what beer can do! There was never a better trooper! With a solid can do attitude and a nutty team intow he carried the chalice of steaming kasese. He readied the lot to look proper (n'atukuba ebiraka) and confidently handed us over to HM Mupakasi with a caution not to stop for beers.

Suffice it to say we stopped for beers and then some! Here we are a drunken LOC from three terms! Eager to meet our drunken maidens for a hopefully massively gyrating wedding. We've literally stepped on our crate of beers to prove we are ready and now the whole family is itching for a party just ask Dio!

We can only hope that you all get to see and feel our excitement physically!

Let's make more memories this PAH2022

On On

Condom Designer



PAH KAMPALA 2022-LOCAL ORGANIZING COMMITTEE



THE RESERVE OF THE PARTY.



of Marie St. St. St. September



marks were the Prince





Market Control for Business



and reductioning Constant Designa



Marie Marie Salah



MARIE Contribute Spendship



NAMES COMPANY TO A PROPERTY OF THE PERSONS ASSESSMENT



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Committee



PRODUCTION DESIGNATION

SFOP SAIC - 111 -







Wrap around Red Dress













By Taata Fina

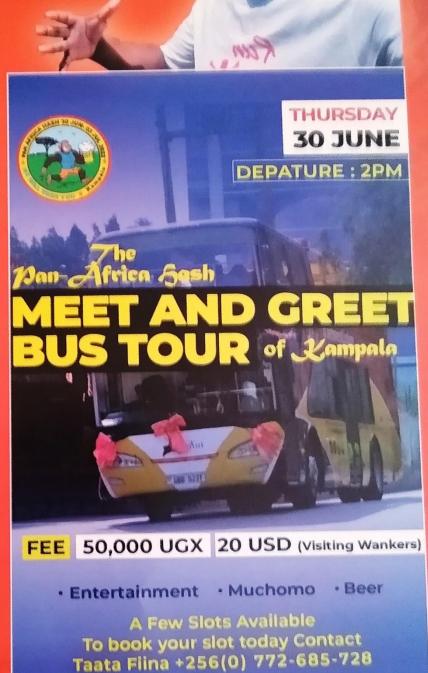
Have you ever toured Kampala city on a double-decker coach bus? If you have never had that experience, this is your chance to join other wankers who will enjoy themselves on 30th June, 2022. We would like to assure you that this is going to be an event to remember! Imagine two buses moving together at 10km/hr with music blazing. Imagine spending quality time with wankers from across the world on a gigantic bus.

We shall visit some key historical sites around Kampala with tour guides talking about each of the sites visited. We shall offer some beer and snacks. There will be a cash bar and cocktails on sale. We shall spend about 7 hours on the party bus.

Along the way, you be allowed to move from one bus to the other to meet other colleagues. There will be pee-stops and the buses will be tightly guarded by Uganda Police Force.

For visiting wankers, this will be an opportunity for you learn more about Kampala in a fun-filled way.

After touring Kampala, there



will be a dance party on the bus after which we shall join other wankers at Central Park. The dance party will go on till dawn. You don't wan miss this opportunity!



Tour Kampala on an executive party bus.

Ugx. 50,000/= per Wanker

Departure: 6:PM till late

Pick up point: Total Wampeewo opposite Hotel Africana

(Meet & Greet Experience on the Wheels).

Note: All drinks sold on board.

For reservations contact : (Screw Spanner)

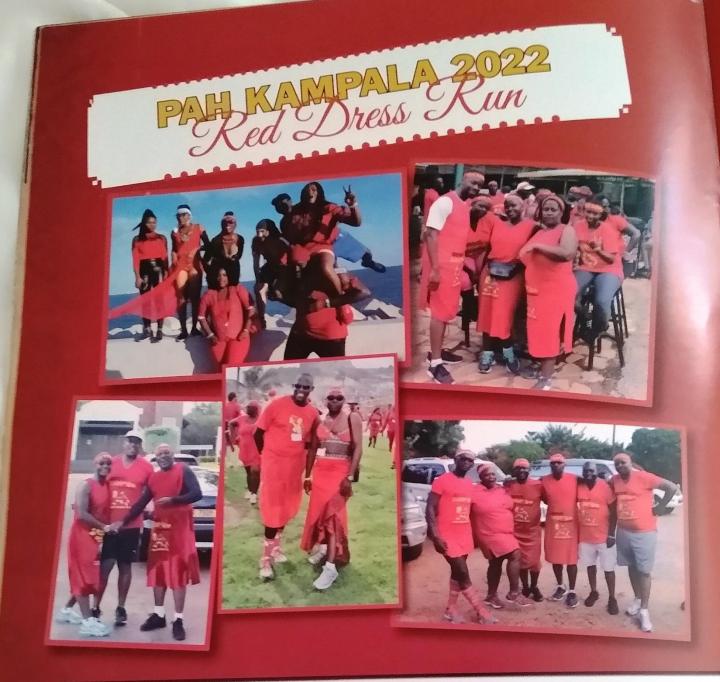
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Day 1 Thursday, 30th June

Dress Code: WABA - Wear African Buy African





The PAH Kampala Red Dress Run

Assemble at Tavern Woods Rubaga to Kick off PAH in Grand style by 2:00 pm on Friday 1st July 2022

After the usual formalities. we shall get rolling from around 2:30 pm to 3:00 pm on what promises to be a well-lubricated trail set by the remarkable duo of Dirty Dick and Queenie.

The fee for participation in the red Dress run is 10\$ (USD) or 30,000/- Uganda shillings depending on whether you are a visiting hasher or a local hasher. Remember that only those who have paid the rego are entitled to participate in all PAH activities.

The trail itself will have very little to do with running as it promises to be a pub crawl around the pubs in the area to give you an idea of our lubrication solutions while in Kampala.



The dress code is a Red dress which participants are encouraged to come with or make separate advance arrangements with KH3 haberdasher – Soggy hole or one of the other accredited supplies of the red dresses such as Taata Fiina.

After the run, circle time starts at around 6:30 pm or even 7:00 pm and run by your favorite Ras.

The Red Dress Dinner and the party will be at Tavern Woods where we shall be entertained by a live band and renowned International disk jockey DJ Fresh.

Dance till you drop till about 11:00 pm when it will be advisable to retire early enough to be fully refreshed for the Kampala Jinja Relay.

Katanga Pbi

The Charitable Cause of the PAH Red Dress Run

If proceeds from the Red Dress Run will go to a charitable cause of construction / Completion of a 3 classroom block for an educational institute found in Mukona District called Kibinbin COU Primary School This school is located close to the trail of the Kampala - Jinja Relay and all of us participating in the relay will be able to see this school as one of the checkpoints of the relay is at this venue The history of this charitable run happens as a coincidence Kampala Hash House has been running the Kampala Jinja Relay since 2006 and it so happened that in 2018, the team that was doing the route recce stopped by this school and noticed the very difficult learning conditions that the school children were enduring This team comprised of GM Al's Bar, GM Warm Beer and Driller. So, they decided to do something about it Traditionally, every Kampala Jinja Relay, Team Impala one of the KH3 teams have been mobilizing scholastic materials to give out along the route. So, as members of Team Impala these presented the case of supporting this school to the rest of the Team Impala members and they decided to adopt this school as one of the charitable causes that they will support during the relay

The first mobilization effort led to a donation of 100 desks for the school that cost around 7M which was raised by Team Impala and some members of other KH3

In 2019, they went further to start work on the construction of a 1 classroom block that would ease the hardship that the kids were enduring as previously, some kids were studying in a semi permanent structure that could not shelter them from the rain and other elements of the weather

A large number of hashers from other teams who witnessed the handing over of these desks were so touched by this gesture that they pledged to continue to support the school especially in continuing the construction of the permanent structure. The total budget for the 3 classroom block is 70M of which 16M has so far been raised to raise the shell of the block up to the roofing stage. This is where we are now

The school is founded by the Church of Uganda and myself (Driller) together with Lip Service went and met the Bishop Ssebagala

The proceeds from the Red Dress Run of PAH Kampala 2022 will go into continuing work on this classroom block.

We thank you all who are participating in the Red Dress Run because your rego will lay an extra one hundred and fifty bricks or buy an iron sheet to provide the much need shelter from the elements for the students of this



school. Many thanks for your generosity and kindness.

In a special way, the key Charity organizer Driller would like to thank Team Impala, members of Fast and Furious, other members of different KH3 teams and all those who have been contributing in the individual to this cause. After the PAH is done and dusted, the intention is to transfer the management of the charity aspect of this charitable from PAH and Team Impala to Kampala Hash House Harriers.

On On

Driller









All White Party - Day 3 Saturday, 2nd July

Evening All White PartyDress Code: **All White**





























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ENDS 31ST MARCH

350,000 UGX LOCALS

ENDS 31ST MARCH



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+256 752 591 751

After early bird offer prices will return to 150 \$ international Hashers 400,000 UGX Local Hashers



WHAT'S THE LITE WAY?

DO NOT FORWARD TO PERSONS UNDER 18.

ENJOY RESPONSIBLY 18-



* Pries on the Kampala Tinja*

The Kampala-Jinja Relay is an annual event organized by the Kampala Hash House Harriers that every first weekend of July and it's the only time when hashers in Uganda, East Africa and beyond get to compete in teams. This year's Jinja Relay will takes places during Pan Africa Hash.

The main objective is however to foster teamwork, organization and coordination and above everything

else, maximize enjoyment through outdoor activities and group fun.

The Kampala-Jinja Relay covers a total of 89.5 kilometers and is divided into 17 stages. Each participating team is required to have nine (9) seeded runners who are allocated a number of the stages in the manner shown on the running order form. These seeds are assigned based on the participant's preference, ability and

endurance with seed 1 being the toughest and having to run three (3) stages. Non seeded participants can walk/run in seed 9 which is usually an open stage.

The run starts from the Kiira Sub County play ground in Wakiso district and ends in Jinja. This time round the relay will end at Kingfisher Safari Resort in Jinja which is the main hoteel venue for PAH 2022

RULES

These rules have been introduced by the organizers so that the event is run in the true Hash House Harriers spirit. All team captains are advised to ensure compliance.

- Each team will have a maximum of 9 point scoring people – one runner per stage.
- 2. Minimum of two hashers of the opposite sex per team.
- Seeding is from 1 to 9 with the intention that the former is the best runner in the team.
- Scoring runners Seeds 1 to 5 MUST have at least 20 runs and seeds 6 to 9 at least 10 runs by the day of the event.
- Each runner must be seeded prior to the relay day – latest 28th June 2022.
- Only those who have signed up for PAH will be allowed to participate in the event.
- Team Captains to provide seeding list to the Clerk H not later than 29th June 2022.
- Change of runners or seeding to be done only with approval of the relay committee
- Runners must display the bibs (with team names and numbers) prominently at the front of their t-shirts or else they will be disqualified.
- 10. Section 8 is set for the slow runners and section 9 is STRICTLY for walkers.

Seeding:

Relay seeding for all 17 stages and distance in km in brackets. Total is 89.5 km

Seed 1-3 stages (7.4 + 6.6 + 8.5 = 22.5)

Seed 2 – 2 stages (5.7 + 6.3 = 12)

Seed 3 - 2 stages (4.9 + 6.0 = 10.9)

Seed 4 – 2 stages (5.8 + 4.1 = 9.9)

Seed 5 – 2 stages (5.9 + 4.0 = 9.9)

Seed 6 – 2 stages (6.2 + 3.1 = 9.3)

Seed 7- 2 stages (5.4 + 3.1 = 8.5)

Seed 8 – 1 stage (3.5)

Seed 9 – 1 stage (3.5)



Assembly – 6.00am to 6:100am, circle at 6.15am, vehicles leave at 6.20am, runners start 6:30 am PROMPTLY. *Miss the start – you will still get timed according the Official starting time.



Finish at the Kingfis Safari Hotel Jinja

Start

Kira Gombolola - Kito rd - Jinja Misinde - Bukerere - Kiyunga - Cross Kayunga road at Kiyunga and head to Mayangayanga - Nagojje - Busenya - Geregere Lugazi - Cross Jinja Main rd under Bridge near Bulyantete - Head to Kitola Sugar Estate - Najjembe - Mabira forest - Cross Lugalambo rd and head to Kidusu - Turn onto Buikwe rd - Nyenga - Njeru - Cross River Nile at Railway Bridge -



PAN AFRICA HASH 2022

30th June - 3rd July 2022 KAMPALA - UGANDA Let's Go Bananas in the Matooke Republic!



DAY 1: THURSDAY, 30TH JUNE - Hello Kampala!

10:00am-6:00pm Registration + Goody bag pick-up at Central Perk 882 Bukoto.

2:00 pm Optional: Tour of Kampala aboard a music-powered, London double decker style bus.

Pay Ugx. 50,000/= per head. Departure is at Central Perk 882 Bukoto (Party, Beer over-flow)

7:00pm-11:00pm Meet and Greet (or do more than that) - Central Perk 882, Bukoto

Dress Code: WABA - Wear African Buy African Smartness is Key Wear Kitengi / Kente!

Forecast - Sump and Grind in Kampala Finally!! Party after Party! After Party After Party!

DAY 2: FRIDAY, IST JULY- HELLO LEGS

PAH Opening Ceremony - It's gonna be Bloody! Venue - Naguru Hill Top,

10:00am-5pm: Registration Continues

2:00 pm-6:00pm Red Dress Run!! Wax/shave those legs. We want to see some flesh!

"Wankers! Bring your Red Dress Or Buy one at the Venue

Pay USD. 10/UGX 30,000 for the run. All Red dress Registrations fees will go to a charity.

Toward the completion of a three classroom block at Kibiribiri Church of Uganda PS. Mukono.

800 pm- 11:00pm Dinner & Entertainment: A sumptuous dinner & entertainment from Afrigo Band.

Uganda's oldest and grooviest band. Show me your moves and I'll show you mine!

Forecast -Ugandan hips don't lie especially when powered by beer!

DAY 3: SATURDAY, 2ND JULY - This is why we do the PAH!

6:00 am: Jinja Relay: Start at Kira Junction in Kira Municipality Wakiso District ending at King Fisher Resort (Jinja). Get your Game face on and join the 89Km relay! Drink, run or do both Twice the fun!!

1:00pm: Lunch break & Relaxation- at Najjembe Mabira Division HQ Lugazi Municipality and home of "Muchomo" the forest point. Once stuffed it's on to King Fisher after all the forest shenanigans.

S:00pm: End of Jinja Relay. Crawl at worst cheer to the finish line!

6:30-7:30pm: Hash Circle

9:00pm: Dinner is served! And then we usher in the all white party.

10:00pm till Morning: As refreshingly pure and cold, as a hasher's beer!

CAUTION: You can't drink all day and not be assured of a happy ending. On! On! Stagger to room 101!

DRESS CODE: ALL WHITE TO ALL THE WAY. If it ain't white it aint right!

pahkampala2022.com



PAN AFRICA HASH 2022

30th June - 3rd July 2022 KAMPALA - UGANDA Let's Go Bananas in the Matooke Republic!



DAY 4: SUNDAY, 3RD JULY - Did any one say Nile!

11:00am Take a morning stroll to the source of the Nile 4-5kms. See how Uganda has "watered" African Civilisations, then for pay boat a ride back to Kingfisher if you can't leg it back!

2:00 pm: Skits- " My Hash Kennel is better than yours!" - Don't just say it, show it! Better yet flaunt your traditional dance.

3:00 pm: Late Lunch at Kingfisher Resort. Prepared with Ugandan tenderness and harvested with our manly eagerness.

4:00pm: Meeting of the Grand Masters.

5:00pm: Launching of the Caribbean Evening. Who doesn't love Caribbean? Dress like one so we can brightly, flamboyantly and lovingly say good bye.

8:00pm: Official teary PAH Closure- Late Closing Remarks and our final down downs!

Fore cast! Your last chance to get lucky! Tight hugs and kisses over a beer... may be three...

Sorry but over and on out!

DAYS MONDAY, 4TH JULY - PISS OFF!

Yup! Back to bad life!

If you are looking to be adopted, Monday is a hashing day in Uganda. Run with us and buy yourself a beer! You are now officially a Ugandan if you haven't gone home yet...
You might as well stay for ever!





25Good Reasons

88							
	1	You can have a beer in public					
	2	Beer stains wash out.					
I	3	You don't have to Wine and Dine beer.					
	4	Your beer will always wait patiently for you in the car while you play football.					
	5	When your beer goes flat, you can toss it out.					
	6	Beer is never late.					
	7	A beer never gets jealous when you grab another beer.					
	8	Hangovers go away.					
	9	Beer labels come off without a fight.					
	10	When you go to a bar, you can always pick up a beer.					
	11	Beer never has a headache.					
	12	After you've had a beer, the bottle is still worth 5 cents.					
	13	A beer won't get upset if you come home and have another beer.					
	14	If you pour a beer right, you'll always get good head.					
	15	A beer always goes down easy.					
	16	You can have more than one beer in a night and not feel guilty.					
1	7	You can share a beer with your friends.					
1	8	You always know when you're the first one to pop a beer.					
19		Beer is always wet.					
20		Beer doesn't demand equality.					
21		You can enjoy a beer all month long.					
22		A beer doesn't mind when you come.					
23		A frigid beer is a good beer.					
24		You don't have to wash a beer before it tastes good.					
25		If you change beers, you don't have to pay alimony.					

Compliled from all over this hashy world by Federo

- A beer NEVER leaves the toilet seat up.
- A beer lasts longer than seven seconds.
- A beer won't expect you to cook dinner when you're not hungry.
- A beer will never expect you to sit in the wet spot IT makes.
- A beer doesn't care if you go shopping.
- A beer doesn't mind when your mother visits. A beer does as many chores as a
- man, with a LOT less complaining. Having a beer can't make you
- pregnant. A beer won't tease you because
- you once liked Barry Manilow. You don't have to laugh at a
- beer's jokes. A beer won't mind at all if you're
- not in the mood for beer. If a beer had a sports car, it
- wouldn't love it more than you. A beer doesn't want to go out alone with the other beers.
- 14. A beer doesn't sulk.
- A beer wouldn't waste its money on Playbeer magazine.
- 16. A beer won't switch the TV channel.
- 17. A beer doesn't have to sleep with the windows open.
- 18. A beer doesn't snore.
- 19. A beer can't interrupt.
- 20. A beer doesn't care that you can't find your car's carburetor.
- 21. A beer doesn't think black leather bikinis are neat.
- 22. A beer doesn't belch. Or fart.
- 23. A beer doesn't mind having pantyhose dry in the bathroom.
- 24. A beer doesn't care that you don't balance your checkbook.
- 25. A good beer is easy to find.
- 26. A beer can't pout.
- 27. A beer doesn't have a mother.
- 28. A beer doesn't have friends who will drink your beer.
- 29. A beer wouldn't yell if you dented the car.

- 30. A beer won't get jealous if you enjoy another beer.
- A beer won't care if you gain five pounds.
- A beer will be there for anytime of the month.
- A beer doesn't want children.
- A beer doesn't think poetry is queer.
- A beer isn't ready until you're ready.
- If the beer is finished before you are, you can have another beer.
- Hangovers go away.
- 38. A beer tastes good.
- Having a beer doesn't make you want to take a shower.
- A beer will never invite friends home for dinner without calling.
- A beer's life does not revolve around the football.
- 42. A beer would never make fun of your new outfit.
- A beer never needs a shave.
- 44. You don't have to let a beer win.
 - A beer doesn't care what toppings you get on the pizza.
- 46. Just because you have dinner with a beer doesn't mean you have to sleep with a beer too.
- 47. A beer doesn't have morning breath.
- 48. A beer is happy to go where ever you want to go.
- A beer will never drink the last beer.
- 50. A beer will never take the newspaper apart before you've
- When a beer is finished, it doesn't roll over and go to sleep.
- A beer wouldn't mind if you wanted it to wear a condom.
- 53. A beer is never temperamental.
- A beer will never complain about your cooking.
- 55. A cold beer is a good beer.
- 56. A beer will never worry about losing its hair.
- 57. A big, fat beer is nice to have.
- 58. A beer won't steal the covers.

Day 4 Sunday, 3rd July

Closing Ceremony
Dress Code: Caribbean

















The Hair of the Dog Run on Sunday morning is expected to be a gentle walk or crawl from Kingfisher Hotel to the Source of the Nile and back to Kingfisher either the same way or by boat just in time for Brunch or the circle, followed by the presentation of skits from various Hash Kennels which will lead us to the Official Closing Ceremony.

Just in case you are wondering,
"Hair of the Dog" is a quirky English
expression to mean that the best
cure to a night of boozing is "One
Last Drink". Originally the expression
referred to treating a rabid dog bite
by placing hair from the dog on the
wound.

Disclaimer: Medical professionals do not prescribe taking of alcoholic drinks to treat symptoms of a hangover, but they advise that you drink lots of water and get some rest. I guess at the hash it is done differently. On on

Our Sponsors



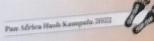












Greetings from the your Hosts - Kampala Hashers





approximately three years of storage in an underground

bunker.

The Long Hard Road to a BEEN.

The making of Pan Africa Hash 2022

It has been a long road to PAH 2022 and I remember GM Machinery who is the Chairman of the Local Organizing Committee having this to say about how this journey.

Like most hash stories go, the story of PAH Kampala begins in a bar in Freetown, Sierra Leone in 2019 as GM Machinery and the late GM Miro plus a few others sat around a table the night before the opening of bids for the next PAH. After a few beers and some shots of Whiskey, Miro suggested to Machinery

"Why don't you bid for the next PAH?" It was a question
that he had not even
thought about and
he says it took him
by surprise. As they
continued to discuss
this further, fuelled by
Freetown's famous Star
beer, the idea begun to
seem more and more
plausible as the night
went on. Eventually,
as they retired for the
night, Machinery told
Miro that

By the way, I am considering this thing and if you remember what we discussed here tomorrow morning then, I am going to make a bid for PAH Kampala 2021!"

And guess what, the next morning Miro remembered everything to such an amazing

degree of clarity that Machinery himself was shocked. So, he decided to go for it and prepare a bid. If you saw GM Machinery running around the streets of Freetown looking for a stationery shop or a graphic designer on the morning of the bid opening that was him trying to put in a last minute bid for Kampala 2021.

The event was supposed to take place in 2021 because it is the culture of PAH to have this continental event taking place after every two years. And we were all set for this to happen, except we had to deal with the Covid -19 Pandemic that broke out in early 2020 that disrupted operations all over the world eventually resulting into the postponement of the event to 2022. Actually we were almost ready to host PAH in June - July 2021 but a second wave of the Pandemic struck Uganda and as a measure to contain this wave, a second Lock down period was imposed which meant that all outdoor group functions were severely limited if not prohibited.

Remember to buy these wankers a beer as they were Hashmasters who helped coordinate the organization of the PAH Kampala during the journey between Freetown 2019 and Kampala 2022

GM Bin Laden 2019, GM Tumbocide 2020, GM Warm Beer 2021 and Mupakasi - KH3 Hashmaster 2022

On a sad note; we a number of hashers including our dear GM Miro during that period between Freetown and Kampala. He was a true blue hasher and dear friend to many of us here and we have taken the unprecedented of including a tribute page in this magazine dedicated to his memory especially seeing that he is one of the reasons why the event came to Kampala.

From Freetown, to Kampala and then to Jinja and to the next PAH, the party goes on!

On On

Katanga Pbi Kampala Hash







Pan Africa Hash 2023 bid

Dates 28th 29th & 30th April 2023

a8th April

Registration, Red Dress Run & Welcome Party

20th April

Run/Walk/Circle Dinner & Party

aoth April

Hangover Run/Walk/ Circle/Party Announcement Of Next Venue To Host PAH 2025

Early Bird Until 31st December US \$ 150 Per Person RDR \$ 20 Per Person

1st January until 31st March US \$ 200

Hash Hotel

- Sunbird Capital Lilongwe
- Sightseeing & Exploring The Warm Heart Of Africa
- Barefoot Safaris Lodge will organize

All Beers around Malawi are LESS Than A Dollar

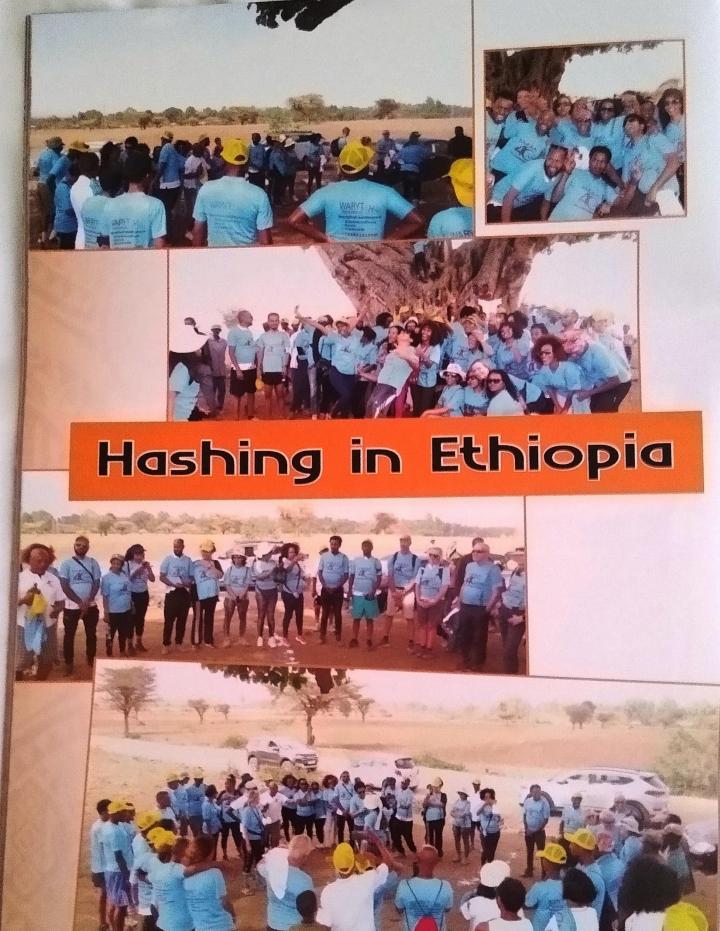
On On to the Warm Heart Of Africa

Run, Connect, Beer, and Connect Some more For all Hashers of this earth And Friends of the Hash

Register Now

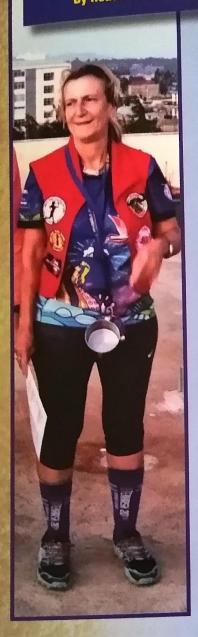
Social Links





Hashing in Ethiopia

By Head Mistress aka Julia Stanton



Addis Ababa Hash House Harriers

is famous for its trails in the mountains and foothills surrounding Addis Ababa. Being the highest hash in Africa hashing between 2500 up to 3000 metres above sea level, we never stay flat for long on an A2H3 trail as paths go up and down usually through forests with spectacular viewpoints. Surprisingly, we have more walkers than runners. Runners usually cover around 10km and walkers around 5km.

We were founded on 2 December 1981 by Bill Petts and now have done nearly 2100 runs and we are now in our 40th year of hashing and a big celebration was planned for early December 2021 to mark the occasion. Unfortunately, since November it's been postponed twice and a big celebratory weekend will be held on 28 and 29 May 2022 with a good line-up of sponsors including our long-term beer sponsor St George, the backbone of every Addis Hash run.

Meeting every Saturday at 2pm at the Hilton Hotel's parking lot to drive out of town to the mountains, transportation is provided for those without a car and this is mainly what our registration fee of 60 ETB for regulars and 100 ETB for newcomers goes towards. We like to use shreddle to set the running trails. We have cold St George beer and water for sale and we hold a short circle to welcome virgins, visitors, returnees and charge the sinners. An 'On On' is normally organised at a local bar.

The pack averages around 40 hashers these days consisting mainly of Ethiopians with around 5% expats. Many of our hashers have been hashing for years and years. We often have day trips and weekend trips where great fun is to be had by all.

There's also a smaller and younger chapter called Abyssinia Howling Hyena Hash which meets on a Monday evening. Some meet around 6pm to walk for an hour while other members show up later for a drink and maybe some food. There's also a tradition that anyone who has travelled out the country has to bring back a bottle of whisky on return and this is enjoyed by those present. The group recently organised a weekend camping trip. It's best to check out the Facebook group to find out about the latest meeting spot.

For more information, check out our Facebook pages. Do look us up when you are in town or even passing through Addis on the way to somewhere else on Ethiopian Airlines!

Addis Ababa Hash House Harriers https://www.facebook.com/groups/268249956553769

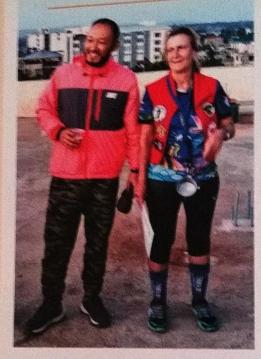
Abyssinia Howling Hyena Hash House Harriers https://www.facebook.com/groups/666818416861065

The History of Pan Africa

Addis Ababa is my current hash kennel and the founder of the regional African hash event now known as Fem Affice. This is not surprising as Ethiopia is the only African country that has mever been colonised and is home to the African Union. A2H3 is mow in its 40" year of hashing and many of the locals have been hashing for years. I asked Short Cutting Bastard, one of the old farts if he could shed some light on its origins and one day he showed up at the regular Monday Howling Hwema Hash hangout 'Ride On' with a bag full of photos, emails, programmes and a DVD from Pan Africa 2007. In his most treasured possession, was the original programme from the first 'East African Interhash' as it was then called. Rather old with child scribbles on it, the two-page document outlines the programme and costs with the option to pay to join single activities to encourage the local hashers to join.

The East Africa Interhash was conceived by Marty 'Garfied' Hanratty and Mike 'Sister Michael' Fotheringham over a beer at one of the hash pubs in Addis Ababa. Evidently Garfield, GM of Addis Ababa Hash asked 'Why the hell doesn't Africa have a Pan Africa Hash'. Sister Michael replied 'Why the hell not' and the idea was put forward to the rest of the hashers who all thought it sounded a good idea.

Slightly adapted and updated from an original article written for Harrier magazine in April 2017 by Head Mistress from Addis H3, Ethiopia



1996 Addis Ababa, Ethiopia

The first hash was held in Addis Ababa on 2 May 1996 with 136 hashers from Addis Ababa and 6 other East African and Middle East hashes. The weekend started with a trip out to a local brewery with a 2-hour trip back as the hashers from Nairobi and Dar Es Salam kept demanding piss stops. Next day, the first run was in the beautiful and scenic Entoto mountains at 3000 metres, the tallest in Addis. The second was around a crater lake with tej, the traditional Ethiopian honey-based alcoholic beverage being introduced at the circle and before it was finished Nairobi Hash House Harriers had already put their hand up to host the second East Africa Interhash.

1997 Machakos, Kenya - hosted by the Nairobi Hash House Harriers and led by

Harriers and led by GM David Beer Slut, Muchane, in the land of Kenya's proverbial sex stars, Machakos. This time 220 hashers came from 8 countries to enjoy the Tusker beer.

1998 Dar es Salaam,

Tanzania - the third Pan Africa Hash was held in sweaty and humid Dar es Salaam, Tanzania with trails evidently lasting 2 hours with plenty of Safari Lager, the local beer which is considered by the Kenyans to be inferior to their Tusker beer and what was even worse it had been sitting in the sun for hours. According to Gun Slinger from Nairobi H3, one of the hashers was a pilot so some of the hashers chartered a plane to Dar. The aisles were evidently full of beer which of course was Tusker and plenty of hash songs were sung on the way. This was hosted by Jim The Nob' Wahilenski and Paul 'Mr Bean' Philips.



1999, Victoria Falls, Zimbabwe

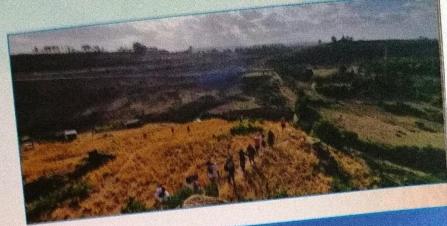
After this Pan Africa became a biennial affair. By this time one of the original founders. Carfield had moved South and became GM of Harare hash in in Zimbabwe. He decided to inflict the event on hashers in the south and helped by Shawn 'Tinkerbell' Burges and Shelia Flier Jacobs, they chose the mighty Victoria Falls as a location. The event had now grown to 470 hashers from 18 countries who were the first quests at Kingdom Hotel. The late Robert 'Bwana' Walker recalls setting a pre-ramble to the Vic Falls from Harare and Mbinga before hashers took a ferry the whole length of Lake Kariba. He also ran the circles in the bush where elephants and buffalo were encountered on the hash trails. Due to plenty of Marula fruit, the elephants were just as drunk as the hashers. One hasher was evidently even collecting their dung as it was good for her garden.

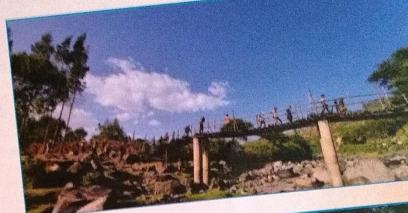
2001, Durban, South Africa

Evidently Durban hash were coerced into hosting the next one and 300 hashers showed up. The biggest event was a train Hash organised by Bwana from Durban to Cape Town and a post ramble to the Natal game reserves and north to hash with Maputo H3.

2003, Mombasa, Kenya

Pan Africa moved back to Kenya and this time to the coast of Mombasa. Numbers were a little down due to recent terrorist activity in Kenya but nothing happened to the hashers who attended. This time Bwana organised a pre-ramble from Nairobi through to Tanzania for 80 international hashers. Highlights were hashing in the Rift Valley and Lake Manyara and Maputo Hash performing the "Hat Dance" on stage in Arusha and Mombasa which is still hailed as the best hash act Africa has ever seen.

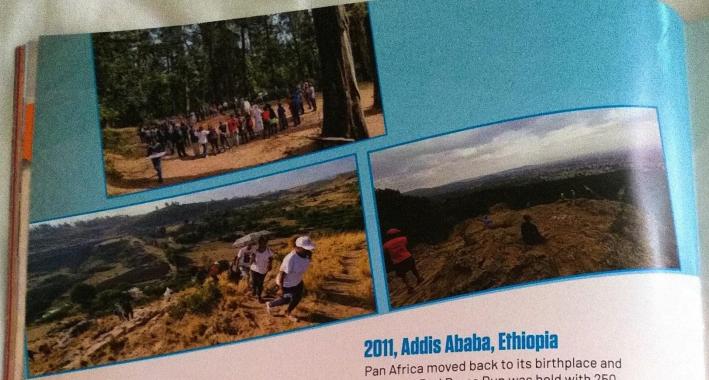






2005, Cape Town, South Africa

The hash moved back to South Africa. The highlight of this was the 9-day Africa X-press from Joburg to Cape Town led by Bwana. A 13-carriage train sleeping 150 hashers was hired for 8 days. The train had two bars and two diners and starting with a hash in Soweto, hashers hardly slept as they partied on the train from Maputo to Swaziland, Durban, Fiksburg (Maseru H3) and onto Gareip Dam and Knysna before a triumphant arrival of nearly 50% of the participants in Cape Town. The legendary Nairobi hasher Father Hen evidently ended up running 9 hours of a ball breaker run since he got lost and went up a mountain forgetting his hotel was at Pan Africa Hash Kampala 2022 sea level.



2007, Maputo, Mozambique

After the success of his train hash, Bwana moved the hash to Mozambique. There was a fantastic support from international hashers with 60 countries joining including 3 of the 4 hashers in the world who had been to every Interhash and 49 Malaysians who had never been to Africa before. Care arranged a pre-lube hash for them to the offshore islands on a catamaran and made himself world famous in Malaysian hash circles. The biggest story from this event was the explosion of left-over bombs from the civil war as hashers were returning to the city which meant they were stuck for hours as the ferries were not working. This did not worry the hashers as there was plenty of beer and bars and they continued to party. The weekend went brilliantly and ended with a post-ramble to the deserted and wild Maputo elephant reserve. Short Cutting Bastard's most vivid memories were due to the hotel mistaking his name to be female he found himself sharing with a female and swimming naked with the other hashers in the hotel pool.

2009, Kampala, Uganda

KH3 moved the event back east in 2009 and hosted the first Red Dress Run during a Pan Africa event. This was flagged off by the Mayor wearing a huge red wig. The main run started from the source of the White Nile and the Addis hashers ended up being the front running bastards.

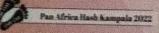
Pan Africa moved back to its birthplace and a second Red Dress Run was held with 250 hashers. This would have been revolutionary for the Addis hashers since they don't normally partake of Red Dress runs in the true hash sense.

2013 Cape Coast, Ghana

The first Pan Africa Hash to be held in West Africa attracting 300 hashers hosted by the late Eric 'Digit' McGaw, chariman and GM 'Highland Fling'. Short Cutting Bastard remembers setting a very wet and swampy trail with water up to the chest. Other highlights were the music, food, Digit's son's restaurant by the beach and the university accommodation catering to all budgets with the most expensive rooms being those belonging to professors. SCB started to fly onto New York but a bird got caught up in the plane and they had to turn back which meant extending time in Accra and enjoying 5-star hotel accommodation for free.

2015 Malindi, Kenya

Pan Africa 2015 was originally won by
Freetown Hash House Harriers, Sierre
Leone and was well promoted with lots of
registrations. Unfortunately, due to the Ebola
Crisis it had to be cancelled with the Nairobi Hash
House Harriers stepping in to take it back to the
Kenyan coast and this time, Malindi. Hashers
had a lot of fun in Malindi and many of them
ended up extending their stay. Unfortunately,
one Addis hasher ended up breaking her ankle in
Hell's Kitchen, the odd sandstone canyon outside
Malinda, one of the run sites for the event.



2017 Lagos, Nigeria

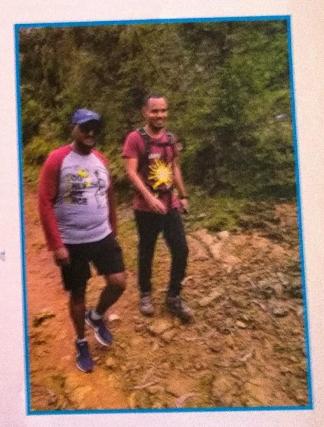
The original plan was for Sierra Leone to host it in 2017 but as the hash mismanagement were busy dealing with Ebola, they were unable to attend Pan Africa in Kenya. This resulted in Lagos Hash House Harriers in the words of Sierra Leone hashers stealing it for 2017. Lagos H3 promised the best event ever and did a good job with the set-up of the nightly venue which was a stage



area of Victoria Island with tight security where hashers partied, ate and drank with plenty of local beer until they dropped into the local clubs when the venue closed. The most popular trail was a ride beer until they dropped into the local clubs when the venue closed. The most popular trail was a ride on a boat to Tarkwa Beach which was over-subscribed since it was the most beautiful beach in Lagos and included a history of the Island by the hare. The meet and greet service was very memorable with a hash bus full of beer and non-stop hash songs to the hotels.

2019 Freetown, Sierra Leone

pan Africa finally made it to Sierra Leone and Freetown hash put on a good event despite all the obstacles of an election rally from a political party dressed in red cancelling the planned Red Dress run and the local authorities constantly not giving permission to planned run sites. Hashers still got a good dose of Sierra Leone's beaches and hills. Food and venue were well organised and there was a good turn-out of international hashers. The most annoying issue was several hashers were stranded without their luggage for days as many international flights making a quick stop-off in Freetown often lost luggage. On arrival at the airport, instead of a bus, hashers had to take a boat to Freetown and had plenty of beer while waiting for it to leave.



Many thanks to Short Cutting Bastard from Addis H3. Our Slinger from Nairobi H3 and the late Bwana from Maputo H3 for sharing their memories. Higgins for checking and verifying the dates and the written record left by the late Digit in the souvenir book for Pan Africa 2015.

WHO IS CUMMING LIST?

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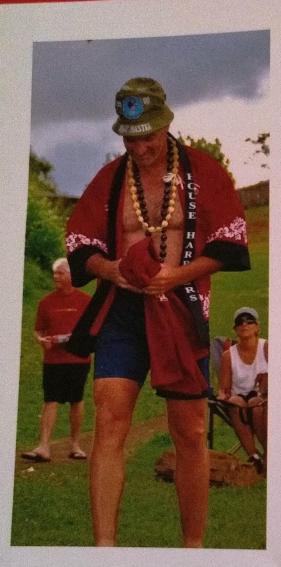
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902	Peace Mulekatiette	Soggy Highe	Kampalia Hash
93	Sandra Rutth Warnbasa	Faile Pastion	Kampala Hash
94	Daniel Liggalingi	Waad Whore	Kampala Hash
85	George Naiko	Bin Laden	Kampala Rash
96	Karen Narongo	Short Bean	Kampala Hash
597	Alex Meterro	Queenie	Kampala Hash
98	Carol Rita Nteeba	Servy Litzend	Kampala Hash
99	Lwanga Fred	Live Wine	Kampala Hash
100	Nicholas Muhiline	Pussy Broken	Kampala Hash
101	Bartsara Ssendiwala		Kampala Hash
102	Charles Kirumina		Kampala Hash
103	Comfort Diana Ankunda		Kampala Hash
104	David Nsubuga	Pestoide	Kampala Hash
105	Edith Nsangi		Kampala Hash
106	Edward Matumbwe	Wires	Kampala Hash
107	Frank Jimmy Beyendera	Migingo	Kampala Hash
108	Hanisha Ssebuza	Big Hole	Kampala Hash
109	Jjunju Prossy	Swing Inn Whore	Kampala Hash
110	Kakande James	Exhaust Pipe	Kampala Hash
777	Kankiriho Joseph	1	Kampala Hash
112	Kigozi Ezra		Kampala Hash
113	Racheal Mukwaya	Dick Chopper	Kampala Hash
114	Sarah Kirangwa	Willd Rider	Kampala Hash
115	Sarah Nalukwago	Mothers Union	Kampala Hash
116	Ssendegeya Sula	Leaking Balls	Kampala Hash
117	Ssenyonga Edward	Ssemyekozo	Kampala Hash
118	Ejalu	Strap On	Kampala Hash
119		Blackie	Nairobi Hash
120	Wambui Ng'ang'a	Atur	Nairobi Hash
121	Linet Atieno	Sex on the Beach	
122	Grace Mambo	Super Mambo	Diani Hash House Harriers
123	Felicita Kagwanja	F2	Nairobi Hash
124	3.410		Nairobi Hash
125	Joseph Susi	John Walker	Nairobi Hash
126	Mahlet M Fissauli	Pubic Bay	Eerie H3 Pennsylvania
127	Alex Distefano	Not Ending	Adis Hash
128	Ephrem Eshete	Oh Yeah	Adis Hash
129		Silent Killer	Adis Hash
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130	Tesfaye Tegegne	Short Cutting	Adis Hash
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136	Catherine Odawa	Cohra Sound	
137	Ela Obla	Cobra Squad	Nairobi Hash House Harriers
138	Ismat Yassin	Tuneless	Lago Hash House Harriers
139		Bulletproof Boobs	Lago Hash House Harriers
160	PL 1	Masai Disaster	Nairobi Hash
140	Christy	The Cockodile	San Diego Hash House
141	Andrew Mutegeki	Hunter??	Harriers
142	Gina Yacone	Boxer	DH3
143	Kathryn R Kelley	Goo Lite Special	JR H3
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144	Elizabeth Schofield	Maths Sucks, Let's	10.112
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WHO IS CUMMING LIST?

		Handlé	Hash Chapter
Reg No.	full Name	In Your Head	SOH4
145	Megan Cannon	Keep On Pumping	Lagos
146	John Mbonu	(KOP)	
147	Nnenna Mbonu	Star Lady	Lagos
148	Fausta Alakwe	Fucking Deep Hole (FDH)	Lagos
and the same	Emad A. Khoury	Hashprin	FreeTown
149	Fatima Camara	Mama Sarama	Bamako
151	Catherine Veller		Bamako
152	Didier Veller		Bamako Colombo
153	Viktor Glad	Aeugele For Sale Or Rent	Hannover
154	Dorothy Kutz Geraldine	Likk.mm	Bitch
155 156	Bill William Julia Stanton	Head Mistress	Addis Ababa
157	Manilius Garber	T-Square	FreeTown
158	Declan Freeley	Sir Wild Rover	Lagos
159	Mercy Freely	No Mercy	Lagos
160	Toyin Akron	Monkey Spanker Rasta Plasta	Lagos
161	Salome Opale Ella Fexvry Mariam Karimu	Back Boots	
162 163	Dr. N Oil	Drain Oil	
164	i	Weeny Schnitzel	Brazil Nuts
165	Benedette Kaloki	Raw Liver	FreeTown
166	Jeff Moore	Rabbi	Calamba Uzah
167	Aruna G	Bushy	Colombo Hash
168	Martina Smits	Martian Matron More On	
169 170	Bill Morrison Jeanne Wehlan	MTN	Belize
171	Katherine Godfrey	Ryde	
172	Mark Young	Table Whine	
173	Alan Drew	Smart Arse	
174	Lesley Kazmieoareczak	Air Head	West Lands
175	Momo Turay	Honey Tumba	FreeTown FreeTown
176	Musu Conteh	Lyte Laid -back Gazelle	
177	Albert Williams	Sir Double Lost	
178	Sir Chibuike Nwosu	Sole	Apapa Hash House Harriers
179	Sandra Aghaye	Warri W Woman	Lagos Hash
180	Richard Onyenwe	CumbyForce	Lagos Hash
181	Okhiokpamwonyi Nosa	Just Nosa	Lagos Hash Lagos Hash
182	Kusan Eunice Niyang Margaret Peter Afunanya	Easy Guys Mother Theresa	Ebonyi Hash House Harriers
183 184	Oketikun	Scary Balls	Lagos Hash
185	Henry Marky	Sperm Distributor	Ebonyi Hash House Harriers
186	Godwin Uweru	Just Godwin	Lagos Hash
187	Aisha S Ahmed	Ishag	Lagos Hash
188	Uche Okonkwo	Slow Comer	Lagos Hash
189	Onyemachi Chuku	Hash Puppi	Lagos Hash
190	Chike Ngwuocha	Frequent Cummer	Lagos Hash Ebonyi Hash House Harriers
191	Akwuobi Emeka	Cunt Physician I am Sweet	Lagos Hash
192	Ibelegbu Charity Newton Ayiwe	Just Newton	Lagos Hash
193	Newton Ayine	Cunt Inspector	Abuja Hash House Harriers
of the state of the state of	Edem, Bassey Effiom	Katanga B	Lagos Hash
The second second	Iris Jones	Under U	FreeTown
And the last of th	Edith Ikomi	Two Bad Stones	FGH3
198	Sam Aghaye Dudu	Short cutter	WH3
199	Bassey Edem Effiong	Head of Snail	AH3
and the second second	Simon Udie	Sir Traffic	IH3
Description of	Jay Christensen	Missionary	IH3
	Mrs Christensen	Heavenly legs	Port Harcourt
	Tekena Briggs	Always pumping	CONTRACTOR OF THE PROPERTY OF
-	Tim Little	Double Dick Head	AND THE ARMS OF THE PARTY OF TH
205		Water Breaker	Lagos
206	Oladab watt bask 61 1.1	Kiss Any Ass	FGH3 Lago Hash House Harriers
	Oladokun Michael Olayinka	Blojak Wet Fuck	Nairobi Hash House Harriers
COMPANIES OF STREET	Hamadi Njoroge	Wet Fuck 369'er	Nairobi Hash House Harriers
Contract annual contraction in	Eunice Wanjiru James Muhia	Virgin	Nairobi Hash House Harriers
Section Services	Ann Sue Njuguna	Anus	Nairobi Hash House Harriers
COMPANY STREET, SQUARE, SQUARE	Anne Kiarie	Drop My Knickers	Nairobi Hash House Harriers
		· · · · · · · · · · · · · · · · · · ·	
	Chilangwa Andoyi	Plumber	Nairobi Hash House Harriers

eg o.	Full Name	Handle	Hash Chapter
	Stanley Akpoke	All Night Stan	Abuja H3
15	Jestina Hodge	Take Away	Maputo Hash House Harriers
16	Luiz Pais	Bassopa	Maputo Hash House Harriers
17	Amin Hudroge	Chicken Champ	Freetown Hash House Harriers
18	Christine Nabirye	Pissing Tatiana	Kampala Hash House Harriers
19	Edward Howell	Hazukashii	Okinawa H3
20	Adele adebisi bolanle stella	Safe the waves	Г ННН
21	Osazuwa Ekuase Joseph	Runaway Clit	Lago Hash House Harriers
22	Isong Idaresit Anifiok	Expatriate	Lago Hash House Harriers
23	Joshua Heikkila	Muff Mask	Lago Hash House Harriers
224	Kaitlin Kitchen	Ur'in Trouble	Nairobi Hash House Harriers
225	Amara Salia	Honey Rod	Nairobi Hash House Harriers
226	Caren Kiplimo	Hash Floozy	Diani Hash House Harriers
227	Okworonkwo Uchechezinne	Pussy Merchant	Lago Hash House Harriers
229	Daniel Wambua	Peace Fundi	Hyderabad Hash House Harriers
230	Rogers Oraja	Kagali	Kampala Hash House Harriers
231	Bindikabona Joshua	J-ASS	Kampala Hash House Harriers
232	Andrew Polando	Sobar	Kampala Hash House Harriers
233	Mago Mulangwa	Condom Designer	Kampala Hash House Harriers
234	Sarah Bawaye	Animal Farm	Kampala Hash House Harriers
235	Suzan Nabbosa	Joggie Whore	Kampala Hash House Harriers
236	Barbara Agnes Buwule	Social Bloater	Kampala Hash House Harriers
237	Julian Gombya Nabwire	Missing Pussy	Kampala Hash House Harriers
238	Linda Mago Naluyinda	Eyo Ngise	Kampala Hash House Harriers
239	Anthony Wagaba		
240	Daniel Wambua	Peace Fundi	H4
241	Ohaegbulam Chibuike Brnabas	Self Help	Ebonyi Hash House Harrier
242	Susanne van Lieshout	Comatose	SNH3
243	Anna Maria	Off layer	Mh3
244	Nyabunwa Sapphira	Scrubber	Kampala House Harriers
245	Dennis L Gill	Mu-Sick	Key West H3
246	Lori Gill	Thar She Blows	Key West H3
247	George Schmerzek	Short Call	Nairobi Hash House Harri
248	Stanley Akpoke	All Night Stan	Diani Hash House Harrier
249	Esther Nasigba	Prodigal Daught	ter Diani Hash House Harrier
250	Joseph Osazuwa Ekuase	Runaway Clît M	Diani Hash House Harrier
251	Isong Idaresit Aniofiok	Expatriate XL	Diani Hash House Harrier
251	Natalie Lorraine Kaweesa		Kampala Hash House Harriers
253	Newell Judith Mutonyi	Sunset Striper	Kampala Hash House Harriers
254	Douglas Mutumba Mubil	Douglas Mutumba Mubili Makanika	
255	HAPPINESS	Tweaking dog	
256		Smooth operat	tor FH3
257		No shit sherlo	ck Nairobi Hash House Harr
258		TO SIN SILITO	Nairobi Hash Original
259	DEFENSED.	Yeti	Addis Ababa Hash House Harriers (AAHHH)
-	- A Sharmer	eye Bell Bottom	Ebonyi Hash House Harri
261			Abuja Hash House Harrie

Hash Tirsess Or just plain Trivia if you prefer) By Ed "Hazukashii" Howell



Here are some simple origins of things we find common in the world of the Hash House Harriers.

Hash House Harriers (a.k.a. HHH or H3) -

No one knows the specific founding date, but it is believed that the HHH was founding in late 1938. But the basis for the HHH goes back well over 100 years earlier to Rugby School and the kid's game of Hare & Hounds (a.k.a. Paperchase).

The first recorded transition of this kid's game to adults is credited to the Thames Rowing club in 1867, when they organized the Thames Hare & Hounds club to stay fit in the off season. The Hare & Hounds clubs followed along as the British Empire expanded throughout Asia, and even becoming popular in the United States in the early 20th century.

MISMANAGEMENT COMMITTEE *(MMC)* -

The first established organization document for the HHH was drafted in 1950, when social clubs of all kinds were required to register with the government in Kuala

Lumpur, as they appear at http://gotothehash net/history/rules.html Originally, the club committee consisted of a President, Vice President (a.k.a. Joint Masters), an Honorary Secretary (HONSEC). and a Treasurer. The members of the Committee had to ability to co-opt additional committee members (e.g. Hash Horn or Holder of the Horn) or to elect new committee members should they not be able to fulfill their current term in office.

While some older clubs still use these original positions, at the present, Joint Masters are uncommon, as Religious Advisor (RA) has become popular as the leader of the circle. Honorary Secretary has given way to Hash Scribe . and Treasurers are now commonly known as the Hash Cash. The first documented use of the term Grand Master (GM) was when HHH Singapore appointed Albert Withnall as GM. above the Joint Masters.

Other mismanagement positions commonly found now are Hash Haberdasher who acquires and sells all sorts of clothing and trinkets, Webmaster that takes care of the Public Relations via the World Wide Web, and the Beer Meister who is responsible to bring the refreshments.

HASHIT - The Brunei H3 is credited for first bestowing this honorary title. The following excerpt comes from the Brunei H3 Hash Trash dated 28 April 1966: «A Hash Award Committee (of one) was formed and unanimously decided that an award on the lines of a Golden Disc, Grammy, or Oscar should be presented for hashing and this award would be known as a «Hashit.»

The «Hashit»

Committee decided that this award would be made to the hares of the most hashed up run of the year,» The hashit (a.ka. Hash Shit) is now often bestowed weekly, for any sort of noteworthy activity that occurred on trail. The Hash Shit can take the form of a plunger, a toilet seat, or some other awkward device, and is often required to be carried or worn on trail.

HASH T-SHIRTS -

While it is quite certain that there were hash t-shirts before 1971, the Singapore H3 currently has the oldest documented hash T-shirt from their 500th Run on 21 Aug 1971. http://gotothehash.net/t/oldesthashshirts.html

HASH NAMES / *Hash Handles* - It is believed that hash names originated in Jakarta HHH. In order to get the word out in the days

before the Internet or www, hash clubs would mail out the weekly hash trash to members. Unfortunately, the mail system in Jakarta was not timely enough to deliver them before the next week's run, so the trash was printed and placed in a handful of local establishments so the members could pick them up. As this allowed anyone who passed by the opportunity to read what was going on within the hash, the use of real names was soon abandoned to avoid any conflict with employers or the general public at large.

THE CIRCLE - The circle is also credited to have originated in Jakarta, but not necessarily for fellowship among hashers and the issuance of down-downs, but merely to create a type of barrier between the hashers and the local people that would become very curious of what was taking place. As time went on, the circle slowly became more entrenched in the weekly activity and could often last up to two hours, with regular down-downs and the singing of songs.

The Seoul H3 in South Korea has an equal claim, due to the temperatures in Seoul can be bone chilling. After their runs in the winter, they would gather round the fire and drink beer and sing songs . . . and that

is how traditions get started.

HASH SONGS ~ It is commonly believed that singing was a carryover from rugby, which many early hashers also played. Over the years, many new and often bawdy songs have been adapted and/or written by hashers for various occasions.

HASH EVENTS -

The first invitational gathering of Hash House Harriers clubs was the 1000th running of Mother Hash in March 1966, when there were only about ten clubs total, and all in Malaysia, Singapore, and Brunei.

By 1973 many other hash clubs had been formed, and had spread out beyond Southeast Asia, so Mother Hash repeated the effort for their 1500th trail that drew about 300 hashers to Kuala Lumpur.

INTERHASH -

Sometime in 1976, the Kowloon H3 thought they might host a major event (jokingly referred to as «The International Hash Unconvention «). By May of 1977, invitations had been sent for all good hashmen to come to Hong Kong for INTERHASH 78. A reporter for the Washington Post, Jay Mathews, happened to be on hand and made this report http:// gotothehash.net/ history/Internash/

washpost78.pdf.

Based on the success of this gathering in Hong Kong, Mother Hash stepped up to host again in two years (with the exception of 2020 due to COVID), and the pattern was set. We now have World Interhash every two years, Interhash has become a prime opportunity to catch up with many old friends from hash trails gone by. Normally a 3-4 day event, it generally consists of a welcoming party on Friday night, followed by 2 days of hash trails of varying length and difficulty from short walkers trails to the Ball Breaker, all spread out around the countryside. More details can be seen at http:// gotothehash.net/ history/interhash.html

This is the most accurate information I have uncovered in my years of research and study. As I, and other hash historians continue to dig into the old documentation, updates may occur.

If this hash lore is not enough, you can see much more trivia at http://gotothehash.net/history/inthespotlight.html



CORPORATE COMMUNICATIONS

DESTINATION MANAGEMENT

EVENT PLANNING & MANAGEMENT

EXPERIENTIAL & TRADE MARKETING

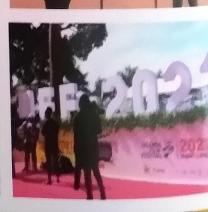
ecentis tvents

W: www.legendsevents.co.ug

Sound, Lights, Screens, Stage Chairs, Tents, Generators Video and Photography Decoration & General Branding









legendseventsug

TRIBUTES TO MIROO

To whom would I get my Uganda Watago boale on my next visit to Kenya? As you aware will never see Milroo again.

and offering to pick me up at the sirport, book a the skit hotel for me depending on the weight of my 42 wallets. He endeavoted to attend our events even weddings! He really had such a big heart. He used to encourage us to always attend these which he knew was one of my favorites!

Mirror The Hasher

To some of us the Jinja-Kampala Relay was incomplete without his presence. He run the Mirco PAH circle well, encouraging other Nairobanes to One night in the wee hours while sipping on a

Minoo the team Waragi supporter

event more engaging and colorful, he was very won the bid. passionate about the skits. He always referred to me as General Machinery. Sefore he ever chid. Mirror the host a ticket booking to Kampala, he'd ask what we On to the Standard chartered Bank Marathon. Federo's got it covered and that I had the used to take all the Ugandans to mama Suzan

tion of this yeigenverse mid in this bounts and be delighted. I remember one linja Kampala relay where some wankers missed our Saturday night performance owing to the increased room activities and he passionately pleaded with us to perform again backed by On any many visits to Kenya for business and GM Loketo Obviously, we had to relent as you the hash. Mino always extended his kindness know the GMs word is final... we had to redo

Miroo The International hasher

Not to be out done he'd pick as up on some events. I remember our last international event nights to raid some Congolese bars for Linguis in Freetown. He always wanted us to shine and be recognized on such events encouraging the to always carry bottles of Uganda warage as our identity has it.

conne for the event year on end. He was such a star beer in Freetown he suggested that I bid for good mobilizer we shall sincerely miss his hosting the next PAH 2021. My reply was to Mirror was, are you soler enough to remember this statement tomorrow? If you remind me of it. I will! And so, we went to bed. Next day true When Team Waragi began to do skits at the to his word he reminded me. It's then that I Jinga-Kampala relay he was supportive in prepared a simple presentation to the GMs and devising ways to see that we could make the with support from our in-laws from Nigeria we

had in stock for the relay. I often replied that We always looked forward to this run! Miroo



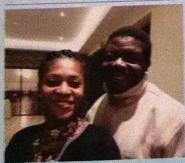
Amb. Short Cutter

the airport with Cobra Ass, I asked after you Mirco but it was impossible to see you. At Naivasha Party location, I had to discuss with Father Hen that by all means they should reach out to you and find out what is happening to you my dear friend. I was happy that you were alive but that you have been rushed to the hospital and believing that you will survive the ailment but my thoughts and imaginations failed. I just can't see you again. This is sad ... it's really sad. You fought the last fight but God knows why you have to wave your imaginary /spirit hands- meaning bye-bye Lastly Thavetosay-BvelAdieuMIROOmygreatfriend.

for banch in a down town market in Natrobi, lots of goat's meet and posho, it was one of the definite highlights of this run

Impossible not to recognize how deliberate he was in supporting cross boarder hash events. We are certainly bereaved to loosing such a patron of hash events. He will be dearly missed. River well Mirror

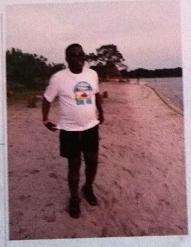
GM Machinery



his not hower case thrown out the window, though it seems so with the creat show it's not rainfall the sky could not be if My bear almost faled me when I got

The broken hearts and pool of sears, I recognized he being to me, you makes found as well as the High family across the globe. These broken bears will take time to head I am readly in pain and never wants to believe that you are gone. You are perfect

ASCODEM MERCAN Swing Low.



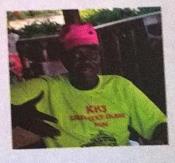
My good East African friend, the last time I saw you in Seese Sery Island Run, I knew something was wrong. We charted in January 2021. You accused me of not capturing you in my video production and wanted that you hope this will not happen again. My obligation was to ensure that wi come to Nametri to attend Wet Fuck Party, that will

be the golden opportunity to fulfill my promise.
As I write this bribate I am in tears. Why? I lost a great friend. My first and passionate East African male triend. I wept because I will not have that opportunity again to see my lovely friend

accompany me to inter Hash runs. In the month of June 2021, I chatted with you but there was no response again. I called you severally but you couldn't answer my calls. I asked from my other East Athican friends and I was told you have withdrawn from all Hash WhatsApp platforms making contacts with you was imposes

ening to Natrolis, after being in Police custody for Sulting COVEDED curiew law on my way from









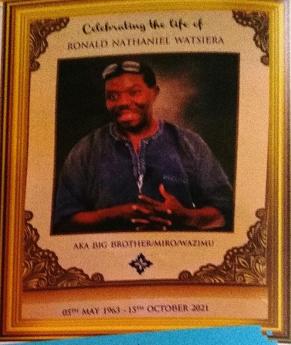
Collections tales to departed Hashers



On 15th October at 9:20pm Parmalat posted Dear All, on a sad note...Miiro has rested. MHSRIP.

From Social wanker but mine was a different story. One evening he proposed that he was taking me out to a night club in the suburbs of Nairobi, on our way to the club we ran out of fuel, he decided to go buy fuel as I wait in the car. After about 10 minutes he returned without any jerrycan instead he returned with 3 cans of beer, he said he couldn't leave me behind without beer,

He went back and managed to get petrol then we went to the Night Club, the theme night happened to be campus night according to what he had told me earlier, to my surprise when I interacted with the supposedly the youngest campuser, she told me she was a member of the elders council at the diocese that's when I realized Miro had miscalculated our night. RIP brother.



From Bad Black a Brother from another mother When I first met Miro, I was wearing a non-hash Tshirt a replica for then Bunamwaya Sports Club (currently Vipers SC). He asked me about that club and how I was connected to it. I told him that I was actually the Chairman of that club then and I was involved in top football management at FUFA. He was elated. He told me about stories of his time at Kenya Breweries (current Tusker FC) and the Kenyan na tional team Harambee stars. Like footballers connect, Miro and I never looked back. Our football stories were endless! In fact I discovered we then had similar tastes for beer and fun. He usually called me "my footballing brother from a Ugandan mother". He was my brother.

Later that night and the following morning, we had so much fun as co-emcees. May the angels receive your soul my brother from another mother. On Up Miro

From Condom dispenser Sad news indeed. God grant him peace. He brought some good vibes to the hash. May we remember him for all things positive he enjoined to this, his Uganda Hash family. He was truly mortal and human.

From GM Machinery. Guys me and Miro were like brothers. Infact we used to call each other "kijana mdogo" meaning "young man" trying to tease each other who was younger than the other. Our flying together to Sierra Leone PAH2019 was not by

Mirroo took his time! On one Kampala-Jinja relay I remember was one of the marshals. At one of those afternoon legs, I rode in the ambulance just to try to speed up the relay coz time looked to catch us on the wrong side before we would complete the 89km route. Miro with a beer in his hand decided to walk a section where most participants were runners. The ambulance and police patrol truck followed him at snail pace from the start to around midway. When we pressed hard, he told us we were at liberty to go and leave him cat. he knew where he was going and what he was doing. He said, 'my brother don't worry we have the whole day to get to Jinja. Besides cannot run with my beer lest it will pour. We were only saved when the beer got finished and he was in a bit of a hurry to get to the next stop and pick another one so he boarded the police truck the told me the ambulance belonged to the sick and injured)

I have been really impressed by the overwhelming support to him by all especially those who attended PAH 19. I would like to propose a request, not a demand. To those who registered with Miro at PAH19 to convert their rego as a donation to Miro's farewell and pay the rego afresh for PAH 2021/22. Of course I repeat, you don't have to if you feel against the request.



GM Cindy, as concerned of the same, wanted to forward the balance of what was donated towards Miro's medical to PAH but was met with a road block. I know what it takes to host an international hash event and t sympathize with KH3.



I will lead by example and donate 1 million Ugx towards the PAH 21/22. May Miro RIP.

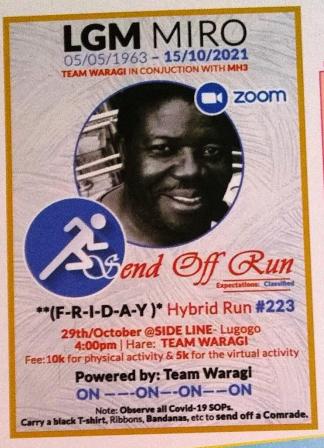
From Team Waragi members said "For whom do I carry my Uganda Waragi bottle on my next visit to Kenya? As you aware we will never see Miro again".

Miro the Hasher

To some of us the Jinja-Kampala Relay was incomplete without his presence. He run the circle well, encouraging other Nairoberies to come for the event year on end. He was such a good mobilizer we shall sincerely miss his company.

Miroo the host

On to the annual Nairobi Standard chartered bank marathon, we always looked forward to this run! Miro used to take all the Ugandans to mama Suzan for lunch in a down town market in Nairobi, lots of goat's meat and posho. It was one of the definite highlights of this run. Impossible not to recognize how deliberate he was in supporting cross boarder hash events. We are certainly bereaved to loosing such a patron of hash events. He will be dearly missed. Rest well Miroo.



Miro the Friend

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Miro the team waragi supporter

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Miro - PAH

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MH3, The Best Way To Start Your Weekend

























Hello Wankers, Karibuni Kampala, welcome to Kampala, and welcome to Pan African Hash.

This is Mengo Hash House Harriers, an off-shoot of the Kampala Hash House Harriers with pretty much the same DNA

We run every Friday and party

till Sunday just in time to prepare for new week! For a paltry 10k ugx or just shy of 3 US \$, you are guaranteed of a great trail, a cocktail of tropical fruits and a mouth watering dinner.

These are later washed down with a variety of Ugandan beers and a non stop binge!

And did you know that by being part of MH3, you run a whooping 80km in a month?

So next time you are in town. do think twice about being part of this fun loving hash chapter

You can contact us on Twitter, @Mengo Hash









Day 2:

Friday July 1st Red dress run

A run starting at 2pm through the Kampala suburb of Tavern Woods Rubaga. Kampala is a city of hills and do not say anything about the boda bodas: That is how we easily get around the traffic. The run will take you through a green environment away from the city traffic. The weather focus shows that it will rain beers on the trail. Did you ask about the hills? Oh yes it will be a hilly trail set by Quinee and Dirty Dick (The duo spell trouble). Expect a twist in the trail, something between a long short and a short knicker.

Day 3:

July 2nd Jinja relay

Coming to Kampala and you do not experience the Jinja relay in the first week of July, KH3 would have failed to test your running oops drinking problem. The run starts at 6.30am, not too early for the throats. The run will take you through 4 district of Uganda and ends at the source of the Nile. The relay will have 9 seeds competing in each team. Some seeds (fast and useless) will have 3 legs of about 6Kms spaced out through the day, others who are close to the bastards will have 2 legs of about 5Km, then the pretenders will 1 leg of about 4Kms. The relay has start and stop points, laced with beer and music. The entire run is 90Kms just in case you want to go for an ultra-marathon. Otherwise, it is about having fun, laughing and of course drinking. Clerk of the course is Al's bar assisted by Chadwick.

Day 1:

June 30th Bus Tour of Kampala Meet and Greet

Day 4:

July 3rd

Source of the Nile

A recovery run/walk/crawl. A run for you to see the Jinja city on Sunday Morning. It should be a 6Km run that will be set by Quinee and Ki love love.

Eco petroTyre Centre and service

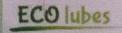


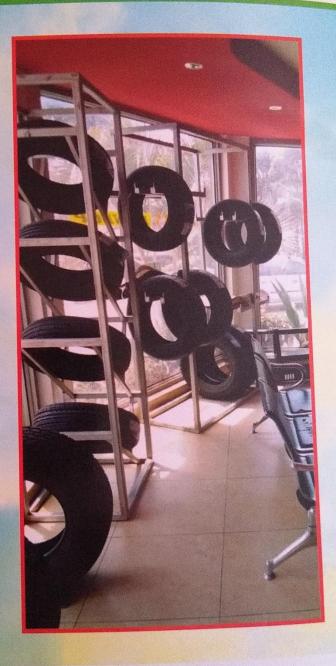












Eco petro Tyre Centre and service bay located on Plot 2857 Block 232 Kinawataka Road and Plot 383-384 Block 234 Ntebetebe Bweyogerere.