

# THE BH3 BOOK STORE

“Bergen Hash House Harriers - The Hash Weekends”

28.02.2011

Foggy Publications

Foggy Glasses



Photographs  
mostly by  
Foggy Glasses



Foggy Publications

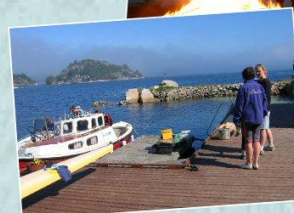
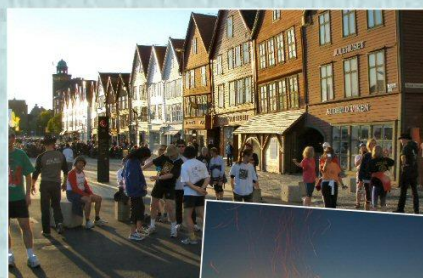


BERGEN HASH HOUSE HARRIERS - THE HASH WEEKENDS

## BERGEN HASH HOUSE HARRIERS

**\*THE HASH WEEKENDS\***

*compiled by Foggy Glasses*





## Content

- What is Hashing?
- The Killer Hill Weekend
- The Scuba Hash Weekend
- The Bjørøy Hash Weekend
- The Mjølfjell Hash Weekend
- The Ski Hash Weekend
- BH3 on the Internet
- The BH3 Hall of Fame

Side 1



## What is hashing?

The Hash House Harriers is an international group of non-competitive running, social and drinking clubs.

Hashing originated in December 1938 in Kuala Lumpur, then in the Federated Malay States (now Malaysia), when a group of British colonial officers and expatriates began meeting on Monday evenings to run, in a fashion patterned after the traditional British Paper Chase or "Hare and Hounds", to rid themselves of the excesses of the previous weekend. The original members included Albert Stephen (A.S.) Ignatius "G" Gispart, Cecil Lee, Frederick "Horse" Thomson, Ronald "Torch" Bennett and John Woodrow. A. S. Gispart is recognised as the Father of Hashing.

After meeting for some months, they were informed by the Registrar of Societies that as a "group," they would require a Constitution and an official name. A. S. Gispart suggested the name "Hash House Harriers" after the Selangor Club Annex, where the men were billeted, known as the "Hash House" for its notoriously monotonous food. Apart from the excitement of chasing the hare and finding the trail, harriers reaching the end of the trail would be rewarded with beer, ginger beer and cigarettes.

The Constitution of the Hash House Harriers recorded on a club registration card dated 1950 still applies to today's Hashers:

- To promote physical fitness among our members
- To get rid of weekend hangovers
- To acquire a good thirst and to satisfy it in beer
- To persuade the older members that they are not as old as they feel

Side 2

Hashing died out during World War II after the invasion of Malaya, but was re-started after the war by most of the original group, minus A. S. Gispart, who was killed on 11 February 1942 in the Japanese invasion of Singapore, an event commemorated by many kennels by an annual Gispart Memorial Run held on this day.

The growth of Hashing remained small until 1962, when Ian Cumming founded a kennel in Singapore. The idea then spread through the Far East, Europe, Australia, and New Zealand, and North America, booming in popularity during the mid-1970s. At present, there are almost two thousand kennels in all parts of the world, with members distributing newsletters, directories, and magazines and organizing regional and world Hashing events.

This book celebrates Hash Weekends organised by **BERGEN HASH HOUSE HARRIERS**, one of the most northerly Hash kennels in the world.



Side 3



## The Killer Hill Weekend



### What is the Killer Hill Weekend?

Bergen, the home city of BH3, is situated on the West Coast of Norway among mountains and fjords. Sometime in the past, probably due to the lack of having something better to do, the people of Bergen started counting the mountains surrounding their city. According to some sources, the first to name them "The Seven Mountains" was probably the famous writer and playwright Ludvig Holberg (1694-1754), who was inspired by the Seven Hills of Rome. As a result of this medieval activity, Bergen became known as 'Byen mellom de syv fjell' or The City between the Seven Mountains.

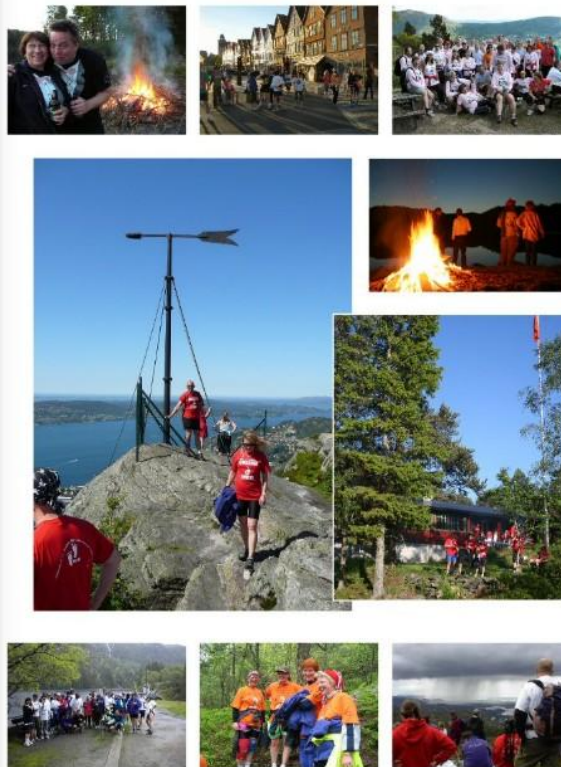
The local ramblers association organise a hike up and down all seven mountains once a year. We prefer to conquer one mountain at a time: *This is the BH3 Killer Hill Weekend.*

By 2010 all the 7 City Mountains had been conquered twice:

- Fløyfjellet (400 m - 1312 ft)
- Løvstakken (477 m - 1565 ft)
- Lyderhorn (396 m - 1299 ft)
- Rundemanen (568 m - 1864 ft)
- Damsgårdsfjellet (317 m - 1040 ft)
- Sandviksfjellet (417 m - 1368 ft)
- Ullken (643 m - 2110 ft)



Side 6



Side 7



EXAMPLE

## The Scuba Hash Weekend



Slide 8

Every summer Flasher invites BH3 hashers to the Scuba Hash Weekend at his parents summer house on Vardøy, an island west of Bergen.

Slide 9



Slide 10



Slide 11

EXAMPLE



## The Bjorøy Hash Weekend



Side 12

Every summer Dr Butt and Abominator invite BH3 hashers to a Hash Weekend at their cabin on Bjorøy, an island south-west of Bergen.

Side 13



Side 14

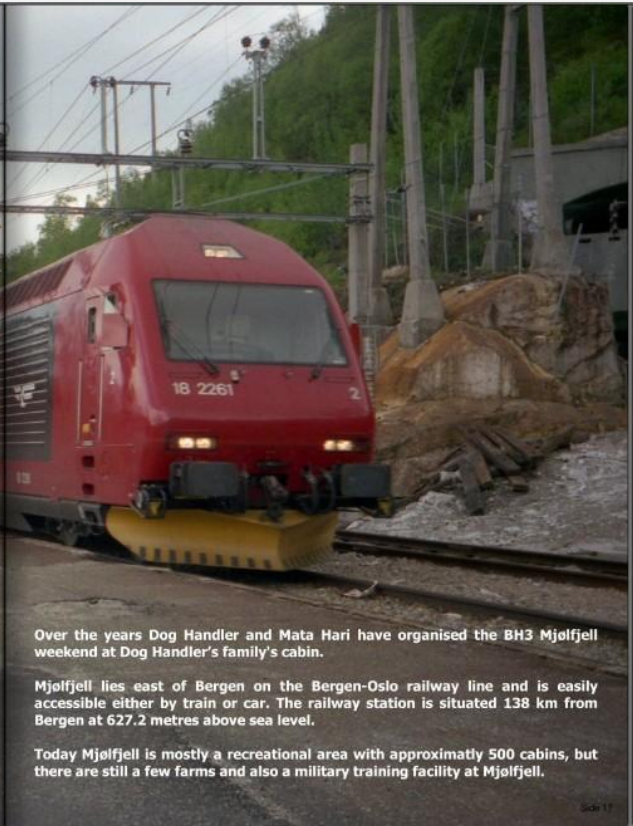




## The Mjølfjell Hash Weekend



Side 16



Over the years Dog Handler and Mata Hari have organised the BH3 Mjølfjell weekend at Dog Handler's family's cabin.

Mjølfjell lies east of Bergen on the Bergen-Oslo railway line and is easily accessible either by train or car. The railway station is situated 138 km from Bergen at 627.2 metres above sea level.

Today Mjølfjell is mostly a recreational area with approximately 500 cabins, but there are still a few farms and also a military training facility at Mjølfjell.

Side 17



Side 18



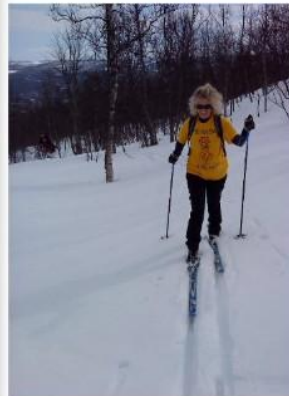
Side 19



## The Ski Hash Weekend



Side 22



Side 23

## BH3 on the Internet

Bergen Hash House Harriers have had a presence on the Internet since February 1999, when Backtracker established the very first BH3 web site.

Foggy Glasses officially joined Backtracker as co-web master at the A.G.M. in 2001 having already been responsible for pictures, statistics and the run calendar.

Backtracker stepped down at the A.G.M. in 2004 after which Foggy Glasses took over responsibility for the web site. The web site was moved to its current address at <http://www.bh3.org> in 2004.

The BH3 web site is tailored for visitors and BH3 hashers who wish information about hashing in Bergen. The web site is updated after each run, which together with dynamically created web pages helps ensure that the information presented is always up to date.

Check it out!



Side 24



Side 25



Side 25

## The BH3 Hall of Fame

Runs organised: 857						
Size of pack: 1 (smallest) - 11 (average) - 42 (largest)						
Click on Hash names for detailed lists or highlighted column headings to sort the list						
No.	Hasher	Category	Hash Club	Run	Hare	Nosh
001	<a href="#">Abominator</a>	Member	BH3	724	146	52.5
002	<a href="#">Foggy Glasses</a>	Member	BH3	718	113	42.5
003	<a href="#">Dr Butt</a>	Member	BH3	532	60	68.5
004	<a href="#">Flasher</a>	Member	BH3	481	89	67
005	<a href="#">Yogi</a>	Member	BH3	457	46	3.5
006	<a href="#">Deep Throat</a>	Member	BH3	452	71	73
007	<a href="#">Comes Every Time</a>	Member	BH3	356	29	27.5
008	<a href="#">Dog Handler</a>	Member	BH3	344	55	5.5
009	<a href="#">Bubba</a>	Member	BH3	338	22	26
010	<a href="#">Mata Hari</a>	Member	BH3	308	28	60
011	<a href="#">Backtracker</a>	Lazy member	BH3	305	40	19
012	<a href="#">Swiss Bubbles</a>	Visitor	D.R.I.F.T.E.R. H3	224	23	2
013	<a href="#">Little Oral Mary</a>	Member	BH3	169	23	8.5
014	<a href="#">Ugly Dick</a>	Visitor	Forsgrunn-Skien H3	155	25	9
015	<a href="#">Smokie</a>	Lazy member	BH3	145	47	10
016	<a href="#">Golden Clipper</a>	Lazy member	BH3	144	26	15.5

Side 26