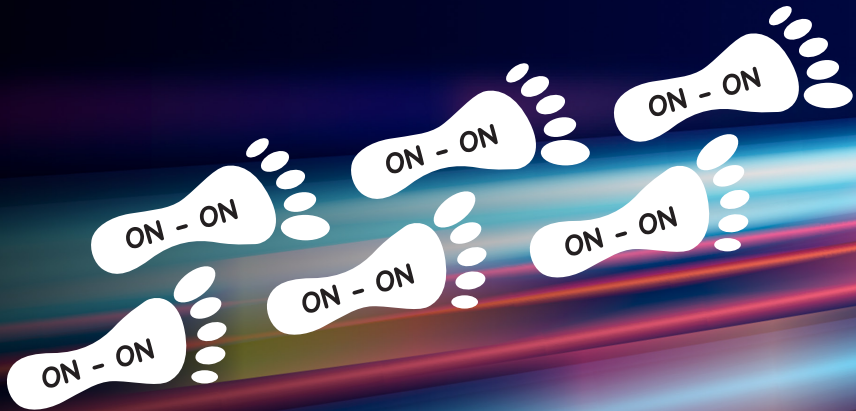


A GUIDE TO HASH

HASH HOUSE HARRIERS

HASH :

HEALTHY ACTIVITY
STAY HAPPY



***A FOOT FORWARD
TOWARDS A HEALTHY LIFE***



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PRESIDENT'S MESSAGE



Greetings to Hashers all over the world. The Royal Selangor Club (RSC) has about 24 sports sections of which Hash section, included which was formed in 1991.

We are proud that Hash got its name officially as HASH HOUSE HARRIERS by the founders of hash at the Selangor Club Chambers in 1938, an annexe part of the Royal Selangor Club.

Therefore, together with the General Committee of the RSC, we are delighted to officiate /launch this Hash guide, which I believe will give a better insight into Hashing and also be beneficial to hashers worldwide.
Happy Hashing and On-On.

M. Jayakumar

President

Royal Selangor Club

SPORTS CHAIRMAN'S MESASAGE



A very handy hash reference booklet for beginners and seasoned hashers alike. As a hasher myself, I find this booklet very informative and nostalgic and proud knowing that hashing actually started from the Chambers of the Selangor Club back in 1938. This is the place where it all really started.

My sincere gratitude and thanks to Dr. Brij Mohan aka Dr Spook for taking the initiative to write this booklet. Well done indeed. On!On!

Khoo Kah Jin aka King Trucker (*Hash name*)
Sports Chairman
Royal Selangor Club

GRANDMASTER'S MESSAGE



Thank you Dr Brij for your passion and dedication to the Hash fraternity here in Malaysia and the world by introducing this “Guide Book” for all hashers especially the young, eager to take it as a passionate sport. Today hash has developed into a worldwide mania and usually involves a post-run gathering fuelled by food, drinks and lively songs.

I am very proud to pen down a few words in this “Guide Book” as the Grandmaster/ Convener of Royal Selangor Club, Hash Chapter. RSC has the claim to fame of the practice of hashing actually having its humble roots right here in the club chambers since 1938. We are the only club in the world to have a dedicated Hash Bar and a Hash Museum. Today the club hash chapter has 450 members and runs every Friday. Some of our senior members are in their late eighties and been hashing for more than forty years. Dr Brij is a passionate hasher, hashing for many years with different hash chapters and was the hash Ex Grand-master.

Ranmit Singh @ Undertaker
Hash Grandmaster / Convener
Royal Selangor Club 2023

AN INTRODUCTION TO HASH

HASH HOUSE HARRIERS

This is an introduction for all hashers, seniors, new hashers, and for future hashers. Hope it will give a better insight into what hashing is all about and its origin. A worldwide camaraderie of hashers with no formal structure, getting together for a common purpose. The organization of the HHH is decentralized, with each chapter locally managed.

WHAT IS HASH AND THE OBJECTIVES OF THE HASH HOUSE HARRIERS

- Hash is a noncompetitive sports/ activity, to remain active, healthy and is one of the best and easiest way to make and maintain friendship locally and internationally.
- To promote physical fitness amongst members
- To encourage and promote that HASH is for all, even for the elderly.
- To socialise and promote camaraderie in the hashing fraternity after the hash runs

Hash is a game of wits where one hare and co-hares set a trail of paper for the pack of hounds to follow. Hashing began in Kuala Lumpur, Malaysia, when a casual group of British army officers and expatriates began meeting on Monday evenings to run, in a fashion patterned after the traditional British paper chase, to rid themselves of the “excesses” of the previous weekend. 😊 There were few groups of men and women who used to run in rubber estates. These groups were known as harriers



*Alberto Stephano Ignatius
Gispert “G”*

The original group consisted of four members: Cecil Lee, Frederick “Horse” Thomson, Ronald “Torch” Bennett, and Alberto Stephano Ignatius Gispert “G”. These four founders came about the idea to make hashing formal and this project was discussed over a few bottles of **Tiger Beer**, beneath the twirling fans at the famous long bar of the Selangor Club.

In those days, young bachelor expatriates had their own messes, one such mess being in Selangor Club Chambers, situated within the environs of the Selangor Club. The residents referred to the Chambers as the “**Hash House**” because of the unimaginative, monotonous food (hash being an old army slang for food) being served in the Selangor Club Chambers mess where they resided.



“Harriers” came about from the roots of cross country running sport in Britain known as “Hares and Hounds”. Harriers is supposedly an Australian slang for a runner. Gispert then dubbed the new club as **“HASH HOUSE HARRIERS”** (HHH), in homage to the Selangor Club Annex. It proved to be an immortal label for his creation. It was alliterative- HHH The catchy name was immediately adopted. Since then, Hash has grown locally and become international with thousands of chapters flourishing worldwide. One early evening towards the end of 1938. “G”’s persistence paid off. A dozen or so members went on to his inaugural paper trail with run no 1 being from the Selangor Club Chambers [old wing of Selangor Club].

Don Kennedy eventually officially registered the name HASH HOUSE HARRIERS with an address : 633, Circular Road, Kuala Lumpur along with the rules in 1950 and approved in 1951.

The club’s registration number 1074/50 is recorded as Hash House Harriers.

SYMBOL OF THE HASH HOUSE HARRIERS



The traditional symbol of the HHH is the outline of the human foot, including the phrase “On - On”

HASH CHAPTER

A Hash group is known as chapter or as kennels. There are a few hundred Hash chapters alone in Klang Valley and few thousand chapters all over the world. **MIXED** chapters are where males and females run together.

BATANG chapters are where only males {Harriers} are allowed. **Female hashers {Harriettes}** / Spouses are not allowed to be seen at Batang chapters.

H3 chapters can be mixed chapter or batang whereas **H4** is hash house and harriettes.

HASH RUNS AND HARE

An event organised by the chapter is known as **Hash run**.

A Hash run is where people get together for weekly runs, some chapters monthly, usually in the evenings, following a paper, chalk or flour trail, and after the run/walk, have a good fellowship.

The trail is set by a hasher known as a **HARE** and helped by other hashers who are known as **co-hares**. Primary role of hare is to set a reasonably good run for all to enjoy.

A good hash trail will typically include a combination of jungle trails, water crossings, mud, hills rubber/ oil palm estate trails, parks etc.

Hash runs can be short, medium or long, usually varying from 3.5 to 7 km at each run. The runs are non-competitive, and unique with "**checks**". A "live" hash run can be set by a hare where he starts setting the trail half an hour earlier before the run and sets a clever run so as to make it very unlikely that the pack will catch up with the hare.

The hare must ensure continuity and visibility of the paper/flour/chalk especially at **junctions/bends** to ensure that the markings are visible at the start of the junction/bend for the runners to follow.

If hashers were to overtake another hasher during the run he must say "On On" or "passing", so as to allow the hasher to give way. If you are slow or tired. wait for the sweeper or another hasher to come along.

A very interesting **Hash tradition** is if a hasher wears **new shoes** on the day of the run, he will be asked to drink beer poured in his shoes (tastes better!) 😊



The sheer brilliance of Hashing is the complete austerity of it. You only need a hare to set the trail and the other hashers in the chapter to follow the trail laid by the hare, with very minimal cost. F&B damage may be borne by the hare or by the hashers shared, depending on the chapter.

Hashers are encouraged to remove the hash papers after the run so as to be environment friendly.

CHECKS



A check is when the hare places a bunch of papers together while setting the trail. The trail ends abruptly at these bunch of papers. The hare then continues to lay paper some distance away out of sight of the hashers. The hashers then have to “**break**” the check and run around to find the connecting paper to continue the trail.

The Hare can set about 3-6 checks on the run. Checks can be a forward, back, or circular check. A **false trail** is after a check and usually ends abruptly not more than 100 metres from the check. **The purpose of the check** is to slow down the front runners so as to keep the pack together and also to make the run more interesting as we require some “IQ” to break the checks. The hasher who breaks the check, must call “On On” for others to follow the correct trail to make sure no one gets lost. Someone must **connect paper** to ensure continuity of the trail so as to make sure that all are on the trail and nobody gets lost. While searching for paper at checks, hashers will shout “Are you” and those who have broken the check will shout “On On”.

TYPES OF HASH RUNS

There are many different types of Hash runs like Festival runs, zodiac runs, Oktoberfest run , torch light, family day, junior hash, treasure hunt, full moon, pub crawl, red dress run, solstice hash {once in every 6 months}, Songkran (water festival), joints runs between different chapters, Interhash and Pan Asia, Pan Africa, Inter America hash are international hash runs which are held on alternate years in different countries and all hashers should experience it once in their lifetime. These overseas or local national hash runs give hashers an opportunity to visit different countries, exposure to different types of hash runs/celebrations and to make new friends.

HASH NAMES

Hash names is part of hashing tradition where a Hash name is given to a hasher after an incident or anything peculiar or specific related to that hasher which is reflective of him/her. It is an honour to be given an appropriate hash name, in the spirit of hashing. If the majority agrees, he/she is then baptized by the GM and he/she is called by that name and cannot change that name as a norm. I was introduced by a hasher in Malacca Vijay Deb whose hash name is 'Polar Bear'. I myself am honoured to have gotten my hash name Dr Spook by the legendary hasher Bill Panton, Hash name Tumbling Bill.

CIRCLE



A “**circle**” is called after all runners are back, where all the hashers gather with the Grand-master (GM) taking the stand. The circle which normally lasts for about half an hour, is usually conducted by the GM and all hashers are expected to stand (unless told to sit by the GM), and be silent during the circle. Hashers are required to wear the hash attire during the circle and for the runs. During the circle, hares are assessed and rewarded with a beer and sinners put on ice. Hash songs usually are sung during the circle.

Beer is served only after the first hasher is back as a norm.

After the circle is over, the dinner referred to as “on- on” is served.

A “triple on” is when some hashers decide to either stay on or adjourn for extra drinks after the dinner and the beers are over.

HASH SONGS

Hash songs are an integral part of the circle. Hash songs are sung by hashers usually for sinners. An example of a hash song is :-

Here's to “name of hasher” he's true blue
He's a hasher through and through,
He's a pisspot so they say Tried to get to heaven,
But he went the other way.
Drink it down, down, down, down

WHIP

Whip is a person who is appointed by the Grand Master (GM) to put sinners on ice after the run, during the circle. A sinner usually is identified by anyone before, during or after the run. The sinner is put on ice if he/ she does something wrong related to hashing for sins on that day. Hash songs which are a tradition of hash are sung to “on down” the sinners. No sins are allowed which occurred in previous runs or are not related to hash. This unique sin sitting on ice is meant for pure fun as a hash tradition and not meant for humiliation.

LOST

It is important that a hasher who is unable to find the paper trail after trying hard to look for the correct trail, does not wander too far off track, and try to go back to the last seen paper and stay put to avoid getting lost and not risk getting injured. A Search party is mobilised at 10.00 pm to search and rescue any hasher who is lost and not out by 10 pm. I had an experience where I got lost because we went in late and which nearly ended in tragedy.

MY FIRST EXPERIENCE IN HASH

My first hash run was in Malacca in 1987, and it was a “B to A” run where lorries ferried the runners to point B and the runners had to run back to point A (run ends at circle site). What an experience for me. We also had “**triple ons**” in Malacca Hash where after the on-on or dinner, we would sing songs till late accompanied by guitar and drum, or sometimes adjourn to pubs for triple on. What a fellowship.

I have also been a member of Damansara hash for 2 years, PD Hash, Kluang Hash and participated in many outstation runs.

I personally have set ‘hair raising runs’ like crossing a tunnel under North-South highway, crossing Kuala Kubu Baru river with the help of a rope, treasure hunt walks etc. I also got lost during one of the runs and managed to be rescued by the search party safely around 1 am. I also have set runs as far as Ulu Yam Baru. I introduced RSC Hash to running areas like Gasing, FRIM, Desa Park etc.

PRECAUTIONS TO BE NOTED IN HASH RUNS :-

- 1) Ensure you are always fit and healthy before any run, for e.g. if you have diarrhea, make sure you are hydrated well and if possible, do not run. A hasher unfortunately had succumbed to this illness on a hash run.
- 2) It is important to maintain a register for hashers to sign “In” and “Out” for the safety of the runners to ensure that all hashers who have gone for the run have returned safely
- 3) Carry water, a torchlight , whistle and if possible a handphone on the run
- 4) Rule of thumb - never go into the hash trail if it is more than 15 minutes after the start of run. Never walk alone if you are late and instead take the home trail. Do a short walk/run if late.
- 5) Diabetics - ensure you carry some sugar/glucose during the run, especially if you have hypoglycemia (low sugar). There had been a hasher who lost consciousness, and fortunately recovered instantly after a small amount of sugar was given.

- 6) Be careful when you go on runs if you have cuts on leg, as leptospirosis (which can be caused by rat urine in water) may occur if running across streams.
- 7) Be careful at waterfalls, especially after heavy rainfall as a sudden strong water gush can happen anytime. One of our hashers nearly got swept away once at Templers Park waterfalls.
- 8) Be careful when crossing streams or rivers as the water levels may rise rapidly.

My sincere hope is that those new to hashing (old & young) get a better perspective/ knowledge of what hashing is really about.

In summary:

- Enjoy your weekly non competitive walk /run whether old or young
- If done regularly, you remain healthy, both physically and mentally
- Teamwork is developed for the betterment of hash
- Maintain friendship, enjoy fellowship and camaraderie in hashing
- It would be good if hashers from different chapters can recce together to find new running trails for benefit of all hashers.
- Last and not least, it is the best activity when you retire. You remain healthy and active, and it's an excellent way to fight boredom and to keep busy. For me personally, my wife and I are very glad that we started hashing early, got addicted to it and now in our retirement, enjoy hashing as it is the best activity for us to remain active and healthy.

For Information

- The Yayasan Hash House (YHH) is currently under construction in Taman Tun Dr Ismail (TTDI) and we all hope that all hashers support it so that soon all hashers will be able to enjoy the benefits of the YHH.
- There is a National Malaysian Hash Council in Malaysia.
- The above information is just an insight into hashing and for details, please join hashing and actually learn and experience hash.

ON ON

HASH >>> HEALTHY ACTIVITY STAY HAPPY

ROYAL SELANGOR CLUB (RSC) HASH

The RSC Hash section was formed in 1991 and had its inaugural run on 3rd September 1991, Tuesday, with 41 hashers, which was flagged off at RSC Dataran . What a successful event it was! There was no turning back since then, come rain or shine. For the next 8 months, the runs originated at RSC Dataran, after which we started running from different sites around the Klang Valley and the run day was switched to Friday.

The RSC Hash section has helped set up Hash chapters with Melawati Club, Shah Alam Club, Royal Lake Club, Penang Sports Club, Madras Cricket Club, Royal Commonwealth Society, set up a Hash bar in Royal Klang Club, and organize the first interclub Hash run which is now the Quadrangular run, and many more events and runs. The RSC Hash has hosted the Pan Asia Hash in Selangor Club which was a huge success.

Today the RSC Hash section has about 450 members with about 80 active hashers per run.

RSC also has its own Hash Room which showcases the Hash Genealogy that provides a historical listing of all known Hash clubs which was created by Bill (Tumbling Bill) Panton, as well as a collection of Hash paraphernalia and souvenirs from Hash chapters from all over the world.

1st RSC Run at RSC Hash Bar 1991

Venue : RSC, Dataran
Date : 3rd September 1991
Hare : Tango, Stewart Rowe
Scribe : Intan

HIGHLIGHTS

- Convener/GM : Boon Lay
- 41 runners, 3 Females
- 1 broken bone
- 1 smashed car door

RUNNERS :

Ng Beng Sim, Dr. Brij Mohan, Dr.Muruga, C.P.Mahendran, Soo Weng Heng, Tony De Silva, Emmanuel Culas, K.Kumar, Dinesh Selvaratnam, K.T.Rajan, Charlie Chandran, Ng Chee Heng, Ial Singh, Andy Soo Lye Hock, Loi Poh Sai, Jerry Low Boon Chay, Phua Boon Lay, Gan Tian Ngah, Tan It Beng, Jagit Singh, Robert Yeoh, Low Pei Howe, Michael Thong, Bryan Perera, Bobby Ho, Ng Eng Lai, C.Balasingam, Cris-tine Chee, Ng Nyuk Kim, H.L.Wong, Joanne Ng, David Quah, Jason Ong, Paremala, Dr.Chia Kok Ann, Jennifer Chia Mooi Kia, Charlie Cheah, Tan Teong Inn, Cheong Kai Yong, Raymond Tang

NON-RUNNERS

Sam Sambhi, Ram Singh, Paul Yong, Kana, Manjit Singh, Chandra Bose



YEAR	HASH SECTION GRANDMASTERS (CONVENORS)	HASH NAMES
1991 - 1993	PHUAH BOON LAY	NO MANNERS
1994	CHARLIE CHEAH	VERY GOOD CHARLIE
1995	ROGER TYLER	
1996 - 1997	CHARLIE CHANDRAN	DYNAMITE CHARLIE
1998	PHUAH BOON LAY	NO MANNERS
1999	RAJINDERAGNIHOTRI	SPEEDY
2000 - 2001	C.BALASINGAM	GYM BALA
2002	T. MANIAM	BLACK JACK
2003	CHARLIE CHEAH	VERY GOOD CHARLIE
2004	DR. BRIJ MOHAN	DR SPOOK
2005	C.BALASINGAM	GYM BALA
2006 - 2007	CHARLES JAMES FRANCIS	COOL FRANCIS
2008	RAJINDER AGNIHOTRI	SPEEDY
2009 - 2010	FRANCIS LAW	ROSE CHAN
2011 - 2012	K.GANESAN	WALKING TALL
2013 - 2015	KALAI CHELVAM	GASMAN
2015 - 2017	ADOLF LUDGE	VERY GOOD
2017 - 2018	GANESAN PILLAY	
2018 - 2019	T.MANIAM	BLACKJACK
2019 - 2021	KALAI CHELVAM	GASMAN
2021 - 2023	RANMIT SINGH	UNDERTAKER

