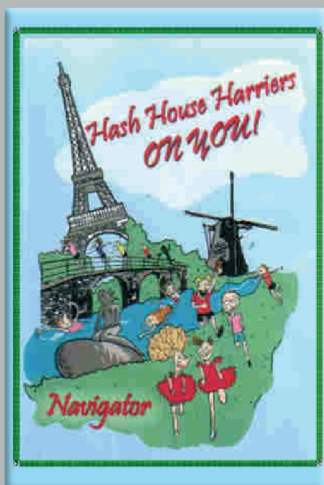


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**Author: 'Navigator' (Mark Williams)**

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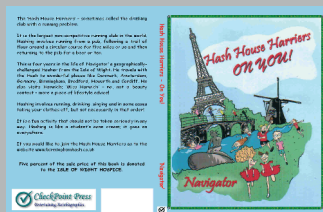
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## Book Description (annotation)..

This is a laugh-out-loud funny, autobiographical commentary on various 'Hash' meetings attended by our commentator 'Navigator'. Suitable reading for adolescents, and for sensible adults with an adolescent sense of humour. A lighthearted and genuinely entertaining read..

## From the rear cover..

The 'Hash House Harriers' - sometimes called the drinking club with a running problem. Hashing involves running, drinking, singing and in some cases taking your clothes off, but not necessarily in that order!

It is the largest non-competitive running club in the world. Hashing involves running from a pub, following a trail of flour around a circular course for five miles or so and then returning to the pub for a beer or ten. It is a fun activity that should not be taken seriously in any way.

This is four years in the life of 'Navigator' a geographically-challenged Hasher from the Isle of Wight. He travels with the Hash to wonderful places like Denmark, Amsterdam, Germany, Birmingham, Bradford, Howarth and Cardiff. He also visits Harwich; 'Miss Harwich' - no, not a beauty contest - more a piece of lifestyle advice!