



Convict Trash

Run 1928 - 4/3/24

Hare: Pig – Location: Heathcote



Starters Gun

This run seems to be an assembly of the injured/unwell/confused –

- *Cold Duck – had a fall in Pig’s outdoor area prior to the run – bark off the knee
- *Blondie – nearly followed the arrow into Maccas instead of going over the bridge to Pig’s (burgers and not pies)
- *Carpet Burn – insect bites on her legs – must have lost her Aussie immunity
- *Ringless – came equipped with his walking stick -ready for the tough terrain
- *Slot Card – after blood extraction, rearrangement of platelets and reinjection into her knee was ready to take on a short stroll
- *Doc – was favouring his right leg after hard work completed in his backyard on the weekend
- *Babe – not Covid

Thank goodness I arrived only ten minutes prior to the start of the run ... I did not have enough time to hear about other mobility or health issues of B2H3 members.



Run Report

Run Reporter : Grewsome

- *a very nice trail
- *easy access to The Royal National Park via Pig’s backyard
- *first run back at the Sty since 2020 ... bloody Covid
- * bike trails formed as a legacy of Covid have expanded into the Park ... Andrew very happy with this
- *run took in some new trails and some old ones

Score : 8.5/10 (His unbiased appraisal of all runs he reports on)

Circle Report : Hannibal Lector

In Heathcote a meat pie is a hand-sized pie containing diced or minced meat and gravy.

The meats allowed by FSANZ to make up at least 25% of a meat pie are beef, buffalo, camel, deer, goat, hare, pig, poultry, rabbit and sheep. Kangaroo meat a leaner alternative, is also sometimes used.

However, most pie manufacturers specify 'beef' in their ingredients list, typically those using other types of meat will simply put 'meat' in the list instead.

FSANZ requires that a meat pie must contain a minimum of 25% "meat flesh". Meat flesh includes the skeletal muscle of any slaughtered animal as well as any attached animal rind, fat, connective tissue, nerve, blood and blood vessels. Offal (such as brain, heart, kidney, liver, tongue, tripe) must be specified on the label.

The pies we had on Monday contained all of the above ingredients. Double Banger hogged the goat ones while CB didn't stray from the offal variety.

On ON HL

Athletes

Birthdays – Cold Duck Excell

Prickette

- *Merkin > Rabbit – a dive and then a bellyflop on he run, dive given 9/10
- *Grewsome > Carpet Burn – got a lift to and from brewery on Sunday ... went to toilets during afternoon ... went through unzipping and taking off skirt as she later realised, she was not wearing shorts

Prick

- *Spinifex > Cold Duck – fall before run
- *Pig > Dundee – after years of running from The Sty always goes the wrong way every time
- *Babe > Pig – hugging at wedding
- *Grewsome > Pig – drive home from wedding ... “how much I love You”
- *Carpet Burn > Cold Duck – trip
- *Dundee > Cold Duck – cannot count beyond seven
- *** And this week's winners are **Carpet Burn** and **Pig** ***

Visitors – Carpet Burn Spinifex Excell

Announcements – AGPU – see Pig's flier on our WhatsApp

Hare Line



Website www.botanybay-h3.weebly.com

Next Weeks Run

Hare : Ringless

Date : 11/3/24

Start : Kirrawee Station Car Park

On On : Golden Emperor Restaurant

**151 Oak Road,
Kirrawee.**