

MHF NEWSLETTER



KEEPING THE HASH SPIRIT ALIVE

VOL. 1 / 3

JANUARY 2026

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For MHF Members Only / Untuk Ahli MHF Sahaja



**Wishing All Our Members A
Happy and Prosperous
Kong Hee Fatt Choy**



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Editors Note Pushing for Progress



On On Hashers.
Welcome to the 3rd Edition
of the MHF Newsletter.

We joyfully celebrated X'Mas and ushered in 2026 recently. On 15/1/26 the Pongal festival marking the rice harvest was celebrated followed by a vibrant Thaipusam filled with joy, devotion and the blessings of Lord Murugan.

Wishing everyone happy Valentines on 14th Feb., A Happy and Prosperous Kong Hee Fatt Choy and Ramadan Mubarak to our muslim members

Feng Shui 2026 is dominated by the energetic Year of the Yang Fire Horse, bringing intense momentum, bold action, and transformation, fuelled by strong Fire energy for growth but also requiring grounding to manage potential impulsivity.

We had a wonderful year of hashing activity in 2025. The awesome MHF 1st Junior Trail Run held at Taman Dr Seenivasagam, Ipoh on 20/12/2025 rocked.

The event attracted a total 650 participants

It was an honor to be part of this incredible mix of competition for students and adults, family treasure hunt, Pub Crawl for Hashers and a sit down charity dinner. All in a day!!

Kudos to MHF President "Speedy" and his organising committee. MHF VP Datuk Rojak, Coach Guru, Harjit exPBB, Kedah /Perlis Rep Ironman, Perak Rep Morgan, Sabah Rep Oscar Chai, KRFH4 GM Poision King and members, our amiable MC's "Elvis" Michael and "Donut" Bernard, generous Sponsors, GM's, Participants and Volunteers .

We All went that extra mile to make it happen and together succeeded in this incredible race for time and delivery of the event. Big Hand.

We hope this newsletter serves as a source of inspiration, education and connection full of good stuff, updates, resources and happenings and so much more.

We welcome our new Assistant Secretary Alec Lan Kaw Seng and co-scribe to the MHF Team.

On On
Editors



FROM THE PRESIDENT

Reflections of 2025 and looking forward

It is my pleasure to extend my warmest greetings to all hashers and your families on behalf of the MHF Exco. Wishing Everybody Happy Valentines Day and a Very Happy and Prosperous Kong Hee Fatt.

As we embark on another exciting year. I am filled with pride and and optimism for what lies ahead.

2025 was an eventful year for our hashing fraternity. MFH set a high benchmark and records of sorts with the eventful 1st MHF Junior Trail Run and Charity Dinner held in Ipoh on 20/12/25. It was a Blast.

The organising committee overcame many obstacles and the last minute change of venue just 10 days before the event from Changkat Kinding which was declared unsafe by the authorities due to the threat of wild tigers. was a test of nerves..

We overcame the obstacles and the last minute relocation to Taman Dr Seenivasagam paid off.

My deepest appreciation to MHF VP Datuk Rojak, Kedah/Perlis Rep Ironman, Coach Guru, President Jayam Sports Club, my good buddy exPBB Harjit, KRFH4 GM Poision King, Perak Rep Mogan, OC's Audrey, and Nerin, MC's Elvis and Donut and the invaluable support from all our sponsors, hashers, GMs and volunteers. You made a difference. Thank You.

Morning competition

The morning competition was unbelievable.. Coach Guru mapped the 6km and 8km run routes, managed the junior and senior events, marshals, volunteers and competition results, Nerin managed the exciting Treasure Hunt, children's games and clown show. Harjit arranged the food and snacks, Sabah Rep Oscar Chai, Kedah/Perlis Rep Ironman and volunteers managed the registration, Zumba, Dhol, Results, Prizes and Lucky Draws. That is teamwork. **You guys and gals are Simply the BEST.** I am speechless..

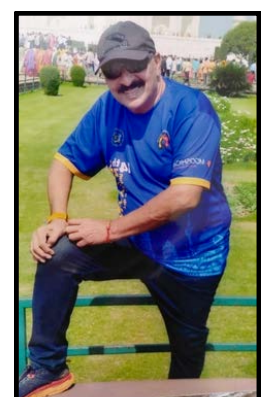
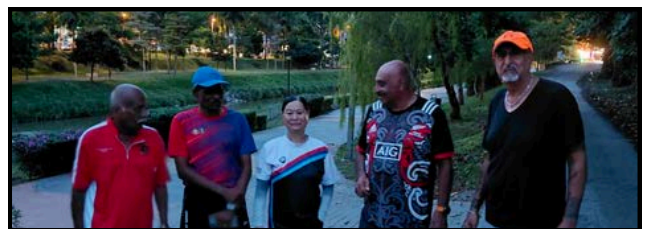
A total 210 participants competed in the Junior Trail Run and 30 volunteers assisted at registration, run marshals, and prize giving. The event ended at 12.30pm after the prize giving.

Pub Crawl

After a quick lunch we resumed for the Hash Pub Crawl registration.

Around 450 excited hashers registered for the run. After the roadshows, Sathia of Gasing Rangers led the warm up and the pub crawl was flagged off at 3.30pm. What an intoxicating crawl....

As we move forward, let's continue to support each other both on and off the trails. Together, we can achieve great things and create lasting memories. Here's to a successful and enjoyable year. We are Simply the Best! On On.



Happy hashing. On On
Rajinder Agnihotri "Speedy"
MHF President



KUDOS MHF! AWSOME!! 1st JUNIOR TRAIL RUN & CHARITY DINNER

THE MHF 1ST Junior TRAIL RUN & CHARITY DINNER 20/12/25 Rocked!!

Ini Kali Lah...

MHF Rocked at our 1st Junior Trail Run and Charity Dinner and set a very high bench mark and a record of sorts. Kudos to the organising Committee headed by MHF President, Speedy.

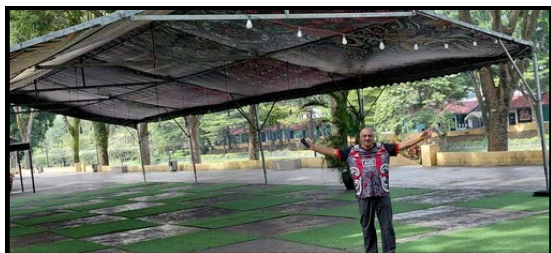
Challenges

The event venue was moved three times from Bukit Bangkong, to Changkat Kinding and just ten (10) days before the event date, IPD Ipoh informed that the event could not be held in Changkat Kinding as it was within the 25KM radius of the endangered territory of the wild tiger attacks in Bukit Bangkong on 6th December 2025.

The Show Must Go On

With steely determination and help from Coach Guru, President of Jayam Sports Club and Harjit, exPBB, approvals were obtained from Majlis Perbandaran Ipoh and IPD Ipoh within two (2) days.

Immediate arrangements were made with Coach to map the 6km and 8km trail routes and treasure hunt routes for the morning events. Harjit made arrangements for tents, snacks, security, ice, etc.



Kedah Perlis Rep Ironman and his team organised the packing of goody bags.



Speedy mapped the pub crawl route from the YMCA.

All preparations done.... wait a minute...Just two (2) days before the event, YMCA dropped another



bombshell!! The field is not available due to some issues. Ooh...nooo.... Desperate we scouted around and with Tons of luck, (at around 7pm), at the end of the road, Wallah... a vacant plot opposite a workshop.

The owner, a humble, Mr Tan, God bless his kind soul, allowed us to use the place. Pheww...quick arrangements were made to set up tents andit was a home run all the way. Well done MHF President and his Organising Team.



Reflecting back. What a Journey, What Challenges. and obstacles. And we made it. Thats the spirit of Hash. Big Hand.

The Show Goes ON

Next Morning - Competitions begin.

Registration opened 7.00am with light snacks and drinks.

7.30am National Anthem and President's speech.

>>continued on page 10

MHF EXCO



PRESIDENT

RAJINDER AGNIHOTRI "SPEEDY"



VICE PRESIDENT

**DATUK NADARAJA SHANMUGAM
"ROJAK"**



HON SEC

MHENDRAN DANIEL "BAPAK BLOG"



TREASURER

THANABAL "CAMERAMAN"



ADVISOR

DARSHAN SINGH "BOL"



ASSISTANT SECRETARY & EDITOR

**ALEC "LAN KAW SENG"
appointed on 1/2/2026
AUDREY PHUAH
(RESIGNED 31/12/2025)**



ASST. TREASURER

MEI FONG



EDITOR

Nerin "Bloody Mary"



AUDITOR

Michael Thomas "Elvis"



AUDITOR

Alvin Goh "Hai Hong"



MHF STATE REPS 2024-2026



SELANGOR
MK LIM "LEFT B***"



KUALA LUMPUR
SANTHRAKASAN "PUDUKU"



PERAK
M MOGARANAJAN "JACKPOT"



KEDAH / PERLIS.
M. SIVALINGAM "IRONMAN"



**PAHANG / TERENGGANU /
KELANTAN.**
CHAN PAK CHIEW
"LIGHTING"



MALACCA
PEIARELAL "COCKY"



PENANG ISLAND
GURDIAL SINGH "GOODYEAR"



PENANG MAINLAND
LIM PING KOK "LAWYER"



JOHORE
GURUDAS "TOK GURU"



NEGERI SEMBILAN
KUNALAN "BAS KUNA"



SABAH
OSCAR CHAI





Upcoming MHF Events

MHF 15th Malaysia Nash Hash 2026 12-14 June 2026



Malacca Hash Council
OC : Joystick
Tel : 12-6812242
Hon Sec : Tora
Tel : 012-926 7875
Rego:
RM400 01/01/26 onwards



MHF 18th Pahang State Run 2026. Brinchang Cameron Highlands 14/3/2025



GM Chua B H Xiao Cai
Tel 013 581 8188
Rego Fee:
RM200 after 31/12/25
Closing Date 21/1/2026
Goodies not guaranteed after closing date



MHF 5th Kedah / Perlis State Run, Pokok Sena Alor Star 11/4/2026

Joint Hosts
Kota Setar 3H
Alor Setar 3H
Perlis 3H/jitra 4H
Perlis 4H
8888 4H

Joint Hosts: 6 Chapters
Date 11/4/2026
Venue : Bukit 888, Pokok Sena, Alor Setar
Rego RM150.00
Closing Date: 15/3/2026



MHF 12th Perak State Run & 38th Anniversary. Host Kamunting H4 8/8/2026



GM : Spark Plug
Tel: 017 586 0382
Inter Hash" Electro
Tel : 012 418 6898
Early Bird:
RM130 up to 31/1/2026



UPCOMING EVENTS

	Event	Website / Contact	Chapter	Where	When	Cost
1	Northern Lions 5 th Anniversary	GM Airbus 012 448 9072 OC Big John 012 536 2281	Northern Lions 3H	YB Glass Hall, Paya Besar Kulim	7/3/26	RM130.00 Closing Date 31/1/2026
2	GH5 Ball Breaker 2026	GOC: Musang King Tel: 017 383 6022 OC2: Toto Tel: 012 293 3338	Gasing H5	TTDI Yayasan Hash Heritage	7/3/26	Details TBA
3	Pos Slim Ipoh-Cameron Highlands Climbathon	GM : Stiff C**** Tel : 012-5222399 JM1 : Kan Chin Ho	Ipoh 3H	Cameron highlands	14/3/26	RM318 up to 31/12/25 Non-Climber RM250 till 31/12/25
4	MHF 18th Pahang State Run 2026.	GM Chua B H Xiao Cai Tel 013 581 8188	Cameron Highlands H4	Brinchang Cameron Highlands	14/3/26	RM200 Closing Date 21/1/2026
5	Penang H3 60 th Anniversary Run	Cocktail – 012 489 1978 (OC) Leech – 012 473 2536 (On Cash)	Penang H3	Che Hoon Moral Uplifting Soc. Penang	21/3/2026	RM180 Closing date 31 Jan 2026
6	SP Adventure H3-5th Anniversary	GM: Pattas Tel :012-5851402 OC : Andy Eon Tel : 019-464 1738 Hon Sec: Printer Tel : 012-5144996	SP Adventure	Danok	28/03/2026	RM150 (No Room) RM180 (Twin share) RM215 (Single) Closing date 31/1/2026
7	MHF 5th Kedah / Perlis State Run	Agnesagnes : _thsb @yahoo.com OC: YK Loo 012 430 6338 On Sec ; Susibalan 012 457 0244 JJ AOC 019 451 5849	Joint Hosts Kota Setar 3H Alor Setar 3H Perlis 3H jitra 4H Perlis 4H 8888 4H	Bukit 888, Pokok Sena, A Setar	11/4/2026	Rego RM150.00 Closing Date:15/3/26 After closing date freebies not guaranteed
8	2 nd Pan Songkran Hash	Cameraman: 12 229 5474 Lic****: 012 216 9419	Kelab Maha Songkrun H3	Songkla, Thailand	17/4/2026	Registration Closed
9	PJ Harriettes 50 th Anniversary Run & Ball Breaker	OC - Mei Fong 012 6811165 Interhash Sec - Joanne Cheah 012 2614651 Email: pjhhh1976@gmail.com	PJ Harriettes	Sg. Long	1/5/ 2026	RM268 Closing date 26 Feb 2026
10	Kerteh H3 2000 Run & 38 th Anniversary	GM Andy Leong Tel 011 2672219 OC :F3X Tan BH Tel :019 985 5126	Kerteh H3	Kerteh	2/5/2026	RM180
11	420H3 Preamble. Prelude to IH 2026 Prambanan Mendut	GM: Grass Eater Tel : 017 3227487 On Sec: Jail Break Tel : 013 364 7739	420H3	Heritage Hash House TTDI.	2/5/2026	USD60 Limit 250 pax only



contd....UPCOMING EVENTS

13	Valdor3H - 5th Anniversary.	GM: Jungle King Tel : 012 4098300 Hon Sec : Tiger Tel : 016 410 4245 Interhash : Jaguar Tel : 012 494 1819	Valdor H3	Dewan SJKC Kampung Valdor	23/05/26	Fee: RM140
14	MHF 15th Malaysian Nash Hash	GM/OC Gary Tan "Joystick" – 0126812242 On Sec "Tora" 0129267875 On Cash "Gaga" – 0129771912	Malacca Joint Chapters	Malacca	12-14 June 2026	Until 28 Feb 2026 Goodies no guarantee after 28 Feb 26 Fee includes Red Dress Run
15	SP Garuda 3H 21 st Anniversary	GM: Rubber Tel: 010 386 3414 OC : Jack Ma Tel: 012 256 8744 Landmark Tel: 019 411 1146	TBA	TBA	11/7/26	Fee RM100 Closing Date 30/4/26
16	KRFH4 10 ^t Anniversary & 2 nd Hash Challenge 2026 (BBR)	GM : Poision King Tel :016-3351383 OC: Mabuk John Tel : 016-5584808 Hon Sec : Footsteps Tel : 016-5916228	KRFH4	Ipoh	18/07/2026	Fee: TBA
17	MHF 12th Perak State Run & 38th Anniversary	GM Spark Plug 017 5860383 Int Hash Electro 012 418 6898	Kamunting H4	Kamunting	8/8/2026	RM150 until 31/3/26 RM180 1/4 to 30/6
18	Japan Nash Hash	https://japannashhas.h.wixsite/jnh2026/	Kansai Hash Union	Makino, Takashima City, Japan	10-12 Oct 2026	TBA 150 pax limit
19	26 th All China Nash Hash & SHH3 40 th Anniversary	https://shahghai3.com/acnh-2026shanghai/	ShanghaiH3	Shanghai	23-24 Oct 2026	Fee TBA
20	16 th Batang Nash Hash	GM: Charles Cool 012 381 1411 JM Playboy 016 220 3911	SAH3	TBA	12/6/2027	Fee: 1/1/2-26 onwards RM230
21	21 st Pan Asia Hash	https://pah2027.com email: info@pah2027.com WhatsApp – Pusher @ +91 92463 09565	Hyderabad H3	Hyderabad Talanga, India	5 - 7 Nov 2027	US\$222
22	Borneo Nash Hash 2027	Samarindah, East Kalimantan Leny.ana27@gmail.com Tel: 0821 22 88887	Samarindah H4	Samarindah East Kalimantan	TBA	TBA

Additional details for hashing around the world can be found at www.GoToTheHash.net>



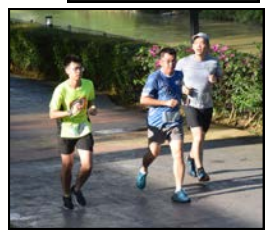
Contd from pg 4.. **MHF 1st JTR 2025. The Show Goes Onpart 1 - Action**

7.45am the energetic Zumba warm up was performed by Gasing RangersH4 Sathia and friends followed by the Dhol display by the famous DSG and his talented son.



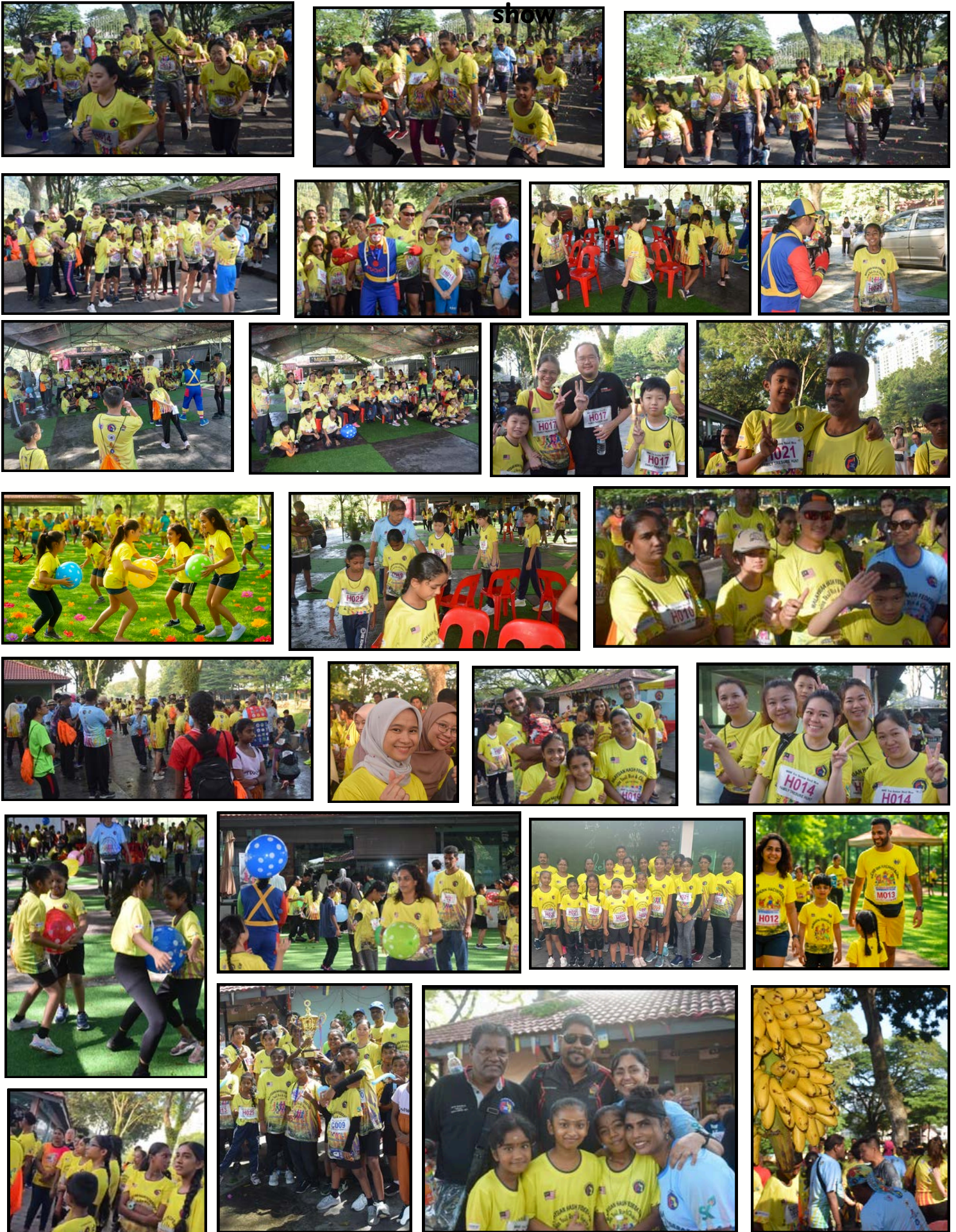
Flag off

8.00am - The 8KM Open Men and Ladies followed by the 8KM under 20 years Boys and Girls, 6km boys and Girls,, 4x4 Teams and Treasure Hunt.



contd from pg 10..

MHF JTR Treasure Hunt / childrens Games/ Clown show



contd from pg 11..MHF 1st JTR Prize Giving What A FEELINGGG

The morning 6km and 8km trails for open category, under 20yrs age groups, 4x4 team events were all held around Taman Dr Seenivasagam, The competitors displayed discipline and high sporting spirit. together with the clown show lucky draws and fantastic prizes won by the competitors were awesome. Datuk Nadaraja Challenge Trophy for the highest number of participants was won by Jayam Sports Club having submitted total 78 participants for the event.



contd from pg 12... **Prize Giving.....What a Feeling Yea...Yea... Yea**



At 3.30pm around 450 excited hashers was flagged off from Taman Seenivasagam. Oh what a crawl.... weaving through the pub streets.

It was a fantastic and memorable mix of humour, camaraderie and hashing fun walking along the streets, having beer stops, a toddy stop, punch stop, and a fantastic bar stop before reaching the home stop and having witty on downs by the whips. By 6pm we adjourned to Restoran Kok Thai for the charity Dinner and presentation of the charity cheques and awards.





JTR Charity Cheque Presentation



IN THE NEWS!!

Captured! Terrors of Bt Bangkong & Changkat Kinding.



In April 2025, preparations for the JTR started in Bukit Bangkong, Tanah Hitam, Chemor, a small Chinese village situated on the edge of Tanah Hitam, established during the emergency and having a popular hiking hill with elevation around 312 meters (1,024 ft) above sea level with a view of Gunung Korbu at the peak was identified. Preparations and recces were ongoing.

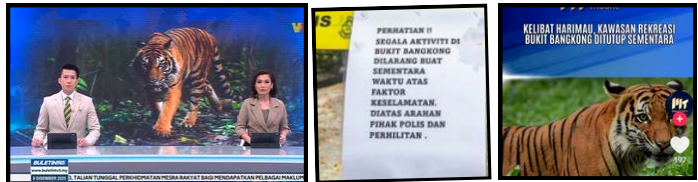
In November 2025 our request was not approved by the authorities.

We scouted for venues and just 5km down the road, was Changkat Kinding, an ideal run site complete with an open air multi purpose hall, virgin jungle, orchards rugged terrain and veggie farms. Suitable for JTR needs.

Ketua Kampong Mr Wong Chin Siang, helped with the approvals and preparations were underway.



On 6/12/2025 news of livestock killed by a tiger in Bukit Bangkong, hit the headlines. The run site was closed to the public.



On 10.12.2025, just 10 days before our event, IPD Ipoh called to inform that the event cannot be held within 25km radius of Bukit Bangkong, where the tiger was sighted.



President "Speedy" made a bold decision to move the event and together with Coach Guru, we obtained approvals for Taman Dr Seenivasagam.

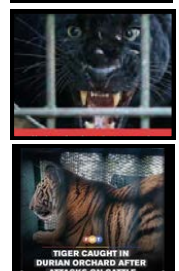


On 20/12/25 the MHF 1st JTR was held as planned. An overwhelming success. Kudos MHF. Well done.

On 10/1/2026 a 3 year old male black panther weighing around 40kg was captured in Bukit Bangkong, Chemor.



On 11/1/2025 another male tiger weighing about 75 kg named "Yob Kinding" was captured in an Orchard in Changkat Kinding Tanjung Rambutan, Ipoh.



Just Us Lari Sana Sini



contd.. Just Us Lari Sana Sini



contd.... The Participants....I Say

Thank you, MHF 1st Junior Trail Run & Hash Charity Dinner!

Our sincere thanks to MHF President Speedy, Vice President and MKH4 GM Rojak, Nerin, Audrey, the organizing committee, and all Kinta Rainforest Hash members for a well-organized event. It was a good run, a fun pub crawl run, and a wonderful charity dinner. Everyone from Mount Kiara Hash had a great time. On on! 🙌

Best regards

Lan Kaw Seng, Interhash Mount Kiara Hash

We would like to extend our sincere appreciation and heartfelt thanks to the MHF Committee, all organizers, members, volunteers, sponsors, and participants for the successful 1st Junior Trail Run & Hash Run & Charity Dinner, held on Saturday, 20th December 2025.

Your dedication, teamwork, and tireless efforts made this event a great success. The enthusiasm and support shown by everyone truly reflected the strong spirit of unity and camaraderie within the hashing community, while also supporting a meaningful cause.

It was an honour for us to be part of this memorable event. We look forward to continued friendship and cooperation in future events.

Once again, thank you to everyone involved for your hard work and commitment.

On On!

Warm regards,

GM Hari-Hari Naik Silvercity. Hash House Harriers, Ipoh

Greetings to all HASH members 🙌

It was truly a fabulous day yesterday. Congratulations to everyone for making the event such a great success. Kelab Olahraga Jayam is honoured to have been a small part of this wonderful event.

Special thanks to Ms. Narinder for giving our club the opportunity to participate and for her support towards Kelab Olahraga Jayam. We are sincerely grateful.

Our heartfelt thanks as well to Mr. Rajinder Agnihotri, Ms. Audrey Phuah, and Mr. Harjid for organizing such an energetic and enjoyable run. It was a pleasure meeting everyone and participating together. Finally, congratulations and thank you to all HASH members for a memorable and well-organized event.

Wishing you all the very best for your upcoming events. Hope to meet again soon.

Thank you 🙌

Best Regards,

Mr. S. Gurusamy, President, Kelab Olahraga Jayam

tqvm all our MHF members well done our event was very successful tq mdm narin presidents mr. rajender, mdm Audrey big salute from coach gurusamy.

Meeting with Kedah Perlis State Rep & GM's 8/11/2025



MHF President, Advisor and State Rep Ironman attended the meeting with the GM's to discuss preparations for MHF 5th Kedah / Perlis State Run to be held at Pokok Sena, Alor Star on 11/4/2026.

Joint Hosts , Kota Setar 3H. Alor Setar 3H. Perlis 3H. Jitra 4H. Perlis 4H, 8888 4H.

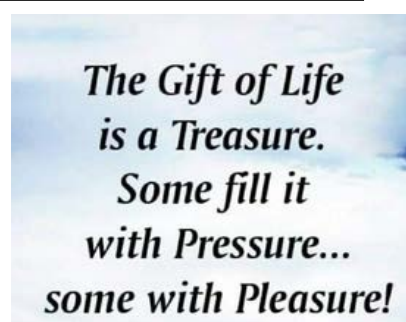


A negative mind
will find **fault** in
everything and a
positive mind will find
opportunity in
everything.

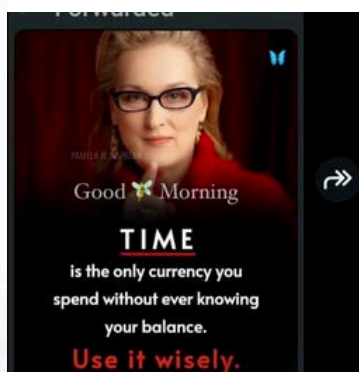
DEMIC



My moral in life is
simple, you treat me good
and I'll definitely
treat you better.



*The Gift of Life
is a Treasure.
Some fill it
with Pressure...
some with Pleasure!*

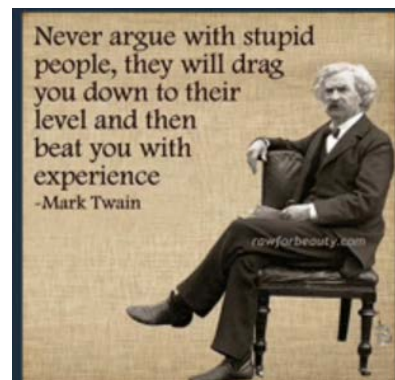


Good Morning

TIME

is the only currency you
spend without ever knowing
your balance.

Use it wisely.



Never argue with stupid
people, they will drag
you down to their
level and then
beat you with
experience
-Mark Twain

My Journey My Memories



HHH started in the district of Baling when the late WT Perera, a planter by profession mooted this idea and so the first HH in Kedah was born on 2nd April 1975.

I was baptised and admitted as a member in 1976 and had the chance to keep myself physically active and socially interactive with people from all walks of professions.

In 1981, I was appointed to be Joint Sex and 3 years later to be On Sex.

I was kept busy organising anniversary and regional runs and this gave me lots of exposure to the hashing world. I first held the GM post in 1996; with lots of support from beneath and hiccups along the way, I am still holding the reign, and proudly mentioning we hosted our grand Golden Jubilee Celebration mid this Year (1975 - 2025) with a crowd of around 600 plus.

Now coming to the formation of the Malaysian Hash Council (now known as Malaysian Hash Federation) - hashing has bloomed in many corners in the Federation and also in most of the countries around the world. We have seen leaders who helmed the Malaysian Hash Council over the years notably Uncle Looi,, MGR Murugan, , Super Tanker, Darshan Singh (BOL) and our present President non other than our Speedy Raj. We salute the present leadership under the patronage of Speedy for taking the effort to organise the inaugural "MHF - 1st JTR" followed by a mixed run for the hashers and a get together for the Charity Dinner. The run will be flagged off on the 20th Dec 2025 at the outskirts of Ipoh. The Charity Dinner is part of the Federation's contributions to the less fortunate and the needy.

I am really touched by the tremendous support given by our brotherhood hashers in cash and kind for the coming 1st JTR Run and Charity Function.

As a senior hasher, CHEERS and BRAVO to the Federation and Organisers and hopefully more of such events will come in the near future.

Cheers & ON ON
GG
GM Baling H3



Memories... Road to MHF 1st JTR ... We Made It





LETTERS TO THE EDITOR

We look forward to constructive feedback and updates from members and make our Newsletter an interesting two-way communication.

Please provide your feedback, Photos, Jokes, Articles, Health tips, etc and include your Name, Hash Chapter, Topic and contact Nerin 012 209 0547

On On

Editor



Lost & Found -Batu Ferringhi, Penang

News received on 4/2/2026.

A foreign hiker went alone for a hike and got lost in the jungle in Batu Ferringhi. He sent an SOS to Bomba for help, and Bomba in turn had to call Tuesday Hash for assistance in the rescue mission. Some of our THK Hash members joined the search, and they successfully found the hiker, whose name is Angel, and brought him down safely.

This reminds us to always appreciate our Hash members, who are truly the kings of the jungle when it comes to search and rescue. Even our government knows that when all other options are exhausted, they can count on the Hash members.

So let us always be proud of who we are and the spirit we carry as Hash members. Thank you.

Rambo.PMHHH,THK,PSC and IA Hash Member.



Well Done Hashers

Well Done Penang Hashers - SS & The Gang. They joined the SAR Team in the search for a missing Hiker. Operation successful. Hiker found safe and sound at 3.30am.

Good Job. Hashers. Keep It Up.

DISCLAIMER

The views expressed in MHF Newsletter are the authors' own and do not necessarily reflect those of the MHF

The MHF shall not be held responsible for any errors or omissions in the information provided herein. Links to external websites that accompany the texts are for information only and do not in any way imply endorsement