

For MHF
Members Only /
Untuk Ahli MHF
Sahaja



KEEPING THE
HASH SPIRIT
ALIVE

MALAYSIAN HASH FEDERATION

NEWSLETTER

ISSUE 4 • APRIL 2026

HAPPY
Easter

CELEBRATING
BAISAKHI
PUTHANDU
POLLA BAISAKH
VISHU
BIHU



MHF Newsletter

ISSUE 4

KEEPING THE HASH SPIRIT ALIVE

For MHF Members Only / Untuk Ahli MHF Sahaja

APRIL 2026

Dear Readers,

Welcome to the 4th edition of our MHF Newsletter!

“Keeping the Hash Spirit Alive”

Each edition is a reflection of the vibrant voices, ideas, and achievements within our community, and this issue is no exception. We are excited to bring you a collection of stories, highlights, and updates that showcase the passion and dedication of our members.

Over the past months, we have seen remarkable participation in events, inspiring collaborations, and continued growth in both numbers and impact.

This edition captures those moments—celebrating milestones while also looking ahead to what lies beyond.

Putting this newsletter together has been a rewarding journey, made possible by the contributions of many. From writers and photographers to organizers and contributors, we extend our heartfelt thanks for your time and effort in making this publication meaningful.

As always, we hope this newsletter keeps you informed, engaged, and connected. We also welcome your feedback and contributions for future editions—this is, after all, your platform.

Happy reading, Warm regards and On On!

Editors
Nerlin & Alec Jan KS

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Weather Alert

Met M'sia heatwave warnings (L1 & L2) late March to June 2026. Mostly affected - Kedah, Perlis, Perak, Penang. What to do- Stay hydrated avoid sugary / caffeinated drinks.

Take Care and Stay Safe



From The President

Dear Members,

It is with great pride and enthusiasm that I welcome you to the 4th edition of our Hash Newsletter. As we move further into the year, I am continually inspired by the energy, creativity, and commitment demonstrated across our community.

This past period has been marked by meaningful progress and memorable moments. From successful events and collaborative initiatives to the steady growth of our network, each achievement reflects the dedication of individuals who believe in our shared vision. Your contributions—whether big or small—are what makes the Federation thrive and move forward.

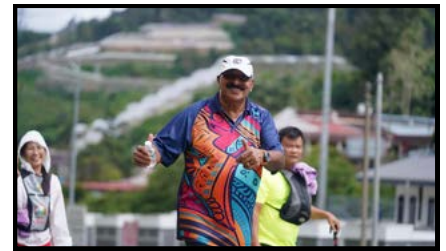
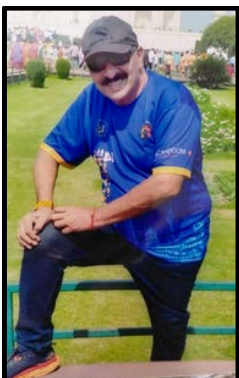
Looking ahead, we remain focused on strengthening our impact and expanding opportunities for engagement. The upcoming months promise exciting programs, fresh ideas, and new avenues for collaboration. I encourage each of you to stay involved, share your perspectives, and continue supporting one another.

I would also like to extend my sincere appreciation to the editorial team for their efforts in bringing together this edition. Their hard work ensures that our stories, achievements, and voices are captured and celebrated.

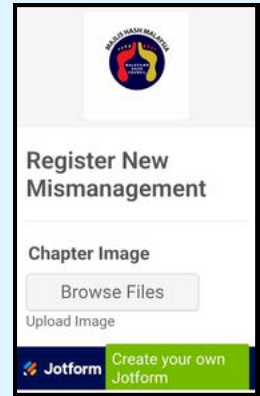
Thank you for your continued passion and commitment. Together, we will keep building a stronger and more vibrant community.

Warm regards and On On!

Speedy



Community Updates



URGENT ATTENTION - UPDATE CHAPTER'S LATEST INFORMATION

All Chapter GM, GH, On Sec

Please conduct housekeeping and Update your Chapter's latest info.

Just Click on the link / Update info and Submit.

<https://form.jotform.com/221643778798475>

For assistance contact your State Rep.

Updates since our 3rd Issue Newsletter and what's to come

MHF 18th Pahang State Run 14/3/26

Host Cameron 4H at Bertam Valley, CH. Around 350 hashers from 44 chapters attended the event.

Kudos to GM Chua Boon Hock "Xiao Chai" and his Organising Committee for a well organised and successful event. On On.

The Host for the MHF 19th Pahang State Run in 2027 is Raub H4 details TBA..



MHF 5th Kedah/Perlis State Run 11/4/26

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

The Organising Committee is working very hard to make this a memorable run. Total 276 hashers from 33 Chapters signed up.

Good Job OC's go for 300 target. On On
On On!



MHF 15th MNH 12-14/6/26

Joint Hosts - Malacca Indian Association (MIA), Orang Utan H3, Kota Melaka H3, Malacca Full Moon, MH3 and HAA Sunday Hash.

As at end of March around 800 hashers from 90 affiliates have registered for the event.

Keep it up. OC, you can reach the 1000 target.

On On!



MHF EXCO



PRESIDENT

RAJINDER AGNIHOTRI "SPEEDY"



VICE PRESIDENT

DATUK NADARAJA SHANMUGAM

"ROJAK"



HON SEC

MAHENDRAN DANIEL "BAPAK BLOG"



TREASURER

THANABAL "CAMERAMAN"



ADVISOR

DARSHAN SINGH "BOL"



ASSISTANT SECRETARY & CO-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 EVENTS

	Event	Website / Contact	Chapter	Where	When	Cost
1	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	28/3/2026	Closed
2	MHF 5 th Kedah / Perlis State Run	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	RM150.00
3	2 nd Pan Songkran Hash	Cameraman: 12 229 5474 Lic****; 012 216 9419	Kelab Maha Songkrun H3	Songkla, Thailand	17/4/2026	Closed
4	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 – 2 day event RM188 - day 2 only
5	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
6	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
7	Interhash 2026, Prambanan	WEB SITE: interhash2026.com	Interhash	Yogyakarta Indonesia	8-10 /5/2026	USD350 till 10/5/26
8	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	23/05/2026	RM140
9	MHF 15 th Malaysian Nash Hash	GM/OC Gary Tan "Joystick" – 0126812242 On Sec "Tora" 0129267875 On Cash "Gaga" – 0129771912	Malacca Joint Chapters	Malacca	12-14 /6/ 2026	RM400 Goodies no guarantee after 28/2/26 Includes Red Dress Run
10	MHF BGM	Bi-annual General Meeting of the Malaysian Hash Federation		Malacca	14/6/2026	-



UPCOMING EVENTS ... contd

10	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	11/7/2026	RM100 Closing Date 30/4/26
11	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	21KM RM190 -15/4/26 RM230 – 18/6 RM250 - after 18/6
12	MHF 12 th Perak State Run & 38 th Anniversary	GM Spark Plug 017 5860383 Int Hash Electro 012 418 6898	Kamunting H4	Kamunting	8/8/2026	RM180 1/4 to 30/6
14	26 th All China Nash Hash & SHH3 40 th Anniversary	https://shahghaih3.com/acnh-2026shanghai/	ShanghaiH3	Shanghai	23-25 /10/2026	Early bird RMB588 up to 1/5 RMB638 until 31/8 RMB688 until 4/10
15	16 th Batang Nash Hash	GM: Charles Cool 012 381 1411 JM Playboy 016 220 3911	SAH3	TBA	12/6/2027	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 /11/ 2027	US\$222
22	Borneo Nash Hash 2027	Samarindah, East Kalimanan 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>



Nash Hash Events

Belgium (Jul 2026)
China (Oct 2026)
Denmark (May 2026)
Ireland (Jul 2026)
Japan (Oct 2026)
Malaysia (Jun 2026)
Nigeria (Jul 2026)
New Zealand (Feb 2027)
Philippines (Feb 2027)
Swiss (Aug 2026)



25-28 FEB 2027
PHILIPPINE NASH HASH
HOSTED BY THE PUERTO GALERA H3 ON
THE ISLAND OF MINDORO, PHILIPPINES.
[HTTPS://WWW.PGH3.ORG/NASHHASH.HTM](https://www.pgh3.org/nashhash.html)
L

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

Interhash 2026 Prambanan Indonesia 8-10/5/26

APPROVED INTERHASH 2028 BIDDERS

1. KENYA, MOMBASA 19-22 May 2028
2. MALAYSIA KUALA LUMPUR (RSC HASH) 9-11 June 2028
3. KUCHING < SARAWAK MALAYSIA 14-16 July 2028
4. JEJU, SOUTH KOREA 7-9 April 2028



Kenya Mombasa 19-22 May 2028

Malaysia Kuala Lumpur (RSC Hash)
9-11 June 2028

Kuching Sarawak
Malaysia 14-16
July 2026



Jeju South Korea 7-9 April 2028

Interhash Voting Cards

MHF BID INVITATION FOR 16th MNH.

Closing date 30/4/26



Malaysian Hash Federation

153-15-1, Menara Duta, Jalan Dutamas Raya, 51200 Kuala Lumpur, Malaysia

Tel No: 03-64193298; HP No: 012-2331708

www.malaysianhashfederation.com; Reg No. 2518/96WP

25 March 2026

The Grandmaster/Hon.Secretary

All Malaysian Hash Federation Affiliated Chapters

Invitation to Bid for the 16th Malaysian Nash Hash, 2028

The cycle for the hosting of the Malaysian Nash Hash (MNH) has reached a full circle as all states have hosted the MNH (**Attachment 1**).

The Federation is pleased to open the Bid for MNH 2028 to all affiliated hash chapters in Malaysia. Please take note that you have to comply with the Bid's Terms and Conditions as per the Malaysian Hash Charter (**Attachment 2**).

For chapters which are putting in their bid, please ensure that the Letter of Undertaking is printed on the chapter's letterhead and signed-off by the Grandmaster and Hon.Secretary of the Organising Chapter. The completed Letter of Undertaking (for details, please refer to **Attachment 3**) and cheque for RM6,000.00 is to be furnished to the Hon.Secretary of the Malaysian Hash Federation, **latest by 30th April 2026**..

Should there be more than one bid, the bidding process will be decided by the delegates at the forthcoming MHF Biennial Delegates Meeting on 14th June 2026. For further details on the bidding process, please contact the undersigned at 012-2331708.

Thank you.

Happy Hashing & On! On!

Rajinder Agnihotri (Speedy)

President

Malaysian Hash Federation

MHF Bid Invitation contd..



Malaysian Hash Federation

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Attachment 1

Summary of Malaysian Nash Hash (MNH)

<u>Year</u>	<u>Details</u>	<u>Host</u>
1996	1 st Malaysian Nash Hash, Petaling Jaya	PJ Hazards, Selangor
1998	2 nd Malaysian Nash Hash, Langkawi	Sungei Petani H3, Kedah
2000	3 rd Malaysian Nash Hash, Port Dickson	Seremban H3, Negri Sembilan
2002	4 th Malaysian Nash Hash, Penang	Penang H4, Penang
2004	5 th Malaysian Nash Hash, Malacca	Malacca Fullmoon Harriers, Malacca
2006	6 th Malaysian Nash Hash, Sandakan	Sandakan Hash House Harriers, Sabah
2008	7 th Malaysian Nash Hash, Langkawi	Sungai Petani Cheetah H3, Kedah
2010	8 th Malaysian Nash Hash, Klang	Royal Klang Club H4, Selangor
2012	9 th Malaysian Nash Hash, Penang	Penang H4, Penang
2014	10 th Malaysian Nash Hash, Sibu	Sibu Hash House Harriers, Sarawak
2016	11 th Malaysian Nash Hash, Ipoh	Ipoh Hash House Harriets Association,
2018	12 th Malaysian Nash Hash, Raub	Raub H3, Pahang
2022	13th Malaysian Nash Hash, Johor Bahru (MNH 2020 Postponed to 8/7/22 to 10/7/22 due to Covid-19 pandemic)	Tanjung Petri H3, Johore
2024	14 th Malaysian Nash Hash, Selangor	Mont Kiara H4, Kuala Lumpur
2026	15 th Malaysian Nash Hash, Malacca	Malacca Joint Hash Chapters

Malaysian Nash Hash Charter



Malaysian Hash Federation

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Attachment 2

MALAYSIAN NASH HASH CHARTER

1. The Malaysian Nash Hash (MNH) shall as far as possible coincide with the Biennial Delegates Meeting (B.D.M) of the Malaysian Hash Federation (MHF) which is held biennially by 30th June in that particular year.
2. The MNH can be organised by a single chapter or two (2) or more chapters on a rotational basis, state by state.
3. The host/s must be affiliates of the Malaysian Hash Federation and have the following criteria:
 - Active for the last 5 years.
 - Run on a weekly/monthly basis
 - Have successfully organised at least 1 celebration run within the last 5 years.
 - Have participated in previous Nash Hash events.
4. The following details must be furnished to the MHF upon submission of the Bid:
 - Background/experience of the hashers/hash chapter/s who are bidding to be the Host.
 - Proposed details of the event eg. date, venue, registration fees, programme, goodies, accomodation, transport arrangements, etc.
 - Proposed budget for the event.
 - Information of other related activities i.e. Charity Run, Pre/Post-Amble Runs, etc.
 - Signed Letter of Undertaking by Grandmaster & Hon.Secretary on Chapter's letterhead.
5. Registration fee up to a maximum fee of RM450.00:
 - a) Early Bird of not more than RM200.00. The limit of the number of pax for the early bird registrants is at the discretion of the host in consultation with the MHF.
 - b) At the cut-off date of the early bird registration, the host has the discretion to impose a progressive charge of up to a maximum of RM400.00 over the remaining period with a cut-off of 'No Goodies' - 3 months before the event.
 - c) Ball Breaker Run @ RM150.00 – RM250.00:
 - Open (to non-hashers) & Closed (restricted to hashers of affiliated chapters).

Malaysian Nash Hash Charter contd..



Malaysian Hash Federation

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- Ladies & Men (i) below 40 and (ii) above 40 (veteran) years old
 - Prizes and medallions given to 1st 5 winners in each category
 - Ball breaker finisher t.shirt to all finishers within the stipulated time.
6. The registration fee is to include the following:
- 1st Day Charity Run/Walk (Optional)
 Welcome Dinner
 - 2nd Day Runs – short/old farts, medium, long,
 Ball Breaker(subject to a minimum of 100 participants)
 Event Dinner
 - 3rd Day Recovery Run cum Lunch &
 MHF Biennial Delegates Meeting (B.D.M)
7. The MHF shall shortlist the Bids which have met the above criteria. The Federation will then put forward the 'selected host/s' for the vote of delegates at the B.D.M. The bidder with a simple majority shall be the host.
8. An administration fee of RM150.00 and and deposit of RM6K (i.e. RM6.00 per participant for 1,000 participants) is paid to the MHF prior to the bid. If the bid is unsuccessful, the deposit will be refunded.
9. The balance of RM6 from the entry fee of each registered participant >1,000 participants is remitted to the MHF 1 month prior to the start of the Nash Hash. The payment of late registration fees shall be remitted to the MHF during the event.
10. The Host shall disseminate the pertinent details of the Nash Hash via the various social media instruments eg. website, whatsapp, facebook, etc. and have a MNH souvenir magazine. The MHF shall be allotted a minimum of 6 pages in the magazine for the President's address, history of MHF/MNH, etc.
11. All promotional items eg. t.shirts, backdrop, banners, buntings, magazines etc, are to bear the MHC logo.
12. The Host is to to make all the necessary preparations with the MHF President/Hon.Secretary to host the B.D.M of the Malaysian Hash Federation.
13. The audited accounts for the MNH is signed-off by an external auditor and furnished to the MHF within 3 months upon completion of the event.

MHF STATE RUN CHARTER



Malaysian Hash Federation

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MALAYSIAN HASH FEDERATION(MHF) STATE LEVEL HASH CHARTER

1. The state level run is to be organised annually or biennially on a rotational basis among affiliated chapters in each state to be known as eg. "10th MHF Kedah/Perlis State Run".
2. State representatives **must** engage with the affiliates to select the Host by a majority decision among the bidders **with sufficient notice of at least 1 (one) month being given to the prospective bidders:**
 - On a rotational basis.
 - The host **may be** a single chapter or **a combination** of with two or more chapters. States with many chapters are strongly advised to form joint organising committees and hold the event on an annual basis so that future bidders can get their turn sooner than later.
 - The state rep shall be an ex-officio member of the Organising Committee who will liaise with the MHF.
 - A principal officer of the MHF shall be assigned to the Organising Committee for guidance and advice.
3. The Organising Chapter/s (O.C's) must be affiliated to the Malaysian Hash Federation and have the following criteria.
 - The OC/OC's were active for the last 3 years;
 - The **chapter/s must be running** on a weekly/fortnightly or monthly basis;
 - **The chapter/s has not less than 20 members;**
 - have had the experience of organising a successful celebration run in the last 5 years.
4. The philosophy of the one (1) day event is:
 - "Back to Basics" to keep cost at a minimal **level**;
 - Foster fellowship and **support** among state chapters with a contribution of at least RM150.00 carton of beverages each (or equivalent) towards the event;
 - Maximum Registration charge of RM120.00 - RM150.00;
 - Registration without goodies shall not exceed two-thirds (2/3) of the registration fee.
5. **The officers of the MHF shall be entitled to 50% of the registration fee.**

MHF State Charter contd..



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6. A fee of RM3.00 per participant or a minimum of RM1,000.00 is paid to the MHF prior to or on the date of the state run.
7. The event shall include:
 - Runs – **short/old farts & long.**
 - Ball breaker Open and Closed event (**Optional**)– Competitive with prizes & medallions to be given. Due to additional expenses incurred to organise the ball-breaker, an additional charge of RM120.00 - RM150.00 can be charged for hashers & RM200.00 for **non-hashers.**
 - Dinner & Duty Paid Beverages.
 - Entertainment with emphasis on traditional hash style songs/acts,etc.
8. The details of the Bid are to be furnished and sanctioned by the MHF prior to informing the hashers eg. date, venue, registration fees, programme, goodies, accomodation, transport arrangements, etc.
9. Information of any other related activities i.e. **Charity Run/Walk**, Pre/Post-Amble Runs, etc.
10. The dissemination on the pertinent details of the event should be via a website, whatsapp, facebook or email.
11. Promotional items eg. t.shirt, backdrop, banners, buntings, magazines etc, are to bear the MHF logo.
12. The MHF shall provide assistance to the Host wherever possible via the MHF website, State Whatsapp Group Chat, MHF Newsletter & social media **to promote a successful event.**

END



MALAYSIAN HASH FEDERATION (MHF)

CONGRATULATIONS TO ALL CHAPTERS CELEBRATING YOUR ANNIVERSARIES

The Malaysian Hash Federation proudly extends our heartfelt congratulations to every chapter marking another milestone year of hashing excellence!

Your anniversary is more than just a number — It represents years of friendship, fellowship, dedication, and unforgettable trails.

It reflects the strength of your committee, the loyalty of your members, and the passion that keeps your chapter thriving year after year.

Through rain or shine, hills or highways, laughter or lepak sessions —you have continued to uphold the true meaning of Hashing.

Your commitment inspires the wider Hash community and strengthens the bond that unites us all under one spirit.

As you celebrate this special occasion, may your chapter continue to grow, prosper, and blaze many more successful trails ahead.

KEEPING OUR HASH SPIRIT ALIVE

ON ON!

MHF Kedah / Perlis 5th State Run 10/4/26 Committee At Work



Baling 3H 51st Anniversary

2/4/1975 to 2/4/2026



From humble beginnings 2.4.1975 to 2.4.2026 marking 51 years of Hashing.

The pioneer Gm who founded with a bunch of diehards at Gadek Coffee House (Kupang Est)., W.T.Perera aka Rubber Balloon.

Ex Seremban H3, Ex RMC, Ex Planter, Ex Plantations Consultant.



Baling 51st AGM was held successfully at Pavilion Restaurant (LYC) and status quo maintained 2026/27. Red Medan Invasion/AGM sarongs were honoured to all Batangs.



Congrats to the whole team on being re-elected. Good luck and all the best Baling H3!

MHF Advisory



Malaysian Hash Federation

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Date: 10 Mar 2026

GENERAL SAFETY ADVISORY TO ALL MEMBERS

Subject: Importance of Medical and Ambulance Presence During Celebration Runs

The Malaysian Hash Federation (MHF) would like to remind all Hash Chapters, organizing committees, and members of the critical importance of ensuring proper medical preparedness during all Celebration Runs, whether conducted locally within Malaysia or overseas.

Hashing is widely recognized as a fun, social, and adventurous activity that brings together participants of varying ages, fitness levels, and backgrounds. However, as with any outdoor physical activity involving running, trekking, or trail exploration, there are inherent risks that must be managed responsibly. These risks may include dehydration, heat exhaustion, injuries from slips or falls, allergic reactions, cardiac-related events, or other unforeseen medical emergencies.

In view of these potential risks, the Federation strongly emphasizes that every Celebration Run must include adequate medical support arrangements. At a minimum, organizers are encouraged to ensure the presence of either a fully equipped ambulance on standby or a qualified medical team capable of providing immediate first aid and emergency response. Early medical intervention during an incident can significantly reduce the severity of injuries and, in some cases, save lives.

Organizing committees should conduct proper risk assessments when planning their events. Factors such as terrain difficulty, weather conditions, expected number of participants, remoteness of the trail, and accessibility for emergency vehicles should be carefully evaluated. Where trails are located in remote areas, organizers must plan appropriate evacuation routes and ensure clear communication channels are available for emergency situations.

For overseas Celebration Runs, additional precautions should be taken to familiarize the organizing team with the local emergency services, nearest medical facilities, and local regulations related to public events and medical coverage including travel insurance. Liaising with local authorities or event partners can further enhance safety preparedness.

The Malaysian Hash Federation also encourages all chapters to brief participants prior to the run on basic safety measures, hydration, access to medical aid and the importance of informing organizers about any pre-existing medical conditions where necessary. Additionally, ensuring that at least several run marshals or sweepers carry basic first aid kits during the run is highly recommended.

Safety and well-being must remain a shared responsibility among organizers and participants. By prioritizing proper medical support at all Celebration Runs, we demonstrate our commitment to responsible hashing and the welfare of our members and guests.

The Federation trusts that all Chapters will take the necessary steps to implement these safety measures moving forward. Let us continue to uphold the spirit of hashing while ensuring that our events remain safe, well-organized, and enjoyable for everyone.

Thank you for your cooperation and commitment.

BY MHF EXECUTIVE COMMITTEE



**JABATAN SIASATAN DAN PENGUATKUASAAN TRAFIK KUALA LUMPUR
POLIS DIRAJA MALAYSIA**

PEMBERITAHUAN / ADVOKASI KESALAHAN MEMANDU DALAM KEADAAN MABUK

JENIS ADVOKASI: OP MABUK

JABATAN SIASATAN DAN PENGUATKUASAAN TRAFIK KUALA LUMPUR, POLIS DIRAJA MALAYSIA MENGINGATKAN BAHAWA PEMANDUAN DI BAWAH PENGARUH ALKOHOL DAN DADAH ADALAH SATU KESALAHAN YANG SERIUS DI BAWAH AKTA PENGANGKUTAN JALAN 1987 YANG BOLEH MENYEBABKAN KEMALANGAN DAN MEMBAHAYAKAN NYAWA DIRI SENDIRI SERTA ORANG LAIN.

⚖️ KESALAHAN DAN HUKUMAN:

- i) **SEKSYEN 45A APJ 1987 - MEMANDU DI BAWAH PENGARUH ALKOHOL**
 PENJARA: TIDAK MELEBIHI 2 TAHUN.
 DENDA: RM10,000 HINGGA RM30,000.
 LESEN: DIGANTUNG 2 TAHUN.
- ii) **SEKSYEN 45(1) APJ 1987 – MENJAGA KENDERAAN DALAM KEADAAN MABUK**
 PENJARA: TIDAK MELEBIHI 2 TAHUN.
 DENDA: RM1,000 HINGGA RM5,000.
- iii) **SEKSYEN 44 APJ 1987 – MEMANDU DI BAWAH PENGARUH ALKOHOL DAN DADAH HINGGA MENYEBABKAN KECEDEeraan DAN KEMATIAN**
- | | |
|---|--|
| SEK.44 (1A) MENYEBABKAN KECEDEeraan: | SEK. 44 (1) MENYEBABKAN KEMATIAN: |
| PENJARA: 7 - 10 TAHUN. | PENJARA: 10 TAHUN -15 TAHUN. |
| DENDA: RM30,000 - RM50,000. | DENDA: RM50,000 - RM100,000. |
| LESEN: DIGANTUNG 7 TAHUN. | LESEN: DIGANTUNG 10 TAHUN. |

⚠️ PERINGATAN!

- ! JANGAN MEMANDU SELEPAS MENGAMBIL ALKOHOL.
- ! GUNAKAN PEMANDU GANTIAN ATAU PERKHIDMATAN E-HAILING.
- ! UTAMAKAN KESELAMATAN.

**PENGUATKUASAAN AKAN DIJALANKAN SECARA BERTERUSAN.
TIADA KOMPROMI TERHADAP PESALAH.
INGATLAH, PANDU DENGAN SELAMAT, NYAWA LEBIH BERTERUSAN.**

NOTIS INI ADALAH HAK MILIK JABATAN SIASATAN DAN PENGUATKUASAAN TRAFIK KUALA LUMPUR, POLIS DIRAJA MALAYSIA. JABATAN SIASATAN DAN PENGUATKUASAAN TRAFIK KUALA LUMPUR TIDAK AKAN BERTANGGUNGJAWAB SEKIRANYA DOKUMEN INI DISALAH GUNA OLEH PIHAK TIDAK BERTANGGUNGJAWAB.

#selamatbersamaJSP
#kearahKLsejahtera
#keepKLsafe



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



Congratulations to GM, OC and all the organising team from Cameron 4H on the successful hosting of the 18th Pahang Joint Run

We thank the organisers for their dedication and hospitality during the event and giving us the most memorable fellowship with fellow hashers from various chapters across the country

Wishing everyone Good Health and many Happiness

Temerloh Hash House Harriers and Harriets

Congratulations on the successful organization of the 18th Pahang State Joint Run 2026!

Our sincere appreciation to GM Xiao Chai, the organizing committee, and Cameron 4H members, as well as all Hashers from near and far whose enthusiastic participation made this event truly memorable. All my members had a great time and truly enjoyed the run and fellowship.

We look forward to meeting again at the next run!

On-On!

Lan Kaw Seng

Kelab Hash House Mount Kiara

衷心祝贺 第18届彭亨州联合越野联跑 (18th Pahang State Joint Run 2026) 圆满成功举办!

感谢主办单位、筹委会以及来自各地的 Hashers 热情参与, 让这次活动充满欢乐与友谊。大家一起在美丽的大自然中跑山相聚, 展现了真正的 Hash "On-On" 精神。

祝贺活动成功, 期待下一次再相聚!

On-On!

Friday Happy Hash

Chairman

谢谢金马伦野兔俱乐部的邀请和盛情款待! 18th Pahang Joint Run办到很成功

各位兔友都玩到不愿睡觉

今天要分道扬镳了, 大家有缘再见

我代表BM4H向你们致谢

On..On..

On On.....

很感谢金马伦捷野兔俱乐部的邀请和热情招待 谢谢GM @H GM Xiao cai Cameron 4Hash Hock Green 的用心安排!

18th Pahang Joint Run办到很圆满

我们有缘再见

我代表 Lipis Hash 4 & Jerantut Hash 4 Member向你们致谢

@GM Chua & your organising committee,

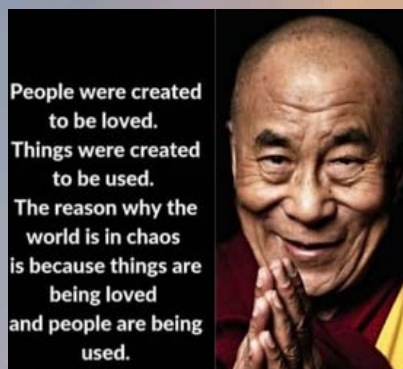
Thank you for your kind hospitality, we really enjoyed in your successful event, well done !

Hope to see you in Kuching soon.

On..On..

Siniawan H4

保王



DISCLAIMER

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