

The MH3 H

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28th-30th June 2019



THE S.E.X. WEEKEND ITINERARY

WHAT DAY IS IT?	TIME?	WHAT'S GOING ON?	ERM... WHERE SHOULD I BE?
THURSDAY	On Thursday, arrive... There, done!!! Ah, yes... Bring some food and drink. We'll be sharing for dinner... Suggestion: congregate at The S.E.X. Bar & Grill		
FRIDAY	08.30 – 11:00	Breakfast	The Casa Guilla Dining Area
	18.00 till whenever	Registration	The S.E.X. Bar & Grill
	21:00 till late	Dinner	The S.E.X. Bar & Grill
SATURDAY	08.30 – 11:00	Breakfast	The Casa Guilla Dining Area
	13:00	Ballbreaker R*n starts	The S.E.X. Bar & Grill
	21:00	Dinner	Erm.... The S.E.X. Bar & Grill
	Aaaaand Party till you drop... wherever you bloody like		
SUNDAY	08.30 – 11:00	Breakfast	The Casa Guilla Dining Area
	12:00	Hair of the Dog R*n starts	The S.E.X. Bar & Grill
	15:00	Lunch	The S.E.X. Bar & Grill
	21.00	Dinner	Yep, you've guessed it... The S.E.X. Bar & BBQ
MONDAY	08.30 – 11:00	Breakfast	The Casa Guilla Dining Area
	Ok, now piss off home...!		






Those bright sparks among you will have noticed that everything takes place in - or at least starts from - one of two places. The most important of these is definitely The S.E.X. Bar & Grill, i.e. this horrendous dump:







If in doubt just head to the S.E.X. Bar & Grill. If you've inexplicably got the wrong place, there's beer and you're 50 metres from the pool.

Ok, just a reminder of what to expect during the weekend:

-  We're providing you with all drinks, alcoholic and otherwise (i.e., beer, wine, spirits and softies) from Friday afternoon to Sunday evening. However, if you do require something somewhat exotic please bring it yourself.
-  Breakfast will be served in the Casa Guilla dining area. I'm not drawing a map; do make an effort...
-  We're cooking all meals on the spot, so please don't expect 10 choices of starter, main, etc. I think everyone with special meal requirements has already informed El Porteño; if not, please do so quickly (and by "special requirements" I mean, "I'm allergic to meat", not "I fancy my meat medium-well-done"...). Just to give you an idea, Friday dinner will be burgers. Saturday dinner will be meat. Sunday will be *arroz con cosas*. However, there will be plenty of salads and sides also...









-  Take into account that there's no formal Saturday lunch so you'll have to survive from Saturday breakfast to the post-run snacks...
-  ...buuuut there will be fruit and snacks at Casa Guilla that you can graze on over the course of the weekend.
-  If you're arriving on Thursday, remember you'll have to cater for Thursday dinner and Friday lunch. The plan for Thursday evening is that everyone brings something and we share. If you're unsure, send us a message and we'll let you know what's going on. For Friday lunch, the same can apply or you can make alternative plans, such as have lunch in Tremp or Talarn, etc.
-  In the S.E.X. Hash's infinite generosity, Sunday dinner is also included in the price of the weekend.

Suggestions:




There are a few things we suggest you bring along to make your S.E.X. Hash more rewarding... erm... less torturous:

-  Swimming stuff. There's a pool and the weather should be hot. Please bring your own beach/pool towel for use at the swimming pool. Also, no glass around the pool; use the reusable plastic cups provided;
-  Suncream, or chipfat for Northerners...
-  Some warm clothing. It could get cool in the evenings;
-  A water bottle!! It looks like it will be bloody hot over the S.E.X. weekend... We will NOT be providing individual single-use water bottles so take your own, preferably reusable sports bottles. You will definitely need it on the r*ns.
-  Any special food or drink requirements you may have.
-  PLEASE REMEMBER THAT THE CLOSEST SHOP IS A 30-MINUTE DRIVE AWAY!!!

And, some basic ground rules:



-  Donkey Punch and Chatterproof are in charge of the music. Everyone has had the chance to send in requests, however suspect those may be. If your favourite song plays at 5 am after you've passed out, tough shite! Whingers will get down downs...



The places where we're staying are private homes generously rented to Madrid S.E.X. Hash. Please treat them and all other installations with the respect they deserve.

Contact: El Porteño: lorenzohh@yahoo.com

RatWAS: tim.ratwas@gmail.com

Donkey Punch: natrich76@hotmail.com

Not Half Bad: malmurphy@gmail.com

ON ON!!!

