



## COSMIC HILLBASHERS BULLETIN NEWS-SHEET

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Editorial

Phill Thompson

This quarter I'm in the happy position of having just the right amount of material to fill the Bulletin without making up long editorials or padding out space- thanks to Ewan, Steve and Brian. There have been lots of Cosmic mentions in the local press recently, including a good picture of John B, Sonia, Tracy and Catherine prior to representing Scotland. Tracy (and quotes) seemed to get the most publicity following her world record in the rarely run Aberdeen 9.5 km. (Good Cosmic turnout for a road event.) As photos don't copy too well I'll not try to include them, but some of the more interesting items have been included.

Looking out towards Bennachie from Lochnagar recently I was reminded of what to me is one of the mysteries of life. Why is it that from whatever direction I look at Bennachie, Mither Tap always appears higher than Oxen Craig despite what the OS spot heights say. (One for Dave A ?)

As others prepare for the Highland Cross, Charlie Ramsey's etc, my own bi-annual challenge looms - The Rings of Fire in Galloway 22<sup>nd</sup> August. In 96 I was the only official Cosmic, but we now hold both women's records in the form of Katy Boo on the 20mile and Inken Blunk on the 42 mile with overnight bivvy. Anyone who has run in the Galloway hills will know the toughness of these courses. Entry forms available from myself or Social Steve. Well worth the long trip if you like your hills runs long, tough and informal.

Next bulletin end of September, all contributions welcome. Please note my work number has changed, my home number is the only one valid at the moment.

## Brindley hits the right note

TRACEY BRINDLEY enjoyed a significant breakthrough at international level by winning in the British Home International championships at Knockdhu, Co Antrim.

Brindley, who finished third last year as part of Scotland's winning team, held off England's Jackie Hargreaves after pulling clear on a steep descent.

"I was really pleased as it's definitely my biggest win to date," says Brindley. "Although Jackie and I ran much of the race together in the early stages, it was always my aim to make a move on the downhill because that's my strength."

The 25-year-old Aberdeen University geology technician now intends looking to the track "in order to improve my basic speed" before setting her sights on selection for the world and European trophies this summer.

"I plan to do a few 5000s as part of my build-up," says the 1997 East District 5000m champion. "I intend doing those champs again as well as the Scottish and AAA and hopefully improve my PB of 17:06."

"I've always been strong but I know I'm lacking speed at the moment. And I know I need to work on this if I'm going to run well on the mountains this summer."

Although Brindley admits to being weaker on the climbs than on the descents, the uphill World Trophy at Reunion remains one of her aims for the season where she will be hoping to improve on her 23rd position of last year.

"The up-and-down Europeans at Sestriere obviously suits me much better," says Brindley. "But I'll also be hoping to improve my uphill running through the summer."

## WEIL'S DISEASE

### What is Weil's Disease?

Weil's Disease (leptospirosis) is a bacterial infection carried in rats' urine which contaminates water and banks of canals, ponds, rivers and ditches. The risk of infection is especially high in slow moving rivers or stagnant water.

The disease is spread to humans when broken skin or mucous membranes come into contact with water or mud contaminated by rat urine.

### People at Risk

The people most at risk are those exposed to contaminated water or river banks due to occupation or leisure interests. These include practical conservation projects on slow moving water and habitat surveys on river banks as well as canoeing, sailing, water skiing and other water sports.

### How Serious is it?

The disease is serious and needs hospital treatment. The illness can quickly lead to kidney or liver failure which could be fatal. Recent statistics show that although Weil's Disease is very rare, one infected person in nineteen will die.

### What are the Symptoms?

Symptoms start 3 to 19 days after exposure to the contaminated water. The early symptoms are similar to 'flu' with aching joints, raised temperature and muscle pains, especially in the calf muscles. If these symptoms occur, contact your doctor immediately, advising him or her of your possible exposure to the Weil's Disease bacteria. Early diagnosis and treatment is essential for recovery from the illness.

### How to Avoid Infection

#### DO

Cover with waterproof plasters or gloves, all scratches, cuts, sores and skin affected by eczema etc.

Wash your hands before you eat. Always wash or shower after any water sports or conservation work.

#### DON'T

Put wet fishing line, ropes or other objects in your mouth.

Go in or near water without wearing footwear.

## DO

Avoid capsizing in canoes etc but if necessary use a mask or nose clip.  
Always wash or shower afterwards.

See your doctor if you feel unwell following involvement in water sports or conservation work.

## DON'T

Pick up or touch dead animals, especially rats without wearing gloves.

Leave food bait or ground bait on river banks. Please take your rubbish home.

## LYME'S DISEASE

### What is Lyme's Disease?

Lyme's Disease is caused by infection from a sheep tick which carries the bacillus borrelia burgdorfen. Only a small proportion of ticks actually carry the disease.

### People at Risk

The people most at risk are those who spend time in the vicinity of sheep and deer. These include hillwalkers, farm and forestry workers.

### How serious is it?

It is a serious illness and left untreated, people with the infection are at risk of late complications.

### What are the Symptoms?

The disease progresses through three stages. The first stage - usually within a month of infection - produces a bullseye-shaped rash often accompanied by joint pains and flu-like symptoms. the second and third stages can produce a wide range of symptoms including arthritis, serious neurological disorders, loss of memory, heart problems, meningitis and ultimately serious psychiatric disorders.

Lyme's disease can be difficult to detect both because it imitates other illnesses and because the course it takes may involve any or none of the three stages which may also overlap.

### How to Avoid Infection

Conduct a daily body examination if operating in areas where there is a possibility that ticks exist.

COSMIC SOCIAL EVENTS – QUARTER 3 1998  
SOCIAL SECRETARY AND SPIRITUAL ADVISOR  
STEVE PRYOR

**SOCIAL RETROSPECTIVE**

**March**

A last minute rally by the Cosmic faithful saved the day for the Ceilidh and a good night was had dancing ( and drinking ) to the strains of Hally Racket . Well done Elaine and thanks for your hard work in getting the event organised .

**April**

Keefy Greenwood retired from the Speyside Way owing to old age !

**May**

**Culter Fell** was not well attended. No one stayed over in the end. Niall , Bob , Lois , Elaine and Dave and Sonia were left to represent Cosmics at this British and Scottish Championship Event .

**Social Secretary's Magical Mystery Tour by Pushbike** . A near perfect day weatherwise added a welcome if unusual dimension to cycling in Scotland . No wind and glorious sunshine all day took most people's minds off the pedalling.

19 keen and willing souls turned out including one visitor and a new recruit in the form of Cath Gordon. A Cosmic warm welcome to her . Rumour has it that she will persuade Anne Thomas to join

The mad dash for to the Feughside Inn was inevitably led by Dave Armitage who had cycled across three Counties to join the intrepid group for coffee at The Lairhillock. Dave was first to the pub despite an attempt at underhand shortcut tactics by Tracy and Ann Thompson .

After lunch a competitive buzz was evident in the Peleton but in the end , and as predicted , no one was a match for the Pryor /Rennie combination who came from the back to record a world beating ascent time for the Cairn o Mount climb .

Sarnies in the Glen were followed by a big climb back to the Lairhillock . Tracy got caught in Dave's back draft and was sucked all the way home in record time . Sonia also got a sucking and had the scars to prove it. This was however for entirely different reasons.....you had to Bee there .

Ann Thompson said after the run ' I really enjoyed the run but it would've been much nicer if I could have reached the pedals'.

Elaine Stewart had the answer to Ann's dilemma.....a toddlers racing bike .

Peter the Dyke( Cosmics answer to Biffer Bacon ) was uncommonly well behaved ....nothing to report .

Mike Stone is sticking to his 4WD Disco in future.

Derek is going to buy Anne some new shorts for Christmas.

Ian Searle is looking for a volunteer ( female preferably.....but not necessarily ) to rub his sore bits .

Cosmics narrowly missed the record for a 60 mile cycle run courtesy of Steve Rivers's 55min tyre puncture repair.

Niall bought a new bike.

Lois said 'I'm really glad I came and It was a good job I bought my Spare Tube'. Bob claimed he was no such thing !

June

Boo and Phil made the first attempt at **The Ramsey** in some of the shittiest conditions the Big Bad Ben and immediate neighbours could dish up. No disgrace but retirement was the only option when the plucky duo, ably supported by a rather damp looking Steve Rivers, emerged from a 'pea souper' 46 mins. adrift at the top of Anoch Mor ( we think it was the top ). A further attempt will be mounted when the next available weather window presents itself.

A superb Sunday run up one of the Glen Feshie Ridges was our reward for enduring a soaking on the Saturday.

## FORTHCOMING FEATURES

July

10/11/12

A handout will be available soon for the **THE SKYE JOLLY** and **GLAMAIG HILL RACE**. Owing to late insertions the bunk house is not available. However suitable alternative accommodation has been booked close by ( thanks to Niall for locating ) and a Motorised Cosmic Carrier will be on hand to transport folk to and from the Ceilidh/Race etc.. So far we have 19 takers whose names are duly recorded. Drop out at your peril !

16/17/18/19.

Niall Watson's trip to the Knyodart Peninsula. Accommodation has been booked on an exclusive basis at Barisdale for the nights posted above. An open boat has been laid on to ferry bods and equipment up Loch Houran ( Hell's Loch ) to the White House which can accommodate 12 people. The house is situated at the foot of Luinne Bheinn and Ladhar Bheinn. Campers are a possibility if demand is there. Niall will cost up catering to suit all tastes and a fixed price per person will be evolved on an all found basis. This is a trip which will be fully subscribed and is a rare opportunity to get away from it all (the nearest shop is 30 miles distant). No electricity or running water here and only Whiskey and cut logs to keep you warm (or a cosy Cosmic Companion if your lucky)! Be there or be square. Hand outs available from Niall or Steve. Better book early, but only if you can commit !

28

Training run on the dunes and nature reserve at Forvie. Kimm sacks/ ruck sacks required with spare clothing and food for the **Beach BBQ**. Swimming, Rounders, Sprints, Boat Races and Sand Castle Competition all available. BYOB /G. Speak to Steve for details.

August

No date yet

Elaine wants to organise along cycle down Glen Tilt. As the Hill Running and Social calendars are stretched already, finding a suitable/agreeable weekend is proving difficult. However, the weekend of 1<sup>st</sup>/2<sup>nd</sup> August is a possibility. A flyer will follow if this one gets off the ground.

22/23

**Rings of Fire Challenge in the Galloway Hills.** Based on the Gallo Way Round the imaginatively named Bruce's Crown ( 42 miles 13k ft. ) and Heart of Granite ( 20 miles 6.5k ft. ) personal challenges are not to be missed. A weekend away job with entries having to be in ASAP to guarantee a place in this limited field event. Full kit required including tent etc. a la mountain marathon. Interested? Entry forms from Steve Pryor.

September

Weekends 1,2 and 3

Ben Nevis, Cairn William and Morven races preclude any weekend extra curricular Social activity. Time to get running you lot !

**Every Tuesday Night is Pub Night !**



# It's not all uphill from here for Dan

DAN Whitehead may only have finished third in a triathlon in Banchory ... but he called the result a personal triumph.

Dan, 25, led the way into the swimming pool, having set the pace in the running and cycling stages in last weekend's event.

He is Scottish mountain bike champion and is also a top runner, having won the "Castles" race at Crathes in January and breaking into the relatively new sport of uphill running.

Dan only took up cycling, the first of his sports, at 17, with running following last September.

"I was an unfit teenager," he said. "But if you pursue mountain biking you can't help but improve your strength and lungs — with the bonus of the scenery in the hills.

"The competitions are arduous, lasting some three hours, so you must choose four or five events during the year.

"I train between 200 and 300 miles on my bike every week and this is where most of my fitness derives, for both biking and running."

A former Scottish cyclo-cross champion, Dan spends most of his life with bikes in one way or another. When not training he runs the Aberdeen Bike Bothy cycle shop.

Taking up running six months ago, Dan joined the Cosmic Hill-bashers where he benefits from the specialist coaching of Ewen Rennie.

Apart from two steady runs every week, the only specific running training he does is a speed session at King's College on Tuesdays, the total mileage never exceeding 20.

"The speed sessions helped me get a whole minute off my 5k time," he said.

A new found talent came to light in the recent Chapelhill race where, although eventually finishing fourth, he was first to reach the summit.

As a result he was advised by Scottish national hill-running coach Martin Hyman to set his sights on some top uphill only races, but unfortunately there are only three or four in Scotland each year.

His immediate target is a top four place in the Aonach Mor race at Fort William to gain selection for the Scottish team to contest the European uphill trophy race in Switzerland in July.

"I should be capable of gaining a top three position in the Switzerland race," said Dan who would ultimately like to compete in the world uphill championships in Reunion Islands in the Pacific in September.

He hasn't forgotten his roots and, with one eye on possible uphill running honours, the other is on the British mountain bike championships in August.

"A top five finish there would put me within reach of a British Olympic team place," he said.

## EVENTS

Brian Lawrie

There will be no organised Saturday runs this quarter (as per usual) due to holidays, races socials etc.

### **CLUB RUNS - TUESDAYS**

Tuesday nights continue to be very popular with a large number of members turning out .

The A.G. M. drew attention to the fact that structured quality sessions tended to falter after our wintering at King's was over. The coaches promised to continue to provide nasty , vicious, sweaty, slogging rep. Sessions, but it does appear that for most of you the lure of a good gallop around the tops is a preferable way of spending a summer's evening. So be it, everything is grist to the mill as they say.

All Tuesday night sessions will have their meeting place at Hazelhead Academy, Groats Road unless otherwise stated ,at 6 15 pm.

JULY 1<sup>st</sup> (WED) Orienteering  
Hazelhead Park , Grid Ref NJ 893 044  
6.30pm+ starts,

JULY 7<sup>th</sup> Krunce.  
Venue , Rotten O' Gain car park . start 7.0 pm  
Pub Bielside Inn

JULY 9<sup>th</sup> (THURS.) Orienteering  
Balbithan , Grid Ref NJ 815 177  
6.30pm starts

JULY 14<sup>th</sup> John Buchan 's 5km  
Venue Crombie Mill Car Park .This is on the north side of the river  
Don accessible from Don Street and Balgownie Road. Follow "Crobie Mill Visitor Centre" signs.

Times 7.00pm women, 7.30 pm men  
Cost £3.00

Pub Kings Mill bar. This is a charity event so make a big effort to support John. It will provide a useful speed session at the very least.  
Bring a prize bottle of wine etc , if you can but not compulsory.

JULY 21<sup>st</sup> Kerloch  
Pub Travellers Inn  
JULY 28<sup>th</sup> Ythan Run (see Social Steve's bit)

JULY 29<sup>th</sup> Orienteering  
Kingshill Grid Ref. NJ 851 055  
6.30 pm starts

AUG 4<sup>th</sup> KRUNCE - As above  
AUG 11<sup>th</sup> Hill of Fare  
Pub Garlogie Inn

Aug 18<sup>th</sup> Scolty  
 Pub Burnett arms, Banchory  
 AUG 20<sup>th</sup> Orienteering  
 Balmedie Grid Ref NJ 976 181  
 6.30pm starts  
 AUG 25<sup>th</sup> Cairn William  
 Pub Grant arms , Monymusk  
 SEPT 1<sup>st</sup> KRUNCE (see previous)  
 SEPT 8<sup>th</sup> Brimmond Hill  
 Pub 4 Mile , Kingswells  
 SEPT 15<sup>th</sup> Millstone Hill  
 Pub Grant arms, Monymusk  
 SEPT 22<sup>nd</sup> Hill of Fare  
 Pub Garlogie Inn  
 SEPT 29<sup>th</sup> Brimmond Hill  
 Pub 4 Mile, Kingswells

## ***RACES***

JULY 4<sup>th</sup> (Sat) Dollar Hill Race Cat. Am Dist 9miles, climb 2400ft  
 Venue Dollar Academy Entry £3.00  
 Scottish Champs Race  
 JULY 11<sup>th</sup> (Sat) Glamaig Hill Race Cat AS, dist 4.5 miles Climb 2500 ft  
 Venue Sligachan, Skye. Entry £3.00  
 See Social Steve's notes for Cosmic bash info.  
 JULY 25<sup>th</sup> (Sat) Ben Rhinnes 5 Tops Hill Race Cat AL Dist 14 miles  
 Climb 4900ft  
 Venue Dufftown Entry £3.00  
 AUG 2<sup>nd</sup> (Sun) Glen Clova Hill Race Cat AL Dist 15miles Climb 5500 ft  
 Venue Clova Inn SCOTTISH CHAMPS RACE  
 AUG 15<sup>th</sup> (Sat) Tap o' Noth hill Race Cat BM Dist 6miles Climb 1220 ft  
 Venue Rhynie, Aberdeenshire Entry £3.00  
 A popular, relatively local race where Tim Griffin set the  
 course record last year. To quote the organiser, Simon Beeson "  
 If anyone fancies a few beers in the evening, there is a marquee  
 dance for the "old crocks" (25+ years) in the evening. Plenty of  
 tent/doss space at my house"

SEPT 5<sup>th</sup> (Sat) B Braemar Gathering Cat AS Dist 4miles Climb 2000ft  
 Venue Braemar Entry £5.00 to field  
 SEPT 12<sup>th</sup> (Sat) Cairn William Race Cat BM, Dist 6.5 miles  
 Climb 1270ft  
 Venue Monymusk Entry £2.00  
 SEPT 19<sup>th</sup> (Sat) RUNNING SHOP MORVEN HILL RACE Cat AS Dist 5m  
 Climb 1700ft.  
 Venue Dunnet. A Cosmic event.