



COSMIC BULLSHEET

The Bulletin Newsheet
of Cosmic Hillbashers

ISSUE No 17
QUARTER 4 - 1998

Editorial

Phill Thompson

Welcome to The Bullsheet ! Having spent months last year seeking suggestions for a better name than "Cosmic Hillbashers Bulletin News-sheet" for this rag, I decided to let a name-change quietly die. Then, as ever, a Socially well developed and Spiritually endowed Cosmic came to the club's rescue again and thus we have The Bullsheet ! It does have a quintessentially Cosmic ring to it - something that suggests "Ah, Cosmic". Another first in this edition is the twelve pages produced - thanks to all the input from Ewen, Ian, Brian and Steve.

As well as the usual social retrospectives, future socials training and race dates there is a more serious topic than normal, "Athletics Scotland". This is the new membership scheme for Scottish athletics which becomes "compulsory" for all Scottish athletes from 1st October. Many people will be aware of this scheme, and have received information already. For those who haven't the Guidelines are shown on Page 2. The scheme has aroused quite a lot of controversy in hill running circles and the Scottish Hill Runners are decidedly against it. Basically anybody who does not join Athletics Scotland will have to pay a £1 levy to the organiser at "official" races. One mooted idea of joining an English club to avoid paying the levy is a non-starter as those from outside Scotland whom are not members will also have to pay the £1. (Sorry Joe!) Quite a welcome for those attending British Championship races in Scotland - "Please pay an extra £1." Shades of Monty Python's tax on all foreigners living abroad. I won't go into all the other potential administrative nightmares, but so far I have not come across of anyone in favour of this scheme.

To add to the confusion, David Moorcroft is currently seeking athletic club's views on "Athletics UK", a new UK body for athletics which come into being on 1st January 1998. Apparently all clubs in the UK have been asked to return a vote either for or against the new UK body by 30th September. All of this probably seems quite remote to the average hill runner, but if you have any views let your Committee know. Personally, I am going to adopt the tried and trusted "wait and see" method and hold on to my money for a while.

SCOTTISH ATHLETICS MEMBERSHIP SCHEME

GUIDELINES (CODE OF PRACTICE)

- The Scheme will be entitled "ATHLETICS SCOTLAND"
- It will be compulsory for all members of athletics clubs in Scotland to be members of "Athletics Scotland" in order to participate in SAF Permitted Events.
- The scheme will be open to coaches, officials, club administrators, former Patrons etc on a voluntary basis.
- Membership will be open to all athletes, including those living outside Scotland.
- Non-members including those from outside Scotland will pay a levy of £1.
- The scheme will be compulsory from 1 October, 1998.
- The annual renewal date will be 1 September.
- Annual fees for 1998-99 will be:

Seniors :	£10	(1999-00 : £11)
U17 at midnight on 31/8/99 (from 9yrs) :	£5	(1999-00 : £6)
Family membership - two adults and any children U17 from the same family :	£25	
- Each member will receive a membership card featuring their own personal number and useful information.
- Members will receive in turn a range of benefits, not available to non-members.
- Membership will be by individual registration and not through clubs.
- Non-members who join a club mid-season should contact the scheme on 08700 500 600 to ask for an application form to be sent direct to them.
- Clubs will be sent regular updates of registered members.
- The Scheme will be registered under the Data Protection Act.
- All information stored on the database will be the property of the SAF and completely confidential.

Cosmic Yellow Pages

You will find a new edition of the Yellow Pages enclosed with this newsletter - lots of new members, updated phone numbers and corrected postcodes. (if yours is still not right then let me know) All the Email addresses that I am aware of are also now included. For those seriously sad types I also plan to send out electronic copies of the phone list. I'm sure this will allow the techies to instantly update their postcard and xmas card lists!

Recent New Members to welcome are:

Bruce Bricknell
Bruce Manning

Shelley Farrar
Ross Paterson

Derek Johnstone
Ross Richardson

Colin Kynaston

Contact me on searleir@bp.com or 01224 833430 (W) or 01467 681566 (H) with any updates or edits.

Cosmics Go Downhill in the Hole

Plans are afoot for a serious ski trip in early 98 - while not an 'officially sanctioned' Cosmic training trip (too unhealthy and frivolous), the usual Cosmic skills; going up as fast as possible, down quicker, falling over, drinking tea, singing badly, cross-dressing, eating, sleeping etc. will all receive practise.

Destination:- Jackson Hole, Wyoming - the skiing is awesome but has everything from gentle nursery slopes to lethal couloirs, it really is brilliant for all standards.

Rough timing looks like last week Feb - first week March. Best to allow 10 days, we will fix the core week and then folk can come and go to suit work and flights. It will be a DIY trip (ie not a travel company) Accommodation plan is a hostel right at the foot of the slopes. It's perfectly adequate, just not a luxury chalet. Rooms are ~\$45 per night to share up to 4 people ie. cheap. The best apres-ski bar in the States is just across the path and has a great cafe for breakfast too. Basically it's just a case of getting a flight from the Sunday papers, emailing the hostel and going. Everything else seems to fall into place when you get there!

Let me know if you're interested and/or want more details. Ian.

Bennachie Hill Race

This year's race is on Sunday 4th October - 2pm start - Back of Bennachie Carpark.

After the prizes and usual tea and cakes at the race itself, Cosmics are welcome to continue with more eating and drinking at the South Garden Cottage tea stop on the way back to town. (bath/shower available) Details will be sorted nearer the date. (Warning - not up to Sonia's standard though)

Ian Searle

RECENT RACE RESULTS

Morven Hill

19th September

A good turn out of Cosmics on home ground, although many people were running elsewhere. Dan Whitehead won for the second year running, Dave Armitage was third (1st vet.), and Steve Rivers was fifth ensuring that we won the Men's team race. Elaine Stewart was the first Vet. Woman.

World Mountain Running Trophy Championships

19th September

Cosmics had two participants in the race on the French island of La Reunion Tracey came 23rd and Sonia was 52nd in the women's race with the team coming 11th overall. Angela Mudge was first Scottish finisher in 13th place, with Megan Smith 57th.

Unfortunately their race preparation was ruined by poor organisation when the bus that was supposed to take them to the start failed to turn up on time, necessitating a taxi ride which got them to the race 5 minutes before the official start. Although the race was delayed for 20 minutes it was hardly the ideal preparation for such an important race.

Mourne Mountain Marathon

19th/20th September

Eight Cosmics made the trip to this event about 30 miles south of Belfast. Despite the fact that the terrain has been well used for previous MMMs, some of the courses were seriously overdistance. Tim G and Greg had the best result, finishing second in the elite course about 15 minutes down on the winners after taking 5 ½ hours on the Saturday and 6 ½ hours on the Sunday. Catherine M and Katy B also entered the elite and took about 10 ½ hours on day 1 but DNF'd on day 2.

On the B course, Ewen and Margaret S. took 9hrs 47 on the Saturday and 6 hrs 2 minutes on the Sunday, finishing reasonably well up the field. Unfortunately they failed to make their ferry as a result of the long day 2. Bob and Lois did the C course and were 16th overall after day 1 and third mixed team after doing about 4 ½ hours. Their position improved on day 2 despite a longer time of 5 ½ hours.

Apparently we have sixteen intrepid Cosmics entered for this year's Karrimor - foolish people. This time it is in the Howgills, which look gentle enough from the M6 on a sunny day. But late October

CHANGES

Eddie Butler is giving up editing the Cosmic Comic after 6 years at the helm. He's done a grand job and we thank him for it. Needless to say we need a new editor. Anyone interested please make themselves known. Similarly Brian Lawrie will not be organising the Morven Hill Race in 1999 so we need a new organiser. With everything in place - entry forms, prizes, permission and the very able assistance of Phil Kammer it wouldn't be too onerous a task.

Brian Lawrie

COSMIC SOCIAL EVENTS - QUARTER 4 1998
SOCIAL SECRETARY AND SPIRITUAL ADVISOR
STEVE PRYOR

SOCIAL RETROSPECTIVE

June

Two brave attempts at the Ramsey Round in June were not rewarded with a successful outcome. Bad luck both Phil and Katy...some effort! The weather on both attempts was awful but on the night time leg on the weekend of the 20th it was even scary. You may have noticed how Margaret's hair has gone curly since the night of the storm!

July

Well done you Cosmic Party Animals! Greg won the race and this was an added bonus but the Cosmic Socialites took the party by storm. It is becoming increasingly difficult for us to live up to our reputation for being the most outrageous bunch on the hill running circuit. (?Competition ? Ed) What fun we had. The club sponsored the bus. Kevin Campavan started all the fuss, ably assisted, nay, goaded on even by his new assistant....nude Jude from the Colonies. The Tequila (lick-em, chuck-em and suck-em) mixed with Champers and Cake for the Bride and Groom seemed to get everybody in the mood. (Thanks Greg and Margaret) .

Once Campavan got Camp in Encarna's party frock at The Slighan they were all at it! Greg was particularly fetching in Margaret's dress and Katy Boo was instantly recognisable as herself in the buff! Purple Pete was there to record it all for posterity. Look out for the Photo Gallery at the Year End bash at Glenmore Lodge.

Barisdale

Who went to Barisdale? This was a special weekend and Niall Watson deserves a special thank you for dreaming it all up and then organising it. Despite the usual hassles and hick-ups that go with trying to organise a bunch of adults to go anywhere, the West Coast sojourn on The Knoydart Peninsula and Barisdale Estate was a huge success. The weather was Scotland in the summer a bit of a joke really.

Luckily however Dave Armitage had come well prepared and treated us all to fashion parade to prove this prior to his first walk of the trip (damn you've got some kit Dave)!

Niall was the man of the match for arranging the boat after a long day out on Ladhar Beinn .. we are all eternally grateful Niall.

Hackley Bay

The Social Secretary is giving up his day job to become a full time meteorologist having 'dropped on' again with the weather for the fun run and Beach BBQ on the Forvie Nature Reserve. Only Katy got her kit off this year. However, as this is par for the course most people were more interested in the fitbaa and the veggie burgers..... most!

August

Everybody was smart enough to miss out The Rings of Fire, everybody that is except our dear old editor Phill Thompson. He has been hobbling about complaining of a twisted ankle ever since. Rumour has it though that he's just past it!

Lemon Tree and the AFRONAUTS was a superb night out. Thanks to Bob and Lois for getting that one off the ground. That girl Karen is keen isn't she all the way from Edinburgh!

September

The mountain bike run organised by Elaine (Braemar/Pitlochry/Braemar) was a great success. Is this going to become a classic? Herewith a sample of the post event comments:

Ian Searle. Brilliant ... all downhill.

Mike Stone. Roger.. Over (in) and out!

Ann. I'll give it 12 out of 10.

Margaret. Yes great fun ... really! Yes!

Elaine. Oh my head!

Lois. Oh my arse..oh my head

Bob. Oh!

FORTHCOMING FEATURES

Morven Hill race is followed by fun at The Pub. Don't miss it. **19th September**

Two Breweries Hill Race is 26th September. This event is always superbly organised and the after event Ceilidh is always a great one. Alas no Cosmic Jolly is declared this year but plenty of members will be going. Just ask around on Tuesday Night. Pre Entry by 21st September.

October

Winter Training

No please ... not Kings again! Already? Oh yes it is! Starting 6th October and each Tuesday night thereafter we will meet at 18h 15 hrs The Kings Changing Rooms . As usual that sadistic coaching duo of Rennie and Kerr will be on hand to make life as miserable as possible. Warm-ups start at 18h30hrs.

Important Notice

Owing to past difficulties associated with collecting the 50 pences on a Tuesday Night The Committee has decided to implement a new system which will hopefully prove to be more convenient to everybody. You will now be able to pay as follows:

- Pay for all sessions for the half year to end December 98 £5
- Pay for all sessions for the full year to end March 99 £8(discount)
- Pay for sessions on an ad-hoc basis on the night £1

Please take charge of this important task and bring the correct money on the first night. If you are bringing a visitor please ensure you or they will be ready to pay up. You must bring the right money.

Recite this mantra, every Monday Night before you sleep. 'I must take the right money'.

BRING THE RIGHT MONEY. GIVE THE MONEY TO IAN SEARLE.

The first Tuesday night (6th October) will be special so bring your road shoes. John Buchan will lead one large group on a tour from Kings which will take in his own Crombie 5k route and will be about 10k in all. All other runners will start in order of ability ... slowest first. This is not a race but hopefully we will all finish together-ish!

As well as your road shoes please also bring a bottle as you are all invited to a Post Training Pasta Party at John and Sue's house. If you want to take a cake or some salad please call Sue at home. All Veggie.

Thursday 15th October meet at 18h30hrs for pizza (Carmini's) and then to the Music Hall at 8pm for a Quebecois 9 piece band called La Bottine Souriante who combine Jazz with Salsa and Cajun Music. Book early with social Steve. Tickets £10.

Weekend 17th/18th October The teams are being selected for the FRA relays. Why not go and support the Cosmic Runners at this fascinating event. Ewen/Brian/Skippy for details.

Weekend 24th/25th October The Kimm is on. If you haven't entered you're too late.

31st October is HALLOWEEN and the Meall an Buchaille hill race. It is also the year end bash at Gleamore Lodge. Brian has booking forms. Volunteers are required for the cabaret.. See The Social Secretary

November

6th November. There is a real ale festival at the McClymont Halls at Holburn Junction which starts at 19h00hrs., Ewen is organising this one. Details from him.

Sunday 22d November. The Elrick Relays are here once again but this time with a new format. Any one wishing to go for tea after should speak to Social Stew.

December

5th December. Tea on the way home from The Speyside Way Relay. See Ewen's notes.

Tuesday 22nd December. Last 1998 training night. As last year venue will be the Beach Leisure Centre for showers and changing and then we're going bowling.

4th January The Beach Bum Fun Run. Starts at 09h30hrs. Thereafter to The Cafe Continental for a post festive drinkie, poo!

10 January. Cosmic Christmas Party. This year an all new format. The likely venue is the Mill Of Fiddes and a sit down meal in the hall is planned. A flyer will follow and tickets will be on sale thereafter.

End of an Era

The Social Secretary is stepping down at the end of December to make way for new blood after a 5 year run at it There is already one nomination for the post and a vote will take place at the next AGM Spiritual guidance will be available on a consultancy basis of course to support the new electee.

EVERY TUESDAY NIGHT IS PUB NIGHT!

THE CURSE OF THE RAMSEYS

(Charlie Ramsey 13 - 0 Cosmics)

Ewen Rennie

When Charlie Ramsey completed twenty-four Munros in twenty-four hours back in July 1978, some Cosmics weren't even born and the Scotland's most social hill-running club was some years away from formation. The extent of Charlie's challenge to the hill-running fraternity is witnessed by the fact that there were less than twenty successful completions of Charlie's classic course within the twenty-four hour time limit in the next twenty years.

Although Cosmics thrive as much on enjoyment as success there are always those who want to place their markers on history. So it is with Cosmics and the classic hill-running challenges have certainly tempted some of our members. Katie Boocock, Ewen Rennie, Richard Oxlade and Rob Hickling all can boast of successful completions of the classic Lakeland Challenge of forty-two summits in twenty-four hours (the Bob Graham Round), but as yet no Cosmic has completed a successful Charlie Ramsey's Challenge.

There is however a wondrous catalogue of defeat!

The winter of 1993-94 saw the old grey beards of Lawrie, Kammer and Rennie consider the prospect and start the necessary back-to-back weekend long runs. In the event arthroscopic knee surgery ruled out Ewen from full attempts whilst Brian also dropped out. Left to his own devices, and in superb form, Phil had three attempts at the extended classic of a Stone's Round (Charlie Ramsey plus two other Munros in the same twenty-four hours!)

11.6.94 and Phil sets off clockwise from Glen Nevis Youth Hostel. Steve Pryor is there as back-up whilst Ewen on his eleventh run since his knee operation has to drop out off Aonach Beag! Low cloud forces Phil to abandon at Loch Eilde Mor after fifteen hours.

25.6.94 and a cloud base of less than 500' forces Phil to abandon it at Fersit with Steve and Ewen amongst those offering themselves as human sacrifices to the dreaded Loch Tieg midge!

28.7.94 sees Phil, with a 2-00AM start!, solo the first two clockwise legs of yet another Stone's attempt. He is on schedule at Loch Eilde More when Ewen meets him for the night run along the Mamores. They make no significant errors but the odd minute or two slips away at each summit. Mullach, the last summit is reached at 1-59AM but with Phil's head-torch having gone they fail to make the necessary four mile descent to the Youth Hostel in the time available! Indeed they take so long that Jo Kammer calls out the Mountain Rescue. The MR leader partially spares Ewen and Phil's blushes by driving up the Glen and picking up two weary Cosmics strolling down the road rather than call out his whole team.

24.6.95 and at 10am, a fit Ewen and the redoubtable Phil set off anti-clockwise. On the hottest day of the year, Steve, again acting as back-up, thinks better of commenting on Ewen's grey pallor at Loch Eilde More but he is not too surprised when Ewen arrives at Fersit along the railway line! Phil meantime continues but blisters and heat exhaustion find him collapsed at the top of Ben Nevis at 10-00am. New records are set for the slowest descent and ice cream demolition.

8.7.95 and Graham Dudley (and friends) enter the fray. Ewen as first leg pacer is burnt off so that Tim Griffin as second leg navigator doesn't get chance to pick his brains about paths and stepping stones etc. This proves crucial as virtually the whole party complete the round but only one, not Graham, makes it inside the required time limit.

27.7.95 and Ewen and Phil again go anticlockwise for a largely unsupported round. Fortunately as a 50mph easterly gale hits them off Chno Dearg, the Armitage mobile is waiting at Fersit. Dave, Ewen and Phil are rocked to sleep in the gusts as Hilary and Rachel wake up to find two extra people in the van!

1996 is a year of reflection and recuperation!

28.6.97 and Katie Boo shows her potential with a twenty-five hour completion. Ewen and Steve are again involved and several new converts to Charlie's Curse make their first appearance!

6.6.98 and Phil puts his hat in the ring again to join Katie but cold and wet see an early abandonment at Aonach Mor. Ewen for once is missing, otherwise occupied in similar mist at the Westies Trig Trog!

13.6.98 and with many Cosmics close by doing the Lowe Alpine Mountain Marathon the number of successful Ramey Round completions finally passes twenty as five successful rounds are recorded. (But none of them are Cosmics)!

20.6.98 and another unseasonably hot day sees Phil buckle before Fersit but Katie continues on schedule to the top of Bein na Lap before sheet lightning and torrential rain force an abandonment at Loch Eilde Mor. Steve, Ewen, Margaret, Sonia and Niall show their addiction by their participation.

Footnotes - Ewen has been present for all Cosmic attempts bar one with Steve and Phil also major participants. The success rate for Bob Graham completion is generally reckoned at one in three but weather and terrain make the Ramsey Round a far harder challenge. Who will be the first successful Cosmic?

SQUIRREL WATCH

Have you seen a red or grey squirrel in Aberdeen, Aberdeenshire or Moray when out on a long run or at anytime ? If so let the Scottish Natural Heritage know. They would like you to send your name, address, type of squirrel - red or grey, (Male or female if you've got good eyesight.), when and where with a six-figure grid reference. Send the info to Scottish Natural Heritage, Squirrel Survey, c/o Sterling Learning, 26G Inchinan court, Paisley, PA3 2RQ. Nice one.

COSMICS at KINGS

Training sessions at Kings Pavilion start on Tuesday 6th October. Changing in Kings Pavilion is at a cost of 50p/£5 till Christmas with a 6-15pm target start for warming-up.

Unfortunately other commitments mean Terry is unlikely to be able to join us and with the expected numbers we could really do with three or four groups rather than the two we had last year! If Terry can't be present I would intend setting out three different sessions but as I still intend to do something myself, I will only be able to "supervise" one (or possibly two) groups. Anyone who is injured but can turn up to do some time-keeping will be most welcome! Whistle provided.

Anyone is free to join any group on any night - no offence will be taken.

6th October "A"	3x(400m,jog,1000m,jog)
B	4x1200 with lap recovery
C	Road circuit (Hilton)
13th October "A"	3x(600m,300jog,900m,300jog)
B	4x5min with lap recovery
C	Road circuit (Beach)
20th October	3x(two minute out/back, 1min rec)
B	Seaton for hill reps
C	Road circuit (Br.of Don)
27th October "A"	300m,600m,900m,1200m,900m,600m,300m
B	6x600m with lap recovery
C	Road circuit (Hilton)
3rd November "A"	3x(400m,jog,1000m,jog)
B	4x1200m, lap recovery
C	Road circuit (Beach)
10th November	3x(600m,300jog,900m,300jog)
B	10x(300m,300 jog)
C	Road circuit (Br.of Don)
17th November "A"	3x(two minute out/back, 1min rec)
B	Seaton for hill reps
C	Road circuit (Hilton)

24th November "A"	300m,600m,900m,1200m,900m,600m,300m
B	6x600m with lap recovery
C	Road circuit (Beach)
1st December "A"	3x(600m,300jog,900m,300jog)
B	4x1200m, lap recovery
C	Seaton for continuous hills
8th December "A"	3x(two minute out/back, 1min rec)
B	Seaton for hill reps
C	Road circuit (Br.of Don)
15th December "A"	Mass relays

The University will have shut up shop by the 22nd but we can change at the Beach Leisure Centre and have more relays on the grass or hill reps on the Broad Hill followed by ten pin bowling!

EWEN's SOCIALS

Friday 6th November - Trip to the Grampian Beer Festival - okay Orkney Dark Island is our favourite pint but what else is worth supping? Find out on this evening trip to the McClymont Hall at Holburn Junction (no races Saturday so good response expected). 7pm start (or earlier if you want).

Saturday 5th December - Speyside Way Relay, starting from Spey Bay and running uphill to Tomintoul. Teams of 4 - men, women, vets, social and elite - everyone runs two legs.

Leg 1 - Spey Bay to Boat'o Brig	- 10 miles - paths/road	63min solo
Leg 2 - Boat'o Brig to Craigellachie	- 7 miles - up forest track	54min solo
Leg 3 - Craigellachie to Knockando	- 7 miles - railway track	50min solo
Leg 4 - Knockando to Bridge of Avon	- 6 miles - railway/road	35min solo
Leg 5 - Bridge of Avon to Glenlivet	- 7 miles - hilltracks	57min pair
Leg 6 - Glenlivet to Tomintoul Square	- 7 miles - hilltracks	77min pair

[Times based on Boggies Best in 1991]

Record set by Livingstone in January 1991 is 5h36m40 to Car Park rather than Square.

Plan would be for advance party to go up Friday night with others filling in on Saturday. Book the Tomintoul Bunkhouse (for Saturday). Start social teams off at 9am, women, vets and "B" teams off at 9-30am and elite teams at 10-00am to give people something to chase.

Aberdeen FC are playing away so no excuses! Names and preferences (record breakers, social or any) to Ewen asap.

SATURDAY RUNS

- Sat 7th November Millstone - Mither Tap, Oxen Craig (numerous variants)
Meet Hazelhead Academy 9.30
- Sat 21st November Clachnaben race circuit.
Meet Duthie Park 0915 hrs
- Sat 5th December Hill of Fare
Meet Hazelhead 0915.

RACES

- Sunday 4th October Bennachie Hill Race 1400 hrs
Distance 8 miles. Start from Back of Bennachie Car Park
- Saturday 31st October Meall A' Bhuchaille 1300hrs Glenmore Lodge
See advert for Glenmore Lodge "do" weekend handout. The Scottish Hill Runners annual dinner (buffet) and prize giving and dance is taking place in the evening and Cosmics are once again the organising club so please support, see Brian Lawrie.. combining the race and the dinner makes for a great weekend.
NB see Brian not Social Steve for forms.
- Sunday 18th October British Relay Champs Lake District ,Braithwaite Near . Keswick . The race will be held over the Coledale and Newlands Fells. Cosmics have entered a team in the Open, veteran men and Ladies categories. Let your Team captains have your name if you want to go i.e. Greg Barbour for the men and Sonia Armitage for the Ladies.
- Sunday 22nd November Elrick Eightsome Relay at Kirkhill 1300 hrs.
Turn up in plenty of time to get allocated to a team on the day.
See Ewen for further details.

AGM

This year's AGM is to be held in the Blue Lamp at 8p.m. on Tuesday 8th December after training.