



COSMIC BULLSHEET

The Bulletin News-Sheet
of Cosmic Hillbashers

ISSUE No 18
QUARTER 1 - 1999

Editorial

Phill Thompson

Seasons greetings to all Bullsheet readers ! Those of you who attended the AGM will know that there was a discussion regarding the future of the Bullsheet and the Comic. Basically, with Eddie Butler having to give up editing the Comic no one was willing to take it on as a separate entity. The articles, race reports, social observations etc. that appeared in the Comic in the past will in future be put into the Bullsheet. Unfortunately the excellent quality of the A4 size Comic cannot be reproduced, but if people are willing to put pen to paper or finger to keyboard then I will ensure that Cosmic's literary heritage is maintained! While I am quite happy to chase and chivvy people for articles I suspect my enthusiasm will diminish if nothing is forthcoming . So send me your items or see me on a Tuesday!

The AGM minutes show Cosmics in a very healthy situation with increase in membership, sound finances, big turnouts on Tuesdays, thriving social events and excellent race results. There was an interesting discussion on Ewen's proposal to apply to bring the 1999 FRA Relays to Glenshee. This received unanimous support. Two changes were made to the Committee with Shona Manson and Steve Pryor stepping down after many years of sound service. Shona will be replaced by Shelley Farrar and Elaine / Lois will be the new Social Combination taking over from Steve. Thanks go to both of them particularly Steve who has been our Social Secretary and Spiritual Adviser for some six years. There haven't been too many social events in which Steve either failed to help to organise or was last to leave. By them both a drink next time you see them in the pub.

Finally, it is worth acknowledging our best Club results to date at the FRA relays in October. The A team of Dan W; David A/Steve R, Tim G/Greg B; Jon Duncan came a magnificent 6th overall, first Scottish Club. The B Team were 1st Scottish B team and the Ladies team were 2nd Scottish ladies . Excellent performances all round. Next year's target is to organise , win it and write it up for the Bullsheet!

Thanks to Ewen, Sonia, Steve and Ian for the contributions. Next Bullsheet will be out end of March, items by early March please. My Email address has changed along with my work number these are now : thompx0@bol.co.uk and 327214.

***Cosmic Social Events - Quarter 1 1999
Social Secretary and Spiritual Advisor
Steve Pryor***

Social Retrospective

October

Grateful thanks to Sue and John for a superb first winter training run and party after 'Chez Buchan'. A good time was had by all with the Cosmic Hard Core staying on to drain John's wine cellar! Steve and Colin went home by pedal power and were lucky to make it !

The night out at Carmini's and the Music Hall organised by The SS was declared a great success! 22 sat down to dinner and 28 souls enjoyed the music and dancing. The Alternative festival has become a firm Cosmic Calendar event.

The KIMM was one to remember this year. The weather was horrendous and the event became an exercise in survival. 2/3 of the field retired but notable Cosmic exceptions were Skippy and Tim in the elite, Kevin and Ross in the B with Niall and Mike and Ian and Steve in the Long Score.

The year- end bash at Glenmore Lodge was as much fun as ever. Huge thanks to Brian who organised for the second year on the trot and thanks too to the team who helped with the Orienteering Event. The Cosmic half- hour got a mixed reception but was fun nonetheless. Even Ewen had difficulty in making himself heard.

Club funds were used to provide cheese and wine for the party back at the Cosmic Chalet which has become a bit of regular feature on away weekends. Karen beat Scoffer at Sumo and Dermot looked really fetching in Elaine's shoes. Elaine used the opportunity to show us her new black knickers!

November

A quiet month Socially speaking. Attendance at the Tuesday night training session has been good though and the pub get together after training is proving as popular as ever.

Ann Duckworth stepped in to rescue the Month and put up her house (perhaps for the last time) for the purpose of a St. Andrews night party and had clearly gone to a lot of trouble in decking out both the house and herself in Tartan and Saltires. Bob Daily and Steve Pryor shared an equal interest in Anne's outfit which, to be fair, had most of the men foaming at the mouth! Thank you Ann !

December

Did you go to the Speyside Way Relays organised by Ewen? No? Well you missed a great event. Huge fun was had by everyone with near perfect running conditions once you were on the hoof...a bit cold standing around though! The vistas during the day of snow covered hills in the sunshine was memorable. At time of writing I don't know how the bunkhouse party went but it had all the ingredients of a great time with some serious party animals from Westies, Inverness, Black Isles and of course Cosmics. Nice one Ewen!

Forthcoming Features

December

Saturday 19th John Buchan has organised a relay event for teams of three. A handout is available. 09H30 for 10H00 start at Seaton.
Tuesday 22nd Bowling after training. See Q4 98 Bullsheel for details.

January

Monday 4th Once more over the groins on 'The Beach Bum Fun Run' (see events for details). Drinky Poos at THE CAFÉ CONTINENTAL after. Don't worry.... this is a Public Holiday.

Saturday 16th Not 10th as previously reported. A whole new format this year . The party will be held at The former Social Secretary's house in Udney . A bus from Aberdeen will be laid on as will catering. Dinner will be a sit down and is declared a ' Mock Black Tie' Affair. Gents wear a black bow tie (crepe paper if you like) and the Ladies come as they please.
Tables for 70 or so will be laid and candle lit for an informal sit down meal. The YUM YUM Catering Company will be on hand to feed us all. Dancing in the hall will follow. A bar selling cheap booze will operate. You will be able to buy drinks tokens throughout the night. A flyer and booking form will follow.

Sunday 17th Steve Pryor and Ian Searles Birthday Bash. Drinks at the Church in Bucksburn after The El Brimmick Dash. Come and use up the rest of your beer tokens from the night before. Bring a bottle or a snack.

Saturday 30th Watch out for the carrot soup at Sonia's after the club run (see events for details)it's guaranteed to turn you into a Copper Knob!

February

Tuesday 9th February . Blue lamp after training. Come and see the Ian Searle slide show on his trip to Kilimanjara and Mount Kenya.

Saturday 13th Elaine and Lois are organising the jollitivities after the Carnethy 5 Hill Race. A flyer and booking form will follow. Book early to guarantee a place at the Ceilidh .

March

Saturday 27th Another chance to frolic in the Sauna with Steve (the Cosmic formerly know as SS).A run round the Nature Reserve and mandatory plunge in the Ogin will be followed by all sorts of fun at The Mill Of Fiddes . Soup and Coffee to warm the cockles!

LOOK OUT FOR "FLYERS" FROM ELAINE AND LOIS FOR EVENTS NOT LISTED.

COSMIC CONCEPTION

Cosmic congratulations are due to Steve Rivers and Laura on the recent simultaneous announcement of their impending parenthood and marriage. An appropriate Cosmic celebration, or two, are surely on the cards. For your diaries, your Cosmic court and social correspondent understands that the first event is expected in 1999, however the second is not planned until 2000! Anyone thinking of making scurrilous comments on the timing of these happy events, can.

There is a fair bet on this Cosmic junior being good looking, athletic and intelligent - another one up on Carnethy then.

MEMBRSHIP UPDATE

As reported at the AGM, Cosmics year end membership stood at 95 - a truly amazing total. Renewal notices for 99 are out (excepting new members who joined in 4Q98) Please return them promptly. With a bit of a recruitment effort we should soon be able to top 100. A fully updated version of the Yellow Pages will be issued with the Spring Bullsheat, although further copies of the current one are available on request.

Ian Searle

(Green Final 10/10/98)

Cosmic Hillbasher Margaret Stafford finished an excellent fourth in last Sunday's Bennachie Hill Race. The 43-year-old took the veteran prize - just as she had already done in the Ben Rhinnes, Tap O'Noth, Cairn William, Dollar and Clachnaben hill races this year. She was first woman home in the Ben Rhinnes event at Dufftown.

Yet Margaret, a community staff nurse, only took up hill running in 1996 after a career in road running. She started running as a means of getting fitter 13 years ago and completed the Aberdeen marathon in three hours and 29 minutes. She was then approached by local distance running expert, Mel Edwards to begin a serious training programme for marathon, half marathon and 10km and she jumped at the chance.

As a member of Aberdeen AAC, Margaret left her mark in this branch of the sport as she holds the second fastest marathon time of 3.00.32 set in 1990, by a city club member behind former Scottish record holder, Lynda Bain, who was a spectator at Bennachie last weekend. She also ranks in the top half dozen in the half marathon rankings with a time of 1.23. She holds a 10km road best of 38.02 and was first veteran in the 1990 Highland Cross race.

Her proudest moment was probably finishing second, behind Wales' Liz Hughes, in the international event incorporated in the 1989 Aberdeen Milk Marathon at the beach. She set a then personal best of 3.06.36 despite a toe injury in the last few miles. In February, 1990, Aberdeen AAC took the veteran team title when the Scottish cross-country championships came to Bridge of Don - but Margaret was not one of the team! Margaret, who was 27th and third veteran, was also third club finisher and took third senior team prize with Sue Lanham and Debbie Porter.

She gained an international vest in the home countries international cross-country match at Balgownie in 1991, finishing a creditable 20th. Sadly Margaret's husband Michael, died soon afterwards and Margaret gave up running for a few years. She may have given up altogether but for top Aberdeen AAC and Cosmics runner Sonia Armitage. "It was Sonia who persuaded me in 1996 to come and try hill running for a change" said Margaret. "Over the years, along with Mel Edwards she has been my main inspiration. The Cosmic runners are also very sociable and supportive, while the Lynx Pack with whom I train gave me their special award last Christmas."

It is in ultra-distance hill races that Margaret's ambitions lie. "I love the sense of freedom hill running brings" she added. "I enjoyed the Wuthering Heights 33 mile race in England and am now looking forward to the Mourne and Karrimor two-day events.

Currently studying for a degree in Community Health in addition to her full-time job, Margaret obviously relishes the challenge to climb every mountain!

(The accompanying photo of Margaret in a Cosmics vest wouldn't stand the rigours of the photocopying and reduction process the Bullsheat undergoes. But turn up on a training night with a camera and Margaret is sure to oblige - for a small fee payable to Club funds.)

RACES AND CLUB RUNS

- Monday 4th January Beach Bum Fun Run 0930 hrs.
Bring a gift-wrapped prize value about £2.50
- Saturday 9th January Club Run. Hill of Fare. Meet Hazelhead 0915 hrs
- Sunday 17th January El-Brim-Ick Dash 1400 hrs. Also junior race at 1330
hrs. Bring your children, neighbours children,
grandchildren etc.
- Saturday 30th January Club Run. Hill of Fare. Meet Hazelhead 0915 hrs
- Saturday 13th February CARNETHY. Club trip; Ceildh Sat night.
- Saturday 20th February Devil's Burdens Relay. Aim for a Cosmic clean sweep
Men's, Vets, Females - If it happens.
- Saturday 27th February Club Run. Clachnaben (Glen Dye) Duthie Park 0915
- Sunday 7th March Parks of Aberdeen Challenge 100hrs Hazelhead
- Saturday 13th March Club Run Kerloch. Duthie Park 0915
- Saturday 27th March Club Run Forvie Seaton Park, King St entrance
0915 (See social bits , bring towel !)

COSMICS GO TO THE LONDON MARATHON !!

The Club has two entries for the 1999 London Marathon. If you are interested in taking up one of the places for this event on the 18th April contact Brian Lawrie as soon as possible. If there are more than two applicants a ballot will be held for the places.

COSMICS at KINGS

Although there were often 40+ turning up on Tuesday nights before Christmas, it was rare for anyone to fancy the road option. I've thus gone for a two sessions format. As before, anyone who is injured but can turn up to do some time-keeping will be most welcome! (Thanks to Bob Sheridan for the session he did and to those who've done the "shouting" whilst doing the other session themselves).

Anyone is free to join any group on any night - no offence will be taken. There is also the possibility of a road run - turn up and see who else fancies it!

5th January	4x(400m,jog,1000m,jog)
	6-8x600m
12th January	Seaton for continuous hills
	Up and down the clock, 600m recovery
19th January	300m,4x(2minutes out/back),300m
	Seaton for hill reps
26th January	4x(600m,jog,900m,jog)
	12x300m
2nd February	Hilton for hill reps
	6-8x600m
9th February	4x(400m,jog,1000m,jog)
	Seaton for continuous hills
16th February	Up and down the clock,300m recovery
	6-8x600m
23rd February	Seaton for continuous hills
	12x300m
2nd March	300m,(4x2minutes out/back),300m
	Seaton for hill reps
9th March	4x(600m,jog,900m,jog)
	5x900m,lap recovery
16th March	Seaton for hill reps
	6-8x600m
23rd March	Up and down clock with 300m recovery
	12x300m
30th March	Brimmond Car Park

OUR FOREIGN CORRESPONDENT IN LA REUNION

The world mountain running championships by Sonia Armitage

Tracey and I had the rare luxury of flying to an event from Aberdeen and we left on Monday 14th September in a fairly excited mood. We flew to Paris via Gatwick and met up with the rest of the team there and then embarked on an eleven hour flight in a jumbo to L'île de La Reunion., a small island in the Indian Ocean just south of Madagascar. Was it going to be big enough for a jumbo to land ? Phew, yes it was ! From the airport in St Denis we were bussed to our hotel further south in St Leu.

The climate on the island was hot and humid when we arrived, but our hotel was very luxurious - the rooms were in the form of small bungalows spread around pretty grounds with exotic flowers and banana trees, which were very handy. We had a swimming pool, around which we had most of our meals . The only disadvantage of the hotel was that it was 1 ¼ - 1 ½ hours drive from the race area, as we were to discover to our cost later in the week. La Reunion is a stunning volcanic island with one still active volcano. It is a mixture of Caribbean - like beaches on the coast and a lush, very mountainous interior with steep valleys. The highest peak goes up to 3000m , and Tracey went up this immediately after the race.

The local people were very friendly and welcoming. However the French organisers did not do such a good job with the organising of the bus transport for the athletes and we had a few problems in this area. The most serious one was on the morning of the women's race. The race was due to start at 9.00am and we were to be picked up from the hotel at 6.30 am . Simple enough we thought, so we got up at 5.30am which was 2.30 am British time ! We were in the same hotel as the Northern Irish women's team and they were travelling with us. However no bus arrived, and we realised at 7 that we were going to have to do something ourselves or we were going to miss the race! We ended up phoning for a taxi which unfortunately got held up in a traffic jam in the town and did not arrive until 7.50. By now of course we were panicking! In the end eight of us piled into a seven seater taxi and we endured a very squashed , hot, fast and stressful journey to the race start arriving at 8.55. Despite having the race put back by ten minutes it was not really enough time for us to calm down, warm up and go through our usual preparations.

It surprised me that any of us were able to race at all given all the adversities we had suffered on route to the start, however Tracy managed to have a very respectable run and finished 23rd overall, but I did not have such a good run and finished 52nd. All in all it was pretty disappointing given all the work that goes into preparing for an event like this, particularly as we had had to travel such a long way, and then to find our race ruined by their bad organisation. Alors , c'est la vie !!

Fortunately, the men's race went without any hitches the following day. That proved to be quite an exciting race to follow, with Scotland's Bobby Quinn finishing in 4th position and helping Scotland to defeat the English team. Unfortunately, due to yet more transport problems we had to miss the closing ceremony , and so had to say an abrupt goodbye to all our foreign friends before returning to our hotel where we had our own private party. So on Monday 21st September it was time for us to leave for home. It was a long tiresome journey , and Tracey and I arrived back in Aberdeen late on the Tuesday afternoon after quite an eventful week.