



COSMIC BULLSHEET

The Bulletin News-Sheet
of Cosmic Hillbashers

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Editorial

Phill Thompson

A bumper 16 page edition this time - many thanks for the contributions from Ewen(lots), Tim, Steve, Elaine, Brian and our foreign poet Mark Rigby. At the AGM I was asked why my last editorial expressed reservations about the Athletics Scotland scheme. Those reservations still stand despite having now joined the scheme, but to redress the balance here is the official background to the scheme to allow you to make up your own minds. See the Scottish Hill Runner for more detailed pros and cons.

"Athletics Scotland"

The Membership Scheme was implemented on 1st October 1998 and the points below help to explain the background to the scheme.

- 1 It was approved by the Clubs at the EGM in 1998
- 2 It is part of the Business Plan and is integral to the Financial aspects of the Plan.
- 3 It puts money back directly into the sport - examples are :
Education Programme (Coaching Courses/Seminars/Officials Courses) ; development work; International Team competition; Financial assistance to the three Commissions. Allows events to be promoted/hosted.
4. It has allowed professional staff to be appointed both centrally and in the future on a local basis.
5. There are tangible benefits to members : Communication- a "guaranteed" direct link to each and every member; a newsletter providing regular updates on what is going on and where; vouchers, discounts and other services
6. All members are making a financial contribution to positively supporting the development of the sport- and thereby safeguarding its future.

On the issue of whether it will be necessary to join a Club and the role of the Clubs in the future then the following are worthy of consideration : The Club forms a focus for the local athletes in that - it provides a social centre all that may be associated with that; it allows members to be part of a team and compete accordingly; it provides focus for training; it provides coaching on a local basis, it may provide a clubhouse.

As the fame of Cosmics spreads far and wide articles have been appearing in different papers and magazines. Below are a couple of recent ones. Unfortunately I forgot to keep the article on John Buchan which appeared in the Green Final and which gave an account of his athletic career - apparently John was 15 stone when he started running ! I'll leave it to you to imagine what that looked like!

Tracey wins Newcastle to Morepeth race 1st January Athletics Weekly 6th January

In the 84th running of this event, reputed to be England's oldest road race going back to 1904, 1000 athletes set off from Castle Square, Morpeth, twisting right and climbing in bright sunshine but turning left they headed into a stiff southerly wind. Ian Hudspith edged ahead only in the final few strides to gain the verdict from his brother Mark in a pulsating finish to the testing 14.1. miles.

In the woman's section Tracey Brindley was a conclusive winner from her fellow Scot Sandra Branney, the defending champion.

Brindley, a 26year-old geology technician from Aberdeen, only decided to run after a holiday in Galloway was ruined by electricity cuts. A fell international, who was ninth in the European mountain race Championships last summer, she was making a rare appearance on the flat but finished an excellent 26th overall in 84.54. Branney was 2.38 and 27 positions behind. Brindley remarked : "I don't normally do road races. My coach wants me to do marathons but I'm not convinced. It is a lot flatter than I am used to but I might be back next year."

Brindley plans to mix surfaces

A.W. 13th January 1999

Aberdeen's Tracey Brindley is not planning a major assault on the road racing scene in the near future despite her impressive victory in the New Year's Day Morepeth to Newcastle run, writes Fraser Clyne. The 26 year -old Scottish international still has major hill running ambitions to fulfil before taking to the roads in a serious vein.

She said : "I'm planning to run in the European and World Mountain Running Trophy races again this year and I'd also like to have a go at the British hill running championships." Brindley is one of Scotland's most consistent performers on the hills. Last season she won the Knockdhu International at Larne, was ninth in the European trophy at Sestriere and was 23rd in the World Trophy event on La Reunion.

Road running will, however, play an increasingly important part in her life in the future. She explained : "My coach (Ken Hogg) suggested I might try a marathon this year but I think it's too early for that. I've only run one half marathon (76:47 at Inverness in 1997) although I'll certainly be doing more road racing in the months ahead. The Inverness Half Marathon and the Scottish 10km championships at the beginning of March are in my plans. After that, however, I'll have to see what's available. Its difficult because a lot of road races I might want to do clash with some of the more important hill races."

This ones for those King's regulars who when peering into the gloom on a Tuesday evening may be wondering who the tall bloke at the front of the slightly-faster -than -the rest -of us-pack is.

Bernt's a big hit with the Cosmics. By Fraser Clyne, Green Final 27th February

Norwegian orienteering international Bernt Bjornsgaard has become a big hit with Aberdeen's Cosmic Hillbashers since arriving in the North-East a few weeks ago. The 25 year-old forestry student made a huge impact on his debut for the city side when he finished second to English International Gavin Bland in the Carnethy hill race at Penicuik.

It was an outstanding performance as Bland had to break the course record to get the better of the man from Lilehammer. Bjornsgaard was also inside the previous record which had been set two years earlier by Lochaber's British international John Brooks. "Carnethy was a great experience for me" said the energetic Scandinavian. "I really enjoyed the run because we don't have any races like that in Norway."

Bernt was also in sparkling form when helping Cosmics win the 34km Devils Burden hill relay at Falklands, Fife. It was a result that maintained the city side's unbeaten record in team competitions this year. He hopes to lead the Hillbashers to further success before returning home in mid-April. "I certainly hope to do more hill running during my stay" he said.

Bernt came to Aberdeen specifically to combine his sporting interests with the requirements of his university studies. "I'm over here as part of an exchange programme" he explained. "It's part of my forestry course. It is also useful to see what the country is like because the world orienteering championships take place at Inverness in August and I hope to return as part of the Norwegian team."

Bjornsgaard is staying in the city with Cosmic club mates Greg Barbour and Encarna Maturana in what has become a very cosmopolitan household. Encarna is a Spanish orienteering representative while Greg competes for New Zealand. Bernt is appreciative of the fact he is able to devote a significant part of his time to running in the hills and forests around Aberdeen. He said: "I've really been enjoying it. I don't take a note of how many miles I cover but I often do two sessions a day and probably spend 15-25 hours a week running and mountain biking."

He is particularly enthusiastic about his involvement with the Cosmics. "I like training with them on Tuesday nights. It's a hard session, but it's fun. There's a good social side to the club as well." Bernt will enjoy a fair degree of over-sees travel during his time in the North-East. He plans to travel to Sweden in March for an orienteering training camp. After that he is off to Denmark for an orienteering competition. It's a hectic schedule but one which he hopes will help his preparations for the world event during the summer.

"I certainly plan to come back before the championships. The Norwegian squad will come to Aviemore in July for a training camp and that'll be something else to look forward to doing"

COSMIC OPEN CHAMPIONSHIP

(Best five results to count)

Name	EL BR	CL AC	DO LL	TA P	CW IL	M OR	BEN ACH	TO TAL
Dan Whitehead		31	26		31	31	31	150
Steve Rivers	29	26	28		28	28	29	142*
Dave Armitage V	28	25			27	29	28	137
Dick Hobson	26	19		29	25	23	20	123*
Graham Milne V	23	20			24	24	22	113
Rick Allan V	18	17			23	27	21	106
Dennis McDonald	27	24				26	23	100
Margaret Stafford FV		10	25	22	15		14	86
Bob Sheridan				31	26		25	82
Ian Searle		07		20	13	19	11	80
Graeme Marks V		16		23	17	21		77
Andrew White	25	22		28				75
Michael Stone				26	21		19	66
Greg Barbour		29	31					60
Tim Griffin		28			29			57
Joe Blackett		27	29					56
Alf MacKay	12			16	7	16	4	55
Ian Jolliffe SV		11		27			16	54
PJ Borrowman			27				26	53
Kevin Canavan	19	14			19			52
Sonia Armitage F	22						24	46
Steve Willox				24	20			44
Bob Daly V		18				25		43
Catherine Mangham F				25	18			43
Steve Pryor V	14			17	11			42
Liz Bracegirdle FV	13	02			8	17		40
Katy Boo F		13			14		12	39

Ross Richardson						20	18	38	
Elaine Stewart	FV		03		15		18	2	38
Ann Thomson	FV				18	12		7	37
Phil Kammer	V	20				16			36
Phil Thompson	V	21	15						36
John Buchan	V	31							31
Ron Pratt	SV				19			10	29
Tom Bracegirdle								27	27
Lois Noble	F		05			10		9	24
Gordon Yule	V	24							24
Tim Nash			23						23
Graham Elrick						22			22
Niall Watson		16	06						22
Buzz Rajabian			21						21
John Forsyth		11				9			20
Gordon Ramsey	V							17	17
Dave Yersz		17							17
Sue Buchan	F	15							15
Sigi Sporer	V				14				14
Kevin Holliday								13	13
Willie Watson	SV		12						12
Shona Manson	F	10							10
Steve Allen			09						9
Colin Kynaston	SV							8	8
Ewen Rennie	V		08						8
Ann Thomas	F							6	6
Keith Greenwood	V							5	5
Arnie Mouat	V		04						4
Alec Hamilton	SV							3	3
Ann Duckworth	FV							1	1

Social Secretarys – Elaine Stewart & Lois Noble- Welcome!

Social Retrospective

December

John Buchan organised the Cosmic Challenge at Seaton Park a 1.5-mile relay. The entry fees were raised for charity and, along with the monies raised from the October 98 'Crombie 5k' event which John also organises, the proceeds totalling £155 have been passed to Steve Pryor to kick off the Sponsorship for Steve's 'End to End' cycle of Britain which will take place in Early June 99 (see below). The prizes of donuts were enjoyed by all at the end.

Bowling at the Beach Boulevard then to Harry Ramsden's for fish & chips (except Zoe)! Bloody beef dripping!

Ewens's Beach Bash was no doubt as gruelling as ever.

January

Thanks to our spiritual advisor Steve Pryor for having us all at his house for this years Xmas party and for being our social secretary for the last 5 years, a job well done.

(Comment from the former SS). Thank you all for supporting the party and for being so tolerant over the food and service. The dancing was somewhat shortened alas as we all waited and waited for the grub....ah well. Despite the best of planning the event was run at a loss so the club ended up sponsoring to the tune of about £250. However, the general consensus seemed to be that this was money well spent. A local hotelier who looked in on the night wanted to know how we kept our bar so full of thirsty customers. I had to admit that it was down principally to beer at 50p a throw and the fact that we were Open All Hours!

The Cosmic answer to 'The Spice Girls' the Exotic 'Fruity Women' strutted their stuff and dedicated the piece to yours truly who was almost..... overcome! Thank you ladies, you have made a happy man very old!

Huge thanks to every one for the gift. It was a huge bowl....presumably to remind me of the ripe fruit which alas, I was not allowed to taste on the night! Another time perhaps?

My thanks go to 'Chuckie Kynaston who was head 'gofer' and to Ian Searle who was Maitre D. Without them I would have struggled with the bar and the chairs and the setting of tables, preparation of the breakfast.....

The Cosmics have ended up with a rather splendid Tea Urn which we have been obliged to purchase from the caterers after some twit melted butter all over it at breakfast. So, if you are organising an event sometime and need a shot of the Tea Urn it is under the stairs in my house and ready for use! (End Comment).

January 30th provided the perfect club run with a gorgeous day on Millstone hill followed by soup & home bakes at Sonia's.

February

The annual Cosmic jolly to Edinburgh again this year was a great success as 31 Cosmics entered the Carnethy Five Hill Race. The Cosmic men took 1st place and their trophy certainly was something different with Greg now being the keeper of the lethal weapon. We all enjoyed the usual Ceilidh afterwards and those with still some energy left went on to the Mambo club. John Buchan was rudely awakened by the loud noises of the girlies (one being the Parrot) who didn't have a key to get in. What ever happened to Colin Kynston after the Mambo Club has he been seen again since?

March

After the last training session at Kings Tuesday 23rd we are all invited back to John and Sue Buchan's for wine & pasta. Another huge night in the offing!? Please do bring a bottle by order of the new Social Secretariat. Last time we completely emptied the Buchan's Drinks Cabinet. John is far too generous and will try to refuse.....don't listen!

Don't forget Saturday 27th another chance to frolic in the sauna with Steve. Run round the Forvie Nature Reserve and mandatory plunge in the Ogin then all back to the Mill of Fiddes for soup and a bun. The tea urn will come into it's own. Bring a towelif you must!

Forthcoming Features

April

Wednesday 14th April 7.30 at Little Italy with night on the town to follow. After the meal they do dancing o the tables, price would be £13.50 for a three course meal. See Elaine to book a place.. Be there or be square. Don't ditherconfirm you will join in the fun without delay.

May

Cosmic jolly to the Isle of Arran for the Goatfell Hill Race on Saturday 15th May. Inform Elaine as soon as possible if you are interested in going so accommodation and race entries can be organised. The COSMIC away do's are always great fun and Arran last time was no exception. The weather is usually good and of course the more of us that go the merrier we shall be! Might look at a bus if there is sufficient interest. Again ...please book now!

June

A busy time of year for most of us means no Social Jolly Do's organised this month. If anybody has any good suggestions for future social events please let us know.

Steve Pryor is doing a charity cycle from Lands End to John o'Groats at the end of May / beginning of June. Dates will depend on prevailing winds. He is looking for able-bodied people to help as a support team (Interested? Call Steve 712332 or 01652-842715 E-mail: steve@opsns.com)

The attempt is to be in aid of Charity. The trip is 1000miles and will be completed non-stop and inside 72 hours. Soon, sponsor forms will be circulating and all members will be asked to lobby their friends and business contacts to gather charitable sponsorship on a per mile basis. You can also sponsor Steve on his London Marathon attempt. Either or both...the choice is yours but do help if you possibly can.

DON'T FORGET..... TUESDAY NIGHT IS PUB NIGHT.

VETERANS CHAMPIONSHIP 1998

Name	ELB	CLA	DO L	TAP	CWI	MO R	BE N	TOTAL
Dave Armitage	21	21			21	21	21	105
Graham Milne	18	19			19	17	19	92
Rick Allen	15	17			18	19	18	87
Graeme Marks		16		19	17	16		68
Steve Pryor	14			17	15			46
Alf MacKay	13			16	14		12	45
Bob Daly		18				18		36
Ron Pratt				18			15	33
Phil Kammer	16				16			32
Phil Thompson	17	15						32
Gordon Yule	19							19
Gordon Ramsey							17	17
Ian Jolliffe		13		21			16	16
Sigi Sporer				15				15
Willie Watson		14						14
Colin Kynaston							14	14
Keith Greenwood							13	13
Ewen Rennie		12						12
Alec Hamilton							11	11
Arnie Mouat		11						11

WOMEN'S CHAMPIONSHIP 1998

Name	ELB	CL	DO	TA	CW	MO	BE	TOT
Margaret Stafford		19	21	19	19		19	97
Lois Noble		18		18	16		17	69
Liz Bracegirdle	18	16			15	19		68
Elaine Stewart		17		16		21	14	68
Katy Boocock		21			18		18	57
Ann Thomson				17	17		16	50
Sonia Armitage	21						21	42
Catherine Mangham				21	21			42
Sue Buchan	19							19
Shona Manson	17							17
Ann Thomas							15	15
Ann Duckworth							13	13

HILL FEVER

(after John Masfield)

I must go off to the hills again, for another Cosmic session
 And all I ask is a good friend, and my four legged companion
 And the peaty bog, and the wind's song, and the scree run descending
 And a grey mist, on the very top, as the early dawn's breaking.

I must go off to a race again, for another Cosmic outing
 And all I ask is a steep hill, to give the others a thrashing
 And a team win, and a ladies win, and the outright winner
 With Cosmics taking a' thing, at the S.H.R.A. dinner.

I must go down to King's again, for another Cosmic session
 And all I ask is a clear run, to teach young Dan a lesson
 And the feel of mud, and the howling rain, and Rennie's voice a roaring
 And Buchan's crack, and Willox's moan, that Barbour's only jogging.

I must go down to the pub again, for another Basher do
 To join the crack, and knock 'em back, as Cosmics a' get foo
 And all I ask is a ceilidh band, when I'm no longer sober
 And a quiet sleep, and a sweet dream, when the long trek's over.

The wife's lament

I must go down to the shops again, for another packet of powder
 My man's awa' to the hills again, there'll be plenty kit to launder
 And a dog to hose, and the man to feed, then both will set to snoring
 And all I ask is a drying wind, and in the morning no groaning

1997 OPEN CHAMPIONSHIP

Updated to include alterations and omissions.

Name	Elbr	Clac	Stuc	Glam	CWil	Morv	Benac	TOTAL
Dennis McDon	17	-	21	21	16	16	15	91
Andrew White	-	14	16	18	-	12	11	71
Rick Allan	13	15	18	-	12	11	-	69
Dan Whitehead	-	21	-	-	-	21	19	61
Rob Taylor	-	19	-	-	19	-	21	59
John Buchan	19	18	-	-	21	-	-	58
Bob Daly	-	-	19	19	-	16	-	54
Dave Yertz	11	10	15	-	9	-	-	54
Ron Pratt	8	-	13	17	7	8	-	53
Keith	-	7	12	15	9	9	-	51
Graham Milne	16	-	-	-	15	-	16	47
Steve Pryor	7	-	12	16	4	3	-	46
Ewen Rennie	-	11	17	-	-	-	13	41
Greg Barbour	21	-	-	-	-	19	-	40
Gordon Ramsey	14	12	-	-	-	-	8	34
Steve Willox	-	17	-	-	13	-	-	30
Gordon Yule	15	-	-	-	14	-	-	29
Dick Hobson	-	-	-	-	15	-	12	27
Phil Kammer	12	-	-	-	-	15	-	27
Kevin Cannavan	-	13	-	-	-	11	-	24
John Forsyth	6	-	14	-	-	-	-	20
Graeme Marks	-	-	-	-	10	10	-	20
Bob Sheridan	19	-	-	-	-	-	-	19
Niall Watson	-	4	-	14	-	-	-	18
Tom Gunn	9	-	8	-	-	-	-	17
Malcolm Stone	-	-	-	-	16	-	-	16
Andrew P	-	-	-	-	-	15	-	15
Jim Cooper	-	-	-	-	-	-	14	14
Alex Hamilton	3	-	-	-	-	4	6	13

Devils Burdens Relay. Feb 20th 1999

A win at last!

At the fourth attempt, Cosmics finally won the men's race at the Devils Burdens relay on the Lomond Hills in Fife. This long-awaited victory wiped out the memories of last year's relay when we won, broke the record and were then disqualified along with Carnethy for mispunching on the last leg.

We travelled to Fife (too) early on a Saturday morning with 2 mens plus a vets team, the women having pulled out due to selection of key members for cross country representative honours. Confidence was high following the stunning win for the Cosmic men's team at Carnethy the week before but with Dan and Greg missing our strength in depth was being tested.

The Devils Burden relay is a four leg relay for teams of 6 (2 legs in pairs) over the Lomond Hills starting and finishing in Falkland. This year was the fourth running of the event, with a change of organiser to Fife AC. They had chosen to mark even less of the course than usual, creating a problem for those unfamiliar with their leg. After a strong leg 1 from Steve and John, Andy White found himself leading and unsure of the descent on the 2nd leg. He took the sensible option of waiting for someone who did know the way and handed over with the leaders. At this stage, the B team were in contact just a few minutes down. On the third leg, Tom Bracegirdle and Tim were given a fright by 2 Fife juniors but got away to send our new weapon Bernt off in the lead on leg 4. It seemed a waste not to give Bernt a decent hill to climb after he showed his uphill prowess in Carnethy but he's fast on the flat as well and he stretched the lead and finished in a new record of 2:25:12 for the 34km and 4100 ft. The B team were brought home by Bob 'diplomat' Sheridan in 5th in 2:40:57, beating the Carnethy A team. Colin ran the last leg for the vets team and finished in 21st place out of a total of about 30 teams.

No disqualifications this year so the prizegiving lacked last year's excitement. To win and also take 5th place without our 2 leading runners from last year shows the strength in depth that Cosmics now have. Last year's winners Shettleston were absent (no doubt scared off after Carnethy) but the new record shows we'd have taken some beating. Thanks to those who responded to last minute call-ups and welcome to Cosmics Hugh Nicholson!

Tim Griffin.

THE SPEYSIDE WAY RELAY DISASTER

(With apologies to William McGonagall)

Beautiful stage-race along the river Spey
Dreamt up by Ewen Rennie for a fine relay
Though first held in 1998, not 1879
Surely to be remembered for a very long time?

Westies thought twelve brave souls it could count on
And drove up to redness at picturesque Grantown
A more suitable bunk-house you'll rarely find
But only ten of us made it - oh dear, never mind.

About seven o'clock on Friday night
Snow started to fall - at first, rather light,
But then heavier such that come the next morn
We looked out on whiteness - our hopes were forlorn.

But a slow convey *did* slither its way
On snow-covered roads to reach wind-swept Spey Bay
Where, smugly, Cosmics made ready. To their dismay
Here were *three* Westies teams to enter the fray!

Mark, Jen and vet Pete set off on leg one
Chilled to the marrow, despite the bright sun,
Along tracks and steep roads, treach'rous and iced,
Supported by Saab, as with death Elsie diced.

At Boat o'Brig, after ten miles of 'neige'
A fine railway bridge marked the end of the stage
(Ah! "Beautiful Railway Bridge of the Silv'ry Spey...."
- But there's already a poem written *that* way).

Manny hared off on leg two, with Cosmics behind.
Mairi our next woman - we must get her signed!
Keith, for the vets, gave a very good chase,
Stirling efforts by him improved on their place.

This part of The Way passes lots of distilleries
Tempting wee drams - but bad for your capillaries.
Thus George started leg three feeling less than frisky
Not helped by that overwhelming odour of whisky.

Jane and Jim kept the other teams going.
As, for support cars, much to-ing and fro-ing,
Carefully, up and down each snowy incline
While for runners below, a flat railway line

As no other Westie from his armchair would budge,
For leg four we drafted in Angela Mudge.
The vets also 'conscripted' - another team fudge -
But all, with 'oor oon' Elsie for the wimmin, off into the snow did trudge.

From Bridge of Avon, the next legs were double;
Over the hills, where pairs risked less trouble.
Cosmics were winning, George and Manny chasing hard
As Mairi, Jane, Pete and Keith - over and down to Glenlivet yard.

Then the last leg, a snow plod to high Tomintoul.
Chasing dusk first: Mark and Ang - no time to fool.
Champions both, and my can she run-
Mark pushed as hard as he was on leg one.

Soon after came Jim, Keith (again!), Elsie and Jen
From the gath'ring gloom to the finish. The end!
All had given all - none could be keener -
So all to the pub, for a nice, hot Ribena.

Like McGonagall, I must now conclude my lay.
But as you've heard, there was no disaster that day.
Rather three triumphs, told her in dubious rhyme
That *will* be remembered for a very long time.

M.R.

Footnote - Cosmic 'A' Team finished first some four minutes inside the inaugural record set by Livingston in 1990.

NEWS FROM THE COMMITTEE MEETING 3RD JANUARY

The Club is in excellent shape with a membership of approximately 90. There are still a few returns to come in. When will we reach the Ton ???!!

The Committee has taken the decision to forego a serious club attempt at the championship this year because a strong team cannot be fielded consistently. Instead isolated events have been targeted. Of course there is nothing to stop any individual having a crack at the championship. The targeted team events are:

9th May Goatfell *, 12th June Glas Tulaichen, (Scottish Championship), 27th June Wills Bothy Relay *, 25th Sept Two Breweries *, 17th October FRA Relays.

Events marked "*" are also being targeted as Social Events by Elaine so put these dates in your diary. It was also decided that the club champs needed a boost. Ewen will provide us with up to date championship positions in the Bullsheat as the season unfolds, and men's, women's, and vets trophies will be purchased. The next committee meeting is on the 5th May so if there is anything you want brought up let one of the following committee members know: Sonia Armitage (Women's Capt), Greg Barbour, (Men's Capt) Shelley Farrar, Brian Lawrie, Phil Kammer, Ewen Rennie, Margaret Stafford, Ian Searle, Elaine Stewart

Alistair at the Krunces

Many Cosmics are aware of the parallel group known as the Lynx Pack. Formed nine years ago they have an annual Christmas presentation. This year one of their awards went to Alistair Leiper and, although Alistair is not a Cosmic we thought it worth printing Mel Edwards' eulogy to go with the award for his interesting view of the Krunces.

"Alistair is one of the original members from nine years ago and always makes a Lynx Pack session whenever he can. This year in the Aberdeen Half he clocked his 100th half-marathon (a remarkable achievement) and the other event which he has made his own is Ewen and Janet Rennie's Kingshill Krunce. For those who don't know this is held on the first Tuesday of each summer month and is 3.5 miles involving 500 feet climb of unmitigated purgatory. In fact the three most joyous moments of my life to date have been :-

- 1) Getting married
- 2) Being present at Myles' birth and
- 3) When Ewen decided in September that because it was pitch black he'd miss out the final

vertical downhill cliff to the finish of the race.

Having said that I place the Krunce right up there with the Olympic Marathon, although there are a few differences. The Olympic Marathon course doesn't need as much sawdust and flour to mark the route. The essential medical backup is different. In the marathon the problems are exhaustion and dehydration. In the Krunce you need people who can :-

- 1) Sew legs back on
- 2) Extract branches from torsos
- 3) Resuscitate runners who have virtually drowned in mud
- 4) Restructure teeth smashed when runners trip and go head first into a rock
- 5) Administer plastic surgery to runners who have been mauled by the big cat or puma who

has its lair on the route.

(It used to be a good natured moggy who enjoyed getting its paws up to watch Channel 4 News at 7pm on a Tuesday night until its kids kept coming in to annoy her saying there were muddy men and women running through their playground).

The Krunce is also a revelation in how to fit forty cars into a ten space car park". (ER - Just Cosmics being social!)

Note - Alistair has run ALL FORTY-NINE Krunces to date.

Cosmic Comic

Good news about the Comic, we will have an issue this year. Kevin Canavan and Judie will complete the unfinished 1998 issue and have shown a strong interest in producing an issue once a year at least in the immediate future.

Clachnaben Race

Cosmic members are amongst the most supportive anywhere. If this can be extended to include the prizegiving at Feughside and Loch Kinard Hotels it would be greatly appreciated. These hotels allow us free access and it is in our interest to boost their takings on the day

SATURDAY RUNS

- 3RD April Clachnaben /Mt Shade Run the race course. Meet Duthie Park 0930 hrs
- 24th April Fetteresso Forest , from Bickarton. Meet Duthie Park 0930 hrs
- 1st May Lord Arthur's Cairn - Coreen Hills. Meet Hazelhead 0930 hrs.
- 22nd May Glen Tanar - various runs. Meet Duthie Park 0930 hrs
- 5th June Bennachie, Rowan tree Car Park. Meet Hazelhead 0930
- 26th June Hill of Fare. Meet Hazelhead 0930

RACES

Some race dates are given as reminders of events which might be of interest . Details are only given for races that the club is deeply involved in, check with committee members if unsure or get a copy of the Scottish Hill Running Calendar from Tiso's.

- 3rd April Normans Law Hill Race Luthrie, Fife BS 5m. 700 ft
- 11th April Speyside Way 50k
- 18th April Clachnaben Hill Race by Strachan, Sth Deeside AM 10.5 m., 3500 ft £4
A club championship event, and the best start to the season you can get. Brian is organising. Look out for Saturday club runs on race route
- 8th May Ben Lomond (Scottish champs) AM 8m. 3192 ft
- 15th May Goatfell, Broadick Anan AM 8m. 2866 ft
The club had a great trip here a few years ago. It's a beautiful island and plenty of opportunities for revelling.
- 30th May Scolty Hill Race
- 12th June Glas Tulaichen Uphill Only Race (Scottish champs) Glenshee
- 19th June Highland Cross
Glen Rosa Horseshoe Hill Race, Anan. Scot champs, AL 13m 5,500 ft

TUESDAY EVENING CLUB RUNS

MEETING PLACE HAZELHEAD Academy, Groats Road 6.30 p.m.

- 30th March Brimmond /Elrick at Brimmond Car Park , various routes
PUB : 4 mile Kingswells
- 6th April KRUNCE, Rotten O'Gain car park (For the uninitiated this approximately 3.5
race goes up ,down and around the forest.)
PUB : Bielside Inn
- 13th April Millstone Hill, Don View car park.
PUB : Grant Arms, Monymusk
- 20th April Newburgh. Make own way or meet Seaton Park Don Street entrance.6.30
PUB : Udney Arms
- 27th April Kerloch PUB : Travellers Arms
- 4th May Krunce. As previous. PUB : Bielside Inn
- 11th May Cairn William. *Balmedie Beach Burn*
PUB : Grant Arms
- 18th May Brimmond car park. PUB : 4 mile Kingswells
- 25th May Mount Shade/ Clachnaben from Glen Dye
PUB : Feughside Inn
- 1st June Krunce. PUB : Bielside Inn
- 8th June Millstone Hill PUB : Grant Arms.
- 15th June Hill of Fare. PUB : Broadstraik, Westhill
- 22 June Kerloch. PUB : Travellers Arms
- 29th June Coastal Path and back. Park at Bay of Nigg
PUB : Cove Bay

Remember : Tuesday Night is Pub Night !!