



COSMIC BULLSHEET

The Bulletin News-Sheet
of Cosmic Hillbashers

ISSUE No 20
QUARTER 3 - 1999

Editorial

Phill Thompson

I'm afraid there is not much copy to edit into this quarter's Bullsheel, but thanks go to my usual contributors Brian, Ewen and Elaine. If you are travelling to distant races this summer why not write it up for the Bullsheel? With the enclosure of the Comic this issue there should be plenty of reading material for those long summer nights. Next issue of the Bullsheel will be out end of September, copy date around about 17th September.

RECENT RESULTS.

ABERDEEN 10K MAY

While this is as far from a Hill Race as you can get, Cosmics had 25plus participants so I thought it worthwhile putting in the results. Sorry if I missed anyone.

8 Dan Whitehead 33.23; 17 Andrew White 34.31; 21 Steve Rivers 35.16; 28 Dave Armitage 35.53; 31 Phil Stankler 36.19; 42 Tim Nash 37.21; 65 Phill Thompson 38.10; 118 Graham Milne 39.54; 122 Jean- Christophe Niedziela 39.58; 130 Gheorghe Muresan 40.15; 160 Gordon Ramsey 41.10; 171 Rob Mills 41.25; 174 Arnie Mouat 41.26; 235 Claire Miller 43.01; 242 Christine Mouat 43.05; 244 Marianne Lang 43.08; 307 John Lang 44.19; 314 Ross Richardson 44.22; 342 Ian Searle 44.45; 470 Alex Hamilton 46.59; 560 Sue Buchan 48.25; 831 Ann Duckworth 52.01; 850 Rosie Hope 52.19; 964 Bing Kerr 54.43; 1228 Shona Manson 62.50

KNOCKDHU INTERNATIONAL

Results are a bit sketchy for this, but I understand that Keith Varney, new to the Cosmic ranks but well known as a Metro runner in road races, was first M40 Scot. Sonia Armitage was the first Scottish female.

GOATFELL RACE, ARRAN.

Greg Barbour took time aside from partying on the Cosmic Social Away Weekend to win this race. I vaguely remember seeing a team trophy on a Tuesday night which I think was won at this race.

CLUB CHAMPIONSHIP 1999

Name	ELBR	CLCH	BENR	ToN	CWIL	MORV	BNCH	TOTAL
Dan Whitehead	31	29						60
Greg Barbour	29	31						60
Andrew White	27	28						55
Steve Rivers	26	26						52
David Armitage	v 24	25						49
Bob Sheridan	22	23						45
Dick Hobson	23	19						42
Ewen Rennie	v 18	13						31
[Hayden Lorimer]	[28]	X						28
John Buchan	28	X						28
Thomas Bracegirdle	x 27							27
James Cooper	v 16	11						27
Phil Stankler	25	X						25
Ian Jolliffe	sv 15	10						25
Tim Nash	x 24							24
Carl Pryce	x 22							22
Bob Daly	v x 21							21
Graeme Milne	v 21	X						21
Rick Allen	v x 20							20
Encarna Maturana	f 20	X						20
Shelley Farrar	f 11	9						20
Gordon Ramsay	v 19	X						19
Graham Milne	v x 18							18
John Lang	x 17							17
Peter Ferguson	v 17	x						17
Ian Searle	14	3						17
Andrew Johnston	x 16							16
Willie Watson	sv 4	12						16
John Buchan	x 15							15
Kevin Holliday	x 14							14
Colin Kynaston	sv 13	X						13
Katie Boocock	f 12	X						12
Lois Noble	f 9	2						11
Ann Thomson	fv 5	6						11
Steve Pryor	v 10	X						10
Derek Johnstone	x 8							8
Sue Buchan	f 8	X						8
Dave Mestres-Ridge	x 7							7
Alec Hamilton	sv 7	X						7
Elaine Stewart	fv 6	1						7
Dave Yersz	x 5							5
Stuart Hunter	x 4							4
Ann Duckworth	fsv 3	1						4
Shona Manson	fv 2	X						2

STEVE'S TEST OF WHEEL ENDURANCE

Fraser Clyne Green Final, 5th June

North East runner Steve Pryor is never short of a bright idea when it comes to dreaming up a new challenge.- especially if it is in a good cause. When his friend Charlie McGregor died of cancer earlier this year Steve decided to make a serious effort to raise funds for research into the disease.

So later this month the 44 year-old Udney-based Welshman will climb into a high-tech recumbent tricycle with the aim of pedalling virtually non-stop from Land's End to John O'Groats. And he's looking for lots of sponsorship.

Pryor is no stranger to wild and wonderful endurance-based challenge. In 1996 he completed a 180 mile run along the Pembrokeshire coastal path - a tortuous route which includes 31,500 feet of climbing. He is also known to have cycled from Udney to Wales to compete in the Snowdon hill race. And on the long trip back to the North East he stopped off in the Lake District to tackle another fell run before continuing his journey.

A member of the Cosmic Hillbashers running club, he isn't planning to take it easy on his 839 mile end-to-end tour of Britain. He is aiming to complete the journey in under 72 hours. He said : " I'll start at 6am on June 21st and hope to finish before 6 am on June 24th. I've just three 40 minute naps planned during the whole thing, but other than that I'll be logging it out pretty much non-stop"

Pryor will be depend heavily on his support crew for sustenance throughout. " I've got two drivers and two helpers and they'll alternate on three 12 hour shifts" he said. A computer programme has been used to work out his route which will take him through Bristol, Preston, Carlisle, Edinburgh, Perth and Inverness.

He continued : "The important thing is that the trip will be dedicated to the memory of Charlie and I hope to raise a few bob." By a few bob, Steve actually means he's likely to raise around £7000. He said : "I'm still trying to attract more sponsorship but I think I can reach that target. My efforts have been helped tremendously by Adrian Smith Saab who have provided a back-up vehicle while the Seat of The Pants Company have supplied the bike. Its thanks to them that this is all possible.

In the next issue of the Bullsheat I hope to have an account of Steve's epic journey. Although he is likely to have completed the trip before you read this I'm sure he would still welcome sponsorship for such a magnificent effort.

Cosmic Social Events – Quarter 3 1999
Social Secretary's – Elaine Stewart & Lois Noble

Social Retrospective

April

A good night was had at the Italian restaurant Little Italy. Twenty six Cosmics and friends turned out for the night. After the meal the music was turned up and we danced on the tables (the plates were removed first). All this of course was encouraged by the owner, I think he was hoping we wouldn't bother with the pudding.

May

Goatfell Hill Race on the island of Arran graced us with perfect weather conditions. Greg will fill you in with the goings on!

June

Due to personal commitments and lack of time available from myself & Lois as we are both moving house we have decided to cancel the trip to do WillsBothy Relay. But do look out for future house warming parties.

Good luck to Steve on his charity bike ride from Lands End to John O'Groats.

Forthcoming Features

July

Thursday 29th for pizza at Carmines followed by the Theatre.
Carmines at 5.30 (sharp don't be late) 20 places available.

Menu

Garlic bread

Pizza

Coffee

Bring your own drink Cost £6.50

Theatre at 7.30

A Slice of Saturday Night (1960's musical comedy starring Barbara Dickson)

Cost for Upper Circle £13.50

Book with Elaine ASAP.

August

Tuesday 10th August

Training run on the dunes and nature reserve at Forvie, followed by BBQ at Hackley Bay. Bring a rucksack for spare clothes, swim suit if you think you need it and BYOB/G.

Saturday 21st/Sunday 22nd.

Due to the success of Steve's Magical Mystery Tour and the mountain bike trip through Glen Tilt I propose we do another one. Whether we go for road bikes or mountain bikes is yet to be decided any suggestions will be greatly appreciated, so keep these dates free in your diary.

September

Two Breweries Hill Race (Tweedsmuir) Saturday 25TH Traquair to Broughton 18 miles 4900ft, and if your up to it you can also do on Sunday the BlackMeldon Hill Race & Relays. After the race on Saturday you get a free meal 2 pints of Greenmantle ale and a bit of dancing at the Ceilidh.. This will be organised as a Cosmic Jolly Weekend away, a mini bus may be provided depending on numbers. A flyer will follow with more details nearer the time.

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

CLACHNABEN 2000

Clachnaben is to be a British Championship race next year. The date is SATURDAY 22ND April.

We hope to put on a good weekend for our visitors and maintain the reputation of the club. We will need to double the amount of marshalls so lots of help will be required. More details later but put into your diary.

Brian Lawrie

Cosmic Comic is well and flourishing: news of its demise was premature. By now you will all have a copy in your hands.

I would like to thank Eddie Butler for all the conscientious work he has put into the Comic. He is now stepping back and Kevin Canavan and Julie are going to take over the reins. Eddie will be giving some technical assistance.

The Comic will appear, now, once per year in the Autumn. The next issue will be Autumn 2000. There is an important place for the Comic in our club. It provides a more appropriate forum than the Bullsheat for writing about our experiences in the hills. Read Mel Edwards and Phil Kammer's articles in this issue to see what I mean. There is a timeless quality to both of these articles which will allow both of them to be picked up and read years from now. This is the sort of article we are looking for in the Comic. The Bullsheat under Phill Thompson's able management is doing a great job transmitting club information and items of more immediate interest.

The Comic has never been stuck for material. The difficulties we have experienced lately have been on the production side. We have a core of members who are willing to put pen to paper and to share their experiences with us. I would like to encourage others to do the same.

Articles can be sent direct to Kevin (see contact sheet for Email, address etc.) preferably on disc. Eddie Butler will be able to scan photos if you have any appropriate to your article. Brian will act as middle man if necessary. Phone him if you have any problems and can't contact either Eddie or Kevin.

CLUB RUNS

There will be no organised Saturday Club runs for the duration of this Bullsheat (as per usual) because of the busy competition season.

COMMITTEE DELIBERATIONS

The Committee gave backing to a letter, written by Ewen Rennie, protesting John Buchan's non-selection for the Knockdhu International in Ireland, despite his strong showing in selection races.

The committee gave the go ahead to spending £160 on the printing of 100 copies of the Comic.

How club money should be used was discussed and it was emphasised that the club would only support designated races or "away" weekends which are race/social events combined. Nights out in the pub, concerts etc. in the city will not attract money.

The Team Captains expressed a strong desire to get the strongest team possible for the FRA competitions.

The committee want to introduce more "order" into the Tuesday night runs in order to increase the safety element and enhance the enjoyment of the runners. A leaflet on this matter was issued to Tuesday night runners and is reproduced below.

TUESDAY NIGHT RUNS

Please read this carefully before next Tuesday's run.

The Committee would like to make some suggestions for the further enjoyment of our Tuesday night runs in the hills.

Most runs take place without incident but occasionally something happens e.g. a late returning runner, to make us re-think our approach.

There is no completely satisfactory method of marshalling forty strong willed, independent runners, of varying abilities over a hill run on Tuesday nights. It goes against the spirit of the club to herd everyone over the hill like a flock of sheep and such regimentation would be resisted anyway. On the other hand quite a few members do need guidance as to route, distance, pace etc. and at the moment we are not always providing this.

Below are some Guidelines we will attempt to follow.

- 1 We will revert back to **6.15** as the time of leaving our meeting place at Hazelhead from July.
- 2 Park cars carefully at destination. Gates etc. should not be blocked. The more car sharing that can be done the better. Generally look after the environment.
- 3 At the start of the run we will divide into three groups - a fast, medium and slow. The coach, team captain or committee members will help to facilitate this. Groups should not leave the changing area until everybody is ready. Be quick in your preparations particularly on cold nights. All groups should have at least a few members who know the route. Let it be known immediately if this is not the case. Maps will be available to consult but they are only of value if you can read a map. There must be a degree of personal responsibility shown by everyone. It will be very difficult for three groups to keep together all the way on a run as there are just too many graduations in pace. Within each group runners will want to push themselves and gaps will open up. so make sure that you are in a group you can stay with. If you want to leave your group during a run be sure that you know the route ahead or back to the start. **LOOK OUT FOR EACH OTHER.**

Advise new members who may be very unsure of where they are going. Bring appropriate clothing for changing into or for a [possible cold night on the tops. How many runners are in your group? Have they all returned?

The committee would welcome any other suggestions to improve club runs. A first aid kit will be available at the start for cuts and bruises.

Cosmic Club Runs Tuesday Evenings

Meet at Hazelhead Academy, Groats Road, leaving at 6.15. Afterwards at appropriate pub.

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|-------------------------|-----------------------------------------------------------------------------------------------------------------|
| 6 th July | Krunce. Rotten o' Gain car Park.
Pub Bieldside Inn |
| 13 th July | Cairn William. Car Parkmonymusk village beside pub.
Pub Grant Arms |
| 20 th July | Clachnaben (new route via Charv bothy) car park grid ref. 648868
Stonehaven OS 1 : 50000. Pub Feughside Inn |
| 27 th July | Ythan Car parking Newburgh (Ythan Bridge)
Pub Newburgh Arms |
| 3 rd August | Krunce. As above |
| 10 th August | Forvie Run and BBQ see Social Notes for details |
| 17 th August | Hill of Fare. Car park
Pub Broadstraick Inn Westhill |
| 24 th August | Millstone Hill Car park gridref 673 191 OS Aberdeen.
Pub Grant Arms |
| 31 st August | Coastal Path car parking at Bay of Nigg GR 965 049 OS Aberdeen
Pub Cove Bay |
| 7 th Sept. | Krunce As above |
| 14 th Sept | Green Hill (New Route) Parking at Millbank on Alford Road GR
658109 OS Aberdeen Pub Grant Arms |
| 21 st Sept. | Hill of Fare As above. |
| 28 th Sept. | El-Brim-Ick Brimmond Hill car park
Pub four Mile Kingswells |