



COSMIC BULLSHEET

The Bulletin News-Sheet of Cosmic Hillbashers

**ISSUE No 21
QUARTER 4 - 1999**

Editorial

Phill Thompson

A brief editorial this time: Congratulations to Greg and Encarna on their recent marriage and their successful participation in the recent orienteering World Champs. It was quite uplifting to see Encarna come running out of the forest at the spectator control in the Short Championships race, punch quickly and move smoothly off to shouts of encouragement from those who recognised her. If we add in Laia who also competed for Spain, Jon Duncan running for GB and Bernt who returned to Scotland to run for Norway, then Cosmic association (and national variety) was probably higher than any club in the world!!

Committee Notes, etc.

Brian Lawrie

Committee Meeting 8th September.

Four teams have been entered for the FRA Relays, Sunday Oct.17th. The event is in Scotland this year and is being organised by Carnethy and Ochil clubs, with the race taking place in the Ochil hills above Alva. Two male senior teams, one male veteran and one ladies team have been entered. If you want to race tell your appropriate team captain, Greg Barbour, Dave or Sonia Armitage, or coach Ewen Rennie. There will be competition for places, but if you don't want to race come down and support. It is not too far from Aberdeen and could provide a good day out.

An EGM/AGM of the Scottish Hill runners will take place after the Tinto hill race on 6th November. The future of Scottish hill running will be discussed. This has come about because of the growing antipathy towards the SAF membership scheme. One of the key questions to be discussed will be should hill running remain a sport affiliated to the SAF? Cosmic organised races will be run under FRA rules until the big picture is sorted out. SAF membership fees are going up to £11 and non-member levies to £2. It was decided that Cosmics should, at least, make their opinions known to the EGM by letter but preferably by entering the debate on the day. So if anybody fancies a good race and a bit of an argument/ discussion here is your chance. I will be drafting a letter to the SAF outlining our position.

ON MY BIKE LAND'S END TO JOHN O GROAT'S...POST TRIP REPORT

I am sorry to report that, whereas I had hoped to complete this epic journey in 72 hours this was in fact not possible.

I did complete the journey however in 3 days 22hours and 5 minutes and even this was quite tough. Indeed, having to extend to a fourth day with very little sleep was an unwelcome thing to have to do.

Unfortunately the trip got off to a bad start when, just outside Glasgow, the wheel fell off the caravan we were towing southwards. The attendant delays in getting the caravan towed off the motorway meant we did not join the other half of the support crew in Bristol until 2h00 am on Saturday night /Sunday morning.

After breakfast on Sunday we spent the rest of the morning until lunch time sorting out the gear which had been hurriedly transferred the day before from the caravan to the two support vehicles. This meant that we did not arrive in Land's End until 8h30 p.m. on Sunday night. There had been no time to 'back reconnoitre' and mark the route with aerosol paint as had been planned and this was to prove a costly omission the next evening.

During dinner at 'The Land's End Hotel' the two teams got their first opportunity to go over the plans together and by 11h30 p.m. it was time for yours truly to 'hit the hay.'

We slipped the start time from 06h00hrs to facilitate breakfast at the hotel and to allow last minute tuning and preparation.

Monday 21st June 99

I had slept well and was feeling good as I set off at 08h16 precisely on the longest Day of the year. A brisk North Westerly hampered early progress although at only ten knots and away from the East it could have been worse. (I thought they were supposed to blow from The South West)?

Throughout the rest of the trip the weather conditions were to prove almost perfect although it did rain a little in Preston (this seemed somehow to be appropriate) and on the last day, Thursday, it was cruelly hot and I was well and truly frazzled.

Progress over daylight hours on the first day was good and even over Exmoor, Bodmin Moor and Dartmoor average speeds of 14.5 mph were consistently returned.

The first minor navigation problems were encountered in 'Tiverton' where a diversion system was in operation as the Council appeared to be playing sand castles with the roads. Half an hour was lost trying to find our way out of this maze.

Taunton, which is a main thoroughfare from the South West going North appeared reluctant to reveal the whereabouts of the A 38. Every road is posted except the A38 ! More lost time here.

Then on to Bristol. If you make a mistake here you are committed as, like as not, you will be stuck on a dual carriageway leading you several miles in the wrong direction. Now that is frustrating. It's better to not know you are going wrong.

Technical problems arose as the fairing on the bike began to disintegrate. The proto -type aluminium mountings were no match for the pot holes of Bristol Town. Several desperate attempts at repair eventually led to the whole thing being removed. More lost time.

The night shift support driver had a momentary lapse of concentration and ran into the back of the bike. Luckily there was no damage and so we were able to continue after only a brief delay.

And so it was we arrived in Gloucester at 05h30 in the morning , 6 hours behind schedule. On reflection I should have stuck to the plan and taken the prescribed 40 minute rest break here but I opted instead to rest only twenty minutes on the pavement (during which time I did not really sleep) before setting out for Manchester in the vain hope of making up time lost the night before.

Tuesday 22nd June 99

Progress to Manchester was good and 14 minute miles were back on track. Somewhere into the second evening though , at about 9h00 p.m., the effects of tiredness began to take their toll. I felt nauseous and was unable to keep food or fluids down. Despite the discomfort I pressed on feeling increasingly bad and slowing all the time. On two occasions I was forced to stop and sleep in bus shelters for ten minutes at a time as I was hallucinating and was in danger of crashing. I eventually reached the foot of Shap Fell in the Lake District at 05h00 hrs and decided that a proper sleep was now essential if we were to complete.

I slept for 1h30 minutes and was awoken to a hot porridge breakfast both which left me feeling completely regenerated.

Wednesday 23rd June 99

I set off from the foot of Shap Fell at 07h00hrs on Wednesday and arrived at the North side of the Forth Road Bridge at 11h30 pm. A brief stop in Carlisle on the way for a shower at a friends house had done wonders in keeping me alert. A quick 30 minute sleep literally just off the bridge perked me up for the next 25 miles or so over the Ochils to Dunning and to join the A9 going North. We stopped in the hills above Dunning at 04h30 and took a further 1h30 minute sleep.

4.

Thursday 24th June 99

I set off for Inverness at 06h30hrs and arrived after a torturous ride over the Pass of Drumochter in 26 degree heat at 19h 30hrs. I lost all gears twice on this section and did need to stop briefly to have my legs massaged twice as well as I began to feel a few twinges. 7h30 p.m. saw us looking down onto the town of Inverness where I stopped for a 30 minute 'pit stop' during which the crew treated me to an all over hot wash and a Chinese Meal.

I was joined for a while on my journey Northwards by my friend Katy Boo who lives in Inverness and she rode about 10 miles with me to see me on the way to John O Groat's Only 120 miles to go!

My wife June and her friend Pauline had come out in support and together with my trusty support team of 4 (Keith, John, Carla and Leonie) we made good time to Brora. After Brora to Dunbeath there are 20 miles of some of the steepest hills to be encountered anywhere in the UK.

Friday 25th June 99

I arrived in John O Groat's at 06h21hrs on Friday 25th June a tired but happy individual.

The emotions were mixed. Whilst it was good to finish the 72 hours had eluded me. Had we not lost time in Bristol and if
????????????????????.....ah well, there's always next year!

My unreserved thanks go to my sponsors who were:

Adrian Smith Saab in Aberdeen who gave huge support by supplying me with the new 9-5 estate car complete with roof rack and hot and cold boxes which proved invaluable on the trip. The car was covered in transfers advertising the trip. Thank you Adrian and David.

Saab UK covered the cost of fuel for the trip. Thanks to David and

Astra Printing did a wonderful job by producing the impressive sponsor forms free of charge. Thanks to Stuart, Neil and Ray

Seat of The Pants Company, builders of the 'Windcheetah' cycle provided spares as required and also gave of their time by meeting me en route near their native Chester to give the bike a service. Thanks to Bob and Leon.

I hope that you will still find the effort of the trip worthy of your sponsorship. In anticipation of your kind donation I thank you very much. I will let you know how much is finally raised for Cancer Research.

Steve Pryor

Cosmic Social Events – Quarter 4 1999

Social Secretary's – Elaine Stewart

Social Retrospective

July

A rather eventful night was had starting at Carmines straight after work at 5.30, we left there with a bottle of Amereto and a bunch of flowers that Sue Buchan took home. The whole bottle of Amereto was then drunk at the Hogs Head opened I think by Willie Watson by that time most of us were drunk (9 o'clock). Then on to Café Rouge for more fun and a fight (just as well Dan can run fast!). Then it was on to Under The Hammer for a few more drinks, then my house where another bottle of wine was consumed.

August

No bike ride this year due to taking part in hill runs at the Highland Games. The Lonach Gathering proved to be a bit different this year as Robbin Williams (he was a guest of Billy Connelly at Candacraig) decided to join us and take part in the hill run. With any luck Keith Varney will have taken a picture of us all at the start of the race. Did you all see the photograph in the front of the P & J with Diana Jermieson, Robbin Williams and Alex Hamilton?

Steve Pryor says :

Congratulations to Greg & Encarna who got married in Spain on Saturday 28th August. A goodly number of Cosmics made the pilgrimage to Granada and a good time was had by all. Greg had organised a somewhat unconventional honeymoon for himself and his new wife which entailed taking a troop of 12 or so stragglers along on 'The Skippy Barbour Outward Bound School' activities week. We climbed, some ran in 36deg heat, we swam and mountain biked. It was huge fun. If anyone is interested there are great photos and an accurate account of what went on which Greg's chum Dave put on the net. Go and see for yourself as follows
www.bigfoot.com/~gregswedding

Cosmic Wedding Guests were :

GREG, ENCARNA/SONIA, DAVE/GEORGE, MARGARET/BUZZ, RACHAEL/TIM,
ZOE/STEVE, JUNE

September

Steve Pryor says : (to Roger and out)

To allow those who could not make the trip to Spain to celebrate the wedding an alternative ceremony was organised at the airport on Sunday 12th September. This was necessary to make the wedding legitimate as the Spanish wedding had been conducted by a defrocked Swedish priest (don't ask).

Here's what Skippy had to say about the episode:

"I should tell those that were not there about Encarna's surprise fancy dress wedding party held the minute she returned to Aberdeen that's right in the airport.

There were lots of brides and bridesmaids at the airport and no we didn't get kicked out.

Anyway pastor Steve Pryor did the honours and ceremony was had on bended knee in the airport.... amazing. (Encarna had to change into her wedding dress in the loo!)

Steve gave the vows that I could now go out with the lads as much as I liked so he could sneak home to service Encarna.(typical and ever hopeful!)

Anyhow Steve's ceremony went very well.

Amazing the number of punters in the airport that take pictures and even ½ hour video of people they don't know!!

Anyhow Peacock Pryor finished and then strutted off down the airport only to cast off his vicars outfit to reveal panties and suspenders!! and then had the hide to successfully jump for the bouquet. Only to be caught by Anne Duckworth on the second go.

Ewen was quite a sight in bridal gown no beard and a wig.

Encarna enjoyed or at least tolerated the whole raucous affair.

Needless to say we then went home and did all the normal things, cut the cake, carry over the threshold and generally made a mess of our place.

So Encarna has already used her wedding dress successfully twice and now it is to become the mop.(over her dead body!)"

I guess we are all now waiting to go and see Willie's etchings (careful ladies).
SP

A disappointing turn out for Dave's excellent Cairn William Race. Did everybody know about it? Note to ed . Perhaps we should again include list of local races , times etc in the Bull Sheet? (You tell me, I'll print them. Ed)

Cosmic Jolly Weekend Away 25th/26th – 2 Breweries Hill Race accommodation has been booked at the Tweedsmuir Outdoor Centre at a cost of £4.75 per person per night. At time of going to print Elaine still had entry forms for the race but by now it will be too late to enter. At training on the 14th Sept (Dave and Ian's new Greenhill 'yomp' – great training for the next invasion of the Falklands) there were only a disappointing 7 interested so no mini bus then. The centre was booked in the anticipation that 16 would go and so Club funds will take a hammering alas. The trip has been well publicised and approved at committee. We plan to leave Aberdeen on Friday night in two cars. Last time we all did this one every body appreciated the food and the two pints of Greenmantle ale which are included in the race entry price. There is also a ceilidh at night, which in the past has been huge fun. A post trip report will be included in the Social Retrospective next quarter.

Huge thanks to everybody for the generous support on my Land's End to John O'Groats cycle run ! I'll let you know how we got on for Cancer Research when it's all banked

Roger and out - Steve Pryor Fss CHB

Forthcoming Features

October

Tuesday 5th October

This is the first run of the winter training sessions, John Buchan is organising a 5K charity run meet at Grandholm for 6.30 then afterwards to John & Sue's for pasta & wine but do bring a bottle (or several) of your own. Their address is 9 Gleneagles Avenue, Bridge of Don.

Saturday 23rd October

Elaine has decided to have a house warming party prior to any serious decorating. Bring a drink and a nibble any time after 8.30, address is 27 Grosvenor Place. There will be live in-house DJ so give Elaine any music preferences some time before then.

November

Tuesday 16th

After training meet at the Blue Lamp, Ron Pratt is giving a slide show on his 8 week walking holiday in the Pyrenees. Some of the wedding too!

Late November possible party at Ann's

December

Weekend 11th/12th

SHR 'ANNUAL DO' 1999 this year is going to be held at Crianlarich. This will involve some sort of mass run or race, a village hall 'do' and prizegiving, accommodation is at the Youth Hostel (76 beds). If anybody is interested in going, see Elaine. Perhaps we should support this as we form a large contingent and will be missed if we do not attend. Cosmics are not involved in the organisation this time around.

If anybody has any ideas for this year's Xmas party to be held some time in early January let Elaine know. Steve suggests a return to the uncomplicated format of a damned good disco – perhaps once more in the Blue Lamp.

DON'T FORGET...TUESDAY NITE IS PUB NITE !?@~\$

TUESDAY SUMMER RUNS

The Winter training schedule offers at least a couple of variations under designated leaders but during the summer it tends to be a bit less organised. Is this okay?

Should we continue to offer speed-endurance reps during the summer?

Did you like all the summer venues? Should we drop some of them?

Are there other summer venues we should include?

Should we consider different pubs? Do we always need a pub that does food?

Should we link up with Grampian Orienteers for the odd Tuesday session? (They vary their summer evening events between Tuesdays, Wednesdays and Thursdays).

Let a Committee Member know what you think!

(Brian, Ewen, Phil, Margaret, Elaine, Shelley, Sonia, Greg or Ian)

Ewen

COSMICS GO TO RELAY

Having won the Devil's Burden the next challenge is the FRA's! We cannot rely on the Shettleston SHIT or the Carnethy Crap to uphold the honour of Scotland. It is UP TO US. We are the best - let's prove it!

We finished sixth in the men's, sixth in the 'B-Team' and fifth in the women's last year on foreign territory. This year at Alva on familiar territory (the Ochils) we can improve. We must surely also manage to finish a male veteran's team - we better I've entered a team in each category.

Relays are something special and every Cosmic should be there - either running or cheering the boys, the girls and the old crooks home! Sunday 17th October at Alva.

But the fun needn't end there! No, not the Speyside Way (I'm thinking of a March date for that one). No, we can build on our FRA successes (how's that for confidence) and do the Rotherham Round and the Calderdale Way in an away weekend special! Saturday 11th December, the Rotherham Round (50 miles) - teams of 2-8 runners or just back Ewen up on his solo run, followed by the Calderdale Way (another 50 miles, 6 paired legs) on the Sunday. Expressions of interest/madness to Ewen ASAP

For the FRA Relays choir practice will be held on Tuesday nights from now till 13th October -

A Cosmic for Me (variation on 'A Gordon for Me')

Cosmics win the Relay (variation on 'Cosmics come to Party')

No Team like Cosmics (variation on)

Best Club in Britain (variation on 'No Team like Cosmics')

etc. etc.

Ewen

CLUB CHAMPIONSHIP 1999

Name	ELBR	CLCH	BENR	To'N	CWIL	MORV	BNCH	TOTAL
Steve Rivers	26	26	31					83
Dan Whitehead	31	29	X					60
Greg Barbour	29	31	X					60
[Hayden Lorimer]	[28]	X	[29]					[57]
Andrew White	27	28	X					55
Ewen Rennie v	17	13	24					54
David Armitage v	24	25	1					50
Shelley Farrar f	10	9	28					47
Bob Sheridan	22	23	X					45
Dick Hobson	23	19	X					42
Graeme Milne v	21	18	X					39
Ann Thomson fv	4	6	27					37
Elaine Stewart fv	5	1	26					32
Tim Richardson v	X	X	29					29
John Buchan	28	X	X					28
Thomas Bracegirdle	X	27	X					27
James Cooper v	15	11	X					26
Phil Stankler	25	X	X					25
Niall Watson	X	X	25					25
Ian Jolliffe sv	14	10	X					24
Tim Nash	X	24	X					24
Carl Pryce	X	22	X					22
Bob Daly v	X	21	X					21
Rick Allen v	X	20	X					20
Encarna Maturana f	20	X	X					20
Graeme Marks v	19	X	X					19
Gordon Ramsay v	18	X	X					18
John Lang	X	17	X					17
Peter Ferguson v	16	x	1					17
Ian Searle	13	3	X					16
Andrew Johnston	X	16	X					16
Willie Watson sv	4	12	X					16
John Buchan	X	15	X					15
Kevin Holliday	X	14	X					14
Colin Kynaston sv	12	X	X					12
Katie Boocock f	11	X	1					12
Lois Noble f	8	2	X					10
Steve Pryor v	9	X	X					9
Derek Johnstone	X	8	X					8
Sue Buchan f	7	X	X					7
Dave Mestres-Ridge	X	7	X					7
Alec Hamilton sv	6	X	X					6
Dave Yersz	X	5	X					5
Stuart Hunter	X	4	1					5
Ann Duckworth fsv	2	1	1					4
Shona Manson fv	1	X	X					1
Alf McKay v	X	1	X					1

Saturday Runs and Races

2nd/3rd October - It's probably **Bennachie Hill Race** on the Sunday (once they get round to publicising it!), so no club run.

Saturday 9th October - Away day to **Alva** to recce FRA Courses.

Sunday 17th October - **FRA Relays at ALVA**, near Stirling, excellent day out to see the best hill-runners in Britain with Cosmics in the hunt for medals.

Saturday 23rd October - **Kerloch** - meet Duthie Park Boating Pond 9-15am or 9-45am there.

30th/31st October - **Karrimor** weekend - watch out for last minute partnerships!

Saturday 6th November - **Mither Tap** variations from Rowan Tree Car Paek - meet Beacon Sports Centre 9-15am or 9-45am there.

13/14th November - **Tinto** weekend - see Social Notes.

Sunday 21st November - **Elrick Relays 11am** - (2+1) partnerships - afterwards at the Bucksburn Manor (Brewer's Fare Pub) in Bucksburn.

Saturday 28th November - Back of **Clachnaben** from Glen Dye - meet at Duthie Park 9-15am or 9-45am out there.

Saturday 4th December - Round and over **Morven** - meet Hazlehead 9-15am or at Groddie 10am

11/12th December - **Social Weekend at Crianlarich (SHR"do")**

Saturday 18th December - **Hill of Fare** - meet Hazlehead 9-15am or 9-45am there.

Monday 27th December - **Beach Bum Fun Run - Fitty 10am** - bring gift wrapped prize value £2-50+ and take another one away. Register 9-30am.

1/1/2000 - **Mystery Event** - **Seaton Park 2pm** - the first race of the millenium.

COSMICS at KINGS

Training sessions at Kings Pavilion start on Tuesday 5th October. Changing in Kings Pavilion is at a cost of £5 till Christmas (or £8 for season) with a 6-15pm target start for warming-up.

Don't feel that you have to train, anyone who can turn up just to do some time-keeping will be most welcome! Whistle provided. Anyone is free to join any group on any night - no offence taken.

5th October	John's Charity 5K (Grandholm 6-30pm)
12th October "A"	3x(600m,300jog,900m,300jog)
B	4x900m with lap recovery
19th October	3x(two minute out/back, 1min rec)
B	Seaton for hill reps
26th October "A"	300m,600m,900m,1200m,900m,600m,300m
B	6x600m with lap recovery
2nd November "A"	3x(400m,jog,1000m,jog)
B	4x1200m, lap recovery
9th November	3x(600m,300jog,900m,300jog)
B	10x(300m,300 jog)
16th November "A"	3x(two minute out/back, 1min rec)
B	Seaton for hill reps
23rd November "A"	300m,600m,900m,1200m,900m,600m,300m
B	6x600m with lap recovery
30th November "A"	3x(600m,300jog,900m,300jog)
B	4x1200m, lap recovery
7th December "A"	3x(two minute out/back, 1min rec)
B	Seaton for hill reps
14th December "A"	300m,600m,900m,1200m,900m,600m,300m
B	10x(300m,300 jog)
21st December	Challenge Street 'O' or relays (changing may be at Beach!).

Cosmic Yellow Pages - Autumn Update

Just a minor update for your diaries this time as the aim is to produce a Millenium Special Edition of the Yellow Pages later in the year. (Just know you can't wait)

Recent New Members to welcome are:

Jerry Hadwin Jonathan Bedford Roman Halenko Gordon Hudson Keith Varney

Details not already in the last YP, plus a variety of other updates are below:

Halenko (Roman)	1 New Block Harbour Street Cruden Bay	rhalenko@deepwater.com	Home 01779 812271 Work 01224 427789
Hadwin (Jerry)	34 Mile-End Avenue Aberdeen AB15 5LR	jerry@tracsint.demon.co.uk	Home 01224 639956 Work 01224 321213
Bedford (Jonathan)	Med. Microbiol. Polworth Bldg Foresterhill Aberdeen AB25 2ZD	j.bedford@abdn.ac.uk	Home 01224 627015 Work 01224 681818 x52864

Greg and Encarna are now one, so to speak, and their new address is:

Greg & Encarna	18 Hammersmith Road Aberdeen	G.Barbour@expro.shell.co.uk	Home 01224 317169 Work 01224 883193
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Dick Hobson has moved:

Hobson (Dick)	12 Cairnfield Place Aberdeen AB15 5NA		Home 01224 561983
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as has Carl Pryce:

Pryce (Carl)	Broc House Chapel of Garioch Inverurie AB51 5HE	cpryce@graniterock.co.uk	Home 01467 681440
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Lois Noble is now on email: lois@lnoble.freemove.co.uk

as is Graham Marks: gmarks@kmg.com

Steve Pryor's are;	steve@opsns.com	work
	steve@milloffides.demon.co.uk	home

Zoe Griffin is now on zgriffin.pd@aberdeenshire.gov.uk

Mike Stone orrokmas@aol.com

And finally Elaine's work number is: Work 01224 523608

Contrary to any other suggestions HayDog Lorimer (HBT swine) still refuses to stump up £10.

As I've probably forgotten quite a few others, please update me with any changes.

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